



A Chapter of Christopher &
Dana Reeve Foundation



June 2011

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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

Date: Saturday, June 25, 2011

Location: Hilton El Conquistador Tennis & Golf Resort, 10000 N Oracle Road, Tucson, AZ 85704

Time: 8:00AM – 4:00PM

The Arizona Spinal Cord Injury Association (AZSCIA) and the Arizona Governor's Council on Head and Spinal Injuries will present a one day conference. They are joining forces to present a free of charge education conference for individuals dealing with paralysis in Southern Arizona and rural regions. Family members, professionals and caregivers are also welcome! Transportation is available from Yuma, Casa Grande, Tucson and Sierra Vista.

The day is designed to promote independent living and quality of life. Topics will include the psychosocial ramifications of a spinal cord injury, challenges for those dealing with paralysis in rural locations and also secondary conditions, identifying, preventing and treating them before they become serious. As a chapter of the Christopher & Dana Reeve Foundation, AZSCIA works to provide the resources and information necessary to improve the quality of life of individuals dealing with paralysis in its many forms. To register or for more information, please call 602-507-4209 or email info@azspinal.org.

We have blocked rooms for the out of town travelers for Friday, June 24, 2011. The Association will sponsor half the cost of the room rate and the full rate is \$99.00. Please contact the **Hotel** room reservation department by calling the toll-free number **1-800-325-7832**. Please request the group rate for **Arizona Spinal Cord Injury Association**. Room reservations are accepted after Wednesday, June 15, 2011.

4th of July Celebration

The Disability Empowerment Center will be hosting their 3rd Annual 4th of July celebration! Enjoy free food, drinks, music and games while watching the fireworks from the accessible roof top of the DEC. The festivities will begin at 6:30PM at the Disability Empowerment Center, 5025 E. Washington Street, Phoenix, AZ 85034.

Please call Lyne at ABIL 602-296-0534 to make your reservations or if you have questions. Food will be served from 6:30PM to 8:00PM. Also, ABIL is seeking volunteers for set up and tear down,

Sunset Swank

Date: Saturday, June 18, 2011

Time: 5:00PM – 8:00PM

Location: The Annabel Inn, 611 N 7th Street, Cottonwood, AZ 86326, in the Crema Café Courtyard

Inn is totally wheelchair accessible.

CAT WALK - TRUNK SHOW - RAFFLE - LIVE AUCTION - VINTAGE BEVERAGES - CIGAR BAR

You can buy tickets ON-LINE by donating to the following site and then sending a detailed message as to which type of raffle tickets you are purchasing (Costa Rica, Hair, Art or General) and give me your name and phone number with area code, so that we can call you if your tickets win. Ie: if you donate \$100, you can apply that towards 10 tickets for the Costa Rica prize or 20 of the other three types of tickets. Visit to play:
<http://funds.gofundme.com/healthybella>.

Raffle Drawings JUNE 18th alongside LIVE AUCTION

Please visit <http://theannabelinn.com/sunsetswank.html> for more information or call 928-649-3038.

Proceeds support medical and funding for on-site management housing to help Annabel Scippa of Old Town Cottonwood. This is not a not-for-profit. This is to support an individual.

Summer Open Gym – Wheelchair Basketball

June 1 – July 27 (no open gym on July 20 due to BRC floor refinishing project)

BRC – 59 E. Broadway Rd, Mesa, AZ 85210

7:00pm-9:00pm

Open gym for wheelchair basketball at the Broadway Recreation Center on Wednesdays for June/July.

This open gym is for all ages and abilities. The open gym will not provide coaching or instruction but will have the equipment available to enjoy wheelchair basketball free play. AzDS will provide a variety of All-court wheelchairs and basketballs for those that choose to attend.

US Paralympics Track and Field National Championships

June 17-19, 2011 in Miramar, FL

Best of luck to the 7 AzDS track athletes competing at the Adult National Championships!

City of Phoenix River Rampage Expedition for Youth

June 20-26, 2011 (register by June 10)

4 days of river rafting on the San Juan River in Utah and 3 days at the Parks and Recreation Departments Camp Colley in northern Arizona. Contact Jeff Spellman at 602.495.5507 or jeff.spellman@phoenix.gov.

For applications visit: <http://phoenix.gov/parks/trails/outdoor/adaptive/rampage/index.html>.

