



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. 4
February 28, 2006

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



the home medical equipment specialists

Therapeutic Mobility Devices Open House

MEDIchair Edmonton invites you to attend their first Open House on Wednesday, March 15th, 2006 from 1pm to 4pm showcasing the recreational mobility products available from Freedom Concepts, Invacare and Sunrise.

Meet their Product Consultants and experienced bicycle mechanics who can explain how these products are modified to accommodate those with special needs and how they can provide exercise and fun! Food and beverages served.

If possible RSVP to (780) 437-3300.
Medichair Edmonton, 6711 Calgary Trail S.
More event info at www.medichairedmonton.ca

CPA Alberta Announcements

Congratulations Breanne! New Regional Coordinator for the Rick Hansen Wheels-in-Motion Event for Alberta North. CPA (Alberta)'s Breanne Coffill will now be splitting her time between Client Services Coordinator and being the new Regional Coordinator for the Rick Hansen Wheels-in-Motion Event for Alberta North. If you want to get involved in any of the RHWIM events in your community please contact Breanne at bcoffill@rickhansen.com . Rick Hansen Wheels-in-Motion runs across Canada on Sunday, June 11, 2006. Be a part of this exciting and worthwhile event. *(See All around Alberta for more Rick Hansen Wheels-in-Motion news.)*

Congratulations, Edgar Jackson! United Way recently nominated CPA's Peer Support Coordinator, Edgar Jackson for a Spirit Award. *Way to go, Edgar!*

CPA Job Opportunity: Client Service Coordinator - Edmonton

The Canadian Paraplegic Association (AB) a non-profit agency providing a comprehensive range of community based services to persons with a spinal cord injury or other mobility impairments across the province of Alberta. We are currently seeking a part-time Client Service Coordinator to begin a term position, from March 13th to June 30th, with the possibility of a one year extension. The incumbents will require: Knowledge of all facets of community based rehabilitation for persons with spinal cord injury and other mobility impairments. Experience in client evaluation with a strong emphasis on rehabilitation, educational and vocational planning; Experience in working with medical and other rehabilitation professionals; Effective communication and problem solving skills; Excellent written skills; Case management skills; Well developed computer skills. Preference will be given to applicants who have completed an undergraduate degree or diploma in the social sciences, and who have experience in accessible housing and adapted physical activity.

If you enjoy a challenging work environment and want to work as part of a well established Rehabilitation Team, please forward your resume via email and regular mail, with three work related references to: Search Committee, Canadian Paraplegic Association (Alberta) 305 Hys Centre, 11010 - 101 Street Edmonton, AB T5H 4B9 E-Mail: Margaret.conquest@cpa-ab.org
Deadline for applications: March 3rd, 2006
Position start date: March 13th, or as soon as possible

The CPA is in need of some short term assistance in completing our annual client survey. The position entails conducting a research interviews by phone and completing the data entry on the website database. The project will take approx. 60 - 80 hours to complete and will include all the necessary training. Once trained, you can complete the interviews when it's convenient for you - some of the interviews may need to be finished in the evening hours after people arrive home from work. Option of working as a contract employee or as a short term employee at a wage of \$10/hr. Start date ASAP: the survey needs to be completed by Apr 15/06. Contact Margaret Conquest directly at 424-6312 ext. 2228.

The "Streaker" video clip produced by national CPA and funded by Pfizer and 3 banks, was picked up by Light Vision Media which has a series of electronic bill boards in BC and AB. The Streaker video clip was seen on the McMahon bill board on Crowchild Trail in Calgary, and the Gateway Blvd/Calgary Trail Boards in Edmonton everyday for 4 weeks beginning Monday January 16th. The free promotion was timely in terms of awareness for CPA prior to our Red Carpet Affairs. The vignette was distributed to Alberta television stations this past summer and has been picked up as a PSA in different parts of the province. The vignette also aired at many movie houses in the month of August. and we received a number of congratulations from our members regarding the edgy but positive message The Accessible Transit Coordinator for the City of Edmonton says *"I work for the Edmonton Transit System, teaching people with disabilities how to use our accessible services and features. I had the opportunity to (briefly) see a clip of a PSA you did, I believe entitled "the Streaker", on a large moving billboard in our city. It's terrific!"*

Calgary/Red Deer E-news

Minivan For Sale (Calgary) \$48,500. 2000 Chrysler Town & Country Limited red minivan (with taupe interior) with conversion kit for disabled: one owner, excellent condition, fully loaded with leather and suede upholstery, premium stereo and VHS player, remote control side and rear doors, lowered floor with no sill and side door ramp conversion, VMI Northstar conversion includes remote control and magnetic backup access and more. Call Norm or Sharon (403) 289-9526 or (403) 860-2573.

