



Arizona Spinal Cord  
Injury Association

# AZSCIA E-NEWS

January 2007

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

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

## ADA Summit

The Town of Prescott Valley will be hosting its next ADA Summit on Wednesday, January 31, 2007.

Items on the agenda include a transit update from the Central Yavapai Metropolitan Planning Organization (CYMPO), a library update from Richard + Bauer (new library architects), and an update on the Town's pedestrian/bicycle master plan.

Location: CASA Senior Center, 9360 E Manzanita Circle in Prescott Valley  
Time: 2:00PM - 3:30PM. For more information, please contact Ryan Judy, Deputy Town Manager at 928-759-3104

## Arizona Disabilities Expo

The Arizona Disabilities Expo will be held on Wednesday, February 28, 2007 at the Phoenix Civic Plaza in Hall D from 9:00AM – 4:00PM.

Admission is free. Exhibits and information from more than 100 organizations that offer products, services and networking opportunities, including adaptive equipment, recreation, support groups, advocacy and much more.

For more information, contact Susan DeNova at 602-470-1802 X114, email [expo@azdx.com](mailto:expo@azdx.com) or visit their web site at [www.azdx.com](http://www.azdx.com).

## Neurotrauma In Sports

Jointly sponsored by: Brain Injury Association of Arizona; Arizona Spinal Cord Injury Association; Athletic Training Program, A. T. Still University; and Disability Resource Center, University of Arizona

This conference is designed for high school and college coaches, team physicians, athletic trainers, athletic directors, school counselors, school nurses, teachers, psychologists, parents of student-athletes and community and pediatric physicians who often treat young athletes.

A total of 6 CEUs will be provided to those attending the entire conference.

The Arizona School of Health Sciences, A. T. Still University is recognized by the Board of Certification, Inc., to offer continuing education for certified athletic trainers.

Location: University of Arizona, Tucson in the Highland Commons (Campus

Health Building)

Date: Saturday, January 27, 2007

Time: 7:30AM – 4:00PM

Contact: Brain Injury Association of Arizona at 602-508-8024.

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## Nina Mason Pulliam Legacy Scholars Program Application

The Association received 5 scholarship applications from the Nina Mason Pulliam Foundation. Scholarships are available to individuals who meet at least one of the following criteria: Returning students who are 25 years or older who have dependents; College age youth and adults with physical disabilities; and Incoming freshman or continuing students ages 18 to 25 who have been raised through the child welfare system and have no form of financial support.

The scholarship pays: full in-state tuition, fees and books, and a living allowance (up to \$2500 annually).

If you know of anyone who is interested, please have that person contact Vangie in the office.

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## 2007 Empowerment Course for Individuals with SCI

The Arizona Governor's Council on Spinal and Head Injuries is preparing for the 2007 Spring "Empowerment for Individuals with Spinal Cord Injury" course that it offers in partnership with St. Joseph's Hospital in Phoenix. The program is in its 6th year of operation.

The 12-week course will start the 2nd week of January 2007 and include topics such as advocacy, medical and secondary conditions of SCI, assistive technology, a night to speak directly with therapists, aging with a spinal cord injury, and lots more. Susan M. Wolf, PhD, will be our Instructor of Record.

There is no cost or obligation to those who choose to attend. It is simply an educational series offered free to the public. Survivors of spinal cord injuries, their family members, and professionals who work with them are being invited to this exceptional educational event.

It is a great opportunity for individuals and family members to get together, learn new information, share experiences and enjoy a free evening meal as well! It meets every Wednesday for 12 weeks. Registration and dinner start at 4:30 p.m. with presentations and discussions at 5:00 p.m. It ends around 8:00 p.m. Free van transportation is available through the Arizona Spinal Cord Injury Association. Just call their office at 602-239-5929.

To register, please contact Ann Tarpy at the Arizona Governor's Council on Spinal and Head Injuries at 602-863-0484.

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## Banner Wheelchair Suns News

### **Division II A & B**

The wheelchair basketball season kicked off with a DII A & B in Tucson for the Lobos tournament October 21-22 2006. The young and rebuilding Banner Suns teams played a total of 6 games this weekend. The A team finished the weekend with 2 and 1 mark and the B team had a 1 and 2 record.

The weekend of November 3-5, 2006 the Arizona Spinal Cord Association was host to the 8<sup>th</sup> Annual Arizona Basketball Blowout at the Broadway Recreation Center in Mesa, AZ. All registered teams in the state of Arizona were there to see who is the best. Men's teams participating were The Tucson Lobos, U of A Wildcats and the Banner Wheelchair Suns A & B teams. The Banner Wheelchair Mercury and U of A Women were also there, more on the women later. On Sunday once all the basketballs stopped bouncing the U of A men beat the Banner Suns in overtime to claim the title as best men's team in the State, for now.

