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Annual Bowling Event Scores A Strike!!

Annual Bowling Event continues to be a success!

**Many people showed up,
despite the snow and
cold.**

Gift cards were won by



**We celebrated
Board
Member,
Jacki
Trierweiler's
birthday!**

**Good
food &
great fun
was
enjoyed
by all!**



SCIA of Iowa Benefits from YOUR Charitable Contributions!

Does your place of employment band together for a United Way Campaign?
Do you select the non-profit organization that will benefit from your donation?
Please consider donating to Spinal Cord Injury Association of Iowa.

We utilize your donations to provide recreational, social and peer support opportunities for people living in Iowa with spinal cord injury. This organization is operated solely by the committed & passionate volunteer board members; and by our faithful & generous volunteers. Board members do not receive reimbursement for time, travel expenses and efforts.

The SCIA of Iowa has developed specific goals and services that will enhance the lives of people living with spinal cord injury in this state. We are currently limited in our ability to achieve these goals by funding and time. Please consider choosing Spinal Cord Injury Association of Iowa as the beneficiary of your charity dollars. A tax deductible receipt will be emailed to you as well.

If you wish to donate your time and talents to SCIA of Iowa, we would love to hear from you. Please email us at sciaofiowa@hotmail.com or call Angie Plager at 515-554-9759.

Spinal Cord Injury Association of Iowa, a non-profit organization, can only exist with YOUR help, involvement and support!

Spinal Cord Injury Nursing Advice Line

(800) 247-0257 Monday - Friday 9am - 4pm

Craig Hospital recently launched the Spinal Cord Injury Nursing Advice Line to address health related phone calls. It is designed to address health information needs of people living with spinal cord injury in the community in a comprehensive, standardized, evidence based practice, and programmatic approach. Resources for over 150 health issues have been compiled in a database of Craig nursing staff and doctors to answer questions from callers.

Examples of when a person may call the Nursing Advice Line:

- A non-emergent medical question arises that does not warrant a trip to the doctor's office, yet needs answered.
- Experiencing changes in care and wondering whether it is "normal?".
- A new caregiver arrives and needs education materials to help in the transition.

FREE Equipment Rental Program

Spinal Cord Injury Association of Iowa has a free Equipment Rental Program!

We have had this program in place since 2008, so this is a reminder for some of you and a new opportunity for the rest of you!

Since 2008, we have purchased many recreational items that you can rent to use on your own time, between our events.

Recreational equipment to choose from:

- Bowling Ball Pusher
- Handle Grip Bowling Ball - 6 pound & 8 pound
 - Adapted Golf Cart
 - Adapted Golf Clubs
- Handcycles - 2, Top End Upright 7 speed & 1, Top End XLT Lay Back 27 speed

Step 1:

Choose which piece(s) of equipment you want to rent.

Step 2:

Contact Tim at 515-309-0727

Step 3:

Provide credit card information and photo ID so that we know who the equipment is going to. Your credit card will only be charged if you do not return the equipment, or return it in damaged condition.

Step 4:

Determine pick up and drop off arrangements.

Step 5:

Enjoy your FREE recreational opportunity!

Spring is here! Get out and enjoy it!



Mark Your Calendars Now!

Don't forget about the 10th Annual Adaptive Sports & Recreation Expo! It will be on a Saturday in **August 2014**. Keep your eyes peeled for many more details in your July Newsletter, in your email, and in your mailbox!

Caregiver Corner:

The “Healthy Caregiver Hypothesis”

by Dr. Abey Albert, M.D.

This article was reprinted with permission from <http://www.liftcaregiving.com/>



Lift Caregiving is a free website serving family caregivers, offering expert advice, proven products, helpful tools and a database of local and national services.

It has become common understanding that caregiving can take a toll on one's mental and physical well-being. Studies have shown an increased risk of depression, chronic stress, impaired immune system and may contribute to death.

However, there is a growing body that suggests that caregiving provides some health advantage. The Healthy Caregiver Hypothesis suggests that older adults who become and remain caregivers are healthier and more physically active than their peers. Support for this hypothesis comes from studies that found older adult caregivers were physically healthier (McCann 2004), that caregivers had lower rates of death (Brown 2009, Fredman 2010, O'Reilly 2008) and less functional decline (Fredman 2009).

The healthy caregiver hypothesis proposes that the greater physical activity, inherent in performing caregiving tasks, appears to be beneficial to the health of older caregivers (Fredman 2008). In addition, the cognitive demands of a caregiving role may support cognitive function.

