



Canadian Paraplegic Association  
(Alberta)  
Also Serving NWT & Nunavut

Association canadienne des  
paraplégiques

## Wheel-E

A quality monthly supplement to your prescribed amount of Spinal Columns.

Wheel-E vol.5  
March 31, 2006

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Welcome to the April 2006 issue of the *Wheel-E* bringing you news, events and announcements to your inbox every month.

## CPA Alberta Announcements

**Have you been to the CPA Alberta website lately?** Always current, always informative!  
DID YOU KNOW there is a Shop and Swap web page- with almost 400 ads?  
Yes! It's true! Check it out today!

Go to: <http://www.canparaplegic.org/ab/>

**CPA (Alberta) Annual General Meeting.** Clients, Members and their Families are invited to attend on JUNE 17, 2006, 1:30 P.M. at the Calgary Rotary Challenger Park, Jim & Pearl Burns Centre, 3688 - 48 Ave. NE  
Calgary, AB. Any nominations to the Board should be forwarded to the Chair of the Nominating Committee, c/o C.P.A. (Alberta) at the Edmonton office. Nominations must be in writing, signed by 5 members of the association at large, contain the nominee's written consent and received at the C.P.A. Edmonton office 48 hours prior to the start of the Annual General Meeting. For more information contact: (780) 424-6312 or e-mail [betty.macisaac@cpa-ab.org](mailto:betty.macisaac@cpa-ab.org)

## Odyssey – CPA Peer Program Creating Connections Conference

The CPA (Alberta) would like to invite you to attend this exciting event June 11 & 12, 2006 taking place at the Glenrose Rehabilitation Hospital in Edmonton, Alberta. It is a great chance to renew old friendships, meet new peers, learn from each other and gather information related to spinal cord injury. Activities planned include a trade show, art exhibit, and guest speakers! For more information or to register contact Margaret Conquest at (780) 424 – 6312 or toll free 1-888-654-5444.

**Spring is about to be Sprung!** Watch your mail box for the spring Issue of Spinal Columns due out at the end of April. Some of our excellent Feature contributors are **Linda Welch** and *The Art Connection* about visual artists with SCI and their motivation and rewards, **Aaron Moser** and *Loving Las Vegas*, a recount of his first post-injury vacation, and a new regular research feature by **Bill Tillier** on the spinal cords and problems created by SCI. Also this month, expect to see a copy National CPA's spring issue of Total Access too!



*CPA Alberta Director of Community Development, Larry Pempeit accepting the Culture of Ability Award from Easter Seals Alberta board member Heather Dale.*

**At a luncheon on March 04, 2006, CPA Alberta was awarded the Culture of Ability Award by Easter Seals Alberta.** This was a special award in honour of being an Alberta employer who has demonstrated distinguished leadership in recognizing capabilities and potential of individuals with disabilities.

**Welcome to some new faces.** Amy MacKinnon has come on board as a part-time Client Service Coordinator in Edmonton to backfill some of Breanne's duties while she supports the Rick Hansen Wheels in Motion events in Northern Alberta. She is also currently employed with the Steadward Centre (TSC), and brings with her a great opportunity for CPA and TSC to work closer together.

**CPA's Edmonton office is also entering a new partnership with Onsite Placement Services (OSP).** In a two year demonstration project, funded by Alberta Human Resources and Employment (HRE), OSP will be working as part of the Client Services Team, providing job development services (job search, on-the-job client support, employer support, etc.) to clients with SCI and other mobility impairments that we refer to them. The beauty of this project is that it comes to our clients, not the other way around! Rhett Connell will see our clients here in the office and also support them on the job site, and his colleague, Shirley (an OT with OSP), will occasionally be seen in the office doing assessments on the same clients.

