



A Chapter of Christopher &  
Dana Reeve Foundation



**February 2010**

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

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

Please mark your calendar from Thursday, August 12<sup>th</sup> through Sunday, August 15<sup>th</sup>. The retreat will be held at Whispering Hope Ranch in Payson.

### AZ Arts Collective Gallery

The AZ Arts Collective Gallery at 128 W Main Street, Mesa, AZ 85201 in Downtown Mesa serves artists with disabilities. To help fund the program we are offering inexpensive classes for "typical people" as well as people with disabilities. The gallery is open during class times and on Saturdays. Please note the following days and times:

Wednesdays (4:00PM-6:00PM)

Art in Math: Constrict 2D & 3-D objects, fractiles, tangrams,  
Instructor: Carol Oelke, Ret. MPS Math teacher and art hobblist,  
\$10.00 per class.

Thursdays (12:00PM-2:00PM)

Memory Bookmaking: Bind your own book. Learn to make embellishments for family memories.  
Instructor: Gretchen Kemp, Self-taught artist, versatile many mediums, scrapbooking 10 yrs. \$25.00 per class.

2nd Fridays (6:00-8:00PM)

Gourd Art: Painting & enhancing gourds.  
Instructor: Gerald "Jerry" Johnson, Self-taught artist, Gourds and Native American flutes, etc.  
\$15.00 per class.

Saturdays (2:00PM-4:00PM)

Fine Arts: Drawing techniques progressing to painting.  
Instructor: Lubka Haas, Fine artist, trained in Europe & U.S.

Please call or email to sign up for classes held in February and March to Margaret "Midge" White, M.Ed., CCD, AZ Arts Collective, 480-844-7520 or [.mmwhite@inficad.com](mailto:mmwhite@inficad.com)

### Equipment Needed

We will be vacating our suite at the Banner Alzheimer Institute in March 2010. We are compiling a list of equipment from the old suite which should be completed by the end of this week. If you would like a copy of our inventory, please contact the Association starting next week (2/8/2010) at 602-507-4209.

### Bajada Interpretive Trail

On Jan 31<sup>st</sup> Bobby Alpert will be leading two hikes on the Bajada Interpretive Trail at 8:30AM and 10:30AM. They will last about one hour and cover ½ mile. For more information, please call MSC Office at 480-998-7971.

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## Perfect Timing for Arizona's Disability Vote Coalition

*Daniella Yaloz,*

*Community Organizer for Just Vote Arizona Disability Coalition*

Just in time for Arizona's important 2010 election, the Just Vote Arizona Disability Coalition (JVADC) has been revitalized. The Coalition, comprised of 17 prominent organizations including Arizona Bridge to Independent Living, Arizona Center for Disability Law, Arizona Statewide Independent Living Council, Arizona Spinal Cord Injury Association, and Goodwill of Central Arizona, couldn't have reconvened at a better time. Now more than ever it is critical for the disability community to come together with a loud voice and a strong presence at the Arizona State Legislature. At stake are crucial services vital to the disability community that is in jeopardy of drastic budget cuts due to the state's dire financial situation.

Recently unveiled, JVADC's website ([www.jvadc.org](http://www.jvadc.org)) gives visitors an opportunity to register to vote, find out who their legislators are and learn about pertinent information important to voters with disabilities. The website also provides visitors an opportunity to sign up for the Action Alert Network, so that they can be alerted to what's happening at the state legislature, receive the Ballot Buzz Newsletter and learn about voter registration events. The best part of the website can be found in the voter assistance section, where voters may request assistance filling out a voter registration form, filling out their absentee (mail-in) ballot and transportation to go to a polling place.

All of the assistance provided goes to support JVADC's purpose: to establish and sustain a statewide network of grassroots, disability related organizations and voter participation activities across Arizona. The Coalition's non-partisan activities include voter education, voter registration drives and get out the vote campaigns. Visit the JVADC website to sign up for the Action Alert Network; it's the best way to stay informed and give people with disabilities the necessary power to protect critical disability resources in Arizona.

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## Sports Calendar Supports the Virginia G. Piper Sports & Fitness Center

Arizona is home to many great athletes and we've created a 2010 calendar that features twelve of our finest. Show your support for the new fitness center by purchasing one or more calendars.

The collection is designed to show what a vast segment of the population has a disability and how sports and recreation is just as essential to our well being as to anyone else's and why the new fitness center has so much to offer.

Each calendar is \$15 and 100% of the money goes towards the development of the Virginia G. Piper Sports & Fitness Center. Join the team and show your support!

