



April 2009

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

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

Annual Evaluation and Website Feedback

The Association would like to request that you spend a few minutes answering questions about the overall evaluation of the Association and also the Web Site and it's accessibility.

On the Main Menu, click on the Feedback Section tab. The Program Evaluation consists of 23 questions and will take approximately 15 minutes. The Web Site Feedback consists of 16 questions and will take 10 minutes to complete.

As a token of our appreciation, we will be giving you a \$5.00 discount toward any of our Sun Artisans candles. Visit www.sunartisans.com to see a list of candle fragrances that we have. To take advantage of the discount, leave your email address on Question 23 of the Program Evaluation and/or Question 16 of the Web Site Evaluation. A staff member will contact you shortly on your order.

The deadline to receive your response is Thursday, April 30, 2009.

Peer Mentor Picnic

Date: Saturday, May 16, 2009

Time: 11:00AM – 2:00PM

Location: DEC, 5025 E Washington St., Phoenix, AZ 85034

If you are a Peer Mentor of the Arizona Spinal Cord Injury Association, we would like to invite you to join us at the picnic. We will have a Meet & Greet and update you on the Peer Mentor Program.

For more information and/or RSVP, please contact Ashleigh Turner at 602-507-4209.

NRA Disabled Open Range Shooting Day

Open Range Day is the latest program offered by the National Rifle Association's Disabled Shooting Services. The event is Saturday, April 11th, 2009 at Ben Avery Shooting Range in Phoenix.

The day focuses on introductory shooting for people with physical disabilities and will offer shotgun, rifle, pistol and air rifle instruction at no charge to the participant. This event is FREE including lunch. Participation is supposed to be limited to the first forty (40) applicants. No limit on spectators.

For more info call or email Vanessa Warner at 703-267-1496 or disabled_shooting@nrahq.org, www.nrahq.org/disabled.asp.

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 Institute, 1012 E Willetta Street, Phoenix, AZ, R-2. The Clinic dates are: April 1st, 8th, 15th, and 22nd from 4:00 - 6:00 pm. Call 602-507-4209 or 602-790-7909 for more information.

Men's Disability Discussion Group

Starting in March, the support group will meet on the third Thursday of each month at the Disability Empowerment Center, 5025 E Washington St., Phoenix, AZ 85034 in Classroom B, from 5:30PM-7:00PM.

For more information, please contact Don Price, Facilitator, at 602-980-3232.

Over-The-Line Softball

Date: Saturday, April 18, 2009

Location: North Phoenix Baptist Church (Southeast Corner of Central and Bethany Home)
No Entry Fee

Participants Get a Free Lunch and T-Shirt. ALL AGES AND SKILL LEVELS WELCOME TO PLAY!

If you'd like to play be at the church by 7:30AM, so we can put you on a team. Play starts @ 8:30AM. Questions? Call Gary Hershey at 602-722-3874.

Baseball Game, Anyone?

Kathryn Robins, Director of Living Well with Disability has 25 tickets (perhaps she can get more) for the afternoon game on Monday April 6th. It's the infield reserve, Section 309, Rows 16, 17, and 18. There is wheelchair access area at the front of section 309.

The face value is \$20.00 but Kathryn is asking for a donation of anything you might give to support the YMCA-ABIL Living Well with a Disability programs. If you would like more information, please contact her at 602-509-2455.

Challenge Regional Games

Dates: April 24-26, 2009

MASD sponsors the Desert Challenge Games annually during the month of April. The Desert Challenge Games is Olympic style competition specifically for athletes with physical disabilities. There will also be a Wounded Warrior Disabled Sports Project component. Veterans of the Iraq/Afghanistan war will have fee waived if they can prove participation in the war.

