



Arizona Spinal Cord  
Injury Association

# AZSCIA E-NEWS

April 5, 2006

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

## Movement for Living Seminar

Sponsored by Medtronic, Inc. in partnership with HEALTHSOUTH Scottsdale Rehabilitation Hospital. Let's get moving! Please join in! If you or someone you care for has tight, stiff muscles related to a **spinal cord injury**, you know that this condition (called severe spasticity) can make movement difficult or uncontrollable. It can make doing even the smallest things exhausting or impossible. Did you know that there is a therapy available that may help provide better movement and control?

Come learn about it at a seminar where a doctor will talk about severe spasticity and explain how the therapy works. You'll also hear from a *Movement for Living* Ambassador who will share personal experiences with this therapy. Best of all, you'll be able to ask questions and meet others exploring their options for reaching their full potential. Don't miss this important event!

### **Saturday, April 8, 2006**

Registration: 8:30 - 9:00 am

Seminar: 9:00 - 11:00 am

**Anthony D. Mosely, M.D., M.S.** Neurology – Movement Disorders  
Specialist, Scottsdale Neurological Consultants

### **Medtronic Microelectronics Center**

2343 W Medtronic Way (10th Place)

Tempe, AZ 85281

To register, visit [www.MovementforLiving.com](http://www.MovementforLiving.com) or call toll free 1-888-743-8348. There is no cost to attend this seminar. Family and friends are welcome.

Arizona Spinal Cord  
Injury Association  
901 E Willetta St #2306  
Phoenix, AZ 85006  
Phone: 602-239-5929  
Fax: 602-239-6268  
E-mail:  
[info@azspinal.org](mailto:info@azspinal.org)

We're on the Web!  
[www.azspinal.org](http://www.azspinal.org)

## 2nd Annual Spinal Cord Injury Women's Retreat

"It's Time to Take Care of Me"

Banner Good Samaritan Rehabilitation Institute would like to invite you to attend on:

Saturday, April 22, 2006, 10:00 AM to 3:00 PM

Banner Good Samaritan Medical Center

1111 East McDowell Road, Phoenix, AZ 85006

Sandstone Conference Room 1st floor

Please plan to bring \$10.00 for Lunch. RSVP with the number of people in your party by April 14th, 2006 at 602-239-3307. Parking is available in the parking garage by the entrance to the main hospital

Sponsored by: Banner Health Arizona, Arizona Spinal Cord Injury Association, and Barrow Rehab Center

The final class of the SCI Empowerment Course -- Women's Wellness -- is being replaced by this SCI Women's Retreat. The Arizona Governor's Council is providing some scholarships through the AzSCIA to those in need. AzSCIA is offering transportation. Contact the AzSCIA for either. Please RSVP and plan to attend this

wonderful retreat for Women only.

(If you are male, please pass it along to women you know who would be interested in participating.)

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## First Annual Spinal Cord Injury Retreat

Please join us for three nights and two days of fun-filled activities! We will be having our retreat on May 18-21, 2006 at Whispering Hope Ranch near Payson. We are still accepting registrations.

The cost is \$75.00 per person and fee includes accessible rooms and showers, meals, entertainment, recreation and transportation!

We are also looking for volunteers at the retreat. You may also register online at [www.azspinal.org](http://www.azspinal.org), click on the Get Involved tab, and then go to the Calendar section. Scroll until you get to the month of May. Click on the event name and that will walk you through the final steps.

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## 10<sup>th</sup> Annual Day at the Lake

The Barrow Rehab Therapy Department would like to invite you to attend this special outing on June 2-3, 2006 at Bartlett Lake Marina. The cost to attend is \$20.00. For more information, please call 602-406-3606.

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## Focus Groups on Air Travel

Oregon Health and Science University is looking for people in the Phoenix area, with disabilities, who travel between cities by air. We are having focus groups on April 25<sup>th</sup> (1:00 PM) and April 26<sup>th</sup> (10:00 AM) at the SILC Central Office in Phoenix (2400 N. Central, Suite 105) to talk with you about your experiences and thoughts. We will use the information from these focus groups to create training materials for air, train, and inter-city bus employees that assist people with disabilities in traveling on planes, trains, and buses. We will also use this information to create materials to assist people with disabilities with the travel process.

