



The Concurrent Review

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Editor: Korey L. Dunn



August 2007? Wow! We're in the middle of the summer season. Schools are already starting back and vacations abound. . I hope you enjoy this summer filled edition of *The Concurrent Review*.



This is also a special newsletter as it marks the 40th Newsletter. I can't believe this is the 40th issue. Where has all of the time gone??



Happy Birthday to our UBH Employees with August Birthdays

Cindy Burke	August 2	Tonda Hill	August 4
Tanya Gomez	August 5	Sharon Howard	August 6
Morgan Handley	August 17	Kristen Frankel	August 17
Paul Austin	August 18	Lorie Hale	August 19
Mike Edwards	August 21	Sharon Belhamel	August 23
Terry Crump	August 26	Patrick Binienda	August 27

Happy Birthday wishes to you all. My apologies if your birthday is in July and your name is not on the list above. Please notify your supervisor to add your birth date to the Employee Phone List in the Database Directory.





**For Pet's Humans by: Donna Maples
Safety with Horses**

We have several horse lovers here at UBH so thought I would write something for them and for people who are not familiar with horses.

Whether you are learning to handle your first horse, or just enjoy leaning over the fence to watch, learning a few safety precautions will prevent accidents and injuries for you and for the horse. The calmest horse or smallest pony has the potential to hurt someone if it is startled or scared. I can tell you a few stories from my years in New Mexico! Whew! These recommendations may help you avoid kicks, trampled toes, bites, drags, or run-always. Remember, horses are very large, very strong animals and can have a mind of their own at times. If you are a newbie, you may feel a bit overwhelmed at all you need to remember. But safety rules become habits, just like looking both ways before crossing the street.

As prey animals a horse's ability to react quickly and out-run a predator was key to their survival in the wild. This instinct remains strong in domestic horses.

On the ground:

- Be calm and quiet. Sudden moves can cause a horse to shy (jump sideways) or kick out.
- The safest way to lead a horse is with a halter and lead rope. Don't hook your fingers through the halter straps or rings or the bit. If the horse pulls away your fingers could be caught, injuring them or catching your hand so that you are dragged.
- Never stand directly behind a horse. If you are grooming its tail stand to one side and pull the tail gently over.
- When cleaning a horse's hooves or putting on leg bandages don't squat or kneel. Bend over so that if the horse moves you can get out of the way quickly.
- Never loop lead ropes, long lines, or reins around your hands or any other body part. If your horse pulls away you could be dragged.
- Feed treats from buckets or tubs. Horses can very quickly become greedy and mistake fingers for carrots.
- Wear sturdy shoes or boots that will protect your feet if your horse or pony steps on them. No sandals or thin shoes!

- When tying use a quick release knot or panic snap so that if your horse gets scared and pulls he can quickly be freed. The feeling of being constrained can make a scared horse panic to the point of hurting himself or you.
- The safest place to stand is beside your horse's shoulder where you can see each other or about 10 or more feet away.
- When grooming, saddling up, or cleaning your horse's stall, tie your horse up. A loose horse in a barn can cause havoc. And don't leave a tied horse unattended. Despite what you see in the movies or TV.
- When going through a doorway make sure the door is wide open so the horse doesn't hit itself on it, startling the horse and resulting in you being trampled or dragged.

Horses are wonderful creatures and lots of fun if you know what you are doing. If you don't, it may be best to go to one of the ranches, farms, etc, that assist you with horseback riding. You can find English (side saddle) Western horseback riding.



“The Best Of” Fashion Eye for the UBH Guy
By: Korey L. Dunn

There are so many new faces here since *The Concurrent Review* began back in May 2004 so I thought I would republish the first ever Fashion Eye article which appeared in the second issue of the Newsletter which was in June 2004. It was appropriate for the summer season!! Enjoy!!!

“To Sock or Not To Sock....That is the Question”

Here are some simple fashion tips for the UBH guy: Now that summer is here shorts are being worn daily. If you are going to wear your sneakers with your shorts make sure that your socks are not DARK!!! The socks should be white – sold white and preferably without the colored band that was popular in the late 70's. If you wear sandals with your shorts, make sure that your toenails are groomed and socks with sandals is also a fashion don't!!!

Also, remember to coordinate your socks with your everyday wear as well as at work and play. Dark socks are appropriate if you are wearing dark pants, dress shoes and should not be worn if you are wearing white or light colored shoes. Sneakers and Dark Socks are a NO NO!! If you are wearing light colored pants it is okay to wear coordinating socks. There is some debate on matching your socks to your pants versus your shirt. I am a firm believer in matching your socks to your pants – it just looks better. Look for more fashion tips next month!



Guest Article

This article was submitted by Jean Higgins from our Clinical Network Services department and was written by one of our UBH Providers, Michelle Salomon who wanted to share her life story and how she has taken this life experience to share with her own patients. Thanks Jean for coordinating this with Michelle!!



“The Miami Project”

My story begins at Christmas, as a rebellious teen with the typical adolescent angst, insecurity and vulnerable to peer pressure, I was typical by most standards. This all changed on December 12, 1982. The combination of a car, a tree and a boy wanting to show off converged to put me in a wheelchair. On that day I became a T10 paraplegic.

I would like to share with you the arduous journey from that day to today. The journey to mental, physical and spiritual recovery was shared with my friends and family, not unlike many others who have sustained a spinal cord injury. I will spare you most of the gruesome details of the physical road that I have traveled and focus mostly on my mental recovery, which began that first day in the hospital.

