



A Partner of Christopher &
Dana Reeve Foundation



November 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.”*

Member E-Newsletter

Arizona Spinal Cord Injury Association



Happy Fall

Hope everyone had an awesome summer. With the change of seasons, brings us cooler weather and the holidays, yeah! Whatever your plans are, we want to thank you all for your support at each and every event you attend and participate in. Safe travels where ever the road takes you. We have some fun activities coming up and look forward to seeing you all there.

Holiday Schedule:

Veterans Day Tuesday Nov. 11 Closed

Thanksgiving Nov. 27/28 Closed

Christmas December 25 Closed

New Year's January 1 Closed





Monthly Support Groups

Flagstaff Support Group

When: Tuesday Dec. 3rd 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 Nov. 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](tel:928-759-8800)

VOICE Support Group

When: Thursday Nov. 13th Time: 11:00am-1:30pm

Where: ABIL Office, 6829 North 57th Avenue Glendale, AZ

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 or www.voice-az.com.

Women's Support Group "Kaleidoscope"

When: Wednesday Nov. 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 or by phone at [602-577-0517](tel:602-577-0517).

Men's Disability Issues Group

When: Thursday Nov. 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](tel:602-980-3232) or donp@abil.org

Compass Support Group

When: Friday Nov. 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](tel:480-628-3028) or plstaples@msn.com

Tucson Support Group

When: Monday Nov 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](tel:619-249-1885).

Arizona Spinal Cord Injury Association Transportation Services

Program Changes

We have a new transportation service. All requests for transportation will now go through Jesus Rodriguez 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

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.



Upcoming AZSCIA Events

Tempe Fantasy of Light Parade

Date: Saturday Nov. 29, 2014

Time: 6pm

Come join us for the Tempe Fantasy of Light Parade 2014!! We will once again have our van decorated with hundreds of lights as well as all our wheelchair and walking participants! Theme this year is "Winter Wonderland". All parade participants must be lit up with lights. You can find battery operated lights in local stores as well as on Amazon- Battery Operated Christmas Lights (Smile. Amazon) If you would like to join us, please sign up here: Light Parade sign up



If you have any items we could borrow for the event to decorate the van or chairs with, please let us know-lights, snowflakes, snowmen, sleds, etc. Thank you! Hope to see you there!

We will also be in the Payson Light Parade the following Saturday Dec. 6th! Come join us there as well! Info and Registration

TOWN OF PAYSON ELECTRIC LIGHT PARADE

Date: Saturday, December 6, 2014

Time: 6 PM Rain or shine

Place: Historic Main Street

This is an annual event when Historic Main Street in Payson transforms into a magical holiday wonderland on the first Saturday of December. Rain or shine, watch the procession of floats, marching bands, music, and of course, Santa Claus himself!

Theme - **WILD WEST CHRISTMAS**

Save the dates!! New Education series coming this spring!

“Wheeling Towards Independence”

Empowering Individuals to Achieve Independence

Dates: 3-31, 4-7, 4-21, 4-28 and 5-5-14

Time: 4:30 – 7:30

More information to follow as we get closer. Hope you will all join US.

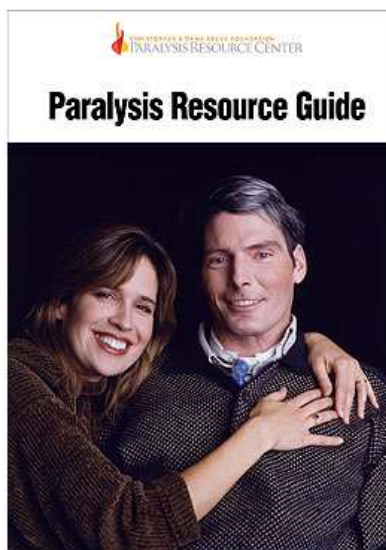
Do you shop Amazon? Why not support AzSCIA while getting a great deal!

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.



Thank you to everyone who came out to support our awesome athletes during Duel in the Desert. Everyone had a great time!



Paralysis Resource Guide

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.

Download your free copy in several formats from the Christopher and Dana Reeves Foundation: [Paralysis Resource Guide](#)

Upcoming 2014-2015 events with Az Disabled Sports

Adaptive sports and recreational programs provided for individuals with physical disabilities.

JV Wheelchair Basketball West Coast Conference Bid Regional

DATE(S): Friday, December 12 - Sunday, December 14, 2014

LOCATION: Virginia G. Piper Sport & Fitness Center, 5025 E. Washington St., Phoenix

EVENT DESCRIPTION: The Banner Wheelchair Jr. Suns will welcome teams from across the West Coast for the regional tournament sponsored by the Arizona Spinal Cord Injury Association, Banner Wheelchair Suns and Arizona Disabled Sports.

6th Annual Run, Walk & Roll 5K/10K

DATE: January 10, 2015

LOCATION: TBD

EVENT DESCRIPTION: This event is a 5K/10K race that also includes a .5mi kids fun run for youth ages 12 and younger and a 1 mile fitness walk. This is a fun event for all ages and ability levels. Visit www.runwalkrollaz.com for more information and registration.

