



# Spinal Connection

Quality of life publication for Arkansans living well

www.ascc.arkansas.gov

From the Director

Terra Patrom

## Spinal Connection

Spinal Connection is published quarterly by the Arkansas Spinal Cord Commission.

1501 N. University Ave., Suite 470, Little Rock, AR 72207

Spinal Connection is an official publication of



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## TAP iPad Pilot Program

Over the course of these last few months, I have been working on and looking at several key issues that affect individuals with spinal cord disabilities. I have been serving on a pilot committee with the Telecommunications Access Program (TAP) to ensure the clients we provide services are included as potential candidates for this pilot program.

The purpose of the TAP iPad pilot program is to provide wireless devices that can improve the ability of qualifying Arkansans with disabilities (specifically loss in hearing, speech, vision, mobility, or cognition) to use telecommunications and communication tools such as e-mail, phone, text or relay services. Each iPad has specific built-in features and pre-installed apps matched to your disability.

If your application is approved, TAP will provide you one 16GB Wi-Fi or 4G iPad or iPad Mini with an Otterbox protective case. To be considered, you will need to complete the iPad application form. It is important that you read the TAP Conditions of

## Contact Information

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## Donations

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

Send your donation to:  
 1501 North University Ave.,  
 Suite 470  
 Little Rock, AR 72207

## ASCF Van Donations

Arkansas Spinal Cord Foundation had two vans donated. They have a 1997 Chevrolet Full Size Van with a raised roof and crow river lift as well as a Dodge Full Size Van. Interested applicants should contact Mandy at (501) 247-1977 for more info.

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Acceptance and agree to these before signing and submitting your application. You can view apps that are available at [www.iaccessibility.com](http://www.iaccessibility.com). If you have any questions in regard to this iPad pilot project, please contact the staff at TAP at 1-800-981-4463.

The other issue that has come to light over the last couple months are the cuts in hours to attendant care services under the new ARChoices, previously known as AAPD or Elder Choices, program. This has caused a tremendous strain and burden to many Arkansans, especially those with tetraplegia. ASCC is aware and working toward solutions to these drastic changes in benefits. Anyone currently needing help to reinstate services please call 1-800-952-9243.



As I stated in our last Spinal Connections Newsletter, I have seen years of a “resource today is gone tomorrow.” We must work together to ensure our voices are heard. That includes all of you reading this article. Ensure you are staying in tune with the resources that can help you enhance your quality of life.

## New Staff at ASCC

### Kristen Alexander

Kristen joined the Commission at the beginning of December as the Health Educator for the Arkansas Trauma Rehabilitation Program (ATRP). She completed her internship with us in 2014. You may have seen her at some of our conferences. She comes to us from The Clinton School of Public Service and the University of Arkansas for Medical Sciences, where she has been studying Public Health and Public



Service. She spent this past summer in Cambodia for part of her coursework, and will graduate with a dual Master's degree in May. She is also working with the AR Special Education Department to create a monitoring program for students returning to school with head injuries. Kristen is passionate about making Arkansas a better place for trauma survivors, and is excited to help advance the work of ATRP.

Outside of work, Kristen loves distance running, book club, craft projects, playing her ukulele, and singing. She has two cats, Benny and June. We are delighted to welcome Kristen back to the ASCC!

## Adam Burnstone



We are pleased to announce Adam Burnstone as the new Information Technology Manager for the Arkansas Spinal Cord Commission. He joined the Commission at the end of October. Adam will be housed in the Little Rock Office and provide support to local as well as field offices.

Adam graduated with a Bachelors degree in Management Information Systems and a Masters Degree in Instructional Technology from the University of Central Arkansas (UCA). He previously worked as a Technology Support Specialist at UCA and comes to us with over eight years of experience in technology support.

Adam enjoys science fiction movies, technology blogs, spending time with friends and family, and taking care of his recently rescued dog, Vida. We are excited to welcome Adam to the ASCC!

## Dana Mallory

Dana holds the position of Administrative Assistant where she is a valued member in the Magnolia Office. Before joining the ASCC family, Dana was employed for seven years at the Department of Human Services in Magnolia as the Local Office Administrative Assistant.

Dana graduated from Magnolia High School and furthered her studies at Southern Arkansas University and the University of Arkansas at Little Rock.

Dana has been married to her husband Eric for almost six years. She has three sons - Davaree, age 18, Zeland, age 14, and Aiden, age 6. Dana spends her spare time enjoying her family, reading, and watching television. Dana is a member of the Mt. Zion Baptist Church of Magnolia where she gives her time and talent to the Lord through song as a member of the choir. We are excited and delighted to welcome Dana Mallory to the ASCC family!



## Peggy Nichols

We are pleased to announce Peggy Nichols in the position of Administrative Assistant for the Little Rock Office. Peggy attended Capital City Junior College with News Broadcasting/Communication as her field of



study. Peggy previously worked for the Department of Human Services in Conway, Arkansas as an Administrative Assistant and as a Case Manager.

