



# The Bridge

News from the Arizona Bridge to Independent Living

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Valley of the Sun  
United Way

## Summit Focus: Work Disability Prevention

The Arizona Work Disability Prevention Association (AWDPA) held its first major event – The Arizona Leadership Summit to Prevent Needless Work Disability, A 60 Summits Project on Stay-at-Work/Return-to-Work on May 8, 2008 in Phoenix, Arizona.

Research indicates that a worker’s odds of ever returning to work after an illness/injury are reduced to 50% by the third month of absence from work. To minimize the disruptive impact of illness and injury on life and work for employed people, the Arizona Work Disability Prevention Association (AWDPA) held the “Arizona Leadership Summit to Prevent Needless Work Disability.” The Summit initiated the commitment and engagement of a diverse group of stakeholders to remove barriers to ongoing employment for individuals who sustain an illness or injury while employed.

Sandy Goldstein, chair of the summit planning committee, stated, “We intend to reach across traditional stakeholder boundaries and build a shared vision of how to support chronically ill, injured and aging workers to remain at or return to work safely and productively – and then to turn that vision into a reality: an Arizona workforce that is healthy, productive, and on-the-job!”



ABIL’s own, Susan Webb (Director of ABIL Employment Services) served on the multi-stakeholder committee that planned the Summit. The committee produced a flawlessly executed event that generated high enthusiasm and serious engagement among the participants. The Summit kicked-off with a testimonial from a woman who is now successfully rehabilitated and re-employed following a devastating work-related motor vehicle accident. Her story exemplified the personal motivation and grit required to get life back on track despite major medical issues, system, physical and functional challenges.



Jennifer Christian, MD, MPH, (pictured left) keynoted and moderated the rest of the summit highlighting the American College of Occupational and Environmental Medicine’s, “Preventing Needless Work Disability by Helping People Stay Employed (ACOEM Guidelines)” as a framework for discussion and deliberation. Dr. Christian is so committed to reducing what she terms “work disability” that she is conducting summits in all 50 U.S. states and 10 Canadian provinces in an effort to remove employment barriers for people with work disabilities; thus, the title 60 Summits Projects. She noted that with the ADA and other employment supports now available, the term “disability” no longer means a person cannot work. Eight multi-stakeholder workgroups discussed ways to implement the ACOEM guidelines in Arizona.

*Continued on page 4*

### OUR MISSION

ABIL offers and promotes programs designed to empower people with disabilities to take personal responsibility so they may achieve or continue independent lifestyles within the community.

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ABIL is a member of the National Council on Independent Living (NCIL). “Not just responding to change, but leading it!”



# EIGHTEENTH ANNIVERSARY OF THE ADA WE'RE 18 AND WE VOTE!

By Phil Pangrazio, ABIL Executive Director

On July 26<sup>th</sup> 2008 we will celebrate the eighteenth anniversary of the Americans with Disabilities Act (ADA). The ADA has grown and matured and will continue to exert its power and influence for many years to come. It has forever changed how Americans think about “disability.”

Prior to the ADA, most disability related legislation (i.e. Rehab Act, I.D.E.A., SSDI, etc.) used medical or rehabilitative model approaches to solving the problems faced by people with disabilities. They focused on the individual as the source of the problem (Gerben Dejong’s paradigm). They viewed us as somehow broken and in need of repair! We could not walk, see, work, or learn in the same way as others. They viewed these differences negatively. Government and other professionals intervened with a prescriptive philosophy. They focused on testing, diagnosis and treatment in order to fix us!

The ADA changed all of that. The founders of the ADA knew we were not the problem. They knew that people with disabilities were just like everyone else. We have the same needs for housing, transportation, employment, communications and education as everyone else. We just need accommodations to access these resources! We can learn to live with our disabilities. We can learn to adjust! However, we cannot fully participate in our communities without access. The ADA gave us the tool to obtain this access.

As said by George H.W. Bush, “Now I sign this legislation which takes a sledgehammer to another wall, one which has for too many generations separated Americans with disabilities from the freedom they could glimpse, but not grasp.... I now lift my pen to sign this Americans with Disabilities Act and say “Let the shameful wall of exclusion finally come tumbling down.”

The ADA began the process of eliminating the attitudinal and environmental barriers that segregate us from the rest of society. Only when these barriers fall, can people with disabilities truly participate in all aspects of society.

Eighteen years of the ADA has produced countless evidence of this barrier removal. Evidence such as ramps, curb cuts, audible traffic signals, lifts on buses, disabled parking places, Braille signs, widened doorways, automatic doors, modified working places, accessible restrooms, assistive technology, listening devices, captioning, telephone relays, and interpreters have all opened access to social and political participation in American society.

As reported by the National Council on Disability, “the ADA is a clear and comprehensive national mandate for the elimination of discrimination against people with disabilities in which sweeping protections were provided in employment, public services, public accommodations and services operated by private entities, including transportation and telecommunications. The ADA has been the impetus for a revolution in the inclusion, integration and empowerment of Americans with disabilities.”

The ADA is now 18 year old, the same age that authorizes our right to vote. Coincidentally, the ADA turns 18 in the same year of a hugely important presidential election. I encourage everyone to help us, “Get-Out the Disability Vote” this November. If you care about our Country, you need to vote! If you care about matters relating to disability policy, you need to vote! If you find yourself complaining about how certain politicians do not represent our best interests, you need to vote! As Justin Dart said, “vote as if your life depended on it, because it does!”



