



A Partner of Christopher & Dana Reeve Foundation



December 2011

We're on the Web!
www.azspinal.org

Be our Friend!
Facebook – Spinal Cord Injury
MySpace – AZ Spinal 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

AzSCIA Annual Empowerment Series starts in February and expands to Tucson!

Starting on February 2, 2011 AzSCIA will host the annual Empowerment Series for newly injured individuals! This is a course designed for new injuries, their family members, students and medial professional's continuing education. Each topic will focus on a different subject relevant to spinal cord injury. The evening includes a presentation by instructor Sue Wolf, group discussions and panel presentations; participation is free and the evening includes a free meal and transportation for those in need. Though the course is designed for new injuries we welcome anyone whose life has been affected by paralysis, including past participants.

This year in an exciting effort to expand we will be taking three of the empowerment classes on the road. Tucson here we come! On April 12th, 19th and 26th we will present the SCI Curriculum at HealthSouth Tucson Rehabilitation Hospital. The other nine modules will be presented in Phoenix at the Disability Empowerment Center as always and transportation will be provided for residents with in Maricopa County.

February 2 nd	Empowerment/ADLS panel	
February 9 th	Medical Aspects of SCI	
February 16 th	Secondary Conditions	
February 23 rd	Therapist is In Night	
March 1 st	Legal issues	
March 8 th	Psychosocial	
March 15 th	Sexuality	
March 22 nd	Pain and Aging	
April 12 th	Empowerment/ADLS panel	TUCSON!
April 19 th	Alternative/Complimentary Medicine/Sleep	TUCSON!
April 26 th	Mobility and Recreation Fair	TUCSON!

Registration will open on December 1st! To register call 602-507-4209 or email info@azspinal.org! We welcome family members, students, medical professionals, past participants and members interested in becoming a mentor!

The DEC SpoFit is Now Open!!!!

Arizona Bridge to Independent Living opened the Disability Empowerment Center Sports and Fitness Center to the public on October 31st, 2011! Located at 5025 East Washington Street with in the complex of the Disability Empowerment Center. The SpoFit includes three pools, an accessible fitness center, aerobics room, climbing wall, a full track, two basketball courts and accessible locker rooms! A revelation in accessibility and designed to meet the needs of a variety of disabilities. Please come and check out the state of the art facility! Visit www.disabilitysportscenter.com or call Amber Blanchard at 602-386-4283 for more information. The official Grand Opening Celebration will take place on February 26, 2012.

Support Groups

Flagstaff Support Group

When: Tuesday, December 6th, 2011 2:00PM-3:30PM

Where: FMC Training Offices 1000 N Humphreys

Description: Northern Arizona support group, Facilitator: Russ Bull 928-779-4147

Men's Disability Issues Group

When: Thursday December 15th, 5:30pm – 7:00pm

Where: Disability Empowerment Center, 5025 E. Washington St, Phoenix, AZ 85034 ([map](#))

Description for Men 18 and over. Disability Empowerment Center, CLASSROOM B

Facilitator: Don Price 602-980-3232 or donp@abil.org

VOICE Support Group

When: Tuesday, December 13th, 2011 2:00PM-4:00PM

Where: Glendale Main Library, 5959 W. Brown Street in Glendale

Description: West Valley cross disability support group. Facilitator: Janene Werner, 602-814-9717
voicejw@yahoo.com or www.voice-az.com

Compass Support Group

When: Friday December 16th, 1:00PM-3:00PM

Where: Granite Reef Senior Center, Scottsdale

Description: East Valley Cross Disability Support Group, Facilitator: Pauline Staples, 602-241-1006

Tucson Support Group

When: Monday, December 26th, 2011

In 2011, the group will meet once a month on the last Monday of every month. The meetings will alternate between social meetings (which will include activities like bowling, coffee house, live music, go to the movies, etc.) and educational meetings (mobility, exercises fitness, urology, bowel care, etc.). The idea is to put people with SCI and their families in touch with others families who have had or are having similar life experiences. For details please contact Peter Hughes @ 520-579-0862 or email him at peter@azspinal.org

Women's Support Group, Maricopa County

When: December 13th, 6:30pm – 8:00pm

Where: Disability Empowerment Center, 5025 E. Washington St, Suite 110 Phoenix, AZ 85034 ([map](#))

Topic: Holidays and family

Contact Karen@azspinal.org for more information

Members on a roll....



