



Wheel-IT

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

Wheel-IT vol.6
April 28, 2006

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Announcements

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

"If you're going to think anyway, why not think positive?"-unknown

CPA Alberta Upcoming Events

MAY EVENTS

Edmonton Bingos: come out and volunteer or just go play! :)

May 3, 19, 23 Afternoon: to volunteer call Lynn Manarey - 440-0372

May 12, evening: to volunteer call Sue Cullen or Marc Quinn 424-6312

Edmonton Peer Evening: What the "Rec" is going on? May 02, 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.

United Way champions the Great Human Race! Saturday, May 06 3km walk, 8 km run. The Great Human Race is going to be the largest annual gathering of heroes ever and it's going to happen right here in the Alberta Capital Region. The Great Human Race provides the infrastructure and expertise empowering community agencies to generate vital funding. United Way administers all of the logistics of the race to ensure that participation is simple and effective for the groups involved.

In 2005 more than 12,000 donors, 2500 participants, 300 community agencies and 130 volunteers came together in the largest collaborative fundraising effort in our Region. The race generated more than \$250,000. Over the last 5 years the Great Human race has generated more than \$1.2 million to the community.

The Edmonton CPA office has put together the *Quad Squad team*. People are invited to sign up as an individual, join our team "Quad Squad", or donate. They can do so by logging onto www.greathumanrace.com

AND DON'T FORGET TO REGISTER FOR ...

Wow- Guess Who's Coming to Edmonton?? Rick Hansen! Yes, the man in motion himself will be in town for the Rick Hansen Wheels In Motion on June 11th. Rick Hansen Wheels In Motion is an annual fundraising event held in communities across Canada to help improve the quality of life of people with spinal cord injury (SCI) and related disabilities. Funds raised provide support 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.

The 4th annual Wheels In Motion event will be held in communities across Canada on Sunday June 11th, 2006. To get involved and help organize an event in your community, please visit the website at www.rickhansen.com or call 1.866.60-WHEEL (1.866.609.4335). The CPA is directly involved as well so give us a call and see how you can be a part of this exciting event!

We Want To See You On The Greens!! The golf season is fast approaching and so is the ***Sixth Annual Canadian Paraplegic Association Calgary Charity Golf Classic***. This year's tournament will begin at **1:00pm on Thursday, June 15th, 2006** at the ***Valley Ridge Golf and Conference Centre***. Our tournament is a fun filled day that includes lunch and **registration starting at 11:00am**, a disabled golf

demonstration, and a shotgun tournament start followed by a best-ball format game. Once the round is over all the participants will step into the winners circle with an awards presentation, a charity auction, a delicious dinner, and a few relaxing cocktails. For more information: Quinn Page, Golf Tournament Coordinator. Phone: (403) 228-3001 or email: quinn.page@cpa-ab.org .

Annual CPA Golf Tournaments will take place in **Edmonton on August 17**, and in **Red Deer on August 18th** as well.

AND HAVE ANOTHER LOOK AT....

CPA (Alberta) Odyssey Website Update *by Odyssey Coordinator, Russ Bray*

The work continues! Since last fall, 19 videos have been added to the CPA (Alberta) Odyssey website. Besides continuing to provide information on career mentorship, we have developed additional areas of interest including sports, recreation, leisure, housing modifications, adaptive vehicles, family dynamics, and independent living featuring people from all over Alberta including Red Deer, Calgary, Edmonton, Lethbridge.

Odyssey means journey and this site is living up to its name. More changes are ahead, including more diverse topics, updating videos to ensure information is current and increasing the number of mentors. **I am looking for individuals who have a story to tell and are willing to share their experiences learning to live with their disability.** There is a criteria to follow, but I need people from the Province of Alberta – young, old, urban, rural, First Nations, male, female. The main requirement is that they be able to relate their story in a clear manner and be capable of being a peer mentor.

Need a video or dvd for a presentation? Want to showcase our mentors and their accomplishments? Give me a call and I will be pleased to develop a dvd/video to meet your needs. Our Odyssey website is creating new interest with Albertans and other organizations (provincially, nationally and internationally). Website hits are now averaging 700 per month and continue to increase. We continue to lead the way with this format of video content and using this medium to get our message out there. To visit the Odyssey Website go to: www.cpa-odyssey.org .

