



April 2008 Issue, vol.29

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What's New...

Did You Know? AISH Raise

As of January 1 of this year, maximum AISH benefits have been increased to \$1088 per month from \$1050 at the end of 2007. Also being offered are employment supports for AISH clients. These changes affect the 36,000 Albertans who are currently clients of the program.

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Solutions Alliance Bulletin

Canada's online resource for SCI solutions, innovations and best practices. These forums are provided for people with SCI, along with their families, friends, service providers, health care professionals and researchers, to connect and share information. The goal is to ensure that the best SCI solutions, innovations and practices--from the smallest to the largest--are known to everyone. <http://www.scisolutionsalliance.ca/vbulletin/>

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Canadian Paraplegic Association (Alberta) Website updates

When was the last time you checked out the CPA (Alberta) Website? You may just want to brows through it!! Our website is being updated on a more regular basis to provide you with more recent and up to date information. Pay particular attention to the items in the Alberta drop-down menu.

If you feel you have input for us to help make our website even better, please send your comments to CPAAlbertaNewsletter@cpa-ab.org

Visit our website at: www.canparaplegic.org/ab

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Edmonton

Mayor's Awards: Call for Nominations

The Advisory Board needs your help! Do you know of a person or organization who advocates, improves services, or otherwise makes a difference for persons with disabilities? We would love to hear about it!

The Advisory Board is still seeking nominations for the 2008 Mayor's Awards being held May 22nd at City Hall. Awards are presented in the categories of Self Advocacy, Universal Design in Architecture, Employment (paid and volunteer) and Outstanding Service.

To obtain a nomination package, visit our website at www.edmonton.ca/disability and click on "Mayor's Awards."

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Calgary

Welcome to the new Client Solutions Coordinator

As we have just hired a new Client Solutions Coordinator with a focus towards our employment program, we thought we would share with you an inspirational story from the not so distant past.

Over the summer of 2007, Randy Moore a paraplegic and aspiring lawyer and 2nd year university student came to volunteer with the Calgary CPA office.

After identifying his goals, the Calgary team made a call to the Rodin Law Firm who are longtime supporters of CPA programs and services. A summer job placement was discussed and quickly agreed upon. Randy stated that "I was ecstatic! This was a dream for me that a month ago I was skeptical of it ever happening".

As the summer drew to a close and he prepared to return to school, Randy summarized his experience by "Everyone there was very supportive of me and my goals, and made me feel like part of the team. My experience at the law firm made for one of the greatest first job experiences that I think anyone could ever ask for and it definitely changed the way that I think about summer jobs from now on. I no longer associate summer jobs with working at fast food chains or grocery stores. I am a disabled person who can find a job with any company that I want if I put the effort into it".

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Lethbridge

Accessible Bus stops

Lethbridge Transit, along with the Canadian Paraplegic Association (Alberta) are in the process of increasing accessibility and limiting the barriers to public transit in Lethbridge.

This past month, CPA staff member Eliza Yawney, spent the afternoon riding on an empty bus, accompanied by the Manager of Transit Planning & Schedules, Wade Coombs, evaluating the accessibility of the bus stops in the city. As a result of the trip, a survey will be sent out to members in the community living with a physical disability and using public transit.



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Lethbridge College Accessibility Check

The Lethbridge College approached the CPA office in hopes to reduce barriers and increase the accessibility of their college. CPA staff members and client volunteers will start the accessibility check in the near future.

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Rick Hansen Wheels in Motion

It's that time again! The Rick Hansen Wheels in Motion event will take place this summer. It will be a family fun event with some activities and a wheelchair challenge. Come out and have a good time while supporting a good cause.

Date: Saturday June 14th

Location: Galt Gardens

Time: 9am – 1pm

Contact the CPA office for more information: 327-7577

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Disability Film Festival

Lethbridge College is hosting a presentation of films April 4, taken from Calgary's Picture This...Film Festival, featuring three hours of the world's best dramas and documentaries highlighting disabilities. This presentation, hosted by Disability Services, features 13 films from five countries detailing how people deal with various disabilities. The films, originally shown in Calgary, are now traveling to other Alberta locations. A separate line-up will be shown 7-9 p.m., April 3 in Room PE250 at the University of Lethbridge.

