Summer is upon us. With the temperatures heating, just a reminder to drink plenty of water! Dehydration can hit you pretty quick so be sure and always have some water with you.

We are working on some great programs for the upcoming months so stay tuned here and on our website for all the details.

Sincerely,
Paul. Staff & Board Members

“Know me for my abilities, not my disability.”
Robert Michael Hensel
18th Annual Dry Heat Classic

The Arizona Spinal Cord Injury Association will once again be one of the recipients from this event. July 16th and 17th. See flyer for all the events.

Check the website Dry Heat Classic to register for golfing, or to purchase tickets to the show! Show will be at the Celebrity Theater, Phoenix. Tickets to the Comedy Variety Show are $25 ea. and can be ordered on the website above. Note: Order your tickets on the line that says “Extra tickets”.

If you would like to donate anything for the Silent Auction, email karen@azspinal.org and we will mail you the donation form. You can also drop your items off at the office- 5025 E.Washington St. Ste 110 Phoenix, 85051

See you there!
We are currently updating the resource area of our website and our newsletter listing. To be a vetted resource, please fill out our online form here: Professionals. If you are a consumer and would like to receive our newsletter, please fill out the form here: Newsletter. Thank you.

D-backs Disability & Human Services Expo was a great success

Amy VanDyken (Olympic Athlete: http://www.amyvandyken.org/) threw out the 1st pitch. Cory Hahn, of the Dbacks, spoke to a great group about his experiences, answered questions and was available for autographs later in the game.

All the organizations present were able to go on the track of the outfield. The announcers read the names of all organizations present, as well as took our photos and scrolled their names on the jumbotron. It was a fun event. Hope you were able to attend!

Photos from the event can be seen here:

Parade/Recognition  Password: dbacks15 (Photo credits: AZ Diamondbacks)

http://dbacks-archive.photoshelter.com/gallery/20150607-Pregame/G0000lylYlYlQSDU/C0000W8wfqOawVEc

Expo Photos  (Photo credits: AZ Diamondbacks) Password: dbacks15

http://dbacks-archive.photoshelter.com/gallery/20150607-Disability-Human-Services-Day-Expo/G00009yC9Z7GgWV0/C0000W8wfqOawVEc
**Flagstaff Support Group**
When: July 3rd  
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 928-779-0448 and Al White 928-527-8567

**Prescott Valley Support Group**
When: Thursday June 11th  
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**
VOICE will NOT be meeting for the next couple of months – our NEXT meeting will be Thursday, August 13th at the Glendale ABIL office, 6829 North 57th Avenue, Glendale, AZ 85301.
When: Thursday Aug. 13th  
Time: 2:00 pm-4:00 pm  
Where: 6829 North 57th Avenue, Glendale, AZ 85301  
Description: West Valley cross disability support group, every second Thursday of the month.  
Facilitator: Janene Werner, 602-814-9717 voicejw@yahoo.com or www.voice-az.com.

**Women’s Support Group "Kaleidoscope"**
Women Support Group will NOT be meeting over the summer. We will return Sept.16th Have a great summer!
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 June 18th  
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 June 19th  
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 June 29th  
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.
How you can help support AZSCIA

**Goodshop and Goodsearch**

Save money and help a good cause every time you shop! We have partnered with Goodshop so that now you can feel great about your online shopping! Goodshop gives you the best coupons for thousands of stores like Target, Apple, Amazon, Petco and more AND a percentage of what you spend on virtually every purchase is donated to the Arizona Spinal Cord Injury Association! Plus, with the Goodshop app for iPhone and iPad, you can shop, save, and give on the go. While there also use Good Search when searching the internet. They pay us one cent for each search! Adds up quickly. Thank you!

Free to sign up here: http://www.goodsearch.com/goodshop

**Albertsons**

If you shop Albertsons, our organization will earn cash rewards based on our supporters sales. We can earn up to 5% of each sale every time you shop! Let us know if you would like one of the permanent cards and I'll be glad to drop it in the mail to you. Thank you in advance for your support!!! Thank you.

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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.
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 or send a detailed request to jesus.azscia@outlook.com

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 have 2 new wheelchair accessible mini vans available to rent! Perfect for a trip to the Grand Canyon, San Diego or local trips to the doctors or a day of shopping. Call the ACSCIA office at 602-507-4209 or toll free at 888-889-2185 for more information.
WANTED

A few adventurous ladies for the river trip of a lifetime this summer!

Daring Adventures currently has openings on our second River Rampage trip for girls aged 14 – 20 with and without disabilities. From July 19th—24th we will explore everything the San Juan River has to offer, including ancient Anasazi ruins, class II and III rapids, star filled skies every night, and native wildlife such as bighorn sheep. Each day we will learn a little more about the river, and ourselves. This five day trip costs only $150 dollars (scholarships available) in combination with 30 hours of volunteer service.

