



Arizona Spinal Cord Injury Association

Member E-Newsletter

A Partner of Christopher & Dana Reeve Foundation



January 2012

We're on the Web!

www.azspinal.org

Be our Friend!
Facebook –
Spinal Cord
Injury

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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."



AzSCIA Annual Empowerment Series starts in February and expands to Tucson!

Starting on February 2, 2011 AzSCIA will host the annual Empowerment Series for newly injured individuals! This is a course designed for new injuries, their family members, students and medial professional's continuing education. Each topic will focus on a different subject relevant to spinal cord injury. The evening includes a presentation by instructor Sue Wolf, group discussions and panel presentations; participation is free and the evening includes a free meal and transportation for those in need. Though the course is designed for new injuries we welcome anyone whose life has been affected by paralysis, including past participants.

This year in an exciting effort to expand we will be taking three of the empowerment classes on the road. Tucson here we come! On April 12th, 19th and 26th we will present the SCI Curriculum at HealthSouth Tucson Rehabilitation Hospital. The other nine modules will be presented in Phoenix at the Disability Empowerment Center as always and transportation will be provided for residents with in Maricopa County.

February 2 nd	Empowerment/ADLS panel	
February 9 th	Medical Aspects of SCI	
February 16 th	Secondary Conditions	
February 23 rd	Therapist is In Night	
March 1 st	Sexuality	
March 8 th	Psychosocial	
March 15 th	Legal Issues	
March 22 nd	Pain and Aging	
April 12 th	Empowerment/ADLS panel	TUCSON!
April 19 th	Alternative/Complimentary Medicine/Sleep	TUCSON!
April 26 th	Mobility and Recreation Fair	TUCSON!

Registration will open on December 1st! To register call 602-507-4209 or email info@azspinal.org! We welcome family members, students, medical professionals, past participants and members interested in becoming a mentor!



Save the Date! On July 26th, 27th and 28th, 2012 AzSCIA will be partnering with the Michael Finney Foundation for the 16th Annual Desert Heat Classic! A fundraiser for the association, this event will include a golf tournament, Chef's dinner, silent auction, raffle, magic and comedy night in addition to a stand up night! Stay tuned more details to come! We will also need volunteers, so mark your calendar!

Support Groups

Flagstaff Support Group

When: Tuesday, January 3rd, 2011 2:00PM-3:30PM

Where: FMC Training Offices 1000 N Humphreys

Description: Northern Arizona support group, Facilitator: Russ Bull 928-779-4147

Men's Disability Issues Group

When: Thursday January 10th, 5:30pm – 7:00pm

Where: Disability Empowerment Center, 5025 E. Washington St, Phoenix, AZ 85034 ([map](#))

Description for Men 18 and over. Disability Empowerment Center, CLASSROOM B

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

VOICE Support Group

When: Tuesday, January 10th, 2011 2:00PM-4:00PM

Where: Glendale Main Library, 5959 W. Brown Street in Glendale

Description: West Valley cross disability support group. Facilitator: Janene Werner, 602-814-9717
voicejw@yahoo.com or www.voice-az.com

Compass Support Group

When: Friday January 20th, 1:00PM-3:00PM

Where: Granite Reef Senior Center, Scottsdale

Description: East Valley Cross Disability Support Group, Facilitator: Pauline Staples, 602-241-1006

Tucson Support Group

When: Monday, January 30th, 2011

In 2011, the group will meet once a month on the last Monday of every month. The meetings will alternate between social meetings (which will include activities like bowling, coffee house, live music, go to the movies, etc.) and educational meetings (mobility, exercises fitness, urology, bowel care, etc.). The idea is to put people with SCI and their families in touch with others families who have had or are having similar life experiences. For details please contact Peter Hughes @ 520-579-0862 or email him at peter@azspinal.org

Women's Support Group, Maricopa County

When: Tuesday January 10th 2012, 6:30pm – 8:00pm

Where: Disability Empowerment Center, 5025 E. Washington St, Suite 110 Phoenix, AZ 85034 ([map](#))

Contact Karen@azspinal.org for more information

Members on a roll....



AzSCIA member and mentor Fred Thomas is training for the 2012 PF Chang's Rock and Roll Marathon! Fred was injured on July 3rd, 2005 in an auto accident. Fred's injuries included a brain injury and an incomplete spinal cord injury occurred at the C4/C5 level. Despite countless setbacks and illnesses Fred continued Physical Therapy on and off with the Neuro Institute, his condition gradually improved due in no small part to his dedication and commitment. Today Fred is still using a chair when necessary but he has made incredible strides in recovery and as a result has set a very ambitious goal to complete the PF Chang's Half Marathon on January 13th, 2012. Fred will also participate in the seven mile PH Chang's Fun Walk on January 7th! Channel 12 will be following Fred's progress so stay tuned! If you are interested in sponsoring Fred's walk you can contact him at 480-709-8998 or email flt_dsc@yahoo.com.