The Lethbridge College presentation will run 1-4 p.m. in the E.C. Fredericks Theatre (CE1365); viewers may come and go as they please throughout the afternoon.

"Everyone loves films," says Julie Deimert, disability counselor with campus Counseling Services. "We thought this would be an enjoyable way to raise awareness about the challenges people face. These are produced by award-winning documentary filmmakers, some of who deal with disabilities of their own. People can come for the entertainment and leave with the message the films convey."

The presentation is perfect for all staff and students, especially those involved in Human Services programs or anyone with an interest in accessibility for persons with disabilities.

<http://www.picturethisfestival.org/>

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Red Deer



Calling all Pool Champs...

Are you someone who enjoys a good game of pool? Red Deer CPA would like to organize and start a disabled Pool League in Red Deer. If you are interested, please contact Doug Manderville at 341-5060 or doug.manderville@cpa-ab.org

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Medicine Hat

"Practices of Wellness"

Join us for the Medicine Hat CPA Regional Peer Conference, taking place on May 8, 2008 at the Chinook Village. The following topics will be discussed:

- “Keeping the Juice in your Caboose”
- Odyssey CPA Peer Program
- “Giving Yourself Permission”
- Skin Care
- Back and Shoulder Care

For More information call Sue or Shirley at (403) 504-4001

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Rick Hansen Wheels in Motion

The Rick Hansen Wheels in Motion event has been confirmed for June 8/08 at Police Point Park. Registration will start at 11:00 and the Event will run from 12:00 till 2:00

Call the CPA office for more info: 504-4001

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Universal Design

Marlin Styner, for the Red Deer CPA office will be traveling to the Hat mid June. Marlin specializes in Universal Design and Traveling Presentations. The exact date is yet to be confirmed. Please stay posted for more details.

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Volunteer/Member Appreciation BBQ

On June 16th we will express our gratitude to the many volunteers and members of CPA. Please join us for an appreciation BBQ! Call the CPA office for more info: 504-4001

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Grande Prairie

2008 Rick Hansen Wheels in Motion

The Community Committee on Disability Issues (CCDI) will be hosting a Rick Hansen Wheels in Motion event in Grande Prairie, Sunday, June 8, 2008, at the Legion Field (114 Avenue and 105 Street). Raised funds will go towards Spinal Cord Research and the Quality of Life Program. For further information, contact Travis at 539-4098.

To enter a relay team of 5, contact Agnes at 532-3305.

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Creative Solutions



Lowe's Design provides pages of information on creating an accessible home, inside and out! Visit their website to learn more: www.Lowes.com/UniversalDesign or view the [Top Ten Features of Universal Design](#)

Following are some examples posted on their website.



Family members who have trouble accessing higher shelves will appreciate this pull-down system. The lifting/lowering mechanism ensures stability.



Lever and loop handles work best for one-hand use. Large knobs on deadbolt locks make security easier for any hand.



A lazy Susan maximizes corner space and accessibility.

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Jobs and Careers

Employment Solutions Program

Are you a person with a physical disability?

Are you looking for an employment service that is tailored to your needs?

If you answered yes to both of these questions then the Canadian Paraplegic Association (CPA) can help you.

Some of the services we are offering are:

Resume and Cover Letter writing

Matching you with both job postings and employers

Pre employment services such as education and volunteering
Employment resources

So if you are interested in accessing this program please call:

Mike Hambly
Client Solutions Coordinator
Tel: (403) 228-7433
Email: mike.hambly@cpa-ab.org
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Family/Community Development Advocate

The Alberta Association for Community Living (AACL) fosters family leadership and advocacy in the pursuit of fully inclusive community lives for children and adults with developmental disabilities. We are seeking self-motivated, dedicated individuals to fill a variety of project-related Family/Community Development Advocate positions in the Calgary area. Both full time and part time positions are available.

A university or college education in disability studies or related field is preferred. Personal experience in the field may be considered as equivalent.
Only candidates selected for interviews will be contacted.

