



A Chapter of Christopher &
Dana Reeve Foundation



April 2010

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

Online Annual Evaluation and Website Feedback

The Arizona Spinal Cord Injury Association would like to request that you spend a few minutes answering questions about the overall evaluation of the Association and also the Web Site and its accessibility.

On the Main Menu, click on the Feedback Section tab. The Program Evaluation consists of 23 questions and will take approximately 15 minutes. The Website Feedback consists of 16 questions and will take 10 minutes to complete.

The deadline to receive your response is **Friday, April 30, 2010.**

Women's Conference

The Arizona Spinal Cord Injury Association and Arizona Statewide Independent Living Council (SILC) will be sponsoring an educational conference for Women on Thursday, May 6, 2010. The conference will be held at the Disability Empowerment Center. The planning committee began meeting in November. More information will be given as the date comes nearer.

Rehab Without Walls Farmers Market

The Arizona Spinal Cord Injury Association would like to thank Gentiva Rehab Without Walls for an amazing job in hosting the Farmers Market back in November 2009. Proceeds from the Farmers Market benefits the Arizona Spinal Cord Injury Association and the Brain Injury Association of Arizona respective retreats.

In mid-March Rehab Without Walls presented our Association with a check of \$2,048.68. We would especially like to thank Irwin Altman, Maribeth Hirte, Thomas Puppe, and Tina Fisk.

Over-The-Line Softball

Sponsored by ASTRA Tech; PVA, Arizona Chapter; and Symbius Medical. North Phoenix Baptist Church (S/W corner of Central and Bethany Home)

Date: Saturday, April 24, 2010.

No entry fee. Participants get a free lunch and t-shirt. All ages and skill levels welcome to play! If you want to play, please be at the church by 7:30AM so we can put you on a team. Play starts at 8:30AM.

There will also be a Home Run Derby. First Place: \$300; 2nd Place: \$200; 3rd Place: 100. Home Run Derby is free for all who plays in the Over-The-Line Softball. If you would only like to enter the Home Run Derby, there is a fee of \$10.

If you have any questions, please call Gary Hershey at 602-722-3874.

Disability Empowerment Center 2010 Health & Wellness Fair

The 11 agencies of the Disability Empowerment Center (DEC) of Arizona are pleased to announce their sponsorship of a community *Health & Wellness Fair*.

This fair will offer multiple education and exhibition opportunities to the general public and healthcare professionals in the search for answers to the complex questions surrounding chronic illness and disability.

The day long fair will feature five presentations on the topics of Mental Health, Wellness, Pharmacology, Natural Therapies and the Appeals Process; as well as fitness demonstrations, health screenings and Expo of community partners.

When: Saturday, April 10, 2010

Time: 10:00AM – 3:00PM

Where: Disability Empowerment Center (DEC), 5025 E Washington Street, Phoenix, AZ 85034

Presentations:

The Medicaid & Medicare Appeals Process. 15 minute one-on-one consultations will be available as time allows.

Edward L. Myers III, Esq.

Deputy Executive Director

Arizona Center for Disability Law

Wellness

Sonya Perduta-Fulginiti, RN, MS, CRRN

SCI Wellness Program Coordinator

Outpatient Rehabilitation

St. Joseph's Hospital & Medical Center

Mental Health

William A. Kennard

Executive Director

NAMI Arizona

Pharmacology

Renee Tyree, RPh

Director of Pharmacy

HealthSouth East Valley

Natural Therapies

Medical Professionals and Students

Southwest College of Naturopathic Medicine and Health Sciences

For more information, please contact David Carey at 602-443-0723 or davidc@abil.org.

Rolling On Productions

Date: Wednesday, April 7, 2010

Location: Arizona Spinal Cord Injury Association's Conference Room, Disability Empowerment Center,, 5025 E Washington St., Ste 110, Phoenix, AZ 85034

Time: 3:00PM - 4:30PM

Come discover how to rediscover yourself! Join us for the next class. For more information, please contact Terry Earp at 602-300-9091 or weloveterrytess@yahoo.com.

Rays of Hope TBI Survivors and Family Conference

Date: Saturday, April 10, 2010

Location: Black Canyon Conference Center, 9440 N 25th Avenue, Phoenix, AZ 85021

Time: 8:30AM-1:00PM

Sponsored by Brain Injury Association of Arizona. For more information, please contact their office at 602-508-8024.

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 14th, 21st, 28th, and May 5th from 4:00 - 6:00 pm. Call 602-507-4209 or 602-790-7909 for more information.

5th Annual Amanda's Run

Amanda is a 24-year-old victim of a violent crime that left her paralyzed in January 2006. Through miracles and physical therapy, she has made great progress. To help in this life-changing ordeal, a POKER RUN will be held to benefit Amanda and her six-year-old daughter. A portion of the proceeds will go to the Arizona Spinal Cord Injury Association.

