



Arizona Spinal Cord
Injury Association

September 2008

*"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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AZSCIA E-NEWS

12th Annual "But It's A Dry Heat" Charity Golf Classic

Chuy's Mesquite Broiler has once again chosen the Arizona Spinal Cord Injury Association as their charity of choice for this year's golf tournament.

Sponsored by: Chuy's, Budweiser, Coors Light, Miller Brands, Republic Beverage, Southern Wines, Alliance Beverage, Rick Rohde Custom Bikes, G&K Services and Adriana Photography.

Date: Saturday, September 13, 2008

Registration: 6:30AM - 7:20AM

Tee Off (Shotgun Start): 7:30AM

Price: \$80.00 per player includes green fees, cart, range balls, gift packs, bag tags, lunch and drinks at Chuy's Baseline, 1831 E Baseline Road in Tempe.

Format: 4-Man Scramble (Better Ball. FOURSOMES ARE RECOMMENDED!)

Prizes awarded for: 1st Place, 2nd Place, 3rd Place, 4 Closest to the Pin, Straightest Drive, Longest Drive, and Worst Team Score.

Deadline to register is September 7, 2008. For more details, please contact Manny at 480-777-2905.

Sedona Tucson and Prescott Symposiums

The symposiums are designed specifically for individuals with a spinal cord injury and for their families and caregivers. There is no cost to attend and Lunch and refreshments will also be provided.

Topics to be discussed are: Pain Management, a segment on Seating and Positioning, Pressure Mapping and Choosing the Right Equipment. Registration will begin at 9:30AM. The symposium will begin at 10:00AM and tentatively conclude at 2:00PM. Over-the-Line Softball game to follow!

Tucson Symposium

Date: Saturday, October 11, 2008

Place: Disability Resource Center, University of Arizona, 1224 E Lowell Street in Tucson

Prescott Symposium

Date: Saturday, October 18, 2008

Place: Mountain Valley Regional Rehabilitation Hospital, 3700 N Windsong Drive in Prescott Valley.

More information will be available soon and will be available in the Calendar section of the website.

Sedona Mystery Tour

The Sedona Mystery Tour will be held on Saturday, September 20, 2008. It is a beautiful and scenic tour of Montezuma Castle, Sedona and what better way to end the day then a wine sipping at the Oak Creek Vineyards. Please call Kayla at the office to register. So far, we have 5 registrants. Michael Bruning will have vans available for the trip.

Scottsdale Fashion Week

Scottsdale Fashion Week proudly supports the Arizona Spinal Cord Injury Association and Arizona Make A Wish Foundation as their charities of choice.

The Scottsdale Fashion Week will be held during November 7-9, 2008 near Scottsdale Fashion Square. More details to follow but in the meantime, please visit www.scottsdalefashionweek.com.

First Swing Golf Seminar

The First Swing Golf Seminar introduces an adapted golf model to Rehabilitation Professionals, Park and Recreation Professionals and Golf Professionals interested in learning how to instruct individuals with physical disabilities golf basics and adaptive golf techniques. The program will cover instruction methods of grip, stance/balance and swing. Adaptive golf devices and equipment will be demonstrated, as well as golf tips and techniques for individuals that use wheelchairs and single rider golf carts. Accessibility issues and ADA will also be discussed.

The professionals will create a program plan to encourage golf in the Valley for individuals with physical disabilities. The date is Saturday, September 6, 2008 at Longbow Golf Course. For more information, please contact Susan Rossi at 480-644-5702 or susan.rossi@cityofmesa.org.

Eyes on the Games – Watch the Paralympics 2008 Broadcast here!

Dear Paralympic followers, friends and fans:



Paralympic sport TV is alive and has something new nearly every week for you to enjoy. Leading up to Beijing there will be many walks down memory lane from previous Paralympics and glimpses of extraordinary performances.

Visit often for Beijing is just around the corner where we will be witnesses to performances such as we have never seen before.

Very professionally done and super quality viewing of sport for athletes with a disability. Visit now, revisit often and share the great link. Internet TV: www.paralympicsport.tv

You will be the first to know about the on air times. Tell your friends and family to sign up by sending **subscribe** to pstv@paralympic.org.

If you have a website of your own feel free to link to

www.ParalympicSport.TV and integrate the attached badges. We really appreciate it! We are looking forward to all of your feedback! Write to us at pstv@paralympic.org.

ACDL Non-partisan Campaign to Safeguard the Voting Rights of People With Disabilities

August 4, 2008, Tucson, Arizona - Through a non-partisan campaign, the Arizona Center for Disability Law (ACDL) has launched a drive to safeguard the vote of people with disabilities in this year's Presidential Election.