**Virginia G. Piper Sports and Fitness Center for Persons with Disabilities..... Push for the Prize!  
Thank You Gail Wilt for your donation!**



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**Suite 290** - Advocacy, Community Living Options, Work Incentives Planning & Assistance, Reintegration  
602-443-0720, TTY 602-433-0737, Fax 602-443-0721

**Suite 310A** - ABIL Employment Services  
(Please call - AES by appointment only)  
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### Advocacy

Amina Donna Kruck, 443-0722 ..... Unit Director  
Lynn Black, 443-0729 ..... "This is My Life" Prg. Mgr.  
David Carey, 443-0723 ..... Advocacy Specialist  
Yvonne Cisneros, 602-443-0705 ... Receptionist/Spanish speaker  
Erik Jensen, 443-0727 ..... Work Incentives Coordinator (East)  
Donna Lorti, 424-4105 ..... Work Incentives Coordinator (West)  
Carolann Quenneville, 443-0724 ..Graphic Specialist/Newsletter  
April Reed, 296-0533 ..... Volunteer Coordinator  
Rhonda Webb, 443-0728 ..... Work Incentives Coordinator

### Employment Services

Susan Webb, 443-0711.... AES & Business Development Director  
Larry Wanger, 443-0710 ..... AES Program Manager  
Marilon Cox , 443-0725 ..... Employment Coordinator  
Lisa Purdy, 443-0712 ..... Employment Coordinator  
Maria Truax, 443-0709 ..... Employment Coordinator

### Community Integration

Darrel Christenson, 296-0530 ..... Unit Director  
Judy Benshoof, 296-0532...CyberCIL E.D./Home Mod Mesa/ILA  
Fernando Cruz, 443-0708 ..... Reintegration Coord.  
Anthony Davis, 443-0715 .... Community Living Options Coord.  
Paula Grodecki, 480-222-4212 ..... Reintegration Coord.  
Leanne Jones, 296-0535..... Soc/Rec/Youth Outreach  
John Lamm, 296-0537 ..... Home Mod. Coord. (Phx/Scdle)  
Andrew Moody, 296-0536 ... Information & Referral Coord.  
Vacant, 296-0531...Home Mod. Coord.(Glendale/Peoria)  
Rosalie Perry, 443-0707..... Independent Living Coord.  
Don Price, 443-0726 ..... Early Intervention Coord.

### Personal Assistant Services (PAS)

Gwen Dean, 296-0541..... Unit Director  
Penny Fore, 296-0518 ..... PAS Office Manager  
Pam Burdette, 296-0547 ..... Phx Program Manager  
Mary Avila, 296-0502 ..... PAS Field Rep.  
Sondra Barfield 296-0529 ..... PAS Field Rep.  
Cheryl Chambers, 296-0527 ..... PAS Field Rep.  
Judy Ludlow, 296-0542 ..... PAS Field Rep.  
Vacant, 296-0507 ..... PAS Field Rep.  
Christina Velasquez, 296-0528 ..... PAS Field Rep.  
Melanie Woods, 296-0521 ..... PAS Field Rep.  
Diane Patton, 480-222-4206 ..... Mesa Program Manager  
Maria Deleon, 480-222-4203 ..... PAS Field Rep.  
Pamela Geans, 480-222-4205 ..... PAS Field Rep.  
Sheri Mecca, 480-222-4204 ..... PAS Field Rep.  
Ricardo Munoz, 480-222-4216 ..... PAS Field Rep.  
Pat Trouts, 480-222-4209 ..... PAS Field Rep.  
Bonnie Zanardi, 480-222-4202 ..... PAS Field Rep.  
Jerry Chee, 424-4107 ..... Metro Program Manager  
Nancy Carrizosa, 424-4106 ..... PAS Field Rep.  
Carmen Terrazas, 424-4104 ..... PAS Field Rep.  
Kelli Martin, 424-4117 ..... PAS Field Rep.  
Jamshid Mohamad-Rahim, 424-4102 ..... PAS Field Rep.  
La Joyce Robinson, 424-4108 ..... PAS Field Rep.  
Ophelia Voge, 424-4103 ..... PAS Field Rep.

# Work Disability Prevention

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Approximately 100 individuals attended the Summit. The diversity of attendees was notable for the breadth of organizations represented, including major employers (e.g., Freepport McMoRan Copper & Gold, Raytheon,

the City of Phoenix, Mayo Clinic, Fry's Food & Drug Stores), the International Brotherhood of Electrical Workers, AFSCME, the Arizona Chamber of Commerce, the US Small Business Administration, the National Federation of Independent Business, the Arizona Office for Americans with Disabilities, the Arizona Medicaid Infrastructure Grant ("Arizona Employment and Disability Partnership"), the Industrial Commission of Arizona, the State Compensation Fund of Arizona, AIG, Prudential, Schaller Anderson Healthcare, Banner Health System, and Concentra among many others. Major financial support was provided by Prudential Financial, the Arizona Medicaid Infrastructure Grant, Webility Corporation, the State Compensation Fund of Arizona, and Freepport-McMoRan Copper & Gold and ABIL was among a group of sponsors who provided financial support dedicated for printing of Summit materials.

Approximately half of the attendees indicated their willingness to join a consortium to do the work required to actualize the consensus agreement, preliminary plans, and commitments made during the Summit. For more information about the national "60 Summits" initiative please visit [www.60summits.org](http://www.60summits.org). To get involved in or request more information about the AWDPA or for more information about the next meeting contact Sanford Goldstein, PT, CLCP, MSCC from Physicians Physical Therapy Service at [sgoldstein@pptsonline.com](mailto:sgoldstein@pptsonline.com) or Jennifer Hallden from AIG at [Jennifer.Hallden@AIG.com](mailto:Jennifer.Hallden@AIG.com).