<http://www.disabilitysportscenter.com/calendar.html>

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## 5<sup>th</sup> Annual Veterans Poker Run

Sponsored by Arizona Chapter, Paralyzed Veterans of America

Date: Sunday, March 7, 2010

Starting Point is American Legion Post, 36, 5845 E 22<sup>nd</sup> Street, Tucson  
Ending Point is DAV, 3455 S Wilmot Road, Tucson

Fundraiser for the National Veterans Wheelchair games. Please visit [www.wheelchairgames.org](http://www.wheelchairgames.org). For more information, please contact Joe Chitty at 520-574-0129.

## 1<sup>st</sup> Annual Golf Scramble Golf Tournament

Date: Saturday, April 24, 2010

Registration 6:30AM, Tee Time: 7:30AM

Location: Forty Niner Country Club in Tucson

Sponsored by Arizona Chapter, Paralyzed Veterans of America and DIRECT Center for Independence, Inc.

Registration Fee: \$100 per person (a portion is tax deductible). Entry fee includes 1 player spot with cart, welcome packet, and Lunch).

For more information, please contact DIRECT at 520-624-6452 or AzPVA at 602-244-9188.

## Disability & Human Services Summit

Date: Saturday, February 20, 2010

Time: 8:00AM-12:00PM

Location: Radiant Church, 15522 W. Paradise Lane Surprise 85374

Web site: <http://disabilitysummit2010.eventbrite.com>

Expect lots of great exhibit booths with helpful information and resources, lots of door prizes and lots of great networking! Breakout sessions include:

- ADA: 20 Years Later
- Advocating for an Effective IEP (Individual Education Program)
- Assistive Technology
- Autism and ABA (Applied Behavioral Analysis)
- Care for the Caregiver

## Fishing With Friends

Joni and Friends, in partnership with AZ Game & Fish and AZ Bass Federation presents: Fishing With Friends --The Anglers Adventures.

Tempe Town Lake—Beach Park

Saturday, Feb. 6, 2010

10 am – 2pm

FREE!

Info: 602-275-2568

[www.fishingwithfriendsaz.com](http://www.fishingwithfriendsaz.com)

Other activities include:

Fishing Competitions - Boat Rides – Music - Entertainment

Hot Dogs – Crafts - Bounce House - Face Painting

Puppet Show – Prizes

And much more...

Resource Fair:

Local Area Churches - Local Ministries - Disability Related Agencies

KLOVE Radio

Wheels For the World

And many more...

## Reduced Cab Fare

Coupons for Cabs (480) 962-7433

The Coupons for Cabs Program provides affordable cab service for senior citizens age 65 and over and persons with disabilities who live in Chandler, Gilbert, Mesa and Tempe.

Eligible persons can purchase coupons at a significant discount. The participants can use the coupons to help pay for cab trips they take on any of the authorized cab companies.

- An application must be completed and approved before cab coupons may be purchased.

Call (480) 962-7433 to receive an application if you don't already have one.

- Once enrolled, a participant pays nominal co-pay for a coupon book valued at \$10.

Coupons have an expiration date and must be used prior to the expiration date. The expiration date is three to six months from the date of coupon purchase.

- Chandler, Gilbert, Mesa and Tempe residents can purchase 10 books per month per person (\$100 value for \$25).

- Coupons may be used for the taxi fare and the tip as well.

- For wheelchair users, mini vans from Discount Cabs are wheelchair accessible. Participants who use wheelchairs should call Discount Cab and let them know a wheelchair accessible van is needed to ensure the same rate is charged as non-accessible taxi vehicles. Otherwise, a boarding charge of approximately \$2.50 will be charged. Specialty cabs charge a boarding charge of \$25.00 or more.

- When you begin using the Cab Coupon Program, make sure when you call to arrange your ride you:
  - Inform the cab company you are using the coupons.
  - Ask for an estimate of the trip cost.

Once enrolled in the Cab Coupon Program, you will receive welcome packet that includes the list of authorized taxi companies.

### Transit Fare Discounts

There are many options with the bus and light rail. In addition to the extensive choices in routes, discounted fares are also available. A 31-day Local Reduced Fare pass is available for \$27.50 or pay 85 cents for one-way travel. A Local Reduced All-day pass provides unlimited rides for \$1.75 when purchased off the bus. Purchased on the bus, a Local Reduced All-day pass is \$2.60.

