



A Chapter of Christopher &
Dana Reeve Foundation



October 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

"Cody: The First Step"

We are proud to announce that we will be showing the new movie featuring Cody Unser, "Cody: The First Step" on Monday, October 5, 2009. The general public is invited and the movie showing will be held at the DEC in the Nina Mason Pulliam Conference Room on the main level. Show times are: 10:00AM, 12:00PM, 2:00PM, 4:00PM, and 6:00PM. Snacks and beverages will be provided. Please disseminate this information to everyone you know.

Brown Bag University

Please join us for a 5-series course starting in October. The courses are designed for individuals to ask questions in a small, comfortable setting.

Thursday, October 15, 2009 - PCA 101, Speaker: Donna Powers
Thursday, October 22, 2009 - PCA 101, Speaker: Donna Powers
Thursday, October 29, 2009 - PCA 101, Speaker: Donna Powers
Thursday, November 12, 2009 - "How To Deal With Insurance Companies",
Speaker: Jared Everton with Jackson and White
Thursday, November 19, 2009 - "Depression" - Panel

Arizona Spinal Cord Injury Association will be hosting the series in their Conference Room.

11:30AM - Lunch
11:45AM - 12:30PM - Course
12:30PM - 12:45PM - Q & A

Lunch and beverage will be provided. It is FREE to attend. Course is limited to 10 individuals, so please RSVP today! We will have the classes again in the spring so for those who can't attend a day class will be able to attend an evening class.

Rehab Without Walls Farmers Market

Rehab Without Walls will be hosting a Farmers Market on Thursday, November 5th from 9:30AM to 2:00PM. The location is 7227 N 16th Street, Phoenix, AZ 85020. Part of the parking lot will be corded off. Come on down for Fresh Produce, Tamales, Baked Goods, Holiday Gifts, and enjoy live music. Help support a great cause!

Proceeds from the Farmers Market will benefit the 2010 Arizona Spinal Cord Injury Association's SCI Retreat.

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

Mechanics of Your Chair: Making adjustments to and general maintenance of your wheelchair

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

This series of free clinics will be given at Banner Good Samaritan Rehabilitation Inst. 1012 E Willetta St., Phoenix, AZ, R-2. The Clinic dates are: October 7th, 14th, 21st and 28th from 4:00PM - 6:00PM. Call 602-507-4209 or 602-790-7909 for more information.

Independent Living Resources Fair

The Independent Living Team at ABIL is hosting an informational fair. The Resources Fair primary goal is to provide information to assist Consumers, Caregivers, Families, and the Community with resources to enhance Independent Living.

Location: Disability Empowerment Center, 5025 E Washington Street, Phoenix, AZ 85034 in the Nina Mason Pulliam Conference Center & Courtyard.

Date: Tuesday, October 27, 2009

Time: 10:00AM – 3:00PM

Fair will include multiple organizations who all share a common goal: To provide independence! There will also be drawings every hour – 11:00AM, Noon, 1:00PM, 2:00PM, and 3:00PM for Independent Living Skills Baskets. Please RSVP your attendance to Lyne Petersen at 602-296-0534.

Exploring the Sonoran Desert on Wheels

The Arizona Spinal Cord Injury Association and National MS Society have partnered to provide a trail hike of the McDowell Mountain Preserve. The hike will be a weekend activity and the dates are Saturday, October 31st and Sunday, November 1st.

The first day will be an orientation to the outdoors, an introduction to new accessible trail by Ruthie Carll. Also, a session on how to explore the outdoors safely with a guided presentation by REI and Dianne Brunswick.

The second day will be the trail hike at the Preserve. We will provide snacks and water, and take groups of 5 or 6 at a time along the new trail, guided by docents.

Ashleigh and Philip Carll, Assistant Executive Director of the National MS Society, has been instrumental in the planning of this activity.

1st Annual North Arizona Disabled Sports & Recreation Expo

The Prescott YMCA, Mountain Valley Regional Rehab Hospital and Arizona Disabled Sports invite you to join the 1st Annual Northern Arizona Disabled Sports & Recreation Expo to be held in Prescott, AZ.

Date: Saturday, October 3, 2009

Time: 10:00AM – 2:00PM

Location: Prescott YMCA, 750 Whipple Street, Prescott, AZ 86301

This FREE expo will provide instruction and demonstration for the following adapted sports/recreation available in Arizona:

Phoenix Heat Quad Rugby * Banner Wheelchair Suns Basketball * Tennis * Over-The-Line Softball * Scuba Diving * Day on the Lake Water Sports * Kayaking * Motorcycles * Handcycling * Adapted Driving/Modified Vehicles * Mountain Biking * Snow Skiing * Yoga/Pilates * Horseback Riding.

DONT MISS IT!! Lee Beaver, adapted motorcycle stuntman, will be presenting his skills at NOON!!! DONT MISS IT!! Please feel free to call the Recreation Therapy Department at Mountain Valley Regional Rehab Hospital at 928-759-8800 or the Prescott YMCA at 928-445-7221 for any questions.