Recently, Bertrand and colleagues (Journal of Aging and Health, 2012) looked at cognitive function, specifically, verbal memory and information processing speed using two standardized tests, in older women caregivers. Participants were part of an investigation that looked at caregivers of patients who had fractures due to osteoporosis (Caregiver Study of Osteoporotic Fractures). The participants, elderly women, were categorized as continuous caregivers, continuous non-caregivers, or former caregivers. During the interview, the standardized tests were administered. Continuous caregivers had better memory performance and speed of processing information than continuous non-caregivers suggesting that in older women caregivers, the healthy caregiver hypothesis may apply, at least in regards to memory and information processing.

The healthy caregiver hypothesis suggests that people who become caregivers may be healthier (physically and mentally) to begin with and because of the physical and cognitive demands of caregiving maintain a health advantage over non-caregiving counterparts.

References:

McCann et al; Predictors of beginning and ending caregiving during a 3 year period in a biracial community population of older adults. American Journal of Public Health, 94, 1800 – 1806.

Brown et al; Caregiving Behavior is associated with decreased mortality risk. Psychological Science, 20, 488-494

Fredman et al; Mortality associated with caregiving, general stress and caregiving-related stress in elderly women: Results of caregiver-study of osteoporotic fractures, Journal of the American Geriatrics Society, 58, 937 – 943.

Fredman et al; Caregiving, mortality and mobility decline: the Health, aging and body composition (Health ABC) study. Archives of Internal Medicine, 168, 2154 – 2162.

Fredman et al; Caregiving intensity and change in physical functioning over a 2-year period: results of the caregiver-study of osteoporotic fractures. American Journal of Epidemiology, 170, 203 – 210.

O'Reilly et al; Is caring associated with an increased risk of mortality? A longitudinal study. Social Science & Medicine, 67, 1282 – 1290.

Your Health:

Aging with Spinal Cord Injury: Sleep Problems (Part I)

By researchers at the University of Washington's [Rehabilitation Research and Training Center on Aging with Disabilities](#)

One of the first things that people notice as they grow older is a change in their sleep patterns. They often say they sleep less or don't feel rested when they wake up. Adding a spinal cord injury into this equation can lead to more confusion about what exactly is causing the sleep problem in the first place and, perhaps more importantly, how to deal with it.

Fortunately, in recent years researchers have been focusing more on studying sleep problems in people with SCI. As a result, we are beginning to have a better understanding of these problems and what can be done about them.

Studies in the general population show that sleep problems increase as people age. One study found that 25% of people between the ages of 65 and 79 reported serious insomnia as compared to only 14% of people between 18 and 34. Common changes as people age include more awakenings during the night, more time spent in lighter sleep stages, less time spent in deeper sleep stages, and less total time spent asleep.

The problem seems to be worse in the SCI population. In a study completed by researchers at the University of Washington's Rehabilitation Research and Training Center (RRTC) on Aging with Disabilities, people with SCI reported more overall sleep problems than both the general population and persons with other chronic illnesses.

Why should we be concerned about the quality and quantity of the sleep we get? While sleep problems can be annoying and lead to feeling sluggish and less energized throughout the day, some researchers have found that poor sleep can lead to serious health problems such as heart disease, diabetes and stroke.^{2, 3, 4}

What can you do to improve sleep? Knowing the cause of your sleep problems is the first step in getting the right treatment.

Many medical problems can disrupt sleep in persons with SCI, such as pain, spasticity and breathing problems (sleep apnea, for example), so treating these problems is an important first step in addressing sleep concerns. However, anyone with sleep problems should look closely at the following factors that can disrupt sleep:

Physiological Factors

Caffeine People who drink caffeine are less likely to sleep well than those who do not, so avoid caffeine or limit it to the morning if you are having problems sleeping for any reason. Caffeine is present not only in coffee and black tea, but also in many sodas, so check labels.

Alcohol Alcohol is a sedative. It may help you fall asleep, but it disrupts the sleep cycle and the quality of sleep, so you don't get as restful sleep. Avoid alcohol altogether if you have sleep problems, or limit it to earlier in the evening rather than right before bed.

Sleeping pills Like alcohol, many prescription drugs used for sleep can help you fall asleep, but they disrupt the sleeping cycle so you aren't as rested. Many of these medications are also addictive, especially the benzodiazapines (such as Valium). Because of these problems, sedatives usually should not be taken for longer than two weeks and are not recommended as long-term solutions for sleeping problems. If you are taking a sedative for sleep, talk to your doctor about eliminating it. Getting off these medications must be done gradually and with medical supervision. Stopping abruptly can be dangerous.

Nicotine Nicotine, whether smoked or chewed, is a stimulant and can contribute to sleep problems. (One more reason to quit!)

