



## **March 2008 Issue, vol.28**

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## What's New...

The 2008 Provincial Election is right around the corner. The following are items that might be of use before voting.

[ADF 2008 Provincial Election Fact Sheets](#)

[Election cover letter – candidate – for ADF](#)

[Election cover letter – Friends of ADF](#)

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**The Centre for Ambulatory Rehabilitation, Research and Education (CARRE)**, at the University of Alberta, is recruiting participants for 2 research projects. Both studies address ways to retrain walking after incomplete spinal cord injury. One study trains participants to walk on a treadmill, while the other trains them to walk over ground. The training is daily, for approximately 1 hour/day, over a 3-4 month period. Tests are done monthly to measure how participants are progressing, and how their nervous system is changing as they train to walk.

Why participate?

- The researchers and therapists will use the results to develop better training programs for people with spinal cord injury.
- You will be able to practice walking under the supervision of professionals, free of cost!

For more information, please contact:

Rachelle Lohlun, PTA  
CARRE  
Phone: (780)492-4858  
E-mail: [rachelle.lohlun@ualberta.ca](mailto:rachelle.lohlun@ualberta.ca)  
[www.rehabmed.ualberta.ca/carre/](http://www.rehabmed.ualberta.ca/carre/)



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## Edmonton

# Red Carpet Affair 2008

### **Sam Sullivan is coming to Edmonton!**

Sam Sullivan, Mayor of Vancouver, host of the 2010 Winter Olympics, is coming to Edmonton to deliver the main address and accept the Christopher Reeve Award at the Canadian Paraplegic Association (Alberta) 5th annual Red Carpet Affair. Along with Mayor Sullivan, other winners of the Canadian Paraplegic Association (Alberta) Awards will be honoured.

The annual fundraising gala takes place on **March 7, 2008** in Hall D of the Shaw Conference Centre.

The gala will include dinner, live and silent auction and additional awards presented to those who have made outstanding contributions to the community of persons with spinal cord injury and other physical disabilities.

### **For more information:**

Marc Quinn

Canadian Paraplegic Association (Alberta)

(780) 424-6312 ext. 2226

[marc.quinn@cpa-ab.org](mailto:marc.quinn@cpa-ab.org)

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### **Family Support Evening (starting February)**

If you are a SPOUSE, PARTNER, PARENT or CHILD (18+) of someone who has a spinal cord injury and would like to speak to other family members of individuals with SCI in a confidential group or one-on-one environment to learn about:

- Coping / Adjustment issues
- Personal Care Management
- Relationships
- And more!

Then be our guest every Third Wednesday of the Month (starting February 2008)

7:00pm – 9:00pm

Canadian Paraplegic Association (Alberta)

305 Hys Centre, 11010 101 Street

Edmonton, AB

To register and/or for more information contact:

Ross Norton, Solutions Coordinator

Ph: (780) 424-6312 ext 2227

Email: [ross.norton@cpa-ab.org](mailto:ross.norton@cpa-ab.org)

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### **Spring Conference 2008**

The Alberta Council of Disability Services will be holding their Spring Conference titled "Our Future, Our Design" on April 30, May 1 & 2, 2008. The conference will be held at the Crowne Plaza Chateau Lacombe, in Edmonton, Alberta.

For more information please [Download Brochure](#)  
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### **Families: the heart of the community**

Alberta Association for Community Living would like to invite you to attend our Annual Family Conference, Families: the heart of the community, at the Fantasyland Hotel in Edmonton on March 14-15, 2008.

This year's conference and family celebration will feature keynote speaker Dr. Richard Villa whose workshop will focus on the successful inclusion of children with developmental disabilities in the regular classroom. Other workshops and sessions will focus on an array of topics including strategies and ideas families can use to create homes and housing for adults with developmental disabilities; family advocacy strategies; family managed supports and inclusive post-secondary education.

To register visit their website: [www.aacl.org/events](http://www.aacl.org/events)  
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## **Calgary**

### **Traveling With A Disability**

On Thursday February 21st twenty five of us came together for our first Peer Evening for 2008. The topic was "Traveling With A Disability". Our very own Barry Lindemann, Manager of Community Affairs gave his personal tips on traveling, the main one being do your research before you book your trip. Staff Trainer Sue from Air Canada and Pino Mancuso, Manager, Guest Experience from WestJet discussed their services that they provide to people with disabilities and answered many queries from the audience.