Red Deer Volunteers wanted for good cause!

Casino is scheduled for March 16 and 17.

Bingos are: March 9, 15, and 21.

Volunteers are always needed! Contact Paulette Vanosterom at: 403-341-5060.

Edmonton E-news

Bingos

Allendale- Evening bingo: Wednesday, April 5. Call Sue or Marc 424-6312. Castledowns - Afternoon bingos March 7, 14, 18, 24. Call Lynn 440-0372.

Edmonton Peer Evenings:

March 7th Tax Time 7-9 pm, Glenrose Unit 3B, Patient Dining Room Come out and learn about disability tax credit, what can be claimed as medical expenses, and any questions you may have about this years upcoming tax season. Speakers will be present from Canada Customs and revenue agency.

April 4th Recreation Bowl 3-6 pm, Bonnie Doon Bowling Lanes
Join the CPA staff for an afternoon of bowling and good times. Ball ramps provided. Note: \$3.50/game, \$1.00 for shoe rental.

May 2nd What the "Rec" is going on? 7-9 pm, Glenrose Unit 3B, Patient Dining Room. 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.

What better way to leave a positive legacy for Edmonton's future generations! Do you have an opinion about how to make Edmonton more attractive to the Next Generation? Edmonton's Next Generation Task Force invites **you** to have a say: Tell them what you think needs to be done to make Edmonton a place the next generation (age 18 - 40) will call home. Click on <http://www.edmontonnextgen.ca/survey.php>, and complete the online survey. **The survey deadline is Wednesday, March 1, 2006.**

The Edmonton Health and Wellness Show - all your answers under one roof! On Saturday, March 4, 2006 from 9:00 am to 6:00 pm & Sunday, March 5, 2006 from 10:00 am – 6:00 pm at the Mayfield Inn Trade Centre. Over 150, Experts in Medical, Pharmaceutical, Holistic and Alternative Therapy, A Main Stage, Lecture Stage, Cooking Stage, and Get Fit Zone featuring dynamic demonstrations, healthy recipes, and new products, specialists in Fitness, Skin-Care and Nutrition, Free Health Testing- Bone Density, Blood Glucose, Blood Pressure, Stress Test, Foot Analysis, and more. Call for further info: (780) 424-9224 or visit: www.edmontonhealthandwellness.com .

Career & Employment Workshops in Edmonton In partnership with Alberta Human Resources & Employment (AHRE), **BGS Enterprises delivers workshops free of charge.** Career & Employment related workshops at AHRE delivery sites throughout the Edmonton Region. BGS' Workshops provide information, strategies, techniques, & practical tips to assist participants in meeting their career & employment goals. Career planning,

transitions, education, resume and cover letter, interview techniques are just a few of the many courses offered every month. Weekday/weekend workshops run from 9am to 4pm and evening workshops run from 6pm to 9pm. Download schedule at: <http://www.bgsenterprises.com/WorkShopSearch.asp>
For more information go to: <http://www.bgsenterprises.com/index.html>

All around Alberta

Do you know youths with or without disabilities aged 15-20 who would enjoy a FREE weekend camp experience?!? ARPA in partnership with the Active Living Alliance for Canadians with a Disability- Alberta Initiative (ALACD-AB) and Camp Horizon are teaming up to offer a weekend of fun outdoor play, active games, and leadership activities Friday, March 10th, 2006 to Sunday, March 12th, 2006!! This integrated experience for youths with and without disabilities will include ALACD Youth Ambassador Activities (to prepare for the National Youth Exchange in Ottawa!), recreational activities like: hiking with the Trail Rider, outdoor rock-wall climbing, accessible high and low ropes courses, a drum/percussion circle, theatre skills, expressive movement, artistic expression sessions, campfires and much more! Registration is available online at www.diversity.arpaonline.ca under "New". Interested parents/guardians and youths are also encouraged to contact Velma Roberts (780)415-1747 vroberts@arpaonline.ca for further information and registration materials as needed. Space is limited so do not delay!

