



Wrap Up from September!

September was a quiet month but a lot happening internally. We are working on updating our Resource area of our website. Stay tuned for more resources pertaining to SCI-DME, Physicians, Transportation, Therapists and more.

On Sept.13 we had our Wheeling in Nature Event at Green Valley Park in Payson. There were approx. 35 in attendance, including several residents of the Payson Care Center. Everyone enjoyed a day of fishing thanks to the AZ Game and Fish Dept Volunteers-Thank you guys/gals! We also served lunch to everyone. One resident has been in the Care Center for over a year and it was his first time out of the center since he moved in! Figuring he'd stay about an hour- he was there ALL day, having a great time fishing! That made our day and made it all worthwhile. Changing the lives of one person at a time. We will definitely be doing this again. Thank you to all our volunteers, consumers, families and J/K Outdoor Adventures for all the help with food, fishing and activities. Was a great day!



Planning has started for some new educational classes. Stay tuned for more information!

Sincerely,
AZSCIA Staff



Advanced Wheelchair Skills Clinic

Presented by
Banner Wheelchair Suns Basketball
Banner Health Arizona
AZ Spinal Cord Injury Association

Shorter hospital and rehabilitation stays may not allow enough time to learn important wheelchair skills, as we may need to brush-up or learn new skills to remain independent. This lack of wheelchair skill may lead to secondary conditions or isolation because more efficient in the use of your wheelchair. Come and join us in some practical advice from those who know.

This program is divided into four modules:

Transferring:

Chair to Furniture/bed, chair to floor/floor to chair, bathroom transfers

Managing your Environment:

Opening and closing doors, Operating elevators, Wheelies, Curbs, Ramps and Various terrains

Traveling with Your Chair:

Focus is on car transfers, flying, travel and getting out

Mechanics of Your Chair / Adaptive Sports:

Making adjustments to and general maintenance of your Wheelchair; Overview of various adaptive sports options

This series of free clinics will be given at the **Banner Good Samaritan Rehab Inst. 2nd floor, 1012 E Willetta, Phoenix, AZ.** The Clinic dates are:
October 1st, 8th, 15th, and 22nd 2014 from 4:30 - 6:30 pm.
Call (602) 507-4209 or (602) 790 - 7909 for more information.



Support Groups

Flagstaff Support Group

When: Tuesday Nov.4th Time: 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 928-779-414



Prescott Valley Support Group

When: Thursday Nov. 6th Time: 6:00pm-8:00pm
Where: Mountain Valley Regional Rehabilitation 3700 N. Windsong Dr, Prescott Valley AZ. For more information contact Jo Crawford at [928-759-8800](tel:928-759-8800)

VOICE Support Group

When: Thursday Oct. 9th Time: 11:00am-1:30pm
Where: Saguaro Ranch Park 9802 North 59th Avenue, Glendale, AZ 85302
Description: West Valley cross disability support group, every second Thursday of the month. This month is the Annual Picnic! Facilitator: Janene Werner, [602-814-9717](tel:602-814-9717) voicejw@yahoo.com or www.voice-az.com.

Women's Support Group "Kaleidoscope"

When: CANCELLED for October Time: 5:30pm-7:30pm
Where: Disability Empowerment Center, 5025 E. Washington St, Suite 110 Phoenix, AZ 85034. For more info please contact Donna Powers by email twocats345@msn.com or by phone at [602-577-0517](tel:602-577-0517). Thank you!

Men's Disability Issues Group

When: Thursday Oct. 16th Time: 5:30pm - 7:00pm
Where: Disability Empowerment Center, 5025 E. Washington St, Phoenix, AZ 85034
Description: for Men 18 and over, the third Thursday each month.
Facilitator: Don Price [602-980-3232](tel:602-980-3232) or donp@abil.org

Compass Support Group

When: Friday Oct. 17th Time: 2:00pm-4:30pm
Where: Granite Reef Senior Center, 1700 N Granite Reef Rd., Scottsdale, AZ 85257
Please contact Pauline Staples for more information at [480-628-3028](tel:480-628-3028) or plstaples@msn.com

Tucson Support Group

When: Monday Oct. 27th Time: TBD
Where: Facilitator Pete Hughes changes the time and location each month. Contact him for more information at coachhughes50@hotmail.com or by phone at [619-249-1885](tel:619-249-1885).

Shop Amazon? Why not support AzSCIA while getting a great deal!