Contact Lori Adamchick for a more detailed job description: feehely@aacl.org

Please forward your resume with a covering letter to:
Lori Adamchick, Executive Director
Alberta Association for Community Living (AACL)
4112 – 4th Street NW
Calgary, AB T2K 1A2
Tel: (403) 717-0361
Fax: (403) 228-2132
feehely@aacl.org
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Wheelchair Sports



Feel The Rush!!

A Canadian Paralympic Committee website providing details of sport for persons with a disability to learn about the sports best suited to their abilities and interests, and to locate national, provincial, or local sporting associations.

2008 will be an exciting year for the Paralympic movement in Canada. In September we will see our athletes compete in Beijing, and then all eyes will turn to Canada for the lead up to the 2010 Paralympic Winter Games in Vancouver and Whistler. The CPC plans to use this opportunity to create widespread awareness of Canada's international Paralympic leadership, and ensure

Canadians with a disability continue to be inspired and supported to participate in sport. Please join us. www.feeltherush.ca



Wheelchair curlers at the Alberta Championships

Sunday, March 2/08 was the day that lived up to the dreams for one of five of the competing teams of Wheelchair curlers at the Alberta Championships. The other four teams, two from Edmonton and one from Calgary could only dream about next year!

The Alberta Championship was held at the Saville Centre in Edmonton, the first time that Edmonton had hosted the play downs that had been held in Calgary the first two years. The big question was "Would home ice be an advantage for the Edmonton teams?"

The first part of that question was answered on Saturday, March 1/08 when the Edmonton # 1 team eliminated Calgary # 2 team from the competition and set the stage for the final games against Calgary # 1.

The Edmonton team reached the finals through the B side qualifier and now had the task of beating Calgary #1 two games back to back to secure the bragging rights to "The Best in Alberta" and represent our province at the Nationals in Winnipeg. The first game was set for Sunday morning.

Alas, for Edmonton # 1, their dreams were over when hands were shaken after 4 ends of the first game. The strength of the championship team from Calgary, with Bridget Wilson at lead, Anne Hibberd at second, Jack Smart third and Bruno Yizek skip yielded this team their third championship in 3 years.

Congratulations go to the team, their sponsors, especially Ogden Legion # 154, and their volunteers and coaches.

We wish them luck in the Canadian Play downs in Winnipeg.

Bring home the gold!!

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Items for Sale



Wheelchair Accessible Van

1988 Ford XL E-150 Wheelchair Accessible Van. Raised Roof, Lowered Floor, Power Side Door, Golden Boy Swing Lift (completely rebuilt by Shoppers Home Healthcare in 2004), Q-Strait Wheelchair Tie-down System, Hand Controls, Remote Starter, Rear Auxillary Heater, Rear Bench Seat, Dual Fuel Tanks. Body is solid with some surface rust. Alum. Wheels, tires have almost new tread. 165,000 km. 302 EFI. 9,200 O.B.O.

Call 780-433-0157 for appointment to view or receive e-mailed pictures.

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Swap and Shop

This service is provided through the CPA website. Province wide people buy and sell used and new equipment. Check it out at: <http://www.canparaplegic.org/en/204>

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Call for Submissions/Subscribers

Please let others know about *Wheel-E!* They can subscribe by emailing or giving us a call.

CPAAlbertaNewsletter@cpa-ab.org

(780) 424-6312 outside of Edmonton use toll-free number: 1-888-654-5444

Please give us your thoughts and feedback on our Newsletter. If you have announcements you would like posted, please submit to: CPAAlbertaNewsletter@cpa-ab.org

The next issue of CPA (Alberta) *Wheel-E* will be May 1st 2008. First deadline for submissions will be April 24th 2008. Please send in your announcements before the deadline!

To unsubscribe or to change your coordinates please email: CPAAlbertaNewsletter@cpa-ab.org

For more information about CPA (Alberta) visit our website at <http://www.canparaplegic.org/ab>

The Canadian Paraplegic Association (Alberta) is a Registered Charitable Association. Charitable Registration # 11883-5016-RR0001. To make an online donation, visit:



<http://www.canadahelps.org/>

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