



A Chapter of Christopher & Dana Reeve Foundation



August 2011

We're on the Web!

www.azspinal.org

Be our Friend!
Facebook –
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Cord Injury
Association

5025 E Washington St #110
Phoenix, AZ 85034
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Toll-free: 888-889-2185
info@azspinal.org

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

Member E-Newsletter

Arizona Spinal Cord Injury Association

Flagstaff Support Group

When: Thu, August 2, 2011 2:00PM-3:30PM

Where: FMC Training Offices 1000 N Humphreys

Description: Northern Arizona support group, Facilitator: Russ Bull 928-779-4147

Public Forum to Address Disability Issues

When: August 9th, 2011 10:00AM-12:00PM

Where: DIRECT Center for Independence, 1023 N Tyndall in Tucson

Description: Join the Arizona Center for Disability Law at a public forum in Tucson, Arizona! What are the biggest issues facing people with disabilities in Arizona today? What are the barriers to people with disabilities achieving independence? What should the Arizona Center of Disability Law be doing to address these issues and barriers?

Do the Center's current priorities - employment, accessibility, mental health, and education, health care - address the most important issues for people with disabilities? What areas should we include?

Call Lorraine at 520-327-9547, ext 313 or 800-922-1447 or email at lfreyer@azdisabilitylaw.org for more information. Visit our website at www.azdisabilitylaw.org for more information about our agency.

Men's Disability Issues Group

When: August 18, 5:30pm – 7:00pm

Where: Disability Empowerment Center, 5025 E. Washington St, Phoenix, AZ 85034 ([map](#))

Description for Men 18 and over. Disability Empowerment Center, CLASSROOM B
Contact: Don Price 602-980-3232 or donp@abil.org

Disability Liberation Workshop: Eliminating Attitudinal Barriers

When: Tue, August 30, 10am – 3pm

Where: Disability Empowerment Center, 5025 E. Washington St., Phoenix, AZ 85034

Description (Bring a sack lunch or \$3 for Pizza) - Held in Classroom B We all have stereotypes about disability. Many people without disabilities live with fear about becoming disabled. Others are allies who want to help eliminate oppression. First, we must identify what oppression looks like, and then we can work to eliminate it – in the outside world and within ourselves. This is a fun and interactive workshop. Don't miss it! Workshop goals: Learn to identify the disability oppression (discriminating, fearful, or incorrect perceptions or expectations) that's behind our attitudes about our self as persons with disabilities (our self-confidence, life goals and expectations). Identify sources that contribute toward disability oppression Learn how to create empowering attitudes that free one up to take action Facilitated by Amina Kruck ABIL, Director of Advocacy, Licensed Counselor in AZ with over 25 years of peer counseling experience. To register for the workshop and to request reasonable accommodations, including sign language interpreter, call John Beaubien at 602-443-0738 or email johnb@abil.org.

4th Annual SRPMIC Disabilities Conference

When: August 25, 2011

Where: Talking Stick Resort & Casino

Description:

Salt River C.O.I.N. Group & Youth Services is presenting this free conference and Lunch will also be provided.

Open invitation to SRPMI Community Members, Gila River, Pascua Yaqui, Tohono O'Odham Nation, and Ft. McDowell – Yavapai-Apache Nation Members – Ak-Chin Indian Community

Who Should Attend?

People with Disabilities, Family, friends, and caregivers of people with disabilities, and People working with individuals with disabilities

Learn more about the programs that are available to you and members of your family. Also information regarding Partners In Preparedness "Don't Plan for Us – Plan With Us".

Special Education Training for Parents:

- Do you have questions about the special education process?
- Do you have questions about your child's IEP?
- Do you have questions about discipline?
- Do you have questions about your rights?

For more information, please call Rudy Buchanan at 480-577-5780 or register via email to rudy.buchanan@srpmicnsn.gov. Limited to 250 participants.

Location: Talking Stick Resort & Casino, 9700 E Indian Bend Rd in Scottsdale

Date: 8/25/2011

Time: 8:00AM – 4:30PM

ONLINE REGISTRATION IS NOW OPEN

October 3-5, 2011

Talking Stick Resort 9800 East Indian Bend Road Scottsdale, AZ 85250
(866) 877-9897

Tucson Support Group

When: August 29, 2011

Where: HealthSouth Tucson Rehabilitation Hospital 2650 N. Wyatt Drive Tucson, AZ

Description: Regular Support group meeting with special presentation by financial advisor Chris Carter of the Wealth Store. Learn about saving, planning and making the most of your income. For more information contact Peter Hughes at coachhughes50@hotmail.com



AzSCIA handed out the first round of 2011 Quality of Life Grants in July on behalf of the Christopher and Dana Reeves Paralysis Foundation. These recipients applied and were approved for their programs designed to increase independence and quality of life. This year's recipients were: Civitan Foundation, Power Paws and Barrow's Neurological Institute.

