



A Chapter of Christopher &  
Dana Reeve Foundation



**May 2011**

We're on the  
Web!

[www.azspinal.org](http://www.azspinal.org)

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Association

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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

### Rural Crossings: 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, 10000 N Oracle Road, Tucson, AZ 85704.

The purpose of the conference is to empower participants to live more independently and improve their quality of life by providing them with information about taking control of their quality of life and how to prevent and manage health conditions that are at risk for from paralysis; linking them to resources and opportunities to connect with others so they know that they are not alone on this journey.

Agenda is currently being worked on and will be posted on our website. It is free to attend the conference.

Transportation will be provided in the areas of Tucson, Sierra Vista, Casa Grande, and Yuma. We are targeting 100 attendees so please register soon.

For more information, please contact our office at 602-507-4209.

### Genealogy Class

Sponsored by the Arizona Spinal Cord Injury Association. Have you ever wondered where you came from and who your ancestors were? Have you researched and hit a brick wall? Well then this class is for you! Come join us:

Thursday, May 19<sup>th</sup>

Time: 2:30PM – 4:00PM

Location: Disability Empowerment Center, 5025 E Washington St., Phoenix, AZ 85034, 2<sup>nd</sup> Floor in the Computer Lab

To register, please contact Karen Halgren at 602-507-4209 or

[Karen@azspinal.org](mailto:Karen@azspinal.org)

Instructor: Terry Houghland from the Optin Learning Center

Some topics will include:

- \* Separating fact from fiction when visiting Genealogy websites.
- \* The major Genealogy portals and communities
- \* Understanding the Internet Culture for Genealogy
- \* Using Ning, Facebook and Twitter to find family.

Terry has an M.A in Historical Museum Management and has taught this class and other Genealogy classes at Scottsdale and Mesa Community Colleges since 1990. Terry has been involved in Genealogy since 1970 and owns vanished.com a Genealogy research website.

## Quicken Class

Arizona Spinal Cord Injury Association would like to invite you to attend a Quicken class featuring the Quicken Premium 2010 version. This version is the personal financial software.

Date: Tuesday, May 17, 2011

Time: 1:00 – 4:00PM

Location: 5025 E Washington St., Phoenix, AZ 85034 (AzSCIA Conference Room)

Cost: Free to attend.

We have 20 slots available. A free copy of Quicken Premium 2010 will be given to all attendees after the class. This class is open to Consumers, Family Members, and Caregivers. For more information or to register, please contact Karen Halgren at 602-507-4209 or [Karen@azspinal.org](mailto:Karen@azspinal.org)

## 15<sup>th</sup> Annual Day On The Lake

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.

## 13<sup>th</sup> Annual Assistive Technology Summer Institute Tomorrow in the Saguaro: Generation to Generation

The Arizona Technology Access Program (AzTAP) will be hosting the Assistive Technology Conference.

Date: June 7 & 8, 2011

Location: Glendale Civic Center, 5750 W Glenn Dr., Glendale, AZ

For more information, please contact Martha Lewis at 602-728-9534, 1-800-477-9921 or [Martha.Lewis@nau.edu](mailto:Martha.Lewis@nau.edu). Conference website link is:  
[http://www4.nau.edu/ihd/AzTAP/AzTAP\\_2011conference.asp](http://www4.nau.edu/ihd/AzTAP/AzTAP_2011conference.asp).

## Operation Pedal Paddle

There is one more Operation Pedal Paddle clinic left in Tempe! On Saturday, May 14<sup>th</sup>, we will be hosting the adaptive cycling and kayaking clinic at Tempe Town Lake. We will cycle in the morning from about 9-12, break for lunch, then kayak in the afternoon from about 1-4. As a reminder, this is a FREE clinic for all disabled veterans from any era. All equipment for both cycling and kayaking will be provided as well as lunch for the participants. The only requirement is to fill out and return the attached registration form.

Please see the attached flyer and registration form for more information. If you have any questions, please contact Elena Messenger, CTRS, Program Supervisor at 480-835-6273 or visit our website at [www.arizonadisabledsports.com](http://www.arizonadisabledsports.com).

## 6<sup>th</sup> Annual Spinal Cord Injury Retreat

Date: August 11<sup>th</sup> – 14<sup>th</sup>, 2011

Location: Whispering Hope Ranch in Payson, AZ

Register by July 1<sup>st</sup> to take advantage of the discounted rate of \$105. Scholarship applications are due by July 1<sup>st</sup>. Registration closes July 15<sup>th</sup>. Space is limited so register now!

For more information, please call Karen Halgren at 602-507-4209, [Karen@azspinal.org](mailto:Karen@azspinal.org) or visit our website [www.azspinal.net](http://www.azspinal.net) to register.

## 4<sup>th</sup> Annual SRPMIC Disabilities Conference

Salt River C.O.I.N. Group & Youth Services is presenting this free conference

Date: Thursday, August 25, 2011

Location: Talking Stick Resort & Casino, 9700 E Indian Bend Rd., Scottsdale, AZ

Time: 8:00AM – 4:30PM

Lunch will also be provided.

