



A Chapter of Christopher &
Dana Reeve Foundation



January 2011

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Web!

www.azspinal.org

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Spinal Cord
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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 monthly update on the
happenings and upcoming events
in the Association and
Community Partners.”*

Member E-Newsletter

Arizona Spinal Cord Injury Association

Message from Paul Mortensen, Executive Director

The staff of the Arizona Spinal Cord Injury Association would like to thank our board members and our wonderful members for another great year.

Take the time to appreciate the family and friends we all have that surround us. Have a safe and prosperous Happy New Year.

AzSAE Annual Awards Celebration

The Arizona Society of Association Executives celebration was held on Tuesday, December 7th at Fiesta Resort and Conference Center in Tempe. *Formerly known as the AzSAE Holiday Gala*, this annual event has been re-invented as a progressive reception and interactive showcase to highlight nonprofit member organizations and their award-winning staff & programs.

Awards of Excellence in Association Management are given to each of these categories: Communications, Creative Funding, Education, External Affairs, and Membership.

The Arizona Spinal Cord Injury Association received the Creative Funding award for our Transportation Program. Also, Paul Mortensen's term as President ended this year and he was honored at the celebration for his dedication and guidance.

2011 SCI Empowerment Course

10th Year Anniversary

Come join us for a twelve-week course* designed to empower those with spinal cord injuries, their family members, caregivers, and the professionals who work with them.

This course was designed by consumers and family members for those who share their experience. Come hear from top experts and professionals in the field of spinal cord rehabilitation and education.

Each evening offers opportunities for discussion, dialogue, and a chance to speak with other whose lives have been affected by spinal cord injury. Bring your knowledge and life experiences; come and share with others.

*Note: It is not necessary to attend all 12 sessions. However, the more you attend, the more you will gain.

Who Should Attend?

- Individuals with Spinal Cord Injuries
- Family Members
- Caregivers
- Professionals

Classes meet every Thursday evening February 3rd through May 5th, 2011. Registration and Dinner at 4:30PM. Class convenes from 5:00PM-8:00PM. 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.

Note: Because of construction at DEC for the Sports and Fitness Center, you need to enter the DEC driveway from the eastbound lanes on Washington Street. There is no entrance from Madison Street.

Listed below are the dates and topics:

2/3 - Empowerment
 2/10 - Activities of Daily Living and Caregiving
 2/17 - Medical Aspects of SCI
 2/24 - Secondary Conditions of SCI
 3/3 - Wellness, Fitness, Sleep & Alternative Medicine
 3/10 - Psychosocial Aspects of SCI
 3/17 - "Therapist is In" Night
 3/24 - Sexuality After SCI
 3/31 - Mobility and Sports Fair
 4/7 - Pain Management (Medication)
 4/14 - Legal Considerations
 4/21 - No Class
 4/28 - Aging and Assistive Technology
 5/5 - Social Night - Cinco de Mayo Dinner Theme

Please call the Arizona Spinal Cord Injury Association (AZSCIA) to RSVP at 602-507-4209 or 888-889-2185. Unfortunately, due to budget cuts, transportation will primarily be for individuals who have never attended the courses in the past. Once that list is fulfilled, we will accept transportation requests based on the availability of our vans.

2011 Barrow Spinal Cord Injury Symposium SCI Management: The Basics

Date: Friday & Saturday, January 21-22, 2010

Location: Barrow Neurological Institute, 350 W Thomas Road, Phoenix, AZ 85013 in the Leonard Goldman Auditorium

Time: Friday (7:30AM-5:00PM), Saturday (7:30AM-4:30PM)

The purpose of this two day conference is to educate professionals working in hospital, community and insurer based health care settings on the fundamental medical management of persons with spinal cord injuries in order to promote quality health care delivery, the prevention of the secondary conditions associated with SCI, and the quality of life for individuals living with SCI. For more information, please contact lindsey.kerby@chw.edu or call 602-406-3067.

ABIL Social and Recreation Events

January Programs

Thursday, January 6, 10:30 am - 1:30 pm (Bring \$1.00 for donuts & \$3.00 for pizza or your own lunch)

Game Day - Bring your own cards, board games or other games to play for the day. 5025 E Washington Street, Phoenix, AZ 85034. Cost: None.

Thursday, January 13, 10:00 am - 1:00 pm (Bring money for lunch afterwards at a restaurant) Cerreta Candy Company - A lively atmosphere where everyone can see candy magic being made. 5345 W Glendale Avenue in Glendale. Cost: none.

