



May 2008 Issue, vol. 30

To access past editions please visit:

<http://www.cpa-ab.org/clearinghouse/wheel.html>

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What's New...

New Odyssey videos

In the last couple of weeks we have posted 9 new videos to the Odyssey website, also a new category has been added called "On-going Research".

With the help of Georgina and Amy we built five videos for this new category. Also included are some familiar faces such as Bryce Clarke,

Deb and Rick Lenglet and Keven Heikkila the sax player. The final video added is Disabled Waterskiing under the category of " Sport Recreation Leisure.

Check out these new videos and pass on this information to members and clients of the CPA.

Please visit our Odyssey website at www.cpa-odyssey.org
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Disabilities and the Trades

The Canadian Council on Rehabilitation and Work (CCRW) is conducting an important research initiative. The objective of this project – Youth Ability in Skilled Trades (YAST) is to enable youth with disabilities to learn about and foster careers in the skilled trades through the development of an informative website and Provincial skilled trade manuals. The manuals will then be used to facilitate workshops on skilled trade career opportunities for people with disabilities.

Youth (ages 15 to 30) with disabilities across Canada are being asked to participate in a brief on-line survey.

The purpose of the survey is to gather information on the employment of persons with disabilities and gain a better understanding of the challenges and opportunities they face in the skilled trades.

Please click on the link below to view the survey and feel free to distribute it widely:

<http://www.surveymonkey.com/s.asp?u=389522211441>

Another survey for employers can be found at:

<http://www.surveymonkey.com/s.asp?u=712942212932>

If you have any questions or concerns please contact:

Stephanie Berry

Tel: 506-858-1650

Fax: 506-855-5567

TTY: 506-858-1657

Email: sberry@ccrw.org

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Websites:

www.ccrw.org

www.workink.com

Events

Rick Hansen

presented by

Wheels In Motion



Scotiabank

GET YOUR WHEELS IN MOTION

The 6th Annual Rick Hansen Wheels In Motion, presented by Scotiabank, will take place in communities across Canada on June 8, 2008 (some being held on other dates). This year's event

will feature the unique and exciting Scotiabank Wheelchair Challenge, with teams of five competing against the clock and each other in a wheelchair relay. Participants will try their hand at mouth-painting, wheelchair sports, and other activities that foster a better understanding of what it is like to navigate through life in a wheelchair.

The majority of funds raised through Wheels In Motion stay in the community where they are raised to help improve the quality of life of people living with spinal cord injury and related disabilities. Since 2003, Wheels In Motion has raised more than \$7.6 million to support more than 700 Quality of Life solutions for people living with SCI.

In Alberta alone, Wheels In Motion has raised more than \$510,000 to provide much needed support to more than 56 Quality of Life projects, ranging from funding for the purchase of a shower stretcher for the spine unit at the Steadward Centre, to supporting wheelchair rugby and sledge hockey in Edmonton, to assisting with the final touches to an accessible pool complex in High River.

How to get involved

There are a number of ways to get involved with Wheels In Motion, have fun, and make your community more inclusive and accessible for all!

- Enter a team in the Scotiabank Wheelchair Challenge if one is being held in your community (listings are on our website).
- Volunteer to plan or help out at your local event.
- Make a donation, pledge a participant, or help us fundraise by organizing a special event.

For more information please visit www.wheelsinmotion.org or contact:

Kate Gallagher - kgallagher@wheelsinmotion.org - 780-289-3077

Dawn MacTaggart - dmactaggart@wheelsinmotion.org - 403-695-8562

Please view the table below for more information on an event near you!

Event: Calgary

Location: Rotary Challenger Park

Challenge Event Registration: 12h30

Challenge Event Start: 1h30

Contact: Dawn or Sharlene

Phone: 403-228-7428

Email: dmactaggart@wheelsinmotion.org

Event: Denwood (Camp Wainwright)

Location: CFB/ASU Wainwright (Buffalo Park)

