



# Member E-Newsletter

Arizona Spinal Cord Injury Association

A Partner of Christopher & Dana Reeve Foundation



**August 2014**

We're on the  
Web!

[www.azspinal.org](http://www.azspinal.org)

Be our Friend!

Facebook –  
Spinal Cord  
Injury

Twitter- Arizona  
Spinal Cord  
@AzSCIA

Pinterest



## Summer and Swimming

Why swim? Besides the obvious cooling off factor- Swimming can be beneficial on so many levels, especially for those who live with a SCI (Spinal cord Injury)!

Swimming can be great exercise! When your body is compromised after a SCI, our muscles and bones become weaker, which can lead to any number of secondary conditions such as pressure sores, broken bones, increased respiratory health as well as numerous other concerns. Swimming can help keep your bones and skin in great shape.

Swimming can help with your mental/emotional health. It gets you up moving, interacting with other people, promotes relaxation, helps with your sleep which is very often compromised after injury.

Swimming can help motivate you! It can help you set goals for yourself, whether long or short term. The main thing is gets you out and moving! Like any exercise program, it's being disciplined. Set a day and time to go to the pool. Make it like a doctor's appointment (only it's more fun)!

Before you go for a swim, be sure you have done your bowel/bladder program. I can think of no better embarrassment factor than to get in the pool after preparing for an hour then to be swimming around and thinking or saying- "Oh no!" and have to jump, roll, Hoyer your way out of the pool to do your "business" or worse yet, not make it out in time! Oh the embarrassment factor!! Also, be sure you do not have any open sores- you never know who was in the water before you. Why add another health risk to your list.

Equipment to help you while you are in the pool: pool noodles/life vests/-these will help keep you a float, giving you a more secure feeling especially if this is your first time in the water. Aqua socks will help protect your feet from the rough surfaces. Dry clothes- who wants to ride/drive home in wet clothes. Yuck!

Health issues- please do not go to the public pool if you have any open sores, a UTI, broken bones or other health concerns. Carry a card with you listing any allergies you have and if you are prone to get AD- Autonomic Dysreflexia, please let someone know. You can also order/print a card on AD here:

Finally-remember to wear sun screen! The sun here in Phoenix can be brutal! Remember to reapply as needed!

5025 E Washington St  
#110

Phoenix, AZ 85034

Phone: 602-507-4209

Fax: 602-507-4214

Toll-free: 888-889-2185

[info@azspinal.org](mailto:info@azspinal.org)

*"A monthly update on the happenings and upcoming events in the Association and our Community Partners."*



Come out for a day of FUN in the sun at the beautiful **Green Valley Park in Payson, AZ.** (see directions below). Fully accessible park with paved trails around the entire lake. Bring your lawn chairs. Sponsored by the Arizona Spinal Cord Injury Association

**Saturday September 13, 2014  
10 AM to 3 PM**

**Join us for a fun filled day of: Fishing, Food, Games, and Friendships.  
Fishing will be provided by AZ Game and Fish.**

Cost: \$5.00/person

To register please call 602-507-4209 No later than Friday Sept. 5

All payments due at time of registration.

Limited transportation available on a first come first serve basis.

**Directions to the park:**

From Phoenix- Take Highway 87 to Payson- Take a left at Main Street, go approximately 1.1 miles to the end of Main Street and you are at Green Valley Park.

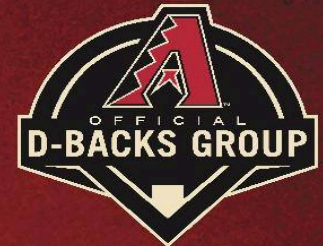
From the White Mountains- Take Highway 260 to Payson- Turn left on Highway 87, going south. Take a right on Main Street, go approximately 1.1 miles to the end of Main Street and you are at Green Valley Park.



We will have limited free tickets available to the Dbacks vs Padres game/Disability & Human Services Day, so please call the office to reserve yours. All we ask is if you get a ticket and later decide not to go, you please let us know ASAP so we can give others a chance to go. Limit 2 Call 602-507-4209. Thank you!

# D-BACKS DISABILITY & HUMAN SERVICES DAY

AT CHASE FIELD



**SUNDAY, AUGUST 24**  
**D-BACKS VS PADRES**

GATES OPEN AT 11 AM - 1:10 PM FIRST PITCH

The Arizona Diamondbacks and the Accessible Seating Klub (A.S.K.) are excited to host our Third Annual Disability and Human Services Day to include an Expo from 11 am until the 7th inning. This outreach event offers multiple education and resource opportunities to the thousands of fans who will be at Chase Field for the division rivalry game. Game tickets are required to attend this event.

Features include:

- 25+ exhibitors at the expo
- Pre-game parade opportunity for everyone who buys a ticket for this event
- Sign language performances of the National Anthem, God Bless America and Take Me Out to the Ballgame
- Wellness initiatives and Healthcare Resources
- Complimentary workshops to include disability etiquette, sign language and more!

