



A Chapter of Christopher &
Dana Reeve Foundation



October 2010

We're on the
Web!

www.azspinal.org

Be our Friend!
Facebook –
Spinal Cord
Injury

MySpace –
AZ Spinal
Cord Injury
Association

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Phoenix, AZ 85034
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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

Brown Bag University

Please join us for a 4-series course starting in October. The courses are designed for you to ask questions in a small, comfortable setting.

The dates are:

Tuesday, October 5th - "Special Needs Trust" by Chris Carter, The Wealth Store, Nina Mason Pulliam Conference Rooms 1 & 2

Tuesday, October 19th - "Financial Planning" by Chris Carter, The Wealth Store, Nina Mason Pulliam Conference Rooms 1 & 2

Tuesday, November 16th - "Discussing Heart Issues" by Paul Mortensen, AZSCIA Conference Room

Tuesday, November 23rd - "Cooking for Quads" by Kayla Cheatham, Nina Mason Pulliam Conference Room 2

5:30PM – Dinner

5:45PM – 6:15PM – Course

6:15PM – 6:30PM - Q & A

Dinner and beverage will be provided. It is FREE to attend. Courses in October are limited to 50 individuals. The courses in November are limited to 10 individuals, so please RSVP today! Dinner for the October classes is sponsored by The Wealth Store.

For more information, please contact AZSCIA at 602-507-4209.

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 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 more efficient in the use of your wheelchair. Come and join us in some practical advice from those who 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/Adaptive Sports: Making adjustments to and general maintenance of your Wheelchair; Overview of various adaptive sports options

This series of free clinics will be given on the 2nd Floor of Banner Good Samaritan Rehabilitation Institute 1012 E. Willetta Street, Phoenix, AZ. The Clinic dates are September 22, 29 and October 6, 13 from 4:00 - 6:00 pm. Call (602) 507 - 4209 or (602) 790 - 7909 for more information.

Gentiva Rehab Without Walls Farmers Market

Date: Thursday, November 4, 2010

Time: 9:30AM - 2:00PM

Location: 7227 N 16th Street, Phoenix, AZ 85020

Calling all Artists, Crafters, Chefs and Bakers! We need your talent! Donate your creations to Rehab Without Walls Farmers Market.

Proceeds benefit the summer camps sponsored by the Brain Injury Association of Arizona and Arizona Spinal Cord Injury Association.

The sale of your beautiful, hand-crafted items could help to send a brain injury or spinal cord injury survivor to camp! Items which have sold well include: Handmade greeting cards, felted wool purses, girls decorated headbands and barrettes, seasonal items, handmade jewelry, salsas and dips, sweet breads, and homemade candy.

Contact Maribeth at Maribeth.Hirte@Gentiva.com or 602-943-1012.

2010 Arizona Disabilities Expo

Date: Saturday October 2nd, 2010

Location: Phoenix Convention Center, Hall G

Time: 12:00PM to 4:00PM

Cost: Admission is FREE

Who Should Attend: Persons w/Disabilities, Family, Friends & Professionals

****Activities include Exhibits from 100+ organizations that offer products & services, including DME/AT Providers, Recreation & Sports, Support Groups, Advocacy Organizations, & MUCH, MUCH MORE!!**

****Award Ceremony Honoring Community Leaders with the Brandy Liston Award and the Randy Werner Award for Excellence**

Please stop by the Arizona Spinal Cord Injury Association's booth at 1:30PM. Donna Powers will be presenting a class on Caregiver Management.

For any further questions, please free to contact Susan DeNova, sdenova@azdes.gov or call 602-470-1802 X114. Please visit the web site at www.azdx.com.

Arizona Indian Education Association 2010 American Indian Youth Conference

"Meeting the Challenge"

Date: Monday, November 1, 2010

Time:

Location: Arizona State University, Tempe Campus

Sponsored by: Arizona Indian Education Association, Arizona Department of Education, Arizona State University, and Maricopa Community Colleges

- To honor youth and their ability to transform our communities in a positive way,
- To provide youth the knowledge and skills to achieve their academic and career goals, and
- To inform youth on educational and career opportunities through interactive activities and workshops

Keynote presentation • Educational workshop topics • Education/Career Information • Door Prizes • and More!!

Pre-Registration Fee: \$85.00 per applicant (Due by Friday, October 15, 2010):

Who should attend?: Grades 7 – 12 American Indian students

For general information about the conference please contact:

Pam Yabeny, Co-Chair
Phone: 480-731 – 8032
E-mail: pam.yabeny@domail.maricopa.edu
OR Mikaela Crank Thinn, Co-Chair
Phone: 480-472 – 0580
Email: mrcrank@mpsaz.org

For questions about registration, please contact:

Kathy Savala, AIEA Treasurer
Phone: 602-257-4051
Fax: 602-257-2837
E-mail: kathy.savala@phxelem.k12.az.us
Visit www.aieacorp.org for general conference information and scholarship & registration forms available for download.

