



Arizona Spinal Cord  
Injury Association

# AZSCIA E-NEWS

October 2006

*"A monthly update  
on the happenings  
and upcoming  
events in the  
association."*

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We're on the Web!  
www.azspinal.org

## Birdies For Charities

We would like to kick off the 2007 FBR Open! This is our second year of partnering with Birdies For Charities.

In recent years at the FBR Open, the PGA professionals have averaged 1400 birdies during tournament play. That means that if you pledged 1¢ for every birdie, your pledge would amount to \$14. In 2007, we will receive 110% of all pledges raised for our Association.

You may either pledge a 1¢ minimum per birdie or make a one time donation with a minimum of \$20. Pledge forms are available at the office. Please contact Amy Rocker at 602-239-5929 to request forms.

Your pledge gives you the chance to win the Grand Prize of a 2007 Buick Lucerne (courtesy of Buick) and you'll also be eligible for a random drawing for over 100 great prizes! For every penny pledged, you'll be entered into the drawing. So, if you pledge 5¢ per birdie, your name will be entered five times into the random drawing.

All pledge forms must be in our office by February 4, 2007.

Please contact Amy Rocker at 602-239-5929 to request pledge forms or if you have any other questions.

## Drive the INDEPENDENCE® iBOT® Mobility System

Independence Technology will be in Phoenix on Thursday, October 12<sup>th</sup> for free test drive on their new power wheelchair. Unlike any power wheelchair, the iBOT® Mobility System allows you to go places and do things not possible with any other single mobility device.

- Climb curbs up to 5 inches.
- Travel over grass, gravel and sand.
- Raise yourself to eye level, even on the move.
- Ascend or descend stairs

To RSVP, please call toll-free 1-866-643-4267.

## Arizona Paralympic Academy and 9<sup>th</sup> Disabled Sports Expo

October 28, 2006 • 8:30AM - 2:30PM at the Arizona State University - Student Recreation Complex, 500 E. Apache Blvd in Tempe. Free parking will be available in parking Structure 1.

**8:30AM- 12:30PM: Paralympic Academy Clinic**

- For athletes, family members, and professionals
- Clinics begins promptly @8:30AM and includes paralympic sports, disability responsibility, modifying equipment, and classification

**10:30AM- 2:30PM: Disabled Sports Expo**

- For athletes, community members, family members, professionals, and vendors
- Sport demonstration and participation including quad rugby, tennis, and wheelchair basketball
- Equipment display and resources on archery, boccia ball, bowling, golf, snow and water sports
- Gear swap: Equipment getting dusty in the garage? Bring it to the expo and maybe someone else will give it a home. (unclaimed items go to the Mobility Project)

**Lunch available for purchase • Registration on-site or by calling contact** Susan Byrne Rossi for any questions 480.644.5702 or [susan.byrne@cityofmesa.org](mailto:susan.byrne@cityofmesa.org)

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## Recreational Activities

Please visit our Calendar section of the website. There are many activities in the Fall from the Mesa Association of Sports for the Disabled and City of Phoenix Adaptive Recreation. The coming months are filled with activities such as Cycling, Kayaking, Hiking, Sled Ice Skating, Hockey and Fishing Has No Boundaries.

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## Charting A Course For Consumers: Empowerment Training For Individuals With Spinal Cord Injuries

The SCI Curriculum will resume in January 2007.

Classes will meet every Wednesday evening January 10<sup>th</sup> through March 28<sup>th</sup> 2007. Registration and dinner at 4:30PM. Class convenes from 5:00PM – 8:00PM.

St. Joseph's Hospital will be hosting the classes. The address is 500 W Thomas Road in Phoenix, McAuley Building, Grand Canyon Room in the 2<sup>nd</sup> Floor. Please use the 5<sup>th</sup> Avenue Parking Garage.

- 1/10/07 - Empowerment
- 1/17/07 - Activities of Daily Living and Personal Care Attendants
- 1/24/07 - Medical Aspects of SCI
- 1/31/07 - Secondary Conditions of SCI
- 2/07/07 - Wellness and Fitness
- 2/14/07 - Psychosocial Aspects of SCI
- 2/21/07 - Sexuality
- 2/28/07 - Mobility Health Fair
- 3/07/07 - Accessibility and Assistive Technology
- 3/14/07 - "Therapist Is In" Night
- 3/21/07 - Aging and SCI
- 3/28/07 - Legal Considerations
- TBA - Women's Wellness and Boy's Night Out

If you would like to register, please contact Ann Tarpay with the Governor's

Council on Spinal and Head Injuries at 602-863-0484. For transportation to the curriculum, please call our office at 602-239-5929.

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## COMPASS Support Group

Please note that the COMPASS Support Group is still in the same location but the name of the senior center has changed. It is now called the Granite Reef Senior Center.

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## Walk The Walk Shoes

Ralph Stephens started the business in Minnesota and they then moved to Phoenix to assist their daughter, Heather Grossman, with her care. Heather is a C4-C5 ventilator dependent quad. The proceeds from the sale of the shoes assist Heather with her medical bills. If you are interested, please contact Ralph at 480-315-1121 or visit the website at [www.walkthewalk-usa.com](http://www.walkthewalk-usa.com).

The Walk The Walk shoe is the ultimate in comfort. This shoe was originally designed for surgeons, allowing them to standing all day without having their feet/legs cramp or hurt and eliminating low back pain associated with standing. The shoes have been adopted by many nurses, physical therapists and recreational therapists, positions that require long amounts of standing.

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## Classified Ad

Student-Nursing/Caregiver Live-In & Practical Nurse Visits. Private Duty Home. Health Nurse/Aid-Personal Assistant/Patient Care Tech. Near ASU Tempe. No Experience Required. Will train Serious Inquiries Only! Please call 480-921-3355 or E-Mail [pwhaz@aol.com](mailto:pwhaz@aol.com). Part Time position.

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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!**