



# Spinal Connection

## Spinal Connection

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

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Spinal Connection is an official publication of



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## From the Director ~ Terra Patrom

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In 2018, I provided information to outline additions and changes that may affect you as a client and/or supporter/resource to consumers of the Arkansas Spinal Cord Commission (ASCC).

This year holds a vast number of changes as well. Changes can be good or bad. The extent of the change is irrelevant. Change is something we all must forge through to work toward and obtain our end goal. I have become a firm believer that change is a lifecycle which helps us, as individuals, evolve, both internally and externally.

In 2018, ASCC added staff to support the Case Managers that serve you, as the client, under the Client Services Program. This allowed us to rezone to make the caseloads smaller. A smaller caseload means more effective and efficient services to our clients. We also made our Case Managers mobile, utilizing mobile services to keep them in the field as much as possible - to serve you.

In 2019, we will continue our work to move toward a fully integrated electronic system. Though we began this movement to an electronic system in 2018, when you have worked in a paper file system for 40+ years, it definitely takes time. ASCC staff have been an absolute asset to help trial, provide feedback, and give ideas on how we can create even more efficiency and effectiveness as we moved and continue to move through this phase of change.

I look forward to discussing future developments that will create more change in 2019 - including the Governor's Transformation Plan and medicinal marijuana, to name a few.

## Contact Information

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**Phone:** (800) 459-1517

**Email:** [ascc@arkansas.gov](mailto:ascc@arkansas.gov)

**Website:** [ascc.ar.gov](http://ascc.ar.gov)

## Donations

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

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

## Events & Groups

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Hot Springs Area Support Group - 3rd Wed. each month at Spa Area Independent Living (SAILS)

Rolling with Rhythm Wheelchair Dance Team in NW AR -  
Contact Erica at [RollingWithRhythm@gmail.com](mailto:RollingWithRhythm@gmail.com)  
or message at [Facebook.com/RollingWithRhythm](https://www.facebook.com/RollingWithRhythm)

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Nonetheless, in 2019, whatever changes may be forthcoming, one constant remains... We are here to serve the residents of the State of Arkansas that meet our medical eligibility criteria. Our services shall be rendered to the best of our abilities within the procedures and guidelines set by laws and regulations.

**CHEERS to 2019** and whatever changes come! We're here to accept the challenge and move toward our goal of evolution that will allow us to be the best at serving you.

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### *Van Accessible Parking Act (HB 1882)*

Enforcement of this act went into effect on January 1, 2019. The certification form is available on the Department of Finance and Administration website at the link below or it can be found under Quick Links on the ASCC website (<http://ascc.ar.gov/>).

### **Decal Application Form:**

<https://www.dfa.arkansas.gov/images/uploads/motorVehicleOffice/VanAccessibleDecalForm.pdf>

### **Report Misuse:**

If you need to report misuse of accessible parking, please visit:

<https://portal.dfa.arkansas.gov/MisuseParking>

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### *Arkansas Rollin' Razorbacks - Super Bowl Party & Fundraiser*

#### **Sunday, February 3, 2019 at Sherwood (Woody's) Forest**

- A \$100 ticket gets two people in the door (tax deductible donation)
- The party is all you can eat and drink
- There is a large silent auction
- Raffle tickets are available for purchase to win a variety of prizes
- This party keeps our program funded for out of town travel to tournaments, pays for athletic wheelchairs and parts for our players, and provides for entry fees into tournaments and NWBA

Contact Jared Johnson at (501) 240-1529 for tickets or more info.

Sherwood Forest is located at 1111 W Maryland Ave, Sherwood, AR 72120.



# Shooting For a Cause



Shooting Trap to benefit  
Children and Adults  
with Spinal Cord Disabilities

**March 9, 2019**  
**Shooting Sports Complex**  
**in Jacksonville, Arkansas**



State-of-the-Art  
Shooting Range Facility

**SPONSORSHIPS**

**ALL PROCEEDS** support  
ASCF spinal cord injuries / disabilities  
services, and education opportunities.



**Arkansas**  
**Spinal Cord**  
**FOUNDATION**

Enhancing Quality of Life and Health  
for Individuals with Spinal Cord Disabilities.