National Junior Disability Championships (NJDC)

July 16-24, 2011 in Saginaw, MI

Best of luck to the 6 AzDS athletes competing in track, field, archery and swimming at the Junior Nationals this summer! Go AZ Heat!

Warrior's Journey TBI Conference

Saturday, July 23, 2011, 0800-1530 (8:00 am to 3:30 pm)

Desert Willow Conference Center

4340 E. Cotton Center Blvd

Phoenix, AZ 85040

The Arizona Coalition for Military Families, the Governor's Council on Spinal and Head Injuries, and the Brain Injury Association of Arizona, in collaboration with the Phoenix VA, TriWest, the Arizona National Guard, Luke Air Force Base, and other community partners, are

pleased to announce:

***A Warrior's Journey: A Day of Sharing, Learning, and Support
for Service Members and Veterans with TBI and their Families***

Warriors (Active Duty, Guard, Reserve, and Veterans) who have sustained a traumatic brain injury (TBI) and members of their families are invited to attend. This invitation includes those who have any level of TBI—from the most severe injury to those who experienced a mild TBI or concussion. We encourage those who may also have other conditions in addition to their TBI, such as PTSD, depression, pain or sleep issues, to join us.

Audience members can choose to attend classes, join discussion groups, and/or spend time in the Community Resource Room talking to representatives of military, veteran, and civilian resource organizations.

Child care stipends are available for families who need them, so that the parents can focus on learning and connecting to resources.

For teens of participating families (ages 13-17), a digital storytelling event hosted by Operation Military Kids (OMK) will be offered at the conference site. The teenagers will learn the basics of script-writing, story-boarding, audio/video recording, and using digital technology to create their own *Speak Out Military Kids* story—focusing on their experiences with having a military parent who has been injured. The day's activities included team-building, "feelings" activities, and hands-on interactive, technology-related activities. Participants will use the OMK Mobile Technology Lab to create and edit their digital stories.

There is no charge to participate in *A Warrior's Journey* or the Teen Digital Storytelling program.

For more information, call Burgan Cox at the Brain Injury Association of Arizona at 602-508-8024, (toll-free outside Maricopa County: 888-500-9165)

To register online, go to: <http://sites.google.com/site/warriorsjourney>.

6th Annual Spinal Cord Injury Retreat

Date: August 11th - 14th, 2011

Location: Whispering Hope Ranch in Payson, AZ

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

For more information, please call Karen Halgren at 602-507-4209, Karen@azspinal.org or visit our website www.azspinal.net to register.

4th Annual SRPMIC Disabilities Conference

Salt River C.O.I.N. Group & Youth Services is presenting this free conference and Lunch will also be provided.

Date: Thursday, August 25, 2011

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

Time: 8:00AM - 4:30PM

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. Limited to 250 participants.

Congratulations to Jenny Goeckel-Mutz! She is a two time paralympian and newly crowned Mrs. Wheelchair Arizona!!!

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; erichbke@msn.com. Be sure to visit www.azregionvolleyball.org for more information.

Go! Mobility Solutions president and CEO Rick Goldenstein receives two patent pending for new portable commode/shower chair

Tucson, AZ – May 1, 2011 – GO! Mobility Solutions President and CEO Rick Goldstein recently received a United States Patent Pending for two new devices designed to help individuals with disabilities as well as mobility-challenged seniors. These products expand GO! Mobility's existing product line to meet the needs of two distinct groups of disabilities, not met until now.

The **Go-Anywhere Sport** addresses the portable-mobility needs of the more independent wheelchair user and, in particular, handicapped sports enthusiasts. Lightweight, compact and easy-to-assemble, the Go-Anywhere Sport includes a two-piece padded tub bench having four adjustable legs, an optional padded seat extension enabling easy transfers across bathtub perimeters and an optional padded seatback for users requiring back support. Separately or inclusive of all three sections, the Go-Anywhere Sport weighs less than 10 pounds, packs easily and conveniently into a 9"x 9"x 12" travel bag which may be carried on a wheelchair user's lap and which qualifies as (non-chargeable) carry-on baggage for air travel.

