

Member E-Newsletter

Arizona Spinal Cord Injury Association



August 2014

We're on the
Web!

www.azspinal.org

Be our Friend on:

Facebook – Spinal
Cord Injury

Twitter- Arizona
Spinal Cord
@AzSCIA

Pinterest-AZ Spinal
Cord Injury
Association

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.”*



Welcome Everyone! Summer has arrived and as we move into the hot summer months, please remember to keep yourselves hydrated! Drink plenty of water. Keeping hydrated will not only keep you healthy but will help keep UTI's down as well. Drink 8 to 12 cups of water a day to help with hydration. Note: Beer and wine do not count; alcohol actually causes you to lose water or become dehydrated.



Come out for a day of FUN in the sun at the beautiful **Green Valley Park in Payson, AZ.** (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.

Registration: \$5.00/person

Additional price for Geocaching: \$5.00 (see additional details below) To register please call 602-507-4209 No later than Friday Sept. 5, 2014

Website registration at www.azspinal.org and click the link to register online. All payments due at time of registration.

Limited transportation available on a first come first serve basis.

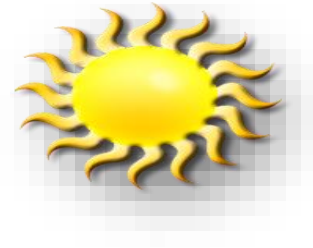
Geocaching: \$5.00/person to join

We will send clues via cell phone where the cache is hidden and the first person to find the "cache", wins the "cash"!!

Directions to the park:

From Phoenix- Take Highway 87 to Payson- Take a left on 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.



Support Groups

Flagstaff Support Group

When: Tuesday July 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 928-779-4147

Men's Disability Issues Group

When: Thursday July 17th **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, CLASSROOM B

Facilitator: Don Price 602-980-3232 or donp@abil.org

VOICE Support Group

When: No meeting in July/August **Time:**

Where: Sahuaro Ranch Park 9802 N. 59th Ave, Glendale 85302

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: No meeting in July/August **Time:**

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 July 29th **Time: TBD**

Contact Peter Hughes @ 520-579-0862 or email him at coacheshughes50@hotmail.com for further information.

Women's Support Group "Kaleidoscope", Maricopa County

When: No meeting in July/August Time: 6:00pm-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!

Arizona Spinal Cord Injury Association Transportation Services

AZSCIA provides transportation to consumers 24 hours a day and 7 days a week. Our drivers are 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! You provide your own driver, fill out proper paperwork, charge is \$150 per day plus you fill up and pay for the gas! 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 Manager, 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



Videos:

Adapting Together: VOWS

This video highlights Eve Hampton and Robert Pratt's relationship and how they work as a team to overcome obstacles during a 75 day camping trip in national parks. Eve and Robert met while coaching wheelchair basketball at a summer camp.

<http://youtu.be/SOthTVXxpQ>

Do you shop 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.

Parking for those of us with disabilities has always been an issue. Keep this card with you for all the Non-Emergency Police in Arizona's major cities. We also have some in the office if you want to stop in and pick one up to keep with you, or program them into your phone so they are always with you!



Non-Emergency Police #'s

For Handicap Parking Violators

Avondale # (623) 333-7000
Casa Grande # (520) 421-8700
Chandler # (480) 782-4130
Flagstaff # (928) 774-1414
Fountain Hills # (602) 876-1011
Gilbert # (480) 503-6500
Glendale # (623) 930-3000
Goodyear # (623) 932-1220
Mesa # (480) 644-2211
Peoria # (623) 773-8311
Phoenix # (602) 534-7722
Scottsdale # (480) 312-5000
Sedona # (928) 282-3100
Surprise # (623) 222-4000
Tempe # (480) 350-8311
Tucson # (520) 791-4444



Are you a gardener but can't figure out how to garden from your chair? Raised flower/vegetable beds are the way to go! Check out some of these amazing ideas on Pinterest! <http://www.pinterest.com/jaredstoll/raised-beds/>. 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. Follow us if you are there!



