

A Chapter of Christopher & Dana Reeve Foundation



September 2010

We're on the Web!

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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

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Kayla would like to send a huge thank you to the Association drivers who somehow managed to arrange and provide transportation for an astounding 34 participants and five caregivers, including five participants from Tucson. If you know anyone who did volunteer, or participated on the planning committee please take a moment to thank them personally for their help. Our volunteers did a tremendous job particularly given the inordinate number of high level injury participants who attended this year.

### Gentiva Rehab Without Walls Farmers Market

Date: Thursday, November 4, 2010

Time: 9:30AM – 2:00PM

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

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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](mailto:Maribeth.Hirte@Gentiva.com) or 602-943-1012.

### 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.

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Chair to Furniture / Bed / Vehicle; Chair to Floor / Floor to Chair

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Making adjustments to and general maintenance of your Wheelchair; Overview of various adaptive sports options

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## 2010 Arizona Disabilities Expo

Date: Saturday October 2nd, 2010

Location: Phoenix Convention Center, Hall G

Time: 12:00PM to 4:00PM

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- 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.

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**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.

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Humanities Lecture Series

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Time: 6:30 to 9 p.m.

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Innovation auditorium, Room 110, 550 N. Third St., Phoenix

Join former Phoenix Suns player Neal Walk as he recounts his playing days, his current position in the Suns archive services department, and his passion for giving others inspiration as he speaks from a wheelchair(?!). Following his NBA career, Walk came back to Phoenix and underwent several surgeries to remove a tumor from his spinal cord. He was left confined to a wheelchair (sic), but that doesn't stop him from leading a productive and dynamic life working with the Suns.

"I liken my situation to being someone in the second quarter of life. The halftime buzzer hasn't sounded, there's a whole lot of life to be played, and I have the rest of my life to get out of this chair," Walk said. "But that's fine if I don't. Who knows what's in store for me? Maybe by the time I get out of this wheelchair I'll be comfortable in it."

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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.

90% of our patients tell us they would not have completed their annual breast cancer screening if MOM had not been sponsored by their employer or other sponsors.

**Remember, 15 minutes could save your life.**

## ALTCS Seeks Public Input

ALTCS is seeking community input on their program as they prepare to go out to solicit managed care organizations to provide ALTCS services. This is your chance to make comments of what they should be considering. Go to

<http://www.azahccs.gov/commercial/Purchasing/purchasing.aspx>

and click on comment form. **This is your chance to influence the criteria they use for selecting provider organizations.**

## 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 Tiege (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](mailto: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 ad [sweetindebakery@gmail.com](mailto:sweetindebakery@gmail.com).

## Financial Planning for Special Needs

by Chris Carter, Senior Financial Advisor

It is estimated, one in ten families will face the challenges of a disability or special need. It is a fact that without proper financial and estate planning, a disabled family member with special needs could lose valuable government benefits and be subjected to unnecessary financial hardships.

One valuable tool to help preserve governmental benefits and assist in protecting assets is known as a Special Needs Trust or Supplemental Trust. A Special Needs Trusts can help a disabled beneficiary receive gifts, lawsuit settlements, or other funds and not lose eligibility for some types of government programs. In addition, they are often used to provide benefits for medical expenses, transportation, rehabilitation, maintenance, education, and insurance.

When considering the advantages of a Special Needs Trust, it is important to be aware when the documents are arranged properly; the assets in the trust do not belong to the beneficiary. In this way, the Trust can provide benefits to an individual with special needs and not subject them to disqualification from government programs. A Special Needs Trust may hold title to the property for the benefit of a child or adult with a special need.

A properly drafted Special Needs Trust will address paybacks to Medicaid and other similar sources. It is mandated by law that repayment language be included in all Special Needs Trusts, whether repayment is required or not. The law requires that payback be made to Medicaid, but only under specific circumstances.

Chris Carter has over 15 years of industry experience and is a Senior Financial Advisor at The Wealth Store Financial. Contact Chris today at 623-748-3920 or 480-600-6817 with all your financial questions.

## 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 Liticia Hawkins at 602-443-0715.

## For Sale

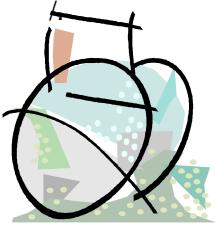
Accessible home, Baseline Corridor, Built '09, 1,655 sqft, 3BDR/2BA + 1 Office/Den - 2 car garage, granite countertops & upgraded kitchen cabinets. Ceiling fans thru out, Huge master bath, Roll-in shower/roll-under sink/ADA toilet/big garden tub, All tile except for 2 sm. bedrooms. No step entry - front door/garage/patio. All doors 36", lever knobs. Water softener/RO system. Asking \$168,000. Contact Andrew Moody at 602-573-2645 or [amoodyaz@yahoo.com](mailto:amoodyaz@yahoo.com). Photos available.

