



A Chapter of Christopher &  
Dana Reeve Foundation



**August 2010**

We're on the  
Web!

[www.azspinal.org](http://www.azspinal.org)

Be our Friend!  
Facebook –  
Spinal Cord  
Injury

MySpace –  
AZ Spinal  
Cord Injury  
Association

5025 E Washington St #110  
Phoenix, AZ 85034  
Phone: 602-507-4209  
Fax: 602-507-4214  
Toll-free: 888-889-2185  
[info@azspinal.org](mailto:info@azspinal.org)

*“A bi-weekly update on the  
happenings and upcoming events  
in the Association and  
Community Partners.”*

# Member E-Newsletter

## Arizona Spinal Cord Injury Association

### 5<sup>th</sup> Annual Spinal Cord Injury Retreat

Kayla has done an amazing job in marketing that we had to close registration earlier than expected.

If you are interested in visiting Whispering Hope Ranch for a day visit, please let the staff know immediately.

Christopher Di Virgilio, Web content and staff writer for SPORTS 'N SPOKES, will be at the retreat and will write an article for an upcoming issue of the magazine and online. This would include taking pictures and interviewing some of the staff and guests.

### Camp Can Do

Date: August 26-29, 2010

Location: Whispering Hope Ranch in Payson, AZ

Cost: \$40 for BIAAZ members and \$45 for non-members for the entire weekend

Attendees: Brain Injury Survivors and Caregivers over the age of 18

Space is limited so application and fee must be sent to Brain Injury Association of Arizona to reserve your spot. For more information or to request an application, contact BIAAZ at 602-508-8024 or [Burgan@biaaz.org](mailto:Burgan@biaaz.org). Volunteers are also needed.

### Phoenix Dial-A-Ride to End “Demand Trips” as part of Budget Cuts

On July 26, 2010, the Phoenix Public Transit Department will be ending all same-day scheduled “demand” trips on Phoenix Dial-a-Ride as part of budget balancing measures adopted by the City Council. Service cuts were required after the elimination of approximately \$9 million in Local Transportation Assistance Funds to balance the State of Arizona budget. The changes to Dial-a-Ride service will coincide with reductions to fixed-route local bus, RAPID™ commuter service, and neighborhood circulator service. Phoenix Dial-a-Ride service will now only be available to Americans with Disabilities Act (ADA)-certified passengers, and will require passengers to book from one to 14 days in advance by calling Phoenix Dial-a-Ride reservations at 602-253-4000.

Senior citizens and other passengers who may be eligible for ADA service should contact the Valley Metro ADA certification office at 602-534-3157 for more information. Phoenix Public Transit also provides a taxi subsidy program for Phoenix residents aged 65 and older. The program, Senior Cab, subsidizes cab trips through the use of taxi vouchers, where passengers pay a portion of the cost up-front, up to \$12 for a total of \$40 worth of taxi vouchers. For more information about Senior Cab, please call 602-801-1163, or 602-801-1164. Information about bus and light rail service, as well as other transportation alternatives, is available at [www.valleymetro.org](http://www.valleymetro.org).

## America the Beautiful Access Pass

**America the Beautiful – National Parks and Federal Recreational Lands Pass – Access Pass - Free.**

America the Beautiful – National Parks and Federal Recreational Lands Pass – Access Pass  
This is a lifetime pass for U.S. citizens or permanent residents with permanent disabilities. Documentation is required to obtain the pass. Acceptable documentation includes: statement by a licensed physician; document issued by a Federal agency such as the Veteran's Administration, Social Security Disability Income or Supplemental Security Income; or document issued by a State agency such as a vocational rehabilitation agency. The pass provides access to, and use of, Federal recreation sites that charge an Entrance or Standard Amenity. The pass admits the pass holder and passengers in a non-commercial vehicle at per vehicle fee areas and pass holder + 3 adults, not to exceed 4 adults, at per person fee areas (children under 16 are admitted free). The pass can only be obtained in person at the park. The Access Pass provides a 50 percent discount on some Expanded Amenity Fees charged for facilities and services such as camping, swimming, boat launching, and specialized interpretive services. In some cases where Expanded Amenity Fees are charged, only the pass holder will be given the 50 percent price reduction. The pass is non-transferable and generally does NOT cover or reduce special recreation permit fees or fees charged by concessionaires.

## Center for Disability Law Survey

The Arizona Center for Disability Law is in the process of revising our priorities and goals for the next fiscal year (October 1, 2010 to September 30, 2011). We are asking you to provide your input so that we can better serve the communities' needs throughout Arizona.