For more information, please call Customer Service at 602-253-5000, Reduced Fare Passes by Mail 602-495-5795. Cab Programs Coupons for Cabs 480-962-7433 or [rose.smith@veoliatransportation.com](mailto:rose.smith@veoliatransportation.com)

## Wheelchair Fencing Tournament

Date: Sunday, March 14, 2010

Location: Best Western Dobson Ranch Inn, Posada Ballroom, 1666 S Dobson Rd., Mesa, AZ 85202

Events: 10:00 AM - Open mixed Foil  
 1:30 PM - Open mixed Saber  
 3:00 PM - Open Mixed Epee

If you need more information, please call Pia Douglas 480-288-7834 or email [info@gcsff.org](mailto:info@gcsff.org).

## VITA Site Services

Sponsored by ABIL and City of Phoenix

Date: January 30, 2010 – April 10, 2020

Time: 9:30AM – 1:30PM

Location: 5025 E Washington St., Ste 200, Phoenix, AZ 85034

Volunteer Tax Preparers offer Federal and Arizona State tax preparation for persons with income less than \$52,000. Trained volunteers will help people with basic tax returns, particularly those with low or limited income, non-English speaking persons and persons with disabilities. Customers are seen on a first come, first serve basis. For more information on sites, dates, locations, and times call Community Information and Referral at 602-263-8856.

Volunteer Tax Preparers will provide the following services:

**Will Prepare**

Form 1040EZ  
 Form 1040A  
 With Schedule 1, 2, 3 & EIC  
 Form 1040  
 With Schedule A, B, EIC & R  
 Form 1040-V  
 Form 1040-ES  
 Form 2441 (Child & Dependent Care Credit)  
 Form 8863  
 Form 8812 (Additional Child Tax Credit)  
 Schedule C-EZ  
 Schedule SE

**Full Year Arizona State Returns**

**Will NOT Prepare**

Schedule C (Profit or Loss from Business)  
 Complicated & Advanced Schedule D (Capital Gains and Losses)  
 Schedule E (Rental Property & Losses)  
 Form SS-5 (Request for Social Security Number)  
 Form 2106 (Employee Business Expenses)  
 Form 3903 (Moving Expenses)  
 Form 8606 (Non-Deductible IRA)  
 Form 8615 (Minor's Investment Income)  
 Out of State, part year, or non-residence returns  
 Prior Year Returns  
 Married Filing Separate Returns

The following information is REQUIRED for tax preparation:

- ✓ Social Security or Individual Tax Identification Number (ITIN) Cards for every person listed on the return
- ✓ Picture ID for yourself and/or Spouse
- ✓ All documents showing income earned for current year (W-2's, 1099 Misc, 1099-R, Social Security Benefits statement, etc)
- ✓ Information for other income
- ✓ Information for all deductions and credits
- ✓ If filing Married Filing Joint return, both spouses must be present to sign forms
- ✓ Any information received from the Internal Revenue Service.

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

Date: Wednesday, March 17, 2010

Time: 8:00AM – 11:00PM

Location: Sheraton Phoenix Airport Hotel Tempe, 1600 S 52nd St., Tempe, AZ 85281

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 Native Voices to Explore Common Ground, Affirm Shared Strengths, and Enhance our Resources".

Registration: Registrations should be completed and paid by March 12, 2010. Any registrations after that date will be considered an "At Door" registration.

At door registrations are welcome but will incur an additional fee. Consumers will incur an additional \$10 late fee; all others will incur an additional \$20 late fee.

Scholarships: Scholarships may be available for consumers demonstrating financial need. The availability is dependent upon available funds. Applicants should request consideration directly by emailing [azbridge@abil.org](mailto:azbridge@abil.org).

Call for details at 602-443-0707, 602-443-0708, or 602-495-7521.

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## Advocacy Opportunity – Medicare Therapy Caps

The Medicare Therapy Cap went into effect on January 1, 2010.

Currently there are two therapy caps, one for physical therapy and speech language pathology and one for occupational therapy. The therapy caps are set at \$1860 per beneficiary per year. The therapy cap applies to all Medicare beneficiaries in all Part B health care settings, except hospital outpatient departments. Beneficiaries that exceed their therapy cap may have to choose between forgoing necessary care or paying 100% of the cost out-of-pocket over their Medicare coverage. Senior citizens who suffer from a stroke, or have Parkinson's disease, spinal cord injuries or osteoporosis are more likely to be the type of patient needing such care.

Background - The therapy cap returned on January 1, 2010 as a \$1,860 per beneficiary per year cap. This cap is a shared cap for physical therapy and speech language pathology services and exempts the hospital outpatient department.

