



Arizona Spinal Cord
Injury Association

AZSCIA E-NEWS

January 2009

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

Arizona Spinal Cord
Injury Association
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We're on the Web!
www.azspinal.org

Arizona Spinal Cord Injury Association's Change of Address

Effective Monday, January 5, 2009, the administrative office and staff has moved to our new office.

5025 E Washington Street #110
Phoenix, AZ 85034
Phone: 602-507-4209
Fax: 602-507-4214
Toll-free: 888-889-2185

Some of our functions such as Transportation, Peer Mentor Program, and our donation closet will still be housed at Banner Good Samaritan. Our phones at Banner will still be checked and answered when someone is in the office.

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.

The classes will be held at the Disability Empowerment Center of Arizona, 5025 E Washington Street, Phoenix, AZ 85034, 1st Floor Conference Room. Registration starts at 4:30PM and class convenes from 5:00PM – 8:00PM. Dinner will be included.

TOPICS:

February 3rd - Empowerment
February 10th - Activities of Daily Living and Personal Care Attendants
February 17th - Medical Aspects of SCI
February 24th - Secondary Conditions of SCI
March 3rd - Wellness and Fitness
March 10th - Psychosocial Aspects of SCI
March 17th - Sexuality
March 24th - "Therapist Is In" Night
March 31st - Accessibility and Assistive Technology
April 7th - Mobility Health Fair
April 21st - Legal Considerations
April 28th - Aging and SCI

To RSVP, please contact the office at 602-507-4209.

VOICE Support Group Meeting

The next VOICE meeting will be Tuesday, January 13th at 2:00PM. The library has all of the Thursdays locked up for their own meetings - so VOICE has changed its meeting day to the 2nd Tuesday of the month. The address of Glendale Main Library is 5959 W Brown Street.

For more information, please contact Janene Werner, VOICE Facilitator at 602-814-9717 or voicejw@yahoo.com

AZ Disabled Sport Schedule *Winter-Spring 2009*

Power Soccer

SEASON DATES: Continues January 5 from fall season - June 15

PRACTICES: Monday from 4-7 p.m.

LOCATION: Broadway Recreation Center, 59 E Broadway Road, Mesa

LOCAL COMPETITION: PowerBlast Power Soccer Tournament on January 24

Junior Wheelchair Suns Basketball

SEASON DATES: Continues January 5 from fall season - April 6

PRACTICES: Monday from 6:45 - 8:45 p.m. and several announced Friday evenings

LOCATION: Broadway Recreation Center, 59 E Broadway Road, Mesa

NOTE: A limited amount of sport chairs are available for program use.

Track and Field

SEASON DATES: January 24 - April 18 (please note Paralympic Academy on Jan. 17 listed under special events)

PRACTICES: Saturdays 8:30-10 a.m.

LOCATION: Mesa High School, 1630 E. Southern Ave.

LOCAL COMPETITION: Desert Challenge Regional Games on April 24-26

NOTES: A limited amount of sport chairs are available for program use.

Archery

SEASON DATES: January 24 - April 18 (please note Paralympic Academy on January 17 listed under special events)

PRACTICES: Saturdays 10-11:30 a.m.

LOCATION: Mesa High School, 1630 E Southern Avenue

LOCAL COMPETITION: Desert Challenge Regional Games on April 24-26

NOTES: To optimize safety, athletes must arrive on time.

Swimming

SEASON DATES: January 31 - April 18

PRACTICES: Saturday 12:30 - 2 p.m.

LOCATION: Carson Pool, 525 N. Westwood

LOCAL COMPETITION: Desert Challenge Regional Games on April 24th

For further information, contact Susan Byrne Rossi at 480-644-5702, email susan.rossi@mesaaz.gov or www.arizonadisabledsports.com.

Daring Adventures, Winter Adventures 2009

Adaptive Cycling

Come and enjoy the thrill of cycling through the beautiful Phoenix bike paths. All levels of cycling experience are welcome. We provide hand-cycles, tandem bikes and recumbent tricycles, as well as all safety and adaptive equipment. Friends and family are welcome to bring their own bikes and join us. Saturdays: January 10 - February 14th, 10:00AM - 12:00PM.

WINTER LOCATION We're going south with the birds to experience and enjoy the Rio Salado Habitat Restoration Area 2801 S. 7th

Avenue at the Salt River bottom, (Map available upon request).
The \$25 program fee includes use and maintenance of equipment.
Registration ends January 5th

Cross Country Skiing

Come join us for cross country skiing and snowshoeing. We'll begin with an activity overview, conditioning orientation and equipment fitting on January 14. On January 29th we will meet for a group conditioning and technique review.