Peggy has two grown children, a son and a daughter, and she has two grandchildren, a boy and a girl, who keep her busy. Peggy loves to cook and enjoys reading Biblically themed books. We are proud to welcome Peggy to the ASCC!

## Mona Ungefug

We are pleased to announce Mona Ungefug in the position of Case Manager for the Hot Springs field office. Mona comes to us from Arkansas Rehab Services where she worked for the Arkansas Career Training Institute as a Job Placement Specialist helping students with disabilities find employment. Mona graduated from the University of Arkansas at Little Rock with a Master's degree in Rehabilitation Counseling. Mona is a Certified Rehabilitation Counselor (CRC).

Before continuing her studies at UALR, Mona was employed at Tyler Junior College in Tyler, Texas for ten years, where she served as Assistant Dean of the School of Continuing Studies. Mona enjoys going hiking, kayaking, and spending time with her family. We are proud to welcome Mona to the ASCC!



## Medically Speaking

Thomas Kiser, MD

## Extreme Temperatures and Spinal Cord Injury

As we head into the winter months in Arkansas and temperatures drop, I want to discuss the issue of keeping your medication effective by properly storing it. Several clients have called the commission to report that their spasm medications do not work as well in the winter time when the weather gets cold, or their bowel medications are not as effective or stable when it is hot.

Pharmaceutical manufacturers recommend that oral medication be stored at a controlled room temperature of 68 to 77 degrees, as that is the range in which manufacturers guarantee product integrity; however, the temperature can range between 58 to 86 degrees and your medication should still work as intended. Outside that range, medicine may physically change, losing potency or even threatening your health. As you are all aware, the temperatures in Arkansas can go outside of these recommended temperatures. Try to avoid storing your medication in the trunk of a car, on



a sun exposed window sill, or in any place exposed to extreme temperatures.

Another consideration is the effect of extreme temperatures on your body. As I shared in the last newsletter, your ability to manage heat is affected by your spinal cord injury, and your ability to cool off or warm up is affected by your body's impaired autonomic nervous system. Excessive heat will cause your muscles to be more relaxed and less spastic, and thus if you are in a warm environment or sitting in the sun you may notice a reduction in your spasms. The opposite is also true. When your body is exposed to cold temperatures, you may have increased tone and spasms. Be aware of your surroundings and how they affect you and your body and move to a more appropriate location to prevent health problems.

I receive more calls about bowel impactions during the summer months than in the winter months. This may be related to your medication being less effective or it may be due to dehydration if you are not drinking enough to counteract the excessive water loss from your body via radiation to the atmosphere. Some people may have more liquid stools if they are drinking more fluid than usual during heat spells. The best way to monitor your fluid status is to monitor your urine volumes during the day and to keep the volume from your bladder in a consistent range.

This winter, keep your medication in a temperature controlled environment as much as possible, monitor and control your fluid intake by assessing your urine output and keeping it in a normal range for you, and avoid prolonged extreme temperature exposure. If you are out during the heat in summer, remember to take your sunscreen to avoid sunburn and a spray bottle to keep your skin cool. In winter, remember to dress in layers and monitor your core temperature.

### Our sincere condolences to the friends and family of...

Scott Windell Braswell - Jan. 02, 2016  
 Jerry Jerome Mason - Jan. 10, 2016  
 Zelma Beene-Jarrett - Jan. 12, 2016  
 Carl David Linsy - Jan. 14, 2016  
 John Fredrick Wicher - Feb. 17, 2016  
 James Spencer - Feb. 28, 2016  
 Veda Jo Wilkerson - Feb. 28, 2016  
 Terry Winston Doster - Mar. 16, 2016  
 Larry Smith - Apr. 01, 2016  
 David Morgan Decker - Apr. 06, 2016  
 Diana Blasi Coston - Apr. 10, 2016  
 Jack Edward Ross - Apr. 15, 2016  
 Charity Ivy - Apr. 22, 2016  
 Clinton Hatfield - Apr. 28, 2016  
 David W. Curtis - Apr. 29, 2016  
 Jennifer Nicole Sago - May. 01, 2016  
 William Bernard Dean - May. 06, 2016  
 Robert Eugene Dunavan Jr - May. 10, 2016  
 Bettye J. White - May. 12, 2016  
 Alfred D. Allen - May. 13, 2016  
 Kenneth Lee Moore - May. 16, 2016  
 Arthur Miller - May. 19, 2016  
 Lucian Doyle Beavers - May. 22, 2016  
 Wanda Lynn Stacy - May. 23, 2016  
 Hubert Owens - May. 25, 2016  
 Harold Richard Head - Jun. 01, 2016  
 Melba Louise Emery - Jun. 04, 2016  
 Donna Jean Ross - Jun. 08, 2016  
 Christopher Haney - Jun. 11, 2016  
 Jane Guffey - Jun. 14, 2016  
 Etta Marie Boyd - Jun. 16, 2016  
 Rickey A. Wells - Jun. 23, 2016  
 Christopher Lacy - Jun. 23, 2016  
 David Simpson - Jul. 07, 2016  
 Sydney L. Case - Jul. 08, 2016  
 Govind Lalchand Mirpuri - Jul. 08, 2016  
 Paul Deal Johnson - Jul. 09, 2016  
 Juanita Richardson - Jul. 09, 2016  
 Danny W. Grinder - Jul. 23, 2016  
 Larry Crawford - Jul. 25, 2016  
 William Ray Cason - Jul. 28, 2016  
 Donald Ross Davenport - Aug. 02, 2016  
 Louis Marshall Morrison - Aug. 05, 2016  
 Vicki Jo Voyna - Aug. 06, 2016  
 Donald K. Weems - Aug. 11, 2016  
 Angela Star West - Aug. 12, 2016  
 Connie Steven Faulkner - Aug. 14, 2016

