



HOME

Arizona Spinal Cord Injury Association



AzSCIA Newsletter April 2014

AZ Gives Day April 9th, 2014! Support AzSCIA!

The Arizona Spinal Cord Injury Association is proud to announce that we are one of the many nonprofit organizations involved with AZ Gives Day 2014! This is an opportunity for AzSCIA to get recognized within the community, as well as raise money for the programs and services we provide to our members!

What is AZ Gives Day you ask? Well let me tell you a little bit about it. It is one day a year that is dedicated to promoting philanthropy throughout the State! For a 24 hour period nonprofits push to get their current donors, and possible new donors, to donate on this day, which is April 9th, 2014! Why is this important? It helps nonprofits in the community raise money to support their programs but also grow the community! To get the maximum benefit of this giving drive you need to donate in the 24 hour window of April 9th! But wait! Too busy on the 9th to donate, that is okay! You can follow the link below and schedule your donation to come out on April 9th. How easy is that?

What can you do to help you ask? That is quite simple! You can go online to donate to AzSCIA, and you can help spread the word! The more people are talking about us and the organization the better!

Here is the link to the website where you will go to make your donation on April 9th, 2014-
<http://azgives.razoo.com/story/Arizona-Spinal-Cord-Injury-Association>.

Please spread the word!

If you want to know more about how you can help with this campaign please contact Tiffany Wilkinson at tiffany@azspinal.org.



Happy 15th Anniversary AzSCIA!

April 1st, 2014 marks the 15th year anniversary of the Arizona Spinal Cord Injury Association. The organization was founded by current Executive Director Paul Mortensen after his daughter Wendy sustained a spinal cord injury. Over the past 15 years the Association has been proud to provide the community a resource, a place to connect, get information, support, and be a part of. We wouldn't be here today without the continued support from our family, friends, consumers, volunteers, professionals, and community partners. Thank you for making these past 15 years a wonderful one! We can only hope the next 15 years will be just as wonderful.

If you would like to help us continue in our development and growth please support us in our campaign for Arizona Gives Day! We are asking our friends, family, and community to donate \$15, that's it. But if everyone chips in we could raise a lot of money to support our programs! Visit www.azgives.com for more information & to find our page!

What We Offer!

13th Annual SCI Empowerment Course

The 13th Annual SCI Empowerment Course for Individuals with Spinal Cord Injuries, their family, caregivers, and professionals has kicked off to a great start! We have had about 50 participants come each night! A huge thank you to all of our sponsors we have had for the month of March: Ability Center, Bloom, Driving to Independence, and Symbius Medical! And a thank you to our future sponsors coming up!



This 12 week course, 7 nights down, is open to any individuals with spinal cord injuries, spinal disease, or paralysis, their family members, caregivers, and professionals. Class starts at 4:30pm with registration and dinner. Presentations start at 5pm and we end at 8pm. This is a FREE class to attend.

Topics left to be covered are: Research & New Frontiers, Alternative & Complementary Medicine, Legal and Futures Planning, Aging with an SCI, Assistive Technology, and Social/Recreational Night.

If you would still like to attend any of the remaining sessions please contact the office to register: 602-507-4209 or by email info@azspinal.org!

Thank you!

Advanced Wheelchair Skills Clinic Spring 2014

Registration for the Wheelchair Skills Clinic is now open! This series will be held at the SpoFit, 5031 E. Washington Street, 85034, from 4:30pm-6:30pm on April 9th, 16th, 23rd, and 30th. This class is FREE to attend! Come join us to learn new skills like: transferring, managing your environment, traveling with your chair, mechanics of your chair, and adaptive recreation! Please contact AzSCIA to register for the series! You can do this by going online to [Skills Clinic Registration](#), by phone 602-507-4209, or by email info@azspinal.org.

AzSCIA is going to the Grand Canyon!

We have planned a trip to take several of our members to the Grand Canyon and up to Flagstaff to visit other attractions. We are extremely excited. This is going to be a great trip! Spots are all filled, space was limited. But when we return we will share all the wonderful photos from the trip. We embark on our journey up north on April 25th, and return on April 27th.

Family Fit Day with AzSCIA & SpoFit

We are offering a first time Family Fit Day event over at SpoFit. It is a fun filled day of activities for the family. There will be swimming, gymnastics, tie dying, and the rock wall for all the youth. For parents we are taking care of you with some much needed relaxation and down time. We are offering an open forum Q&A class for parenting, massage therapy sessions, acupuncture, yoga, and an educational session on Naturopathic Medicine. What a treat for the whole family! This event is **FREE** to attend!

More details to come.

If you have any questions please feel free to contact Tiffany Wilkinson at 602-507-4209 or tiffany@azspinal.org.

AzSCIA Summer Conference in Flagstaff AZ

AzSCIA is taking one of its conferences up to Flagstaff Arizona. On Thursday evening June 5th we will be hosting a wheelchair skills clinic, then on Friday the 6th we will have an all day conference. Topics covered are: Prevention of Secondary Conditions, Psychosocial Aspects After Injury, Healthy Relationships, Adaptive Sports, Craniosacral Therapy, and final session of the wheelchair skills clinic.

So save the date for June 5th & 6th up in Flagstaff AZ. Location of the conference will be at the Family Resource Center of Flagstaff Unified School District 4000 N. Cummings Street, Flagstaff. More information to come as well as registration.

All the dates to these programs and events are on our website calendar! For more information please feel free to contact us!

Thank you!

Support Groups

Flagstaff Support Group

When: Tuesday April 1st 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 April 3rd 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

VOICE Support Group

When: Thursday April 10th Time: 11:00am-1:30pmpm

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 voicejw@yahoo.com or www.voice-az.com.

Women's Support Group "Kaleidoscope"

When: Wednesday April 16th 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. Thank you!

Men's Disability Issues Group

When: Thursday April 17th 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 or donp@abil.org

Compass Support Group

When: Friday April 18th 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 or plstaples@msn.com

Tucson Support Group

When: Monday April 28th 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.

AZSCIA Transportation Program

What We Offer

AZSCIA provides transportation to consumers 24 hours a day/7 days a week. It 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.

Our drivers are well trained in defensive driving, wheelchair lift equipment, CPR, First Aid, and van operations.

Our rates are extremely competitive, and we will transport anywhere in the State... and with adequate notice we can transport anywhere in the US.

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 Michael J. Bruning, Transportation Supervisor, at 602-703-2199 or send a detailed request to bruning4@msn.com.

You can also call the Office of AZSCIA at 602-507-4209 or toll free at 888-889-2185



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

Arizona Spinal Cord Injury Association

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