



A Chapter of Christopher &
Dana Reeve Foundation



June 2010

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Web!

www.azspinal.org

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Spinal Cord
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AZ Spinal
Cord Injury
Association

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*"A bi-weekly update on the
happenings and upcoming events
in the Association and
Community Partners."*

Member E-Newsletter

Arizona Spinal Cord Injury Association

Women with Disabilities: A Healthcare Workshop

The Arizona Spinal Cord Injury Association and Arizona Statewide Independent Living Council (SILC) will be sponsoring an educational conference for Women in Phoenix and Tucson.

Date: Thursday, June 3, 2010

Location: Disability Empowerment Center, 5025 E Washington St.,
Phoenix, AZ 85034 in the Nina Mason Pulliam Conference Center

Time: 1:00PM – 8:00PM

Date: Thursday, June 17, 2010

Location: HealthSouth Rehabilitation Institute of Tucson (HSRIT), 2640 N
Wyatt Dr., Tucson, AZ 85750

Time: 1:00PM – 8:00PM

It is free to attend! If you have any questions and/or would like to register, please call the office at 602-507-4209.

5th Annual Spinal Cord Injury Retreat

Please mark your calendar for the 5th Annual Spinal Cord Injury Retreat at Whispering Hope Ranch in Payson from August 12-15, 2010. Registration opened May 1, 2010.

Costs: \$85 for participants, \$75 for caregivers who register before July 22nd

\$120 for all participants who register after the July 22nd deadline.

Please visit the web site at www.azspinal.net for more information.

If you would like to volunteer for the event or know of any company that would like to help sponsor the retreat, please contact Kayla Cheatham at 602-507-4209.

SCI Summer Symposium

Sponsored by Mountain Valley Regional Rehabilitation Hospital and the Arizona Spinal Cord Injury Association

Date: Saturday, June 19, 2010

Location: Mountain Valley Regional Rehab Hospital, 3700 N. Windsong
Dr., Prescott Valley, AZ 86314

Time: 9:00AM

- ✓ Booths
- ✓ Panel Presentation - "Keys to Enhancing Communication & Relationships", and "Overall Health, Wellness, and Resilience"
- ✓ Over-The-Line Softball (Voluntary Activity)

9:00AM - Exhibitor Booths/Continental Breakfast

10:00AM - Panel Presentations

12:00PM-2:00PM - Lunch/Exhibitor Booths/Pressure Mapping
 2:30PM-4:00PM - Over-The-Line Softball (to be played at The Heights Church, 2121 Larry Caldwell Road, Prescott, AZ 86305)

RSVP to 928-759-8800 by June 14th as space is limited!

14th Annual Day on The Lake

Sponsored by Barrow Neurological Institute, St. Joseph's Hospital and Medical Center, Southwest Medical, and Hanger Prosthetics & Orthotics.

Date: Friday, June 4, 2010 and Saturday, June 5, 2010.

Time: 8:30AM – 2:30PM

Location: Bartlett Lake Marina

Cost: \$40, \$15 for t-shirt only (Registration donation contributes to paying for expenses related to this program).

- Must be one year post injury.
- Ages 3-8 fishing and boat rides available
- 8 years and older to participate in ALL activities
- Scholarships are available

To register, call the Resource Link at 1-877-602-4111. Visit the web site at www.thebarrow.org or for questions, call the Recreation Therapy Department at 602-406-3606.

Bowling Night

The AZPVA and AZSCIA invite you to come bowling! Come and bowl with us or just come and watch and be social.

Date: Friday, June 18, 2010

Location: Fiesta Bowl, 501 W River Road in Tucson. Cross streets at Oracle and River.

Time: 1:00PM

Cost: \$1.50 per game

Please RSVP by June 15th to Peter Hughes at 520-579-0862 or peter@azspinal.org.

AZSCIA Support Groups and functions are just getting started. If you have suggestions or needs, please contact Pete to discuss. Our goal is to meet at least once every six weeks with one meeting being social and the next meeting being educational. All ideas are open for discussion.

Camp Can Do

Brain Injury Survivors and Caregivers over the age of 18 are invited to attend.

