

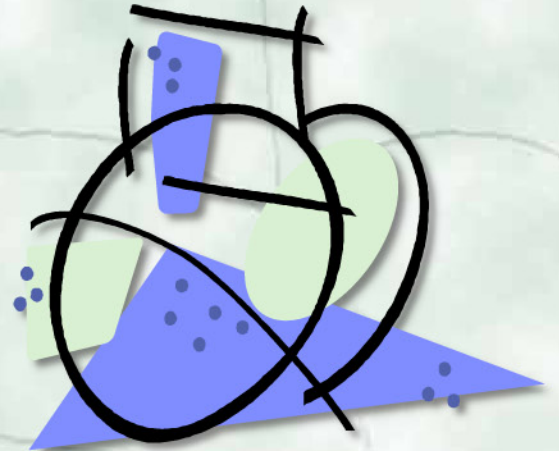
**Arizona
Spinal Cord Injury
Association**

*A Chapter of the Christopher
& Dana Reeve Foundation*



5025 East Washington St., Ste #110
Phoenix, AZ 85034
Voice: 602-507-4209
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www.azspinal.org



**Arizona
Spinal Cord Injury
Association**

Arizona Spinal Cord Injury Association

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INFORMATION & RESOURCE CENTER

When you want “just the facts” about spinal cord injury (SCI), the *Arizona Spinal Cord Injury Association* is ready to help with literature, books and videotapes covering an array of topics.

Christopher & Dana Reeve Foundation

Paralysis Resource Center Fact Sheets

Get quick answers to your 10 Most Frequently Asked Questions about SCI:

- What emergency procedures occur following a spinal cord injury or what is suspected to be an SCI?
- How is SCI defined at the level of injury, what is the difference between a complete and an incomplete injury?
- What are the secondary conditions associated with paralysis - how will the SCI affect other organs and systems in the body.
- How to locate an appropriate rehabilitation facility?
- How to obtain health care if the injured person is uninsured or underinsured at the time of injury?
- When and how to apply for federal Social Security benefits?
- What is the clinical trials process?
- Where to locate resources for funding of rehabilitation and necessary medical equipment?
- What is the promise of stem cell research; should I seek unapproved treatments?
- How to deal with depression and adjustment to SCI?

AzSCIA's Lending Library

Check out these titles and learn more about living with SCI:

- Life on Wheels
- SCI Handbook
- SCI: A Guide for Living
- Sexuality After SCI
- Back and Neck Resource Book
- Outcomes After SCI Trauma



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- The Child with SCI
- Spinal Network
- Management of SCI
- Disability Evaluation Under Social Security
- Functional Electrical Stimulation
- Rescuing Jeffery
- Principles for Striking Gold After SCI
- Medical Care of Persons with SCI

Information and Referrals

Find out what resources and services are available to individuals with SCI in Arizona:

- Durable medical equipment suppliers
- Healthcare and counseling professionals
- Rehabilitation specialists
- Specialized spinal cord injury programs
- Driving evaluation programs
- Vehicle and building modifications
- Accessible housing
- Transportation
- Government programs
- Educational support
- SCI research
- College and university disability resource centers
- Attendant care
- Wheelchair equipment use/maintenance
- Assistive technology
- Professional, legal, and tax assistance
- Sport, social, and recreational programs
- Vocational rehabilitation
- Independent living programs
- Support groups

Spinal Cord Injury, Paralyzed Veterans of America, and Consortium Publications and Materials

Ask about our wide selection of clinical and consumer guides, brochures and videotapes on topics including:

- Health Care and Mental Health
- Government and the Law
- Living with Spinal Cord Injury
- Sports, Recreation and Fitness
- Estate Planning

Arizona Spinal Cord Injury Association

SUPPORT GROUPS

The *Arizona Spinal Cord Injury Association* sponsors support groups for individuals with SCI and their families. These groups provide information, ongoing assistance, and opportunities to learn from others in a friendly, safe environment.

Support group members...

...share common problems and challenges
...develop new social, emotional and educational support systems
...provide and receive encouragement, information, and feedback

Members should be willing to...