Wednesday, January 19, 10:00 am – 2:00 pm (Bring \$1.00 for donuts & \$3.00 for pizza or your own lunch)

Movie at ABIL. Come watch a movie. Popcorn & soda will be provided. 5025 E Washington Street, Phoenix, AZ 85034. Cost: None.

Thursday, January 27, 10:30 am – 1:30 pm

Cooking Group – Learn new recipes, skills, and just socialize with others. Each month we try to have a luncheon theme. 5025 E Washington Street, Phoenix, AZ 85034. Cost: Consumers assist by bringing ingredients for lunch.

Call Leanne Murrillo to sign up for events at 602-296-0535 or leannem@abil.org.

2nd Annual Run, Walk and Roll

Arizona Disabled Sports (AzDS) is hosting the 2nd Annual Run, Walk and Roll 5K/10K event at Tempe Beach Park on Saturday, January 8th. The 2011 event will incorporate a 5K (3.1 miles) and 10K (6.2 miles) race for runners, walkers and rollers as well as a half mile kids fun run for youth ages 12 and younger and a 1 mile fitness walk. The Run, Walk & Roll event is designed as a fundraiser to support the adaptive sports and recreation programs provided by AzDS and is also a fun event for all ages and ability levels. Get a healthy start to your new year...warm up for the PF Chang's Marathon...support a great cause!

Three hundred and eighty participated at the 1st annual and we hope to reach our goal of 500 racers this year. Support your programs and register today! The 2011 event is sponsored by Arizona area Culver's restaurants, Sunflower Farmers Market and Symbius Medical. Registration for the 5K/10K event is \$25 and just \$10 for the half mile kids run or 1 mile fitness walk. Visit the event web site at www.RunWalkRollAZ.com or email lane@mesadisabledsports.com for more information.

Cribbage Tournament

Date: Saturday, March 12, 2011

Location: Disability Empowerment Center (DEC), 5025 E Washington Street, Phoenix, AZ 85034 in Nina Mason Conference Center 1 & 2.

Time: 9:00AM – 2:00PM

Sponsored by Symbius Medical and Arizona Spinal Cord Injury Association. For more information, please contact Gary Hershey at 623-780-8686.

Competitive Shooting Event

With the help of the National Rifle Association, the local chapter of the PVA and Ben Avery Gun Range, are organizing a sectional air rifle/pistol match here in Arizona on **March 12th, 2011 at Ben Avery Range**. We need a minimum of 5 shooters for it to be counted as an official sectional match. The winner of this event will be invited to the US Paralympic camp next year.

If anyone is interested please contact Mike Tagliapietra, at mjtag67@yahoo.com.

Save The Date - Walk For NAMI

National Alliance on Mental Illness (NAMI) will be having their annual walk at the Tempe Town Lake, Beach Park on Sunday, March 27, 2011. The hours are from Noon to 4:00PM and there will be no entry fee.

A great opportunity to promote awareness. Wear your organization's team shirts and join 4,000 walkers!

For more information, please visit www.namiaz.org, walk@namiphoenix.org or call 602-244-8166.

Phoenix Banner Wheelchair Suns/Mercury/Junior Suns

SCHEDULE 2010 - 2011 SEASON

January 7-9, 2011	At Las Vegas Tournament	Suns
January 21-23, 2011	At Las Vegas Tournament	Mercury
January 28-30, 2011	Tournament at Broadway Recreation Center, Mesa, AZ	Suns
February 4-6, 2011	West Coast Conference Regional, Berkeley, CA	Junior Suns
February 11-13, 2011	At LA Clippers Tournament	Suns
February 18-20, 2011	At Albuquerque, NM	Suns
March 4-6, 2011	At West Coast Conference Championship, Seattle, WA	Junior Suns
March 18-20, 2011	At Las Vegas Tournament	Suns
April 6-11, 2011	National Wheelchair Basketball Championships Denver, CO	Suns, Junior Suns & Mercury

The Suns and the Mercury will be playing other tournaments in Tucson dates TBD. For more information contact Gary W. Venjohn at 602-790-7909 or gwenjohn@cox.net.

Daring Adventures 2010 Events

Cycling- Silent Sundays at South Mountain Park

Ages: All ages

Fees: FREE! We suggest a \$5 per hour donation for each bike rental, payable to [River of Dreams](#) (cash or check accepted) to support the ongoing fundraising efforts for all of our [Daring Adventures Programs](#).

Dates: Silent Sundays are held the fourth Sunday of every month and are scheduled for November 28, 2010, December 26, 2010, January 23, 2011, February 27, 2011, March 27, 2011

Time: 8am-2pm

Address: 10919 South Central Avenue, Phoenix.

