



A Chapter of Christopher &
Dana Reeve Foundation



March 2011

We're on the
Web!

www.azspinal.org

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Spinal Cord
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Cord Injury
Association

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Phoenix, AZ 85034
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*“A monthly update on the
happenings and upcoming events
in the Association and
Community Partners.”*

Member E-Newsletter

Arizona Spinal Cord Injury Association

Online Annual Evaluation and Website Feedback

The Arizona Spinal Cord Injury Association would like to request that you spend a few minutes answering questions about the overall evaluation of the Association and also the Web Site and its accessibility.

Visit www.azspinal.org, on the Main Menu, click on the Feedback Section tab. The Program Evaluation consists of 23 questions and will take approximately 15 minutes. The Website Feedback consists of 16 questions and will take 10 minutes to complete.

The deadline to receive your response is Saturday, April 30, 2011.

Rays Of Hope

Sponsored by the Arizona Governor's Council on Spinal and Head Injuries and the Brain Injury Association of Arizona. A Conference for Brain Injury Survivors and Families.

Date: Friday, March 4, 2011

Time: 8:00AM - 3:00PM

Location: Desert Willow Conference Center, 4340 E Cotton Center Blvd., Phoenix, AZ 85040

The conference is an opportunity for survivors of brain injury and family members and caregivers to learn about:

- Living with a Brain Injury
- Helping a family member who has a Brain Injury
- Resources and support in your community
- Coping with depression, grief and loss
- Navigating the journey of brain injury from other survivors and family members

For more information, visit the website at www.biaaz.org or contact the Brain Injury Association of Arizona at 602-508-8024 or 888-500-9165 or by email at burgan@biaaz.org.

Border Conference on Disability

Date: Friday, March 4, 2011

Date March 5, 2011 - **Optional trip to Nogales, Sonora to visit disability related projects and programs

Time: 9:00AM - 4:30PM

Location: The Quality Inn in Nogales

Sponsored by the Sonoran University Center for Excellence in Developmental Disabilities in conjunction with the Arizona DD Network, Arizona Department of Economic Security Division of Developmental Disabilities, and the Southeast Arizona Area Health Education Center.

Join people with disabilities, their families and providers in a daylong conference addressing life for people with disabilities living along the Arizona/Mexico border. Teleconference participation is available in Yuma and Douglas.

Power Soccer Tournament

Dates: Friday, March 4th – Sunday, March 6th

Location: Arizona State University – Tempe campus, Student Recreation Complex, Maroon Gym, PE West Gym (located east of Memorial Union)

Time: Games begin Friday at Noon

Come see teams from around the country, and learn more about the fastest growing sport for power wheelchair users! For more information about power soccer, or the tournament, e-mail: asupowersoccer@gmail.com.

SCI Women's Support Group

The next meeting is scheduled for Tuesday, March 8, 2011. We will have a sex talk with Dr. Chelsie Reed, <http://www.atinnerpeace.com>. The group meets from 6:30PM – 8:00PM in the Arizona Spinal Cord Injury Association's Conference Room, 5025 E Washington Street, Ste. 110, Phoenix, AZ 85034. If you have any questions, please contact Jill Greenlee Sclase at 480-363-5880 or jsclease13@cox.net.

Cribbage Tournament

Date: Saturday, March 12, 2011

Time: 9:00AM – 2:00PM

Location: Disability Empowerment Center (DEC), 5025 E Washington Street, Phoenix, AZ 85034 in Nina Mason Conference Center 1 & 2.

Sponsored by Symbius Medical and Arizona Spinal Cord Injury Association. Please contact Gary Hershey at GHershey@symbiusmedical.com to reserve your space.

Chandler Section 8 Housing

Date: 3/7/2011 – 3/11/2011

The City of Chandler's Section 8 waiting list will be opening. Individuals looking to apply can visit the housing website <http://affordablehousing.chandleraz.gov> and look under forms to download the "preapplication". Currently only the public housing application is available as we take ongoing applications for the public/conventional housing program. The application must still be printed and either faxed, mailed or dropped off at the housing office. The Section 8 /Housing Choice voucher applications will be available the morning of March 7th. People also may apply in person at the housing office located at 235 S Arizona Ave (off of Frye road) from 8am-4pm.

For information, please call 480-782-3246.

Bajada Nature Trail

East of Thompson Peak Parkway between Bell Road and Union Hills Drive.

