

# WAYS AND MEANS

METHODIST REHABILITATION CENTER



## Now I can...



# METHODIST

REHABILITATION CENTER



# WORDS AND

## Features

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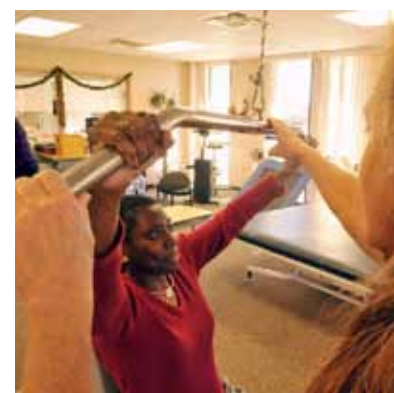
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# Ways & Means

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Methodist Rehabilitation Center provides comprehensive medical rehabilitation programs for people with spinal cord and brain injuries, stroke and other neurological and orthopedic disorders. The 124-bed state-of-the-art hospital in Jackson has twice been designated a Traumatic Brain Injury (TBI) Model System site by the National Institute on Disability and Rehabilitation Research and is also the only hospital in Mississippi twice named one of America's best by U.S. News & World Report. Methodist Rehab is one of only two hospitals in the state accepted into the prestigious Council of Teaching Hospitals.

**Mission Statement** | In response to the love of God, Methodist Rehabilitation Center is dedicated to the restoration and enhancement of the lives of those we serve. We are committed to excellence and leadership in the delivery of comprehensive services.

# THE Challenge



Spend much time at Methodist Rehab and you'll stumble on this familiar scene: a group of grinning nurses and therapists gathered around a former patient.

Usually, these "alumni" have come to share an accomplishment — a graduation, marriage, new baby or some other symbol that their life is back on track.

It's a wonderful reminder of the restorative nature of rehab medicine. So we got to thinking: Why keep all this good news to ourselves? After all, wouldn't it be inspiring if new patients could see people who faced similar challenges and prevailed?

Those musings sparked the creation of our new Now I Can campaign. Through a series of posters lining our second floor hallway, the campaign tells the stories of Methodist Rehab patients who have overcome disabling illnesses and injuries and are back doing the things they love.

You'll get a preview of the campaign on Pages 6 through 17. You'll also learn how to access additional profiles on our website and Facebook pages and how to add your own success story to the mix.

This issue of Ways & Means highlights other achievements, as well. Our researchers, for example, have had a productive year, as evidenced by the long list of publications and presentations to their credit. As a result of this hard work, they've earned several grants that will further enhance their search for rehabilitation breakthroughs. Learn more about their achievements on Pages 24 through 26.

As 2010 commences, it appears growth is again in our future as a result of adding more facilities and services. Read about our new Cleveland Orthotics & Prosthetics office on Page 4 and turn to Page 30 for more info on screenings for a new hand rehabilitation system at our outpatient therapy clinics.

On Page 34, Leon Grigoryev, a new addition to our Methodist Spine & Joint Center, shares the philosophies that have earned him a reputation as a caring and committed rehabilitation medicine physician. And on Page 32, you will also learn more about Brenda Thames, another highly respected Methodist Rehab employee, who recently earned a special award for her dedication.

These stories about our staff and services are another illustration of what's possible when you approach each mission with a give-it-your-all mindset.

Now I can say I couldn't be prouder of the difference these efforts make in the lives of our patients and their families.

**Mark A. Adams**  
President and Chief Executive Officer  
Methodist Rehabilitation Center



In Methodist Rehab's Adaptive Computing Lab, people with disabilities can test drive a variety of equipment and software specially designed to fit their computing needs. The choices include user-friendly computer mice, keyboards and mouth-operated input devices.

# Grant funds improvements for adaptive computing lab

A \$37,000 grant from the Craig H. Neilsen Foundation will expand the capabilities of Methodist Rehabilitation Center's innovative Adaptive Computing Lab.

MRC patients will be able to sample a wider variety of equipment and software, take advantage of timelier training and even test-drive technology in their hospital rooms.

"Our vision is to create an environment that will promote the use of technology and ensure that individual needs are matched with appropriate resources," said Dr. Dobrivoje Stokic, administrative director of research at MRC.

It's a goal that surely would have resonated with Craig H. Neilsen, the late founder of Ameristar Casinos and the creator of the spinal cord injury foundation that bears his

name. As a businessman who managed a successful company from the seat of a power wheelchair, Neilsen knew the importance of technology in his own life.

"Craig Neilsen started supporting MRC in 2004 because he was impressed with the cutting-edge rehabilitation opportunities that MRC offered to Mississippi residents," said Beth Goldsmith, executive director of the Neilsen Foundation.

Methodist Rehab's adaptive computing lab was begun in 2008 with a \$20,775 AT&T Excelerator grant. The money funded the purchase of adaptive equipment, such as onscreen keyboards, voice-recognition software and special trackballs and joysticks.

George Gober, assistive technology associate at MRC said, "The Neilsen

Foundation money will be used to expand that inventory and make training and support services more readily available."

"The Neilsen grant will allow us to secure new emerging technologies to improve our assessment process," Gober said. "We will also be able to develop video tutorials and enhance our training procedures. This will help us better train people while they are in the hospital."

The grant also will make it possible to provide computers for use outside the computer lab.

"This approach better resembles 'real-world' computing, and it also greatly enhances opportunities for in-depth assessment and training," Gober said. "In essence, we will be able to jump-start their computer use in a setting where we can offer on-site support."



## Methodist O&P opens full-service clinic in Cleveland

After a machinery accident forced the amputation of Matt Azlin's lower right leg, the Leland farmer traveled over 100 miles to be fitted with a prosthetic limb.

Methodist Orthotics & Prosthetics in Jackson could promise a one-day turnaround, and Azlin was eager to get back on his feet.

Today, such timely care is available a lot closer to Azlin's Delta home. Methodist O&P recently opened its fifth full-service clinic at 804 First Street in Cleveland.

"We chose Cleveland for our newest site based on input from existing patients and health care professionals in the Delta region," said Methodist O&P director Chris Wallace. "They know the quality of our work and wanted greater access to our expertise."

Methodist already had been serving the Delta through its mobile lab. But Wallace predicts that the new office will allow staff members to expand their impact on the region. For one, they will be able to introduce new technologies as soon as they become available.

"Our growth over the years has attracted the attention of national O&P manufacturers, and we're now a logical first stop for companies bringing innovations to market," Wallace said. "We were one of the first facilities in the United States to fit a patient with a C-Leg, a revolutionary prosthesis with a computer-controlled knee."

As the facility with the highest number of certified O&P practitioners in the state, Methodist also will serve as an educational resource for patients, their families and their physicians.



**Matt Azlin**

"The initial response from the community has been tremendous, and I believe it's because we're known for our dedication to improving the health of people who use braces and prostheses," Wallace said. "We're looking forward to expanding the high-quality health services already available in the Delta region."

**Methodist Orthotics and Prosthetics is an accredited Center of Excellence by the American Board of Certification and also serves as an accredited residency site for the National Commission on Orthotic and Prosthetic Education. Methodist O&P also is accredited by the Joint Commission.**

**Our full-service clinics include:**

**Cleveland Office**

**804 First Street, Cleveland, MS 38732 | 662-846-6555**

**Jackson Office**

**One Layfair Drive, Suite 300, Jackson, MS 39232 | 601-936-8899**

**Hattiesburg Office**

**107 Fairfield Drive, Suite 10, Hattiesburg, MS 39402 | 601-264-0359**

**Meridian Office**

**123 Main Street, Meridian, MS 39301 | 601-483-5280**

**Monroe, Louisiana Office**

**1607 Louisville Avenue, Monroe, LA 71201 | 318-410-0846**

**Toll Free 1-866-306-9933**





Certified prosthetist Darby Shook, shown here working with patient Barney Brown, will be the manager of Methodist Orthotics & Prosthetics' new Cleveland clinic. Shook is a native of Cleveland and attended Delta State University. He earned a bachelor's degree in Biological Engineering from Mississippi State University and a post-graduate certificate in Prosthetics from the Newington Certificate Program in Connecticut. Shook completed a residency in Prosthetics at Shriners' Hospital for Children in Greenville, South Carolina. He has worked for Methodist O&P for more than nine years.