EmployAbility

"New Labels to Build a Better Bottomline"

Date: October 28, 2010

Time: 9:00AM - 12:00PM

Location: Arizona State Capitol Mall Complex, 1700 West Washington St. (east of 17th Ave.)

Join us to create better partnership between community organizations, businesses, government agencies and job seekers - all of whom want the same thing - employment decisions based upon selecting the best available & most qualified candidates for a job, promotion or retention. For more information about this FREE event and a chance to win an iPad, please register: <http://employabilityrally.eventbrite.com>

Rally Highlights

- Renowned speakers share the best expressions of Arizona and national efforts towards full inclusion of all Americans in the workforce.
- Information booths and representatives from 20 organizations providing job development, workforce recruitment and employer diversity programs, will be set up around the event area.
- Accessible venue with directional signage, preferred seating, Spanish/English ASL interpreters and FM listening devices.

MTV's Zupan Can

Every day accidents happen that unexpectedly change a person's life forever. Facing a life-changing injury can be overwhelming, challenging, and difficult to understand.

MTV is developing a pilot for a potential new documentary series about young people who have recently suffered serious injuries and are rebuilding their lives. The subjects will work with Mark Zupan, quad rugby player and star of the movie "Murderball," who will offer his expert advice on how to move forward after a serious injury. Mark is a quadriplegic who faced first-hand the adversity of being paralyzed in a car accident in 1993.

Who we are looking for

We are looking for one young person to be the subject of our pilot for this potential new series. We're looking for young people between the ages of 16-28 who are recovering from a serious injury and would like to share their story on national television.

About Punched In The Head Productions

We are a small independent production company that's been contracted by Cheri Sundae Productions to find subjects for this MTV pilot episode. We have produced several episodes of MTV's "True Life."

About Mark Zupan

Mark is a Paralympic athlete, motivational speaker, author, and an engineer. He was featured in the Oscar nominated-documentary *Murderball*, and has appeared in several television shows including *Miami Ink* and *30 Days*.

How to contact us

718-422-0704 ext 108

Youth Volunteers

The Association was contacted by a volunteer whose church does an annual service weekend in October. On October 23rd, there will be teams of junior High and High school kids traveling in Phoenix doing various service projects (Last year they had over 150 participants).

If you are a consumer who needs help with yard work, paint, clean house or any other kind of chores around the house, there are many young adults ready to work. Each team of 8 to 10 kids will have two adult leaders. The whole point of this 24 hour outreach is to know what it means to be a servant. If you are interested, please contact Michael Gilman at mgilman3@cox.net or 602-578-1445. Please make initial contact via email. If he does not respond, call him.

National Disability Employment Awareness Month

"Talent Has No Boundaries: Workforce Diversity INCLUDES Workers With Disabilities"

Date: Tuesday, October 5, 2010

Time: 10:00AM – 2:00PM

Location: Gateway Community College , Main Building, Lower Cafeteria, 108 N. 40th St., Phoenix, AZ 85034

To celebrate National Disability Employment Awareness Month, **Magellan of Arizona** and **Gateway Community College** will host a JOB FAIR to connect employers and job candidates living with a disability. The fair will feature:

- Employer recruiters and hiring managers
 - On-the-spot interviews
 - Résumé reviews by experts
 - Interview advice
- Free instruction on using the LINKAGES Web job board

Free parking available at the 40th St. Entrance. Valley Metro Bus Route 1 (Washington) and 3 (Van Buren), Valley Metro Light Rail Station 38th St. and Washington St.

For more information, please call 602-797-8276.

Working 2 Walk Symposium

5th Annual Working 2 Walk Science & Advocacy Symposium

November 11-13, 2010 at Phoenix Airport Marriott

http://www.unite2fightparalysis.org/w2w_2010_phoenix_home

Don't miss this opportunity to join with the leading research scientists, practitioners and advocates from the paralysis community. At **Working 2 Walk** you will:

- Get the latest updates on progress toward curative therapies (we are getting there!) from leaders in the scientific and biotech industries;
- Learn how to become part of the solution through training and brainstorming sessions with leading advocates;
- Network with other members of the community - SCI survivors, family members, practitioners, and industry leaders all working toward a cure;
- Have some fun at our social, recreational and fundraising events.

Mobile Mammography Service - Accessible

<http://mobileonsitemammography.com/index.php>

Our purpose is to provide mammography exams for early detection of breast cancer and to give peace of mind regarding a woman's current health status.

