



A Chapter of Christopher &
Dana Reeve Foundation



April 2011

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Web!

www.azspinal.org

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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

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.

Rural Crossing – Wheels To Independence Conference

The Arizona Spinal Cord Injury Association will be sponsoring an Independent Living Resource Service Conference in Tucson, on Saturday, June 25, 2011 at Hilton El Conquistador Tennis & Golf Resort.

We are contacting potential speakers such as Karin A. Grandon M.A., CRC, CPRP, Arizona Rehabilitation Services Administration, Statewide Independent Living Coordinator from Flagstaff; Wendy Dewey, Executive Director of DIRECT Center for Independence, Inc. from Tucson; and Laura Duval, Executive Director of SMILE Independent Living from Yuma.

More information will follow and will be posted on our website. Also, you may contact our office at 602-507-4209.

Advanced Wheelchair Skills Clinic

Presented by Banner Wheelchair Suns Basketball, Arizona Disabled Sports, and Arizona Spinal Cord Injury Association

Shorter hospital and rehabilitation stays may not allow enough time to learn important wheelchair skills, as we age we may need to brush-up or learn new skills to remain independent. This lack of wheelchair skills may lead to secondary conditions or isolation because we cannot negotiate the environment. This course will allow you to become more efficient in the use of your wheelchair. Come and join us in some practical advice from those in the know. This program is divided into four modules:

Transferring: Chair to Furniture/bed & bathroom transfers; chair to floor/floor to chair

Managing Your Environment: Opening and closing doors; Operating elevators and escalators; Wheelies; Curbs; Ramps and Various terrain etc.

Mechanics of Your Chair: Making adjustments to and general maintenance of your wheelchair

Traveling With Your Chair: Focus will be on driving and car transfers, flying, hotel rooms, etc.

This series of free clinics will be given at Broadway Recreation Center, 59 E Broadway Rd. Mesa, AZ 85210. The Clinic dates are: March 21, 28, April 11, 18, 2011. From 6:00 - 7:30 PM. A number of our Junior Suns players will be attending so young adults are also invited. Call 602-790-7909 for more information.

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>

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.

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.

Join the Miracle League!

Maryvale Family YMCA Mike and Cindy Watts Branch Miracle League is a nonprofit organization that provides children with mental and/or physical challenges an opportunity to play baseball as a team member in an organized league. There is something about playing the game of baseball that lights up youngsters' eyes, but for children facing physical and mental challenges, that opportunity can often be a difficult step. The Maryvale Family YMCA Miracle League gives these children the opportunity to get out in the sunshine, and enjoy playing the game of baseball in its purest form. It is the first of its kind in the area and will serve children in the Phoenix area.

They are recruiting coaches, buddies, team moms and players.

During the Spring Season, games will be played:

Ages 3-12	Saturdays	9:00AM – 11:00AM
Ages 13+	Saturdays	11:00AM – 1:00PM

Spring Season: March 26th – May 7th

If you are interested in participating or volunteering in the program or would like additional information, please feel free to contact Justine Hoffman, Miracle League Coordinator at JHoffman@vosymca.org or 602-212-6145.

High School Graduation and Transition Services for Students Receiving Special Education Services

The Arizona Center for Disability Law has received calls and complaints from parents regarding forced early graduation of students receiving special education services. Some school districts and charter schools have told parents that a new law requires their children to graduate within four years, even if they have not received their transition services. **There**

are no new laws requiring students who are entitled to special education services to graduate in four years. The incorrect information given out by some schools was based on confusion over a document written by the Arizona Department of Education about graduation and transition services, entitled (Arizona Graduation Requirements and the Provision of a Free Appropriate Public Education for Students with Disabilities." **That document has now been withdrawn.**

The goal of the free training is to provide parents and other persons interested in this topic with the correct information, as set forth under federal and state special education law. In addition, the training will provide parents with practical information and strategies on advocating for appropriate transition services prior to graduation.

