



A Chapter of Christopher &  
Dana Reeve Foundation



**November 2010**

We're on the  
Web!

[www.azspinal.org](http://www.azspinal.org)

Be our Friend!  
Facebook –  
Spinal Cord  
Injury

MySpace –  
AZ Spinal  
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](mailto: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

### Brown Bag University

Please join us for the remainder of our four-course in November. The courses are designed for you to ask questions in a small, comfortable setting.

The dates are:

Tuesday, November 16<sup>th</sup> - "Discussing Heart Issues" by Paul Mortensen, AZSCIA Conference Room

Tuesday, November 23<sup>rd</sup> - "Cooking for Quads" by Kayla Cheatham, Nina Mason Pulliam Conference Room 2

5:30PM – Dinner

5:45PM – 6:15PM - Course

6:15PM – 6:30PM - Q & A

Dinner and beverage will be provided. It is FREE to attend. Courses in November are limited to 10 individuals, so please RSVP today! For more information, please contact AZSCIA at 602-507-4209.

### 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

If you have any questions, contact Douglas Landsman, Ph.D., at 973-379-2690 or visit [www.ChristopherReeve.org/Symposium](http://www.ChristopherReeve.org/Symposium).

## Arizona Indian Education Association 2010 American Indian Youth Conference "Meeting the Challenge"

Date: Monday, November 1, 2010

Time: 8:00AM – 7:00PM

Location: Arizona State University, Tempe Campus

Sponsored by: Arizona Indian Education Association, Arizona Department of Education, Arizona State University, and Maricopa Community Colleges

- To honor youth and their ability to transform our communities in a positive way,
- To provide youth the knowledge and skills to achieve their academic and career goals, and
- To inform youth on educational and career opportunities through interactive activities and workshops

Keynote presentation • Educational workshop topics • Education/Career Information • Door Prizes • and More!!

**Pre-Registration Fee: \$85.00 per applicant**

**who should attend?** Grades 7 – 12 American Indian students

**For general information about the conference please contact:**

Pam Yemeni, Co-Chair

Phone: 480-731 – 8032

E-mail: [pam.yabeny@domail.maricopa.edu](mailto:pam.yabeny@domail.maricopa.edu)

OR Micaela Crank Thin, Co-Chair

Phone: 480-472 – 0580

Email: [mrcrank@mpsaz.org](mailto:mrcrank@mpsaz.org)

**For questions about registration, please contact:**

Kathy Zavala, AIEA Treasurer

Phone: 602-257-4051

Fax: 602-257-2837

E-mail: [kathy.savala@phxelem.k12.az.us](mailto:kathy.savala@phxelem.k12.az.us)

Visit [www.aieacorp.org](http://www.aieacorp.org) for general conference information and scholarship & registration forms available for download.

## Gentiva Rehab without Walls Farmers Market

Date: Thursday, November 4, 2010 from 9:30AM – 2:00PM at 7227 N 16th Street, Phoenix, AZ 85020

Please join us at the Farmers Market! Proceeds benefit the summer camps sponsored by the Brain Injury Association of Arizona and Arizona Spinal Cord Injury Association.

Items which have sold well include: Handmade greeting cards, felted wool purses, girls decorated headbands and barrettes, seasonal items, handmade jewelry, salsas and dips, sweet breads, and homemade candy.

Contact Maribeth at [Maribeth.Hirte@Gentiva.com](mailto:Maribeth.Hirte@Gentiva.com) or 602-943-1012.

## All Access Summit Challenge – Family Friendly

Date: Saturday, November 6, 2010

The Phoenix Summit Challenge is a non-competitive hiking event that embraces various ages, abilities, and fitness levels to challenge an individual's mind and body while enhancing the quality of life and promoting healthy outdoor recreation. We challenge participants and families on barrier-free and summit trails in the mountain preserves and parks of Phoenix.

### All-Access-Paved

Hike four wheelchair/stroller friendly trails of the Phoenix Parks!

One Day - 4.5 miles, 10 hours

- Papago Park
- South Mountain
- Rio Salado
- North Mountain

### All-Access-Personal Challenge

This course will allow participants to personally challenge themselves by going longer distances and hiking Shaw Butte, the final summit of the challenge. Shaw Butte is an uneven, unpaved trail that may require the use of specialized equipment which we will provide.

One Day - 9.5 Miles, 10 hours

- Papago Park
- South Mountain
- Rio Salado
- North Mountain/Shaw Butte

Registration Fees: \$22 for Adults and \$12 for youth (17 years and under). Fee includes t-shirt, celebration dinner at the Phoenix Zoo on Sunday, November 7<sup>th</sup> (5-8pm) and free admission to Zoo Lights. For more information, contact Johanna Bookbinder, CTRS, and City of Phoenix Parks & Recreation Department at 602-495-5504.