# Now I can...

## share my story



The same year that Methodist Rehab opened its doors, “The Other Side of the Mountain” hit theaters. The 1975 movie tells the story of U.S. slalom champion, Jill Kinmont, who became a quadriplegic at age 18 in a skiing accident.

In one scene, Kinmont is in rehab and eager to show off a new skill to her boyfriend. As she painstakingly picks up a potato chip, the camera takes in her triumphant grin and his frown of disappointment. “Jill, aren’t you gonna walk?” he asks.

In the beginning, it’s human nature to think about all the things a person with disabilities can’t do. But in places like Methodist Rehab, you quickly learn to look past loss and focus on potential. And you come to see that every tiny act of autonomy ultimately becomes a bridge to independence.

Those small victories — as well as the big achievements they foster — are what we call Now I Can moments. And they are the impetus for a new campaign to celebrate the can-do spirit of our patients.

Today, our second floor is home to our own “Hall of Fame” — a walkway lined with posters depicting the real-life accomplishments of our “alumni.” We offer a preview of the campaign on the following pages. You’ll find more examples in the news and events section of [methodistonline.org](http://methodistonline.org), on our Facebook group page, Now I Can at Methodist Rehab, and on our fan page at [facebook.com/MethodistRehab](http://facebook.com/MethodistRehab).

If you’re a former MRC patient with a Now I Can story to share, send an e-mail to [schristens@mrc rehab.org](mailto:schristens@mrc rehab.org) or mail your story and your phone number to:

Public Relations  
Methodist Rehabilitation Center  
1350 East Woodrow Wilson  
Jackson, MS 39216

# Now I can...

## stage a comeback

A TV talk show host suffers a near-fatal stroke and is suddenly at a loss for words. Doctors diagnose aphasia, a disorder that can leave victims struggling to speak, read or write.

The scenario sounds like a scripted cliff-hanger, but it was actually drama in real life for Raymond Wong, former co-host for WABG's "Good Morning Mississippi."

After working with the stroke recovery experts at Methodist Rehab, Raymond learned ways to cope with his communication problems. Now the Greenville businessman is back in the spotlight and inspiring other stroke survivors to persevere.

"I want to help other people who are trying to get back and let them know they can make a difference," says the host of "Delta Dialogue." "I say don't just dream about it, do it!"











The Harvey family from left: Honey Beth, Hollie, Tim, Hooks and Anna Grace.





# Now I can...

## keep up with my kids

It was the scariest Halloween ever for registered nurse Hollie Harvey. While on a family hayride, Hollie fell under the wheels of a wagon and broke her back.

Surgeons predicted she would never walk again. But staff at Methodist Rehab said: "Let's see what you can do." And with their support and guidance, the Mendenhall mother of three gave it her all and got back on her feet.

"When they would tell me to do 10 reps, I would do 20," she said. "I wanted to be able to kick a ball with Hooks, Anna Grace and Honey Beth. That was my motivation."



# Now I can...

get back in the groove

“If I could walk, I would be flat out the door.”

When Chris Gill wrote the lyrics for “Hospital Blues,” he feared his music career might be over. An 18-wheeler had crashed into his SUV, leaving Chris with a severe brain injury and broken bones from head to toe.

But therapy at Methodist Rehab Center helped Chris get back to playing his signature “island blues.” And now he sings the praises of MRC staff. “They are so caring and giving,” he says. “They are helping people every day.”

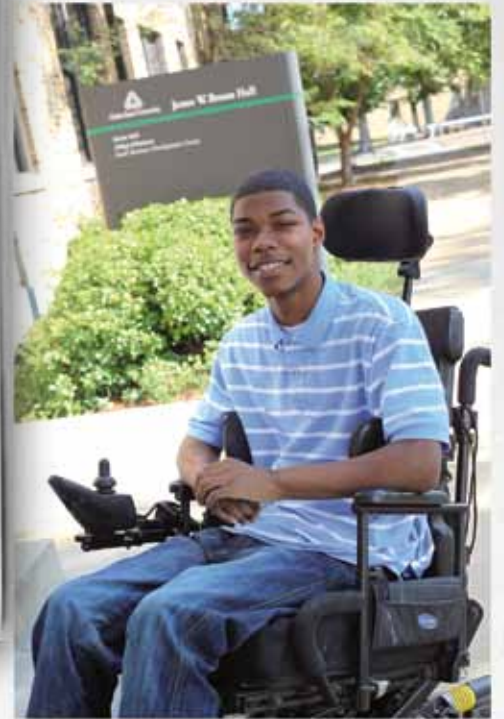












# Now I can...

## get my college degree

After a football injury left him a quadriplegic at age 16, Robert Cassidy of Ruleville could have given up. But staff at Methodist Rehab showed him that his goals were still within reach. And therapy helped him gain the tools for a successful return to the classroom.

“They have a lot of positive people who motivate you to keep going regardless of the situation,” he says. “Whatever life throws at you, you’ve just got to roll with it.”

Cassidy now rolls confidently around the campus of Delta State University, pursuing a business degree that he hopes will lead to a career helping others. “I’m leaning toward being an entrepreneur,” he says. “Maybe I’ll invent something for people like myself.”







