



Wheel-E

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

Wheel-E vol.9
July 31st, 2006

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

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Edmonton

On Site Placement Services Association

On Site Placement Services (O S P) has been operating since 1981, designing employment-related programs and delivering results oriented services to people experiencing barriers to employment as the result of a disability. The OSP offers a variety of workshops for CPA clients. Please visit their website for a list of topics.

<http://www.osp.ab.ca/>

Big changes at Sir Douglas Bader

Sir Douglas Bader Towers, which is an apartment complex that provides adapted housing to over 40 people who have physical disabilities, has seen some major changes in the last few months.

In June, the Innovative Housing Society that was managing the on-site home care service decided to no longer manage this service so turned it back to the Capital Health Authority. Then in July, Innovative Housing Society decided that they would no longer manage Sir Douglas Bader Towers and turned management over to the Capital Regional Housing Corporation. The Capital Regional Housing Corporation provides management for a number of low income properties in Edmonton.

The on-site home care program was turned over to Bayshore Home Care Services. Unfortunately, in the transition, a staffing crisis occurred and five individuals were asked to move out of their apartments into extended care facilities.

Home Care Staffing Crisis Hits Edmonton

Alarm has been expressed by a number of non-profit associations that provide on-site home care for persons with physical disabilities and by individuals who are on self managed care. Both groups have encountered staff shortages over the last year and this situation seems to be getting worse as the Alberta economy heats up.

The associations and individuals on self managed care are having a very difficult time finding new staff to work in the area of home care. All are forced to ask the existing staff to work extended hours or overtime. They feel that this could lead to staff injury or burnout.

A number of individuals and representatives of non-profit home care organizations have been meeting to develop strategies in dealing with the situation. One strongly endorsed recommendation was that individuals and organizations approach their MLA to voice their concern and encourage government to act now.

If you would like to be involved or learn more information on this initiative you, are encouraged to e-mail The Edmonton CPA office at: edmonton@cpa-ab.org

Barrier Free Press

Keep informed of issues, events and activities that impact the lives of people with disabilities. Sign up for the monthly **Barrier Free Press e-Newsletter** and have all the news delivered to your inbox. Click link below to subscribe: <http://www.industrymailout.com/Industry/Subscribe.aspx?m=2388>



On your next trip, let DRIVING FORCE move you!

By the end of summer, DRIVING FORCE Vehicle Rentals, Sales and Leasing will add two new wheelchair-accessible minivans to our Edmonton fleet and add another in Calgary. Each will have a standard 10" floor, powered sliding door and slide-out ramp, plus tie downs for two wheelchairs.

Ask about our special hand controls and six-way power seat for an easier transfer from wheelchair to driver's seat!

All wheelchair-accessible minivans are available for daily or weekly rent. Call 1•800•936•9353 or visit www.drivingforce.ca



Vehicle Rentals | Sales | Leasing

Edmonton's Golf Tournament is scheduled for August 17th. You will have the chance to play golf with Jason Smith, Oilers' Captain, for the Canadian Paraplegic Association Alberta at RedTail Landing. Every golfer at the CPA's 7th annual tournament will have a chance to "Beat Jason Smith" at the hockey-stick putting challenge for great autographed prizes.

This year's tournament also features hole-in-one prizes of a Hummer H3, a Pontiac Pursuit, a Pontiac Torrent and a \$25,000 Polar Spas hot tub. Tournament highlights also include a draw for two Air Canada flights anywhere in North America (including Hawaii) and a great steak dinner courtesy of Outback Steakhouse.

For more details on the event or to register, call Marc Quinn at the Canadian Paraplegic Association Alberta: (780) 424-6312, extension 2226.

The 2006 Diversity Awards have been established by the Edmonton Chamber of Commerce and the Edmonton Employment Partnership Employer Advisory Board as an initiative to promote the value individuals with disabilities bring to the workforce. Members are encouraged to help the Chamber celebrate and congratulate the successes of businesses in our city by nominating an organization deserving of recognition.