Description: Silent Sundays offer cyclists, skaters, joggers, walkers, strollers, and individuals who use wheelchairs an opportunity to get out and enjoy the scenic splendors of the [nation's largest municipal park](#) without having to share the road with vehicles. Participants will discover miles of paved roads, from flat terrain to rolling dips and hills in beautiful South Mountain Park. The more aggressive cyclist can conquer the summit road, which ends at the Dobbins Lookout at 2330 feet or even try out one of the park's mountain bike trails. The City of Phoenix will have a variety of cycles, including hand cycles and recumbent cycles for those with mobility limitations, tandem bikes (two-person bikes) for people with visual limitations, and traditional 2-wheel mountain bikes available for your use. Meet us at the South Mountain Environmental Education Center located just inside the entrance to the park. We will provide maps of the roads and trails where you can ride and we will have our army of volunteers available for those who require accommodations. Registration is not required. Bikes will be available on a first come first serve basis! For more information, please contact Jeff Spellman at 602-495-5507 or via e-mail at jeff.spellman@phoenix.gov.

Save The Date - 7th Annual American Indian Disability Summit

"Gathering Native Voices to Support Families and Youth with Disabilities in Building a Strong 7th Generation".

Summit will be held at the Sheraton Phoenix Airport Hotel Tempe, 1600 S 52nd St., Tempe, AZ 85281 on Friday, April 1, 2011. For more information, please call 602-443-0707, 602-443-0708 or 602-495-7521.

No fragrances please, to accommodate those with chemical sensitivities. Everyone welcome!!

NRA Open Range Day 2011

Adaptive Shooting Sport

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 Ross at the National Rifle Association (NRA) 703-267-1495 or vross@nrahq.com.

Date: Saturday, April 9, 2011

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

Time: 8:30AM – 4:30PM

Social Security Administration

Barb Reimers, Assistant Manager at the Phoenix DT District Office contacted our Association to help fill the positions below. She asked for assistance in finding qualified candidates that may be interested in a career with the Social Security Administration and would also qualify under the federal Schedule A (disabled employees) hiring authority.

All interested applicants contact Barb directly at 866-331-4292.

Claims Representative Position

As a Claims Representative, you will assist the public in person or by phone to establish entitlement to Social Security benefits. Your contacts will allow you to obtain, clarify and verify data used to analyze claims and make benefit entitlement decisions. Your career as a Claims Representative will allow you to develop skills that provide a solid foundation for future advancements.

Service Representative Position

A Service Representative provides both in-person and telephone assistance to the public on a wide variety of subjects. Service Representatives analyze and investigate situations to secure facts and reconcile discrepancies. Cases are often complex and complicated by frequent changes in the law. Detail oriented individuals with strong communication skills enjoy the Service Representative position.

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.

Survey on Bladder Management

My name is Ana Clara-Briccola and I am with Millennium Research Group. We are performing a paid study on **bladder management among persons with spinal cord injuries** to help develop new and improved products. Upon completion you would be provided with a check for \$25 for your time. The study is conducted over the phone and takes less than 10 minutes to complete. Thanks for your assistance.

There are 2 ways for you to get in touch with me:

1. Complete the online form <http://www.mrgworldwide.com/surveys/scisignup/>
2. Call me toll free at 1-800-239-9186, extension 151

For more information about Millennium Research Group, please visit www.mrg.net.

Employment Options, Inc.

Now recruiting nationally for 500 home-based customer services for employers who specifically asked us to pre-screen applicants. We take only those clients we can place! See if you qualify by calling or clicking on website below.

Mailing Address: PO Box 46694, St. Petersburg, FL 33741
 Attn: Sheika Jones
 (800) 441-3114
myemploymentoptions.com

Recruitment for Positions with the Social Security Administration

Barb Reimers, Assistant Manager at the Phoenix DT District Office contacted our Association to help fill the positions below. She asked for assistance in finding qualified candidates that may be interested in a career with the Social Security Administration and would also qualify under the federal Schedule A (disabled employees) hiring authority.

All interested applicants contact Barb directly at 866-331-4292.

Claims Representative Position

As a Claims Representative, you will assist the public in person or by phone to establish entitlement to Social Security benefits. Your contacts will allow you to obtain, clarify and verify data used to analyze claims and make benefit entitlement decisions. Your career as a Claims Representative will allow you to develop skills that provide a solid foundation for future advancements.

Service Representative Position

A Service Representative provides both in-person and telephone assistance to the public on a wide variety of subjects. Service Representatives analyze and investigate situations to secure facts and reconcile discrepancies. Cases are often complex and complicated by frequent changes in the law. Detail oriented individuals with strong communication skills enjoy the Service Representative position.

