



A Chapter of Christopher &
Dana Reeve Foundation



August 2009

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

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"A monthly update on the happenings and upcoming events in the Association and Community Partners."

Member E-Newsletter

Arizona Spinal Cord Injury Association

Donation and Drive List for Central Arizona Shelter Services (CASS)

Donation Drive to Help the Homeless

CASS is collecting hygiene items to benefit the Valley's most vulnerable population. When you are doing your shopping, please consider picking one or more of the following items:

Aerosol Deodorant (*aerosol is easier to share when you are serving 400 people a night*)

Disposable Razors (*double blade or larger*)

Shaving Cream

Feminine Hygiene Products (*all variety are accepted*)

Toothpaste/Toothbrushes

Hair Shampoo & Conditioner (*Products for ethnic hair types are rarely donated so anything that fits that type is always appreciated*).

Donation drive will run from August 4, 2009 – August 14, 2009. The Arizona Spinal Cord Injury Association will set up a collection box in our suite so please make an effort to drop off some items. This is a great opportunity to visit our new office and meet the staff members.

CASS appreciates your support! If you would like to learn more about CASS, please visit their website at www.cass-az.org.

Daring Adventures Sled Ice Skating

Would you like to experience the fun and excitement of gliding on the ice? Escape the heat and come skating with Daring Adventures. Sled Skating is geared toward people with mobility impairments, but can be enjoyed by all.

This introductory program will introduce you to the fundamentals of sled ice skating. Please note **NO HOCKEY** will be played. Come and enjoy the fun and thrill of gliding on the ice.

Saturdays August 1, 8, 15, 22

From 4:45—6:00pm

At the Alltell Ice Den

9375 E Bell Road in Scottsdale

There is a \$25 fee which includes all equipment, instruction, ice time and FUN!!!

No Experience is necessary!!!! Register online at www.phoenix.gov/parks, **Course Code: 59410**. If you have any questions please call Joey at 602-534-0527 or email joey.casto@phoenix.gov.

Public Forums to Address Disability Issues

Join the Arizona Center for Disability Law at the public forum in your neighborhood!

What are the biggest issues facing people with disabilities in Arizona today?

What are the barriers to people with disabilities achieving independence?

What should the Arizona Center for Disability Law be doing to address these issues and barriers?

Do the Center's current priorities – employment, accessibility, mental health, education, health care – address the most important issues for people with disabilities? What areas should we include?

Thursday, August 6, 2009 - 10:00AM to Noon
Hon-Dah Casino (Board Room), 777 Highway 260, Pinetop, AZ

Wednesday, August 19, 2009 – 10:00AM to Noon
DIRECT Center for Independence, 1023 N Tyndall, Tucson, AZ

Wednesday, August 26, 2009 - 10:00AM to Noon
Disability Empowerment Center (Conference Room 1), 5025 E Washington St., Phoenix, AZ

Call Lorraine at 520-327-9547 X313 or 800-922-1447 for more information.

Nominations for Transition Awards

Arizona's Ninth Annual Transition Conference "Celebrate the Journey" is seeking nominations of individuals who contribute to the field of secondary transition.

The three award categories are: school-based, community-based and youth and young adult. Please see the attached nomination forms for each category and submit nominations as soon as possible. The deadline for submission of nominations is August 12th. There are many deserving people across our state that are working or participating to improve transition practices and services for students. Please consider someone you know for one of these awards. Award winners will be recognized at the conference on September 21, 2009.

For more information, please contact Barbra Ross, Parent Information Network Specialist East Maricopa County, Arizona Department of Education, Exceptional Student Services at 480-607-3030 or Email Barbra.Ross@azed.gov

Wilderness Camping

Enjoy some time relaxing and playing in the cool pine country at Camp Colley, located north of Payson. Activities at camp may include outdoor cooking, hiking, and visiting a fire lookout tower.

Cost includes food and transportation to and from Camp Colley. Space is limited so sign up soon! Program Fee: \$100 and Course Number: 58434. The dates are August 14 – 17, 2009.

A mandatory orientation meeting will be held prior to each trip. Orientation is August 6, 2009, 6:00–7:00pm. Trip orientation will be held at: Telephone Pioneer Park, 1946 W. Morningside Drive, Phoenix

Please contact 602-534-0527 (Joey) or 602-495-5078 (Linda).

SSA Hiring in 2009

SSA's Hiring Plans for 2009: Linking Candidates with Disabilities to SSA Jobs

The Social Security Administration has recently received funding to hire a significant number of employees throughout the country. This hiring initiative offers a unique opportunity for individuals with disabilities who may want to get a job with SSA. These jobs will be at various skill levels including a number of entry-level positions.

What kinds of jobs is SSA offering? SSA is recruiting employees to work in field offices and teleservice centers where they will assist the public by phone and in person with a wide variety of program related activities such as filing claims, applying for a new or replacement Social Security cards and other types of inquiries. SSA also is recruiting employees to work in claims processing centers and to work in hearings offices in legal and paralegal positions.

Where are these jobs located? All across the United States; for example, some are in the local SSA field offices or SSA hearings offices, some in the 37 teleservice centers nationwide, some in SSA's program service centers and some at SSA headquarters in the Baltimore area.

