



Arizona Spinal Cord  
Injury Association

# AZSCIA E-NEWS

November 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

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

**Sponsored by:** Arizona Spinal Cord Injury Association, Arizona Governor's Council on Spinal and Head Injuries, and Barrow Neurological Institute at St. Joseph's Hospital and Medical Center

Come join us for a twelve-week course designed to empower those with spinal cord injuries, their family members, and the professionals who work with them. This course was designed by consumers and family members for those who share their experience. Come hear from top experts and professionals in the field of spinal cord rehabilitation and education. Each evening offers opportunities for discussion, dialogue, and a chance to speak with others whose lives have been affected by spinal cord injury. Bring your knowledge and life experiences; come and share with others.

**Location:** St. Joseph's Hospital, Conference Room by the Cafeteria  
350 W Thomas Rd., Phoenix, AZ 85013. Use the 6<sup>th</sup> Avenue Parking Garage

**Who Should Attend?:** Individuals with spinal cord injuries, regardless of age or time since injury; Family Members; Caregivers; Professionals

**Schedule:** *Classes meet every Monday evening*

January 7th through March 24th, 2008

Registration and dinner at 4:30 pm

Class convenes from 5:00 pm – 8:00 pm

### **Topics**

- 1/7 Empowerment
- 1/14 Activities of Daily Living and Person Care Attendants
- 1/21 Medical Aspects of SCI
- 1/28 Secondary Conditions of SCI
- 2/4 Wellness and Fitness
- 2/11 Psychosocial Aspects of SCI
- 2/18 Sexuality
- 2/25 Mobility Health Fair
- 3/3 Accessibility and Assistive Technology
- 3/10 "Therapist Is In" Night
- 3/17 Legal Considerations
- 3/24 Aging and SCI
- TBD "Women's Wellness" and "Boy's Night Out"

For more information, please call the Governor's Council office at 602-863-0484. If you need transportation, please contact AZSCIA at 602-239-5929. The deadline to register is January 4, 2008.

## Association's Transportation Service

The Arizona Spinal Cord Injury Association offers accessible transportation services to assist you in all your personal transportation needs!

Just imagine - your own personal driver that will deliver you from your door to your appointments and back to your home! Unlike other transportation services, you won't have to wait for your return trip to your home and you can make multiple stops.

Listed below are the charges for the Greater Phoenix area:

\$21.00/hour + \$1.00/mile and a \*gas surcharge based on current gas prices. **Rate increases by \$1.00 per hour, beginning January 1, 2008.**

Want to see Arizona but you're on a budget? We charge by the hour, not per person. So if you are considering a trip, gather a few of your friends for a bigger savings. One van can fit three large electric wheelchairs, or four regular wheelchairs plus four ambulatory.

Day Trip: \$35.00/hour + actual cost of gas and driver's meals.

Overnight Trip: \$35.00/hour + actual cost of gas and \$50.00 for overnight van charge + the driver's lodging and meals.

Self pay rate (no insurance or other coverage) is \$16.00/hour + \$1.00/mile and a \*gas surcharge based on current gas prices. **Rate increases by \$1.00 per hour, beginning January 1, 2008.**

\* Current gas surcharge is \$.25 per/mile.

**If you are a not-for-profit organization seeking "contract" transportation....we can help you too!**

Call us at 602-239-5929 or 602-703-2199! We can make your **Wheels Toward A Dream Trip** a reality! Share plans with us for your outing and we will help make your trip come true. Arizona is a very beautiful state so start making your plans today! Call us today.

Thank you for letting AzSCIA help you with your transportation needs. Donations are accepted. **All funding supports the AzSCIA Transportation Programs.**

## 9<sup>th</sup> Annual Basketball Blowout Wheelchair Basketball Tournament

Broadway Recreation Center  
59 E Broadway Rd  
Mesa, Arizona

Pool A DII  
Phoenix Banner Wheelchair Suns  
Tucson Lobos  
Albuquerque Kings

Pool B DIII  
Austin Wreckers  
Utah Wheelin' Jazz  
Las Vegas

### SATURDAY NOVEMBER 3, 2007

Game 1	8:30 AM	Austin Wreckers vs. Utah Wheelin'Jazz
Game 2	10:00 AM	Banner Wheelchair Suns v. Albuquerque Kings
Game 3	11:30 AM	Las Vegas vs. Austin Wreckers

Game 4	1:00 PM	Banner Wheelchair Suns vs. Tucson Lobos
Game 5	2:30 PM	Las Vegas vs. Utah Wheelin' Jazz
Game 6	4:00 PM	Tucson Lobos vs. Albuquerque Kings
Game 7	5:30 PM	Winner Pool A vs. 2 <sup>nd</sup> Place Pool B
Game 8	7:00 PM	Winner Pool B vs. 2 <sup>nd</sup> Place Pool A

#### **SUNDAY NOVEMBER 4, 2007**

Game 9	9:00 AM	5 <sup>th</sup> Place vs. 6 <sup>th</sup> Place
Game 10	10:30 AM	Loser Game 7 vs. Loser Game 8
Game 11	12 Noon	Winner Game 7 vs. Winner Game 8

