

The Desert Oracle



A Member Chapter of the Paralyzed Veterans of America

January—February 2008 Vol. 10 Issue 1

CHEERIOS

Wheelchair vet is gold medal inspiration

Pete Scholz

12News

Feb. 21, 2008 05:13 PM

John Tuzzolino admits his spinal cord injury was a tough weight to manage at first. "A few years after I got hurt, I got into weightlifting, and a lot of things I used to do," he said. With each workout, he lifted more weight and began to clean up at state and national competitions.

He was also lifting the spirits of those who happened to working out with him. Betsy Grey has been working out with Tuzzolino for 15 years. "He always inspires me every time I see him working out. I figure I have to work harder."

But his real focus has been sharing his experience with fellow veterans. "I kind of like walked that road before, so I can talk to them and I know what they're gonna go through and how things are; and I can answer their questions," Tuzzolino said.

At an autograph session at the VA Medical Center in Phoenix, his gold medal inspiration continues to earn him praise. Meanwhile, our next bowl of cereal may be all it takes for **John Tuzzolino** to challenge us to get in shape. Next month he'll be one of 12 veterans to be featured as a

Cheerios Cereal Champion.

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The views expressed in the articles of the Desert Oracle are the opinions of the author and not necessarily the opinion of the AZPVA. Any article not attributed to an individual / group was compiled with available information by APVA staff/members. The Desert Oracle **does** encourage our readers to submit their articles, interests and/or rebuttals.



Hey people! How did everyone survive the New Year, the Christmas Season, Hanukkah and any other year end/year beginning event. My family celebrated the New Year with a Birthday on January 1st (my

wife's).

It says in the Bible, "To everything there is a season, and a time to every purpose under the heaven. A time to weep, and a time to laugh; a time to mourn, and a time to dance". (Eccl. 3:1,4).

Those of you that truly know me know that I've got a smile on my face more often than not. It used to be a smile of snickering for a misdeed I had caused for someone else to fall, but no more. The Bible says, in 1 Corinthians 13:11, "when I became a man, I put away childish things.

More than likely, to see me smile, it's from coming off a spell of laughter, which leads me into this month's article, taken with permission from the Editor of Action Magazine, September 2006 Edition.

MS Perspectives by Ed Lash

The Value of Humor

One day in 1862, Abraham Lincoln was meeting with his closest advisors. He read a piece aloud to them, but Lincoln was the only one that laughed. "Why don't you laugh? He asked. "With the fearful strain that is upon me night and day, if I did not laugh I could die, and you need this medicine as much as I do".

A short time after I started doing friendly visiting and peer counseling with the Multiple Sclerosis (MS) Society, I read some literature about the value of humor and was amazed at what the authors and medical experts were saying. Many quoted Norman Cousins, who wrote "Anatomy of an Illness".

In 1964, Cousins was diagnosed with ankylosing spondylitis, a disease in which the spine is painfully inflamed and disintegrating. A specialist said Cousins had one chance in 500 for recovery.

Cousins' self-help strategy included good food, vitamins, a hopeful attitude and humor, which he felt was therapeutic. His formulary of humor included watching movies, reading comic strips, and listening to his nurse reading humor books to him. His pain was quite intense, but he found that 10 minutes of healthy laughter gave him two hours of pain-free sleep.

Cousins did recover from his illness to live a normal life. I heartily recommend that everyone read "Anatomy of an Illness", or at least the 22 pages of Chapter 1. It's an eye-opener and a good example of how self-help strategies can work together with doctors in a team effort who manage illness.

In another book I can readily recommend, "Love, Medicine and Miracles". Bernie S. Siegel, MD states, "There are sound scientific reasons why we call robust, unrestrained laughter 'hearty'. It produces complete, relaxed action of the diaphragm, exercising the lungs, increasing blood's oxygen level, and greatly toning the entire cardiovascular system. Cousins termed 'internal jogging', and others have likened it to a deep massage.

Researcher Lee Berk of Loma Linda University in California adds that because laughter both stimulates and soothes us, we feel "enlivened, refreshed and clear-headed, much as we do after an aerobics workout".

