



A Chapter of Christopher &
Dana Reeve Foundation



September 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

"Cody: The First Step"

We are proud to announce that we will be showing the new movie featuring Cody Unser, "Cody: The First step" on Monday, October 5, 2009. The general public is invited and the movie showing will be held at the DEC in the main lower Conference Rooms 1 & 2. Show times are: 10:00AM, 12:00PM, 2:00PM, 4:00PM, and 6:00PM. Snacks and beverages will be provided. Please disseminate this information to everyone you know.

Gentiva Rehab Without Walls Farmers Market

Gentiva is busy planning the 2009 Farmers Market. The Farmers Market is scheduled for Thursday, November 5th from 9:30AM to 2:00PM. The location is 7227 N 16th Street, Phoenix, AZ 85020. As the date comes closer, more information will follow.

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

Bathroom Mobility:

Focus will be on transfers and clothing management in the restroom

Managing your environment:

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

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 St., Phoenix, AZ, R-2. The Clinic dates are: October 7th, 14th, 21st and 28th from 4:00 - 6:00 pm. Call 602-507-4209 or 602-790-7909 for more information.

Scholarships Available from Quickie

Receive a \$500.00 scholarship from Quickie & Zippie wheelchairs! Apply online from August 4th until September 30, 2009, 11:59PM (PST).

Use your imagination and you could win a Quickie Zippie \$500.00 Master Card Gift Card. Be creative, original and genuine! Visit <https://vovici.com/wsb.dll/s/2a1bg3f110>.

How to participate:

1. Visit the Quickie Wheelchair page on Facebook.com and click the scholarship link to complete an online entry form.
2. Enter your first and last name, age, school, mailing address, and email address.
3. Select the question below that matches your current age/level and submit an original, previously unpublished response in 250 words. (You may wish to type and save your answer using a word processor then select, copy and paste the text into the assigned field.)

Elementary School: If you could create a character that is a wheelchair user - how would you describe him/her/it?

High School: What do you think you could teach other people?

College: If you could change anything about the medical industry, mobility in particular, what would it be and why?

4. Click the submit button when you are done!

Accessible Trail Opening in Scottsdale

Date: Saturday, September 26th

Time: 7:00AM – 10:00AM. Formal dedication begins at 8:00AM.

Location: At the Gateway to the McDowell Sonoran Preserve, 1833 N Thompson Peak Parkway (east of Thompson Peak Parkway between Bell Road and Union Hills Drive).

Hosted by Ruthie Carll, Executive Director of the McDowell Sonoran conservancy, speakers include Mayor Jim Lane and representatives from the McDowell Sonoran Preserve Commission.

Various activities will take place throughout the morning.

The Bajada Trail was built for all to enjoy -- from young children to the elderly, and for those with physical challenges. The half-mile trail exceeds many ADA standards. It offers an innovative, interactive nature experience for those who want to learn more about Arizona's unique Sonoran Desert.

The Bajada Trail was made possible through the generous support of longtime McDowell Sonoran Preserve advocates, the Richard and Christine Kovach Family and the McDowell Sonoran Conservancy.

For more information, contact the McDowell Sonoran Conservancy at 480-998-7971. Dress appropriately and bring water. Orange juice donated by SUN ORCHARD.

Work From Home – Persons With Disabilities

National Telecommuting Institute (NTI) is a unique educational/job-matching organization pioneering the development of telework jobs for Americans with disabilities. NTI staff bring together employers who have agreed to “go virtual,” advanced communications technology, and vocational rehabilitation agencies to enable individuals with disabilities to train for and work online in environments that are more easily accessible to them.

NTI prepares qualified individuals with disabilities primarily for work as customer service representatives, but also as technical support agents and medical transcriptionists. Equipped with voice and computer connections, NTI employees have provided service for customers of organizations and companies such as the Internal Revenue Service and AAA Roadside Assistance.

For more detailed information, please visit the appropriate portion of our site:
<http://www.nticentral.org/>.

Exploring the Sonoran Desert on Wheels

The Arizona Spinal Cord Injury Association and National MS Society have partnered to provide a trail hike of the McDowell Mountain Preserve. The hike will be a weekend activity and the dates are Saturday, October 31st and Sunday, November 1st.

The first day will be an orientation to the outdoors, an introduction to new accessible trail by Ruthie Carll. Also, a session on how to explore the outdoors safely with a guided presentation by REI and Dianne Brunswick.

The second day will be the trail hike at the Preserve. We will provide snacks and water, and take groups of 5 or 6 at a time along the new trail, guided by docents.

Ashleigh and Philip Carll, Assistant Executive Director of the National MS Society, has been instrumental in the planning of this activity.

PAIN, POWER and PROMISE

by Resiliency Expert, Nannette Oatley

19 Ways To a Bolder, Stronger and More Resilient Life!

Pain, Power & Promise might just change the way you look at your life and the world around you forever...it is the story of a remarkable journey. --#1 New York Times best selling author Tom Rath of *How Full is Your Bucket*

Within pain is power. Within power is promise. Within promise is hope. And within hope is the initiative that creates transformation. Nannette Oatley is an invigorating example of looking up and living onward. The road less traveled is universally imbedded with precious gifts and Nannette's journey within Pain, Power & Promise paints a real life picture for living out loud in full color. Read it, own its message and get after your life! --Jeff Olsen, Two Time Olympian, Three Time National Champion, Pan-American Gold Medalist, President of Well Nourished Worldwide

Newly Released. Buy for yourself or as a gift \$15.95. To order: www.nannetteoatley.com or any online retail bookseller.