For more information and to receive a nomination form please contact:

Ross Norton, Diversity Business Development Coordinator
700-9990 Jasper Avenue, Edmonton, AB T5J 1P7
by phone (780) 409-2628, by fax (780) 424-7946
or by e-mail rnorton@edmontonchamber.com

Edmonton Accessibility Taxi bylaw sent to

On July 18, Edmonton City Council was presented with a bylaw and grant request from the Edmonton Taxicab Commission that would have seen 20 new taxi licenses provided to one or two taxi companies for accessible taxis. A request for a grant of up to \$300,000 would also be available to these companies for vehicle modifications.

After a short discussion, City Council elected to send the proposed bylaw and grant request to the Community Service Committee for more discussion. The committee is planning to discuss the bylaw change and the grant request on August 21. It will likely then be presented to City Council in September.

Aboriginal Peer Support Group Meeting for friends and family

August 22, 2006 1:00 - 3:00 p.m. @ the Norwood - 2nd floor (beside the Glenrose)

The address for the Glenrose is: 10230 - 111 Avenue, Edmonton, Alberta
Please contact Carmen Binder at (780) 424-6312 extension 2241.

TrailRider Excursion Program (TREP)

This year we are piloting an outdoor excursions program entitled the TrailRider Excursion Program (TREP). This program has been funded by the Alberta Paraplegic Foundation and due to this we are looking to pilot the program with individuals with spinal cord injuries, who have a great sense of adventure and a love of the outdoors.

This is a 6-week adapted hiking program using the trailrider in which the person with the disability rides in the TrailRider which is pushed and pulled through the Edmonton River Valley trail system by a team of "Sherpas" (volunteers). The program will run until the last week of August.

If you are interested, the available time slots are Wednesdays 6-8pm and Thursdays 6-8pm. Participation would involve committing to one 2 hour time slot a week for the 6 weeks.

Because this is a brand new program, we are conducting a research study in conjunction with the program. Participation is not mandatory, but would help us in our program evaluation and future expansion of this program. If you are interested in becoming involved or would like some more information about TREP, please feel free to e-mail or phone me; there is also a few news clips and information regarding TREP on the Steadward Centre website,

www.steadwardcentre.org. I look forward to hearing from you soon.

Kind regards,
Natalie Ginther - BSc Kin
Outdoor Pursuits Facilitator
The Steadward Centre
W1-67 Van Vliet Centre
University of Alberta
Edmonton, Alberta T6G 2H9
(780) 492-8339
nginther@ualberta.ca

Pre-Orders for 2007 Entertainment/Family Pak Books

The Paralympic Sports Association is now offering PSA members and their friends and families the opportunity to pre-order the 2007 Entertainment Books and the 2007 Family Pak. Both books offer many savings for Edmonton and area business. For more information contact Angie at the PSA office 439-8687 or angie@parasports.net

Lethbridge

BBQ Time!

Friday August 4th the IGA on 3rd avenue will be holding a BBQ with half the proceeds going to CPA. Please come out and show your support and buy a \$2 hot dog and pop! Event will run from 11am – 5pm.

Volunteers welcome. Please contact Eliza Walters at: 795-1456 or by email: eliza.walters@cpa-ab.org

Get out, Get active!!

I'm sure we all enjoy the sun better than the snow! There are many outdoor activities to enjoy during the summer. Henderson Lake has been highlighted as one of Lethbridge's wheelchair accessible parks.

If you enjoy a good work out you may want to stop by the YMCA and take a look at their accessible upper body weight training equipment or take a dip in their accessible pool.



Stay posted for more activities to enjoy this summer in later editions of the Wheel-E news letter.

For more information please contact Eliza eliza.walters@cpa-ab.org

City Hall Appearance

Shauna is a student at the University of Lethbridge. She recently did a study where she evaluated 111 buildings in the following categories: public buildings, banks, physicians' offices, pharmacies, grocers, shopping centers and suppliers of mobility aids. She looked at handicapped parking spaces, ramps to the sidewalk, door sizes and lip, automatic or button-press door openings (and if a button visibility, size and accessibility). Of these buildings, 45% rated as having good access, 42% as medium and 13% as poor. Obviously there is work to be done.