Contact: Bryan Silver

Phone: 780-806-9178

Email: bsilver@telus.net

Event: Edmonton

Location: University of Alberta

Challenge Event Registration: 9h00

Challenge Event Start: 11h00

Contact: Kate Gallagher

Phone: 780-289-3077

Email: kgallagher@wheelsinmotion.org

Other Notes: Wheel/Walk Start Time: 10h00

Event: Elnora

Location: Elnora Drop In Centre

Contact: Gwen Renouf

Phone: (403) 773-2270

Email: elwest@telus.net

Event: Grande Prairie

Location: Legion Field

Challenge Event Registration: 9h00

Challenge Event Start: 10h15

Contact: Travis McNally

Phone: 780-539-4098

Email: mctravis@telusplanet.net

Other Notes: Opening Ceremonies: 10h00 Lunch: 12h30

Event: Lethbridge

Location: Galt Gardens

Challenge Event Registration: 9h00

Challenge Event Start: 10h00

Contact: Michelle Gjerlaug

Phone: 403-320-9119

Email: mgjerlaug@lethbridge-family-services.com

Web: [Location - Click Here](#)

Other Notes: Event Day June 14, 2008

Event: Medicine Hat

Location: Police Point Park

Challenge Event Registration: 11:00

Challenge Event Start: 12:00

Contact: Shirley Jago

Phone: 403-504-4001

Email: shirley.jago@cpa-ab.org

Event: Olds

Location: Scotiabank Parking Lot

Challenge Event Registration: 13h00

Challenge Event Start: 14h00

Contact: Sherry McIntosh

Phone: (403) 556-1405

Email: sherry.mcintosh@scotiabank.com

Event: Vermilion

Location: Red Deer College and Parking Lot

Challenge Event Registration: 10h00

Challenge Event Start: 10h00

Contact: Debbie Murray

Phone: (403) 342-4550

Email: wheels-in-motion@googlegroups.com

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CPA Charity Golf Tournaments



Golf Tournament in Red Deer

10th Annual Canadian Paraplegic Association (Alberta) Charity Golf Tournament

Presenting Sponsor: The Scottsville Group of Company's

Friday August 15, 2008 at River Bend Golf Course

Shotgun Start 8:30 a.m.

18 holes with a vehicle on each hole as a Hole-In-One prize

Second Hole-In-One cash prize on each hole

20 golfers, drawn at random, will take part in the \$100,000 Shoot-Out

Maximum Number of Players 160

Silent and Live Auctions

Dinner & Registration

Cost \$200/player - Cart Included

Contact Phone Number -- 403-341-5060

E-mail: golfreddeer@cpa-ab.org

Phone: (403) 341-5060

You can register online: www.cpa-ab.org/golf

Golf Tournament in Edmonton:

9th Annual Canadian Paraplegic Association (Alberta) Charity Golf Tournament

Tournament Sponsor: Ron Hodgson Pontiac Buick GMC and Southgate Pontiac Buick GMC Hummer

Tuesday, August 26, 2008

RedTail Landing Golf Club

9:00 a.m. Shotgun Start - Texas Scramble

Registration opens at 7:30 a.m.

Dinner follows the game - Awards, Live & Silent Auction

Maximum Number of Players 144

Cost: \$250/player - \$1000/foursome- includes cart, gift, food and more!

Contact: Marc Quinn at (780) 424-6312 ext. 2226

or marc.quinn@cpa-ab.org

You can register online: www.cpa-ab.org/golf

Golf Tournament in Calgary:

8th Annual Canadian Paraplegic Association (Alberta) Charity Golf Tournament

Thursday August 14, 2008

\$1000 per Foursome

Carmoney Golf Club

Carmoney.com

1:00 pm Texas Scramble Shotgun start

Registration Opens at 11:30 am

Registration fees includes green fee, power cart, dinner, gifts and prizes for four golfers

Dinner to follow golf

Featuring a silent and live auction including one-of-a-kind experiences and memorabilia

For reservations contact:

Barry Lindemann (403) 228-3001 or Barry.lindemann@cpa-ab.org

Sharlene Bridal (403) 228-3001 or Sharlene.bradal@cpa-ab.org

You can register online: www.cpa-ab.org/golf

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Edmonton

AISH Workshop Notice

The AISH Network Society of Alberta is hosting workshops on May 30th and June 13th from 1-4 P.M. at the General Hospital Auditorium. The May 30th workshop is on "Benefits and Opportunities for AISH Recipients". The June 13th workshop is on "Self Advocacy for AISH Recipients". The workshops are free to members of the AISH Network Society but pre registration is required.

