



A Chapter of Christopher &
Dana Reeve Foundation



July 2010

We're on the
Web!

www.azspinal.org

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Spinal Cord
Injury

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AZ Spinal
Cord Injury
Association

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

Member E-Newsletter

Arizona Spinal Cord Injury Association

Independence Day

The Arizona Spinal Cord Injury Association's office will be closed on Monday, July 5th in observance of the holiday. Enjoy your time with friends and family and remember, don't forget the sun screen lotion!

5th Annual Spinal Cord Injury Retreat

Please mark your calendar for the 5th Annual Spinal Cord Injury Retreat at Whispering Hope Ranch in Payson from August 12-15, 2010. Registration opened May 1, 2010.

Costs: \$85 for participants, \$75 for caregivers who register before July 22nd
\$120 for all participants who register after the July 22nd deadline.

Please visit the web site at www.azspinal.net for more information.

We are still in need of volunteers (particularly RN's) for the retreat. We realize it will be more of a challenge getting volunteers this year as we are asking them to attend for the full amount of time. If you would like to volunteer for the event or know of any company that would like to help sponsor the retreat, please contact Kayla Cheatham at 602-507-4209.

Camp Can Do

Brain Injury Survivors and Caregivers over the age of 18 are invited to attend.

Date: August 26-29, 2010

Location: Whispering Hope Ranch in Payson, AZ

Cost: \$40 for BIAAZ members and \$45 for non-members for the entire weekend

Space is limited so application and fee must be sent to Brain Injury Association of Arizona to reserve your spot. For more information or to request an application, contact BIAAZ at 602-508-8024 or Burgan@biaaz.org. Volunteers are also needed.

Light Rail Changes

Metro light rail service reductions to occur July 26, 2010

When: Monday, July 26, 2010

What service changes?

Ø METRO will run every 12 minutes from 7:30 a.m. to 6:30 p.m. starting July 26; all other times of the weekday will remain at 20-minute service.

Ø METRO will also now consider five additional holidays – Christmas Eve, day after Thanksgiving, Martin Luther King, Jr. Day, Presidents’ Day and Veterans Day –trains will run a Sunday schedule, which is every 20 minutes.

Current services:

Ø METRO runs 10-minute peak service from 6 a.m. to 7 p.m. on weekdays.

Ø METRO’s total service hours and weekend schedule will not be impacted.

What you can do? Call and/or e-mail the Governor’s office ASAP at (602) 542-4331 or email her at <http://azgovernor.gov/contact.asp> and let her know how these cuts will impact your ability to complete day-to-day activities. Ask her to restore transit funding.

Reduced Cost Dental

Midwestern University students and faculty are staffing an expansive new dental clinic in Glendale that treats everything from baby teeth to dentures - at half the cost charged by a typical dentist.”

This clinic will open in June on the campus of Midwestern College of Dental Medicine, on 59th Avenue and Utopia Road, in Glendale.

Read more:

<http://www.azcentral.com/business/articles/2010/05/16/20100516biz-gl-dental0517.html>

Dial-A-Ride Changes

As of July 1, 2010 there will be a significant change to Phoenix Dial-A-Ride (DAR) service. Phoenix DAR will no longer be providing “Demand Call” service to its patrons. “Demand Calls” is a same-day ride service. This type of service will no longer be an option. People will need to use other forms of public transportation or taxi services

For people to still use DAR services, they will now need to be “ADA Certified”. This means they need to go through an application process for eligibility consideration. This also means that consumers will have to plan out their rides AT LEAST a day in advance. The inconvenience in this lies in the fact that there will be less of a chance to obtain needed time slots since there will be more people trying to grab them. Phoenix DAR allows you to book your reservations 2 weeks in advance, and it is suggested that one books it as far out as possible.

To get an application to become “ADA Certified” contact Valley Metro’s ADA Office at (602) 534-3157.

