



A Partner of Christopher &  
Dana Reeve Foundation



May 2015

We're on the Web!  
[www.azspinal.org](http://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.  
Ste.#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  
Community Partners.”*

# Member E-Newsletter

Arizona Spinal Cord Injury Association

Happy 16<sup>th</sup> Birthday to AZSCIA!!

We were founded on April 1, 1999. It's been an amazing journey. Thank you to all who we have crossed paths with, the consumers we have helped and continue to help along their new journey, the friendships made as well as our generous supporters and donors. We look forward to see what lies ahead. Whose lives we can enrich as well as change. Letting them know, that there is life after an injury!! Thank you.

Sincerely,

Paul. Staff & Board Members

*“Know me for my abilities, not my disability.”*

Robert Michael Hensel

THANK YOU to all of our consumers, family members, professionals, students and sponsors who attended our new education series: Wheeling Towards Independence- Empowering Individuals to Achieve Independence. It was a huge success! We look forward to returning in 2016!

**The Arizona Spinal Cord Injury Association Presents:  
"WHEELING TOWARDS INDEPENDENCE"  
Empowering Individuals to Achieve Independence**



Come join us for a free educational course designed to empower those with spinal cord injuries to achieve independence. This course was designed by consumers and family members for the benefit of our community. Come hear from top 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 injuries. Bring your knowledge, life experiences, and come share.

A light dinner will be provided.

**REGISTER TODAY!**

To Register: Call (602)-507-4209 or email Karen Halgren at [karen@azspinal.com](mailto:karen@azspinal.com)

**Nightly Schedule**

4:30-4:45: Register  
4:45-5:30: 1st Session  
5:30-5:45: Break  
5:45-6:30: 2nd Session  
6:30-7:00: Dinner  
7:00- 7:30: Panel Discussion  
7:00-7:30: Panel Discussion with Q&A

**Who Should Attend?**

- Individuals living with paralysis
- Family Members
- Caregivers
- Professionals
- Students

Where: The Disability Empowerment Center (DEC)  
Nina Mason Pulliam Conference Center, 5025 E Washington Street, Phoenix, AZ 85034

**Week 1- 3/31**

Session 1: Empowerment of Consumers  
Session 2: Gaining Independence through Employment

**Week 2- 4/7**

Session 1: Secondary Conditions of SCI  
Session 2: Medical Conditions and Pain Management

**Week 3- 4/21**

Session 1: Sexuality and Relationships after SCI  
Session 2: Psychosocial Aspects

**Week 4-4/28**

Session 1: Activities of Daily Living/Bladder & Bowel Management  
Session 2: The Therapist is In

**Week 5-5/5**

Session 1: Future Planning  
Session 2: Aging with SCI



# Monthly Support Groups

## Flagstaff Support Group

When: June 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 928-779-414

## Prescott Valley Support Group

When: Thursday May 14th 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](tel:928-759-8800)

## VOICE Support Group- Picnic

When: Thursday May 14th Time: 11:30am-1:30pm

Where: Saguaro Ranch Park 9802 North 59<sup>th</sup> Ave. Glendale 85302. Please bring something to share-side dish or dessert.

Description: West Valley cross disability support group, every second Thursday of the month.

Facilitator: Janene Werner, [602-814-9717](tel: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: Wed. May 20th Time: 5:30pm-7:00pm

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](tel:602-577-0517).

## Men's Disability Issues Group

When: Thursday May 21st 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](tel:602-980-3232) or [donp@abil.org](mailto:donp@abil.org)

## Compass Support Group

When: Friday May 15th 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](tel:480-628-3028) or [plstaples@msn.com](mailto:plstaples@msn.com)

## Tucson Support Group

When: Monday May 25th 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](tel:619-249-1885).



# **How you can help support AZSCIA**

## **Goodshop and Goodsearch**

Save money and help a good cause every time you shop! We have partnered with Goodshop so that now you can feel great about your online shopping! Goodshop gives you the best coupons for thousands of stores like Target, Apple, Amazon, Petco and more AND a percentage of what you spend on virtually every purchase is donated to the Arizona Spinal Cord Injury Association! Plus, with the Goodshop app for iPhone and iPad, you can shop, save, and give on the go. While there also use Good Search when searching the internet. They pay us one cent for each search! Adds up quickly. Thank you!

Free to sign up here: <http://www.goodsearch.com/goodshop>

## **Albertsons**

If you shop Albertsons, our organization will earn cash rewards based on our supporters sales. We can earn up to 5% of each sale every time you shop! Let us know if you would like one of the permanent cards and I'll be glad to drop it in the mail to you. Thank you in advance for your support!!! Thank you.



