



A Chapter of Christopher &
Dana Reeve Foundation



May 2010

We're on the
Web!

www.azspinal.org

Be our Friend!
Facebook –
Spinal Cord
Injury

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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

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

Member E-Newsletter

Arizona Spinal Cord Injury Association

Online Annual Evaluation and Website Feedback

The Arizona Spinal Cord Injury Association would like to request that you spend a few minutes answering questions about the overall evaluation of the Association and also the Web Site and its accessibility.

On the Main Menu, click on the Feedback Section tab. The Program Evaluation consists of 23 questions and will take approximately 15 minutes. The Website Feedback consists of 16 questions and will take 10 minutes to complete. Your response is vital to the sustainment of our programs.

The deadline to receive your response is **Monday, May 31, 2010.**

Women with Disabilities: A Healthcare Workshop

The Arizona Spinal Cord Injury Association and Arizona Statewide Independent Living Council (SILC) will be sponsoring an educational conference for Women on Thursday, June 3, 2010. The conference will be held at the Disability Empowerment Center from 1:00PM – 8:00PM. We are also hosting a conference in Tucson with date to be determined. If you have any questions, please call the office at 602-507-4209.

Sedona Mystery Tour

The tour will be held on Saturday, May 8, 2010. Transportation and meals will be provided for an exclusive and accessible tour of Sedona. Private guides will take you on an historic, enlightening and informative tour of the region. Cost is \$20 per person. If you are interested in attending, please call Kayla Cheatham at the office. Spend a day with us and enjoy gorgeous views of Arizona's red-rock country.

5th Annual Spinal Cord Injury Retreat

Please mark your calendar for the 5th Annual Spinal Cord Injury Retreat. The retreat will be held at Whispering Hope Ranch in Payson from August 12-15, 2010. Registration opens May 1, 2010. Please visit our web site at www.azspinal.net.

Costs: \$85 for participants, \$75 for caregivers who register before July 22nd
\$120 for all participants who register after the July 22nd deadline.

Attached is the SCI Retreat flyer. Please disseminate as needed.

If you would like to volunteer for the event, please contact Kayla Cheatham at 602-507-4209.

Support Groups

Listed below are Support Groups throughout the State. If you have any questions about the Support Groups, please contact the perspective facilitator.

Every 2nd Tuesday of the month from 6:30PM – 8:00PM

SCI Women Support Group

Disability Empowerment Center, 5025 E Washington Street, Phoenix, AZ 85034,
Conference B

Contact: Jill Greenlee Sclase, CTRS, 480-363-5880

Every 3rd Thursday of the month from 5:30PM - 7:00PM

Men's Disability Discussion Group

Disability Empowerment Center, 5025 E Washington Street, Phoenix, AZ 85034,
Conference B

Contact: Don Price, 602-980-3232 or donprice63@yahoo.com

Every 2nd Thursday of the month from 2:00PM - 4:00PM

VOICE Support Group (West Valley)

Glendale Main Library, 5959 W Brown Street in Glendale

Contact: Janene Werner, 602-814-9717 or voicejw@yahoo.com

Every 1st Tuesday of the month from 2:00PM - 3:30PM

Flagstaff Support Group

Contact: Al White, 928-527-8567

Every 3rd Friday of the month from 2:00PM - 4:30PM

COMPASS Support Group (East Valley)

Granite Reef, Senior Center in Scottsdale

Contact: Pauline Staples, 602-241-1006 or plstaples@msn.com

Every 2nd Thursday of the month at 5:00PM

Northern Arizona SCI Support Group (Prescott and the quad city area
Prescott Valley, Chino Valley, Prescott, Dewey, Williamson Valley and
Cottonwood)

Mountain Valley Regional Rehabilitation Hospital (MVRRH) at 3700 N. Windsong Dr.,
Prescott Valley, AZ

Contact: Jo Crawford at jecrawford@cablone.net or call MVRRH at 928-759-8800 for
more information.

Tucson Support Group

For more information, please contact Peter Hughes at 619-249-1885 or email to:
coachhughes50@gmail.com

Prescott Symposium

The symposium will be held at Mountain Valley Regional Rehab Hospital in Prescott Valley on Saturday, June 19, 2010. The topics are: Health & Wellness, Five Keys to Enhance Communication & Relationships, and Overall Health. For more information, please contact Ashleigh Justice in the office.

14th Annual Day on The Lake

Sponsored by Barrow Neurological Institute, St. Joseph's Hospital and Medical Center, Southwest Medical, and Hanger Prosthetics & Orthotics.

Date: Friday, June 4, 2010 and Saturday, June 5, 2010.

Time: 8:30AM – 2:30PM

Location: Bartlett Lake Marina

Cost: \$40, \$15 for t-shirt only (Registration donation contributes to paying for expenses related to this program).

- Must be one year post injury.
- Ages 3-8 fishing and boat rides available
- 8 years and older to participate in ALL activities
- Scholarships are available

To register, call the Resource Link at 1-877-602-4111. Visit the web site at www.thebarrow.org or for questions, call the Recreation Therapy Department at 602-406-3606.

NRA Open Range Day 2010

Date: Saturday, May 8, 2010

Location: Ben Avery Shooting Facility, 4044 W Black Canyon Blvd., Phoenix, AZ 85086

Time: 8:30AM - 4:30PM

Adaptive Shooting Sports. NRA Open Range Day is a day of introductory shooting for people with physical disabilities. The day will include four types of recreational shooting, safety instruction and lunch. Cost to the participants: FREE!