It's also been shown that forcing a smile or even smiling at someone you don't even like can result in some of the benefits of laughter. Way back in the 19th century, a French neurologist defined the characteristics of the truly joyful smile as contracting certain facial muscles that may result in positive emotions and happiness. Modern research has confirmed that. In one research study, those with lowered immune function were separated into two groups. One group was given time to smile for a number of minutes each hour, and their immune function improved significantly over the control group.

It's important to eat well-balanced diets. Get regular exercise, and maintain good sleep habits to help manage MS, but one hearty laugh a day may be just as vital. And laughter requires no special training of equipment; all you need to do is develop your funny bone.

Note: Self-help is not intended to replace medical treatment. It should be used together with the help of appropriate professionals in a team effort. Ed Lash is a United Spinal member who lives in Trumbull, Connecticut. For more information, email edlash.ms.selfhelp@juno.com.



January was completed on a good note as the Chapter offices were finally finished and our website made excellent progress towards being

updated. The Chapter enjoyed the opportunity to assist in the Arizona Sled Hockey Tournament at the Ice Den in Scottsdale. It was a first class event and a phenomenal sport. If you have never seen it played, it is worth the trip next year. Chapter Treasurer Dianne Brunswick, who also happens to work for the City of Phoenix disabled recreation department, skates for the local Coyotes and recommends this sport to anyone with adventure in their blood. After that we started the final preparations for our first PVA Nation Circuit Trap Shoot in the Phoenix area in almost five years. Thankfully Hilda Fox had it all under control.

The Board initiated changes to our by laws and a re-write of the Chapter's Policy and Procedures Manual. The by-law changes will be sent to each member in the mail or the changes will be placed in the next Desert Oracle.

February was a busy month as the Chapter had two major events. The Trap Shoot was a success as Hilda Fox, Vice President Gordon H Moyer, and Arizona Sports Director John Tuzzolino made every effort to ensure the excellent outcome of this year's event. We had 42 shooters, with some not able to attend because of storms grounding flights from the mid-west. The Chapter would like to express our thanks to Hilda for her patience and great work; the shoot would not have been a success without her.

The Chapter's Vice President Liaison Bill Lawson was in town for the trap shoot and a Chapter review. Mr. Lawson is the

Chairman of National PVA's FAC (Field Advisory Committee). Chapter representatives including Hospital Liaison Gordon H. Moyer, and NSO Marco Rossi visited Prescott and were pleased to report the tremendous changes as the Prescott VAMC has transformed their Primary Care SCI/D Clinic from a closet and a wish to the real thing. Dr. Sylvan, Chief of Staff Physician, has done a great job in just one year. Michael Wilson, the senior NSO in Phoenix, accompanied VP Lawson and the Chapter representative to Tucson to review the possible new clinic area for the Primary Care SCI/D Clinic. Mr. Lawson inspected many aspects of the hospital including both in patient and out patient x-ray labs. The Phoenix clinic's only need was a gurney that is propelled by the patient. The Arizona Chapter can now claim that we are finally seeing the possibilities of three complete primary care SCI/D Clinics. We appreciate all the support the National staff, the Executive Committee and our NSO's has provided to the Chapter.

Our March meeting is the 29th at Ora Mae Harn Park, in Marana, AZ. It will be a picnic and you are all cordially invited to attend. Please call ahead to ensure we have plenty of food.

You may have seen our long time Sports Director John Tuzzolino on channel 3, channel 12 or down at the Phoenix VAMC signing sports cards. If you haven't, John is going to be featured on boxes of Cheerios as a successful athlete from the National Veterans Wheelchair Games. You can find articles about John on 12new.com and azcentral.com. Look him up for articles dated 2/21 & 2/22/08. Congratulations John for raising the bar.

Invitations will be out soon for the 31st Annual Dick Sloviaczek Barrier Busters Awards Luncheon on April 26th. Please take the time to check your schedules and make plans to enjoy our annual event.

