



Canadian Paraplegic Association (Alberta)  
Association canadienne des paraplégiques  
Also Serving NWT & Nunavut

## Wheel-E

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

Wheel-E vol.3  
February 02, 2006

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### Happy New Year Everyone!

Welcome to the 3rd issue of the *Wheel-E* bringing you CPA (Alberta) news, events and announcements to your inbox every month.

## CPA (Alberta) News

**Congratulations** to Cpa's Board member **Dan Palamarek!** Dan is being awarded an Alberta Centennial Medal. A letter from member of Parliament, the Honorable Anne McClellan to Dan reads in part " Over the years you have continually donated your time and expertise to the people of this province, inspiring countless Albertans with your leadership and dedication along the way. " Dan will receive the award at a future reception hosted by McClellan.

**In our Spring '06 issue of Spinal Columns** we will introduce the 'Ask the Doctor' column. The first column will be on bladder functioning. CPA's Larry Pempeit is gathering questions to ask a local urologist noted for working with spinal cord injured persons. Please follow these instructions to add your comments/questions to Larry's blog.

1. Go to: [www.askdoctorcolumn.blogspot.com](http://www.askdoctorcolumn.blogspot.com)

2. Click on the yellow word "comments" at the bottom of the post, which links to a "Post a Comment On: Ask the Doctor Column" page

3. If you have a blogger account with Goggle, leave your comments in the message box, fill in your username and password, and click on "Login and Publish".

4. If you are a new user, you need to sign up for a blog account first. Click on the blue word " Sign up here". Then follow the 3 steps to sign up an account--you can create your own blogs in the future.

5. Go back to [www.askdoctorcolumn.blogspot.com](http://www.askdoctorcolumn.blogspot.com), type your comments and fill in the username and password you just signed up and click on

"Login and Publish".

That's it! Your comments are added. And welcomed!

**The Canadian Paraplegic Association (Alberta) has established The Christopher Reeve Award**, an national and international award that recognizes an individual who has made outstanding contribution to the global village of persons with spinal cord injury or other physical disabilities.

"We are so pleased that Dana Reeve and the Christopher Reeve Foundation have given us the honour of naming an award after a man whom we all admire for his strength, bravery, and selflessness," said Teren Clarke, CPA (Alberta) Executive Director. "This is an annual award that will be presented at the CPA (Alberta) Red Carpet Affair gala awards dinners in both Edmonton and Calgary. Our first recipient will be our guest speaker, Jeff Adams."

Jeff Adams, is a noted three-time Olympian, five-time Paralympian and six-time World Champion, specializing in track events. During the last few years Adams has made international headlines with his daring acts of advocacy. In 2004, Adams used a specially modified wheelchair to climb up the stairs of the Acropolis in Athens to raise the profile of the Paralympics Games and accessibility. This feat followed Adams's 2002 challenge, 'Step Up To Change', where he climbed the 1,776 steps of Toronto's CN Tower to raise awareness of the barriers facing persons with disabilities.

**The Calgary Red Carpet Affair will be held on February 9 at the Palomino Room at Stampede Park -to purchase a table or tickets call (403) 228-7419.**

**The Edmonton Red Carpet Affair will be held on March 9 at the Chateau Lacombe -to purchase a table or tickets call (780) 424-6312.)**

## Edmonton E-news

**Bingos** Come out and volunteer for one of our bingos- it will be so-oo appreciated!

Allendale- Evening bingo: Monday, February 27. Call Sue or Marc 424-6212.

Castledowns - Afternoon bingo: Monday, February 27. Also March 14, 18, 24. Call Lynn 440-0372.

**Edmonton Peer Evening Feb 7, 2006** 7:00 pm – 9:00 pm, at the Glenrose Hospital, Unit 3B, Private Dining Room. Topic: Peer Conference Planning. Come and help plan topics and presenters for the annual June/06 Peer Conference.

