



A Chapter of Christopher &  
Dana Reeve Foundation



**November 2009**

We're on the Web!  
[www.azspinal.org](http://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

### RWW Farmers Market

Please join us for the Farmers Market at Gentiva Rehab Without Walls, 7227 N 16<sup>th</sup> Street, Phoenix, AZ 85020. A section of their parking lot will be corded off.

Date: Thursday, November 5, 2009  
Time: 9:30AM – 2:00PM

All proceeds will benefit the 2010 Arizona Spinal Cord Injury Association's SCI Retreat and the Brain Injury Association of Arizona's TBI Retreat. Come and shop for fresh produce, tamales, baked goods, and holiday gifts. Stay for lunch, enjoy live music and support a great cause!

### Exploring the Sonoran Desert on Wheels

Visit the McDowell Sonoran Preserve—a living treasure made accessible by a new, barrier free trail – The Bajada Nature Trail. Gateway to the McDowell Sonoran Preserve, 18333 N Thompson Peak Pkwy, Scottsdale, AZ 85255

#### **Sunday, November 1 from 9 AM to 12 PM**

***Exploring the Sonoran Desert***  
Ruthie Carll, Executive Director,  
McDowell Sonoran Conservancy

***Explore the Bajada Nature Trail*** at  
your own pace and visit with Nature  
Guide volunteers.

***Hiking Safely in the Desert***  
Dianne Brunswick, Adaptive  
Recreation Services, City of  
Phoenix

Length: 1 mile  
Slope: Avg. 2%, Max 5%  
Cross Slope: Less than 1%  
Pinch Point: 34 inches  
Surface: Solid, hard, some pebbles

Hats, water, and sunscreen recommended. Register by calling the National Multiple Sclerosis Society, Arizona Chapter at 800-344-4867, option 2. Or contact Liz McNamara at [emcnamara@aza.nmss.org](mailto:emcnamara@aza.nmss.org).

Sponsored by National Multiple Sclerosis Society, Arizona Chapter, McDowell Conservancy, Arizona Spinal Cord Injury Association, and HealthSouth Scottsdale Rehabilitation Hospital.

### 5<sup>th</sup> Annual Spinal Cord Injury Women's Retreat

5025 E Washington Street, Phoenix, AZ 85034 in the Nina Mason Pulliam Conference Center. ***"It's time to take care of me"***.

Date: Saturday, November 7, 2009  
Time: 9:30AM – 3:00PM

Sponsored by: St. Joseph's Hospital and Medical Center, Barrow Neurological Institute Rehabilitation Center, Arizona Spinal Cord Injury Association, and Arizona Governor's Council on Spinal and Head Injuries.

Please plan to bring \$10 for Lunch (scholarships available). RSVP with the number of people in your party by October 29th. Please call Jill Sclase at 602-406-3606.

## McDowell trail is paved and barrier-free for the Disabled

by Lynh Bui - Sept. 8, 2009 01:28 PM  
The Arizona Republic

Ashleigh Turner headed to McDowell Sonoran Preserve in the summer heat on a July morning. She woke up early to make sure she could enjoy a hike before the thermostat hit 100-plus temperatures.

At about 6 a.m., she started making her way through the half-mile trek on the Bajada Nature Trail in Scottsdale. It was her first time hiking. When she was done, she realized she came woefully unprepared.

She got a sunburn because she didn't have a hat or wear a long-sleeved shirt. And she only brought a little bottle of water to stay hydrated. Despite it all, she said, it was a "great experience."

Turner was in a car accident when she was 15 years old and suffered a spinal cord injury. Today, the 23-year-old uses a wheelchair to get around because she has no movement in her legs and limited movement in her hands.

On her first hike, Turner was testing the newest wheelchair-friendly hiking trail in Arizona. Because of her impairment, Turner said hiking can be intimidating. Not anymore with the Bajada Nature Trail.

"To be able to do this was really encouraging," said Turner, who is also a community resource specialist for the Arizona Spinal Cord Injury Association. "It made me smile."

The Bajada Nature Trail is paved and barrier free. It is designed to make the McDowell available to people with disabilities or to those who might not otherwise be able to experience the preserve, said Ruthie Carll, executive director of the McDowell Sonoran Conservancy.

"This is for people who want to experience the desert, but they don't want to go on a five-mile hike," Carll said. The trail is pretty level with some inclines to make sure it is still challenging.

It's also designed to be educational. Fifteen interactive stations are placed around the half-mile loop. Each station educates users on different aspects of the preserve and the Sonoran Desert.

Visitors can play a game about desert biodiversity using magnets that show the interconnected relationships among various plants and animals. There are also informational panels, such as one discussing how the desert actually has five climate seasons.