## We're 18 -We Vote!

18th Anniversary of the ADA  
**JULY 25th**

11:30am – 1:00pm

Arizona Capitol Towers Lobby,  
1800 W. Washington, Phoenix

Come celebrate with us! Speakers! Awards!  
Good Friends and Food! Accessible Voting  
Demonstrations! Voter Registration.  
For information contact [Yvonnec@abil.org](mailto:Yvonnec@abil.org)  
or call 602-443-0720

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**ADA Update:**

**18 Years Later**

July 15th 11:00pm-12:30pm  
**ABIL Main/Kitchen**

Mark the 18th anniversary of the ADA by joining this audio conference as we listen to representatives of the Federal Agencies present an update on their litigation, technical assistance and enforcement efforts over the past year. Participants will have an opportunity to pose questions to the presenters regarding issues in their own workplace or community.

Speakers: John L. Wodatch, Chief, Civil Rights Division, U.S. Department of Justice and Jeanne Goldberg, Senior Attorney Advisor, Office of Legal Counsel, EEOC

RSVP to Andrew Moody, 602-296-0536.

*Teleconference presented by Pacific Disability and Business Technical Assistance Center (PDBTAC), <http://www.ada-audio.org>*

## Just Vote Arizona Disability Vote Coalition

### Important Election Dates



Early Primary Elections Voting begins  
Primary Elections Voter Registration Closes  
Primary Elections  
Early General Elections Voting Begins  
General Elections Voter Registration Closes  
General Elections

July 31, 2008  
August 4, 2008  
September 2, 2008  
October 2, 2008  
October 6, 2008  
November 4, 2008

1-877-744-VOTE

[www.azdisabilityvote.org](http://www.azdisabilityvote.org)

<http://www.azsos.gov/election/voterregistration.htm>

# What Accessible Currency Means By Larry Wanger

On May 20th, a panel of three judges in a federal district court ruled that a lower court was right when it determined that the United States government discriminates against blind people because our currency is not accessible. The courts decision stems from a suit filed in 2002 by the American Council of the Blind based on a federal law passed in the 1970's which requires that services and programs offered by the United States government must be accessible to everyone.

The decision means that in time the bills we use now will change to include any number of features including tactile markings, varying sizes and perhaps even different colors. In other words, our currency will more closely resemble features you would find in the paper money of most every other country. In fact, just about every other country that prints paper currency takes steps to insure its accessibility. As a leader in civil rights and accessibility, it is shameful that we have not already addressed this issue. As a blind person I have often struggled to insure that I could easily identify the bills in my wallet and I look forward to the day when this aspect of my life will be simplified.

I also look forward to a day when blind people will have more opportunity because of this decision. You may not know it but 75 percent of blind people are unemployed. There are many reasons for this staggering statistic but one might be that many entry level jobs that people hold as young people involve handling cash. From working at the neighborhood grocery as a cashier to working the cash register or drive through at a fast food restaurant, many people hold their first real jobs in these settings and develop valuable skills required as they advance in their careers. These opportunities simply have not been available to the blind because currency has not been accessible. Thus we miss out on valuable opportunities to develop skills in the workplace that you might take for granted.

There have been many, including some blind people, who have been very outspoken in their opposition to the courts decision. These concerns have included how much changing our currency might cost the government and business community and possibly reinforcing stereotypes that society might have about the blind being helpless and dependent upon others. And yet, I can't help but think that we will have greater independence and greater access to opportunity and employment because of the court ruling. This change isn't some magic cure for all of the challenges facing those of us who are blind but it is yet another step forward in removing barriers that we battle today. It is another step toward a better society and a world where blind people have greater access to the opportunities that many take for granted.

## You're Looking for Renters ...They're Looking for Rentals Statewide Affordable and Accessible Rental Housing Website

Socialserve.com is a service that provides free information for people who are searching for affordable & accessible rental housing. If you are a rental property owner or manager, and you would like to learn more about how Socialserve.com can help you fill your vacancies, please review the information below and click on the link to view a short informational video about this project.

Visit [www.socialserve.com](http://www.socialserve.com)

*The incorporation of accessibility features on the website is brought to you through a partnership between the Governor's Council on Developmental Disabilities (G.C.D.D.) and Socialserve.com.*

Check out the **NEW**

**10 Trainings on  
Self-Advocacy and  
Self-Determination  
Skills**



Exclusively for Adults Who Receive  
Services Through the Division  
of Developmental Disabilities (DDD).

Find out more at:

[http://www.abil.org/Programs/my\\_life.htm](http://www.abil.org/Programs/my_life.htm)  
or Lynn 602-443-0729/ [lynnb@abil.org](mailto:lynnb@abil.org)

# Give Your Feedback on Valley Transit Needs

The Maricopa Association of Governments (MAG) has begun a study to identify long term regional transit needs to year 2030 and beyond. Known as the Regional Transit Framework Study (RTFS), this exercise will identify and prioritize future transit needs for the entire region.

Why is planning for year 2030 and beyond so important? Nearly 700,000 new residents were added to Maricopa County between 2000 and 2006. The U.S. Census Bureau estimates the total county population to be approximately 3.8 million people today. Regional forecasts for growth indicate that Maricopa County may be home to 6.1 million residents by 2030.

Despite a funded Regional Transportation Plan (RTP) and efforts by local communities, additional dedicated public transit funding will be required to keep up with growth as significant development is predicted on the edge of the urban area and beyond, where limited or no transit services are currently planned.

MAG is undertaking a number of activities throughout the region to get the community's input on what our transit needs will be in the future. MAG is working through ABIL to reach out to as many members of our community as possible. MAG will be holding three workshops at different locations throughout the region to gather your input. The Meeting dates and locations are below:

## Meeting 1 - July 15th

ABIL's Mesa Office

10:00am - 11:30am

2150 S. Country Club, Suite 10, Mesa

## Meeting 2 - July 18

ABIL's West Side Office

1:00pm - 2:30pm

4136 75<sup>th</sup> Ave, Suite 111, Phoenix

## Meeting 3 - July 24

ABIL's Thomas/24th St Office

10:00am-11:30am

2345 E. Thomas, Suite 290, Phoenix

**Space is limited! Please RSVP if you're interested in attending one of these events.**

Please contact Lisa Procknow with the meeting date that you would to attend and let Lisa know if you need any accommodations such information materials in Braille, a sign language interpreter or other. Contact Lisa Procknow, at [lisa.procknow@hdrinc.com](mailto:lisa.procknow@hdrinc.com) or 602-322-4481.