**The Christopher Reeve Foundation is funding a new study conducted at University of Alberta** on retraining walking skills after a spinal cord injury. They are looking for volunteers who have incomplete spinal cord injuries. Training will involve walking on a treadmill 5 times/week for about 2-3 months (if you have not already completed any treadmill training). Following that, half the subjects will begin training that involves walking in, on and around every day obstacles while doing every day things (like picking up objects, crossing the street, etc.) for 3 more months. The other half will continue with the treadmill training.



Why participate in this study?

- The results will show if walking skill training provides any added benefit to treadmill training.
- Researchers and therapists will use results to develop better training programs.
- You will be able to practice your walking skills under a physical therapist's supervision, free of cost!

For more information, please contact:

Jen McPhail

Phone: 492-4858

Email: [jmcphail@ualberta.ca](mailto:jmcphail@ualberta.ca)

**City of Edmonton** - Beginning January 1, 2006, the new **Leisure Access Program** (formerly the Fee Reduction program) is available for individuals who experience low-income to access City of Edmonton Recreation Facilities. The **Leisure Access Program** allows qualifying individuals and families that reside in the City of Edmonton, unlimited free admissions to any City of Edmonton Recreation Facility. The program also allows adults and seniors access to **3** registered programs at 25% of the regular cost and children and youth **4** registered programs per year at 25% of the regular cost. **For more information call 496-4918 or download the application form by** cutting and pasting this URL into your address browser:

<http://www.edmonton.ca/CommPeople/FeeReductionApplication.pdf>

**Edmonton- The Co-op, Artspace** (downtown hi-rise) has two adapted (for wheelchair or mobility impaired) suites available immediately, and another one coming available in March- subsidies may be available (Support Services/Home Care Program available for qualified members). Co-op living is affordable, community minded, pet friendly and non-profit. Contact Lynn, Office Administrator @ 426-3472 for more information.

**The Next Generation Task Force is inviting Edmontonians aged 18 to 40** to attend a workshop on the subject of Sports and Recreation in Edmonton. What can be done to enhance recreational opportunities, increase accessibility for all, and to bring sport to the wider community? How can physical recreation enhance quality of life in Edmonton? During this evening, participants will brain-storm, examine, discuss, and rank various ideas relating to this important theme. Findings will be incorporated into recommendations to City Council on how to make Edmonton more attractive to the next generation.

What? Sports and Recreation

When? Wednesday, February 8 at 7-9 pm

Where? Councillor's Boardroom, Second Floor of City Hall, 1 Sir Winston Churchill Square

RSVP by Monday, February 6 at noon

**The Edmonton Red Carpet Affair will be held on March 9 at the Chateau Lacombe - to purchase a table or tickets call (780) 424-6312.)**

## Calgary E-news

**Cpa Calgary office welcomes Alison Larson** to the team as Aboriginal Services Coordinator. Alison will be partnering with Aboriginal Services Coordinator Joan Anderson to provide services to the First Nations, Métis, Status/Non-Status and Inuit population in the southern Alberta area. Welcome Alison!

**City of Calgary** - As many of you know, the Low Income Transit Pass program began for AISH recipients on August 1, 2005, and so far over 2,000 people living on AISH have purchased \$35 passes. That's 2,000 Calgarians better able to participate in our community thanks to The City of Calgary's leadership and support. As of January 2, 2006, the Low Income Transit Pass program will become available for all Calgarians living on incomes below 75% of LICO.

CPA (Alberta) has posted a pdf of the application form for you on our website.

Go to: <http://www.canparaplegic.org/ab/level2.tpl?var1=story&var2=ab20060117130401>

Or visit: <http://tamarackcommunity.ca/g2s211.html>

**Quick!! The Calgary Red Carpet Affair is almost here!! February 9 at the Palomino Room at Stampede Park - to purchase a table or tickets call (403) 228-7419.**

**The jury for the Picture This... disability film festival, to be held in Calgary** from Feb. 6 to 10, has chosen the winning films and honourable mentions for 2006. For info and a list of chosen films, please visit <http://www.picturethisfestival.org> .