## For Sale

### EMC W-L Series Equipped 2004 Chrysler Town & Country

**Braun Entervan II Adapted Van** An almost new 2004 EMC W-L Series Equipped Braun Entervan II Conversion Chrysler Town & Country LX Minivan. All reasonable offers will be considered for this extremely well equipped and ready to go, in excellent shape and still on warranty van. This is a once in a life-time opportunity for someone to capitalize on a used van of this caliber [valued at \$160,000.00 in 2004]. It's been well maintained and is kept indoors. Please contact Sam Halabi  
by email at: [Sam.Halabi@gov.ab.ca](mailto:Sam.Halabi@gov.ab.ca)

**1991 Ford Van** Canadian Swinger lift, 6 way swivel drivers seat. Monarch brand hand controls. Spinner knob, P/W, P/L, air, command start, cd player. Extra wheelchair tie down behind driver seat. Exterior has power sliding side door, running boards, mag wheels, newer paint, tinted glass. 250,000 Km. \$9500.00 Contact Cliff at: 447-4330 or 990-5250

## Calgary E-News

**The Alberta Human Resources and Employment** holds a variety of free workshops every month at four different sites around the city of Calgary. To find out what this month's schedule and topics are please refer to the website for the addresses and schedules. On the left-hand side there is a column about the Calgary Region. You can click on workshops in the pull down menu as well.

Go to: [www.gov.ab.ca/hre/calgary](http://www.gov.ab.ca/hre/calgary)

## Edmonton E-news

**Dance the night away! Wheelchair Dancing Workshop** Put on your dancing shoes and prepare for an outstanding learning experience! May 2 & 3<sup>rd</sup>, 2006. Cost \$295 + taxes. This is a full 2 day clinic with dance teacher and Chairperson of the Technical Committee for Wheelchair Dance in Belgium, Lucienne Swinnen. The two-day, dynamic and interactive clinics will provide physicians, nurses, physiotherapists, occupational therapists, educators, dance teachers, students, wheelchair enthusiasts, physical education and recreation professionals with a taste of the history and associated psychological and physical benefits behind wheelchair dancing as well as the types of dance and basic moves.

Wheelchair dancing increases communication, provides interaction and integration, builds self-confidence, improves individual movements and compensates for lack of movement. Professionals working with disabled individuals will learn the theory and techniques to understand the compelling medical benefits associated with wheelchair dancing.

For further info: visit the website [www.sportimprovement.com](http://www.sportimprovement.com) or phone 780-909-8275. This event is endorsed by the *Canadian Paralympic Committee*.

**Youth Formerly in Care Bursary** is one of six awards administered by the Edmonton Community Foundation. For details on the other awards please visit [www.dollarsforlearners.com](http://www.dollarsforlearners.com). The Bursary supports students who have previously been in government care and who are now experiencing financial need while pursuing education or training opportunities. Edmonton Community Foundation: ph 426-0015 or toll free 1-866-626-0015. The next application deadline is May 15th at 4:30pm.

**The City of Edmonton, Advisory Board on Services for Persons with Disabilities has moved** to 8th Floor, CN Tower 10004 - 104 Avenue; Mailing address: Box 2359, Edmonton, AB T5J 2R7; Phone: 496-5822 Fax: 944-5685 Email: [disability@edmonton.ca](mailto:disability@edmonton.ca) Website: [www.edmonton.ca/disability](http://www.edmonton.ca/disability) .

**National United Way Conference** This year's conference is being held in Edmonton from April 27-29, 2006. The conference features a number of excellent keynote speakers including Romeo Dallaire, Mary Gordon and Jay Connor. For details of the presentations and registration information Go to: [https://fs3.formsite.com/unitedwayacr/form439603036/secure\\_index.html](https://fs3.formsite.com/unitedwayacr/form439603036/secure_index.html).

Conference information can be found at <http://events.unitedway.ca> .

**Focus 2006 - "Focus on You"** Saturday, April 29, 2006, Greenwood Inn, 4485 Gateway Blvd. from 8 a.m. - 2 p.m. The annual Focus event is an opportunity for individuals with developmental disabilities, parents, guardians, and friends to connect and participate in sessions about: Wills & Estates - planning for the future; Nutrition - eating well on a budget; Advocacy - making your voice count; and more!

Registration includes participation in three sessions of your choice, an information fair, door prizes, and lunch. Parking is free. Hosted by PDD Edmonton Community Board, in partnership with the Gateway Association for Community Living, Planned Lifetime Advocacy Network, and the Alberta Association for Community Living

To register: 988-2204 or [www.timewiseevents.com](http://www.timewiseevents.com) by April 21, 2006