# Now I can...

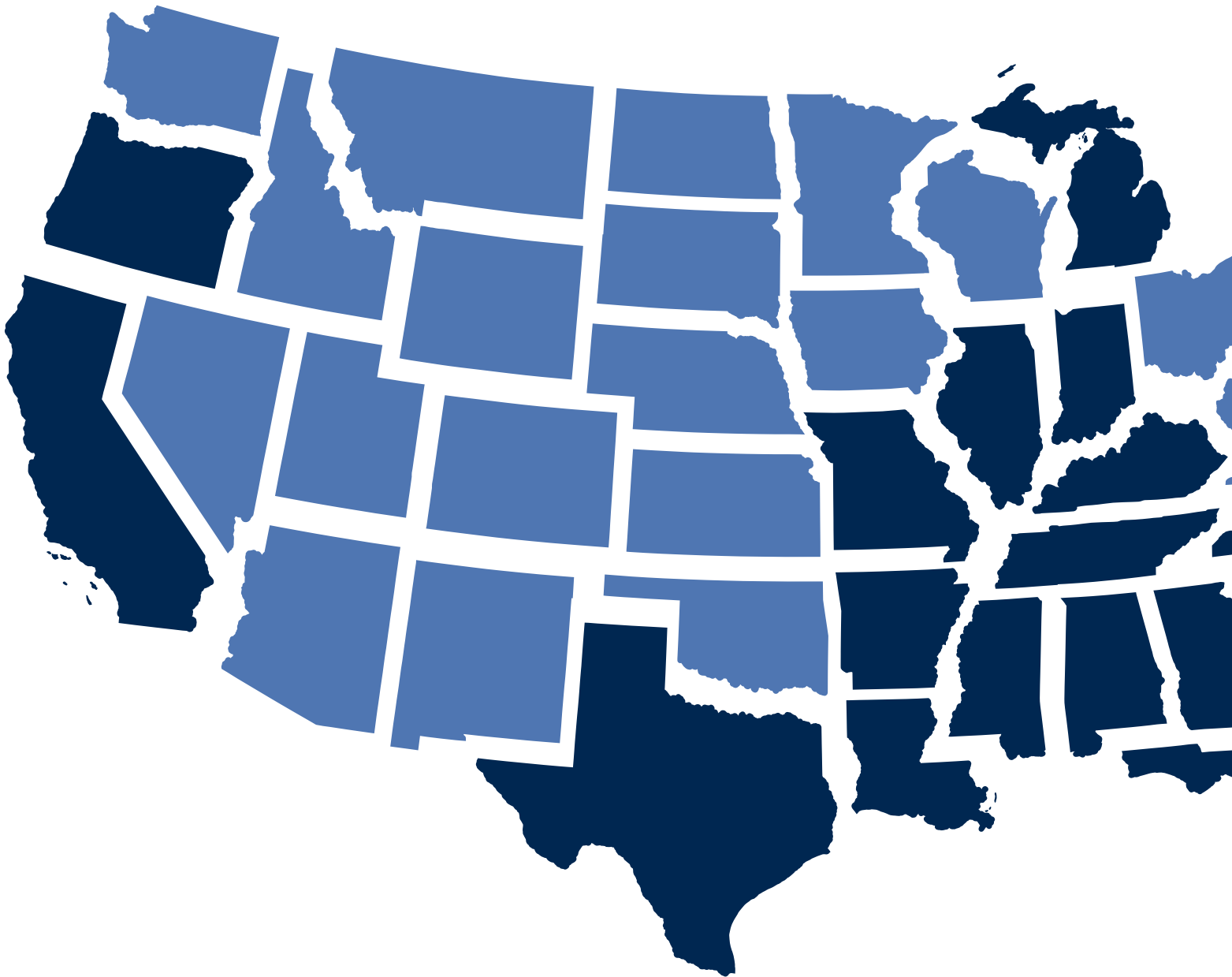
## help my daddy on the farm

Josie Azlin loves following Daddy everywhere he goes, and Matt Azlin is happy to oblige. The jaunts are a joyous reminder that life is back to normal at the Leland family farm. “Whatever Daddy is doing, Josie and her big brother, Hayes, love to be with him,” says their mom, Katherine.

Azlin faced an uncertain future after an accident forced the amputation of his lower right leg. But he now feels comfortable and secure as he tromps across fields, climbs onto tractors or horses around with his two favorite farmhands.

Credit for his confident stride goes to staff at Methodist Orthotics & Prosthetics. They custom designed a limb that handles the demands of Delta farming — and the hijinks of curious kids. Hayes took the leg to Show-and-Tell, and Josie added her own special touch — pink toenails!





*\*Dark blue indicates home states of MRC patients.*





# METHODIST

REHABILITATION CENTER

While the majority of Methodist Rehab patients hail from Mississippi, Louisiana and Alabama, our services also attract patients from across the nation.

Here's a look at the home states of patients who came to MRC for care in 2009.

- California
- Oregon
- Texas
- Missouri
- Arkansas
- Louisiana
- Illinois
- Michigan
- Indiana
- Kentucky
- Tennessee
- Mississippi
- Alabama
- Georgia
- Florida
- South Carolina
- North Carolina
- Maryland
- Massachusetts
- New Hampshire

# 2009

list of patients' home states







# Walking To Defeat ALS

Mississippi's first Walk to Defeat ALS proved a rousing success, due in part to the dedication of Methodist Rehab's administration and employees.

Methodist CEO Mark Adams served as corporate recruitment chairman for the event, a commitment born of his understanding of the tragic impact of Amyotrophic Lateral Sclerosis on individuals and their families. ALS, also known as Lou Gehrig's disease, is a progressive neurodegenerative disease that affects nerve cells in the brain and spinal cord.

Adams' brother David died of the disease in 2007, and it is his stylized drawing of a wheelchair that served as the logo for the T-shirts worn by the 147 Methodist Rehab employees who turned out for the event.

In addition to raising \$18,000 in corporate sponsorships, Adams also provided walk organizers with the perfect setting for the festivities. The walk began and ended at Methodist Specialty Care Center in Flowood, where participants were treated to jambalaya from MMI Dining and music from The Pates.

By day's end, 565 registered individuals had brought in more than \$62,000 — exceeding fund-raising goals by \$12,000.

Among the participants was Mickey Walton, one of six people with ALS who resides at Methodist Specialty Care. Center director, Jan Robertson, said MSCC is designed to meet the needs of younger people with severe disabilities, which makes it especially well-suited for those with advanced stages of ALS.

"Our facility allows you to be on a ventilator and still be as independent as possible," she said. "Our residents go on outings and are still able to enjoy life."

Walton did the walk in his power wheelchair, and he said the event was a good idea. "It helped to let the public know about what a person with ALS and their family goes through," he said. "I love that there is now an ALS chapter in Mississippi, and I hope more people will learn about ALS."

Methodist Rehab will continue to support the ALS Association by providing meeting space for a support group and workspace for Renee Lowery, the association's new full-time patient services director for Mississippi. Lowery can be reached at 601-812-5158 or 1-800-891-3746. To learn more about the ALS Association, go to [www.alsalams.org](http://www.alsalams.org).

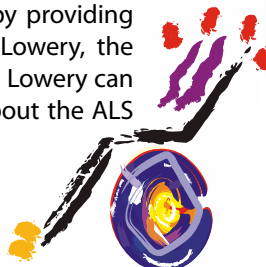


Mark Adams



Mickey Walton

Drawing by David Adams







# ALL YOU NEED IS *Love*

**Patient's persistence inspires others**

by Susan Marquez

A go-getter by nature, Shunda Love of Indianola has always been used to challenges in life. She was an assistant platoon leader for the Army National Guard's Youth Challenge Program in Hattiesburg, all while being a mom to Jayia, 9, and Deondria, 12.

The 34-year-old knew the meaning of hard work and discipline. Little did she know that those attributes would serve her well when

life threw a major challenge her way on July 6, 2007.

A car accident left Love in a coma for two months, and she spent another two months in intensive inpatient therapy at Methodist Rehabilitation Center in Jackson. Next came a lengthy stint at Quest, Methodist Rehab's community reintegration program for brain injury survivors

Through it all, Love stayed focused on getting better, and her persistence proved to be an inspiration to others. The Rehabilitation Association of Mississippi recently presented Love its Personal Achievement Award.

Love was honored at the association's annual banquet, and her delight was obvious to the audience of 300. "She did so awesome," said Quest vocational specialist Marianne





Shunda Love had a platoon of people pulling for her as she worked to overcome a debilitating brain injury. She says her mother, Bessie Love, in photograph at left, served as “my rock.” And occupational therapist Charlene Toney, above, was just the drill sergeant she needed to keep her motivated.



*“When I first came to Quest, I was severely depressed. I stayed motivated thanks to the wonderful staff, and I always stayed positive.” — Shunda Love*

McCaleb “She was very poised and thanked everyone, but the most fun part was that she was so surprised.”

The Brain Injury Trust Fund paid for hotel accommodations so that Love could participate in Quest, and the comprehensive program proved to be a turning point for the young mother. There she found a supportive environment where she could learn the skills to transition to a more independent lifestyle at home and in her community.

“When I first came to Quest, I was severely depressed,” Love remembers. “I wasn’t sure how I was going to handle having a brain injury. I stayed motivated thanks to the wonderful staff at Quest, and I always stayed positive.”

Dr. Clea Evans, director of neuropsychology at MRC, was very helpful. “She listened to my problems and helped me find a way to be active again,” Love said.

Dr. Evans also helped Love fulfill her desire to help others achieve their goals. “I was really impressed with Shunda’s fighting spirit,” Dr. Evans said.

At her graduation from Quest, Love talked about how the Quest staff became like a family, especially Charlene Toney, the occupational therapist who worked with her. “Charlene became the voice in my head,” laughed Love. “She was like a drill sergeant, and I liked that about her. I can hear her now saying ‘Come on Shunda Love!’ She was like the angel on my shoulder.” Toney, in turn, calls Love “an awesome miracle.”

“I knew I didn’t want to be in a wheelchair the rest of my life, and the only way to avoid that was to work hard,” Love said. “Luckily, one of my motivations is that I like to exercise. And of course, the more I exercised, the stronger I became.”

Her therapists at Quest became like a family to Love. “If I went in depressed, they’d lift my spirits and just like the people in your own family, they’d talk me into giving it my best,” Love said.