Date: Saturday, March 26, 2011

Time: 9:00AM – 11:00AM

Location: Gateway to the McDowell Sonoran Preserve, 18333 N Thompson Peak Pkwy, Scottsdale, AZ 85255

Explore the Bajada Nature Trail at your own pace and visit with Nature Guide volunteers. The Bajada Trail was built for all to enjoy -- from young children to the elderly, and for those with physical challenges. The half-mile trail exceeds many ADA standards. It offers an innovative, interactive nature experience for those who want to learn more about Arizona's unique Sonoran Desert.

The Bajada Trail was made possible through the generous support of longtime McDowell Sonoran Preserve advocates, the Richard and Christine Kovach Family and the McDowell Sonoran Conservancy.

Also, a landscape photography seminar will be lead by Loren Worthington. Bring your camera and explore amateur photography!

Length: 1 mile
 Slope: Avg. 2%, Max 5%
 Cross Slope: Less than 1%
 Pinch Point: 34 inches
 Surface: Solid, hard, some pebbles

Hats, water, and sunscreen recommended. Also, dress appropriately. We will have a light snack available.

To register for this free event, please call the AzSCIA at 602-507-4209. Be sure and tell us you're registering for the trail and if you will be riding with us or driving to the trail. Due to budget cuts, we will only have a bus available for transportation leaving from the Disability Empowerment Center. So if you'd like to join us, please meet us at the DEC by 8:00AM so we have time to load up and head off to the trail.

For more information on the trail itself, contact the McDowell Sonoran Conservancy at 480-998-7971.

Transportation is provided from the Disability Empowerment Center to McDowell Sonoran Preserve, or we will meet you at the trail hike.

Phoenix Sister Cities International Competition for Writers with Disabilities

Eligibility: Persons 19 years of age and older with a disability residing in Maricopa County, Arizona or one of Phoenix Arizona's nine sister cities: Calgary, Canada; Catania, Italy; Chengdu, China; Ennis, Ireland; Grenoble, France; Hermosillo, Mexico; Himeji, Japan; Ramat-Gan, Israel; and Taipei, Taiwan.

Type of Writing: Poems of 32 lines or less written in English.

Theme: One World, One Place, One Home

Entry Fee: \$15 per entrant for residents of Maricopa County. No fee for residents of Phoenix's nine sister cities.

Submittal Requirements:

- Poems are required to be submitted by e-mail as Word or Adobe files or other formats if accommodation is requested. E-Mail to mjtrunzo@mindspring.com
- Poems must be submitted with a cover note listing the author's name, address and phone number.
- The name must not be on the poem itself.
- Style is open.
- Subject matter is open, but must be consistent with the theme.
- Entries not conforming to contest rules will be disqualified; entry fees will not be returned.

Judging: A panel of judges will evaluate entries on the basis of theme interpretation, composition and originality. During the judging, artists' names and communities are kept confidential.

Due Date: Friday, April 15, 2011

Prizes: 1st Place \$500, 2nd Place \$300 and 3rd Place \$150. (Limit one cash award per writer) Trophies will be provided to the winners and a certificate of participation will be provided to all entrants. Trophies will also be provided to top three entries from residents of Phoenix Sister Cities.

Publication: Poems will be published on Phoenix Sister Cities Website and made available internationally.

Awards Event: Friday June 10, 2011, 7:00 p.m.

Contact: Mary Jane Trunzo at mjtrunzo@mindspring.com or call 602-224-0202.

Banner Wheelchair Suns/Mercury/Junior Suns

2011 SEASON

March 4-6, 2011	At West Coast Conference Championship, Seattle, WA	Junior Suns
March 18-20, 2011	At Las Vegas Tournament	Suns
April 6-11, 2011	National Wheelchair Basketball Championships Denver, CO	Suns, Junior Suns & Mercury

The Suns and the Mercury will be playing other tournaments in Tucson dates TBD. For more information contact Gary W. Venjohn at 602-790-7909 or gwvenjohn@cox.net.

Save The Date - Walk For NAMI

National Alliance on Mental Illness (NAMI) will be having their annual walk at the Tempe Town Lake, Beach Park on Sunday, March 27, 2011. The hours are from Noon to 4:00PM and there will be no entry fee.

A great opportunity to promote awareness. Wear your organization's team shirts and join 4,000 walkers!

For more information, please visit www.namiaz.org, walk@namiphoenix.org or call 602-244-8166.