## Medicine Hat E-news

In January CPA (Alberta)'s **Ken Schneider** hosted a very successful Universal Design presentation at which 70 registered architects and subcontractors signed up to attend. The presenters for the free session were: **Ron Wickman**, a professional architect who understands accessibility and municipal government issues from living with a father who had a wheelchair disability. His father, Percy, was a long-term Edmonton Alderman. Ron is a nationally recognized authority on Universal Design. The second presenter was **Gerald Watts**, City of Edmonton Project Officer and Planner. Gerald has guided City of Edmonton policies dealing with accessibility and has helped to formulate Edmonton's long-term response to accessibility projects and initiatives.

**"Universal Design"** includes engineered features that make a home or workplace adaptable for use by everyone throughout a lifetime. This includes those who use wheelchairs or other assistive technologies, as well as *persons with no disability at all!*

CPA (Alberta) is dedicated to encouraging barrier-free environments – if you have a group or organization that would like to hear more about this community please contact our office at 780-424-6312.

## Alberta News

**AISH Class Action Suit.** If you or someone you know are, or have ever been, an AISH, or Social Assistance recipient or widow pensioner, take the time to look into this AISH class action lawsuit as you may be entitled to some money.

A class-action lawsuit was brought forward by two men representing those who were either underpaid by government support programs or who were subjected to what they claim were illegal and abusive debt collection processes initiated by the province. Now the Alberta government must repay millions of dollars owed to thousands of recipients of Assured Income for the Severely Handicapped. The money, estimated at up to \$100 million, is part of a court-approved settlement agreed to by the Alberta government in a class-action lawsuit filed on behalf of up to 30,000 Albertans. Eligible claimants include AISH recipients, people on social assistance and those who received widows' pensions between 1979 and 2004. AISH recipients who qualify for the payment will receive a minimum of \$2,323 each.

The lawsuit alleges the government wrongfully withheld benefits under Alberta's Assured Income for the Severely Handicapped Act, the Widows' Pension Act and the Social Development Act, which administers Alberta Works, formerly known as Skills for Independence or social assistance. Recipients are entitled to claim benefits by filling out a form complete with supporting documentation. Eligible people can file a summary claim form which gives fixed amounts of \$2,323 for AISH recipients, \$1,105 for recipients. **Claims Form packages will be available after Feb 11, 2006.** The official website with more detailed information about the Class Action Settlement can be viewed here: [www.incomesupportsettlement.ca](http://www.incomesupportsettlement.ca).

**The Home Adaptation Program (HAP)** has been renamed the Residential Access Modification Program (RAMP). It is still under the ministry of Alberta Seniors, same phone number (780) 427-5760 (can use Gov Rite #) and the maximum grant is still \$5000. The income (gross household) ceiling was increased from \$32,000 to \$33,900.

For more details go to [www.seniors.gov.ab.ca/housing/family\\_special/index.asp](http://www.seniors.gov.ab.ca/housing/family_special/index.asp) and click on "Supportive Housing" then scroll down to "RAMP". They have online application forms.

## Learning Opportunities Knocking

**For those interested in self employment** Business Abilities is an online training opportunity (see this website [www.businessabilities.ca/](http://www.businessabilities.ca/)) The Canadian Society for Social Development has spaces left in their award-winning Internet Business Development for Entrepreneurs with Disabilities Course for the January 2006 intake. This accredited course gives students skills to use in the online marketing of their own business; starting their own web design venture working with other small businesses; or possibly embarking on a career with another web design firm that will provide telework for them as a web designer.

Tuition costs for this course are covered by the Office of Learning Technologies, Western Diversification and the Vancouver Foundation. The program is specifically designed to meet the needs of people with disabilities wishing to strive for their own financial independence see: [www.cssd-web.org](http://www.cssd-web.org) under the IBDE link.

Learn more about successfully starting a home-based business with Business Abilities. This program is funded by the Opportunities Fund for all Canadians with disabilities who would like to explore self employment, not just our IBDE students.

## Out and About in the World

## Events and News of an International Flavour

The following listings are reprinted from "The EnableLinker" Copyright (c) 2006, Canadian Abilities Foundation <http://www.abilities.ca> (BTW- this is a great E-Newsletter! To subscribe to the EnableLinker visit <http://www.abilities.ca/Ezine/Main.html> )

### 2006 Visa Paralympic World Cup Coming in May

This multi-sport event for athletes with a disability will take place in Manchester, England, from May 1 to 7. It will include athletics, cycling (track), swimming and wheelchair basketball. Visit <http://www.visaparalympicworldcup.com> .

