



A Partner of Christopher &
Dana Reeve Foundation



May 2013

We're on the
Web!

www.azspinal.org

Be our
Friend!
Facebook –
Spinal Cord
Injury

Twitter-
Arizona
Spinal Cord
@AzSCIA

5025 E Washington St
#110

Phoenix, AZ 85034

Phone: 602-507-4209

Fax: 602-507-4214

Toll-free: 888-889-2185

info@azspinal.org

*“A monthly update on
the happenings and
upcoming events in the
Association and
Community Partners.”*

Member E-Newsletter

Arizona Spinal Cord Injury Association

Aloha Vangie Mortenson!

The Association is sad to announce that after 10 wonderful years of hard work, dedication, and commitment we are saying aloha to Vangie! She is moving to Hawaii with her family and we wish them the very best of luck on this new adventure they are about to embark on!

Vangie has spent the past 10 years working for the Association! We can't express enough how grateful we are for all the work she has put in over the years and her dedication and passion to the community we work with! She will be greatly missed but we are extremely happy for her and her family!

Thank you Vangie for everything you have given the Association! We love you and wish you the very best!!!!

Sincerely,

AzSCIA Staff & Board



Support Groups

Flagstaff Support Group

When: Tuesday May 7th **Time:** 2:00PM-3:30PM

Where: FMC Training Offices 1000 N Humphreys

Description: Northern Arizona support group takes place first Tuesday of the month, Facilitator: Russ Bull 928-779-4147

Men's Disability Issues Group

When: Thursday May 16th **Time:** 5:30pm – 7:00pm

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

Description for Men 18 and over, the third Thursday each month. Disability Empowerment Center, CLASSROOM B
Facilitator: Don Price 602-980-3232 or donp@abil.org

VOICE Support Group

When: Tuesday May 14th **Time:** 2:00pm-4:00pmpm

Where: Sahuaro Ranch Park 9802 N. 59th Ave, Glendale 85302

Description: West Valley cross disability support group, every second Tuesday of the month. This meeting is our Annual Picnic!!! For more information please contact the facilitator. Facilitator: Janene Werner, 602-814-9717 voicejw@yahoo.com or www.voice-az.com

Compass Support Group

When: Friday May 17th **Time:** 2:00pm-4:30pm

Where: Granite Reef Senior Center, 1700 N Granite Reef Rd., Scottsdale, AZ 85257

Please contact Pauline Staples for more information at 480-628-3028 or plstaples@msn.com

Tucson Support Group

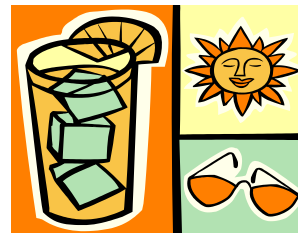
When: Sunday May 19th **Time:** 9:00am-2:00pm

First annual caregiver appreciation cookout at Reid Park! There will be food and a ton of fun stuff to do! RSVP by May 17th please! Contact Peter Hughes @ 520-579-0862 or email him at coacheshughes50@hotmail.com if you have any further questions.

Women's Support Group, Maricopa County

When: Wednesday May 15th **Time:** 5:30pm-7:00pm

Where: Disability Empowerment Center, 5025 E. Washington St, Suite 110 Phoenix, AZ 85034 ([map](#)). The topic is "Caregivers: When and How Should They Be a Part of an Independent Lifestyle". For more info please contact Donna Powers by email twocats345@msn.com or by phone at 602-577-0517. If you need transportation please call Michael Bruning directly at 602-703-2199 no later than one week prior to the meeting. Thank you! AzSCIA office #602-507-4209.



Congratulations!!!

We would like to recognize Don Price, AzSCIA's Board President and longtime member, on receiving the Valued Community Service Award from the Tempe Mayor's Office on Disability last month! He has served the community, the City of Tempe, and Maricopa County for years with all his hard work and dedication! Very special CONGRATULATIONS to Don Price on the award!

We would also like to congratulate Steve Zaccari on receiving recognition from the Governor's Council on Spinal and Head Injuries for his 7 years of volunteerism and dedication to the Council Board. Steve has been a longtime member of the Association as well and has been very committed to the community! Thank you for your service as a Board Member!

Thank you both to all your hard work and dedication to the disability community and to the Association! We greatly appreciate all you do!

Sincerely,

AzSCIA Staff & Board

AzSCIA Would Like to Wish All Mother's a Very Happy Mother's Day!!!