The **Go-Anywhere CS-A** takes GO! Mobility's Commode 'n Shower Chair to a new dimension by adding a seatback which adjusts up and down, forward and back and which may be reclined to a nearly-horizontal position. In conjunction with the newly-designed adjustable footrest supports, which may now be used with any of the Go-Anywhere Chair models, the chair's occupant may be adjusted to a number of positions ranging from normal sitting position to lying down, virtually flat. This product fills the void for products for parents and caregivers of severely, developmentally-disabled individuals and, more importantly, offers a product that can actually grow from a pediatric chair to an adult chair by simply adjusting the seatback location, backrest height and footrest length. There is nothing like the Go-Anywhere CS-A anywhere.

For further information, contact: Zahira Hernandez toll-free at 800.359.4021

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.

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.

Arizona's 11th Annual Transition Conference

ONLINE REGISTRATION IS NOW OPEN

October 3-5, 2011

Talking Stick Resort 9800 East Indian Bend Road Scottsdale, AZ 85250
 (866) 877-9897

Arizona's Eleventh Annual Transition Conference, *Imagine It, Plan It, Do It!* is a collaborative, cross-stakeholder professional development event aimed at providing meaningful and pertinent information needed in the transition planning process for youth and young adults with disabilities. This year's conference includes a dynamic array of national speakers, state level experts, and also includes youth, young adult, and family member participation. Sessions contain content from the following strands: *Community Partnerships, Family Voice, Secure Care, Career and Job Development, Accessing Community Resources/Medical and Social Empowerment, Youth and Young Adult Empowerment, Assistive Technology, and Curriculum and Instruction.*

Early registration for Arizona's Eleventh Annual Transition Conference is now open and will end **Friday, June 17, 2011**. Standard registration begins Saturday, June 18, 2011, and ends Friday, September 9, 2011. This conference has been filled to capacity for the last two years, make sure to register early!

Please note the following registration details:

- Conference registration will be processed exclusively online for all participants;
- Early, standard, and late/walk-in registration periods significantly impact registration fees;
- **Family and youth/young adult-focused strands will only be held on Monday and Tuesday.** Registration fees and scholarship funding allow participants who register as a family member, youth, or young adult to attend the conference on October 3 and 4, 2011. Additional information about scholarships will be disseminated in June;
- Registration fees for educators, service agency providers, and other professionals allow participation in all three days of the conference;
- Scholarships continue to be available on a first-come, first-served basis for youth, young adults, and family members needing assistance with lodging or registration costs. Only youth/young adults aged 22 and younger and/or family members of eligible youth are eligible for scholarship funding; and
- **There will be no allowance for single-day registration.**

SPECIAL NOTES: The conference **begins at 9:30 a.m. on Monday morning to accommodate participants traveling from out of town.** Also, in order to be environmentally conscious, paper copies of handouts will not be provided at the conference. Materials for all sessions will be posted online three weeks prior to the conference on the ADE/ESS Secondary Transition website; participants are asked to print and bring materials for sessions of interest.

Sun Van Fare Increase

At a public hearing held April 12, 2011, City of Tucson Mayor and Council voted to approve a transit fare increase effective July 1, 2011. Sun Van's one-way full fare will increase from \$2.50 to \$4. The one-way economy fare will increase from \$.80 to \$1. If you have any questions regarding the fare increase, please call 520-798-1000 or visit www.sunvan.com.

Upcoming River Rampage Event

The wilderness is a great equalizer! An extended outdoor adventure such as a River Rampage trip provides a perfect setting for learning acceptance and cooperation. The lessons of life are intensified because of the challenge, the lack of outside influences, and the need for teamwork and trust. Time on the river is important time away from television, computers and phones. The river gives youth time to think, to play, to learn healthy risk taking and to sleep under the stars. Whatever their challenge, all teenagers need a chance to see that the world is bigger than their neighborhoods and that opportunities are available to them if they believe in themselves. Weeklong trips are offered each summer with supervision provided by City of Phoenix Adaptive Recreation staff and volunteer mentors.

For more information and applications to apply please [click here](#).

<http://phoenix.gov/recreation/rec/parks/preserves/outdoor/adaptive/rampage/index.html>

For Sale

Custom Manual Wheelchair. Sunrise IRIS 14" wide by 19" deep, infinite tilt, separate recliner. Adjustable arms, head rest, foot rests, seat and back cushion. Like new condition. Call Wendy for more information at 480-661-2133 after 11am.

Support Group Notices

VOICE Support Group will NOT have a meeting in July or August. Group will start again on September 13th.

There will be NO regular COMPASS Support Group meeting in June, July OR August due to the hot weather. Group will resume on September 16th.

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!