



Arizona Spinal Cord
Injury Association

AZSCIA E-NEWS

November 2008

*"A monthly update
on the happenings
and upcoming
events in the
association."*

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Injury Association
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We're on the Web!
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Third Annual Scottsdale Fashion Week

The Arizona Spinal Cord Injury Association is proud to be a recipient of Scottsdale Fashion Week, and look forward to this being a yearly event, benefiting the spinal cord injured community in Arizona.

The publicity that we are generating from this is unbelievable, and should help all of our programs. Lisa Henry Holmes, whose father has a spinal cord injury, is spearheading this event for us.

If you would like to receive the 20 page program, please contact Vangie Mortenson at the office. You will be amazed to see just how big of an event this is and if you, or someone you know wants to purchase tickets to three runway shows, and three private parties (with designers and key people) please contact Vangie at 602-239-5929 to purchase the tickets. Or you may go to our website at www.azspinal.org and register from the Spotlight section. A percentage of all sales will go to help the Spinal Cord Injury Association fulfill its mission.

Join us on Saturday, November 8th for the grand finale of the Runway Shows. This charity event will promptly begin at 7:00PM. Fashion Designers Jhane Barnes, Nordstrom Women & Men, and internationally acclaimed Zang Toi will be the runway closure.

We will also sell raffle tickets for some great items that were donated. Also, we will be selling Fashion Compassion scarves in the colors of Black, Berry, and Pink. Proceeds will benefit our Association.

Photos from our recent activities and events will be shown throughout the evening. Please visit their website at www.scottsdalefashionweek.com.

Gentiva Rehab Without Walls Farmers Market

The Farmers Market was held Thursday, October 30th. It was a well turned out event. Fresh produce, Arts and Crafts, Tamales, Chili, Sun Artisans Candles, Fresh bread and lots of baked goods were up for sale. Over 200 people attended.

We would like to thank our board members Carole Browner, Gary Hershey, and Don Price, for attending.

Also, we would like to thank the SCI Retreat Committee Members Cyndi Bertuzzi and Jennifer Krawcheck for helping at the Association's table.

2nd Annual JV Wheelchair Basketball Tournament

Hosted by the Banner wheelchair Suns.

Sponsored by Arizona Spinal Cord Injury Association, Arizona Disabled Sports, and Cox Communications.

Please join us in watching six explosive teams compete in this weekend tournament. The dates are Saturday, November 8th and Sunday, November 9th. Games will be held at Skyline High School, 845 S Crismon Road, Mesa, AZ 85208.

Gym B

BORP Bay Cruisers (San Francisco)
Banner Wheelchair Suns JV
St Luke's Tornados (Spokane)

Gym C

TIRR Hotwheels (Houston)
Denver Jr. Rollin' Nuggets
San Diego Hammer JV

SATURDAY NOVEMBER 8, 2008

Game 1 9:00 AM TIRR Hotwheels vs. Denver Rollin' Nuggets
Game 2 9:00 AM Spokane Tornados vs. BORP Bay Cruisers
Game 3 10:30 AM TIRR Hotwheels vs. San Diego Hammer
Game 4 10:30 AM Banner Wheelchair Suns vs. Spokane Tornados
12 Noon Lunch with Speaker
Game 5 1:30 PM Denver Rollin' Nuggets vs. San Diego Hammer
Game 6 1:30 PM BORP Bay Cruisers vs. Banner Wheelchair Suns
Game 7 3:00 PM Tucson vs. 5th or 6th place team Gym C
Game 8 3:00 PM Winner of Gym B vs. 2nd place Gym C Gym B
Game 9 4:30 PM Tucson vs. 5th or 6th place team Gym C
Game 10 4:30 PM Winner of Gym C vs. 2nd place Gym B Gym B

SUNDAY NOVEMBER 9, 2008 Gym B

Game 11 9:00 AM 5th Place vs. 6th Place
Game 12 10:30 AM Loser Game 8 vs. Loser Game 10
Game 13 12:00 Noon Winner Game 8 vs. Winner Game 10
1st tie breaker will be head to head competition
2nd tie breaker will be least amount of points allowed

The gym will be open 8:00 AM both days. For more information call 602-7909.

