

ASCF Receives Craig H. Neilson Foundation Grant

The Arkansas Spinal Cord Foundation (ASCF) announced in December that they had been awarded a \$100,000 grant from the Craig H. Neilson Foundation to fund the Consumer Action to Prevent Pressure Sores (CAPPS) Program. This is the fourth grant ASCF has been awarded by the Craig H. Neilson Foundation.

The CAPPS Program will assist a minimum of 25 individuals with a spinal cord injury (SCI) in ob-

taining therapeutic equipment to assist with the prevention of pressure sores and provide training and resources on pressure sore prevention. Individuals who qualify will receive a grant of up to \$4,000 depending upon their needs.

The quality of life of the individuals and their caregivers will be improved through the prevention of life threatening conditions, improvement of health status and increased education. Pressure

sores are a dangerous, frequent but preventable problem for individuals with SCI. Studies in Arkansas indicate that at any given time, 1 in 5 individuals with SCI have a pressure sore.

Recipients of the grants will be Arkansas Spinal Cord Commission clients who have a spinal cord injury and have the need for therapeutic equipment. The ASCC Case Managers will identify clients with

See Craig H. Neilson Grant On Page 3

ASCF 2013 Trap Shoot Success In Spite of Rain

The Arkansas Spinal Cord Foundation (ASCF) held its annual trap shoot on October 12, 2013 at the Blue Rock Sportsman Club in North Little Rock, Arkansas. Morning rain and thunderstorms did not dampen the spirits as shooters, volunteers and attendees waited out the storms.

“We were shooting for a cause,” stated Foundation co-chair, Joy Wier. “Our goal was to raise funds for the ASCF Sandra Turner Memorial Scholarship program to benefit individuals with spinal cord disabilities who wish to further their education.” Through the success of the fundraiser, the ASCF raised enough funds to provide three \$2,000 scholarships. According to Weir, the Foundation will award the scholarships to



qualifying individuals with spinal cord disabilities. (See Sandra Turner Memorial Scholarship article on page 6).

The Arkansas Spinal Cord Foundation wishes to thank all supporters, sponsors, and volunteers for assisting in making this year’s fundraiser a success.

Plans are already underway for next year’s “Shooting for a Cause” Trap Shoot. Watch for more details and information concerning the 2014 fundraiser in an upcoming edition of the Spinal Connection.

Special thanks to our major sponsors: Arkansas Spinal Cord Commission; Snell Prosthetic and Orthotic Lab; Crete-Crafters Decorative Concrete, Inc.; NuMotion Mobility and Accessibility Specialties. And thanks also to supporting sponsors: Arvest Bank; NLR Academy Sports + Outdoors; Fort Thompson Sporting Goods; Kroger in the Heights; Southern Sportsman Foundation; Absolute Care; Arkansas Chapter Safari Club International and First Collection Services.

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(800) 459-1517

With Thanks

Donations this quarter from:

Donna Barron
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Glenwood Family Medicine
In memory of Ian Smith
June Melton
Charles Tapp

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

Passings

Frank Dedmon - April 7, 2012
Donald Huff - October 17, 2012
Bryan Wright - June 17, 2013
Joy Holeman - September 10, 2013
Kenny Branson - September 12, 2013
Roy Gann - September 12, 2013
Jackie Henderson - September 15, 2013
James Rogers - September 18, 2013
Jessica Burchfield - September 22, 2013
William Byars - September 22, 2013
Russell Henry - October 1, 2013
Ira Alton Jr - October 4, 2013
Billy Eddings - October 5, 2013
Sherman Sanders - October 6, 2013
Russell Patton III - November 7, 2013
Brenda Jordan - November 11, 2013

From the Director



In Memory
Russell Patton, III
November 19, 1952 - November 7, 2013

The month of November brought great sadness to the Arkansas Spinal Cord Commission. We received news that former Commission Member Russell Patton had passed away unexpectedly. Russell was the longest serving Commission Member in ASCC history (1985-2001), often serving as chairman.