Members can register by calling the AISH Network Society's office at 482 8921. Nonmembers are welcome and can purchase tickets by calling 1-877-888-1757. Cost \$10 for both workshops refreshments included. Please note that the General Hospital Auditorium is wheelchair accessible

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Invitation to Paralympic Banner Signing Event

It's my pleasure to invite you to attend an exciting event hosted by the Steadward Centre for Personal and Physical Achievement and the Canadian Paralympic Committee on **Wednesday, May 14.**

Paralympic ambassador, Shauna Maria Whyte (to be confirmed), will be in attendance at the Steadward Centre as part of a Canada-wide tour to raise awareness about disability sport and to enable members of communities across the country to wish athletes good luck at the Paralympic Games in Beijing – and particularly to cheer on our Alberta contingent.

We hope to fill a large 3' x 9' banner with names and good wishes for our Paralympic athletes which will hang at the Athlete Village – and we hope you will be able to join us to celebrate and support our Paralympians!

Here are the details:

Wednesday, May 14, 2008

1300 – 1430 (starts at 1300 sharp)

E-19 Van Vliet Centre

University of Alberta

Reception to follow media event

Please join us to celebrate the talent of our wonderful Paralympic athletes.

Kindly RSVP by May 1, 2008 to Suzanne French at suzanne.french@ualberta.ca or 492-7298. Please feel free to forward this invitation to anyone who may be interested in attending.

I look forward to seeing you there!

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Are you in need of a relationship mechanic?

Healthy relationships are the greatest source of joy in life. However, when you're not getting what you need from your relationships, they can be a source of pain and frustration. Sometimes your relationship with your partner, family, friends, co-workers, or others may need a little tune-up.

Come in today and get started.

- no-fee
- confidential
- qualified counselling support for individuals and families
- walk-in only (no appointment required)
- morning, afternoon and evening hours available to better serve working people.

For counselling hours and location information, call 482-0198 or visit

www.thesupportnetwork.com.

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Tax Preparation

Do you have a low income and need help with preparing your 2007 income tax return? If so, we can help! A community Volunteer Income Tax Preparer has offered to do this service for free to CPA members.

For more information contact:

Georgina Ball, Client Service Coordinator

Ph: (780) 424-6312 ext. 2231

Email: georgina.ball@cpa-ab.org

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Lethbridge

Staff Updates



Eliza Walters the Community Development Coordinator was recently married in December to Davis Yawney. Eliza, now going by Eliza Yawney, will be leaving the Lethbridge office to follow her husband up to Edmonton. She will be staying with the CPA and working out of the head office in Edmonton, taking on the role of Communications. Eliza has enjoyed her time working in Lethbridge.

We would like to welcome a new staff member in the Lethbridge office. Jami Cook will be taking on the role of community development coordinator. Jami is excited for this new position and is prepared to work hard to make Lethbridge a better place to live.

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Parking Survey

We would like to thank all of the individuals in Lethbridge who have filled out parking surveys and returned them to the CPA office. The results we obtain will be made into a presentation that will be given at city hall in hopes of improving the accessible parking in the city of Lethbridge. Stay posted for an update.

hard to make Lethbridge a better place to live.

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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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Grande Prairie

Grande Prairie 2008 Rick Hansen Wheels in Motion

The Community Committee on Disability Issues (CCDI) will be hosting a Rick Hansen Wheels in Motion event, Sunday, June 8, 2008, 10 am, Legion Field (11313-105 Street).

Rick Hansen Wheels in Motion is presented by Scotiabank.

CCDI Chairperson, Travis McNally, states “a spinal cord injury can happen in a moment...it can change lives forever...when you get involved in a Wheels in Motion event, you can help find solutions for people with spinal cord injury”.

Locally, a portion of the funds raised this year will help pay for the new accessible playground at the soon to be constructed J. C. Mackie Park, in honor of the City’s first Mayor, at 111 Street and 106 Ave. Grande Prairie.

Rick Hansen Wheels in Motion brings the community together to have fun and to meet new people. On Sunday, June 8, 2008, people of all ages and disabilities are encouraged to participate in the fun and exciting Scotiabank Wheelchair Challenge where teams compete in a relay and gain a better understanding of issues that people living with spinal cord injury face in their day-today lives.

To enter a Scotiabank Wheelchair Challenge (relay team of 5) contact Chris at 832-6767 or register at 9 am on the day of the Rick Hansen Wheels in Motion event.

Those wishing to donate can do so at www.wheelsinmotion.org or at any Scotiabank branch or by contacting Travis McNally at 1-780-539-4098 or mctravis@telusplanet.net Please use the Event Site Number 2008-34 for Grande Prairie and surrounding area.