## **Do you shop on 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](https://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](https://smile.amazon.com). Thank you for your continued support! Just another way to help out.

# Arizona Spinal Cord Injury Association Transportation Services

## Program Changes

We have a new transportation service. All requests for transportation will now go through Jesus Rodriquez and his new company- All Valley Transportation Services. Please call Jesus for all your driving requests. [480-862-2784](tel:480-862-2784)

Jesus provides transportation to consumers 24 hours a day/7 days a week. He 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.

Jesus is well trained in defensive driving, wheelchair lift equipment, CPR, First Aid, and van operations.

His rates are extremely competitive, and will transport anywhere in the State..

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 Jesus at [480-862-2784](tel:480-862-2784) or send a detailed request to [jesus.azscia@outlook.com](mailto:jesus.azscia@outlook.com)

You can also call the Office of AZSCIA at [602-507-4209](tel:602-507-4209) or toll free at [888-889-2185](tel:888-889-2185) for more information.



## **Community Events**

### **\*\*\*Free Entrance Days into the National Parks\*\*\***

- August 25 National Park Service Birthday
- September 26 National Public Lands Day
- November 11 Veterans Day

### **\*\*\*Accessible Seating Klub\*\*\***

The Accessible Seating Klub was developed to help meet the specific seating needs of individuals with disabilities at both Chase Field (for DBacks games) and US Airways Center. Membership is FREE and benefits include:

- Reduced ticketing fees
- Pre-sales purchasing opportunities

To learn more about this Klub, please call Disability Services Manager, Nanette Bowles, at 602-462-6163 (Chase Field) or 602-379-7815 (US Airways Center) or via Video Phone at 623-208-7722.

If you have a specific feedback, questions or concerns, please email Nanette Bowles at [nbowles@suns.com](mailto:nbowles@suns.com).

Website <http://www.PHXsportsADA.com/>

Check out our new Facebook Page- <http://www.facebook.com/ASKAccessibleSeatingKlub>

They will have a table set up at the Health and Wellness Fair on April 24/25 at Spo Fit.

### **\*\*\*MovePHX \*\*\***

This could mean a light rail stop closer to the DEC!

Phoenix leaders promoting the \$31.7 billion transportation plan going to voters in August launched the MovePHX campaign Thursday to raise support for the tax it hinges on. [Read more-](#)

### **\*\*\*CITY OF PHOENIX NEEDS YOUR INPUT\*\*\***

The city of Phoenix needs your input to Keep Phoenix Moving.

Join the conversation from streets to bikes to buses to rail and beyond!

Help the city set priorities and potential future funding for transportation in the city of Phoenix.

Join us on [WWW.TALKTRANSPORTATION.ORG](http://WWW.TALKTRANSPORTATION.ORG) And win prizes!

Survey can be found here: <https://www.surveymonkey.com/s/talktransportation>



# Come Shoot with **THE NEXT STEP**

April 4<sup>th</sup>  
May 9<sup>th</sup>  
May 23<sup>rd</sup>

First time shooting after your disability or sharpening your skills with a disability? Join **THE NEXT STEP** at Shooter's World to explore the world of firearms!

- ✓ Try shooting, even if you haven't before.
- ✓ Range time paid for by The Next Step.
- ✓ Multiple dates available.
- ✓ Capacity is limited to 10 shooters. First to RSVP goes!
- ✓ One able-bodied person is recommended but not necessary, and guests are not required to shoot.
- ✓ A bench rest rifle setup will be available. Other reasonable accommodations can be made.
- ✓ NRA Instructor will be there to assist & oversee.
- ✓ Each person will receive two targets. Additional targets available for \$1-2 each
- ✓ Gun Rental is covered with purchase of ammo or you can bring your own gun and shoot your own ammo! This means you can try multiple firearms as long as you purchase the ammo.
- ✓ All shooter's will receive a %5 discount on ammo.

Contact Nic Danger or The Next Step  
[Facebook.com/thenextstep76](https://www.facebook.com/thenextstep76)  
[TheNextStep76@gmail.com](mailto:TheNextStep76@gmail.com)

Improving and Empowering Life After Injury  
Through Education & Recreation

**THE NEXT STEP**  
PEER MENTORING & MORE



## FAMILIES AFFECTED BY DISABILITY

**Joni and Friends *Family Retreat* at Bison Ranch! July 14-18, 2015**

Joni and Friends ***Family Retreat*** provides dynamic programs that refresh and strengthen families who live with disability. At ***Family Retreat*** you'll meet and fellowship with others who face similar concerns, you'll build lasting memories together as a family, and you'll gain a renewed hope in God all in a warm and accepting environment.