Christie & Monique Cesario gave a presentation on their new company, Designing Travel. This unique service provides Pre-Planned, Community, Day Events to individuals, groups and agencies. A day event is based upon one theme, of a country or a specific city (i.e. Paris, Mexico, etc). At every function such services will be provided: festive atmosphere, entertainment, generated cultural activities, exposure to traditional food. The idea behind day events is to bring the travel experience to those who are not able to travel. Their future goals are to provide Weekend Get Aways & Week Long Vacations.

For more information Phone (403)275-9423 Email [designingtravel@shaw.ca](mailto:designingtravel@shaw.ca)

A big thank you to Cuming-Gillespie-Raymaker  
Lawyers Serious Personal Injury Class Action Lawsuits  
Securities Litigation. Proud Sponsor of Calgary's Peer Events



(Barry speaking at peer event (travel) with rep. from Air Canada listening)

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## Lethbridge

### **Accessible apartment for rent in Lethbridge**

Berkeley Square Apartments is renting an accessible 1 bedroom handicap suite. \$600/month including utilities and 1 year lease.

Call 381-7788 or 327-3838

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### **Volunteer Appreciation**

We would like to express our appreciation for the volunteers that helped out with our Casino in February. It is nice to see people in the community coming together to support a good cause.

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### **Work out access for the disabled**

The YMCA strives to provide access to all of the community by offering:

- Ramp to entrance of building
- Lift to lower levels of the facility
- Weight equipment designed for wheelchair access
- Lift in and out the pool

For more information contact [info@lethbridgeymca.org](mailto:info@lethbridgeymca.org)

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## Red Deer

### **Diamonds and Denim a HUGE success!**

I wish to extend my congratulations to Paulette, the Red Deer staff team, and the volunteer committee for a very successful Diamonds and Denim event! The evening was well organized, and provided a high quality experience to the guests, including a nice selection of auction items, great food, beautiful décor, and great music from Duane Steele and band, Steve Arsenault and band and our own Marilyn Rose. Well done!!!!

Teren Clarke  
Executive Director

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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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## Creative Solutions

### **Adaptive Bicycle**

Spring is almost here! How does a bike ride sound? The Ricksycle is a new kind of pedal-powered transportation. It mixes together the rickshaw, the tandem bicycle and the tricycle. Two or more people can sit side by side. Either one or both can pedal. Either can steer. One person can power the Ricksycle if necessary.

An exciting feature is that they will custom-build special components to let anyone with a disability ride the Ricksycle. Priced individually

Visit the website for more details: <http://www.hflfabricating.com/ricksycle.htm>



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### **Go-Anywhere Commode, Shower 'n Tub Chair**

GO! Mobility Solutions manufactures and markets products designed specifically to aid the physically-challenged in traveling conveniently, comfortably and safely. The GMS

product line serves one mission and one mission only: To enable physically challenged individuals and their families to travel wherever they'd like to go whenever they want to go.

The Go-Anywhere Commode, Shower 'n Tub Chair is safe, comfortable, portable, is a piece-of-cake to assemble without any tools, can get you under a showerhead in a tub if there's not a roll-in shower available and, constructed of lightweight, aircraft-grade aluminum, it will last forever. It can be used comfortably as an everyday use chair, as well as for travel.

With its maximum width of just 18-1/2", the Go-Anywhere Chair® may pass through even the narrowest of doorways. The seat height may be adjusted to accommodate for varying bed heights by shortening or extending the telescoping legs. Footrest heights are adjustable as well to suit the needs of each individual. By extending the front legs and shortening the rear legs, the seat may be tilted back providing additional comfort and stability for those having limited balance and/or upper body control. The camber built into the legs ensures the overall stability of the chair even with rear lean. The telescoping legs supplied with the fixed tub section allow for it to be set to a height that matches the rolling section providing for a safe and level glide back and forth.

Contact Rick Goldstein for more info.

GO! Mobility Solutions

Office: (520) 571-7156

Fax: (520) 745-5778

Cell: (520) 977-4666

[www.goesanywhere.com](http://www.goesanywhere.com)



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## Jobs and Careers

### Careers at CIBC

The CIBC Career Access Program is a positive measures initiative to enhance employment opportunities for Persons with Disabilities and Aboriginal Peoples, which are two of the four employment equity designated groups defined by the Employment Equity Act.

Persons with Disabilities and Aboriginal Peoples who are accepted into the Program may receive supports from a dedicated team of consultants with expertise in diversity recruitment. They provide the necessary guidance and support (e.g., feedback on resumes, advice on job matches, coaching for interviews, etc.) so that job seekers in the Program have every opportunity to secure employment with CIBC.