- Discuss and share their experiences with others
- Listen and accept help from others
- Keep information confidential
- Help others
- Try out new behaviors
- Take responsibility for their actions
- Receive feedback
- Give feedback when asked
- Work for positive growth within the group
- Be non-judgmental



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Support Group Monthly Meetings at a Glance

Flagstaff Support Group - Every 1st Tuesday
2:00PM - 3:30PM
Contact: Al White, 928-779-4147

VOICE Support Group - Every 2nd Tuesday
West Valley Support Group
2:00PM - 4:00PM
Foothills Branch Public Library
Contact: Janene Werner, 602-814-9717

COMPASS Support Group - Every 3rd Friday
East Valley Support Group
1:00PM - 3:00PM
Granite Reef Senior Center in Scottsdale
Contact: Pauline Staples, 602-241-1006

SCI Women Support Group - Every 2nd Tuesday
6:30PM - 8:00PM
Banner Good Samaritan Hospital
Sandstone Conference Room
Contact: Jill Greenlee Sclase, CTRS, 480-363-5880

Men's Disability Discussion Group - Every 3rd Thursday
5:30PM - 7:00PM
Disability Empowerment Center in Phoenix
Contact: Don Price, 602-980-3232

Northern Arizona SCI Support Group - Every 2nd Thursday
5:00PM
Mountain Valley Regional Rehabilitation in Prescott Valley
Contact: Jo Crawford, 928-759-8800

Spanish Support Group - One Saturday a month
Gentiva Rehab Without Walls in Phoenix
Contact: Diane, 602-943-1012

Meetings are subject to change.

Please call the *Arizona Spinal Cord Injury Association* at 602-507-4209 or toll free at 888-889-2185 for the meeting schedule in your community.

Arizona Spinal Cord Injury Association

PEER MENTORING PROGRAM

The purpose of the Spinal Cord Peer Mentoring Program is to assist individuals who have experienced the trauma of spinal cord injury and the long process of healing and readjustment to help others in similar situations.

The Spinal Cord Peer Mentors are volunteers who have accepted their situation, developed healthy coping strategies, and have the intense desire to help others in similar situations. Though not a professional counselor, all of the Spinal Cord Peer Mentors attended a Peer Mentor Training.

The objective of the Spinal Cord Mentor Training Program is to provide the Spinal Cord Mentors with the concepts and skills necessary to effectively:

- Support the individual, helping to get them the very best from the treatment and services available.
- Understand the theories of personality, counseling, and dealing with trauma including depression, denial, and the coping with life changing events.
- Develop effective listening and communication skills.
- Take action when action is necessary; to know when a crisis occurs and how to handle it.
- Work through issues from the general to the most intimate as well as from the simplest to the most complicated.
- Safeguard personal rights and confidentiality in all situations and understand all the ethical and legal issues involved.
- Successfully help Spinal Cord Mentors to help others in their life transitions.



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TRANSPORTATION SERVICE

The Arizona Spinal Cord Injury Association now offers accessible transportation services to assist you in all your personal transportation needs!

Just imagine - your own personal driver that will deliver you from your door to your appointments! Unlike other transportation services, you won't have to wait for your return trip to your home and you can make multiple stops.

Listed below are the charges for the Greater Phoenix area: All rates effective June 1, 2009.

Transportation Rate (Without Annual Membership Fee)
\$26.00 p/hour (Drive Time), \$20.00 p/hour (Wait Time)+ .90¢ p/mile for gas surcharge.

Non-Profit Rate (With Annual Membership Fee)
\$26.00 p/hour (Drive Time), \$20.00 p/hour (Wait Time)+ .90¢ p/mile for gas surcharge. 10% discount will be applied to Drive and Wait Time. No discount on gas surcharge.

Individual Member Rate (With Annual Membership Fee)
25% discount will be applied toward the Transportation Rate. No discount on gas surcharge.

Want to see Arizona but you're on a budget? We charge by the hour, not per person. So if you are considering a trip, gather a few of your friends for a bigger savings. One van can fit three large wheelchairs, or four regular wheelchairs plus four ambulatory.