Edmonton Happenings

Capital Region Archery Club C.R.A.C. is a member operated club providing all levels of archery from introductory through to Olympics training for all ages. Our mission is to promote and develop the sport of archery in a safe and ethical manner by providing programs that encourage participants to enjoy themselves and achieve their personal goals. Visit their website for more information on their club, schedules and member benefits.

Go to: <http://crarchery.ca/>

Want to be part of a City of Edmonton event? The City of Edmonton now automatically provides American Sign Language (ASL) Interpreting Services and Real

Time Captioning services at all major events held at City Hall and Churchill Square. Deaf or hard of hearing Edmontonians and their families and friends can request that ASL Interpreting Services or Real Time Captioning services be provided at other city events, public meetings or open houses by contacting the Citizen Action Centre. The use of an Assistive Listening Device is also available upon request for meetings within City Hall. Please contact the Citizen Action Centre for requests as the CAC is tracking the volume of requests for these services. In order to accomplish this, we request that you do not call the City Department that is advertising the open house, meeting or public event. Contact the Citizen Action TTY/NexTalk 944-5555 Press O, e-mail cacentre@edmonton.ca or call 496-8200.

EmployAbilities & Capital City Savings Golf Tournament: Friday June 16, 2006 at The Links in Spruce Grove. The tournament raises Awareness and Funds to help EmployAbilities provide its services to the community. To register or volunteer call 780-945-4642.

Calgary Happenings

7th Annual Education Day Wednesday May 31st Glenmore Inn & Convention Centre 2720 from 1:30 - 3:30 pm., Glenmore Trail SE Calgary, AB. The trade show (main exhibit room) associated with this event is open to the public at no charge with no registration necessary. Please come and view the latest products from a number of the leading manufacturers and suppliers including: RGK, Sunrise Medical, Ottobock, Pride Mobility Mentor, Innovators, Evelotion, Garavanta Lifts, Australian Sheepskin, just to name a few.

Good News To Know About!

Bookmark this Website! Gizmo's Top Picks of the Best Utilities and Tech Resources.

Looking for the best PC information? Like to make a bootable CD? Want to fix your monitor?

Gizmo's famous list of the Best Free Utility Programs.

If you are having trouble with anything on your computer this site may just have the solution.

Go to: <http://www.techsupportalert.com/index.html>

New Checklist for Accessibility and Universal Design in Architecture

From the Advisory Board on Services for Persons with Disabilities

The Accessibility Committee recently met with architects from Barr Ryder Architects and Planners, who are in the process of designing the new Lois Hole Library in Edmonton. The Committee members were thrilled with the way in which the architects used the Checklist to successfully apply the key universal design principles to their initial design. The Checklist focuses on 10 main areas which require attention from an accessibility/universal design perspective when new construction or renovations are being undertaken. **The 10 categories are: Parking, Entrances, Signage, Stairs, Elevators, Ramps, Handrails, Washrooms, Inter design Elements, and Alarm Systems and Emergency Exits.** This checklist does not address every eventuality related to universal design, it is meant to be used in conjunction with the Barrier-Free Design Guide and the Alberta Building Code.

The Accessibility Committee is also pleased to announce that a PowerPoint presentation will be available in the fall of 2006, complete with color photos highlighting key universal design principles from the Checklist. Accessibility Committee members will be pleased to present this seminar to all appropriate divisions within the City of Edmonton.

For Further information about the Checklist or the Universal Design lunch 'n learn presentation, please contact Diana O'Donoghue at the Advisory Board on Services for Persons with Disabilities at (780) 496 - 5822 or (780) 944 - 5555 (TTY) or by e-mail at disability@edmonton.ca. The checklist is available online at <http://www.edmonton.ca/disability> .

Proposed Neuromuscular Centre at the Glenrose Rehabilitation Hospital.

The Capital Health Authority is currently investigating the possibility of creating a neuromuscular centre at the Glenrose Rehabilitation Hospital in Edmonton. The multidisciplinary centre would provide integrated care for people neuromuscular disorders including muscular dystrophy, ALS and polio. Unique in its field the centre would focus on finding better solutions to health care delivery for the treatment and diagnosis and also generate relevant research and best practices around the world.