### Ontario to Introduce New Accessible Parking Permits

In January, Ontario will introduce new permits with security features such as ultraviolet ink and embedded watermarks, making them more difficult to copy. The province also aims to cut the processing time for applications to four weeks, half as long as it currently takes, and to grant nurse practitioners the power to certify those who require permits.

### "JazzArtSigns"

March 9, Boston, Massachusetts, U.S.A.

This multimedia, multisensory jazz show features musicians, an improvisational painter, ASL interpreters, an audio describer and text captioner, and program info in Braille, large print and on tape. \$20 U.S. For info, e-mail <mailto:tickets@wheelock.edu> .

"International Conference: Technology & Persons with Disabilities" March 20 to 25, Los Angeles, California, U.S.A. Learn about hardware, software, adaptive devices, training programs, results of research, and best practices in assistive technology. For info, visit <http://www.csun.edu/cod/conf/> .

### "International Summit for the Alliance on Social Inclusion"

May 3 to 5, Montreal, QC

You're invited to a conference and exhibition about achieving social inclusion. For more info, visit <http://www.aamrqc.org> .

### "9th World Down Syndrome Congress"

August 23 to 27, Vancouver, BC

This exciting event will be held at the Vancouver Convention & Exhibition Centre. People from all over the world will attend to learn about recent research, and to discuss issues and new developments. E-mail <mailto:wdsc2006@venuewest.com> or visit <http://www.wdsc2006.com> .

The jury for the Picture This... disability film festival, to be held in Calgary from Feb. 6 to 10, has chosen the winning films and honourable mentions for 2006. For info and a list of chosen films, please visit <http://www.picturethisfestival.org> .

## Ver-r-ry Interesting News from the 'Net

**Air Travel** The Open Doors Organization (ODO) in cooperation with the Travel Industry Association of America (TIA) recently released the findings of its 2005 research study. In part it states that : In the past two years alone, more than 21 million adults with disabilities traveled for pleasure and/or business. The 2005 study reveals which destinations, domestic and international, are most popular among travelers with disabilities and provides new data on Internet use. Surprisingly, the study showed marked increases in certain sectors despite ongoing barriers to access.

The 2002 ODO study quantified how much adults with disabilities were spending on travel—approximately \$13.6 billion annually--and suggested that revenues from this market could easily double if certain needs were met and obstacles removed. The 2005 ODO study, which employed an identical methodology, shows businesses in the travel industry the extent and types of barriers the majority of travelers with disabilities still experience. Among those adults with disabilities who have traveled by air, 84% said they encountered obstacles when interfacing with airlines and 82% said they encountered obstacles at airports.

Despite such barriers, the average number of leisure trips and hotel stays was up 50% from 2002. However, 60% of travelers with disabilities who have stayed overnight in paid accommodations said they had problems at these properties, either physical barriers (48%), problems with customer service (45%) or communication barriers (15%). (On the positive side, many of the most common complaints identified by the study, such as heavy doors and lack of knowledge among staff, could be easy and inexpensive to resolve.)

In terms of restaurants, the study indicates 71% of adults with disabilities dine out at least once a week and also shows a 6% increase in casual dining from 2002. To attract this clientele, Fuddrucker's restaurants are offering such things as Braille/large print menus, customer service training and larger pathways between tables. In the new poll, 40% of adults with disabilities complained of the lack of room between tables.

The 2005 ODO study covered a new area of travel car rental. It found that 20% of adults with disabilities rented a car for travel in the past two years. But a staggering 50% said they would be more inclined to rent a car if it were delivered to and picked up from them, while 36% would be willing to pay more for this service. (More rental car agencies should follow the example set by Avis, which now offers Avis Access®, a comprehensive program of individualized products to serve customers with disabilities.)