To be eligible, candidates must meet one or both of the following:

Persons with Disabilities are individuals with long-term or recurring physical, mental, sensory, psychiatric or learning impairments that either they or potential employers view as being a disadvantage in gaining or maintaining employment.

Aboriginal Peoples are persons who are North American Indian (Status or Non-Status), Inuit or Métis.

NOTE: Participation in the CIBC Career Access Program is voluntary. People with disabilities and Aboriginal people may apply for CIBC jobs without disclosing equity group affiliation, though doing so will not lead to the support described above. All of our current vacancies may be found by visiting [www.cibc.com/careers](http://www.cibc.com/careers).  
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### **Community Development Coordinator – CPA (Alberta)**

Position: 0.6 Part time

#### **Job Summary:**

The candidate will be responsible for supporting their regional office activities in the following areas:

#### **Key Areas of Responsibility:**

1. Community Development
2. Communication
3. Office/Program Coordination

#### **Skill Sets, Experience and Education:**

- Post secondary education in human services or Communications (asset)
- Working knowledge of Microsoft office, and internet based computer applications, office equipment (photocopy, fax, etc.)
- Strong verbal and written communication
- Ability to travel
- Able to work independently with minimal supervision

Deadline: March 1<sup>st</sup> 2008

Please send resume and cover letter to Doug Manderville at:

[doug.manderville@cpa-ab.org](mailto:doug.manderville@cpa-ab.org)

Fax: (403) 343-1630

Full job description found at: [www.cpa-ab.org/lethbridge.pdf](http://www.cpa-ab.org/lethbridge.pdf)

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**The United Way of Lethbridge & South Western Alberta** has an immediate opening for the position of a full time Campaign/Special Events Coordinator.

The United Way is a registered charitable organization whose mission is to build a better community by organizing the capacity of people to care for one another.

Working closely with the Executive Director, the Coordinator is, responsible for planning, organizing, implementing and evaluating the Annual Campaign and Special Events.

#### Minimum Skills Required

- Proven fundraising skills, with a minimum 2 years experience; or other related experience.
- Experience working with volunteers.
- Excellent communication skills (written and verbal) and experience in planning, delivering and evaluating presentations/training sessions.
- Demonstrate strong organizational skills, with the ability to plan, set priorities and meet multiple deadlines.
- Ability to work effectively under pressure and to be part of a team.
- Must be computer literate and familiar with both desktop and database tools.
- Post secondary education (preferred).
- Willingness to work variable hours including some evening and weekends as required.

If you are a dynamic and self-motivated individual who is dedicated to excelling in a challenging and rewarding environment, please forward your resume to:

United Way of Lethbridge & South Western Alberta

Attention: Mrs. Shawn Hamilton

1277-3rd Avenue South

Lethbridge, AB

T1J 0K3

Fax: 403-317-7940

Email: [lethbridgeunitedway@telus.net](mailto:lethbridgeunitedway@telus.net)

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**Industrial Technology Advisor** specialized in the Information and Communications Technologies (ICT) sector

As an employer who values diversity in its workforce, the National Research Council Canada (NRC) encourages candidates to self-identify as members of the following designated groups: women, visible minorities, aboriginal peoples and persons with disabilities when they apply on one of our job offers.

It would be greatly appreciated if you could advise candidates that show interest in this job to apply directly online (see link below).

Under the specific competition number, they can go to the bottom of the job description and click on the "Apply On-line" icon and follow the instructions.

Web link: <http://careers-carrieres.nrc->

[cnrc.gc.ca/careers/jobpost.nsf/EnglishAll/AD25A86B1117ADE2852573DA006DEF0F](http://careers-carrieres.nrc-cnrc.gc.ca/careers/jobpost.nsf/EnglishAll/AD25A86B1117ADE2852573DA006DEF0F)

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## Items for Sale

**Champion II Scooter** . hardly used - new condition. \$1200 OBO. Call 223-3630

**Pronto motorized wheelchair**, new condition \$1200 OBO. Call 223-3630

**Hospital Bed** for sale: (complete) 39" electric bed with remote, mattress and cover. Used for 10 months. A must see deal! 394-2250

**Electric scooter** to give away in the Edmonton area, please phone: Maggie at 604 732 8799 ex 103

### **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/204top>

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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](mailto: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](mailto:CPAAlbertaNewsletter@cpa-ab.org)

The next issue of CPA (Alberta) *Wheel-E* will be April 1<sup>st</sup> 2008. First deadline for submissions will be March 25<sup>th</sup> 2008. Please send in your announcements before the deadline!

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