For a list of all events thru AZDS, please check

here: <http://www.arizonadisabledsports.com/uploads/2014FallProgramSchedule.pdf>

Upcoming Community Events

Vision Rehabilitation and Assistive Technology Expo (VRATE)

Are you or someone you know experiencing vision loss or a combined vision and hearing loss? Are you looking for information or help with your vision problem or vision/hearing problem?

Then, mark your calendar for November 7, 2014, for the Vision Rehabilitation and Assistive Technology Expo (VRATE) at the Phoenix Convention Center in the South Building located at 33 South 3rd Street from 9:00 am to 4:00 pm. There will be about 20 speakers and 50 exhibitors presenting information and products that will be of great interest to you. This is a "FREE" event.

For all the information, please go here: <http://vrate.org>

Rehab Without Walls Farmers Market
Thursday, Nov. 20 9:30 - 2:00
7227 N. 16th St Phoenix, AZ

Rehab Without Walls Farmer's Market raises funds allowing spinal cord and brain injury survivors to experience the joy, excitement, and independence of a fully accessible mountain camp. Even more amazing, the market itself is the result of patients still in recovery, producing crafts, baked items, and working the event.

Come shop & treasure hunt, enjoy live music, beautiful weather (hopefully), have lunch, and enjoy being a part of the amazing brain and spinal cord injury communities.

****DISABILITY TO MOBILITY COMEDY FUNDRAISER 11/6****

Tempe Improv - Comedy fundraiser for the Disability to Mobility Foundation.

Actor/comedian Bryan Callen

November 6th

<http://www.disability2mobility.org/event/improv-night>

****LEARN ABOUT ILRS****

AZ Independent Living Rehabilitation Services (ILRS)...“No, it’s not Vocational Rehabilitation”

Learn about the AZ ILRS program & how it assists persons with disabilities reach their independent living goals. Discussion Topics include: overview of the program, how to apply, variety of services provided, who’s eligible, relationships with other organizations such as, ABIL & other CILs, SILC, and Vocational Rehabilitation. Bring your questions!

Guest Speaker: Susan DeNova, ILRS Counselor

Date/Time: Wednesday November 12th, 2014 - 3:00 p.m. - 5:00 p.m.

Location: Disability Empowerment Center (DEC), 5025 E. Washington, Phoenix, AZ 85034 - Classroom A - 2nd Floor

Teleconference: Interested individuals can attend this presentation in person or via teleconference call. In order to attend via conference call, please call David no later than Tuesday November 11th, 2014.

To register go to [http://abil.eventbrite.com/!](http://abil.eventbrite.com/) Contact David Carey at 602-443-0723 for questions or assistance.

****AZ ASSISTIVE TECHNOLOGY EXCHANGE****

"Sort of a Craigslist for assistive technology, adapted and durable medical equipment."
-Don

Arizona Assistive Technology Exchange (ATEX) - www.azATEXchange.org.

Your online resource for used assistive technology, adapted and durable medical equipment.

****IMPEDIMENTS TO FAIR HOUSING SURVEY****

Discuss needs and issues that relate to the preparation of the City's new Analysis of Impediments to Fair Housing Choice.

It will also be helpful for this process to receive as many completed online surveys from your colleagues, clients, and other organizations with which you work. Surveys are available in English and Spanish thorough November 30 at:

<https://www.surveymonkey.com/s/PhoenixAI>

<https://es.surveymonkey.com/s/PhoenixAIEspanol>

****DISABILITY RELATED TALK SHOW/PODCAST****

From our friend, Greg Smith, "The Strength Coach."

<http://webtalkradio.net/internet-talk-radio/timeout-with-the-strength-coach/>

****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

And win prizes!

****FEARLESS CAREGIVER CONFERENCE****

Overwhelmed by caregiving challenges?
Bring your questions to the experts.

November 12th, 2014

Church of Beatitudes

SE corner of 7th Ave and Glendale

Phoenix, AZ

8:30am - 2:30pm

Questions? 877-829-2734

Register now at www.caregiver.com

****6th Annual Will2Walk Golf Tournament @ Raven Golf Club in Phoenix, AZ****

Calling all golfers, sponsors and volunteers! The 6th Annual Will2Walk Golf Scramble will be held Saturday, November 15 at the Raven Golf Club in Phoenix, Arizona.

Proceeds from the tournament will benefit the new [Will2Walk Scholarship & Sponsorship Program](#), which is designed to provide funding to individuals and qualified organizations that exemplify how those with spinal cord injuries can live a healthy, active and independent lifestyle.

We hope we can count on your support—there are several ways to get involved:

- **Golf**—perfect your game by signing up as an individual golfer or team of four.
- **Sponsor**—support Will2Walk and promote your organization through a wide range of [sponsorship opportunities](#), from Tee Sponsor to Title Sponsor.
- **Dine**—enjoy a wonderful lunch and meet fellow Will2Walk supporters.
- **Volunteer**—assist Will2Walk staff with registration, work fun holes on the course, and more.

