

Member E-Newsletter

Arizona Spinal Cord Injury Association

A Partner of Christopher &
Dana Reeve Foundation



February 2014

We're on the
Web!

www.azspinal.org

Be our
Friend!
Facebook –
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Injury

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Spinal Cord
@AzSCIA

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.”*

AzSCIA Spotlight!

AzSCIA would like to thank and honor Sgt. First Class Cory Remsburg, who attended the State of the Union Address in DC the other day, and received the longest standing ovation ever!

Cory lives here in Arizona and is a member of AzSCIA. He uses our transportation program to get to and from his rehabilitation appointments on a daily basis. His struggle and triumph is amazing and we have thoroughly enjoyed having Cory be a part of this organization.

If you would like to help our transportation program, that gives people the opportunity to get to and from their homes, please donate to AzSCIA today! Cory is just one example, one person, who has benefited from our service, and there are many more who need our help!

Please visit our website, www.azspinal.org, and go to our Donate Page! There you can electronically donate online! Our members need your help & our programs provide people with the opportunity to be a part of this community!



Support Groups

Flagstaff Support Group

When: Tuesday February 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 928-779-4147

Men's Disability Issues Group

When: Thursday February 20th **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

VOICE Support Group

When: Thursday February 13th **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 or www.voice-az.com

Compass Support Group

When: Friday February 21st **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

Women's Support Group "Kaleidoscope"

When: Wednesday February 19th **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 or by phone at 602-577-0517. Thank you!

Prescott Valley Support Group

When: Thursday February 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

Tucson Support Group

When: Monday February 24th **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.



Register online at www.azspinal.org on the bottom of our homepage!!!!!!!

13TH ANNIVERSARY

CHARTING A COURSE FOR CONSUMERS:

EMPOWERMENT TRAINING FOR
INDIVIDUALS WITH SPINAL
CORD INJURIES & FAMILIES

February ~ May 2014

JOIN US

Come join us for an educational course* designed to empower those with spinal cord injuries, their family members, and the professionals who work with them. This course was designed by consumers and family members for those who share their experience. Come hear from top experts and professionals in the field of spinal cord rehabilitation and education.

Each evening offers opportunities for discussion, dialogue, and a chance to speak with others whose lives have been affected by spinal cord injury. Bring your knowledge and life experiences; come and share with others.

**Note: It is not necessary to attend all the sessions in your community. However the more sessions you attend, the more information you will gain.*

WHO SHOULD ATTEND?

- Individuals with Spinal Cord Injuries
- Family Members
- Caregivers
- Professionals

LOCATION

Disability Empowerment Center
5025 E Washington St., Phoenix, AZ

Van transportation provided on request in the Phoenix Valley area for those using wheelchairs

SCHEDULE

**Classes meet Tuesday evenings
February 4th through April 29th 2014**
Registration and dinner at 4:30pm
Class convenes from 5:00 - 8:00pm

TOPICS

PHOENIX:

- 2/04 Empowerment, Health & ADLs
- 2/11 Prevention-Secondary Conditions
- 2/18 Medical Issues/Bowel & Bladder
- 2/25 Psychosocial Aspects after SCI
- 3/04 Sexuality and Relationships
- 3/18 Pain Management
- 3/25 "Therapist is IN" - Mobility Fair
- 4/01 Alt. & Complementary Medicine
- 4/08 Research & New Frontiers
- 4/15 Legal Issues and Futures Planning
- 4/22 Aging with SCI & Assistive Tech
- 4/29 Social Recreation Evening

REGISTRATION

Four ways to register in advance:

1. **Call** your information into:
602-507-4209 / 1-888-889-2185
2. **E-mail** your information to:
info@azspinal.org
3. **Fax** your information to:
602-507-4214
4. **Mail** your information to:
AZ Spinal Cord Injury Association
5025 E. Washington St., Ste. 110
Phoenix, AZ 85034

Phoenix Banner Wheelchair Suns/Mercury/Jr. Suns 2013-2014 Schedule

Here is what we have left for the end of the season!

