



A Chapter of Christopher &
Dana Reeve Foundation



December 2010

We're on the
Web!

www.azspinal.org

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Spinal Cord
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Cord Injury
Association

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

*“A monthly update on the
happenings and upcoming events
in the Association and
Community Partners.”*

Member E-Newsletter

Arizona Spinal Cord Injury Association

AZSCIA Annual Social Mixer

Please join us for our annual social mixer on Thursday, December 9, 2010, 6:30PM in the Nina Mason Pulliam Conference Center at the Disability Empowerment Center. The address is 5025 E Washington Street, Phoenix, AZ 85034.

Representatives from the Christopher and Dana Reeve Foundation will be in town for the Spinal Cord Symposium and they will be joining us at the mixer.

To RSVP, contact Vangie at 602-507-4209 or vangie@azspinal.org.

Spinal Cord Symposium Bench-To-Bedside 2010

Location: Wild Horse Pass Resort & Spa, 5594 W Wild Horse Pass Blvd., Chandler, AZ 85226

Date: Friday through Sunday, December 10-12, 2010

The 2010 Symposium will include the entire Reeve Research community, comprised of active Reeve Individual Grant recipients, International Research Consortium members, representatives of the NeuroRecovery Network and members of the Reeve-sponsored North American Clinical Trials Network.

Additionally, members of the spinal cord injury community (patients, caregivers, family) and the Foundation's Board of Directors and Science Advisory Council will be present.

The Symposium will be held Friday, December 10 (starting at 4:00 PM) - Sunday, December 12, 2010 (ending at 1:00 PM).

The Symposium is a forum to promote dialogue between Reeve's research scientists and members of the spinal cord injury community, foster exchanges of data and ideas among the groups, and facilitate collaborations among the SCI researchers.

Symposium Format

A highly interactive mix of scientific presentations and chalk talks, poster sessions, and a Town Hall meeting between Reeve's grant holders and members of the spinal cord injury community.

The Program

Friday, December 10th

Keynote Lecture and Reception - Albert Aguayo, Ph.D., McGill University

Saturday, December 11th

Scientific Sessions, Chalk Talks, Town Hall Meeting - Special Guest, Poster Sessions,
Keynote Lecture - TBD, Reception and Dinner

Sunday, December 12th (concludes with lunch)

Scientific Sessions, Chalk Talks, Poster Session

Registration is required. If you have any questions, contact Douglas Landsman, Ph.D., at 973-379-2690 or visit www.ChristopherReeve.org/Symposium.

4th Annual Arizona Junior Wheelchair Basketball Tournament

Dates: Saturday, December 11 – Sunday, December 12

Location: Broadway Recreation Center, 59 E. Broadway Road, Mesa, AZ 85202

Sponsored by the Arizona Spinal Cord Injury Association

Hosted by Arizona Disabled Sports

Salt Lake Junior Jazz

Denver Junior Nuggets

Spokane Cyclones

BORP Bay Cruisers

Banner Wheelchair Junior Suns

Saturday, December 11, 2010

Game 1 9:00 AM Spokane Cyclones vs. Salt Lake Jazz
 Game 2 10:30 AM BORP Bay Cruisers vs. Denver Nuggets
 Game 3 12 Noon Banner Wheelchair Suns vs. Spokane Cyclones
 Game 4 1:30 PM Salt Lake Jazz vs. BORP Bay Cruisers
 Game 5 3:00 PM Banner Wheelchair Suns vs. Denver Nuggets
 Game 6 4:30 PM BORP Bay Cruisers vs. Spokane Cyclones
 Game 7 6:00 PM Salt Lake Jazz vs. Denver Nuggets

Sunday, December 12, 2010

Game 8 9:00 AM Denver Nuggets vs. Spokane Cyclones
 Game 9 10:30 AM Salt Lake Jazz vs. Banner Wheelchair Suns
 Game 10 12 Noon BORP Bay Cruisers vs. Banner Wheelchair Suns

MVP, Sportsmanship trophies each team and officials will be allowed one vote.
 1st, 2nd, and 3rd place trophies will be presented.

1st tie breaker will be head to head competition, 2nd tie breaker will be least amount of points allowed. The gym will be open 8:00 AM both days. For more information call 602-790-7909. To RSVP, contact Vangie at 602-507-4209 or vangie@azspinal.org.