Happy Mother's Day to all the wonderful woman out there who in some way or another play the role of a mother, whatever that may look like! Thank you for all that you do for your family, friends, and the community you live in! You truly make this world a better place with the love and compassion you share!

Sincerely,

AzSCIA Staff & Board

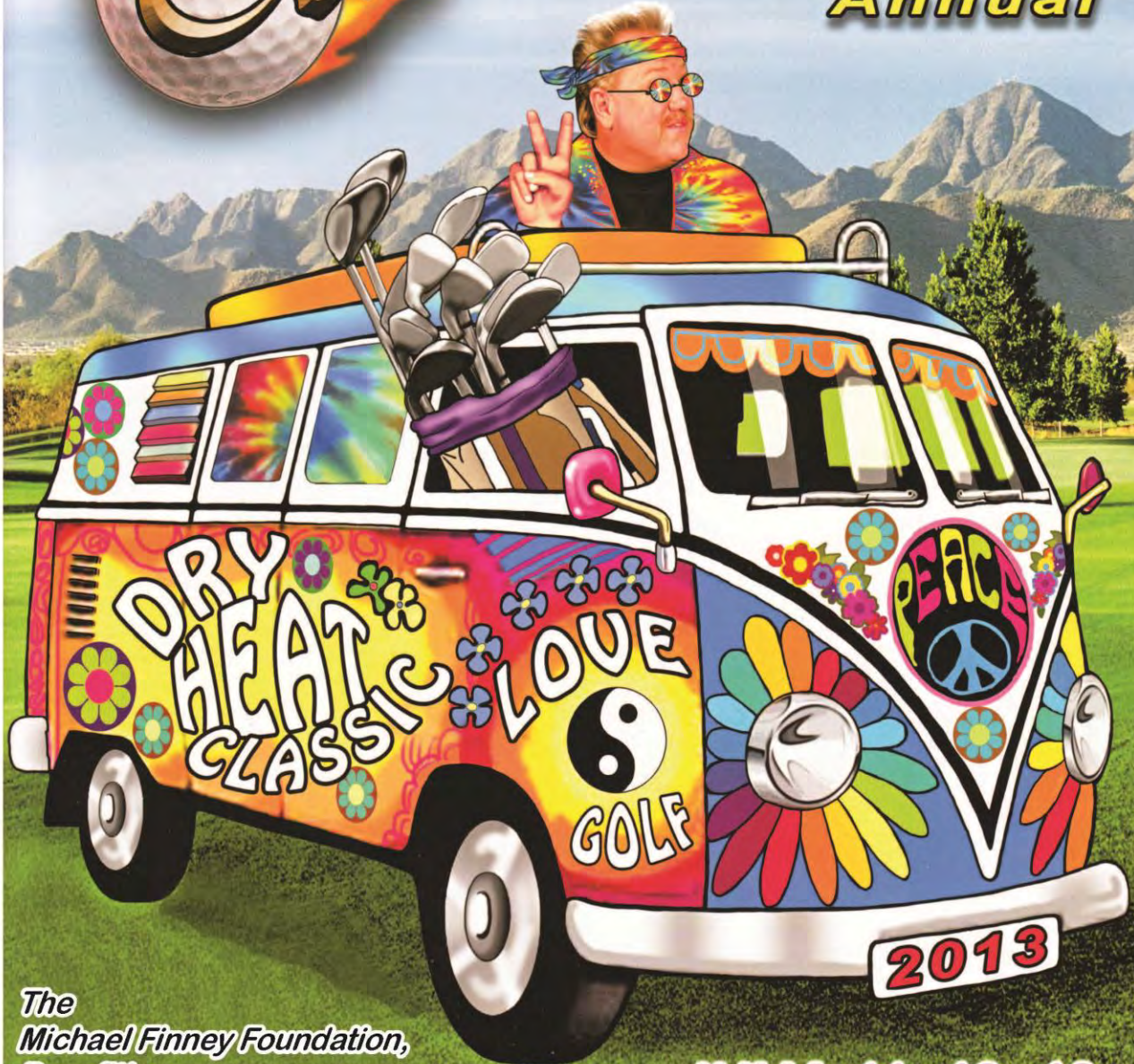
Michael Finney's non-profit 501(c)3 #86-0954575

DRY HEAT Classic

2013

www.azspinal.org

17th
Annual



The
Michael Finney Foundation,
Benefiting

The Arizona Spinal Cord Injury Association -

A Chapter of the Christopher and Dana Reeve Foundation

For ticket info, donations or sponsorship call (602) 507-4209

JULY 11, 12, 13

Arizona Spinal Cord Injury Association Transportation Services

AZSCIA provides transportation to consumers 24 hours a day and 7 days a week. It is available for every need, from doctor's visits to going to the grocery store or just needing a ride to an outing with family & friends. Our drivers are well trained in defensive driving, wheelchair lift equipment, CPR, First Aid, and van operations.