The Brain Injury Alliance of Arizona is proud to introduce the summer program

BUILD YOUR SKILLS

EMPOWERMENT SERIES FOR INDIVIDUALS WITH BRAIN INJURIES

Classes led by Melissa Wright, B.S.,
Speech Language Pathologist Assistant & Graduate Intern*

Build Your Skills Summer Empowerment Series will be held
from 5:30-7:00pm in Classroom A, on the Second Floor
of the Disability Empowerment Center at 5025 E. Washington Street, Phoenix 85034

*The empowerment series is free for survivors of brain injuries.
To enroll, participants must be able to attend for all four sessions.*

Group 1 | Thursday, June 19 | 5:30-7:00pm

Session Topic: **Introduction, Goal Setting & Verbal Conflict Resolution**

Group 2 | Thursday, July 10 | 5:30-7:00pm

Session Topic: **Social Interaction, Conversations in Different Situations**

Group 3 | Thursday, July 17 | 5:30-7:00pm

Session Topic: **Cognitive Challenges and Strategies**

Group 4 | Thursday, July 24 | 5:30-7:00pm

Session Topic: **Vocational/Volunteer Opportunities, Self Advocacy**

TO REGISTER

To register, please email Jeanne Anderson at jeanne@biaaz.org
or Danielle Young at Danielle@biaaz.org
or call 602.508.8024

*Ms. Wright is supervised by
Speech Language Pathologist
through Ridge Zeller Therapy



5025 E. Washington Street, Suite 108 | Phoenix, AZ 85034 | 602.508.8024 | BIAAZ.org

**PROJECT
INDEPENDENCE &
EMPOWERMENT**

BRAIN GYM®

*All classes are held in the Group
Fitness Room at the Virginia G.
Piper Sports and Fitness Center
for Persons with Disabilities (SpoFit)*



Schedule

Wednesday, June 4	1:00-2:00 pm
Tuesday, June 17	5:30-6:30 pm
Wednesday, July 2	1:00-2:00 pm
Tuesday, July 15	5:30-6:30 pm
Wednesday, August 6	1:00-2:00 pm
Tuesday, August 19	5:30-6:30 pm
Wednesday, September 3	1:00-2:00 pm
Tuesday, September 16	5:30-6:30 pm
Wednesday, October 1	1:00-2:00 pm
Tuesday, October 21	5:30-6:30 pm
Wednesday, November 5	1:00-2:00 pm
Tuesday, November 18	5:30-6:30 pm

Get Your Brain In Shape!

Brain Gym® May Help Optimize Brain Performance

Brain Gym® is based on a series of 26 movements designed to promote a more efficient mind-body connection. Brain Gym® exercises have been effective in improving the following areas:

- Concentration and Focus
- Memory
- Academics: reading, writing, math
- Physical coordination
- Organization skills
- Attitude

*Classes are Free with SpoFit membership or admission.
Individual results may vary.*

**Please join us for a class
and see what Brain Gym® can do for you!**

Virginia G. Piper Sports and Fitness Center (SpoFit)
5031 E. Washington Street, Phoenix, AZ 85034

Brain Gym® Licensed Instructors
Kathy Brown, M.Ed. & Mary Ann Beebe



**Brain Injury
Alliance**
ARIZONA

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

Upcoming August Spo Fit Events:

For more information on these and all the other happenings at the Sports and Fitness Center check out their website at www.spoFit.org or call 602-386-4566. SpoFit is located on the same campus as the Disability Empowerment Center- 5031 E. Washington St. Phoenix. 85034

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, Extra Contour Backrest, Adjustable Headrest, 2 Battery Chargers, Manuals & other extras. Will Sacrifice: \$1,500 Contact : Marilyn (480) 703 8286 or Email twinklbell@q.com



For Sale: Standing frame with seat sling; Easy Stand brand. \$875

Please contact John at [480-274-3118](tel:480-274-3118)



If you have something you would like to sell or are looking for any items, please send your requests to karen@azspinal.org no later than July 25 for the August issue. Thank you.



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

Upcoming e-news information.....

Look for articles on: Fatigue and Sleep Apnea

If there is anything that you would like to share with our fellow members, please contact Karen Halgren (karen@azspinal.org). We will

ensure that the information is posted in the e-news.

THANK YOU!

8 ways to support the Arizona Spinal Cord Injury Association

1. Make an online Donation today at www.azspinal.org, click on Meet AzSCIA on the top menu bar then scroll down to Donate.
2. Give through Payroll Deduction! Our partner Community Health Charities will arrange for automatic withdrawal at whatever amount you request.
3. Corporate sponsorship! Contact Shannon@azspinal.org for more information.
4. Volunteer to help at an event or for a committee! Contact info@azspinal.org to volunteer or go to our website and click on the Meet AzSCIA menu tab and scroll down to volunteer.
5. Host your own Fundraiser with friends, family or the office. Contact 602-507-4209 if you need help organizing your fundraiser.
6. Make an In-Kind donation of goods, products, and or services.
7. **Most Importantly-** spread the word about the organization! Make referrals to people you meet!
8. Follow us on Twitter—Arizona Spinal Cord [@AzSCIA](https://twitter.com/AzSCIA)