The Arizona ***Family Retreat*** takes place July 14-18, 2015 at beautiful Bison Retreat Center just 2.5 hours northeast of Phoenix. This newly renovated is a beautiful retreat center where folks can get away from the stress of everyday life.

The cost to attend ***Family Retreat*** is \$350.00 per person for the week which includes food, lodging and all activities. Children under the age of 6 are free. **Joni and Friends offers families scholarships up to 50% to help offset the cost.**



Ranch  
resort

For more information call **Cheryl** at **602-275-2568** to go to the website at: <http://www.joniandfriends.org/family-retreats/bison-ranch-2015/>

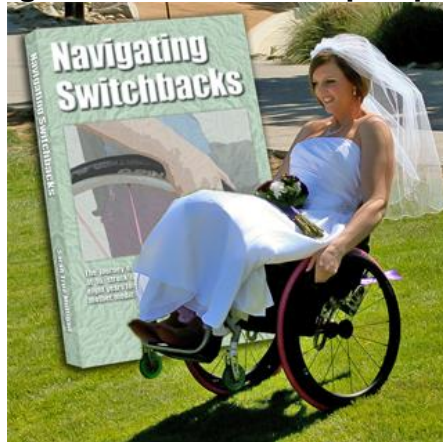
While searching the internet, I sometimes stumble on great stories such as these below. If you see or know of someone who has a great story to tell or share, please pass it on and I will include them in future issues.

- **Three celebrities in England** take part in an experiment to experience life in a Wheelchair.... <https://www.youtube.com/watch?v=WKAAwbxyjq8>
  
- Raising children from a wheelchair  
[https://www.youtube.com/watch?v=dWZI\\_wFwZnE](https://www.youtube.com/watch?v=dWZI_wFwZnE)



Sarah True is one of our awesome peer mentors and board members, as well as a medical student, mom of 2 adorable children, wife, and friend to many. She has written a book.

**Navigating Switchbacks from a Wheelchair**  
**A Yavapai College graduate's road from paraplegia to medical school**



After an accident put her in a wheelchair at 16, and a life-threatening hospital infection resulted in a near-death experience, Yavapai College graduate Sarah True Mulligan experienced an epiphany that taught her to turn setbacks into opportunities.

Sarah is a peer mentor for Paralyzed Veterans of American, Arizona Spinal Cord Injury Association, and others, but the number of people she can help on a one-to-one basis is limited. Her book, *Navigating Switchbacks*, is her way reaching out to thousands of others who need to learn to see the many open doors in their lives, instead of focusing solely on closed doors.

*Navigating Switchbacks* is to be released in the summer of 2015. Funding for the production and release of the book is being raised through crowdfunding on Indiegogo. Just four days into the 30-day campaign, Mulligan's project has raised 47% of her goal.

The daughter of John and Carol Wade of Dewey, Sarah is now a wife, mother, and medical student - all from a chair.

*Sarah True Mulligan has an Associate Degree from Yavapai College, a bachelor's degree in microbiology from Northern Arizona University, and is in her second year at the Southwest College of Naturopathic Medicine. Contributions to Mulligan's campaign can be made by going to [Indiegogo.com](http://Indiegogo.com) and clicking on the magnifying glass to search for *Navigating Switchbacks*.*

## Resources and Information on Spinal Cord Injuries

**Autonomic Dysreflexia and Spinal Cord Injury-** This video explains Autonomic Dysreflexia from the perspective of a person with a C6 C7 complete Spinal Cord Injury. How it can be dangerous if not treated urgently and why your average person should be aware of what goes on in the bodies of people with Spinal Cord Injury.

<https://www.youtube.com/watch?v=uQMyHfIQAkA>

Printable card to carry with you: [Autonomic Dysteflexia Card](#)

.....

### Clinical Trials for SCI

All Clinical Trials: <https://clinicaltrials.gov/>

.....

**The Paralysis Resource Guide** (third edition) is a **FREE** 442-page book, a comprehensive, illustrated information tool for people affected by paralysis and for those who care for them. The guide is available in multiple electronic formats and hard copy. All formats are free. Available in **English or Spanish**.

### Paralysis Resource Guide





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

The National Spinal Cord Injury Association [www.spinalcord.org](http://www.spinalcord.org)

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

If you would like to get involved, please go to our webpage here: [www.azspinal.org](http://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](mailto:karen@azspinal.org)

Thank you,

AZSCIA staff