



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.1
November 25, 2005

Welcome to the inaugural issue of the *Wheel-E* bringing you news, events and announcements to your inbox every month. With this monthly newsletter we hope to give you our most current and up-to-date information. Like **Spinal Columns** and the **CPA (Alberta) Website**, we are very interested in your viewpoint and news too, so please, consider this venue as your forum for announcements! If you have something to announce or something to sell or have found an interesting web link or product/health information that you would like to share with other CPA members, email: CPAAAlbertaNewsletter@cpa-ab.org.

In the November edition:

- Services and Sources
- CPA Alberta Events – Mark Your Calendar!
- CPA Alberta News and Resources
- Events, Sports and Recreation
- Research Opportunity
- Advocacy
- Call for Subscribers /Privacy Statement/Next Issue

Services and Sources



Computer Repair * Upgrading * Training * Product Support

Call Joseph Gabrielson in Edmonton at (780) 455-8260 for all your computer servicing and training needs!

PERSONAL CARE SOCIETY

Newly incorporated as a non-profit organization, the Society is the brainchild of Jerry Schafer (www.worldwidecaregivers.ca) and its goal is to ensure that caregivers are in place when emergency circumstances arise. The Personal Care Society of Alberta is in the midst of fundraising right now and will be raffling off a Hummer vehicle – tickets are available by calling 780-709-0005 during the 2nd week of December. If you are interested in learning more about the Personal Care Society of Alberta read the recent article on the Society at : <http://www.canparaplegic.org/ab/level2.tpl?var1=story&var2=ab20051109115648> .



CPA Alberta Events - Mark your calendar!



CHRISTMAS WITH CPA (ALBERTA)!



Edmonton - CPA PEER EVENING CHRISTMAS SOCIAL

Tuesday, December 6, 2005 6:30 pm - 8:30 pm. Glenrose Hospital 3rd Floor, Unit 3B, Patient Dining Room. Come and join us for the CPA Peer Evening, Christmas Social. The Peer Evenings are very informal and a great way to meet others with spinal cord injuries. Share your life experience with someone newly injured or learn from others who have been at it longer than you. Refreshment and hors d'oeuvres will be served. RSVP by Dec 1st or if you have any questions please call Guy at 424-6312, Ext 2227 or email guy.coulombe@cpa-ab.org

Calgary - CHRISTMAS DINNER

All members are welcome to come and enjoy themselves at the Calgary CPA (Alberta) Christmas Dinner on Wednesday December 14, 2005 at the Blackfoot Inn – Main Ballroom 5940 Blackfoot Trail SE 252-2253, Cocktails 6:30 – 7pm, Dinner 7 – 8pm, Entertainment 8:00- 10:00, Tickets \$18.00 per person. Please register by December 9th by calling (403) 228-3001 .Tickets will not be sold at the door.



Edmonton - DISABLED PARKING AWARENESS

On November 24 at City Hall, Disabled Parking Awareness Day was proclaimed. This media event was to raise awareness of the need for these parking spaces with the general public. Guy Coulombe of CPA is a member of a Provincial Parking Placard Policy Review Committee that is making recommendations to the Dept of Transportation on enforcement, fines, signage, size and location of stalls and eligibility. Recommendations will then go to the Minister for action. The City of Edmonton Advisory Board on Disability is in need of members. If you are interested call City Clerk Office 496 8117 or Advisory Board office 496 5823.



CPA (Alberta) is busy getting ready for the upcoming Red Carpet Affairs, our Gala fundraiser of the year. Calgary's event takes place on February 09, 2006 in the Palomino Room, Stampede Park and Edmonton's event takes place on March 09, 2006 at the Crowne Plaza, Chateau Lacombe. Both Red Carpet Affairs will feature Jeff Adams, Canadian Gold Medal Olympian, five-time Paralympian and six-time world champion wheelchair racer. Through his intensely personal story Jeff shows his audience the power of focus can make a winner out of anybody. The Red Carpet Affairs will also feature dinner, live and silent auctions, and are a tremendous opportunity to participate in an evening of Celebrating Ability and to recognize those in our community whose dedication has helped further awareness and inclusion of persons with disabilities into the community. For more information on sponsoring the Red Carpet Affair events or ordering tickets in Edmonton call (780) 424-6312 and in Calgary call (403) 228-3001.



CPA News and Resources

NEW VOLUNTEER OPPORTUNITIES AT THE CPA

"Do all you can with what you have, in the time you have, in the place you are."-unknown

The CPA (Alberta) is embarking on a campaign to attract new volunteers to the organization. We have numerous opportunities to get involved in helping the CPA carry out its mandate. The most important one is activities that help raise money to cover the cost of our services. While receive funding from the government and United Way, we still need additional funds and our volunteers play an important role by helping out at our peer events, regular bingos and casinos.

Edmonton - CPA is very active at both the Allendale and Castledowns Bingo Halls. We have both afternoon and evening/late evening shifts to cover and we like to mix new volunteers, ongoing volunteers and staff as much as possible. New volunteers will receive training and will be partnered with more experienced volunteers until they "get the hang of things." We also have opportunities for volunteers at our monthly Peer Evenings, our annual golf tournaments and Red Carpet Affairs and often require support for a variety of tasks in our office at the Hys Centre.

