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Message from the President & CEO

Community partnerships have been the hallmark of our success at Ability360 for more than 35 years.

These partnerships have leveraged and expanded our reach to better serve people with disabilities. For instance, the Ability360 Center was established for this very purpose: to be a one-stop center for disability services conveniently offered at one location.

Our partners, such as the Arizona Center for Disability Law, Raising Special Kids, Arizona Spinal Cord Injury Association and all the others at the Ability360 Center give us access to information and resources that we could not otherwise provide. All serve as invaluable referral sources, as we could never be experts on everything disability related, nor do we want to duplicate what others are doing well. Our partners at the Ability360 Center are just one color in this beautiful rainbow.

Other treasured community partnerships include government, corporations, foundations, other non-profits and even individual donors. All of these complete the rainbow and extend our reach beyond what we could ever do by ourselves. For instance, our partnership with Dignity Health’s Barrow Neurological Institute and Barrow Connection offers us the ability to have our consumers experience adaptive water sports at the annual “Day on the Lake” event and sports programs like wheelchair rugby. Also, their funding of our Project Independence & Empowerment program makes it possible for us to serve consumers coming out of the rehab setting at the Sports & Fitness Center, providing that important link between rehab from injury or illness back to community life. In addition, our close and longstanding relationship with the City of Phoenix not only allows us to offer home modifications to low income residents with disabilities, but also led to the capital bond funding for the Sports & Fitness Center, and the transit tax funding for a light rail stop near the Ability360 Center.

I’d be remiss if I didn’t mention some of the other fabulous community partners that make it possible for us to deliver the highest quality programs to those we serve. Some of these include AHCCCS, ALTHCS, DES, Mercy Care, Bridgeway, United Health, Thunderbirds Charities, Arizona Community Foundation, Arizona Diamondbacks, Arizona Coyotes, The Reese Family Foundation, Cowin Charitable Fund, VMI Mobility, Lovitt & Touché, Dick’s Sporting Goods and many, many others. Ability360 depends on these community partnerships. They are the lifeblood of our programs. Without them, we could not offer the broad range of programs we now deliver. These include home care; employment; youth transition; SSDI/SSI work incentives counseling; health & wellness; adaptive sports & fitness; living well with a disability; Latino, African American, and American Indian summits and conferences, just to name a few. On behalf of Ability360, I thank them all for their support and commitment to this incredible community partnership!

Ability360 CEO, Phil Pangrazio signs commemorative stone at light rail 50th St. Station groundbreaking Phoenix Mayor, Greg Stanton and Gary Smith of Stockyards Restaurant look on.

See Light Rail story on page 32.

Phil Pangrazio
President & CEO, Ability360
"We either find a way or make one."

Each of us learns to integrate our lives with various disabilities into daily living in a community not exactly built to include us. Places like Ability360 are here to help us find the path or blaze our own. LivAbility Media shines a light on those who are tending the path and making new ones.

We’ve packed Edition 9 with wide-ranging stories. Steve Carr wrote our feature profile on Scott Hogsett, one of the best player/coaches known to wheelchair rugby. Plan your great escape to Boyce-Thompson Arboretum; it’s more than “just cactus” as our group learned. Boyce is the second state park we’ve covered in our series. We spoke with Sue Black, AzSPT Executive Director about her commitment and vision for making state parks more accessible. We covered invisible disability with one of the Valley’s best-known chefs, James Beard nominee Silvana Salcido Esparza. You know her family of Barrio restaurants.

We have two stories on sensory disabilities covering Arizona’s Talking Books Library and ERIC – the Emergency Responder Interpreter Certification program that assists Deaf people and those hard of hearing in times of emergency.

Greg Wickenburg shared his award-winning photography and Bill Marvin gave us a tour of his mobile tiny home, an RV and trailer he built from scratch and operates alone. Ty Kachanuk is featured as our Cool Career. He fabricates custom hot rods. All of these guys are wheelchair users who have found a way to live their passions.

Valley Metro literally makes new paths. We share an in-depth look at the new 50th St. station designed with PWD in mind and set for completion in May of 2019 offering greater access to Ability360, Arizona’s largest CIL.

Columnists Gary Karp, Amina Kruck and Susan Webb offer advice and perspective. We covered tech, caregiving, the upcoming Latino Summit, veterans, youth, Ability360 partner Arizona Spinal Cord Injury Association and much more.

We have so much talent that works behind the scenes. We want to introduce you to another member of the team. Carolan Quenneville or, as she’s known around here, “Q” is much like the Q of James Bond fame. We tried to make a list of all she does and found it filled this page. Suffice to say, she’s everywhere. She creates the monthly calendar of events hanging on your fridge and manages our on-line classifieds. Q has served this organization since 1999. The newsletters that came before LivAbility and the snarky “10 Things” contained therein were all Carolan. Think of that monthly calendar as her unsigned love letter. Thank you Q.

We hope you enjoy this edition as much as we love bringing these stories to you. We want to hear from you at editor@ability360.org. Look for the video icon indicating additional content online at ability360.org/livability.
Sports, Fitness & Recreation for Everyone

www.ability360sports.org
FEATUERED

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Look for this icon! It indicates additional video content online.

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Coach/Captain of the National Champion 360Heat Wheelchair Rugby Team

*Photo by Loren Worthington*
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Contributors

RANDY BINGHAM  |  @RandysVision
Local photographer Randy Bingham received his first Brownie Camera at 9 years old. His numerous photoshoots include magazines, advertising campaigns, websites and family celebrations. Randy's Vision Photography creates lasting, authentic memories spanning a lifetime.

JOHANNA HUCKEBA  |  @Jojo_Huck
Johanna Huckeba is a journalism major at Arizona State University focusing on photography and documentary studies. She lives off of iced coffee, enjoys looking at notebooks at Barnes & Noble that she can’t afford and spending time outside in places where it doesn’t feel like you’re on the surface of the sun. When she’s not at work taking photos, she’s probably out taking photos.

ANGELINE CARBAJAL  |  @NewsWithAnge
Angeline Carabajal is the Program Coordinator of Communications at the UA Disability Resource Center. She started as a student worker for the DRC her freshman year and graduated from the UA in May 2015 with her bachelor’s in journalism. She hopes to pursue a graduate degree in marketing starting August 2017.

STEVE CARR  |  @KurCarr
Steve Carr is President of the Kur Carr Group, Inc., a full-service public relations agency. He has received numerous journalism awards for newspaper writing and photography, and for annual reports, newsletters and video production. He is a recipient of the Margie Frost Champion Against Poverty Award from the Arizona Community Action Association.

AJITANA YVETTE MALLARI  |  @AitanaMallari
Aitana Yvette Mallari is an online media journalist who runs on caffeine and WiFi. She’s lived in the Middle East, Asia, and both coasts of the US and writes about health, tech and amazing people doing amazing things. She is studying at the Walter Cronkite School of Journalism and Mass Communications and probably has a deadline to get to.

MICHAEL EIMER
Michael Eimer works at Dignity Health. In addition, he is an accomplished photographer. Michael has volunteered as a photographer for all Barrow Connection outings for many years. He graciously contributes photos to other organizations within the disability community.

ANTHONY MITCHELL  |  @Anthony_ASU
Anthony Mitchell is a graduate of the Walter Cronkite school of Journalism and Mass Communications at Arizona State University. He is a previous anchor/reporter at PBS as part of the Cronkite news program making his first foray into Public Relations. His hobbies include catching up on political news, eating leftovers and pretending he's going to start working out again.

CHRISTIAN GUERITHAULT
Christian Guerithault is a Senior at Barrett, The Honors College at ASU. He majors in Sports and Media Studies through ASU’s W.P. Carey School of Business. Christian is a native of Phoenix, Arizona and has two older brothers. He loves the NBA, NFL, soccer and the UFC. Christian hopes to one day work in the front office of a professional sports team.
How Are We Doing?

LivAbility Magazine is interested in your thoughts, comments, gripes, concerns, suggestions and ideas for future stories. Send us an email and we will do our best to keep improving with each edition.

Published “letters to the editor” will include first name, last initial and city, if known.

calling all creatives! LivAbility has a space for you.

We’re on the lookout for talented contributors in every part of our great state to help keep our readers up to date on the people and events that impact our community. We’re always eager to meet writers, photographers, videographers and illustrators who tell the stories of people with disabilities. Contact us to discuss a submission.

360Perspectives publishes personal essays on YOUR disability experience. Tell us in less than 300 words. Make us laugh, make us cry, make us angry or curious. Start a conversation... YOU are the expert on your own disability experience. Let’s talk!

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editor@ability360.org
602-296-0590
This magazine is printed with vegetable-based inks.
Police Chief’s Cross-Disability Advisory Board & Local Community Advocate Honored At Rays of Hope

May is a special month for Brain Injury Alliance of Arizona members and supporters.

This year’s award ceremony featured the Alliance’s first-ever recognition of two outstanding community partners. The Phoenix Police Chief’s Cross-Disability Advisory Board and longtime community advocate Jennifer Longdon were both honored, in appreciation of their efforts to create an educated and empowered community that is more welcoming for brain injury survivors.

Tempe recognizes ability, advocacy, access and achievements

by Michelle Stokes

The 29th Annual Mayor’s Disability Awards held at the Tempe Center for the Arts recognized six outstanding individuals in Tempe for their continued commitment to equality.

• Jean Howard - Pride of the City Award
• Victor Carbajal - Aramark - Employer of the Year
• Timothy Stump - Community Service Award
• Stormy Love - Rocket a Go~Go - Architectural Award
• Karla M. Martin - Business Leadership Award
• Chelsea Steffen - Marcos de Niza High School - Exceptional Educator Award

Nine students were commended as Outstanding Tempe Students;

• Wai Kei Chu (Corona del Sol High School)
• Keyonna Cooley (Compadre Academy)
• Olivia Mendoza (Marcos de Niza High School),
• Steven Smith (Connolly Middle School)
• Jonathan W. Wilson III (Believe I Can Academy)
• Rob Butler (Tempe High School)
• Jose Ortiz (Tempe High School)
• Kayla Sykora (Tempe High School)
• Rafael Arias (Tempe High School)

Josette Ulibarri Crowned Ms. Wheelchair Arizona 2017

by Brooke Brown

Josette Ulibarri was crowned Ms. Wheelchair Arizona with her platform: “Encouraging self-acceptance through changing perspectives on body image.” She’ll make appearances at events throughout the state and compete for the national title in Pennsylvania.

“My goal as titleholder is to bring awareness that we are all beautiful despite our color, gender, shape, size, scars, abilities, or disabilities. We are all uniquely and wonderfully made,” Ulibarri said. “My goal is to help others love themselves and live a healthy lifestyle with no excuses and no limits.”

For more information on the program or to schedule an appearance with Josette, email Arizona@mswheelchairamerica.org or visit Ms. Wheelchair Arizona Pageants on Facebook.

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Jesse Cejudo

Congratulations to 25 year old Phoenix-based athlete Jesse Cejudo for being named to the 2017 Team USA Para National Table Tennis Team. He says he has developed a “fight for something” attitude that has made him a fierce competitor. He got his start in the rec room at Phoenix College where he studies law, and went from trying to beat his friend to trying to beat the world’s best.

AZ Paralympians

Richard Alcaraz

Richard Alcaraz from Peoria, AZ has been playing badminton for about nine months. Three years ago Alcaraz had a below-the-knee amputation due to complications of a motorcycle accident two years prior. Alcaraz plans to participate in international tournaments starting with Peru. His goal is to make the 2018 Winter Paralympics for downhill skiing and the 2020 Summer Paralympics for badminton.

The 2020 Paralympics in Tokyo, Japan will be the first Paralympics to feature badminton.

Sarah Heinzel

Congratulations to Tucson’s Sarah Heinzel on being one of 16 athletes selected to the 2017 U.S Women’s Wheelchair Basketball team. Heinzel is pursuing a Master’s Degree in Counseling and Rehabilitation from the University of Arizona, and has contributed to the Wildcats’ adaptive athletics since 2015.

The final roster decision follows a three-day tryout in the Olympic Training Center in Colorado Springs, and Heinzel joins three returning gold medalists from last year’s games in Rio.

She has also made headlines off the court for her advocacy, settling a lawsuit with Cracker Barrel over accessible parking spaces that were ADA non-compliant.

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UnitedHealthcare Community Plan is a proud sponsor of the 6th Annual African American Conference on Disabilities.
Ty Kachanuk grew up working with his dad on cars in their family garage, but unlike most kids, Ty never stopped.