The Box Seat

The Box Seat is a unique patented "portable billboard" that provides companies and organizations an effective and efficient way to promote their products and services in a variety of settings. This special product, with a long term shelf life, offers consumers a light weight, comfortable and sturdy means of sitting to enjoy tailgating, sporting events, parades, marathons, concerts, golf tournaments and a number of other indoor and outdoor activities. Coach Glen Henry, The Box Seat's inventor, spent over 38 years teaching and coaching at Northern Iowa University.

Coach Henry was always an avid sports fan, but as a frequent tailgater he kept running into the same problem: There was never a place to sit! Looking for the perfect solution to his problems, Coach Henry began to develop The Box Seat. The idea was sidelined in 2004 when Henry and his wife Karen were involved in a serious motorcycle accident. While Karen eventually recovered from her injuries, Glen sustained spinal cord injuries that left him a quadriplegic. Despite the challenges, Coach Henry's resolve remained strong. After life readjusted, Coach Henry and his daughter, Lisa Henry Holmes went back to work on the development and launch of The Box Seat. Now he's dedicated the net proceeds to The Christopher and Dana Reeve Foundation and the Arizona Spinal Cord and Injury Association. The website is: www.theboxseat.com.

DRIVING to EXCEL

Date: Friday, December 3, 2010

Time: 3:00PM – 9:00PM

Location: Bondurant School of High Performance Driving, 20000 S Maricopa Road, Gate 3, Chandler, AZ 85226

The cost is \$50 for children and \$100 for adults. Price includes:

- Dinner
- Hot Lap (A ride in a high performance car from one of the professional drivers at the Bondurant School of High performance Driving on the track.)
- Bondurant vehicle equipt with hand controls will be provided on the skills pad for accident avoidance simulation.

Featuring Eddie Alexander, a C5-6 quadriplegic from California who races using hand controls!

Sponsorships are also available. Register for the event or for more information call 602-406-6280 or visit www.thebarrow.org. Proceeds go towards The Barrow Connection at Barrow Neurological Institute.

Competitive Shooting Event

With the help of the National Rifle Association, the local chapter of the PVA and Ben Avery Gun Range, are organizing a sectional air rifle/pistol match here in Arizona on **March 12th, 2011 at Ben Avery Range**. We need a minimum of 5 shooters for it to be counted as an official sectional match. The winner of this event will be invited to the US Paralympic camp next year. If anyone is interested please contact Mike Tagliapietra, at mjtag67@yahoo.com.

Survey on Bladder Management

My name is Ana Clara-Briccola and I am with Millennium Research Group. We are performing a paid study on **bladder management among persons with spinal cord injuries** to help develop new and improved products. Upon completion you would be provided with a check for \$25 for your time. The study is conducted over the phone and takes less than 10 minutes to complete. Thanks for your assistance.

There are 2 ways for you to get in touch with me:

1. Complete the online form <http://www.mrgworldwide.com/surveys/scisignup/>
2. Call me toll free at 1-800-239-9186, extension 151

For more information about Millennium Research Group, please visit www.mrg.net.

Indy Car Racing Calendars

The Sam Schmidt Paralysis Foundation is pleased to announce the availability of the 2011 IZOD Indycar official wall calendar, just in time for the holidays. United Medical Providers, a long-time sponsor of SSPF, has produced this twelve-month, 12" x 9" (12" x 18" open) photographic wall calendar with proceeds benefiting the Sam Schmidt Paralysis Foundation and Racing for Kids.

The calendar features some of the hottest cars and stars, a race-day action spread, a special Indianapolis Motor Speedway centennial-era celebration in the month of May, valuable coupons for discounts on IMS merchandise & IZOD apparel, and a showcase of photos submitted by IZOD IndyCar fans.

The calendar can be ordered online at <http://www.umpurologicals.com/calendar/index> Cost is \$15.99 + S&H, with quantity discounts available. The perfect holiday gift for any race fan or SSPF supporter!

Save on Medications

For more info visit: www.togetherrxaccess.com. Thousands of eligible hardworking people with no prescription drug coverage are now saving on the medicines they need with the Together Rx Access® Card.

Most cardholders save 25%–40%* on brand-name prescription products. Over 300 prescription products are included. Savings are available on generic drugs as well

The Together Rx Access® Card was created as a public service by a group of some of the world's largest pharmaceutical companies, in order to provide savings on prescriptions to eligible residents of the US and Puerto Rico who have no prescription drug coverage.

