



# Member E-Newsletter

## Arizona Spinal Cord Injury Association

A Partner of Christopher & Dana Reeve Foundation



September 2011

We're on the  
Web!

[www.azspinal.org](http://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](mailto:info@azspinal.org)

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

### Peer Mentor Training in Tucson!

September 15<sup>th</sup>, 2011 at the University of Arizona the Reeve Foundation is seeking people living with paralysis, family members and caregivers to become volunteer peer mentors. The people who can have the greatest impact on others' lives are those who have been there. A Reeve Foundation peer mentor will go through a specialized certification process that will include on-line work in advance of an on-site training.

Interested in becoming a Reeve Foundation Peer Mentor and the upcoming training in Tucson? Apply for consideration at [ChristopherReeve.org/Peer](http://ChristopherReeve.org/Peer).

You can also call the Arizona Spinal Cord Injury Association for more information at 602-507-4209 or email [info@azspinal.org](mailto:info@azspinal.org)

### Wheelchair Skills Clinic

**The Fall Series of the Banner Wheelchair Skills Wheelchair Skills classes will take place this October! Registration is free; pick and choose your classes!**

**October 5<sup>th</sup>:** Transferring: Chair to Furniture/bed & bathroom transfers; chair to floor, etc.

**October 12<sup>th</sup>:** Managing Your Environment: Opening and closing doors; Operating elevators and escalators; Wheelies; Curbs; Ramps and Various terrain etc.

**October 19<sup>th</sup>:** Mechanics of Your Chair: Making adjustments/general maintenance of chair

**October 26<sup>th</sup>:** Traveling With Your Chair: Focus on driving, car transfers, flying, hotel rooms

Classes will take place from 4:00pm-6:00pm **Banner Good Samaritan Rehabilitation Institute, 2nd Floor in the Gym. The address is 1012 E Willetta St., Phoenix, AZ 85006.**

**To register call 602-507-4209 or email [info@azspinal.org](mailto:info@azspinal.org)**

### Independent Living Resource Fair

October 18, 2011

Time: 10am-2pm

Location: Nina Mason Pulliam Conference Center

5025 E. Washington St. Phoenix, AZ 85034

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 the common goal of independence!

To attend RSVP or if you have any questions please call Lyne at 602-296-0534

Use the Arizona Spinal Cord Injury Association for your accessible transportation needs! We will take you to doctor's appointments, grocery shopping, social outings with friends and family! Our drivers are available 24/7 and 365 days a year! Rent a van for family road trips! Our drivers are all emergency prepared professionals and they will take you wherever you want to go!

For information or quotes call 602-703-2199

Or email [Bruning4@msn.com](mailto:Bruning4@msn.com)



### Flagstaff Support Group

**When:** Tues, September 6, 2011 2:00PM-3:30PM

**Where:** FMC Training Offices 1000 N Humphreys

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

### Men's Disability Issues Group

**When:** September 15, 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

Facilitator: Don Price 602-980-3232 or [donp@abil.org](mailto:donp@abil.org)

### VOICE Support Group

**When:** Tues, September 6, 2011 2:00PM-4:00PM

**Where:** Glendale Main Library, 5959 W. Brown Street in Glendale

**Description:** West Valley cross disability support group. Facilitator: Janene Werner, 602-814-9717

[voicejw@yahoo.com](mailto:voicejw@yahoo.com) or [www.voice-az.com](http://www.voice-az.com)

### Compass Support Group

**When:** Friday, September 16, 1:00PM-3:00PM

**Where:** Granite Reef Senior Center, Scottsdale

**Description:** East Valley Cross Disability Support Group, Facilitator: Pauline Staples, 602-241-1006

### Tucson Support Group

**When:** Monday, September 26,

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. For details please contact Peter Hughes @ 520-579-0862 or email him at [peter@azspinal.org](mailto:peter@azspinal.org)

### Women's Support Group

**When:** September 13, 6:30pm – 8:00pm

**Where:** Disability Empowerment Center, 5025 E. Washington St, Suite 110 Phoenix, AZ 85034 ([map](#))

**Topic:** Cooking with Gina – She'll be showing us how to make some easy recipes then we'll have dinner afterwards. You can check out some of her recipes on her blog [www.culinaryquad.com](http://www.culinaryquad.com)