Rick Hansen Wheels In Motion and Invacare Canada Provide Much Needed Equipment to Wheelchair Sport Organizations Wheelchair sport organizations across Canada will benefit from an individual donation of \$150,000 directed to Rick Hansen Wheels In Motion and through a partnership with mobility equipment supplier Invacare Canada, in conjunction with their dealers. Together they delivered 81 wheelchairs and other sport mobility devices to wheelchair sports organizations across Canada. The wheelchairs will provide people with spinal cord injury (SCI) and related disabilities the opportunity to participate and

compete in sports such as wheelchair basketball and wheelchair rugby. "It's important to provide people with spinal cord injuries and related disabilities the chance to be involved in sport programs in their communities. Access is key to ensuring that people can fully participate in sport and physical activity. I am grateful to Invacare Canada for supporting this initiative and for helping to make a difference in the lives of others," said Rick Hansen, President and CEO of the Rick Hansen Man In Motion Foundation. The Foundation accelerates improvements to the quality of life of people with spinal cord injury and related disabilities. Major programs include, the Spinal Cord Injury Network, Wheels In Motion, Ambassador Program and the School Program. The Foundation also hosts two fundraising fishing events in support of its mission, the Rick Hansen Fishing Challenge and the Rick Hansen Sturgeon Classic.

Call for Design Problems *from Daryl Caswell PhD. PEng. Senior Instructor Faculty of Engineering University of Calgary*

Do you have frustrations with being able to efficiently accomplish certain physical tasks during the course of your day? At the University of Calgary, there might just be a means for addressing some of those problems. Over the last six years a small group of engineering design instructors has been building a design education program that challenges students to develop creative solutions to problems experienced by members of local communities. The most successful and meaningful of these projects is "Aids for Assisted Living". One favourite was the design of a door stop for a person in a wheelchair. The need was to be able to answer a knock at the door without having to commit to allowing the person to enter. Students have come up with solutions and even prototypes for a wide variety of Aids for Assisted Living. Last year, 150 first year design teams tackled the problem of designing a sand-digger for use by a child in a wheelchair. There is a very high level of interest and motivation from our students when they realize that they are doing work that will benefit a real person.

We would love to hear about the design issues you might have. We are looking for problems that are big enough to keep the students involved for six weeks or two months. The door stop problem was a full, two semester problem. We can help you to determine the scope of the problem. We are looking for problems that have no current satisfactory solution. We want our students to be free to create new solutions. This means we would not be able to simply build a solution that you have already developed. We encourage the people with the problem to come and talk to the students. During the course of the project we would like you to be available to meet with students for question and answer sessions. This can be done in the lab (4 hours total time) or by email or we can do video tape. Since we began to develop the design course in 1997, we have run over 100 projects and have developed a special interest in projects that promote social and cultural awareness in our students. We hope you will be interested in participating in the training of the engineers of tomorrow.

To pass on your project ideas please call Darryl @ 220-5160 or email him at djcaswel@ucalgary.ca

Transplanted Mice Cells Ease Rat Paralysis

By MALCOLM RITTER, AP Science Writer Wednesday, March 29, 2006 (03-29) 06:12 PST NEW YORK, (AP)

Scientists eased the paralysis of rats with spinal cord injury by transplanting cells taken from the brains of adult mice, an encouraging sign for developing a human treatment, researchers reported. "Someday, such cells might be taken from the brains of patients with spinal cord injuries for their own treatment," said researcher Dr. Michael Fehlings

To read further in this article go to:

<http://sfgate.com/cgi-in/article.cgi?file=/n/a/2006/03/28/national/a140504S26.DTL>

In Memory of CPA Friends

CPA client, Blain Greschuk, a T9 paraplegic from Edmonton, passed away in early April at the age of 43 years old.

CPA client, LeRoy Pearce, from Edmonton, passed away on April 10, 2006 at the age of 66 years old. LeRoy was a candidate for the Provincial NDP party and was very involved with fundraising for the Multiple Sclerosis Society.

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 May 31, 2006. Send in your June announcements! Deadline for submissions will be May 29, 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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