3rd annual Rick Hansen Wheels In Motion: Alberta will benefit from the funds raised at the 3rd annual Rick Hansen Wheels In Motion event, Presented by Scotiabank. Communities in Alberta that participated in Wheels In Motion 2004 include Calgary, Cold Lake, Denwood, Edmonton, Edson, Elnora, Fort McMurray, Jasper, Red Deer, Slave Lake, Vegreville and Vermilion.

Funds from the event will go towards community projects that help to improve the quality of life of people with spinal cord injury and also to the development of a spinal cord injury registry. The registry is an invaluable research tool that tracks information about treatments from point of injury on, which will ultimately provide better outcomes for people today and lead to a cure in the future.

"We're extremely grateful to the thousands of volunteers who continue to help make this annual event a success. Our Foundation is working with organizations such as the Canadian Paraplegic Association, Canadian Wheelchair Sports and Canadian Wheelchair Basketball Associations, researchers, acute care hospitals and rehabilitation centers to help find more solutions to meet the needs of people with spinal cord injury," said Rick Hansen, CEO and President of the Rick Hansen Man in Motion Foundation.

Funds raised from Wheels In Motion support people with spinal cord injuries and related disabilities in the areas of education and skill development, sport and leisure, assistive devices, accessibility, awareness and peer support programs, research and integration back into the community after an injury.

This year marks the 20th anniversary of Rick Hansen's epic Man In Motion World tour which began in 1985 through until 1987, where at the age of 27 he wheeled through thirty-four countries on four continents accompanied by his team. The journey included rugged mountain ranges, wheeling through scorching deserts, freezing snow, torrential rains and powerful headwinds. He raised awareness of the potential of people with disabilities and \$26 million dollars.

The legacy of that tour continues today through the work of The Rick Hansen Man In Motion Foundation which has created an International SCI research center, Canada's first national SCI Network, established an innovative youth program and launched Wheels In Motion, which has raised over \$3.6 million since its inception three years ago.

The 4th annual Wheels In Motion event will be held in communities across Canada on Sunday June 11th, 2006. Event committees are putting together teams of volunteers to help organize a Wheels In Motion event in communities in Alberta. Our volunteers are an integral part of a successful event and there are many ways to get involved. To get involved and help organize an event in your community visit the website at www.rickhansen.com or call 1.866.60-WHEEL (1.866.609.4335).

Sports and Recreation

Telus Western Canada Sledge Hockey Tournament The Telus 2nd Annual Western Canada Sledge Hockey Tournament will be held Friday March 31st, - Sunday April 2nd, 2006 at the TransAlta TriLeisure Centre in Spruce Grove. Teams from B.C., Alberta and Saskatchewan will be attending to battle the best in the west. For more information about Sledge Hockey or the Tournament please contact Fiona Halbert at the Paralympic Sports Association office at 439-8687.

Sledge Hockey Demo

The Sledges in Schools project is an inclusion initiative by the Paralympic Sports Association and the Children's Ability Fund. The Children's Ability Fund provides the sledges for the program and the Paralympic Sports Association administers the program. If you would like the PSA to come out and lead a class through an interactive Sledge Hockey demonstration please contact the PSA office.

Summer Camps PSA is offering the following this summer;

Camp Unity – July 23 – 28 2006 at Camp He Ho Ha

One for All Summer Day Camps: Teens 13 to 17 years old (July 3 – 7, location TBA); 8 to 13 years old (July 10 – 14 location TBA); 5 to 8 years (July 17 – 20 at Millwoods); 5 to 8 years (August 7 – 11, location TBA); 8 to 13 years old (August 14- 18 at Millwoods); Adults 18+ (August 21 – 25 at ACT).

The Alberta Sledge Hockey Camp will be hosted at Augustana in Camrose, Alberta. This will be a great opportunity for all sledge hockey players over the ages of 13. The camp will be from July 18- 21.

If you are interested or would like more information on these or any of the PSA programs please contact Fiona at 439-8687 or Jenn at (403) 342-6777 ext 19.

All around Canada

The following information is reprinted from "The EnableLinker" The E-zine Linking You to Canada's Disability Community <http://www.abilities.ca>)

"Just Singin' Round 2006 SHRA Fundraiser Event"

March 7, Vancouver, BC

This event from the Self-Help Resource Association of B.C. features Vancouver musicians and includes dinner. Tickets: \$20.