Volunteer and participant orientation:

January 14, 2009, 6-7PM

Location: Telephone Pioneer Park, 1946 W. Morningside Drive

Mandatory Trip meeting: February 19, 2009 6:30PM - 8:00PM

Ski trip: Saturday through Sunday, February 28 – March 1, 2009

\$150 program fee includes round trip transportation, hotel stay, trail pass and equipment rental, including sit skis for people with limited mobility.

Program volunteers are needed!

Registration ends January 9th

Hike of the Month

Join us for a hike of the month while taking in the beauty of the Phoenix Mountain Preserves. Hikes will begin at 10:00AM

January 17th at Reach 11

A partially paved trail that travels through some of the most unique desert habitat in the area. Twenty different locations along the trail provide information signs on the flora and fauna that a visitor may encounter while enjoying the trail. Also, over 100 species of birds have been identified along this trail! Trailhead: 19224 N Tatum Blvd

Registration ends January 12th

February 21 at North Mountain

Join us on a new trail for Daring Adventures! We will hike a section of trail 100. This trail is not accessible but doable with the help of adaptive equipment. Come out and challenge yourself on this exciting Daring Adventure! North Mountain Visitors Center: 12950 N 7th Street

Registration ends February 17th

Registration

SPACE IS LIMITED,

Register today by contacting TJ at

602-495-5222 (voice), 602-534-2491 (TTY) or at tj.penkoff@phoenix.gov (E-mail). Registering does not mean you are selected for the program. You will be contacted prior to the event.

Phoenix residents will have priority when registering for all programs. Non Phoenix residents will be placed on a waiting list and contacted if space is available after the registration deadline. All registered participants will be contacted prior to the activity. **Family members and friends are welcome to register, space permitting. Limited scholarships are available if cost is a barrier to participation.**

Area Martial Artist Sits Down For Those Who Cannot Stand Up

Contact:

Sr. Master Mark Kaup-Lee or

Jennifer Longdon, 602-738-1227

FOR IMMEDIATE RELEASE

Accepting the challenge of a student, Sr. Master Mark Kaup-Lee will compete in the PF Chang Rock N Roll Half Marathon in a wheelchair. A 7th degree black belt and owner of 5 area martial arts academies, Kaup-Lee was challenged by his student, Jennifer Longdon; herself paralyzed, to complete the 13.1 mile race as she will; in a wheel chair.

The pair will raise money for spinal cord injury research. Longdon, an area martial artist and student of Kaup-Lee's, sustained her spinal cord injury more than four years ago in a still-unsolved shooting. Longdon was riding in a vehicle driven by her then-fiancé, David Rueckert, when the pair was shot multiple times by an unknown assailant. Rueckert was shot in the head; Longdon was shot in the back.

Kaup-Lee was helping Longdon with her training when she groused "You think it's so easy? You strap 50 pounds to your back and race 13 miles on your hands." Kaup-Lee in that instant agreed. "It's not the same for me." Kaup-Lee explains "I have control of my balance and core muscles in a way that a paraplegic like Ms. Longdon does not. But it's still pretty challenging." Kaup-Lee's first taste of the difficulty faced by those with spinal cord injuries came when he was training with Longdon one morning. "He flew up a hill while I chugged along behind. When he reached the top I told him to try it again without using his abs. It was a little more challenging the second time." Longdon teased.

While wheel chair competitors are not, in themselves, new or noteworthy; Kaup-Lee and Longdon will not participate in the racing chair division but in the standard division. "We'll be using regular wheelchairs weighing between 40 and 50 pounds instead of the lighter racing chairs." Kaup-Lee explains. "Ms. Longdon cannot get in and out of the racing chair any more without assistance." Kaup-Lee adds "Why do it if it's easy?"

Of course, they are competing in their fundraising totals as well as the race. The pair will donate all proceeds to Research for Cure, a 501(c)3 Not-For-Profit organization that raises funds for the Reeve Irvine Research Center.

Donations can be made through <http://masterlee.chipin.com/research-for-cure>, or <http://jenlongdon.chipin.com/research-for-cure> or checks made payable to Research for Cure may be sent to Lee's Black Belt Academy, 715 W Baseline Rd Tempe, AZ 85283. Note "Lee" or "Longdon" in the memo.

Participating in my first half marathon 1/18/09 to raise money for SCI research. <http://jenlongdon.chipin.com/research-for-cure>.

