



Spinal Connection

2014 Conference: Healthy Minds, Healthy Bodies

Joanne Smith, certified nutritional practitioner, international speaker, and co-author of "Eat Well, Live Well With Spinal Cord Injury" will provide the keynote address at the ASCC 2014 Conference, "Healthy Minds, Healthy Bodies" on Friday, September 26, at the Benton Event Center in Benton, Arkansas.

Her expertise in the disability community comes from her personal experience of living with a spinal cord injury for twenty-five years and twenty years of providing nutritional health guidance for

individuals with spinal cord disabilities. She was also the host of two national television programs that focused on in-depth stories about disabilities.

The conference will also provide a full day of educational sessions by experts in the fields of SCI adjustment, pressure sore prevention, principles of motor learning in neurorehabilitation, coping as a caregiver, recreational activities and exercise programs for individuals with SCI/D.

This year there will be a large

exhibition hall full of national, state and local exhibitors. Explore new technology, assistive equipment, products, talk with disability organizations, rehabilitation facilities and see hands on demonstrations.

Registration scholarships, travel assistance and hotel stipends are available to ASCC clients. Register now and join us for an outstanding day!!

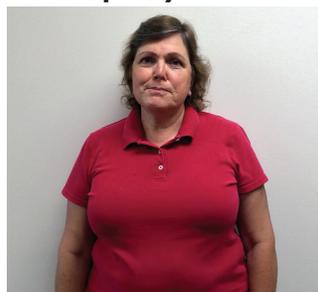
See full conference program and registration information beginning on page 3.

Welcome New ASCC Employees



Susie Hook

It is not very often we get the opportunity to have a returning former staff member. We have been fortunate in that area to have the return of a second former staff member, Susie Hook in April 2014. She is the Case Manager for the Fayetteville area serving Washington, Benton and



Rheta Spurlin

Carroll Counties. She previously served clients of ASCC out of the Little Rock Central Office from 2003 until 2005. This was a prime opportunity for her return since she and her husband had been looking to move to the Fayetteville area to be closer to her family. She enjoys yard work and gardening

as well as reading. Please join us in welcoming Susie in her return!

Also, please welcome Rheta Spurlin! Rheta joined the ASCC Little Rock Case Management Team in May 2014. It is an absolute pleasure to have her on board. She previously worked for Baptist Medical Hospital for many years prior to her start at ASCC. Her prior experience will serve her well at the Arkansas Spinal Cord Commission. She and her family hail from Paron, AR. She is actively involved in 4-H and has attained her Master Gardeners Certificate.

SPINAL CONNECTION

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E-mail us at:
ascc@arkansas.gov

Call us at:
(800) 459-1517

With Thanks

Donations this quarter from:

The Southern Belle Ladies Club
Spina Bifida Camp Donation

Donna and John Wyrick
In memory of Sam Martin

ASCC accepts tax-deductible donations. To make a contribution send your donation to:

AR Spinal Cord Commission
1501 N. University, Suite 470
Little Rock, AR 72207

Gone But Not Forgotten

Judy M. Martin - March 1, 2014
Bobby D. Smith - March 6, 2014
Randy L. Henderson - March 7, 2014
Grace E. St Clair - March 7, 2014
Dennis Ellis - March 9, 2014
Tina A. Rogers - March 10, 2014
David J. Crafton - March 19, 2014
Ruth T. Crabtree - March 28, 2014
Gordon L. Pierce - April 6, 2014
Dean Massey - April 13, 2014
Melissa A. Shocklee - May 2, 2014
Ernestine Sims - May 4, 2014
Leanne E. Hines - May 13, 2014



From the Desk of the Director

This month my "From the Desk of the Director" article is devoted to a special group who worked hard to fulfill a dream. On behalf of the Arkansas Spinal Cord Commission I want to recognize the Southern Belle Ladies Club and express our gratitude for their heartfelt efforts.

