



Arizona Spinal Cord
Injury Association

AZSCIA E-NEWS

February 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!
www.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 February 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.

Annual Evaluation

Last week, we mailed the annual evaluation form to persons with spinal cord injury and family members. We would like feedback from you about the programs, services, and activities of the Arizona Spinal Cord Injury Association. Comments will be used to improve our services in the future. You can also visit our web site at <http://azspinal.applause-meetings.com/index3.asp?CliName=azspinal>. Choose the **Program Evaluation**. It consists of 23 questions and about 15 minutes to complete.

Also, we would like your feedback on the web site. Please choose the **Website Feedback**. It consists of 16 questions and takes about 10 minutes to complete.

Prescott Support Group

We are happy to announce Prescott will resume their monthly support group starting on Thursday, March 6, 2008. Jo Crawford will be their facilitator. The group will meet every 1st Thursday of the month at 6:00PM. Group will meet at Mountain Valley Regional Rehabilitation at

3700 N. Windsong Drive in Prescott Valley. If you have any questions, please contact Jo at 928-759-8800.

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

Banner Wheelchair Suns 9th Annual Western Roundup Wheelchair Basketball Tournament

Broadway Recreation Center

59 E. Broadway Rd.

Mesa, Arizona

Pool A

Denver Rollin' Nuggets

LA Clippers Chairmen

Phoenix Banner Wheelchair Suns

Pool B

Golden State Road Warriors

LA Rollin' Lakers

Rancho Renegades

SATURDAY, FEBRUARY 16, 2008

Game 1 8:30 AM Golden State Road Warriors vs. LA Lakers

Game 2 10:00 AM Denver Nuggets vs. LA Clippers

Game 3 11:30 AM LA Lakers vs. Rancho Renegades

Game 4 1:00 PM Banner Wheelchair Suns vs. Denver Nuggets

Game 5 2:30 PM Golden State Road Warriors vs. Rancho Renegades

Game 6 4:00 PM Banner Wheelchair Suns vs. LA Clippers

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, FEBRUARY 17, 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

1st team listed is home team and will wear light jersey

The gym will be open 8:00 AM both days. For more information call 602-790-7909.

Barrow Spinal Cord Injury Wellness Program

St. Joseph's Hospital/Barrow Spinal Cord Injury Wellness Program provides comprehensive follow-up services to persons with spinal cord injury and other related disabilities throughout the lifespan.

Staff assists persons with spinal cord injury in maintaining their overall health. They believe in using an interdisciplinary team approach to achieve mutually established goals. Team members have years of expertise in working with SCI population in acute and outpatient rehabilitation and within the disability community. This broad knowledge base assures the individualization of each treatment plan so that client goals can be achieved as efficiently and effectively as possible.

For more information about the SCI Wellness Program, please contact Sonya Perduta-Fulginiti, RN, MS, CRRN, SCI Wellness Program Coordinator at 602-406-5195 or Sonya.perdutafulginiti@chw.edu.

Diamondbacks Reach League Soccer

The City of Phoenix proudly announces a new opportunity for youth disabilities to experience the fun of playing soccer. The new Diamondbacks Youth Baseball Complex, near Cave Creek and Deer Valley Roads, north of the 101, is being converted from baseball diamonds to accommodate the sport of soccer. The complex is called Reach 11 Sports Complex, 3075 E Deer Valley Road in Phoenix. The Diamondbacks Reach Soccer league will utilize the two fields that are fully wheelchair accessible and feature TotTurf surfacing, often found on playgrounds.

Teams are forming now that will accommodate boys and girls 6-18 with physical, sensory or cognitive disabilities. League play is scheduled from February 23rd to April 5th. All games will be played on Saturdays. Cost: \$30.00. T-shirt, equipment and awards will be provided. To register, please visit www.phoenix.gov/parks. For children ages 6-11 years, the registration code is **42779**. For children ages 12-18 years, the registration code is **42786**. For more information, call Dan Tarajcak or Stefani Larson at 602-534-5682 at the City of Phoenix Parks and Recreation Department.

River Rampage

The City of Phoenix Parks and Recreation Department will be having their river rafting adventure/mentoring program for Phoenix area residents 14-20 years of age, with or without disabilities. The river expeditions will be at San Juan River, Bluff, Utah. Trip I – June 12-18; Trip II – June 26-July 2; Trip III – July 17-23.

