

New Case Manager in Little Rock Office

Christina Hopson-Allen began her duties in March as the new Case Manager in the Little Rock Office replacing long-time employee Dee Welsh who retired at the end of December after 17 years of dedicated service with ASCC. Christina completed the major portion of her orientation and training in March and the first part of April. She is looking forward to meeting her clients who reside in White, Lonoke and part of Pulaski counties.



Christina Hopson-Allen

Christina received her Bachelor's degree in Psychology from Ouachita Baptist University and is currently working on her Master's degree in Rehabilitation Counsel-

ing at UALR. She is scheduled to complete her degree in December 2010. She has a strong background in mental health case manage-

ment, working with both adults and children. "We are excited to have Christina here and look forward to working with her," said Client Services Administrator Patti Rogers.

When she is not chasing after her 4 and 6 year-old children, Christina enjoys reading, singing and staying involved in youth ministry. She is a member of her church choir and is currently working on a gospel CD. Christina, husband Eric and their two children live in the Shannon Hills area.

Please join the Commission Members and staff in welcoming Christina aboard!

Therapeutic Recreation Arts Festival May 7th



The 2010 *Bringing Out the Best in Me* therapeutic arts festival is scheduled for Friday, **May 7th, 2010**, 10:00 a.m. to 1:00 p.m. at the Clear Channel Metroplex, 10800 Colonel Glenn Road, Little Rock, 72204. The event is designed to allow Arkansans with disabilities to experience arts, adventure and other recreational opportunities. This year's program will include a climbing wall, dance contest, live

music, games and refreshments as well as hands-on craft activities including foam projects, beaded necklaces, face painting, sand art and much more. There is no cost to participants.

For more information contact Cindy Covey, Therapeutic Recreation Coordinator, Little Rock Parks and Recreation Department, **918-5359** or email Ccovey@littlerock.org.

In this issue . . .

Annual Corvette Show	Page 2
Benefits Kids with Spina Bifida	
Weight-loss Solutions	Page 3
Living Well with SCI	Page 4
Be Prepared! Not Just for Boy Scouts	Page 5
Disabled Sportsmen Plan 2010 Outings	Page 5
Up Close and Personal: Mike Cranford	Page 6
Sign Up for Spina Bifida Camp	Page 7
Spina Bifida and the Schools	Page 8
Three-on-three Wheelchair Basketball Returns	Page 8
Fishin' at the Harbor	Page 8

SPINAL COURIER

Published quarterly by
Arkansas Spinal Cord Commission

Cheryl L. Vines
Executive Director

Thomas L. Farley
Editor

Commission Members:
Jimmy Ashley, Chair
Mike Cranford
Jon Wilkerson
John Wyrick

The Arkansas Spinal Cord Commission does not discriminate on the basis of race, color, national origin, sex, religion, age or disability in employment or the provision of services.

Visit our website at:
www.spinalcord.ar.gov
or e-mail us at:
courier@arspinalcord.org

With Thanks

Donations this quarter from:

*In Honor of Donald Hughes
Ray and Jewell Hughes*

In Memory of Sandy Turner

Jill & Steve Bauman

Angela & Andy Crone

Francis Donald

Julia Fulghum

Elenia Grey

Nancy Huckabay

Dr. Karen Kozlowski

Patti Ledbetter

Ellen & Shepherd Russell

Mr. & Mrs. Billy Seale

Mary Thomas

Breda Turner

Withers Turner

Donna & John Wyrick

ASCC accepts tax-deductible donations which assists our clients.

From the Director

April is national volunteer month! Volunteers are people who give and receive. Volunteers come in all sizes, shapes, ages and abilities. They work in schools and homes, on sports fields and in shelters. Most anywhere you find a group of people, there are needs and volunteer opportunities. Some volunteers have special skills or abilities, like interpreting or building (you do not want to see me swinging a hammer!) or raising funds. But most of us who volunteer do it for the love of people and just want to be of help. That help can be anything from working the registration desk at a special event or advocating for a cause to befriending a child or elder to keeping score or coaching for a sports team. Sometimes a volunteer is just a good listener. Everyone has an ability to help others.