The survey was conducted both online and by telephone between February 8-25, 2005 among a national sample of 1,373 adults aged 18 or over. The sampling error for the total sample is plus or minus 3 percentage points. For further description of the study methodology, see the ODO website ([www.opendoorsnfp.org](http://www.opendoorsnfp.org)).

**Canadian Transportation Agency** This website gives tips on traveling and information on your rights when traveling. *"The Agency is responsible for ensuring that undue obstacles to the mobility of persons with disabilities are removed from federally regulated transportation services and facilities. The Agency removes undue obstacles in two ways: on a case-by-case basis by resolving individual complaints, and on a systemic basis by developing regulations, codes of practice and standards concerning the level of accessibility in modes of transport under federal jurisdiction, such as air, rail, and marine."*

**Go to:** [http://www.cta-otc.gc.ca/access/index\\_e.html](http://www.cta-otc.gc.ca/access/index_e.html)

### **Ottawa cabbies punished by taxi company for ignoring calls from disabled**

*(copyright Alexandra Zabjek, The Ottawa Citizen Published: Friday, January 13, 2006)*

The city's largest taxi company regularly penalizes its drivers for not responding to calls to pick up disabled passengers, who are sometimes left waiting for a cab for hours. Coventry Connections, which owns 19 of the city's 25 accessible cabs, meant to service the city's disabled population, consistently reprimands drivers for not responding to calls from the disabled, company president Hanif Patni said yesterday... **To read the rest of this article**

**Go to:** <http://www.canada.com/ottawacitizen/news/story.html?id=a3f314d5-8980-419d-9bfe-6648c5ed3c8f&k=86934>

### **Probe finds stem cell scientist faked research**

Claims by a South Korean researcher that he created the world's first human embryonic stem cells were faked, Seoul National University said Tuesday.... **To read the rest of this article**

**Go to:** <http://g.msn.com/OMN2ET7/2?http://www.msnbc.msn.com/id/10780831/from/ET/&&CM=EmailThis&CE=1>

**E-newsletter *Travel Access Services Corp*** - a monthly E-newsletter from an organization whose company mission is "To provide a credible, highly detailed, interactive travel information service for assistance when planning travel for disabled & elderly persons with mobility difficulties."

Go to: [www.tascinternational.org](http://www.tascinternational.org)

**Neurotech Online Database** - This is a project to develop a centralized resource of neurotechnology devices and was developed in collaboration of [Neurotech Network](#) (formerly STIM, The Society to Increase Mobility) and [Neurotech Reports](#).

The information in the Neurotech Centralized Database will prove useful to clinicians and patient populations within the neurological diseases and disorders community. Both groups have the ability to search the database by company name, neurotech category or particular conditions, such as chronic pain, stroke, Parkinson's disease, and paraplegia. It provides current information regarding clinical status, reimbursement options and product details. This education resource is one more tool Neurotech Network provides to increase awareness of neurotechnology devices among persons with impairments, their care-givers and the medical and health professionals who serve this population.

Go to: <http://www.neurotechnetwork.org/query.phtml>

**Save Money while saving the Earth!** Take the Nature Challenge!

The David Suzuki Foundation has researched the top 10 ways Canadians can conserve nature. The challenge is to pick three and do them over the next year. That's it! It's a great way to get involved and really do something tangible to help make our world a better place. While you're there, sign up for their newsletter

Go to: <http://www.davidsuzuki.org/WOL/Challenge/>

**With all the newspaper and TV reports of a possible pandemic, the Avian flu is on everyone's minds lately.** The World Health Organization (WHO) has established this web link that provides the facts about Avian Flu and help keep you better informed about the flu.

Go to: [http://www.who.int/csr/don/2004\\_01\\_15/en/](http://www.who.int/csr/don/2004_01_15/en/)

## Subscribers

Let us know what you think of **Wheel-E** or submit your announcements! Please email [CPAAlbertaNewsletter@cpa-ab.org](mailto:CPAAlbertaNewsletter@cpa-ab.org)

**Deadline for submissions will be February 24, 2006.** The next issue of CPA (Alberta) **Wheel-E** will be February 28, 2006.

To unsubscribe or 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>



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

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