"It entails getting dirty, hot, and sweaty," Ty said of his job in a hot rod shop.

In 2001 Ty's dad, Mark Kachanuk, opened Precision Hot Rod, an auto restoration and repair shop. Ty helped around the shop in between other jobs he worked after finishing high school. On Christmas Eve 2007 Ty was in a motorcycle accident where he sustained a T-3 spinal injury, causing paraplegia. After spending most of his life gaining skills in physically demanding trades, Ty suddenly felt limited in his career options.

Little by little, Ty got more involved in the shop, helping with small tasks here and there. Gradually, his dad encouraged him to take on bigger projects to find out what he was capable of.

“He was always pushing me to make the best of my disability- to push myself, to see what I could achieve,” Ty said about his dad. “So he was always giving me harder and harder projects every time, telling me that there was no reason I couldn’t do it- just try and put in the effort.”

Ty described getting involved in the shop again like the rehabilitation process all over again; a series of failures until he started to get it right and figure out how to do things in a way that worked for him.

“It was definitely a hard transition,” Ty said. “But like anything in life, if
you want it bad enough and you try hard enough, you’re eventually going to succeed at it.”

Today, Ty works in the shop full-time as a welder and fabricator. For the sake of convenience, he uses a power chair in the shop, even though he uses a manual chair in the rest of his life.

“Having a T-3 (spinal injury) in a manual chair, your stability is pretty edgy, and I have high spasticity, so you never know when your legs are going to spasm. Dealing with painted vehicles and expensive parts, I wouldn’t want to be carrying a part around and drop it,” Ty said. “So I use a power chair in the shop because when you stop, your chair locks in place, and you’re stable.”

Ty spends a lot of his time welding for the custom parts needed to do many of the modification and restoration orders they get in, and made light of what it’s like being a welder with paraplegia.

“I catch on fire daily when I’m welding because the sparks fly and they fall down into my shoe, and when I take my shoe off at the end of the day, my socks have holes in them because the whole time my feet were on fire and I didn’t know because I can’t feel my feet.”

As anyone knows who has experienced it, working in the family business can be challenging.

“It’s definitely different working for your dad...it’s not like working for just any employer,” Ty said.

Last March, Ty’s dad was diagnosed with cancer; a tumor was found on his spine that could have caused paralysis. He has since been through one round of chemo, and will soon be starting the next round.

“Being able to help my dad and be there for him through fighting this cancer... it’s something that I’ll always remember and always have. Even when he’s gone, I’ll have the memories of working with my dad every day.”

Ty, now a father of three girls, hopes to take over the family business one day and continue their vision for the shop.

Ty didn’t let his disability define his career. He hopes other people with disabilities won’t give up their passions either. Instead, he encourages others to find a way to make their dream possible in a way that works for them.

“Never let the disability get the best of you. Always continue to pursue your dreams and your hobbies. I know it’s hard, there are going to be obstacles...You just have to be able to see around the obstacles and make it happen.”

Ty in the shop with his father, Mark Kachanuk.
Looking for a place to donate your surplus medical supplies? Project C.U.R.E. will accept medical supplies and medical equipment, and then deliver it to severely resource-limited communities. Project C.U.R.E is saving lives, making diagnosis and treatment possible, protecting health workers, and ensuring better outcomes for surgery and emergency care.

ProC.U.R.E. is Project C.U.R.E’s linchpin program, through which they receive medical supplies and equipment from U.S. hospitals, medical manufacturers, wholesale distributors and individual donors. Because of their large international distribution network, almost every type of medical item can be accepted, and all donations are receipted for tax purposes. For a general list of acceptable items or donation locations visit projectcure.org.
When job-searching, you need a resume. There are templates all over the internet, so writing a resume is simple, right? It should be, but the resumes I see every day are poorly done. Your resume is your calling card – if it does not grab the reader immediately, don’t even bother sending it. There are tried and true methods for writing a good resume. This article gives you tips, all of which you MUST follow if you want to rise to the top of candidates considered for the job.

Today’s applications are on-line. Employers use Applicant Tracking System (ATS) software, which scans your resume for format and content based on criteria the employer has assigned to a job. The scanner scores your resume electronically and matches the key words in your resume to what is in the job description. If your resume does not include many of the same words and/or has boxes, shading, fancy fonts, or pictures, the scanner cannot read it, thus scoring it low. If it does not meet the minimum score, it will never be reviewed by a human being.

Even if the employer does not use an ATS and your application is first reviewed by a person, these rules still apply. A reviewer spends about one minute scanning a resume. If (s)he does not see the relevant Knowledge, Skills, Abilities, Experience, and Education (KSA+EEs) in that time, she will likely overlook it.
1. **Tweak your resume** for each application to accurately reflect the key words in each job description. If the job description is vague about job tasks and qualifications, look for a different job.

2. **The first section should always be a qualifications summary** and labeled as such. This is a list of 5-7 specific, measurable KSA+EEs you have that are specifically included in the job description. This is your minute-long review. If the reviewer sees what (s)he is looking for and reads the reminder of your resume. The experience and education section should follow. These sections should prove the facts you use in your qualification summary.

3. **Tell them what they want to hear**, not what you want them to know. If your resume includes skills not required by the job description, leave them out. They clutter your resume and use up that precious one minute the reviewer gives you.

4. **Always think about what the employer needs** and tailor your resume to them, not to you. Prioritize the order of your KSA+EEs based on what is most important or prevalent in the job description, i.e., job requirements as opposed to preferred skills.

5. **Avoid meaningless clichés** such as self-starter, hard worker, team player, community-minded, love people. You will sometimes see these on the job description. If you do, and you can truthfully give examples in your employment or education section, then include them.

6. **If you do parrot the job description** with qualifications such as excellent oral and written communications skills, multi-tasking or team player, you absolutely must demonstrate where and when you have used these skills. In the experience section under a specific job, for example, you might say, “demonstrated excellent oral and written communication skills by developing a new wage reporting manual and presenting it to staff.” Or “demonstrated team player skills by participating in a task force to review employee suggestions for process improvements.”

7. **If your education is general** (Associate Degree in General Studies or Bachelor of Arts) or you did not complete a degree program, include courses you took relevant to the job sought. For example, if you are applying for an accounting job and successfully completed accounting courses, then mention them in the employment section under the institution where you took the courses.

8. **Finally, if you tweak your resume for a specific job** and find that you do not have a majority of the KSA+EEs required, find a different job. This one is not right for you.

Following these rules should yield more frequent responses to your applications. ☔️
Ability360 is proud to host the Latino Disability Summit and Resource Fair Saturday, September 16, 2017. This all-day summit, the first of its kind in Arizona, will provide inspiration, information and resources to families affected by disability. “Latinos are the fastest growing demographic group in this country. When culture and language barriers mix with disability; it makes for a desolate situation for families,” states E. Mari Herrera-Daniels, Chair of the Latino Disability Summit. “The goal of the summit is to inspire families to break down the barriers, and to educate by introducing resources and services available to help families reach their full potential.”

Culturally relevant workshops on immigration, Social Security benefits, how to work while on disability, movement and nutrition, youth transitioning and caregiver support are a few of the workshops that will run throughout the day. A panel of disability community leaders will discuss the intersection of Latino identity and disability during a lunch panel discussion.

“September 16th is Mexican Independence Day,” said Co-Chair Rebeca Cavazos. “It’s a perfect day to talk about independence for people with disabilities. We hope you’ll come join us.”

Over 50 agencies and exhibitors will be on hand to talk one-on-one with individuals, many will have Spanish speaking staff on site. Demonstrations, screenings, and prize drawings will be held throughout the day. Mariachis, food and a kid zone with sensory and accessible activities will add festivity to this family fun event. Everyone is invited to celebrate Hispanic Heritage Month Saturday, September 16th at the Latino Disability Summit and Resource Fair. Visit LatinoDisabilitySummit.org for more information and sponsorship opportunities.
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Yavapai - (928) 278-2450

PHOENIX | MESA | GLENDALE | TUCSON | COOLIDGE | PRESCOTT VALLEY
Every weekday morning at 9 a.m., the Arizona Talking Book Library feels like “Groundhog Day” – the post office drops off 2,000 returned books on tape and picks up 2,000 more headed to Arizona readers, one of the dwindling analog moments in a world going digital.

Through the mailroom doors, in the front of the house, 6 librarians work with patrons to select books tailored to their tastes. Every patron is assigned one of these librarians whom Outreach Librarian Christine Tuttle refers to as personal book sommeliers.

“The more our patrons talk to us, the better we are at understanding their likes and dislikes,” says Tuttle. “We read every book from cover-to-cover and if a person objects to things like strong language, violence or sexual content, we can avoid suggesting books that contain this material.”

Since 1970, AZTBL has provided printed material in alternative formats for individuals who cannot read print, hold a book or turn pages.

Until 1978 books were recorded on records; first 78 RPM, then 33s. Reel-to-reel tapes were introduced next. In the late ‘80s, they made the technological leap to cassette tapes. As of 2009, books are recorded in a digital format.

BARD (Braille and Audio Reading Download) users can download books to their mobile device. Most AZTBL patrons, however, prefer having their books mailed to their home to be played on a digital player. More than 9,000 Arizonans subscribe to the library along with another 3,000 organizations to comprise more than 12,000 consumers of AZTBL services.

The library is federally funded and falls under the Arizona Secretary of State for oversight. While 99% of the collection comes from federal sources, AZTBL records books that are written by Arizona authors or focus on Arizona in some way.

Recording a book is no small matter.

A narrator and producer work together anywhere from 9 to 15 months to record a book in one of the 3 on-site recording booths. Altogether, AZTBL staff and volunteers produce 200 books a year which are added to the growing collection of 120,000 titles.
“We read every word,” Tuttle says. “All the cover notes, copyright and publisher information – everything.”

The service is free and there are no overdue fees. To qualify, one must complete an application and have it signed by a physician or other qualified professional as listed on the AZTBL website.

The Arizona Talking Books Library is located near 32nd St and Roosevelt. On Oct 6, they will partner with their neighbor organization, the Arizona Center for the Blind and Visually Impaired for an open house.

Learn more at 602-255-5578 or azlibrary.gov/talkingbooks.

Transit can take you to friends, family and fun!

Valley Metro Transit Education offers:
- Free monthly “learn and ride” opportunities at Ability360
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valleymetro.org/transit_education
602.523.6070
Accuracy of information is never more important than during an emergency.

Victoria Bond is the Interpreter Outreach and Development Coordinator for the Arizona Commission for the Deaf and Hard of Hearing. She is working to ensure that the roughly 25,000 Arizonans whose primary language is ASL, along with the roughly one million more with hearing impairments, are able to get timely and accurate information.

The Emergency Response Interpreter Credentialing program (ERIC) is the first of its kind in scope for training and dispatching American Sign Language (ASL) interpreters and Communications Access Real Time (CART) captioning operators to effectively communicate with the Deaf and hard of hearing in case of fire, flood, nuclear disaster, power outage or extreme heat.

“Sign language is a conceptual language,” says Bond. “There’s not an exact word-to-word match.”

Bond worked with subject matter experts to develop the vocabulary which uses “classifiers” - signs that describe how something looks or functions – along with finger spelling so the word is recognizable if it comes up in writing, like print news or instructions.

The training, described as a 3-day intensive, allows interpreters to work with the same experts to learn the new vocabulary and add new words as needed. Then, they are trained to work with emergency responders and understand the workings of incident command and disaster relief.

ERIC was put to the test for the first time in April of this year when the Sawmill fire was declared a Type-1 disaster. The southern Arizona wildfire, one of the state’s largest, burned for more than a week, scorching roughly 80 square miles of drought-stricken scrub and involving multiple agencies.

Bond related the story of a Deaf woman who lives in the impacted region of the Sawmill fire. She decided not to attend a community meeting expecting it would be inaccessible to her. Her neighbor promised to bring home good notes. Upon arrival, her neighbor spotted an ASL interpreter and texted her Deaf neighbor who scrambled to attend. With an ERIC-trained ASL interpreter present, she had full access to the information. She was absolutely thrilled and expressed gratitude to the interpreter and the rest of the team. The Deaf resident told 3 other Deaf individuals that the meetings were accessible, so there were Deaf attendees at the 2 subsequent community meetings.