It is hard for me to tell who gets the most out of volunteering—the individual or group receiving the services or the person providing them! It is definitely win—win! You don't have to travel to Haiti - you can collect food or money for a cause, read to children at the library or use your special skills to help a not-fo-profit group or school.

I love to volunteer—it is one of my favorite hobbies. Some of my volunteer jobs have been one-time events while others have been a lifelong commitment. I met my husband at an event where we were both volunteering. We pulled our families and friends, most anyone we knew into our volunteer projects over the years. It was fun!

No matter where you live, no matter your abilities, you can volunteer. Take the opportunity this month—give of yourself—I promise you will get back more than you give!

What a great way to spend a beautiful spring day!

Cheryl L. Vines

Annual Corvette Show Benefits Kids with Spina Bifida

The Central Arkansas Corvette Club will host their annual corvette show on **Saturday, April 17, 2010** at the Summit Arena in Hot Springs, Arkansas. The event will be from 9:00 a.m. to 3:00 p.m. indoors and outdoors (rain or shine!), featuring beautiful corvettes from around the country. In addition to the show, there will be a silent auction, food vendors and awards. If you have never been, it is quite an event—shiny cars as far as the eye can see! Owners come for the weekend and participate in car rallies and other events as well as the show. Admission is free, but donations are accepted.

The show is the Central Arkansas Corvette Club's biggest fundraiser of the year. The funds raised go to help charities in Arkansas. For over 20 years, the Spina Bifida Support Group of Arkansas (SBSGA) has been the major beneficiary of the event. Funds from the event assist the SBSGA in providing services including family support, college scholarships, education and recreation programs, books for new parents and the annual Christmas party. SBSGA will be volunteering at the show, if you would like to come help out, please contact Vicki Rucker at **501-978-7222**.

Weight-loss Solutions

By Richard Holicky

Ever worry about skin breakdown, shoulder injury, or outgrowing your chair? Carrying too much weight around may be part of the problem. If so, one solution is a combination of diet, exercise, and lifestyle choices to help you lose that weight and reduce the risk of nasty health stuff like heart disease, stroke, high blood pressure, skin issues, and joint and breathing problems. Better health and more energy come as a bonus.

The combination of paralysis and decreased activity level means wheelchair users normally burn fewer calories, burn them more slowly (metabolism rate), and have lower muscle mass, especially in the lower body. What this means is we burn fewer calories throughout the day, and continuing to eat the same amount as pre-injury translates into extra pounds.

Wheelers need to eat less and weigh less: about 5-10% less than pre-injury for manual-chair users, and 10-15% less for power-chair users.

How to Get There

Body weight is the result of eating and lifestyle habits. Taking in more calories than you use up means you gain weight; burning off more than you consume results in weight loss. The challenge is in finding the will, resolve, and best methods to burn off calories. The solution? Get in the habit of eating less and doing more. It's really pretty simple; it's just not that easy.

Want to lose a pound? Take in 3500 fewer calories or burn off that many more. Want to lose a pound a week? Reduce your calories by 500 per day or burn off that many more through increased activity each day.

Losing weight—and keeping it

lost—involves making some basic lifestyle changes in eating habits and activity level. Start with the food pyramid of grains, vegetables, fruit, milk, and meat and beans. Daily recommended amounts are usually around 6 oz of grain (approximately 6 slices of bread), 2 ½ cups of vegetables, 2 cups of fruit, 3 cups of low-fat or skim milk, and approximately 5 ½ oz of meat and beans combined. People often eat far more protein because portions are much smaller than what they normally consume.

In general, ¼ cup cooked dry beans, 1 egg, 2 tablespoons of peanut butter, or ½ ounce of nuts or seeds qualify as one ounce from the meat and beans group. As a rule of thumb, three ounces of meat is about the size of a deck of playing cards.

Depending on your height and frame size, you should be taking in a total of no more than 1,500-2,200 calories over the course of a day. To get an idea of how many calories you're consuming, start reading those Nutrition Facts labels, which list serving sizes, calorie amounts, and overall contents. Remember, recommended serving sizes are often smaller than you might think, so use a measuring cup to see how much (or how little!) that amount—often ½ cup or one cup—actually is. Eating more than recommended means taking in more calories.

