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Spinal Connection

Quality of life publication for Arkansas Wheelers living well.

FALL 2015 • VOLUME 27 • ISSUE 1

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Mark your Calendars!

Don't miss the Spina Bifida Christmas Party

The 2015 Spina Bifida Christmas Party, hosted by the Spina Bifida Support Group of Arkansas, is scheduled for Sunday, December 13, 2015 from 1-4 p.m. at Camp Aldersgate.

The annual Christmas party is for children and their families. A separate party will also be held for adults with SB at Aldersgate at the same time and day.

The RSVP form can be obtained at the ASCC Web Site; ascc.arkansas.gov or you may call Shalia at 501-296-1788 for a copy

RSVP to info@sbarkansas.com or mail your RSVP form to SBGA, PO 1005, Little Rock AR 72203. Volunteers and donations are needed for the event. Please call/text Natilie at 870-818-7424.

“Healthy Minds, Healthy Bodies, Part 2,” Another Conference Success!

Once again the ASCC annual conference, held on Thursday and Friday, September 24-25, at the Benton Event Center, exceeded expectations. This was the first year since the mid 1990's that a two-day conference for healthcare professionals had been planned.

Our future goal is to turn the annual conference into a southern regional SCI conference for healthcare professionals and still have a one-day conference for clients and caregivers. “ I believe we are off to a good start this year as there were healthcare professionals attending from Texas, Oklahoma, Louisiana, Tennessee and Missouri,” stated ASCC Executive Director Patti Rogers. Providing much needed SCI/D education and training to those healthcare professionals who care for individuals with spinal cord disabilities will elevate our healthcare delivery and management.

Exhibitors ranging from durable medical equipment, medical supplies, non-profit disability organizations, human services agencies, rehabilitation hospitals and assistive technology provided information and resources to all conference attendees.

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ASCC Welcomes New Staff

Richard Rumpf joins the staff as case manager for Saline, Perry and part of Pulaski counties.

Rumpf is a graduate of the University of the Ozarks with a Bachelors Degree in Sociology. He plans to pursue his Master's in Social Work in the future.

He is an avid outdoors-man and loves hiking and fishing in his free time as weather permits. He also enjoys spending time with his younger brother.

Shawn Bean, of Mt. Holly, resides in our Magnolia Case Management Office. Bean has a Master's degree in Agency Counseling and a Bachelor's degree in Social Work from Southern Arkansas University.

She has extensive experience in social work.

Bean is a member of Spirit Led Fellowship Church, enjoys spending time with her family, attending church activities, traveling, reading, coordinating and decorating weddings, and enjoys 22 years of marriage to her husband Victor.



Richard Rumpf



Shawn Bean

Spinal Connection

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Donations

The Arkansas Spinal Cord Foundation accepts tax-deductible donations to support ASCC.

Send your donation to:
ASC Foundation
PO. Box 242103
Little Rock, AR 72223

Those to Remember

Lisa Maxine Armstrong	Aug. 13, 2015
Brenda B. Bell	Aug. 12, 2015
Cora Bell Mayfield	Aug. 6, 2015
Brian Wendell Wood	Aug. 3, 2015
Reba G. Brown	Aug. 1, 2015
Jasper Lee Jaynes	July 25, 2015
William Diamond	July 24, 2015
Michael Paul Ray	July 20, 2015
Mildred Smith	July 16, 2015
Richard Hardie Ford	July 15, 2015
Bobby D. Walker	July 10, 2015
Khiry Kevon Neal	July 9, 2015
Jerry C. Willis	July 7, 2015
Arlen Eugene Bilbrey	July 3, 2015

From the Director

Patti C. Rogers



ADA Reflects: Disability Rights Are Civil Rights!

For the past thirty-two years I have devoted my professional career to advocating and providing services to individuals with disabilities. I have watched a lot of changes take place within the disability community. The most significant change I believe I have witnessed occurred 25 years ago. 2015 marked that monumental change with the 25th anniversary of the passage of the American with Disabilities Act.

On July 26, 1990 President George H. Bush signed this act committing our nation to eliminate discrimination against people with disabilities. As he signed the act into law President Bush stated, "Let the shameful wall of exclusion finally come tumbling down." We have come a long way since that day toward making this memorable historic event a success but there are still many milestones to overcome.

The Arkansas Spinal Cord Commission is committed to continue the education of our future on the rights of individuals with disabilities by partnering with other disability organizations to raise awareness of the issues still present. Collaboration is the key to success and together we are able to provide one strong voice. ASCC, in addition to many other disability organizations

in Arkansas has worked tirelessly to educate the public on the rights of individuals with disabilities. Whether it is accessible parking issues, law enforcement training on disability rights and laws, employment opportunities for individuals with disabilities, health care, public transportation or housing our goal is to continue to raise awareness and remind the public that all people with disabilities are afforded the same opportunities as anyone else as they participate in all aspects of everyday life.