*Often life-saving. Always life-changing.*

The Arkansas Spinal Cord Foundation (ASCF) is a nonprofit organization as described under section 501(c) (3) of the Internal Revenue Code and is tax deductible. The ASCF tax ID is 20-1492704.

## Partner-Up

with the Arkansas Spinal Cord Foundation!  
Help Arkansans with SCI Disabilities



Our annual fundraiser is a fun, yet competitive trap shoot.

The 2019 event will be held at the Arkansas Game and Fish Shooting Complex in Jacksonville on March 9th. The event attracts junior, senior and adult shooters statewide, and those with spinal cord disabilities.

To be successful, this event requires sponsorship funding and volunteers. We hope you will help support the 'Shooting for a Cause' fundraiser and be our partner in serving over 2,500 Arkansans who live with day-to-day challenges associated with spinal cord injury, spinal and other diseases such as multiple sclerosis, ALS, and spondylosis.

## We Need Your Support!

ASCF provides an array of services, supportive and preventive programs, and supplies much needed durable medical equipment. Listed below are just a few things we have provided:

- Specialized wheelchairs & cushions
- Assistive technology equipment
- Specialized beds, air mattresses
- Education in self-care management
- Portable ramps, permanent accessible ramps
- Educational Scholarships
- Vehicle donations, modifications
- Continued SCI healthcare education for physicians and patients

## Planning a Bowel Program

Medically Speaking

Thomas Kiser, MD

Continued from the Fall 2018 newsletter...

Medications can change a bowel program and must be reviewed with a health care professional if a change in your bowels are noted or a problem develops. Oral medications can change the stool consistency or modify how fast your stool moves through the colon. How your guts respond to medication, diet and fluid depends on whether you have an upper motor neuron (UMN - usually above L1) bowel, or a lower motor neuron (LMN – usually at or below L1) bowel.

Suppositories, or rectal medications, are used to stimulate peristalsis in the descending colon in UMN bowel and produce a scheduled bowel movement. To start the bowel program, rectal stimulation (a gloved -



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

Laurie Allen 01/05/18  
Barney Alexander 05/21/18  
Donnell Porter 07/22/18  
Johnnie L. Huggle 08/03/18  
Jeffrey R. Haynes 08/16/18  
Melanie Barrett 08/23/18  
Daniel Avila 08/23/18  
Anna S. Hartwick 08/27/18  
Keshia L. McBrayer 09/27/18  
Robert H. Turner 10/01/18  
Doretta Gray 10/06/18  
Louie Dreher 10/08/18  
Curtis L. Taylor 10/11/18  
Kenneth Knight 10/27/18  
Barry I. Rowe 10/28/18  
Ralph B. Henderson 10/28/18  
Carol C. Nusch 11/09/18  
Angela Thomas 11/13/18  
Laiken Small 11/23/18  
Thomas Jackson 11/28/18  
Paula D. Rogers 12/05/18

non-latex is preferred - lubricated finger to manually relax the anal sphincter) or stimulant or osmotic medications (miralax, magnesium, senna, etc.) can be used. Rectal stimulation is used in an UMN bowel as a way to turn on the colon contractions in the descending colon to start the process of the feces moving.

Suppositories do not work well in LMN bowels, so manually clearing the rectal vault is necessary for a LMN bowel. Manual clearing is done by inserting one or 2 fingers in the rectum, to break up the stool in order to get the stool out of the rectum. You will need to establish a good routine to train the bowels, and a rectal check at the time of each in/out catheter for the bladder can help avoid unexpected bowel movements.