The Desert Challenge Games are sanctioned by Wheelchair Sports, USA. National Disabled Sports Alliance, United States Association of Blind Athletes and Disabled Sports, USA. Events include: Track & Field, Swimming, Table Tennis, Archery, Cycling, Weightlifting, Bocce Ball and Wheelchair Basketball. For additional information on the games, please view the official Desert Challenge Web site at www.desertchallengegames.com

Ms. Wheelchair Arizona Pageants Competition and Crowning Ceremony

Saturday, April 11, 2009

Time: 2:00PM – 4:00PM

Location: Burton Barr Library, Pulliam Auditorium in Phoenix

Come join the fun filled, educational experience as contestants compete to represent the State of Arizona on behalf of MWAZP. Contestants are scored on disability related issues and a disability platform speech. The new Titleholder will be crowned the most articulate spokeswomen regarding disability related issues.

Ladies, let your voice be heard! If you are between the ages of 21 and 60, let the community know how special you are and compete in the 2009 MWAZP Wheelchair Educational Pageant. (Sponsors are available to pay your entry fee.)

For more information, contact mswheelchairarizona@cox.net or www.mswheelchairarizona.org.

ADA Paratransit (Dial-A Ride) Open House and Public Hearing

Held by Valley Metro RPTA and member cities and agencies. As part of Valley Metro's public involvement process, representatives will be present to receive input from valley residents on a proposed ADA Bus and Rail Pass and changes to the ADA Paratransit Service Eligibility Program. An online webinar is also being held for the convenience of those who would prefer to participate without traveling to a hearing location.

Open House: 5:00PM

Public Hearing: 5:30 – 6:30PM, or until all comments have been heard.

Meeting Locations:

Tues., March 31, 2009

Grace United Methodist Church, Fellowship Hall
2024 E University Dr., Mesa 85213

Wed., April 1, 2009

Glendale Community College, Student Union
6000 W Olive Ave., Glendale, 85302

AzTAP's Microsoft Accessibility Resource Center

The **Arizona Technology Access Program (AzTAP)** has scheduled **Microsoft Accessibility Resource Center (MARC)** training on the disability/accessibility features offered in Microsoft VISTA in April. The date is Wednesday April 15th, 2009 from 9:30 am to Noon at AzTAP. Space is limited so please RSVP as soon as possible. Please contact Mellowdee Brooks at AzTAP with any questions or to RSVP – Mellowdee.Brooks@nau.edu or 602.776.4667 / 1.800.477.9921 x 2. AzTAP's address is 2400 North Central Avenue #300 Phoenix, AZ 85004.

Gary Karp Meets President Obama

My Question to The President from the White House Transcript

I'm Gary Karp, and Mr. President, thank God for you. (Applause.) Sir, my question regards the true renaissance that's happening with people with disabilities. They are an emerging population -- millions of people who are more mobile, more educated, more healthy, more empowered by technology, and with more potential than ever before in history. But they are still trapped in very, very old social models that see them in terms of tragedy and charity and need and care. And the modern population of people with disabilities simply does not fit that model.

And as your plan succeeds and you generate these jobs, and as baby boomers retire, we're going to need every single person of capacity to work that we can. And that must include many, many, many thousands, if not millions, of people with disabilities. (Applause.)

So - I see you nodding your head, so my first question is, do you subscribe to what I'm saying, and next of all, can you talk about how your disability agenda will release this emerging potential that's currently wasted and untapped?

THE PRESIDENT: Well, you are exactly right, that we need everybody. And every program that we have has to be thinking on the front end, how do we make sure that it is inclusive, and building into it our ability to draw on the capacities of persons with disabilities.

That's true on the education front, where our recovery package increases funding for children with disabilities. It is true in terms of how Hilda Solis, our Secretary of Labor, will be thinking about our training programs, to make sure that we are not excluding from training for high-tech jobs, the new jobs of the future, persons with disability.

It means enforcing the ADA and fighting back on some court opinions that have tried to narrow in ways that I think are inappropriate the original intent of that legislation.

So one of the things that I think is important is to make sure, as you pointed out, that we don't see this as an afterthought, a segregated program, but we are infusing every department, every agency, every act that we take with a mindfulness about the importance of persons with disabilities, their skills, their talents, their capacity.

That I think is the approach that my administration is going to take, and we hope that by taking that approach that attitude will infuse state and local governments that are also receiving federal money. Okay? (Applause.)

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!