**The Edmonton Chamber of Commerce and Edmonton Employment Partnership Employer Advisory Board to promote the value individuals with disabilities bring to the workforce.** In February 2006, the Edmonton Chamber of Commerce joined forces with the Edmonton Employment Partnership Employer Advisory Board to promote the value individuals with disabilities bring to the workforce. The initiative is called the "Diversity Business Development Project". They are engaged in several marketing initiatives including attendance at Chamber business mixers and special events, the creation of a diversity award, providing sensitivity/awareness information through presentations to prospective employers and through articles in "Commerce News", the Chamber's monthly newspaper. They are also working closely with community-based agencies that provide employment services for individuals with disabilities. If you would like to get involved or would just like more information, please contact Ross Norton, Diversity Business Development Coordinator, Edmonton Employment Partnership Advisory Board Ph: (780) 409-2628, Email: [rnorton@edmontonchamber.com](mailto:rnorton@edmontonchamber.com) .

Website: [www.edmontonchamber.com](http://www.edmontonchamber.com)

## CPA Edmonton Activities

**Mark your calendars for these events!**

### Peer Evening Schedule

Recreation Bowl 3-6 pm, Bonnie Doon Bowling Lanes, April 4th

Join the CPA staff for an afternoon of bowling and good times. Ball ramps provided. Note: \$3.50/game, \$1.00 for shoe rental.

What the "Rec" is going on? 7-9 pm, Glenrose Unit 3B, Patient Dining Room May 2<sup>nd</sup>. Find out about Recreational facilities in and around town, as well as a showcase of adaptive recreational/sport equipment. Speakers will be from the City of Edmonton, and athletes/active living enthusiasts.

### Bingos

Night Bingo: Allendale on April 5 at 5pm. Contact Marc or Sue 424 – 6312.

Afternoon Bingos: Castledowns on April 06 and April 26. Contact Lynn 440-0372.

## CPA Red Deer Activities

**Come out and join in the fun!**

### Bingos

April 13, 20, and 26. To volunteer call Paulette at (403) 341 – 5060.

## CPA Medicine Hat Activities

### **From Ken Schnieder , CPA Community Affairs Coordinator**

Y.M.C.A-Living Fit Program is a continuing success as new participants are joining every month! March has seen the beginning of wheelchair basketball night at the YMCA gym and will be held Tuesday evenings, phone 527-4426 for more information. The general public is also welcome to participate!

The City of Medicine Hat's position for "Community Inclusion Coordinator" of Social Development is being reviewed, as the first term will end in June, 2006. CPA is actively supporting that this position be made permanent. The job done by Les Pearson has been outstanding! Note; Red Deer and Lethbridge have both implemented similar positions after hearing of the Medicine Hat's initiative!

On March 14 the Folk Arts Society office held the Provincial Stakeholder Consultations for the "Share your thoughts on Creating an Inclusive Community". Much to our delight, a majority of the Medicine Hat and District's community stakeholders participated. Then on March 16 the CPA in partnership with the Medicine Hat MS Society held their first peer support event with Frank Gillian a local Chartered Accountant talking about Disability Tax issues, it was well attended and we look forward to bringing in other speakers to help with other issues of concern for the disability community. Also, on March 29 the Medicine Hat "United Way" held its Annual General Meeting, and with the help of a very supportive community, was an outstanding success and met the 2005 funding goal!

**Here are some April events you'll want to attend. For more information call Ken at: (403)504-4001.**

April 3 N.H.A.A.W (Medicine Hat Access Awareness Week) meeting to held at Redi Enterprises 5 p.m.

April 8th to 15th CPA will be helping with the United Way - Easter Egg Event to be held at Medicine Hat Walmart.

April 12 CPA Bingo at Top Hat Bingo Hall (afternoon bingo).

April 20 the "Premier's Council on the Status of Disabled Person" will be holding an open house where Marlin Styner will make a presentation on "Barrier Free Environments" .This open house will be held at the Esplanade (4:30 to 7:00p.m.). RSVP by April 10, 2006 with numbers from your organization, agency or clients to Shirley Dupmeier 527-8424.

April 21 A.C.I.A.H. (Advisory Committee on Issues Affecting the Handicapped) will be holding its monthly meeting at City Hall at 12:30. These meetings are open to the public, all are welcome!

## Not Too-oo Late!

### **The TELUS Western Canada Sledge Hockey Tournament is taking place this weekend including today!**

Friday March 31st – April 2nd at the Trileisure Centre in Spruce Grove, Ab. If you've never seen Sledge Hockey, this is your chance! If you seen it played before, please come out again & cheer on our teams! This tournament will highlight the talents of Sledge Hockey players from B.C., Alberta and Saskatchewan.