If you'd like to take action on this click here:

<http://capwiz.com/amerpta/issues/alert/?alertid=14421306&PROCESS=Take+Action>

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## Medicare Part D Changes

Changes in the Law Could Make More People Eligible for Extra Help in 2010  
SSA Publication No. 05-10040, August 2009,

Beginning January 1, 2010, changes in the law will make it easier for some people to qualify for Extra Help with their Medicare prescription drug plan costs. Under the Medicare Improvements for Patients and Providers Act:

- We will no longer count as a resource any life insurance policy; and
- We will no longer count as income the help you receive regularly from someone else to pay your household expenses—food, mortgage, rent, heating fuel or gas, electricity, water, and property taxes.

<http://www.socialsecurity.gov/pubs/10040.html>

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## SRC/Vocational Rehab Survey

Have you received services from Vocational Rehabilitation? Or are you currently receiving V.R. services? In either case, we need your input on how VR is doing!

The short, anonymous survey will allow you to voice your satisfaction with the program, good or bad.

Please email Don Price, [donp@abil.org](mailto:donp@abil.org) if you're interested in this survey.

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## Power Soccer - Get Involved

For those who are unfamiliar with the sport of power soccer, here is a brief explanation. This sport is played by people who use electric wheelchairs in their everyday lives. With the use of their chairs, the athletes compete in this exciting wheelchair sport. The basis of power soccer is similar to regular soccer: get the ball in the goal. But instead of using their feet, the athletes use their chairs and dribble the ball with the aid of foot guards. To help picture what the guards look like, think of having a giant football helmet facemask at the feet of the players.



There are four players on each team (3 on offense and 1 goalie), and games are played on a basketball court. Each game has two 20-minute halves and uses a running clock, similar to able-bodied soccer. Power Soccer is a great sport and we highly recommend experience it first hand!

**City of Surprise:** Power Wheelchair Soccer Practice is the first Saturday of each month at Countryside Recreation Center from 4 to 5:30 pm

Joe Gladieux, City of Surprise, Adaptive Recreation Supervisor, 623.222.2257

**Mesa [two teams]:** currently practice every Monday at the Broadway Recreation Center [59 E. Broadway Rd.] from 4 - 7 pm. <http://azheatpowersoccer.squarespace.com/contact-us/>

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## Ricochet the SURFice Helper Dog

Great story about an amazing service dog and some really amazing people. Get your tissues handy.

<http://www.youtube.com:80/watch?v=BGODurRfVv4>

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## Seeking Art Submissions

Art That Heals

Tohono Chul Park Exhibit Hall, Tucson, Arizona

**Submissions Accepted: now through February 4, 2010 (Early submissions encouraged)**

Exhibit Dates: March 11-May 16, 2010

Free Reception: Thursday, March 11, 5:30-7:30pm

Tohono Chul Park is seeking submissions by artists from Arizona and the greater Southwest for Art That Heals, an exhibition of artwork that has a healing purpose. Original artwork in all media is welcome for Art That Heals. Possibilities include: mandalas, icons, shrines or other images used for mediation, prayer or healing; subjects dealing with prayer or intercessions to saints; artwork made in response to grief or to help the maker deal with a spiritual or psychological problem; and artwork that engenders or represents hope and healing.

The exhibit's aim is to explore how art images can be powerful objects that positively influence our spirits. For instance, icons and mandalas can be meditative aids, and art activities frequently are used in therapeutic settings to provide patients with a means of self expression and healing. Artmaking can be cathartic, helping individuals restore balance and health in their lives after experiencing loss, illness or suffering. A notebook placed in the exhibit will allow visitors to record their own experiences with the healing power of art.

Artists who wish to create new work for the Art That Heals exhibit may submit sketches and a narrative proposal outlining their ideas. Completed works may be submitted in slide, photo, or digital media/CD format. Submissions should include size, media, and an accompanying statement about each artwork and its relevance to the theme. No fee required for submissions. Each artist may submit up to six pieces for consideration.

Email submissions or mail materials with a SASE to:

Peggy Hazard, Assistant Exhibit Curator  
Tohono Chul Park, 7366 N Paseo del Norte, Tucson AZ 85704  
[peggyhazard@tohonochulpark.org](mailto:peggyhazard@tohonochulpark.org)  
(520) 742-6455 x217

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## For Sale

Quantum 6000Z Series for sale. Powerful performance with enhanced torque and speed, Stylish, bold design, Superb climbing and transitioning capability, Solid track record of durability and customer satisfaction, Highly maneuverable, Compatible with an impressive array of electronics and seating and positioning systems. \$18,846 purchased price, asking for \$9,000 or best offer. Only serious callers please! For more information, contact Barbara Francis at 480-945-1547.

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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!**