From the time she was old enough to attend Spina Bifida Camp at age 6, Jessica Burchfield never missed attending. She looked forward to camp each year and attended for 10 years, from ages 6-16. Later in life, Jessica became a member of the Southern Belle Ladies Club whose goal is to provide assistance to anyone in need whether it is donating to the Susan G. Komen Foundation, The National MS Society or helping someone in local communities. Prior to her death in 2013, Jessica told her mother she wanted to have a fundraiser to help other children who might not be able to afford the opportunity to attend Spina Bifida Camp. This year, in honor of Jessica, the Southern Belle Ladies Club made her wish come true. A memorial fundraiser was held and enough money was raised to sponsor two children. "Jessica would have been so excited that we were able to raise the money to sponsor two children. This has been a dream of hers for a long time and we will continue to keep this dream alive," stated Judy Tucker, Jessica's mother. The Southern Belle Ladies Club plan to hold this fundraiser every year in honor of Jessica.



The Southern Belle Ladies Club presented Patti Rogers, ASCC Executive Director, a check for \$1200 to sponsor two children to attend Spina Bifida Camp on June 15-20. Pictured above from left to right are: Patti Rogers, ASCC Executive Director, Janie White, Natilie Bachelor and baby Harley, Sonda Oliver and Judy Tucker.

Patti Rogers
Executive Director



ASCC Conference

SPINAL CORD INJURY/ DISABILITIES

24TH ANNUAL CONFERENCE & EXPO • SEPTEMBER 26, 2014

HEALTHY Minds. HEALTHY Bodies.

A Day-Long Educational Conference for People with SCI/D, Families, Caregivers and Healthcare Professionals

Joanne Smith, Internationally renowned Speaker, Author, and Television Celebrity Presents ASCC Conference Keynote.

9:45 Am - 10:45 Am

Joanne Smith is this year's featured conference keynote speaker. She is a certified nutritional practitioner, renowned speaker and co-author of "Eat Well, Live Well with Spinal Cord Injury."

As a renowned international speaker, author, television producer and show host, Joanne delivers a fast pace, exciting presentation entitled "Nutrition-the Missing Link" and discusses the role of nutrition in rehabilitation and long term health. She explores the important role nutrition plays in enhancing inherent healing potential and how proper diet can help prevent secondary health complications from developing. Learn about specific nutrients that can help prevent, manage and address pressure sores, bowel dysfunction and weight gain.

Joanne's expertise in the disability community comes from her personal experience of living with a spinal cord injury for over twenty-five (25) years, as well as her years as host and producer of two national television programs that focus on telling in-depth stories about individuals with disabilities, the Gemini award-winning CBC show *Moving On*, and her current show *Accessibility in Action*.



Joanne Smith
B.A., BRT Dip, CNP

SITE REGISTRATION AND CHECK-IN STARTS AT 8 AM!
Breakfast 8:30 – 9:30 Am

CONFERENCE EXPO:

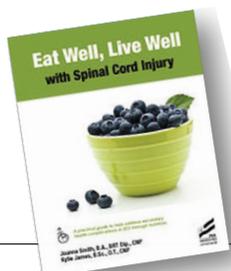
Exhibit hall full of national, state and local vendors displaying the latest from health foods and pharmacies to durable medical equipment, new products and assistive technologies. Attendees will have the opportunity to meet and greet with disability related organizations, hospitals, rehabilitation facilities, and statewide agencies.

EXCITING HANDS-ON DEMONSTRATIONS:

See and learn about accessible vans and adaptive vehicles to aid in your mobility; what's new in devices and mobility technology; and other activity based therapy and recreational equipment, and much more!

DOOR PRIZES! GIVEAWAYS!

This activity has been submitted to South Central Accreditation Program for approval to award contact hours. South Central Accreditation Program is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.



In addition to her nutritional practice and television program, Joanne co-authored *Eat Well Live Well with Spinal Cord Injury*, the first nutrition publication dedicated to addressing the unique needs of people with SCI. Additionally, she writes nutrition columns for *New Mobility*, *PN*, *Sports n' Spokes* and *Outspoken*, magazines distributed in Canada and US.