VETERANS DIAGNOSED WITH PTSD ON ACTIVE DUTY NO LONGER REQUIRED TO PROVIDE FURTHER EVIDENCE OF PTSD

**Responding to Akaka's inquiry, new
VA Secretary takes quick action.**

February 15, 2008

WASHINGTON, DC –US Senator Daniel K. Akaka (D-HI), Chairman of Veterans' Affairs Committee, commended Veterans Affairs Secretary Peake for agreeing that veterans who are diagnosed with PTSD while on active duty should be recognized as having PTSD for VA purposes. This decision will end VA's requirement that veterans diagnosed with PTSD while on active duty provide additional evidence of exposure to specific stressors during their service in order to establish their diagnosis of PTSD. Responding to an inquiry from Chairman Akaka, Secretary Peake has directed to VA regional offices to no longer require such evidence but instead to immediately schedule examinations for such veterans in order to determine the severity of their PTSD for VA compensation purposes.

"I am pleased that the Secretary took quick action to reverse this requirement, after it was brought to his attention," said Senator Akaka. "This change provides a fairer process for veterans and service-connected PTSD, and leaves claims adjudicators more time to devote to reducing the staggering backlog of veterans' claims."

Secretary Peake notified Senator Akaka about the change this week. In response to a January 2008 inquiry from Akaka. In his inquiry, Senator Akaka pointed out that VA was requiring veterans already diagnosed with PTSD during active duty

to otherwise prove they had PTSD. Senator Akaka requested that VA quickly end this Practice.

Advanced Wheelchair Skills Clinic

Presented by
Banner Wheelchair Suns Basketball
Banner Health Arizona
AZ Spinal Cord Injury Association

WHERE: This series of free clinics will be given at Banner Good Samaritan Rehabilitation Inst. 1012 E Willetta Phoenix

WHEN: The Clinic dates are: March 19th, 26th, and April 2nd, and 9th from 4:00 - 6:00 pm.

CONTACT: Call 602-239-5929 or 602-790-7909 for more information.

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.

This program is divided into four modules:

Transferring: Chair to Furniture/bed/vehicle; chair to floor/floor to chair.

Managing your environment: Opening and closing doors; Operating elevators and escalators; Wheelies; Curbs; Ramps and Various terrain; etc.

Bathroom Mobility: Focus will be on transfers and clothing management in the restroom.

Mechanics of Your Chair: Making adjustments to and general maintenance of your wheelchair.

2 fundraisers coming up in Tucson this spring to raise money for our Arizona team of Wheelchair Athletes going to the National Veterans Wheelchair Games in Omaha NE July 2008.

The first is a 3rd annual Motorcycle Poker Run on Sunday March 9, 2008. The ride begins at the American Legion Hall Post 36 , 5845 E 22nd St Tucson – First bike out 8:30am , last bike out 10:00am. Breakfast is available at the Legion Hall Phone Number is 520-747-2700 for more info. The ride is a pleasant approximately 100 miles in S. Az with stops at Elgin, American Legion Post 109 Corona de Tucson Ride finishes at the American Legion Post 66, 1560 W Duval Mine Rd and I-19 , Green Valley, Az 520-399-3604 High hand wins \$250, low hand wins \$125 Registration is \$15 per rider, \$25 per dual riders Spaghetti lunch included at closing ceremonies Raffle prizes, auction prizes Closing Ceremonies and drawings start at 1:00PM at Green Valley. POC is Joe Chitty 520-574-0129 or Steve Hymers 520-258-9398

The 2nd fundraiser is a 2nd annual Eagle Shootout Golf Tournament Sunday May 18,2008 at Reid Park Randolph North Golf Course, 600 S Alvernon Way Tucson Az. 7:00am Check in for a 8:00am Shot Gun start Entry Fee \$100 per golfer, \$400 per foursome with sponsor, \$100 non player- Sponsor only Sponsors receive personal sign on Tee box Entry fee includes range balls, green fees, Golf cart and Lunch. Lunch is either vegetarian lasagna or steak and potato

New Car for a HOLE-IN-ONE on a par 3

Raffle and other prizes

POC is David Mackey 520-742-2613

Both events will benefit the AZ team this year for Omaha. Please let any bikers and/or golfers know about these events so we can have a great turn-out.



