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.

May 2012

We're on the Web!

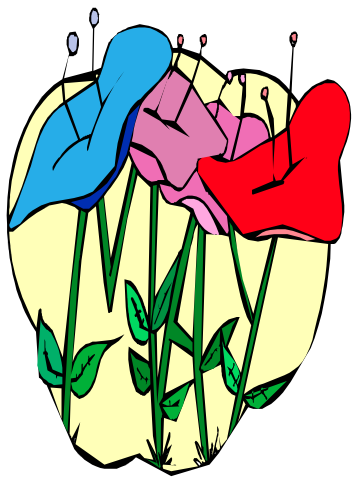
www.azspinal.org

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."



BEWARE OF THE HEAT!

Most individuals with complete spinal cord injuries do not sweat below the level of the injury and many quadriplegics cannot even sweat above the injury (even though they may sweat due to autonomic dysreflexia). Therefore, if a high paraplegic or quadriplegic is in an outside temperature over 90§F,especially when the humidity is high, the body temperature will begin to rise.

How can you tell if an elevated temperature is due to fever or due to heat?

1. Individual may not feel sick despite temperature over 102§F.
2. To confirm, place patient in a cool, air conditioned room with a wet towel on face and neck. If it is due to heat only, the person's temperature will return to normal in 30-60 minutes. Nothing further needs to be done. If due to fever, it will probably not change or may continue to rise. To be sure, the temperature should be checked hourly two or three times.

How can it be prevented?

1. Avoid staying in temperatures over 90§F whenever possible.
2. In summer, stay in the shade, not in the sun.
3. If it is necessary to be in the sun or in the heat, keep a wet towel around the neck and wet the skin as frequently as possible on face, arms, neck, trunk, etc. to permit evaporation and cooling.
4. Stay hydrated! Drink lots of water

Come down to the SpoFit at 5:00pm on May 10th if you are interested in volunteering for the 2012 Dry Heat Classic! There will be an orientation meeting for individuals who wish to volunteer for the event at 5:00pm

The Dry Heat Classic is a huge opporatunity for the Arizona Spinal Cord Injury Association! The proceeds from this event could go to expanding statewide programs, increasing social/rec activities and making resources more easily available. We need your help to ensure its success! Not able to assist that weekend, help our fundraising committee with planning and preparing.

Simultaneously we will be having our celebration for our Empowerment graduates. There will be opporatunities for participants to try out the SpoFit gym while they enjoy a delicious dinner furnished by Bo BQ! Everyone is invited; please RSVP at 602-507-4209 or email info@azspinal.org

Support Groups

Flagstaff Support Group

When: Tuesday, May 1st 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 May 17th 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, May 8th, 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 May 11th, 2012 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, May 28th, 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 May 8th 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

Brain Injury Rays of Hope Family and Survivors Conference
Friday May 11, 2012 8:30 am to 4:00 pm
(Registration opens at 7:45 am)
Desert Willow Conference Center
4340 East Cotton Center Boulevard
Phoenix, AZ 85040

Sessions Include: Understanding Brain Injury; Behavior after Brain Injury; Working after Brain Injury; Grief, Loss and Depression; Rehab is Over - Now What?; Driving after Brain Injury; and other topics

Discussion Groups will also be available throughout the day with topics including parenting after a brain injury, role changes after brain injury and how relationships change.

Go to www.biaaz.org to register!

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.

5/15 Gifted Hand's Movie

6/19 Time Management

7/4 4th of July Celebration

On May 12th at 11:30am in Tucson the AzPVA and AzSCIA present Intro to Trap Shooting, for people with Disabilities! Lunch will be provided, for more information contact Peter Hughes at coachhughes50@hotmail.com or 619-249-1885

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.

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**

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

Join us Thursday mid-days and evenings at the SpoFit for Adaptive Yoga

Classes are free to members. Non-members can purchase a limited punch pass for as little as $3 per visit. For more information, stop by the SpoFit front desk or contact a registration specialist at 602-386-4566

Every Thursday, 5:30pm-6:30pm and every other Thursday from 1:15pm-2:15pm

Sponsored by the Arizona Spinal Cord Injury Association

Join us Thursday Night at the SpoFit for Adaptive Tennis!

Wheelchair Tennis: Thursdays

Juniors- 4:30pm to 5:30pm

Adults- 5:30pm-6:30pm

Classes are free to members, non-members can purchase a limited punch pass for as little as $3 per visit. For more information stop by the SpoFit front desk at 602-386-4566

Sponsored by the Arizona Spinal Cord Injury Association

Desert Challenge Games

Location - Red Mountain High School, shepperd Aquatics Center and Usery Archery Range

Date -May 4 -6, 2012

MASD sponsors the Desert Challenge Games annually during the month of April. The Desert Challenge Games is Olympic style competition specifically for athletes with physical disabilities.

The Desert Challenge Games are sanctioned by Wheelchair Sports, USA, National Disabled Sports Alliance, United States Association of Blind Athletes and Disabled Sports, USA. Events include Track & Field, Swimming, Table Tennis, Archery, Cycling, Weightlifting, Bocce Ball and Wheelchair Basketball.

For additional information on the games, including the schedule, please view the official Desert Challenge Web site at www.desertchallengegames.com

Desert Challenge Air Pistol and Rifle Competition

Location – Red mountain High School, Mesa

Date – May 18th – 20th

The Desert Shoot Competition is an individual sport including air pistol and air rifle competition. The competition is hosted indoors in a quiet environment for the all-important concentration of each shooter. Athletes travel to Mesa from across the United States to participate in the annual event.

This event is part of the Desert Challenge Regional Games. Registration materials are available at www.desertchallengegames.com or you can download the following registration packet.

May 2012 is National Mobility Awareness Month!
And your chance to win an accessible vehicle!