## Painting a Moving Train

The Greater Valley Area Health Education Center proudly presents a training designed to introduce the implications of post-traumatic stress disorder (PTSD) and Traumatic Brain Injury (TBI) as it relates to the service member who is returning home from Afghanistan and/or Iraq. This training will also help providers navigate the systems of care in order to connect service members and military families to the resources in their area.

Date: Friday, November 5, 2010

Time: 9:00AM – 4:30PM

Location: Southern Arizona VA Healthcare System, R. E. Lindsey Jr. Auditorium, 3601 S 6<sup>th</sup> Ave., Tucson AZ 85723

Cost: Early Bird registration is \$65 through October 22, 2010  
Late registration (after October 22) is \$75

**WHO SHOULD ATTEND:** Behavioral Health Providers, Social Workers, Educators, First Responders, Primary Care Providers, and other allied health and social service providers who may provide services to service members, veterans, and military families?

**SCHEDULED PRESENTERS** include clinicians from the Southern Arizona VA Health Care System, the Tucson Vet Center, the Joint Family Programs Office, and Trieste Healthcare Alliance.

For more information visit: [www.gvahec.org](http://www.gvahec.org) and [www.arizonacoalition.org](http://www.arizonacoalition.org).

## Phoenix Banner Wheelchair Suns/Mercury/Junior Suns

### Schedule 2010 - 2011 Season

November 21, 2010	University of AZ at Broadway Recreation Center, Mesa, AZ	Suns, Mercury
December 3-5, 2010	At U of A, Tucson, AZ	Mercury
December 3-5, 2010	At Golden State Tournament San Jose, CA	Suns
December 10-12, 2010	Tournament at Broadway Recreation Center, Mesa, AZ	Jr. Suns
January 7-9, 2011	At Las Vegas Tournament	Suns
January 21-23, 2011	At Las Vegas Tournament	Mercury
January 28-30, 2011	Tournament at Broadway Recreation Center, Mesa, AZ	Suns
February 4-6, 2011	West Coast Conference Regional, Berkeley, CA	Jr. Suns
February 11-13, 2011	At LA Clippers Tournament	Suns
February 18-20, 2011	At Albuquerque, NM	Suns
March 4-6, 2011	At West Coast Conference Championship, Seattle, WA	Jr. Suns
March 18-20, 2011	At Las Vegas Tournament	Suns
April 6-11, 2011	National Wheelchair Basketball Championships Denver, CO	Suns, Jr. Suns & Mercury

The Suns and the Mercury will be playing other tournaments in Tucson dates TBD. For more information contact Gary Venjohn at 602-790-7909 or email [gwvenjohn@cox.net](mailto:gwvenjohn@cox.net).

## Independent Living Resource Fair

Date: Friday, November 12, 2010

Location: Disability Empowerment Center, 5025 E Washington Street, Phoenix, AZ 85034, at the Nina Mason Pulliam Conference Center & Courtyard

Time: 10:00AM to 3:00PM

The Community Integration Unit-Independent Living Team will be hosting a Independent Living Resource Fair. The Resource Fair's primary goal is to provide information to assist Consumers, Caregivers, Families, and the Community with resources to enhance Independent Living. The fair will include multiple organizations who all share a common goal: To provide independence! Please RSVP your attendance to Lyne Petersen at 602-296-0534.

## Raising Funds by Raising Glasses

Raising Glasses LLC presents AMERICA, a wine tasting benefit raising funds for Veterans Services Association, Inc. (VSAI). The tasting will be held Saturday, November 13<sup>th</sup> from 7-10PM at Devil's Martini North, 10825 N Scottsdale Road in Scottsdale. Cost is \$15.

This is VSAI first venture into doing a fund raising event of this nature, and we need your support. We are trying to raise more money so that we can reach out and do more to help out our needful Veterans and their families. Please plan to attend or at least purchase one ticket to this event. The money has always been used to support homeless and disabled veterans and about 98% of every dollar raised goes to support these programs.

Each tasting consists of a 1.25 oz pour of five different wines for a total of 65 oz. By law, only persons 21 years of age and older are permitted to consume alcohol. For more information, please visit [www.RaisingGlasses.com](http://www.RaisingGlasses.com), [info@RaisingGlasses.com](mailto:info@RaisingGlasses.com) or 602-301-3039.