Also cheering Love on were her two daughters and her mother, Bessie Love. “My mother was my rock,” Love said. “And she used to be a Certified Nurse’s Assistant, which came in handy when I had a feeding tube.”

After living on her own, Love found it difficult to move back into her parents’ home. “My mom had to take care of me the way I took care of my own daughters when they were small,” Love said. “But she did it with love, and that helped to get me where I am today.”

One of the things the Quest staff worked on was finding Love a job in Indianola so that she could be more independent. McCaleb helped Love get placed as a volunteer working with the children in her church.

“I work one-on-one with kids who have had a hard time,” Love said. “One boy in particular told his grandfather that he wanted to come to my house to be tutored. My daughter Jayia helps, and now I believe that may be her calling.”

With her positive outlook, and the discipline she learned in the military, Love knows she’ll continue to improve. “I’ve been so fortunate to have so many great people on my team. I know there’s a reason for everything, and hopefully, others can look at me and gain inspiration as they try to achieve their goals.”



7

PRESENTATIONS

+

22

PEER-REVIEWED PUBLICATIONS

## Peer-reviewed publications

\* MRC Researchers in blue

Bowden M, **Stokic DS**. Clinical and neurophysiologic assessment of strength and spasticity during intrathecal baclofen titration in incomplete spinal cord injury: single-subject design. *J Spinal Cord Med* 2009;32:183-90.

**Chow JW, Hemleben ME, Stokic DS**. Effect of centerline-guided walking on gait characteristics in healthy subjects. *J Biomech* 2009;42:1134-37.

Evans SD, **Gontkovsky ST**. Psychosocial issues among women diagnosed with multiple sclerosis. *SCI Psychosocial Process* 2009;22:44-55.

Francisco GE, Saulino MF, **Yablon SA**, Turner M. Intrathecal baclofen therapy: an update. *PM R* 2009;1:852-58.

**Gontkovsky ST, Russum PR, Stokic DS**. Comparison of the CIQ and chart short form in assessing community integration in individuals with chronic spinal cord injury: A pilot study. *NeuroRehabilitation* 2009;24:185-92.


**Horn TS, Yablon SA, Chow JW, Lee JE, Stokic DS**. Effect of intrathecal baclofen bolus injection on lower extremity joint range of motion during gait in patients with acquired brain injury. *Arch Phys Med Rehabil* (in press).

Kofler M, Kumru H, Stetkarova I, Ruegg S, Fuhr P, **Leis AA**. Cutaneous silent periods are not affected by the antihistaminic drug cetirizine. *Clin Neurophysiol* 2009;120:1016-19.

**Leis AA, Stetkarova I, Wells KJ, Martin-Gruber** anastomosis with anomalous superficial radial innervation to ulnar dorsum of hand: A pitfall when common variants coexist. *Muscle Nerve* (in press).

Martz E, Livneh H, **Gontkovsky ST, Stokic DS**. Psychosocial responses to spinal cord injury as predictors of pressure sores. *Int J Clin Health Psychol* (in press).





# 1 very productive year for the Researchers at Methodist Rehab's Center for Neuroscience and Neurological Recovery

## Peer-reviewed publications (continued)

Nakase-Richardson R, **Sepehri A**, Sherer M, **Yablon SA**, **Evans C**, Mani T. Classification schema of posttraumatic amnesia duration-based injury severity relative to 1-year outcome: analysis of individuals with moderate and severe traumatic brain injury. *Arch Phys Med Rehabil* 2009;90:17-19.

Nakase-Richardson R, **Yablon SA**, Sherer M, Nick TG, **Evans CC**. Emergence from minimally conscious state: insights from evaluation of post traumatic confusion. *Neurology* 2009;73:1120-1126.

Nevels RM, Dehon EE, Alexander K, **Gontkovsky ST**. Psychopharmacology of aggression in children and adolescents with primary neuropsychiatric disorders: A review of current and potentially promising treatment options. *Exp Clin Psychopharmacol* (in press)

**Petzold A**, **Groves M**, **Leis AA**, **Scaravilli F**, **Stokic DS**. Neuronal and glial cerebrospinal fluid protein biomarkers are elevated after West Nile Virus infection. *Muscle Nerve* (in press).

Ryan JJ, Bartels JM, Morris J, Cluff RB, **Gontkovsky ST**. WAIS-III VIQ-PIQ and VCI-POI discrepancies in lateralized cerebral damage. *Int J Neurosci* 2009;119:1198-209.

**Sherer M**, **Yablon SA**, **Nakase-Richardson R**. Patterns of recovery of posttraumatic confusional state in neurorehabilitation admissions after traumatic brain injury. *Arch Phys Med Rehabil* 2009;90:1749-54.

**Simpson DM**, **Gracies JM**, **Yablon SA**, **Barbano R**, **Brashear A**. Botulinum neurotoxin versus tizanidine in upper limb spasticity: a placebo-controlled study. *J Neurol Neurosurg Psychiatry* 2009;80:380-385.

**Stokic DS**, **Horn TS**, **Ramshur JM**, **Chow JW**. Agreement between temporospatial gait parameters of an electronic walkway and a motion capture system in healthy and chronic stroke populations. *Am J Phys Med Rehabil* 2009;88:437-44.

**Stokic DS**, **Yablon SA**. Comment on "Blicher JU et al. Evidence of increased motoneuron excitability in stroke patients without clinical spasticity". *Neurorehabil Neural Repair* 2009;23:870-871.

**Stokic DS**, **Curt A**. Comment on "Cristante et al. Stem cells in the treatment of chronic spinal cord injury: evaluation of somatosensitive evoked potentials in 39 patients". *Spinal Cord* (in press)

**Vickery CD**, **Evans CC**, **Sepehri A**, **Jabeen LN**, **Gayden M**. Self-esteem stability and depressive symptoms in acute stroke rehabilitation: methodological and conceptual expansion. *Rehabil Psychol* 2009;54:332-42.

**Vickery CD**, **Evans CC**, **Lee JE**, **Sepehri A**, **Jabeen LN**. Multilevel modeling of self-esteem change during acute inpatient stroke rehabilitation. *Rehabil Psychol* 2009;54:372-80.

**Vickery CD**, **Sepehri A**, **Evans CC**, **Jabeen LN**. Self-esteem level and stability, admission functional status, and depressive symptoms in acute inpatient stroke rehabilitation. *Rehabil Psychol* 2009;54:432-39.

## Conference presentations

1. **Chow, JW, Horn, TS, Yablon SA, Hemleben, M, Stokic DS.** Plantarflexor EMG during lengthening in stance phase of gait after acquired brain injury. Society for Neuroscience annual meeting.
2. **Leis AA.** Entrapment neuropathies. American Society for Clinical Neurophysiology annual meeting.
3. **Leis AA, Wells KJ, Martin-Gruber** anastomosis with anomalous superficial radial innervation to ulnar dorsum of hand: A pitfall when common variants coexist. *American Society for Clinical Neurophysiology* annual meeting.
4. **Leis AA.** Neurologic manifestation of West Nile virus infection. *American Academy of Neuromuscular and Electrodiagnostic Medicine* annual meeting.
5. **Leis AA, Petzold A, Groves M, Scaravilli F, Stokic DS.** Neuronal and glial cerebrospinal fluid biomarkers are elevated after West Nile Virus Infection. *CDC West Nile Virus Conference*.
6. **Stokic DS, Chow JW, Yablon SA, Horn TS, Hemleben M.** Coactivation of ankle muscles during stance phase of gait after acquired brain injury. Society for Neuroscience annual meeting.
7. **Vickery CD, Evans CC, Sepehri A.** Admission functional status and rate of functional change do not predict depressive symptoms at discharge from the acute stroke rehabilitation setting. *International Neuropsychological Society annual meeting*.