Oregon Health and Science University is looking for people in the Phoenix area, with disabilities who HAVE NOT traveled between states by air, within the last three years. We are having focus groups on April 25<sup>th</sup> (10:00 AM) and April 26<sup>th</sup> (1:00 PM) at the SILC Central Office in Phoenix (2400 N. Central, Suite 105) to talk with you about your expectations should you decide to travel in the future. Each focus group will take approximately two hours and WE WILL PAY YOU \$30.00 FOR YOUR TIME plus any additional travel expenses you may incur in order to participate.

Participation is limited so if you would like to join us, please contact:

Michael McCarthy  
Oregon Health and Science University  
Center on Self-Determination  
PO Box 574  
Portland, OR 97207-0574  
503-418-1768 or [mccartmi@ohsu.edu](mailto:mccartmi@ohsu.edu)

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## Dissertation Recruitment

Susan Stuntzner, PhD Candidate at University of Wisconsin - Madison in Rehabilitation Psychology is conducting a study of people with SCI and is recruiting 20-30 people. She is presently working on her dissertation entitled, "An On-Line, Self-Study Forgiveness Intervention: A Comparable Intervention in Decreasing Negative Emotions and Increasing Quality of Life in People with Spinal Cord Injury."

This study is an experimental design. Participants will be randomly assigned to one of two interventions and participants will be able to complete the interventions at their given geographical locations. In short, selected participants will be asked to complete some initial assessments, participate in an 8-week intervention followed up by a series of post-tests. The study will primarily require approximately 3 months to complete, excluding a 2 month follow-up assessment. Total time required of participants will be 5 months due to the 2 month follow-up assessment.

Participants eligibility requirements are:

- (a) Have lived with a spinal cord injury for at least one year
- (b) Are between the ages of 18 and 55;
- (c) Might feel that your injury was "unfair" or "unjust" regardless of the cause or attributing factor;
- (d) Would be interested in working on forgiveness;
- (e) Do not currently drink over three drinks per day or use illegal substances

If you have further questions or want additional information, please contact Susan Stuntzner, Rehabilitation Psychology Doctoral Candidate, University of Wisconsin – Madison, Department of Rehabilitation Psychology, 432 N. Murray Street, Madison, WI, 53706, email: [smstuntzner@wisc.edu](mailto:smstuntzner@wisc.edu), phone: (608) 438-2478.

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## Advanced Wheelchair Skills Clinic

Presented by: Banner Wheelchair Suns Basketball, Banner Health Arizona, Arizona Spinal Cord Injury Association, Allegro Medical.

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 skill 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.

**April 4<sup>th</sup>** – Transferring: Chair to furniture/bed/vehicle; chair to floor/floor to chair.

**April 11<sup>th</sup>** – Managing Your Environment: Opening and closing doors; operating elevators and escalators; wheelies; curbs; managing stairs; ramps and various terrain, etc.

**April 18<sup>th</sup>** – Mechanics of Your Chair: Adjustments and maintenance of your wheelchair

**April 25<sup>th</sup>** – Bathroom Mobility – Focus will be on transfers and clothing management in the restroom.

This series of free clinics will be given at Banner Good Samaritan Rehabilitation Inst., 1012 E Willetta, R-2 in Phoenix, AZ. The hours are from 4:00PM – 6:00PM. Call 602-239-5929 or 602-790-7909 for more information.

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## Wheelchair Collection

The Mobility Project will have their wheelchair drive on Saturday, April 22, 2006 from 10:00AM – 4:00PM at the Tucson Orthopedic Institute, 2424 N Wyatt in Tucson. The Mobility Project collects, refurbishes and distributes used wheelchairs in countries such as Afghanistan, Mexico, Costa Rica, and El Salvador. We accept wheelchairs, walkers, canes, crutches, and other medical supplies. All donations are tax deductible.

For more information about The Mobility Project call (800) 818-8846 or contact Jenny Smith at [jsmith@mobilityproject.org](mailto:jsmith@mobilityproject.org).

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## Wheelchair Accessible Van for Sale

2002 Dodge Grand Caravan Sport, IMS Rampvan

- LOWERED FLOOR

- POWER RAMP
- POWER DOOR
- POWER MECHANICAL KNEEL
- BOTH FRONT SEATS REMOVABLE
- 40,000 MILES
- Green

Asking Price: \$25,000.00

Lease Option Available

Private Seller

(602) 920-6768

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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!**