## AZ Freedom to Work, Work Incentives Planning & Assistance Q&A

By Erik Jensen

**Q:** I'm on SSDI and I received a Ticket to Work in the mail years ago, but wasn't ready to try employment at that time. Can I use it now? What if I lost it?

**A:** Your Ticket to Work does not expire if you decide not to use it right away. If you're a Social Security (SSA) beneficiary, on SSI or SSDI, you qualify for a Ticket to Work, whether you have a paper Ticket in hand or not. SSA isn't really sending out "new" Ticket to Work, they have just expanded opportunities for who can use the Ticket and rules that will encourage more employment network options. You can use your Ticket to Work at any time with any employment network or Vocational Rehabilitation - you choose. To get started contact Maximus, the SSA contracted Operations Support Manager, at 1-800-YOUR TICKET for information about employment networks that serve the area where you live. You may also get this information on the internet at [www.socialsecurity.gov/work](http://www.socialsecurity.gov/work), or from a Community Work Incentive Coordinator in your area by calling 800-304-WORK. If you don't have Ticket, but would like one, you can call Maximus to request one.

*See article below for more information ...*

## Changes to Ticket Program Bring More Opportunities for SSA Beneficiaries

By Larry Wanger

Going back to work has never been easier for people receiving SSI or SSDI benefits. Thanks to changes in the Ticket to Work Program you will be able to access more services than ever before. You will also be able to work either part or full time. The changes are due to new regulations first proposed in 2005 and finally approved this spring. The new rules for the Ticket Program take effect this month. With the launch of the new and improved Ticket to Work you can expect:

- The ability to use the Ticket to Work to get help in finding a part or full-time job.
- Potential assistance with training and obtaining certifications, licenses and or skills that could help you with getting a job.
- More options than ever before because there will be more Employment Networks to choose from.

If you've been thinking of trying to work, whether it be part or full-time, the time has never been better for you to move forward. Please make a call to ABIL Employment Services. Contact Larry at 602-443-0710 for more information and to get started on the path to a better future today.

# Advocacy Presentations/Workshops

All Advocacy presentations are free - Participants must RSVP with David Carey, 602-443-0723

Presentations/Workshops without a minimum of 4 participants are subject to cancellation

For accommodations or alternative format please call in advance. For ABIL van transportation, please call as soon as possible. ABIL requests a \$1+ donation (each way) for ABIL van transportation. Consumers must be 18 years+ or their own legal guardian.

**No fragrances please. To accommodate those with allergies, breathing conditions or multiple chemical sensitivities please do not smoke or wear scented products when attending ABIL events.**

## Arizona Freedom to Work

### Work Incentives Planning & Assistance (WIPA)

- On Social Security Benefits?
- Do you want to work?
- We can help you understand the Social Security rules, new work incentives and how to work your way out of poverty.



## Workshops for Service Providers only -

Learn about the WIPA program. *Teleconference not available*  
**None scheduled for July.**

## Workshops for Consumers

Learn how employment will affect your cash and medical benefits. Sign up for the workshop that matches the kind of Social Security you receive. If you receive both Social Security Disability Insurance (SSDI) and Supplemental Security Income (SSI), David will help you get an appointment with a Work Incentive Specialist. If you are unsure which kind of Social Security you receive, require alternate materials, and/or assistance with transportation, and to RSVP, call David at 602-443-0723. Family members and/or support persons are welcome.

## Work Incentives/SSDI

*Teleconference not available*

**Tuesday, July 1** 10:30am – 12:30pm  
**City of Phoenix One-Stop, 9801 N. 7th St. Phx**  
Rhonda Webb - Community Work Incentives Coordinator

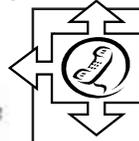
**Tuesday, July 8** 10:00am – 12:00pm  
**Gilbert Career Center, 735 N. Gilbert Rd., Ste. 134**  
Erik Jensen - Community Work Incentives Coordinator

## Work Incentives/SSI

*Teleconference not available*

**Tuesday, July 8** 1:30pm – 3:30pm  
**Gilbert Career Center, 735 N. Gilbert Rd., Ste. 134**  
Erik Jensen - Community Work Incentives Coordinator

**Tuesday, July 15** 10:30am – 12:30pm  
**City of Phoenix One-Stop, 9801 N. 7th St. Phx**  
Rhonda Webb - Community Work Incentives Coordinator



To participate via teleconference please contact David (Local Calls Free)

## Find Out More About Medicare Part D Extra Help!

Ada Leach, SHIP program, will provide training on the Low Income Subsidy for Medicare Part D. Medicare Part D has premiums and co-pays that can be waived if the beneficiary has a low income. Learn how this program works and how to apply.

**Limited teleconferencing available.**

Ada Leach – SHIP Program

**Monday, July 14** 1:00pm – 3:00pm  
**ABIL - 2345 E. Thomas Rd. Ste., 290, Phx**  
*Attend in person or via teleconference call. In order to attend via conference call, please call David no later than Wednesday, July 9, 2008.*

## Youth Set Yourself Free (SYF) Youth Leadership Opportunity Presentation

Information is power. Traditionally, information has been accessible to those with high level reading and comprehension skills. Today it's only a click or phone call away - for ALL users.