For more information, call the Edmonton CPA offices at 424-6312 and speak with Sue Cullen or Marc Quinn. Regarding help with our Peers Evenings and peer support, ask to speak with Margaret Conquest or Guy Coulombe.

Calgary - To speak with someone about volunteer opportunities please call (403) 228-3001.

ODYSSEY WEBSITE – WHERE LIKEMINDED PERSONS CAN MEET IN INTER-SPACE....

If you are an artist, athlete or someone who wants to connect up with others who have similar interests and goals, the CPA (Alberta)'s Odyssey Website is just the place for you. The Odyssey Website is a powerful tool that provides good information and "real life" experiences on a variety of topics such as employment, recreation, and education. As an incarnation of the successful Peer Program, Odyssey features experienced people who are eager to mentor others, and sets, as its goal, a venue "to provide individuals with spinal cord injuries and other physical disabilities with information on how to meet a variety of challenges, social and environmental with regards to returning to the community, family, work, school or their interests and hobbies. With new categories such as sports and recreation, CPA clients will gain insight into participating in sports which benefits them physically, emotionally as well as improving their wellbeing." CPA (Alberta) is proud and excited about its Odyssey Peer Program and believes in particular that the Odyssey Website is on the leading edge of connecting peers. Don't delay, visit www.cpa-odyssey.org today!



CPA LIBRARY RESOURCES

Come and visit us and check out our libraries!

In the Calgary CPA (Alberta) office [address 401, 320 – 23 ave. SW]

-*Spinal Impact* A TLC video production that explores some of the more recent breakthroughs in treatment options for individuals with spinal cord injuries. The video also profiles individuals and their families who talk about their experiences with the rehabilitation process. This video is a good resource for Staff and Students and offers an opportunity to gain insight and or augment knowledge in spinal cord rehabilitation and treatment options that maybe used.

-*Great American Vacations for Travelers with Disabilities* This resource guide offers information on travel destinations across the United States. Complete essential tips for travelers with disabilities regardless of their destinations which includes, tips on Air Travel, Insurance, Car Rentals, etc. The guide then provides a breakdown of information specific to each destination from Boston to Yosemite National Park and everything in between. The information includes: Accommodations, Travel Options, Service Organizations, Places of Interest, Dining Entertainment, Shopping, Outdoor Activities and much more. This resource would be good for anyone needing to address issues related to disability and wanting to travel or plan a vacation.

In the Edmonton CPA (Alberta) office [address 305, 11010-101st]

-Thinking about Travel to Scotland? We have two resource guides that can help while planning your trip. We also have Accessible Scotland and Tourist information about the town of Oban and surrounding area tourist attractions.

-*The Disabled Woman's Guide to Pregnancy and Birth* is a comprehensive and useful guide based on the real-life experiences of women with disabilities who have chosen to have children. Empathetic, balanced and practical, it answers critical questions and provides guidance for the woman with a disability facing one of the biggest challenges of her life. The author, Judith Rogers is a disabled mother of two children and the pregnancy and parenting specialist at Through the Looking Glass (TLG), a national institute Resource Center in Berkeley, California.

ACCESSIBILITY ABOUNDS IN ALBERTA

Marlin Styner, CPA (Alberta) Red Deer Community Development Coordinator, has developed an excellent presentation on Universal Design and promoting multi-purpose centres and general barrier-free access. Marlin has been presenting the Power Point presentation all around Alberta, most recently at Construct Alberta, the Homebuilder & Renovation Expo in Calgary. The presentation is an eye opener for anyone at all interested in functional and aesthetically pleasing designs that create an accessible world that all can enjoy. If you are interested in booking Marlin or having a presentation about barrier free access for your group please call the Red Deer office: (403) 341-5060.



Events, and Sports and Recreation

INTERNATIONAL DAY OF DISABLED PERSONS

Edmonton - On the morning of December 2, 2005 at City Hall in Edmonton, inspirational speaker and country and western singer Terry Kelly will be providing a free talk and songs for individuals who are coming out to

celebrate the abilities of disabled persons. In addition, a number of awards by the Premier's Council on the Status of Persons with Disabilities will be given out to individuals, organizations, groups and businesses which have contributed to the development of barrier free environments in Alberta. Special recognition is also given to individual Albertans who have demonstrated outstanding leadership toward the full inclusion of persons with disabilities.