AmeriCorps Opportunity for 55 or Older

ABIL has been included in an AmeriCorps Grant that is being administered by our local Area Agency on Aging (AAA). Under this grant, ABIL will have available four (4) paid AmeriCorps Members that will work part-time for ABIL in a variety of program areas providing support and assistance to seniors and people with disabilities (see flier for details).

The AmeriCorps Member must be 55 years old or older. The AmeriCorps members are paid a stipend at about 20 hrs per week at approximately \$6.50 per hour or \$5,900 for 900 hours of service. There also includes a \$2,675 educational award if the member completes all 900 hours of service (again, see flier for details)

If you know anyone interested in becoming an AmeriCorps Member, please forward them this info and have them contact ABIL Volunteer Coordinator, April Reed at 602-296-0533.

Interested applicants will also need to call AAA at the number listed on the flier in order to apply for the program. Importantly, please ask them to tell AAA that they were referred by ABIL and that they are interested in working as one of ABIL's AmeriCorps Members (that of course is if they are indeed interested in working for ABIL).

AzSCIA Support Groups

SCI Women Support Group

Every 2nd Tuesday of the month

6:30PM – 8:00PM

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

Conference B

RSVP – Jill Greenlee Sclase, CTRS, 480-363-5880

Every 3rd Thursday of the month

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
 2:00PM - 4:00PM West Valley Support Group (VOICE)
 Glendale Main Library, 5959 W Brown Street in Glendale
 Contact: Janene Werner, 602-814-9717
 voicejw@yahoo.com or www.voice-az.com

Every 1st Tuesday of the month
 2:00PM - 3:30PM Flagstaff Support Group
 Contact: Al White, 928-527-8567

Every 3rd Friday of the month
 2:00PM - 4:30PM East Valley Support Group (COMPASS) Granite Reef Senior Center in
 Scottsdale
 Contact: Pauline Staples, 602-241-1006, plstaples@msn.com

Every 2nd Thursday of the month
 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 at 3700 N. Windsong Dr., Prescott Valley, AZ
 Contact: Jo Crawford at jecrawford@cableone.net or call Mountain Valley Regional Rehab at
 928-759-8800 for more information.

Last Monday of each month
 Tucson Support Group

Every 1st Tuesday of the month

In 2011, the group will meet once a month on the last Monday of every month. The
 meetings will alternate between social meetings (which will include activities like bowling,
 coffee house, live music, go to the movies, etc.) and educational meetings (mobility,
 exercises fitness, urology, bowel care, etc.). The idea is to put people with SCI and their
 families in touch with others families who have had or are having similar life experiences.
 Contact: Peter Hughes at 520-579-0862.

Transportation

The Arizona Spinal Cord Injury Association 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 and back to your home. Unlike other transportation services, you don'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 electric wheelchairs, or four regular wheelchairs plus four ambulatory.

If you are a not-for-profit organization seeking "contract" transportation....we can help you
 too! Call us at 602-507-4209 or 602-703-2199! We can make your Wheels Toward A Dream
 Trip a reality! Share plans with us for your outing and we will help make your trip come true.
 Arizona is a very beautiful state so start making your plans today! Call us today.

Thank you for letting AzSCIA help you with your transportation needs. Donations are
 accepted.

Comprehensive Financial Planning

By Christopher Carter, TWSFinancial Estate and Retirement Specialists

Financial planning includes a fact finding analysis to ensure you have an accurate analysis of what your current and future needs are. The financial planning process is designed to assist you, the client, in the decision making process. Information obtained through the process will enable you to make educated, informed financial decisions.

A comprehensive financial planning analysis helps you determine the steps necessary to protect against the financial loss that could occur in the event of a premature death. It helps you determine your optimal current living expenses as well as retirement plan needs. Comprehensive planning helps you protect against the financial consequences of a disabling illness or injury. It includes a plan for investing in a sound asset allocation strategy custom tailored to fit your individual circumstances, as well as risk tolerance. A comprehensive plan includes an estate plan analysis which includes arranging to have wealth distributed exactly as intended – as an inheritance or legacy – either during one's lifetime or beyond.

Financial planning can provide you with a roadmap to achieving your goals and objectives. These goals and objectives may include:

Investment Planning: Accumulating and managing the wealth necessary to realize your dreams and the fulfillment of your ultimate financial goals requires a sound, long-term strategy.