Date: August 26-29, 2010

Location: Whispering Hope Ranch in Payson, AZ

Cost: \$40 for BIAAZ members and \$45 for non-members for the entire weekend

Space is limited so application and fee must be sent to Brain Injury Association of Arizona to reserve your spot. For more information or to request an application, contact BIAAZ at 602-508-8024 or Burgan@biaaz.org. Volunteers are also needed.

Baja Fresh Mexican Grill

Come join the Spina Bifida Association of Arizona at all valley locations of Baja Fresh Mexican Grill as they are working to enhance the quality of life for those living with Spina Bifida as well as promoting the prevention. **Join us on every other Monday starting June 7th thru August 30th 2010.** For questions, please contact the Association at 602-274-3323 or Adrian Purdy at 480-577-6327.

Arizona Diamondbacks Accessible Seating Klub

In response to overwhelming requests from guests with disabilities, the Arizona Diamondbacks have created the Accessible Seating Klub (ASK) which gives guests with disabilities more control over the use of accessible seating. The Diamondbacks have set aside a limited number of accessible seats for ASK members.

As a member you will receive exciting benefits: no service fees on ticket purchases, early on-sale tickets, choice of location for partial season ticket packages, and personalized attention from a Disabilities Service Representative.

Signing up is easy and FREE. Contact the Disability Hotline **at 602-379-2083** to set up an interview with the Disability Services Manager.

Extension of Therapy Cap Exceptions Process

Medicare Part B

On March 23, 2010, President Obama signed into law the Patient Protection and Affordable Care Act, which extends the exceptions process for outpatient therapy caps (see Section 3103). Outpatient therapy service providers may continue to submit claims with the KX modifier, when an exception is appropriate, for services furnished on or after January 1, 2010, through December 31, 2010.

The therapy caps are determined on a calendar year basis, so all patients began a new cap year on January 1, 2010. For physical therapy and speech language pathology services combined, the limit on incurred expenses is \$1,860. For occupational therapy services, the limit is \$1,860. Deductible and coinsurance amounts applied to therapy services count toward the amount accrued before a cap is reached. Please be on the alert for more information pertaining to the Patient Protection and Affordable Care Act.

Source: JSM/TDL 10207 dated March 29, 2010

AT Summer Institute

The Arizona Technology Access Program. A program of Northern Arizona University's Institute for Human Development announces... The 12th Assistive Technology Summer Institute

Topic: *Tomorrow in the Saguaros: "Cool Tools"*

Date: Thursday, July 22, 2010

Location: Glendale Civic Center

Who should attend: Individuals who want to know more about assistive technology, such as:

People with disabilities, family members and advocates

School/university personnel

OT's, PT's, SLP's

Vocational Rehabilitation Counselors

*Visit our website at www.nau.edu/aztap for more information

River Rampage 2010

As many of you may know, the City of Phoenix has undergone drastic budget cuts. The River Rampage program was slated to be cut, but thanks to River of Dreams, the City of Phoenix will be offering one trip this summer. The trip is scheduled for June 23-29, 2010. Also, if you know of any teens who would be a good candidate for the trip, please contact, Johanna Bookbinder, Recreation Leader, City of Phoenix at 602-495-5504.

Using Drugs? Get Free. For Free.

FREE Confidential help—valleywide—is now available for people over 18 who have used or tried meth or ecstasy in the past 90 days. Call to see if you or someone you care about qualifies. Services can include: treatment, transportation, housing, childcare, faith-based programs, and peer mentoring.

Call Monday-Friday from 8 to 5 to schedule an appointment. TERROS Access to Recovery 602-685-6000 ext 1950 or visits www.terros.org.

New Resource on Spinal Cord Injury

ILRU is partnering with the National Rehabilitation Hospital (NRH) on the RRTC on Spinal Cord Injury. We're just getting started but already you can view materials on the project website: www.sci-health.org/. You will find a brief video on "how to do pressure reliefs," as well as our consumer fact sheets, which provide need-to-know information about selected secondary conditions such as osteoporosis and diabetes. There is a link to send us feedback and suggestions and to become a subscriber to receive e-mail alerts whenever new information is posted to the site. We hope you will check out the site and let us know what you think.

The Rehabilitation Research and Training Center (RRTC) on Spinal Cord Injury is a five-year project, funded by the National Institute on Disability and Rehabilitation Research (NIDRR). Its focus is the prevention and management of secondary conditions among individuals with SCI, particularly pressure sores, cardiovascular disease, and obesity.