Back-t-School Health & Safety Fair

Sponsored by UnitedHealthcare and Golden Gate Community Center

Date: Saturday, August 6, 2011

Location: Golden Gate Community Center, 1625 N 39th Ave., Phoenix, AZ 85009

Time: 9:00AM – 1:00PM

Screenings, health information, and much more for the entire family available at no cost!

“Back-to-School” Immunization for kids (0-18)

Child Dental, Cholesterol, Glucose, Bone Density, Blood Pressure, Checks, BMI, and Basic Medical Screenings, Medical Discount Program Information, haircuts for children and youth, backpacks for the first 500 children and other great prizes to be raffled throughout the day and much, much more.

For more information, please contact Noemi Bohn at 602-664-5089 or Jesse Sosa at 602-664-5091.

Don't Get Dropped from AHCCCS!

As of July 1, 2011: The AZ Legislature this session passed a bill to freeze enrollment in **AHCCCS** for the Prop. 204 populations – childless adults with incomes between 33% and 100% of federal poverty level. For one person the federal poverty level is 903.00/ monthly or \$10,836/ yearly. This means that NO NEW people will be able to apply for AHCCCS in this category after July 1, if the Centers for Medicare and Medicaid approve this change and a law suit doesn't stop it. It also means those already on AHCCCS in this category MUST renew their applications on time or they will be dropped from AHCCCS and unable to get back on, no matter what their medical need is. Most will have either a 6 month or 12 month renewal anniversary.

What you can do:

- Educate others about this change and encourage them to keep a look out for their renewal notice and fill it out promptly
- Go to the website to learn more information and let others know about it. They have a tool kit to help people.

Why do people drop off of AHCCCS?

- Thousands go off and on every month.
- If a person is healthy when the renewal date comes, they may not renew. When they get sick again, they re-apply, but they won't be able to do that after 7/1/11.
- They may have trouble understanding the renewal notice due to their disability.
- They need help to complete the process and don't know where to go
- They forget.
- In the past they could just reapply whenever they wanted to.

Bottom Line: You won't lose AHCCCS if you are on it by 7/1/11 and qualify unless you do not submit the renewal eligibility paperwork on time!

8th Annual Dog Days of Summer Golf Classic

Date: Friday, September 9, 2011

Location: Troon North Golf Club

Time: 7:30AM Registration; 8:30AM Tee-Off

Tee up for Canine Companions for Independence!

For more information, please contact the Tournament Director, Pat Lawson, at 602-312-3040 or makntrax@cox.net. Register online at www.ccigolf.org.

Support Group Notices

VOICE Support Group will NOT have a meeting in July or August. Group will start again on September 13th.

There will be NO regular COMPASS Support Group meeting in June, July OR August due to the hot weather. Group will resume on September 16th.

Independent Living Rehabilitation Services

The Independent Living Rehabilitation Services (ILRS) program is a federally funded program through Title VII, Chapter I, Part B of the Rehabilitation Act.

Through this legislation, states are mandated to maximize leadership, empowerment, independence and productivity of individuals with disabilities by promoting a philosophy of independent living. This includes consumer control, peer support, self-help, self-determination, equal access and individual and systems advocacy.

The ILRS program is focused on providing four core services:

- Independent Living Skills training
- Information and referral to appropriate agencies or providers
- Individual and systems advocacy
- Peer support and counseling and/or mentoring

To be eligible, you must be a person with a significant physical, mental, cognitive or sensory impairment which substantially limits your ability to function independently within your family, your home and your community. There must be a reasonable expectation that ILRS will assist you to improve your ability to function, continue functioning or move towards functioning independently.

The ILRS program will accept referrals for individuals, who would like to achieve a self-directed and independent lifestyle.

Not everyone with a disability is eligible to receive services through ILRS, but no person will be denied the right to apply. If you become an ILRS client, your ILRS counselor will work with you to develop your Independent Living Plan.

Statewide IL Coordinator, 928-213-3554 (Karin Grandon)
 RSA Administration, Program Services, 602-542-3332 (Voice), 602-542-6049 (TTY), 1-800-563-1221 (Within AZ only). RSA website: www.azdes.gov/rsa.

Also there is now a new VR Counselor who will be working with individuals with SCI. Please welcome Jay Herycyk. If you have any questions, please call him at 602-266-6752 X224 or JHerycyk@azdes.gov.

Call the District office that you reside in and staff will put you in touch with an Independent Living counselor for the Rehabilitation Services Administration (RSA) in your area.

District 1 – Maricopa County, 602-470-1802 (Susan Denova)
 District 2 – Pima, Cochise, Graham, Greenlee and Santa Cruz counties, 520-741-2530 (Al Zulli) 520-889-6829 (TTY)
 District 3 – Coconino, Apache, Navajo, and Yavapai counties, 928-277-2844 (Jim Stobbs)
 District 4 – Gila, Pinal, and Yuma counties, 928-247-8880 (Lorena Montgomery)
 LaPaz and Mohave counties, 928-854-0377 (Jessica Lawson)
 Statewide IL Coordinator, 928-213-3554 (Karin Grandon)
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Financial Planning for your Future

Many of my clients express how they are more concerned than ever about protecting their assets. Personal and business assets may be vulnerable if you lack an appropriate and effective asset protection plan. By working with a professional financial advisor, the advisor can help you properly prepare your assets into the appropriate ownership structures to help protect those assets from creditors and lawsuits. All of this protection may be accomplished without giving up any control of your assets.