## Books, book chapters

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2. **Bhatt RH, Gontkovsky ST.** Traumatic stress following spinal cord injury. In Berkovsky TC, ed. Handbook of Spinal Cord Injuries: Types, Treatments and Prognosis. New York: Nova Science Publisher.
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\* MRC Researchers in blue

# Research in action

Sam Lane Jr. of Jackson was nearly killed when a drunk driver rammed into his bicycle. And there has been nothing easy about his efforts to overcome a severe brain injury.

But the college student finds some comfort in knowing his struggles may contribute to a greater good. He's participating in Methodist Rehab research that may lead to better therapies for traumatic brain injury survivors.

"I'm glad that I can help," he said. "It would be good if my accident could accomplish something positive."





# Clinical Services Employee of the Year – Ruthie Adams



When Ruthie Adams was named Methodist Rehab's latest Clinical Employee of the Year, the award highlighted a profession that doesn't always get its due.

"A lot of times, case managers don't get recognized because we work behind the scenes," explains Adams. "Even the patients might not realize all we do until they get home."

Case managers are the liaisons who

link patients and their families with the physical, emotional, educational and financial resources to meet their needs. That can mean everything from coordinating and monitoring inpatient rehabilitation services to helping families translate confusing insurance forms.

Readying patients for life outside the hospital is a primary role for case managers at MRC, and it's an area where Adams excels, says Susan Greco, vice president for patient care services.

"She's a great representative of MRC," Greco said. "She goes the extra mile in discharging patients to the most appropriate venue. We have received several letters of recommendation on her this year."

Adams, who received her certification in rehabilitation nursing in 1993, became a case manager for brain injury patients

after five years as a registered nurse for the spinal cord injury program.

She says that experience as a caregiver gave her insight into the concerns of patients and families as they face the prospect of going home from the hospital. "Working with patients at that level gave me an understanding of their needs," she said. "I try to put myself in their position."

It's a mission that keeps Adams busy wrangling with insurance company red tape and running down resources so that patients get the help they need. "Sometimes I feel like I'm begging for folks half the time," she says with a smile. But doing what it takes is a role she relishes.

"I want them to be satisfied," she said. "I try to treat them like I would want to be treated."

# Support Services Employee of the Year – Ann Hardy

After more than 1,500 Mondays on the same job, Ann Hardy could be forgiven for an occasional day when she dreaded coming to work.

So far, it hasn't happened.

"She has the best attitude of any employee I've ever seen," said Suzy Mayer, director of therapy services at Methodist Rehab. "She truly loves what she does."

The most recent recipient of MRC's Support Services Employee of the Year, Hardy's devotion is well documented. She was among the center's first rehab aides, and she has always treated the job like a calling.

"When I first started working here in 1975, I just got attached," Hardy said. "I loved the patients, and I just wanted to stay. I think it's where God put me."

Hardy assists the physical and occupational therapists as they work with patients to achieve their goals. And her experience makes her a trusted resource in the therapy gym.

"She has been here so long her knowledge base goes beyond what her job scope is," Mayer said. "She is well respected by all the therapists."

Hardy is motivated by an unflagging desire to help people, whether it's sharing a kind word in a moment of crisis or digging into her own pocket to provide material needs. "I love doing whatever I can to make them happy," Hardy said. "When patients come in depressed and you talk to them and see a smile on their face — that's a blessing."

Now that she's 61, Hardy realizes that retirement is in the wings. And she likes the idea of more time to spend with her 5-year-old grandson. "But I'm not the sort



of person who sits around the house," she said.

Indeed, she's not the sort of person who sits around at all. She often picks up additional shifts when the nursing area needs help. And she has a part-time job at the Wal-Mart in Pearl. "She has boundless energy," Mayer said. And it seems some of it rubs off on her patients.

"She inspires them to do better," Mayer said. "When they come back, they always want to show Ann what they've achieved."



# PUPPY TALES

WITH PUMA





# I AM PUMA, HEAR ME ROAR!



## 1. YOU'RE A DOG NAMED AFTER A BIG CAT. DOES THAT BOTHER YOU?

No way. A puma, after all, is a mountain LION. So I like to think of myself as a canine King of the Jungle.

## 2. YOU LOOK LIKE A LABRADOR, BUT YOU'VE ALSO GOT SOME GOLDEN RETRIEVER IN YOU. ARE YOU PROUD OF YOUR HERITAGE?

You bet. Methodist Rehab's first facility dog was a Golden named Fair, and he was much loved. I hope I can follow in his paw prints.

## 3. WE HEARD YOU SPENT SOME TIME IN THE SLAMMER. DID YOU GET CAUGHT IN THE MIDDLE OF SOME SKULLDOGGERY?

Yes, I spent some time behind bars, but it's not what you think. Canine Companions for Independence uses inmates at a Montana prison to provide initial puppy training. They taught me well, and I think my "pen pals" are proud of me.

## 4. WHAT DID THEY TEACH YOU?

CCI wants therapy dogs to be a calming influence. So one of the first things I learned is how to stay cool in the middle of chaos. That comes in handy now that I live with two kids under age 5.

## 5. I HEAR METHODIST REHAB TREATS YOU LIKE A REAL EMPLOYEE. WHAT IS THAT LIKE?

I do have an employee badge like everyone else. But I think I'm the only one who gets to sleep on the job. My handler, Jenn Sivak, lets me rest my eyes when I'm not working with patients. But she has told me I need to quit snoring – it makes my coworkers jealous of my nap times.

## 6. TELL US ABOUT A TYPICAL DAY.

My job at the hospital is to help the therapists as they work with patients. For instance, if someone was working on arm strength, we might play fetch. Or if they're working on memory, the therapists might ask the patient questions about me. The staff says the patients remember me more than they do their therapist. When they come for a visit, the first thing they ask is: Where's Puma?

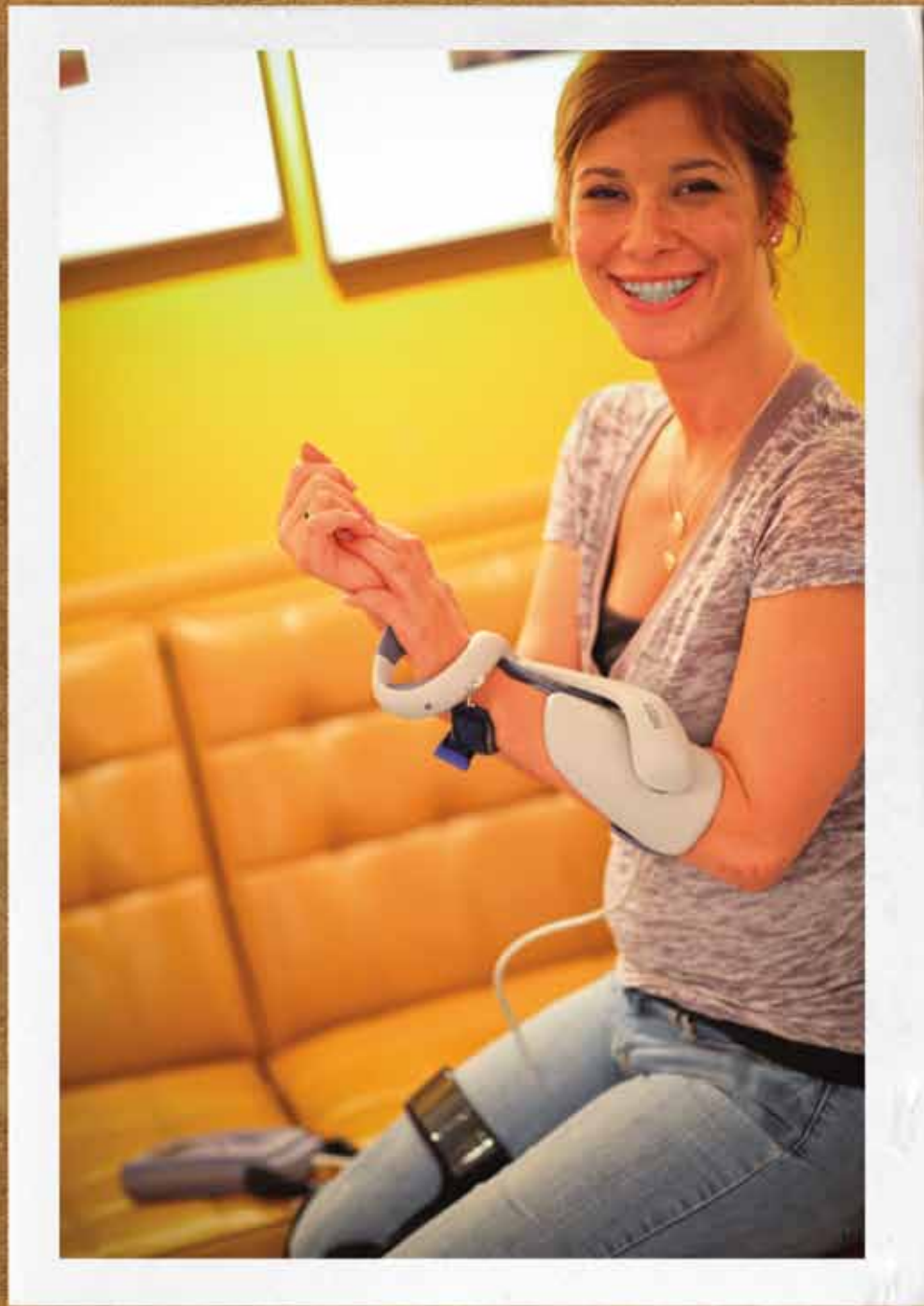
## 7. WHAT ABOUT YOUR OFF-HOURS?