Russell spent his entire life taking the opportunity to be a benefit to others. Although he sustained a spinal cord injury from a diving accident in 1974, it never stopped his determination and desire to assist others in any way possible. He always concentrated on his ability not his disability! After his injury he earned bachelor degrees in banking and finance, and accounting, and a master's in accountancy. He was a certified public accountant, served 13 terms as the Craighead County Treasurer and was a member of the Jonesboro Chamber of Commerce. Russell was honored many times for his accomplishments throughout the years for his professionalism and community service.

Russell's infectious smile and crystal clear blue eyes lit up the room when he entered and you immediately felt the warmth and compassion in his heart. I met Russell in 1989 when I joined the Arkansas Spinal Cord Commission as Client Services Administrator. We had many opportunities to work together over the years but more importantly Russell became a good friend. I admired his positive attitude and constant embracement of life. According to his wife and soul mate Marie, Russell would always say "If you could help someone else, then that's what God put you on the Earth to do." And he always did just that! In his lifetime, Russell served on numerous boards and organizations including Abilities Unlimited, Craighead County Community Foundation, Rotary Club, Masonic Lodge #129, Arkansas Society of CPA's, and spent many tireless hours helping those in need.

Attending his visitation only confirmed what a well-respected and admired man Russell was in the community. As I stood in line with hundreds of people to pay my respects, it was very clear Russell would be missed as a friend, family member and community servant. We need more people like Russell in this world.

Soar with the eagles my friend. The lives you touched will remember you always.

Patti Rogers



Mike Cranford, Commission Member

Being a Commissioner

If you asked anyone that has served in this capacity as a commissioner, I'm quite certain you would receive an infinite number of different answers. As for me, I find that it is a great opportunity. Not only to give back to an entity that has been so supportive for me, but to see it continue to grow with technology, medicine, and other advancements as well.

To be able to provide the resources for our staff to meet the needs of an ever evolving clientele is at times a daunting challenge. But it is definitely a challenge we must strive to meet.

Having been a client for just over 25 years, I consider it an honor to have seen both sides of the coin. And the coin is re-minted every few years. I was fortunate enough to have been injured during the "golden age" of rehab, and as such received five months of intensive therapy in all facets of life. Although the transition to normal life was still a daunting task, I had so much more preparation than most injuries.

Today, one who is stricken with SCI can only hope to receive five weeks of "rehab"..... IF you're lucky. Many of you barely understand what SCI is in five weeks, much less have a grip on what life has in store for you.

All that being said, it brings me full-circle to where I began, being a commissioner. Please indulge me in a quick aside for a moment..... My regular job is city recorder/treasurer for my home town of Foreman. This being an elected position makes me what I like to call a public servant - NOT a politician! This requires me to deal with a wide variety of problems from an equally wide variety of people. There is a tremendous sense of satisfaction being able to "help someone with their problems!" Over the years I've come to adopt the mantra, "I'm in the business of helping people!"

At ASCC, we are ALL "in the business of helping people!" EVERYONE ONE OF US!!!! And as for me, by serving in this role as commissioner, it's just an extension of what I do every day!

the greatest need for pressure sore prevention resources, determine needs and develop a plan with the client/family and physician.

After approval by the ASCF Board of Directors, the Case Manager will coordinate all aspects of implementation, including scheduling of pressure mapping evaluation, recruiting qualified providers, obtaining bids (when applicable), purchasing of therapeutic equipment, dissemination of educational materials and providing appropriate follow up. Grant recipients will complete a satisfaction survey within 30 days of completion and the Case Manager will do follow up home visits at 30 and 90 days to ensure the plan is working.

Craig H. Neilson, who sustained a spinal cord injury in 1985, established the Craig H. Neilson Foundation in 2001. The Foundation is dedicated in supporting research to find a cure for SCI and caring for those living with SCI by funding innovative rehabilitation programs throughout the United States and Canada. After his death in 2006, the Foundation and its Board of Directors continued on with his legacy and vision.

The Arkansas Spinal Cord Foundation was established in 2004 with a mission to promote the health, well being and quality of life of Arkansans with spinal cord disabilities through awareness and prevention. The ASCF is committed to providing education about spinal cord disabilities to consumers, their families, the general public, and to provide resources and support to assist Arkansans with spinal cord disabilities to live independently in the community.