On November 18-19 the teams traveled to the campus of University of Arizona. The teams had a good weekend and left Tucson sporting a 5-1 record. The most significant win for the Banner Suns was against the U of A men' team in the championship game winning by 7 points. This win avenged the early lose to the Wildcats on the Suns home court at the Basketball Blowout.

The weekend of December 1-3 the A team traveled to San Jose, CA for the Golden State Warriors Basketball Tournament. The best teams in the West were here for outstanding competition. The young Suns had their eyes opened to the competition level they will need to play at to be successful. The Banner Suns played well but left San Jose with a 1-2 record.

#### Banner Wheelchair Mercury 2<sup>nd</sup> Year

The first action for the Banner Wheelchair Mercury was at the U of A Women Wildcats tournament in Tucson November 28-30. Teams represented were the University of Alabama, the Lady Texans, U of A Wildcat Women and the Banner Mercury. The Banner Mercury played well with a short roster but lost to these three powers in the women' Division.

The next action was the Basketball Blowout in November at the Broadway Recreation Center in Mesa, AZ. The women did not have the full team at this tournament due to injuries and other commitments. The Banner Mercury finished the weekend 0-3 losing to the U of A Wildcat men, Banner Suns B team and the U of A Women Wildcats.

#### Banner Wheelchair Juniors Receive New Equipment

On November 13, Shea Mortgage presented the six new AllCourt Basketball chairs to the juniors. There was cake, punch and plenty of smiles to go around. The young players now have chairs that fit them properly and will have much success and less potential for injury. A big **"THANK YOU"**

to Shea Mortgage for making this happen. The Junior Banner Wheelchair Suns is a partnership with the Mesa Association of Sports for the Disabled and the Banner Wheelchair Suns/Mercury. **Thank you MASD.**

The junior team traveled to Tucson Saturday December 2 to play a team from Spokane, WA. Our athletes combined with a few players from the Tucson junior team to play two games. The Washington team has been playing for years and the young ones had their hands full. After some hard fought competition we left Tucson with two loses. Parents and kids had a fun and good time with a pizza party between games. We look forward to good things from these young athletes in the future.

#### Appearance and Community Education

As in years past the Banner Wheelchair Suns/Mercury programs continue to be active in the community with numerous school appearances "It's OK to be

different' campaign. The Wheelchair Skills clinics were held at Banner Good Samaritan Rehabilitation Center October 25, November 1, 8 and the 15<sup>th</sup>. There was also a disability awareness education program with ASU downtown at the YWCA in downtown Phoenix. The Banner Suns/Mercury again did the annual appearance at GOMPERS for their Thanksgiving lunch and basketball playing with the clients.

The Banner Wheelchair Suns/Mercury would like to thank all of our sponsors, parents and volunteers for dedicating resources and believing in our programs. Without out you this would not be possible. You are making a difference in peoples lives.

For more information about our programs and game schedules please contact:

Gary W. Venjohn  
Executive Director  
Banner Wheelchair Suns/Mercury  
[gwvenjohn@cox.net](mailto:gwvenjohn@cox.net) or 602-790-7909

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## Daring Adventures – Winter Adventures 2007

### **Backpacking**

Challenge yourself by joining us as we head off the beaten path and hike into the Arizona backcountry. A three day / two night backpacking trip is planned for April 27 – 29, 2007. Participants will carry a full pack with their sleeping bag, clothing, tent and food for the trip. A mandatory orientation will be held on Saturday, March 10th from 9:00 – 10:00am at North Mountain Visitors Center, 12950 N 7th St. Preparation training hikes are scheduled on Saturday, March 10, 17, 24, 31, April 7, and 14 from 9:00 -11:00am. Program fee of \$100 includes the use of backpacks, tents, trekking poles, backpacking stoves, sleeping bags and transportation to and from our backpacking destination.

### **Cross-Country Skiing**

Come join us for a cross-country skiing adventure. Five conditioning workouts will get us ready for our ski weekend. There is a mandatory orientation on January 16, 2007 from 6:00 – 8:00 pm at Telephone Pioneer Park, 1946 W Morningside Dr. Conditioning workouts are scheduled for January 23, 30, February 6, 13, 20, 2007 from 5:30 –6:30pm. Our weekend skiing trip is scheduled for Friday – Sunday, February 23 – 25, 2007. Program fee of \$250 includes conditioning, lodging, transportation to and from our skiing destination, ski passes and all ski equipment including sit skis.

### **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. Saturday, January 6, 13, 20, 27 and February 3, 10, 2007. Choose 9:00 –10:30am or 11:00 – 12:30 when registering. We meet 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.

### **Registration**

**SPACE IS LIMITED,**

Register today by contacting TJ Penkoff at 602-495-5222 (voice), 602-534-

2491 (TTY) or at [tj.penkoff@phoenix.gov](mailto:tj.penkoff@phoenix.gov) (E-mail). Registering does not mean you are selected for the program. You will be contacted prior to the event.

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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!**