The problem is that 80% of the women that should have an annual mammography exam don't because they are unable to find a mammography facility that is conveniently located for easy use or it takes too much time to arrange appointments, travel and request time off work (approx. 2 hours), etc.

Our answer to that problem is that We Come To You!

MOM is Convenient

No hassles, the exam is completed in 15 minutes at work or a community location

MOM is Accessible

Easy to find and fast service

MOM is Comfortable

Our professional staff and latest technology focuses on the patients personal comfort safety and privacy.

Our fees, which include mammography exam and radiology reports, are lower than the average fee charge by fixed site mammography providers.

Living Well With A Disability Course

Living Well with a Disability – Let Us Show You How

- 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, October 1ST – December 10th 2010 - 1:00 AM – 3:00 PM

WHERE: ABIL Disability Empowerment Center, 5025 E. Washington Street, Classroom A

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.** ABIL is fragrance Free! Please don't wear scented products to ABIL meetings and events. Thank you!

Sweet Inde

Empowering People with Disabilities to Find Employment in the Community

I would like to introduce you to a new nonprofit corporation in Arizona that provides job training for people with disabilities. Kristen Bean (Executive Director), Jolene De Tiegge (Assistant Director), and Michael Cline (Marketing and Creative Director) have founded Sweet Inde and will begin providing services for people with disabilities in September 2010.

Participants of the Sweet Inde program will receive job experience while baking and/or selling baked goods at farmers markets. Sweet Inde Bakery will provide an opportunity for participants to work in the community. Participants will also receive professional development training, such as resume development, interview training, and support in finding employment in the community. Participants will be assigned a job coach, who will be trained on supporting individuals with professional development and networking to connect with community employers. We are recruiting participants and volunteers to become job coaches.

If you are interested in becoming a participant to receive job training or volunteering as a job coach and/or baker, please e-mail a cover letter and resume (if applicable) including your name, contact information, job experience and education to Kristen Bean at sweetindebakery@gmail.com. Each participant and volunteer will be required to receive a food worker's permit. Sweet Inde will reimburse you for the cost of the permit. For more information on Participant Requirements and Volunteer Requirements, please email Kristen at sweetindebakery@gmail.com.

Accessible Autumn Activities

Looking for accessible outdoor activities? Check out www.birdingwithoutbarriers.org, it's more than just bird watching! Check out the new FALL COLOR page - lists wheelchair accessible trails displaying great fall foliage in Arizona, fall train tours, fall nature festivals, and fall foliage updates. Also many new events listed on AFTER DARK page - Autumn moon hikes, stargazing, and more art walks!!!

<http://www.birdingwithoutbarriers.org/p/fall-color.html>

Junior Wheelchair Basketball Tournament

Dates: Saturday December 11 – Sunday, December 12

Location: Broadway Recreation Center, 59 E. Broadway Road in Mesa.

Come support your AzDS programs and cheer on the Junior Suns to another victory!

<http://www.bannerwheelchairsuns.org/Suns/Welcome.html>

Improving Orthostatic Tolerance After Spinal Cord Injury Study

This study seeks to determine if people with spinal cord injury (SCI) can benefit from an at-home exercise program. In particular, we are studying if exercise can help avoid or reduce sudden drops in blood pressure that sometimes occur after a change in posture, such as a move from lying down to a seated position.

Participation in this study will involve completion of a 12- week exercise program involving electrical stimulation of legs muscles (five 45-minute sessions per week) in wheel chair sitting position. For the exercise training, participants will be provided with portable electrical stimulation system to take to their home. The study will also require 6 visits to the laboratory: 4 sessions (including 2 screening sessions) before the 12-week exercise program and 2 sessions after it is completed. During sessions in lab, measurements of heart function will be obtained by attaching sensors on the skin.

All the laboratory sessions will be performed at Outpatient Rehabilitation Services at Barrow Neurological Institute in Phoenix, AZ.

This study is supported by the Paralyzed Veterans of America Research Foundation and is a collaborative effort of researchers from Arizona State University and Barrow Neurological Institute/St. Joseph's Hospital and Medical Center.

To be eligible to participate in this research study, you must meet all of the following criteria: You **should have** the following:

- age between 18 to 65 years
- at least one year completed since the date of spinal cord injury
- injury at spinal level T6 or above
- spinal cord injury classified as ASIA-A
- Mild to moderate reduction in blood pressure (with or without dizziness or light-headed feeling) when changing position, such as going from lying down to sitting or standing. The drop in blood pressure will be measured during screening procedure.