Within the first 48 hours in intensive care, when my family and I were told that I would survive, I was forced to lose my modesty. The countless doctors, interns, nurses, therapists and other hospital workers viewing my naked and injured adolescent body on a daily basis made me feel more like a piece of meat than an injured person. These initial shocks were compounded by a grim prognosis of endless medical complications and an immense list of things that I would never be able to do again. I felt that I was demoted to a second class citizen. Remember, this was the early 1980's and spinal cord injury research was in its infancy and medical prospects were grim for someone like me.

The support I received, especially from my family and friends, was incredible. My mother decided to treat me as she normally treated me. Not out of a sense of denial, but as a way of empowering me to progress toward independence. My friends were supporting me as well with visits, calls and letters. This support continued beyond my four month stay in the hospital. All the positive support pushed me toward normalcy and allowed me to reconfigure my rebellious adolescence into a life of participating in sports, dating boys, traveling and exploring. It was this push toward a “normal life” that was the impetus for my future decisions in psychology and ultimately in my career path.

After receiving my BA in Psychology in 1993, I attended graduate school at Rollins College in Winter Park, Florida, where I received a dual Masters in Mental Health Counseling and School Counseling. My educational successes were augmented in the mental health counseling field through interning and working in a variety of different environments in Central Florida. Professionally, I have been a published author, donated time to bring awareness to sexual abuse issues, children with disabilities, and substance and alcohol abuse. I have sat on boards of directors, and volunteered time for fund raisers to provide mental health counseling for those who could not afford these services. These professional accomplishments may easily have been missed if I did not have that push toward a “normal life”.

My journey following spinal cord injury is proof that nothing is impossible. My evolution following injury, through medical care, in life experiences and providing community resources to others has helped me develop a therapeutic style. For the past four years, I have developed and specialized in an area of mental health treatment that focuses on helping individuals and their families cope with the medical and physical problems following injury. My treatment focus is on helping these people deal with the massive changes in activities of daily life and in pain management following catastrophic injury. In this pursuit, I have coined this treatment as “Life Style Adjustments”.

Life style adjustments is a holistic view of the client when entering treatment, while measuring current levels of function medically, psychologically, socially, educationally, occupationally and in daily life skills. This novel approach explores the individual’s ability for adjustment, adaptation with others and the accessibility with their environment while coping with medical and physical changes. This holistic approach can be implemented following all types of injury or disease which causes a lifestyle change to the individual.

Individuals with injuries and their families need support from the mental health field in particular. Mental health professionals can help these people learn how to adapt to their changing needs and lifestyle. Within this holistic approach, the mental health professional must collaborate with all professionals associated with the client’s medical or physical health. This collaboration can identify challenges and limitations for the injured person and propose solutions to allow the injured to live a normal and successful life.

In my case, advances in spinal cord injury research and rehabilitation are a prime area that has improved my quality of life following injury. These improvements for me have transformed me and my style when teaching about accessibility and research in new ways of improving the spinal cord injured individual’s quality of life.

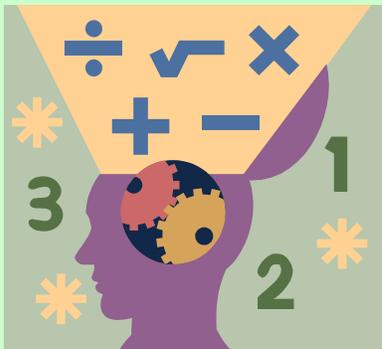
This May I had the opportunity and ability to take a 14 week sabbatical from my group private practice Creative Counseling PA, located in Lake Mary, FL to

participate in a research program in the Neuromotor Rehabilitation Laboratory of Dr. Edelle Field-Fote at the University of Miami's Miami Project to Cure Paralysis. This program looks at different types of stimulation to help improve walking function in individuals with chronic spinal cord injury, like myself. The exercises that I perform require me to be attached to a robotic walking system suspended over a treadmill, which helps me walk for forty minutes each weekday. With this treatment, the researchers can evaluate changes in my strength, balance, spinal reflexes, and walking function and compare my changes to others doing similar types of training. Because of this experience I have greatly enhanced my physical well being and gained more insight into the needs of individuals with spinal cord injuries.

I have really enjoyed participating in The Miami Project's research programs, especially since we share the holistic philosophy of healing. In addition to the locomotion study I participated in, The Miami Project is looking at other novel approaches to rehabilitation. They feel that advances in rehabilitation will go hand-in-hand with advances they continue to make in the basic science labs. They are looking at approaches ranging from neuron protection, transplantation, regeneration, quality of life and rehabilitation to fix the problem of paralysis. Just as I am looking at my patient's entire history to help them solve their problems, we all believe that a true team approach to overcoming an injury, both physical and mental, is the best solution.

For more information on The Miami Project to Cure Paralysis, visit www.themiamiproject.org or call 1 800 STAND UP.

For more information about Creative Counseling PA please contact Michelle Salomon, LMHC, NCC at 407-688-1770 or CreativeCounseli@aol.com.



Monthly Brain Teaser – By: William G. Johnson

Questions:

1) When the day after tomorrow is yesterday, today will be as far from Wednesday as today was from Wednesday when the day before yesterday was tomorrow. What is the day after this day?

2) Before the research on cholesterol provoked such due concern, people believed that: M N X R L T 4 U
What did people believe?

State Flag Quiz: (hold down control key and click on link below)
http://encarta.msn.com/encnet/departments/education_1/?page=quiz93&Quizid=93

Scroll down the page for the answers to the Brain Teaser questions...



Answers:

- 1) Thursday.
- 2) Ham and eggs are healthy for you.