No more than 30% of your total daily calories should come from fat, so choose low-fat, non-fat, trans-fat free, and fat-free versions of foods. Stay clear of trans fats—which are found in shortening, some margarine, crackers, candies, cookies, snack foods, fried foods, baked goods, and other processed foods made with “partially

hydrogenated vegetable oils”—as they are generally unhealthy and can raise cholesterol levels. And low-fat or non-fat don't necessarily mean low calorie.

Beware the Snack Attack!

If you must snack, keep track of what you're eating; they should be under 100 calories. Replace high-fat snack foods with healthy ones such as fruits, vegetables, or low-fat dairy products. For fruit, try a small banana, pear, apple, orange or ½ apple with ½ tablespoon smooth peanut butter. Or drink two cups of V-8 or eat a stalk of celery and 1 tablespoon of creamy peanut butter. You can also have a small container of low-fat cottage cheese with ½ cup chopped fruit or a mini box of raisins.

Traditional snacks such as cookies, chips, and candy offer two to three times as many calories. Other quick fixes such as sodas or fruit drinks are loaded with sugar or high-fructose corn syrup and depending on size, have 200-300 calories (two to three times as many as an apple or banana), with no nutritional value. A simple Web search for calories in fast food and beer will tell you most of what you need to know.

Shop the outer edge of the grocery store, which usually has fresh produce, dairy products, whole grains, and meat items, as opposed to center aisles that are packed with processed high-calorie, high-fat foods.

Start Moving!

By increasing your activity level you increase muscle mass, raise your metabolic rate, and burn more calories. Increase metabolism and muscle mass through a combination of weight training and aerobic exercise: wheeling, three-wheel bikes, or

Continued on page 7 - see “Solutions”

Living Well with SCI: Numbers, 6 and 5

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

At the annual spinal cord injury conference in Little Rock last year, the focus was “Living Well with Spinal Cord Injury.” I was asked to give a brief presentation on my recommendations for “Living Well” from the medical and rehabilitation perspective, prior to a panel discussion on the same topic.

Many attendees requested a list of the ten items I presented, so we decided to publish the list, here, in the *Courier* and provide a more in-depth discussion of each recommendation. Due to *Courier* space constraints we’re presenting only one or two at a time in order to give justice to each recommendation. So here are numbers 6 and 5 of the “Ten things I encourage my patients to do!” I will be working toward number 1 in future *Courier* articles:

Number 6: Manage Your Bowels by being Proactive

- Eat a good diet including:
 - A regular amount of fiber
 - A minimum of five fruits and vegetable portions a day
 - A routine amount of fluid on a daily basis. (Adjust for activity and temperature)
- Follow a routine bowel program
 - Avoid bowel accidents, by using a routine bowel program.
 - Use appropriate digital stimulation with or without a suppository

- Minimize the use of chronic stimulant laxatives, consider the use of a hyper-osmotic laxative.

Five fruits and vegetables a day is an easy to remember “rule-of-thumb” diet program suggested by the American Cancer Society (ACS). A good diet is where good health begins. Eating your vegetables first was a recommendation in my home when I was growing up, and it is disturbing to grow up and go to medical school and find out your parents were right. The “eat five to stay alive” ACS diet focuses on eating healthy nutritious foods, which fill you up by adding natural fiber and nutrition, leaving you less room in your gut for the unhealthy foods which are high in fat, carbohydrates, sugars, and salt.

Your gut uses fiber to mix and extract nutrition from your food and to help the food and eventual feces move through the gut in a timely manner. After a spinal cord injury the time it takes the feces to transit through the colon is approximately doubled, but

having a consistent amount of fiber and fluid in your colon you will help maintain a consistent volume of feces and a consistent rate of movement through the gut, which in turn will facilitate a good schedule for your bowel program.

In the summer months when you are losing more fluid to the atmosphere due to warmer



ASCC Medical Director Tom Kiser, M.D.

temperatures, you may need to take in more fluid. If you take in extra fiber through supplements, such as fiber pills or powder, be sure to take them with an extra glass of water because the fiber absorbs water and will set up like concrete in your gut, if there is not enough fluid taken with the fiber to keep it soft.