Historically, Bond reflected, Deaf and hard of hearing community members would go to meetings like these with the assumption that they wouldn’t have access, but would glean whatever they could from printed materials and writing notes with the team managing the disaster after the meetings.

“This fire was an example of the level of communication we’ve been working toward,” Bond said. “Deaf and hard of hearing community members who will be impacted by almost every disaster, and we should make it the standard to provide access, rather than access being an afterthought.”

What sets Arizona and ERIC apart at times of disaster is the central call-out system. ASL interpreters and CART operators are activated at the same time as the rest of the disaster relief system. Many states are working to train interpreters and CART operators in appropriate vocabulary but no other state activates them through the central call-out. “It’s quicker and more efficient,” Bond said.

So far, three CART providers and eleven ASL interpreters have been trained.
Adaptive Scuba

by Rebeca Cavazos

All this happens in the introductory diving course offered by Ability360 Sports & Fitness Center in one of three separate Discover SCUBA sessions offered through the year. The course, taught by certified dive instructors from Saguaro Scuba Diving, is specifically designed for people with disabilities to experience this amazing activity.

At first it is common to feel fear, but during the whole session you are accompanied by experienced divers who continuously communicate with you to ensure your wellbeing. As time goes by and you adapt to the breathing and the equipment, it becomes an exhilarating experience. Along with the autonomy that you feel in your body, you will forget the instructors are there. You feel that the two hours of class goes by too fast and you don’t want it to end.

During this lesson, which takes place in the Ability360’s heated pool, you will have the opportunity to learn in a quick and simple session, the basic rules of underwater breathing, the operation of the air regulator and how to manage it while you are descending. You will also learn how to release the pressure in your ears and how to communicate with your dive buddy underwater.

Discover Scuba is an experience that you should try! In addition to being fun, it is completely safe and gives you the opportunity to push your limits. The next session will be on August 5th. Register at ability360sports.org.
The wind slips through towering eucalyptus trees, ruffling leaves. Swaying branches tease the view of Picket Post Mountain and Magma Ridge, spilling dappled light across the path as flowers and shrubs dance to the rhythm of the breeze. Time is irrelevant among the trees. Unseen birds create a multi-layered chorus. Hummingbirds frenetically dart from blossom to blossom, butterflies float lazily alongside them. Visitors nod a warm but silent greeting as they pass by; conversation feels intrusive.

Drive about an hour east from Ability360 Center in Phoenix, and you'll find the Boyce Thompson Arboretum. Named for copper mining magnate William Boyce Thompson who donated the land, this 323-acre ever-changing tableau is an oasis in the desert.

The arboretum consists of a 1.3-mile main trail and several smaller trails that wend through various habitats including a sun-spotted rose garden, eucalyptus forest, cactus garden, herb garden and several exhibits representing deserts around the world.

Parking is free with seven accessible spaces available. Admission is $12.50 for adults and the park is dog-friendly to leashed pets. Additional details, including an event calendar, are available on the park website: azstateparks.com/boyce-thompson.

In the visitors' center, you can fill your water bottle, join a guided tour, shop for specimen plants for your own garden or browse the gift shop. The path immediately outside the visitors' center is paved with porous rubberized gravel that feels good under your wheels, provides better traction underfoot and makes the steep path easier to navigate.

Some of the trails are steep and rutted. Still, we were able to get around with a little help. The park has a great layout and you can easily spend 4 hours wandering. At the farthest end of the park, there is wooden suspension bridge across the creek; an ideal spot to stop and take in the view. You'll also find Ayers Lake at that far end with lots of shade and picnic tables.

The arboretum is a photographer's paradise with scenic panoramas, abundant wildlife and opportunities for macro photography among the thousands of plant specimens from around the world.

Boyce is just another example of what AzSPT has to offer to people with disabilities. On the day of our visit, Ability360 brought 15 consumers to the park as part of its regular Socialization through Recreation program. (Read Markus Davis’ story on page 25.)

If you’re in the area, the Lost Dutchman State Park is located 30 miles to the west. Another nearby treat is the Apache Trail scenic drive which leads to Canyon Lake.

LivAbility values your feedback and experiences. If you’ve visited one of Arizona's many parks, share your experience with us online or at editor@ability360.org.
I wasn’t born disabled, but through a series of unfortunate events I became paralyzed on the left side of my body. I have a sensory deficit as well. As an abled-bodied individual I was a rock climber. I hiked regularly and swam an average of 4 miles per day. But a fall from 22 feet and a MVA in 1991 proved to be too much for my body to cope with and everything changed in a flash. I recovered, but with limitations. Then in 2014, a heart attack followed by a stroke left me in a wheelchair.

I never thought that I would be able to enjoy nature again until I received an invitation from Ability360, to take a day trip to Boyce Thompson State Park. I found myself on a guided tour given by a very knowledgeable volunteer staff, wandering trails of profound beauty and seeing awe-inspiring vistas.

Thank you, Livability and Ability360 for showing me that my appreciation and love for nature could still be part of my life again even from a wheelchair. It was an incredible day!
While visiting Boyce Thompson Arboretum, we spoke with Sue Black, Executive Director for Arizona State Parks and Trails for a wide-ranging, 30-minute interview on her unprecedented commitment to collaborate with the disability community to improve accessibility in the AzSPT system. Black was warm, engaging and clearly very knowledgeable. She has an impressive resume that covers more than 30 years of parks management in Wisconsin and Arizona. Some of Black’s initiatives include hiring an ADA Coordinator (see Sean Hammond’s story in our last issue), mapping all of the AzSPT trails for grade and slope, and a commitment to design all 100 of the new cabins being added to the park system to be wheelchair friendly. Following are excerpts from our conversation.

Black was selected as one of 2017’s Outstanding Women by Phoenix Business Journal. When we offered congratulations, she demurred saying she prefers team awards.

“It takes the gang to do it. I share that with the team and with the governor’s office and frankly the Arizona business community. They’re so supportive, and again, building those partnerships and collaborations, they’re very much part of it. So is everybody at the Business Journal. It’s a new relationship too for state parks to really be working with corporate Arizona. They have just as much at stake.”

Wandering the trail with Black, her reverence for nature and sense of stewardship of the parks entrusted to her care is evident. She exudes an entrepreneurial outlook and freely shares credit with her team for improvements to parks and trails.

“We don’t get any general fund money... We really are an enterprise fund. We live and die by those revenues by the end user. I just want to be able to take those revenues and reinvest them in the park system.”

We talked about the strides being made to improve accessibility. The AzSPT is making changes to their website and has an ongoing project to map each of their trails for grade and slope.

“What we’re trying to do is put out as much information as possible because there’s a continuum of what everybody’s abilities are. As much information as we can give everybody about what that experience might be like. Then they can gauge where they think they can go, not go, how far can they push it, where they want to stay, all those types of questions.”

Black’s commitment to accessibility extends to AzSPT’s website, making it accessible to everyone and adding vital information so that visitors can make informed choices ahead of their visit.

“It’s really up to us to be the communicators on our side, and then let the end user decide because I think what people don’t want to have is that they get to a property and then they’re surprised. ‘Well, why didn’t they just tell us there wasn’t x, y, or z?’ Why didn’t they tell me, I could’ve brought my ...’ I think that’s why if we communicate on the front end, it’s better for the end experience.”

Our conversation turned to on-site accommodations. AzSPT issued an RFP (Request for Proposal) to increase the number of cabins available in the parks. Black explained her plan to add 100 more cabins to the existing 30.
“Yeah, we only have less than 30 cabins in that park system. To have such a diverse state and the beauty, I just thought we have to have more cabins... We put an RFP out on the street to see if a company would want to partner with us. It took, I don’t know, maybe a year-and-a-half, two years, but through all of the process we partnered with Cavco, which is an Arizona-based company. They are actually putting up the first capital to put in 100 new cabins, and then we will do a revenue share with them from people using the cabins. We will pay them back, basically on a loan.

“It’s leveraging their ability to finance it, but it’s also Arizona jobs. It’s keeping those people employed. It’s good for the business. At the end, here we’ve got 100 new cabins that are going to be around the state... Doing these 100 cabins, now we have to pick out what do they look like, what are the models that we’re going to put in. We’ve decided to go with dry cabins, which means that we’re not going to put any plumbing.

“With the cabins then, we’re working with them to look at everything from hooks to door widths to how high are the switches, just everything, every little detail. I’m excited to work with Ability360 to help us in the design of those.”

“I’d like it if all of them [the dry cabins] would be wheelchair friendly, if all of them would be as accessible as possible as opposed to just putting two on the end.”

Clearly not one to rest on her laurels, Black plans to continue to improve the parks system for all users and accessibility is part of her ongoing plan.

“I think as far as the nuts and bolts of what we’re trying to do and what we’re trying to accomplish, like I tell everybody, These aren’t my state parks. They’re ours. Everybody owns those properties, and it’s everybody’s responsibility to care for them in one way or the other... They’re yours. Maybe we’re not there, but we definitely want to...take these new development dollars and to put them into the right places so these parks are accessible, like I said, for everybody.”

Since 1966, Shasta has been serving and building pools for Arizona families. Over 83,000 of them. No other builder has the experience Shasta has to turn your dreams into a beautifully built Master Pool. And now is the PERFECT TIME to get your family into a backyard in paradise!
Michael Shields has lived with high level quadriplegia since 2000, right before his 21st birthday. Pre-injury he lived a self-proclaimed life of “sex, drugs, and rock and roll,” and during the height of his addiction his relationship with his mother was strained; but as people new to their injury often find out, most of his friends weren’t emotionally equipped to stick with him as he adapted to his new life.

When it felt like he had no one, his mother Susan Shields was always there. About 65% of caregivers are family members. Most consumers prefer having someone they know to provide their care, and it would be almost impossible to keep up with the demand for caregivers without family stepping to the plate.

For Susan, helping her son was never a question of if, but how. When he was injured she had zero working knowledge of the various needs of someone with quadriplegia. It wasn’t until after she completed 40 hours of training through Ability360 that she felt adequately prepared.

Becoming Michael’s caregiver immersed her in the field that would become her passion. Frequent correspondence with the administration of Michael’s high school led to a job in its health office, and she has been working in a school nursing office ever since. She recently enrolled in school to get a CNA license.

“It kind of forced me into nursing, but I have great compassion for people with disabilities and having seen some of the ways the medical field treats people has made me more of an advocate,” said Susan.

In his various dealings with workers in the medical industry, Michael has felt that many people aren’t in it for the right reasons. He says this makes him appreciate individuals like his case managers at Ability360 even more.

“Our case managers have been absolutely amazing. It’s never been a question about going anywhere else, If we’ve ever had any issues they’ve advocated for us... when you don’t have that it makes a big difference when you’ve been with [a company] that does,” said Michael.

When Ability360 got him set up with home modifications and voice-activated software that helped him take him his independence back, Michael felt that workers with similar disabilities had an advantage that able-bodied medical professionals didn’t have.

“You walk a mile in a man’s shoes and it changes your perspective, and when you don’t have that experience it’s hearsay and it’s limited. When I was first injured my mom was bouncing off the walls because she had to turn me every 4 hours, and when you have someone who has been through it and seen the other side who says ‘it’s going to be alright’ that’s priceless,” said Michael.

Michael is now pursuing a BA in Christian Studies from GCU, and has found camaraderie in the church.

“I’ve banded together with a bunch of men from the church who had been through a lot of the same stuff that I did. They just didn’t hit the brick wall like me,” said Michael.

For this mother-son combo, navigating the patient/caregiver relationship is still an occasional point of friction, but the advantages of having Susan’s help on and off the clock are enormous.
360™ Charity Golf Tournament

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360golftournament.org

Photos by Randy Bingham

presented by
Lovitt & Touché
Since 1996 Barrow Connections has facilitated Day on the Lake. Growth of the event comes from friends inviting friends, encouraging people to come for the first time. See our extended photo gallery and Aitana Yvette Mallari’s video in our on-line magazine, ability360.org/LivAbility.

Join us again! September 7-9
The 2017 Cactus Classic StandUp Amputee 3on3 Basketball Tournament was held at the Sports & Fitness Center June 9th and 10th. In its third year we had a record number of teams and players who traveled from cities as far apart as San Francisco and Baltimore to compete. AMP1 claimed its third straight title with the AMP1 White team going 9-0 throughout the weekend. Team members included Nick Pryor (Phoenix, AZ), Steve Mosqueda (Riverside, CA) and Troy Druppal (San Francisco, CA).
Construction of the 50th St light rail station that will bring visitors to the Ability360 Center has begun in earnest with the official groundbreaking on Wednesday, June 7.

