



A Chapter of Christopher &
Dana Reeve Foundation



December 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

Applebee's Dining To Donate

Please join us to help raise funds through our friendly neighborhood Applebee's at their East Valley Location!

Location: 6259 E Southern Avenue, Mesa, AZ 85206, near Superstition Springs Mall

Date: Wednesday, December 16, 2009

Time: 11:00AM - 12:00AM

All event attendees will need to alert their server that they are with the "Arizona Spinal Cord Injury Association." The manager on duty will stamp the guest check with "Arizona Spinal Cord Injury Association", and the total amount of sales will be reported at the end of the event.

This is the only method they have to tally the money raised for our Association, so alerting the server is paramount for each guest.

At the end of the event, Spinal Cord Injury Association will be presented with a check for 10% of the sales. Sales include food, beverage, carside to-go, and bar sales. This does not include gift card sales. Thank you for your support.

Annual Membership Meeting and Social Mixer

The annual social mixer is scheduled for Thursday, December 10, 2009, from 6:00PM – 8:00PM. The mixer will be held at Ajo Al's Mexican Café, 5101 N 16th Street, Phoenix, AZ 85016. The cross streets are the N/E corner of 16th Street and Camelback, north of Chase Bank.

Vangie will need a head count by Friday, December 4th so please RSVP today at 602-507-4209 or vangie@azspinal.org.

Save The Date

5th Annual Spinal Cord Injury Retreat will be held from Thursday, August 12, 2010 – Sunday, August 15, 2010 at beautiful Whispering Hope Ranch in Payson.

Please mark your calendar accordingly.

Charting the Course for Consumers: Empowerment Training for Individuals with Spinal Cord Injury

The emphasis of the SCI Empowerment Course is to promote the health and well-being of individuals with spinal cord injuries. These interactive sessions provide knowledge and understanding of life after injury and explore quality of life concerns. Persons with a spinal cord injury, their families and caregivers and health care professionals are encouraged to attend these sessions.

Starting February 2, 2010 for 13 weeks on Tuesdays, 4:30PM - 7:30PM, including late dinner. Classes will be held at the Disability Empowerment Center (DEC), 5025 E Washington Street, Phoenix, AZ 85034 in the Nina Mason Pulliam Conference Center, Main Floor.

Listed below are the dates and topics:

2/2 Empowerment
 2/9 Activities of Daily Living
 2/16 Medical Conditions
 2/23 Secondary Conditions
 3/2 Health and Fitness
 3/9 Psychosocial
 3/16 Therapist is IN
 3/23 Sexuality
 3/30 Accessibility and ADA
 4/6 Mobility and Recreation Health Fair
 4/13 Aging with SCI - Legal with Jill
 4/20 Aging with SCI - Health with Panel
 4/27 SOCIAL NIGHT - Cody movie (?)

The Arizona Spinal Cord Injury Association will be managing the Registration and the Transportation requests for the classes. If you have any questions, please contact the Association at 602-507-4209.

CBS 5 News' Catherine Anaya Shares Story of Jennifer Longdon

A shooting attack five years ago left Jennifer Longdon with a spinal cord injury. Doctor's told her she'd never walk gain. Last year she successfully completed a ½ marathon in a standard wheelchair. A remarkable feat when you consider that's like running a race on her hands. This year, she'll do it again. Only this time, she's taking it two steps further. Literally. When she reaches the P.F. Chang's Rock 'n' Roll Arizona ½ marathon finish line this January, she's determined to take two steps across it. I am also racing. It'll be my fourth full marathon. Why do I run? Because I can when so many others can't. This year, I'm running in Jennifer's honor to help raise funds for a planned universally accessible sports & fitness center in Phoenix. A place where more people can learn to tap into Jennifer's kind of strength. The strength that can help them push through ½ marathons & beyond! For video segment, please link to <http://www.kpho.com/news/21721372/detail.html> or Catherine Anaya's page, link to <http://www.active.com/donate/cathsrn4jensroll>.

