



Arizona Spinal Cord
Injury Association

AZSCIA E-NEWS

September 2006

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

Arizona Spinal Cord
Injury Association
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We're on the Web!
www.azspinal.org

Arizona Center On Disability Law

Robin Murphy of Arizona Center on Disability Law is looking for individuals who have been denied a second mobility device by their ALTCS provider. We all know of instances where a client may have been provided with a power chair, but is denied a manual chair as a back up or as a "travel" (i.e. putting in a car or van) chair. The opposite also occurs, especially if an individual is residing in a nursing or assisted living situation. The rationale there is that the individual has staff to "push" the manual chair; therefore the individual doesn't need a power chair. ACDL is taking a look at the ALTCS policies and would like to hear from individuals or professionals who work with them on this issue. If you work with consumers or know of individuals who have been denied a second mobility device like a manual or power chair, please call ACDL or email them at center@azdisabilitylaw.org:

100 North Stone Ave., Suite 305
Tucson, AZ 85701
(520) 327-9547 (voice/tty)
(800) 922-1447 (voice/tty)
Fax: (520) 884-0992

3839 N. Third St., Suite 209
Phoenix, AZ 85012
(602) 274-6287 (voice/tty)
(800) 927-2260 (voice/tty)
Fax: (602) 274-6779

HealthSouth Scottsdale Technology Fair

HealthSouth Scottsdale Rehab Hospital invites you to celebrate rehab week by attending our technology fair.

Learn about the latest technologies for neuro-recovery

- AutoAmbulator: robotic assisted body-weight support treadmill system
- NovaVision: vision retraining system
- Bioness: hand neuro-prosthetic with electric stimulation
- Saebo-flex: dynamic hand splint
- VitalStim: swallow therapy
- Hand Mentor: wrist/hand wearable robotic
- Interactive Metronome: using rhythm for neuro-recovery

Free screenings by qualified therapists!

Date: Wednesday, September 20th
Time: 3:00PM – 5:00PM
Location: 9630 East Shea Boulevard in Scottsdale
Directions: Shea exit from loop 101, head east to 96th Street

Spinal Cord Injury Lecture and AutoAmbulator Demonstrations in Tucson

Physicians, nurses, therapists, case managers, spinal cord injury survivors and their family members are welcome to join us for a FREE educational lecture on spinal cord injury. We will address the different types of spinal cord injuries and how each are rehabilitated. One of the modalities of treatment our therapists use is the AutoAmbulator.

The AutoAmbulator is a machine designed to help people with balance, coordination and postural disorders to regain or improve upon walking skills. It uses a harness system; a treadmill and robotic legs to provide a safe environment in which individuals may "re-learn" correct walking patterns. The AutoAmbulator is a type of body weight supported treadmill training, which is a recent topic within spinal cord injury research.

Date: Monday, September 18, 2006
Location: HealthSouth, Rehabilitation Institute of Tucson, 2650 N. Wyatt Dr., Tucson, AZ 85712
Lecture: 12:00PM (lunch will be provided)
AutoAmbulator Demonstrations: 1:00PM – 3:00PM
RSVP: 520-320-6258

(HealthSouth RIT is located on the Tucson Medical Center campus, near Grant and Craycroft)

Empower: Fixing Medicare's "in the home" restriction on mobility devices

On July 18, Senators Bingaman (D-NM), Santorum (R-PA), Murray (D-WA), Collins (R-ME), Akaka (D-HI), Jeffords (I-VT), Lieberman (D-CT), Kerry (D-MA), Harkin (D-IA), and Kennedy (D-MA) introduced the Medicare Independent Living Act of 2006 (S. 3677, <http://thomas.loc.gov/>) bipartisan legislation to fix Medicare's "in the home" restriction on mobility devices.

The ITEM Coalition, http://www.itemcoalition.org/press/pr/pr_07-18-06.htm, encourages you to call your Senators and ask them to become cosponsors of this legislation. If your Senator is one of the original cosponsors listed above, please thank them for supporting this bill. ITEM also encourages organizations to send letters of support to Senators Bingaman and Santorum.

-Senators at http://www.senate.gov/general/contact_information/senators_cfm.cfm or toll-free via the capitol switchboard at 1-877-224-0041.

-Related information at <http://www.unitedspinal.org/publications/action/2006/07/01/is-the-right-wheelchair-too-much-to-ask/>

If you have any questions, contact Emily Niederman, ITEM Coalition, Emily.Niederman@ppsv.com, (202) 349-4260.

MASD Upcoming Programs

Mesa Association of Sports for the Disabled (MASD), the City of Mesa Adaptive Sports Program, and Mesa Public Schools offer year-round program

opportunities and competitive experiences to athletes ages 6 and older with a permanent physical disability. These athletes reside in or outside of Mesa. Due to the scope of our services, part of our partnership will be doing business as Arizona Disabled Sports in the near future. Athletes include those with amputations, cerebral palsy, dwarfism, muscular dystrophy, spina bifida, spinal cord injuries, traumatic brain injury, visual impairments or various other physical disabilities. Athletes may be ambulatory or use manual or power wheelchairs. Check out our upcoming sports and register today! Further information may be obtained by calling Susan Byrne Rossi at 480.644.5702 or visit www.mesadisabledsports.com.

Bowling

Season Dates: August 12 thru December 9 (NO practice 11/25)
Practices: Saturdays from Noon-2 p.m.
Location: AMF Mesa Lanes - 2115 E. Southern Ave. (Southern/Gilbert)
Notes: \$2 for 2 games. Accessible ramps and equipment available.