"We want to ensure that people with disabilities have full participation in the electoral process, including registering to vote, casting a vote and accessing polling places," said Peri Jude Radecic, Executive Director of the ACDL.

The ACDL has voting rights information and resources available on its website at www.azdisabilitylaw.org.

On Election Day, the ACDL will be staffing special intake phone lines to handle complaints about accessibility barriers and the lack of accommodations at polling locations across the state. Individuals with disabilities are encouraged to call the ACDL at 1(800) 927-2260 or (602) 274-6287 if they experience problems with voting.

The ACDL will offer extended hours of operation during the September 2 Primary and November 4 General Election to handle complaints. Phones will be staffed from 7:00 a.m. to 7:00 p.m. Normal hours of operation are 8:00 a.m. to 5:00 p.m.

Radecic said that in the months leading up to Primary Election Day, the ACDL has met with other disability organizations in Arizona to register people with disabilities to vote and to educate organizations and individuals about the voting process. In addition, the ACDL is working with election officials to make sure that state and local governments comply with the law. "ACDL staff conducted spot checks at polling locations in Pima and Cochise counties. Accessibility barriers were noted and we have been meeting with election officials to address accessibility problems at polling locations," Radecic said. The accessibility survey found barriers such as a lack of designated accessible parking and access aisles, slopes for accessible parking spaces that exceeded federal standards, and thresholds to doors at voting entrances that were too high for wheelchair access.

"We hope that our pre-election day activities will result in improved voting access for people with disabilities on September 2 and November 4," said Radecic. "The Help America Vote Act (HAVA) continues to have a dramatic impact on the conduct of elections in Arizona and across the country and the ACDL will be doing its part to make sure that individuals with disabilities have full and equal access to the right to vote," said Radecic.

The Help America Vote Act was enacted by Congress in 2002 to improve the administration of elections in the United States. A key provision of the Act includes improving voting access to individuals with disabilities. Under the Act, Congress appropriated money to state and local governments to:

- remove physical barriers to polling sites,
- provide information and outreach programs to individuals with disabilities about the accessibility of polling places, and
- train election officials, poll workers and election volunteers on how best to promote the access and participation of individuals with disabilities in the elections process.

In 2000, the United States Census Bureau estimated that there were 902,252 residents with disabilities in Arizona. (19.3% of the population). The American Association of People with Disabilities estimates that 824,286 residents with disabilities in Arizona are of voting age and that only 278,609 individuals with disabilities voted in the 2000 election in Arizona.

The Arizona Center for Disability Law is a not for profit public interest law firm, dedicated to protecting the rights of individuals with a wide range of physical, mental, psychiatric, sensory and cognitive disabilities. The Arizona Center for Disability Law is authorized under various federal statutes to ensure the protection and advocacy of all individuals with disabilities in the state. For more information, please contact Peri Jude Radecic, Executive Director at Arizona Center for Disability Law. Phone: 520-327-9547.

Rolling On Productions

Come discover how to rediscover yourself! Creative playwriting and acting workshop for people on wheels.

Terry Earp a recently paralyzed writer, actor, and theater owner in Phoenix will be starting an adult group up for individuals in wheelchairs. The class doesn't require any experience, only a desire to try something new and make new friends. Central location and class makeup will determine content and material. Please call 602-896-1860 for more information.

Terry Earp (Playwright/Producer/Actress) is a self-taught and award-winning playwright. Her works have appeared on local, national and international stages. She began her writing career in 1988 and since then has written and produced over 35 plays, own and operated her own theater company "On The Spot" for seven years and won 8 AriZoni awards for different productions. In addition to her roles as playwright/producer, she also wrote and acts in two one-woman plays: "*Mrs. Wyatt Earp*" as Josephine Sarah Marcus Earp and in "*Doc Holliday's Woman Speaks*" as "Big-Nose Kate". Recently she added performing in Mr. and Mrs. Wyatt Earp with her husband Wyatt. In 2007 won the AriZoni for outstanding contribution in the theater community.

In 2006 Terry was hit by an SUV on her bicycle while crossing the street; the SUV ran a red light. Terry is a C5-C6 Quadriplegic. Last December Terry returned on stage to perform with her husband, after awhile you don't even see the chair.

Rolling on Productions is a group for Spinal Cord injuries that like Terry are ready to use what they have to give back to the community and move on to live their lives.

Special Education Training for Parents

Location: Mohave Community College, Room 600, 3400 Hwy. 95
Bullhead City, Arizona

Date: Wednesday, September 17, 2008

Times: 9:00AM - 12:00PM & 6:00PM -9:00PM

Do you have questions about the special education process?

Do you have questions about your child's IEP?