If your diet and fluid intake is consistent, it usually follows that your bowel movement and program will be consistent, barring illness or a significant change in your schedule due to travel or stress in your life. I have several patients who chose to wear diapers, be incontinent and “just let it happen”. I recommend against this for several reasons. An incontinent bowel movement puts your skin at risk, makes clean-up worse and usually happens at the wrong time and at the wrong place, or may cause you to stay at home until “it happens.” Also, over time the

Osteoporosis will occur . . .

storage and build up of stool in the colon causes overstretching and slower emptying of the gut and eventually can lead to “mega colon,” laxative dependence, and possibly even a need for a colostomy or ileostomy to bypass the problem. The use of a rectal stimulant such as a bisacodyl suppository, a mini-liquid enema, See **Living Well** on page 5

Living Well

Continued from page 4

or a small amount of liquid soap can allow you to stimulate a bowel movement when you are ready as part of a bowel program. If you have a “lower motor neuron bowel,” one which does not respond to stimulation, then frequent manual evacuation of stool from the rectal vault can keep the stool moving and prevent the problems I discussed above.

Number 5: Good Bone Health

- Calcium supplements
- Vitamin D supplements
- Weight bearing activity
- 20 minutes of sun exposure daily, but avoid sunburn.
- Note: the addition of bisphosphonates is under investigation.

Osteoporosis will occur below the level of your spinal cord injury. If you have paraplegia you will have osteoporosis of your legs, but not your arms; if you have tetraplegia you will have osteoporosis of your arms and legs. We do not fully understand the mechanism, but the loss of muscle pull on the bone is part of it. Studies have shown that standing activities do not help but functional electrical stimulation may provide some minor benefit. Medication given orally or intravenously is being studied, but the risks and the benefits are not yet known.

Calcium and vitamin D are important for good bone health, and are recommended for supplementation. If you have had or are at risk of kidney stones a discussion with your urologist would be a good idea, but most kidney stones are due to oxalates, which are from meats and alcohol, and not from excess calcium. So we are back to a good diet with

Be Prepared! Not Just for Boy Scouts

With the recent events in Haiti and Chile as well as the record rain and cold here in Arkansas over the past few months, everyone has had a chance to think about emergency preparedness. If you were without power, water, shelter, what would you do? Certainly, living with a disability offers some special considerations in emergencies, but actually, many of the preparations are the same. The most important thing is to make a plan. Where will you go in an earthquake? A tornado? A flood? Are there things you can do to make your home safer? Do you have needed supplies (including medications, catheters and other medical supplies) stored in a safe place?

The Arkansas Spinal Cord Commission is working with Partners for Inclusive Communities at UAMS and Centers for Disease Control and Prevention to conduct emergency preparedness training events this spring in three locations around the state. These events will provide educational sessions and resources, individual planning as well as emergency preparedness backpacks (ASCC clients only). The events are open to ASCC clients, their families and caregivers. Events will be held at the following locations:

April 24 – Rogers, AR – Center for Non-Profits at St. Mary’s
May 22 – Jonesboro, AR – HealthSouth Rehabilitation Hospital
June 5 – Magnolia, AR – Hospitality House

Clients in the regions where these events will be held will receive a brochure in the mail. Additional information on the events will be posted on the ASCC website at spinalcord.ar.gov or you can call **800-459-1517** for additional information.

Disabled Sportsmen Plan 2010 Outings

The Disabled Sportsmen of Arkansas have a number of outings planned for 2010. The group has about 12 outings per year including several that are not advertised through the U.S. Corps of Engineers or the Arkansas Game and Fish Commission. An Elk hunt is being planned for this Fall and hopefully will become a reality. A fishing event will be held **May 1st** in Mabelvale featuring filming with Steve “Wildman” Wilson of the Arkansas Game and Fish Commission. Other sponsors will also be in attendance with all food and drinks provided.

Applications for participating in any of these hunts or fishing outings are mailed to all members. If you are not a member and wish to be considered for one or more of these events, please contact: Disabled Sportsmen of Arkansas, c/o Jimmy Ashley, 1701 Airport Road, Jonesboro, AR, 72401, **870-919-5590** (cell) or **870-935-6875** (home).

lots of water and the addition of calcium, at least 1500 mg a day and vitamin D at least 800 units a day. You can get vitamin D from supplemented milk (usually three glasses of skim milk a day would take the place of pills) and good sun exposure of about 20 minutes a day can avoid the need for

medication. However, remember that too much sun exposure, (anything that can cause a sun burn, but in reality anything over the needed 20 minutes) increases your risk of skin cancer.