Cycling Club

Season Dates: September thru April
Practices: Third Thursday of each month at 4:30 p.m.
Location: Road rides travel throughout the Valley. Orientation on September 21st at Mesa High School Drivers Education Track - corner of 8th and Harris.

Notes: A limited amount of hand cycles, adapted three wheelers and tandems are available for use during rides. We encourage athletes with their own cycle to utilize them. Friends and family members are welcome to ride along.

Junior Wheelchair SUNS Basketball

Season Dates: October 2 thru March 26 (NO practice 12/25 or 1/1)
Practices: Mondays 7-8:30 p.m.
Location: Broadway Recreation Center - 59 E. Broadway

Goalball

*for individuals with visual impairments

The goalball program is currently on hold as we are in the process of recruiting a consistent coach.

If interested, please check the box on the registration form. You will be contacted when opportunities exist.

Power Soccer

Season Dates: September 11 thru early June and several Saturdays during the year

(NO 12/18, 12/25 or 1/1)
Practices: Mondays from 4-7 p.m.
Location: Broadway Recreation Center - 59 E. Broadway Rd.

Annual competitions and special events:

- Disability Expo and Paralympic Academy in October
- Over-the-line Tournament on October 21st
- *PowerBlast* Power Soccer Tournament November 10-11
- Holiday Bowling Tournament December 9
- *SkiAble* early 2007
- Desert Challenge Air Pistol and Rifle Shoot in April
- Desert Challenge Regional Games in April

Registration for spring sports will be available in December for aquatics, archery, bocchia ball, kayaking, track and field.

Daring Adventures Fall 2006

Hiking

Join us as we explore trails in the Phoenix Mountain Preserves. Hikes are scheduled for Oct. 21, 28, Nov 4 and 11 at 9:00 am. Those interested in challenging themselves can join us for the "Summit Challenge" on Sun. Nov. 19. Our final hike, Dec. 2 will be an evening, full moon hike. Plan to join us at the mandatory orientation to discuss equipment needs, hike locations and "Summit Challenge" information prior to the first hike: Sat. Oct. 21 at 9 am, at North Mountain Park: 7th St and Peoria. Hiking will follow orientation. All trails will be wheelchair accessible. There is a \$25 program fee.

Cycling

Come and enjoy the thrill of cycling through the beautiful Phoenix bike paths. All levels of cycling experience are welcome. We provide hand-cycles, tandem bikes and recumbent tricycles, as well as all safety and adaptive equipment. After completing this program, you will be able to rent the cycles on your own! Friends and family are welcome to bring their own bikes and join us. Tuesdays: September 12—October 17; 5:30 pm—7:00 pm at Rose Mofford Sports Complex, NORTH end: 9833 N. 25th Ave, just south of Peoria. The \$25 program fee includes use and maintenance of equipment.

Sled Ice Skating and Hockey

Would you like to experience the fun and thrill of gliding on the ice? Sled skating is geared to people with mobility impairments but can be enjoyed by all. This program will introduce you to the fundamentals of sled skating. In addition, you will have the opportunity to learn about the game of sled ice hockey from veterans of the sport. The program is offered at the Desert Schools Coyote Center on Fridays, November 3, 17, Dec. 1, 8 and 15, 9:15 – 10:15 pm. There is a \$10 fee per date, which includes sled, safety gear, instruction, ice time and fun! No experience necessary. New skater and volunteer orientation will be at 8:15 pm on Fri. Nov. 3, Desert Schools Coyote Center 15829 N 83rd Ave (south of Bell Rd).

Kayaking

Come experience the fun of kayaking. You'll learn to paddle a kayak while enjoying the beauty of Lake Pleasant. The \$75 fee covers use of the equipment and roundtrip transportation from Telephone Pioneer Park to Lake Pleasant. Join us on the following Saturdays: September 23, 30, October 7, 14, 21 and an all-day paddle on October 28. Departure from Telephone Pioneer Park, 1946 West Morningside, will be at 9:00am, returning at 3:30 pm. Selected participants will be notified of the mandatory orientation date and location

Registration

SPACE IS LIMITED,

Register today by contacting
TJ, Linda, Rick, or Dianne at
602-495-5222 (voice),
602-534-2491 (TTY) or at tj.penkoff@phoenix.gov (E-mail).

Registering does not mean you are selected for the program. You will be contacted prior to the event.

Ask about our Volunteer Service Exchange program to help offset program fees.

VOLUNTEERS ARE NEEDED.

Please contact TJ, Linda, Rick, or Dianne to see how you can help with

Daring Adventures or other Adaptive Recreation programs at 602-495-5222 (voice), 602-534-2491 (TTY) or at tj.penkoff@phoenix.gov (E-mail).

Under Scrubbers for Sale

The first personal hygienic cleaning device. Made of soft absorbent cotton terry that is either hand or machine washable. The under scrubber is easy to use at home or in an emergency. Catherine Baker is the inventor of the Under Scrubber. She has been using the under scrubbers for the last three years and she does not need additional help in her hygiene program, thus making her self sufficient. Cost is \$14.95 and it comes in the colors of blue, pink and white. Shipping & handling is \$4.55 + \$1.00 for each additional item. Please email Catherine at under_scrubbers@yahoo.com.

Home Care Resources

Home Care Resources has been serving the valley for 15 years. A locally owned and managed provider of personal in-home care and services, 24 hours a day, 7 days a week. You can count on us to be a dependable, cost effective resource ready to help.

We are a non-medical private duty home care company with over 100 caregivers on staff. We provide a variety of services, from companionship to recovery from surgery, long term disability, and hospice support.

If you are in need of a caregiver, please contact Patty Kelly, MSW, at 602-443-4700.

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!