7th Annual American Indian Disability Summit

"Gathering Native Voices to Support Families and Youth with Disabilities in Building a Strong 7th Generation".

Summit will be held at the Sheraton Phoenix Airport Hotel Tempe, 1600 S 52nd St., Tempe, AZ 85281 on Friday, April 1, 2011. For more information, please call 602-443-0707, 602-443-0708 or 602-495-7521.

No fragrances please, to accommodate those with chemical sensitivities. Everyone welcome!!

2nd Annual Disability Empowerment Center Health and Wellness Fair

"A Healthy Today for a Better Tomorrow"

The 12 agencies of the Disability Empowerment Center of Arizona (DEC) are pleased to announce their sponsorship of a community Health & Wellness Fair. The 2011 Fair will offer multiple education and exhibition opportunities to the general public and healthcare professionals who are in search for answers to the complex questions surrounding chronic illnesses and disabilities.

The day-long fair will feature five presentations held here in the Nina Mason Pulliam Conference Center on the topics of assistive technology, depression in chronic illness, naturopathic medicine, diabetes, and relationships & intimacy; as well as, fitness demonstrations, health screenings, healthy, but inexpensive cooking demonstrations and an exposition of community partners.

Date: Saturday, April 9, 2011

Time: 9:00AM - 4:00PM

Location: Disability Empowerment Center, 5025 E Washington St., Phoenix, AZ 85034

Cost: Free to attend. Bring your appetite, lunch available for purchase for the low price of \$5, courtesy of Carrabba's Italian Grill. That includes Chicken Marsala, Penne Pomodoro, Caesar Salad, and Focaccia Bread.

For more information, please visit <http://www.abil.org/Wellness>

Valley Metro Seeks Trainers

Do you have a disability? Do you regularly travel on Valley Metro buses in the city of Phoenix? Are you comfortable speaking to groups of up to 25 people? If you've answered YES, then read on! The Arizona Center for Disability Law is seeking Phoenix bus passengers with disabilities to participate in a disability awareness training program. You must be able to talk briefly about your disability, some highlights or challenges you've encountered along the way, the people and places you visit using Phoenix buses and the importance of a disability friendly and knowledgeable bus operator. You must be available during the day for a 3 to 4 hour commitment two or three times a month. You will be paid a stipend of \$30 per session for participating. If you are interested please contact Donna Powers at 602-274-6287 or dpowers@azdisabilitylaw.org.

Dining To Donate Event for Veterans

Veteran Services Association, Inc. (VSAI) will be having a fundraiser at all Applebee's restaurants in Arizona. All you have to do to help us is mention that you are there for the Dining To Donate program for VSAI. At the end of the day, Applebee's will donate 10% of all monies raised.

Date: Friday, April 22, 2011

This is a great opportunity for VSAI to bring in more money so they can reach out to more needful veterans who have limited support groups to assist them in time of their need.

Documentary Film

Rich Hammill from the Will2Walk Foundation (<http://www.will2walk.org/>) will be filming a documentary. He has a shoulder injury due to the wear-and-tear on his shoulder from pushing his wheelchair and doing other sports activities. He has to have surgery soon on the labrum and other ligaments in his shoulder. He has the idea of making a documentary of the process. He will be filming his surgery and his recovery and also doing some research on why the injury happens and how to prevent it.

He has contacted Lane Jeppesen, Executive Director of Arizona Disabled Sports, to see if there are other people in the community that would be interested in participating in the documentary. He is looking for individuals that have suffered shoulder injuries. If you know of anyone who would be interested, please contact Lane at 480-835-6273 or lane@mesadisabledsports.com.

Wheelchair Models Needed – Vantage Mobility, Inc. Phoenix

VMI in Phoenix are a manufacturer of wheelchair accessible minivans and full-size vans. They are looking to update their brochures and are in need of some models who uses their products.

They are scheduling shoots for all ages with all types of disabilities (must be in wheelchairs) and pay \$100 for about an hour of their time. Photos will be used on their new Web site that is launching on June 1st as well as our print collateral.

If anyone is interested, please email Monique McGivney, VMI Marketing Manager at moniquem@vantagemobility.com a current picture of yourself and your family as they are looking for all types of models and want the shoots to be as real as possible. Please contact Monique for any questions at 800-348-8267 x3273 or cell 602-374-0140.