**SYF has four major goals for youth with disabilities:**

- 1) Developmentally appropriate access to sources of information on health, education, employment and social services.
- 2) Learn skills and hone talents that contribute to successful transition to adulthood including self-advocacy, healthy life styles, career choices etc.
- 3) Partnership with skilled adults in mentoring relationships that support entrepreneurship, community leadership, and capacity building.
- 4) Finally, youth will build connections that form a network of new leaders.

**Guest Speaker:** Priscilla Perkins, SWI Project Coordinator, George Garcia, SYF Coordinator  
David Carey, ABIL Advocacy Specialist

**Monday, July 28** 1:00pm – 3:00pm  
**ABIL - 2345 E. Thomas Rd. Ste., 290, Phx**  
*Attend in person or via teleconference call. In order to attend via conference call, please call David no later than Wednesday, July 25, 2008.*

## West Nile Virus Fogging information

[http://www.maricopa.gov/Public\\_Health/HotTopics/wnv/EventsDetailPublishers.aspx?EventID=6361](http://www.maricopa.gov/Public_Health/HotTopics/wnv/EventsDetailPublishers.aspx?EventID=6361)

Mosquito Fogging for West Nile Virus has begun in Maricopa County, Arizona. You can use the link above to check the location of spraying for the next day.



If you contact the Maricopa County Vector Control Office at 602-506-0700 you can have your name added to a MUST CALL list. They will call you around 5:00pm before they spray sometime between 12 midnight and 4am the next morning. It isn't much time to get ready. They recommend turning off your air conditioner and taping windows and doors. Please don't rely on the MUST CALL system as a fail safe. If they are spraying your area on a Sunday night or the night after a holiday then no one is in the office to make the calls the day before.

The CSSS PHX / Southwest Environmental Health Association web site has helpful information on dealing with the spraying if you have Multiple Chemical Sensitivities. This web site can be found at:  
[www.geocities.com/phxheal/fogging.htm](http://www.geocities.com/phxheal/fogging.htm).

### Accessible Travel Resources By Amina Kruck

For people with disabilities traveling can be difficult and for those with Multiple Chemical Sensitivities it can be very difficult. Here are a couple of resources that might help.

#### **MCS Travel Directory**

An ABIL consumer sent us this website for a Chemically Safe Travel Directory. We are passing the information on to our readers, though we can't speak to its quality. If anyone has used it and has feedback, we would appreciate it. It is approved by Co-Op America, which gives it some credibility with me. You can forward comments to me at [aminak@abil.org](mailto:aminak@abil.org). I hope this turns out to be a reliable resource. Below is an excerpt from their webpage:

#### **Green Lodging Directory for the Health Conscious and Chemically Sensitive**

Breathe easy at vacation and relocation destinations that are healthy for you and the planet.

Find a healthy oasis in the Safer Travel Directory, your source for eco travel/green travel/organic travel/sustainable communities. This web site offers a sampling of what's in the paper version of the Safer Travel Directory which contains **658 listings** with **314 NEW LISTINGS** in the 2007 - 2008 EDITION (includes a comprehensive Resources list)! <http://www.safertraveldirectory.com>

#### **Accessible Travel and Leisure – for those with mobility or vision disabilities.**

I Gogged "accessible travel" and found this website - <http://www.accessibletravel.co.uk>

Whether you have a hip problem, partial sight, trouble with walking and going up steps, or need the full use of a wheelchair, we understand the very real difficulties these and other conditions can place on holidaying abroad.

Most tour operators simply don't have the experience, the understanding and, above all, the facilities to accommodate your needs. We do. We are specialists in providing top quality holidays for the less mobile.

Tailored to your individual needs! Our expert, friendly staff can advise you on the suitability of each destination, because we have already been there and checked it out ourselves.

We can then tailor a holiday to meet your specific requirements. Whether you need to ensure ground floor accommodation, handrails, or any other special facilities, we can offer you holidays where we can secure the most appropriate accommodation and services.

**Happy trails!**

## ABIL Community Calendar – RSVP for All Events

Funding for Social and Recreational activities is provided (in part) by the Arizona Department of Economic Security. ABIL requests a \$1+ donation (each way) for transportation provided on the ABIL van. Consumers must be 18 years+ or own legal guardian for ABIL van transportation. Reasonable Accommodations, including Sign Language Interpreters and Personal Assistants, will be provided at ABIL events upon request.