Only one home tournament left and it is Women's Nationals!!!!!!

- | | | |
|--------------------|---|----------------------|
| February 8-9, 2014 | Tournament at LA Clippers, Los Angeles, CA | Suns |
| February 15-16, 14 | Tournament at Sports & Fitness Center
5031 E. Washington St. Phoenix, AZ | Mercury |
| February 15-16, 14 | Tournament at Las Vegas, NV | DIII |
| February 22-23, 14 | Tournament at Albuquerque, NM | Suns |
| Feb. 22-23, 2014 | Southern Cali Conference Championships
Tournament Rancho, CA | DIII |
| March 1-2, 2014 | Tournament at Las Vegas, NV | Suns |
| March 1-2, 2014 | West Coast Conference Championships, Spokane, WA | Jr. Suns |
| April 3-6, 2014 | National Wheelchair Basketball Championships
Louisville, KY | DIII, Suns, Jr. Suns |



Arizona Spinal Cord Injury Association Transportation Services

AZSCIA provides transportation to consumers 24 hours a day and 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!

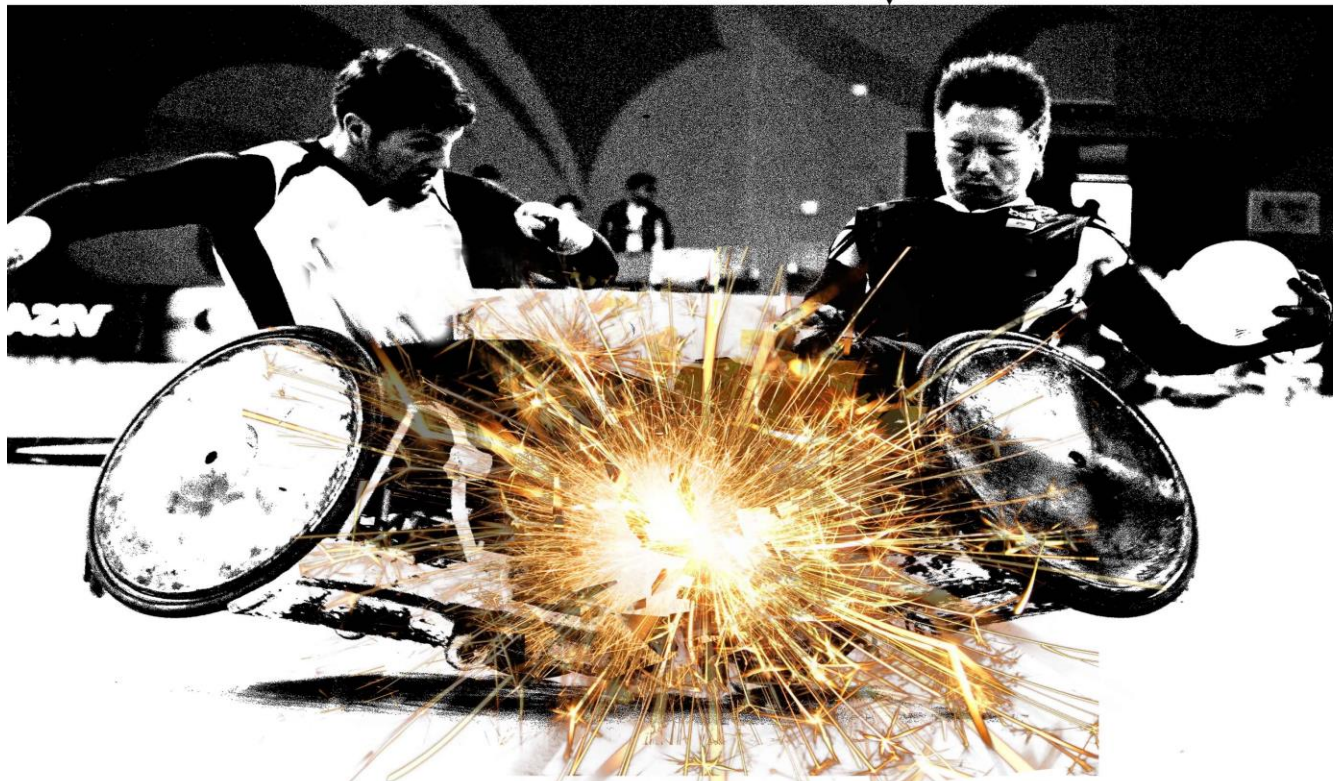
We also have our vans available for lease or to rent! This works great if you have a big event, sports activity, or planning a trip out of town and need the space and accessibility!