“Phoenix continues to move forward by making smart, long-term investments in ourselves. This project is one of those investments and that makes this a great day in the City of Phoenix,” said Mayor Greg Stanton.

The groundbreaking ceremony was described as non-traditional because it took place on the Ability360 Center roof instead of between the existing tracks on Washington Street. Participants each signed a commemorative plaque that will be placed at the site upon completion.

“It really says good things about Phoenix that of all the light rail projects we could have begun with, we’re starting here today,” said Councilwoman Kate Gallego. “We’re sending a message that Phoenix values inclusivity; that we want everyone to feel welcome riding on our rail. And it’s a design that welcomes people and makes it easier to operate. It says good things about Phoenix that we value our community and partners.”

This infill station is the first of its kind; no light rail system in the nation has attempted to add an in-line stop along an existing line. The stretch between 48th St and Priest, the longest stretch without a stop, has seen tremendous growth since the building of the Ability360 Center in 2006. “50th St addresses the large service gap between 44th St and Priest. The optimal gap is ¼ mile. This is a 1.9 mile gap,” said Valley Metro project design team engineer, Harvey Estrada, “The traffic at Ability360 was a big draw for this stop.”

Early in the process, designers sought the input of Ability360, various stakeholders and community members for their vision and suggestions. The need for wider walkways and shade came out of that early community input. In response, the platform area – typically 4’ 10” of “walkable” area; free of benches, drinking fountains, etc. – is planned for 6’ at this station.

Phoenix Mayor Greg Stanton chose the design of the 50th St station and streetscape as the project for the PHX Innovation Games Transit Design Challenge in 2015. Dig Studios’ design won that competition. “[Dig Studio] offered an innovative and sustainable idea to make our transit system more complete,” Stanton said. Dig’s accessible design incorporated shade at crosswalks, gradual slopes and minimized obstacles among other design aspects.”

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During construction, access to all businesses will be available at all times.

At least one lane in each direction will remain open.

Bike lanes will be closed.

Sidewalks may be restricted temporarily – alternative routes will be provided.

Development of the final design fell to Gannett Fleming, Inc., who incorporated additional innovations into the design including larger, easier to operate buttons at the pedestrian crosswalks and a camera that detects human presence and automatically activates the crosswalk.

Dig Studio’s design also addressed another unique feature of this station. “This is the only stop in nature on our light rail system,” Sobriech said. “The other stops are all in very urban areas with views of buildings. This stop has open views of the mountains. Our design includes a green screen of espalier creosote to create shade and keep the feel of the surrounding desert.”

The creosote theme continues in the shade structures designed by Tucson artist Barbara Grygutis. Her installation, titled “Creosote Lace,” features large curved steel panels laser cut with delicate patterns inspired by desert creosote. She chose creosote for her design in part for its traditional healing properties and because of its “beautiful, tenacious growth in the harsh environment of the desert.”

Such symbolism is eloquently appropriate outside of the state’s largest center for independent living.
If spending time with giraffes, stingrays or farm animals sounds like fun, volunteering at the Phoenix Zoo may be your calling. The zoo takes applications for these highly coveted volunteer positions twice a year. Following an interview process, those who are chosen undergo extensive training that includes an exam before they begin directing visitors as trail guides. After forty hours as a trail guide, volunteers are ready to branch out for new opportunities. While most volunteers interact with guests, some graduate to work directly with the animals. Individuals with specific skills who are interested in behind-the-scenes work (plumbing, fundraising, data entry, etc.) will also find volunteer opportunities. Through various opportunities, the Zoo staffs about 400 regular volunteers - 100 in the Zoo Teens program and 300 more adult volunteers.

Every volunteer shift starts with a pre-shift briefing that includes a rundown of relevant zoo operations and events, information on ongoing conservation efforts and on various animals that feels to be part family update and part pop-quiz.

This briefing was led by Wayne Warrington, Volunteer Manager, who along with two other staffers conveyed a steady stream of information and occasional jokes. The atmosphere is relaxed yet each of the volunteers are treated as esteemed colleagues. It is clear these people care for each other and for their work at the zoo.

During our visit, the volunteers in the pre-shift briefing were shown a photo of a deer-like animal. They went around the table, first identifying the animal, then its home and habitat, etc. After displaying an exhaustive knowledge of the gerenuk, also known as a giraffe gazelle from Somalia, they identified where, among the nearly 1,500 animals spread over 125 acres, gerenuks could be found.

During our visit, we met four long-time zoo volunteers who happen to have disabilities and got to see them in action. Darren Paschke and his father Warren (Skip) Paschke have been regular zoo volunteers since 2010. They alternate weekly between serving as trail guides and spending time on the savannah helping at the giraffe feeding area. Darren, who has Down syndrome, controls visitor traffic coming onto the feeding deck and explains how to interact with the gentle giants. Skip oversees visitors' interaction with the giraffes and takes photos. Skip credits their time as volunteers with helping ease Darren's depression and helping him strengthen his interaction with people. Darren is known for his encyclopedic knowledge of the zoo and his photo documentation. Darren has 1,029 hours of volunteer service and Skip has 1,026.

Ashleigh Johnson began volunteering in 2004 – straight out of high school. She prefers working with the goats in the Red Barn at Harmony Farm where visitors are given palm brushes to stroke the goats rather than kibble. Ashley explained that feeding the goats can make them aggressively chase visitors for food and mob the entrances. She finds the goats calming and enjoys her interactions with visitors. She explains that those interactions have given her more confidence. Born with spina bifida, Ashleigh uses a power wheelchair and moves easily around the goat compound. She has 13,202 hours of volunteer service.

Chance Summers lives in Cave Creek and will graduate high school this year. Each week, he and his grandmother, Dorla Newell, volunteer in Stingray Bay where visitors get to touch and feed cownose rays. Dorla supervises the stingray pools while Chance, who lives with Down syndrome, thanks visitors as they leave and offers hand sanitizer. He monitors the exit to ensure no one enters through there. Chance has 124 hours of volunteer service and Dora has 210.

Every Sunday for the past 3.5 years, CJ Horton volunteers at Discovery Farm. He describes himself as “someone with a learning impairment.” CJ enjoys animal husbandry and his future plans may include attending a 2-year program in Moor Park, CA for exotic animal management and training. While we visited, he worked to prepare “boomer balls” for the horses and his favorite donkey, Popeye. The balls contain treats and toys and act as puzzles to entertain the animals. He also volunteers at the Botanical Garden. He has 1,072 hours of volunteer service.
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In his teenage years Greg Wickenburg collected coffee table photography books and took pictures. His personal catalogue would likely be considerably more expansive if the film camera he picked up in the 90's hadn't been so inaccessible.

"I could never get a setup to hold the camera right or to change the settings. You always have to hold down a button and turn it and I just couldn't do it and got frustrated," he said.

His vision and flare for photography have always been there, but the technology hasn't. As a person with C5 quadriplegia the only muscles Wickenburg can use below the shoulder are his biceps. That's plenty to operate his digital camera. When combined with a Mount'n Mover he got from another Phoenix-based photographer, it's the perfect tool for a formidable artist.

It was a bit of trouble finding his niche. Wildlife photography is appealing but often moves too fast. Even though his nature photography has seen critical acclaim; it has left Wickenburg stranded in gravel on more than one occasion.

It was while surfing the web that he had his eureka moment.
In December of last year when he saw his first double exposure piece, Wickenburg said, “I could do that.” After a quick crash course via YouTube videos he was off and running.

Wickenburg’s method itself isn’t too difficult to grasp from a technical standpoint. His camera has double exposure functionality, which allows him to superimpose one exposure over another to create a single image. Making it look as good as he does, however, takes skill and patience.

As he zipped around his neighborhood looking for the perfect texture, Wickenburg laughed. “You probably take 150 pictures for every one that you like.”

His style typically entails getting a silhouette of a subject’s profile (sometimes friends and family… most often his service dog, Roo.) Once he uses light to completely wash out the background, he’s left with an empty profile that he then fills with a texture he finds on his near daily shoots around his neighborhood in Chandler.

“I like this because it’s one of the few things I can do totally independently,” he said.

When asked about his plans for the future, Wickenburg was modest. “I got a bunch of these canvases on sale online so it would be nice just to put them all to use someday.”

This shouldn’t be a problem at all.

In the 6 months since he started photography, Wickenburg’s work has been well received. At Chandler’s 6th Annual Nature Photo Contest he won 5 awards; including best of show. He has already sold 4 of his pieces at the Art One Gallery in Scottsdale as well as 3 online from his fineartamerica.com shop.
Wickenburg credits his Mount'n Mover with improving his camera set-up. The device has considerably more applications than photography. A versatile and accessible mounting system, it can be customized to fit a variety of technological devices for those with limited arm function.

Wickenburg’s award-winning photo, “The ConDucktor”
The 360Heat captured the 2017 United States Quad Rugby Association National Championship, at the Ability360 Sports & Fitness Center.

The unbeaten 360Heat overcame a sluggish start and a neck-and-neck battle with the Minnesota Steelheads. The 55-51 victory over the team from Golden Valley, MN secured 360Heat their third national title in the last four years.

The 360Heat’s perfect 5-0 tournament record completed their unblemished 32-0 record for the 2017 season.

“We have a lot of good, dedicated players on our team,” said 360Heat player/coach and five-time national title winner Scott Hogsett. “Their commitment is proven in the way they train. We practice three days a week during the season and they show up, work hard and know what they’re doing.”

The 360Heat and Minnesota Steelheads gave the capacity crowd all it could have hoped for in their hard-fought battle where no more than 2 points separated the teams through most of the first 3 quarters.

“We were close to blowing it open several times, but we couldn’t get it done,” Hogsett said. “But we stuck to our game plan and managed the clock at the end of the third quarter to give us the last goal and we had possession of the ball going into the fourth.”

With 14 seconds left on the game clock, 8 seconds on the shot clock and the score tied at 40, Hogsett called a time out, resetting the shot clock to 14 seconds. The extra time allowed veteran Joe Delagrave to score on a pass from Jim Roberts with 2 seconds
remaining in the third quarter, giving the 360Heat the 41-40 lead.

The Roberts-to-Delagrave combination scored the first goal of the fourth quarter. Minnesota followed up with a score of its own, but Roberts and Delagrave teamed up again to make it a two-point 360Heat advantage.

Minnesota was able to get as close as one point on several occasions, but with the score at 49-47, Roberts denied a Minnesota goal at the goal line and Phoenix responded with an Ernie Chunn goal followed by a Delagrave steal-and-score for a 51-47 lead. A lead the team never relinquished.

“The hardest thing to do is to win a game you’re supposed to win,” Hogsett said. “Playing at home is very hard, and when you’re favored, it creates a lot of undue pressure. But we’ve got a great system and really smart players and when it comes to a championship game, training and conditioning are the key. Plus we had a great crowd in the building and the fans really got us through it,” he said. “I’ve never seen the court so full and I’ve got to say that Ability360 really made this tournament special.”

After the game, Hogsett told the team that next season he would spend more time coaching and less playing, moving Joe Jackson into the starting lineup.

Jackson, Delagrave and Chunn will head for Japan in May as part of the USA National Team while the rest of the 360Heat players are off until the start of next season in October.

For more information about the USQRA, visit usqra.org

What is Wheelchair Rugby?

Played on a hardwood basketball court with 32-foot wide goals at each end.

The object: carry the ball across the opposing team’s goal line. Each goal equals 1 point.

Each team can have 12 players, 4 play at one time.

Players are assigned numerical classifications based on their functional ability, with .5 indicating the least function and 3.5 the highest.

The total value of classifications on the court at any time cannot exceed 8 points. An extra .5 points is allowed for each female player on the court.

Games include four 8-minute quarters with a 2-minute break at the end of the first and third quarters and a 5-minute halftime.

Each team has 40 seconds to score a goal, unless there is less time than that on the clock.

Players in possession of the ball must dribble or pass at least once every 10 seconds.
IN LIFE, IN RUGBY IT’S ALWAYS ABOUT WINNING

But what makes a champion a champion? Not those champagne showers or pitching mound pile-ups. Not milk guzzles or Gatorade baths. What makes a champion a champion is a deep-in-their-soul unquenchable thirst that drives an inexplicable push not just to be the best at what they do, but to make those around them even better.

Heart.

