



A Chapter of Christopher &
Dana Reeve Foundation



January 2010

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

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"A monthly update on the happenings and upcoming events in the Association and Community Partners."

Member E-Newsletter

Arizona Spinal Cord Injury Association

The Officers and Board of the Arizona Spinal Cord Injury Association wishes you and yours all the joys of the season... and best wishes for a very healthy, successful, safe and Happy New Year!

Charting the Course for Consumers: Empowerment Training for Individuals with Spinal Cord Injury

The emphasis of the SCI Empowerment Course is to promote the health and well-being of individuals with spinal cord injuries. These interactive sessions provide knowledge and understanding of life after injury and explore quality of life concerns. Persons with a spinal cord injury, their families and caregivers and health care professionals are encouraged to attend these sessions.

Starting February 2, 2010 for 13 weeks on Tuesdays, 4:30PM - 7:30PM, including late dinner. Classes will be held at the Disability Empowerment Center (DEC), 5025 E Washington Street, Phoenix, AZ 85034 in the Nina Mason Pulliam Conference Center, Main Floor.

Listed below are the dates and topics:

- 2/2 Empowerment
- 2/9 Activities of Daily Living
- 2/16 Medical Conditions
- 2/23 Secondary Conditions
- 3/2 Health and Fitness
- 3/9 Psychosocial
- 3/16 Therapist is IN
- 3/23 Sexuality
- 3/30 Accessibility and ADA
- 4/6 Mobility and Recreation Health Fair
- 4/13 Aging with SCI - Legal with Jill
- 4/20 Aging with SCI - Health with Panel
- 4/27 SOCIAL NIGHT - Cody movie (?)

The Arizona Spinal Cord Injury Association will be managing the Registration and the Transportation requests for the classes. If you have any questions, please contact the Association at 602-507-4209.

Empower: Disability Awareness Panelists Needed

Do you have a disability and ride the buses in Tempe? Would you like to be a part of improving the Tempe bus system?

The Statewide Independent Living Council is conducting disability awareness classes for the bus operators in the city of Tempe and needs your participation. As a PASS Panelist, you will:

- Share some information about your disability
- Discuss the places that you go using Tempe buses
- Explain why an accessible and sensitive transit system is important to you

In exchange you will receive a \$45 Speakers Honorarium for your 10 to 15 minute presentation and participation in the session.

The Passenger Assistance, Sensitivity & Safety Class is held every three weeks on Tuesdays from 8:30 AM to 1:00 PM at the Veolia of Tempe Training Facility. Transportation is provided from the Tempe Transit Center to the training facility and back. For more information or to become part of the program contact Donna Powers at 602-577-0517 or donna@azsilc.org. Please pass this message on!

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ASSIST! To Independence

We regret to inform you that on Sunday, November 29th, Michael Blatchford passed in Flagstaff. He was 51 years old. Mr. Blatchford devoted his life to helping others through his work as co-founder and executive director of ASSIST! to Independence, a nonprofit Native American-owned and-operated independent living center. He was a true inspiration to everyone he met through his advocacy work for Native Americans with disabilities across America. His own disability did not hinder his commitment to enrich the lives of others. The family requests that memorial donations be made to ASSIST! to Independence, PO Box 4133, Tuba City, AZ 86045. Donations to the family may be made to the "Michael H. Blatchford Memorial Fund" at Wells Fargo Bank.

Fishing With Friends – The Anglers Adventures

On Saturday, February 6, 2010 from 10:00 am until 2:00 pm Joni and Friends Arizona, in cooperation with Arizona Game and Fish, KLOVE Radio and the Arizona Bass Federation, is hosting the third annual "*Fishing with Friends-The Anglers Adventures*" at Tempe Beach Park on the south shore of Tempe Town Lake. This event is designed to provide strength, hope, and encouragement to the hundred's of families and individuals in our community struggling with the daily issues of disability.