For additional information about the CAPPs Program, contact your local ASCC Case Manager or Program Director Patti Rogers at (800) 459-1517.



Pressure Sores

By Tom Kiser, M.D., ASCC Medical Director

Pressure sores are caused by prolonged pressure over an area of your pelvis or feet resulting in a loss of blood supply to the muscle and skin. If the pressure is not relieved and the blood supply restored in 20 to 30 minutes, it can result in death to that tissue. Once the tissue is dead, the only way to treat the sore is to remove the dead tissue by debridement with surgery or dressing changes over the sore to remove the dead tissue.

The goal of pressure sore treatment is to remove all the dead tissue; because dead or necrotic issue is only food for bacteria, increasing the risk of infection and slowing the healing process. Once the dead tissue is gone, good, healing, granulation tissue (red and beefy) will develop to fill in for the missing dead tissue. The wound will slowly close from the edge to the center as skin cells migrate from the edges of the wound across the granulation tissue.

The best and cheapest way to treat a pressure sore is to prevent it from happening in the first place. That is why from day one, when you arrived at the rehabilitation hospital, you were instructed to do pressure relief maneuvers about four times an hour when sitting up and to turn every two hours when in bed.

Your risk for a pressure sore is the highest when you are sick and immobile. That is why it is very important that you have a family member or significant other go with you if you are ever admitted to a hospital for an illness or surgery. That person can advocate for you to ensure you are turned and positioned in the bed properly and get a special mattress on the bed if you need one.

About 30 percent of patients get a pressure sore when they are initially injured, and at any one time about 30 percent of spinal cord patients have a pressure sore when seen in a clinic. About 80 percent of pressure sores are on the pelvis (sacrum, ischium or trochanter) and about 20 percent are on the feet. It is important to wear protective footwear to protect the feet from bumps and scrapes. The shoes should be big enough to accommodate any swelling due to dependent edema.

Here are some suggestions to decrease your risk and incidence of pressure sores:

- Develop a habit of pressure relief. Make it part of your routine and life to do frequent pressure relief exercises by moving side to side, tilting or reclining your chair (if you have a power tilt or recline), or doing wheelchair pushups. If this becomes a habit, your chances of developing a pressure sore are greatly reduced.
- Check your skin at least daily. Use a handheld mirror or have a loved one check your skin. This will detect any problems early and help you take the appropriate steps to remedy the problem. If you buy new shoes or get a new mattress, you may want to check the skin about 30 minutes to an hour after trying the new mattress or wearing the new shoes.
- Always try to sit on a good wheelchair cushion, but if you must sit on another type of surface, do your pressure relief technique more frequently and check your skin later that day to



ASCC Medical Director Tom Kiser, M.D.

ensure nothing bad happened to the skin.

- Be careful of heat. Some of my patients have developed sores when their legs or feet were too close to the heater in their home or the heater of a car. Check the bathtub water for temperature with a sensate hand prior to putting your feet in the water. Also, when transporting a hot dish from the stove to the table, always use some type of protective hot pad or towel.
- If you are having problems with frequent bladder or bowel incontinence, see your SCI physician or urologist to address the incontinence to prevent developing a pressure sore.

By being diligent about skin care, you provide a large safety margin between you and the development of a pressure sore. As you grow older, your skin will become less tough and resilient, and you will need a bigger safety margin to avoid a pressure sore.

Some of my patients avoided pressure sores for years, then suddenly developed a large pressure sore even though nothing had changed. The only thing that had changed is that they grew older; so do not cut corners in following your pressure sore prevention regimen. The safety margin you develop now will pay big dividends in the future.

Article revised from 2008 edition

Spina Bifida Tax Credit

We want to remind parents of children with Spina Bifida that they may qualify for a \$500 tax credit for dependent children with developmental disabilities.