MAJOR SPONSOR:
 Education Foundation
 Paralyzed Veterans of America

"Supported by Grant #750 from the PVA Education Foundation"

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REHABILITATION INSTITUTE

SUNRISE MEDICAL

Craig Hospital
Redefining Possible for People with Spinal Cord and Brain Injuries

INVACARE
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UAMS
JACKSON T. STEPHENS SPINE & NEUROSCIENCES INSTITUTE
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ARKANSAS TRAUMA REHABILITATION PROGRAM
ATRTP

Pina Bifida 5GOA

HEALTHY Minds. HEALTHY Bodies.

A Day-Long Educational Conference for People with SCD, Families, Caregivers and Healthcare Professionals

General Session Speaker:

12:45 Am - 1:45 Pm

“Life after Spinal Cord Injury: Wheeling and Dealing.”

J. Scott Richards, PhD. ABPP

Professor, vice chairman Department of Physical Medicine and Rehabilitation, and Director of Research at the University of Alabama at Birmingham.



ASCC is excited to welcome Dr. J. Scott Richards to present this year’s general session. According to Dr. Richards, “Adjustment to SCI is a process with no final endpoint.”

Dr. Richards will take you on a journey to explore known factors like resilience, effective problem solving and meaningful engagement that make the SCI journey worthwhile.

Participants will be able to distinguish between stages of adjustment theories and more contemporary views of the process of coping with SCI. He will talk about the difference between depression and grief and how to manage both, and the importance to us all of ‘having an important reason to get up in the morning.’

Dr. Richards has been on the faculty of the Department of Physical Medicine and Rehabilitation since 1977 following his graduation from Kent State University. For his whole career, Dr. Richards has worked with and learned from individuals who are negotiating life with SCI/D.

He provides clinical services to persons with acute and chronic SCI as well as those with chronic pain of various etiologies. With UAB colleagues, he has conducted many comprehensive studies to identify and explore the incidence and prevalence of several health conditions that accompany living with SCI. Currently he is working to improve the classification of pain following SCI, and has been involved in a number of intervention trials including those involving gabapentin, and pregabalin for SCI neuropathic pain.

Dr. Richards will also conduct an educational panel discussion for caregivers only, entitled Providing Care: Challenges and Opportunities.

[CONCURRENT MORNING] SESSIONS

Educational seminar sessions:

11:15 Am - 12:15 Pm

“Utilizing Advanced Technologies to Implement Motor Learning Principles in NeuroRehabilitation”

Candy Tefertiller, PT, DPT, ATP, NCS

Director of Physical Therapy, Craig hospital



Dr. Tefertiller presents a powerful session and emphasizes a review of clinical decision making guidelines focused on the implementation of treatment interventions utilizing advanced technologies to facilitate motor learning principles. Interventions will include a review of technology aimed at maximizing functional gait. Case studies

will illustrate management of the complex neurologic patient who presents with a variety of gait deviations. The course will also review recent literature aimed at walking recovery in individuals with neurologic disability and suggest appropriate interventions designed to improve walking recovery.

HANDS-ON [DEMONSTRATIONS] Hall II

Demos: 1:45 – 3:00 Pm

Explore new technology, assistive equipment, products and services—

Meet national and local Exhibitors



Exhibit Hall is open all day!

Mark your Calendar!

The 2014 ASCC Conference is packed with empowering information, renowned—international speakers, advanced technology, and exciting exhibits and demonstrations.

Early Bird Registration starts July 1!

Save the Date!

BOOTH EXHIBITORS • HANDS-ON DEMONSTRATIONS • EDUCATIONAL SESSIONS • BIGGER THAN EVER!

HEALTHY Minds. HEALTHY Bodies.

A Day-Long Educational Conference for People with SCI, Families, Caregivers and Healthcare Professionals

[CONCURRENT MORNING] SESSIONS

11:15 Am - 12:15 Pm

Introduction to Recreation Therapy

Katie Murphy, CTRS

Lead Inpatient Recreation Therapist, Shepherd Center



Attitude and activity strongly affect a person's health and well-being. That's why Katie Murphy, CTRS, teaches patients that no matter what level of paralyzing spinal cord injury you've sustained, you can still lead a fulfilling and active lifestyle. Katie is a staff member on the recreational therapy team at Shepherd Center in Atlanta, Ga. The team

helps individuals gain the confidence and knowledge they'll need to return to being active members of their communities. Katie will provide an overview of recreation therapy and its benefits, including physical fitness, self-confidence and social interaction. In addition, she'll cover other aspects of rec therapy like stigma management, adaptive equipment planning, and problem solving techniques related to accessibility.