Here are the Eligibility Requirements:

Individuals for whom all three of the following statements are true qualify for a Together Rx Access® card:

1. I am not eligible for Medicare.
2. I have no prescription drug coverage of any kind.
3. My household income is equal to or less than:
 - \$45,000 for a single person
 - \$60,000 for a family of two
 - \$75,000 for a family of three
 - \$90,000 for a family of four
 - \$105,000 for a family of five

Families of six or more and residents of Alaska and Hawaii should contact the Together Rx Access Program at 1-800-444-4106 or click here to determine eligibility.

ABIL Social and Recreation Events

December Programs

Thursday, December 9, 6:00 pm – 7:30 pm

Phoenix Zoo Lights – The magic begins after the animals at the zoo go to sleep! 455 N Galvin Pkwy in Phoenix. Cost: \$TBD.

Thursday, December 16, 10:30 am – 1:30 pm

Cooking Group – Learn new recipes, skills, and just socialize with others. Each month we try to have a luncheon theme. 5025 E Washington Street. Cost: Consumers assist by bringing ingredients for lunch.

January Programs

Thursday, January 6, 10:30 am - 1:30 pm (Bring \$1.00 for donuts & \$3.00 for pizza or your own lunch)

Game Day – Bring your own cards, board games or other games to play for the day. 5025 E Washington Street in Phoenix. Cost: None.

Thursday, January 13, 10:00 am – 1:00 pm (Bring money for lunch afterwards at a restaurant)

Cerreta Candy Company – A lively atmosphere where everyone can see candy magic being made. 5345 W Glendale Avenue in Glendale. Cost: none.

Wednesday, January 19, 10:00 am – 2:00 pm (Bring \$1.00 for donuts & \$3.00 for pizza or your own lunch)

Movie at ABIL. Come watch a movie. Popcorn & soda will be provided. 5025 E Washington, Street in Phoenix. Cost: None.

Thursday, January 27, 10:30 am – 1:30 pm

Cooking Group – Learn new recipes, skills, and just socialize with others. Each month we try to have a luncheon theme. 5025 E Washington Street in Phoenix. Cost: Consumers assist by bringing ingredients for lunch.

Call Leanne Murrillo to sign up for events at 602/296-0535 or leannem@abil.org

Recruitment for Positions with the Social Security Administration

Barb Reimers, Assistant Manager at the Phoenix DT District Office contacted our Association to help fill the positions below. She asked for assistance in finding qualified candidates that may be interested in a career with the Social Security Administration and would also qualify under the federal Schedule A (disabled employees) hiring authority.

All interested applicants contact Barb directly at 866-331-4292.

Claims Representative Position

As a Claims Representative, you will assist the public in person or by phone to establish entitlement to Social Security benefits. Your contacts will allow you to obtain, clarify and verify data used to analyze claims and make benefit entitlement decisions. Your career as a Claims Representative will allow you to develop skills that provide a solid foundation for future advancements.

Service Representative Position

A Service Representative provides both in-person and telephone assistance to the public on a wide variety of subjects. Service Representatives analyze and investigate situations to secure facts and reconcile discrepancies. Cases are often complex and complicated by frequent changes in the law. Detail oriented individuals with strong communication skills enjoy the Service Representative position.

Improving Orthostatic Tolerance After Spinal Cord Injury Study

This study seeks to determine if people with spinal cord injury (SCI) can benefit from an at-home exercise program. In particular, we are studying if exercise can help avoid or reduce sudden drops in blood pressure that sometimes occur after a change in posture, such as a move from lying down to a seated position.

Participation in this study will involve completion of a 12- week exercise program involving electrical stimulation of legs muscles (five 45-minute sessions per week) in wheel chair sitting position. For the exercise training, participants will be provided with portable electrical stimulation system to take to their home. The study will also require 6 visits to the laboratory: 4 sessions (including 2 screening sessions) before the 12-week exercise program and 2 sessions after it is completed. During sessions in lab, measurements of heart function will be obtained by attaching sensors on the skin.

All the laboratory sessions will be performed at Outpatient Rehabilitation Services at Barrow Neurological Institute in Phoenix, AZ.

This study is supported by the Paralyzed Veterans of America Research Foundation and is a collaborative effort of researchers from Arizona State University and Barrow Neurological Institute/St. Joseph's Hospital and Medical Center.