Games start Friday at 6 pm, running all day Saturday with finals on Sunday. There will be 50/50 draws, raffle items and a silent auction, with all proceeds going to further the development of Sledge Hockey in Alberta. Following the final games on Sunday, there will be an opportunity for new and interested persons to come out and try the sport. The open ice will be from 1:30 – 3:00 pm Sunday afternoon. All equipment will be provided. We encourage anyone who would like to find out more information about Sledge Hockey to attend.

**Youth with Disabilities needed for Focus Groups on employment** The Canadian Council on Rehabilitation and Work (CCRW) is pleased to introduce the Youth-Ability in Skilled Trades (YAST) program funded by Service Canada. This is a national program involving Alberta, Saskatchewan, Manitoba, Ontario, Newfoundland and Prince Edward Island. The purpose of the program is to explore how careers in the skilled trades can be accessed by persons with disabilities. **The YAST program is currently seeking youth with disabilities (ages 15-30) to participate in one of five focus groups taking place from March until June 2006 at the EmployAbilities Office in Edmonton.** The purpose of the focus groups is to facilitate discussion and identify a variety of issues related to persons with disabilities pursuing careers in the skilled trades. This is an excellent opportunity to discuss success stories, barriers, and opportunities for youths with disabilities who are interested in careers in the skilled trades. Your involvement will contribute to a dynamic shift in the accessible employment of youth with disabilities in an emerging job market. In addition to this, focus group participation can be added to a resume and gives participants the opportunity to network. Focus group participation is also an opportunity to gain a broader understanding of diversity in the workplace and share your experiences with people of similar ages and interests.

If you are interested in participating in a focus group, please contact Christine Davidson at the EmployAbilities Office 402, 10909 Jasper Avenue. Christine can be reached at 780-945-4649 or email [yast\\_ab@ccrw.org](mailto:yast_ab@ccrw.org).

If you are interested in employment opportunities with YAST, or would like more information about the program, please contact Lucas Melbye, Project Manager, at 1 800-664-0925 x 237 or email [yast\\_mgr@ccrw.org](mailto:yast_mgr@ccrw.org).

## Websites to check out

**Rick Mercer tries Sledge Hockey on the Mercer Report!** Click on the link to watch a video of Rick Mercer attempting to play sledge hockey. From CBC television's Mercer Report. It is hilarious!

Go to: [http://www.cbc.ca/mercerreport/video\\_player.html?sledge\\_team](http://www.cbc.ca/mercerreport/video_player.html?sledge_team)

**Federal Disability Savings Plan petition.** PLAN is a not-for-profit charity in BC created by and for families who have a relative with a disability. Their goal is to ensure a safe and secure future for persons with disabilities. PLAN is advocating for a Federal Disability Savings Plan. Go to their website and click on the bottom left hand corner. You may want to add your name to the list.

Go to: <http://www.plan.ca/>

**Promising Treatment for Pressure Sores!** Coloplast Press Release - *London, 28 March 2006*: A medical breakthrough in the form of a dressing with built-in pain medication was launched today at London's Royal College of Physicians. As the world's first, the new type of dressing is able to alleviate ongoing pain for people with chronic wounds, by delivering ibuprofen directly into the wound. Painful wounds that will not heal such as leg ulcers and pressure sores are a common but overlooked problem. With more than 10 million people in Europe affected during a lifetime, chronic wounds are almost twice as common as rheumatoid arthritis.

The new pain-reducing dressing called Biatain - Ibu was developed by Danish medical device manufacturer Coloplast. Precisely engineered but ingeniously simple, it absorbs and evaporates away large quantities of wound fluid. At the same time it slowly and constantly delivers low-dosage ibuprofen, one of the world's best proven pain-reducing drugs, directly into the wound, bypassing common side effects of oral pain-reducing drugs.

To read further go to:

<http://www.coloplast.com/ECompany/CorpMed/Homepage.nsf/49ed9b00a7c8f4d7c1256f31002cf617/2925e0e2ce953e5bc1257137004f01f0?OpenDocument>

**Services for persons with disabilities website** Service Canada has developed a single access point where persons with disabilities, their family members, caregivers, etc. can access a full range of information on disability-related programs and services in Canada. This website has information on everything from taxes, to travel, to housing, to employment, to recreation, to skills development to name a few.