Free Tax Preparation Assistance

Wait for our Tax Site to Open Feb. 4th

Get 2011 Taxes Prepared for Free at ABIL Let us help you save your hard earned money!

Saturdays 9 am – 2 pm**February 4th – April 14th

Volunteer Tax Preparers will offer Federal and Arizona State tax preparation for any person with income less than \$50,270. Trained and certified volunteers will help people with basic tax returns here at the Disability Empowerment Center on Saturdays from 9:00am -2:00pm.

Save money by letting us do your tax preparation for free! ABIL's Volunteer Income Tax Assistance (VITA) site is in partnership with the City of Phoenix and the Internal Revenue Service (IRS). If you have a bank account, with Direct Deposit you can get your tax return within a few days. **Customers will be seen on a first come, first serve basis.**

If you have earned **anything** during 2011, even if you don't owe taxes, you may be eligible for several tax credits including the **Earned Income Tax Credit (EITC)**. You have to file to get the credits, even if you don't owe any taxes. It's worth it to wait until February!

Items to bring to the VITA site to have your tax return prepared:

- **Proof of identification**
- **Social Security Cards for you, your spouse and dependents** and/or a Social Security Number verification letter issued by the Social Security Administration
 - Or Individual Taxpayer Identification Number (ITIN) assignment letter for you, your spouse and dependents
 - Proof of foreign status, if applying for an ITIN
- **Birth dates for you, your spouse and dependents on the tax return**
- **Wage and earning statement(s)** Form W-2, W-2G, 1099-R, from all employers
- **Interest and dividend statements** from banks (Forms 1099)
- **Proof of bank account routing numbers and account numbers for Direct Deposit, such as a blank check**
- Last year's federal and state returns if available – copy is fine
- **If you pay for childcare:** Total paid for daycare provider and the daycare provider's tax identifying number (the provider's Social Security Number or the provider's business Employer Identification Number)
- **Married-filing-joint tax return:** To file taxes electronically, both spouses must be present to sign the required forms.

Don't Give Your \$ Money \$ Away!

For reasonable accommodations or sign language interpretation contact John Beaubien at johnb@abil.org or call 602-443-0720

Stress-We all have it, but what do we do with IT?

Recognizing when you are stressed and managing your stress can greatly improve your life

Stress is your body's way of responding to any kind of demand. It can be caused by both good and bad experiences. When people feel stressed by something going on around them, their bodies react by releasing chemicals into the blood.

Many different things can cause stress -- from physical (such as fear of something dangerous) to emotional (such as worry over your family or job.) Identifying what may be causing you stress is often the first step in learning how to better deal with your stress. Some of the most common sources of stress are: stress triggers.

Stress triggers usually fall into the following categories: Emotional triggers, Family triggers, and Social triggers.

Mattie Cummins, Executive Director of the Brain Injury Association of Arizona, and Karen Halgren, Community Resource Specialist with the Arizona Spinal Cord Injury Association, will lead participants in a discussion of what is stress, how we handle stress and how to identify stress triggers in life.

January 17, 2012 at 10:00am to 11:30 or 1:00pm to 2:30 (chose one)

Arizona Bridge to Independent Living

Conference room 2

5025 E. Washington

Phoenix, Arizona 85034

Make your reservation today by calling Lyne at (602) 296-0534

Transportation is provided by the Arizona Spinal Cord Association. To make a reservation contact Mike Bruning at (602) 703-2199 or e-mail Mike at

bruning4@msn.com. Transportation is on a first come basis.

AzSCIA and Arizona Bridge to Independent Living are partnering to offer a series of Independent Living Classes! **Transportation will be provided free of charge.** Classes will take place on the 3rd Tuesday of Every Month. There are two classes 10:00am-Noon or 1:00pm-3:00pm!

To make reservations for the classes contact Lyne at:

(602) 296-0534.

To make reservations for transportation call Michael Bruning at:

(602)-703-2199.

1/17 Stress
2/21 Survival Manual
3/20 Chef's Cooking Class
4/17 People first
5/15 Gifted Hand's Movie
6/19 Time Management
7/4 4th of July Celebration
8/21 27 Hours

The Box Seat!