If you or someone you know is interested in adding some adventure to their summer this year, please contact Program Coordinator Corey Kunes

corey@daring-adventures.org // 585-474-2793

For more information please visit our website: www.daring-adventures.org
**Spo Fit Events**

**Wheelchair Basketball Summer League: June 11th - August 13th, 5:30-7:30 pm**

SpoFit is hosting a Wheelchair basketball summer league, and all are welcome. Players will be broken up into four teams, and will compete in tournament style games. Two high intensity games will be played each night, and will be coached by The Phoenix Banner Wheelchair Suns team. Wheelchair basketball gives the opportunity to release energy, meet new athletes, and stay active over the summer. Wheelchair basketball uses the same rules as able-body basketball, except, traveling involves three pushes of the wheelchair without bouncing the basketball. Participants will need to wear a reversible jersey, or bring both a dark and light jersey.

Session Dates: June 11th-August 14th, every Thursday night from 5:30-7:30 pm.
Fee: Member: $25.00 Non-Member: $35.00

Check out all of their great programs they have going on: [http://www.spofit.org/](http://www.spofit.org/)

**ABIL**

The 2015 ADA Gala event will celebrate the 25th Anniversary of the Americans with Disabilities Act (ADA). This magical evening will be held on Saturday, July 18th, 2015 at the Tempe Mission Palms Hotel from 6:00 p.m. to 11:00 p.m.

For more information: [http://www.abil.org/2015adagala/](http://www.abil.org/2015adagala/)

Nominate a person and/or a business or agency that you feel is deserving to be recognized at the 25th Anniversary ADA Gala scheduled for Saturday, July 18, 2015. To nominate and for more information regarding tickets and/or sponsorships please go to [http://www.abil.org/2015adagala/](http://www.abil.org/2015adagala/).

Your nomination and/or nominations are greatly appreciated and must be submitted by Monday, June 15th at 5 PM. For questions, please contact April Reed at (602) 296-0533. Thanks!

*Please note the deadline date has been extended if you received a previous email. All nominations are welcomed and encouraged! Thanks!*  

**Brain Injury Alliance**

**Brain Gym® May Help Optimize Brain Performance**

Brain Gym® is based on a series of 26 movements designed to promote a more efficient mind-body connection. Brain Gym® exercises have been effective in improving the following areas:
- Concentration and Focus
- Memory
- Academics: reading, writing, math
- Physical coordination

Classes are Free with SpoFit membership or admission. Individual results may vary.

**Please join us for a class and see what Brain Gym® can do for you!**

Virginia G. Piper Sports and Fitness Center (SpoFit)
5031 E. Washington Street, Phoenix, AZ 85034

All classes are held in the Group Fitness Room at SpoFit

Brain Gym. Licensed Instructors

Kathy Brown, M.Ed. & Mary Ann Beebe
Brain Injury Alliance cont’d

Brain Gym Cont’d

What: A series of 26 movements designed to promote a more efficient mind-body connection. Brain Gym can improve focus, memory, physical coordination, attitude and organizational skills.

Upcoming Dates:
Tuesday, June 16th from 5:30-6:30 pm

Classes are FREE with SpoFit membership or admission. See full schedule HERE

BIAAZ Support Groups in Phoenix & Tucson

Caregivers and family members 18 years and older are welcome to attend!
When: Meets the 2nd Tuesday of the month; Next Meeting- Tues., June 9th from 5:30-7:00pm
Where: HealthSouth Conference Room, 2650 N. Wyatt Dr, Tucson, AZ 85712
Facilitators: Marissa Ferguson and Kristen Johnson; To email: mfergusonbiaaz@gmail.com

Glendale: Northwest Valley Brain Injury Survivor & Caregiver Group
When: Meets the 1st Thursday of the month; Next meeting- Thurs., June 4th from 6:30-8:00pm
Where: HealthSouth Valley of the Sun Rehab Hospital, 13460 N. 67th Ave, Glendale 85304
Facilitators: Randi Halvorsen 602-301-1977

Phoenix: Adult Brain Injury Group
When: Meets the 4th Thursday of the month; Next meeting- Thurs., June 25th from 6-7:30pm
Where: St. Joseph’s Hospital, Conference Rooms 1 & 2; 350 W. Thomas Road, Phoenix 85013
Facilitator: Annalise 602-508-8024

Phoenix: Young Adult & Caregiver TBI Group- ages 18-30
When: Meets the 2nd Wednesday of the month; Next Meeting- Wed., June 10th from 6-7:30pm
Where: St. Joseph's Hospital, Conference Rooms 1 & 2; 350 W. Thomas Road, Phoenix 85013
Facilitator: Dr. David Lamb 602-996-4500