I encourage each of you to continue to advocate for yourself and for all individuals with disabilities. Together, as one collective voice we can continue to accomplish more. Remember the ADA reflects, "Disability Rights are Civil Rights!!"

Take the responsibility to educate the public on the rights of individuals with disabilities. I commend those of you who have chosen to take a stand to expand opportunities and Pledge On!

expand opportunities and

PLEDGE ON!

Commit for **another 25 years...and Beyond!**

ADAAnniversary.org



ASCF Awards Two Scholarships

Congratulations to Ashlynn Holt and Rose Mary Gulley—2015 Sandra Turner Memorial Scholarship recipients.

The Arkansas Spinal Cord Foundation (ASCF) awards two individuals with spinal cord disabilities the 2015 Sandra Turner Memorial Scholarship Awards. The recipients are Ashlynn Holt of Jonesboro, Arkansas, and Rose Mary Gulley of Little Rock, Arkansas. Each recipient received a \$2,000 scholarship to assist with furthering their education.

"The scholarship selection committee had some tough decisions. There was some very exceptional applicants that we felt were all very deserving. Unfortunately, we could only provide two scholarships," stated Mike Cranford, ASCF Scholarship Selection Committee Chairman.

Ashlynn Holt is attending Arkansas State University in Jonesboro, Arkansas. She is working on her Bachelor of Art in Accounting.

Holt states, "I have always dreamed of going to college. I cannot walk and I can barely use my hands, but I won't give up. I have difficulty with speech and communicating, but I won't give up. I have many challenges because of my disability, but I do not let it control or define who I am and who I have the potential to be."

Rose Mary Gulley is attending the University of Arkansas at Little Rock and is pursuing her Bachelor of Science in Nursing.

She wants to become a RN case manager. Rose Mary has earned an Associate of Applied Science degree, Associate of Arts in General Studies and a Bachelor of Science in Health Science. "My spinal cord injury is something I have learned from and adapted to, and it has not stopped my desire to care for others one bit," states Gulley. In addition to her academic abilities she wants to be a role model for others. Rose Mary states, "I want to give [them] the incentive to strive to be all they can be and that education is the key." The Foundation congratulates our scholarship recipients

'Shooting For A Cause' Fund-raiser A Success

Trap Shoot brings in shooters from around the state.

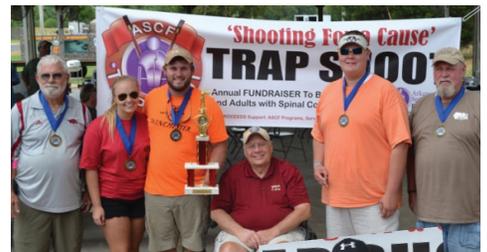
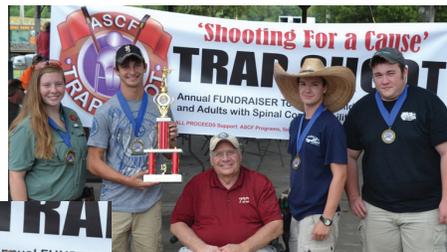
The 2015 'Shooting for a Cause' trap shoot touted a success. Shooters from around the state gathered for trap competition in August at the Blue Rock Sportsman's Club. Attendees enjoyed fun, food and door prizes including two YETI Coolers. The top three Lucky Seven Shoot-off winners were awarded shotguns.

Junior, Senior and Adult shooters teamed up shoot for a cause.' Thank you to for supporting this event.

All proceeds help support the

Arkansas Spinal Cord Foundation and its mission to provide services and ongoing programs to benefit children and adults with spinal cord disabilities. A portion of the proceeds also funds the ASCF Scholarship program.

Next Trap-Shoot is set for June 11, 2016 at the Shooting Sports Complex in Jacksonville



SAVE THE DATE: JUNE 11, 2016
*Compete for Top Trophies,
Shotguns, Custom Knives, and more.*
**Shooting Sports Complex in
Jacksonville – Watch for details!**



Thank you for your support of the 2015 'Healthy Minds, Healthy Bodies' SCI/D Conference.



Congratulations to Jon Bruning, of Maumelle. Jon won the grand prize Wheelchair sponsored by Sunrise Medical.



Invotek demonstrated the morphing hand-cycle, the Quad Rider. The new prototype is specially designed making it easier for those with higher injuries to control.



Glennis Sharp of Cotter had the lucky number winning a custom knife made by D.R. Hottinger owner of Custom Knives. Hottinger is well-known in his craft.