COMPASS Support Group

Please note the room and schedule changes for **2010** at Scottsdale Senior Center below:

May through April, 2010 we will be meeting in **room 10 rather than room 9 where we are now**. We will have Room 9 back for May through December, 2010. Our November, 2010 meeting is changed to November 12, 1:00 to 3:30, but stays in **Room 9**. If you have any questions, please contact Pauline Staples at 480-628-3028.

Sam Schmidt Paralysis Foundation

For information on underwater treadmill training for individuals with SCIs go to <http://www.samschmidt.org/whatsnew>. This research study is being conducted in Tennessee and is in need of more participants. If you meet the conditions of the study and are interested in learning more about it, please contact Sam Schmidt Paralysis Foundation at 609-882-6718.

Arizona Disabled Sports Presents 1st Annual Run, Walk & Roll 5K/10K

Date: January 9th, 2010

Location: Tempe Town Lake Beach Park

The 5K/10K event has been created to support and raise money for Arizona Disabled Sports (AzDS). The primary mission of AzDS is to provide a wide-variety of sports and recreation opportunities for individuals with all types of disabilities. Toward this end, the Association will work to educate, inform and include the community in a comprehensive effort to provide year round activities. Through participation, the athlete will realize individual accomplishment, self-esteem, respect for themselves and others. More information: www.runwalkrollaz.com.

Phoenix Regional Women's Basketball Tournament Friday, December 4th – Saturday, December 5th

Pool A

Illinois
Dallas
Denver
Mercury

Pool B

Alabama
Arizona
Inferno
LA

Friday, Dec 4th	Games at BRC	Games at Mesa Jr High
4:30	Alabama vs Arizona	
6:00	Illinois vs Mercury	
7:30	Inferno vs Alabama	
Saturday, Dec 5th		
8:00	LA vs Arizona	
9:30	Denver vs Mercury	
11:00	Denver vs Dallas	
1:30	Mercury vs Dallas	Arizona vs Inferno
3:00	Illinois vs Denver	Alabama vs LA
4:30	Illinois vs Dallas	LA vs Inferno
6:30	Pool A #4 vs Pool B #4	Pool A #2 vs Pool B #2
8:00	Pool A #3 vs Pool B #3	Pool A #1 vs Pool B #1

*Home team is on right and wears light color.

*Because of team flight schedules teams will have 10 min to warm-up. If this is a problem we will have to cut games and you will only have 3 games total for the weekend.

*Chairs may be stored at the BRC for the Sunday games.

*Gyms are approximately 1 mile away from one another.

Broadway Recreation Center

59 E Broadway Rd
Mesa, Arizona 85210
(480) 835-MASD Office

Mesa Junior High School

828 E Broadway Rd
Mesa, AZ 85204-2197

For more information, please contact Gary Venjohn at 602-790-7909.

SCI/PVA Support Group Schedule in Tucson

Friday Dec 4, Christmas luncheon? Please let us know if you are coming and what kind of side dish you are bringing, Thank you. Joe Chitty @ 574-0129 or Karen Gialle at 792-1450 x 2106.

Friday Dec 11, PLANNING MEETING: For 5th Annual Poker Ride, and 4th Annual Golf Tournament, May 2010

Friday Dec 18, BOWLING OUTING: Bowling at Oracle & River, Fiesta Bowl, 501 W River Rd, 887-2695; in memory of Jay Greaber and Harold Potts. Meet at 1:00. Call Joe Chitty at 574-0129 if you need more info.

Saturday Dec 19, Outing: Meet at the Reid Park Zoo to take in the Christmas lights. 6-8pm, \$6 for adults 15-62, \$4 for seniors over 62.

Homeownership Opportunities From Newton CDC

There is currently a large amount of financial assistance available to help families and individuals buy their first home in the Phoenix metro area.

Attend a Newtown Homebuyer Assistance Orientation to learn more about the opportunities available through Newtown as well as other organizations serving the Phoenix metro area.