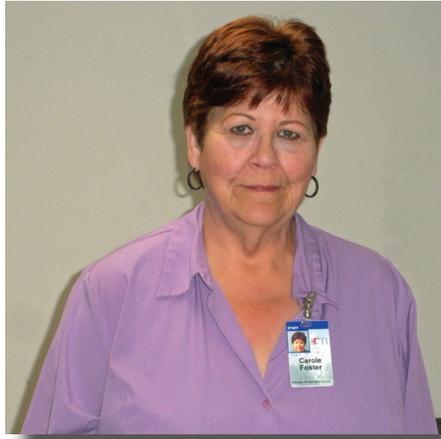
When you complete your state tax return, be sure to include the AR1000RC5 form, the Individuals With Developmental Disabilities Certificate.

You must have a physician complete the form before submitting it. With the form, the head of household will be eligible for the \$500 tax credit for 2013.

You can find the form at http://www.dfa.arkansas.gov/offices/incomeTax/Documents/AR1000RC5_2013.pdf

If you have questions about the form, contact the AR Department of Finance and Administration, Individual Income Tax Section at (501) 682-1100.

New Administrative Specialist



We would like to welcome Carole Foster to the Arkansas Spinal Cord Commission as the new Administrative Specialist for the Hot Springs Case Management office. Carole began her duties on November 12, 2013 and is filling a much needed role in providing support to Case Manager Diane Francis.

Carole was previously employed by the Probation and Parole office

in Benton, Arkansas and has come to the ASCC with a broad knowledge of office procedures and customer service.

Carole is married and she and her husband have just recently celebrated their 30-year wedding anniversary.

Carole is a native Arkansan but spent 21 years living in Denver, Colorado until moving back to Arkansas in 2000. Carole has three children and five grandchildren and she has a daughter and granddaughter who live in the Philippines.

One of Carole's favorite things to do is to travel on ocean cruises. She likes to read, especially murder mysteries and fantasy books like *The Hobbit* and *Eragon*. Carole has a caring heart for animals and she and her husband currently have 8 dogs, most of the dogs being rescues.

ASCC Rolls Out New Website

The Arkansas Spinal Cord Commission (ASCC) has been working vigorously to develop a new face for the agency. Part of this new face is the new agency website.

In conjunction with the Information Network of Arkansas (INA), ASCC has developed a website that is built to be dynamic, accessible and extensive in the amount of information available for clients, providers and the general public.

The new website went live on October 24, 2013, replacing the old website that has served the agency for many years, but was becoming dated in both technology and information.

The website is meant to grow to become a "one stop shop" for all information pertaining to spinal cord injury and spinal cord disease.

There is a considerable need for a singular source of accessible, reliable and quality information on spinal cord related topics. While simply searching the internet for information can be useful, you never know if the information is correct!

Part of this information collection is the extensive Resources section on the website which contains links and files collected by a team of Case Managers at ASCC.

As the website continues to grow, more agency created documents and publications, as well as ex-

ternal resources, will be added to the list to expand upon the current available information.

Please keep an eye on our news section as well for important news, events, accessible hunts, conferences, scholarship information and other information posted!

You can visit the new website at the same address that was used for the previous agency website, www.spinalcord.arkansas.gov.

For any questions or concerns, or if you find any incorrect information or links, or would like to see something specific added to the agency website, please contact Jason Francis, ASCC Information Technology Manager, at (501) 296-1785 or jason.francis@arkansas.gov.

ASCF Sandra Turner Memorial Scholarship

The Arkansas Spinal Cord Foundation (ASCF) announces its 2014 Sandra Turner Memorial Scholarship “CALL FOR APPLICATIONS.”

Annually, ASCF awards a scholarship selected from qualifying applicants for an individual with a spinal cord disability who is pursuing a college degree (bachelors or masters), or are enrolling in a vocational/technical training program. This year the Arkansas Spinal Cord Foundation will award three \$2,000 scholarships to deserving individuals.

“We are very pleased that through the recent success of our 2013 Annual Trap Shoot, we raised enough money for our Foundation to award three scholarships next year,” stated ASCF Chairman John Wyrick. “It is not only a personal goal but is an important part of the Foundation’s mission to help individuals with spinal cord disabilities pursue their education. We hope to grow this opportunity each year,” Wyrick added.