Eating Healthy on a Budget

Joanne Smith, CNP, B.A., BRT DIP

Many people assume that eating well means spending more, but there are numerous ways to get healthy foods into your diet and stay within your budget. Learn about healthy, nutrient dense strategies and recipes to maintain your health and independence in an easy, delicious, practical and cost effective way.



Good health starts with a healthy digestive system. SCI negatively affect the digestive system. Many of the medications we take, while necessary can deplete nutrients from our bodies. Digestive dysfunction together with nutrient deficiencies can lead to other health issues. They can affect your ability to work, live independently, and participate fully in society.

[CONCURRENT AFTERNOON] SESSIONS

Educational seminar sessions: 3:00 - 4:00 Pm



Providing Care: Challenges and Opportunities

(Session for Caregivers only)

J. Scott Richards, PhD, ABPP

Care Providers Panel: Terra Long, Debra White, Robert Burns.

Dr. Richards shares research on the care-giving process, and moderates a panel discussion that explores coping as a caregiver, strategic solutions that create value for the client's caregiver, and demonstrating the importance of the care provider to the well-being of the client with SCI.

Pressure Sore Prevention and Management in SCI

Thomas Kiser, MD,

Professor, Department of Physical Medicine and Rehabilitation
University of Arkansas for Medical Sciences, ASCC SCI/D Medical Director



According to Dr. Kiser the best way to treat a pressure sore is to prevent it from happening in the first place. Pressure sores develop in 80% of individuals with spinal cord injury over their lifetime, learn how to be one of the 20% who do not get a pressure sore.

Dr. Kiser shares comprehensive information and pressure relief maneuvers that are most important in pressure score prevention. By being diligent about skin care, you provide a large safety margin between you and the development of pressure sores. He will also discuss treatment options of pressure scores if you unfortunately do not beat the odds.

Working Out For Recreation, Training and Health

(W.O.R.T.H)

Toney LeQuieu, BS Therapeutic Recreation, Case Manager

Haley Henderson, OTS; Dawn Holmes, OTS;
Elizabeth LeQuieu, MS, OTR



Recreation, training and health are important to us all. This is especially true for individuals with spinal cord injuries/disabilities (SCI/D) and mobility impairments. Due to this need, ASCC Case Manager Toney LeQuieu collaborated with the University of Central Arkansas Occupational Therapy department faculty and staff to develop an exercise DVD for individuals with SCI/D. This DVD provides an excellent resource to assist individuals who are wheelchair users to improve their muscle strength, conditioning, endurance, flexibility, and increase independence. The session will provide an overview of the need for regular exercise, describe considerations for exercise for those individuals with SCI/D, discuss potential benefits and provide an excerpt of the DVD for attendees to view and participate.



CONFERENCE LOCATION:

Benton Event Center

All new facility conveniently located just off I-30 in Benton, AR—just minutes from Little Rock
17322 I-30 / Congo Road Exit (follow the access road).

HEALTHY Minds. HEALTHY Bodies.

[CONFERENCE REGISTRATION]

SCI/D INDIVIDUALS, FAMILY MEMBERS, AND CAREGIVERS

ASSC CONFERENCE & EXPO: SEPTEMBER 26, 2014 / BENTON EVENT CENTER, BENTON, AR

EARLY REGISTRATION: \$15 *If submitted after August 29, 2014: \$20.00*

Please print clearly.

Last Name First Name M.I.

Mailing Address

City State Zip

Email address Phone

Please check all that apply:

- SCI
- MS
- Spina Bifida
- Other: _____
- Accompanying Family Member

Name _____

Personal Care Provider

Name _____

Number of Person(s) Registering: _____ X \$15 each

NOTE: \$20 registration fee if submitted after Sept. 5, 2014

TOTAL: \$ _____

REGISTER EARLY!