How to sleep better:

Getting regular exercise and being aerobically fit can contribute to good sleep. However, people with sleep problems may want to limit exercise to the morning, since vigorous exercise late in the day may make it difficult for your body to start winding down for sleep. If you have sleeping problems and you aren't already exercising, start an exercise program. If you use a manual wheelchair, talk to your health provider about how you can exercise safely (so you don't over stress your shoulders, for example).

Unlike sedatives, medications for depression can improve sleep and help you get back into a more normal sleep cycle.

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Assistive Technology Center

Provided by Easter Seals Iowa

These items are available for demonstration and/or loan from the Demonstration Center and Lending Library.



The Homedics Soundspa Premier AM/FM Clock Radio projects time and temperature. The sound spa has six nature sounds including waterfall, rain forest, spring rain, thunder, summer night, and ocean. The clock has a LCD display that rotates, and filters out background noise as you read, work or study. At night it may help an individual fall asleep faster.

The clock radio is pictured. It is grey and stands about 8 inches tall and 6 inches wide. It is circular with an oval shaped base. On the face is a digital clock with blue background and black numbers. On the base there are several buttons to operate the clock.



The e-pill MeDose six alarm vibration or sound medication reminder watch that looks like a sports watch; it shows real time, day-date, a countdown/up/ auto re-set timer and stopwatch. The watch can be set for reminders for medication, specific tasks, and appointments. The watch has a countdown timer feature that will count down with 3, 2, and 1 minute intervals until the timer goes off for the specific reminder. Features include:

- Multi-alarm (up to six alarms per day)
- Vibration alarm or sound alarm
- Vibrating discreet alarm helps individuals with hearing loss with reminders.
- Count down/up interval timer, up to 99 minutes
- Stopwatch (Chronograph)
- Auto calendar
- Back light, easy to read display

To learn more or try these devices contact:

Kim Karwal, Easter Seals Rural Rehabilitation/AT Center Support Professional
401 N.E. 66th Avenue Des Moines, IA 50313

515-309-2394 (Phone) 515-289-4069 (TTY) 515-289-1281 (Fax)

kkarwal@eastersealsia.org

National Spinal Cord Injury Association Spotlight: FREE Webinars

As a member of Spinal Cord Injury Association of Iowa, you have access to a variety of resources and services available through the National Spinal Cord Injury Association. SCIA of Iowa plans to spotlight those resources in issues of SCI Life of Iowa.

Do you have an interest in utilizing a service animal? Are you curious about the recent advancements in stem cell research? Do you need guidance on how to obtain durable medical equipment? All of these questions and more are discussed in free webinars organized through the National Spinal Cord Injury Association. Webinars occur several times a month, typically from 2-3pm CST. To participate, simply register. If you cannot participate in the webinar during the live broadcast, the archives are also posted for you to view at your convenience.



Visit <http://www.spinalcord.org/webinar-archive/> for more information and to subscribe to webinar notifications.

FREE iBOOK on Personal Care Management for People Living with SCI

The Shepherd Center has created a comprehensive guide covering personal care issues for people with spinal cord injury and it is now available free of charge on iTunes (search: Shepherd Center). The guide is required reading for patients in the spinal cord injury program at Shepherd Center. It is considered essential for family members and caregivers to review prior to discharge. The newly released iBook gives health care consumers unprecedented access to Shepherd Center's educational material free of charge.

The 181-page manual contains a detailed overview of spinal cord injury with topics including how to manage your bowel and bladder program, skin care, respiratory system and medications. Subjects such as emotional adjustment, alcohol and drug issues, assistive technology and other special concerns are also covered.



View in [iBooks](#) or go to iTunes and search "Shepherd Center." Requirements: This book requires iBooks 1.3.1 or later and iOS 4.3.3 or later. The book can only be viewed using iBooks on an iPad, iPhone (3G or later), or iPod touch (2nd generation or later).

Article from Spinal Cord Injury Association of Illinois Newsletter



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E-mail: sciaofiowa@hotmail.com
Website: www.spinalcordiowa.org

Our mission is to provide active-lifestyle information, peer support and advocacy that empowers people living with spinal cord injury/disease/disorder to achieve their highest potential.



Disability Information & Referral
Connecting People to Programs

Your free, confidential
guide to disability
information and
services:
local, state,
and national

1-800-779-2001 (voice)
1-877-686-0032 (TTY)
www.iowacompass.org

**Resources
for You!**



UERS

USED EQUIPMENT REFERRAL SERVICE
from Iowa COMPASS, a program of the Center for Disabilities and Development

Do you or someone you know have adapted equipment collecting dust in an attic, garage, or basement because it's not being used?

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