## SCI/D Financial Scholarships for Education

*Arkansas Spinal Cord Foundation announces 2017 scholarship opportunities to help pursue your education*

Arkansas Spinal Cord Foundation (ASCF) announces the Sandra Turner Memorial Scholarships for 2017 with a "CALL FOR APPLICATIONS." We encourage those wanting to further their education to apply. ASCF's mission is to improve the quality of life for persons with spinal cord injuries and those who live with challenges associated with spinal cord diseases such as Spina Bifida, Multiple Sclerosis, ALS, and Spinal Spondylosis. A large part of fulfilling our mission is to help individuals like you to achieve their education goals.

Applications are due by February 10, 2017. We encourage any individual with a spinal cord disability who is enrolled or planning to enroll in college or vocational/technical school to take this opportunity to apply for assistance.

Scholarship application and instructions for completion may be downloaded from the ASCF's website at [www.spinalcord.ar.gov](http://www.spinalcord.ar.gov).

### Eligibility Requirements:

- Must be an Arkansas resident.
- Must have a medically documented spinal cord disability and be a client of ASCF.
- Prior acceptance to a college, university, or vocational/technical training program for 2017 Spring semester. This will include undergraduate or master's level programs.
- Must complete and submit the ASCF Sandra Turner Memorial Scholarship application and all required documents by February 10, 2017.

All applications will be reviewed by ASCF's Scholarship Selection Committee.

For additional information or questions contact Mandy Carmack by calling (501) 247-1977 or sending an e-mail to [mandy@asilr.com](mailto:mandy@asilr.com).

**Deadline for applications is on or before February 10, 2017.**

### Condolences (continued)

James Hatfield - Aug. 17, 2016  
 Johnny Ray James - Aug. 18, 2016  
 Eric Latch - Aug. 20, 2016  
 Billy Baldrige - Aug. 23, 2016  
 Gerald Denny Sims - Aug. 25, 2016  
 Judy Mae Petty - Aug. 28, 2016  
 Monica Faye Nash - Aug. 31, 2016  
 Frieda Bernadette Rochester - Sep. 03, 2016  
 Jerry Wayne Reagan - Sep. 07, 2016  
 Sarah Belle Kauffman - Sep. 15, 2016  
 Lonnie Green - Sep. 25, 2016  
 Rico Dewone Webb - Sep. 27, 2016  
 Thomas Winand - Sep. 28, 2016  
 Chester Columbus Hawkins - Oct. 07, 2016  
 Paul David Gentry - Oct. 23, 2016  
 Timothy Ryan Gibson - Oct. 26, 2016  
 Bobby Quarles - Nov. 07, 2016  
 Patricia Ross - Nov. 12, 2016  
 Evelyn Green - Nov. 14, 2016





**REGIONAL Conference & Expo: HEALTHY Minds, HEALTHY Bodies**

The ASCC Conference & Expo was held on September 22-23 at the Benton Event Center in Benton, Arkansas. The event brought together national speakers, vendors, healthcare professionals, caregivers, consumers, and families. Numerous sessions and demonstrations were held to provide education and resources to the community at large. The Spinal Cord Commission would like to thank everyone for their attendance and participation in the event.

A special thank you to all of our sponsors. Your sponsorships help make the conference possible.

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Spinal Connection  
Arkansas Spinal Cord Commission  
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## Shooting for a Cause!

**SAVE-the-DATE April 22, 2017**

Raising money to fund scholarships and community based support for individuals living with spinal cord disabilities!



**ARKANSAS  
SPINAL CORD  
FOUNDATION**

HELPING ARKANSANS WITH SPINAL CORD  
DISABILITIES HELP THEMSELVES.

For more information, call Mandy Carmack at (501) 247-1977 or email [mandy@asilr.com](mailto:mandy@asilr.com).

