



Arizona Spinal Cord  
Injury Association

# AZSCIA E-NEWS

March 2009

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

Arizona Spinal Cord  
Injury Association  
5025 E Washington St  
#110  
Phoenix, AZ 85034  
Phone: 602-507-4209  
Fax: 602-507-4214  
Toll-free: 888-889-  
2185  
E-mail:  
info@azspinal.org

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

## Sedona Mystery Tour

Please join us on Saturday, April 11, 2009 for a tour of Sedona and the surrounding areas.

For more information, please contact Kayla Cheatham at 602-507-4209. Transportation is available to those in attendance. Bring \$20 cash for potential expenditures.

## 4<sup>th</sup> Annual Spinal Cord Injury Retreat

Don't miss the Arizona Spinal Cord Injury Association's retreat in the beautiful pines of Whispering Hope Ranch. Mark your calendar now so you can attend this fun and educational retreat with family and friends. The dates are Thursday, August 13<sup>th</sup> – Sunday, August 16<sup>th</sup>.

Please contact the Arizona Spinal Cord Injury Association at 602-507-4209 for more information.

## 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.

Managing your environment:

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

Bathroom Mobility:

Focus will be on transfers and clothing management in the restroom.

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 Institute, 1012 E Willetta Street, Phoenix, AZ, R-2. The Clinic dates are: April 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, and 22<sup>nd</sup> from 4:00 - 6:00 pm. Call 602-507-

4209 or 602-790-7909 for more information.

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## Over-The-Line Softball

Date: Saturday, April 18, 2009

Location: North Phoenix Baptist Church (Southeast Corner of Central and Bethany Home)

No Entry Fee

Participants Get a Free Lunch and T-Shirt

ALL AGES AND SKILL LEVELS WELCOME TO PLAY!

If you'd like to play be at the church by 7:30AM, so we can put you on a team. Play starts @ 8:30AM. Questions? Call Gary Hershey at 602-722-3874.

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## Arizona Syringo Chiari Support Group

Sponsored by AZ Syringo Chiari Support Group, St. Joseph's Hospital, and ABIL

We will be presenting Dr. John J. Oro, who specializes in Syringomyelia, Chiari Malformation and other rare spinal cord conditions and diseases.

Date: Saturday, March 14, 2009

Place: Disability Empowerment Center, 5025 E Washington St., Phoenix, AZ 85034, Conference Center

Time: 12:00PM – 3:00PM

Please come and join us for this educational and informative event. We encourage and welcome any of your patients (adult or child) and families, who would like to learn more about these little known spinal cord/brain disorders.

### **PLEASE RSVP BY MARCH 10**

AZ Syringo Chiari Support Group, Debbie Juengel or Shelley Norris at 623-561-6906 or 480-893-3951, Email: [azsyringochiari@cox.net](mailto:azsyringochiari@cox.net) or Blog: [www.azsyringochiari.blogspot.com](http://www.azsyringochiari.blogspot.com).

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## City of Surprise is Looking for Feedback

The City of Surprise Disability Advisory Commission would like your Feedback!

The Commission is preparing to formally review their 5-Year Strategic Plan and is looking for public feedback. Two months each will be devoted to reviewing the four areas of focus identified in 2006. Topics and dates include:

1. Accessibility February 18 & March 18
2. Transportation and Mobility April 15 & May 20
3. Communication & Awareness June 17 & July 15
4. Activities August 19 & September 16

In conjunction with these topics, four surveys have been developed to give you the opportunity to provide specific feedback on any of the items originally listed. You don't have to provide feedback on ALL of the topics or specific statements but please look over the survey and let us know what is important to you.

[http://www.surveymonkey.com/s.aspx?sm=qk9dfXdSOX\\_2bS74lsS1ZZrQ\\_3d\\_3d](http://www.surveymonkey.com/s.aspx?sm=qk9dfXdSOX_2bS74lsS1ZZrQ_3d_3d)

You are also welcome to attend any of the meetings held in the City Hall Council Chambers, 12425 W. Bell Rd. D-100, at 6pm on the days listed above. If reasonable accommodations are needed, please let me know as soon as possible.

If there are any questions about the survey, Strategic Plan or the Disability Advisory Commission, please contact:

Nanette Bowles Ed.D.  
City of Surprise Disability Advocate  
15960 N. Bullard Ave.  
Surprise, AZ 85374  
623-222-2266 (voice)

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## American Indian Disability Summit

On March 18, 2009 the 5th Annual American Indian Disability Summit will again assemble for a disability conference at the Dodge Theatre in metropolitan Phoenix, Arizona to facilitate training, outreach and technical assistance for American Indians with disabilities. The summit provides an opportunity for American Indians in urban and rural areas to gain awareness of support services and empowerment by learning strategies to eliminate barriers to service delivery. Speakers, panels and service exhibitors will focus on the theme of "Gathering Voices to Promote Family Support and Opportunities".