There are about 20,000 people in Arizona with spinal cord injuries in addition to those who have other kind of mobility impairments, Turner said.

The Arizona Spinal Cord Association plans to team up with the local chapter of the National MS Society later this month to get more physically disabled people to enjoy the outdoors safely. That event also will get people to visit the new Bajada Nature Trail.

"So many people with mobility impairments are just in their homes," Turner said. "They don't get to experience what is out there. We want to show them that it's still possible and they can go out there enjoy Arizona because it's beautiful."

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## 3<sup>rd</sup> Annual Arizona JV Wheelchair Basketball Tournament

Hosted by Phoenix Banner Wheelchair Suns and sponsored by Arizona Spinal Cord Injury Association, Arizona Disabled Sports, Cox Communications and CVS Pharmacy. Games will be held at Mesa High school on Saturday, November 7<sup>th</sup> and Sunday, November 8<sup>th</sup>.

If you have any questions, please contact Gary Venjohn at 602-790-7909 or gwvenjohn@cox.net

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## Christopher Reeve's Son Races for Father's Cause

This Sunday, Matthew Reeve will be running in the ING New York City Marathon. It is a 26.2 miles stretch and goes through five burroughs. Matthew will be running as part of "Team Reeve". He is dedicated to raising funds and awareness for Christopher & Dana Reeve Foundation. He was interviewed on the Today Show. Please copy and paste the link below. The video is 3.29 minutes long.

<http://today.msnbc.msn.com/id/26184891/vp/33505806#33505806>.

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## METRO Light Rail Fare Vending Machines

METRO is in the process of working through solutions that will better accommodate our passengers with disabilities who find it difficult to use the fare vending machines.

In the meantime, we ask all passengers to plan ahead before using transit. Planning ahead in this regard means purchasing transit passes in advance and I recommend purchasing a few in order to account for those occasional "unplanned" trips aboard light rail.

Transit fare media can be purchased online at [www.valleymetro.org](http://www.valleymetro.org), or from more than 150 retail locations including many Fry's grocery stores and transit centers. An automatic mail plan is also offered. Any number of transit passes can be purchased in advance; the pass requires activation upon its first use. The Customer Service Center at 602-253-5000 can further explain each of these options to assist in finding the best option for each customer's specific transportation needs.

METRO fare inspectors have been advised of this accessibility issue for some of our passengers. They will assist whenever possible, but their primary role remains system fare inspection and security.

It should also be noted that METRO has taken several steps to ensure that the light rail system is ADA compliant and accessible for a broad range of passengers. Early in the design of the system, the agency established a local ADA advisory group to provide input on accessibility, including review of the fare vending machines. This group had representation from all disability types and was a mix of future users of the system as well as ADA experts. They provided valuable feedback on the local and individual needs METRO needed to address in its design. Every effort was made to find a "happy medium" that best served all groups. METRO will continue to seek out ways to provide better service to its customers and will stay particularly focused on this issue.

For further questions, please contact \*Hillary Foose, Public Information Officer, METRO light rail at 602-322-4468 or [hfoose@metrolightrail.org](mailto:hfoose@metrolightrail.org).

\*Hillary Foose wrote this article.

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## Adaptive Fishing Derby – Save the Date

3rd Annual [City of Surprise] Adaptive Fishing Derby will be held November 14th from 10:00AM -12:00PM at the Surprise lake. Registration for this family event is free but required for all who attend.

Power Wheelchair Soccer meets the first and third Saturdays of the month at Countryside Recreation Center from 4-5:30PM. For more information, please call 623-222-2257 or [www.surpriseaz.com/adaptive](http://www.surpriseaz.com/adaptive).

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## Scottsdale Disability Forum

Residents Invited to Discuss Disability Related Topics. The City of Scottsdale is hosting two public forums to discuss topics related to people with disabilities. Both will be on Tuesday, Nov. 17. The first is at 2 p.m. Civic Center Library, 3839 N. Drinkwater Blvd; the second at 6 p.m. at Via Linda Senior Center, 10440 E. Via Linda. Discussion items include access to public buildings, streets or parks; recreation opportunities, employment, city programs and events; and transportation. Light refreshments will be provided. For more information, to RSVP, or request an accommodation, contact Denise Labrecque at (480) 312-2246 or [dlabrecque@ScottsdaleAZ.gov](mailto:dlabrecque@ScottsdaleAZ.gov).

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## 6<sup>th</sup> Annual American Indian Disability Summit

***Gathering Native Voices to Explore Common Ground, Affirm Shared Strengths, and Enhance our Resources***

Sheraton Phoenix Airport Hotel Tempe

1600 S. 52nd St. Tempe, AZ 85281

Wednesday, March 17, 2010

Call for Details: 602-443-0707, 602-443-0708 or 602-495-7521.