I live with Jenn and her husband and two kids. And when I get home, I like to let my fur down. I enjoy whiffle ball, dancing and hide-and-seek. And I do my best hiding when the kids want to play doctor. Trust me, you don't want a 2-year-old looking in your ears.



As Puma's handler, occupational therapist Jenn Sivak shares work and home space with the personable pup. Puma says they are great pals, and Jenn is one great dance partner.





# WITH A LITTLE HELP

*from my friends*

New rehab device may help re-train muscles weakened by traumatic injuries



*"I'm getting a better and better grip because of the work I'm willing to put into it. I know I'll be able to get results because my therapists want it as much as I do."*

— Nicole Marquez



When a spinal cord injury left Nicole Marquez of Madison with limited hand function, her mother Susan began helping the 26-year-old get dressed each day.

A year later, Nicole is more than ready to button, zip and primp all by her herself. "I love my mom, but we don't have the same vision as far as make-up," Nicole said. "I'm so stubborn I want to do things by myself."

Nicole hopes such independence will soon be possible with the help of the Bioness Hand Rehabilitation System. The new device uses gentle electrical pulses to stimulate and re-train the muscles that move the hand and wrist.

On Sept. 22, Methodist Outpatient Rehab in Flowood offered free screenings for the device, an event that drew 27 hopeful candidates. The system typically helps people who have trouble using their hand or arm due to stroke, traumatic brain injury, some types of spinal cord injury or other neurological disorders such as multiple sclerosis or Parkinson's Disease.

Methodist began offering the system in June, and Nicole was first in line for the therapy.

"My mom saw it on a Good Morning America segment on new medical gadgets and gizmos," Nicole said. "She had the Bioness website up when she woke me up that morning. The website showed a girl who had a serious spinal cord injury. When they zoomed in on her brushing her horse, you had no idea there was something wrong with her hands. I got really excited about the possibilities for myself."

Methodist Rehab occupational therapist Suzanne Colbert said the system is designed to improve movement, range of motion and blood circulation. It also may reduce muscle spasms and help prevent contractures and atrophy.

Therapists at Methodist Rehab attended training sessions to learn how to custom-fit the splint-like device, adjust the electrical stimulation and devise exercise regimens for each patient.

"Here at rehab, we work on grasping and releasing objects," Colbert said. "At home she is supposed to wear it an hour and a half each day. You get better results when you do an activity with it rather than letting the device just open and close your hand."

Three months into Bioness training, Nicole began regaining many of the abilities she once took for granted. "It's telling my nerves: 'Remember what you are supposed to do.' You can definitely feel the results when you don't do your exercises. It's like back-tracking."

During a recent session, Nicole showed off her new abilities by picking up small washers and sliding them onto metal pegs. "Before, I had no grip," she said. "I had to get others to put my earphones in my ears because I had no pinch."

Nicole delights in her solo accomplishments so far, including unscrewing shampoo bottles, brushing her teeth, putting on earrings and "picking my own boogers," she joked. And she looks forward to more achievements to come.

"I'm getting a better and better grip because of the work I'm willing to put into it," she said. "I know I'll be able to get results because my therapists want it as much as I do."

**Screenings for the Bioness Hand Rehabilitation System are available at Methodist Outpatient Rehabilitation in Flowood. For information or to schedule an appointment, call 601-936-8888.**





Care

Methodist Specialty Care therapist named Area 3 Caregiver of Year by Mississippi Health Care Association



*“I try to treat people like I would want my family treated.”*

— Brenda Thames

At age 6, Brenda Thames saw firsthand the healing power of physical therapy.

Her disabled little brother learned to walk with the help of physical therapists, and Thames never forgot their kindness and concern.

“I think it’s why I do have compassion,” says Thames, a physical therapist for Methodist Specialty Care Center (MSCC) in Flowood. “I try to treat people like I would want my family treated.”

That approach has earned Thames the honor of being named Area 3 Caregiver of the Year by the Mississippi Health Care Association, the state’s largest association for nursing homes, personal care homes and other long-term care facilities.

When a coworker broke the good news, the Terry resident says she was flabbergasted. “I was quite humbled. I didn’t do anything more than anyone else.”

But those who nominated her for the honor say she does go above and beyond — and always seems happy to help. “Brenda always puts her patients’ needs first,” says Warren Morton, a resident at MSCC. “In addition to her great dependability, she is unfailingly cheerful.”

“Her passion for the residents is found in her smile,” agrees Jan Robertson, MSCC director and vice president of long-term care. “She gives with her heart in addition to her hands. She is a listener and a friend to the staff and residents.”

During her more than 30-year career, Thames has worked at a variety of facilities

— from hospitals and home health agencies to schools and outpatient clinics. But no setting has touched Thames quite like MSCC, a residential care facility for younger people with severe disabilities.

“This seemed like something I needed to be doing,” she says. “Here you see some of the worst things that can happen to someone in the prime of their lives.”

Most residents are in wheelchairs due to traumatic injuries or disabling illnesses such as ALS, muscular dystrophy or cerebral palsy. But in each resident’s struggle to remain independent, Thames sees a spirit that inspires her to help each maintain as much ability as possible. “I know if I was not doing what I’m doing, they might be worse off,” she says.

Morton says much of what Thames does falls outside the scope of her duties as a physical therapist — from combing his hair and cleaning his glasses to organizing and labeling personal items. “She always takes the extra time to help with small things that make a huge difference,” says his wife, Irene.

“She has watered my plants, repaired my wheelchair cushion and my clothing, gone Christmas shopping for me and even taken items home and washed them for me,” says Margaret Parker, another center resident who nominated Thames for Caregiver of the Year. “She strengthened my faith in God because she is such a Christian woman.”

Thames says her ultimate goal is to improve the residents’ quality of life. And they in turn enrich her life. “My reward is their smiles,” she says. “It makes me happy when I can just cheer them up.”



Margaret Parker, one of several Methodist Specialty Care patients to nominate Brenda Thames for Caregiver of the Year, says the physical therapist is always going out of her way to help people. “She strengthened my faith in God because she is such a Christian woman.”



## Getting to the root of pain.

To uncover root causes of pain, listen well and enlist a team approach, says Methodist Spine & Joint physician



“I like the efficiency of having different specialists in one place and under one roof. Being able to communicate face to face about patient care is very helpful.”