AmazonSmile is a simple and automatic way for you to support your favorite charitable organization every time you shop, at no cost to you. When you shop at smile.amazon.com, you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate a portion of the purchase price to your favorite charitable organization. You can choose from nearly one million organizations to support. Amazon donates 0.5% of the price of your eligible AmazonSmile purchases to AZSCIA. AmazonSmile is the same Amazon you know. Same products, same prices, same service.

To shop AmazonSmile for AzSCIA follow this link and log into your Amazon account- [AzSCIA AmazonSmile](#).

Thank you for your continued support! Just another way to help out.

Tempe Fantasy of Light Parade Saturday Nov. 29,2014 6pm

Come join us for the Tempe Fantasy of Light Parade 2014!! We will once again have our van decorated with hundreds of lights as well as all our wheelchair and walking participants! Theme this year is "**Winter Wonderland**". All parade participants must be lit up with lights. You can find battery operated lights in local stores as well as on Amazon- Battery Operated Christmas Lights (Smile. Amazon) If you would like to join us, please sign up here: **Light Parade sign up** If you have any items we could borrow for the event to decorate the van or chairs with, please let us know-lights,snowflakes, snowmen, sleds,etc. Thank you! Hope to see you there!



We will also be in the Payson Light Parade the following Saturday Dec. 6th! Come join us there as well! **Info and Registration**

AzSCIA Transportation Program Changes

We have a new transportation service. All requests for transportation will now go through Jesus Rodriquez and his new company- All Valley Transportation Services. Please call Jesus for all your driving requests. [480-862-2784](tel:480-862-2784)

Jesus provides transportation to consumers 24 hours a day/7 days a week. He is available for every need, from doctor's visits to going to the grocery store or just needing a ride to an outing with family & friends.

Jesus is well trained in defensive driving, wheelchair lift equipment, CPR, First Aid, and van operations.

His rates are extremely competitive, and will transport anywhere in the State..

Family members and caregivers ride free with the consumer!

We also have our vans available for lease or to rent! This works great if you have a big event, sports activity, or planning a trip out of town and need the space and accessibility!

For further information contact Jesus at [480-862-2784](tel:480-862-2784) or send a detailed request to jesus.azscia@outlook.com

You can also call the Office of AZSCIA at [602-507-4209](tel:602-507-4209) or toll free at [888-889-2185](tel:888-889-2185) for more information.



Upcoming 2014-2015 events with Az Disabled Sports

Adaptive sports and recreational programs provided for individuals with physical disabilities.

JV Wheelchair Basketball West Coast Conference Bid Regional

DATE(S): Friday, December 12 - Sunday, December 14, 2014

LOCATION: Virginia G. Piper Sport & Fitness Center, 5025 E. Washington St., Phoenix

EVENT DESCRIPTION: The Banner Wheelchair Jr. Suns will welcome teams from across the West Coast for the regional tournament sponsored by the Arizona Spinal Cord Injury Association, Banner Wheelchair Suns and Arizona Disabled Sports.

6th Annual Run, Walk & Roll 5K/10K

DATE: January 10, 2015

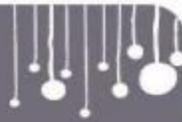
LOCATION: TBD

EVENT DESCRIPTION: This event is a 5K/10K race that also includes a .5mi kids fun run for youth ages 12 and younger and a 1 mile fitness walk. This is a fun event for all ages and ability levels. Visit www.runwalkrollaz.com for more information and registration.

For a list of all events thru AZDS, please check

here: <http://www.arizonadisabledsports.com/uploads/2014FallProgramSchedule.pdf>

Up Coming Community Events:



City of Phoenix
SAVE the DATE



Phoenix Mayor's Commission on
Disability Issues presents...

**The 2014 Disability
Awareness and
Recognition Event**

**Monday, Oct. 20
8 – 10:30 a.m.
Phoenix City Hall
Assembly Rooms A-C**

Featured Keynote Address by:

Scott Hogsett,
U.S.A. Paralympic Quad Rugby
Player, Coach, and AZ Sports Hall
of Fame Inductee



Printed by Arizona Developmental
Disabilities Planning Council



Independent Living Resource Fair
October 21 9:00AM to 3:00 PM
5025 E. Washington St. Phoenix 85034

Website: <http://www.abil.org/independent-living-resource-fair/>

Arizona Bridge to Independent Living (ABIL)

Independent Living Resource Fair

The IL Resource Fair's primary goal is to assist Consumers, Caregivers, Families, and the Community with resources to enhance independent living for all!