For more information or to register for the trainings, please contact the Center at 602-274-6287 (Voice/TTY), 1-800-927-2260 (Toll free) or email kvanhorne@azdisabilitylaw.org or visit www.azdisabilitylaw.org. Please notify the Center as soon as possible if you need any special accommodations or are unable to keep your reservation.

Thursday, April 21, 2011

10:00AM – 12:00PM

Windmill Inn, 4250 N Campbell Avenue, Pima Room in Tucson

Tuesday, April 26, 2011

10:00AM – 12:00PM

Radisson Woodlands Hotel, 1175 W Route 66 in Flagstaff

Wednesday, April 27, 2011

10:00AM – 12:00PM

Disability Empowerment Center, 5025 E Washington Street, Conference Room in Phoenix

Funding for this training is provided by the United States Department of Health and Human Services, Administration on Developmental Disabilities.

Water Safety Day

Date: Saturday, May 14, 2011

Time: 9:00Am – 12:00PM

Location: St. Joseph's Hospital Swimming Pool on 7th Ave/Earll Dr in Phoenix

Sponsored by: St. Joe's and The Barrow Connection, Central Arizona Chapter, Association of Pool & Spa Professionals, and Arizona Spinal Cord Injury Association.

Open to individuals with a disability and to all ages. Water safety and emergency situations will be discussed.

Please join us for games, prizes, and pool safety vendors will be on hand. To RSVP, contact Karen Halgren at 602-507-4209.

15th Annual Day on the Lake Program

Day on the Lake is the only adapted watersports program for those with physical and neurological disabilities offered in Arizona. Summer 2011 will mark our 15th year of helping people who suffer from a neurological disability ride the waves at one of the most accessible waterside facilities in Arizona—Bartlett Lake Marina. Registration begins on April 1, 2011.

Please call the Resource Link at **877-602-4111** to register or to sponsor a participant. Contact the Barrow Connection at **602-406-6280** with any questions.

Day on the Lake 2011 will be held Thursday, June 2 through Saturday, June 4 from 8:30 AM to 2:30 PM daily at Bartlett Lake Marina. Registration opens at 7:30 AM on each day.

Day on the Lake 2011 will provide instruction and participation in the following activities:

- Thursday June 2nd: Waterskiing only (limit 30 water skiers)
- Friday, June 3rd: waterskiing, jet ski rides, fishing, kayaking, and boat rides
- Saturday, June 4th: waterskiing, jet ski rides, fishing, kayaking, and boat rides

The Day on the Lake program is offered to:

- Children ages 3-8 (fishing and boat ride only)
- Children and adults 8 years and older (all activities)
- Those with physical and/or neurological challenges who are at least 1 year post injury
- Note: Scholarships are available

All are welcome to come out and watch the day's events and activities.

13th Assistive Technology Summer Institute – Tomorrow in the Saguaro "Generation to Generation"

Arizona Technology Access Program (AzTAP) is hosting its **13th Assistive Technology Summer Institute - Tomorrow in the Saguaro: "Generation to Generation"** Assistive Technology Conference on Tuesday June 7th & Wednesday June 8th, 2011 at the Glendale Civic Center in downtown Glendale, Arizona. Exhibitor registration is open. Attached is an exhibitor information and registration form in both MS Word and PDF formats. Space is limited so if your organization is interested in being an exhibitor please do not delay. If you have any questions about being an exhibitor please do not hesitate to contact Clayton Guffey at 602.776.4699, 1-800-477-9921 x5 or by email at Clayton.Guffey@nau.edu

Virginia G. Piper Sports & Fitness Center for Persons with Disabilities (SpoFit)

The Sports & Fitness Manager is a full-time, salaried position. The Manager is responsible for the day-to-day operations of the facility with attention to customer service, sales and marketing. The Manager is responsible for managing professional and recreational programming and facility coordination services for a non-profit organization providing a wide variety of adaptive sports, fitness, and recreation programs to individuals with physical disabilities or chronic health conditions or who otherwise have the ability to function independently in a fitness center environment.

For more information, please visit ABIL's website at <http://www.abil.org>.