MAIL Registration Form and Payment Method to:

Arkansas Spinal Cord Commission
1501 North University, Suite 470
Little Rock, AR 72207



Check is enclosed in the amount of: \$ _____.

Check must accompany registration form.

I authorize ASSC to charge \$ _____ to my

Visa MasterCard CCV #: _____

Card No. _____ Exp. Date _____

Signature _____

Do you need any special accommodations or diet? Yes No
If yes, please contact Shalia at: (501) 296-1788

I understand as a client of the Arkansas Spinal Cord Commission I may apply to receive assistance to attend the 2014 Annual ASSC Conference & Expo. *I request the following assistance, please check all that apply:*

A scholarship for registration fee(s), applies to ASSC Client, family member or personal care provider only.

Number of registration scholarships requested: _____. Limited number available, so register early!

TRAVEL STIPENDS

I am requesting a travel stipend

- Travel stipends are available to ASSC Clients ONLY!
- Travel stipend amounts are as follows:
 - \$25 for those living 50 miles or less from the Conference site.
 - \$50 for those living 51-150 miles from the Conference site.
 - \$75 for those living 151 miles or more from the Conference site.

To apply simply check the travel stipend box above. You will be notified of approval and amount of the stipend prior to the conference.

HOTEL REIMBURSEMENTS

I am requesting a hotel reimbursement:

- \$100 Hotel reimbursements are available to ASSC Clients ONLY!
 - To qualify, travel distance must be over 100 miles to the conference site.
 - Hotel reimbursement will be provided at the conference only to those who apply in advance (*Hotel bill is required for payment*).

To apply simply check the hotel reimbursement request box above. You will be notified when approved in advance of the conference.

DEADLINE TO APPLY FOR TRAVEL STIPENDS AND HOTEL REIMBURSEMENTS IS AUGUST 22, 2014!

REGISTER & APPLY EARLY! HOTEL REIMBURSEMENTS AND TRAVEL STIPENDS ARE LIMITED!

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Obesity and Spinal Cord Injury

Obesity can lead to a multitude of health problems: increased vascular disease of all kinds (including heart attacks and strokes), diabetes, some cancers, sleep apnea, gallbladder dysfunction, depression, gout, kidney stones, osteoarthritis, reproductive dysfunction, and social isolation. Of particular concern for people with spinal cord injuries (SCI) are the increased problems obesity poses for transfers, wheelchair propulsion, and pressure ulcers. As if the additional consequences weren't bad enough, people with SCI are at increased risk of becoming obese in the first place, possibly without even realizing it.

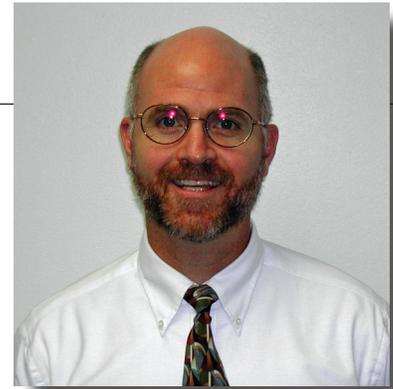
It turns out to be surprisingly difficult to assess weight status in the SCI population because the standard measure used in the general population, body mass index (BMI), uses only height and weight, without accounting for the effect of body composition. Because people with SCI typically have muscle atrophy below the level of their spinal cord injury, reduced activity due to neurologic weakness, and sympathetic nervous system changes, their fat-free mass and bone density are both reduced. In one small study, those changes in body composition translated to a 77% obesity rate based on body fat despite a mean BMI in the normal (not even overweight) range. Research suggests waist circumference may be a better assessment tool: > 40 inches for men and >35 inches for women suggest a weight problem, but more research is needed. Those same changes in body composition and activity mean that a person with a SCI probably needs about 25% fewer calories than an able bodied person and will actually burn fewer calories for the same amount of exercise.