You are required to attend the Mandatory Trip Orientations for Trip I and Trip II on May 3, 2008 and Trip III on May 31, 2008.

The 2008 River Rampage Application is available online at www.phoenix.gov. For more information, contact Rick Johnson at 602-534-5681 or rick.johnson@phoenix.gov.

Fishing with Friends – The Angler Adventures

February 23, 2008, Saturday, 10:00 AM – 4:00 PM
Tempe Town Lake, North Shore

Outreach Opportunity: Encourage individuals and families that are

affected by disability to have a sense of community and to enjoy family time together through the Fishing with Friends/The Angler Adventures.

We need **Community Partners** to come together with **Joni and Friends** and **local churches** to give families a fun filled day of fishing on the lake.

Together let's give them **HOPE** for today through **FREE FUN ACTIVITIES** and **SUPPORT** of the **COMMUNITY**.

You can participate in many ways: exhibit booths, sponsorships, entertainment, food and volunteers all are needed for this event.

How would **you** like to participate? Contact: Pam Baldwin, Area Director-
Joni and Friends Greater Phoenix pbaldwin@joniandfriends.org,
<http://phoenix.joniandfriends.org> or Gary DeVelder, Church/Community
Outreach Coordinator gdevelder@joniandfriends.org or call 480-945-8471.

AZ Freedom To Work: Helping People Make Sense Of Social Security

By Erik Jensen
Community Work Incentive Coordinator

Have you ever thought how nice it would be to go back to work? Maybe you can't do everything you used to do before your injury, but you know there are other options out there to give you that sense of purpose and accomplishment you used to get from your job, not to mention the extra money in your pocket. But, you think, what if I make the wrong choice? What if I choose the wrong job, or work myself too hard and I lose my job? What happens to my healthcare benefits? What about my Social Security disability checks? How can I afford to go to work with so much at stake? So maybe you call Social Security to ask them what will happen if you try to work. But after being on hold for the better part of an hour, you finally talk to someone who tries to answer your question, but you can't understand what it is they've just told you.

Fear not! Real help is just a phone call away.

At Centers for Independent Living throughout Arizona, you can find independent Work Incentive Coordinators funded under a cooperative agreement by the Social Security Administration (SSA). Their job is to help you understand the incentives that SSA has put in place to assist people to go to work, whether you gradually work your way off Social Security cash benefits or work part-time to test the employment "waters." Work Incentive Coordinators can help you explore what work incentives fit for you in a personal and confidential way, in plain language, so you can make informed decisions about your future. Our statewide Work Incentive Planning and Assistance program is called Arizona Freedom to Work.

AZ Freedom to Work conducts presentations throughout the state explaining SSA's work incentives to people exploring the possibility of employment. Once you make your decision and find a job, we can offer 1-on-1 assistance to discuss your specific needs, help you decide which incentives will work for you, and even assist you in reporting your earnings to SSA. They can help you navigate your healthcare options so that you don't lose access to doctors or medicines while you're making your transition. Whether you need a few quick answers or long-term support, the CWICs of AZ Freedom to Work are here to help.

SSA realizes that people with disabilities *can* and *want to* work. They have created a variety of incentives that *make it easier* to go to work. For instance, in most cases you will be able to continue your healthcare plan even after you stop getting cash benefits because of earnings. If you're on SSDI, you can work and keep both your income and your cash benefits for a Trial Work Period. There's even an easier way to get back onto SSA benefits now, if your disability requires that you stop work. Don't let fear hold you back. Now, thanks to AZ Freedom to Work, you can learn about those incentives in a simple and meaningful way so that you will *be free* to go to work. To find out more call: 602-443-0720 or 866-304-WORK.

For Sale

1999 Ford Econoline Handicap Conversion Van
Engine: 4.6L V8 E150
Odometer: 92, 147

This van has power windows, power mirrors, power brakes, cruise control, privacy blinds, rear seat folds to bed, rear overhead storage, A/C in front and rear, gold/bronze exterior and beige interior. Legends raised roof conversion with Braun wheelchair lift and Straint 4 point wheelchair hold downs. Asking price is \$15,000. Contact 480-782-9354.

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!