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## Arizona Heart to Heart Radio Show

Making this world a better place a home, school, in society and at work through acts of kindness, storytelling and embracing our human side.

School Solution: Recruiting children starting at age 5 thru college to be co-hosts, guest speakers, narrators for commercials and entertainment for the show, including children with disabilities.

Show supports FREE leadership programs in school.

Starting in November 13<sup>th</sup>

World Kindness Day Heart to Heart Radio Show

KPHX 1480 AM 1-2PM 602-257-1351

The radio show is a unique one hour of entertainment and informative storytelling. The show will provide a platform for people young or old, of all cultures, backgrounds, and abilities to share their stories and make a difference at the same time. Guest speakers will share their journeys of life from childhood to present.

"Mom Let Me Be ME" by Helen Noonan, Wholesale Price \$11.95. Host a book signing event and help a child. Visit [www.authorhouse.com](http://www.authorhouse.com).

[www.arizonahearttoheartgallery.com](http://www.arizonahearttoheartgallery.com). Advertise your business, promote your talents and share a story of kindness! All programs and services include people with disabilities. **Arizona Heart to Heart** offers Leadership Programs for students K-12, Beauty Services and Workshops for girls and Fashion Shows for fundraisers.

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## Working 2 Walk Symposium

5th Annual Working 2 Walk Science & Advocacy Symposium

November 11-13, 2010 at Phoenix Airport Marriott

[http://www.unite2fightparalysis.org/w2w\\_2010\\_phoenix\\_home](http://www.unite2fightparalysis.org/w2w_2010_phoenix_home)

Don't miss this opportunity to join with the leading research scientists, practitioners and advocates from the paralysis community. At **Working 2 Walk** you will:

- Get the latest updates on progress toward curative therapies (we are getting there!) from leaders in the scientific and biotech industries;
- Learn how to become part of the solution through training and brainstorming sessions with leading advocates;
- Network with other members of the community - SCI survivors, family members, practitioners, and industry leaders all working toward a cure;
- Have some fun at our social, recreational and fundraising events.

## Wheelchair Athletes Worldwide Mumbai, India Project Bowl-A-Thon Fundraiser

**Date:** Saturday, November 13, 2010

**Location:** Fiesta Bowl, 501 W. River Rd., Tucson, AZ 85704, 520-887-2695

**Time:** 3pm-5pm

**Individual Bowling Cost:** \$10 for Children (under 16); \$15 for students/disabled/Seniors; \$20 for non-students

Team Competition: \$250 (Form a team and compete to be a champion!) (5 players per team!) Lane sponsorship also available for those of you who can not make the event.

**Why:** Purchasing sport wheelchairs to donate to disabled people in Mumbai, India.

**Who:** Wheelchair Athletes Worldwide is a registered 501(c)3 nonprofit organization dedicated to enhancing the lives of individuals with physical disabilities through the donation of sport wheelchairs and the demonstration of wheelchair basketball by accomplished disabled athletes. Our goal is to promote self-esteem, social & sport development, and hope through involvement in wheelchair basketball and other wheelchair sports. Donations are primarily distributed in countries where limited or no support is available for wheelchair sports. Each participant gets two hours of bowling and shoe rental. Everyone will have a chance to win prizes if they have the skill!

**RSVP:** By Monday, November 1st, 2010 to Peter Hughes 619-249-1885 or 520-579-0862 [coachhughes50@hotmail.com](mailto:coachhughes50@hotmail.com).

For more information about Wheelchair Athletes Worldwide, go to <http://wheelchairathletesworldwide.org>

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## Living Well With A Disability Course

Living Well with a Disability – Let Us Show You How

- Would you, or someone you know, like to enjoy a better quality of life, to get help in reaching a personal goal, or perhaps, just make fewer trips to emergency or urgent care?
- If you answered YES, then plan to attend LIVING WELL WITH A DISABILITY.

This is a 20 hour/10-week health promotion program for adults with physical disabilities. There is no charge to attend. The structured curriculum was developed and tested by the University of Montana, Rural Institute on Disabilities, Kansas University with many participating CIL members.

**WHEN: Fridays, October 1ST – December 10th 2010 - 1:00 AM – 3:00 PM**

**WHERE: ABIL Disability Empowerment Center, 5025 E. Washington Street, Classroom A**

Register early. Space is limited. Presented by ABIL and the Valley of the Sun YMCA. **For more information and to register, contact: Leonard Smith 602-386-4281.** ABIL is fragrance Free! Please don't wear scented products to ABIL meetings and events.

## Junior Wheelchair Basketball Tournament

Dates: Saturday December 11 – Sunday, December 12

Location: Broadway Recreation Center, 59 E. Broadway Road in Mesa.