1<sup>st</sup> tie breaker will be head to head competition

2<sup>nd</sup> tie breaker will be least amount of points allowed

The gym will be open 8:00 AM both days. For more information call 602-790-7909

## **Phoenix Banner Wheelchair Suns/Mercury Schedule 2007-2008 Season**

October 26-28, 2007	At University of Arizona	Suns DII
November 2-4, 2007	Tournament at Broadway Recreation Center, Mesa, AZ	DII Suns
November 16-18, 2007	At University of Arizona	Mercury
December 1-2, 2007	Jr. Suns Tournament at Broadway Recreation Center, Mesa, AZ	Jr. Suns
December 8-9, 2007	Tournament at Broadway Recreation Center, Mesa, AZ	Mercury
January 4-6, 2008	At Las Vegas Tournament	DII Suns
January 12-13, 2008	At Berkley, CA Tournament	Jr. Suns
January 11-13, 2008	At Pioneer Classic, Birmingham, AL	Mercury
January 12-13, 2008	At Tucson Lobos Tournament	Suns DII
January 25-27, 2008	At Las Vegas Tournament	Mercury
February 8-10, 2008	At Denver, CO Tournament	Mercury
February 8-10, 2008	At LA Clippers Tournament	DII Suns
February 15-17, 2008	Arizona Basketball Roundup Broadway Rec. Ctr. Mesa, AZ	DII Suns
Feb. 27-March 2, 2008	Women's National Tournament University of Illinois	Mercury
March 1-3, 2008	At Las Vegas Tournament	DII Suns
March, 2008	Junior Nationals date & Site TBD	Jr. Suns
March 22-24, 2008	DII Western Regional Site TBD	DII Suns
April 5-7, 2008	National Wheelchair Basketball	DII Suns

For more information contact Gary W. Venjohn 602-790-7909  
[gwvenjohn@cox.net](mailto:gwvenjohn@cox.net)

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## D.M.E. Summit Meeting

Are you having a problem with the delivery, maintenance, or repair of your shower chair, wheelchair, walker, or any other piece of durable medical equipment (D.M.E.)?

Recently many consumers have related horror stories about how they have been held hostage or put at risk when their D.M.E. was on order or could not be maintained or repaired in a timely manner.

Arizona Bridge to Independent Living (ABIL) and the Statewide Independent Living Council (SILC) are jointly hosting a Summit Meeting to explore the problem and develop strategies and action steps to address the issue.

### **We need to protect our independence and mobility.**

Let's talk about what's happening.

**When:** October 31, 2007

**Time:** 10:00 a.m. to 12:30 p.m.

**Where:** Fairfield Inn  
2520 N Central Ave  
Phoenix, AZ 85004

**Transportation:** Provided upon request

**Food:** Light Refreshments will be served

**To R.S.V.P** Please contact David Carey (602) 443-0723, email  
[davidc@abil.org](mailto:davidc@abil.org), before Friday, October 26;

**Accommodations:** No fragrances please. To accommodate those with allergies, breathing conditions or multiple chemical sensitivities please do not smoke or wear scented products when attending the summit. SILC's/ABIL's events are accessible and in compliance with ADA guidelines. We provide sign language interpreters and materials in alternate formats upon request.

**\*Note** – To schedule an interpreter and/or for any other accommodations, please contact David Carey before Friday, October 26.

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## Paralympics Media Coverage

This is a petition that is being circulated to try and promote awareness of the Paralympics and improve the broadcasting coverage. Check it out and please sign the petition too at:

<http://www.petitiononline.com/paralymp/petition.html>. Pass it on to your friends and family.

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## Did you know that AzTAP (Arizona Technology Access Program) is a MARC (Microsoft Accessibility Resource Center)?

Want to learn about the accessibility features in Microsoft Vista (Microsoft's new operating system)? Then come to **AzTAP** for a demonstration of accessibility features in Microsoft Vista.

Monday October 29, 2007 from 4:00-5:00 PM  
AzTAP  
2400 N Central Ave., Ste 300  
Phoenix, AZ 85004

Space is limited, so please RSVP to Martha Lewis at 602-728-9534 or  
[martha.lewis@nau.edu](mailto:martha.lewis@nau.edu).

## Sports Participation Survey

Doug Garner, Commissioner of NWBA Junior Division, is doing a research project to explore the benefits of Sports Participation for people with physical disabilities. He is trying to determine if students with physical disabilities: 1) have access to sport programs in their community and schools, and 2) receive the same benefits, as general population. We agree that we probably know the answer to these questions, but there currently is no research that Doug has found that demonstrates that students with physical disabilities who participate in sport programs make better grades, have better life satisfaction and demonstrate better social relationships than students with disabilities who don't have access or choose not to participate in sport opportunities.

Here are some links to a questionnaire that he is asking anyone with physical disabilities to complete. His research project will analyze results and determine if these benefits are there, and to what extent, so that we can take this information to education professionals and ask what we can do to get more programs offered to students with disabilities through their schools. If we can prove that this population receives the same benefits that research demonstrates for the general population, maybe we can get support for more access and more programs!

Doug needs 400 500 replies, all by November 10th at the latest. He has to have this turned in by December 1, 2007. Doug will post the final information on the NWBA web site in the Spring. Please complete the survey at [www.surveymonkey.com/s.aspx?sm=n4rp7B\\_2bn78exlrPBTiHJpw\\_3d\\_3d](http://www.surveymonkey.com/s.aspx?sm=n4rp7B_2bn78exlrPBTiHJpw_3d_3d)

## Upcoming e-news information.....

If there is anything that you would like to share with your fellow members, please contact Vangie Mortenson at 602-239-5929 or [vangie@azspinal.org](mailto:vangie@azspinal.org). She will ensure that the information will be posted on the e-news.

**THANK YOU!**