Keynote Speakers –

10:00am to 10:40am: Panel speakers will consist of representatives from Rehabilitation Services Administration (RSA), Social Security Administration (SSA), Statewide Independent Living Council (SILC), and Mercy Maricopa Integrated Care. RSA will provide information related to persons with disabilities to achieve their goals for employment and independence. SSA will provide information regarding their disability insurance programs known as Social Security, and Supplemental Security Income program for the aged, blind, and people with disabilities. SILC will provide information programs, resources and services for people with disabilities to live independently and Mercy Maricopa is dedicated to providing its members access to care for their behavioral and medical health needs.

Keynote Speaker 1:00 pm to 1:40 pm: Gary Karp – Author & Motivational Speaker. Gary is an author and speaker with three books to his name. He has written extensively as a disability journalist and blogger, and speaks to a wide array of audiences across the U.S. for universities, rehab centers, business, government, and conferences, where he is known for his passion, clarity and humor — as well as his dazzling juggling skills!



When: October 21, 2014 from 10:00 am to 3:00 pm

Where: The Disability Empowerment Center, Virginia G. Piper Sports & Fitness Center, and the Nina Mason-Pulliam Conference Center, located at 5025 E. Washington Phoenix, AZ 85034

Registration: will start at 9:00 am

Keynote Speakers: – 10:00am to 10:40am Panel speakers will consist of representatives from Rehabilitation Services Administration (RSA), Social Security Administration (SSA), Statewide Independent Living Council (SILC), and Mercy Maricopa Integrated Care.

Information Booths: 11:00 am to 12:00 pm

Lunch: (On Your Own) 12:00 pm to 1:00 pm

FRY BREAD SALE

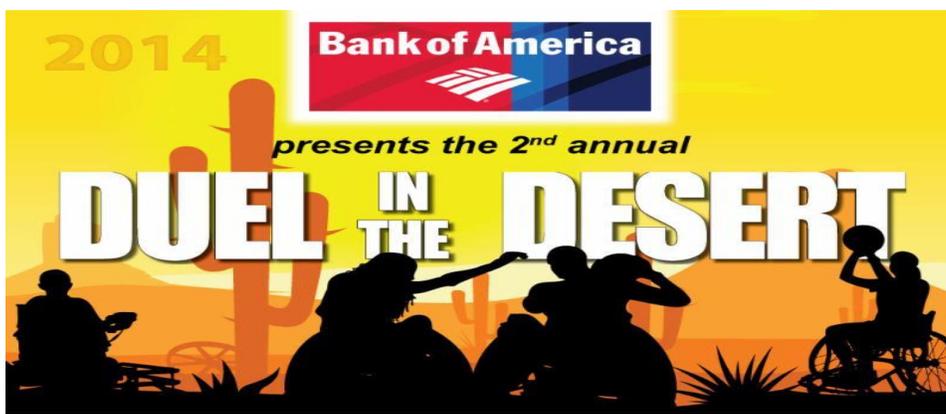
The American Indian Disability Summit Committee will be on site for participants who would like to purchase food.

Tours of the Virginia G. Piper Sports & Fitness Center:
Noon to 1:00 pm

Keynote Speaker 1:00 pm to 1:40 pm: Gary Karp – Author & Motivational Speaker

Information Booths: 2:00 pm to 3:00 pm

For more information, please contact Lea Marie Laffartha at 602-443-9058 or email at leal@abil.org



Duel in the Desert showcasing top level wheelchair athletes from Phoenix and Tucson in a round robin tournament of top athletic teams. The tournament features 9 teams: 3 rugby, 3 power soccer and 3 basketball

Saturday, Oct. 25, 9:30 a.m. to 7:30 p.m.

Virginia G. Piper Sports & Fitness Center for Persons with Disabilities
(SpoFit), 5031 E. Washington St., Phoenix, AZ

Check out all the info here: [Duel in the Desert](#)

Rehab Without Walls Farmers Market
Thursday, Nov. 20 9:30 - 2:00
7227 N. 16th St Phoenix, AZ

Rehab Without Walls Farmer's Market raises funds allowing spinal cord and brain injury survivors to experience the joy, excitement, and independence of a fully accessible mountain camp. Even more amazing, the market itself is the result of patients still in recovery, producing crafts, baked items, and working the event.

