



Arizona Spinal Cord
Injury Association

AZSCIA E-NEWS

January 16, 2006

*"A monthly update
on the happenings
and upcoming
events in the
association."*

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Injury Association
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We're on the Web!
www.azspinal.org

2006 Spinal Cord Injury Empowerment Course

The series will begin January 11, 2006 – April 5, 2006. Listed below are the class dates and topics. If you are interested in attending the classes, please contact the Governor's Council on Spinal and Head Injuries at 602-863-0484. It is not too late to register. Also, if you need transportation to St Joseph's Hospital in Phoenix, please call us at 602-239-5929 and we will make arrangements.

January 11	Empowerment
January 18	Activities of Daily Living
January 25	Medical Aspects
February 1	Subsequent Conditions
February 8	Wellness
February 15	Psychosocial Issues
February 22	Sexuality
March 1	Mobility Issues and Resources
March 8	Mobility Health Fair
March 15	The Therapist is In
March 22	Aging and SCI
March 29	Planning For Your Future
April 5	Women's Wellness (Special Session for Women Only)

Gift Baskets

We are selling gift baskets for \$29.95 (shipping/handling included). The gift basket will include: 2 16ozs of Sun Artisans' Odor Eliminator pump spray, 1 sports bottle, and other promotional items.

The gift basket will make a great gift. If you are interested in purchasing a gift basket, please email your request to sales@sunartisans.com or call the office.



2006 Calendar of Events

Saturday, February 18, 2006
Medtronics Presents: Movements For Living

10:00AM – 12:00PM

HEALTHSOUTH

9630 E Shea Blvd

Scottsdale, AZ

Presentation by Dr. Mosely

Saturday, March 11, 2006 *

Day At The Beach Picnic

Tempe Town Lake

Fishing, Volleyball, Sailing and BBQ

Friday, March 17, 2006*

St. Patty's Tempe Event

Tempe Town Lake & Mill Ave

April 2006

Over-The-Line Wheelchair Softball Tournament *

North Phoenix Baptist Church

Fishing Has No Boundaries*

Bartlett Lake Marina

May 18-21, 2006

1st Annual Spinal Cord Injury Retreat

Whispering Hope Ranch

Payson, AZ

Friday & Saturday, June 2-3, 2006

10th Year Anniversary of Day at the Lake

Bartlett Lake Marina

July 2006

Progressive Dinner*

Patriotic Event*

Batting Cages Outing*

August 2006

Laughlin Ramada Inn – Road Trip*

September 2006

Accessible Trails – Hiking or Hand Cycling*

October 2006

Western Dancing at Rockin Rodeo*

Haunted House*

November 2006

Kartchner Cavern*

AzSCIA Annual Conference

December 2006

Zoo Lights*

2nd Annual Holiday Light Tour

* Subject to change

Women's SCI Support Group

The next meeting will be held on Tuesday, February 7, 2006, 6:30PM at the Banner Good Samaritan Hospital, South Community Conference Room. For

more information, please contact Jill Greenlee, CTRS, at 602-239-3307.

2006 Traumatic Brain Injury Rights & Resources Conference

"Navigating the TBI Service System: A Compass for You and Your Family".
Please save the dates of Wednesday, April 19, 2006 and Thursday, April 20, 2006. The conference will be held at the Black Canyon Conference Center, 9440 N 25th Avenue in Phoenix. For more information, please visit the Governor's Council on Spinal and Head Injuries, www.azheadspine.org or call 623-322-6092.

Interested in Free LASIK for Quadriplegics?

At the Maloney Vision Institute, we recently instituted a Quadriplegic LASIK program, which allows quads to have LASIK for free. We either do the surgery at our facility in Los Angeles or we help find a surgeon near where the patient lives. We were recently profiled in August 2005 New Mobility Magazine --- www.maloneyvision.com/why/mobility2.pdf. Find out more at the Maloney Vision Institute's Focus On Independence site <http://www.maloneyvision.com/why/focusonindependence.html>. You may also call 1-877-EYESIGHT or 310-208-3937.

You maybe familiar with Dr. Robert Maloney, he is a world famous ophthalmologist and the exclusive LASIK Surgeon for the hit ABC TV Show Extreme Makeover.

Upcoming e-news information.....

If there is anything that you would like to share with your fellow members, please contact Vangie Mortenson. She will ensure that the information will be posted on the e-news.

THANK YOU!