



A Chapter of Christopher &
Dana Reeve Foundation



February 2011

We're on the
Web!

www.azspinal.org

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Association

5025 E Washington St #110
Phoenix, AZ 85034
Phone: 602-507-4209
Fax: 602-507-4214
Toll-free: 888-889-2185
info@azspinal.org

*"A monthly update on the
happenings and upcoming events
in the Association and
Community Partners."*

Member E-Newsletter

Arizona Spinal Cord Injury Association

Community Based Outreach Event

"The Reeve Foundation's Paralysis Resource Center is hosting a free meeting for non-profit organizations and health care providers to learn about the Paralysis Resource Center and the various free services it has to offer the community.

Attendees will also learn about the Foundation's quality of life grants program which awards grants to non-profit organizations which work to improve the quality of life for people with disabilities and their caregivers.

Date: Friday, February 25, 2011

Time: Registration- 9:00AM; Program -10:00AM – 12PM; Lunch – 12:00PM

Location: Disability Empowerment Campus, 5025 East Washington St, Phoenix, AZ 85034 in the Nina Mason Conference Center Conference Rooms 1 & 2.

For more information about this event and to RSVP for this meeting please contact Priti Mehta at pmehta@christopherreeve.org.

Wheelchair Comparison Web Series

Gold Pictures and The Christopher and Dana Reeve Foundation are proud to present "The Power Wheelchair Comparison Web Series." It is currently airing on The Christopher and Dana Reeve Website, but we are now able to expand to other websites and organizations. This series contains vital information for power wheelchair users to have. We want to make sure everyone who uses a power wheelchair has the opportunity to benefit from this informative programming. Shot on location at Universal Studios, California, this in-depth comparison takes a detailed look at eight of the top power wheelchairs on the market today from seven of the leading manufacturers.

Never before has the public had the opportunity to comparative shop in this visual and detailed way. Thanks to this program, power wheelchair users will be able to see an in-depth review of their options.

The first three videos of this important new web series have been uploaded to the Christopher and Dana Reeves website and they've already started airing the first episode!

In addition, viewers will be given a PDF comparison chart which will be made available for download when the series concludes.

More videos will continue to roll out in the following weeks with exclusive looks at each of these amazing chairs. This web series promises to be the most current, informative and entertaining wheelchair comparison available today!

The Power Chairs featured in this comparison were required to have features such as the ability to tilt, elevate and recline. In the video you will see real wheelchair users try out the following chairs: Permobil's C300,

Permobil's C350, 21st Century Scientific's Bounder Plus, Pride's Quantum 6000z, OttoBock's B-600, Innovation in Motion's X5-Frontier, Sun Medical's Quickie S-636, and Invacare's TDX-SR. Please contact Gold Pictures at 818-777-1708 or by e-mail at contact@goldpictures.com.

Cribbage Tournament

Date: Saturday, March 12, 2011

Time: 9:00AM – 2:00PM

Location: Disability Empowerment Center (DEC), 5025 E Washington Street, Phoenix, AZ 85034 in Nina Mason Conference Center 1 & 2.

Sponsored by Symbius Medical and Arizona Spinal Cord Injury Association. For more information, please contact Gary Hershey at 623-780-8686.

Competitive Shooting Event

With the help of the National Rifle Association, the local chapter of the PVA and Ben Avery Gun Range, are organizing a sectional air rifle/pistol match here in Arizona on **March 12th, 2011 at Ben Avery Range**. We need a minimum of 5 shooters for it to be counted as an official sectional match. The winner of this event will be invited to the US Paralympic camp next year.

If anyone is interested please contact Mike Tagliapietra, at mjtag67@yahoo.com.

Understanding the Mind-Body Connection: Promoting Wellness in Youth Talk by Dr. Emily Shaffer-Hudkins, Ed.S.

AFBH in partnership with ASU will be hosting a professional lecture on February 4th in the morning with Dr. Emily Shaffer-Hudkins, Ed.S., a nationally certified school psychologist. This is a seminar that provides continuing education credits. See the details about this exciting educational opportunity and join us for an informative session.