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Creative Solutions & Ideas

Travel tips

Here is a website that a friend of mine used when they were in need of a personal care attendant while traveling. From what I understand the service uses local RNs and nursing assistants. I'm not sure if they travel with you, but my friend was able to arrange for his attendant care needs while he was in Hawaii through the service.

<http://www.nursefinders.com/client-services/home-health-care/>

Happy travels!

More Travel Tips

This is the newsletter from the Canadian Transport Agency – it contains articles on the one-person-one fair issue and other interesting stuff for people who like to travel.

Our Moving Ahead Newsletter is now available at

http://www.cta-otc.gc.ca/access/newsletter/spring2008/index_e.html

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"Universally welcoming"

A recent story from the Journal featuring Edmonton architect Ron Wickman's home as an example of Universal design.

<http://www.canada.com/edmontonjournal/story.html?id=3c208fc5-e7a7-4436-9a70-13b9dde6467b&k=38382>

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Jobs and Careers



United Way

Position: Book Keeper/Office Assistant

For: United Way Lethbridge & South Western Alberta

The United Way is a registered charitable organization seeking an individual to fill the position of Book Keeper/Office Assistant. The successful candidate must have accounting and booking experience. This position requires strong communication and organizational skills with the ability to multi task.

Minimum Skills Required

Very familiar with Simply Accounting

Microsoft Office Software

Excellent interpersonal, written and oral communication skills

Ability to work independently and pay close attention to detail

Hours of Work: 15 hours per week

Start Date: Immediate

Apply to:

United Way of Lethbridge & South Western Alberta
Attention: Ms. Shawn Hamilton
Executive Director
1277 – 3rd Ave. S.
Lethbridge, AB
T1J 0K3
Or Email to lethbridgeunitedway@telus.net

We thank you for your interest but only those selected for an interview will be contacted.
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Tetra Society of North America Technical Volunteer Position

Responsibilities:

- Receive orientation session with Tetra Coordinator
- Participate in monthly Volunteer Project Meetings when held
- Meet with Tetra client to discuss project requirements, normally in the presence of third-party member (friend, family member, caregiver, etc.)
- Design and build an assistive device or adaptive solution based on identified requirements, within an agreed timeline
- Follow safety guidelines established by Tetra
- Make adjustments to assistive device as necessary, until both client and volunteer are satisfied with results and function
- Provide documentation of project solution, providing detailed diagrams/photographs, wherever possible
- Present project solutions at Volunteer Project Meeting when held
- Arrange for re-imbusement of expenses with client, with assistance of Tetra Coordinator as required

Position Requirements:

- Background in engineering, technology, architecture, health care, or related discipline
- Understanding and support of Tetra's mission, values, and operating parameters
- Willingness to participate in Tetra's screening measures, including an interview, and as appropriate a reference check and police record check
- Excellent communication skills
- Ability to maintain confidentiality

Time Commitment:

****Because each client's request is unique, time required for each project will vary, but usually will require a minimum of 6 hours**.**

For additional information, please call:
Pat Tweedie, national program coordinator
Ph: 604-688-6464 Ext.108
Email: ptweedie@tetrasociety.org
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Wheelchair Sports

One-wheeling to paradise: TrailRider features



The TrailRider is a revolutionary mobility device that provides unparalleled wilderness access possibilities for people with a disability.

It is a futuristic-looking, lightweight, one-wheeled vehicle that carries its occupant across rugged terrain with the help of two able-bodied individuals, one who pulls and one who pushes.

Brainchild of the Disability Foundation's Sam Sullivan and engineer and long-time Tetra Society volunteer Paul Cermak, the TrailRider has evolved through several design stages since the first prototype was built in 1998.

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Items for Sale

Scooter for sale

Lightly used Chauffeur mobility scooter for sale. The batteries have worn out due to lack of use. Please contact Wally Jensen for more information 752-4889

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Free 3D-Jigsaw Puzzles

Got too much time on your hands? Why not fill it by doing 3D jigsaw puzzles. The best part is...their FREE!!

Contact Ruth for more information: (403) 329-1614

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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/204>

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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

(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

The next issue of CPA (Alberta) *Wheel-E* will be June 2nd 2008. First deadline for submissions will be May 26th 2008. Please send in your announcements before the deadline!

To unsubscribe or to change your coordinates please email: 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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