* 15% of ALL proceeds will go to the Arizona Spinal Cord Injury Association.

1st Annual North Arizona Disabled Sports & Recreation Expo

The Prescott YMCA, Mountain Valley Regional Rehab Hospital and Arizona Disabled Sports invite you to join the 1st Annual Northern Arizona Disabled Sports & Recreation Expo to be held in Prescott, AZ. This FREE expo will provide instruction and demonstration for the following adapted sports/recreation available in Arizona:

Phoenix Heat Quad Rugby * Banner Wheelchair Suns Basketball * Tennis * Over-The-Line Softball * Scuba Diving * Day on the Lake Water Sports * Kayaking * Motorcycles * Handcycling * Adapted Driving/Modified Vehicles * Mountain Biking * Snow Skiing * Yoga/Pilates * Horseback Riding

Date: Saturday, October 3, 2009

Time: 10:00AM – 2:00PM

Location: Prescott YMCA, 750 Whipple Street, Prescott, AZ 86301

DONT MISS IT!! Lee Beaver, adapted motorcycle stuntman, will be presenting his skills at NOON!!! DONT MISS IT!! Please feel free to call the Recreation Therapy Department at Mountain Valley Regional Rehab Hospital at 928 759 8800 or the Prescott YMCA at 928 445 7221 for any questions.

User's First Alliance website

The User's First Alliance seeks to ensure appropriate access to seating and mobility equipment by empowering Wheelchair Users, Clinicians, and Providers with education and information resources that inspire action and motivate change. Please visit

www.usersfirst.org.

Sports Illustrated

Featuring Marc Buonticonti. Visit Sports Illustrated at

<http://sportsillustrated.cnn.com/vault/cover/featured/11281/index.htm>.

Syringomyelia & Chiari Awareness Month

The Month of September in the State of Arizona by Senate Proclamation has been deemed Syringomyelia & Chiari Awareness Month. Therefore the following events are planned to support and bring awareness of these conditions to our communities. So please join in the fun and learn more about Syringo & Chiari while you enjoy.

September 9, 2009

Family Fun Night at Peter Piper Pizza, 2611 W. Carefree Hwy, Phoenix 85085

Time: 4:00PM – 9:00PM. Proceeds going to Miracle Wish for Chiari, nonprofit 501c3.

September 20, 2009

2nd Annual Miracle Race for Mylee Grace & Her Syringo and Chiari Friends

Proceeds going to ASAP-American Syringomyelia & Chiari Alliance Project, nonprofit 501c3.

Check-in/Registration starts at 7am at north soccer fields. Event Starts at 7:30AM. Location: Kiwanis Park, 5500 South Mill Ave., Tempe 85034. To learn more www.asap.org/upcoming_events.html

All month!

Preston's car magnet kids fundraiser for ASAP's Kids Club!

100% of profit going to ASAP American Syringomyelia & Chiari Alliance Project, nonprofit 501c3.

Woody's Your Way Yogurt

20330 N. Cave Creek Rd

They will donate 10% of your purchase to ASAP! Bring in the flyer on the first visit then mention ASAP each time after!

To learn more www.asap.org/upcoming_events.html.

September 26, 2009

2nd Annual Conquer Chiari Walk Across America

Proceeds going to Conquer Chiari, nonprofit 501 c3. Check-in/Registration starts at 6:00AM. Event Starts at 7:00AM, Saguaro Ranch Park, 9802 N. 59th Ave., Glendale, 85302. To learn more, visit us at www.conquerchiari.org.

Power Soccer Teams

Mesa: Arizona Disabled Sports offers power soccer. The program starts in September and ends in June. www.arizonadisabledsports.com.

Go to Registration and "How to register for current programs for people with physical disabilities". Arizona Heat Power Soccer team Website:

<http://azheatpowersoccer.squarespace.com/>

Surprise: We practice in Surprise the first and third Saturday of each month.

We are still in the early stages as opposed to the Mesa team but if they are beginners and interested in getting involved pass my information on to them.

The hope is to split into the two teams in the future and start making it more competitive. As it stands it's more of a leisure type activity. <http://surpriseaz.com/index.aspx?nid=1459>.

Tucson Power Cats Webpage: <http://tucsonpowercats.com/>

Miracle League Baseball

Maryvale Family YMCA is proud to announce their second season of Miracle League Baseball. The Miracle League is a program that provides children and adults with mental and/or physical challenges the opportunity to play baseball.

Season Begins: Week of September 20th.

Game Times: We are playing under the lights! Expect one game a week between 6:30pm-8:30pm; Monday through Friday.

Cost: \$25 Includes jersey and hat.

Maryvale Family YMCA are also looking for volunteers. For more information, please contact Jenna Schaefer, Volunteer and Program Director, Maryvale Family YMCA, Mike and Cindy Watts Branch at 602-212-6158 – Direct, 623-873-9622 – Main or JSchaefer@vosymca.org.

Accessible Van for Sale

2007 Dodge Grand Caravan Braun Companion Van

Maintenance-free Manual Ramp, 16,000 miles and still under Dodge warranty. Van is in excellent condition, rarely used. Asking price: \$28,500. If interested, please call 520-909-7286 or email: rrrobskaggs@msn.com.

Assisted Living Home

Lourdes Ferraro, RN, has two private rooms available. If you know of anyone needing a place to live, please contact her at 602-721-5255 (cell) or 602-354-3794 (home).

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!