Free Tax Preparation

ABIL will continue to have an open Volunteer Income Tax Assistance site Saturdays **through April 16th 9 am – 2 pm on a first come, first serve basis**. The deadline to submit tax forms have been extended to April 18, 2011. To find other sites statewide go to www.cir.org/tax

Funny As A Crutch

Improbable Theater Company presents.... Funny As A Crutch.

Herberger Theater

May 3-5, 10-12

Showtime 12:10pm Doors open at 11:40am. Tickets \$6 Funny as a Crutch mixes several vibrant short plays in an uproarious yet touching collection that explores the concept of disability. In tales ranging from a woman with a disability who is picked up for her first one night stand (Dutch Treat) to a young man who is turned away from the Army for having a prosthetic leg (All That He Can Be), Funny as a Crutch is guaranteed to make you laugh and raise your consciousness at the same time.

To purchase a ticket in advance, call the Box Office at (602) 252-8497. Advance tickets will be held at will call. Tickets can also be purchased at the door and online:

www.herbergertheater.org

To order lunch, visit www.coffeacafe.com or call (602) 373-6570...or bring your own lunch!

Independent Living Rehabilitation Services

The Independent Living Rehabilitation Services (ILRS) program is a federally funded program through Title VII, Chapter I, Part B of the Rehabilitation Act.

Through this legislation, states are mandated to maximize leadership, empowerment, independence and productivity of individuals with disabilities by promoting a philosophy of independent living. This includes consumer control, peer support, self-help, self-determination, equal access and individual and systems advocacy.

The ILRS program is focused on providing four core services:

- Independent Living Skills training
- Information and referral to appropriate agencies or providers
- Individual and systems advocacy
- Peer support and counseling and/or mentoring

To be eligible, you must be a person with a significant physical, mental, cognitive or sensory impairment which substantially limits your ability to function independently within your family, your home and your community. There must be a reasonable expectation that ILRS will assist you to improve your ability to function, continue functioning or move towards functioning independently.

The ILRS program will accept referrals for individuals, who would like to achieve a self-directed and independent lifestyle.

Not everyone with a disability is eligible to receive services through ILRS, but no person will be denied the right to apply.

Service are time-limited and always directed towards achieving an independent living goal. Individuals who meet eligibility criteria work closely with an ILRS counselor to identify objectives in the areas of personal and/or home management or integration into the community.

Services are provided based on individual needs, independent living goals and available agency funding. Some services are subject to a determination of the consumer's financial needs. You or your family may participate in the associated costs, but it is not a requirement for receiving services. If you become an ILRS client, your ILRS counselor will work with you to develop your Independent Living Plan.

Call the District office that you reside in and staff will put you in touch with an Independent Living counselor for the Rehabilitation Services Administration (RSA) in your area.

District 1 – Maricopa County, 602-470-1802 (Susan Denova)

District 2 – Pima, Cochise, Graham, Greenlee and Santa Cruz counties, 520-741-2530 (Al Zulli) 520-889-6829 (TTY)

District 3 – Coconino, Apache, Navajo, and Yavapai counties, 928-277-2844 (Jim Stobbs)

District 4 – Gila, Pinal, and Yuma counties, 928-247-8880 (Lorena Montgomery)

LaPaz and Mohave counties, 928-854-0377 (Jessica Lawson)

Statewide IL Coordinator, 928-213-3554 (Karin Grandon)

RSA Administration, Program Services, 602-542-3332 (Voice), 602-542-6049 (TTY), 1-800-563-1221 (Within AZ only). RSA website: www.azdes.gov/rsa.

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

Volunteers Needed!

For a study about sport participating after acquiring a physical disability.

Queen's University researchers are currently recruiting individuals with acquired, physical disabilities for a study about identity, confidence and sport participation. We are interested in recruiting both individuals who participate in sport and those who do not.

Participants will be asked to participate in two short interviews and will receive a \$5 gift card after each interview.

If you are interested and would like more information about the study please email 8mp38@queensu.ca or phone 613-533-6000 ext. 79283

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!