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



RUGBY RAVE



February 7-9, 2014

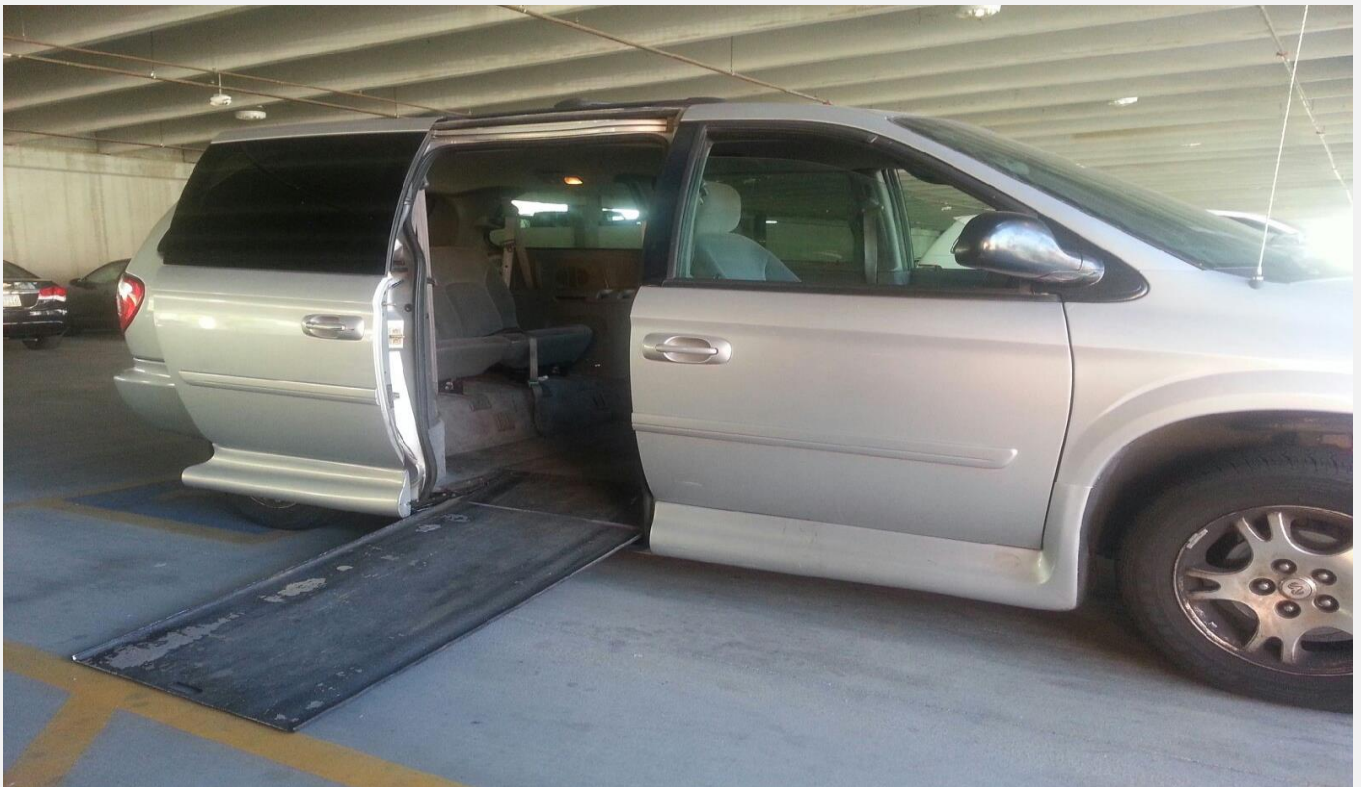
Virginia G. Piper
Sports & Fitness Center 
for Persons with Disabilities 
www.spofit.org