Please Do Not Smoke or Wear Scented Products When Attending Events

- Jul 01 Work Incentives & SSDI**, 10:30am-12:30pm. Details page 7. David Carey, 602-443-0723
- Jul 02 SR/Ice Cream Social**, 12:30pm-2:00pm. Phx Kitchen. Cost: None. Leanne Jones, 602-296-0535
- Jul 04 Celebrate Independence Day! ABIL Offices Closed**
- Jul 08 Work Incentives Twofer - SSDI**, 10:00am-12:00pm. **SSI**, 1:30pm-3:30pm. Details page 7. David Carey, 602-443-0723
- Jul 09 Healer Within**, 10:00am-12:30pm. Thomas Ste 290. Women's Wellness Group - Heat got you down? Cool out with us. Relaxation practices and group support! Amina Kruck, 602-443-0722
- Jul 10 VOICE**, 1:00pm-4:00pm. Monthly support/info group for individuals with disabilities, their families & rehab providers. Foothills Library, 19055 N. 57th Ave. Janene Werner, 602-435-0202 or voicejw@yahoo.com
- Jul 10 Lively Limbs**, 4:30pm-6:30pm. Support Group for people with amputations. Greenbaum Surgery Center, 2nd floor training room, 3535 N Scottsdale Rd., Scottsdale. Lise R. Lindsay, C.P. 480-620-7125
- Jul 10 SR/Cooking Group**, 10:30am-1:30pm. Phx Kitchen. Cost: Consumers assist by bringing ingredients. Leanne Jones, 602-296-0535
- Jul 14 Medicare Part D Extra Help training**, 1:00pm-3:00pm. Thomas Ste 290. Training on Low Income Subsidy for Medicare part D by Ada Leach, SHIP program. Amina Kruck, 602-443-0722
- Jul 15 MAG Regional Transit Framework Study**, 10:00am-11:30am. Mesa Classroom. Maricopa Association of Governments (MAG) seeks your feedback on long range transit needs for the Valley. Details page 6. David Carey, 602-443-0723
- Jul 15 Work Incentives & SSI**, 10:30am-12:30pm. Details page 7. David Carey, 602-443-0723
- Jul 15 Glendale Commission on Persons with Disabilities**, 6:30pm-8:30pm. Open to the public. 2nd floor Conference Room, 5959 W. Brown St. Sylvia Charters, 623-930-2297
- Jul 16 SR/Art & Crafts**, 10:30am-1:30pm. Phx Kitchen. (Bring a lunch or \$3 for pizza) Cost: \$2. Leanne Jones, 602-296-0535
- Jul 18 COMPASS**, 1:00pm-3:00pm. Providing direction and networking to persons with disabilities. Granite Reef Senior Center, 1700 N. Granite Reef Rd, Scottsdale. Pauline Staples, 602-241-1006
- Jul 18 MAG Regional Transit Framework Study**, 1:00pm-2:30pm. ABIL 75th Ave. Details page 6. David Carey, 602-443-0723
- Jul 22 Healer Within**, 10:00am-12:30pm. Thomas Ste 290. Women's Wellness Group - Heat got you down? Cool out with us. Relaxation practices and group support! Amina Kruck, 602-443-0722
- Jul 23 SR/Bingo**, 10:30am-1:30pm. Phx Kitchen. (Bring a lunch or \$3 for pizza) Cost: None. Leanne Jones, 602-296-0535
- Jul 24 MAG Regional Transit Framework Study**, 10:00am-11:30am. Thomas Ste 290. Details page 6. David Carey, 602-443-0723
- Jul 24 Men's Disability Issues Group**. 6:30pm-8:00pm. Exploring the impact disability has on your life and the perceptions of others. FOR ADULT MEN ONLY! Legacy at Piestewa Peak Clubhouse, 1411 E Orangewood Ave., Phx. Don Price, 602-443-0733 Don Price, 602-980-3232
- Jul 25 Celebrate Our Independence! -18th Anniversary of the ADA**, 11:30am-1:00pm. See details on page 4.
- Jul 28 SYF Presentation**, 1:00pm-3:00pm. Thomas Ste 290. Details page 7. David Carey, 602-443-0723
- Aug 05 Work Incentives & SSDI**, 10:30am-12:30pm. For details call David Carey, 602-443-0723

**Questions about the ADA?** The Pacific Disability and Business Technical Assistance Center (PDBTAC) can answer questions on all aspects of the ADA and/or provide you with literature in print or alternative formats. Call 1-800-949-4232 or log on to: <http://www.adapacific.org>

## Classified Ads Deadline: August Issue - July 9th To place an ad please send an email marked

"Want Ad" to [carolanq@abil.org](mailto:carolanq@abil.org) or leave a message at 602-443-0724. ABIL provides space free of charge for individuals to place personal disability related ads. The fee for a disability related business ad is \$25. ABIL does not endorse listed services, nor is responsible for the quality of advertised items or services. Please call to renew ads.

**Invacare TDX-3 power-assist wheelchair w/roho cushion & charger, tilts/reclines, adjustable headrest w/head controls, fully loaded, cost new 37K. Asking \$7000 OBO. "Tuffy" manual wheelchair extra wide seat, tall reclining back, removable arms & legs, \$500 OBO. Manual Hoyer Lift w/2 heads & various slings, \$500 OBO. Alternating new pressure pad w/pump control for bed - prevents bed sores, \$125 OBO. Portable suction machine w/car charger, travel bag, some supplies, \$100 OBO. Padded extra wide shower chair/commode, \$75 OBO. Expandable Brass Door Hinges, adds 2" to most doorways. Two sets, 1 for \$10, both for \$15. Call/leave message Donna, 480-986-8001 (Mesa)**

**Beautiful sturdy 30ft galvanized aluminum ramp, 4ft wide w/hand/safety rails. Three 10ft sections, & own foundation. Easily assembled. Ramp is in Phx, pick up required. Please call to discuss details & price. 773-879-0375**

**Lift Chair, brown, side pockets & tray. 6 or 7yrs old, hardly used. Entire chair lifts, not just seat. Call 602-330-7136**

**Power assist manual wheelchair, light titanium, w/20" Roho cushion, \$2100 cash or trade. Invacare R Storm Series pwr chair, 2 1/2yrs old, new batteries. Cost new \$18K, asking \$750 OBO, cash/trade. Standing machine 6000A, new, \$600. Padded shower chair/commode, still in wrap, \$125. Turn Key mattress, prevents bed sores, cost new \$3800, asking \$575. Electric bed, w/mattress \$350. 480-855-7667**

**Power wheelchair, good cond., w/charger, adapted for foot control, easily reverted to hand operation. \$500 OBO. Call 602-788-0750**

**Bravo 3 whl scooter, older model, new memory board, needs battery, comes apart for transport. 16yrs old. \$30. Call 602-548-7840**

**Pride Celebrity 3 wheel scooter, \$1499. Two wheel walker, \$59. Call 480-529-8442**

**Craftmatic bed, remote, head/foot raise, vibrates, \$275 OBO, 602-286-9646**

**Lift, fits GMC Safari or Chevy Astro van. \$4000. Lift held at Quality Vans, if interested call Lee or Dave. 480-464-7007**

