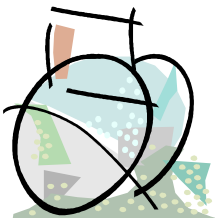


Member E-Newsletter

Arizona Spinal Cord Injury Association



A Partner of Christopher & Dana Reeve Foundation



July 2012

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."

Michael Finney's
**DRY-HEAT
Classic
2012**



The Michael Finney

Foundation and the Arizona Spinal

Cord Injury Association present a three day charity event hosted at Wild Horse Pass Hotel and Casino that Includes:

**Celebrity Chef Dinner • live Auction
Celebrity Golf Tournament**

Silent Auction • Raffle

2 nights of Comedy and Magic

Have a great Time, for a good cause!

Go to: www.dryheatclassic.com

Proceeds will benefit
Arizona Spinal Cord Injury
Association
Operation Smile
Arizona Rotary Gift of Life
And Wounded Warrior
Operation One Voice

July 26th, 27th
& 28th
2012



Help Support the Arizona Spinal Cord Injury Association!

Buy tickets today by calling

602-507-4209

Heckler \$500

1-Player in golf event paired on team with Celebrity

2-Tickets

Thursday Celebrity Chef's Dinner/Silent Auction

2-Tickets Friday & Saturday Comedy/Variety Show

Two Night Comedy/Magic Show Individual Ticket

\$55

Friday July 27th, 2012 & Saturday July 28th, 2012

Friday Night Comedy/Magic Show Individual Ticket

Friday July 27th, 2012

Lower Level Ticket

\$30

Balcony Level Ticket

\$20

Saturday Night Comedy/Magic Show Individual Ticket

Saturday July 28th, 2012

Lower Level Ticket

\$30

Balcony Level Ticket

\$20

Special Package Price as offered by Wild Horse Pass Hotel & Casino!

- **Friday or Saturday night King or Double Room for \$149.00/per night and the package also includes**
- **Two Show Tickets**
- **\$25.00 in Food/Beverage Credit**
- **\$25.00 in Slot Play**
- **\$10.00 Free Match Vouchers**

Total Package value is \$280.00 for the bargain price of \$149.00!



Support Groups

Flagstaff Support Group

When: Tuesday, July 3rd 2012 2:00PM-3:30PM

Where: FMC Training Offices 1000 N Humphreys

Description: Northern Arizona support group takes place first Tuesday of the month, Facilitator: Russ Bull 928-779-4147

Men's Disability Issues Group

When: Thursday July 19th 2012 5:30pm – 7:00pm

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

Description for Men 18 and over, the third Thursday each month. Disability Empowerment Center, CLASSROOM B
Facilitator: Don Price 602-980-3232 or donp@abil.org

VOICE Support Group

When: Tuesday, July 10th 2012 2:00PM-4:00PM

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

Description: West Valley cross disability support group, every second Tuesday of the month. Facilitator: Janene Werner, 602-814-9717 voicejw@yahoo.com or www.voice-az.com

Compass Support Group

WILL NOT BE HELD FOR THE MONTHS OF JULY, AUGUST AND SEPTEMBER

Please contact Pauline Staples for more information at 480-628-3028 or plstaples@msn.com

Tucson Support Group

When: Monday, July 30th, 2012

In 2012, 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

Women's Support Group, Maricopa County

When: Tuesday July 10th 2012, 6:30pm – 8:00pm

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

Contact Karen@azspinal.org for more information

Attitudes in a restaurant setting

This research study examines the perceptions of attitudes of restaurant personnel toward customers with spinal cord injury who use a wheelchair for mobility, and how this may relate to quality of life. This survey is completely anonymous and only takes about 5 - 10 minutes to complete.

Your input is extremely valuable! To learn more about this research, contact Cecelia Glittenberg, A. T. Still University at cglittenberg@atsu.edu

Please follow this survey monkey link to participate:

<https://www.surveymonkey.com/s/2N8KFYW>

Reeves Foundation Peer Mentor Training for Northern Arizona!

