



Arizona Spinal Cord  
Injury Association

# AZSCIA E-NEWS

March 2008

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

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We're on the Web!  
www.azspinal.org

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## Spring Training Baseball Game

Spring Training is here! The Arizona Spinal Cord Injury Association's Social and Recreation Committee is organizing a baseball trip to Tempe Diablo Stadium. Please join us on Sunday, March 9th at 1:00PM for a baseball game.

Anaheim Angels vs. Texas Rangers. The cost is \$15 per person.

Also, transportation will be provided by the Association. For further information contact [micaela@azspinal.org](mailto:micaela@azspinal.org) or call the office at 602-239-5929.

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## Annual Evaluation

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. The deadline is Friday, March 28, 2008.

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## 4<sup>th</sup> Annual "It's Time To Take Care Of Me" Women's Spinal Cord Injury Retreat

Please mark your calendar for Saturday, March 29, 2008. More information will follow. For questions, please contact Jill Greenlee Scluse at 602-239-3307.

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## Traumatic Brain Injury Survivors and Family Conference

The conference is scheduled for Tuesday, June 3, 2008. Conference will be held at Glendale Civic Center, 5750 W Glenn Dr., Glendale, AZ 85301. Brochures will be available in April 2008.

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## Advanced Wheelchair Skills Clinic

Presented by Banner Wheelchair Suns Basketball, Banner Health Arizona and Arizona Spinal Cord Injury Association

Shorter hospital and rehabilitation stays may not allow enough time to learn important wheelchair skills, as we age we may need to brush-up or

learn new skills to remain independent. This lack of wheelchair skill may lead to secondary conditions or isolation because we cannot negotiate the environment. This course will allow you to become more efficient in the use of your wheelchair. Come and join us in some practical advice from those in the know.

This program is divided into four modules:

**Transferring:**

Chair to Furniture/bed/vehicle; chair to floor/floor to chair.

**Managing your environment:**

Opening and closing doors; Operating elevators and escalators; Wheelies; Curbs; Ramps and Various terrain; etc.

**Bathroom Mobility:**

Focus will be on transfers and clothing management in the restroom.

**Mechanics of Your Chair:**

Making adjustments to and general maintenance of your wheelchair.

This series of free clinics will be given at Banner Good Samaritan Rehabilitation Inst. 1012 E Willetta Phoenix, AZ, R-2. The Clinic dates are: March 19<sup>th</sup>, 26<sup>h</sup>, and April 2<sup>nd</sup>, and 9<sup>th</sup> from 4:00 - 6:00 pm. Call 602-239-5929 or 602-790-7909 for more information.

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## Deputy Dumps Paralyzed Man Out Of Wheelchair

It's hard to shock people in this modern wired world, but even the chief deputy of the Hillsborough County Sheriff's office in Florida found the security camera video of a jailer dumping a paralyzed man out of his wheelchair appalling. <http://www.msnbc.msn.com/id/23144420/from/ET/>

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## Basic Planning – Guardianships & Trusts for Families

Planting Seeds for Your Child's Future. Please join us for a free seminar on Tuesday, March 4, 2008 from 5:30PM-7:00PM. Seminar will be held at the Scottsdale Civic Center Library – small conference room, 3839 N Drinkwater Boulevard. Bridget O'Brien Swartz, Special Needs Attorney and Cecile C. Zoltanski Ross, specialist in Estate and Financial Planning for Families and Individuals with Special Needs are the speakers. For more information, please contact the Law Office of Bridget O'Brien Swartz at 602-955-7886.

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## For Sale

2004 Wrangler X Jeep (Loaded with well over \$6,100 in extras). Low Mileage (24,019) and is in very good condition, according to Kelly Blue Book. \$16,500 OBO.

Also, two pit bulls are looking for a good home. They can be adopted together or separately and will automatically be "fixed". There is a 6 months of free food as an incentive.

Nola is a 7- 8 years old white female. She can scale 5' high fences if she's in heat or hears/sees people she doesn't like near her home. She's a great guard dog. FYI – Nola has a current "record" for chasing the mail man one too many times (truth). She hasn't made it to the "wanted" posters in the post office as of last Saturday. Her paw print is on record with the Humane Society. She hates the color orange!!!!

JACKSON is a one year old brindle male. He's very shy but extremely loving once he knows you he will bond with you. At this point, he is afraid of his own shadow.

Please contact Lisa Lonius, on behalf of Aaron Michael DiSanti, at her cell phone 602-615-4966.

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Jazzy Electric indoor/outdoor wheelchair purchased in 2005. Model 1122 w/beige seat & backrest. Have owners' manual with full specs. New sells for 4200. - 5300. Will sacrifice for \$2500. Please call 480-892-8010.

1996 white Chevrolet 1500 high top van w/handicap controls, under vehicle lift, electric adjustable driver's seat, regular passenger seat, 2nd passenger seat and back bench. Have manuals and maintenance records. Will sell for \$8800. Please call 480-892-8010.

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### For Rent

Wheelchair accessible home in Queen Creek. Will accept Section 8 vouchers. Home is near Ironwood Road / Ocotillo Road  
3 bed + bonus room - 2bath - 1,695 sq ft, Landscaped yards, Wide doorways, Roll-in shower (master bath). Great Location! Wonderful Neighborhood!  
\$975.00 / Month

If interested, contact Mike at 480-467-4418.

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### 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](mailto:vangie@azspinal.org). She will ensure that the information will be posted on the e-news.

**THANK YOU!**