Athletic fields are not heart’s exclusive domain, but they’re certainly a primary target.

“Not all rehabilitation centers have a champion like Scott Hogsett. We’re super blessed to have him on our team,” said Jo Crawford, Program Coordinator for Barrow Connection at Barrow Neurological Institute. Hogsett has coached, counseled, cajoled, encouraged and helped heal emotional scars there for hundreds of newly paralyzed men and women over the past 20 years. “It’s a win for us when we see our patients living a full life and Hogsett’s a major part of that happening.”

After five minutes with Hogsett, his passion for life – and for winning at every level – hits you harder than any jarring rugby wheelchair collision, although there’s measureable satisfaction from both. Ask wheelchair rugby players, particularly those who were athletes before their injuries, what attracted them to the sport in the first place, and the answer is pretty universal.

“...you go through something intense like that, you tend to think life will never be the same again,” Hogsett said. “When you play wheelchair rugby and hit someone for the first time, it brings back a sense of normalcy.”

Finding the path back to normal doesn’t come easily for everyone after a life-twisting injury. Crawford says that’s what makes Hogsett so special at what he does, not just at Barrow Connection but also as the player/coach of the recently crowned national champions Phoenix Heat.

“There’s usually a correlation between Scott and a lot of these guys who are injured;” she explained. “It’s not just the sports connection, although that plays a significant role at times, but it’s also living a higher-risk lifestyle which is how most of those guys were injured. Recreational therapy is the one therapy that brings everything together from physical therapy and occupational therapy and gets you living again. We introduce them to life. Scott shows them how to do it.”

There’s also an ulterior motive. “You think at first how nice it is of Scott to come in and spend all this time,” Crawford laughed. “He’s also recruiting players to play one of the hardest wheelchair sports on the planet. You can see right away he comes from a leadership perspective. He can see these guys with athletic ability. If you’re an athlete...”
Those well-chronicled accomplishments include his real-life role in the Academy Award-nominated 2005 documentary Murderball (the original name of quad rugby) about the deeply emotional, often ugly rivalry between Team USA and Team Canada leading to the 2004 Paralympic Games. The film earned Best Documentary honors at the Sundance Film Festival.

Canada may have captured the top prize at the 2004 Games, but Hogsett and his teammates earned gold medals at the 2006 and 2010 world championships, a 2008 Summer Paralympics gold, and bronzes in 2004 and 2012. His 2014 induction into the Arizona Sports Hall of Fame as the only disabled athlete added his name to a prestigious list of icons including Jerry Colangelo, Sean Elliott, Lute Olson, Curt Schilling, Misty Hyman, Jake Plummer, Fat Lever, Heather Farr, Luis Gonzalez, Randy Johnson and Charles Barkley.

Crawford sees rugby as motivation to be active. “Scott brings so much not just to the sport but to the healing process. When you have someone like Scott, you can see he has a great life. He’s married, has a son and travels all over the world. When they see Scott they think, ‘I can drive, have sex, date, go to college and have a great life.’”

“Everyone who plays this sport has a life. We love the sport and the adrenaline rush and, at the same time, it’s a team, a family with everyone working together. The sport is therapeutic for all of us. We all went through something major and this helps not just within the sport, but outside in the great friendships you make. We have a lot in common because of the disability and what has happened to us.”

But, like all great athletes, Hogsett works from a different mindset, not unlike someone like Michael Jordan who once said “I’ve always believed that if you put in the work, the results will come.” A sweet jump shot doesn’t hurt either, and, like Jordan, Hogsett was born with and nurtured an athletic ability that puts him, often head and shoulders, above those he plays with. “As a coach, Scott has a player perspective because he played at the elite level for a long time. He’s one of the best in the world at his classification. Some would argue that he is the best and it would be hard to find an argument that he wasn’t,” said David Mengyan, Commissioner of the United States Quad Rugby Association (USQRA). “Sure the game has changed, but he’s adapted to it. Look at the team he has around him and what he has accomplished.”

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David Reece, who helped raise money to build the Ability360 Sports & Fitness Center that the Phoenix Heat call home and continues as a donor, attended Hogsett’s induction. “He’s an unusual guy. He has the ability to do things with his disability that have been good for him instead of bringing him down,” Reece said. “He’s so positive and has an inner fire. At his induction, I was worried because I’d never heard him speak before an audience. There were three other inductees. He blew us all away. The others were good. He was so much better. There’s so much depth to him and he’s got that confidence and fire. He’s performance oriented. He’s also a little loosey-goosey.

“He is just a phenomenal guy, phenomenal father and a great, great husband. He’s a leader. No matter what the obstacles are, he overcomes them;” Reece continued.

Some obstacles, though – okay, one in particular – are harder to overcome. It gets back to that inner fire, which for Hogsett that obstacle was not winning gold at the 2012 Paralympic Games when the intense, years-long rivalry between Team USA and Team Canada may have hit its peak.

Even an agonizing comeback to overcome an 8-point deficit wasn’t enough. Canada eked out a 50-49 win before falling 66-51 to Australia in the gold-medal round.

“Everyone makes sacrifices and a lot of people tend to forget how competitive the Paralympics are,” he said. “Paralympic athletes, disabled athletes are just like any other athlete who commits, trains hard and when you don’t get what you train for your whole life... well, it’s hard to explain.

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“In 2012 when we didn’t win gold, it took me a year-and-a-half to get over it. I was thinking about it 100 times a day. I still have a hard time listening to Coldplay, which played during closing ceremonies on the day we lost. I could hear that music rattling through the whole Olympic Village. It still brings back awful, awful memories. That’s how deep it goes with an athlete. That’s why you play at that level because it hurts so much.”

Phil Pangrazio, President and CEO of Ability360, which sponsors the Phoenix Heat and hosted the 18-team national tournament in April, first met Hogsett in the early 1990s when the Heat’s predecessor team, the Arizona Dust Devils, was literally just getting rolling and practicing in a Mesa grade-school cafeteria.

“Scott was special from the get-go,” Pangrazio said. “You could tell he was good. He had the athletic skills and, clearly, he had the speed for a Class 1. Scott more than anybody worked on his game. Scott was definitely the best Class 1 player on our team.”

Fast forward 20-plus years and the fire still burns. Hotter than ever.

“What motivates me? I’ve always been an athlete and an athlete at heart. Everyone thinks that because you can push a wheelchair, you can be good at this sport. It’s nothing like that at all. I learned that right away. This is a sport that’s strategic and competitive at the same time you’re working with a disability. It’s challenging at all levels.”

Hogsett leverages that challenge as a motivator to players wearing the Phoenix Heat uniform as well as to rugby
players in countries around the world where his reputation as a leader, player and coach are in high demand.

“A champion is someone who commits to play and compete at the highest level,” he said. “The focus is not just on the game, but it’s about training, who is coachable and everything you give up for that moment to be a champion. That’s why being a Paralympian or an Olympic athlete, you train for four years, giving up everything for that one moment. And, if you win, it’s an unbelievable feeling. If you don’t become a champion, everything you gave up was for nothing.”

Hogsett hates that “nothing” feeling. It’s obvious if you watch him play and coach, something he’ll do more in the coming years; he’s giving up playing time for younger players to learn and grow. It’s also what attracts the world’s best players to Phoenix and led to his hiring last June for a two-week coaching assignment to build up a floundering program in Russia.

Phoenix Heat teammate Ernie Chun moved to Phoenix in 2010 from Tennessee where he played for four years after leaving his native Hawaii.

“I’d seen what Scott had done with Joe Delagrave who relocated from Wisconsin to play for him. When Joe told me about Ability360 opening, that was icing on the cake,” said Chun, who just returned from Japan with Team USA and a tournament championship. “His hard-ass style of coaching is good for me. I can be lazy and he pushes all of us for sure. His style is different from other coaches I’ve had. Their knowledge is awesome, but Scott knows how to develop a player. He sets you up to be the most productive you can be in your rugby chair.”

USQRA Commissioner David R. Mengyan underscored Chun’s assessment of Hogsett’s game knowledge.

“If you sit with Scott and talk about the game and what he wants from you, he really has a clear understanding of the big picture,” said Mengyan, who plays for the Detroit Wheelchair Rugby Club. “He makes people better players, not just by coaching but by being on the floor with them. I’m not a great player, but if I have the right guys around me, then the things I do well can shine. And those players make me successful. That’s what Scott does. He makes his players successful.”

It’s also why Hogsett’s name comes up in conversations about coaching on a national level.

“He’s got a career future in coaching if he wants it,” Mengyan said. “There are only so many elite coaches in the world and there aren’t that many people to fill them, especially with his kind of knowledge. At some point, the USA job will come available. Any team would love to have him as a coach.”

“If I got the opportunity to coach Team USA, it would be an incredible privilege,” Hogsett said. “I’d have very big shoes to fill, but I’d be honored if that happens. Right now, I’ll keep doing what I’m doing. I’m comfortable where I’m at. It’s a privilege to be part of Ability360.”

Hogsett’s wife, Michelle, doesn’t hold back her feelings about the value he can bring to the national team, just as he’s done in Phoenix. “Scott has a drive like I’ve never seen before in any human,” she said. “He always wants to make himself better. In doing so, he also improves the lives around him. I know that I’m biased as his wife, but I know sports well and I know that not only is Scott a good coach, he’s able to develop new players, something that’s needed at the national level.”

For now, Hogsett is focused on defending the Phoenix Heat’s national championship when the season gets underway in October.

“We’ve got some stuff in the works for the Heat. Once a team is on top of the world, everyone wants to play for us. I’ve had contact with some of the best players in the country who want to move here to play. We’ll be a better team next year, even though I didn’t think we could possibly get better. We’ll improve our depth and everything that goes along with it.”

Including how people actually see – not necessarily watch – the game of wheelchair rugby.

“The first time someone comes to Ability360 and sees rugby, they watch,” Hogsett said. “After a few hours, the mentality changes. They no longer see the wheelchair. They see athletes playing a sport and trying to win. It’s kind of a cool transition. Sometimes it happens right away. Sometimes it takes longer. I just want them to see athletes and people giving everything they have to play a great game.”

Just like him.

“I give the maximum in the hope of getting the maximum.”
“Every child deserves the opportunity to play baseball”

The Miracle League of Arizona is a nonprofit organization dedicated to providing a safe and enjoyable baseball experience for children and adults with disabilities and special health care needs.

We strive to create a successful environment. Players are assigned to teams based upon age and skill level, and they are matched with a ‘buddy’ to help them participate and succeed.

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Ed Roberts

The “Father” of Independent Living

by Gary Karp

Ability360. Curb cuts. Accessible restrooms, transportation, education, civil rights and all the rest.

We owe all of this to one man.

One guy. Ed Roberts.

If you have a disability or anything to do with disability, he is the direct source of why your life is the way it is. You should know his name, and his story.

Roberts contracted polio at fourteen years old in 1954. He remained significantly quadriplegic, spending much of his time in an iron lung until portable ventilation matured.

He was almost denied his high school diploma for not taking drivers’ ed and phys ed, then he fought his way into UC Berkeley in 1962 to study political science. The college president famously said, “We tried cripples once, and it didn’t work.”

The California Department of Vocational Rehabilitation threw up a roadblock of their own. “You’ll never work, so why would we pay for your education?”

By 1976, Roberts was the director of California Voc Rehab.

All he had to do was sue the State of California to get into college. Obviously he won.

But where would he live? They had to bring in a crane to lift his iron lung through a window into an empty wing of the nearby Cowell Hospital. A modest beginning, but Ed’s success opened the way for more students with significant disabilities, and soon they had organized as “The Rolling Quads.”

Everyone I’ve met who was around at the time talks about how charismatic Ed was, what a smart and natural leader he was. That’s a pretty great combination with his willingness to fight the good fight. Raised in a family of labor activists, he was the perfect guy to change the world.

So the Rolling Quads started providing services. Got classrooms changed if they needed to be accessible. Arranged personal attendants. Provided accessible transportation. Found housing.
Do you know where the first curb cut in the United States appeared? Yep. Berkeley, CA, thanks to Ed Roberts and the Rolling Quads.

People started noticing. Disabled student services began appearing at other universities, but people with disabilities in the surrounding community wanted to get out there too. Independence and accessibility mattered beyond the ivied walls. So Ed and Judy Heumann (also a post-polio fighter who was told she couldn’t get a teaching certificate because of her wheelchair – she also served as the first-ever State Department Special Advisor for International Disability Rights) established the Berkeley Center for Independent Living, the first of what are now hundreds of CILs in the U.S. Our own Ability360 is among the most substantial.

