



# Spinal Connection

## Spinal Connection

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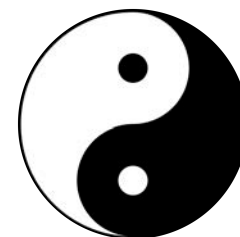
LeDanté Walker

Spinal Connection is an official publication of the Arkansas Spinal Cord Commission. The Commission was established by Act 311 of 1975. On July 1, 2019, the Commission became a public health program under the Arkansas Department of Health as initiated by the Transformation and Efficiencies Act of 2019 (Act 910).

## From the Director ~ Terra Patrom

As the new State Legislative Session approaches, I want to challenge ALL of you to explore your YIN versus YANG. What is most important to you? Drives you? Challenges you? How do you change your focus? Should you change your focus? We all want the 'Sun, Moon and Sky' but in actuality, will the sedan versus the sport car get me where I want to be?

Yin and Yang is an Ancient Chinese Philosophy describing how seemingly opposite or contrary forces may actually be complimentary, interconnected, interdependent in the natural world. They may give rise to each other as they interrelate to one another. They are complimentary (rather than opposing) forces that interact to form a dynamic system in which the whole is greater than the assembled parts.



For this purpose, Yin will be designed to mean EFFECTIVE in the perspective of expected results a disability creates from a 'big picture' (whole) view. Yang will be designed to mean EFFICIENT from a policy standpoint which creates the 'least waste of time and effort' (assembled parts) view.

Money is tight, I GET that! But is your Yang creating an undue burden or fundamentally changing a service with potential long-term impacts? Can you JUSTLY say you are effectively responding to concerns that efficiently deal with perceptions when your Yang consistently looks for the bottom dollar? This is 'MY' YIN VERSUS YANG WORLD! It's challenging, complex, and complicated. Some

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## 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  
5800 W 10th St.  
Suite 108  
Little Rock, AR 72204

## TRIUMPH Help Line

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1-855-767-6983  
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Help & Information  
for Arkansans with Spinal  
Cord Injury & Healthcare  
Providers

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of the worst 3 C's to 'pull together to make a whole' where everyone can SOUNDLY understand when they are fighting with their own Yin VS Yang issues.

It's political. Political in the means of using the 'cookie cutter' approach that ALL people with a disability or a group of people with a specific disability are the same. Hence, using a 'one size fits all 'mentality' (the YANG) versus using a 'Best Practices' (the YIN) approach (where focus should be) creates rigid policy and legislation. These have long-term impacts that create additional undue burdens, not only statewide financially, but within the person with a disability's mental, physical and emotional well-being — their own Yin VS Yang.

As individuals with a disability, this is an important time to reach out to advocate and challenge legislators to view the impact of a policy from a 'big picture' (the YIN) perspective. The YANG perspective of the policy may show short-term gains with efficiencies hence the long-term effectiveness cannot be judged, hence is lost. This is a missed opportunity, to determine a valuable chance to 'step-back and look at the big picture' and the overall effectiveness of the expected end result. Educate yourself on what is being brought forth that will have an impact on you. Challenge yourself to advocate for change! Change for the betterment of both YIN and YANG. There should NOT be a VERSUS between the two. As in theory, the YIN and YANG work together to create solidified and harmonious beings.

## 2020 Voter Information

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**Early Voting Begins:** Monday, October 19th

**Election Day:** Tuesday, November 3rd (7:30 a.m. to 7:30 p.m.)

**Note:** As long as you are in line when the polls close, you will be allowed to cast your ballot. You will need to show ID to vote in Arkansas. However, if you are unable to provide ID, you will be able to vote using a provisional ballot.

## Welcoming Our Newest Case Manager - Tracey Miles

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### What is your background (school, career)?

Arkansas Tech University - Bachelor's Degree in Behavioral Science & Associate Degree in Criminal Justice

### What led you to this field of work?

I worked for people with mental and physical disabilities in college. I then realized that I loved making a difference in people's lives.

### What is your experience as it relates to this position?

I worked at CareLink (Central Arkansas Area Agency on Aging) for 7 years as a care coordinator.

### Where did you grow up? Carlisle, AR

### Favorite place(s) you have visited?

One of my favorite places that I have visited is right here in Arkansas. Altus is small but has so much history and character.

### What are your interests and/or hobbies outside of work?

My family and being a baseball and gymnastics mom. I spend a majority of my time enjoying my children on my off days and attending baseball games or gymnastics during the week and weekends.

### Do you have any favorite books/movies/plays?

My favorite movie is Law Abiding Citizen.

### What do you feel passionate about?

I'm passionate about donating and volunteering.

### What are some causes you care about?

People with Disabilities, Education for children, Alzheimer's Awareness, and Equality for all.

### Do you have any pets/animals?

My family has a lab named Jackson. He is currently at obedience school. He is also learning how to duck hunt.