Diet and activity play a big role in bowel function and management. It is important to first look at your current diet. Fiber is important. Foods that are high in fiber can absorb liquids and help increase stool bulk. High-fiber foods are beans, fruits, vegetables, and whole grain cereals or breads. It's best to get the dietary fiber you need from a variety of food sources. A starting goal is at least 15 grams of fiber each day, but it is important to increase your fiber intake slowly to allow your bowel to adjust. Activity such as abdominal massage in clockwise motion or body movement (such as shadow boxing or wheelchair push-ups) can help move stool in the colon towards the rectum.

There are no foods that consistently cause diarrhea in everyone. Some people find fatty, spicy, or greasy foods cause diarrhea. Other people report that caffeine found in coffee, tea, cocoa, chocolate, or soft drinks can cause diarrhea. If you are lactose intolerant, drinking milk or eating ice cream can be a cause of diarrhea. Diarrhea-causing bacteria can contaminate different foods as well. Gas in the digestive tract may cause uncomfortable feelings of fullness, bloating, and pain. If you're having problems with too much gas, you may want to cut back or cut out foods associated with gas. These include beans, broccoli, cabbage, cauliflower, corn, cucumbers, onions, and turnips. Medication such as beano (alpha-galactosidase) or simethicone may be of some benefit to decrease the effect of gas, but does not always help.

Fluid intake is one of the keys to a good bowel program. If you have an UMN bowel you need to drink plenty of fluids every day to keep your stool soft and prevent constipation. If you have a LMN bowel you may need to drink less to achieve harder more formed stools. Fiber tends to absorb water and bulk up your stool so titrating it can firm up your stools if they are too loose. In an UMN bowel, drinking enough is especially important if you're eating more fiber, and a good standard to shoot for is 64 ounces of water a day. Drinks, like coffee, tea, cocoa, or soft drinks can function as a diuretic and cause a loss of fluid by increasing urine output, so be careful with these liquids. If you exercise or the weather is hot you will lose fluid via sweating so you may need to drink more at those times. Some people may need to limit how much they drink because of their bladder program.

No single bowel program is right for everyone. Every person with a spinal cord injury has a different diet, activity level, routine, medication list, and life schedule. By working with your healthcare provider and developing a bowel management program, you can begin to set up a normal schedule for passing stool. This will give you control of your life and increased confidence when you are out in the community. A colostomy or a cecostomy are surgical options that can be discussed with a physician if you are not having success, and they are options that can be considered if nothing else is working for you.

## Fit for Life

Baptist Health Rehabilitation Institute received funding from the Craig H. Neilsen Foundation to establish the "Fit for Life" Program.

The Fit for Life Program:

- Provides education and training of individuals with spinal cord injury and their caregivers
- Promotes overcoming barriers to participation in fitness activity
- Is intended to empower individuals with SCI to live independently with greater emotional and physical well-being



Fit for Life funding has allowed the purchase of accessible equipment to be set up in 10Fitness Centers in Maumelle, Conway, Little Rock, Jonesboro, Searcy, and North Little Rock. In addition, equipment has also been set up at the Baptist Rehabilitation Institute Fitness Center, The Center at Bryant, and the Hot Springs First Baptist Church Fitness Center.

In addition to ensuring accessibility of the equipment and facilities, each partnering facility has at least one staff member who has received training in assisting individuals with spinal cord injury in safely participating in a fitness program. Personal trainers have attended a class with the following objectives:

- Basic understanding of spinal cord injury levels and abilities
- Awareness of general precautions with spinal cord injury
- Knowledge of exercise recommendations for individuals with spinal cord injury
- Knowledge of wheelchair accessibility standards
- How to use equipment being provided by the Fit for Life Grant

Some additional equipment such as tabletop ergometers, portable ramps, and active hand gripping aids are available for qualified individuals. Supplies are limited.

Additionally, a portion of grant funds have been used at Baptist Health Rehabilitation Institute for a nurse educator to teach a weekly class to caregivers and persons with SCI to promote management of lifelong medical/health maintenance issues.

Contact Sandy Stevens at Baptist Health Rehabilitation Institute at 501-202-7604 for more information.