— Dr. Leon Grigoryev



Dr. Leon Grigoryev often collaborates with the team of professionals at Methodist Rehab's Flowood campus. Just down the hall is Methodist Pain Management physician Dr. Bruce Hirshman, at right in photo above. Physical therapists Steve Friend, Charlotte Stark and Teresa Swyers, from left in photo at right, also are readily available to offer their expertise. *To make an appointment with Dr. Grigoryev, call 601-936-8801.*

During more than 25 years in rehabilitation medicine, Dr. Leon Grigoryev has seen treatment advances transform the lives of people with painful and disabling conditions.

But he still begins his search for solutions with an old-school strategy: He turns a discerning ear to each patient's history of complaints.

“I pay attention to all the different aspects of pain — the physical, the psychological and the social,” Dr. Grigoryev says. “It's important to figure out which factor is the prominent one.”

Dr. Grigoryev recently joined the staff of Methodist Spine & Joint Center, which is part of Methodist Rehab Center's extensive outpatient facilities in Flowood. There, he is part of a network of professionals who bring different strengths to the challenging science of pain management. The center's services include medical management, physical and occupational therapy, interventional pain techniques and psychological counseling.

“I like the efficiency of having different specialists in one place and under one roof,” Dr. Grigoryev says. “Being able to communicate face to face about patient care is very helpful.”

Dr. Grigoryev is board certified in physical medicine and rehabilitation, a specialty that emphasizes non-surgical strategies to improve mobility and function following an injury or illness. He did his residency at New York University and the Rusk Institute for Rehabilitation Medicine. He also underwent fellowship training at the University of Michigan and was most recently medical director of Danville Regional Health System in Virginia.

“When you first meet Dr. Grigoryev, you immediately sense the medical expertise he has developed over the years in the field of physical medicine,” says Mark Adams, chief executive officer at Methodist Rehab. “But, when you get together with Leon and his wife Patty, who is a psychologist with expertise in pain management, you realize just how much they both care for the people that come to them for help.”

Dr. Grigoryev uses a variety of diagnostic tools to uncover the causes of a patient's pain, including a thorough history and physical, blood work and imaging studies such as X-rays, MRIs and bone scans.

Sometimes, a simple shot is all it takes to soothe achy joints or inflamed tendons. “When a patient has bursitis, tendinitis or arthritis, it's possible to quickly relieve pain by injecting cortisone into the painful area,”

he says. “I also can perform trigger point injections for myofascial pain syndrome.”

When more invasive procedures are necessary, Dr. Grigoryev is aided by the expertise of Dr. Bruce Hirshman, D.O., who is just down the hall at Methodist Pain Management. Dr. Hirshman is board certified in anesthesiology, pain management and osteopathic manipulation.

“When it's obviously indicated, I wouldn't hesitate to refer patients for procedures such as epidural nerve blocks,” says Dr. Grigoryev.

Although new to Mississippi, Dr. Grigoryev is finding familiar conditions amid his current caseload. “I'm mostly seeing patients with chronic back and neck pain, fibromyalgia and arthritis. We also see people who didn't respond well to previous treatments and are in need of more comprehensive care.”

The state's high rate of diabetes means Dr. Grigoryev also can expect an influx of patients with diabetes-related nerve pain. And he's happy to report that current treatments are proving more effective than ever. “Treating diabetes-related nerve pain can be quite gratifying because a number of patients respond to pharmacological agents that have recently become available,” he says.



*Something to Crow About*  
Gentle therapy helps artist get back to sculpting birds





*“It was really kind of magical, and it gave me relief”*

— Bebe Wolfe

Ceramic artist Bebe Wolfe is famous for her birds.

The fanciful creations draw flocks of collectors to her Jackson studio each year, and Wolfe stays busy meeting demand.

So when nagging neck pain threatened her productivity, Wolfe knew she needed help. “It really was interfering with my work and my pleasure in life,” she said. “It’s hard to be happy when you’ve got a big pain in the neck.”

Wolfe tried over-the-counter medications, prescription muscle relaxers, massage therapy and even acupuncture. But it was a combination of osteopathic manipulation and physical therapy that ultimately eased her pain.

“It was really kind of magical,” she said. “None of it was invasive. And it gave me relief.”

The source of Wolfe’s misery was no mystery to Dr. Bruce Hirshman, a physician at Methodist Pain Management in Flowood, a division of Methodist Rehabilitation Center.

“He told me he treats a lot of artists,” Wolfe said. “It’s an occupational hazard to focus on small objects all day.”

As a board certified anesthesiologist, Hirshman often treats painful conditions with interventional techniques such as steroid injections and nerve blocks. But he believed Wolfe would be better served by his hands-on skills as a doctor of osteopathy.

“Osteopaths look for asymmetries in the body and areas of muscle spasms or tissue texture abnormalities,” Dr. Hirshman explained. “We use our hands to improve areas of pain and spasm by correcting structural abnormalities, improving blood flow and facilitating venous and lymphatic drainage. I just feel stuff and I fix it.”

“Unlike other forms of manipulation, osteopathic manipulation is very gentle. You engage the patient’s own musculature to improve structural misalignments.”

Wolfe said she felt better “the first time Dr. Hirshman put his hands on me.” And she continued to improve at Methodist

Outpatient Rehabilitation, where her treatment included traditional physical therapy combined with hands-on craniosacral therapy.

“Craniosacral therapy is a manual technique that seems to work well for people with headaches or neck pain,” said physical therapist Charlotte Stark. “Ms. Wolfe was able to see relief within two visits.”

Wolfe said she appreciated the team approach at Methodist Rehab, and the convenience of having access to a wide variety of therapies at MRC’s Flowood campus.

Fans of her work have reason to be grateful, as well. The timely treatments got Wolfe back to her sculpting table. Now she’s happily obsessing over the just-right tilt of an upturned beak or the peaceful profile of a Christmas dove.

“I’ve been a bird lover since I was 14,” she said. “And I like to have a feeling of life in my birds.”



# LONDON

OR BUST!

Wheelchair fencer **Sonia Fogal** sets her sights on 2012 Paralympics



It will be 2012 before wheelchair fencer Sonia Fogal learns whether she'll represent the United States at the Paralympic Games in London.

Meanwhile, the Jackson athlete is using all manner of motivational strategies to stay focused on her dream. Exhibit A is the can't-miss collection of national fencing medals on her bedroom dresser.

"They are nicely in view every day," she said "I wake up to them. I say good night to them. And I roll by them on a continuous basis."

Fogal is especially proud of her latest hardware. In December, she won both a gold and bronze medal at the highly competitive North American Cup in Pittsburg, Pa.

She hopes her good showing there will help her earn a slot at the World Championships in Paris this October.

Fogal has already attracted the attention of Les Stawicki, head coach of the U.S. Wheelchair Fencing Team. Stawicki recently invited Fogal to a four-day boot camp that also included Joey Brinson, another Mississippi contender for the Paralympics. The Olympic style competition for people with physical disabilities is set for Aug. 29-Sept. 9, 2012.

"Coach Stawicki decides whether you go to the Paralympics," Fogal said. "And if he takes you under his wing and says he sees that talent in you, it is a huge compliment."

"I am on a high right now," adds the field coordinator for Americorps in Jackson. "My fencing career is looking really good, and I couldn't have done it without Methodist Rehabilitation Center."

A grant from Ameristar Casino Vicksburg and the Craig H. Neilsen Foundation helped Methodist Rehab introduce wheelchair fencing to the state in 2006.

Therapeutic recreation director Ginny Boydston organized the Blade Rollers wheelchair fencing team the next year. In the time since, the team has competed in about a dozen tournaments, with much of

the travel funded by the Mississippi Paralysis Association.

Since joining the Blade Rollers, Fogal has steadily improved and is now a recognizable name in national competition. In Mississippi, she earned Female Athlete of the Year in Fencing for the 2009 State Games.

Like Brinson — who invited her to give the sport a try — Fogal is captivated by the in-your-face intensity of wheelchair fencing competitions.

