



A Chapter of Christopher & Dana Reeve Foundation



July 2011

We're on the Web!

www.azspinal.org

Be our Friend!
Facebook –
Spinal Cord
Injury

MySpace –
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 monthly update on the happenings and upcoming events in the Association and Community Partners.”

Member E-Newsletter

Arizona Spinal Cord Injury Association

Rural Crossings: Wheels To Independence Conference

The educational conference that was held this past Saturday, June 25, 2011 at the Hilton Tucson El Conquistador Golf & Tennis Resort was a huge success.

We would like to thank our sponsors Governor's Council on Spinal and Head Injuries, Rehabilitation Services Administration, Advisa Care, Arizona Medicaid Planning Service, Arizona Relay Service, Colours Wheelchair, Cure Catheters, Driving to Independence, GO! Mobility Solutions, HealthSouth RIT, HealthSouth Rehabilitation Hospital in Southern Arizona, Supracor, Symbius, TWS Financial, and United Seating & Mobility.

We would also like to thank Paul Mortensen, Ann Tarcy, Sue Wolf PhD, Sharon Mikrut, Chris Carter and Larry Shafer. You were all amazing as speakers and presenters. Last but not least, the attendees. We hope the information you received from the conference was very beneficial in promoting your quality of life.

Summer Open Gym – Wheelchair Basketball

June 1 – July 27 (no open gym on July 20 due to BRC floor refinishing project)
BRC – 59 E. Broadway Rd, Mesa, AZ 85210
7:00pm-9:00pm

Open gym for wheelchair basketball at the Broadway Recreation Center on Wednesdays for June/July. This open gym is for all ages and abilities. The open gym will not provide coaching or instruction but will have the equipment available to enjoy wheelchair basketball free play.

AzDS will provide a variety of All-court wheelchairs and basketballs for those that choose to attend.

Warrior's Journey TBI Conference

Date: Saturday, July 23, 2011
Time: 0800-1530 (8:00 am to 3:30 pm)
Location: Desert Willow Conference Center, 4340 E. Cotton Center Blvd, Phoenix, AZ 85040

The Arizona Coalition for Military Families, the Governor's Council on Spinal and Head Injuries, and the Brain Injury Association of Arizona, in collaboration with the Phoenix VA, TriWest, the Arizona National Guard, Luke Air Force Base, and other community partners, are pleased to announce:

A Warrior's Journey: A Day of Sharing, Learning, and Support for Service Members and Veterans with TBI and their Families Warriors (Active Duty, Guard, Reserve, and Veterans) who have sustained a traumatic brain injury (TBI) and members of their families are invited to attend.

This invitation includes those who have any level of TBI—from the most severe injury to those who experienced a mild TBI or concussion. We encourage those who may also have other conditions in addition to their TBI, such as PTSD, depression, pain or sleep issues, to join us.

Audience members can choose to attend classes, join discussion groups, and/or spend time in the Community Resource Room talking to representatives of military, veteran, and civilian resource organizations.

Child care stipends are available for families who need them, so that the parents can focus on learning and connecting to resources. For teens of participating families (ages 13-17), a digital storytelling event hosted by Operation Military Kids (OMK) will be offered at the conference site. The teenagers will learn the basics of script-writing, story-boarding, audio/video recording, and using digital technology to create their own Speak Out Military Kids story—focusing on their experiences with having a military parent who has been injured. The day's activities included teambuilding, "feelings" activities, and hands-on interactive, technology-related activities.

Participants will use the OMK Mobile Technology Lab to create and edit their digital stories. There is no charge to participate in A Warrior's Journey or the Teen Digital Storytelling program.

For more information, call Burgan Cox at the Brain Injury Association of Arizona at 602-508-8024, (toll-free outside Maricopa County: 888-500-9165). To register online, go to: <http://sites.google.com/site/warriorsjourney>.

6th Annual Spinal Cord Injury Retreat

Camp Dates - August 11 - 14, 2011

Early Registration Discount Ends - July 1, 2011

Early Registration payment deadline - July 1, 2011

Prices: Participants- \$105 Through July 1, 5pm
\$130 After July 1st

Caregiver \$105

Family Member \$130

Additional Meals for day visitors \$10 each

We invite persons affected by paralysis and a care giver to come up for four action packed, fun filled days! At the camp activities include (but are not limited to) fishing, horseback riding, crafts, accessible sports, animal interactions, dancing, campfire cookouts and a great time with great people. Each year the camp draws a diverse crowd all affected by paralysis, from new injuries to seasoned pros, we have accommodated all levels of injury and if payment is an issue we offer scholarships and are willing to accept payment plans. This is a camp that is designed for adults; we ask that persons 13-16 attend with a parent or adult caregiver. We do not allow participants under the age of 13 at the present time.