Date: Friday, February 4, 2011

Time: Check-In at 7:30AM, Program from 8:30AM – 12:00PM

Location: ASU Downtown Phoenix Campus, Walter Cronkite Building Room 314, 555 N. Central Ave., Phoenix, AZ 85004
Cost: \$55 per person (\$50 per person with 2 or more people from the same agency). Cost includes 4 hours of NAADAC and NASW continuing education hours (CEUs), parking and continental breakfast.

Seats are Limited. Register At: <http://www.brownpapertickets.com/event/141984>.
Contact Linda Williamson at 602-496-1843 or linda.williamson@asu.edu.

Veteran Opportunity Expo

RecruitMilitary is producing a Veteran Opportunity Expo in Phoenix next month in cooperation with the American Legion, the Military Order of the Purple Heart, and the Military Spouse Corporate Career Network to benefit veterans, transitioning military personnel, members of the Guard and Reserve, and military family members.

Veteran-friendly employers, franchisors, and educational institutions will be in attendance offering a variety of opportunities.

Date: Thursday, February 3, 2011

Time: 11:00AM – 3:00PM

Location: University of Phoenix Stadium, 1 Cardinals Dr., Phoenix, AZ 85305

Please visit their website to download the flyer at

<http://recruitmilitary.com/expos/346-Phoenix/candidates/poster.pdf>

Phoenix Sister Cities International Competition for Writers with Disabilities

Eligibility: Persons 19 years of age and older with a disability residing in Maricopa County, Arizona or one of Phoenix Arizona's nine sister cities: Calgary, Canada; Catania, Italy; Chengdu, China; Ennis, Ireland; Grenoble, France; Hermosillo, Mexico; Himeji, Japan; Ramat-Gan, Israel; and Taipei, Taiwan.

Type of Writing: Poems of 32 lines or less written in English.

Theme: One World, One Place, One Home

Entry Fee: \$15 per entrant for residents of Maricopa County. No fee for residents of Phoenix's nine sister cities.

Submittal Requirements:

- Poems are required to be submitted by e-mail as Word or Adobe files or other formats if accommodation is requested. E-Mail to mjtrunzo@mindspring.com
- Poems must be submitted with a cover note listing the author's name, address and phone number.
- The name must not be on the poem itself.
- Style is open.
- Subject matter is open, but must be consistent with the theme.
- Entries not conforming to contest rules will be disqualified; entry fees will not be returned.

Judging: A panel of judges will evaluate entries on the basis of theme interpretation, composition and originality. During the judging, artists' names and communities are kept confidential.

Due Date: Friday, April 15, 2011

Prizes: 1st Place \$500, 2nd Place \$300 and 3rd Place \$150. (Limit one cash award per writer) Trophies will be provided to the winners and a certificate of participation will be provided to all entrants. Trophies will also be provided to top three entries from residents of Phoenix Sister Cities.

Publication: Poems will be published on Phoenix Sister Cities Website and made available internationally.

Awards Event: Friday June 10, 2011, 7:00 p.m.

Contact: Mary Jane Trunzo at mjtrunzo@mindspring.com or call 602-224-0202.

Housing Resources through Habitat for Humanity

Habitat for Humanity Central Arizona continues to seek qualified families that meets our program requirement. We are building in Avondale, Glendale, Peoria, Surprise (Townhomes), Phoenix, Chandler, Mesa, Apache Junction.

For more information, please contact Maribel Saucedo, Family Service Director/Certified Housing Counselor, or her staff at 602-268-9022.

Phoenix Banner Wheelchair Suns/Mercury/Junior Suns

2011 SEASON

January 28-30, 2011	Tournament at Broadway Recreation Center, Mesa, AZ	Suns
February 4-6, 2011	West Coast Conference Regional, Berkeley, CA	Junior Suns
February 11-13, 2011	At LA Clippers Tournament	Suns
February 18-20, 2011	At Albuquerque, NM	Suns
March 4-6, 2011	At West Coast Conference Championship, Seattle, WA	Junior Suns
March 18-20, 2011	At Las Vegas Tournament	Suns
April 6-11, 2011	National Wheelchair Basketball Championships Denver, CO	Suns, Junior Suns & Mercury

The Suns and the Mercury will be playing other tournaments in Tucson dates TBD. For more information contact Gary W. Venjohn at 602-790-7909 or gwvenjohn@cox.net.