Living Well with SCI will continue in the next issue of the Spinal Courier.

Up Close and Personal: Mike Cranford

This is the sixth in a series of articles profiling the ASCC Commissioners.



Mike Cranford is a lifelong resident of Foreman, Arkansas. Just ask anyone in town, they know him.

Foreman is just across the Red River from Texas – as far west as you can go and be in Arkansas. Mike was 23 years old on Memorial Day in 1988, attending a holiday beach party on that Red River. He made an ill-fated dive into shallow water, injuring his spinal cord at C6. He went to Dallas Rehabilitation Institute for his rehabilitation, and came back ready to return to the life he had left.

He tried college and worked several other jobs, but in 2000 he was elected Foreman City Recorder and Treasurer and continues to work there today. His job involves him in civic organizations, the Chamber of Commerce, Municipal League and other groups.

But if you ask him, Mike describes himself as a hunter who says he “works to be able to hunt.” Mike primarily hunts deer, in Arkansas and around the central US. His best shoot to date was a 250 lb, 155 inch (bnc score), 13-point buck he got in Kansas a few years ago. He plans to go back there for a December hunt to improve on that. He is part of the Southern Disabled Sportsmen Foundation, where he is involved in bringing individuals with disabilities back to hunting.

PROFILE:

Date Of Birth: December 22, 1964.

Family Members: Parents Burl and Virginia Cranford, sister Leanne, her husband and one nephew.

If I Did Not Live In Arkansas, I Would Want To Be: Kansas—great people, great hunting.

My Favorite Meal Is: Ribeye steak, baked potato - the “works.”

My Favorite Movie Is: *Lonesome Dove*.

My Favorite Song Is: “Can’t Break It To My Heart,” Tracy Lawrence (from Foreman, Arkansas).

Last Good Book I Read: *Have A Little Faith* by Mitch Albom.

My Favorite Hobbies Are: Hunting—it’s my only hobby.

My Favorite Saying: “Lord Willin’.”

The Best Advice I Ever Received Was: Lead, follow or get out of the way.

I Knew I Was Grown Up When: “I’m not, I’ll let up know when it happens.”

My Advice To The Newly Injured: Never give up, never, never, never give up (with apologies to Winston Churchill).

The One Thing I Always Wanted To Do But Have Never Had The Chance Was: Hunt whitetail deer in Montana.

One Word that Sums Me Up: Simple.

Governor Mike Beebe appointed Mike to the Commission in January 2009. “I received services from the Commission when I first got hurt and saw the results of what they did to help me and others,” said Cranford.

“I’m now in a position to be able to give back and asked the Governor for that opportunity.

We can make a difference in people’s lives.”

Solutions

Continued from page 3

table-top cycles. Avoid boredom—and the urge to eat—by developing hobbies and healthy habits. Instead of dessert, go wheeling after meals. Avoid eating while cooking or sitting in the kitchen, or while in front of the TV or computer. Steer clear of temptations such as bakeries, buffet restaurants, and parties, where drinking alcohol and overeating are likely.

Eating only one or two meals a day encourages fat storage and decreases metabolism, so go for small frequent meals instead. Drink a glass of water before meals and snacks. Staying active, getting enough sleep, and drinking 8-12 cups of water a day will also help raise metabolism rates.

Know Yourself

Maybe you are motivated by how you look or how you feel (increased energy, easier transfers, more confident). Maybe it's health issues such as not growing out of your chair, decreasing your skin risk, or making easier transfers, weight shifts, and skin checks. Perhaps it's as simple as fitting into your clothes or having a reason to buy new ones. Find out what motivates you—and use it.

Weight loss does not happen overnight, so it's important to set clear, realistic, and attainable goals. These can be anything from better food choices, fewer calories, and increased fluid intake to increased activity level or weight loss. The more sensible your goals, the easier they will be to achieve.

Make one change at a time and once it's a habit, make another. Keep in mind you are adopting healthy eating habits for a lifetime.

Reprinted with permission from PN magazine (November 2009). Copyright 2009, Paralyzed Veterans of America.