Go to: <http://www.servicecanada.gc.ca/>

And click on "I am a person with a disability."

## Information Station

**Paralympic Winter Games 2006.** Catch all the exciting action and medal winning performances of Canada's "best ever" Team on CBC television. These are local times listings:

April 1, 5:00 pm - 6:00 pm, CBC Sport Saturday  
April 8, 4:30 pm - 6:00 pm CBC Sport Saturday  
April 15, 4:30 pm - 6:00 pm CBC Sport Saturday

**Breaking down the Barriers - The accessible transportation newsletter from Alberta Infrastructure & Transportation.** Its aim is to provide information about transportation issues of interest to people with disabilities and related organizations. To be added to the distribution list, please call (780) 427-7944 or 310-0000 for a toll free connection outside of Edmonton. There are some interesting articles, including some on Parking placards and accessible taxis in the March 2006 issue of Breaking Down the Barriers Newsletter. For past issues

Go to: [www.infra.gov.ab.ca](http://www.infra.gov.ab.ca)

and click on the "wheelchair symbol", then click on "Breaking Down the Barriers Newsletters".

**Alberta Budget.** For more information about the Alberta budget about program costs/increases for children and adults with disabilities. Follow this link:

<http://www.gov.ab.ca/acn/200603/19615236A4AFF-B6A7-EA5F-90E417BB83EACC37.html>

**Have you been wishing there was some way you could make some extra income or become financially independent?** Do you have a hobby or skill that you could turn into a small business? The Canadian Society for Social Development is a federally incorporated, non-profit society with charitable status. CSSD is part of the Community Futures Network of British Columbia. Their mandate is to provide online employment and skills training to persons with disabilities across Canada. There are two programs of opportunity. For more information

Go to: [www.cssd-web.org](http://www.cssd-web.org)

**SexAbility** is a thirteen part documentary series that will follow couples and singles as they share stories, tips and resources in their pursuit and attainment of satisfying sex lives. The aim of the show is both to inform and to inspire courage and humour to a diverse audience by speaking to all genders, orientations, and abilities about the one thing we have in common, a desire for great sex. Through engaging personal stories and informative interviews the material will offer a new perspective for those who may share the frustrations of stereotypes, suffer the prejudice of a biased society, and fear that a satisfying sex life is impossible when living with a disability.

The Producers of SexAbility are looking for two things: show guests (couples and singles) and funding for the pilot (\$39,250). If you know of anyone who can help, please don't hesitate to give the producers a call or email. Investors will be given a return on their investment plus there is a special program set up for charities who would like to help get their charity recognized and make some additional donations.

For more information, contact the Casting Directors: Carrie-Lynne Rounds (780) 490-5543 email: [casting@sexabilitytv.com](mailto:casting@sexabilitytv.com) ; Max Falardeau (780) 920-4064 email: [max@sexabilitytv.com](mailto:max@sexabilitytv.com) or to find out about Investor Relations contact Kelly Falardeau at (780) 968-0748 email: [kelly@sexabilitytv.com](mailto:kelly@sexabilitytv.com) . Or visit their website.

Go to : [www.sexabilitytv.com](http://www.sexabilitytv.com)

### **Third Way, No Way! Keep Medicare Public**

The Friends of Medicare is running a 30 second television ad across the province and have launched a media campaign. To view the ad and find out more about the campaign, visit their website.

Go to: <http://www.keepmedicarepublic.ca/>



## Call for Submissions/Subscribers

Please let others know about **Wheel-E**! And let them know they can subscribe by emailing us or giving us a call!

Email us at : [CPAAlbertaNewsletter@cpa-ab.org](mailto:CPAAlbertaNewsletter@cpa-ab.org)

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

Or let us know what you think of **Wheel-E** and submit your announcements!

Email us at : [CPAAlbertaNewsletter@cpa-ab.org](mailto:CPAAlbertaNewsletter@cpa-ab.org)

**The next issue of CPA (Alberta) *Wheel-E* will be April 28, 2006.**

**Send in your May announcements! Deadline for submissions will be April 26, 2006.**

To unsubscribe or to change your coordinates to **Wheel-E** please email: [CPAAlbertaNewsletter@cpa-ab.org](mailto:CPAAlbertaNewsletter@cpa-ab.org)

For more 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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