Disability.gov Independent Living Update: U.S. Departments of Housing & Urban Development (HUD) and Health & Human Services (HHS) Announce Effort to Move Persons with Disabilities from Institutions to Independence

HUD Secretary Shaun Donovan and HHS Secretary Kathleen Sebelius have [announced a partnership](#) to help nearly 1,000 non-elderly Americans with disabilities leave nursing homes or other facilities to live independently. HUD and HHS are offering rental assistance, health care and other supportive services targeted to this population. The two agencies also launched the [Housing Capacity Building Initiative for Community Living Project](#) to help seniors and people with chronic conditions find suitable housing and live more independent lives.

Find your local Public Housing Agency:

<http://www.hud.gov/offices/pih/pha/contacts/index.cfm>

For more information visit this link:

http://www.disability.gov/community_life/independent_living/home_&_community-based_services

Explore Indoor Golf

"Golf is a game for everyone." Peter Longo

Wheelchairs Welcome! A special night for the disabled and physically challenged to explore and experience the cutting edge technology of Indoor Golf Simulators.

Come and challenge yourself. Learn to golf and play year round. Sign up for golf leagues. Win a custom fitted Putter from YAR GOLF. Meet Peter Longo, World's #1 Trick Shot Artist and Authority on Disabled Golf. Free massage by ALW Massage, specializing in Disabilities Massage Therapy.

Date: Wednesday, February 16, 2011

Time: 5:30 – 8:30PM

Location: Crosswoods Indoor Golf Center, 5222 E Baseline Rd., Gilbert, AZ 85234. (Just east of Higley on the north side of Baseline).

Cost: \$10.00 per person. Happy Hour from 4-8PM. \$2.50 Drafts and appetizers are \$3.00 and up.

Part Restaurant, Part Sports Bar... ALL Fun! For more information, contact 480-654-4653.

NRA Open Range Day 2011

Adaptive Shooting Sport

NRA Open Range Day is a day of introductory shooting for people with physical disabilities. The day will include four types of recreational shooting, safety instruction and lunch.

Cost to the participants: FREE!

For additional information and/or to request a registration form, please contact Vanessa Ross at the National Rifle Association (NRA) 703-267-1495 or vross@nrahq.com.

Date: Saturday, April 9, 2011

Time: 8:30AM – 4:30PM

Location: Ben Avery Shooting Facility, 4044 W Black Canyon Blvd., Phoenix, AZ 85086

7th Annual American Indian Disability Summit

"Gathering Native Voices to Support Families and Youth with Disabilities in Building a Strong 7th Generation".

Summit will be held at the Sheraton Phoenix Airport Hotel Tempe, 1600 S 52nd St., Tempe, AZ 85281 on Friday, April 1, 2011. For more information, please call 602-443-0707, 602-443-0708 or 602-495-7521.

No fragrances please, to accommodate those with chemical sensitivities. Everyone welcome!!

Tips for the Safety of Persons Using Wheelchairs

Adapted from: James A. Haley, VAMC, Tampa Spinal Network, CARF 42001

There are many individuals who use a wheelchair to get around. Chances are you will interact with someone who uses a wheelchair. Here are some tips to ensure their safety and yours.

Ask Before You Help

- Adults with disabilities want to be treated as independent people. If they appear to need help, ask how you may help before you act. Pushing or pulling their wheelchair without permission may startle them or cause them to fall.

Watch Where You Walk

- Stay on the right-hand side of the walkway or hallway. This lets the wheelchair user move in a straight path.
- Be careful when turning or passing a corner. Slow down and look. Use ceiling or corner mirrors if they are present. Listen also for oncoming powered wheelchairs. This will prevent you from colliding with an oncoming person using a wheelchair.

Elevator Tips

- Let the wheelchair user enter the elevator first. It will then be easier for them to turn around if they want. If you would like to be helpful, ask them if they require any assistance.
- For the safety of all those using the elevator let the wheelchair user leave the elevator first.