Ed and Judy and their growing cohort of advocates did something very cool. They went to the U.S. Congress and got the Rehabilitation Act of 1973 passed. CILs get federal money, and they have to be staffed by at least 51% people with disabilities.

Ed was even on hand negotiating with political leaders when a group of people with disabilities occupied a federal building in San Francisco (still the longest occupation on record) to force the signing of regulations for Section 504 of the rehab act, requiring the government and its contractors to provide access.

One guy. A movement that formed around him. History made that has affected every single one of us in the U.S., and to a substantial degree, the world. He changed your life. And he’s a model for the fact that one person can be the catalyst for accomplishing what seems impossible. Don’t forget him.”

Gary Karp has used a wheelchair since falling out of a tree and injuring his spinal cord at T12 in 1973. He was 18 years old. Learn more at ModernDisability.com.
There's no better way to protect our communities—both now and long after your grandchildren's grandchildren are grown—than through an endowment with the Arizona Community Foundation. Endowments are created and supported by people just like you, who want to make a permanent, sustainable impact on causes close to their heart. Endowed gifts allow you to preserve organizations and programs that are important to you. And best of all, endowments continue to grow forever.

We're here to help you be a powerful force for good. Call or click: 602.381.1400 or www.azfoundation.org
Daniel Mueller
Van Driver / Maintenance

Our department is like that Nike ad: “Just do it.” And Daniel does just that. He keeps Ability360 moving forward. He joined us as our van driver and because he is such a selfless helper, you’ll find him pitching in anywhere he can. He helps staff with their needs. Our consumers who ride with him often comment on his kindness and his connection with everyone and they are happy with the service he provides. ~ Dan Valdez

Is there another name you go by (for example, James going by Jim)? My family calls me Danny.

How long have you been with Ability360? 6 years.

What’s your current job title? Van Driver.

What other job titles have you held, if any? I help in many areas but no other official titles.

For people outside of the organization, what do you do? I transport consumers to the Center and various venues for our programs and events.

Is there a work achievement you’re especially proud of? There’s not a particular moment that comes to mind. But, I like solving problems. I like finding ways to make our programs and procedures run more smoothly.

I like to organize and make improvements. When I see those things working well, I’m very satisfied.

What brought you here? As a kid, I came to Arizona from Buffalo with my family on business trips. I moved here when I graduated from high school and ran a used furniture business for many years. One day, a family friend told me about an opening at what was then ABIL for a van driver and the rest is history.

What do you like most about your work? The consumers. I love meeting them, making friends and helping them.

Will you share a little something about your family? I am the youngest of three boys, came here from Buffalo. I have 2 sons, Jared and Justin and I’m engaged to Jeanie, a woman I’ve dated for six years. She sometimes seems to read my mind. I’m excited that we’re getting married in February.

Will you tell us about your best day ever? I have two days. The days each of my sons were born.

What are people most surprised to know about you? I’m a Dead Head. I’ve seen more than 80 Grateful Dead concerts.

Is there a movie or TV show you drop everything to watch? No. I have favorite movies: Braveheart, Tombstone, The Patriot and I like watching TV shows; Forensic Files, Investigative Discovery, although I wouldn’t drop everything to watch them. I’d record them lol.

If a mega-fortune fell into your lap, what would you do? Help my family, travel, donate to charities, invest.
Even when it’s closed, Barrio Café is a hive of activity; the movements are disciplined as the kitchen and dining room prepare ahead of service, yet there is laughter and a feeling of family. Presiding over it all is five-time James Beard nominee Chef Silvana Salcido Esparza, a woman of warmth, talent and exacting standards. While we sit together, she still monitors the deliveries coming in, signs a few bills and makes decisions impacting the kitchen, seamlessly moving from English to Spanish and back again. Our conversation is peppered with little life lessons in the form of Mexican proverbs.

Barrio Café is Salcido Esparza’s flagship. It’s a humble structure, small and clearly well-loved. Along with Barrio Café, Salcido Esparza owns 4 other restaurants in the Phoenix Valley: Barrio Urbano at 7th Ave and Montebello, Barrio Avión and Barrio Café Airport -- both at Sky Harbor Airport and Barrio Gran Reserva on Grand Avenue. She has plans for more.

Salcido Esparza’s prolific creativity is reflected in her journals overflowing with restaurant concepts, recipes and research. Salcido Esparza proudly proclaims that she carries on the family traditions of 800 years of Mexican bakers. She has traveled extensively through Mexico exploring the food and culture of her history in the kitchens of the people who live it. Her heritage is reflected back in each of her restaurants, in the local artists showcased in her décor and of course, in her food.

For a time, she wrote a weekly food column for the Phoenix New Times. She’s written two books, and she’s currently working on a third; truly an impressive feat for any writer. Even more so when you learn that Salcido Esparza has dyslexia. It is her childhood experience with chronic illness that seems to most shape her philosophy as a chef. At 10 years old she contracted the Epstein-Barr virus and experienced severe complications from the disease. Her mother took her to physicians who prescribed a plant-based diet that aided her recovery.

“In my house food has always had a medicinal purpose.” Salcido Esparza said. “It’s part of the culture.”

Her parents’ bakery also served as the neighborhood hierba filled with bottles and jars of medicinal herbs and books in Spanish to guide proper dispensing. Salcido Esparza maintained that plant-based diet until she was 25.

When she opened Barrio Café, she made regular trips to Tijuana to ensure that her kitchen had only the finest organic meats and vegetables for her menu, which reflected her own journeys through Mexico. Over time, she formed partnerships with local farmers who met her standards to provide the raw ingredients she magically transforms in her kitchens.

Since opening Barrio Café in 2002, Salcido Esparza has worked nonstop as a chef, a mentor and a neighborhood activist. While opening her newest restaurant, Barrio Gran Reserva in 2016, she became ill and was hospitalized. Doctors told her she had a rare chronic disease: sarcoidosis, an inflammatory disease affecting 600,000 people worldwide.

“I came out of the hospital and I faced a choice to crumple up on the floor or move on,” Salcido Esparza reflects. “I decided to move on.”

Her medical team painted a grim prognosis and prescribed mega-doses of steroids. She didn’t fill the prescriptions. Instead, she returned to her roots to study and read about the condition impacting her and found a roadmap in the form of a particular anti-inflammatory Norwegian diet that is gluten-free, sugar-free, fresh and organic.

“I take nothing for granted. Pero lo bailado, nadie me lo quita.” Which she translates for me: “Once you’ve danced, no one can take that away from you.”

She plans to adapt the plant-based diet of southern Mexico into her new restaurant concept, Café Nopalero, in response to her illness. She is currently developing the dishes and has a tentative plan to open this concept late in 2017 for lunch in the space that already houses Barrio Gran Reserva for dinner.

Work on her current book continues as well. “It’s an autobiographical cookbook that also tells the story of my mom through the food of the revolution.”

With so many goals to accomplish I ask Salcido Esparza how she manages them all; how she keeps everything moving forward.

“Start in the corner,” she says. “Do one thing and then the next. Then soon, it is done.”

Jennifer Longdon is a Phoenix-based writer, speaker and advocate.
CHEF SILVANA SALCIDO ESPARZA OF BARRIO CAFÉ

FOOD IS MEDICINE
Welcome to the newest edition of LivAbility
LivAbility is an Arizona-based quarterly lifestyle magazine for people with disabilities. Each edition contains articles that promote an active, fulfilling lifestyle for every ability.
Field trips can be fun for students and they can also provide individuals with experiences of a lifetime.

Ability360 hosts about 60 or more field trips for schools and students of all ages per year.

Angie Caruso, an Adapted Physical Education Teacher (APE) from the Scottsdale Unified School District had a lot to say about Ability360.

"Ability360 is a resource for our students for a lifetime," Caruso said. "It exposes them to the facility and their parents become aware of the organization because they have to sign off on their permission slip."

Ability360 Certified Therapeutic Recreation Specialist Sara Howser oversees the visiting field trips.

Howser said schools that bring their students for field trips to Ability360 come from all over the valley.

"We have different school districts that come; we have people from Ahwatukee, Scottsdale, Mesa and Peoria," Howser said. "Schools tend to repeat themselves by coming back to the facility again and again."

While the school year is the most popular time for field trips, they happen in the summer as well.

"In the summer we are hosting a 360 summer camp, which is going to be July 5-7 from 10:00am to 2:00pm," Howser said. "We have after school programs that still come in during the summer to utilize the facility for their field trips as well."

Howser said students of all ages are welcome.

"Our most popular age group has to probably be youth, however we have done field trips for youth all the way to high school and we also have after school programs... [for] older individuals," Howser said. "For instance, we have had a school that came in and some of the visitors were around 40 years of age."

Caruso said her students have a wide variety of disabilities.

"My students have disabilities such as autism, visual impairments, intellectual disabilities, physical disabilities, etc.," Caruso said. "This past year, we brought along APE coaches. These are nondisabled peers in their grade level who volunteer to coach the students. Both the coaches and students benefit, and the APE coaches now fight over who gets to go on the field trips."

Howser said that everyone is included in field trips without regard to disability. Field trips are all inclusive. Ability360 gives schools multiple options for activities during field trips.

"They have an option to choose from facilitated court activities, facilitated pool activities, the rock wall, dance and movement, fitness and movement, and martial arts," Howser said.

Caruso said helping students to become physically active is very important.

"Being physically active contributes to both mental and physical health and wellness," Caruso said. "If the students can find enjoyment in being active, it impacts their quality of life in such a great way. The most important aspect of my job is to find potential outlets for my students to become physically active for a lifetime. Ability360 is an excellent avenue for that."

Scottsdale Charros and the Charro Foundation, as well as the Davignon Charitable Fund, play very important roles in field trips.

"The Davignon Grant helps with transportation, the school will get their own transportation but we'll reimburse them," Howser said. "The Charro Grant is for the Scottsdale Unified School District only; we sponsor their whole entire field trip."

Caruso said all of their field trips were funded through a grant from Charros.

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**Fast Facts**

1. Students of all ages enjoy field trips to Ability360
2. Most come during the school year, some come in summer.
3. By encouraging physical activity, the camps boost students’ quality of life.
4. Ability360's Sarah Howser hosts summer camp this July.
Introducing the most spacious wheelchair accessible vehicle on the market.

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The Arizona Spinal Cord Injury Association is a non-profit organization dedicated to enhancing the lives of individuals with spinal cord injuries. Our goal is to promote physical, intellectual, spiritual, emotional and social recovery. The Association focuses on peer and family support; education of consumers, families, caregivers and professionals; and linking people to vocational, social and recreational resources.

The Arizona Spinal Cord Injury Association was founded in 1999. The organization started by providing peer mentoring to individuals with spinal cord injuries and their families. From there, the organization has grown to what it is today by providing, health, education, social recreational activities, and quality of life programs for our consumers, their family, caregivers, and professionals.

At the AZSCIA we understand the unique challenges that come with a spinal cord injury, and we work tirelessly to increase the quality of life for members of our community. Without the support our community members, we would not be able to impact the lives that we do. Anyone interested in volunteering or attending one of our great events, please contact our Program Director Cameron Harris.

Visit AZSpinal.org for more information or call (602) 507-4209.

What Services Does the AZSCIA Provide?

**Vetted and Trusted Resources**
Each resource is required to meet ADA compliance standards along with standards set forth in conjunction with the Governor’s Council on Spinal and Head Injuries. Quality of life depends on quality of care. We strive to bring trusted and reliable resources for all consumers to utilize. For a full list of resources please go to azspinal.org

**Educational Conferences and Classes**
We run annual Wheelchair Skills clinics designed to provide a safe and comfortable setting for individuals to learn effective techniques for navigating their environment in a wheelchair. Each week focuses on a different aspect of wheelchair skills. We also host an annual educational conference titled Push Forward. Each year features new and exciting topics in the SCI community.

**Accessible Van Rentals**
The AZSCIA rents out accessible vans for trips, family gatherings and events around the valley. For more information please contact us.

**Outreach Events**
Whether it’s fishing at the lake, going to a spring training game, or participating in the Tempe Light Parade, the AZSCIA enjoys staying active. Our website is full of great events! Access our newsletter at azspinal.org to stay up to date with our happenings around the community.

**Support Groups**
We have multiple support groups throughout the state. If you would like more information please contact us.

