



Arizona Spinal Cord
Injury Association

AZSCIA E-NEWS

October 2007

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

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We're on the Web!
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Voting Opens for Hall of Fame Candidates

We are urging all members of the Association to cast their votes to two very important individuals for the National Spinal Cord Injury Association (NSCIA) Spinal Cord Injury Hall of Fame. Encourage your friends, family members, neighbors to take part in the ballot.

Dr. Renee Tyree is nominated in the Sports Category. Renee was a member of the Women's USA Wheelchair Basketball Team that won Gold at the Paralympics in Athens, Greece. Renee is also a board member of our Association. She is currently a Pharmacist at Express Scripts.

The late John Sylvester Young, MD is being nominated in the Research and Quality of Life Category. Dr. Young founded the SCI Model Centers and developed Good Samaritan Rehabilitation Institute. Dr. Young passed away in 1994.

We need over a 1,000 votes for the candidates to be in the running. The deadline is Friday, October 5, 2007, 5:00PM EST.

We want some Arizona winners for the first time. Please take 5 minutes of your time to VOTE. Voting is limited to NSCIA members, but individual membership is free and open to anyone with a strong interest in the SCI/D community. You can only cast your vote once on your computer.

When you vote online you will be asked to join NSCIA. It's free. They send occasional email newsletters, and you will also get their newspaper, SCI Life, in your mail quarterly. Please consider becoming a member of NSCIA, just to keep up-to-date on the issues. Mailing list is used for in-house purpose only.

To vote, go to the [NSCIA Web Site](http://spinalcord.org). (spinalcord.org) It's the lead story. Just follow the links. And explore the other categories, too. There are lots of amazing, accomplished people nominated in 14 other categories.

Advanced Wheelchair Skills Clinic

Presented by Banner Wheelchair Suns Basketball, Banner Health Arizona and Arizona Spinal Cord Injury Association

Shorter hospital and rehabilitation stays may not allow enough time to learn important wheelchair skills, as we age we may need to brush-up or learn new skills to remain independent. This lack of wheelchair skill may lead to secondary conditions or isolation because we cannot negotiate the environment. This course will allow you to become more efficient in the use of your wheelchair. Come and join us in some practical advice from those in the know.

This program is divided into four modules:

Transferring:

Chair to Furniture/bed/vehicle; chair to floor/floor to chair.

Managing your environment:

Opening and closing doors; Operating elevators and escalators; Wheelies; Curbs; Ramps and Various terrain; etc.

Bathroom Mobility:

Focus will be on transfers and clothing management in the restroom.

Mechanics of Your Chair:

Making adjustments to and general maintenance of your wheelchair. Adapted hand cycles for on or off road use.

This series of free clinics will be given at Banner Good Samaritan Rehabilitation Inst. 1012 E Willetta Street, Phoenix, AZ, R-2. The Clinic dates are: October 3rd, 10th, 17th, and 24th from 4:00 - 6:00 pm. Call 602-239-5929 or 602-790-7909 for more information.

Student Athletes with Physical Disabilities, Coaches and Teachers Eligible To Win A Trip To The 2008 Paralympic Games in Beijing, China

Arizona Disabled Sports, Arizona State University and Barrow's Neurological Institute Helping to Distribute Applications for the 2008 Paralympic Academy Beijing at the Arizona Paralympic Academy and 10th Annual Disabled Sports Expo on Friday, October 26 and Saturday, October 27, 2007.

From Susan Rossi

480-644-5702 or visit www.arizonadisabledsports.com

Monday, September 10, 2007

Mesa, Arizona – Arizona Disabled Sports is pleased to announce that it's assisting U.S. Paralympics, a division of the U.S. Olympic Committee, with distribution of applications for the 2008 International Paralympic Academy. Nationally, thirty-five student athletes with physical disabilities and 15 coaches and teachers will win a trip to the 2008 Paralympic Games in Beijing, China, Sept. 5-11, 2008.

Coordinated by U.S. Paralympics, participants in the Paralympic Academy Beijing will have the opportunity to meet U.S. Paralympic team members, attend Opening Ceremonies and athletic competitions and build camaraderie with other potential Paralympians.

"Less than five-percent of kids with physical disabilities participate in physical fitness programs," said Charlie Huebner, Chief of U.S. Paralympics. "The Paralympic Academy Beijing provides us an opportunity to recognize those kids with physical disabilities and programs that promote physical fitness programs and health."

The first International Paralympic Academy took place at the 2004 Paralympic Games in Athens, Greece. The second was held at the 2006 Paralympic Winter Games in Torino, Italy.

To enter, student athletes (ages 12-18), coaches and teachers must fill out an application, which includes writing a 500-word essay focused on the role

that sports has played in their lives, as well as include letters of recommendation. Applications are available at www.usparalympics.org. Deadline to enter is **April 1, 2008**.