Ingenious Innovation that keeps on Giving! 100% of the net proceeds support spinal cord injury research and development through the Christopher and Dana Reeves Foundation!

The Box seat is a recyclable, lightweight and portable events seat offering welcome comfort for those on the run! The box seat offers the perfect resting space, compact & convenient, yet hefty enough to support a 300 pounds! Keep it handy in your car, home, RV or trunk! The box seat is perfectly portable for soccer moms, tail gaters and parade goers, marathon fans, etc. Ideal at any sporting event or concert!

For corporate sponsors, it's also the high-profile showcase opportunity for a company name or branded product. And at the same time box seat supports a great cause! 100% of the Box Seat Net proceeds are dedicated to spinal cord injury research through the Christopher and Dana Reeves Foundation thanks to the generosity of the box seats inventor Coach Glen Henry! For information about this product visit www.theboxseat.com another innovative product from WHO! International Sales@whogifts.com

The Disability Empowerment Center is looking for volunteers and interns! Check out what opportunities are available.

SpoFit's mission is to provide exceptional adaptive sports, recreation, aquatic, and fitness programs that promote the independence, health, and overall well-being of people with disabilities and their family members.

We are located at:

5031 E. Washington St.

Phoenix, AZ 85034

Website: spofit.org

For more information contact:

Jessica Amato

Phone: (602)-386-4285

Email: jessicaa@abil.org

If you are interested in volunteering for the Arizona Spinal Cord Injury Association Fundraising and Charitable Giving Committee Please contact info@azspinal.org we are looking for dedicated individuals who are willing to challenge themselves in these difficult economic times and raise funds for a cause they believe in!

****CITY OF SURPRISE SPORTS AND REC PROGRAMS****

City of Surprise Adaptive Recreation
Please do not delay programs are starting soon!

<http://surpriserec.surpriseaz.com/Start/Start.asp?SCheck=96231245&SDT=39568.5354948727>

LOW COST ACCESSIBLE TRANSPORTATION

Use the Arizona Spinal Cord Injury Association for Your accessible transportation needs! We will take You to doctor's appointments, grocery shopping, social outings with friends and family! Our drivers are available 24/7 and 365 days a year! Rent a van for family road trips!



Our drivers are all emergency prepared professionals and they will take you wherever you want to go!

For information or quotes call 602-703-2199 or
email Bruning4@msn.com

8 ways to support the Arizona Spinal Cord Injury Association in 2012

1. Make an online Holiday Gift Donation today at www.azspinal.org , click on meet AzSCIA and then Donate.
2. Give through Payroll Deduction! Our partner Community Health Charities will arrange for automatic withdrawal at whatever amount you request.
3. Donate an auction item for the Dry Heat Classic fundraiser! We are seeking items for the silent auction and raffle.
4. Corporate sponsorship! Contact Micaela@azspinal.org for more information.
5. Volunteer to help on an event or committee! Contact info@azspinal.org to volunteer.
6. Host your own Fundraiser with friends, family or the office. Contact 602-507-4209 if you need help organizing your fundraiser.
7. Make an In-Kind donation of goods and services.
8. Make a tax free donation using your IRA if you are 70 or older.



Are you an SCI patient on Mercy Care? Do you love your doctor? I'm looking for referrals for a PCP, urologist and neurologist with spinal cord injury experience who takes Mercy Care insurance; doctors with a good working knowledge of secondary medical conditions like UTIs, spasticity, pressure sores, etc. Any recommendations please email our Community Resource Specialist Karen Halgren at Karen@azspinal.org

ABIL Soc/Rec Events

Thursday February 2, 12:00pm-3:00pm Bowling

(Bring extra money or pack your own lunch) Bowling ramps will be provided. 3049 E. Indian School Road Phoenix, Cost \$6.56 unlimited games for two hours (price includes shoe rental).

Thursday February 9th, 10:30am-1:30pm Game Day

(Bring \$3 for pizza or your own lunch) Bring your own cards, board games or other games to play. 5025 E. Washington Street Phoenix

Wednesday February 15th, 10:30am-1:30pm Cooking Group

Learn new recipes, skills and socialize with others over a great meal. 5025 E. Washington St. Phoenix Cost: Consumers assist by bringing ingredients for lunch.

Thursday February 23rd, 10:00am-2:00pm Movie at ABIL

(Bring \$3 for pizza or your own lunch) Popcorn and soda will be provided. 5025 E. Washington Street Phoenix, AZ



**Transportation is limited. Please RSVP at your earliest convenience.*

Consumers must be 18+ or be their own legal guardian for transportation.

