Welcome to 2015

Happy New Year everyone. We hope you had a wonderful holiday season. We’re back in full swing and hope you are as well.

We have some exciting things planned for 2015! Looking forward to seeing everyone out and about. Our new and improved education series will begin on Tuesday Mar. 31. Be watching for more information. We will post it on our website, Facebook, Twitter and in the February newsletter. We will also have an online registration for you to sign up.

Sincerely,
AzSCIA Staff & Board
Flagstaff Support Group
When: Tuesday Jan.6th      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 928-779-414

Prescott Valley Support Group
When: Thursday Jan.8th     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

VOICE Support Group
When: Thursday Jan.8th     Time: 11:00am-1:30pmpm

Women's Support Group "Kaleidoscope"
When: Wednesday Jan.21st   Time: 5:30pm-7:00pm
Where: Disability Empowerment Center, 5025 E. Washington St, Suite 110 Phoenix, AZ 85034. For more info please contact Donna Powers by email twocats345@msn.com or by phone at 602-577-0517.

Men's Disability Issues Group
When: Thursday Jan.15th    Time: 5:30pm - 7:00pm
Where: Disability Empowerment Center, 5025 E. Washington St, Phoenix, AZ 85034
Description: for Men 18 and over, the third Thursday each month.
Facilitator: Don Price 602-980-3232 or donp@abil.org

Compass Support Group
When: Friday Jan.16th      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

Tucson Support Group
When: Monday Jan. 26th     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.
Arizona Spinal Cord Injury Association
Transportation Services

Program Changes

We have a new transportation service. All requests for transportation will now go through Jesus Rodriquez and his new company- All Valley Transportation Services. Please call Jesus for all your driving requests. 480-862-2784

Jesus provides transportation to consumers 24 hours a day/7 days a week. He 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. Jesus is well trained in defensive driving, wheelchair lift equipment, CPR, First Aid, and van operations. His rates are extremely competitive, and will transport anywhere in the State. 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 Jesus at 480-862-2784 or send a detailed request to jesus.azscia@outlook.com

You can also call the Office of AZSCIA at 602-507-4209 or toll free at 888-889-2185 for more information.
Upcoming AZSCIA Events

National Wheelchair Basketball Tournament – Mercury 8th Annual
SPONSORS:
ARIZONA SPINAL CORD INJURY ASSOCIATION
PHOENIX BANNER WHEELCHAIR SUNS/MERCURY

SATURDAY & SUNDAY JANUARY 10-11, 2015
Virginia G. Piper Sports & Fitness Center
5031 E. Washington Street
Phoenix, Arizona 85034

A). Denver Lady Rollin’ Nuggets    B). University of Arizona Lady Wildcats
C). Phoenix Banner Wheelchair Mercury  D). Banner Wheelchair Suns DIII
E). Tucson Lobos

SATURDAY JANUARY 10, 2015

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<th>Game</th>
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<th>Court</th>
<th>Match-up</th>
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<tr>
<td>1</td>
<td>9:00 AM</td>
<td>WEST COURT</td>
<td>Banner Wheelchair Mercury vs. Denver Lady Nuggets</td>
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<td>2</td>
<td>10:30 AM</td>
<td>WEST COURT</td>
<td>U of A Lady Wildcats vs. Banner Wheelchair Suns DIII</td>
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<td>3</td>
<td>12 Noon</td>
<td>WEST COURT</td>
<td>Denver Lady Wildcats vs. Tucson Lobos DIII</td>
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<td>4</td>
<td>1:30 PM</td>
<td>WEST COURT</td>
<td>Banner Wheelchair Mercury vs. U of A Lady Wildcats</td>
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<td>5</td>
<td>3:00 PM</td>
<td>WEST COURT</td>
<td>Denver Lady Nuggets vs. Tucson Lobos DIII</td>
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<td>6</td>
<td>4:30 PM</td>
<td>WEST COURT</td>
<td>U of A Lady Wildcats vs. Denver Lady Nuggets</td>
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<tr>
<td>7</td>
<td>6:00 PM</td>
<td>WEST COURT</td>
<td>Banner Wheelchair Suns DIII vs. Tucson Lobos DIII</td>
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SUNDAY JANUARY 11, 2015

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<tr>
<td>8</td>
<td>9:00 AM</td>
<td>WEST COURT</td>
<td>Denver Lady Nuggets vs. Banner Wheelchair Mercury</td>
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<tr>
<td>9</td>
<td>10:30 AM</td>
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The gym will be open 8:00 AM Saturday and 8 AM Sunday. First team listed will wear light jersey. For more information call 602-790-7909. www.bannerwheelchairsunz.org

Volunteers needed to keep score. Please contact Gary Venjohn at 602-790-7909.
There will also be a men’s tournament on January 24/25 so he will need volunteers for that event as well. Let Gary know where you can help out. Thank you!
Save the dates!! New Education series coming this spring!