To be eligible to participate in this research study, you must meet all of the following criteria: You **should have** the following:

- age between 18 to 65 years
- at least one year completed since the date of spinal cord injury
- injury at spinal level T6 or above
- spinal cord injury classified as ASIA-A

Mild to moderate reduction in blood pressure (with or without dizziness or light-headed feeling) when changing position, such as going from lying down to sitting or standing. The drop in blood pressure will be measured during screening procedure.

You **should not have** the following:

- noticeable changes in muscle strength or changes in feeling in legs in the past three months
- any pressure sores currently or in the last 3 months
- leg fracture after spinal cord injury
- severe muscle spasms
- limitations on movement at hip, knee, or ankle
- high blood pressure
- severe lung disease, memory problems, sleep problems, or pain
- history of unexplained autonomic dysreflexia (sudden increase in blood pressure)
- history of blood clots
- Pregnancy or plans to become pregnant

If you are interested in learning more about the study or your potential eligibility, please contact Ms. Jaime Stovall at 480-727-8396 for further details.

Daring Adventures 2010 Events

Upcoming Events:

Hikes – Program #68406

Nature and History Discovery at South Mountain Park for people of all abilities

Ages: All ages

Fees: \$8 for adults, \$5 for youth ages 6-17, children 5 and under are free.

Discount of \$3 for City of Phoenix recreation pass holders.

Dates: Saturday, December 4, 2010

Time: 8-10am

Address: 10919 South Central Avenue, Phoenix

Description: Come join Park Ranger Allyson Brennan and discover all there is to know about the natural history, flora and fauna of South Mountain Park while enjoying a light breakfast, warm coffee and hot cocoa on this brisk morning. Meet us on the accessible Judith Tunell trail while getting up close and personal with the native plant life, as well as looking and listening for different types of wildlife. You will also have an opportunity to try out different types of safari chairs (hiking wheelchairs) and our all-terrain eagle sports chairs (4-wheel handcycles) available for use on the trails and to discover all of the other Daring Adventures Programs that we have for people with and without disabilities.

Papago Park Discovery Hike for the deaf and hard of hearing – Program 71771

Ages: All ages

Fees: \$8 for adults, \$5 for youth ages 6-17, children 5 and under are free.

Discount of \$3 for City of Phoenix recreation pass holders.

Dates: Saturday, December 11, 2010

Time: 9-11am

Address: West Papago Park on the Elliot Ramada Loop Trail, 625 N Galvin Parkway

Description: Come join Park Ranger Cody Huggins for an outdoor, active, get fit hike conducted in American Sign Language (a voice interpreter will be available for hearing participants). You will enjoy a light breakfast coupled with warm coffee and cocoa on this chilly winter morning while creating a new social network of friends who are deaf or hard of hearing. This will be the first of what we hope will become regular outdoor adventure outings for your new friends to discover all that nature has to offer. This hike is 2.7 miles roundtrip with some gradual inclines and rocky terrain. You will also have an opportunity to try out different types of safari chairs (hiking wheelchairs) and our all-terrain eagle sports chairs (4-wheel handcycles) available for use on the trails and to discover all of the other [Daring Adventures Programs](#) that we have for people with and without disabilities.

Cycling

Silent Sundays at South Mountain Park

Ages: All ages

Fees: FREE! We suggest a \$5 per hour donation for each bike rental, payable to [River of Dreams](#) (cash or check accepted) to support the ongoing fundraising efforts for all of our [Daring Adventures Programs](#).

Dates: Silent Sundays are held the fourth Sunday of every month and are scheduled for November 28, 2010, December 26, 2010, January 23, 2011, February 27, 2011, March 27, 2011

Time: 8am-2pm

Address: 10919 South Central Avenue, Phoenix.

Description: Silent Sundays offer cyclists, skaters, joggers, walkers, strollers, and individuals who use wheelchairs an opportunity to get out and enjoy the scenic splendors of the [nation's largest municipal park](#) without having to share the road with vehicles. Participants will discover miles of paved roads, from flat terrain to rolling dips and hills in beautiful South Mountain Park. The more aggressive cyclist can conquer the summit road, which ends at the Dobbins Lookout at 2330 feet or even try out one of the park's mountain bike trails. The City of Phoenix will have a variety of cycles, including hand cycles and recumbent cycles for those with mobility limitations, tandem bikes (two-person bikes) for people with visual limitations, and traditional 2-wheel mountain bikes available for your use.