Do you have questions concerning discipline?

Do you have questions about your rights?

Well, let's get some answers!

The Arizona Center for Disability Law will be conducting an intensive training

designed for parents to answer these questions and more. This free training will provide in depth information on the procedural safeguards set forth in the Individuals with Disabilities Education Act of 2004, Bureau of Indian Education and Section 504 of the Rehabilitation Act of 1973. Highlights of the training will include information on the evaluation, the IEP, appropriate placement, transition services and discipline. In addition, the training will provide parents with practical advice and strategies for developing self-advocacy skills.

For more information or to reserve space at one of the trainings, please contact the Center, at 602-274-6287 (voice/TTY) 1-800-927-2260 or e-mail kvanhorne@azdisabilitylaw.org. Please notify the Center as soon as possible if you need any special accommodations or are unable to keep your reservation. Parents are welcome to register the day of the training. For more information about the Center, please check our website at www.azdisabilitylaw.org. Project funded through the Arizona Foundation for Legal Services & Education.

Know Your Rights: A Workshop on Independent Living

Location: Golden Gate Community Center, 1625 N 39th Avenue in Phoenix

Date: Friday, September 12, 2008

Time: 9:00AM – 4:00PM

Lunch is Included

Who Should Attend?

- People with disabilities
- Family, friends and caregivers of people with disabilities
- People who work with people with disabilities

Learn About the Programs of Various Organizations

- AZ Statewide Independent Living Council
- AZ Bridge to Independent Living
- AZ Spinal Cord Injury Association
- AZ Center for Disability Law
- AHCCCS
- Rehabilitation Services Administration

Breakout Sessions

Navigating an IEP:

Marta Leon, of the Center for Disability Law discusses the process of an IEP. Social workers and parents of children in special education are encouraged to attend.

AHCCCS Services:

Information about AHCCCS and eligibility for enrollment.

Town Hall Meeting

Discuss important issues with your elected officials.

For more information, to register or to request an accommodation, call Donna at 602-577-0517 or silcdonna@qwestoffice.net.

Arizona Dental Foundation

The Arizona Dental Foundation, the charitable dentistry arm of the Arizona Dental Association (AzDA) has provided the Association with an updated dental referral information.

We have a copy of the referral information on community clinics, AHCCCS clinic providers and specialized services (children, seniors, disabled, etc.).

Be aware of resources and their restrictions to care. The dental school offers

services at about 40% of what a dentist typically charges. However, you will need to make transportation arrangements to accommodate their East Mesa location. Likewise, donated dental services applications are available through our organization at www.azdentalfoundation.org for individuals that are elderly (65+), disabled (on SSDI) or medically compromised. But know that a two year waiting list continues for major metropolitan areas despite the fact that we serve the entire state. While these are valuable community resources, neither can respond to emergencies.

Arizona Dental Foundation recommends that you utilize their web site for referrals at www.azda.org. Click on PUBLIC and then click on FIND A DENTIST. You can then search on specific criteria including senior discounts and payment programs. If you are on AHCCCS, you will still need to contact your plan directly to find a dentist in your neighborhood.

If you have any additional questions, please contact Ginger Froncek, Executive Director at 480-344-5777 / 800-866-2732 X304 or Ginger@azda.org.

Life On Wheels Second Edition

Gary Karp is proud to announce the second edition of his first book, Life On Wheels, is about to be published by Demos Medical Publishing. Many people he had met in his travels have told him how much difference Life On Wheels made in their lives. The new edition will continue to play this special role of service.

In celebration of the new edition, due out in the next month, he is offering a pre-release discount – along with some extras from some very special partners. Pre-Release Price: \$19.95, Cover Price: \$24.95. Book is soft cover with 496 pages. Visit Gary Karp's web site to take advantage of this special offer <http://www.lifeonwheels.org/books/low2offer.html>.

Get a 5% discount at the premier online provider of mobility equipment and accessories at www.spinlife.com. Get up to 50% off on inclusive trips to great outdoor destinations at www.wildernessinquiry.com.

You also can own all four of Gary Karp's definitive guides for people with disabilities: Life On Wheels, Choosing A Wheelchair, From There To Here, and Disability & the Art of Kissing. A \$68.85 value, available now for \$45.00.

The New CyberCIL of Arizona

In these times of skyrocketing transportation prices and other barriers that prevent persons with disabilities, their friends and family members from accessing services from a traditional Center for Independent Living (CIL), we are pleased to promote the new, fully-accessible CyberCIL at www.Cybercil.com.