Contact [Karen@azspinal.org](mailto:Karen@azspinal.org) for more information

# The 2011 Southwest Conference on Disability

**Please mark your calendar. October 5<sup>th</sup>-8<sup>th</sup>, 2011**

The University of New Mexico is hosting a three day conference for people with disabilities, their family members and professionals (Continuing Education Hours are available). A variety of guest speakers including Cody Unser will appear in addition to break out sessions, round tables, interactive sessions and poster board workshops. The event will also coincide with the 40th Annual Albuquerque International Balloon Fiesta!



Each year, over one hundred thousand visitors from around the world watch early morning mass ascensions, enjoy a traditional breakfast burrito, stroll on Balloon Fiesta Field after dark to watch balloon glows, and see special shape ascensions. Visitors can stroll or roll among the balloons as they're preparing to lift off, and are often asked to help out by balloon crews! Spectacular fireworks displays are offered on many evenings.

Because hotel space is at a premium during this time, please book your hotel room and rental cars early!

**Additional information about the conference is available at:**

**<http://cdd.unm.edu/swconf>**

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Looking for students/wheelchair users who are interested in science

National Science Foundation is looking for college students who have an interest in science (particularly biology) and also happen to be a wheelchair (or scooter) user. There is a great amount of possibility, at the present time they are only accessing interest. If you or someone you know might qualify please contact [kathy\\_wittenburg@tempe.gov](mailto:kathy_wittenburg@tempe.gov)

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## 6<sup>TH</sup> ANNUAL AZSCI RETREAT AT WHISPERING HOPE RANCH



August 11<sup>th</sup>-14<sup>th</sup>, 2011 the Arizona Spinal Cord Injury Retreat went off without a hitch! With over 60 participants the event was a huge success! Campers enjoyed activities such as star gazing, casino night and a live band in addition to animal interactions, horseback riding, accessible sports, arts and crafts. A special thanks to the planning committee for all their hard work and dedication! Visit the Arizona Spinal Cord Injury retreat Facebook page for pictures and stories from camp! Also vote for your favorite photo by liking

it! The photographer will receive a discount for the 2012 Retreat. Please don't forget to tag the retreat in your photos of the event!

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## Arizona's 11th Annual Transition Conference

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.

**Location:** Talking Stick Resort, 9800 E. Indian Bend Rd., Scottsdale, AZ 85250

**Date:** 10/3/2011-10/5/2011

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### **ABIL-DIRECT HOMECARE SERVICE**

**A provider of Evercare United Health Attendant Care – Personal Care – Homemaking – Respite Care**

**DIRECT Center for Independence, Inc. (DIRECT) is pleased to announce a new partnership with** Arizona Bridge to Independent Living (ABIL). ABIL, as a new contractor of Evercare, brings its 27 years of experience providing Attendant Care, Personal Care, Homemaking and Respite services to Pima County on October 1, 2011.

ABIL, like DIRECT, is one of over 550 Centers for Independent Living throughout the country that is consumer-controlled and offers programs that empower seniors and people with disabilities to take personal responsibility so that they may achieve or continue independent lifestyles within the community.

DIRECT will offer our comprehensive programs to ABIL's consumers, such as Independent Living Skills Training, Information and Referral, Peer Mentoring, Home Modifications, Work Incentives Planning & Assistance and Advocacy.

ABIL-DIRECT Homecare Service is in the process of accepting consumers and hiring caregivers to ensure an easy and seamless transition beginning October 1, 2011.

If you are interested in joining our agency or would like more information about services, please contact us at 520-720-7321.

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## 8<sup>th</sup> 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](mailto:makntrax@cox.net). Register online at [www.ccigolf.org](http://www.ccigolf.org).

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## Please join us for the 4<sup>th</sup> Annual Conquer Chiari Walk Across America on Saturday, September 17, 2011!