This year's **Thanks A Million** program begins Sept. 1, 2007 and will run through March 31, 2008. The first time you shop at Bashas' beginning Sept, 1, please ask the cashier to link you up to the **Arizona Paralyzed Veterans Of America** or our **ID number 28194** to your **Bashas' Thank You Card**. You only have to link your number once, and the link remains active until March 31. **Shop at Bashas', reactivate your Thank You Card and Bashas' will donate 1% of your total sales to the Arizona Chapter Paralyzed Veterans of America!**

28194

After All That Paralyzed Veterans Have Been Through, We Never Thought We'd Be Attacked Here AT Home!

Dear Fellow American,

Perhaps you've heard about a recent report from the American Institute of Philanthropy (AIP), a self-appointed charity "watchdog" - that gave several veterans' service organizations failing marks for their work. As one of the organizations singled out for unfounded criticism, we strongly object to the misguided attack on Paralyzed Veterans of America and the courageous veterans we are privileged to represent.

For 61 years, we've been fighting in the trenches, standing up for paralyzed veterans from every war and every branch of the service. The desk-warrior at AIP chose to tell only part of the story in his misleading attack on our organization and our stewardship of the generous donations we receive from million of Americans to help our members rehabilitate their lives.

And for that sneak attack, we give the AIP report an F-minus for being **UNFAIR, FLAWED** and **INSULTING** to our brave heroes and their families.

UNFAIR, because the report gave Paralyzed Veterans of America a failing grade despite the fact that 73 percent of all donations we receive are to help paralyzed veterans and every American affected by disabilities. We are proud to meet the stringent criteria standards for charity accountability as set forth by the Better Business Bureau.

FLAWED, because the AIP's "cookbook" grading criteria fails to meet the accounting standards set by the Financial Accounting Standards Board and the American Institute of Certified Public Accountants.

INSULTING, because Paralyzed Veterans of America is an organization led by paralyzed veterans for paralyzed veterans and all veterans. Our leaders know what it's like to be wounded in battle, undergo months and years of painful rehabilitation, and struggle to return to families, jobs, and a world that can be hostile to the disabled.

The AIP report fails to mention the achievements we have accomplished for our members and for the American disability community at large. In just six decades, we have:

- ◆ Helped increase the life span—and the quality of life paralyzed veterans now enjoy—from minimal to near normal
- ◆ Represented, fought for, and secured more than \$3 billion in benefits for brave service members and veterans, at no cost to them
- ◆ Helped educate the American public and raise awareness about the needs of veterans with spinal cord injury or disease that causes paralysis.
- ◆ Invested more than \$50 million in research for a cure for paralysis.

These advances may not seem like much to the able-bodied at AIP, but to a veteran returning home to life in a wheelchair, every dollar Paralyzed Veterans of America has invested is a welcome step in the right direction.

For every "spreadsheet soldier" like the AIP who is eager to indict us and our efforts, there are thousands of paralyzed veterans and their loved ones who—quite honestly—don't know where they would be without us.

We are eager to defend our record and testify before any investigative forum. Our audited financial statements and our IRS Form 990 filings are available on our website for anyone to review.

I urge you to visit our website at www.PVA.org/dignity for more information on our organization, our programs, and our management of the funds given to us by patriotic Americans.

Once you see how our numbers add up, I hope you'll join us in standing up for paralyzed veterans.



Paralyzed Veterans
of America

801 18th St NW, Washington, DC 20006-3517
Www.pva.org 1-800-555-9140-info@pva.org

Thank you for being open to the truth,

Randy L. Pleva Sr.
President (and paralyzed veteran)

University of Arizona Rugby Rage

By Joe Chitty

On November 30, December 1 & 2, the U of A Quad Rugby Team hosted the U of A Rugby Rage. Theron Hallock and I went to give them our support as tow of the players are our SCI AZPVA members. Aaron Roux and Jeff Odom. I also saw Charles Allen and Mike & Pam Foley at the games. Their first game was at 1:30 pm playing against the Sin City Skulls and the U of A Red Team defeated them 65-39.