**EZ Stand type wheeled chair - goes from sitting position to standing. \$700 OBO. 3ft x 5ft aluminum ramp, \$150 OBO Call 480-208-6855**

**Invacare Zoom 300 HMV & carrier. Asking \$2200 OBO. Call Ralph, 602-228-1882 or email [rgroup7@yahoo.com](mailto:rgroup7@yahoo.com)**

### SEEKING/WANTED

**Caregiver needed for male w/quadriplegia, Gold Canyon area. Need assist mornings, 2 hrs, w/bathing, dressing, etc. Ask for Steve or leave message, 480-983-1053**

**Seeking Live-in Caregiver, Peoria, housework, bathing, cooking. Call for info. 602-471-8803**

**Seeking someone willing to donate a van or assist in my acquiring one. My 1980 Dodge van barely runs. Quad w/no income, living in remote area. [quad247@hotmail.com](mailto:quad247@hotmail.com)**

**PLACE YOUR AD ONLINE through AzTAP:** The Arizona Assistive Technology Exchange (ATEX) program is an online forum to donate, buy, sell, exchange or advertise a need for a piece of assistive technology (AT). To review posted listings or post your ad go to [www.azATEXchange.org](http://www.azATEXchange.org) or contact Clayton Guffey at 602-776-4699 or 1-800-477-9921.

**Wheelchair Accessible Manufactured Home, 67th Ave/Peoria, well maintained, 2BR/2BA, 1,500+sqft, formal living & dining rm, remodeled kitchen, newer cabinets. range, counter tops, newer flooring thru-out. Family room w/arcadia doors, huge covered private patio. Washer/dryer to convey. 27' x 12' well insulated workshop w/window A/C, easily makes additional living space. Federal Fair Housing Laws apply. Call Denise Rentz, RE/MAX Desert Showcase 623-206-4372**

**Accessible Home, Glendale, FSBO, 4BR/2BA, 1686sqft., Blt. 2003, 2 car gar., roll-under sinks, roll-under stove, wall-mounted oven, fireplace, ext. cov. patio, desert landscaping, open floor-plan, bay windows, tile floors, across from greenbelt, quiet neighborhood, much more! \$230,000. Orig. owner. Will pay HOA fees for 1 year. Call Angelique 623-939-2318**

**Accessible Mobile Home, Mesa 55+ Park, 2BR/2BA, Main BA has roll in shower, ground level at carport door, kitchen remodeled - roll under cook top, in-wall oven, tiled kitchen, living & dining rooms, covered porch & carport. 24x60, Lot rent averages \$565-\$575. \$8000 negotiable. 480-325-0464**

**Accessible Home, 4BR/2BA, 2200sqft, fenced pool w/hoyer lift, large yard, dog run & RV gate, security system, New AC/Heat pack, fire place, sprinkler track system, all appliances, desert landscaping in front. \$235,000. Call 602-843-6559**

**Independent Housing Connections of Arizona, LLC** Independent, shared, accessible residential housing w/ amenities. Rent incl. all utilities, washer/dryer, common area cleaning service, lrg dining & living rms, phone, 27" digital cable TV, stereo/VCR/DVD, private BR w/dead bolt lock. Fully equipped kitchen. Call 623-518-0703

### SERVICE - BUSINESS ADS

**Accessible homes - Buy or Sell, New or pre-owned.**

17 yrs experience servicing the disability community. I can help you buy or sell properties in AZ as well as anywhere in the continental U.S., Canada or Puerto Rico. Certified Cartus Relocation Specialist and USAA Certified Specialist. Patty Stelton, Disabilities Specialist, Coldwell Banker Residential Brokerage, 480-951-1010 (o); 480-540-6898 (c); E-mail: [patty@pattystelton.com](mailto:patty@pattystelton.com) Website: [www.pattystelton.com](http://www.pattystelton.com)

**DDR is hiring people to work as Direct Support**

**Professionals** in the East Valley for Respite, Habilitation & Attendant Care services for individuals with developmental disabilities. Benefits: earn up to \$14.75/hour, flexible schedules, direct deposit, paid training, employee referral program. Contact DDR at [www.ddresources.com](http://www.ddresources.com) or 480-529-6844 for an employment application.

**Handicap Accessible Vans and manual or power WHEEL-CHAIRS for rent.** Chrysler T&C or Toyota Sienna high quality vans with guaranteed low rates. Handi Vans AZ. Open 7 days/week 8am-8pm. 480-747-7510. Web: [handivansaz.com](http://handivansaz.com) **HANDIVANS NOW OFFERS AN ALTERNATIVE TO DIAL-A-RIDE. We can drive you to your next appointment, on time, in one of our quality vans. CALL FOR A QUOTE.**

# ABIL Soc/Rec Events, Aug - Sept 2008 Contact Leanne, 602-296-0535

*Transportation is limited. Please RSVP at your earliest possible convenience. Consumers must be 18 years+ or own legal guardian for transportation. ABIL requests a \$1+ donation (each way) for transportation provided on the ABIL van.*

**Thursday, August 7, 10:30am - 1:30pm** Cooking Group – Learn new recipes, skills, and just socialize with others. Each month we try to have a luncheon theme. 1229 E. Washington. Phx. Cost: Consumers assist by bringing lunch ingredients.

**Wednesday, August 13, 10:30am - 1:30pm** Mesa Southwest Museum – The Valley’s only natural history museum. 53 N Macdonald, Mesa. Cost: \$8.

**Wednesday, August 20, 10:00am - 12:00pm** Cerreta Candy Company – (Bring money for lunch afterwards at Denny’s) A lively atmosphere where everyone can see candy magic being made. 5345 W Glendale Ave, Glendale. Cost: none.