For additional information and/or to request a registration form, please contact Vanessa Warner at the NRA 703-267-1495 or vwarner@nrahq.org.

Join Team Reeve Conquer the Canyon[®]

Date: May 18-21, 2010

Each year millions of people travel to Arizona to see the crown jewel of the North American landscape – The Grand Canyon. Now you can do much more than look! You can experience it on a personal level so close; you'll feel the power of the ground beneath you, Yet so distant that only your imagination can capture its magical beauty. Best of all, you will be putting this power and majesty to work to further the mission of the Christopher & Dana Reeve Foundation to bring *Today's Care and Tomorrow's Cure* to millions of people living with spinal cord injury and paralysis.

All participants will receive the following benefits:

- ~ up to a 12-week online training program through The Walking Connection. Training begins soon!
- ~ Your choice of three trails with varying levels of difficulty.
- ~ Hotel accommodation.
- ~ Arizona ground transportation throughout trip.
- ~ Welcome reception, pre-hike Inspiration Pasta Dinner and a Mission Celebration Dinner.
- ~ Fundraising support and material.
- * Airfare is not included. Fundraising minimum commitment required.

Visit TeamReeve.org to apply. Questions? TeamReeve@ChristopherReeve.org or call Leigh Alspach at 800-225-0292.

10th Annual Spina Bifida Association Golf Tournament

Sponsored by: Spina Bifida Association, General Dynamics, Remote Control Solutions, Hanger Orthopedic Group, and Superstition Mountain®

Date: Friday, May 14, 2010

Location: Superstition Mountain Golf & Country Club, 8000 E Club Village Drive, Gold Canyon, AZ 85118.

Registration: 11:00AM

Shotgun Start: 1:00PM

Step Out Scramble format. Gift awarded for 1st – 3rd Places.

Tournament highlights: gift certificates, box lunch, free range balls, closest-to-pin prizes, Long Drive challenge. Enjoy Dinner, Awards, and Silent Auction. For more information contact 480-403-1911 or 602-274-3323.

Home Sweet Home Campaign

Helping Post 9/11 War Veterans with Post Traumatic Stress Disorder and Traumatic Brain Injuries.

Silent Auction Charity Event

Date: Friday, May 14, 2010

Location: Superstition Springs Golf Club, 6542 E Baseline Road in Mesa

Time: 7:00PM – 10:00PM

Cost: \$40 per person. Includes live entertainment, Hors D'oeuvres, Dessert and entry into the free attendance drawing "LA Getaway" and great door prizes!

Some of the auction items are: Sonoma Wine Country Getaway for 2, Disneyland and San Diego vacations, Taylor Swift autographed guitar, Springsteen and Clapton autographed albums.

For more information and to purchase auction tickets visit www.HSHcampaign.org or contact Beth Ann 618-567-1384

2 Man Charity Scramble

Date: Sunday, May 16, 2010

Location: Superstition Springs Golf Club, 6542 E Baseline Road in Mesa

Scramble Tickets: \$79 per player (\$69 Eagle Card Members)

Register today at 480-985-5622. Proceeds to Benefit USA Cares Warrior Treatment Today Program.

Job Announcement

Arizona Bridge to Independent Living (ABIL) is currently hiring a Home Modification Program Coordinator: Community Integration Unit

If you, or anyone you know, are interested, please submit a resume electronically NO LATER THAN 5:00PM WEDNESDAY, MAY 5TH. Please email to Darrel Christenson M.S.

darrelc@abil.org. For a comprehensive job description, please link to <http://www.abil.org/jobs-abil>.

The geographic coverage area of the position will be determined later and will be coordinated with ABIL's 3 current Home Modification Program Coordinators.

River Rampage 2010

As many of you may know, the City of Phoenix has undergone drastic budget cuts. The River Rampage program was slated to be cut, but thanks to River of Dreams, the City of Phoenix will be offering one trip this summer. The trip is scheduled for June 23-29, 2010. Also, if you know of any teens who would be a good candidate for the trip, please contact, Johanna Bookbinder, Recreation Leader, City of Phoenix at 602-495-5504.

Councilmember Cline Griggs

Cline Griggs was elected to the White Mountain Apache Tribal Council for District 4, which is Whiteriver, MCNary and Canyon Day, the largest district on the Reservation. He takes office on May 5, 2010. His political platform was based upon his development of an individual Tribal Special Needs Office, separate from the Tribal Department of Education, under which disability services currently exists. His platform also included the promise to establish the Tribe's first independent living center. If you know Cline, please join us in congratulating him on his achievement!

Peer Mentor Program

What a great year it has been so far for the Peer Mentoring Program. As we grow and learn, we are helping others- last year alone we accomplished over 500 visits with people who need our help. That's incredible! Ashleigh and her team of mentors, partners, and volunteers are working hard to make sure that we meet the needs of our community. If you would like to learn more about the Peer Mentor Program and other programs of the AzSCIA or if it has been some time since you've heard from us, give us a call and let us know how you're doing. We look forward to hearing from you! Thanks!!

Ashleigh Justice, Community Resource Specialist

Volunteer Researcher

The Arizona Spinal Cord Injury Association is seeking a Volunteer Researcher who can go through the grant programs we use and research grants that we could apply for.

Skills would be that they are able to use a computer, have an understanding of our service programs, 5-15 hours a week dedicated to researching grant opportunities. You would in turn give the possible grants to Kayla and she would review them and do the grant paperwork if appropriate. You could either work in our office or at home. If you are interested, please contact Kayla Cheatham 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!