The next game was against the Phoenix Outcasts and the Red Team defeated the Outcasts 51-32. On Saturday, the Team lost a close game 49-44 against the Denver Harlequins. The Red Team played again at 3:30pm against another tough team, the Northridge Kings and won 46-40. The Red Team played on Sunday against the Harlequins for th Championship game and won 50-40. Aaron Roux made the All Tournament Team in his class, 2.5 for the U of A as well as team member Chad Cohn, 1.0 and the MVP was Derrick Helton of the Red Team.

Jeff Odom said that this was their first championship title ever. Jeff has only been playing Quad Rugby since August and has learned a lot from teammate, Aaron Roux, who is on the USA National Quad Rugby team. This was Theron Hallock's first Quad Rugby game to watch and he thoroughly enjoyed it. Theron will be attending the National Wheelchair Games this year as a Novice and has been practicing bowling with out SCI Group when we bowl, We also get together and practice 9-ball, but need a lot more practice. More information about the tournament can be seen on the following link: <http://www.quadrugby.com/27-28/schedules/uofa.htm>

Aaron Roux



#32 Aaron Roux #34 Jeff Odom



Aaron Roux #32

SkiAble Wednesday,

By Dan Koston

I attended this year's SkiAble event Tuesday February 12, 2008 sponsored by Arizona Disabled Sports (ADS). Their web site is www.arizonadisabledsports.com and Mesa Association of Sports for the Disabled. It was held at Sunrise Park Resort in the White Mountains. Their web site is www.sunriseskipark.com. They had ski instructors come to Arizona from the Breckenridge Outdoor Education Center at www.boec.org where they are experts at teaching the disabled to ski. Transportation was provided by Arizona Spinal Cord Injury Association. We left Phoenix on Monday and arrived at our hotel, Hon-Dah Resort, Casino in Pinetop Arizona which is about twenty miles from Sunrise in Greer Arizona.

The accessible room was large and very nice and was available at a discount group rate. It had a large bathroom and roll in shower. Even the mirror was lowered so you could actually see yourself. The sinks were also made to roll under. My only complaint was there was a large dresser close to the door which made it difficult to get out of the room in my power chair.

The skiing was fantastic. This was my second time in ten years. The equipment has improved light years since the first time I tried the sport. The instructors were very concerned about making everything as easy as possible for you to make your experience an enjoyable one. They make safety the number one priority and fun the second.

I was using a bi-ski, as I am a quad, with small outrigger skies clipped to the sides of the skis. The instructor skis behind you while attached to you with a tether just in case you get into trouble. After a couple of test runs down some easy trails, I attempted to use the arm skis without the outriggers. I was unable to hold myself upright on the steeper turns but I gave it my best try. We put the outriggers back on but adjusted them as close in as possible. The instructors were extremely encouraging and constantly commented on how well my balance and turns were. Then we decided I was up to the challenge and went all the way to the top of the mountain. Each trail we went down became increasingly steeper and faster. This, of course, translates into a real good time. I even left the ground a couple of times! We were going fast enough that I was getting tears in my eyes from the wind even though there was no windy weather and I was wearing sun glasses. I was not disappointed.

The down side of the whole experience was that the resort was totally inaccessible, except for a bathroom, so you could not go inside to warm up. Fortunately this was not an issue that day



because the weather was beautiful and a toasty forty degrees. One expert skier in a manual chair was going down the mountain all by himself using a mono ski. I was impressed and yes, jealous. You never know what you can accomplish until you try

Dan Koston with instructor skiing behind holding teathers.

Fishing Has No Boundaries Arizona 2007 Event

By: Dan Koston

The Arizona FHNB event was a tale of two different days. Saturday, October 20th, was a beautiful day at aptly named Lake Pleasant. Sunday, October 21st, was a different story: high winds, with gusts up to 40 miles per hour, whipped up whitecaps, blew down tents and sent volunteers scrambling for cover. As it turned out, weekend event became a one day event, much to the disappointment to everyone involved.

However, this one-day event was a terrific success.



Between 25 and 30 people took advantage of a beautiful fall day to enjoy fishing from our pontoon boats. We all got a late start. By the time we got the boats from the marina to the

ten lane boat ramp across the lake, got everyone



loaded, then made our way to the northeast part of the lake around 10:30am, the bass had stopped biting for the day. We saw about ten fish jumping all around but they would not bite. We tried several techniques; lures, night-crawlers, plastics, and minnows. Several boats around us, not from the event, reported catches on minnows, although, I did not actually see them catch any fish.