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## SCI/PVA Support Group Schedule in Tucson

Friday, Nov 6<sup>th</sup>. Nimbus Brewery, come out and shoot pool, meet at 1:00PM at 3850 E 44<sup>th</sup> St., 745-9175, take Ajo to North Palo Verde, go North and turn East on 44<sup>th</sup> St., keep going East on 44<sup>th</sup> until you see a parking lot in front of the cul-de-sac. It is at the very end of the cul-de-sac.

Saturday, Nov 7<sup>th</sup>. Nam Jam Concert & Benefit: Kennedy Fiesta Park, 3700 S La Cholla at Ajo way, 9:00AM to 7:00PM.

Friday, Nov 13<sup>th</sup>. Meet at Foothills Mall Food Court at 1:00 PM., Ina & La Cholla and have lunch, maybe take in an afternoon movie?

Friday, Nov 20<sup>th</sup>. Planning Meeting for 5<sup>th</sup> Annual Poker Ride, and 4th Annual Golf Tournament, May 2010.

Friday, Nov 27<sup>th</sup>. Bowling at the Brunswick Camino Seco Lanes, 298-2311, located at 114 S Camino Seco; intersects with Broadway, bowling is in memory of Jay Greaber and Harold Potts. Meet at 1:00PM. \$1.19 + tax per game. Call Joe Chitty at 574-0129 if you need more info.

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## Wheelchair Fencing Camp

The Grand Canyon State Fencing Foundation (GCSFF) is pleased to announce a post Thanksgiving Seated Camp and Tournament from November 27<sup>th</sup> – 29<sup>th</sup>.

There are very few possibilities for seated fencers to practice with one another without it being a NAC or a World Cup. In view of this GCSFF has secured a facility in the Dobson resort (home of the Chicago Cubs) so fencers can get to know each other and fence in a relaxed atmosphere. Whether you are a beginner or an experienced fencer, we expect the camp and tournament to offer fun and new skills to all. **The camp is FREE and there are no fees for fencing in the tournament.**

The camp will be held in the newly remodeled Dobson Ranch Resort in Mesa AZ. Please see the attached flyer for details of the camp and amenities of the resort. We have negotiated attractive low rates for the rooms (from \$55/night).

The camp will be run by Olympian Skip Shurtz who is the resident coach of GCSFF and Michael D'asaro member of the 1996 US Olympic Men's Sabre Team. We have extended an invitation to guest fencer Mario Rodriguez.

There will be prizes for the top 4 places in the tournament and in addition GCSFF will be providing a \$10 dollars gift certificate to each fencer for Friday night dinner.

## Congratulations to Phoenix Athletes

**Diego Suazo**, a Navy veteran from Surprise, won gold in the Open Division of Weightlifting by Bodyweight at the 2009 National Veterans Wheelchair Games sponsored by VA and the Paralyzed Veterans of America.

**John Tuzzolino**, an Army veteran from Ahwatukee, won gold in the Open Division of Weightlifting by Bodyweight at the 2009 National Veterans Wheelchair Games sponsored by VA and the Paralyzed Veterans of America.

**Dan Koston**, a Navy veteran from Phoenix, won gold in the Masters Division of Nine Ball (billiards) at the 2009 National Veterans Wheelchair Games sponsored by VA and the Paralyzed Veterans of America.

The National Veterans Wheelchair Games are a showcase of the benefits of sports rehabilitation programs – in which the VA health care system is a leader – and the remarkable athletic abilities and personal achievements of our nation's disabled veterans.

For Further Information Contact: Paula L. Pedene APR, VA Public Affairs Officer,  
[Paula.Pedene@va.gov](mailto:Paula.Pedene@va.gov).

## 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](http://www.nannetteoatley.com) or any online retail bookseller. \* 15% of ALL proceeds will go to the Arizona Spinal Cord Injury Association.

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## From Head to Toe – Educational Conference in Spanish

“An Event Where You Win While You Learn”

If you or any family member has diabetes or other health problems, don't miss this great opportunity to learn how to manage your health.

There will be family seminars and Health Exams .Exams consist of BMI, Eyes and Feet, Dental, Cholesterol, Blood Pressure, and Blood Glucose.

Date: Saturday, November 7, 2009

Time: 9:00AM – 3:30PM, Registration from 8:00AM – 9:00AM

Location: South Mountain Community College, 7050 S 24<sup>th</sup> St., Phoenix, AZ 85042

Free to attend. Stay for fun and raffles! For additional information, please call 602-861-4731 X7099 or visit [diabetes.org](http://diabetes.org).

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## 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.

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

**THANK YOU!**