Our rates are extremely competitive and we will transport anywhere in the State... and with adequate notice we can transport anywhere in the US.

Family members and caregivers ride free with the consumer!

For further information contact Michael J. Bruning, Transportation Manager, at 602-703-2199 or send a detailed request to bruning4@msn.com.

You can also call the Office of AZSCIA at 602-507-4209 or toll free at 888-889-2185

- FOR SALE: Two 2008 E-350 Ford high-top wheelchair lift equipped maxivans. Please contact Michael Bruning at 602-703-2199 for more details!***
- Both are 2008 Ford E-350's with wheelchair lifts, tie downs, fold up seating and walk around high top for easy loading and unloading, AM/FM radio and CD with surround sound, AC front and rear and air sensor for the tires. Both vans have approximately 30,000 miles and everything is in excellent condition and they will be certified by our mechanics at the time of the sale. Asking \$20,000, or will negotiate.***



9 ways to support the Arizona Spinal Cord Injury Association

1. Make an online Holiday Gift Donation today at www.azspinal.org, click on meet AzSCIA and then Donate.
2. Give through Payroll Deduction! Our partner Community Health Charities will arrange for automatic withdrawal at whatever amount you request.
3. Corporate sponsorship! Contact Tiffany@azspinal.org for more information.
4. Volunteer to help at an event or for a committee! Contact info@azspinal.org to volunteer.
5. Host your own Fundraiser with friends, family or the office. Contact 602-507-4209 if you need help organizing your fundraiser.
6. Make an In-Kind donation of goods and services.
7. Make a tax deductible donation using your IRA if you are 70 or older.
8. Most importantly spread the word about the organization! Make referrals to people you meet! The more we can help our consumers and partner with the community the better!
9. Follow us on Twitter—Arizona Spinal Cord @AzSCIA Or be our friend on Facebook—Spinal Cord Injury (Azscia) <http://facebook.com/spinal.injury>

Check it out!!!!

Annabel is a member of AzSCIA plus she is also an artist!!! She uses her disability and life experiences to inspire her paintings!

She had a gallery show last month but still has some of her art work on display at The Manheim Gallery on Historic 89A 747 North Main Street, Old Town Cottonwood, AZ

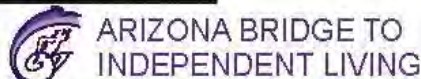
Check out her paintings on her website www.avsclippa.com! Plus her artwork is available for purchase online too!!!



Work Towards Your Dreams!

"I was able to gain confidence, a lot of useful tools, and I was able to get back into the workforce..."

- Victor Quibas



WORK INCENTIVES CONSULTING

SERVICES can assist and support your employment choices with information that can help you achieve your goals.

The Social Security Administration (SSA) has created a variety of work incentives that make it easier to go to work for people who receive Social Security Disability Insurance (SSDI) and Supplemental Security Income (SSI).

The Benefits 2 Work Arizona program can help you understand the Social Security Work Incentives and how to use them to increase your income.

DON'T LET FEAR OUTSHINE YOUR ABILITIES!

We are Centers for Independent Living providing advocacy and services by and for people with disabilities. We can help you make the transition to work with your disability easier.

WORKING INCREASES...

- Choices
- Self Esteem
- Health and Well-being
- Finances



IF YOU CHOOSE TO WORK...

- There are SSDI and SSI incentives that may help you retain Medicare and Medicaid.
- You may be able to get back on benefits without re-applying if you need to.
- SSDI beneficiaries can work for a while before cash benefits stop.
- SSI recipients always earn more working than not.
- Students under the age of 22 can gain work experience without affecting their SSI check.

STATEWIDE PARTNERS

Arizona Bridge to Independent Living
www.abil.org

DIRECT Center for Independence
www.directilc.org

ACCOMMODATIONS:

We serve people with all types of disabilities. We provide reasonable accommodations and all materials in alternative formats upon request. We are a smoke-free and fragrance-free environment.

For a list of SSI and SSDI presentations, visit www.benefits2work.org

Arizona Disabled Sports

AzDS Winter/Spring Programs

January - May

The adaptive opportunities available for people with physical disabilities and/or visual impairments include:

archery, track, field, swimming, power soccer & wheelchair basketball.