To golf, sponsor, or dine, simply follow the registration instructions below and submit payment online with a credit card or mail in a check.

To volunteer, contact Rich Hamill, rich@will2walk.org or (480) 231-7256.



SAVE THE DATE
Friday, December 5, 2014

DRIVING TO EXCEL

BONDURANT'S

Friday, December 5, 2014 • 3 to 7 p.m.

Event Details:
Cost is **\$45 for children under 18** and **\$88 for adults**.
Price includes a ride in a high performance vehicle with a professional driver and an opportunity to drive a Bondurant vehicle.

Registration:
To register or for more information, call **Barrow Connection at 602-406-6280**.

Proceeds from the event benefit the **Barrow Connection**, a program committed to bridging the gap between hospital and community for those with neurological disabilities. Learn more at www.thebarrow.org/connection or call 602-406-6280.

BONDURANT
SCHOOL OF HIGH PERFORMANCE DRIVING

LEEDEN
WHEELCHAIR
LIFT & SPORT

vmi
mobility center

DRIVING TO INDEPENDENCE

ABILITY CENTER
Elevating Your Quality of Life

BARROW
Neurological Institute

Tempe "Color Run"
Saturday January 25, 2015
Tempe Beach Park
80 West Rio Salado Parkway, Tempe, AZ 85281



Benefitting: Banner Children's Hospital & Special Olympics of Arizona.
Follow their website for more information <http://thecolorrun.com/tempe/> Karen Halgren will have a team set up- ColorMeFun- so if you would like to join in, go to the website and look for her team name, sign up then join the fun on January 24, 2015!

With fall upon us, it's perfect time to plant those cooler weather plants. 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!

Travel Training through Valley Metro

A travel instructor works one on one with people with teaching specific bus and light rail routes they they regularly travel. They goal is to teach new skills that will lead to greater indendence for each individual. This is a free service provided by Valley Metro. To discuss this program and it's benefits, please call 602-726-2108/602-726-2109 or email dsimmons@valleymetro.org.

Want Ads

For Sale:

Invacare Storm Model TDX3 Power Wheelchair

Purple / heavy duty. This is originally a \$25,000+ machine. It is 8 + years old, but was used for only 5 years and has been just sitting for the last 3 years. This chair was used by a woman in her 50's who weighed approx. 130 lbs. The span between the armrests is approximately 18 inches, so it could be used by a child, juvenile or adult. The weight capacity is 400 lbs. It has a high back and it fully reclines and tilts. It comes with a Roj cushion, charger and some extra parts (extra footrests, a 2nd electric control unit, etc.) Will also throw in a detachable tray that can be used for reading, activities and feeding. The controls are on the right side but could be switched to the left. Because it has been sitting, IT NEEDS A NEW BATTERY (approx. \$125). It also could use a new armrest and a wing nut for the headrest. Used ones have sold for \$10,000 or more. Located in Phoenix, AZ. Will deliver free to anywhere in the Valley. Asking only \$3500. Contact Dwayne at 602-257-9551



Transfer Machine for sale. Rand-Scot Easy Pivot Transfer Lift.

This is the home care model and the MSRP is \$2500. It is fully adjustable to accommodate different weights and heights with a max capacity of 6' 2" and 220 lbs. The base is also adjustable to accommodate different wheelchair widths. It can be used with either manual or power wheelchairs. This unit is 8 years old, but was not used for most of that time and is in excellent condition. It was designed to transfer someone from bed to wheelchair or wheelchair to bed and can also be used to transfer from wheelchair to shower chair, etc. This is a great alternative to a Hoyer. It takes much less time to transfer someone with this machine versus a Hoyer and it doesn't take up any more space than any other type of lift. Will sell cheap to a needy home. Contact Dwayne at 602-257-9551

For Sale:

Ford F150 Supercharged 2003 Harley Davidson Edition with hand controls, Bruno chair lift to place wheelchair in the bed of the truck, and a transfer seat that raises to make transfers to driver seat level and easy even for someone with limited transfer ability. The accessible conversions to this vehicle made it possible for me as a c5 quadriplegic with limited arm function, to drive and use equipment independently. This is a fast supercharged truck that is fully loaded with a DVD player, 20 inch rims, upgraded stereo, power steering, tilt-wheel plus cruise control, power windows and power panoramic moon roof. Black exterior, black and gray leather interior, excellent condition, 83,500 Miles. Asking \$13,500

Telephone: 480-586-4711 Email: JamesB.Laubham@CapitalAcctPC.com



Wanted:

If you have any clean usable medical supplies and equipment lying around collecting dust, we would gladly find a new home for them. Please consider donating your items to AZSCIA. Items can be dropped off at the office. 5025 E. Washington St. Ste#110 84034. Please call first to be sure we have someone here to help you unload them. Thank you!

If you have anything you would like included in the December newsletter, please send it in by Nov.20 Send it to karen@azspinal.org

Thank you!

AZSCIA Staff



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