Date: Saturday, May 1, 2010

Time: Registration is from 8:00AM – 9:00AM

Location: Black Bear Restaurant, I-10 and Dysart Road, SW corner.

Cost: \$15 - Entry, \$5 - Passenger

T-shirts will be handed out while supplies last!

For more information about Amanda's Run and for a list of our sponsors, please visit our Face book Page. If you have any questions, please call 623-986-6824 or email b57rooster@aol.com.

Just over this past year, thanks to the Arizona Spinal Cord Injury Association, Amanda Crow has been able to get out and do so much more. Amanda would like to ensure that the doors of the Association are kept open. That is her pledge to the Association.

WINN Grips Heather Farr Classics

The First Tee Phoenix invites you to watch the best Junior Golfers in America!

A national competition of the American Junior Golf Association.

Dates: Friday, Saturday, and Sunday, April 2-4, 2010

Location: Longbow Golf Club, 5601 E Longbow Pkwy, Mesa, AZ 85215

Times: Play begins at 7:00AM. Competition ends 2:00PM Sunday

Sponsored by AJGA, Longbow Golf Club, The Thunderbirds

Bring your family and friends! Free admission and parking. www.longbowgolf.com or call 480-807-5400.

"Ask the Experts" Educational Seminar

Sponsored by ALS Association Arizona Chapter

Date: Saturday, April 3, 2010

Location: Disability Empowerment Center, 5025 E Washington Street, Phoenix, AZ 85034

Registration: 9:15AM

There will be four ALS physicians that will speak about ALS Research from 10:00AM-1:00PM.

For more information, please contact Kim Hughes, Director of Patient and Family Services at ALS Association Arizona Chapter, 602-297-3800, kim@alsaz.org or visit their web site www.alsaz.org.

2nd Annual Special Needs Lifestyle Expo

Sponsored by Horses Help. Expo will be held in conjunction with the Spring Round-Up Horse Show at their therapeutic riding center in Phoenix on Saturday, April 24, 2010.

Horses Help is a premier accredited therapeutic and recreational agency that serves the special needs population by providing activities to empower them to break through physical, cognitive and emotional barriers using a unique collaboration of horses and people within Arizona's Valley of the Sun. More information can be found at www.horseshelp.org or contact Rachel Martin at 602-257-7919

The Miracle League

The Miracle League is a program that invites individuals starting from age 3 to experience the game of baseball. This league removes the barriers that keep individuals with mental and/or physical disabilities off the baseball field and lets them experience the joy of baseball. With our specialized field made of rubberized turf, even those with a wheelchair or walker can swing for a homerun. Spring 2010 season begins April 7th and April 10th. The season is FREE for participants! This includes 6 games, pictures, jersey and hat!

Ages 3-12 have games on Saturdays from 8:00AM-10:00AM

Ages 13+ have games on Wednesdays from 7:00PM-9:00PM

They are recruiting coaches, buddies, team moms and players!

If you are interested in becoming a part of Miracle League please feel free to contact Kelly Shingleton, Miracle League Coordinator, Maryvale Family YMCA, 602-212-6145 or KShingleton@vosymca.org

10th Annual Spina Bifida Association Golf Tournament

Sponsored by: Spina Bifida Association, General Dynamics, Remote Control Solutions, Hanger Orthopedic Group, and Superstition Mountain®

Date: Friday, May 14, 2010

Location: Superstition Mountain Golf & Country Club, 8000 E Club Village Drive, Gold Canyon, AZ 85118.

Registration: 11:00AM

Shotgun Start: 1:00PM

Step Out Scramble format. Gift awarded for 1st – 3rd Places.

Tournament highlights: gift certificates, box lunch, free range balls, closest-to-pin prizes, Long Drive challenge. Enjoy Dinner, Awards, and Silent Auction.

For more information contact 480-403-1911 or 602-274-3323.

NRA Open Range Day 2010

Date: Saturday, May 8, 2010

Location: Ben Avery Shooting Facility, 4044 W Black Canyon Blvd., Phoenix, AZ 85086

Time: 8:30AM - 4:30PM

Adaptive Shooting Sports. NRA Open Range Day is a day of introductory shooting for people with physical disabilities. The day will include four types of recreational shooting, safety instruction and lunch. Cost to the participants: FREE!

For additional information and/or to request a registration form, please contact Vanessa Warner at the NRA 703-267-1495 or vwarner@nrahq.org.