Tickets start at just \$11 and can be purchased through D-backs rep Johanna Imperial at (602) 462-4113 or email at [jimperial@dbacks.com](mailto:jimperial@dbacks.com)

For more information about this event or any disability services, please contact Disability Services Manager Nanette Bowles at (602) 462-6163 (voice); (623) 208-7722 (VP) or at [nbowles@suns.com](mailto:nbowles@suns.com)



[dbacks.com](http://dbacks.com)

602.462.4600

CHASE FIELD // 401 EAST JEFFERSON STREET // PHOENIX, ARIZONA



## Support Groups



### Flagstaff Support Group First Tuesday of the month

**When: Tuesday August 5**                      **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 928-779-4147

### Men's Disability Issues Group Third Thursday of the month

**When: Thursday August 21st**                      **Time: 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 5025 E. Washington  
Facilitator: Don Price 602-980-3232 or [donp@abil.org](mailto:donp@abil.org)

### VOICE Support Group

**When: On Hiatus for the summer, return in Sept.**                      **Time: 2:00pm-4:00pm**

**Where:** Glendale Public 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](mailto:voicejw@yahoo.com) or [www.voice-az.com](http://www.voice-az.com)

### Compass Support Group

**When: On Hiatus for the summer, return in Sept.**                      **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](mailto:plstaples@msn.com)

### Women's Support Group "Kaleidoscope"- third Wednesday of the month

**When: On Hiatus for the summer, return Sept. 17**                      **Time: 5:30pm-7:30pm**

**Where:** Disability Empowerment Center, 5025 E. Washington St, Suite 110 Phoenix, AZ 85034 ([map](#)). For more info please contact Donna Powers by email [twocats345@msn.com](mailto:twocats345@msn.com) or by phone at 602-577-0517. Thank you!

### Prescott Valley Support Group -First Thursday of the month

**When: Thursday August 7th**                      **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

### Tucson Support Group - First Monday of each month

**When: Monday August 28**                      **Time: TBD**

**Where:** Facilitator Pete Hughes changes the time and location each month. Contact him for more information at [coachhughes50@hotmail.com](mailto:coachhughes50@hotmail.com) or by phone at 619-249-1885.

## **Upcoming AZSCIA Outreach Events**

### August 2014

August 24- 3<sup>rd</sup> Annual Disability Awareness Day at Chase Field Dbacks vs Pirates 1:10 PM game- Gates open at 11AM See flyer above for all the info. We have a limited number of free tickets available. Limit 2, please, to give everyone a chance to go. We request that if you ask for tickets and cannot make it to please let us know by Thursday Aug.21 so others get a chance to go in your place. Thank you. Gooooo Diamondbacks! Call to request tickets 602-507-4209

### September 2014

September 13, 2014 10AM to 3PM Wheeling in Nature in Payson at Green Valley Park- see flyer above for all the details.

September 16, 2014 10:45 AM- Tour the VMI Factory to see how they do their accessible van conversions, followed by pizza/drinks for lunch. Limited transportation available on first come first serve basis. Please call the office to sign up by Sept.12th 602-507-4209

### October 2014

Wheelchair Skills Class @ Banner Good Sam- more info to follow

### November 2014

Thursday November 20- Farmers Market @ Rehab without Walls- 9:30AM-2:30PM

Saturday November 29, 2014 Tempe Light Parade 6:00 pm Theme: Winter Wonderland [2013 Tempe Light Parade Photos](#)

### December 2014

Saturday, December 6, 2014 Payson Electric Light Parade 6pm –Theme to follow

## **Peer Mentoring**

Do you remember what it was like when you were first injured? You knew nothing about SCI, where to go, what to do, what resources were available out there and a whole slew of other questions. That's where our Peer Mentors come into play!

If you would like to become a Certified Peer Mentor with the Christopher and Dana Reeve Foundation and AZSCIA, we're taking applications! To check out what the training involves, please go here: [Peer Mentor Training](#)

Please fill out an application here: <http://www.reevepeermentor.org/>. Once you have completed these 2 steps, please contact [Karen@azspinal.org](mailto:Karen@azspinal.org) or 602-507-4209. After we get 12 people signed up, we will then schedule a class for everyone. The quicker to complete these first two steps, the quicker we can get a class set up. If you know someone who be a good mentor, please let us know and we'll get all the information to them.

### **Financial Planning for your future.**

Many of my clients express how they are more concerned than ever about protecting their assets.

By working with a professional financial advisor, the advisor can help you structure your assets to help protect those assets from creditors and lawsuits. All of this protection may be accomplished without giving up any control of your assets.

What is asset protection? Asset protection is the process by which an individual or business organizes their financial affairs in a manner which safeguards their assets and lowers their risk of exposure to loss.

From a financial planning perspective, the first line of defense in protecting your assets is to build a strong cash reserve.

The second stage is to focus on protection planning through the use of appropriate legal entities, asset titling and insurance.

There are many ways in which assets can be protected.