AzSCIA member and mentor Fred Thomas is training for the 2012 PF Chang's Rock and Roll Marathon! Fred was injured on July 3rd, 2005 in an auto accident. Fred's injuries included a brain injury and an incomplete spinal cord injury occurred at the C4/C5 level. Despite countless setbacks and illnesses Fred continued Physical Therapy on and off with the Neuro Institute, his condition gradually improved due in no small part to his dedication and commitment. Today Fred is still using a chair when necessary but he has made incredible strides in recovery and as a result has set a very ambitious goal to complete the PF Chang's Half Marathon on January 13th, 2012. Fred will also participate in the seven mile PH Chang's Fun Walk on January 7th! Channel 12 will be following Fred's progress so stay tuned! If you are interested in sponsoring Fred's walk you can contact him at 480-709-8998 or email flt_dsc@yahoo.com.

Coach Peter Hughes, a part-time staffer for the Arizona Spinal Cord Injury Association and a staple of the Tucson disability community departed on November 23rd, 2011 for New Delhi, India in order to donate refurbished sports wheelchairs to disabled residents of New Delhi. Wheelchair Athletes Worldwide is a registered 501(c)3 nonprofit organization dedicated to enhancing the lives of individuals with physical disabilities through the donation of sport wheelchairs and the demonstration of wheelchair basketball by accomplished disabled athletes. Our goal is to promote self-esteem, social & sport development, and hope through involvement in wheelchair basketball and other wheelchair sports. Donations are primarily distributed in countries where limited or no support is available for wheelchair sports. Pete has already begun planning his 2012 trip! For more information or to donate please visit: <http://wheelchairathletesworldwide.org/content/>



CITY OF SURPRISE SPORTS AND REC PROGRAMS

City of Surprise Adaptive Recreation
Please do not delay programs are starting soon!

<http://surpriserec.surpriseaz.com/Start/Start.asp?SCheck=96231245&SDT=39568.5354948727>



Join us for the Annual Holiday Mixer!

Join the Arizona Spinal Cord Injury Association for our Annual Social Mixer on December 15th from 6:00-8:00pm at the DEC Sports and Fitness Center! Tour the groundbreaking facilities, enjoy appetizers and good company. All members and friends of the association are invited. Please RSVP if you plan to attend.



Free Tax Preparation Assistance

Volunteer tax preparers will offer Federal and Arizona State tax preparation for any person with income less than \$50,270. Trained volunteers will help people with basic tax returns here at the Disability Empowerment Center on Saturdays from 9:00am -2:00pm. Save money by letting us do your tax Preparation for free! ABIL's Volunteer Income Tax Assistance (VITA) site is in partnership with the City of Phoenix and the Internal Revenue Service (IRS). If you have a bank account, with direct deposit you can get your tax return within a few days. Customers will be seen on a first come, first serve basis. If you have earned anything during 2011, even if you don't owe taxes, you may be eligible for the Earned Income Tax Credit (EITC). It's worth it to wait until February to get your taxes done for free!

Contact A.B.I.L. at 602-256-2245



The staff of AzSCIA wishes you a happy holiday season full of love and laughter!

Save the Date! On July 26th, 27th and 28th, 2012 AzSCIA will be partnering with the Michael Finney Foundation for the 16th Annual Desert Heat Classic! A fundraiser for the association, this event will include a golf tournament, Chef's dinner, silent auction, raffle, magic and comedy night in addition to a stand up night! Stay tuned more details to come! We will also need volunteers, so mark your calendar!

Smart Mouth Mobile is a cross platform [mobile communication application](#) developed for iPhone (2G,3G,3GS,4G,5G) iPod, and iPad, for all [Android & all Blackberry devices](#), Mac and PC versions coming very soon. The innovative app will also work on tablets as well and operates on Wi-Fi, 3G and 4G networks with the same call quality. Now, with the release of the Android version, the [Smart Mouth App](#) will even allow [unlimited calling and texting with the new Google ChromeBook](#), turning it into a telecommunications device and further strengthening Smart Mouth Mobile's position as an innovative leader in the wireless communications industry.