Open invitation to SRPMI Community Members, Gila River, Pascua Yaqui, Tohono O'Odham Nation, and Ft. McDowell – Yavapai-Apache Nation Members – Ak-Chin Indian Community

Who Should Attend?

People with Disabilities, Family, friends, and caregivers of people with disabilities, and People working with individuals with disabilities

Learn more about the programs that are available to you and members of your family. Also information regarding Partners In Preparedness "Don't Plan for Us – Plan With Us".

Special Education Training for Parents:

- Do you have questions about the special education process?
- Do you have questions about your child's IEP?
- Do you have questions about discipline?
- Do you have questions about your rights?

For more information, please call Rudy Buchanan at 480-577-5780 or register via email to [rudy.buchanan@srpmic-nsn.gov](mailto:rudy.buchanan@srpmic-nsn.gov). Limited to 250 participants.

## Men's and Women's Sitting Volleyball

### How to Play:

Anyone, male or female, young or old, can play sitting volleyball. To compete on a national team, an athlete must have a physical disability. Otherwise, recreationally, able-bodied athletes of all ages are strongly encouraged to compete alongside disabled athletes as teammates. This allows everyone to join in the fun and improve their volleyball skills.

Clinics, training sessions, and tournaments are being developed in communities across the country. The REGION of USA Volleyball is highly committed to developing sitting volleyball locally and encourages you to join us at our upcoming events.

Games are held at Arizona Regional of USA Volleyball at 9100 S McKemy St., Tempe, AZ 85284. Please contact Eric Hodgson at 480-626-6740 or [outreach@azregionvolleyball.org](mailto:outreach@azregionvolleyball.org); [erichbke@msn.com](mailto:erichbke@msn.com). Be sure to visit [www.azregionvolleyball.org](http://www.azregionvolleyball.org) for more information.

## Vehicle Seat Heaters can Burn Paralyzed Occupants, Safety Group Warns

Paralyzed vehicle occupants are at risk of burns from seat heaters, said auto safety organization Safety Research & Strategies, Inc., in a February 22 **letter** urging the National Highway Traffic Safety Administration (NHTSA), which regulates safety standards, and the auto industry to change the standard for judging whether the heaters are defective.

Seat heater complaints are currently investigated only if the heater catches fire, despite reports of severe burns from seats that reached temperatures of 120 degrees or more—hot enough to cause third-degree burns in 10 minutes. Although most people feel the heat and turn the heater off, people with sensory deficits, including those with paralysis and neuropathy, often don't realize they've been injured until they see the burns later. Small children are also at risk because they don't always react quickly to discomfort.

"It doesn't take very long for people to get burned—it's remarkably fast," said Sean Kane, president of Safety Research. "Is this acceptable? Is this how we want to make a comfort feature? I think the answer is obviously no."

Safety Research wants NHTSA to follow the approach set by other agencies that enforce safety of heat-generating products by categorizing as defective all heaters with temperatures that exceed human tolerance levels, anything above roughly 110 degrees.

Many seat heaters have a temperature sensor that is supposed to stop heat conduction if the temperature reaches 105 degrees. But in some instances, the heater shuts down only if the temperature at the location of the sensor reaches that level. If the sensor area is below 105 but other parts of the electrical circuit are hotter, the heat stays on—sometimes reaching temperatures of up to 150 degrees, according to Arthur Johnson, who has represented clients burned by seat heaters.

Although there have been several recalls of seat heaters, they involved heaters that had the potential to catch fire. Kane charges that NHTSA has ignored claims related to excessive temperatures because only a small percentage of motor vehicle occupants have sensory perception problems that subject them to the burn risk.

Johnson said that people with paralysis have skin on their lower extremities that is extremely vulnerable to pressure sores and other injuries. Auto manufacturers and dealers have a responsibility to warn those at risk that the heat can be excessive, he argued.

"So much of their lives is spent in preventing a breakdown of skin, and then they get in a car, and there are no warnings that it's dangerous, and they get very serious burns," said Johnson. "Who would think that just a seat could burn you?"

## 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](http://www.azdes.gov/rsa).

Also there is now a new VR Counselor who will be working with individuals with SCI. Please welcome Jay Herycyk. If you have any questions, please call him at 602-266-6752 X224 or [JHerycyk@azdes.gov](mailto:JHerycyk@azdes.gov).

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## Education, Training and Employment Grants for People With Disabilities

Phoenix residents with disabilities who need financial assistance with education, training or employment-related needs, are encouraged to apply for grants offered by the Phoenix Mayor's Commission on Disability Issues and the City of Phoenix. The grants, ranging from \$500 to \$3,000 each, are offered twice annually with applications due by June 1 for the July awards, and January 1 for the February awards. To qualify, applicants must have a documented disability, be a Phoenix resident, be at least a senior in high school and 18 years of age, and able to identify specific goods or services needed to meet a verified goal relating to education, training or employment. For more information or to apply, visit [www.phoenix.gov/oed](http://www.phoenix.gov/oed) or call 602-495-0358.

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## 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!**