ASCF began its scholarship program in the memory of Sandra Turner, a former Commissioner. Ms. Turner, who sustained a spinal cord injury in 1994, served as Chairman of the Foundation until her untimely death in 2009.

Scholarship Applications:

Applications must be submitted by June 30, 2014. ASCF will award the scholarships in August 2014, just in time for the start of the fall semester. ASCF encourages any individual with a spinal cord disability who is either enrolling in college or vocational/technical school for the first time, or as a current student, to take this opportunity to apply for assistance. A scholarship

application and instructions for completion may be downloaded from the Arkansas Spinal Cord Commission website at www.spinalcord.ar.gov or interested individuals may call (800) 459-1517 to request a copy.

Eligibility requirements include:

- Must be an Arkansas resident
- Must have a medically documented spinal cord disability (including but not limited to spinal cord injury, Spina Bifida, Multiple Sclerosis)
- Has been accepted to a college, university or vocational/technical training program for the 2014 fall semester. This will include undergraduate or masters level programs.
- Must complete and submit an ASCF Sandra Turner Memorial Scholarship application and required documents by June 30, 2014.

For additional information or questions, contact Mike Cranford, Scholarship Selection Committee Chairman at (903) 826-3318 or mcran1857@gmail.com.

TRIUMPH Call Center Comes to Arkansas

The TRIUMPH Call Center is funded by the Arkansas Trauma Rehabilitation Program (ATRP) and is a collaboration of the UAMS Center for Distance Health and the UAMS Department of Physical Medicine and Rehabilitation.

The Call Center is slated to go live in February 2014. It will be a 24/7 service to individuals with spinal cord injuries and their providers in Arkansas.

Employee of the Quarter

Many of the Arkansas Spinal Cord Commission Case Managers go above and beyond the duties that are assigned.

This quarter we recognize one of our Senior Case Managers that has met that call to go above and beyond his duties, Toney LeQuieu of our Russellville office.

He was recognized as the Employee of the Quarter during the Fall Case Managers Meeting that was held in November.

Toney has been working diligently with the Office of Emergency Medical Management to assist in implementing a program to identify clients with disabilities in the wake of a disaster. He also manages and coordinates Arkansas Challenged Hunts for Arkansans with disabilities.

Besides his normal duties and the duties already listed, he has made time to help mentor new Case Managers on a weekly basis via teleconference calls. He also provides regular training sessions with the UCA Physical Therapy Dept to educate student therapists on spinal cord disabilities. Congratulations to Toney for a well earned recognition!

The program is being designed to assist patients through telemedicine consultation, provider education, emergency department services and call center services.

For additional information or questions please contact Kim Brown, ATRP Rehabilitation Program Manager, at (501) 683-0537 or kim.brown@arkansas.gov.

New Facebook Page

On November 1, 2013, the Arkansas Spinal Cord Commission launched its official Facebook page.

You can visit the Facebook page directly at www.facebook.com/arspinalcord.

Our page will offer information on resources, upcoming events, photos, spotlights and more. We encourage you to “like” our page, and share it with your friends!

You will also see on our page a listing of all of the ASCC offices throughout the state including the phone numbers and addresses of our Case Managers. This is under the ‘notes’ section. Feel free to print this out and keep it handy should you need to contact us.

If you have any suggestions for the type of information you’d like to see on our Facebook page, please e-mail the suggestions to kim.phillips@arkansas.gov. Also, we encourage you to make sure you have it in your news feeds so that you don’t miss any article or posting. Again, share our page and check it frequently. Thanks for “liking” us!!

Arkansas Rehabilitation Services

Arkansas Rehabilitation Services (ARS) Division may provide services that could be of benefit to you.

Their mission is to: “Provide Opportunities for Individuals with Disabilities to Work and Lead Productive and Independent Lives.”

ARS is through the Department of Career Education. The ARS Division helps individuals overcome those obstacles by focusing on ABILITY rather than DISABILITY.

