AzSCIA Spotlight!

AzSCIA would like to thank and honor Sgt. First Class Cory Remsburg, who attended the State of the Union Address in DC the other day, and received the longest standing ovation ever!

Cory lives here in Arizona and is a member of AzSCIA. He uses our transportation program to get to and from his rehabilitation appointments on a daily basis. His struggle and triumph is amazing and we have thoroughly enjoyed having Cory be a part of this organization.

If you would like to help our transportation program, that gives people the opportunity to get to and from their homes, please donate to AzSCIA today! Cory is just one example, one person, who has benefited from our service, and there are many more who need our help!

Please visit our website, www.azspinal.org, and go to our Donate Page! There you can electronically donate online!

Our members need your help & our programs provide people with the opportunity to be a part of this community!
Flagstaff Support Group
When: Tuesday February 4th  
Time: 2:00PM-3:30PM
Where: FMC Training Offices 1000 N Humphreys
Description: Northern Arizona support group takes place first Tuesday of the month, Facilitator: Russ Bull 928-779-4147

Men's Disability Issues Group
When: Thursday February 20th  
Time: 5:30pm – 7:00pm
Where: Disability Empowerment Center, 5025 E. Washington St, Phoenix, AZ 85034 (map)
Description: for Men 18 and over, the third Thursday each month. Disability Empowerment Center 5025 E. Washington
Facilitator: Don Price 602-980-3232 or donp@abil.org

VOICE Support Group
When: Thursday February 13th  
Time: 2:00pm-4:00pm
Where: Glendale Public Library, 5959 W Brown Street in Glendale
Description: West Valley cross disability support group, every second Tuesday of the month. Facilitator: Janene Werner, 602-814-9717 voicejw@yahoo.com or www.voice-az.com

Compass Support Group
When: Friday February 21st  
Time: 2:00pm-4:30pm
Where: Granite Reef Senior Center, 1700 N Granite Reef Rd., Scottsdale, AZ 85257

Please contact Pauline Staples for more information at 480-628-3028 or plstaples@msn.com

Women’s Support Group “Kaleidoscope”
When: Wednesday February 19th  
Time: 5:30pm-7:30pm
Where: Disability Empowerment Center, 5025 E. Washington St, Suite 110 Phoenix, AZ 85034 (map). For more info please contact Donna Powers by email twocats345@msn.com or by phone at 602-577-0517. Thank you!

Prescott Valley Support Group
When: Thursday February 6th  
Time: 6:00pm-8:00pm
Where: Mountain Valley Regional Rehabilitation 3700 N. Windsong Dr, Prescott Valley AZ. For more information contact Jo Crawford at 928-759-8800

Tucson Support Group
When: Monday February 24th  
Time: TBD
Where: Facilitator Pete Hughes changes the time and location each month. Contact him for more information at coachhughes50@hotmail.com or by phone at 619-249-1885.
Register online at www.azspinal.org on the bottom of our homepage!!!!!!!!!!!!!
Phoenix Banner Wheelchair Suns/Mercury/Jr. Suns 2013-2014 Schedule

Here is what we have left for the end of the season!

Only one home tournament left and it is Women’s Nationals!!!!!!

February 8-9, 2014  Tournament at LA Clippers, Los Angeles, CA  Suns

February 15-16, 14  Tournament at Sports & Fitness Center
                    5031 E. Washington St. Phoenix, AZ  Mercury

February 15-16, 14  Tournament at Las Vegas, NV  DIII

February 22-23, 14  Tournament at Albuquerque, NM  Suns

Feb. 22-23, 2014    Southern Cali Conference Championships
                    Tournament Rancho, CA  DIII

March 1-2, 2014    Tournament at Las Vegas, NV  Suns

March 1-2, 2014    West Coast Conference Championships, Spokane, WA  Jr. Suns

April 3-6, 2014    National Wheelchair Basketball Championships
                    Louisville, KY  DIII, Suns, Jr. Suns
Arizona Spinal Cord Injury Association
Transportation Services

AZSCIA provides transportation to consumers 24 hours a day and 7 days a week. It is available for every need, from doctor’s visits to going to the grocery store or just needing a ride to an outing with family & friends.