We are encouraging everyone – caregiver, veteran or person with a disability, who is dealing with or overcoming mobility challenges to send in a written or video story about their "hero" to www.mobilityawarenessmonth.com .

Then they will get their friends, relatives, co-workers etc. to vote on their story for a chance to win one of 3 handicap accessible vehicles.

Submissions are being taken between March 18th and May 13th

Voting is April 1 – May 13

Van give away is May 16-31

Arizona MOBILITY PRODUCTS
We bring mobility to you

When Voting on a story, the person can give us a shout out by using code #1035 and it will add 5 bonus points to each vote!

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

Celebrity Chef Dinner/Silent Auction
Individual Ticket $50
Thursday July 26th, 2012

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!

The 16th Annual Day on the Lake Program

The Day on the Lake program is the only adapted water-sports program for those with physical and neurological disabilities offered in Arizona. Summer 2011 marked our 15th year of helping people who have a neurological disability ride the waves at one of the most accessible waterside facilities in Arizona—Bartlett Lake Marina.

Day on the Lake 2012 will be held from May 10-12.

(Please call the Resource Link at **877-602-4111** to register or to sponsor a participant. Contact the Barrow Connection at **602-406-6280** with any questions**.) Transportation will be provided by AzSCIA on Friday and Saturday on a first come, first serve basis.**

http://www.thebarrow.org/Education_And_Resources/The_Barrow_Connection/211312

Day on the Lake provides instruction and participation in the following activities:

Waterskiing Jet Ski rides fishing kayaking boat rides

The Day on the Lake program is offered to:

- Children ages 3-8 (fishing and boat ride only)
- Children and adults 8 years and older (all activities)
- Those with physical and/or neurological challenges who are at least 1 year post injury
- Note: Scholarships are available

All are welcome to come out and watch the day's events and activities

Wheelchair Basketball Camp to be held in Tucson!

June 20th-24th at the University of Arizona will host their annual Basketball Camp for people with disabilities. Anyone with a disability between the ages of 15 and 29 may attend camp (those outside this range will be considered on a case by case basis). The camp will be designed for beginners, novice, experienced and advanced skilled players. The camp will stress fundamentals, reinforce team individual dynamics, incorporate drills and emphasize the fun of playing basketball!

Participants will be housed at the University of Arizona residence halls. Athletes will be paired with other attendees for the duration of the camp. All attendees are responsible for their own individual daily living needs. Camp fees include camp instruction, airport transportation, $100 meal card for U of A Dining facilities. Lodging in U of A dorm (linens and bedding provided.) Participants will arrive on Wednesday June 20th by 4pm, camp sessions will take place June 21st, 22nd, 23rd depart on Sunday June 24th before noon.

Deadline to register is May 25th, 2012

Registration Fees:

Before May 15th $275.00

After May 15th $325.00

Contact:

Derek Brown 520-247-4305 ddbrown@email.arizona.edu

Pete Hughes 619-249-1885 pthughes@email.arizona.edu

Website: http://dr.arizona.edu/athletics

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

Tuesday, Wednesday, Thursday Nights: 5:00 to 6:30pm

Saturdays: 10:00 to 11:00am

Children will be exposed to a variety of sports & recreation games in order to encourage socialization & appropriate play with their peers while learning new skills.

To register your child, please contact:

Jessica Amato (602) 386-4285 JessicaA@abil.org

The Disability Empowerment Center is looking for volunteers and interns! Check out what opportunities are available.

SpoFit's mission is to provide exceptional adaptive sports, recreation, aquatic, and fitness programs that promote the independence, health, and overall well-being of people with disabilities and their family members.

We are located at:
5031 E. Washington St.
Phoenix, AZ 85034
Website: spofit.org

For more information contact:
Jessica Amato
Phone: (602)-386-4285
Email: jessicaa@abil.org

AZ Diamondbacks Accessible Seating Klub

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

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

The Accessible Seating Klub was developed to help meet the specific seating needs of individuals with disabilities at both Chase Field (for DBacks games) and US Airways Center. Membership is FREE and benefits include:

-Reduced ticketing fees
-Pre-sales purchasing opportunities
-Monthly email newsletters

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.

Need an accessible remodel?
Need Emergency response for
Your Home repair? CALL
CAMELBACK CONTRACTORS!
Better Business Burea accredited
Licensed, bonded, insured and
Restoring Phoenix since 1950!
Available 24/7
Call: Le McDonald at

Camelback CONTRACTORS, INC. since 1950

602-257-1484
Check them out online at
www.camelbackcontractors.com
2315 N. 7th Street
Phoenix, AZ 85006
ROC License numbers 057489 & 070878

LIVING WELL (WITH A DISABILITY)

When Fri, April 13, 11am – 1pm

Where DEC Suite 200, 5025 E Washington, Phoenix (map)

Description Ten class series. Having a disability complicates life. Everyone is a teacher and everyone is a student. Learn life skills while problem solving as a group on the barriers that get in the way. This class can change your life! John Beaubien, 602-443-0738

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.

Handicap Mini Van $25,000

2007 Dondge 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. Pleae call: 623-214-0826 or email markline@sbcglobal.net

: 2005 Town & Country minivan with only 11,000 plus miles Features: "reduced effort" steering, lowered floor with in floor ramp and power kneel system; removable driver seat and front passenger seat with an E-Z Lock for each position; power side sliding doors and rear lift gate; vehicle has all new tires. Asking $27,000.

Please call 602-309-1630 or email: k85301b@yahoo.com

New TDX SP Power Wheelchair with dozens of extras, battery pak, headrest,

Skin protection seat cover.Sip & Puff Electronic Wheelchair. Fits in all handicap

Vans. Make offer, call 623-214-0826

Or email: markline@sbcglobal.net

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!