Some of the services ARS offers are:

- Transition services for students finishing high school.
- Services for those with special communication needs such as deaf and the hearing impaired.
- Specialized treatment and assessment.
- Vocational training at Arkansas Career Training Institute (ACTI).

ARS can help determine your eligibility for services. They have 19 offices statewide, and their Certified Rehabilitation Counselors can help determine the best services for you based on need.

As a reminder, being eligible for services through the Arkansas Spinal Cord Commission does not automatically make you eligible for ARS. You will need to pursue their assessments and determination of eligibility, which normally occurs within 60 days.

Remember, being disabled does not mean you are NOT able. Everyone has skills, abilities, and value to add to their own lives, and the lives of those around them.

Call ARS today and see what they can do! There are a variety of different programs available for you.

To find out more information, call (800) 330-0632 or (501) 296-1600 in Little Rock. You can also visit their website at www.ace.arkansas.gov.

Spina Bifida Support Group of Arkansas

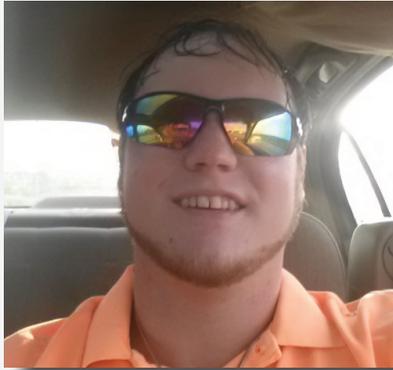


The Spina Bifida Support Group of Arkansas had a Fun Day outing at Sunset Lake Park in Benton on October 6th. Although it was a rainy, wet day, all who participated had fun. Everyone had a great time fishing, playing games, and painting pumpkins and a castle.

The Spina Bifida Support Group of Arkansas also held their annual Spina Bifida Christmas Party on December 15th. Parties were held for both children and adults. Santa paid an early visit, handing out presents to everyone.



CLIENT SPOTLIGHT



Blake Boling of Manila, AR

What is your level of injury or diagnosis?
T9 Incomplete SCI secondary to motor vehicle crash.

Where do you work?
Lowe's Home Improvement.

What type of job do you have?
I am a Customer Service Employee and assist customers with in-store needs and perform other duties.

How long have you worked at this job?
1 year and 8 months.

Did you use any resources or agencies to find this job?
No, I saw the listing for the job and I applied and interviewed for it by myself.

What type of state/federal benefits have you maintained?
By utilizing the PASS Program that helps pay for the cost of my ongoing college education that AR Rehabilitation Services doesn't cover, I have been able to keep SSDI, SSI, Medicare and Medicaid.

What do you enjoy most about the job?
Being around others and helping people.

What do you enjoy least about the job?
Not being able to satisfy all customers.

What accommodations does your employer provide?
Accessibility and a flexible schedule that allows me time to go to my college classes and continue my education. I'm pretty much able to do everything that I'm required to do.

How do you benefit by being employed?
I'm bettering myself as an individual. The extra income and being around other people helps.

What made you decide to go back to work?
I got tired of not doing anything. I realized I could work if I just tried. It ended up being the best decision I ever made.

How much support do your coworkers provide?
Everyone there is a tremendous help. It's like a family there.

What are your future goals?
To finish my associates degree at Arkansas Northeastern College, transfer my job to the Lowe's store in Jonesboro, and complete a bachelor's degree in agri business at Arkansas State University there in Jonesboro.

What is the most positive benefit since starting work?
Hearing the encouraging positive feedback from the customers.

In this issue . . .

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- Change name or address on address label

ADDRESS SERVICE REQUESTED

Page 1	Craig H. Neilson Grant
Page 2	From the Director
Page 3	The Commissioners Corner
Page 4	Pressure Sores
Page 5	Spina Bifida Tax Credit
Page 6	New Administrative Specialist
Page 7	ASCC Rolls Out New Website
Page 8	ASCF Scholarship
Page 9	Employee of the Quarter
Page 10	TRUMPH Call Center
Page 11	New Facebook Page
Page 12	Arkansas Rehabilitation Services
Page 13	Spina Bifida Support Group
Page 14	Working Client Spotlight

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