Online registration available.

To view the program schedule or for more information, please visit our website www.arizonadisabledsports.com

AzDS programs train *registered* athletes to be adequately prepared to compete in the....

Desert Challenge Games

May 17th- May 19th

A 3 day competition in track, field, archery, & swimming.

Track & Field will be part of the [IPC Athletics Grand Prix](#).

Visit the event web site for further details:

www.desertchallengegames.com

Volunteer With Us

Volunteering with our organization can lead to many benefits. Why not share your time with us and make a difference today!

We are officially recruiting for
DESERT CHALLENGE GAMES!



17th Annual Day on the Lake
Thursday, May 9 ~ Saturday, May 11, 2013
Bartlett Lake Marina | 7:15 am ~ 2:30 pm

Thursday is waterskiing only. Friday & Saturday are waterskiing, jet skiing, fishing, kayaking and boat rides.

Must be 8 years and older and 1 yr post injury to participate in ALL activities. Ages 3-8 fishing and boat rides available.

Registration

- Register with Resource Link at 1-877-602-4111
- Registration fee: \$35 before April 1st or \$45 after April 1st
- Registration donation contributes to paying for expenses related to this program. Partial scholarships available upon request.
- \$18 for t-shirt only

Visit us at www.thebarrow.org
Questions: Call the Barrow Connection 602-406-6280

Proudly sponsored by:

Hanger **Southwest Medical** **BARROW** **St. Joseph's Hospital and Medical Center.**

Wheelchair Tennis (Basha Tennis)

Our Goals

- To raise wheelchair tennis opportunities and awareness***
- To build a team of competitive players striving to compete at the sectional, national, and international levels***

The ITF Wheelchair Tennis Tour is the world tour for wheelchair tennis. It is also the branch of the International Tennis Federation that is designed to protect the interests of the wheelchair tennis game. As of 2011, 173 tournaments are covered by the tour over many different categories. The tour's main goals are:

- Provide opportunities for thousands of people with physical disabilities to compete in events organized at the highest level of professionalism.
- Offer high intensity competition and excitement for men, women, junior and quad players from the recreational to the professional level.
- Increase awareness for persons with disabilities throughout the world
- Give wheelchair athletes rightful recognition as top sport athletes
- Create opportunities for athletes to enjoy and compete in a sport for a lifetime with able-bodied and disabled people.

History:

Wheelchair Tennis started in the 1970s through [Jeff Minnenbraker](#) and [Brad Parks](#). First tournament took place in Los Angeles in 1977, which was won by Parks. In 1980 the National Foundation of Wheelchair Tennis (NFWT) was formed. A circuit of 10 tournaments within the USA was also established including the first US Open Wheelchair Tennis Championships. In 1981 The Wheelchair Tennis Players Association (WTPA) was formed.

The WTPA was formed to: a) Foster competitive wheelchair tennis for the physically disabled throughout the world; b) Establish and enforce rules which create fair and equitable play for all participants; c) Organize a competitive network of tournaments sanctioned by the association; and d) Formulate a uniform system throughout the world.

This link is to a high light video for W/C tennis
<http://www.youtube.com/watch?v=ASiHzICM9GQ>

Basha Tennis has programing in place for June, July, and August at Chandler Tennis Center (2250 S McQueen Rd, Chandler, AZ 85286. If interested in trying out wheelchair tennis or want a new venue to practice, contact Josh Basha:

Josh Basha USPTA
Director of Basha Tennis
602-502-8183
bashatennis@gmail.com

SPINAL CORD INJURY (SCI)

Paralyzed Veterans of America, AZ Chapter (AZPVA) Tucson area members

Southern Arizona VA Health Care System (SAVAHCS)
3601 S. 6th Avenue
Tucson, AZ 85723

All SCI members, their families, and guests are invited to our weekly meeting at the VA **or our outings**. They are held in the Nursing Home Conference room C108, in building # 60 **or where otherwise noted from:**

1:00 PM to 2:30 PM on Fridays listed. Please Join Us!