Fishing with Friends will offer **FREE** fishing, activities, games, bounce houses, food, live music, opportunities to connect and develop friendships, support from volunteers, etc. Experience a day of fishing at Tempe Town Lake with Joni and Friends Arizona. This will be a wonderful opportunity to enjoy fun, food, fellowship and family time together while learning how to "catch the big one"! If you or someone you know has a disability, then come on down, learn to fish with the Pros and make some new friends! Open to the families and individuals affected by disability and no pre-registration is required.

Exhibitor & Sponsorship Opportunities are available to organizations who wish to reach over 2000 attendees with their message. Special rates & packages are available for non-profit organizations & churches. Please contact The Spectrum Group of Arizona, Jason Geroux – CEO, 480- 393-0434 (office) or spectrumgroupaz@gmail.com. Please visit <http://www.fishingwithfriendsaz.com> for more information!!

AT in the Bag

The Arizona Technology Access Program (AzTAP) invites you to a brown bag lunch series. The luncheon has been developed to promote discussion of Assistive Technology (AT) products and feedback for AT training in Arizona. This casual luncheon will be every Thursday starting on January 7th until February 11, 2010. It will be held at the SILC conference room at 5025 E Washington Street #214, Phoenix, AZ 85034 from 11:45AM – 12:30PM. It is not necessary to go to all six, so please call or email to RSVP when you can attend, as space is limited to Mellowdee Brooks at 602-776-466 or Mellowdee.Brooks@nau.edu.

Jan 7th Mainstream AT
 Jan. 14th AT for Communication Impairments
 Jan. 21st AT for Vision Impairments
 Jan. 28th Spinal Cord Injury – Art
 Feb. 4th AT for Stroke Survivors
 Feb. 11 AT for Hearing Impairments

2010 AAPD Summer Internships for College Students with Disabilities in Washington, DC

Each year, the American Association of People with Disabilities (AAPD) hosts two Washington, DC Summer Internship Programs for undergraduate college students with disabilities, awarding living stipends, paid travel to and from DC, and paid fully-accessible housing on the campus of George Washington University. These programs are generously funded by the Mitsubishi Electric America Foundation (MEAF) and Microsoft Corporation. Applications must be received by 5:00 PM (Eastern Standard Time) on or before Friday, January 8, 2010. Apply Online: www.aapd.com/aapdinternship Via Email: internship@aapd.com.

AzDS – SkiAble!

If you are interested, please sign up asap as this event will fill up!! SkiAble will be held at Sunset Ski Resort. Arizona Disabled Sports has hired Breckenridge Outdoor Education Center from Colorado to teach the clinic.

The dates are Sunday, Feb 7th, Monday, Feb 8th, and Tuesday, Feb 9th

Both full day and half day lessons are available. The costs are: Full day - \$70, Half day - \$35. The fee includes all *adaptive* equipment (sit skis, riggers, slider, etc), lift ticket, and one on one instruction.

Please remember that this resort IS NOT accessible and neither is the lodge at the resort. There will be much carrying and pushing through snow. There of course is other lodging in town (Greer).

To register visit www.active.com or http://www.active.com/event_detail.cfm?event_id=1817490.

If you have any questions, please contact Elena Messenger, CTRS, Program Supervisor, Arizona Disabled Sports at 480-835-6273 – office.

Tour de Cookie

Peter Hughes, Community Resources Specialist in Tucson is looking for anyone interested in an event that he would like the Association get behind and support as it helps disabled children programs in the Tucson area. Please let him know directly if you can participate as he will attempt to put a team together.

Handcyclers and wheelchair racers are invited to participate. The event is Jan 10th, which is the day after the fundraiser run/walk in Mesa for their program so please support one or the other if you can not get to both!

For more information, please visit

<http://www.active.com/cycling/tucson-az/tour-de-cookie-tucson-2010> or contact Peter at 619-249-1885.