Because wheelchair fencers are confined in a chair within reach of their opponents, the fighting tends to be fast and furious. "I'm an adrenaline junkie," she said. "So I immediately liked the close contact and the speed of it."

But mastering the mental aspects of the sport took some time. "It was harder than I thought it would be," Fogal said. "You have to set up everything in your mind and trick somebody into doing what you want them to do. That is where patience comes in."

Today, Fogal spends about 10 hours a week in training, including sessions with the Blade Rollers and local fencing coaches.

Boydston said it's that dedication that will help Fogal go the distance in international competition.

"She is purpose driven, which makes her an athlete with a competitive edge," Boydston said. "Everybody wants to win, but not everyone wants to put the work in toward winning."

"At the elite level, you have to eat, drink and sleep it. And Sonia has the discipline to work toward developing skills, learning strategies and increasing endurance so that she's a total package. If this is what she wants, she'll go a long way."

For now, Fogal's sights are set on Paris. "International competition is a deciding factor for the Paralympics. And if I make it in Paris, it boosts me way up on the list for the Paralympics," she said.



# Q & A



with **Chris Blount**  
*Executive Director of the Wilson Research Foundation*

## **As you begin your third year as director, in what area do you feel the foundation has made the biggest impact at MRC?**

In the early years, the foundation's governors decided that research and education would be the initial focus. The reason is that rehabilitative medicine is a relatively young science, ripe for discoveries that can be quickly translated into useful therapies. Since I got here this focus has continued. We connect state-of-the-art research to state-of-the-art patient care.

A strong hospital foundation should help transform the hospital from just having a local impact, to having a regional or national impact. In the area of research, we have done this and continue to build the program.

## **In December, 2009, the Wilson Foundation gave a \$450,000 grant to MRC. What are those funds used for?**

I am really excited about this grant, proud of our board for making such an impact considering the economy we've all endured. This is the second consecutive year the foundation has made a grant of this size.

This latest grant is funding research that is helping Dr. Stokic and his team better understand and treat physical and cognitive impairments related to stroke, traumatic brain injury and spinal cord injury.

Projects include studies to improve walking, reduce stiffness and overactive muscles, improve cognitive function and emotional state, as well as applications of emerging technologies such as computer adaptations for severely disabled persons. Last year alone, our team had 22 peer-reviewed publications and seven major presentations of findings. This productivity is amazing.

The impact is local as well. The grant enables our researchers to spend hundreds of hours directly working with patients and training therapists in the use of innovative equipment and techniques.



## Highlight some of the work funded by the Wilson Foundation.

We are in our tenth year of operation of a state-of-the-art Motion Analysis Laboratory and a Neurophysiology Laboratory used for research to provide more accurate diagnosis and to assess progress and outcomes. The Foundation has funded much of the operational cost.

Our researchers were the first to describe a polio-like form of paralysis due to West Nile virus infection. We have also had remarkable research success working with colleagues from London, UK on understanding how West Nile virus affects the brain and spinal cord. We have had referrals from all over the U.S. due to the publications that appeared in the most prestigious medical journals, such as the New England Journal of Medicine, Lancet, and JAMA.

Finally, our ongoing spinal cord injury research has progressed to the point that our team is embarking on a new series of studies. It is too early to speculate, but our team is very excited about this new line of research.

## Who are your donors and how is fund-raising going?

Gifts come mostly from individual donors, typically those who have a close connection to Methodist Rehab Center. Donors tell us things like, "You helped my dad walk again when he didn't think he could." It makes my job easier that our donors have such a personal connection. What other mission actually helps people to walk again, speak again, the minimally conscious to wake up again? Seeing these patients recover major abilities is far and away the coolest and most rewarding thing I've ever been a part of.

Fortunately, we have had the resources to grant almost \$1 million for research to MRC these past two years, despite the down economy. Frankly, these grants exceed the monies we raised in that time period, causing us to dip into our reserves. But that's OK. Our purpose is to invest in MRC's research and our patients' quality of life. People will support this mission because they see that it works, that we are returning people to independent, productive lives. If there is a more worthy cause, I don't know what it could be.

## Is the Wilson Foundation the sole funder of research at MRC?

No. The way this works is that our foundation provides research capacity. One way to look at it is that we provide seed monies to kick-start research. Once the research gains traction (recognized in the scientific community as significant), we begin to attract federal grants and other grants that build on our local investment. Over the years, the Wilson Foundation has invested \$2.6 million in MRC research, and the researchers have attracted an additional \$7 million from public and private grant sources. When you think about it, this has been a great investment for our donors: Meaningful research has been published that has improved rehabilitative medicine globally, our patients are helped along the way, and we have done all this from right here in Jackson, Mississippi. This is truly something to be proud of.

## How can I make a donation?

Donating to the Wilson Research Foundation is simple. Use the enclosed envelope and pledge card, or you can make a secure donation online at [www.methodistonline.org](http://www.methodistonline.org) (click on the "Fundraising" tab). Or, call the foundation office at (601) 364-3598 if you need assistance or additional information. Donations are tax deductible and sincerely appreciated.

## 2009 Grant Presentation to MRC:

From left, Chris Blount, foundation executive director; Roger Muns, financial advisor to the board; Sharon Woodfield, board member; Dr. Robert Smith, board member; Dr. Dobrivoje Stokic, MRC administrative director of research; Sam Lane, board member; Ginny Wilson Mounger, board chairwoman; Matt Holleman, board member; Sally Carmichael, board member; Dave Robinson, board member; Mark Adams, MRC president and CEO; Martha Wilson, board member; Dr. Marion Wofford, board member; and Mary Helen McCarty Griffis, board member. (Unavailable for the photo were foundation board members: Dick Molpus, Gene Delcomyn, Steve Samson, Rick Fountain, Mary Ann McCarty and Dr. Faser Triplett.)





### **New foundation board member**

Mary Helen McCarty Griffis has joined The Wilson Research Foundation's board of governors. Griffis is the granddaughter of the late H.F. "Mac" McCarty, who began the foundation with a seed gift in 1989. Mr. McCarty asked that the foundation be named after the late Earl R. Wilson, founding chairman of Methodist Rehab Center, and his wife, Martha Lyles Wilson, to honor their work to improve the lives of disabled Mississippians.

"Methodist Rehab Center has been so important to our family through the years, and I am delighted to serve on the board of the Wilson Foundation," said Griffis. Photo from left, Mary Ann McCarty, Mary Helen McCarty Griffis and the late H.F. "Mac" McCarty



Susan and Nicole Marquez of Madison held a very successful Southern Living at HOME fundraiser at Methodist Rehab Center to benefit the Wilson Research Foundation, which funds research and other services at the center.

Pictured are Chris Blount, foundation director, Nicole Marquez, Susan Marquez and Gail Pittman, creative director for Southern Living at HOME.



Methodist Rehabilitation Center received a donated collection of handmade jewelry by 11-year-old Madison residents Lauren and Lindsay Warwick. The jewelry is being offered for sale in MRC's unique gift shop, which is staffed with volunteers. The gift shop gives all sales proceeds to The Wilson Research Foundation, which funds research and other services at Methodist Rehab.

Photo from left, Chris Blount, foundation director; Lauren Warwick; Terri McKie, gift shop manager; Lindsay Warwick and Julia Rester (MRC volunteer).



# Gifts to the Wilson Research Foundation

Our donors help our patients recover ability and recover hope through research at Methodist Rehab Center. 'Research Fellows' are those who have given \$1,000 or more to this life-changing work. Gifts listed below are those received since the last published list that appeared in the Summer 2007 issue of Ways & Means. We strive for accuracy, so please let us know if we have neglected to recognize your contribution.

To make a donation or to learn more about The Wilson Research Foundation, contact Chris Blount or Juanita Lester at (601) 364-3598 or email [wfgift@wilsonfoundation.org](mailto:wfgift@wilsonfoundation.org). Or, you may make a secure online donation with your credit card: [www.methodistonline.org/fundraising](http://www.methodistonline.org/fundraising)



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