



Member E-Newsletter

Arizona Spinal Cord Injury Association

A Partner of Christopher &
Dana Reeve Foundation



January 2014

We're on the
Web!

www.azspinal.org

Be our
Friend!
Facebook –
Spinal Cord
Injury

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Arizona
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.”*

Happy New Year!!

AzSCIA would like to wish all of our members, community partners, professionals, students, friends, and family a very prosperous New Year! May 2014 bring each and every one of you an even greater year than 2013! We are extremely grateful we got to share in your memories of 2013 & we look forward to sharing our 2014 year with you! Keep a look out for all of our awesome events we have coming up in 2014! Especially our 2014 13th Annual Charting A Course for Consumers Empowerment Training! Registration is open on our homepage, www.azspinal.org, or you can email us your info at info@azspinal.org or call the office at 602-507-4209!

We look forward to seeing you all in 2014!

We wish you all the very best,

AzSCIA staff & Board of Directors





Support Groups



Flagstaff Support Group

When: Tuesday January 7th

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 January 16th

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 January 9th

Time: 2:00pm-4:00pm

Where: Glendale ABIL Office 6829 N. 57th Ave, Glendale 85301

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 January 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 or plstaples@msn.com

Women's Support Group "Kaleidoscope"

When: Wednesday January 15th

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 January 2nd

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 January 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.



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

2249 west el moro ave. mesa, az 85202 - 602 790 7909



**PHOENIX BANNER WHEELCHAIR SUNS/MERCURY/JR. SUNS
2013- 2014 SEASON**

September 7, 2013	5 th Annual Basketball Camp, Broadway Recreation Center, Mesa, Arizona	Open to the public
October 26, 2013	Duel in the Desert, Sports & Fitness Center 5031 E Washington St., Phoenix, AZ	Suns
Nov. 2-3, 2013	Tournament at U of A, Tucson, AZ	Suns
November 3, 2013	Tournament at San Diego Wolf Pack - SCC	DIII
November 9, 2013	Tournament at Tucson Coyote's - SCC	DIII
December 13-15, 13	at Golden State Tournament San Jose, CA	Suns
December 13-15, 13	Tournament at Sports & Fitness Center, 5031 E Washington, Phoenix, AZ	Jr. Suns/Prep
January 4, 2014	Tournament at Tucson Lobos - SCC	DIII
January 18-19, 2014	Tournament at Sports & Fitness Center - SCC 5031 E. Washington St. Phoenix, AZ	DIII Mercury
January 25-26, 2014	Tournament at Sports & Fitness Center 5031 E. Washington St. Phoenix, AZ	Suns
February 1, 2014	Tournament at Rancho, CA - SCC	DIII
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 California 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	Suns, Jr. Suns DIII

For more information www.bannerwheelchairsuns.org or 602-790-7909



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



SpeediCath® Compact Set

Sterile bag attached



The catheter and bag set reinvented

Introducing SpeediCath® Compact Set for simple everyday cathing

Coloplast has a catheter solution for you.

SpeediCath Compact Set is an all-in-one catheter and bag set that's instantly ready to use. Thanks to a break through design, it's small enough to keep in a pocket or handbag.

- A unique compact and discreet catheter with an attached sterile bag
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Free samples: southcentral.us.coloplast.com



Available in female and male versions

¹ Those who have 2 or more UTI's within a 12-month period may qualify for a sterile catheter kit or closed system/set. For those currently using straight catheters, documentation or qualification for closed system/set reimbursement may be required.

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Accessible House For Sale

(Estate Sale) Asking: \$275,000. Tempe AZ

Beds/Baths: 3 / 2, 1,896 sq-ft

Year Built: 1998. You won't find a better house if you are looking for a home that can accommodate someone in a wheelchair. This home is completely renovated: has open spacious design with great ambient outside light, north-south orientation, energy efficient solar hot water system, low maintenance desert landscape, most appliances new. Flooring is tile or laminate, easy entry at front and back door (no threshold or steps), keyless entry, remodeled bathroom (incredible roll in shower - extra wide toilet room wheelchair - wheelchair assessable granite bathroom vanity top), and repositioned Kitchen Island for easy access to kitchen appliances, great set-up for caregiver with the split bedroom plan.

Great location: private & safe, private park, near shopping & public transportation. This is a must see to appreciate.

Contact Information:

E-mail: cliffheide@cox.net

Phone/ text: 480-818-2932

Accessible 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. Asking \$11,000. Call [602-363-8523](tel:602-363-8523) after 4 pm.



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!