Meet us at the South Mountain Environmental Education Center located just inside the entrance to the park. We will provide maps of the roads and trails where you can ride and we

will have our army of volunteers available for those who require accommodations. Registration is not required. Bikes will be available on a first come first serve basis! For more information, please contact Jeff Spellman at 602-495-5507 or via e-mail at jeff.spellman@phoenix.gov.

Americans with Disabilities Act (ADA) & Civil Rights Update: U.S. Department of Justice (DOJ) Reaches Agreement with Hilton Worldwide Inc. over Violations of the Americans with Disabilities Act (ADA)

DOJ has announced a first-of-its-kind agreement with Hilton Worldwide Inc. that will make accessibility changes to 900 hotels nationwide. DOJ's complaint claims Hilton did not provide the required number of accessible rooms, failed to provide individuals with disabilities the ability to reserve accessible rooms through the hotel's reservations system and failed to provide accessible sleeping accommodations. This is the first time that a chain has been required by DOJ to ensure that all of its franchises comply with the ADA. Hilton must also make sure its reservation system is accessible.

For more information visit this link:

http://www.disability.gov/civil_rights/enforcement_actions

Employment Options, Inc.

Now recruiting nationally for 500 home-based customer services for employers who specifically asked us to pre-screen applicants. We take only those clients we can place! See if you qualify by calling or clicking on website below.

Mailing Address: PO Box 46694, St. Petersburg, FL 33741

Attn: Sheika Jones

(800) 441-3114

myemploymentoptions.com

Americorps Opportunity for 55 or Older

ABIL has been included in an AmeriCorps Grant that is being administered by our local Area Agency on Aging (AAA). Under this grant, ABIL will have available four (4) paid AmeriCorps Members that will work part-time for ABIL in a variety of program areas providing support and assistance to seniors and people with disabilities (see flier for details).

The AmeriCorps Member must be 55 years old or older. The AmeriCorps members are paid a stipend at about 20 hrs per week at approximately \$6.50 per hour or \$5,900 for 900 hours of service. There also includes a \$2,675 educational award if the member completes all 900 hours of service (again, see flier for details)

If you know anyone interested in becoming an AmeriCorps Member, please forward them this info and have them contact ABIL Volunteer Coordinator, April Reed at 602-296-0533.

Interested applicants will also need to call AAA at the number listed on the flier in order to apply for the program. Importantly, please ask them to tell AAA that they were referred by ABIL and that they are interested in working as one of ABIL's AmeriCorps Members (that of course is if they are indeed interested in working for ABIL).

2nd Annual Run, Walk and Roll

Arizona Disabled Sports (AzDS) is hosting the 2nd Annual Run, Walk and Roll 5K/10K event at Tempe Beach Park on Saturday, January 8th. The 2011 event will incorporate a 5K (3.1 miles) and 10K (6.2 miles) race for runners, walkers and rollers as well as a half mile kids fun run for youth ages 12 and younger and a 1 mile fitness walk. The Run, Walk & Roll event is designed as a fundraiser to support the adaptive sports and recreation programs provided by AzDS and is also a fun event for all ages and ability levels. Get a healthy start to your new year...warm up for the PF Chang's Marathon...support a great cause!

Three hundred and eighty participated at the 1st annual and we hope to reach our goal of 500 racers this year. Support your programs and register today! The 2011 event is sponsored by Arizona area Culver's restaurants, Sunflower Farmers Market and Symbius Medical. Registration for the 5K/10K event is \$25 and just \$10 for the half mile kids run or 1 mile fitness walk. Visit the event web site at www.RunWalkRollAZ.com or email lane@mesadisabledsports.com for more information.