We invite guests and visitors to come up for a day or a meal, check out the visitor link for more information at www.azspinal.net. If you have any questions or concerns that are not addressed on the website please contact Karen Halgren at 602-507-4209.

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.

4th Annual SRPMIC Disabilities Conference

Salt River C.O.I.N. Group & Youth Services is presenting this free conference

Date: Thursday, August 25, 2011

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

Time: 8:00AM – 4:30PM

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@srpmic-nsn.gov. Limited to 250 participants.

Arizona’s 11th Annual Transition Conference

Salt River C.O.I.N. Group & Youth Services is presenting this free conference

ONLINE REGISTRATION IS NOW OPEN

October 3-5, 2011

Talking Stick Resort 9800 East Indian Bend Road Scottsdale, AZ 85250

(866) 877-9897

Arizona's Eleventh Annual Transition Conference, Imagine It, Plan It, Do It! is a collaborative, cross-stakeholder professional development event aimed at providing meaningful and pertinent information needed in the transition planning process for youth and young adults with disabilities. This year's conference includes a dynamic array of national speakers, state level experts, and also includes youth, young adult, and family member participation.

Sessions contain content from the following strands: Community Partnerships, Family Voice, Secure Care, Career and Job Development, Accessing Community Resources/Medical and Social Empowerment, Youth and Young Adult Empowerment, Assistive Technology, and Curriculum and Instruction.

Early registration for Arizona's Eleventh Annual Transition Conference is now open and will end Friday, June 17, 2011. Standard registration begins Saturday, June 18, 2011, and ends Friday, September 9, 2011. This conference has been filled to capacity for the last two years, make sure to register early!

Please note the following registration details:

- Conference registration will be processed exclusively online for all participants;
- Early, standard, and late/walk-in registration periods significantly impact registration fees;
- Family and youth/young adult-focused strands will only be held on Monday and Tuesday. Registration fees and scholarship funding allow participants who register as a family member, youth, or young adult to attend the conference on October 3 and 4, 2011. Additional information about scholarships will be disseminated in June;
- Registration fees for educators, service agency providers, and other professionals allow participation in all three days of the conference;
- Scholarships continue to be available on a first-come, first-served basis for youth, young adults, and family members needing assistance with lodging or registration costs. Only youth/young adults aged 22 and younger and/or family members of eligible youth are eligible for scholarship funding; and
- There will be no allowance for single-day registration.

SPECIAL NOTES: The conference begins at 9:30 a.m. on Monday morning to accommodate participants traveling from out of town. Also, in order to be environmentally conscious, paper copies of handouts will not be provided at the conference.

Materials for all sessions will be posted online three weeks prior to the conference on the ADE/ESS Secondary Transition website; participants are asked to print and bring materials for sessions of interest.

Sun Van Fare Increase

At a public hearing held April 12, 2011, City of Tucson Mayor and Council voted to approve a transit fare increase effective July 1, 2011. Sun Van's one-way full fare will increase from \$2.50 to \$3. The one-way economy fare will increase from \$.80 to \$1. If you have any questions regarding the fare increase, please call 520-798-1000 or visit www.sunvan.com.

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.

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 population – 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!

ADA.gov News -- Olmstead Update

The Department of Justice has released [a new technical assistance document](#) describing public entities' obligations and individuals' rights under the integration mandate of title II of the Americans with Disabilities Act (ADA) and the 1999 landmark Supreme Court decision, *Olmstead v. L.C.*

Additionally, in commemorating the 12th anniversary of the *Olmstead* decision yesterday, the department launched a new section of its ADA website, www.ada.gov/olmstead, providing information and resources about the decision and its enforcement. In addition to the newly created technical assistance document, users can visit the site to find briefs filed by the Department, as well as other materials relevant to this important area of law.

The department also expanded its existing ADA.gov E-mail subscription service to include Olmstead enforcement. To monitor developments, a subscription link is provided at www.ada.gov/olmstead.

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.

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.

Service are time-limited and always directed towards achieving an independent living goal. Individuals who meet eligibility criteria work closely with an ILRS counselor to identify objectives in the areas of personal and/or home management or integration into the community.

Services are provided based on individual needs, independent living goals and available agency funding. Some services are subject to a determination of the consumer's financial needs. You or your family may participate in the associated costs, but it is not a requirement for receiving services. If you become an ILRS client, your ILRS counselor will work with you to develop your Independent Living Plan.

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)

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.

For Sale

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).**

Need 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!

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!