After a morning of fishing there is nothing better than a good on-shore meal. AZ Chapter Chairman, Ken Plante, made sure the participants had a delicious lunch. Chapter treasurer, Toby Clement oversaw a wonderful raffle.

That afternoon seven of us took one of the boats out again. **Real fisherman never quit.** About an hour before sundown the fish started biting great. We were trolling this time. My first hit broke my twelve lb. test line taking one of my best lures. My second fish shook the lure loose about ten feet from the boat. I finally landed my third fish, a nice size bass. Tom Barnhill had great luck getting five hits. Unbelievably though, he was unable to get ANY OF THEM INTO THE BOAT. No matter, it was very exciting! At least three were bass because we saw them shake the hook right next to the boat. That night we camped out and were able to get twelve small catfish, strippers, and blue gills fishing from shore. Then the Santa Anna winds started blowing around 2:00 am. I watched from inside the APVA Van as the wind blew away our APVA banner, never to be found again, rip apart the large overhead tent, and scatter much of the food and tables underneath.



Despite the weather-shortened event, the 2007 Arizona Fishing Has No Boundaries event will go down as a wonderful success. We are pleased to have such enthusiastic participants, sponsors and volunteers-including the incredible AZ National Guard soldiers who spent Sunday morning picking up the pieces, and the Arizona Game and Fish who supplied us with gear and bait. We also thank the Lake Pleasant Marina for

supplying the boats and our biggest sponsor the Arizona Chapter, Paralyzed Veterans of America. Weather permitting; we expect a bigger and better event next year.

The Banner Wheelchair Suns JV finished the 2007-year in competition at the Broadway Recreation Center (BRC) in Mesa.

December 1-2 The Banner Wheelchair Suns JV team welcomed five other teams the 1st Annual Junior Wheelchair Basketball Tournament and Symposium. The Arizona Spinal Cord Association and Arizona Sports for the Disabled was gracious host for this event. Teams participating included the Denver Rolling Nuggets JV, BORP Bay Cruisers from Berkeley, CA, the Jr. Seattle Sonics, Spokane WA Tornado and the Phoenix Banner Wheelchair Suns JV.

First game action had BORP beating the Spokane Tornado 42 to 27. Denver had an easy time with Seattle in the 2nd game winning 43 to 14. Next in a close game until the end it was Seattle beating our Suns 33 to 26. In the 4th game Denver again appeared dominate beating BORP 34 to 24. The 5th game of the day was a close contest with Denver again prevailing 42 to 36. The last game Saturday it was BORP vs. Seattle with BORP and BORP dominating 46 to 4.

Early Sunday morning play began with our JV Suns losing to tournament Champion Denver 56 to 13. Te second game Sunday morning had Spokane beating Seattle 32 to 12. Next up for are young Suns it was BORP 45 Junior Suns 25. BORP in the next game handled Spokane 35 to 19. The final game had Phoenix playing the Spokane Tornado with Spokane winning 44 to 18.

The Junior Suns did not win any games in their first tournament action but the experience was great. They met many new kids that they will compete with for years to come and foster some lasting friendships. We look forward to next year's tournament to be held in November on Veterans Day weekend.

Next up for the juniors are a trip to Berkeley, CA in January and a trip to the West Coast Championship in Denver, CO in February.

By Gary Venjohn
Executive Director
Banner Wheelchair Suns/Mercury

Barbara Jackson, Owner of Vaquero Feed & Livestock, 3301 N Freeway Rd, Tucson, AZ 85705, held a fundraiser event on 1 Dec 07, and part of their



proceeds were donated to the AZ Chapter, Paralyzed Veterans of America, for the 28th National Veterans Wheelchair Games being held July 25-29, 2008 in Omaha NE. Barbara presented a check to Joe Chitty, Jack Grams and Larry Lattomus on 12,2007. Theron Hallock, who will be a novice at this years games was on his way to the presentation, but did not make it in time for the picture.