“Wheeling Towards Independence”

Empowering Individuals to Achieve Independence

Dates: March 31, April 7, April 21, April 28, May 5, May 14

Time: 4:30pm – 7:30pm

More information to follow as we get closer. Hope you will all join us.

Here are a couple of ways to help support AZSCIA when you shop:

Do you shop on Amazon? Why not support AzSCIA while getting a great deal!

Amazon Smile is a simple and automatic way for you to support your favorite charitable organization every time you shop, at no cost to you. When you shop at smile.amazon.com, you’ll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate a portion of the purchase price to your favorite charitable organization. You can choose from nearly one million organizations to support. Amazon donates 0.5% of the price of your eligible Amazon Smile purchases to AZSCIA. Amazon Smile is the same Amazon you know. Same products, same prices, same service.

To shop Amazon Smile for AzSCIA follow this link and log into your Amazon account: AzSCIA AmazonSmile. Thank you for your continued support! Just another way to help out.

We are now a partner with Albertsons, so if you shop there, please consider using this Community Partners barcode below with each and every grocery purchase at Albertsons (we have copies in the office if you would like to stop by and pick one up or we can mail you one).

Our organization will earn cash rewards based on our supporters sales. We can earn 1% of the sale each time the barcode is scanned with a grocery purchase. If we earn sales tallying over $50,000. Albertsons will donate 5% to AZSCIA! Thank you in advance for your support!!! We will be receiving permanent cards soon so we will let you know when they come in,
Paralysis Resource Guide

The Paralysis Resource Guide (third edition) is a FREE 442-page book, a comprehensive, illustrated information tool for people affected by paralysis and for those who care for them. The guide is available in multiple electronic formats and hard copy. All formats are free.

Download your free copy in several formats from the Christopher and Dana Reeves Foundation: [Paralysis Resource Guide](http://www.christopherreeve.org/site/c.ddJKRN0FiG/b.9031137/k.F3D2/2014_Epidural_Stimulation_Center.htm)

Exciting News for those with SCI

Four Paraplegic Men Voluntarily Move Their Legs, an “Unprecedented Breakthrough” for Paralysis Community

New Research Documents the Effectiveness of Epidural Stimulation as a Therapy Option for Paralysis

[http://www.christopherreeve.org/site/c.ddJKRN0FiG/b.9031137/k.F3D2/2014_Epidural_Stimulation_Center.htm](http://www.christopherreeve.org/site/c.ddJKRN0FiG/b.9031137/k.F3D2/2014_Epidural_Stimulation_Center.htm)

Upcoming 2014-2015 events with Az Disabled Sports

Adaptive sports and recreational programs provided for individuals with physical disabilities.

6th Annual Run, Walk & Roll 5K/10K

DATE: January 10, 2015
LOCATION: Mesa Riverview Park
EVENT DESCRIPTION: This event is a 5K/10K race that also includes a .5mi kids fun run for youth ages 12 and younger and a 1 mile fitness walk. This is a fun event for all ages and ability levels. Visit [www.runwalkrollaz.com](http://www.runwalkrollaz.com) for more information and registration.

Upcoming ABIL Events

Valley Metro & FREE Light Rail Ride
Wed, January 21, 10am – 12pm

Where
DEC Classroom A, 5025 E. Washington St., Phx. 85034

Calendar
ABIL Events Calendar - Click on an event for more information

Description
Overview of the Phx transit system, how to plan your trip, fare policy, Dial-A-Ride, ADA certification, the mobility center, options such as cab programs and mileage reimbursement. To register, go to www.abil.eventbrite.com. Contact David Carey at 602-443-0723 for questions or assistance.

Did you know you can work even if you have a disability and receive Social Security benefits? Most people with disabilities can do some work and many can work again full time. Don't let fear stand in your way. If you are tired of worrying about money and are tired of being bored, please continue reading. If you currently receive SSDI or SSI benefits you are eligible for programs and work incentives that can help you to get a job and manage your benefits. As a recipient of Social Security benefits you qualify for a number of work incentives and a program called Ticket to Work.

ABIL Employment Services has been providing assistance and support to persons with disabilities seeking employment through the Ticket to Work program since 2002. We are recognized as one of the largest and most successful organizations providing services through the Ticket program in the entire country.

For more information check the ABIL website: http://www.abil.org/employment-services/

Upcoming Community Events

**AZ ASSISTIVE TECHNOLOGY EXCHANGE**

"Sort of a Craigslist for assistive technology, adapted and durable medical equipment."
- Don

Arizona Assistive Technology Exchange (ATEX) - www.azATEXchange.org.
Your online resource for used assistive technology, adapted and durable medical equipment.