For more info, visit <http://www.selfhelpresource.bc.ca> .

"2006 Government & Health Technologies Conference and Expo" March 8 and 9, Ottawa, ON

You're invited to the premier learning and networking event for IT professionals and all levels of government and health services delegates in Canada.

For info, visit <http://gov.wowgao.com> .

"Canadian Pan Am Games - Training Camp for Deaf Youth"

March 10 to 13, Toronto, ON

For information, please contact Theresa Barker by sending an e-mail to:

<mailto:youthschefdecommission@ontariodeafsports.on.ca> .

"International Conference: Technology & Persons with Disabilities" March 20 to 25, Los Angeles, California, U.S.A. Learn about hardware, software, adaptive devices, access to technology and much more.

Visit <http://www.csun.edu/cod/conf/> .

"MBNA Recipe For Success Charity Auction and Culinary Adventure" April 27, Ottawa, ON LiveWorkPlay helps people with intellectual disabilities enjoy a better quality of life. Join in its charity auction!

More info at <http://liveworkplay.ca/AUCTION> .

"Canadian Helen Keller Centre's 2nd Annual Awards Fundraiser" April 28, Toronto, ON Join the CHKC at the Ontario Science Centre to honour Jim Sanders, President and CEO of the CNIB. A screening of the movie "Black" will also take place.

For info, visit <http://www.chkc.org> .

"Equine Facilitated Mental Health Course"

April 29 to May 2, Toronto, ON

This is a course for people who want additional skills in recognizing mental health issues and how to deal with them in the therapeutic riding setting, or for therapeutic riding instructors who wish to work in an Equine-Facilitated Mental Health setting.

E-mail CanTRA at <mailto:ctra@golden.net> .

"Canada Northwest Fetal Alcohol Spectrum Disorder Partnership Conference" May 17 to 19, Regina, SK

For information, e-mail <mailto:fas.esupportnetwork@sasktel.net> .

"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> .

"Festival of International Conferences on Caregiving, Disability, Aging and Technology" June 16 to 19, 2007,

Toronto, ON FICCDAT will include five important conferences running concurrently as well as many joint events.

For info, visit <http://www.ficcdat.ca> .

Websites to check out!

The Capital Region Housing Corporation: Affordable Housing Solutions in the Alberta Capital region offers supportive housing to people who may need assistance to maintain quality life in the community. Community Housing is a subsidized rental program. It provides housing to people with lower incomes who cannot afford to rent privately. Tenants pay rent based on 30% of their income. This website also lists their various programs, i.e. Private Landlord Rent Supplement Program (12 month waiting list) and has links to application forms.

Go to: <http://www.crhc.ab.ca/HTTP/index.shtml>

WORKink Alberta is a virtual employment resource for job seekers with disabilities, entrepreneurs with disabilities, Aboriginals with disabilities, employers, and career practitioners. WORKink Alberta is connected to all areas of the province through community partnerships with agencies in rural and urban areas. WORKink Alberta contains job postings, training opportunities, links to helpful web sites, and powerful articles on looking for employment, hiring individuals with disabilities and dismantling barriers to employment.

Go to: <http://ab.workink.com>

Research Opportunity

Help the Reeve-Irvine research Center learn about living with a spinal cord injury. Are you at least 18 years-old and have you lived with a spinal cord injury for at least 5 years? If so, you might want to participate in a study being conducted at the University of California, Irvine. The purpose of the study is to examine physical and affective well-being among people with a spinal cord injury. If you choose to participate, you will be asked to complete a series of over-the-phone interviews and provide saliva samples four times a day for four days. You will be compensated \$150.00 for completion of the study. If you are interested in participating or have any questions, please call the emotion research laboratory at: **(949) 824-3991**. Or email jpiazza@uci.edu . (Submitted by: Kim Anderson, Ph.D. Assistant Adjunct Professor Reeve-Irvine Research Center Dept. of Neurological Surgery University of California)

Call for Submissions/Subscribers

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

The next issue of CPA (Alberta) Wheel-E will be March 31, 2006. Deadline for submissions will be March 29, 2006.

To unsubscribe or change your coordinates to **Wheel-E** 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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