New Resource on Spinal Cord Injury

ILRU is partnering with the National Rehabilitation Hospital (NRH) on the RRTC on Spinal Cord Injury. We’re just getting started but already you can view materials on the project website: www.sci-health.org/ . You will find a brief video on “how to do pressure reliefs,” as well as our consumer fact sheets, which provide need-to-know information about selected secondary conditions such as osteoporosis and diabetes. There is a link to send us feedback and suggestions and to become a subscriber to receive e-mail alerts whenever new information is posted to the site. We hope you will check out the site and let us know what you think.

The Rehabilitation Research and Training Center (RRTC) on Spinal Cord Injury is a five-year project, funded by the National Institute on Disability and Rehabilitation Research (NIDRR). Its focus is the prevention and management of secondary conditions among individuals with SCI, particularly pressure sores, cardiovascular disease, and obesity.

The overall mission of the Center is to improve the quality of life for people with SCI through greater health. To do this, we have two broad goals. First, we will conduct several important clinical research studies in order to discover new knowledge and information about how Individuals with SCI can prevent secondary conditions. Second, the Center will be focused on making sure that this new knowledge and information is being received directly by the members of the SCI community. Our outreach efforts will specifically target those who are underserved, such as individuals who are low-income or who do not speak English fluently. Additionally, the Center will work to further educate doctors who do not specialize in SCI, such as primary care physicians.

Please visit the website, www.sci-health.org/, let us know what you think, use the site to sign up for e-mail alerts about new items posted or opportunities to sign up for one of the research projects (if you are in the DC or Miami area), and then stay tuned for updates on the projects and news you can use.

AT Summer Institute

The Arizona Technology Access Program. A program of Northern Arizona University's Institute for Human Development announces... The 12th Assistive Technology Summer Institute

Topic: *Tomorrow in the Saguaro: "Cool Tools"*

Date: Thursday, July 22, 2010

Location: Glendale Civic Center

Who should attend: Individuals who want to know more about assistive technology, such as:

People with disabilities, family members and advocates

School/university personnel

OT's, PT's, SLP's

Vocational Rehabilitation Counselors

*Visit our website at www.nau.edu/aztap for more information

Driving to Independence Newsletter

Driving to Independence has released their first newsletter. The newsletter has some excellent tips on how to prepare your vehicle, and yourself, for the coming heat. It's also a good resource for those of you interested in adaptive driving.

If you would like to subscribe, please contact their office at 480-449-3331.

20th Anniversary ADA Gala

Date: Saturday, July 24, 2010

Time: 6:00PM – 11:00PM

Location: Tempe Mission Palms Resort, 60 E Fifth Street, Tempe, AZ 85281 (on Light Rail route)

Celebrate 20 years of Disability Civil Rights! The Americans with Disabilities Act has transformed our culture and opened doors for millions of Americans with disabilities. Wear your finest and join us for this fun, festive celebration! Hotel rooms will be available for purchase; please inquire when you RSVP for the Gala event.

Cocktail Hour (Cash Bar) - 6:00 – 7:00 PM

Dinner and ADA Awards – 7:00 PM

Live Music by "The Instant Classics" – 8:30 PM

Tickets ~ \$35 each, Table of 8 ~ \$280 Sponsorship & Scholarship Opportunities Available

Ticket Purchase Deadline is July 12th Online ~ www.azdac.org/gala By Phone ~ 602-503-6593 (V), 602-364-0990 (TTY) .

Community Weight Group for Individuals with Disabilities

Days: Every Tuesday and Thursday

Time: 4:00PM – 6:00PM

Location: 1012 E Willetta St., Phoenix, AZ 85006 (South of McDowell)

Cost: \$1 per visit OR punch card may be purchased for \$20 (good for 25 visits).

Come check us out. Your first visit is free. For more information call our Therapeutic Recreation Department, Lori at 602-839-2193 or Su at 602-839-5162.

This program provides a sociable, friendly open gym where an individual with a disability can independently use a 9-point weight machine designed for wheelchair accessibility. Other equipment available are a hand cycle, ube, sit cycle and nu-step machine. Staff is available for some assistance.

