



## 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!

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>.

More details to come!!!!

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](mailto:tiffany@azspinal.org).



## 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 so far: VMI Mobility Center, Coloplast, and CareMeridian! And a thank you to our future sponsors coming up!



This 12 week course 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: Sexuality & Relationships, Pain Management, Therapist Is In- Mobility Fair, 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](mailto: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](mailto:info@azspinal.org).

### Arizona Dbacks VS. Seattle Mariners March 13th, 2014!

AzSCIA has purchased tickets to the spring training game Diamondbacks vs. Seattle Mariners on March 13th, 2014! Game time is 1:10pm. There are a limited number of tickets left, 14, so first come first serve basis. Limited to one ticket per consumer, but if you have a caregiver coming with you they can get one for free as well. Transportation will be provided but space is very limited. To reserve your ticket please contact the AzSCIA office at 602-507-4209 before March 8th, 2014.

## Luke Air Force Base Open House & Air Show March 15th, 2014!

AzSCIA is taking 2 vans out to the Air Show at Luke Air Force Base on March 15th, 2014! There will be 2 pickup spots if you are needing transportation. One at the DEC- van will be leaving at 7am, so you will need to be there by 6:30am. The second pickup spot will be in the parking lot of the Chase Bank that is across the street from the lightrail stop at Bethany Home Rd & Montibello. The van will be leaving at 7:15am, you will need to be there by 6:45am. Both vans will drop you off at these 2 locations at the end of the day. Event goes from 9am-4pm. You are allowed to bring bottle water in, plus sandwiches, medication, etc. If you have questions regarding this please contact Karen, [Karen@azspinal.org](mailto:Karen@azspinal.org). To register please contact the office, 602-507-4209.

## Chihuly in the Desert @ the Desert Botanical Gardens

AzSCIA has purchased tickets for Chihuly in the Desert on March 24th from 4pm-8pm at the Desert Botanical Gardens. We have limited tickets, so first come first serve! They are FREE, one ticket per consumer, plus 1 guest ticket as well. To reserve your ticket please RSVP by March 20th by calling the office, 602-507-4209. Transportation will be provided as well, but requests need to be made no later than March 20th as well.

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

More events and dates to come, so stay posted!!!

Thank you!

## Support Groups

### Flagstaff Support Group

When: Tuesday March 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 928-779-414

### Prescott Valley Support Group

When: Thursday March 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

### VOICE Support Group

When: Thursday March 13th 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](mailto:voicejw@yahoo.com) or [www.voice-az.com](http://www.voice-az.com).

### Women's Support Group "Kaleidoscope"

When: Wednesday March 19th 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](mailto:twocats345@msn.com) or by phone at 602-577-0517. Thank you!

### Men's Disability Issues Group

When: Thursday March 20th 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](mailto:donp@abil.org)

### Compass Support Group

When: Friday March 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](mailto:plstaples@msn.com)

### Tucson Support Group

When: Monday March 24th 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.

## 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](mailto:bruning4@msn.com).  
You can also call the Office of AZSCIA at 602-507-4209 or toll free at 888-889-2185



## Arizona Spinal Cord Injury Association

480.507.4209 (office)  
888-889-2185 (toll-free)  
602-507-4214 (fax)  
Email: [info@azspinal.org](mailto:info@azspinal.org)

5025 E Washington St #110  
Phoenix, AZ 85034  
[www.azspinal.org](http://www.azspinal.org)



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