Banner Wheelchair Suns 10th Annual Basketball Blowout Wheelchair Basketball Tournament

Broadway Recreation Center
59 E Broadway Road
Mesa, Arizona

Pool A Pool B

Phoenix Banner Wheelchair Suns U of A Wildcats - men
Tucson Lobos Albuquerque Kings
U of A Wildcats- women Tucson Sidewinders

SATURDAY NOVEMBER 22, 2008

Game 1 8:30 AM Albuquerque Kings vs. U of A - Men
Game 2 10:00 AM Banner Wheelchair Suns vs. Tucson Lobos

Game 3 11:30 AM Albuquerque Kings vs. Tucson Sidewinders
Game 4 1:00 PM Banner Wheelchair Suns vs. U of A Women
Game 5 2:30 PM U of A Men vs. Tucson Sidewinders
Game 6 4:00 PM Tucson Lobos vs. U of A Women
Game 7 5:30 PM Winner Pool A vs. 2nd Place Pool B
Game 8 7:00 PM Winner Pool B vs. 2nd Place Pool A

SUNDAY NOVEMBER 23, 2008

Game 9 9:00 AM 5th Place vs. 6th Place
Game 10 10:30 AM Loser Game 7 vs. Loser Game 8
Game 11 12 Noon Winner Game 7 vs. Winner Game 8
1st tie breaker will be head to head competition
2nd tie breaker will be least amount of points allowed
The gym will be open 8:00 AM both days. For more information call 602-7909.

Prescott Professional Women's Conference

Power * Purpose * Prosperity A full day of high energy, information and inspirational seminars to jump start your life, business and career for 2009

Date: Friday, November 7, 2008
Times: 8:00AM - 6:00PM
Place: Quality Inn & Suites, 4499 Highway 69 in Prescott
Phone: 928 777 0770
Cost: \$100 Per Person
Register: www.pppwc2008.com

Speakers:

Nannette M. Oatley

Prescott's Most Successful Wheelchair Babe
"5 Guaranteed Ways to Turbo-Charge Your Health and Resilience"

Bill Treasure

Author, Founder Giant Leap Consulting
"Business Backbone: How to Have More Courage at Work"

M. Nora Klaver

Master Coach & Author
"Mayday! Asking for Help in Times of Need"

Andrea Goeglein, Ph.D.

PPWC Founder
"Success is Attitude in Action"

SkiAble Adaptive Alpine Experience

The event will take place at Sunrise Ski Park in Greer, AZ on Sunday, February 22, 2009 through Tuesday, February 24, 2009. Full day lessons run from 9:00AM – 3:30PM for a cost of \$70.00 and half day lessons run from 9:30AM – Noon or 1:00PM – 3:30PM for a cost of \$35.00. Registration includes one-on-one instruction, a lift ticket and adaptive equipment. It is recommended that registration be completed early because of a limited capacity and lesson days tend to fill quickly. Registration will be available at www.arizonadisabledsports.com/specialevents.html under SkiAble. Only online registration will be available for the 2009 event. Contact Susan Rossi at 480-644-5702 or rossi@mesaaz.org.

VOICE Support Group

Please note that the VOICE Support Group meeting has been rescheduled to Thursday, December 4th at 11:30AM. Their Annual Chili Cook-Off and Holiday Party will be held at the LDS Church, 4901 W Union Hills Dr., Glendale, AZ 85308. For more information, please contact Janene Werner at

602-814-9717 or voicejw@yahoo.com.

Spinal Cord Injury Research

Do you have Chronic Nerve PAIN after Spinal Cord Injury? Chronic pain is common after a spinal cord injury (SCI). The pain may occur as a result of damage to the spinal cord, or it may occur from damage to other areas of the body at the time of injury.

Symptoms of SCI nerve pain include burning, tingling, numbness, stabbing, shooting, prickling, scalding or freezing. The pain may be felt on either or both sides of the body, on a specific body region, and is not linked to body position or activity.

Pain can occur in areas where there is normal sensation, and it can occur in parts of the body where there is little or no feeling after injury. It is often persistent over long periods of time, constantly or intermittently. The pain may have a great impact on daily living.

The purpose of this clinical research study is to evaluate if the study medication may be effective in relieving chronic nerve pain associated with spinal cord injury.

You may qualify if you:

- Are at least 18 years old
- Have had a spinal cord injury more than a year ago
- Have chronic nerve pain after spinal cord injury
- Are able to attend 8 clinic visits over a 5-month period

Study participants may receive study-related:

- Medication or placebo (inactive substance)
- Physical and neurological examinations
- Electrocardiograms
- Laboratory tests

Please contact HOPE Research Institute at 602.288.4673 or email us at moreinfo@hriaz.com. Study is sponsored by Pfizer.