ASCC 2015 Conference, "Healthy Minds, Healthy Bodies, Part 2" Another Success!

Continued from Page 1

In addition to statewide and local vendors, exhibitors from as far away as Wisconsin, Maryland and Iowa participated in this year's EXPO Hall. Assistive technology demonstrations provided information on the latest technology.

Wheelchair users were also able to visit the Wheelchair Pit Stop and have their chairs checked out by local vendors and manufacturers.

Keynote speaker Dr. Rita Hamilton, Director, SCI Medicine, Baylor Institute for Rehabilitation presented an excellent opening session entitled "Management of the Spinal Cord Injury: Treating the Acute and Chronic Population." Dr. Hamilton reviewed some of the many issues and complications that arise in the care of individuals with SCI and why the need for proper medical management is critical. Dr. Hamilton and Dr. Ann Marie Warren collaborated on the "Sexuality After Spinal Cord Injury" session, which received

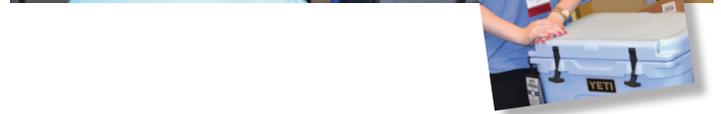
excellent reviews from all who attended especially our clients and caregivers.

One of the highlights of the day was the return of Joanne Smith, International speaker and Certified Nutritional Practitioner who continued her talk during the General Session on "Eat Well, Live Well with Spinal Cord Injury". Caregivers and Healthcare Professionals were provided the opportunity to learn how to care for themselves and address their own needs during separate sessions presented by Jillian Guthrie, LCSW and founder of Healers in Balance. Other sessions provided key information on advocating for health care, utilizing the TRIUMPH Call Center, and Seating and Mobility Assessment.

Many thanks to our sponsors and exhibitors for their support and commitment in making our conference such a success. View the conference photos to see what you missed and make plans to attend next year.



Patti Rogers, ASCC Executive Director, presents Arkansas state appreciation gift to General Session presenter, Rita Hamilton, MD, of Baylor.



We look forward to seeing you next year!

**SAVE THE DATE
Sept. 22-23, 2016.**

Depression and Spinal Cord Injury

As we approach the holiday seasons of Thanksgiving and Christmas, times associated with shorter daylight hours and time with family, I want to consider an issue that can put a damper on the holidays and rob you and your loved ones of joy. Depression can happen to anyone of us. In Western, industrialized nations, the lifetime risk of a major depressive disorder is 7 to 12 percent in men and 20 to 25 percent in women. In general, the risk of depression in the spinal cord injured population is higher than the general population and is approximately 22.2%. Depression is a multi-factorial disorder which is affected by genetics, life stressors, and psychosocial events, and which manifests with a constellation of symptoms which affects day to day function. These signs and symptoms are best assessed in a clinic setting with a physician, but it is important for you to be aware of them so you or your loved one can seek help if they are present.

You may be depressed if even a few of the following signs and symptoms are present for more than 2 weeks, especially if this is a significant change from your normal function:

Depressed Mood: sadness, emptiness, irritability, or loss of interest or pleasure in usual activities; feelings of worthlessness, hopelessness, helplessness, or excessive or inappropriate guilt.



ASCC
Medical
Director

Altered Thought Process: diminished ability to think or concentrate, indecisiveness, recurrent thoughts of death, recurrent suicidal ideation, and excessive self-criticism.

Body issues: changes in appetite (either more or less), unintentional weight loss or gain, sleeping more or less than usual, fatigue, low energy, decreased sexual interest, or restlessness or agitation.

Behavior: suicide attempts and/or a specific plans for committing suicide, decreased attention to personal hygiene or self-care.

Social: distress or impairment in social or occupational functioning, withdrawal or isolation, decreased performance at work or school.

Depression is a highly treatable condition, which typically responds well to antidepressant medication, counseling, and physical exercise.

Autumn and winter, with their fewer daylight hours, bring the added risk of Seasonal Affective Disorder (SAD). SAD is a combination of biologic and mood disturbances, which are seasonally limited to about 40% of the year. In any given year, about 5 percent of the U.S. population experience SAD. Full spectrum light therapy is helpful and can also be used pro-actively

before subsequent autumn and winter season to prevent recurrent episodes. Light therapy consists of being positioned about 12 to 18 inches from a white, fluorescent light source at a standard dosage of 10,000 lux for 30 minutes per day in the early morning. Patients must be awake with their eyes open, but are not required to look directly into the light (i.e., eating or reading during the treatment is acceptable as long as the light enters the pupil). Ultraviolet wavelengths have not shown statistically significant improvement of depressive symptoms and should be avoided because of the potentially harmful effects.