Support Groups

SCI Women Support Group

Every 2nd Tuesday of the month

6:30PM – 8:00PM

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

Conference B

RSVP – Jill Greenlee Sclase, CTRS, 480-363-5880

Every 3rd Thursday of the month
 5:30PM - 7:00PM
 Men's Disability Discussion Group
 Disability Empowerment Center, 5025 E Washington Street, Phoenix, AZ 85034
 Conference B
 Contact: Don Price, 602-980-3232 or donprice63@yahoo.com

Every 2nd Thursday of the month
 2:00PM - 4:00PM West Valley Support Group (VOICE)
 Glendale Main Library, 5959 W Brown Street in Glendale
 Contact: Janene Werner, 602-814-9717
voicejw@yahoo.com or www.voice-az.com

Every 1st Tuesday of the month
 2:00PM - 3:30PM Flagstaff Support Group
 Contact: Al White, 928-527-8567

Every 3rd Friday of the month
 2:00PM - 4:30PM East Valley Support Group (COMPASS) Granite Reef Senior Center in
 Scottsdale
 Contact: Pauline Staples, 602-241-1006, plstaples@msn.com

Every 2nd Thursday of the month
 5:00PM
 Northern Arizona SCI Support Group (Prescott and the quad city area-Prescott Valley,
 Chino Valley, Prescott, Dewey, Williamson Valley and Cottonwood) Mountain Valley Regional
 Rehabilitation at 3700 N. Windsong Dr., Prescott Valley, AZ
 Contact: Jo Crawford at jecrawford@cableone.net or call Mountain Valley Regional Rehab at
 928-759-8800 for more information.

Transportation

The Arizona Spinal Cord Injury Association 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 and back to your home Unlike other transportation services, you don'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 electric wheelchairs, or four regular wheelchairs plus four ambulatory.

If you are a not-for-profit organization seeking "contract" transportation....we can help you too! Call us at 602-507-4209 or 602-703-2199! We can make your Wheels Toward A Dream Trip a reality! Share plans with us for your outing and we will help make your trip come true. Arizona is a very beautiful state so start making your plans today! Call us today.

Thank you for letting AzSCIA help you with your transportation needs. Donations are accepted.

WHO! International Designs

If you need to go shopping for the Holidays or any other occasion please visit the WHO! Website to see our selection..... all items in stock at www.whogifts.com.

All items are being offered to you at a wholesale price. Email sales@whogifts.com or call the office at 480-922-4304 to place your order now! We ship anywhere...gift wrapping available!

Items:

- *NEW*...TRAVEL VINTURI...\$30.00
- "VINTURI" WINE AERATOR for RED WINE or WHITE WINE...\$30.00
- "VINTURI" WINE AERATOR TOWER HOLDER for RED WINE...\$30.00
- "DELUXE AERATOR SETS" for RED WINE...\$55.00
- "VINO'S WINE GLASS CHARMS"...\$10.00
- "VINO'S PARTY NAPKINS"...\$3.00
- "WINE JET BAG"...\$4.00
- "THE STAINLESS STEEL DECAPPER"...\$10.00
- "BOTTLE TAGS"...\$3.00
- "COOKBOOKS"...\$15.00
- "SPATULOONS"...\$8.00

Check out our NEWEST addition to WHO! GIFTS: ABLAZE CANDLES. Prices range from \$25-\$40.

ABLAZE CANDLES...Give a unique holiday gift this season -- Our lasting luminaries are hand-made to order! Start a new holiday tradition giving gifts of beauty and light. Beautiful and incredibly versatile, use Ablaze Candles as a candle, or a vase, an ice bucket, fruit bowl, candy dish, glowing center piece, or a gorgeous outdoor decoration that can be re-used again and again. Touch the hearts of friends and relatives! This Unique holiday centerpieces comes with a glass votive and candle to enhance the grandest banquet, holiday party or bring cheer to a cozy meal. Check out the designs to see how our functional, life lasting candle decor becomes illuminated from within. These keepsake candle-holders can be gently hand-washed to remove dirt and restore their original luster. Place in the top rack of a dishwasher to clean at any time. Created by a patented material our sculpted luminaries stand out above other, no more disposable candles!

NIGHTLIGHT READERS

It's a walking flashlight! These elegant reader glasses are a great gift for many uses: a reading light at night, on airplanes, in hospitals, menus in dark restaurants, playbills at the theatre, and all of those hard to see places! They are easy to use - simply click on and off - use them night or day! Nightlight Readers are equipped with replaceable batteries and come with a carrying case! ALL POWERS 1.25-3.0 Available. Place your order on www.gotgreatgifts.com or call 480-922-4304.