Shauna presented her study to City Hall on July 24th, 2006. This was a great opportunity to raise awareness of the problem at hand.

Magrath Fun Run

On Saturday July 22nd the town of Magrath held their annual Fun Run event. Eliza Walters, of the Lethbridge CPA office wheeled the 5km in 34mins. The extra money raised for the event will be donated to the Canadian Paraplegic Association, Alberta.



Calgary

Calgary Golf Tournament

The 6th Annual Calgary Golf Tournament has been re-scheduled to September 28th. If you want any further information, give Sharlene a call at 228-7428.

Red Deer

BBQ Time!

The 2nd annual Disabled Sailing/Family BB-Q will be taking place on Aug 19-20 at Pine Lake. Everyone is welcome.

Please contact Doug Manderville in the Red Deer office for more information.

(403) 341-5060

doug.manderville@cpa-ab.org

Central Alberta Sledge Hockey

The Central Alberta Sledge Hockey Association and the Red Deer Rage is gearing up for another season. We are looking for new players for the 06/07 season.

Contact Doug Manderville in the Red Deer office for more information

(403) 341-5060

doug.manderville@cpa-ab.org

Red Deer Golf Tournament

The 8th Annual CPA Golf Classic takes place Friday, August 18 at River Bend Golf Course. Our Title Sponsors once again this year are MGM Ford Lincoln and Honda Red Deer, and as in the past we will have 18 vehicles on the course as hole-in-one prizes. All tees are moved forward to par 3 lengths so there are 18 legitimate chances for a hole-in-one to win a vehicle! There will also be a second hole on every green worth \$2500 cash should someone happened to get a hole-in-one on that second flag stick. For information contact Marlin or Teren at the Red Deer office at: 403-341-5060.

Disabled Sailing Association

The Disabled Sailing Association of Alberta will be bringing some of their boats to Pine Lake on the weekend of August 19 & 20. They are also bringing a lift to

assist anyone with a disability from their wheelchair to the boat. If you would like to get involved and go sailing, volunteer, or just come and enjoy the day.

Contact Doug at the Red Deer office at 403-341-5060.

Diamonds & Denim Wear your best denim and maybe win some diamonds! Saturday October 14th. Red Deer. Diamonds & Denim is a fundraiser in support of the Canadian Paraplegic Association (Alberta). Dance the night away with The Poverty Plainsmen: Nominated for the 2005 CCMA Group or Duo of the Year, and Winners of the 2005 SCMA- Group or Duo of the Year, and Single of the Year. Don't miss a chance to win a beautiful diamond pendant crafted by Mitchell & Jewell and a live auction with wonderful items to bid on, door prizes and much more. Tickets can be purchased at the CPA office in Red Deer or by calling 341-5060.

Ticket Prices: \$ 75.00 Single or \$ 145.00 Couple or \$ 550.00 Table

Contact Paulette at (403) 341-5060

For Your Information

Want to Water-ski?

skiAbility is a comprehensive clinic outreach program delivering clinics and lessons to water skiers of different ages, with different types of disabilities.

SkiAbility Provides:

- Certified instructors who have been trained to work with skiers with different types of disabilities
- Adapted water ski equipment (sit skis, cages, modified handles, etc.)
- Regularly scheduled clinics in communities across Canada
- Experienced volunteers
- A fun, safe, supportive environment to learn about the sport and challenge yourself

Please check out their website at: <http://www.waterski-wakeboard.ca/>

WATER SKI AND WAKEBOARD CANADA

#210-223 Colonnade Road South, Ottawa ON,
Canada K2E 7K3

Tel: 613-526-0685 • Fax: 613-526-4380

Email: wswc@waterski-wakeboard.ca

Web: www.waterski-wakeboard.ca

Interested in Archery?

