



Member E-Newsletter

Arizona Spinal Cord Injury Association

A Partner of Christopher &
Dana Reeve Foundation



December 2014

We're on the
Web!

www.azspinal.org

Be our Friend on:

Facebook – Spinal
Cord Injury

Twitter- Arizona
Spinal Cord
@AzSCIA

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Cord Injury
Association

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Phoenix, AZ 85034
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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.”*



Merry Christmas and Happy Holidays

On Saturday, November 29 we were part of the Tempe Festival of Lights Parade! We had 15 consumers and helpers who dressed up in holiday attire and awesome lighting that walked, wheeled, rode with us in this yrs parade. We all had a great time. A HUGE thank you goes out to the Homan and Burns families as well as the Ability Center, our driver Guillermo and Karen's husband Jon for helping us with passing out candy canes! Everyone had a great time and we look forward to participating in 2015!

We would not have been able to do it without the help of the staff over at the Ability Center in Phoenix who decorated our van! Thank you to Chris, Amy, Sarah and her family! They were a huge help as well!

Chris made a wonderful video of the parade. Thank you. Enjoy!
<http://vimeo.com/113449982>

We would like to also thank our members, consumers, community partners, volunteers, professionals and students who help support us day in and day out. We appreciate you all. Without your support, we would not be able to do all the things we do. Thank you.

Have a safe and wonderful season no matter where the road or air takes you.

Sincerely,
AzSCIA Staff & Board

Monthly Support Groups

Flagstaff Support Group

When: Tuesday Dec. 3rd 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 Dec 4th 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 Dec.11th Time: 11:00am-1:30pm

Where: LDS Church at 4901 W Union Hills Drive, Glendale, AZ 85308. (This is a special 1-time event - our Annual Holiday Party) Description: West Valley cross disability support group, every second Thursday of the month. Facilitator: Janene Werner, [602-814-9717](tel:602-814-9717) voicejw@yahoo.com or www.voice-az.com. January meeting will resume at the ABIL office in Glendale

Women's Support Group "Kaleidoscope"

When: Wednesday Dec. 17th Time: 5:30pm-7:30pm

Where: Disability Empowerment Center, 5025 E. Washington St, Suite 110 Phoenix, AZ 85034. Holiday Exchange- bring 1 dozen favorite cookies or recipe cards to exchange. Special holiday memories as well.

For more info please contact Donna Powers by email twocats345@msn.com or by phone at [602-577-0517](tel:602-577-0517).

Men's Disability Issues Group

When: Thursday Dec. 18th 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 Dec.19th 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 Dec. 29th 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).

Arizona Spinal Cord Injury Association Transportation Services

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.



Our Holiday Schedule:

December 25 Closed
January 1st Closed

Enjoy the season

Upcoming AZSCIA Events

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

TOWN OF PAYSON ELECTRIC LIGHT PARADE

Date: Saturday, December 6, 2014

Time: 6 PM Rain or shine

Place: Historic Main Street

This is an annual event when Historic Main Street in Payson transforms into a magical holiday wonderland on the first Saturday of December. Rain or shine, watch the procession of floats, marching bands, music, and of course, Santa Claus himself!

Theme - WILD WEST CHRISTMAS

Seasons Greetings from the Women's Support Group!

Please join Donna, Karen and other women with disabilities as we share tidings of comfort and joy during our December Women's Support Group Meeting on December 17, 2014

from 5:30 PM to 7 PM in Classroom B of the Disability Empowerment Center.

We will be hosting a "Holiday Festivity Exchange", similar to a cookie exchange. In a cookie exchange, you bring a plate of only your cookies to the group but when you leave you will take home a plate of cookies with one from every person who attended.(a dozen per person)

We realize that not everyone bakes. If that's the case, buy some goodies to share. If you can't buy goodies, bring a recipe for your favorite(12 copies). If you don't spend any time at all in the kitchen, perhaps you have some tips for wrapping gifts to pass along. Maybe you have a memory to share. You get the idea... we'll be taking pictures!

Remember that the Association is no longer providing transportation to the meeting, also with advance notice, they can take you home after dark. Please provide that advance notice to Karen Halgren at 602-507-4209.

See you there,

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Save the dates!! New Education series coming this spring!

“Wheeling Towards Independence”

Empowering Individuals to Achieve Independence

Dates: March 31, April 7, April 21, April 28, May 5, May 14

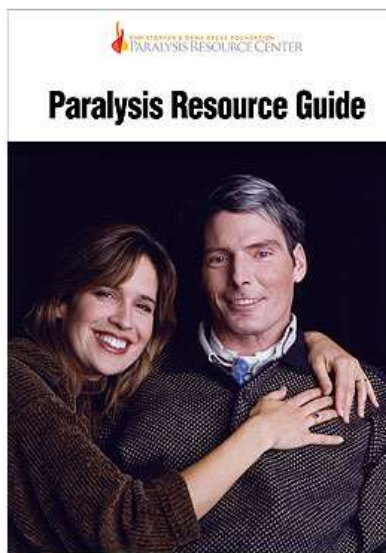
Time: 4:30pm – 7:30pm

More information to follow as we get closer. Hope you will all join us.

Do you do your holiday shopping on Amazon? Why not support AzSCIA while getting a great deal!

Amazon Smile 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 Amazon Smile purchases to AZSCIA. Amazon Smile is the same Amazon you know. Same products, same prices, same service.

To shop Amazon Smile 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.