"Competitive and recreational sport opportunities are essential aspects in the lives of individuals of all abilities," said Susan Rossi, City of Mesa Adaptive Sports Programmer. "It is important to begin a healthy and active lifestyle at an early age, allowing the benefits to unfold and doors open." Arizona Disabled Sports hopes to educate new athletes, families and professionals of local opportunities with the Beijing initiative and the Arizona Paralympic Academy on Friday, October 26, 2007. The Academy will be followed by the 10th Annual Adaptive Sports Expo on Saturday, October 27th. All events will be held at the ASU Student Recreation Complex, 400 E. Apache in Tempe.

About U.S. Paralympics:

U.S. Paralympics, a division of the U.S. Olympic Committee, is dedicated to becoming the world leader in the Paralympic sports movement, and to promoting excellence in the lives of persons with physical disabilities. **Visit www.usparalympics.org for further information.**

About Arizona Disabled Sports:

Arizona Disabled Sports is a partnership between the City of Mesa Adaptive Sports Program, Mesa Association of Sports for the Disabled and Mesa Public Schools. The partnership provides year round sports and recreation opportunities to individuals with physical and intellectual disabilities. **Visit www.arizonadisabledsports.com for further information.**

The Lobo Times, Issue #1, Getting Ready For 2007-2008

The Tucson Lobos, Tucson's only community based wheelchair basketball team is getting ready for another season. After five successful years of coaching Ray Lopez has decided to step down as head coach and veteran player Dave Kingsy has taken the job. He will be assisted by newcomer Dan Clemente who joined last year after playing in Denver for many years. Ray Lopez is now President of the Tucson Lobos and we are all very excited about the future of the Lobos. The team has grown to 17 active players, and we are continuing to recruit from the community. Our plan this year is to field two teams, one beginner and one advanced team to make sure all athletes get a lot of playing time.

As you know, one of our main goals is public awareness and we have already started our public speaking gigs with a hugely successful injury prevention speech and demonstration in August @ Marana High School. Two assemblies with over 2000 students watched as some of the Lobos hooped it up, talked about injury prevention, and got much of the school involved in the always-fun wheelchair relay races. Several of us also participated in the AZ Spinal Cord Injury camp this month in Payson and had a great time playing sports and discussing spinal cord issues in the great wilderness with some newly injured individuals. Please contact AZ Spinal Cord Injury Association about next year's camp!

Regarding Sponsorship: The Lobos have added a couple more community sponsors that are helping in raising disability awareness and getting some individuals with disabilities the opportunity to play sports. Our goal this year is to raise over 10 thousand dollars so that we can compete on the east coast once this year. This means we need to double our fundraising!

The Lobos will be practicing this year at the beautiful NW Recreation center

on Tuesdays and Thursdays from 6-9pm. Official practice begins on August 25th! We will also be helping out with the JAWS (Juniors Active in Wheelchair Sports) group on Saturdays from 9am to 11am! We are proudly hosting our annual wheelchair basketball camp on Jan 12th, 2007, 8am to 5pm. We are currently selling raffle tickets for this event and will be giving out many prizes at this event. Please contact us if you would like to purchase or help us sell some tickets for the event.

Here is a list of all of our fantastic Sponsors, Thanks A Million!

AZ Paralyzed Veterans of America
Tucson Parks & Recreation
AZ Spinal Cord Injury Association
PRN Medical
SIR (Speedway International Raceway)
New Image Graphics

With Lobo Love!

#52 "Stand up Pete" Hughes
Team Secretary and Center

Fishing Has No Boundaries

When: Oct. 20th & 21st, 2007. Check-in 7-8 A.M. each day.

Where: Lake Pleasant (N. of Phoenix.)

Who: Anyone, with any type of disability, is eligible to participate.

What: Catch & release fishing! Fun time on the lake! Not a competition.

Cost: \$50 per participant. Includes one free guest/attendant. Veterans free.

We're excited to be holding our ninth annual event, and we're glad you plan to attend. Here's how you can help us:

Tell your friends-pass this info along to everyone you know!

Let us know of any possible sponsors for this event.

Become a member of FHNB, national organization (details at event)

You'll supply: Your own transportation to and from Lake Pleasant both days, and a desire to have fun! Please arrive as early as possible. If you need bathroom help, please bring an attendant or family member. Bring your own fishing gear, flotation device, and rain gear, if you have them. Don't forget sunglasses and sunscreen!

We'll supply: The fishing equipment, boats (mostly pontoon boats), food, drinks, bait, hats and guides. Fishing licenses are not required for our event, thanks to AZ Game & Fish.