Other Tips

- Keep the walkways and hallways clear of clutter. Things such as boxes and equipment may make it hard for the wheelchair user to move without bumping into them. The person may hurt themselves, the wheelchair, or the items.

- Do not stop suddenly in front of a wheelchair user. The wheelchair user may not be able to stop quickly and may collide with you.
- Do not lean on a person's wheelchair or place objects on it. Consider the wheelchair as part of the person's personal space; respect it.
- Give the right of way to person in wheelchair. They may not be able to move about easily. Always yield to a person in a wheelchair on the street.
- Don't block doorways, ramps, wheelchair sidewalk curbs or handicap parking spaces. A person in a wheelchair may not be able to enter another way. **Remember: Be aware of persons using wheelchairs. Use common sense.**

2nd Annual Disability Empowerment Center Health and Wellness Fair

"A Healthy Today for a Better Tomorrow"

The 12 agencies of the Disability Empowerment Center of Arizona (DEC) are pleased to announce their sponsorship of a community Health & Wellness Fair. The 2011 Fair will offer multiple education and exhibition opportunities to the general public and healthcare professionals who are in search for answers to the complex questions surrounding chronic illnesses and disabilities.

The day-long fair will feature five presentations held here in the Nina Mason Pulliam Conference Center on the topics of assistive technology, depression in chronic illness, naturopathic medicine, diabetes, and relationships & intimacy; as well as, fitness demonstrations, health screenings, healthy, but inexpensive cooking demonstrations and an exposition of community partners.

Date: Saturday, April 9, 2011

Time: 9:00Am - 4:00PM

Location: Disability Empowerment Center, 5025 E Washington St., Phoenix, AZ 85034

Cost: Free to attend. Bring your appetite, lunch available for purchase for the low price of \$5, courtesy of Carrabba's Italian Grill. That includes Chicken Marsala, Penne Pomodoro, Ceasar Salad, and Focaccia Bread.

Fore more information, please visit <http://www.abil.org/Wellness>

Valley Metro Mobility Center Opening

Celebrate with Valley Metro!

Date: Wednesday, February 23, 2011

Time: 2:00PM

Location: Valley Metro Mobility Center, 4600 E Washington Street, Phoenix, AZ 85034

ASU Fencing Club's Wheelchair Fencing

In Summer 2010, ASU Fencing Club became the home of a new team of wheelchair fencers, Grand Canyon State Fencing Foundation. Seated fencing is a Paralympic sport played individually or in a team. Whether you are a wheelchair user or have a disability that prevents you from fencing in an able body program, we have a program that meets your needs. You can fence competitively or recreationally. Wheelchairs or special fencing chairs are mounted on a specially constructed floor frame which maintains the fencers at the appropriate distance from each other. The actual fencing bout is very similar to traditional fencing in which the objective is to score a touch against your opponent. We offer all 3 weapon, Epee, Foil and Saber. One of the unique characteristics of our program is that there is a strong integration with the able body program that gives us the opportunity to have mixed bouting which is beneficial for both, able bodied and disabled athletes.

The program has been highly successful and participants of the program have not only fenced nationally but have won medals including gold. If you would like more information on Wheelchair Fencing please contact Pia Douglas. piadouglas@earthlink.net

Coollest Wheelchairs Ever

ABIL had a bunch of old powerchairs down in storage that did not work and were deemed beyond repair (we still have a number of working powerchairs for our loan closet.) We wanted to get rid of the old chairs but not throw them away. But what to do with them?

Enter Lance Greathouse, and his Greathouse Labs. Lance takes old, "unusable," wheelchairs, and either fixes them or uses the parts to make powerchairs for people who are unable to afford them or have no insurance. Lance was referred to ABIL by our board member, Loren Worthington. Today Lance picked up the junker chairs and his eyes lit up; "this is a goldmine!" he said. He was confident he could fix some of them, and use the parts to make other chairs.