Juice Plus+

WHY JUICE PLUS CAN BENEFIT ANYONE. IT IS GOOD OLD FASHIONED NUTRITION. PERIOD. "The news isn't that fruits and vegetables are good for you; it's that they're so good for you they could save your life." *Time Magazine 2004*

1. In the field of molecular biology it is common knowledge that the billions of cells that make up our bodies daily undergo free-radical damage. In fact each cell, every day takes 10,000 hits. It is this free-radical damage or oxidative stress that causes sickness, inflammation, colds, flu's, degenerative disease and ultimately death.
2. We have to neutralize those free-radicals on a daily basis with antioxidants. Antioxidants are found in their highest form in fruits and vegetables. (this has been substantiated by 4500+ documented studies). I'm sure you are aware of this.
3. In the last 2 decades the scientific research has uncovered (we didn't have the technology before) what Mother Nature already created, that the OPTIMUM way of getting nutrition into your body is through "whole foods" NOT isolated or fragmented sources such as multivitamins, minerals, etc. 1

apple has 10,000 phytonutrients—you must eat the whole apple. All of the properties in “whole foods” work together synergistically. You must eat a variety of fruits and vegetables. Multivitamins are not helping, and in some cases they are harming people.

4. Juice Plus+ is 17 fresh, raw fruits and vegetables juiced (sugar, salt and water removed) and through a proprietary process preserved into a powdered produce capsule or chewable form. We still should eat fresh raw F & V every day but most of us can't, don't or won't.

5. Now what separates JP+ from the thousands of nutritional products out there today?

a) 3rd party independent clinical research conducted at major medical hospitals and universities worldwide.

b) These studies take 2-3 years to complete. They are “Gold Standard” research studies which means double-blind, placebo-cross-over studies. (the scientist nor the subjects know who is getting the JP+ and who is taking the placebo...and then they are replicated at other institutions).

There is no way these top-notch medical universities would put their reputation on the line if JP+ wasn't what it says it is and what it has demonstrated it will do.

The current research behind Juice Plus+ has clinically proven that consuming 2 fruit and 2 veggies capsules every day will do the following for us:

- IMPROVE CIRCULATION-- good for heart health, good for diabetics
- STRENGTHEN AND BALANCE THE IMMUNE SYSTEM, improving your ability to fight any disease
- INCREASE THE ANTIOXIDANT CAPACITY OF THE BLOOD, which protects against disease and aging.
- REDUCE DNA DAMAGE BY 66% ON AVERAGE--evidence of continual repair and protection of your cells
- LOWER LIPID PEROXIDES (most common form of Free Radical that causes disease)
- LOWER ARTERIAL CONSTRICTION AFTER A HIGH FAT MEAL--good for protecting the heart
- LOWER HOMECYSTEINE LEVELS (when high, is linked to several degenerative diseases and greater risk of death by any cause), and...
- ALL of this is accomplished with NO negative side-effects since it's whole food!

If you are interested in learning more about the Children's Health Study you can go to <http://www.childrenshealthstudy.com>

For more information about Juice Plus+® clinical research – including details on previously published studies – please click on the Juice Plus link in the website below.

Nannette Oatley 1-800-832-1952

Website: <http://www.nannetteoatley.com>

nannette@cableone.net

Thank You Note

Every now and then, we receive notes of appreciation throughout the year. We would like to share the email below:

"This is a long overdue "thank you". I really am grateful for the opportunity to REALLY see Sedona. Being on a fixed income having free entertainment is wonderful. I really enjoyed the tour, the food, and meeting new people without worrying about how I was going to pay for it.

I visited Sedona before but while everybody (able-bodied) got off the van during the tour to see the rock formations I had to stay in the van and have the formations described to me. I had to pay the same amount for the tour and saw almost nothing except the cathedral on the rocks. I thought this was unfair and had to accept the fact I would never really see Sedona until Sedona Mystery Tour.

*Thank you, thank you,
Jean Moriki"*

Upcoming e-news information.....

If there is anything that you would like to share with your fellow members, please contact Vangie Mortenson at 602-239-5929 or vangie@azspinal.org. She will ensure that the information will be posted on the e-news.

THANK YOU!