Come support your AzDS programs and cheer on the Junior Suns to another victory!  
<http://www.bannerwheelchairsuns.org/Suns/Welcome.html> If you would like to volunteer, please contact Gary Venjohn at 602-790-7909 or [gwvenjohn@cox.net](mailto:gwvenjohn@cox.net).

## 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.

## Accessible Autumn Activities

Looking for accessible outdoor activities? Check out [www.birdingwithoutbarriers.org](http://www.birdingwithoutbarriers.org), it's more than just bird watching! Check out the new FALL COLOR page - lists wheelchair accessible trails displaying great fall foliage in Arizona, fall train tours, fall nature festivals, and fall foliage updates. Also many new events listed on AFTER DARK page - Autumn moon hikes, stargazing, and more art walks!!!  
<http://www.birdingwithoutbarriers.org/p/fall-color.html>

## Employment Options, Inc.

Now recruiting nationally for 500 home-based customer service 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](http://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).

## 2<sup>nd</sup> 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](http://www.RunWalkRollAZ.com) or email [lane@mesadisabledsports.com](mailto:lane@mesadisabledsports.com) for more information.



## Special Needs Trust Planning

Special Needs Planning involves the coordination of Estate and Financial Planning to assist in providing for the "special needs" of an individual. This type of planning typically involves an individual arranging for the future care of a loved one with a special need. Planning may make a significant difference in the life of the loved one with a special need, as well as provide vital information to those caring for the individual in the future

Providing for an individual with a special need who is receiving, or who may need to receive, government benefits, such as Medicaid and Supplemental Security Income (SSI), must be done carefully. Assets (or an income stream) received directly by a person with a special need who is also receiving Medicaid or SSI benefits may result in the loss of those government benefits and services."

To assist in preventing the loss of government benefits and services, "Special Needs Trusts", sometimes referred to as "Structured Settlement Trusts", "Discretionary Trusts", "Supplemental Needs Trusts", or "Amenities Trusts" may be considered.

### **What is a Special Needs Trust?**

The primary purpose of a Special Needs Trust ("SNT") is to hold assets for the "supplemental needs" of an individual with a special need, without disrupting entitlement to government benefits and services. To help accomplish this, the SNT should be drafted in accordance to all State and Federal guidelines.

A SNT is drafted to be completely discretionary so the person with the special need, who is the SNT beneficiary, has no legal right to demand or receive mandatory distributions from the SNT. Instead, the Trustee of the SNT has sole discretion concerning distributions from the SNT for the "special needs" of the beneficiary. Consequently, the law considers the SNT assets to be "unavailable" to the beneficiary. As a result, these assets may not be considered in determining the beneficiary's eligibility for government benefits and services.

The term "special needs", refers to the fact the SNT is drafted to provide for an individual's "supplemental or special needs", not their "basic necessities" or items provided through government benefits. If distributions are made for these types of items or if distributions are made directly to the beneficiary, the assets in the SNT may be considered "available" and may adversely affect the beneficiary's eligibility for government benefits. This is why the correct administration of a SNT is important.

There are two general categories of Special Needs Trusts: Third-Party Special Needs Trusts and First-Party Special Needs Trusts. Which type to utilize is dependent, upon how the trust will be "funded", who will fund the trust, and under what circumstances? Each type of SNT has different requirements in order for it to be compliant with State and Federal regulations. Regardless of the type of SNT, it should always be a part of a comprehensive estate plan, including a Living Trust as well as Health Care and Financial Powers of Attorney.

### **Third-Party Special Needs Trusts**

A Third-Party Special Needs Trust ("TPSNT") is a type of SNT funded utilizing the assets from a third-party, either through a gift or an inheritance.

Generally, this situation involves parents or grandparents leaving assets in a TPSNT in order to help finance the lifestyle "supplemental needs" of an individual with a special need.

This type of SNTs may be drafted utilizing stand alone documents or through language included in an individual's existing Living Trust.

If a TPSNT is drafted to finance an individual's care for a lifetime, it would be appropriate to have a Financial Plan prepared in order to analyze future needs. A Financial Plan will help to ensure that the TPSNT is sufficiently funded for a lifetime of care. If a financial shortfall is identified, the TPSNT may be funded with life insurance paying to the trust upon the death of the third party (e.g. – a parent or grandparent).

A comprehensive Financial Plan includes a thorough analysis of past, present and future financial, medical, physical, emotional and social needs. It analyzes the financial impact of the death of the primary care giver (e.g. – a parent or other close family member) and the impact that event will have on the future expenses. Expenses may increase as the care, management, and guidance previously provided by the primary care giver (e.g. – parent or grandparent) must now be obtained from a professional service at a cost.