One of the most astonishing, groundbreaking features of the Smart Mouth Mobile App is its ability to transform your iPod Touch or iPad into a complete telecommunications device. How can this be possible, you may ask? With the technology developed by Smart Mouth Mobile, when you download the Smart Mouth app, a personal ten digit number is automatically generated and assigned for you that stays with you for life which allows you to make and receive **UNLIMITED** calls as well as texting with other Smart Mouth Mobile users!

Imagine being able to talk to anyone you want, anywhere you want for **FOUR CENTS a day!** Let's say you are traveling abroad and you want to be able to share your experiences and talk as long as you want to your family back home in the United States; with **Smart Mouth** you will be able to **talk as long as you like** with no bill and very soon you will be able to video conference with them too all through the Smart Mouth Mobile Network!

COMING VERY SOON!!! - You will be able to use the Smart Mouth Mobile service from landlines and other devices - Anything from a rotary phone to a flip phone!

Smart Mouth Mobile also **recognizes the sacrifices** made daily by our "all volunteer" military service members, local & federal law enforcement agencies, teachers, doctors and nurses in the **United States and Canada** who give of themselves to help and protect all of us and therefore we are giving **FREE lifetime subscriptions** to all of the following: **All Military Personnel - Army, Navy, Air Force, & Marine Corps, National Guard and Reserves -All Disabled or Medically Discharged Vets - All USO Members- United States Coast Guard - United States Customs - Local and Federal Law Enforcement -Doctors & Nurses -All Fire Departments & Emergency Response Personnel**

Smart Mouth Mobile Would To Thank You All For Your Service

This offer also goes out to the immediate family members of the persons above.

Details on this program will be sent via email to qualified persons.

Download the app now free for unlimited member to member calling and texting, Go ahead and call, it's free and it works great! Then upgrade and only pay \$19.95 USD per year to call any land line or mobile phones anywhere in the world!

For more information visit <http://smartmouthmobile.com/>.

The Box Seat!

Ingenious Innovation that keeps on Giving! 100% of the net proceeds support spinal cord injury research and development through the Christopher and Dana Reeves Foundation!

The Box seat is a recyclable, lightweight and portable events seat offering welcome comfort for those on the run! The box seat offers the perfect resting space, compact & convenient, yet hefty enough to support a 300 pounds! Keep it handy in your car, home, RV or trunk! The box seat is perfectly portable for soccer moms, tail gaters and parade goers, marathon fans, etc. Ideal at any sporting event or concert!

For corporate sponsors, it's also the high-profile showcase opportunity for a company name or branded product. And at the same time box seat supports a great cause! 100% of the Box Seat Net proceeds are dedicated to spinal cord injury research through the Christopher and Dana Reeves Foundation thanks to the generosity of the box seats inventor Coach Glen Henry! For information about this product visit www.theboxseat.com another innovative product from WHO! International Sales@whogifts.com

Grant opportunities for athletes with physical disabilities

The Challenged Athletes Foundation (CAF) is a unique organization that recognizes the athletic greatness inherent in all people with physical challenges and supports their endeavors by providing grants for training, competition and equipment needs. Grants are distributed once per year and applications are accepted September 1st through December 1st. Apply for your grant today by visiting www.ChallengedAthletes.org. Military veterans and first responders such as law enforcement and firefighters that suffered permanent physical disabilities whether sustained in or out of the course of service can apply for the [Operation Rebound Program](#).

Individual's ages 6-18 years old have the opportunity to apply for a grant to receive their very own hand-cycle. Applications are accepted year-round. Visit www.AthletesHelpingAthletes.org to learn more about the application process.

December 2011



6031 E. Washington St.
Phoenix, AZ 85034
602-386-4566
www.disabilitysportscenter.com

WHAT'S HAPPENING AT THE SPOFIT IN DECEMBER?



WHEELCHAIR BASKETBALL AND SIT VOLLEYBALL

WARRIOR CAMP

December 2- December 7 8:00am-4:00pm

Warrior Camps are part of the Wounded Warrior Regiment's Warrior Athlete Reconditioning program, which provides opportunities for Marines to engage in both physical and cognitive activities outside the traditional therapy setting. The program allows the Wounded Warrior Regiment to provide wounded, ill and injured Marines an opportunity to fine tune their skills, strengthen their bodies and support each other through the recovery process.

SIT VOLLEYBALL December 2, 3, and 4th

Following the Volleyball camp on the 2nd we will have a FREE 2 hour clinic lead by team USA's very own women's Sit Volleyball coach. People with disabilities, their family members, service providers, and other interested parties are encouraged to come check it out! Space is limited so sign up today.