The Mast House

The Mast House is ABIL's transitional living home. The Mast House is an accessible 3-bedroom home that was donated to ABIL to be used for transitional living. It is located in Scottsdale, near 60th street, between Greenway and Thunderbird. ABIL rents the home **to persons with disability who are in need of short-term, accessible housing**. The rent is \$300/month [plus \$50 per extra family member,] and the **maximum stay is eight weeks**. The house is rented on a first-come basis and **is currently available**. Renters are responsible for their own caregivers, food, and equipment. If you have further questions, feel free to contact Don Price at 602-980-3232 or donp@abil.org

Volunteers Needed!

City of Phoenix EITC Campaign Earned Income Tax Credit

The VITA Program offers free tax help to low-to-moderate income individuals and families who cannot prepare their own tax returns. Volunteers receive FREE training by the IRS on how to prepare a basic tax return. The tax preparation sites are located throughout Phoenix. There are a variety of volunteer opportunities within the VITA Program, including tax preparers, greeters, site coordinator and instructors.

Benefits to becoming a VITA volunteer:

- FREE Training
- Economic growth to the economy
- Satisfaction of helping others
- Flexible schedule

To complete an application online, visit phoenix.gov/eitc or call 602-262-6658 or email to EITC@phoenix.gov.

FREE Tax Preparation

Wait until January 22, 2011! Don't pay to file your taxes! Visit a VITA site to have your taxes prepared and e-filed for FREE! 24-Hour Hotline is available. For FREE tax preparation locations, visit tax.cir.org or call 602-263-8856 or 1-800-352-3792 in January 2011.

What to take to a VITA site

- **Social Security Cards or ITIN cards/numbers for all household members**
- Picture ID for taxpayer and spouse
- Proof of all income, including W-2 and 1099 forms
- Name, address and Tax ID number of child care provider
- Amount of money paid to child care provider last year
- Account and routing numbers for direct deposit
- Copy of last year's tax return
- If filing joint, both adults must be present to sign the return.

Educational Kids Coloring Book

My name is Anjali Forber Pratt. My educational kids coloring book, All About Sports: For Athletes with Physical Disabilities, is officially here!!! It's a 35 page activity book that tells my story, and showcases four sports: wheelchair racing, wheelchair basketball, sled hockey and downhill skiing as well as educating about the Paralympics and disabled sports. You may place orders for \$7.99 on my website at www.anjfp.com.

Help Needed

A family is looking for a CNA/Caregiver for their dad who will be in Arizona for a visit. He will be here the second week of December. He will require help at night from 8:00-10:00pm. Looking for a part-time or full-time person. They also have some overnights available. On call throughout the night. If you are interested, please contact the office at 602-507-4209.

For Sale

Hospital bed -Twin size total electric with mattress and controller. Full side rails, hand crank for manual up/down as well as with the controller Great condition. Asking \$200.

Transport wheelchair-Ideal for shopping or going from home to car. Blue frame with foot rests. Folds to easily fit in trunk. Asking \$50.

3 In One Table- Poker/dining/bumper pool- table is in good condition-top could use a light sanding and refinishing but we kept a table cloth on top so was no big deal. Felt on poker table side and pool table is in excellent shape! Six players with drink and chip holders. Comes with pool cues, brush, and balls. Also 4 FREE wooden chairs, in good shape, when you buy the table. Table cost us \$800 new- asking \$200.

Mobile Home for Sale- 12X60 1971 Broadmore 2BR/1BA mobile home in a nice +55 senior park in Apache Junction for sale. It has a step up living room, kitchen, built in hutch with glass doors, 2 large bay type windows in LR, 2BR and 1 bath. Master BR has a large closet, smaller bedroom has a decent sized closet as well.

Home comes with a washer/dryer/gas stove/fridge/small upright freezer/portable dishwasher/twin bed/sofa/2 rockers/TV stand/coffee table/end tables/lamp/Furnace w/ heat pump(1yr warranty)/swamp cooler/ceiling fan/built in dressers in both BR's as well as closets in both. 2 storage shed and covered awning. Freshly painted ceilings and shampooed carpets. Would make a nice home for winter visitors. There is even a tangerine tree in the backyard. Lot is at the backside of park so not alot of traffic. Park is nice and quiet. Great neighbors who watch out for one another.

Lot rent is \$305/mo and includes water and sewer. Taxes run about \$58/yr-due 1 Oct. and are paid for 2011. Can take more photos or meet you there to let you see what a nice home it would make you or your parents/grandparents.

Call Karen Halgren at 602-439-5198 for the items listed above.

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!