Go Green Day

Saturday, Oct. 24, 2009

9:00AM – 2:00PM

University Public School Phoenix, 735 E Fillmore Street in Phoenix

Congressman Ed Pastor invites you to his GO GREEN DAY, *Vale Ma\$ Verde!* with Phoenix Mayor Phil Gordon. In this economic climate, where everyone is just trying to survive, Congressman Pastor will bring community resources together to show families how to put "green" to work at home and \$ave money at the same time. These green ideas are easy and simple, and will help families improve their lives. For more information, contact Congressman Pastor's Office at 602-256-0551.

Walk-N-Roll for Spina Bifida

Kick off your Halloween with the inaugural Walk-N-Roll for Spina Bifida. Walk or roll to raise money for programs that promote the prevention of Spina Bifida as well as help all those affected.

Come and enjoy a morning of exercise, entertainment and food while helping make life a little easier for those with Spina Bifida.

Step 1: Go to the website and register: www.sbaazwalknroll.org.

Step 2: Form or join a team of 10 or more.

Step 3: Come and enjoy exercise, food, fun, entertainment and win prizes!

Date: Saturday, October 31, 2009

Time Registration - 7:00AM, Start - 8:00AM

Location: Steele Indian School Park, 300 E. Indian School Park Road, Phoenix, AZ 85007

For more information, please contact Ben Scanlan at 602-274-3323.

2009 Health People 2020 Public Meeting

Healthy People 2020 will transform our thinking about health, health-enhancing behaviors, and strategies for disease prevention and health promotion. Be part of the change. Register today!

Meeting participants will be among the first to review and comment on the newly developed draft Healthy People 2020 objectives and topic areas.

October 22, 2009 – Location: Kansas City, KS, at Kansas University Medical Center

November 7, 2009 – Location: Philadelphia, PA, at Thomas Jefferson University, Jefferson School of Population Health

November 20, 2009 – Location: Seattle, WA, at Red Lion Hotel on Fifth Avenue

REGISTER NOW! There is no registration cost. Online registration is open at <http://www.healthypeople.gov/hp2020/regional/default.asp> for all locations.

For answers to any questions about the public meetings, please contact 2020regional@air.org.

Volunteer Opportunity – Tax Preparation Experience Offered

ABIL is thinking of being a host Volunteer Income Tax Preparation site this next year. This means that people who participate in ABIL and DEC partner programs will be able to get their tax returns done for free on designated days. This service is offered because we want to promote the Earned Income Tax credit (free money from the government) and to save people needless tax preparation fees.

We need volunteer willing to be trained as tax preparers. These volunteers will receive 24 hours of training and ongoing supervision by a site coordinator. This is a great opportunity to get the tax preparation training for free or opportunity for someone who has already done this before to use their expertise and serve their community. Once trained they will volunteer for 4 hours at a time for about 24 hours total between January 15 and April 15 2010. The schedule is yet to be determined and may be decided based upon the availability of our volunteers. Training times are flexible between October and December. If you like numbers and want to volunteer to get the training and become a tax preparer please contact Amina at 602-443-0722 or aminak@abil.org and put Tax Preparation volunteer in the subject line please!

DAWN (Differently Abled Winners Network)

A Unique Dating Service for People with Disabilities

If you are a person with a disability and want a little love in your life, let DAWN create new social horizons for you. Contact Wendy Wolf, Director at 520-579-7253, dawnsr@mindspring.com, or visit their website <http://dawn-disabled-dating.com>.

Bliss Creative Senior Living LLC

Need assistance in locating a care facility and other valuable services in the community? We will personally meet with your family to discuss living requirements and unique needs to determine proper services. Personal tours are arranged to the best Licensed Care Homes in your desired area. Private Pay or ALTCS, Certified Financial Planners available, VA benefits available. For more information, contact Linda Bliss at 602-996-5593.

Home For Sale

Ranch home in Northwest Tucson. Two bedroom, two bath home with a brand new kitchen with stainless appliances, including a side by side refrigerator, Ikea cabinets with unique pull out shelving to allow full depth access and a smooth top range with controls on the front edge, for safety. The Master bathroom has also been adapted, with a tiled, no step shower stall with a teak bench seat which folds against the wall, if not needed.

There is an overhead shower, as well as a wall mounted, hand held shower device. There are multiple grab bars in the shower and around the taller toilet. The vanity has a basin that overhangs, allowing closer access to the sink and water controls. There is a large, low maintenance, fenced yard and the home has wrought iron security window and door features.

For more information, please contact **Shirley M Rupp**, RE/MAX All Executives at 520-241-0939, shirleyrupp@remax.net. Visit home at <http://www.cooltucsonhomes.com>.

Accessible Van for Sale

2007 Dodge Grand Caravan Braun Companion Van
Maintenance-free Manual Ramp, 16,000 miles and still under Dodge warranty. Van is in excellent condition, rarely used. Asking price: \$28,500. If interested, please call 520-909-7286 or email: rrrobskaggs@msn.com.

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!