Special Needs Health Insurance

By: Christopher Carter
Lifetime Needs Planner and Financial Advisor

For individuals with special needs, obtaining health insurance coverage and understanding those coverage options can be challenging. When considering your health insurance options, it is important to identify your goals and objectives. The deductible or co-pay is often a primary consideration when selecting coverage. Since medical expenses are a major cause of bankruptcy in the United States, having some type of high deductible coverage can limit your healthcare cost exposure and may prevent catastrophic medical expenses.

The healthcare needs of individuals with spinal cord injuries typically involve two distinct phases. The primary phase or rehabilitation phase can include extensive medical management to ensure that patients recover from their injuries. This phase involves teaching individuals how to adapt to their new condition. Community education occurs during this phase so that people have the support they need to seek out employment, education, and other forms of social engagement.

The second phase involves ongoing health maintenance and long-term care assistance. Depending on the level of impairment, individuals have varying needs. Spinal cord injuries create several health challenges and stress the body in ways that require close monitoring on a lifelong basis. When individuals are again hospitalized after the initial rehabilitation, it is often because of these secondary conditions.

The list of uninsurable conditions can be extensive. A spinal cord injury is not one of them. Although it is true that a spinal cord injury can dramatically impact the cost of health insurance, the injury itself does not exclude an individual from coverage. It is important to work with a qualified financial advisor who understands health insurance so you can explore your options and make informed financial decisions.

Medicaid and Medicare can cover special needs health expenses. Medicaid is available for individuals with low income, few resources and certain disabilities. Medicare is primarily for those older than age 65, but they can cover some disabilities.

To explore your private health insurance options, contact Chris Carter at 480-600-6817. You can obtain a complimentary health insurance quote by visiting the following address: <http://broker.azblue.com/bmw/index.asp?broker=09575>

Coollest Wheelchairs Ever

ABIL had a bunch of old powerchairs down in storage that did not work and were deemed beyond repair (we still have a number of working powerchairs for our loan closet.) We wanted to get rid of the old chairs but not throw them away. But what to do with them?

Enter Lance Greathouse, and his Greathouse Labs. Lance takes old, "unusable," wheelchairs, and either fixes them or uses the parts to make powerchairs for people who are unable to afford them or have no insurance. Lance was referred to ABIL by our board member, Loren Worthington. Today Lance picked up the junker chairs and his eyes lit up; "this is a goldmine!", he said. He was confident he could fix some of them, and use the parts to make other chairs.

Now, here's the really cool part: Lance is in negotiations with a tv network to do a show on custom-made wheelchairs, sort of like the chopper shows or extreme home makeover, so that there would be funding available to help those who are in need get powerchairs. Lance is not interested in any kind of celebrity, but rather wants the public to see wheelchair users designing and using custom chairs in a variety of settings (e.g. sports, all-terrain, work, etc.) Lance's brother was a chair user, so this show would focus on empowerment and achievement.

On top of repairing powerchairs, Lance has created some really wild custom chairs that can be seen on his Website, along with a few other art projects he's done. Check it out! <http://racegreathouselabs.com/#/wheelchairs/4532778837>

SCI Survey/Study for Married Couples

The focus is on how couples in which the male has a spinal cord injury cope and how the coping style affects various aspects of life. This study is done online and can be completed at your convenience. To qualify you must meet the following qualifications 1) you are a male with a spinal cord injury; 2) you are over the age of 18; 3) you have been injured at least 2 years and 4) you have been married for at least 6 months. The questionnaire needs to be completed separately by you and your spouse. Upon completion of the questionnaire both you and your spouse will be entered for a chance to win a 200 dollar Visa gift card. If interested in helping please click on this link to take the survey:

https://alliant.qualtrics.com/SE?SID=SV_d6ABkh3QmtHvQTa

Events Cancelled

The proposed match for March 19th is cancelled. Mike Tagliapietra could not find enough volunteers to help out with the match. The same weekend there is a regional small bore rifle match taking place so most of the people that would have helped out will be shooting in that match.

Also cancelled is the 2011 NRA Open Day Range at Ben Avery Shooting Range. Event is cancelled due to budgetary constraints.

Donations

The Association received a large donation of medical supplies. It includes mostly Suction catheters, Ventilator and Feeding Tube Supplies. If you or anyone you know would benefit from this equipment please come to the AzSCIA office and collect them. For additional information on the materials please call 602-507-4209 or email info@azspinal.org.

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!