



Arizona Spinal Cord
Injury Association

AZSCIA E-NEWS

January 2008

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

Arizona Spinal Cord
Injury Association
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We're on the Web!
www.azspinal.org

Chuy's Mesquite Broiler's 11th Annual "But It's A Dry Heat" Charity Golf Classic

At our December Board Meeting, Chuy's Mesquite Broiler presented the Association with a check for \$1,249.14. In September, Chuy's had their annual golf classic which benefits their charity of choice. This year, Chuy's Mesquite Broiler chose the Arizona Spinal Cord Injury Association.

We would like to thank Chuy's for choosing our Association to be their recipient for this year's golf tournament.

Chuy's Mesquite Broiler was also involved in our *DiscoverAbility* Restaurant Program. All of their seven locations participated and the funds raised were used for our programs.



Charting A Course For Consumers: Empowerment Training for Individuals with Spinal Cord Injuries

Sponsored by: Arizona Spinal Cord Injury Association, Arizona Governor's Council on Spinal and Head Injuries, and Barrow Neurological Institute at St. Joseph's Hospital and Medical Center

Come join us for a twelve-week course designed to empower those with spinal cord injuries, their family members, and the professionals who work with them. This course was designed by consumers and family members for those who share their experience. Come hear from top experts and

professionals in the field of spinal cord rehabilitation and education. Each evening offers opportunities for discussion, dialogue, and a chance to speak with others whose lives have been affected by spinal cord injury. Bring your knowledge and life experiences; come and share with others.

Location: St. Joseph's Hospital, Conference Room by the Cafeteria
350 W Thomas Rd., Phoenix, AZ 85013. Use the 6th Avenue Parking Garage

Who Should Attend?: Individuals with spinal cord injuries, regardless of age or time since injury; Family Members; Caregivers; Professionals

Schedule: *Classes meet every Monday evening*

January 7th through March 24th, 2008

Registration and dinner at 4:30 pm

Class convenes from 5:00 pm – 8:00 pm

Topics

1/7	Empowerment
1/14	Activities of Daily Living and Person Care Attendants
1/21	Medical Aspects of SCI
1/28	Secondary Conditions of SCI
2/4	Wellness and Fitness
2/11	Psychosocial Aspects of SCI
2/18	Sexuality
2/25	Mobility Health Fair
3/3	Accessibility and Assistive Technology
3/10	"Therapist Is In" Night
3/17	Legal Considerations
3/24	Aging and SCI
TBD	"Women's Wellness" and "Boy's Night Out"

For more information, please call the Governor's Council office at 602-863-0484. If you need transportation, please contact AZSCIA at 602-239-5929. The deadline to register is January 4, 2008.

3rd Annual Spinal Cord Injury Retreat

Please save the date for August 21 – 24, 2008. AZSCIA will be hosting the 3rd Annual Spinal Cord Injury Retreat in the beautiful pines of Payson at Whispering Hope Ranch. Activities will include a variety of accessible sports, animal interactions, fishing, and games. Participation is on a first come, first serve basis so sign up early and ensure your spot!

Registration Prices:

Before August 15th - **\$85** Participants / **\$75** Caregiver

After August 15th - **\$120** Participants / **\$110** Caregiver

For more information, contact Kayla Cheatham at 602-239-5929 or email to micaela@azspinal.org.

Birdies for Charities

Presented by Thunderbirds Charities

We would like to kick off the 2008 FBR Open! This is our third year of partnering with Birdies For Charities.

It is estimated that between 1,300 and 1,800 birdies will be made. That means that if you pledged 1¢ for every birdie, your pledge would be between the amounts of \$13.00 to \$18.00. In 2008, we will receive 110% of all pledges raised for our Association.

You may either pledge a 1¢ minimum per birdie or make a one time donation with a minimum of \$20. Pledge forms are available at the office.

Please contact Ryan Huntley at 602-239-5929 to request a pledge form. Your pledge gives you the chance to win the Grand Prize of a 2008 Buick (courtesy of Buick) and you'll also be eligible for a random drawing for over 100 great prizes! For every penny pledged, you'll be entered into the drawing. So, if you pledge 5¢ per birdie, your name will be entered five times into the random drawing.

All pledge forms must be in our office by January 4, 2008.

You may also visit www.birdiesforcharityarizona.com for more information or make a pledge online. When making a pledge, please refer to the Association's ID# BFC#37.

Winter Carnival

Save the Date! Friday, February 8, 2008

We would like to formally invite you to attend the Winter Carnival sponsored by Neuro Institute, The Next Step Foundation, and Freedom for Life. The carnival will be held at The Neuro Institute in Tempe.

- The Winter Carnival will begin at 10:00AM and continue until 3:00PM.
- Festivities are geared towards individuals with all levels of brain injury and will be ongoing throughout the day, with a continental breakfast and lunch provided.
- Family, friends, and caregiver's are encouraged to join in the fun and interact with those in similar situations.
- Festivities include: therapeutic games, crafts, prizes, food, socializing and fun

If you are interested please RSVP with your address/contact information and number of attendees. A formal invitation will then be sent to you with further details and directions.

We look forward to seeing you,

The Neuro Institute Staff

P-480-735-0124

F-480-735-0126

Email: jodi@theneuroinstitute.com or renaep@theneuroinstitute.com

The Arizona Technology Access Program (AzTAP) is a Microsoft Accessibility Resource Center (MARC)

Want to learn about the accessibility features in Microsoft Vista (Microsoft's new operating system)? Then come to **AzTAP** for a demonstration of accessibility features in Microsoft Vista:

- Ease of Access Center
- Speech Recognition
- Screen Magnification
- Narrator Text To Speech Tool
- On Screen Keyboard
- High Contrast
- And Much More!

Thursday, January 24, 2008 from 4:00-5:00 PM
AzTAP Assistive Technology Lab
2400 N Central Ave., Ste 300
Phoenix, AZ 85004

Space is limited to 12 people, so please RSVP to Martha Lewis at 602-728-9534 or martha.lewis@nau.edu. Reasonable accommodations provided upon request advance notification.

Mesa Special Olympics Winter-Spring 2008

"Let no one sit on the sidelines"

For Individuals with Intellectual Disabilities ages 8 and older residing in or outside of Mesa. Here is a list of the sports activities: Basketball, Baseball, Cheer, Gymnastics, Flag Football, Kayaking, Snowshoeing, Tennis, Track and Field, and Dragon Boat.

For more information, Megan Wegner will be the primary contact for Special Olympics sports at 480-644-4948 or megan.wegner@cityofmesa.org. Megan will be able to provide you with the registration packet.

Movement & Spasticity Screening Clinic

Sponsored by HealthSouth Rehabilitation Institute of Tucson. Their neuro-trained therapists will assess and talk with patients to determine their degree of spasticity and discuss treatment options available to help maximize function and recovery. Clinics will be held on the 1st Wednesday of each month from 9:00AM – 12:00PM.

HealthSouth Rehabilitation Institute of Tucson
2640 N Wyatt Drive
Tucson, AZ 85712

Next Free Clinic is January 2, 2008.

Call soon to reserve your spot since appointments are limited! Call 520-322-3663 to schedule an appointment for your FREE screening!

Stroke, Multiple Sclerosis, Cerebral Palsy, Brain Injury, Spinal Cord Injury are encouraged to attend.

What is spasticity?

Spasticity is a condition characterized by tight, stiff muscles that may be painful and can interfere with movement, speech, and manner of walking. The degree of spasticity varies from mild muscle stiffness to severe painful and uncontrollable muscle spasms.

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!