Join Team Reeve Conquer the Canyon®

Date: May 18-21, 2010

each year millions of people travel to Arizona to see the crown jewel of the North American landscape – The Grand Canyon. Now you can do much more than look! You can experience it on a personal level so close; you'll feel the power of the ground beneath you, Yet so distant that only your imagination can capture its magical beauty. Best of all, you will be putting this power and majesty to work to further the mission of the Christopher & Dana Reeve Foundation to bring *Today's Care and Tomorrow's Cure* to millions of people living with spinal cord injury and paralysis.

All participants will receive the following benefits:

- ~ up to a 12-week online training program through The Walking Connection. Training begins soon!
- ~ Your choice of three trails with varying levels of difficulty.
- ~ Hotel accommodation.
- ~ Arizona ground transportation throughout trip.
- ~ Welcome reception, pre-hike Inspiration Pasta Dinner and a Mission Celebration Dinner.
- ~ Fundraising support and material.
- * Airfare is not included. Fundraising minimum commitment required.

Visit TeamReeve.org to apply. Questions? TeamReeve@ChristopherReeve.org or call Leigh Alspach at 800-225-0292.

Tucson Support Group

Next Meeting is Thursday, April 29, 2010, 5:30PM at Mobility Fitness Studios. The subject will be Urology, sponsored by Symbius Medical. For more information, please contact Peter Hughes at 619-249-1885 or 520-579-0862.

Free Scuba Lessons

The Arizona Disabled Scuba Divers Foundation (ADSDF) is looking for four (4) individuals that are legally disabled and interested in learning how to Scuba Dive over the next two months. ADSDF plans on doing the classroom portion and confined water portion of the Scuba Training program.

They are hoping to take the four new fellow divers to Cozumel or the Florida keys in August or September of this year. The alternate plan would be to certify our four (4) divers in Lake Pleasant and then sponsor a trip to the more exotic location so that they can make their first Ocean dives under the supervision of a HSA Instructor and Dive Buddies through the ADSDF.

If you or anyone you know would be interested, please contact Gary Moyer, President of Arizona Disabled Scuba Divers Foundation, gary@azcandive.com or call 480-968-6465.

For Sale

Permobil-300, custom Power Wheelchair with chin and right hand controls. Incline/decline capabilities. Purchased price: \$24K. (7/07)

Custom Solar Push Chair. Easily reclines with handle grips for weight shifts. Purchased price: \$5,200. (6/09)

Everest & Jennings Shower/Commode wheelchair. New cushioned seat.

Transportable Ceiling Lift with 16' ceiling track. Capable of lifting 400 lbs. New batteries. Purchased price \$5,200.

Custom Standing Frame. Right hand hydraulic jack with belt. Sturdy foot placement and built in knee pads with padded tray.

Portable Hoyer/Lift. Like new.

Exercise Table. Blue padded top. 36" wide by 78" long, and 24" high.

Power Access Door Opener with remote control for quick and safe access of door opening and closing automatically. Excellent safety precautions for quick and reliable access in case of dangers of fire, etc.

Please make an offer for all the items listed above. Please contact Vern and/or Jo Ellyn Lock at 623-931-2530 or aaebidner@msn.com.

Van For Sale

1995 FORD ECONOLINE 150 VAN

ALL RECORDS AVAILABLE w/ VEHICLE

Excellent Condition / New Motor, Transmission & Lift Installed! \$12,999 OBO

5.8 Liter engine, New Ford engine and transmission (7/07), 15,447 miles on new engine, Cruise control, AM/FM radio, A/C, Heavy duty shocks, CB radio, Differential work (8/07), New battery (1/10), New fuel pump (1/10), New water pump (7/07), Michelin Tires in excellent shape (2 new/2007), Remote control door locks, Security Alarm installed, New hubcaps, curtains on interior windows/ heavy material

HANDICAPPED ACCESSIBLE ADAPTATIONS/CONVERSIONS

New lift- Braun Vangator installed 12/08 (trifold, one arm, up to 500 lbs), Sliding Side Electric Entry Door, Electric controls on dash and exterior rear to operate sliding door and lift (Exterior keyed for safety, Lowered floor with custom rubberized floor mat, Hand controls for disabled driving- left side, E-Z Lock lock-down in driver's position to accommodate motorized wheelchair driver/no driver's seat, Swivel passenger seat with electric controls , Rear bench seat with electric controls, lays flat and makes into a bed!

For more information, please email cobarb@gmail.com.

Volunteer Researcher

The Arizona Spinal Cord Injury Association is seeking a Volunteer Researcher who can go through the grant programs we use and research grants that we could apply for.

Skills would be that they are able to use a computer, have an understanding of our service programs, 5-15 hours a week dedicated to researching grant opportunities. You would in turn give the possible grants to Kayla and she would review them and do the grant paperwork if appropriate. You could either work in our office or at home. If you are interested, please contact Kayla Cheatham 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!