- **Protection Planning:** Protecting you and your loved ones from potentially devastating, unforeseen events is at the foundation of any sound financial plan.
- **Retirement Planning:** Perhaps one of the greatest financial challenges you will face is preparing an adequate retirement plan.
- **Tax Planning:** Given the amount and complexity in the current tax legislation, tax planning is an ongoing process, not something looked at once a year.
- **Estate Planning:** Building a legacy for your loved ones requires more than simply accumulating a large portfolio and/or family business.

Comprehensive financial planning is offered through TWSFinancial Estate and Retirement Specialists using our proprietary personal planning analysis. For your complimentary financial planning consultation contact Christopher Carter at 623-748-3920 or by emailing him at ccarter@twswfinancial.com, Today!

TWSFinancial is offering complimentary Financial and Estate Planning consultations for AZSCIA Members. The value of the Estate Planning complimentary consultations are \$250.00. (This is based on \$125 an hour rate and approximately 2 hour appointment.)

For more information, contact Chris Carter, Senior Financial Advisor, at 623-748-3920 or ccarter@twswfinancial.com.

HSA Instructor Training

Know someone who wants to be a HSA (Handicapped Scuba Association) Instructor? We are looking to do an Instructor Training course this spring. The costs is \$495 plus the cost of whatever book package you want. Call Gary at 480-377-2822 or email gary@scubamagic.biz for more information.

The Mast House

The Mast House is ABIL's transitional living home. The Mast House is an accessible 3-bedroom home that was donated to ABIL to be used for transitional living. It is located in Scottsdale, near 60th street, between Greenway and Thunderbird. ABIL rents the home **to persons with disability who are in need of short-term, accessible housing**. The rent is \$300/month [plus \$50 per extra family member,] and the **maximum stay is eight weeks**. The house is rented on a first-come basis and **is currently available**. Renters are responsible for their own caregivers, food, and equipment. If you have further questions, feel free to contact Don Price at 602-980-3232 or donp@abil.org.

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 others
- 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.

Educational Kids Coloring Book

My name is Anjali Forber Pratt. My educational kids coloring book, All About Sports: For Athletes with Physical Disabilities, is officially here!!! It's a 35 page activity book that tells my story, and showcases four sports: wheelchair racing, wheelchair basketball, sled hockey and downhill skiing as well as educating about the Paralympics and disabled sports. You may place orders for \$7.99 on my website at www.anjfp.com.

Save on Medications

For more info visit: www.togetherrxaccess.com. Thousands of eligible hardworking people with no prescription drug coverage are now saving on the medicines they need with the Together Rx Access® Card.

Most cardholders save 25%–40%* on brand-name prescription products. Over 300 prescription products are included. Savings are available on generic drugs as well

The Together Rx Access® Card was created as a public service by a group of some of the world's largest pharmaceutical companies, in order to provide savings on prescriptions to eligible residents of the US and Puerto Rico who have no prescription drug coverage.

Here are the Eligibility Requirements:

Individuals for whom all three of the following statements are true qualify for a Together Rx Access® card:

1. I am not eligible for Medicare.
2. I have no prescription drug coverage of any kind.
3. My household income is equal to or less than:
 - \$45,000 for a single person
 - \$60,000 for a family of two
 - \$75,000 for a family of three
 - \$90,000 for a family of four
 - \$105,000 for a family of five

Families of six or more and residents of Alaska and Hawaii should contact the Together Rx Access Program at 1-800-444-4106 or click here to determine eligibility.

For Sale

Mobile Home for Sale- 12X60 1971 Broadmore 2BR/1BA mobile home in a nice +55 senior park in Apache Junction for sale. It has a step up living room, kitchen, built in hutch with glass doors, 2 large bay type windows in LR, 2BR and 1 bath. Master BR has a large closet, smaller bedroom has a decent sized closet as well.

Home comes with a washer/dryer/gas stove/fridge/small upright freezer/portable dishwasher/twin bed/sofa/2 rockers/TV stand/coffee table/end tables/lamp/Furnace w/ heat pump(1yr warranty)/swamp cooler/ceiling fan/built in dressers in both BR's as well as closets in both. 2 storage shed and covered awning. Freshly painted ceilings and shampooed carpets. Would make a nice home for winter visitors. There is even a tangerine tree in the backyard. Lot is at the backside of park so not alot of traffic. Park is nice and quiet. Great neighbors who watch out for one another.

Lot rent is \$305/mo and includes water and sewer. Taxes run about \$58/yr-due 1 Oct. and are paid for 2011. Can take more photos or meet you there to let you see what a nice home it would make you or your parents/grandparents.

Call Karen Halgren at 602-439-5198 for the items listed above.

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!