



Arizona Spinal Cord  
Injury Association

# AZSCIA E-NEWS

July 2008

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

Arizona Spinal Cord  
Injury Association  
901 E Willetta St  
#2306  
Phoenix, AZ 85006  
Phone: 602-239-5929  
Fax: 602-239-6268  
E-mail:  
info@azspinal.org

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

## Sun Artisans Introduces The Newest Product

Paul Mortensen and Ken Coleman have been busy collaborating on a new product for the Sun Artisans line. They have created gel candles with Ordonone. Ordonone is the main chemical used for the odor neutralizer, which is the main ingredient in Febreze.

The candle burns between 80 – 100 hours. The retail price is \$25.00 plus shipping and handling. We are also doing a "Candle of the month Club," where each month a different scented candle will be sent. The cost of the "Candle of the month Club" is \$25.00 plus shipping and handling. We will be running a special deal for the "Candle of the month Club". If you commit to purchasing 12 candles, you will get 2 free with the 12th shipment. Please visit the web site at [www.sunartisans.com](http://www.sunartisans.com).

## Peer Mentoring Program

Dwayne Witten has volunteered to help Ashleigh Turner streamline the Peer Mentoring Program. Dwayne is a family member and he has done a tremendous amount of advocacy for his wife, Susan. Also, Dwayne has recently been appointed to the Board of Directors of the Arizona Spinal Cord Injury Association.

Dwayne is in the processing of contacting Peer Mentors in our database via email requesting information update. Do not be alarmed. If you have any questions, do not hesitate to contact Paul or any of the staff members.

## 3<sup>rd</sup> Annual Spinal Cord Injury Retreat

We are still accepting applicants to register for the retreat. The retreat will be held from August 21-24, 2008 at Whispering Hope Ranch in Payson, AZ. We are also looking for volunteers to help at the camp grounds. Please call Kayla at the office for available scholarships and volunteer opportunities.

If you still have reservations about joining in on the fun, please check out the video from last year's AZSCIA Spinal Cord Injury Retreat.

<http://www.youtube.com/watch?v=zfF6reo7YD0>

## Women's Support Group

Jill Greenlee Scleuse, CTRS has decided to cancel the July and August Meetings due to High Gas Prices, High temperatures, and summer vacations. Please contact Jill at 602-239-3307 if you have any questions, concerns or feedback regarding this decision or our discussion group.

Next meeting will be Tuesday, September 9, 2008 at Banner Good Samaritan Hospital in the Sandstone Conference Room from 6:30PM - 8:00PM.

## 18<sup>th</sup> Anniversary of ADA

Date: Friday, July 25, 2008

Place: Arizona Capitol Towers Lobby, 1800 W Washington Street in Phoenix

Time: 11:30AM – 1:00PM

Come celebrate with us! Speakers! Awards! Good Friends and Food!  
Accessible Voting Demonstrations! Voter Registration.

For more information, please contact [Yvonnec@abil.org](mailto:Yvonnec@abil.org), or call 602-443-0720.

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## Feeling The Economic Crunch? Find The Financial Help You Will Need

Mortgage trouble? Don't Delay, Call Today. Behind on your mortgage payment or facing foreclosure? Free counseling services is available, Act now. Call Arizona's toll-free hotline: 1-877-448-1211, or go online at [www.housingaz.com](http://www.housingaz.com).

Recently lost your job or worried about lay-offs? For unemployment insurance and employment or training resources go to [www.arizonaworkforceconnection.com](http://www.arizonaworkforceconnection.com).

Experiencing more family stress than usual? Find information about health care, wellness and counseling at [www.azdhs.gov](http://www.azdhs.gov) or [www.myazhealthandwellness.com](http://www.myazhealthandwellness.com).

Having trouble paying the bills? Check out [www.arizonaselfhelp.org](http://www.arizonaselfhelp.org) to see what government assistance you may qualify for.

Could You be Saving Money on Household Bills?

- Reduce your energy costs this summer – contact your utility company
- For fuel saving tools and tips for Arizona drivers visit [www.governor.state.az.us/GasTips.asp](http://www.governor.state.az.us/GasTips.asp).
- The Arizona CoppeRx® Card can help cover prescription costs for people with or without health insurance. Visit [www.azcoppercard.gov](http://www.azcoppercard.gov).
- Seeing your food costs go up? You're not alone. Ways to save: reduce the amount you eat out, use coupons, make a grocery list and shop around planned menus
- Talk to your employer about childcare savings accounts to learn how you can save up to 33% on childcare expenses.

How Much Money is Your Debt Costing You?

- Consumer Credit Counseling provides free services including debt management plans. Visit [www.moneymanagement.org](http://www.moneymanagement.org).
- Arizona Saves offers financial education classes and you can sign up for a no-fee savings account. Visit [www.arizonasaves.org](http://www.arizonasaves.org).

For a complete list of services, money management resources and ideas for how to make your dollar stretch further visit [www.az211.gov](http://www.az211.gov) or call Community Information and Referral at 602-263-8856 or 1-800-352-3792 in Central and Northern Arizona, and Information & Referral Services in Southern Arizona at 1-888-575-2111.

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## Looking for an Accessible Place to Explore in Arizona?