2010 Statewide Symposium in Support of Military Families: July 14-16, 2010

This conference provides important information for civilian community-based organizations who serve, or plan to serve, military personnel, veterans, and their families.

Understanding the military experience and culture is crucial to providing appropriate and effective services to this population. The symposium includes briefings on military and veterans benefits, combat-related physical and psychological health conditions and treatment strategies, impacts of deployment and combat injury on military families and their children, and community resources.

Main conference:

Wednesday, July 14th - Thursday, July 15, 2010

0800-1630 (8:00 am - 4:30 pm) both days

Desert Willow Conference Center

4340 E. Cotton Center Boulevard

Phoenix AZ 85040

Post Conference Intensive Tracks:

Three concurrent, intensive tracks will be offered on Friday after the main Symposium event: 1) Clinical Issues; 2) Faith-Based Community Support; and 3) Children of Military Families.

Friday, July 16, 2010

0800-1630 (8:00 am - 4:30 pm)

Desert Willow Conference Center

The Early Bird registration discount has been extended through the end of June. For more information and online registration: <http://www.arizonacoalition.org/symposium.html>

Baja Fresh Mexican Grill

Come join the Spina Bifida Association of Arizona at all valley locations of Baja Fresh Mexican Grill as they are working to enhance the quality of life for those living with Spina Bifida as well as promoting the prevention. **Join us on every other Monday starting June 7th thru August 30th 2010.** For questions, please contact the Association at 602-274-3323 or Adrian Purdy at 480-577-6327.

Sled Ice Skating and Hockey Clinic

Expand your exercise horizons this summer. This is a FREE event. All participants will be required to sign a waiver at the time of each session. No pre-registration is required.

Through a conjoined effort, City of Phoenix Parks and Recreation and Phoenix Coyotes Sled Hockey Association bring you an opportunity to try out the exciting sport of Sled Hockey and or Ice Skating with the use of a sled.

Sled Hockey is widely known as one of the most popular Paralympics winter sports. Players sit in specially designed sleds that rest on skate blades and use adapted hockey sticks with picks to propel themselves across the ice without the use of their legs.

Sled Hockey and ice skating is geared for people with mobility impairments but is open to anyone! We will provide all the equipment you will need and instructions on how to use it. Whatever your level you will enjoy the fun and thrill of flying on the ice!

Location, Dates and Times:

Oceanside Arena (Tempe) - August 1st 6:30-8:30 pm

Polar Ice (Peoria) - August 7th 4:30-6:30 pm

Polar Ice (Chandler) - August 14th 6:00 -8:00 pm

Polar Ice (Gilbert) - August 21st 5:10-7:10 pm

Oceanside Arena (Tempe) - August 28th 5:00-7:00 pm

Oceanside Ice Arena

Sunday August 1st - 6:30pm and Saturday August 28th - 5:00pm

1520 N. McClintock Drive

Tempe, AZ 85281

Phone: 480-941-0944

Polar Ice Peoria

Saturday August 7th - 4:30pm

15829 N 83rd Ave

Peoria, AZ 85382

Phone: 623-334-1200

Polar Ice Chandler

Saturday August 14th - 6:00pm

2 blocks southeast I10 / Ray Rd.

7225 W Harrison St

Chandler AZ 85226

Phone: 480-598-9400

Polar Ice Gilbert

Saturday August 21st - 5:10pm

2305 E Knox Rd

Gilbert, AZ 85296

Phone: 480-503-7080

If you have questions please contact Jeff Spellman at Phoenix Parks and Recreation Department 602-495-5507.

Assisted Living Home

Home is located near Desert Ridge Market Place. Licensed for five (5) patients and there are currently three (3) private room available. 24 hours care and live-in caregiver, Accepts Mercy care Altec patients. Everything is included with the fee. Private room is from \$2,500 to \$3,500 depending on the care.

If interested, please contact Lourdes M. Ferraro, RN. Lourdes is the owner and manager of the home. Phone number is 602-721-5255.

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!