Member E-Newsletter

Arizona Spinal Cord Injury Association

A Partner of Christopher & Dana Reeve Foundation

CHRISTOPHER & DANA REEVE FOUNDATION
TODAY'S CARE. TOMORROW'S CURE.

June 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."

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!

Help Support the Arizona Spinal Cord Injury Associaiton!

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

Support Groups

Flagstaff Support Group

When: Tuesday, June 5th 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 June 21st 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, June 12th 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

When: Friday June 8th, 20121:00PM-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, June 25th, 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 June 12th 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

AzSCIA and Arizona Bridge to Independent Living are partnering to officer a series of Independent Living Classes! **Transportation will be provided free of charge.** Classes will take place on the 3rd Tuesday of Every Month. There are two classes 10:00am-Noon or 1:00pm-3:00pm!

To make reservations for the classes contact Lyne at: (602) 296-0534.

To make reservations for transportation call Michael Bruning at: (602)-703-2199.

6/19	TIME MANAGEMENT
8/21	27 HOURS

PAID SCI $tudy

The Boston University Health and Disability Research Institute is looking for individuals ages 14 to 25 who have a diagnosis of traumatic Spinal Cord Injury (SCI) to participate in a questionnaire study looking at Quality of Life after a SCI. They want to learn about how SCI affects people's lives. Participation involves one 45-60 minute session, which can be done over the phone. You will be compensated $40. For more information, contact **Kara Bogusz at 866-785-7040**

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

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.

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

News from the Sports and Fitness Center

THE POOL IS OPEN!!!! Come on down and check it out! For the past several months SpoFit staff has been working hard to create and build a variety of adaptive programs and classes.

Weekly fitness programs include flexibility, wheelchair fencing, yoga, tai chi, climbing, circuit training and zumba. On the sports courts our members can participate in Badmitton, tango for all and wheelchair tennis. There is even a Kids Corner for children to enjoy while their parents work out!

In the coming months the SpoFit will be introducing accessible scuba diving, aqua stretch, power soccer and adaptive rowing! If you have a program idea that you would like to share please send it to jessicaa@abil.org

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!

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

Participate in Standford 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.themiamaiproject.org

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

Just ASK... About accessible seating at Chase Field and US Airways Center

Accessible Seating Klub (ASK) is a free program that offers a variety of benefits at both US Airways Center and Chase Field. These include:

Reduced fees on Diamondback tickets or US Airways events.

Access to exclusive pre-sale purchase opporatunities.

Monthly e-newsletter with info on upcoming events, accessibility news and tips

To learn more about this Klub, please call Disability Services Manager, Nanette Bowles, at 602-462-6163 (Chase Field) or 602-379-7815 (US Airways Center) or via Video Phone at 623-208-7722.

You can also like ASK on Facebook or get your questions answered at this site:

:http://arizona.diamondbacks.mlb.com/ari/ballpark/information/index.jsp?content=ada_info

ASK(Accessible Seating Klub) **Facebook page:** http://www.facebook.com/ASKAccessibleSeatingKlub

8 ways to support the Arizona Spinal Cord Injury Association in 2012…

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.

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:

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 jessicaa@abil.org

Need an accessible remodel? Need Emergency response for your Home repair? CALL

CAMELBACK CONTRACTORS! Better Business Bureau accredited, Licensed, bonded, insured and Restoring Phoenix since 1950! Available 24/7

Call: Le McDonald at 602-257-1484, Check them out online at www.camelbackcontractors.com

2315 N. 7th Street Phoenix, AZ 85006 ROC License numbers 057489 & 070878

Camelback CONTRACTORS, INC. since 1950

CLASSIFIED Ads

TWO stair lift, Rarely used acorn stair chair lift with original installation guide...with 5 year manufacture warranty-----4 1/2 year left ..... .Asking $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 opporatunities; 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

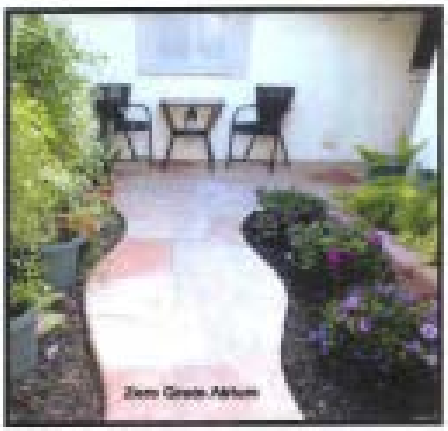
Urban Premises, LLC
Maureen Thelen, Broker
602.791.0898
maureen@urbanpremises.com
MLS No. 4723295

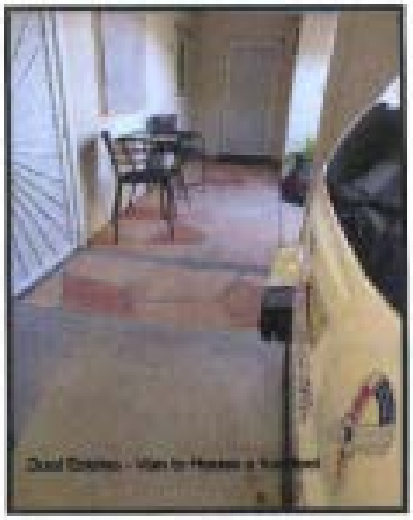
Owner - Broker: Shawn Bridges
602.579.9078
scbridges@cox.net

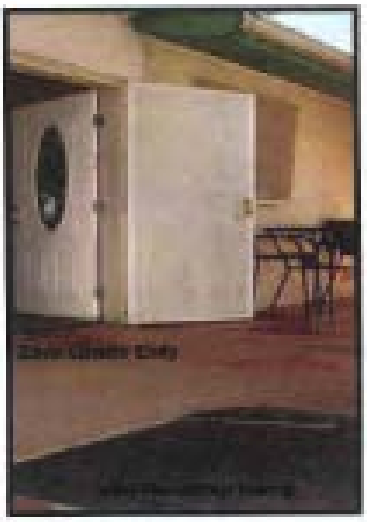
FOR SALE
4732 N. Granite Reef Road
Scottsdale, AZ 85251
2,476 s.f. - 2.5 Garage

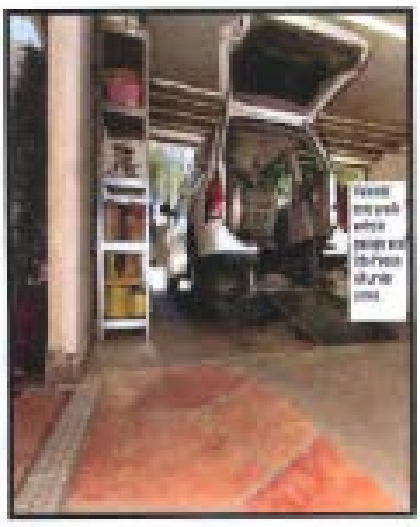
North of Camelback
East of Hayden

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!