Tempe: East Valley Brain Injury Support Group
When: Meets the 2nd Wednesday of the month; Next Meeting- Wed., June 10th from 4-5:30pm
Where: Church of the Resurrection, Rms. 2 & 3; 3201 S. Evergreen Rd, Tempe 85282
Facilitator: Annette Zaccari 480-421-1431
Community Events

***Free Entrance Days into the National Parks***

- August 25  National Park Service Birthday
- September 26 National Public Lands Day
- November 11 Veterans Day

***Accessible Seating Klub***

The Accessible Seating Klub was developed to help meet the specific seating needs of individuals with disabilities at both Chase Field (for DBacks games) and US Airways Center. Membership is FREE and benefits include:
- Reduced ticketing fees
- Pre-sales purchasing opportunities

To learn more about this Klub, please call Disability Services Manager, Nanette Bowles, at 602-462-6163 (Chase Field) or 602-379-7815 (US Airways Center) or via Video Phone at 623-208-7722.

If you have a specific feedback, questions or concerns, please email Nanette Bowles at nbowles@suns.com.

Website  [http://www.PHXsportsADA.com/](http://www.PHXsportsADA.com/)
Facebook Page- [http://www.facebook.com/ASKAccessibleSeatingKlub](http://www.facebook.com/ASKAccessibleSeatingKlub)

***New Accessible Parking Logo***

The city of Phoenix celebrated the unveiling today of the [Accessible Parking Logo](http://www.PHXsportsADA.com/). Phoenix is the first Arizona city to adopt the icon reflecting a disabled community that is active and forward looking. For more information, visit [phoenix.gov/eod](http://www.phoenix.gov/eod). This is an exciting move forward for the city. The new logo shows we’re moving forward, not sitting still as the old logos represented.
FAMILIES AFFECTED BY DISABILITY

Joni and Friends Family Retreat at Bison Ranch! July 14-18, 2015

Joni and Friends Family Retreat provides dynamic programs that refresh and strengthen families who live with disability. At Family Retreat you’ll meet and fellowship with others who face similar concerns, you’ll build lasting memories together as a family, and you’ll gain a renewed hope in God all in a warm and accepting environment.

The Arizona Family Retreat takes place July 14-18, 2015 at beautiful Bison Ranch Retreat Center just 2.5 hours northeast of Phoenix. This newly renovated resort is a beautiful retreat center where folks can get away from the stress of everyday life.

The cost to attend Family Retreat is $350.00 per person for the week which includes food, lodging and all activities. Children under the age of 6 are free. Joni and Friends offers families scholarships up to 50% to help offset the cost.

For more information call Cheryl at 602-275-2568 to go to the website at: http://www.joninandfriends.org/family-retreats/bison-ranch-2015/

While searching the internet, I sometimes stumble on great stories such as these below. If you see or know of someone who has a great story to tell or share, please pass it on and I will include them in future issues.

- E-Learning course on Spinal Cord Injuries- a 10 part e-series about Spinal Cord Injury. Designed to give you information you need to live a healthy and active lifestyle once you have a spinal cord injury. Videos cover various aspects of SCI from pressure sores, bowel/bladder, autonomic dysreflexia and more. http://www.sci-u.ca/
Resources and Information on Spinal Cord Injuries

Check out some of the great things the Reeve Foundation is doing for persons with spinal cord injuries. One day we all hope for a cure. One day at a time. 
Paralysis Resource Center

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. Available in English or Spanish.

Paralysis Resource Guide

Clinical Trials for SCI

All Clinical Trials: https://clinicaltrials.gov/

The University of Washington School of Medicine has some great education pamphlets on SCI http://sci.washington.edu/info/pamphlets/index.asp
Are you ready to beat-the-heat for the summer but are stuck at home because you can’t take your shower/commode chair with you? Or maybe you just don’t want to show it off everywhere you go!

GO! Mobility Solutions, maker of the best portable shower/commode, period, is owned by Rick Goldstein, a c5-6 quad and a proud member of AZSCIA. GO! Mobility is offering AZSCIA members very special deal just in time for the summer travel season.

Order one of their portable GO-Anywhere Chairs and get the custom travel bag at half price! The chair and bag fit easily into the trunk of your vehicle and the airlines won’t charge any fees to check it.

Our GO-Anywhere Chair will allow you the freedom to visit relatives, go to the beach; get out of town. GO wherever you’d like, whenever you’d like!

Use Coupon Code “BAG50” ($84.50 value) when checking out of the on-line store online order form at www.GoesAnywhere.com to receive your discount.

We would love the opportunity to show our chairs, personally. Give us a call and arrange to come by our office in midtown Tucson.

2100 N Willmott Rd  Suite 319  Tucson, Arizona  85712  520-334-2091  sales@goesanywhere.com
**Want Ads**

If you have any medical equipment that you no longer need or want, give us a call and we will gladly take any working and in good condition equipment. Call the office at 602-507-4209 or send your ad to: karen@azspinal.org

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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

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