**DISABILITY RELATED TALK SHOW/PODCAST**

From our friend, Greg Smith, "The Strength Coach."

**CITY OF PHOENIX NEEDS YOUR INPUT**

The city of Phoenix needs your input to Keep Phoenix Moving.
Join the conversation from streets to bikes to buses to rail and beyond! Help the city set priorities and potential future funding for transportation in the city of Phoenix.

Join us on WWW.TALKTRANSPORTATION.ORG And win prizes!

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Tempe “Color Run”
Saturday January 25, 2015
Tempe Beach Park 80 West Rio Salado Parkway, Tempe, AZ 85281

Benefitting: Banner Children's Hospital & Special Olympics of Arizona.
Follow their website for more information http://thecolorrun.com/tempe/ Karen Halgren will have a team set up- ColorMeFun!- so if you would like to join in, go to the website and look for her team name, sign up then join the fun on January 24, 2015!

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Valley Metro Transportation Presentation (FREE Ride on Bus/Light Rail)

Have you wanted to use the Valley Metro transit system but didn't know where to start? Do you have concerns (where do I board, will my mobility aid fit, will I get lost, can I really ride it...???) Yes, you can! Valley Metro representatives will teach you how. Topics include: overview of the system; how to plan your bus/rail trip; fare policy; Dial-A-Ride; changes in ADA certification and the mobility center. Learn about options such as cab programs and mileage reimbursement available in some cities. Bring your questions! Valley Metro will provide all participants with an All Day Pass for the ride on the bus and light rail.

Guest Speaker: Dolores Nolan, Valley Metro

Wednesday, January 21 1:00pm - 3:00pm DEC – Classroom A - 2nd Floor
Teleconference: Not Available

To register, go to www.abil.eventbrite.com.
Contact David Carey at 602-443-0723 for questions or assistance.

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Arizona Loans for Assistive Technology (AzLAT) Independence is Priceless - We Make it Affordable

AzLAT is a federal/privately-funded program that provides affordable loans to persons with disabilities who need a range of assistive technology devices. Arizona Loans for Assistive Technology-Telework provides affordable business loans to persons with disabilities who telework, or as a self-employment
opportunity for those who need assistive technology and business equipment. For information, call 1-800-477-9921, or visit our website: www.azlat.net.

Want Ads

For Sale:

Invacare Storm Model TDX3 Power Wheelchair

Purple / heavy duty. This is originally a $25,000+ machine. It is 8 + years old, but was used for only 5 years and has been just sitting for the last 3 years. This chair was used by a woman in her 50’s who weighed approx. 130 lbs. The span between the armrests is approximately 18 inches, so it could be used by a child, juvenile or adult. The weight capacity is 400 lbs. It has a high back and it fully reclines and tilts. It comes with a Roj cushion, charger and some extra parts (extra footrests, a 2nd electric control unit, etc.) Will also throw in a detachable tray that can be used for reading, activities and feeding. The controls are on the right side but could be switched to the left. Because it has been sitting, IT NEEDS A NEW BATTERY (approx. $125). It also could use a new armrest and a wing nut for the headrest. Used ones have sold for $10,000 or more. Located in Phoenix, AZ. Will deliver free to anywhere in the Valley. Contact Dwayne at 602-257-9551


This is the home care model and the MSRP is $2500. It is fully adjustable to accommodate different weights and heights with a max capacity of 6’ 2” and 220 lbs. The base is also adjustable to accommodate different wheelchair widths. It can be used with either manual or power wheelchairs. This unit is 8 years old, but was not used for most of that time and is in excellent condition. It was designed to transfer someone from bed to wheelchair or wheelchair to bed and can also be used to transfer from wheelchair to shower chair, etc. This is a great alternative to a Hoyer. It takes much less time to transfer someone with this machine versus a Hoyer and it doesn't take up any more space than any other type of lift. Will sell cheap to a needy home. Contact Dwayne at 602-257-9551
Looking for a getaway?

Nestled between Sedona and Jerome, and the burgeoning Winery Trail, Cottonwood’s Historic Old Town District is known for its Out West Main Street: Historic 89A. Antique shops, restaurants, galleries and other businesses line 89A, location of many Main Street events. What once was a bootleggin’ town of cat

More Information & Resources can be found on these websites and organizations in the community!

The National Spinal Cord Injury Association [www.spinalcord.org](http://www.spinalcord.org)

Arizona Governor’s Council on Head and Spinal Injuries
[www.azheadspine.org](http://www.azheadspine.org)

If you would like to get involved, please go to our webpage here: [www.azspinal.org](http://www.azspinal.org) where we have our Statewide Events Calendar, as well as separate calendars for Central, Northern, and Southern parts of the state.

If you would like to place an ad and/or any events added to our monthly newsletter, please contact or email Karen Halgren at karen@azspinal.org

Thank you,

AZSCIA staff