The online survey should only take 5 minutes to complete. We will use the feedback to decide what programs to focus on and how to improve our services. If you have any problems accessing the survey, please e-mail me at [etimmings@azdisabilitylaw.org](mailto:etimmings@azdisabilitylaw.org).

This is the link to the survey:

<http://www.zoomerang.com/Survey/WEB22AUUSJEXCY>

Thank you for your input and for helping us to better serve people with disabilities throughout Arizona.

## Living Well With A Disability

- Would you, or someone you know, like to enjoy a better quality of life, to get help in reaching a personal goal, or perhaps, just make fewer trips to emergency or urgent care?
- If you answered YES, then plan to attend LIVING WELL WITH A DISABILITY.

This is a 20 hour/10-week health promotion program for adults with physical disabilities. There is no charge to attend. The structured curriculum was developed and tested by the University of Montana, Rural Institute on Disabilities, Kansas University with many participating CIL members.

**WHEN: Fridays, July 23rd - September 24th from 1:00pm – 3:00pm**

**WHERE:**

**Classroom B, ABIL Disability Empowerment Center**

Register early. Space is limited. Presented by ABIL and the Valley of the Sun YMCA. For more information and to register, contact: Leonard Smith 602-386-4281.

## Financial Planning for Special Needs

Chris Carter has over 15 years experience as a special needs Financial Advisor and is a Senior Financial Advisor at The Wealth Store Financial. He helps individuals with special needs answer these types of questions and assists them in special needs financial planning for their future. He also assists them in implementing plans to help protect them from the financial challenges associated with special needs.

At The Wealth Store we work with an experienced Attorney, Certified Public Accountants, Financial Advisors and Estate Planning Specialists will help answer all your financial and estate planning questions. Reference this article and call us today at 623-748-3920 for your complimentary special needs consultation.

## Quality of Life Grant from Christopher & Dana Reeve Foundation

With the support of a 2010 "Quality of Life" award grant from the Christopher and Dana Reeve Foundation, ThinkFirst Navajo was recently able to expand and spread its message of injury prevention to about 1900 students in 9 schools over the Navajo Nation in Arizona and New Mexico.

ThinkFirst Navajo, founded in 2005 by retired neurosurgeon Robert M. Crowell, is a program of Eve's Fund for Native American Health Initiatives. Eve's Fund promotes hope and wellness by sponsoring programs in literacy, injury prevention, mental health and education for young Native Americans.

ThinkFirst Navajo is a chapter of the ThinkFirst National Injury Prevention Program, a non-profit organization dedicated to preventing fatal and disabling injuries In the United States, 500,000 people a year sustain a brain or spinal cord injury and most of these injuries are preventable! Motor vehicle crashes, violence, falls, sports and recreation cause most of these injuries. The principal approach of ThinkFirst is education, to encourage children and youth and those who care about them to be active and safe. ThinkFirst advocates for proven injury prevention strategies appropriate for each age group of young people. The overall basic message however is: "think first and use your mind to protect your body."

## ABIL Personal Finance Courses

Keep your Money!

ABIL announces new Financial Literacy classes. Instructed by members of the AZ Valley of the Sun Chapter Institute of Management Accountants and the American Society of Women Accountants Phoenix & Mesa Chapters.

When: Wednesdays 5:30 – 10 Starting August 18, 2010

Where: ABIL, 2150 S. Country Club Dr., Ste #110, Mesa, AZ 85210.

To register and request accommodations: Rosalie at 602-443-0707 or [rosaliep@abil.org](mailto:rosaliep@abil.org)

You can register for one class or for the series. ABIL (Arizona Bridge to Independent Living) <http://www.abil.org> has partnered with IMA <http://&> ASWA to provide ongoing financial literacy programs to ABIL consumers.