Within our CyberCIL, you will find the four core services; Advocacy, Information and Referral, Independent Living Skills training and Peer Counseling in addition to our ancillary services; Assistance Animals, Assistive Technology, Current Topics and Events, our CyberCIL Library, Housing, Multiple Chemical Sensitivities, Services for Native Americans, Sports and Recreation, Transportation, a Wellness Center and Work Incentives.

We invite you to visit our Center for Independent Living, open twenty-four hours a day, seven days a week, to simply peruse our vast assortment of information or to contact any of our online staff with any specific questions.

Service Arizona Website

Please visit the Service Arizona website at www.servicearizona.com to register online. The Maricopa County Recorder's site also has the ability to check registration, find polling place, request an early ballot, etc. www.recorder.maricopa.gov.

Conquer Chiari Walk Across America

September 20, 2008

Papago Park, Ramada #2

625 N Galvin Parkway in Phoenix

Registration Begins at 6:00AM, Walk Starts at 7:00AM

The 5K Walk will proceed through the Desert Botanical Gardens

Chiari Malformation is a serious neurological disorder affecting 300,000 people in the US. The Conquer Chiari Walk Across America is a series of local awareness and fundraising walks held across the country on the same day. Join us on this special day and help the thousands of families struggling with this terrible disease. All proceeds will be used to fund Chiari research.

Participation is free, but t-shirts will be provided for registered walkers with a minimum \$20 donation. For more information, to register as a walker, or to sponsor a walker, call Sheryl at 602-481-2686 or Debbie at 623-561-6906 or visit www.conquerchiari.org. Deadline for free t-shirt is August 15th.

Conquer Chiari, known formally as the C&S Patient Education Foundation is a Pennsylvania 501(c)3 nonprofit dedicated to improving the experiences and outcomes of Chiari and syringomyelia patients through education, awareness, and research.

All participants are welcome to join in a CELEBRATION PARTY following the walk with music by: The Jay Soto Band, Ullman Terrace at Desert Botanical Gardens.

Position Available at City of Mesa Parks

A full time Adaptive Recreation Programmer position will open with the City of Mesa Parks, Recreation and Commercial Facilities in the near future.

Responsibilities will include coordination of the Mesa Special Olympics program and various other duties. A degree is required. Please express interest in being notified about the application process to Mark Grant at mark.grant@cityofmesa.org. To learn more about our programs, visit www.mesadisablesports.com.

Continence Product Survey

National Spinal Cord Injury Association (NSCIA) is working with Strategyn, a respected global innovation and research firm, to recruit 30 people willing to share their thoughts about continence products and how they can be improved. This is a critical area where we all know a lot of opportunities exist for making better products. And you will benefit NSCIA at the same time.

So for a chance to have your say about the continence and bowel care products you use, and a chance to put some money in your pocket, please take just 30-40 minutes to complete this online survey. You can complete this all at once or save it and return to it at a later time.

Not only will you have a chance to get your views in front of the manufacturers of continence solutions, but also for every completed survey,

Strategyn will **make a donation to NSCIA**. That's not all. Every respondent that completes the survey will receive **\$40** and also be entered into a drawing to **win another \$200**. Only 30 respondents are needed please respond as soon as you can. **All responses must be received by September 7th midnight.**

Who Can Take Part?

The survey is open to anyone over 18 in the UK or US with an SCI who uses any of the following solutions for incontinence:

Intermittent or indwelling catheters, Urine drainage bags (leg or night bags), Penile sheaths, Incontinence pads and Bowel continence products.

Next Steps

To request your personal link to the survey, please send an email to: uk@strategyn.com.

In your email, please state that you responded from NSCIA and in which country you live. Your email address will only be used then to send you a unique survey link, to arrange delivery of your cash incentive and to notify you if you win the drawing for \$200.*

Thank you for participating. Your support could help to discover an important breakthrough in continence care for everyone with an SCI.

David Aldrich

We just received an article on David Aldrich. He is a 50 year-old man who was injured 6 years ago. He learned about stem cell treatment available in China and was able to make two trips to get stem cell treatment. This is his story of what he experienced and how it turned out.

If you are interested in his story, please contact Vangie at the office and she will email the article to you.

For Sale

1999 Ford E150 V8, Legend Raised Roof Handicap conversion van With Braun L950 Entry Lift

Exterior: Gold/Bronze Interior: Beige

Q-Straint 4 pt. Wheelchair self adjusting hold downs, pwr. windows, mirrors, brakes and cruise control, interior relined and re-carpeted, rear seat folds to bed, rear overhead storage, privacy blinds, air conditioning/Heater front and rear. New: brakes with new rotors on front, new battery, and new shocks.

Mileage: 93,467 MUST SEE TO APPRECIATE.

Price \$ 12,500 (will consider offer). Contact 480-703-8286.

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!