Join us on July 9th; beat the heat in Flagstaff, AZ for a one day training to become a certified peer mentor. Start giving back to the SCI community by providing support and direction for individuals with new injuries facing paralysis.

In order to participate in the class and as a Reeves Foundation mentor you will need to register on the website, complete the web training modules and pass the exam at least one week prior to the onsite training.

Transportation will be provided for individuals in Maricopa County who wish to attend. For more information contact Karen at 60-507-4209 or email karen@azspinal.org

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

Unfortunately due to an overall rise in costs for the transportation program, rates for 2012/2013, beginning on August 1, 2012 thru July 31st, 2013 will be as follows:

\$30.00	Driver Time
\$1.25	Gas surcharge per mile
\$23.00	Wait Time



For more information on upcoming events of our organization go to www.azspinal.org, click the Get Involved link and follow to our calendar page! Our calendar section is updated regularly!

--SAVE THE DATE--
SUNDAY JULY 29TH IS
DISABILITY AWARENESS DAY
AT CHASE FIELD! COME OUT
AND REPRESENT WHILE
ENJOYING A DIAMONDBACKS
GAME!

Mark your calendars!

Save the Date because this September 29th the Brain Injury Association is hosting the 2012 Bowl for Brain Injury Event! Their goal this year is to raise \$110,000 Check out www.bowlforbrain.org for more information!

Participate in Stanford SCI Survey!

The Stanford Neural Prosthetics Translation Laboratory (NPTL) has developed a survey to assess the technology needs of people affected by paralysis. If you are a person living with a cervical spine injury, please consider participating in their technology survey. It can be done online through the following link:

https://stanfordmedicine.qualtrics.com/SE/?SID=SV_3qlq5Y0nA1zSeR6

Your input is extremely valuable!

Kim Anderson, PhD

Director of Education, the Miami Project to Cure Paralysis

KAnderson3@med.miami.edu or
www.themiamiaproject.org

Unfortunately this year there will not be a 2012 Az. Spinal Cord Injury Retreat. We are hopeful the event will continue in the future as it is a very popular and worthwhile event. We will keep you informed of developments in the coming year.

Living Well with Disabilities

Are you or someone you know living with a physical disability? Then our life skills workshop may be the program for you!

Topics such as goal setting, problem solving, self-esteem, nutrition, depression and advocacy will be discussed.

The classes will start June 5th at the Legacy Foundation Chris-Town YMCA. They will be held from 10am-12pm every Tuesday in the Conference Room.

There are openings for up to 10 people for each workshop, so sign up today!

Interested in attending? Please call or email today to get registered!

Seth Allshouse
Prevention Specialist
602-212-6091

sallshouse@vosymca.org

SpoFit presents martial arts and self defense classes for people with disabilities!

Grand Master Susan Savittieri is the new certified martial arts instructor at the Virginia G. Piper Sports and Fitness Center! She will be offering adaptive Self Defense classes each Tuesday at 11:00am and Thursday at 6:45pm. We are also proud to announce that the 2012 Arizona State Championships will be held right here in the SpoFit! We have divisions for adults and children with disabilities and are very excited for these athletes to compete.

If you have not heard of the program please drop in on our camps this summer. Remaining dates for camp are July 11th and 25th at 3:30pm. This program is expected to enhance the physical and social needs through martial arts training. Classes encourage students to increase and develop full-body power, agility, balance, flexibility, timing, stamina, strength, reaction, coordination, endurance, muscle tone, speed and self-defense. Classes are modified so that students of all abilities can actively train and participate.

We need Sponsors and Silent Auction Items! HELP!

The Arizona Spinal Cord Injury Association is seeking any and all help from our members! With only one month away we are critically seeking any and all donated items for a Silent Auction, Live Auction and Chinese auction! We will take whatever you have.