Come shop & treasure hunt, enjoy live music, beautiful weather (hopefully), have lunch, and enjoy being a part of the amazing brain and spinal cord injury communities.

Congratulations David Carey!!

David is an Advocacy Specialist with Arizona Bridge to Independent Living (ABIL), On Oct.4th,David received the East Valley NAACP 2014 Humanitarian Award for outstanding work in advocating for the empowerment of African Americans with Disabilities. Thank you for all you do David!

Want Ads

For Sale:

Quantum 600 Series Power Wheelchair

Tru Balance Power Tilt- Reclines/Multiple Positions, 3 Speed Remote Controller. Controller swings to center for right or left handed operation; Dry Flotation Cushion, seat back is curved. There are 2 seat belts (1 for upper body and another for waist.); Extra Contour Backrest, Adjustable Headrest, 2 Battery Chargers; Manuals & other extras

Sacrifice: \$1,500 Contact : Marilyn [\(480\) 703 8286](tel:4807038286) or Email



For Sale:

Invacare Storm Model TDX3 Power Wheelchair

Purple / heavy duty. This is originally a \$25,000+ machine. It is 8 + years old, but was used for only 5 years and has been just sitting for the last 3 years. This chair was used by a woman in her 50's who weighed approx. 130 lbs. The span between the armrests is approximately 18 inches, so it could be used by a child, juvenile or adult. The weight capacity is 400 lbs. It has a high back and it fully reclines and tilts. It comes with a Roj cushion, charger and some extra parts (extra footrests, a 2nd electric control unit, etc.) Will also throw in a detachable tray that can be used for reading, activities and feeding. The controls are on the right side but could be switched to the left. Because it has been sitting, IT NEEDS A NEW BATTERY (approx. \$125). It also could use a new armrest and a wing nut for the headrest. Used ones have sold for \$10,000 or more. Located in Phoenix, AZ. Will deliver free to anywhere in the Valley. Asking only \$3500. Contact Dwayne at 602-257-9551



For Sale:

Transfer Machine for sale. Rand-Scot Easy Pivot Transfer Lift.

This is the home care model and the MSRP is \$2500. It is fully adjustable to accommodate different weights and heights with a max capacity of 6 ' 2" and 220 lbs. The base is also adjustable to accommodate different wheelchair widths. It can be used with either manual or power wheelchairs. This unit is 8 years old, but was not used for most of that time and is in excellent condition. It was designed to transfer someone from bed to wheelchair or wheelchair to bed and can also be used to transfer from wheelchair to shower chair, etc. This is a great alternative to a Hoyer. It takes much less time to transfer someone with this machine versus a Hoyer and it doesn't take up any more space than any other type of lift. Will sell cheap to a needy home. Contact Dwayne at 602-257-9551



For Sale:

Ford F150 Supercharged 2003 Harley Davidson Edition with hand controls, Bruno chair lift to place wheelchair in the bed of the truck, and a transfer seat that raises to make transfers to driver seat level and easy even for someone with limited transfer ability. The accessible conversions to this vehicle made it possible for me as a c5 quadriplegic with limited arm function, to drive and use equipment independently. This is a fast supercharged truck that is fully loaded with a DVD player, 20 inch rims, upgraded stereo, power steering, tilt-wheel plus cruise control, power windows and power panoramic moon roof. Black exterior, black and gray leather interior, excellent condition, 83,500 Miles. Asking \$16,500 Telephone: (480) 586-4711 Email:JamesB.Laubham@CapitalAcctPC.com



Wanted:

We have a consumer looking for a rolling shower chair. If you have one you would like to find a new home for, please let us know. Email: karen@azspinal.org

If you have any clean usable medical supplies and equipment lying around collecting dust, we would gladly find a new home for them. Please consider donating your items to AZSCIA. Items can be dropped off at the office. 5025 E. Washington St. Ste#110 84034. Please call first to be sure we have someone here to help you unload them. Thank you!

If you have anything you would like included in the November newsletter, please send it in by October 24. Send it to karen@azspinal.org

Thank you!
AZSCIA Staff

Arizona Spinal Cord Injury Association

[480.507.4209](tel:480.507.4209) (office)
888-889-2185 (toll-free)
602-507-4214 (fax)
Email: info@azspinal.org

5025 E Washington St #110
Phoenix, AZ 85034
www.azspinal.org



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