Also for sale from Andrew Moody, brand new in box, The Compact+ by Optelec is designed for individuals with an active lifestyle who require portable magnification on-the-go. The Compact+ digital magnifier easily fits into your purse, schoolbag, or briefcase. The Compact+ comes with 2 AA batteries with 3 hours of continuous use and provides 2X to 10X magnification on a 4.3" widescreen TFT color screen. Reading a menu or signing a check is now easier than ever with the Compact+. Features: 2X to 10X magnification on a 4.3" color TFT screen. Multiple Viewing Modes: Full Color Black and White Blue and Yellow Black and Yellow Reverse Mode. Freeze frame functionality, Camera positioned at center of screen for writing capabilities. Weighs only 10 ounces Three-hour rechargeable battery, Convenient carrying case. Retractable hand grip for optimal reading convenience.

## 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!**



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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.

90% of our patients tell us they would not have completed their annual breast cancer screening if MOM had not been sponsored by their employer or other sponsors.

**Remember, 15 minutes could save your life.**

## ALTCS Seeks Public Input

ALTCS is seeking community input on their program as they prepare to go out to solicit managed care organizations to provide ALTCS services. This is your chance to make comments of what they should be considering. Go to

<http://www.azahccs.gov/commercial/Purchasing/purchasing.aspx>

and click on comment form. **This is your chance to influence the criteria they use for selecting provider organizations.**

## 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 Tiege (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](mailto: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 ad [sweetindebakery@gmail.com](mailto:sweetindebakery@gmail.com).

## Financial Planning for Special Needs

by Chris Carter, Senior Financial Advisor

It is estimated, one in ten families will face the challenges of a disability or special need. It is a fact that without proper financial and estate planning, a disabled family member with special needs could lose valuable government benefits and be subjected to unnecessary financial hardships.

One valuable tool to help preserve governmental benefits and assist in protecting assets is known as a Special Needs Trust or Supplemental Trust. A Special Needs Trusts can help a disabled beneficiary receive gifts, lawsuit settlements, or other funds and not lose eligibility for some types of government programs. In addition, they are often used to provide benefits for medical expenses, transportation, rehabilitation, maintenance, education, and insurance.

When considering the advantages of a Special Needs Trust, it is important to be aware when the documents are arranged properly; the assets in the trust do not belong to the beneficiary. In this way, the Trust can provide benefits to an individual with special needs and not subject them to disqualification from government programs. A Special Needs Trust may hold title to the property for the benefit of a child or adult with a special need.

A properly drafted Special Needs Trust will address paybacks to Medicaid and other similar sources. It is mandated by law that repayment language be included in all Special Needs Trusts, whether repayment is required or not. The law requires that payback be made to Medicaid, but only under specific circumstances.

Chris Carter has over 15 years of industry experience and is a Senior Financial Advisor at The Wealth Store Financial. Contact Chris today at 623-748-3920 or 480-600-6817 with all your financial questions.

## 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 Liticia Hawkins at 602-443-0715.

## For Sale

Accessible home, Baseline Corridor, Built '09, 1,655 sqft, 3BDR/2BA + 1 Office/Den - 2 car garage, granite countertops & upgraded kitchen cabinets. Ceiling fans thru out, Huge master bath, Roll-in shower/roll-under sink/ADA toilet/big garden tub, All tile except for 2 sm. bedrooms. No step entry - front door/garage/patio. All doors 36", lever knobs. Water softener/RO system. Asking \$168,000. Contact Andrew Moody at 602-573-2645 or [amoodyaz@yahoo.com](mailto:amoodyaz@yahoo.com). Photos available.

Also for sale from Andrew Moody, brand new in box, The Compact+ by Optelec is designed for individuals with an active lifestyle who require portable magnification on-the-go. The Compact+ digital magnifier easily fits into your purse, schoolbag, or briefcase. The Compact+ comes with 2 AA batteries with 3 hours of continuous use and provides 2X to 10X magnification on a 4.3" widescreen TFT color screen. Reading a menu or signing a check is now easier than ever with the Compact+. Features: 2X to 10X magnification on a 4.3" color TFT screen. Multiple Viewing Modes: Full Color Black and White Blue and Yellow Black and Yellow Reverse Mode. Freeze frame functionality, Camera positioned at center of screen for writing capabilities. Weighs only 10 ounces Three-hour rechargeable battery, Convenient carrying case. Retractable hand grip for optimal reading convenience.

## 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!**