We are also still seeking corporate sponsorships for the event; sponsorship comes with tons of perks and lots of opportunity to increase your brands visibility! The proceeds will benefit not only the Arizona Spinal Cord Injury Association and its programs but also the Wounded Warriors operation One Voice, Operation Smile and the Arizona Rotary Gift of Life! These programs provide heart transplants, cleft pallet surgeries and services for our returning servicemen and women.

Please contact the Arizona Spinal Cord Injury Association office if you have something you would like to contribute!

[Crucial Update on back surgery news](#)

Congress is investigating Medtronic, one of the nation's most prominent medical device companies, based on media reports that the company may have used financially motivated physicians to produce overly positive reviews and recommendations within medical literature for one of their products.

[Click here now to see what you can do today.](#)

For more information about injuries caused by the Infuse BMP spinal implant, especially if such product was used in an off-label method, please see below

8 ways to support the Arizona Spinal Cord Injury Association

1. Make an online Holiday Gift Donation today at www.azspinal.org , click on meet AzSCIA and then Donate.
2. Give through Payroll Deduction! Our partner Community Health Charities will arrange for automatic withdrawal at whatever amount you request.
3. Donate an auction item for the Dry Heat Classic fundraiser! We are seeking items for the silent auction and raffle.
4. Corporate sponsorship! Contact Micaela@azspinal.org for more information.
5. Volunteer to help on an event or committee! Contact info@azspinal.org to volunteer.
6. Host your own Fundraiser with friends, family or the office. Contact 602-507-4209 if you need help organizing your fundraiser.
7. Make an In-Kind donation of goods and services.
8. Make a tax free donation using your IRA if you are 70 or older.

Kid's Kamp

Summer Fun for Everyone!

Enjoy the summer with SpoFit's fun integrated kid's program!

**Participate in social recreation games, sports; rock climbing, and much more!
Activities available for children of all ages, including siblings & peers.**

Days: Monday, Wednesday & Friday

Time: 12pm– 2pm

Session Dates: June 4– June 15

June 18- June 29

July 9– July 20

July 23– Aug 3

Fee:

\$60 per 2 week session [25% Off for SpoFit Members](#)



Registration is required at least 1 week before each session along with a completed Recreation Assessment form

To register please contact Jessica Amato at 602-386-4285 or e-mail at

August 14th **SPECIAL** Independent Living Event!

Have You seen the movie-Dolphin Tale?

The book and film are inspired by the true story of [Winter](#), a [bottlenose dolphin](#) that was rescued in December 2005 off the [Florida](#) coast and taken in by the [Clearwater Marine Aquarium](#). Winter lost her tail after becoming entangled with a rope attached to a crab trap and was fitted with a prosthetic one.

We will watch the movie, followed by a Bar-B-Q cookout. Following lunch we will go over to the Disability Sports & Fitness Center to “Swim with the Dolphins”!

August 14th 10:00am to 3:00pm

Disability Empowerment Center

5025 E. Washington

Phoenix, Arizona 85034

To make a reservation, call Lyne (602) 296-0534



Transportation is provided by the Arizona Spinal Cord Association. To make a reservation contact Guillermo Zeledon at (623) 882-4534- or e-mail Guillermo at guille007@ymail.com. Transportation is on a first come basis.

D-backs Disability Expo Sunday July 29th 11 AM - 3 PM

Over 50 exhibitors are expected, including educational presentations, technology demonstrations and wellness initiatives.

The D-backs will be playing the Mets, at 1:10 pm, so enjoy the game at the same time. Tickets are required for this event.