5031 E. Washington St. Phoenix, AZ 85034

VAN FOR SALE

2004 SE Dodge Grand Caravan

- VMI Northstar In-floor ramp, lowered floor conversion
- Only has 82,500 miles on it. Runs, and rides great.
- 10" Full Drop Floor
- Kneeling-System
- 4 point securements
- One touch of a button and the power door opens, the ramp slides out, and the van lowers to reduce the incline up the ramp.
- V-6 engine provides plenty of power
- Van features include: power windows, dual power door locks, dual power sliding doors, cruise control, power mirrors, AM/FM/CD stereo, power rear vent windows, remote keyless entry.
- One owner and van is in good condition! Has some minor scratches and carpet is in fair condition, but it's almost 10yrs old so it's going to show wear. Call [602-363-8523](tel:602-363-8523) after 4 pm.





Ready When You Are

SpeediCath® - Instantly ready-to-use hydrophilic catheters for men and women

Get out of the bathroom and back to life

- SpeediCath catheters are instantly ready to use right out of the package.

Smooth going in and coming out

- The unique hydrophilic coating and polished eyelets allow for even greater comfort during insertion and withdrawal of the catheter.

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for Men



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For more information contact Rebuilding Together

Phone: 480.774.0237

Fax: 480.774.0236

www.rebuildingtogetherphx.org

Email: info@rebuildingtogetherphx.org

Who we are

Rebuilding Together Valley of the Sun harnesses the energy of volunteers to provide free critical safety modifications to low-income homes. Since 1991, Rebuilding Together Valley of the Sun has engaged more than 60,000 volunteers from nearly 500 organizations throughout Arizona. Our philanthropic efforts have resulted in \$7 million in repairs at over 1,500 homes and 60 nonprofit facilities.

Senior Fall Prevention Services

Senior Fall Prevention Services provides home safety modifications to reduce the risk of falls. These modifications include: bathroom grab bars, bathtub bars, raised toilet seats or safety rails; bath/shower seats, slip-resistant bath/shower mats, hand-held shower heads, transfer ramps and night lights.



Arizona Ramp Project

Every Saturday a team of 6-8 volunteers build simple wooden ramps out of pre-built modules. These ramps allow homeowners with walkers and wheelchairs to safely get in and out of their home once again.



Paint-a-thon

For the annual Paint-a-thon, teams of 15-20 volunteers paint homes the last Saturday of October, resulting in over 125-150 homes being painted across the state in a single day. Volunteers receive all the necessary supplies and paint as well as insurance coverage for the day of the event.

To Qualify

These services are **FREE** to:

- Low-income homeowners (total household income is 50% or less than the median income in Maricopa County) AND
- Over 60 years old OR
- Individuals with permanent physical disabilities OR
- Veterans

Senior Fall Prevention Services can also be provided at a discounted fee for those who do not meet the low-income requirements.

To apply for assistance, applicants can fill out the same application for both Senior Fall Prevention Services and the Arizona Ramp Project. There is a separate application for the paint-a-thon.

M E M B E R



**COMMUNITY
HEALTH CHARITIESSM**

AMERICA'S TRUSTED HEALTH CHARITIES

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

The Christopher & Dana Reeve Foundation www.paralysis.org

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

**Go to www.azspinal.org and on our homepage
there is a Statewide Calendar, plus separate
calendars for Central, Northern, and Southern
Arizona events. Check out the different ways you
can Get Involved & Donate to AzSCIA!**

**If you want an ad and/or any events added to our
monthly newsletter contact/email Tiffany Wilkinson
tiffany@azspinal.org!**

**Thanks,
AZSCIA staff**

Upcoming e-news information.....

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

THANK YOU!