What is asset protection? Asset protection is the process by which an individual or business organizes their financial affairs in a manner which safeguards their assets and lowers their risk of exposure to loss.

From a financial planning perspective, the first line of defense in protecting your assets is to build a strong cash reserve. Cash reserves are those dollars available for emergencies and opportunities. Many of my clients like to have 3-6 months of cash reserves.

After we have determined how to structure and protect your cash reserves, then we focus on protection planning through the use of appropriate legal entities, titling and insurance. It is important to note that insurance typically does not shield your personal or business assets from unscrupulous individuals. Often times, proper titling and forming some type of legal entity may be more beneficial in protecting assets.

There are many ways in which assets can be protected. Some entities or protective structures might be corporations, limited liability companies, Family Limited Partnerships or Irrevocable Trust.

Protection of assets can also be accomplished in a variety of ways. Examples of these Federal and State exempt asset plans include tax qualified retirement plans, life insurance cash values, IRA's, Roth IRA's, 401(k)'s or profit sharing plans.

For more information contact Christopher Carter by phone at 480-600-6817 or by email at ccarter@twsfinancial.com

For Sale

12802 North 56th Place, Offered At \$299,000 Fully accessible home. No barriers/step. 36" wide doorways, maple floors throughout. Open floor plan. 3 bedrooms 2 baths. Large master bath with large roll-in shower. 2- car garage/plus 500+ sq. ft. studio/workshop 10 ft. ceiling. Fully landscaped with

park-like backyard with concrete pathway.

v Bedrooms 3 v Year Built 1978

v Bathrooms 2 v Lot Size 14,302

v Garage 3.5 v SqFt 2170 Patricia Stelton, GRI, e-Pro Associate Broker. Colwell Broker

7975 N. Hayden Rd., CC-100 Scottsdale, AZ 85258 Office: (480) 951-1010 PATTY@PATTYSHELTON.COM



Converted Honda Element for Sale

Online Location: http://www.disableddealer.com/item_view.asp?itemid=117787

Price: \$42,500

Description: 2007 Honda Element SC with X-WAV Conversion 24,500 Miles 2.4 liter with 4-speed auto trans, Ricon SIX WAY POWER DRIVER'S SEAT. REMOTE START WITH VIPER ALARM SYSTEM, HAND CONTROLS W/ TRI-PIN. 4-wheel ABS, Traction control, Stability control, 4 disk brakes, A/C, AM/FM/XM/MP3CD, power door locks, power windows. FULLY AUTOMATED RAMP/DOORS 10 square feet of lowered-floor area. Removable Passenger Seat *X-WAV conversions are fully ADA compliant*

Contact Info: Max.Mooney@asu.edu or 480-242-7130

1998 Dodge Grand Caravan SE, 3.0 V6, Braun Wheelchair Conversion, Side Entrance w/Fold Out Ramp. Remote Entry. EZ LOCK (Also Comes w/4 Tie Down Straps). Easily Removable Front Seats, Front & Rear Ice Cold Air, AM/FM/Cassette, Power Locks/Windows, Cruise. **Last 5k:** NEW Power Window Lifts, Ramp Motor, Michelin Tires, Shocks/Struts, Brakes, Muffler, Battery. NEW Valve Cover & Oil Pan Gaskets & Power Steering Pump. ALL Fluids Changed & FULL Transmission Service. . . DRIVE IT ANYWHERE!! 101,000 Easy Miles, Clean Title in Hand . \$8100.00. **If interested, please contact Lori at 602-708-1220 (cell) or lahenry@bolotogroup.com.**

Quickie All Court Wheelchair, good condition with Single Integrated Anti-Tip with Single Wing Frame. Color: Toxic Green, Seat Width: 16", Seat Depth: 16". Folding Seat back, with 2 different backs. Platform foot rest. 24" wheels with coated handrims. \$1,000.00 or O.B.O. **Call Mark at 847-421-7742.**

Custom manual wheelchair, Sunrise Quickie Iris, 14" wide by 19". Deep (adjustable), infinite tilt, separate recliner, adjustable and removable arms, head rest, leg and foot pads, seat and back cushions with custom features and lumbar support, removable tray. Like new condition. **For more information call Wendy at 480-661-2133 (after noon).**

Needs Help

Paraplegic in Sun City West (Bell and HR Johnson are the major cross streets) is requesting help from a volunteer. Needs help transferring to and from handcycle a few times a week. Please call 623-584-4270 if you are able to help!

Jeff Pessecto needs volunteers to try out the prototype his gas powered off road wheelchair. Needs design suggestions and feedback. Quads or paras, outdoor enthusiasts preferred. Call 602-795-7457 or email azpessecto@gmail.com

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!