WHEELCHAIR BASKETBALL December 5, 6, 7th

December 6th come watch our home team, Banner Wheelchair Suns, scrimmage the USMC warriors.

Contact Jessica Amato at (602) 386-4285 or jessicaa@abil.org for additional information or to get signed up.

QUESTIONS OR COMMENTS?

Call 602-386-4566 or email spofitinfo@abil.org

Winter Hours

- Monday –Friday 6:30am-9:00pm
- Saturday 9:00am-2:00pm

Holiday Closures

SpoFit will be closed:
December 23rd –
December 26th

NEW PROGRAMS

Walk and Roll

Join us Monday through Thursday from 12:00-12:30pm to walk, run or roll the track. Get started today!

Health Living

November 30 - December 30
Wednesdays & Fridays
5:15pm-5:45pm

Participants will receive information on healthy eating habits, increasing physical activity, and simple everyday changes that can lead to a healthy lifestyle. Set realistic goals and get the support and information to help you achieve them!

Circuit Training

Tuesday/Thursday 8:00am
Wednesday/Friday 5:30pm

Get familiar with the equipment and learn a variety of exercises to target specific muscle groups.

AzSCIA and Arizona Bridge to Independent Living are partnering to offer a series of Independent Living Classes! **Transportation will be provided free of charge.** Classes will take place on the 3rd Tuesday of Every Month. There are two classes 10:00am-Noon or 1:00pm-3:00pm!

To make reservations for the classes contact Lyne at:

(602) 296-0534.

To make reservations for transportation call Michael Bruning at:

(602)-703-2199.

- | | |
|-------|-------------------------------------|
| 12/13 | Laughter Therapy |
| 1/17 | Stress |
| 2/21 | Survival Manual |
| 3/20 | Chef's Cooking Class |
| 4/17 | People first |
| 5/15 | Gifted Hand's Movie |
| 6/19 | Time Management |
| 7/4 | 4 th of July Celebration |

The Disability Empowerment Center is looking for volunteers and interns! Check out what opportunities are available.

SpoFit's mission is to provide exceptional adaptive sports, recreation, aquatic, and fitness programs that promote the independence, health, and overall well-being of people with disabilities and their family members.

We are located at:

5031 E. Washington St.

Phoenix, AZ 85034

Website: spofit.org

For more information contact:

Jessica Amato

Phone: (602)-386-4285

Email: jessicaa@abil.org

If you are interested in volunteering for the Arizona Spinal Cord Injury Association Fundraising and Charitable Giving Committee Please contact info@azspinal.org we are looking for dedicated individuals who are willing to challenge themselves in these difficult economic times and raise funds for a cause they believe in!

LOW COST ACCESSIBLE TRANSPORTATION



Use the Arizona Spinal Cord Injury Association for your Accessible transportation needs! We will take you to doctor's appointments, grocery shopping, social outings with friends and family! Our drivers are available 24/7 and 365 days a year! Rent a van for family road trips!

Our drivers are all emergency prepared professionals and they will take you wherever you want to go!

For information or quotes call 602-703-2199 or email Bruning4@msn.com

Learn to ski in Beautiful Durango, Colorado for Free!

The Adaptive Sports Association is excited to begin accepting applications for the New Dimensions program for the 2012 Winter Season. The program is designed for adults with physical disabilities who are first time skiers or snowboarders. Participants fly into Durango on a Monday, ski Tuesday through Friday and return home on Saturday. The scholarship includes airfare to Durango, lodging in a volunteer host home, most meals and four days of accessible ski instruction. The deadline to get your scholarship application in is December 15th! For scholarship applications please contact Ann Marie Meighan at: annmarie@asadurango.com or for more information visit their website at www.asadurango.org or call 970-259-0374 for questions.

Adaptive Rec Upcoming Events!

Holiday Bowling Tournament- Join us at the AMF Mesa Lanes for a ten-pin bowling competition against athletes with various physical disabilities.

Bowl 2 games, socialize with friends and celebrate the holiday season.

Contact nina@arizonadisabledsports.com by December 5th to reserve your lane.