The Capital Region Archery Club (CRAC) is hosting programs for all ages and abilities. For information please contact Larry Kelly at 909-1440 or headcoach@crachery.ca You can also visit their website at www.crachery.ca

Adapted Golf Equipment -UPRIGHT Golf has developed the most comprehensive line of easy-to-use senior and adaptive golf playing aids in the industry. UPRIGHT Golf playing aids make golf possible for some, easier for most, and better for all. For more detailed information about these and other playing aids please visit www.uprightgolf.com

Research



Spinal Cord Injury Therapy with CARRE

The Christopher Reeve Paralysis Foundation is funding a new study conducted at University of Alberta on retraining of walking skills after a spinal cord injury. They are looking for volunteers who have incomplete spinal cord injuries and are able to walk 5 meters (with or without mobility aids). Training involves walking and practicing challenging walking skills, like stepping over obstacles, picking up objects, crossing the street, etc. The one-hour training sessions take place at the U of A, 5 days/week for 5-6 months.

Why participate in this study?

- The new training program will hopefully improve your ability to walk and move around during daily activities.
- The information will also provide information to researchers and therapists to help develop better training programs.
- You will be able to train your every day walking skills under a physical therapist's supervision, free of cost!

For more information, please contact:

Jen McPhail

Phone: (780)492-4858

Email: jmcpmail@ualberta.ca

Website: www.rehabmed.ualberta.ca/carre/



Paralyzed Man Masters Thought Control

A paralyzed man using a new brain sensor has been able to move a computer cursor, open e-mail and control a robotic device simply by thinking about doing it, a team of scientists said Wednesday.

For the full story click following link:

<http://msnbc.msn.com/id/13830825/from/ET/>

Working after a Spinal Cord Injury

New analysis released today by the **Canadian Institute for Health Information** (CIHI) paints a picture of what life is like during and after inpatient rehabilitation following a traumatic spinal cord injury. Between 2000 and 2004, Canadians admitted to inpatient rehabilitation with a traumatic spinal cord injury stayed an average of 59 days, compared to 35 and 14 days for stroke and orthopedic rehabilitation patients, respectively. Clients with complete quadriplegia stayed the longest, 101 days, compared to 49 days for patients with partial paraplegia.

Click the link to read the rest of the story:

http://secure.cihi.ca/cihiweb/dispPage.jsp?cw_page=media_11jul2006_e

Get Involved

The web site to “Build an Accessible and Inclusive Canada” has been launched. The site ties into an event happening on Parliament Hill on November 2nd to recognize the achievements of people with disabilities and build on those achievements.

Join in this effort to raise awareness of disability issues at the national level by signing the declaration, and becoming an organizational partner. Show your support for an accessible and inclusive Canada.

Check out the web site for details: <http://www.endexclusion.ca/english/index.asp>

"There are no insurmountable obstacles to prevent Canada from taking a World Leadership Role in providing disabled persons with the practical means for greater independence."

Obstacles, 1981

Tell Your Story

[EndExclusion.ca](http://www.endexclusion.ca) is a short-term (June to November 2006) Canada-wide initiative or project designed to celebrate successes of people with disabilities. The Council of Canadians with Disabilities is building towards a Forum (Meeting) in Ottawa on November 2, 2006.

The goals of the initiative are to:

- talk with our politicians at the federal and provincial/territorial levels and all Canadians about how to expand on disability supports and address or ease poverty and exclusion of Canadians with disabilities;
- mobilize or pull together and expand collaboration or partnership within the disability community and beyond; and
- raise the profiles or get a better understanding about Canadians with disabilities and their families.

Here's how you can help:

- Be part of this website - [send us your story](#);
- [Sign the Declaration](#) - This shows you support our goals;
- [Become an organizational partner](#);
- [Come to Ottawa](#) on November 2;

For more information and to tell your story go to the web site:

www.endexclusion.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

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

Also, please let us know what you think of the newsletter, and don't forget to submit your announcements!

Email us at : CPAAlbertaNewsletter@cpa-ab.org

The next issue of CPA (Alberta) *Wheel-E* will be August 31, 2006. Send in your August announcements! Deadline for submissions will be August 29th, 2006.

To unsubscribe or to change your coordinates please email:

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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