**Thursday, August 28, 11:00am - 2:00pm** Bowling. Enjoy an afternoon of fun and bowling. Bowling ramps will be provided. 4407 S Rural Rd. Tempe. Cost: \$1.75.

**Thursday, September 4, 10:30am - 1:30pm.** Bingo - (Bring \$3 for pizza or your own lunch) Come play bingo with a group of friends. 1229 E Washington Phx. Cost: None.

**Thursday, September 11, 10:30am - 1:30pm** Cooking Group – Learn new recipes, skills, and just socialize with others. Each month we try to have a luncheon theme. 1229 E. Washington. Phx. Cost: Consumers assist by bringing ingredients for lunch.

**Wednesday, September 17, 10:30am - 1:30pm** Arts & Crafts Group. (Bring a lunch or \$3 for pizza) Come be creative with arts and crafts projects. 1229 E Washington, Phx. Cost: \$2.

**Thursday, September 25, 10:00am - 2:00pm** Movie at ABIL. Come watch a movie. Refreshments will be provided. 1229 E Washington, Phx. Cost: None.

## More Ads...

**Accessible Home for Sale**, 3BR/2BA, Corner cul-de-sac lot next to open area. Custom 2nd BA w/tile ceiling to floor; hard wood floors thru-out, updated lighting, handicapped accessible ramp; grab bars; garage epoxy floor; custom wood cabinets; citrus & palm trees; heated pool, Coy pond w/ waterfall & filtration system, built-in BBQ, ample storage. \$274,900. Tiffany Carlson, Phoenician Properties Realty, 480-215-1105

**Accessible Home for rent** - Quiet N Central Phx cul-de-sac. 3 BR/2BA, 1600SF, newly remodeled, 1BA w/roll-in shower, other shower grab bar ready, fully accessible kitchen w/stove/fridge, 8' roll under work space w/bar sink, BR remote control ceiling fans, attached laundry/spacious pantry, new phone/data/cable wiring, 1-car garage, orange & fig trees, accessible garden, 7th St/ Northern, 1.5 blocks to bus stop. \$1350 per mo. w/1-year lease, SRP irrigation & lawn care, call Frank, 602-622-2772

**Pride Jet 3 power chair**, w/ tilt seat, 1 year old, new special WC cushion - helps prevent pressure sores, new batteries & front wheels. Will take \$500. **Lift** for power chair, attaches to rear of vehicle. Make Offer. **Pride lift chair/recliner**, push button, 1 yr old. \$350. **Commode**, \$10. **Quad cane**, \$10. Call 623-975-0972

## Youth Action Council - Arizona (YACAZ)

**Southwest Institute for Families and Children with Special Needs (SWI)**

Are you interested in meeting new people your age?  
(14 to 30 years of age)

Do you believe young adults should have a voice in matters that affect them?

Are you interested in politics?

YAC-AZ is your group!

You make the rules!

You decide what to do!

Join us to learn more about the group:

**Contact: David Carey @ 602-443-0723**

*Thank You Friends!!! - Carol Liu - Robert E. Michaels - Wendy Berry - Gail Wilt*

## Become A Friend of ABIL Today!!

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Telephone: \_\_\_\_\_ New \_\_\_\_\_ Renewal \_\_\_\_\_

In Memoriam/Dedication \_\_\_\_\_

◆ **DependABIL**      \$25.00  
 ◆ **HuggABIL**        \$50.00  
 ◆ **KissABIL**         \$75.00

◆ **LoveABIL**         \$100.00  
 ◆ **IncredABIL**      \$1,000.00  
 ◆ **UnbelievABIL**    \$10,000.00  
 ◆ **Additional Contribution** \_\_\_\_\_

Your contribution is tax deductible, and helps to support ABIL's many programs. Thank You!

Send to: ABIL, 1229 E Washington St, Phoenix, AZ 85034-1101

**Arizona Bridge to Independent Living**  
**1229 E. Washington Street**  
**Phoenix, AZ 85034-1101**  
**(602) 256-2245 1-800-280-2245**  
**Website: [www.abil.org](http://www.abil.org)**  
**E-mail address: [azbridge@abil.org](mailto:azbridge@abil.org)**

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*602-256-2245 or 1-800-280-2245*

**ABIL**  
**Website:**  
**[www.abil.org](http://www.abil.org)**

**Join ABIL's advocacy list-serv "Empower!"**  
**by sending an email message to**  
**[azbridge@abil.org](mailto:azbridge@abil.org)**

**NO FRAGRANCES**  
**PLEASE!**

The ABIL office is a tobacco free,  
fragrance-free environment.

Please do not smoke or wear scented products  
when you visit our center.

Thank you.

**Top Ten Ways to Celebrate the 18th  
Anniversary of the ADA**

*By Carolan Quenneville*

10. Send out "Happy ADA Day" Cards
9. Have an accessible parking 'tailgate' party
8. Make a piñata shaped like your 'favorite' barrier and whack the crap out of it
7. Pin-point the 'barriers' in your life and work to remove them.
6. Be a Mentor - Empower others to live up to their potential
5. Log on to <http://www.npr.org/programs/wesun/features/2002/504/index.html> and learn about the roots of the disability rights movement.
4. Send Thank You's to those representatives who support the ADA
3. Send warnings to those who don't
2. "Get into politics as if your lives depended on it, because they do." - Justin Dart -
1. Help work to Get Out the VOTE!!!!!!

[The opinions expressed here are not those of ABIL Management, the board of directors, staff, or anyone else for that matter. Well, maybe, but no one will admit it.]

**The Bridge is available in alternate formats, including Braille, large print and audio-cassette for persons with visual impairments. To receive the Bridge in alternative format, or for reasonable accommodation at events, call 602-256-2245.**