Light therapy is generally well tolerated, with most patients experiencing clinical improvement within one to two weeks. To avoid relapse, light therapy should continue through the end of the winter season until spontaneous remission of symptoms in the spring or summer. Light therapy units may be purchased from online retailers, drugstores, and some hardware stores. Units range from \$180 to \$500, with most costing less than \$250. Reimbursement by health insurers is inconsistent; some companies may cover the cost if the physician provides a prescription or letter of necessity. Pharmacotherapy with antidepressants and cognitive behavior therapy are also appropriate treatment options and have been shown to be as effective as light therapy.

If you are depressed, seek help, including professional counseling or participation in a support group.

Contact your ASCC case manager for support and assistance in locating appropriate services in your area.

Eat Well and Get Fit!

By Joanne Smith and Kylie James



We all know that eating well and working out are essential to good health — and this couldn't be more true for people with SCI. Numerous studies show that including certain nutrients in your diet and exercising regularly can help you along your journey to improve your strength and endurance, reduce pain and depression, and prevent the development of conditions such as cardiovascular disease and diabetes. Also, healthy diet and exercise can keep you looking good and feeling great, as well as enhance your independence and overall quality of life!

What are the physical activity guidelines for adults with SCI? Researchers recommend that healthy adults with SCI should participate in at least 20 minutes of moderate-vigorous aerobic activity two times per week, as well as strength training exercises two times per week. These are the first evidence-based guidelines to be developed specifically to support people with SCI in improving their physical fitness.

Here are some tips for what you should eat to fuel your body for aerobic exercise and strength-training:

Aerobic exercise:

The preferred energy source for any cardiovascular exercise is carbohydrates. To help prevent fatigue and replenish energy stores eat approximately 30 grams of complex carbohydrates one hour before exercising. If working out intensely, eat 50-70 grams of carbohydrates 30-60 minutes after working out. Healthy complex carbohydrates sources include oatmeal, whole grain bread, low-sugar energy bars and bran muffins.

Strength-training:

When doing strength training exercises, your body has greater protein requirements in order to help build and repair muscle. Eat 20 to 30 grams of whey protein 30-60 minutes after working out. A whey protein smoothie is a fast, easy and delicious way to do this — one



scoop of whey protein equals approximately 25 grams of protein.

Good fats and water are also critical to optimize both types of exercise.

Good Fats:

- Increase delivery of oxygen and nutrients to muscles.
- Increase aerobic metabolism.
- Reduce inflammation in tissues/muscles, therefore helping to speed recovery time after weight training.

Good fat sources include fish, avocados, nuts and seeds. Omega-3 fatty acid supplements are another great source.



Water:

- Delivers required nutrients, oxygen and hormones to cells
- Helps regulate body temperature
- Reduces risk of dehydration

Drink at least six to eight cups of water or herbal teas a day.

Joanne Smith and Kylie James are co-authors of the book, *Eat Well, Live Well with SCI and Other Neurological Conditions*. Joanne has been a featured nutritional speaker at ASCC Conferences.

For more information on nutrition for neurological injuries go to:

www.eatwelllivewellwithsci.com.



Reprinted from *New Mobility*, a magazine for active wheelchair users and the member publication of United Spinal Association. .

Commission Member Jimmy Ashley Returns to the Arkansas Spinal Cord Commission



ASCC Commission Member Jimmy Ashley

Jimmy Ashley is no stranger to the Arkansas Spinal Cord Commission. He was originally appointed to the Commission in December of 2001 and had previously worked with ASCC staff on local and statewide initiatives around the ADA and accessibility as well as serving as a peer counselor.

In 1980, Jimmy was a deputy sheriff in Mississippi County when he responded to a

domestic dispute call in Wilson, Arkansas and was shot, damaging his spinal cord and resulting in a T10 incomplete injury.

Jimmy later moved to Wisconsin and became involved with the Southeast Wisconsin Independent Living Center and his life as a disability advocate began. Along with those efforts, Jimmy became involved in wheelchair sports, playing wheelchair basketball, softball, bowling and ice hockey. Though he had never been much of a hunter growing up, he began hunting birds and deer in Wisconsin and when he returned to Arkansas in 1995, he continued to hunt. He joined the Arkansas Disabled Sportsmen's Association in 1996 and pretty quickly became their president. Working with Toney LeQuieu, they established the ADSA as a not for profit organization and the rest is history. Jimmy has worked with the Arkansas Game and Fish Commission, the Army Corp of Engineers and other groups to promote access to outdoor recreation for people with disabilities.

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