The Arizona Chapter is very grateful to
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(480)951-1010 or (800)627-2286.
\$349,900**

Lending Closet

The Arizona Chapter has a Prosthetics Lending Closet. For a small donation you can acquire a power wheelchair, a chair lift for your car or truck, a manual wheelchair, shower equipment, power Hoyer Lift, or Hand Cycle. Do not hesitate to call the Chapter office if you are in need of any type of equipment. We may have just what you want

602-244-9168

2008-2009 Calendar of Events

When	What	Where	Who
January 15 2008	Board of Director's Meeting	Chapter Office	Pat 602-244-9168
January 18-19 2008	Coyotes Sled Hockey	Alltel Ice Den	Paul 602-788-8655
February 8-10 2008	APVA Trap Shoot	Red Mountain Shooting Range	Pat 602-244-9168
February 19 2008	Board of Director's Meeting	Chapter Office	Pat 602-244-9168
March 9, 2008	3rd Annual Veterans Poker Run	Amer. Legion Post 36 5845 E 22nd St Tucson, AZ	Joe Chitty 520-574-0129
March 29 2008	Board of Director's Meeting & Picnic/BBQ	Marana, AZ	Pat 602-244-9168
April 6 2008	3rd Annual Over the Line Tournament	North Phoenix Baptist Church Parking Lot Central & Bethany Home Rd, Phoenix	Gary Hershey 623-209-0311
April 15 2008	Board of Director's Meeting	Chapter Office	Pat 602-244-9168
April 26 2008	Barrier Buster Awards Luncheon	Sheraton Crescent Hotel I-17 & Dunlap Ave	Pat 602-244-9168
July 07 2008	BOD Meeting And Picnic/BBQ In the Pines	VA Hospital Ramada Prescott, AZ	Pat 602-244-9168

Any questions, or if you would like to add to the calendar please call the office at
602-244-9168

Lifespan Respite Care Program

This program is funded through the Division of Adult and Aging Services (DAAS) and coordinated by the Area Agency on Aging, Region One.

The Lifespan Respite Care Program offers services to any (not necessarily "family") unpaid primary caregiver of an individual who does not currently receive any publicly funded respite services.

Respite care is considered to be a temporary service to provide a brief period of relief or rest to the caregiver.

Priority will be given to caregivers caring for someone with a physical or mental disability, or with a chronic or limiting illness.

The care recipient has to be 18-59 years old and determined to be unsafe to stay alone.

The following respite options are offered:

- In-home respite
- Group respite care setting such as an Adult Day Care facility
- Limited 24 hours in-home respite or temporary placement

This is a limited service between February 1, 2008 and June 30, 2008.

For more information, call Area Agency on Aging, Region One's 24-Hour *Senior HELP LINE* at (602)-264-HELP (4357).



AREA AGENCY ON AGING
REGION ONE, INCORPORATED

CAREGIVER RALLY

C-Collaboration A-Advocacy R-Respite E-Education

Who -All Family Caregivers and the Networks that support them Why -Learn about the new Arizona Caregivers Coalition and the new Lifespan Respite Care Network!

Thursday, March 13th, 2008

9:30 -noon Capitol Lawn 1700 W. Washington, Phoenix

Coming together to advocate for Caregivers throughout Arizona !

**Family
Caregiver**



Support Program

Prizes! Gift Bags!

Snacks! Beverages!

WWW.azcaregiver.org

Happy Birthday

January February

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Michael Gaita
Michael Berry
Janene Werner-



MEMBERSHIP REPORT from The Arizona Chapter

The Arizona Chapter voting membership stands at **520** as of February 2008.

National and APVA records show our voting membership as:

287- Service Connected 234 - Non-Service Connected

The Arizona Chapter encourages each of our members to contact the Chapter and let us know how you are doing, and if we can help you in any way. If you know of any of our members who have passed away, or if you have an address/phone change, please contact the Chapter as soon as possible. Also, if you would like to receive the Desert Oracle Newsletter by e-mail, please call or e-mail the office with your e-mail address.

Do you know a veteran with spinal cord dysfunction who isn't a member of the APVA?

Let us know at the Chapter office by calling
602-244-9168 or 1-800-621-9217 e-mail: azpva@azpva.org

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