Day Trips and Overnight Stay - \$30.00 p/hour and 90¢ p/mile for gas surcharge. Plus Food and Lodging for Driver. For overnight stay, charges are incurred from the time the van begins and ends its travel day.

Call us! We can make your *Wheels Toward A Dream* trip a reality. Share with us your plans for your outing and we will work with you to make your trip come true. Arizona is a very beautiful state so start making your plans today!

Donations are accepted. All funding supports the AzSCIA Transportation Programs.



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MEMBERSHIP APPLICATION

To become a member of the *Arizona Spinal Cord Injury Association*, simply return your completed application to:

Arizona Spinal Cord Injury Association
5025 E Washington St #110
Phoenix, AZ 85034

Today's Date ____/____/____

Name _____

Address _____

City _____ State ____ ZIP _____

Daytime Phone () _____

Evening Phone () _____

Fax () _____

Email _____

How was injury sustained? _____

Level of Injury _____

Date of Injury ____/____/____

Date of Birth ____/____/____

Marital Status (please circle one): Single Married

Separated Divorced Widowed

Membership Level (see Membership Levels on back for more details)

1 2 3 4 5 6 7 8 9 10

For **Family** and **Family Plus** memberships, please list the names of each member and the relationship to the applicant.



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MEMBERSHIP BENEFITS

For a nominal annual membership fee (see Membership Levels on back for more details), *Arizona Spinal Cord Injury Association* members can enjoy these benefits:

Basic Individual, Individual Plus, Basic Family, Family Plus and Professional Memberships

- Priority consideration for AzSCIA's programs and services
- Member rate discount on Transportation Service
- 10% discount on all Sun Artisans products
- Eligible for the Volunteer Award Program for discounts on services
- Automatic entry in periodic drawings for donated items

Organizational Memberships

See Development Director for a list of benefits for these organizational membership levels:

- Friends of AzSCIA
- Introductory Level Sponsor
- Basic Corporate Sponsor
- Copper Corporate Sponsor



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MEMBERSHIP LEVELS

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For Individuals and Families:

- 1. Individual with Spinal Cord Injury \$10
(First year membership is free)
- 2. Individual Supporter\$15
(For those wishing to support the AzSCIA)
- 3. Family \$25
(For individuals with SCI and Family Members)
- 4. Individual Plus \$45
- 5. Family Plus \$60
- 6. Professionals\$50
(MD, PT, OT, RT, ST, SW, etc.)

For Organizations:

- 7. Friends of AzSCIA..... \$250
- 8. Introductory Level Sponsor.....\$750
- 9. Basic Corporate Sponsor.....\$1,000
- 10. Copper Corporate Sponsor.....\$2,500

WEB RESOURCES

With these web site and links, information about and for individuals with SCI is just a click away!

- *Arizona Autism United*
www.azaunited.org
- *Ability Center*
www.abilitycenter.com
- *Arizona Bridge to Living Independently*
www.abil.org
- *Arizona Center for Disability Law*
www.acdl.com
- *Arizona Governor's Council on Spinal and Head Injuries*
www.azheadspine.org
- *Banner Good Samaritan Medical Center*
www.samaritan.edu
- *Christopher & Dana Reeve Foundation*
www.christopherreeve.org
- *Craig H. Neilsen Foundation*
www.chnfoundation.org
- *Cox Charities*
www.cox.com
- *Gentiva Rehab Without Walls*
www.gentiva.com
- *HealthSouth*
www.healthsouth.com
- *Joni & Friends*
www.joniandfriends.org
- *Leeden Wheelchair Lift & Sport*
www.leedenwheelchair.com
- *PRN Medical Services, Inc.*
www.prnmed.net
- *Miami Project to Cure Paralysis*
www.miamiproject.miami.edu
- *National Multiple Sclerosis Society, Arizona Chapter*
www.nationalmssociety.org/chapters/AZA/index.aspx
- *Miami Project to Cure Paralysis*
www.miamiproject.miami.edu
- *Raising Special Kids*
www.raisingpecialkids.org
- *Statewide Independent Living Council*
www.azsile.org
- *St. Joseph's Hospital & BNI*
www.ichosetjoes.com
- *Valley Center of the Deaf*
www.vcdaz.org



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