Our drivers are well trained in defensive driving, wheelchair lift equipment, CPR, First Aid, and van operations.
Our rates are extremely competitive and we will transport anywhere in the State... and with adequate notice we can transport anywhere in the US.

Family members and caregivers ride free with the consumer!
We also have our vans available for lease or to rent! This works great if you have a big event, sports activity, or planning a trip out of town and need the space and accessibility!

For further information contact Michael J. Bruning, Transportation Supervisor, at 602-703-2199 or send a detailed request to bruning4@msn.com.

You can also call the Office of AZSCIA at 602-507-4209 or toll free at 888-889-2185
RUGBY RAVE

February 7-9, 2014

Virginia G. Piper
Sports & Fitness Center
for Persons with Disabilities
www.spofit.org
5031 E. Washington St. Phoenix, AZ 85034
2004 SE Dodge Grand Caravan

- VMI Northstar In-floor ramp, lowered floor conversion
- Only has 82,500 miles on it. Runs, and rides great.
- 10" Full Drop Floor
- Kneeling-System
- 4 point securements
- One touch of a button and the power door opens, the ramp slides out, and the van lowers to reduce the incline up the ramp.
- V-6 engine provides plenty of power
- Van features include: power windows, dual power door locks, dual power sliding doors, cruise control, power mirrors, AM/FM/CD stereo, power rear vent windows, remote keyless entry.
- One owner and van is in good condition! Has some minor scratches and carpet is in fair condition, but it's almost 10yrs old so it's going to show wear. Call 602-363-8523 after 4 pm.
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Who we are
Rebuilding Together Valley of the Sun harnesses the energy of volunteers to provide free critical safety modifications to low-income homes. Since 1991, Rebuilding Together Valley of the Sun has engaged more than 60,000 volunteers from nearly 500 organizations throughout Arizona. Our philanthropic efforts have resulted in $7 million in repairs at over 1,500 homes and 60 nonprofit facilities.

Senior Fall Prevention Services
Senior Fall Prevention Services provides home safety modifications to reduce the risk of falls. These modifications include: bathroom grab bars, bathtub bars, raised toilet seats or safety rails; bath/shower seats, slip-resistant bath/shower mats, hand-held shower heads, transfer ramps and night lights.

Arizona Ramp Project
Every Saturday a team of 6-8 volunteers build simple wooden ramps out of pre-built modules. These ramps allow homeowners with walkers and wheelchairs to safely get in and out of their home once again.

Paint-a-thon
For the annual Paint-a-thon, teams of 15-20 volunteers paint homes the last Saturday of October, resulting in over 125-150 homes being painted across the state in a single day. Volunteers receive all the necessary supplies and paint as well as insurance coverage for the day of the event.

To Qualify
These services are FREE to:
- Low-income homeowners (total household income is 50% or less than the median income in Maricopa County) AND
- Over 60 years old OR
- Individuals with permanent physical disabilities OR
- Veterans

Senior Fall Prevention Services can also be provided at a discounted fee for those who do not meet the low-income requirements.

To apply for assistance, applicants can fill out the same application for both Senior Fall Prevention Services and the Arizona Ramp Project. There is a separate application for the paint-a-thon.
Upcoming e-news information......

If there is anything that you would like to share with your fellow members, please contact Tiffany Wilkinson (Tiffany@azspinal.org). She will ensure that the information will be posted on the e-news.

Thank You!

More Information & Resources can be found on these websites and organizations!
The Christopher & Dana Reeve Foundation [www.paralysis.org]
Arizona Governor’s Council on Head and Spinal Injuries [www.azheadspine.org]

Go to [www.azspinal.org] and on our homepage there is a Statewide Calendar, plus separate calendars for Central, Northern, and Southern Arizona events. Check out the different ways you can Get Involved & Donate to AzSCIA!

If you want an ad and/or any events added to our monthly newsletter contact/email Tiffany Wilkinson [tiffany@azspinal.org]!

Thanks,
AZSCIA staff