For more information about the Expo and/or sign-up for e-mail updates, contact:

Nanette Bowles - Disability Services Manager

Voice: **(602) 462-6163**

Video Phone for the Deaf: **(623) 208-7722**

Email: nbowles@suns.com*****

ASK (Accessible Seating Klub) is a FREE program for guests with disabilities for D-backs games and any event at US Airways Center. Membership benefits include:

- Reduced fees on D-backs tickets and US Airways Center events
- Access to exclusive pre-sale purchase opportunities
- Monthly newsletters (via e-mail) with information about upcoming events, accessibility updates, and more

Arizona Diamondbacks-The A.S.K. program applies specifically to D-backs games at Chase Field. You will find a number of accessible seating options at various levels and locations throughout the facility. Accessible and/or family restrooms and elevators are strategically placed throughout Chase Field. Aisle seats and those that require maneuvering minimal stairs are also available throughout the stadium.

CLASSIFIED Ads

TWO stair lift, rarely used acorn stair chair lift with original installation guide...with 5 year manufacture warranty-----4 1/2 year leftAsking \$1500 each (we paid over \$6000)

*******We can help to install...**

call me at 480- 626 -7714 OR Email if you have any Question.

Member Looking for Work:

Rita Melamed

BA in Sociology is seeking employment opporunities; please take a moment to visit her website at www.RitaMelamed.com Phone: 480-200-7437

Email: rmmelamed@gmail.com



Handicap Mini Van \$25,000

2007 Dodge Caravan SE, ODM 38,500 V6
Wagon 4 D Minivan

Handicapped equipped for easy rear ramp wheelchair access with floor locks. Clean and in great mechanical condition. CD Player included. Please call: 623-214-0826 or email markline@sbcglobal.net



Prone Standing Wheelchair FOR SALE! It is an Easy Stand Evolve Designed to Help users stand easily in three steps. There are several studies that clearly Demonstrate that passive standing can have significant effects on long term health.

We are asking \$2000 OBO For an Easy Stand Evolv, prone standing (manual) wheelchair. It was purchased new with all the extras in 2009. The stand was used for about 3 months inside our home (not outside). Interested parties can reach me at DeDe@asu.edu.

4732 North Granite Reef Road, Scottsdale, AZ 85251

Stay out of Arizona Sun with a covered zero grade separate entry into caregiver room from garage. Very large care room with ceiling mounted Waverly Glen track lift system, clean room with separate HVAC, in-floor electric, 9 foot TV screen with media equipment included. Wet bath w/ travertine walls, temperature controlled multi-jet roll-in shower, roll-under sink, & roll-over toilet. This wing has all 35 inch wide pocket doors. Extra large laundry with counter, cabinets, and sink. 3 additional bedrooms, 2 more baths each with raised Toto toilets, large livingroom and great room both with French Doors. Kitchen with Fisher & Paykel dish drawers and double ovens, 3 skylights, recessed lighting. Bamboo floors. This wonderfully loved 2,476 s.f., home has an unparalleled list of accessible features. The Central Scottsdale location is extremely convenient to shopping, dining, transportation, and medical. There is a bus stop across street from house. Granite Reef is not a thru street & dead ends 2 miles each direction. Seller will credit Buyer \$15,000 at COE for Buyer pool remodel. Seller is licensed AZ Broker and was the primary caregiver and provided this home for her brother, an ALS patient for many years.

The Pro Bed, a power tilt wheelchair, and a wheelchair accessible van are NOT included in the home sale, however, they are all available for sale by separate purchase.



\$368,850

Urban Premises, LLC
Maureen Thelen, Broker
602.791.0898
maureen@urbanpremises.com
MLS No. 4723295