This fishing event is unique because we will be going out on the water, in boats, to do our fishing. If your disability will require special care, we ask that you let us know how we can best accommodate you, and we also encourage you to sign-up and bring along a guest/attendant.

Contact: donprice63@yahoo.com.

SILC Celebrates Dance

Reserve your seats for AXIS now! AXIS is famous for its innovative movement and choreography using wheelchair dancers. SILC is selling tickets at \$38 each for the performance on Sunday, October 21st at 7:30PM at the Scottsdale Center for the Performing Arts, 7380 E 2nd Street, Scottsdale, AZ 85251.

To request a reservation form, call SILC at 602-262-2900 or go to the SILC website at www.azsilc.org. Reservation form must be completed by October 15th.

Meet the dancers! AXIS will meet with the audience immediately following their performance for a Question and Answer session. Buy directly from SILC and 50% of your purchase* will help support SILC programs. Accessible accommodations will be provided

*SILC is a nonprofit organization; \$19 of each ticket purchased is tax deductible.

Prescription Drug Savings Program

Did you know that more than **one out every five people in the United States has no prescription drug coverage**? Mesa United Way is participating in a prescription drug discount program and we need your help!

IT'S FREE: This is a free resource from the FamilyWize community service partnership. Use this FamilyWize card to start saving money on your prescription drugs today.

IT'S EASY: Simply present your card and prescription to a participating pharmacy to obtain the discounted price. You always receive the lower of the discounted price or pharmacy's retail price.

HOW MUCH YOU SAVE: This card can save you and your family an average of 20% on 8 out of 10 prescriptions. Visit www.familywize.com to see the discounted price of medications using this card. The goal of this community partnership is to reduce the cost of medicine for children, families and individuals with no prescription drug coverage by \$100 million in five years.

NO RESTRICTIONS: Use your card as often as you need, for any prescription, for everyone in your family. There is no income limit, age requirement, eligibility or registration required.

PARTICIPATING PHARMACIES: The **cards are being distributed free of charge NATIONWIDE** by participating United Way agencies, community and faith-based organizations, county agencies, doctors, businesses, some pharmacies, and individuals like you. The discounts and savings are provided voluntarily by the more than 53,000 participating pharmacies that have agreed to accept this card (76 pharmacies in Mesa). Attached is a list of participating pharmacies in Mesa that have agree to help, along with the name of the person with whom we spoke. They will keep some extra cards on hand for people that didn't already get a discount card from one of our partner agencies or others. **(Up-to-date lists can be found at www.familywize.com)** Please remember to thank them for their participation and the difference they are making when you fill your prescription.

HOW YOU CAN HELP: We would like to work with you to provide this free resource and assistance to the people in your community. **Please e-mail darlene.duncan@mesaunitedway.org with the number of cards you would like, the name of the person responsible and the address you would like the cards mailed to. All you need to do is give the card to individuals without healthcare insurance! Individuals are welcome to contact Darlene also or stop by our offices for a free card.** Together, we can make a difference, A \$100 MILLION DIFFERENCE.

THIS IS NOT HEALTH INSURANCE: Discounts are available only at participating pharmacies. The FamilyWize community service partnership is fully funded. There is no cost to either your agency, Mesa United Way or to the people getting these prescription drug discount cards.

For additional questions about the program please call Darlene Duncan at

480-834-2118 or visit the FamilyWize website at www.familywize.com.

Spirituality and Spinal Cord Injury Research

Dr. Irmo Marini, Ph.D, C.R.C., Professor at the Department of Rehabilitation, The University of Texas-Pan American is conducting a research project called Spirituality and Spinal Cord Injury. It is designed to collect responses from people with Spinal Cord Injury from around the United States about their spiritual beliefs in relation to their disability and the importance of spirituality in their lives.

He is currently looking for participants. If you know someone who would like to participate, please ask them to visit the link

<http://www.surveymonkey.com/SCI> . All responses will be confidential and email addresses are moved by the webmaster so that responses cannot be traced back to any individual. This research has been reviewed for the protection of human subjects by the Institutional Review Board-Human Subjects' in Research.

If you have any question regarding this study, please call Dr. Marini at 956-316-7035 or email imarini@panam.edu.

Living With A Spinal Cord Injury

Are you at least 18 years-old and have you lived with a spinal cord injury for at least 5 years? If so, we would like to invite you to participate in a study being conducted at the University of California, Irvine. The purpose of the study is to examine physical and affective well-being among people with a spinal cord injury. If you choose to participate, you will be asked to complete a series of over-the-phone interviews. You will be compensated \$150.00 for completion of the study. If you are interested in participating or have any questions, please call the emotion research laboratory at 949-824-3991 or email us at emotion@uci.edu.

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. She will ensure that the information will be posted on the e-news.

THANK YOU!