Below a link to the International Day of Disabled Persons events web site happening throughout the province. There will be some more exciting events added to this list shortly so keep checking back!

http://www.seniors.gov.ab.ca/CSS/premiers_council/int_dis_day/calendar/index.asp

Edmonton- LEARN TO SKI runs for eight consecutive Wednesdays : 7 - 9 p.m. Rabbit Hill, beginning in January. Volunteers provide one-on-one ski instruction for students at all levels, from beginner to advanced. **LEARN TO RACE** This program has been designed to provide advanced students with an opportunity to develop higher-level techniques, and will incorporate a "learn to race" component without intense competitive pressure. Students are also given the opportunity to compete at races throughout the season. eight sessions (Wednesday at Rabbit Hill 7 – 9 pm starting the first week in January), trained volunteer instructors work with individuals with disabilities and their families to teach the fundamentals of adapted skiing, assistive equipment (special poles, ski modification, sitskis) where necessary. The lessons and membership cost for CADS are \$180.00, which includes all equipment, and lift passes. **For more information on Learn to Ski and Learn to Race call 780-907-9993.**

Edmonton - GOALBALL is an exciting game and the practices are run by Carrie Anton, who is a Paralympic Finalist for Goalball. She has organized practice times for November 1, 8, 15, 22 and Dec. 6, 13 at Grandin School (110 Street and 99 Ave) from 8 – 9:30 pm. If you are interested please contact Carrie in Edmonton at 982-1455 or at antonc@telusplanet.net . . (reprint from PSA (The Paralympic Sports Association) - Monthly Update November

Edmonton - NORTHERN LIGHTS WHEELCHAIR BASKETBALL Junior Program (8 – 14 years) Saturday 10 – 12 in North Edmonton, Montgomery League (16 – 50+ years) Tuesday nights at the ACT Gym from 5:30 – 8 pm. For more information about these programs please contact Jordan at jordan@albertanorthernlights.com There will be a forum for post-secondary students and recent graduates with disabilities.

Edmonton - Anyone interested in Curling? Or know of someone who would like to curl? The Paralympics Sorts Association is offering curling again this winter and would like to see more female curlers participate. Practice Sundays from 3-5 on the SouthSide. Please call Duane at (780) 456-1623.

Calgary - CANADIAN ASSOCIATION FOR DISABLED SKIING KICKS OFF A NEW SEASON *From Russ Bray, CPA (Alberta) Calgary office*

CADS-Alberta Calgary Region gets going Friday Dec 2nd with about 160 students and 170 ski instructors (volunteers) at Canada Olympic Park. I was so inspired while shooting a video for our Odyssey Website; I decided to volunteer as an instructor. Intensive training was held November 18th, 19th and 20th. One of our members, Mike Seifert, has been an instructor with this program for 5 years and is one of the supervisors for the sit-ski program. As a paraplegic, Mike is a great advocate for disabled skiing. So, if you are interested - there are volunteer opportunities in instructing and many other areas. Please contact Chuck Sunberg at (430) 286-8050 or email info@cadscalgary.ca

Calgary -CALGARY WHEELCHAIR CURLING CLUB

Wheelchair curling had a great start on October 1st at the Ogden Legion with a good turnout. With the help of Ernie Comerford and his volunteers this program stays alive. The club is still looking for people to participate and join in the fun. You can contact Ernie at 236-3239.



Research Opportunity

MENOPAUSE STUDY FOR WOMEN WITH SPINAL CORD INJURY

University of Michigan Health System Department of Physical Medicine and Rehabilitation. The goal of this study is to understand how menopause is experienced by women who have spinal cord injuries. Findings will help women with spinal cord injury better understand unique health risks and allow them to maximize their health during menopause. Participants will complete 4 surveys about their health and emotional well-being. The study lasts 3 years and participants receive a stipend, ranging from \$25 to \$100, depending on the number of surveys completed. We are recruiting women with spinal cord injury, men with spinal cord injury and non-disabled women for this study. You may be able to participate in this study if you are a woman or man with a spinal cord injury and also: have an injury between C6 and T12 and are mostly non-ambulatory, use a wheelchair (manual or power) most of the time and it has been at least 36 months since your injury. You must also be between the ages of 45 and 60 and a non-smoker. If you are a woman, you must not be taking hormone replacement therapy or birth control and have never had a hysterectomy with ovary removal. For more information e-mail: MenopauseSCI@med.umich.edu or call 734-936-9334.

Advocacy

DISTANCE BETWEEN HOUSING GROUPS SHORTENED TO A KEYSTROKE

In recognition of November 22, National Housing Day, President Glen Craig of the Alberta Housing Coalition is pleased to announce the official launch of a discussion forum on their website. "This is an exciting day for Albertans looking for affordable housing options. The distance between our members has been shortened to a keystroke. You can connect with each other around the province and share resources, information, opinions and ideas. "

To support the Coalition, become a member, or contribute an opinion on housing visit their website at www.AlbertaHousingCoalition.ca

Subscribers

We hope you have enjoyed this first issue. To let us know what you think of *Wheel-T* or to submit your announcements please email CPAAlbertaNewsletter@cpa-ab.org

The next issue of CPA (Alberta) *Wheel-T* will be December 21st, 2005. Deadline for submissions will be December 19th, 2005.

To unsubscribe or change your coordinates to *Wheel-T* please email: CPAAlbertaNewsletter@cpa-ab.org

For more CPA (Alberta), visit our website at <http://www.canparaplegic.org/ab>

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PLEASE NOTE: CPA (Alberta) does not endorse or guarantee products, services or events listed.

The Canadian Paraplegic Association (Alberta) is a Registered Charitable Association.
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