Upcoming Free Classes and Workshops

Homebuyer Education - During this free 8-hour class, a team of professionals provides all the basics about the home-buying process. This class meets the education requirements for lenders, the City of Tempe CAMP, and Newtown's IDA and CLT programs.

Lunch and refreshments are provided. Space is limited so you must register to reserve your space. Visit our website at http://www.newtowncdc.org/homebuyer_ed.html for location and more information.

Saturdays from 8:00AM – 5:00PM

Dates: 12/12/09, 1/9/10, 2/13/10

CLT Orientation - Attend this workshop to learn about Newtown's Community Land Trust (CLT) program and how to buy a CLT home in Tempe, Chandler or Glendale.

Location: Tempe / Newtown Office

Time: 6:00 - 7:30PM

Dates: 11/12/09, 12/18/09, 1/21/10

Location: Chandler / Various Locations

Time: 6:30 to 7:30 PM

Date: 11/18/09, 12/10/09, 1/14/10

Get Expert Help with Your Credit - What lenders are looking for; the right way to improve your credit scores, establish/keep good credit; avoid credit-repair scams.

Classes are held every other month

Tuesdays: 6:00pm to 7:30pm

Dates: 2/2/10, 4/6/10, 6/1/10

Homebuyer Assistance Orientation - Attend this workshop to learn how Newtown can help you achieve your dream of homeownership. Learn about sources of financial assistance, affordable loan products and the many opportunities available right now to help first time buyers become homeowners. **Thursdays: 6:00pm to 7:30pm**

**Dates: 11/19/09, 12/10/09,
1/14/10, 1/28/10, 2/11/10**

Call (480) 517-1589 to register for classes and workshops or email:

lucia@newtowncdc.org

Wheelchair Accessible Trails

The City of Phoenix has a number of accessible trails that wind through some of the classic Sonoran Desert habitat of the desert and mountain preserve system.

Penny Howe Barrier Free Trail – North Mountain Park

Barrier Free Access Natural Trail – Reach 11 Recreation Area

Accessible Trail – Papago Park

Judith Tunell Accessible Trail – South Mountain Park/Preserve

Rio Salado Habitat Restoration Area - along five miles of the Salt River just south of downtown Phoenix

Parks and Recreation Department Main Office at 602-262-6862 or email us at:

receptionist.pks@phoenix.gov

Free Wheelchair Self-Defense Class for Paras

Interested in attending a free self defense class? We need to have 6 participants to train at "gotthenak" martial arts, <http://www.gotthenak.com/> The martial arts is in Gilbert and if there is a minimum of 6 people, there will be no cost. The when has not been decided until we generate enough interest. Please contact Mike at 920-251-6877 or email

mjtag67@yahoo.com

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.

Urban Fishing Licenses are Half Price

New! 2009 Urban Fishing Licenses 50% Off Sale: **Only \$9.25**

If you recently found out about the great fishing in the urban lakes and the start of the trout stocking season, we have a deal for you. The 2009 Class U, Urban Fishing, license is now 50% off for the last two months of the year. Stop by a Game and Fish office or any of our sporting goods or retail license dealers and ask for your 2009 discount Urban license for \$9.25. Fishing is excellent this time of year at all Urban Program lakes for trout, bluegill and catfish.

Transportation Service

The Arizona Spinal Cord Injury Association now offers accessible transportation services to assist you in all your personal transportation needs!

Just imagine - your own personal driver that will deliver you from your door to your appointments! Unlike other transportation services, you won't have to wait for your return trip to your home and you can make multiple stops.

Want to see Arizona but you're on a budget? We charge by the hour, not per person. So if you are considering a trip, gather a few of your friends for a bigger savings. One van can fit three large wheelchairs, or four regular wheelchairs plus four ambulatory.

Call us! We can make your ***Wheels Toward A Dream*** trip a reality. Share with us your plans for your outing and we will work with you to make your trip come true. Arizona is a very beautiful state so start making your plans today!

Donations are accepted. All funding supports the AzSCIA Transportation Program. For questions, please feel free to contact the AZSCIA at 602-507-4209.

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!