Southern Arizona Disability Rights and Resources Conference

Date: Saturday, April 4, 2009

Location: Windemere Hotel and Conference Center, 2047 S State Hwy 92, Sierra Vista, AZ 85635

Registration: 7:45AM - 8:45AM

Workshops: 8:45AM - 4:15PM

Sponsored by Arizona Center for Disability Law (ACDL), Governor's Council on Development Disabilities, Governor's Council on Spinal and Head Injuries, Northern Arizona University Institute for Human Development, and Sonoran UCEDD Center of Excellence at U of A.

Check back for workshop information, registration materials and future

updates regarding this conference at www.acdl.com.

Wrightslaw Special Education Law & Advocacy Training

This program is designed to meet the needs of parents, health care providers, educators, advocates, and the attorneys who represent children with disabilities.

Date: Thursday, March 12, 1009

Place: Tucson Convention Center, 260 S Church Avenue

Time: 8:00AM – 4:30PM

Speaker: Peter Wright, Esq.

Registration Fees (Price if postmarked):

| | By 2/1/09 | After 2/1/09 |
|-----------------------------|-----------|--------------|
| Individual | \$35 | \$55 |
| Couples (1 set of books) | \$60 | \$80 |
| Professionals | \$85 | \$105 |
| CEU Cost | \$9 | \$9 |

Continental breakfast, lunch and break time snacks are included in the registration fee.

For more information, please contact Pilot Parents of Southern Arizona at 520-324-3150 or toll-free at 877-365-7220. Online registration available at www.pilotparents.org.

Power Wheelchair Soccer Is Coming To Surprise

The City of Surprise Community and Recreation Services Department, Adaptive Recreation Division is hosting a Power Wheelchair Soccer Clinic to help kick off the City's new program.

The clinic will held on Saturday, January 3, 2009 at 12:00pm at the Countryside Recreation Center located at 15038 N. Parkview Place in Surprise and will last approximately 90 minutes. Athletes must be 10 years of age or older to participate. Chair guards will be provided for the first 12 participants. The Arizona Heat, which is a part of the Mesa Association for Disabled Sports, in conjunction with the City of Surprise, will be conducting a how-to clinic for anyone interested in this exciting and competitive sport. The sport of power soccer is played in a gymnasium with athletes using their power wheelchair to propel the ball down the court in attempt to score a goal on the other team.

If you or any one you know are interested in joining or attending the clinic please contact Joe Gladioux Adaptive Recreation Coordinator at 623-222-2257 or joe.gladioux@surpriseaz.com

Check out our website at surpriseaz.com/adaptive for more information on exiting Adaptive Recreation opportunities.

2009 Summer Internships For Students With Disabilities In Washington, D.C.

The MEAF-AAPD Congressional Internship and the Microsoft-AAPD Information Technology (IT) Internship are both for currently-enrolled college students with disabilities. Accepted candidates will spend the Summer in Washington, D.C. working either in Congressional offices or the IT Divisions of Federal Government Agencies. Roundtrip airfare,

accessible housing, and a living stipend will be provided to each intern.

Hosted by AAPD and sponsored by the Mitsubishi Electric America Foundation, the AAPD Congressional Internship Program welcomes all sophomore and junior applicants with disabilities to apply! Selected interns will have the unique opportunity to work on Capitol Hill for members of Congress. Previous Congressional placements have included:

- Senator Barack Obama (D-IL)
- Senator Hillary Rodham Clinton (D-NY)
- Senator Sam Brownback (R-KS)
- Congressman F. James Sensenbrenner (R-WI)
- House Majority Leader Steny Hoyer (D-MD)
- Senator Ted Kennedy (D-MA)

Hosted by AAPD and sponsored by the Microsoft Corporation, the Microsoft-AAPD Congressional Internship Program encourages undergraduate students interested in pursuing careers in Information Technology to apply! Selected interns will have the unique opportunity to work in various agencies in the executive branch of the Federal government. Previous IT placements have included:

- US Coast Guard
- Department of Homeland Security
- US Patent and Trade Office
- National Science Foundation
- US Department of Transportation
- Transportation Security Administration
- Federal Aviation Administration

To apply for the AAPD Summer Internship Programs, please visit <http://www.aapd.com/internships.html>. For additional information or for questions, please contact the AAPD National Programs office at 1-800-840-8844 ext. 22 or via email at internship@aapd.com.

Do You Know Of Someone Looking For An Assisted Living Home?

There is a home available for a private room or semi-private. If interested, please contact Lourdes M. Ferraro, RN at 602-721-5255 or Lferrarorn@aol.com.

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. She will ensure that the information will be posted on the e-news.

THANK YOU!