Now, here's the really cool part: Lance is in negotiations with a tv network to do a show on custom-made wheelchairs, sort of like the chopper shows or extreme home makeover, so that there would be funding available to help those who are in need get powerchairs. Lance is not interested in any kind of celebrity, but rather wants the public to see wheelchair users designing and using custom chairs in a variety of settings (e.g. sports, all-terrain, work, etc.) Lance's brother was a chair user, so this show would focus on empowerment and achievement.

On top of repairing powerchairs, Lance has created some really wild custom chairs that can be seen on his Website, along with a few other art projects he's done.

Check it out! <http://racegreathouselabs.com/#/wheelchairs/4532778837>

Transportation

The Arizona Spinal Cord Injury Association offers accessible transportation services to assist you in all your personal transportation needs!

Just imagine - your own personal driver that will deliver you from your door to your appointments and back to your home. Unlike other transportation services, you don't have to wait for your return trip to your home and you can make multiple stops.

Want to see Arizona but you're on a budget? We charge by the hour, not per person. So if you are considering a trip, gather a few of your friends for a bigger savings. One van can fit three large electric wheelchairs, or four regular wheelchairs plus four ambulatory.

If you are a not-for-profit organization seeking "contract" transportation....we can help you too! Call us at 602-507-4209 or 602-703-2199! We can make your Wheels Toward A Dream Trip a reality! Share plans with us for your outing and we will help make your trip come true. Arizona is a very beautiful state so start making your plans today! Call us today.

Thank you for letting AzSCIA help you with your transportation needs. Donations are accepted.

AzSCIA Support Groups

Every 2nd Tuesday of the month

6:30PM – 8:00PM

SCI Women Support Group

Disability Empowerment Center, 5025 E Washington Street, Phoenix, AZ 85034

Conference B

RSVP – Jill Greenlee Scleuse, CTRS, 480-363-5880

Every 3rd Thursday of the month

5:30PM - 7:00PM

Men's Disability Discussion Group

Disability Empowerment Center, 5025 E Washington Street, Phoenix, AZ 85034

Conference B

Contact: Don Price, 602-980-3232 or donprice63@yahoo.com

Every 2nd Tuesday of the month
2:00PM - 4:00PM

West Valley Support Group (VOICE)

Glendale Main Library, 5959 W Brown Street in Glendale

Contact: Janene Werner, 602-814-9717, voicejw@yahoo.com or www.voice-az.com

Every 1st Tuesday of the month
2:00PM - 3:30PM

Flagstaff Support Group

Contact: Al White, 928-527-8567

Every 3rd Friday of the month

2:00PM - 4:30PM East Valley Support Group (COMPASS) Granite Reef Senior Center in Scottsdale

Contact: Pauline Staples, 602-241-1006 or plstaples@msn.com

Every 2nd Thursday of the month

5:00PM

Northern Arizona SCI Support Group (Prescott and the quad city area-Prescott Valley, Chino Valley, Prescott, Dewey, Williamson Valley and Cottonwood)

Mountain Valley Regional Rehabilitation at 3700 N. Windsong Dr., Prescott Valley, AZ

Contact: Jo Crawford at jecrawford@cablone.net or call Mountain Valley Regional Rehab at 928-759-8800 for more information.

Every last Monday of the month

6:00PM

Tucson Support Group

Contact: Peter Hughes @ 520-579-0862 or peter@azspinal.org

Meetings for the most part will take place from 6-8pm in different parts of the Tucson Community (as one of our goals is to raise awareness). Best effort will be to secure these meeting places at least one month in advance.

Access.Architectural

If you are in need of a home modification, please contact Access.Architectural.

Access.Architectural is an Americans with Disabilities Act and Accessibility Consulting Firm that specializes in *Accessibility Evaluations* and *Plan Reviews* for **Architects and Designers**. They assist **Business owners** in identifying any *ADA compliance deficiencies*, and to develop *Strategic Accessibility and Transition Plans* They will help **Home Owners** with *on-site reviews* of their existing or new homes for a detailed look into their *specific, unique, accessibility needs*. Offers accessibility related **Presentations** to assist your firm, or business, with knowledge and educational opportunities regarding disabilities and accessibility. They have a unique perspective with the art of universal accessibility in architectural design and will make their service valuable to you and your organization. They have recently completed their first home modification for a spinal injury client and it was a very rewarding experience. For more information, please contact Peter Fischer, Owner, at 480-577-1271 or visit www.accessarchitectural.com.