The walk is being held at the Anthem Community Park, located at 41703 N. Gavilan Peak Parkway in Anthem, AZ. Registration starts at 7am, and the walk will begin at 8am. The walk is approximately 1 mile. Registration is free! For a donation of \$25 or more by August 7, you will receive a Conquer Chiari t-shirt. Register online at [www.ConquerChiari.org](http://www.ConquerChiari.org).

Please help raise awareness and funds for Chiari. Chiari is a neurological disorder where the brain descends out of the skull and puts pressure on the spine. Chiari affects about 300,000 people in the US. Chiari causes many symptoms, including severe headaches, neck pain, balance problems, weakness in the arms and legs, and respiratory problems. Many people undergo brain surgery to help alleviate the symptoms, but there is no cure for Chiari. For more information about Chiari Malformation, please visit [www.ConquerChiari.org](http://www.ConquerChiari.org).

For more information or questions about the walk, you can contact Beth or Brandon Wells at [ChiariWalkAZ@cox.net](mailto:ChiariWalkAZ@cox.net). Arizona has a local support group for those with Chiari and Syringomyelia; please visit [www.AZSyringoChiari.blogspot.com](http://www.AZSyringoChiari.blogspot.com) for more information about the support group.

We hope you can come help us raise awareness and much needed funds for Chiari research!

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## TAXI PROGRAM FOR PEOPLE WITH DISABILITIES DEBUTS

### Phoenix Public Transit adds ADA taxi coupon to current subsidy programs

Phoenix — The Phoenix Public Transit Department has launched a new taxi coupon program for Phoenix residents with disabilities. Called ADA Cab, the program supplements Phoenix's heavily-used Dial-a-Ride program for people who are certified in accordance with the Americans With Disabilities Act (ADA). By working with local taxicab companies, the program allows participants to book trips at a subsidized rate, allowing for lower costs and more flexibility.

"The ADA Cab program bolsters our transit offerings for people with disabilities, and allows passengers to book their own travel when it is convenient for them," said Phoenix Public Transit Department Director Debbie Cotton. To purchase coupons at a discount, participants must be Phoenix residents under the age of 65, and they must be ADA-certified. Certified participants can buy coupons to use to pay for cab trips. Each coupon is worth a dollar, and the \$20-coupon books sell at 30 percent of their value, or \$6 apiece. Participants can buy a maximum of \$40 at that discount, and they can purchase an additional \$40 at half price; in total, users can buy up to \$80 worth of taxi vouchers monthly for \$32. The coupons can be used for an entire trip, and can be combined with cash fares to travel further.

ADA Cab is one of several alternatives to fixed-route bus service that Phoenix Public Transit offers for people with disabilities. These options include Dial-a-Ride, which provides scheduled trips; the Senior Cab coupon program for Phoenix residents age 65 and over, as well as dialysis and work trip voucher programs. The ADA Cab program is funded by the City of Phoenix and New Freedom grants from the Federal Transit Administration. The Phoenix City Council requested development of the alternative taxi program after same-day Dial-a-Ride services were eliminated from the department's budget.

To get more information about the taxi subsidy program, call MV Transportation at 602-801-1163 or 602-801-1164.

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## 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.

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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](http://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](mailto:JHerycyk@azdes.gov).

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## Disabled Divaz Fashion Show

Time Saturday, October 15 · 5:00pm - 10:00pm

Join us for the 5th Annual disABLED Divaz Fashion Show - Divaz Through the Decades! This year's event promises to be BIGGER and BETTER than ever! Celebrate the talents, strengths and abilities of the women in our community! Enjoy a multi-course dinner with a special "Aurora Foundation" dessert, dance the night away to the sounds of Triple Threat featuring Crystal Stark, enter into a fabulous raffle with wonderful prizes, witness the outstanding creations by local designers, and support, celebrate, cheer, clap and whistle for the unbelievably beautiful and talented DIVAZ models!

[JW Marriott Starr Pass Resort and Spa](http://www.disableddivaz.com) 3800 W. Starr Pass Blvd. Tucson, AZ

For more information go to [www.disableddivaz.com](http://www.disableddivaz.com)

Opening October the 17th - The Virginia G. Piper Sports & Fitness Center for Persons with Disabilities - come join this completely accessible health, wellness and fitness center. Enjoy sport courts, indoor running track, therapy and lap pools, whirlpool, fitness/training equipment and wellness programs.