The overall mission of the Center is to improve the quality of life for people with SCI through greater health. To do this, we have two broad goals. First, we will conduct several important clinical research studies in order to discover new knowledge and information about how individuals with SCI can prevent secondary conditions. Second, the Center will be focused on making sure that this new knowledge and information is being received directly by the members of the SCI community. Our outreach efforts will specifically target those who are underserved, such as individuals who are low-income or who do not speak English fluently. Additionally, the Center will work to further educate doctors who do not specialize in SCI, such as primary care physicians.

Please visit the website, www.sci-health.org/, let us know what you think, use the site to sign up for e-mail alerts about new items posted or opportunities to sign up for one of the research projects (if you are in the DC or Miami area), and then stay tuned for updates on the projects and news you can use.

Light Rail Changes

\Metro light rail service reductions to occur July 26, 2010

When: Monday, July 26, 2010

What service changes?

Ø METRO will run every 12 minutes from 7:30 a.m. to 6:30 p.m. starting July 26; all other times of the weekday will remain at 20-minute service.

Ø METRO will also now consider five additional holidays – Christmas Eve, day after Thanksgiving, Martin Luther King, Jr. Day, Presidents’ Day and Veterans Day –trains will run a Sunday schedule, which is every 20 minutes.

Current services:

Ø METRO runs 10-minute peak service from 6 a.m. to 7 p.m. on weekdays.

Ø METRO’s total service hours and weekend schedule will not be impacted.

What you can do? Call and/or e-mail the Governor’s office ASAP at (602) 542-4331 or email her at <http://azgovernor.gov/contact.asp> and let her know how these cuts will impact your ability to complete day-to-day activities. Ask her to restore transit funding.

Reduced Cost Dental

Midwestern University students and faculty are staffing an expansive new dental clinic in Glendale that treats everything from baby teeth to dentures - at half the cost charged by a typical dentist.”

This clinic will open in June on the campus of Midwestern College of Dental Medicine, on 59th Avenue and Utopia Road, in Glendale.

Read more:

<http://www.azcentral.com/business/articles/2010/05/16/20100516biz-gl-dental0517.html>

Dial-A-Ride Changes

As of July 1, 2010 there will be a significant change to Phoenix Dial-A-Ride (DAR) service. Phoenix DAR will no long be providing “Demand Call” service to its patrons. “Demand Calls” is a same-day ride service. This type of service will no longer be an option. People will need to use other forms of public transportation or taxi services

For people to still use DAR services, they will now need to be “ADA Certified”. This means they need to go through an application process for eligibility consideration. This also means that consumers will have to plan out their rides AT LEAST a day in advance. The inconvenience in this lies in the fact that there will less of a chance to obtain needed time slots since there will be more people trying to grab them. Phoenix DAR allows you to book your reservations 2 weeks in advance, and it is suggested that one books it as far out as possible.

To get an application to become “ADA Certified” contact Valley Metro’s ADA Office at (602) 534-3157.

Driving to Independence Newsletter

Driving to Independence has created their first newsletter because it has some excellent tips on how to prepare your vehicle, and yourself, for the coming heat. It's also a good resource for those of you interested in adaptive driving.

If you would like to subscribe, please contact their office at 480-449-3331.

Assisted Living Home

Home is located near Desert Ridge Market Place. Licensed for five (5) patients and there are currently three (3) private room available. 24 hours care and live-in caregiver, Accepts Mercy care Altec patients. Everything is included with the fee. Private room is from \$2,500 to \$3,500 depending on the care.

If interested, please contact Lourdes M. Ferraro, RN. Lourdes is the owner and manager of the home. Phone number is 602-721-5255.

For Sale

Brand New Standing Frame for rock bottom pricing.

<http://www.easystand.com/evolv/index.cfm>. This Evolv by EasyStand is the Adult size model and comes with a computer tray. Normally this retails for about \$3,000 plus delivery charges. I am asking \$500 OBO. I am near Sedona, and would be willing to deliver it to a location within two hours drive, if you can work with my schedule. Please call Annabel at 928-649-3038 or e-mail steakandmustard@gmail.com. Thank you

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!