



A Chapter of Christopher &
Dana Reeve Foundation



March 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

AzSCIA Peer Mentor Program

At a conference call earlier this week with the Christopher & Dana Reeve Foundation, Paul was notified that they are very interested in taking our Peer Mentor Program nationally. The foundation would like to have the Peer Mentor Program as their model for the rest of the chapters.

Congratulations to Ashleigh Turner Justice for her commitment in managing the program. It took her about one year to organize and arrange the program and here is another recognition for a job well done.

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.

Bake Sale & Art Show

Featuring artists with disabilities. The Arizona Spinal Cord Injury Association is hosting this special event to help raise funds for the Peer Mentor Program and the Women's Conference.

Please join us for good fun, good food, and a good cause! *We will have live entertainment and prize giveaways*

The Bake Sale and Art Show will be held at the Disability Empowerment Center's Courtyard and Conference Room 1 on Tuesday, March 30th. The hours are 10:00AM-2:00PM and 5:00PM-8:00PM.

Call for Artists: If you would like to display and sell your artwork, please send an e-mail to Ashleigh@azspinal.org or call 602-507-4209.

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.

Tucson El Conquistador

I don't know if I could possibly contain in words how wonderful it was to spend a week-long vacation with my new husband at the Tucson El Conquistador. The staff was amazing, the property was gorgeous, and every aspect from the food to the pool was exceptional! The accessibility was great, as well. The room we were in had a shower that had a fold-up bench and was large enough to roll-in and the furniture was pretty easy to transfer to. After a month or so of non-stop wedding planning and stress, Joel and I were looking forward to spending some much needed time together and the El Conquistador was the perfect place. It was quiet and serene and our room was beautiful, comfortable, and welcoming with amenities such as a back yard and a fireplace that made any time of day enjoyable. I could not have asked for a more enjoyable and relaxing vacation than what I found at the El Conquistador.

Ashleigh Turner Justice

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.

Cribbage Tournament

Date: Saturday, March 13, 2010

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

Time: 9:00AM – 2:00PM

Entry fee: \$10 [includes snacks, lunch, beverages]

Seating is limited! Reserve your spot by contacting GHershey@symbiusmedical.com.

1st Place: \$200; 2nd Place: \$100; 3rd Place: \$50.

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.

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 hobbist
\$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: Luke 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

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.

6th 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.

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.

Arizona Statewide Independent Living Council (SILC) A Needs Assessment Survey

Extended Deadline

Because of the great response SILC is receiving regarding our survey we have decided to extend the deadline until Friday, March 5, 2010.

The purpose of the survey is to collect information about disability related programs and services that provide opportunities for people with disabilities to live independently in their community and assess how those programs and services are doing in Arizona.

Your participation in the process is important. SILC wants to hear directly from people with disabilities, their family members, friends, care attendants, or other stakeholders who live in Arizona. If you want to express your ideas please go to <http://www.surveymonkey.com/s/2DVKBFH> to complete an online survey or go to www.azsilc.org to download a printable copy. Send all printed copies of the survey to:

AZ SILC
The Disability Empowerment Center, Suite 214
5025 E Washington Street
Phoenix AZ 85034

It's important you completed the survey no later than Friday, March 5, 2010. The survey will close on that date.

At the conclusion of the SILC survey a report with an analysis of the information will be available on the SILC website – www.azsilc.org or upon request in printed copy.

Please feel free to answer the questions as you like and skip any you feel uncomfortable about. The information you share in the survey will remain confidential. SILC will not use or attach any names or other personal information in the report. And remember, there are no wrong answers.

Thank you for taking the time to share your thoughts and ideas.

If you would like to request a hard copy sent to you via U.S. Postal Services or would like any additional information, please contact Tony DiRienzi, at 602-262-2900 or via email at tony@azsilc.org.

Pain Management Symposium

Date: Saturday, March 13, 2010

Location: Foundation for Senior Living, 1201 E Thomas Road, Phoenix, AZ 85014

Time: 10:00AM

The Power of Pain Foundation is hosting a FREE pain management symposium. The event arms pain patients, their caretakers and healthcare professionals with practical information. This includes the patient's ability to understand healthcare communication including insurance forms, what to expect as a patient when receiving healthcare and what caretakers and providers can do to assist their pain patient.

For more information, please call 480-882-1342 or www.powerofpain.org.

Rays of Hope Brain Injury Survivor and Family Conference

Date: Saturday, April 10, 2010

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

Time: 8:00AM - 1:00PM

What You Will Learn:

This conference is an opportunity for survivors of brain injuries, their family members and caregivers to learn about:

- Living with Brain Injury
- Helping a family members who has a Brain Injury
- Resources and supports in the community
- Coping with depression, grief and loss
- Navigating the journey of Brain Injury from other survivors and family members

For more information, visit www.biaaz.org and link to "Click here to register". Download the registration form and email completed registration form to burgan@biaaz.org or fax to 602-508-8285.

If you have questions, contact the Brain Injury Association of Arizona at 602-508-8024 or 888-500-9165 or email burgan@biaaz.org.

Transportation Service

The Arizona Spinal Cord Injury Association now 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! Unlike other transportation services, you won'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 wheelchairs, or four regular wheelchairs plus four ambulatory.

Call us! We can make your ***Wheels Toward A Dream*** trip a reality. Share with us your plans for your outing and we will work with you to make your trip come true. Arizona is a very beautiful state so start making your plans today!

Donations are accepted. All funding supports the AzSCIA Transportation Program. For questions, please feel free to contact the AZSCIA 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!