Asset Allocation as an Investment Strategy

By Chris Carter, Estate and Financial Advisor

A large part of the financial planning process consists of finding a mixture of assets that are appropriate for an investor's risk tolerance. This mixture of investments or assets is known as an investor's asset allocation.

Asset allocation is a process where an investor chooses among a variety of investment asset classes. Some types of asset classes include cash or money market instruments, bonds, stocks, real estate, precious metals, natural resources, collectibles and insurance products.

Each of these classes can be subdivided into additional categories. For example, bonds can be divided into investment grade or high-yield, government or corporate, short-term or long-term, and domestic or foreign grade.

Stocks can be subdivided into additional categories. Examples include: value, growth, international and foreign or emerging markets.

Real estate may be categorized as residential, commercial, REIT or land.

A proper asset allocation is developed through a comprehensive analysis of an investor's goals and objectives. Asset allocation, conducted appropriately, is a plan to invest in assets or asset classes which may best meet the goals and investment objectives of the investor. Investors seeking high returns and willing to expose their investments to an elevated amount of risk may allocate to equity or stock type investments. Investors seeking stability and income may allocate to debt or bond type investments. Most investors, particularly personal investors, will find mixtures of equity and debt investments based on their goals and objectives. Asset allocation can be practiced by optimization techniques, minimizing risk for a given level of return or maximizing return for a given level of risk tolerance. It also can be accomplished as goal based investing.

It is important to note that financial planning and asset allocation should take into consideration not only investment goals and objectives but also the health, investment history, timeframe and emotional well-being of the client. If an asset allocation or particular investment keeps a client up late at night worrying, this will have a negative affect a client's emotional well-being and is part of an asset allocation plan that should be avoided.

Asset allocation is based on the foundation that in different years a different asset is the best-performing one. It can be challenging to predict which asset will perform best in a given year. By structuring your investments in a proper asset allocation strategy, it can help avoid all of the investments moving up or down at the same time. When executing a proper buy and hold asset allocation strategy, investors may reduce risk and increase returns.

Chris Carter has over 15 years experience as a Financial Advisor and is a Senior Financial Advisor at TWS Financial Advisors. Chris assists clients with special needs answer their financial planning questions and he assists them in planning for their financial future. Contact Chris today at 480-600-6817 with your financial planning questions.

American.Towns.com

<http://www.americantowns.com/az/phoenix/organizations-page2>

Please visit the website to view organizations in Phoenix. Categories are:

- [Arts and Entertainment](#)
- [Clubs and Organizations](#)
- [Government and Politics](#)
- [Health and Fitness](#)
- [Religion and Spirituality](#)
- [Schools and Libraries](#)
- [Sports and Recreation](#)

Help Wanted

Looking for one or more persons to work as Personal Care Assistants (PCAs) for a quadriplegic in the Surprise area. PT/FT. The person in this position will assist with personal care, including but not limited to, dressing, grooming, transferring to and from wheelchair using a Hoyer lift, and personal hygiene. The position also involves some housekeeping, laundry, meal preparation, and other household chores and assistance. Duties/cares may vary depending on day/shift worked. Experience providing personal care assistance is preferred.

Compensation: \$11.50 an hour. Paid through the agency that client is working with.

Candidates must be mature, dependable, friendly, and have own reliable transportation. A background check will be required by the agency as part of the application process. People interested or that have questions can call Jerry Repinski at 623-249-6333 (Room 123) or cell at 651-497-9656 at jrepinski@comcast.net. Email works but he has limited access right now so phone calls would be preferred.

Also, Jerry is looking for gently used furniture for his new home in Surprise. For example, dining table w/chairs, twin and queen beds, dressers, desk, sofa and easy chairs, etc.

Upcoming e-news information.....

If there is anything that you would like to share with your fellow members, please contact Vangie Mortenson. She will ensure that the information will be posted on the e-news.

THANK YOU!