Thesis Study

Joey Castro, Recreation Coordinator II for the City of Phoenix, Daring Adventures is conducting a research study to investigate the extent to which personal control is a predictor of Life Satisfaction. Your participation in this online survey should last approximately 15 minutes.

Your participation in this study is voluntary. You can skip questions if you wish. If you choose not to participate or to withdraw from the study at any time, there will be no penalty. In addition, your participation is anonymous, so I will not be able to connect your answers with you at any point in time. Also, all results will be presented in the aggregate, so no individual respondents will be presented. You must be 18 years old or older to participate in this study.

Your responses to the survey will be used to help Joey complete his Masters Thesis and help further quality of life research. There are no foreseeable risks or discomforts to your participation. If you do not want to participate in the study, send an email to jrcasto@asu.edu stating you do not want to participate. No further emails will be sent afterwards.

If you have any questions concerning the research study, please contact Joseph R. Castro at jrcasto@asu.edu or Dr. Ariel Rodríguez at ariel.rodriguez@asu.edu. If you have any questions about your rights as a subject/participant in this research, or if you feel you have been placed at risk, you can contact the Chair of the Human Subjects Institutional Review Board, through the ASU Office of Research Integrity and Assurance, at (480) 965-6788.

If you wish to participate in the study, please click on the link below to go to the survey website: <http://www.surveymonkey.com/s/BXCDYBK>.

Help CDC Create a Website for Disability & Health Data

The Disability and Health team at Centers for Disease Control and Prevention is in the process of improving our Web site. This improvement project includes the development of an online interactive database application to store and display data about people with disabilities compared to those without disabilities across a variety of health topics. As part of our preliminary work on this project, we are conducting a survey to find out your information needs, what features would be useful to you, and how this tool can be most effective and user-friendly. As a potential user of this new application, your input is extremely valuable to us! We hope you will participate in our survey so we can create the most effective Web site possible. Thank you in advance for your time, and for participating in this important effort.

Please click the link below to complete the survey:

http://webeffective.keynote.com/v.asp?inv=CDC_DisabilityHealth_WebSurvey

The survey takes about 30 minutes to complete. We will ask you some specific questions about yourself and how you might use data related to people with disabilities. We may also ask you to answer a few questions using charts that could appear in the new Web application. Your answers to the survey questions are anonymous and your responses to all questions will be kept secure.

Please note that the specific types of data described and displayed in this survey do not reflect all of the types of data that will be included in the final Web application. The specific data shown in the survey are intended primarily as a tool to help us learn about the data needs and preferences of prospective users.

If you have general questions about this project, please contact Marcia Miller (mfv9@cdc.gov). If you are interested in participating in other research efforts related to this project, please email Sarah Greer (sgreer1@cdc.gov). The tentative launch of the new site and the Web application is Spring 2010.

2010 International Competition for Artists and Writers with Disabilities

The Phoenix Sister Cities' Disability Awareness is holding the competition to increase global awareness of the capabilities of persons with disabilities. We would like to encourage our members to submit entries. There is a \$15 entry fee. See International Competition for Writers with Disabilities 2010 brochure, which can be found online at www.phoenixsistercities.org/templates/section-view.php?id=78.

The closing entry date is April 1, 2010. If you have any questions, please contact Phoenix Sister Cities, PJ Conover at pj.conover@phoenix.gov or call 602-534-3751.

AzSCIA Transportation Service

The Arizona Spinal Cord Injury Association now 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! Unlike other transportation services, you won't have to wait for your return trip to your home and you can make multiple stops.

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 wheelchairs, or four regular wheelchairs plus four ambulatory.

Call us! We can make your *Wheels Toward A Dream* trip a reality. Share with us your plans for your outing and we will work with you to make your trip come true. Arizona is a very beautiful state so start making your plans today! Donations are accepted. All funding supports the AzSCIA Transportation Program. For questions, please feel free to contact the AZSCIA at 602-507-4209.

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!