### *Fit for Life (Facilities)*

Baptist Health Rehabilitation Institute and the Craig Neilsen Foundation have collaborated with the following partners to provide accessible fitness opportunities for individuals with spinal cord injury.

These facilities (seen to the right) are accessible to wheelchair users and have staff who are knowledgeable in helping you participate in safe and effective fitness programs.

<b>Facility</b>	<b>Contact</b>
Baptist Health Fitness Center Little Rock	Jeremy Ray 501.202.7628
The Center at Bryant Bryant	Tyler Rollins 479.747.0217
Benton River Center Benton <b>PENDING</b>	Stephanie Jones 501.776.5970 <b>PENDING</b>
First Baptist Church Fitness Ctr Hot Springs	Amy Johnson 501-276-4726
10 Fitness Cabot	Ashley Johnson 501.259.6590
10 Fitness Conway	Barry Marshall 501.327.1014
10 Fitness Rodney Parham, Little Rock	Brett Smith 501.414.8418
10 Fitness Searcy	Patrick Davis 501.254.0016
10 Fitness Jonesboro	JJ Ryan 870.336.3910
10 Fitness Maumelle	Kathy Wheeler 501.771.0010
10 Fitness North Little Rock	Ben Fowler 501.834.8866

## New Staff at ASCC

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Lynn McMahon began her role as a Case Manager for White County and a portion of Pulaski County on Monday, October 22, 2018. Please take a moment to read a bit about Lynn below and join us in welcoming her to our ASCC family!

"I was born and raised in Little Rock as were my parents and grandparents. I graduated from Jacksonville High School. My husband was from Ft. Worth, TX and we were married 35 years. I have two beautiful children and six grandchildren who are the light of my life. I owned Plant Services for over 20 years and sold it to go to college. In 2015, I was Arkansas Times Woman Entrepreneur of the Year.



My interest in Social Work was due to events in my own life. While taking some college courses to learn Spanish, my husband was diagnosed with a terminal illness. The hurdles we faced trying to find services when thrown into a circumstance we never expected led me to take some Social Work classes. The realization so many people have no idea where to start when faced with these life challenges led me to pursue a degree in Social Work at age 52. The rewards have been a blessing I never expected. My goal is to help families and individuals access all the resources available when faced with a challenge. Having been the caregiver for my husband, I have a special insight into what families go through when faced with the unexpected.

Before coming to ASCC, I worked with Area Agency on Aging. I completed my internship at Pathfinders, working with individuals in the independent living facilities. I also volunteered with CASA (Court Appointed Special Advocates).

I am excited about the opportunity to be of assistance to my clients at ASCC. As a social worker, I hope you feel free to call on me with any issues you face and trust I can be of assistance. A social worker may not have all the answers, but they work hard to help find answers when they don't."

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**Have a medical  
question?**

**Experiencing  
issues and  
need immediate  
answers?**

**TRIUMPH Help Line**

**1-855-767-6983**

**FREE 24 / 7 Access**

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**Help & Information  
for Arkansans with Spinal Cord  
Injury & Healthcare Providers**



**Spinal Connection (Winter 2019)**  
**Arkansas Spinal Cord Commission**  
**1501 North University, Suite 470**  
**Little Rock, AR 72207**

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## **Telecommunications Access Program (TAP)**

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Could you use an iOS, Android, or other assistive device to better communicate with friends, family, or colleagues? If so, be sure to check out the TAP program! They have recently added Android devices to the list of available equipment. Check the eligibility requirements and apply at: <https://arktap.org/eligibility/>



The Telecommunications Access Program (TAP) provides free telecommunication equipment to eligible Arkansans who are deaf, hard of hearing, deafblind, or who have a speech, visual, mobility, or intellectual impairment. TAP removes the barriers to telecommunication access through the provision of accessible communication technology.

Phone: 501-686-9693 | Toll Free: 1-800-981-4463 | <https://arktap.org/>