Check out our website for early membership specials.

Visit [www.disabilitysportscenter.com](http://www.disabilitysportscenter.com) or call Amber Blanchard at 602-386-4283 for more information.



*Spo-Fit Grand Opening just around the corner!*



The cost is \$50.00 for children and \$100.00 for adults.

Price Includes:

-Dinner

-Hot Lap (a ride in a high performance car from one of the professional drivers at the Bondurant School of high performance driving on the track.)

-Bondurant vehicles equipped with hand controls will be provided on the skills pad for auto cross

Sponsored by: Leeden Wheelchair Lift & Sport and Driving to Independence

Register for the event or for more information call:

602-406-6280 or visit the website at [www.thebarrow.org](http://www.thebarrow.org)

## 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](mailto:PATTY@PATTYSHELTON.COM)



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).**



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CATCH A RISING STAR PROGRAM  
Presents:

**DODGE** CHALLENGED ATHLETE SWIM CLINIC

Featuring Alan Voisard - coach to U.S. Paralympic Medalists  
September 25, 2011 - Four Sessions Available - Tucson, AZ

MENTORSHIP» MOBILITY» MOTIVATION



Personalized Instruction



Stroke Analysis



Breathing Techniques

Join the Challenged Athletes Foundation® (CAF) for a day of swimming instruction by elite swim coaches, Alan Voisard and Alison Terry. **Alan Voisard** has more than 32 years of coaching experience and has helped swimmers at all levels -- from beginners to pro triathletes to Paralympic medalists -- to improve their swimming and maximize their performance in the water. **Alison Terry** is a past member of the USA National team, an Olympic Trials competitor and World Open Water Lifeguard Champion. She formerly served on the USA Swimming Board of Directors and Olympic International Operations Committee.



Training Tips

**Join us and learn:**

- How to swim for speed using proper swim stroke cadence.
- Proper swimming techniques and training tips.
- How to maximize your breathing and core strength.
- How to get the most out of your swim stroke.

**Four sessions available:**

- Session 1: 9:00am - 10:00am Spinal Cord Injuries
- Session 2: 10:00am - 11:00am Amputees
- Session 3: 11:00am - 12:00pm All Other Disabilities
- Session 4: 12:00pm - 1:00pm Advanced & Kids

ALL AGES ARE WELCOME. A BASIC ABILITY TO SWIM IS REQUIRED.  
REFRESHMENTS WILL BE PROVIDED. NO COST TO ATTEND THE EVENT.

**REGISTER ONLINE:** [www.crs.kintera.org/TucsonSwim](http://www.crs.kintera.org/TucsonSwim)

**LOCATION:**

Edith Ball Adaptive Aquatics Center  
900 S. Randolph Way  
Tucson AZ 85716

**REGISTER ONLINE:**

[www.crs.kintera.org/TucsonSwim](http://www.crs.kintera.org/TucsonSwim)

**FOR MORE INFO:**

Travis Ricks 858-210-3524  
[travis@challengedathletes.org](mailto:travis@challengedathletes.org)

**TO VOLUNTEER:**

[www.crs.kintera.org/TucsonSwimVol](http://www.crs.kintera.org/TucsonSwimVol)



## Converted Honda Element for Sale

Online Location: [http://www.disableddealer.com/item\\_view.asp?itemid=117787](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](mailto:Max.Mooney@asu.edu) or 480-242-7130



Tru Balance 2 Power Tilt  
5 Speed Remote Plus Controller  
2 Dry Flotation Cushions  
2 Contour Backrests  
Adjustable Headrest  
Battery Charger  
Manuals  
Contact: Louis at: 480-703-8286

**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](mailto: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.**

## *Needs Assistance / Volunteer Opportunity*

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](mailto:azpessecto@gmail.com)

## Upcoming e-news information.....

If there is anything that you would like to share with your fellow members, please contact Micaela Cheatham ([Micaela@azspinal.org](mailto:Micaela@azspinal.org)). She will ensure that the information will be posted on the e-news.

**THANK YOU!**