The 10 Money Smart Topics:

- 8/18 - Bank on It an introduction to bank services
- 8/25 - Borrowing Basics an introduction to credit
- 9/1 - Check It Out how to choose and keep a checking account
- 9/8 - Money Matters how to keep track of your money
- 9/15 - Keep It Safe your rights as a consumer

- 9/22 - To Your Credit how your credit history will affect your credit future
- 9/29 - Charge It Right how to make a credit card work for you
- 10/6 - Loan To Own know what you're borrowing before you buy
- 10/13 - Your Own Home what home ownership is all about
- 10/20 - Pay Yourself First why you should save, save, save

For more information on IMA and ASWA go to our websites at: Institute of Management Accountants AZ Valley of the Sun Chapter <http://www.imavalleyofthesun.org>

American Society of Women Accountants: Phoenix chapter <http://www.aswa-phx.org/>  
Mesa Chapters <http://aswa-mev.org/>

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## Baja Fresh Mexican Grill

Come join the Spina Bifida Association of Arizona at all valley locations of Baja Fresh Mexican Grill as they are working to enhance the quality of life for those living with Spina Bifida as well as promoting the prevention. **Join us on every other Monday starting June 7<sup>th</sup> thru August 30<sup>th</sup> 2010.** For questions, please contact the Association at 602-274-3323 or Adrian Purdy at 480-577-6327.

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## Living with SCI and need a Nurse's Opinion?

Call Craig's SCI Nurse Advice Line. Craig Hospital is nationally recognized as having one of the best healthcare programs for people with SCI. To address health-related phone calls, the outpatient clinic at Craig Hospital started the Spinal Cord Injury Nurse Advice Line.

The SCI Nurse Advice Line addresses health information needs of people living with spinal cord injury. Resources for more than 150 health concerns are collected in a database. Research, evidence-based practice, and the experience of Craig nurses and doctors are just a phone call away. Nurses at Craig Hospital have the experience and resources individuals and their healthcare providers identify common complications before they become serious health problems.

As a result, people with spinal cord injury will lead healthier lives, avoid preventable emergency medical complications, and know how to effectively address their own health information needs.

To reach a nurse, call Monday through Friday, 9:00AM-4:00PM MST at 800-247-0257 or 303-789-8508 (in metro Denver).

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## Sled Ice Skating and Hockey Clinic

Expand your exercise horizons this summer. This is a FREE event. All participants will be required to sign a waiver at the time of each session. No pre-registration is required.

Through a conjoined effort, City of Phoenix Parks and Recreation and Phoenix Coyotes Sled Hockey Association bring you an opportunity to try out the exciting sport of Sled Hockey and or Ice Skating with the use of a sled.

Sled Hockey is widely known as one of the most popular Paralympics winter sports. Players sit in specially designed sleds that rest on skate blades and use adapted hockey sticks with picks to propel themselves across the ice without the use of their legs.

Sled Hockey and ice skating is geared for people with mobility impairments but is open to anyone! We will provide all the equipment you will need and instructions on how to use it. Whatever your level you will enjoy the fun and thrill of flying on the ice!

**Location, Dates and Times:**

Oceanside Arena (Tempe) - August 1st 6:30-8:30 pm  
 Polar Ice (Peoria) - August 7th 4:30-6:30 pm  
 Polar Ice (Chandler) - August 14th 6:00 -8:00 pm  
 Polar Ice (Gilbert) - August 21st 5:10-7:10 pm  
 Oceanside Arena (Tempe) - August 28th 5:00-7:00 pm

**Oceanside Ice Arena**

Sunday August 1st - 6:30pm and Saturday August 28th - 5:00pm  
 1520 N. McClintock Drive  
 Tempe, AZ 85281  
 Phone: 480-941-0944

**Polar Ice Peoria**

Saturday August 7th - 4:30pm  
 15829 N 83rd Ave  
 Peoria, AZ 85382  
 Phone: 623-334-1200

**Polar Ice Chandler**

Saturday August 14th - 6:00pm  
 2 blocks southeast I10 / Ray Rd.  
 7225 W Harrison St  
 Chandler AZ 85226  
 Phone: 480-598-9400

**Polar Ice Gilbert**

Saturday August 21st - 5:10pm  
 2305 E Knox Rd  
 Gilbert, AZ 85296  
 Phone: 480-503-7080

If you have questions please contact Jeff Spellman at Phoenix Parks and Recreation Department 602-495-5507.

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**For Sale**

E-350 Ford Van for sale! Asking price: \$7,200. It has a wheelchair lift and other adaptations. If interested, contact Sue at 520-907-3069.

A good van with a wheelchair lift, hand controls, an electric driver's seat, and a power side door with keyless entry. Has an area designed for an additional auxiliary battery. In addition to space for the wheelchair, there is a bench seat and a jump seat. Including the wheelchair it can seat 7. It also has an additional rear A/C. In addition to numerous sites to access the battery, there is also an AC/DC converter box. The van runs well and has fairly new tires. Additional items available include window shades and a TV/VCR unit. Will consider any offers.

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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!**