Location: Dodge Theatre, downtown Phoenix

Meals: A light breakfast and lunch will be provided to all registered participants on site at the Dodge Theatre. Please check registration for more details.

<http://5aidissum.eventbrite.com/>

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## Upcoming Conference for Survivors of TBI

These regional conferences are an opportunity for survivors of traumatic brain injury (TBI) and their family members and caregivers to learn about:

- Living with a TBI
- Helping a family member who has TBI
- Resources and support in your community
- Advocating for yourself and your family

Join us in Prescott or Glendale!

Saturday, March 7, 2009  
Quality Inn & Suites  
4499 Highway 69  
Prescott, Arizona

Saturday, May 30, 2009  
Glendale Civic Center  
5750 West Glenn Drive  
Glendale, Arizona

There is no cost to attend, but please register by February 21 for the Prescott

conference or May 16 for the Glendale conference.

To register, complete the registration form and return it to the Brain Injury Association of Arizona by email, mail or fax or call us at 602-508-8024 or 888-500-9165 (toll-free). <http://www.aztbiconf.com/>

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## NAU "Arizona Assistive Technology Exchange Program"

The goal of the Arizona Assistive Technology Exchange hosted by AzTAP is to put AT equipment that is not currently being used into the hands of someone who can benefit from it.

The Arizona Assistive Technology Exchange is primarily for residents of Arizona, although we do accept entries from other states. The program is designed to facilitate equipment exchange between individuals and is not for the use of vendors or distributors.

ADEX is an online forum for individuals to place ads at no charge to donate, buy, sell, exchange or advertise a need for a piece of Assistive Technology (AT)

Categories of devices listed on ADEX are:

- Vehicle Modification & Transportation
- Daily Living Aids
- Mobility/ Seating & Positioning
- Speech Communication
- Environmental Adaptations
- Vision
- Other
- Computers & Related Hearing
- Learning, Cognitive, & Developmental
- Recreation, Sports, & Leisure

For more information, please contact 602-776-4699, 800-477-9921, and TTY 602-728-9536. The Web site is [www.azATEXchange.org](http://www.azATEXchange.org).

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## Spinal Cord Research Petition

[inclusion does not necessarily imply endorsement]

Please take a minute to consider signing our global petition in support of spinal cord research. Our purpose is to show governments worldwide that this research must be sufficiently funded so that we may see a cure for paralysis.

Simply click on the following link to add your signature and comment (optional). And please forward the link to others:

<http://www.thepetitionsite.com/2/signatures-for-spinal-cord-research>

This is so important. More and more men, women and children are becoming victims of spinal cord injury and subsequently face a lifetime of paralysis and the many complications that go with it. Research is progressing but needs government funding in order to achieve a curative therapy.

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## College Scholarships Available – Apply Now

Full tuition, books and a living allowance are provided through the Nina Pulliam Charitable Trust Scholars Program.

ASU application due March 1st. Apply online at <http://www.asu.edu/prospective/>

Nina Scholarship application due April 1st at <http://ninascholars.asu.edu/>

This scholarship was created by the Nina Mason Pulliam Charitable Trust in 2001 in tribute to the life and values of Nina Mason Pulliam.

Who Can Apply?

Available to individuals meeting at least one of the following criteria:

- Incoming freshman or continuing students ages 18-25, raised through the child welfare system\* and having no form of financial support (A person who has experienced time in the child welfare system may have lived in an institution such as a group home, child protection agency, special facility for children, and/or with a foster family).
- College-age youths and adults with physical disabilities\*
- Adults 25 years of age or older who have dependents in their household\*

What Is the Criteria?

Applicants must meet all of the following criteria:

- Be working toward their first college degree
- Be a U.S. citizen and a resident of Arizona
- Have a family income no higher than 80% (approx. \$41, 250) of the median income for Maricopa County
- Have no more than 24 college-level, degree-applicable credits

Additional Information

- Information and applications can be downloaded or completed online at: [ninascholars.asu.edu](http://ninascholars.asu.edu) or

<http://www.maricopa.edu/studentaffairs/NMPLS/Nina/>

- Applicants must apply to ASU or MCCD Campus.

\*See application for definitions. Deadline is April 1st

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## Mesa Accepts Section 8 Voucher Applications

Mesa residents needing help paying their rent have some glimmer of hope. In January, Mesa's Housing Authority will start accepting applications from those interested in getting on the waiting list for a rental subsidy voucher program.

The federal program is targeted at low-income families or individuals who need help paying their rent. It compensates for the difference between what a person or family can afford to pay for rent and the actual rent established for a particular living space.

Applications and required documents can be picked up from Mesa's Housing Authority at 415 N. Pasadena starting January 7<sup>th</sup>. Applications also will be available online. For more information, call 480-644-3536. Applications taken in person Monday-Thursday from 8:00AM til Noon.

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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 602-507-4209 or [vangie@azspinal.org](mailto:vangie@azspinal.org). She will ensure that the information will be posted on the e-news.

**THANK YOU!**