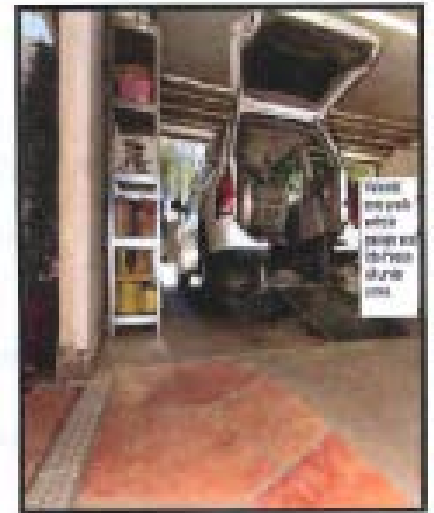
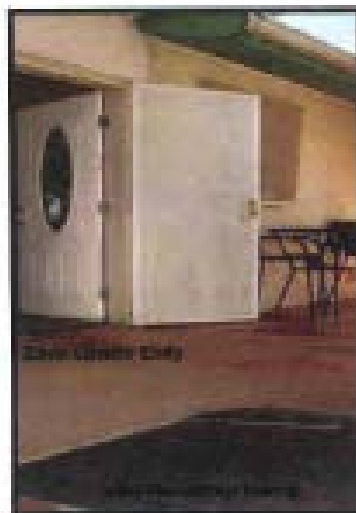
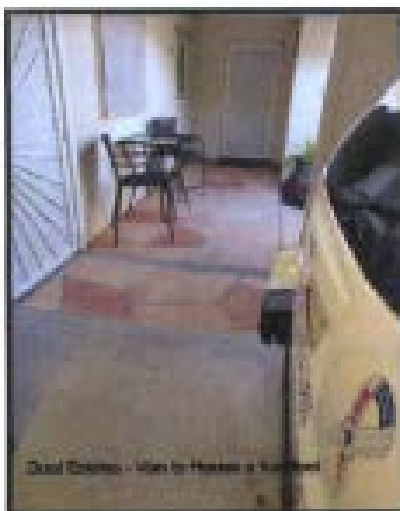
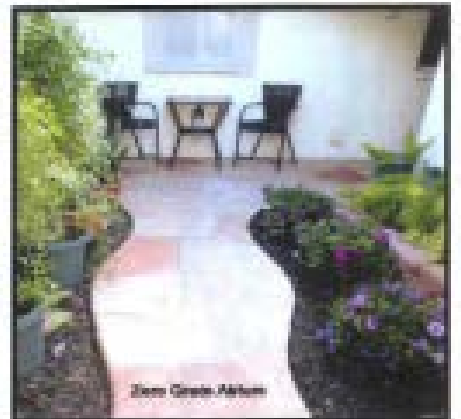
Owner - Broker: Shawn Bridges
602.579.9078
sbridges@cox.net

FOR SALE

4732 N. Granite Reef Road
Scottsdale, AZ 85251
2,476 s.f. - 2.5 Garage

North of Camelback
East of Hayden

Shown by Appointment
Maureen - 602.791.0898
Shawn - 602.579.9078



All information furnished regarding this property for sale from sources deemed reliable, but no warranty or representation is made to the accuracy thereof and same is submitted subject to errors, omissions, change of price, rental or other conditions prior to lease or withdrawal without notice. All figures approximate. No liability of any kind is to be imposed on the brokers herein.

For Sale - Uppertone Gym \$1200 with extras: Perfect condition.
Original purchase price \$3900 (with extras).

Enables quads or paras to exercise independently from a wheelchair! All exercises and resistance adjustments can be done without hand-grip strength. This is a universal gym that has 16 exercise options. Ideal for someone who want to exercise independently. The equipment provides all the upper body exercises necessary for rehabilitation and maintenance.

Contact information

Call Cliff: 480-818-2932 E-mail: cliffheideaz@gmail.com



For Sale - Vitaglide Exercise equipment: \$400 (has trigrips quads and gloves)
(Originally \$950)

The VitaGlide is a revolutionary wheelchair accessible fitness machine that raises the bar for seated fitness programs. Use of the VitaGlide helps to tone the upper body and rehabilitate the shoulders, all while providing a phenomenal cardiovascular workout.



Superpole \$150 (with optional superbar and super trapeze)

Original Price: \$350 Perfect condition.

The superpole system is an award winning modular support system designed for people that require assistance with standing, transferring, or moving in bed.



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). She will ensure that the information will be posted on the e-news.

THANK YOU!