<http://www.cessi.net/ttw/SSAHires/index.html#contentstart>

Smoke Alarm Program for the Deaf

Valley of the Sun United Way work in partnership with the Phoenix Fire Department on a smoke alarm program that operates throughout the City of Phoenix. We have recently received a grant to purchase specialized smoke alarms for Deaf and hard of hearing individuals. Our intent is to reach low-income folks, so we have instituted an application process and are in the beginning stages of applicant recruitment.

Our funding at this time is limited to 75 alarms, so we will be working on a first come, first serve basis. It is our hope that we can continue to secure funding and keep this branch of the smoke alarm program running.

If you have any questions, please contact Marin Davies, Project Coordinator, Valley of the Sun United Way at 602-631-4843.

Statewide Independent Living Council (SILC) Job Posting

SILC is currently hiring for an Executive Assistant. Applications will be accepted starting August 1st, position to remain open until filled. If you would like a copy of the job posting, please call Vangie Mortenson with Arizona Spinal Cord Injury Association at 602-507-4209 or SILC's office at 602-262-2900.

Arizona Bridge to Independent Living (ABIL) Social Recreation Activities

Please visit their website at <http://www.abil.org/eventscalendar.htm> for a list of monthly activities. The events are also posted on www.azspinal.org.

Events range from cooking in a group, Ice Cream Social, Arts & Crafts, Bowling, etc. If you are interested in signing up for a program, please contact Leanne Murrillo at 602-296-0535.

Paint-A-Thon

What is a Paint-A-Thon?

A Paint-a-Thon is a community-based effort designed to paint the homes of homeowners with limited financial resources who are 60 years of age or older and/or have a permanent disability, and are unable to do the work themselves. The paint project utilizes the support of many community organizations and most importantly, the time and effort contributed by many kind-hearted volunteers.

Where? And when?

This year's Paint-a-Thon will be Saturday, October 24th, 2009. The project covers the entire State. We attempt to give the volunteer groups geographic areas from which to choose their home, so as to make the project as convenient as possible. Preparation on the homes can be done up to three weeks prior to the paint day.

Who qualifies for a home painting?

Homeowners of single family residences who are financially disadvantaged and who are physically unable to paint the home themselves may apply. At this time, we can not consider attached townhouses or condominiums, but we will consider mobile homes with wood or metal siding (no vinyl). These days, the average cost to paint a home is \$4,000. Such a cost is out of the question for our selected homeowners. The homes must be owner-occupied and in sufficient condition so that scraping and spot priming are the only preparations needed. If the home is in need of repairs beyond an exterior paint job, the homeowner may apply for our Rebuilding Day program. Any physically able-bodied adults living in the home are expected to help alongside our volunteers.

Who can volunteer?

Teams of volunteers are recruited from families, businesses, churches, schools, social service and civic groups. The Paint-a-Thon management works with team leaders to develop self-sufficient teams that will perform quality work while experiencing personal satisfaction and enjoyment. All volunteers must be at least 14-years old and those under 18 must have a signed parental permission form. Ideally, each team should consist of 15-25 volunteers. Individual volunteers are needed to help run the program, deliver extra supplies, take pictures, etc. and are encouraged to call the office.

What happens at a Paint-a-Thon?

Once houses have been identified, inspected and the residents qualified, a team of volunteers will be assigned to scrape and paint each house. This includes a team leader and up to 25 volunteers per house. Saturday, October 24th has been designated for painting and all the houses are done on the same day. In most cases, volunteers visit the homesite up to two weeks prior to the paint day to do any prep work (scraping, peeling paint, caulking, spot priming and trimming any plants). On October 24th, teams start painting between 7 and 8 a.m. and complete the home in a single day. If for any reason the home is not completely finished on the designated paint day, the team leader is responsible for organizing volunteers from his/her team to complete this project ASAP.

Any questions?

To volunteer or for additional information, please visit the Rebuilding Together website: www.rebuildingtogetherphx.org or give the office a call: 480-774-0237.

ChairWear LLC

ChairWear LLC is a brand new company dedicated to adaptive sports and is based in Tucson. There are many adaptive sports and so far I have not really seen any apparel. So ChairWear LLC will provide adaptive sports apparel for multiple adaptive sports. We will be working on expanding our product line as the demand and popularity grow. We will use silhouette designs so that you can easily picture yourself playing the sport. It is our goal to represent the physically disadvantaged athletes of the world. Adaptive sports are an amazing demonstration of the human spirit. Take pride in your unique abilities and help publicize your adaptive sport. The mind must adapt just like the body in adaptive sports, so challenge all obstacles in your path with ChairWear adaptive sports apparel.

Visit our site at <http://www.chairwear.org> and place your order today and start wearing stylish adaptive sports apparel today! If you have any questions, please contact Kathy at 520-240-9678.

Summer Heat

As the summer temperatures continue, many low-income or homeless people find themselves dehydrated or worse. The summer heat in Arizona can be deadly. Taking precautions and accessing the heat relief resources in the community are the best ways to prevent heat-related illness and death from occurring.

Additional information on protecting yourself from the dangers of Arizona's heat and where to find heat relief resources are found in Arizona Department of Health Services brochure "Surviving Arizona's Summer Heat" at http://www.azdhs.gov/phs/oeht/pdf/heat_brochure.pdf

Looking for Caregiver?

There are several caregivers in the East Valley who are looking for clients. If you need a caregiver please contact Don Price at donp@abil.org and he will connect you, if possible.

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!