Check out the new blog written by a local wheelchair user called Accessing Arizona. The site features first-hand comments about various locations

accessibility in Arizona. Locations include state and national parks, nature trails, lakes and outdoor activities.

The editor is looking for contributing authors, so if you know of a fun and accessible place in Arizona, feel free to share your experiences.

[www.AccessingArizona.com](http://www.AccessingArizona.com).

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## Miss Wheelchair Arizona

Gina Schuh was recently honored by becoming Ms. Wheelchair AZ and is now soon running for Ms. Wheelchair America and she needs everyone's help!

You can check out all the contestants (including Ms. AZ) at <http://www.mswheelchairamerica.org/category/contestants/>. They have a voting poll with two different types of voting. One is free and will be announced at the crowning ceremony (you can vote as many times as you want, so a million is fine).

The other is the people's choice award and is a dollar a vote and all the proceeds go to the Ms. Wheelchair America organization. The link for the voting is <http://www.mswheelchairamerica.org/category/polls-and-voting/>

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## Journaling Workshops

Christine Contreras truly believes in the power of writing as a tool to release pain and unexpressed thoughts and emotions, and as a catalyst to physical, emotional, and spiritual healing. When we come face to face with physical and emotional challenges in our lives we must turn inward to find answers and our own inner strength. The Journal to the Self Course, in which Christine was certified in 2006 as an instructor, teaches over 18 different journaling techniques for self-expression and life-management. It was developed by Kathleen Adams from the Center for Journal Therapy in Denver, Colorado. Listed below is her workshop

### Writing Your Way to Healing

Learn and practice writing exercises that will demonstrate the power in writing that enables you to express thoughts and emotions and access your intuition, the wisdom and truth within you. The physical act of engaging your hand in writing frees the subconscious mind to open and release what has been stored there. In this way, journaling is a gift to yourself of time for reflection, releasing, and cleansing – so critical to the healing process.

If you have any questions, please contact Christine Contreras, Certified Journal to the Self Instructor, at 480-316-2008  
[christinecontreras1@hotmail.com](mailto:christinecontreras1@hotmail.com).

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## Power Wheelchair Soccer

The City of Surprise is currently looking for athletes interested in playing power wheelchair soccer. The City is putting together a team and working on a fall start date. If interested contact Joe Gladieux, Adaptive Recreation Coordinator at 623-222-2257 or [joe.gladieux@surpriseaz.com](mailto:joe.gladieux@surpriseaz.com).

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## "Brain Injury Partners: Navigating the School System"

"Brain Injury Partners: Navigating the School System," an interactive, multi-media intervention, is now available on-line free of charge. The easy-to-use website is designed to give parents of school-aged children with a brain injury the skills they need to become successful advocates.

This program was evaluated in a clinical trial with 174 parents of school-aged children with brain injury. Results showed that family members found the skills and materials in the program very helpful in making meetings at school more successful. "Brain Injury Partners: Navigating the School System" allows parents to:

- Learn advocacy skills in an engaging, self-paced format to learn ways to communicate better with school staff in order to get what is needed for their child. The 5-lesson tutorial on advocacy skills comes complete with realistic video examples.
- Apply easy-to-use, practical tools to help organize records, prepare for meetings, set goals, and keep track of progress. Explore resources and information on Individualized Educational Plans (IEP)/504 plans, post-school transition, and legal support.
- Develop strategies to prevent burnout, better cope with guilt and grief, and understand the unique challenges faced by families.

The free training can be accessed at: <http://free.braininjurypartners.com/>. The program was funded by the National Institute of Child Health and Human Development and created in collaboration with the Brain Injury Association of America.

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## Rolling On Productions

Come discover how to rediscover yourself! Creative playwriting and acting workshop for people on wheels! Terry Earp, a recent paralyzed writer, actor, and theater owner in Phoenix will be starting an adult group for individuals in wheelchairs.

The class doesn't require any experience, only a desire to try something new and make new friends. Central location and class makeup will determine content and material. Please call 602-896-1860 for more information.

Terry sustained her injury on the morning of September 16, 2006 while on a morning bike ride with her husband and a friend. She was hit by an SUV. Such victories have been won only after enormous struggle. Terry's rollercoaster ride is detailed in an ongoing blog at [wyattearp.biz/update.htm](http://wyattearp.biz/update.htm).

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## Home For Sale

Here's your opportunity to be in a sold out gated community. Brand new home (never been occupied) with a mature landscape ready for the right buyer. Front door, 2 car garage door and Master bedroom door are wheelchair accessible, ramps needed at entry doors. Enjoy easy entertaining with roomy island kitchen, wet bar, wine fridge, beautiful wooden floors, stainless appliances and huge Family Room. For outdoor living, French doors lead to ample front courtyard and to good-sized private backyard with full-length covered patio. Split Master suite has roman tub w/glass block and dropped shower with grab bar (handicap accessible) as well as separate backyard exit. Doors have been installed at den/3<sup>rd</sup> bedroom (already has closet). Comfortable style in Tempe's premier upscale community! Kyrene school district.

List Price: \$674,900, 3 Bedrooms, 2.5 Baths, 2939 square ft in Tempe, AZ. For more information, please contact Connie Rathke, U.S. Preferred Realty at 602-312-2880 or visit their website [www.AzRealEstateByConnie.com](http://www.AzRealEstateByConnie.com).

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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!**