Another type of TPSNT is a Testamentary Special Needs Trust ("TSNT"). A TSNT may be used when a spouse wishes to leave an inheritance to another spouse (for their "special needs") who is receiving Medicaid. If any assets are paid directly to the surviving spouse, these payments may disqualify them from receiving Medicaid benefits. If the inheritance is left in a TSNT, for the benefit of the surviving spouse, the funds placed in the TSNT may be considered unavailable and may not disqualify the surviving spouse from receiving Medicaid.

A TSNT must be set up in advance. Once the Medicaid recipient spouse is entitled to receive the funds, their eligibility may be in jeopardy, unless they either "spend down" those assets on their nursing home costs or do additional Medicaid Planning to preserve some of the assets.

A significant advantage of TPSNTs would be any assets remaining in a TPSNT when the "special needs" beneficiary dies are paid to the contingent beneficiaries named in the trust documents (e.g. – spouse, children, grandchildren, etc.) Unlike a First-Party Special Needs Trust, a TPSNT is not required to "pay back" the State upon the death of the beneficiary for benefits provided to the "special needs" beneficiary.

### ***First-Party Special Needs Trusts***

A First-Party Special Needs Trust ("FPSNT"), also called a Self-Settled Special Needs Trust, is a type of SNT "funded" with assets owned by the individual with a special need, not a third-party. This is why it is called "First-Party". A FPSNT may be utilized in situations where a person with a special need, who is dependent on Medicaid or SS, receives an inheritance, gift, award, or legal settlement.

Similar to a Third-Party Special Needs Trust, a properly drafted, funded, and administered FPSNT may help preserve a special need person's eligibility for government benefits and services. This is because the assets placed in a FPSNT may be considered unavailable in determining eligibility for government programs. A FPSNT must be irrevocable, conform to all State and Federal guidelines, and it must restrict the use of the trust funds to the beneficiary's "special needs".

Unlike TPSNT's, the "have your cake and eat it too" capability of preserving a disabled individual's assets while, at the same time, preserving eligibility for public benefits, comes at a cost. The statute authorizing Medicaid Payback Trusts mandates FPSNT's contain a provision stating, when the disabled beneficiary dies, the State has a priority claim against any remaining trust assets for the value of all medical assistance provided to the beneficiary during their lifetime.

A Medicaid Payback Trust may be established for a person with a special need under age 65, provided it is established by the person's parent, grandparent, legal guardian, or by court order.

Proper administration of a SNT is equally important as the proper establishment and drafting of the SNT. Failure to properly administer a SNT adhering to State and Federal guidelines may result in a loss of SSI or Medicaid benefits. Therefore, it is important to select a well-qualified Trustee to manage the trust assets. For more information contact Christopher Carter by calling TWSFinancial at 623-748-3920 or by email at [ccarter@twswfinancial.com](mailto:ccarter@twswfinancial.com).

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## Susan G. Komen 3-Day for the Cure™

One of our Peer Mentors, Karen Halgren, will be doing the Komen 3 Day Walk for a Cure. From her 3 day page- "Please support me as I take on the amazing journey in the fight to end breast cancer!" The Susan G. Komen 3-Day for the Cure is a 60-mile walk over the course of three days. Net proceeds from the Susan G. Komen 3-Day for the Cure™ are invested in breast cancer research and community programs." To help Karen out, please check out her 3day page here: [www.the3day.org/goto/Karen.Halgren](http://www.the3day.org/goto/Karen.Halgren) All donations are tax deductible. Any and all help is much appreciated! Thank you VERY much!

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## 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](http://phoenix.gov/eitc) or call 602-262-6658 or email to [EITC@phoenix.gov](mailto:EITC@phoenix.gov).

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## 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](http://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.

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## 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](http://www.anjfp.com).

My goal is to get this out to as many kids, families, schools, pediatric hospitals, early childhood programs, recreation programs etc. I have prototypes that I can share electronically as well for businesses/organizations and am capable of doing bulk orders.

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## AZSCIA Inventory List

The Association's storage shed is full with DME. If you are interested in any of the items below and are willing to pick up the items, please contact Michael Bruning at 602-703-2199 or AZSCIA office at 602-507-4209.

We Have at least (3) Power Chairs, (2) Manual Chairs, several Seat Top Commodes that sit on the toilet, a few walkers, (2) Standing Tables, (3) Hoyer Lifts without seats, (2) over the toilet commodes.

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## 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.

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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!**