**Comprehensive Peer Mentor Program**
In partnership with the Christopher and Dana Reeve Foundation, the AZSCIA places peer mentors around the valley. If you would like to be a peer mentor please contact us.
A SOLDIER & HIS BEST FRIEND

by Johanna Huckeba

Learn Why David & Caleb Count On Each Other

David Campbell served in the U.S. Army in the Gulf War. Now he continues to serve, but in a new way. Campbell has devoted his life to helping returning veterans lead a meaningful life. Upon returning home from the Gulf War, Campbell battled PTSD, which created a life of isolation. After nearly ending his life in a violent car accident and losing his leg after multiple surgeries, Campbell said he felt even more inhibited. “My life had to get better. I had to get better or I wasn’t going to make it.”

A year and a half ago, Campbell was paired with his service dog Caleb, a pound rescue. “I didn’t trust anyone, and I didn’t let anyone in until him. He softened me.” Campbell said he has found new freedom since getting Caleb opening many doors of healing. He uses that new-found freedom to help other veterans. “I’m on a mission from God to help save suffering veterans,” Campbell said.

Campbell serves at a variety of vet-focused organizations. He also mentors vets looking for personal support and healing. Campbell encourages vets who have come home to seek help and refrain from negatively judging themselves. “When you come back affected from the things you’ve seen and done, it’s good. It means you’re human.”

Campbell also explained that healing is not just about the vet. He participates in a program where vets can bring their spouses and families to be a part of the healing process-together. “We got to do it for the vets who didn’t make it back- to live a full and happy life. We owe it to them, we owe it to ourselves and to our families.”

To learn more about available resources, contact David Campbell at ArmyVetDC1@gmail.com. ☞
There’s a special bond between a dog and military service member. It’s hard to describe unless you’ve left everything you are familiar with behind and traveled to a foreign land. I still recall the litter of puppies - little black balls of fur I found one October day in 2003 in Diwaniya, Iraq. Or the Afghan shepherd named Frida my squad nursed backed to health. We made her a permanent resident in our area. A feeling of calm and comfort comes over you when you are petting a dog. “Man’s best friend” brings spiritual and mental health as well.

It’s hard to describe the sheer terror, horror and boredom of war to someone that has never experienced it. Your brain produces chemicals to keep your body and mind at a high state of vigilance in the presence of danger and death. My brain spent an entire year re-wiring itself to cope with life-threatening situations while serving in combat and unfortunately, there is no off switch. It is no small wonder that veterans return with Post Traumatic Stress Disorder.

I first met members of Soldier’s Best Friend in May of 2011 while hosting a remote radio program at a Cinco de Mayo festival. In the six years since, this fledgling organization dedicated to helping a few veterans living with PTSD and TBI in Arizona has grown to helping hundreds of affected veterans. Their mission, leadership and the people who work at SBF day-in and day-out help make a difference for veterans in need of assistance.

What makes SBF different from other non-profits that serve the veteran community? That’s simple: teamwork. SBF provides homeless dogs needing love, nurturing and shelter to veterans in distress. In return the dogs give unconditional loyalty, love, protection and companionship. The veteran/dog teams navigate the stresses and daily triggers of life and rely on each other to be an emotional rock during rough periods.

I spent a day with SBF graduates, Gulf War veteran David Campbell and Caleb. They are inseparable. Caleb’s eyes are fixed on David’s every move or voice commands. Where David moves, Caleb follows.

David said that he and Caleb have a daily routine and he feels whole again. David never thought he would have seen heavy combat at 19 years old in Desert Storm or been exposed to chemicals that would leave him unable to have children. David chuckled, “I don’t mind not having kids because I have Caleb, and I don’t have to pay for college!”

David told me about how his life has transformed after adopting Caleb and their training with Soldier’s Best Friend. He currently volunteers at two homeless shelters focused on helping veterans and troubled youth. He also spends his time volunteering at the East Valley Vet Center. David said, “I want to do as much as I personally can to give back because so much was given back to me.”

You can see in David’s eyes that he is proud of his service and the difference he makes in the community since connecting with Soldier’s Best Friend. After you see the program in action, you know that veterans living with the physical and emotional wounds of war will succeed. The program costs the veterans nothing except time, teamwork and the willingness to rejoin society. For more information about volunteering or donating to SBF, please visit soldiersbestfriend.org.
Arizona Community Leadership Academy

by Larry Wanger

Arizona's Centers for Independent Living and the Arizona Statewide Independent Living Council (AZSILC) are charged with developing the State Plan for Independent Living every three years. During the development of the current plan, many people across the state said they do not feel connected to the disability community, they do not get information about policy and legislative issues that impact their ability to live independently in the community or they do not know how to get involved and make changes.

In response, Arizona's Centers for Independent Living and the AZSILC are pleased to announce the Arizona Community Leadership Academy (AZCLA). The AZCLA has been designed with the objective of strengthening advocacy skills among people with disabilities and increasing participation on boards, councils and commissions that impact the community in the public and private sectors. The Community Leadership Academy model was developed by Resources for Independence Central Valley, a Center for Independent Living in California. They developed the academy model to increase the number of people with disabilities who fill leadership positions in local, state and federal government. According to Resources for Independence, less than one percent of leadership roles in government are held by people who have disabilities, despite the fact that over 50 million Americans (nearly 16 percent of the population) identify as having a disability.

Arizona Community Leadership Academy participants learn about disability and Independent Living history, systems advocacy and the skills they need to serve as community leaders on boards, councils and commissions. They also receive mentoring and peer support from community leaders, including people who have disabilities. Academy participants meet each week for six to eight weeks with training offered in Pima, Maricopa, Yuma, Mohave, Coconino and Yavapai counties. The program is offered at no charge. However, participants are expected to make a commitment to attend all class sessions.

The AZCLA has begun recruitment efforts with the first classes expected to begin in early July. You can find more information and sign up to be contacted about future AZCLA trainings by visiting azsilc.org or 602-262-2900.

Larry Wanger is the Executive Director of the Arizona Statewide Independent Living Council

Fast Facts

1. People with disabilities report not feeling connected to their community and lack information about policy issues that impact them.

2. Less than 1% of leadership roles in government are held by people who have disabilities.

3. The Arizona Community Leadership Academy was created to strengthen advocacy skills and connect PWD to the community.

4. The AZCLA aims to put more people with disabilities in civic leadership positions.

iFLY Indoor Skydiving Hosts All Abilities Night

iFLY, a skydive free fall simulator in North Scottsdale, hosted an "All Abilities Night."

Several individuals with disabilities participated and enjoyed the experience.

"I had a great time tonight here at iFLY," said Rob Reed, a wheelchair user. "I think that anybody, no matter what their disability, could come out here and give it a shot." iFLY hosts All Abilities Night once a quarter. Visit their website for details: iflyworld.com/phoenix
Marco Beltrán is a 28-year-old powerlifter from Mexico City visiting Phoenix for the summer.

He was born with arthrogryposis, meaning his lower body muscles do not grow at a typical rate.

“I don’t have back control,” Beltrán said. “I don’t have stability for my legs.”

Beltrán competes in powerlifting bench press and his current max is approximately 265 pounds.

“I need to work out, I need to keep training,” Beltrán said. “My biggest dream is to be number one in powerlifting.”

Beltrán knows that being the best is no easy feat.

“If I want to be number one then I have to lift 510-520 pounds, so I don’t want to stop training,” Beltrán said.

Beltrán has only been at Ability360 for a few weeks after discovering the facility through the Internet.

“I was watching the American team and I saw this logo on their chest, which was a 360,” Beltrán said. “So I did some research, and I found this gym and I love it.”

Beltrán said there is a possibility that he could compete in the Cartagena 2018 Para Powerlifting Americas Open Championships, which takes place from Dec. 5 through Dec. 8, 2018 in Cartagena, Colombia. ☺
Public Policy Advocacy

Good News/Bad News

The bad news is that being an advocate will break your heart. The good news is you’re never out of a job!

by Amina Donna Kruck

This year’s legislative session was very active for advocates as we tried to stop some terrible legislation that would have limited our civil rights and access. Many people used the legislative “Request to Speak” system to testify opposing these detrimental bills. Thank you advocates!

It seems there are always parking bills! We were able to defeat HB2408 that would have restricted certain “van accessible” parking spaces to wheelchair users only. Once the legislators understood the complexity of various disabilities, mobility devices and vehicles used by Arizonans with disabilities they let the bill die in committee. Another bill, SB1239, passed. SB1239 makes it a violation to park in the access aisle next to an accessible parking space. The intention of this bill is to preserve the access aisle so people with disabilities can enter and exit their vehicles with mobility devices and vehicle ramps without hindrance. However, now a person with a disability placard or license plate can be found in violation if their tire is on or over that access aisle, so people will need to park carefully.

We had two rallies at the Capitol this year and numerous advocacy email alerts about another bill, SB1198 - public accommodations, that was authored to protect businesses from “frivolous” ADA lawsuits by unscrupulous lawyers. With outstanding advocacy on the part of disability organizations, including Ability360, we defeated the bill in the House. However, it was revived as a “strike-all” bill, SB1406, in the House Appropriations Committee. Disability advocates drafted a compromise bill, but that bill was amended to exclude website accessibility under the ADA which we vigorously opposed. The Arizona Chamber of Commerce, East Valley Chamber and Phoenix Chamber all came out in strong support of the bill. We didn’t have a chance! The legislators gave no credit to the fact that the ADA passed 26 years ago, giving businesses plenty of time to comply with the law. The bill was signed by the Governor within a day of its passing.

The final bill modifies the litigation process when a business is violating the Arizonans with Disabilities Act (AzDA) and gives businesses a “cure period” of 30 days to correct the violation and additional time if a building permit is required. Ability360 will post on our website all the provisions of the law and we plan to work with Arizona Center for Disability Law to provide community education to help people know their rights.

One outrageous provision is that websites are exempt under the Arizona ADA. An inaccessible website to a person who is blind is like stairs to a wheelchair user. Websites are used to locate resources, apply for jobs and other products and services. I don’t see how this can be a legal exemption under the federal ADA. It makes my blood boil. How about you?

I have asked myself over and over how this happened. The best answer I can come up with is that money talks. Businesses often contribute to political campaigns. I am not so sure that people with disabilities do, but we can still vote with our ballots if not our wallets. There will be another election in 2018 and I hope the disability community shows up for it.
But wait, there is more! A very similar bill has been introduced in the U.S. Congress, H.R. 620, The ADA Education and Reform Act. It also has a “cure period” required for people wanting to sue for ADA violations. We are in trouble folks. Last issue I wrote about showing up. Now is the time to let our Congressional Representatives know we vote for candidates that support our civil rights. Do any of you remember what our community was like before the ADA? We do not want to go backward. The fight for civil rights is ongoing. The one thing that speaks louder than money is votes!

Advocacy can be lonely and frustrating. We are much stronger together. Activists advocated for the ADA for years before it passed. It is up to us to protect it. We can expect a big fight to protect disability program funding. Please join me and become a member of the Arizona Disability Coalition (ADC). We want this coalition to be comprised of a broad range of Arizonans that support civil rights for Arizonans with disabilities and are willing to show up and advocate for such. ADC will provide education, alerts and strategy sessions to help you get involved. We have monthly meetings and teleconferences. We need more members. Go to AzDisabilityCoalition.org and apply for membership today. We are stronger together!

FAST FACTS

1. Disability advocates defeated a bill to restrict van accessible parking spaces to wheelchair users only.

2. Unfortunately, another bill passed giving businesses an extra 30 days to correct ADA violations before they can be sued.

3. A similar bill was proposed at the federal level. Disability advocates need to fight it.

4. The Arizona ADA does not require websites to meet any accessibility requirements.

5. Join the Arizona Disability Coalition to get involved.

Amina Donna Kruck
VP of Advocacy
Ability360
One of the many aspects of the college learning experience is dorm living. From the realities of sharing a bathroom to the joys of meeting new people, dorm life makes college more interesting. Though exciting, learning to live in a dorm presents challenges. Students with disabilities may experience additional barriers.

DORM LIFE

by Angeline Carbajal

The University of Arizona is committed to access in all aspects of campus life, including UA’s housing unit Residence Life, and works to proactively get in front of disability-related barriers before they impact a student’s experience.

“We like to remove barriers permanently, so working extensively with departments like Resident Life is important,” said Diedre Lamb, assistant director at the University of Arizona Disability Resource Center. “Our overall goal is for anyone with a disability; a student, staff member or visitor, to have the same experience as those without a disability.”