ABIL requests \$2 each way for transportation provided by ABIL



Join the Red Means Stop Campaign

Pamela and Ty Woods lead the San Tan Valley Chapter in Queen Creek, Arizona and they are currently recruiting new members. They are the grandparents of Shaun Doss who suffered serious injuries when a red light runner hit the van he was traveling in with his family. Shaun is confined to a wheelchair.

.Contact Pam and Ty in Queen Creek, Arizona by email at woodsmrs@gmail.com or by phone at the Red Means Stop Office – (480)305-7900

Adaptive Rec Upcoming Events!

Run, Walk and Roll 5K/10K

[Event Info](#)

Saturday, January 7
7:00am-11:00am
Tempe Beach Park

****AZ DISABLED SPORTS WINTER-SPRING PROGRAMS****

AzDS Winter-Spring Programs
Register TODAY!

The adaptive opportunities available for people with physical disabilities include Swimming, track & field, archery, power soccer and wheelchair basketball.

Online registration available through Active.com:

PC Winter-Spring Registration 2012 http://www.active.com/event_detail.cfm?event_id=1994274

To view the program schedule, please see attachment.

AZ Paralympic Experience - Track, Field and Archery

[Event Info](#)

Saturday, January 14
8:00am-12:00pm
Mesa High School

SkiAble Adaptive Alpine Experience- "SkiAble" provides alpine skiing instruction to individuals with physical and/or sensory impairments.

The learn to ski program that includes adapted ski equipment, certified ski instructors and trained volunteers. Register online today <http://www.active.com/skiing/greer-az/skiable-adaptive-alpine-experience-2012> or contact lanc@arizonadisabledsports.com for the paper registration.

[Event Info](#)

Sun-Mon, Feb 12-14
Sunrise Ski Park, Greer

For more information go to: www.mesadisabledsports.com/

The Virginia G. Piper Sports & Fitness Center for Persons with Disabilities (SpoFit) opened on October 31st, 2011. The center is designed to provide health, fitness and recreation programs to individuals with disabilities and their families, and will also serve as a venue for local, national and international adaptive sporting events. The spectacular new center is co-located with the Disability Empowerment Center (DEC) in Phoenix, Arizona. The DEC and the SpoFit are owned and managed by Arizona Bridge to Independent Living (ABIL). In addition to ABIL, eleven other disability services organizations call the DEC home. The Disability Empowerment Center and the Virginia G. Piper Sports & Fitness Center comprise the first co-located, universally-designed (accessible) facilities of their kind in the United States.

The SpoFit is one of two centers in the U.S. that is specifically designed for individuals with disabilities, and the only center of its kind in the Western United States. It features two full-size sport courts, an indoor suspended track, rock climbing wall, fitness center/weight room, group fitness room and an aquatic center. The sport courts have both 10' and 8' hoops to allow youth to play more competitive basketball. The courts will also accommodate sit volleyball, power soccer, quad rugby and other team sports. The one-of-a-kind fitness center is located on the second floor. The spacious work-out center includes an accessible line of CYBEX weight-training and fitness equipment. The aquatic center contains a lap pool, therapy pool and spa. All three pools are accessible by chairlift. The lap pool and therapy pools also provide entry by elevator. The lap pool is designed with a lowered bench for transferring directly from a wheelchair to the water. The center's aquatic program will begin operating in March of 2012.

The center is home to the Phoenix wheelchair rugby team, whose roster includes numerous gold-medal Paralympians, and the Banner Phoenix Wheelchair Suns and Banner Phoenix Wheelchair Mercury basketball teams. In addition to team practices and tournaments, the SpoFit will host various clinics, such as sit volleyball and Warrior Games for veterans. The facility will hold group fitness classes such as sit yoga and zumba dance, and host educational nutrition and fitness classes, such as weight training basics. The facility offers health and fitness opportunities for both young and old, individual and team, and beginning and practicing athletes and fitness enthusiasts. The center is staffed by experienced individuals who are knowledgeable in disability and adaptive recreation programs. Amber Blanchard, SpoFit Manager, is a certified therapeutic recreation specialist (CTRS) with over twelve years experience as a therapeutic recreation program coordinator and adaptive sports board member.