Sign Up for Spina Bifida Camp!

This year's camp is **June 20 through June 26, 2010**, but you need to sign up now.

We only have room for 40 campers, and ***acceptance is based on a first-come, first-served basis. Application deadline is May 15, 2010.***

The weeklong residential camp for children ages 6 to 16 is located at Camp Aldersgate, a quiet, rustic area in west Little Rock near Baptist Health Medical Center. ASCC clients with any type of spinal cord disability are welcome. **There is no fee for this week of camp.**

Camp activities include: campfires and singing, canoeing, fishing, arts and crafts, swimming, and nature hikes. Activities that focus on creating more of a personal challenge include an accessible ropes course, hand and/or foot driven catamarans, adapted archery, and a big hit with older campers, SCUBA diving.

Applications and brochures were sent out in March. If you have questions regarding camp, or if you did not receive your application, call Mary Jo Stanton at **501-296-1788 or 800-459-1517** or email at **mjstanton@arspinalcord.org**.

“Women with disabilities are not immune to breast cancer.”



— JEAN ELLEN WHITE
HOT SPRINGS, AR
DISABILITY ADVOCATE

Jean Ellen White uses a wheelchair, but her spinal cord injury hasn't stopped her from taking the right steps to prevent breast cancer.

Jean Ellen believes in preventive health care and gets a mammogram regularly. She knows that early detection is the key to living.

If you're over 40, do a regular breast self-exam and have a mammogram and a clinical exam every 1-2 years. As with Jean Ellen, overcoming the obstacles caused by a disability to get a mammogram may be difficult. But the consequence of not getting the exam could be worse. For more information, visit www.uams.edu/arkansasdisability or call 1-800-342-2923 (V/TDD).

UAMS
PARTNERS FOR
INCLUSIVE
COMMUNITIES
UNIVERSITY OF ARKANSAS
FOR MEDICAL SCIENCES

Spina Bifida and the Schools – What Do You Want to Know?

The Spina Bifida Support Group of Arkansas is developing educational materials about spina bifida for their website. They are interested in knowing what topics would be of interest to folks with spina bifida and their parents. These are their major questions:

- What do you want to know about the education system and living with spina bifida. IEPs? Transition? Personal care issues? What?
- What would you like for your/ your child's teacher to know about Spina Bifida? The school nurse?

Fishin' at the Harbor

Fishin' at The Harbor is a day of fishing for children with physical disabilities and their families at Mountain Harbor Resort, outside of Hot Springs. It is scheduled for **Saturday, April 24, 2010**. Subway provides lunch for the

Others at school? What have they asked for from you?

- Are there pamphlets, brochures, booklets, resource groups or people that have been useful to you that they can link up with to share with others?

Please send your suggestions to SBSGA Webmaster Lise Kraemer at **sbarkansas.com**, click on webmaster, or by phone to SBSGA Executive Director Vicki Rucker at **501-978-7222**. Help them create the resources you need!

children and their families and the Maumelle Bass Club is on hand to help the children fish. The event is sponsored by Horton's Orthotic and Prosthetic Lab, and others. For more information, please contact Tonya Horton at **800-331-2908** or **thorton@hortonsandp.com**.

Three-on-three Wheelchair Basketball Returns

Arkansas Tech University (ATU) is again hosting the Rollin' Round the Rim 3-on-3 wheelchair basketball tournament on **Friday, April 16** at Tucker Coliseum on the University campus in Russellville. Registration opens at 9:00 a.m. and games begin at 10:00 a.m. There is a \$30 entry fee for each team.

Teams consist of five individuals, with at least one male and one female on the court at all times. Every team is guaranteed at least two games. Wheelchairs will be provided for participants and each participant will receive a T-shirt and team photo. The championship game will feature the winning team of the tournament against a team from the Arkansas' own Rollin' Razorbacks! Contact ATU Department of Parks, Recreation and Hospitality at 479-968-0378 or ASCC website at **spinalcord.ar.gov** for more information.

Change name or address as shown on address label
Please add my name to your mailing list
Please remove my name from your mailing list

ADDRESS SERVICE REQUESTED

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

**RESORTED
STANDARD
U S POSTAGE PAID
LITTLE ROCK, AR
PERMIT # 3168**