Proactive Approach

With leadership from the DRC, Residence Life is always exploring creative ways to create access in all dorm rooms. One way is having DRC staff periodically evaluate dorm spaces for access. DRC staff recently evaluated graduate housing and found the laundry facilities were not easily accessible for blind students. Residence Life is currently working on updating the facility.

“In my work with Residence Life I have never heard them say no, but rather they say let’s see what’s possible,” said Lamb.

Additionally, Residence Life takes all residents’ safety into account, including their non-human residents. If a student has a service animal or assistance animal, Residence Life makes note of the animal’s name and the room where it lives to ensure its safety in an emergency situation if the student is not present to get the animal out of the building.

Choice is a Top Priority

UA Residence Life allows for all students to have a choice in where they live; so long as they meet all deadlines and fees. There are 23 halls for students to choose from with varying price points. A student with a disability is not limited to one dorm.

For instance, wheelchair accessible rooms are available throughout the dorms so that all students are able to have a choice to live in whatever hall they like best, said Lamb.

Gender-neutral wings are currently being explored and implemented in dorm halls to avoid situations where students are singled out.

The UA Process For Requesting Housing Accommodations

Residence Life and the Disability Resource Center have tried to create a seamless process for students with disabilities to request a housing accommodation. The disabled student is expected to follow Residence Life’s online application process and meet all deadlines and fees to guarantee a room. The disabled student must also complete the DRC’s online Accommodation Request Form if they are interested in exploring a housing accommodation.

The student will work with a DRC Access Consultant through an interactive process to explore a housing accommodation. The Access Consultant will determine if the request is reasonable based on numerous factors, including a thorough conversation or multiple conversations with the student.

The DRC defines a reasonable accommodation as an accommodation that ensures equal access in the student’s environment, but does not impose an undue hardship upon the UA, require a fundamental alteration of a program or compromise academic integrity.
The DRC will notify Residence Life of an accommodation to implement if the request from the student is found reasonable. The DRC processes approximately 50 housing requests each academic year from students with a variety of disabilities, including psychological and cognitive disabilities.

“For example, a student might need to live by themselves because they take heavy medications and need a certain amount of sleep each night. Others may need a certain amount of sunlight each day, so they need to be placed in a certain part of the dorm with direct sunlight,” said Lamb.

Each housing request received by DRC is considered unique and is evaluated on a case-by-case basis.

Though the UA is a nationwide leader in disability access, there are always ways to improve.

“It’s a continual process,” said Lamb. “We have to change with the times. Our processes are constantly being revisited to ensure equal opportunity for all members of the campus community.”
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Moving On

by Cassie Brandt

On Mother’s Day, my best friend Heather and I returned to the street where we flipped her SUV exactly two years ago. I remember being suddenly incapable of moving and the medivac helicopter’s propellers chopping through the dark sky. I remember terror.

I crushed my C4 vertebrae, rendering me unable to move or feel my body from the shoulders down. Terrifying weeks in ICU and many more in a nursing home followed the neck surgery that had saved my life. I spent long, dark hours mentally listing things I wouldn’t do again. I was always hiking, swimming, traveling all over the west coast as a structural steelworker. Now I couldn’t even perform a basic task. At rehab my ever-present brother learned to care for me, and I learned to drive a powerchair, enviously glancing at other patients learning to walk again.

Back in our hometown, we didn’t know what to really expect. I rarely wanted to get up, a procedure that took a while, or go in public. I struggled with deep depression and often wailed that I’d rather be dead.

It wasn’t until I reached out to a quadriplegic community online and made huge efforts to socialize with my friends, despite the pain and the inconvenience of my disability, that I was able to start living again. I insisted on getting out often. We bought a wheelchair van. We bought a puppy to train to accompany me. I began to write using a mouthstick and a touch-screen. I worked hard to be involved and supportive in my daughter’s life, to let her be a normal teen despite all the changes and responsibilities.

I wheeled through Comic-Con and Renaissance Festival crowds, relaxed at the lake and river, rolled through the graveyard with my friends on Halloween. For my 34th birthday I went on a trip to see a concert with some of my best friends. Although it was snowing and I’d been near tears, frustrated from stares at dinner, I insisted we go. It was an awesome experience, worth every effort.

It’s worth it. If there’s anything I’ve learned so far, it’s that. I have to get up, go out. It gets easier for us. Although there are still hard days, almost daily I do things I thought I would never do again. No matter the pain, the stares, getting out and living my life is worth it. Not my former, hyper busy but somewhat lonely life, but a life full of meaningful relationships and memories.

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"I got tired of hotel rooms being anything but accessible, so I built my own."

That's about as simple an answer as one could expect when it comes to how and why anyone using a wheelchair would decide to build an RV from scratch. But if you use a chair and you've dealt with hotels and accessibility much, you can likely relate to why Bill Marvin did just that.

On one hand Billy's 40' RV towing another 30 feet of trailer seems like an over-the-top luxury rig few could ever hope to call home.

Bill's rig isn't exactly a frugal tiny home, especially when he fires up the diesel engine, but as any chair user knows, tiny spaces are not always easy to get around.

At heart, Billy is a Harley guy. More on that later but the Canadian who calls Arizona home decided to hell with hotels (and their front desk staff) after one too many reservations for an ADA room turned out to be anything but accessible. "I love to travel and it just got to be the norm that I'd book an ADA accessible room and all I'd hear is excuses on arrival about why an accessible room wasn't available."

As he conceived his plan to travel in an RV, he began to rethink his entire living situation. "I could not find an RV that suited my needs. So I started thinking I'd need to build it and in the process I realized I might as well just build one I could live in full-time."

He started with a Freightliner chassis and cab and built out the living quarters. The RV has a bedroom he can navigate along with an accessible shower stall. There's a pop-out sofa section that doubles as a guest room and adjacent is the kitchen where he prepares his meals. It's definitely luxurious but when you take a tour using a wheelchair, it's by no means too spacious.

"But home it is. His only home. When you hear that someone's home is a mere 330 square feet in size, then perhaps it doesn't sound quite so opulent."

by Loren Worthington
Billy uses a manual wheelchair. To exit the RV, he parachutes from the rear using a swing-arm lift. "I didn't want an actual wheelchair lift," he explains, "it just is too big when it comes to refueling at a truck stop or parking in smaller RV parks."

The RV made its maiden voyage from Canada to Phoenix in March. Almost immediately Billy was on the road again, this time headed to Daytona, Florida for Bike Week. And it's here that we can delve into Billy's true passion.

Any time a bunch of gearheads in Arizona start talking wheelchairs and motorcycles, someone will inevitably say, "I met this really cool dude from Canada who rides a Harley with a sidecar..." Yep, that's Billy. He started riding as a teen. After he became disabled in his late 20s he bought a brand new 1993 Harley with a factory sidecar. "I had no idea how I'd even get on the bike." That was 84,000 miles ago. Bill rides his vintage Harley along with a second custom 3-wheel bike called a Conquest. When asked which is his favorite, he replies, "I like riding them both. Neither is my favorite. It's a good day if I'm riding any bike."

That's the message that Billy likes to convey. Perhaps it comes from his Canadian roots, mixed in with some biker culture and the nomadic spirit of those who live on the road. Billy's gift is that he's always happy to spend an extra minute (or more) chatting with anyone about his lifestyle; about how he's adapted his bikes and his new home to work in his favor. He's quick to say his life has been a good one for many reasons that not everyone could count on. But, his message has more to do with creating realistic goals for those who wish they could be more, or do more than what their day to day life currently presents.
**July**

**Angelman Syndrome Foundation**
- July 11th - 12th: Research Symposium
- July 12th - 15th: Family conference
- Arizona Grand Resort & Spa
- Conference FREE! / Scientific Registration $275
- Angelman.org

**Family Retreat - Bison Ranch, AZ**
- July 12 - July 16, 2017
- For more information call (602) 275-2568

**Camp With A Ramp**
- July 27-30, 2017
- Whispering Hope Ranch
- campwitharamp.com
- Karen (602) 507-4209 ext 2

**August**

**2017 National Black Deaf Advocates**
- August 1 - 6, 2017
- Renaissance Baltimore Harborplace Hotel, Baltimore, MD
- nbda.org

**AZ Ataxia Support Group**
- Saturday 5th, August
- 1PM - 3PM | Ability360 Classroom A
- Meets quarterly on the 1st Saturday of the month
- Mary Fuchs (480) 212-6425  mary11115@msn.com

**Seventeenth Annual Transition Conference**
- August 28 - 30, 2017
- Talking Stick Resort, Scottsdale, Arizona
- (602) 542-4013

**September**

**Latino Disability Summit**
- September 16, 2017
- Ability360
- more info: Latinodisabilitysummit.org

**Ability360 Got Talent**
- September 30, 2017
- Sports & Fitness Center
- register to participate at ability360sports.org
July

**paddleboard yoga lessons**
Starting July
Ability360 Sports & Fitness Center
More info soon
at: ability360sports.org

**max in motion youth adaptive sports clinic**
July 8th
9:45 am - 2:00 pm
Power Soccer, WC Basketball
Ability360 Sports & Fitness Center
register at: ability360sports.org

**360 Summer Camp**
July 5th - 7th
10:00 am - 2:00 pm
recreational games, indoor climbing, aquatic activities
Ability360 Sports & Fitness Center
register at: ability360sports.org

**Ultimate disc lessons**
July 3rd, 10th, 17th & 24th
5:30 pm - 6:30 pm
Ability360 Sports & Fitness Center
register at: ability360sports.org

August

**TRY a TRI**
August 12, 2017
Ability360 Sports & Fitness Center
register at: ability360sports.org

**Max in Motion youth adaptive sports clinic**
August 19th
9:45 am - 2:00 pm
Power Soccer, Hockey
Ability360 Sports & Fitness Center
register at: ability360sports.org

**Ultimate disc lessons**
August 7th, 14th, 21st & 21st
5:30 pm - 6:30 pm
Ability360 Sports & Fitness Center
register at: ability360sports.org

**Day of the Dog: Run, Walk or Jog 5k & 10k**
August 26, 2017
tucson.eventful.com/events

September

**Sci Awareness Month**
September 1, 2017
JOIN WILL2WALK TO RAISE AWARENESS!
amy.munoz@will2walk.org

2017 Fantasy 5k
September 16, 2017
Swift Charities Fun Run
register.chronotrack.com/r/28183

**Max in Motion youth adaptive sports clinic**
September 23, 2017
Power Soccer, WC Lacrosse
Ability360 Sports & Fitness Center
register at: ability360sports.org
When you use a power wheelchair you often envy those who use a manual wheelchair. They’re simple, they’re easy and they never need to be charged. Now there’s a reason folks can be envious of your power chair.

Cripple Concepts offers a phone charger to attach to the charger port of a power wheelchair.

The plastic adapter can be used while the chair is being operated. It plugs into the charging port and can host any USB cable needed to support a phone or even a tablet.

John Beaubien tried the Power Port and said it was compact and easy to use to charge his Google Pixel phone.

“I was able to charge my phone quickly with no problems,” Beaubien said. “The price seems a bit high for something like that but I like it so much I might save for it.”

More and more power chair manufacturers are adding such features into chairs but with many people getting more than 10 years out of a wheelchair, the adapter offers people with older chairs a way to keep their phone charged.

The port retails for $45 and can be ordered online at crippleconcepts.com.
13th Annual Autism Families & Friends

REGISTER ONLINE AT zoowalk.org

Saturday, October 7th, 2017

SCHEDULE
6:30– 8:30 am – Registration @ Phoenix Municipal Stadium
6:30– 8:30 am – Walk opens
9:00 am – Walk ends
11:00 am – Resource Fair ends

Walk at the Phoenix Zoo with your family and friends to support research for effective treatments for autism.

Arrive before 8:30 am and participants can stay at the zoo the entire day!

Have a fun time strolling around the zoo, seeing lions, tigers, giraffes, elephants, monkeys and more!

Adult registration fee of $25 (New! Autism Champion Level $75) includes all-day entry to zoo and free Zoowalk T-shirt; teens $15 (no T-shirt); children under 12 and people on the autism spectrum are free.

Ask people to sponsor your walk to raise extra dollars for autism research.

Questions about the Zoowalk?
480-831-2047
info@zoowalk.org

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E. Mari Herrera-Daniels 602-515-2451