You **should not have** the following:

- noticeable changes in muscle strength or changes in feeling in legs in the past three months
- any pressure sores currently or in the last 3 months
- leg fracture after spinal cord injury
- severe muscle spasms
- limitations on movement at hip, knee, or ankle
- high blood pressure
- severe lung disease, memory problems, sleep problems, or pain
- history of unexplained autonomic dysreflexia (sudden increase in blood pressure)
- history of blood clots
- Pregnancy or plans to become pregnant

If you are interested in learning more about the study or your potential eligibility, please contact Ms. Jaime Stovall at 480-727-8396 for further details.

All Access Summit Challenge – Family Friendly

Date: Friday, November 6, 2010

The Phoenix Summit Challenge is a non-competitive hiking event that embraces various ages, abilities, and fitness levels to challenge an individual's mind and body while enhancing the quality of life and promoting healthy outdoor recreation. We challenge participants and families on barrier-free and summit trails in the mountain preserves and parks of Phoenix.

All-Access-Paved

Hike four wheelchair/stroller friendly trails of the Phoenix Parks!

One Day - 4.5 miles, 10 hours

- Papago Park
- South Mountain
- Rio Salado
- North Mountain

All-Access-Personal Challenge

This course will allow participants to personally challenge themselves by going longer distances and hiking Shaw Butte, the final summit of the challenge. Shaw Butte is an uneven, unpaved trail that may require the use of specialized equipment which we will provide.

One Day - 9.5 Miles, 10 hours

- Papago Park
- South Mountain
- Rio Salado
- North Mountain/Shaw Butte

Registration Fees: \$22 for Adults & \$12 for youth (17 years and under)

Fee includes a t-shirt, celebration dinner at the Phoenix Zoo on Sunday, November 7th (5-8pm) and free admission to Zoo Lights.

This is a family friendly event and a great way for families to get out and spend time together.

Spaces are limited, so sign up today!

For more information, contact Johanna Bookbinder, CTRS, Recreation Leader, City of Phoenix Parks and Recreation Department at 602-495-5504.

Volunteers Needed!

City of Phoenix EITC Campaign Earned Income Tax Credit

The VITA Program offers free tax help to low-to-moderate income individuals and families who cannot prepare their own tax returns. Volunteers receive FREE training by the IRS on how to prepare a basic tax return. The tax preparation sites are located throughout Phoenix. There are a variety of volunteer opportunities within the VITA Program, including tax preparers, greeters, site coordinator and instructors.

Benefits to becoming a VITA volunteer:

- FREE Training
- Economic growth to the economy
- Satisfaction of helping other

- Flexible schedule

To complete an application online, visit phoenix.gov/eitc or call 602-262-6658 or email to EITC@phoenix.gov.

FREE Tax Preparation

Wait until January 22, 2011! Don't pay to file your taxes! Visit a VITA site to have your taxes prepared and e-filed for FREE!

24-Hour Hotline is available. For FREE tax preparation locations, visit tax.cir.org or call 602-263-8856 or 1-800-352-3792 in January 2011.

What to take to a VITA site

- **Social Security Cards or ITIN cards/numbers for all household members**
- Picture ID for taxpayer and spouse
- Proof of all income, including W-2 and 1099 forms
- Name, address and Tax ID number of child care provider
- Amount of money paid to child care provider last year
- Account and routing numbers for direct deposit
- Copy of last year's tax return
- If filing joint, both adults must be present to sign the return.

Independent Living Resource Fair

Date: Friday, November 12, 2010

Location: Disability Empowerment Center, 5025 E Washington Street, Phoenix, AZ 85034, at the Nina Mason Pulliam Conference Center & Courtyard

Time: 10:00AM to 3:00PM

The Community Integration Unit-Independent Living Team will be hosting a Independent Living Resource Fair. The Resource Fair's primary goal is to provide information to assist Consumers, Caregivers, Families, and the Community with resources to enhance Independent Living. The fair will include multiple organizations who all share a common goal: To provide independence! Please RSVP your attendance to Leticia Hawkins at 602-443-0715.

Raising Funds by Raising Glasses

Raising Glasses LLC presents AMERICA, a wine tasting benefit raising funds for Veterans Services Association, Inc. (VSAI). The tasting will be held Saturday, November 13th from 7-10PM at Devil's Martini North, 10825 N Scottsdale Road in Scottsdale. Cost is \$15.

This is VSAI first venture into doing a fund raising event of this nature, and we need your support. We are trying to raise more money so that we can reach out and do more to help out our needful Veterans and their families. Please plan to attend or at least purchase one ticket to this event. The money has always been used to support homeless and disabled veterans and about 98% of every dollar raised goes to support these programs.

Each tasting consists of a 1.25 oz pour of five different wines for a total of 65 oz. By law, only persons 21years of and older are permitted to consume alcohol. For more information, visit www.RaisingGlasses.com, info@RaisingGlasses.com or 602-301-3039.

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!