Saturday, December 10 12:00pm-2:00pm AMF Mesa Lanes

Veterans Quad Rugby Camp

December 1-4, Tucson, AZ

All camp and travel-related costs for veterans are covered by the Disabled Veterans Reintegration and Education Project.

Contact: bbarten@email.arizona.edu for more information or call 520.270.1864. Website: drc.arizona.edu

Arizona Disabled Sports – 59 East Broadway Road, Mesa 480.835.6273 office, 480.610.2257 fax

www.ArizonaDisabledSports.com www.facebook.com/ArizonaDisabledSports

Run, Walk and Roll 5K/10K

[Event Info](#)

Saturday, January 7

7:00am-11:00am

Tempe Beach Park

****AZ DISABLED SPORTS WINTER-SPRING PROGRAMS****

AzDS Winter-Spring Programs

Register TODAY!

The adaptive opportunities available for people with physical disabilities include Swimming, track & field, archery, power soccer and wheelchair basketball.

Online registration available through Active.com:

PC Winter-Spring Registration 2012

http://www.active.com/event_detail.cfm?event_id=1994274

To view the program schedule, please see attachment.

AZ Paralympic Experience - Track, Field and Archery

[Event Info](#)

Saturday, January 14

8:00am-12:00pm

Mesa High School

SkiAble Adaptive Alpine Experience- "SkiAble" provides alpine skiing instruction to individuals with physical and/or sensory impairments.

The learn to ski program that includes adapted ski equipment, certified ski instructors and trained volunteers. Register online today <http://www.active.com/skiing/greer-az/skiable-adaptive-alpine-experience-2012> or contact lane@arizonadisabledsports.com for the paper registration.

[Event Info](#)

Sun-Mon, Feb 12-14

Sunrise Ski Park, Greer

For more information go to: www.mesadisabledsports.com/

CLASSIFIED Ads

AdvisaCare is looking for PT's, OT's, and SLP's having experience with Spinal Cord and Brain Injury Patients.

For: Home Healthcare and Staffing Facilities

Location: valley wide

Full time PRN Availability

Great Pay Flex Hours

Please send CV's to rmcquoid@advisacare.com or call Robert 602-242-3800.

Almost new Invacare TDX SP Power Wheelchair that was used less than 1 year, black with red accents. It has 4 automatic modes: indoor, outdoor, attendant, and seating. It has everything; tilt, leg supports, side supports, arm troughs, footrest, full body extension and much more. It also comes with battery pack rechargeable unit, all manuals, instructions, and extra seat cushion. Fits in handicap van, original purchase price was over \$27,000 asking just \$9,000.

Karen Jones; ksj89318@gmail.com; 480-497-0917



Custom manual wheelchair, Sunrise Quickie Iris, 14" wide by 19". Deep (adjustable), infinite tilt, separate recliner, adjustable and removable arms, head rest, leg and foot pads, seat and back cushions with custom features and lumbar support, removable tray. Like new condition. **For more information call Wendy at 480-661-2133 (after noon).**

For SALE: 2000 Chevy Express, only 57K gentle miles. Brown exterior, tan interior. Cloth seats, fold down bench seat, CD player, front and rear air, cruise, tow hitch, elec locks and windows, remote start and remote door/lift operation. Equipped with Braun Vangater tri-fold lift, electric door openers, 6-way transfer seat and hand controls (over \$10,000 worth of equipment). \$12,999 obo. Pics available upon request.

Contact: mposmom@juno.com

Quickie All Court Wheelchair, good condition with Single Integrated Anti-Tip with Single Wing Frame. Color: Toxic Green, Seat Width: 16", Seat Depth: 16". Folding Seat back, with 2 different backs. Platform foot rest. 24" wheels with coated handrims. \$1,000.00 or O.B.O. **Call Mark at 847-421-7742**

Prone Standing Wheelchair FOR SALE! It is an Easy Stand Evolv Designed to help users stand easily in three steps. There are several studies that clearly demonstrate that passive standing can have significant effects on long term health.

We are asking \$2000 OBO for an Easy Stand Evolv, prone standing (manual) wheelchair. It was purchased new with all the extras in 2009. The stand was used for about 3 months inside our home (not outside). People interested can reach me at DeDe@asu.edu.

Upcoming e-news information.....

If there is anything that you would like to share with your fellow members, please contact Micaela Cheatham (Micaela@azspinal.org). She will ensure that the information will be posted on the e-news.

THANK YOU!