Paralysis Resource Guide

The Paralysis Resource Guide (third edition) is a **FREE** 442-page book, a comprehensive, illustrated information tool for people affected by paralysis and for those who care for them. The guide is available in multiple electronic formats and hard copy. All formats are free.

Download your free copy in several formats from the Christopher and Dana Reeves Foundation: [Paralysis Resource Guide](#)

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: Mesa Riverview Park

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>

Upcoming ABIL Events

Dec 11 SR/Cooking Group, 10:30am –1:30pm. DEC Classroom B. Learn new recipes, skills, and socialize with others. Cost: Consumers assist by bringing ingredients. Leanne Murrillo, 602-296-0535.

Dec 16 IL Class - Laughter Yoga, 10:00am-12:00pm. DEC Conference Center, First floor. Lea Laffartha, 602-443-9058.

Dec 17 Valley Metro & FREE Light Rail Ride, 10:00am-12:00pm. DEC Classroom A. Overview of the Phx transit system, how to plan your trip, fare policy, Dial-A-Ride, ADA certification, the mobility center, options such as cab programs and mileage reimbursement. David Carey, 602-443-0723.

Upcoming Community Events

****AZ ASSISSTIVE TECHNOLOGY EXCHANGE****

"Sort of a Craigslist for assistive technology, adapted and durable medical equipment."
-Don

Arizona Assistive Technology Exchange (ATEX) - www.azATEXchange.org.
Your online resource for used assistive technology, adapted and durable medical equipment.

****DISABILITY RELATED TALK SHOW/PODCAST****

From our friend, Greg Smith, "The Strength Coach."
<http://webtalkradio.net/internet-talk-radio/timeout-with-the-strength-coach/>

****CITY OF PHOENIX NEEDS YOUR INPUT****

The city of Phoenix needs your input to Keep Phoenix Moving.

Join the conversation from streets to bikes to buses to rail and beyond!
Help the city set priorities and potential future funding for transportation in the city of Phoenix.

Join us on WWW.TALKTRANSPORTATION.ORG And win prizes!

Improbable Theater Company

ITC will be performing a 30 minute holiday themed show for the Spina Bifida Association of AZ Holiday Family Party on Saturday, December 13th to begin at 12:30pm (no later than 12:45pm). The location will be at the Shriner's Auditorium - 552 N. 40th St. Phoenix, AZ 85008.

Rehearsals for this performance will begin Thursday, December 4th from 5pm-7:30pm, at the Disability Empowerment Center 2nd floor SILC Office - 5025 E. Washington St. Ste. #214 Phoenix, AZ 85034. Rehearsals will be every weekday evening from 12/4-12/5 (Thursday and Friday), and 12/8-12/12 (Monday through Friday) from 5-7:30pm. The actual performance will be 12/13-Saturday. If you are able to commit and want to be part of this performance, please come to rehearsals this Thursday evening! All ages welcomed, children, teens and adults! We hope to see you there, and please feel free to pass on this email to anyone whom you know would be interested in being involved!

To RSVP or for any questions and concerns, please call Jolene at 480-584-1931 or Melissa at 406-498-3483. Or feel free to comment below or email itc@abil.org

Check out the video Chris Burns made for us of the Tempe Festival of Lights Parade. Thank you for your support Chris!

<http://vimeo.com/113449982>

For more photos of the Tempe Light Parade, check out Facebook page

https://www.facebook.com/spinal.injury/media_set?set=a.10204106626123568.1073741832.1162663513&type=3&uploaded=9



Tempe "Color Run"

Saturday January 25, 2015

Tempe Beach Park 80 West Rio Salado Parkway, Tempe, AZ 85281

Benefitting: Banner Children's Hospital & Special Olympics of Arizona.

Follow their website for more information <http://thecolorrun.com/tempe/> Karen

Halgren will have a team set up- ColorMeFun- so if you would like to join in, go to the website and look for her team name, sign up then join the fun on January 24, 2015!

With the holidays upon us, it's perfect time to think about gift giving. Check out some of these [Great Gift Ideas](#) on Pinterest. While there, check out AZSCIA Pinterest boards, filled with many ideas from AZSCIA Events, sports, travel, accessibility, therapy, AZ Disability Info, helpful hints, gardening, and much more. <http://www.pinterest.com/azscia/> Follow us if you are there!

Reeves website has a gift guide with some great ideas as well-

[http://www.christopherreeve.org/site/c.dGift Guide for Individuals Living with Paralysis.htm](http://www.christopherreeve.org/site/c.dGift%20Guide%20for%20Individuals%20Living%20with%20Paralysis.htm)

Travel Training through Valley Metro

A travel instructor works one on one with people with teaching specific bus and light rail routes they they regularly travel. They goal is to teach new skills that will lead to greater indendence for each individual. This is a free service provided by Valley Metro. To discuss this program and it's benefits, please call 602-726-2108 /602-726-2109 or email dsimmons@valleymetro.org.

Want Ads

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. Contact Dwayne at 602-257-9551



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



More Information & Resources can be found on these websites and organizations in the community!

The National Spinal Cord Injury Association www.spinalcord.org

Arizona Governor's Council on Head and Spinal Injuries
www.azheadspine.org

If you would like to get involved, please go to our webpage here: www.azspinal.org where we have our Statewide Events Calendar, as well as separate calendars for Central, Northern, and Southern parts of the state.

If you would like to place an ad and/or any events added to our monthly newsletter, please contact or email Karen Halgren at karen@azspinal.org

Thank you,
AZSCIA staff