### What is something you still have left to check off your bucket list? Exploring Europe



## Going to the Doctor

### Medically Speaking

Thomas Kiser, MD

During the COVID-19 pandemic I hope you are sheltering in place, wearing masks and avoiding unnecessary outings, but do not sacrifice your health or make unhealthy choices. Staying in touch with your doctors and health care providers is an important step to avoid health problems. It is critical to keep your medicines and equipment up to date, manage your spasticity, prevent and heal pressure sores, ensure your spinal cord injury is stable, monitor your bowel and bladder, and get needed repairs to your equipment. As long as you take protective and intelligent actions, you should be able to stay healthy and stay in touch with your doctors and health care providers.



Doctor visits can be done remotely with telemedicine visits in the comfort of your own home as long as you have a cell phone or internet connection.

The advantages of a telemedicine visit are:

1. You can discuss the issues you are struggling with and update medications and recent changes in your health and medical history with your doctor.
2. You can show your doctor your home set up and equipment with the video on your phone or computer and show him why you may need new equipment or more therapy.
3. A skin exam and functional assessment can be done if you have a caregiver with you and they position you well for the exam or hold the phone or computer while you walk or transfer.
4. Your physician can refill or order new medication or therapy for you.



The disadvantages of a telemedicine visit are:

1. The phone or internet connection may cut out or not work appropriately. Due to a poor connection, I have had to switch to just a phone visit on several of my patients and that allows for a good history but not such a good exam or assessment.
2. The exam and interaction is suboptimal compared to an in person clinic visit: you cannot do a good heart, lung or abdominal exam; the neurological exam is suboptimal with visual assessment only of tone, motor and sensory function; and the skin exam is often difficult due to lighting and connection issues.

3. Being at home can be distracting and interrupt your daily routine. When the doctor calls you, you may not be ready or there may be a household emergency, a pet or family member may be demanding your attention, or there may be other distractions.

In person visits with your doctor or needed hospital visits can be done safely. You will need to wear a mask and only one person will be allowed to be with you during the clinic visit or hospital stay. That person will need to be someone who is needed to help you and must be an adult. So if your child is at home with you due to remote learning, it will be difficult to bring him to the hospital or doctor's visit and you may need to get a baby sitter while you are at the doctor or in the hospital. When you check into the hospital or doctor's office, expect to get your temperature checked and to answer a bunch of questions about your health, COVID-19 exposure and recent travel. Everyone in the office will be wearing a mask and your doctor and nurse will be wearing masks and protective eyewear when they are examining you. If you need to be seen in the emergency room, this also can be done safely with the above measures.

It is important to continue to stay engaged with your home health nurse, family, and friends and to seek the help of your health care provider if you are sick. However, take the appropriate precautions: Wear a mask and eye protection if you are interacting closely with people outside of your home, wash your hands routinely, avoid large group get-togethers unless everyone is masked and social distancing at greater than 6 feet apart. Outside gatherings with similar precautions are much better than indoor meetings due to the aerosol spread of this virus.

We all keep waiting for the COVID-19 numbers and deaths to start decreasing in Arkansas, but heading into this winter, it is showing no signs of letting up. With colder weather we will be spending more time inside with recirculating air and the risks will go up even higher. A decline in your immune system with an illness will make you more susceptible, so stay healthy by maximizing your immune system: get your flu shot, avoid infections by managing your bladder and lung function, continue to eat well, exercise routinely and get adequate sleep. Keeping in-touch with caregivers and health providers is part of that process.

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

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Patrick Credit 01/07/20  
Gary R. Conner 01/22/20  
Rica Antipolo 01/29/20  
Ron A. Winkler 02/13/20  
Barbara Strain 03/02/20  
Douglas A. Hendrix 03/02/20  
Larry R. Crutchfield 03/21/20  
Keith Von Bell 04/14/20  
John Hall 04/15/20  
Bubba Dean Potts 05/08/20  
Cedric Williams 06/01/20  
Jimmy O. Pry Jr. 06/01/20  
Lana L. Cates 06/02/20  
Terence K. Scott 06/21/20  
Clifford Collier 06/23/20  
Richard Shelby 06/24/20  
John Wimberly 06/27/20  
Danny Martin 06/28/20  
Carroll Seaton 07/01/20  
Roosevelt Rucker 07/15/20  
Lexie C. McCutcheon 07/18/20  
Jewel Reverand 07/22/20  
Teresa Haase 07/28/20  
Birdie L. Bell 08/31/20  
Rickey Birge 09/05/20  
Ronald R. Lewis 09/11/20



**Spinal Connection (Fall 2020)**  
**Arkansas Spinal Cord Commission**  
**5800 W 10th St, Suite 108**  
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- ▶ Job Openings
- ▶ Upcoming Events
- ▶ Information Shared from Vendors
- ▶ Accessible Parking Laws
- ▶ Spina Bifida Camp
- ▶ Grants, Scholarships, & Fundraisers
- ▶ ASCC Conferences
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