May 2013 Meetings:

- **Friday May 3. Outing to Clicks Billiards, 3325 N 1st Ave, come out and shoot pool to practice 9-ball for the wheelchair games if that is one of your events!**
- **Friday May 10. OUTING: Meet at Park Mall, at the food court for lunch, Broadway & Wilmot.**
- **Friday May 17. OUTING: Tucson Museum of Arts: Elements in Western Art: Water, Fire, Air and Earth Tucson Museum of Arts and Historic Block, 140 North Main Avenue.**
- **Friday May 24. No Meeting.**
- **Monday May 27, MEMORIAL DAY Holiday**
- **Friday May 31 BOWLING OUTING: at the Brunswick Camino Seco Lanes, located at 114 S Camino Seco; intersects with Broadway, Call 298-2311 to reserve a pair of lanes.**

For more information please contact:

Dr. Holly Ahner, MD

Karen Gialle, NP – Ph. 520-629-4887

Adam Sweeney, MSW – 520-792-1450 Ext 5

K2 Adventures Foundation Announces

4th Annual



2013
Summer
in the **City**

Saturday, May 18th 2013

10:30 A.M. – Noon Check In and Shopping
Noon – 2:00 P.M. Luncheon and Fashion Show

The Phoenician Resort
The Camelback Ballroom
6000 East Camelback Road
Scottsdale, AZ 85251

Tickets \$125 per person

Sponsorships available upon request

Register on-line at www.k2adventures.org
or call Kristen Sandquist 480-797-2950



Our Mission: To care for children, adults and families with special needs and or life changing medical circumstances by providing services, support and funds that will be used for educational and medical enrichment.

<https://www.facebook.com/K2AdventuresFoundation>
www.k2adventures.org



Mobility Fitness Institute

“Our mission is to push the client both physically and mentally. To get the client back to life just as they were before their debilitating injury and to provide them with as much knowledge and support as they need”.

Location: 2502 N. Dragoon Suite 100, Tucson, AZ 85745

Office #: 520-792-1414

Website: www.mobilityfitnessinstitute.com



Our program is based on an Athletic Recovery Training System. We use the principles of sport training in the recovery of people with all types of disabilities. The training is designed to change the physical and mental state of the client, so they are able to integrate back into the community as fast as possible with the skills and strength needed to perform their daily tasks of life.

Our 10,000 square foot state of the art facility gives us the ability to offer our clients a wide range of recuperative training options. We have created a fun, inviting atmosphere in a large, open area to help our clients have the BEST training experience possible at Mobility Fitness Institute.



SAVE THE DATE
SALUTING SERVICE
 AN ARIZONA CELEBRATION OF THE US MILITARY

JUNE 1, 2013 ★ 1500 HR - 1830 HR

Celebrating you and your families and thanking you for your service and sacrifice.
 Open House, pool party, rock climbing, live entertainment and food!
 Resource Fair highlighting employment, health, independent living and community transition services.

Sports exhibitions: wheelchair rugby; basketball; kayaking; SCUBA; fencing and more!

ENTER A DRAWING FOR A CHANCE TO WIN CONCERT TICKETS AND \$1,000

5031 E. Washington St., Phoenix, AZ 85034 - www.spoft.org - 602.388.4568

Partial funding for this program was awarded by the U.S. Paralympics, a division of the U.S. Olympic Committee, through funding provided by Veterans Affairs. The grants are provided to facilitate the growth of Paralympic sport programming for disabled Veterans and disabled members of the Armed Forces.

Family Retreat 2013

**Bison Ranch Retreat Center
 Overgaard, AZ July 26-30**



PRESSION
 PHIL 3:14
 I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus. Phil 3:14

This newly renovated resort has been turned into a beautiful retreat center where folks can get away from the hustle and bustle of everyday life. With a catch and release pond and several other outdoor amenities every family will be sure to find some relaxation and family time.

Joni and Friends Arizona is excited to unveil our newest *Family Retreat* site in Overgaard Arizona.

Bison Ranch is located 2.5 hours northeast of Phoenix in Arizona's Rim Country.



Why attend a Family Retreat?

The day-to-day realities of life with a disability can be overwhelming. At Family Retreat your family will find the strength and joy of the Lord in an environment where you feel welcomed, understood and accepted.

Register today at:

www.joniandfriends.org/family-retreats/bison-ranch-2013/

For additional information please contact Delinda Carr at 602-275-2568 or dcarr@joniandfriends.org

SPACE IS LIMITED!



More Information & Resources can be found on these websites and organizations in the community!

The National Spinal Cord Injury Association www.spinalcord.org

Arizona Governor's Council on Head and Spinal Injuries www.azheadspine.org

Go to www.azspinal.org and click on Get Involved to find our calendar of events and browse the website to gather any information necessary!

If you want an ad and/or any events added to our monthly newsletter contact/email Tiffany Wilkinson tiffany@azspinal.org!

Thanks,

AZSCIA staff

Upcoming e-news information.....

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

THANK YOU!