Two pieces of good news: 1) Losing even a little weight, say 10 pounds, is

very helpful, and 2) Losing weight is not actually that hard. Really! Any of the popular diets work, and despite all the confusing advice out there, there is consensus on a few things:

- Eat lots of vegetables and fruits (especially vegetables) 5-12 servings/day
- Avoid added sugar, white flour and processed food (the high-glycemic foods that will raise insulin levels: think whole grains and no added sugar)
- Get plenty of fiber, water, and lean protein (increase fiber slowly to allow your bowels to adjust)
- Don't drink your calories (Beer, juices, sodas, sweet tea, etc.)
- Exercise aerobically for 30-60 minutes/day with strength training 2-3x's/week (move what you can)
- Lose weight slowly, 1-2 pounds/week
- Eat mono- and polyunsaturated (good) fats (i.e. from fish, nuts, avocados, olive oil, etc.)
- Limit how often you eat out, since it's very difficult to eat sparingly at restaurants

Interestingly, there is some new evidence that the quality of our food matters even more than the quantity. High glycemic foods, which cause blood sugar level to spike, and the subsequent high insulin levels cause the body to store energy as fat instead of making it accessible as energy, so the body thinks it needs to eat more to provide energy. In other words, it's possible that we eat because we have a lot of fat, not that we're fat because we eat a lot. You can find a list of high glycemic foods online. Stress and lack of sleep also cause hormonal changes that promote weight gain. Timing also seems to matter: eating more in the



ASCC Medical Director
Tom Kiser, M.D.

morning than in the evening seems to encourage weight loss. So, focusing on getting plenty of the "right" things to eat at the "right" time may not only be psychologically easier, but may also be more effective than counting calories.

Of course, what is notoriously hard is keeping the weight off after you lose it. It's discouraging to note that most people not only regain the weight, but often end up both weighing more and having a lower metabolic rate. So, while almost any diet will work in the short term, what's really required is a lifestyle change. NOT EASY. One book that might be helpful is *Mindless Eating* by Brian Wansink. The National Weight Loss Registry website, which reports what has worked for people who have lost at least 10% of their body weight and kept it off for at least a year, is also useful. One of the registry's suggestions is to weigh regularly, which, of course, is problematic if you're in a wheelchair. Alternatively, keeping track of your waist circumference on a monthly basis might provide some useful feedback.

Enjoy your food, but choose your foods wisely; stay active, and as a result live healthy and strong. My wife Pam, the food expert in our family, helped me write this article. She has helped me change the way I eat, and hopefully this article will help you change for the better.

[CONFERENCE REGISTRATION] HEALTH CARE PROFESSIONALS

ASCC CONFERENCE & EXPO: SEPTEMBER 26, 2014 / BENTON EVENT CENTER

EARLY REGISTRATION: \$50 *If submitted after August 29, 2014: \$65*

Please print clearly

I am a Professional I am a Student

Last Name	First Name	M.I.
Job Title / Student	Organization/ Company Name /College	
Mailing Address		
City	State	Zip
Email Address	Phone	

REGISTER EARLY!

MAIL Registration Form and Payment Method to:

Arkansas Spinal Cord Commission
1501 North University, Suite 470
Little Rock, AR 72207

For your convenience, online registration is also available.

Visit our Website at:
www.spinalcord.ar.gov

Check is enclosed in the amount of: \$ _____.

Check must accompany registration form.

I authorize **ASCC** to charge \$ _____ to my

Visa MasterCard CCV #: _____

Card No. _____ Exp. Date _____

Signature _____

Do you need any special accommodations or diet? Yes No

If yes, please contact Shalia at: (501) 296-1788

OCCUPATION:

- Social Worker
- Case Manager/CCM
- Trauma Coordinator
- Voca. Rehab Counselor/CRC
- Physical Therapist
- Occupational Therapist
- Physician
- Nurse
- EMT
- Other (specify) _____

AREA OF PRACTICE:

- EMS Acute Care Rehab
- Community Service
- Private Practice
- Other (specify) _____

STUDENTS ONLY!

- \$20 registration fee

HEALTHY Minds. HEALTHY Bodies.



Arkansas Spinal Cord Commission
1501 North University, Suite 470
Little Rock, AR 72207

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