For more information contact Christopher Carter by phone at 480-600-6817 or by email at

[ccarter@twswfinancial.com](mailto:ccarter@twswfinancial.com)



and 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](http://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 the Arizona Spinal Cord Injury Association (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 Amazon Smile](#) Thank you for your continued support! Just another way to help out.

## **ABIL and Spo Fit Happenings**

### **Spo Fit: September 13- I Roll, You Walk**

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I Roll, You Walk.....*Together We Live*

September is Spinal Cord Injury Awareness month. Please join Arizona Bridge to Independent Living, Arizona Disabled Sports, Arizona Spinal Cord Association, Daring Adventures, Barrow St. Joseph's Hospital, and Will 2 Walk for a day of food, adaptive sport demos, an obstacle course, awards to outstanding community members, raffles, and much more.

This event is open to everyone. Help us create awareness for Spinal Cord Injuries!

When: September 13<sup>th</sup>, 2014

Time: 10am-2pm

Where: SpoFit

What:

- Food
- Sports Demos
- Obstacle Course
- Vendors
- Awards to community members
- Raffles and much more



**WOUNDED WARRIOR  
PROJECT®**

**Wounded Warrior Project**

## **SpoFit is now a proud program provider for the Wounded Warrior Project**

WWP is an organization that aims towards providing unique, direct programs and services to meet the needs of injured service members as they recover and transition back to civilian life. This is achieved through a number of programs designed to nurture the mind and body, and encourage economic empowerment and engagement. As a part of WWP's Physical Health and Wellness initiative, SpoFit offers free memberships to all those who have served on or after September 11, 2001. Along with their membership, warriors can also access a variety of programs and activities.

For further information: <http://www.spofit.org/military/>

### **Independent Living Resources Fair**

ABIL: The Resource Fair's primary goal is to assist Consumers, Caregivers, Families, and the Community with resources to enhance Independent Living for all! Hosted by: Arizona Bridge To Independent Living, the Independent Living Staff & the Independent Living Consumer Council

Disability Empowerment Center and Virginia G. Piper Sports & Fitness Center Nina Mason-Pulliam Conference Center

The Fair will include Information Booths and Keynote Speakers sharing a Common Goal: To provide Independence for All. For further details, please contact Lea Laffartha: 602-443-9058 or [leal@abil.org](mailto:leal@abil.org)

Add this to your calendar! October 21, 2014 - 10:00am to 3:00pm

The IL Resource Fair will cover the 4 core services of Independent Living:

- Independent Living Skills - Peer Support - Advocacy - Information & Referral

**9:00am: Registration.** Programs available at the entrance to the Nina Mason Pulliam Conference Center

**10:00am to 10:40am: Keynote Speakers/Resource Panel** from Arizona Statewide Independent Living Council, Rehabilitation Services Administration, Social Security Administration, Mercy Maricopa Integrated Care

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

**12:00pm to 1:00pm: \*Lunch (On your own)**

**12:00 Noon to 1:00pm: Tours of the Virginia G. Piper Sports & Fitness Center**

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

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

**\*FRY BREAD SALE** - The American Indian Disability Summit Committee will be on site for participants who would like to purchase food.

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### **Chronic Pain-Complementary and Alternative Approaches**

Wed, August 13, 10am – 12pm

DEC Classroom B 5025 E. Washington St. Phoenix 85034

Chronic Pain-Complementary and Alternative Approaches, Learn various ways to manage chronic pain.

David Carey, 602-443-0723.



# 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 or Email [twinklbell@q.com](mailto:twinklbell@q.com)



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 50s 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

## **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](tel:602-257-9551)





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 \$22,500 Telephone: [\(480\) 586-4711](tel:4805864711) Email: [JamesB.Laubham@CapitalAcctPC.com](mailto:JamesB.Laubham@CapitalAcctPC.com)



Standing frame with seat sling; Easy Stand brand. \$875 John [480-274-3118](tel:4802743118)



Don't  
DISmy  
ABILITY

**More Information & Resources can be found on these  
websites and organizations!**

The Christopher & Dana Reeve Foundation [www.paralysis.org](http://www.paralysis.org)

Arizona Governor's Council on Head and Spinal Injuries [www.azheadspine.org](http://www.azheadspine.org)

**Want to get involved or donate to AZSCIA?  
Please check out our website at:  
[www.azspinal.org](http://www.azspinal.org) .On our homepage you  
will find our Statewide Calendar, as well as  
separate calendars for Central, Northern,  
and Southern Arizona events. Check out  
the different ways you can get involved as  
well as donate or become a sponsor of  
AzSCIA!**

**Also, if you have an ad and/or any events you  
would like added to our monthly newsletter,  
please contact/email Karen Halgren-  
karen@azscia.org**

**Thank you,**

**AZSCIA staff**

**Upcoming e-news information.....**

**If there is anything that you would like to share with your fellow members,  
please contact Karen Halgren (Karen@azspinal.org). She will ensure that  
the information will be posted on the e-news.**

**THANK YOU!**