Individual memberships may be purchased on a monthly or yearly basis, with youth, adult and senior pricing. Adult individual memberships are \$35/month. Family memberships and group rates are also available. Individuals or families may also pay per visit or purchase a punch pass good for twelve visits. Financial assistance is available for those who qualify; scholarship applications may be requested. Various areas of the SpoFit are available for rent for programs and activities for persons with disabilities, including the sport courts, group fitness room and aquatic center once it is open. Contact us about program, membership, scholarship and rental information at www.spofit.org or by calling the SpoFit at 602-386-4566. Email us at spofitinfo@abil.org.

Membership Options:

Partner Punch Pass – Can be used by multiple members of an organization.

Punch Pass 100 – Discounted rate for large groups, good for 100 visits

Punch Pass – 12 visits good for one year

Annual – Member pays full cost up front. Receive 15% discount off monthly rate.

Drop-In – 1 day use

Monthly – Member is set up on draft where same amount will be deducted from account each month. First and last month are due when you registrar.

+1 – Add an additional member to your account

Family – Good for up to 6 people in the same household

<u>Partner Punch Pass 12 visits</u>	\$60
<u>Partner Punch Pass 100 visits</u>	\$300
<u>Adult (19+) Punch Pass</u>	\$60
<u>Adult Annual (19+)</u>	\$357
<u>Adult Annual +1</u>	\$510
<u>Adult Daily Drop-In (19+)</u>	\$6
<u>Adult Monthly (19+)</u>	\$35
<u>Adult Monthly +1</u>	\$50
<u>Family Annual</u>	\$612
<u>Family Daily Drop-In</u>	\$16
<u>Family Monthly</u>	\$60
<u>Senior (62+) Punch Pass</u>	\$50
<u>Senior Annual (62+)</u>	\$306
<u>Senior Annual +1</u>	\$459
<u>Senior Daily Drop-In (62+)</u>	\$5
<u>Senior Monthly +1</u>	\$45
<u>Senior Monthly(62+)</u>	\$30

CLASSIFIED Ads

Permobil power chair w/cushion, has tilt asking \$2000 OBO

Edema pump for the leg asking \$100 OBO

EX Stand with strap \$500 OBO

Hill Rom, full electric bed w/ Prime air mattress \$1000 OBO

Manual chair 19" seat and walker- asking \$150 for both OBO

Trans lift fully electric stand asking \$250 OBO

Invacare Hoyer lift asking \$200 OBO

Bedside table \$75 OBO

1997 Dodge Super Caravan fully equipped 35,000 miles asking \$9,000

Please contact Jim Hyatt at 602-403-5383

Almost new Invacare TDX SP Power Wheelchair that was used less than 1 year, black with red accents. It has 4 automatic modes: indoor, outdoor, attendant, and seating. It has everything; tilt, leg supports, side supports, arm troughs, footrest, full body extension and much more. It also comes with battery pack rechargeable unit, all manuals, instructions, and extra seat cushion. Fits in handicap van, original purchase price was over \$27,000 asking just \$9,000.

Karen Jones; ksj89318@gmail.com; 480-497-0917



Custom manual wheelchair, Sunrise Quickie Iris, 14" wide by 19". Deep (adjustable), infinite tilt, separate recliner, adjustable and removable arms, head rest, leg and foot pads, seat and back cushions with custom features and lumbar support, removable tray. Like new condition. **For more information call Wendy at 480-661-2133 (after noon).**

Prone Standing Wheelchair FOR SALE! It is an Easy Stand Evolv Designed to help users stand easily in three steps. There are several studies that clearly demonstrate that passive standing can have significant effects on long term health.

We are asking \$2000 OBO for an Easy Stand Evolv, prone standing (manual) wheelchair. It was purchased new with all the extras in 2009. The stand was used for about 3 months inside our home (not outside). People interested can reach me at DeDe@asu.edu.

Hoyer lift and a manual wheel chair. The hooyer lift is brand new but its about 3 years old. I bought it for Bryan a while back he used it maybe twice but has just never liked a hooyer lift. **I paid like \$1500 for but I am willing to take \$500 or less** I just need to get rid of it. The **wheel chair** is similar the yellow wheel chair Bryan has had forever , not sure you remember what it looks like but **it does not have big wheels and can be easily converted to a power chair in fact I might have a battery to go with it. That I will give to someone for \$75 again we paid like \$10,000** for the chair we got it as a second chair for Bryan I say he sat in it like maybe five times. I just cannot store this items any longer. If you know anyone interested please have them email me at hamill@hotmail.com

Upcoming e-news information.....

If there is anything that you would like to share with your fellow members, please contact Micaela Cheatham (Micaela@azspinal.org). She will ensure that the information will be posted on the e-news.

THANK YOU!