



**October 2008 Issue, vol. 35**

To access past editions please visit:

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

[Click here](#) for a Printer Friendly PDF file of this newsletter

**Table of Contents:**

**Events**

[Events around the province](#)

**Staff Spot light**

[Evelyn Redcrow](#)

**Research, News & Information**

[National Action Plan on Disability](#)

[Home is Where the Heart is - Online](#)

[AISH Petition](#)

[CPA \(Alberta\) is Planting Tree's](#)

**Edmonton**

[Red Carpet Affair 2009](#)

[Fundraising Success](#)

["Intimate Night"](#)

[Slap Shot Wheelchair Ball Hockey](#)

[Do you have a disability?](#)

**Lethbridge**

[Staff changes in Lethbridge](#)

[Accessible Aboriginal Housing](#)

**Calgary**

[Building a city for everyone](#)

[Call out to all artists](#)

**Red Deer**

[Diamonds & Denim Sweetheart Gala](#)

**Fort McMurray**

[Fort McMurray's First Public CPA Event a Huge Success!](#)

## **Creative Solutions & Ideas**

[New Dragon 10 Speech Recognition Software](#)

## **Wheelchair Sports/Fitness**

["Have a Go" Days](#)

[Join a Sports Focus Group](#)

## **Items for Sale**

[For Sale: Invacare AT'M Portable Power Chair](#)

[Adapted Van For Sale](#)

[Swap and Shop](#)

## **Call for Submissions**

---

## **Events**

### **Diamonds & Denim Sweetheart Gala**

CPA Red Deer is making preparations for the third annual Diamonds & Denim Sweetheart gala, to be held on Valentines Day (Feb 14th) 2009, at the Red Deer Lodge Hotel and Convention Centre.

[read more](#)

### **"Intimate Night"**

CPA Edmonton is currently preparing for a special event, entitled "Intimate Night". The evening is free of charge and refreshments will be served. It will be held on Monday October 20th, 2008 from 7pm-9pm

[read more](#)

### **Red Carpet Affair 2009**

This years Red Carpet Affair will be held in Edmonton on March 6th 2009. We welcome a very special guest speaker this year!

[read more](#)

[top](#)

---

## **Staff Spot Lights**



### **Evelyn Redcrow**

We would like to welcome Evelyn Redcrow to CPA (Alberta) as the new Aboriginal Client Services Coordinator based in Edmonton.

Evelyn has a Bachelor of Arts in Sociology and has recently completed her Cree language instructor training. She brings to this position extensive experience working with aboriginal agencies in the community.

We are very happy to welcome her to our CPA (Alberta) family.

[top](#)

---

## Research, News & Information

### **Harper announcement on disability falls short of National Action Plan on Disability**

The Conservatives have missed the point that Canadians with disabilities have been making for the last thirty-five years. We don't want to be looked after; we want to be contributing members of society. Harper's recent announcement gives a tax break to families where one member stays home to care for a family member with a disability.

"We acknowledge the importance of supporting and caring families and we commend the Conservative Party for making a commitment to helping families care for members with disabilities," states Marie White, Chairperson of CCD, a national human rights organization of persons with disabilities. "However, we are disappointed that the Tories' first statement on disability is based upon a model of caring for people with disabilities rather than enabling people with disabilities to help themselves."

The Canadian community of persons with disabilities has presented the Conservative Party, indeed all the Parties, with the National Action Plan on Disability that outlines new initiatives geared to assist people with disabilities become contributing, participating members of Canadian society, enjoying their full citizenship.

The disability community has been calling for all parties to commit to new initiatives to address poverty, increase employment of persons with disabilities, develop accessible communities and increase the availability of disability-related supports. The disability community is looking for a commitment to social policy that will assist people with disabilities to live independently in the community, develop job skills, raise families and contribute to Canada.

"I am hoping that this is the first of many commitments to address the disadvantages and exclusion faced by persons with disabilities," states White. "We need policies which assist families and we also need policies that assist individuals with disabilities enjoy their full citizenship rights."

[top](#)

### **Home is Where the Heart is - Online**

Workshop open October 1st – 31st

Cost: \$60 (individual/family)

This interactive and engaging course explores the different home options available for your relative with a disability. Videos and stories showcase inspiring living situations, checklists and interactive forms help you think about all that you need to consider when creating a home for your relative with a disability. This course comes with a downloadable practical guide and lots of inspiring ideas to help you start dreaming.

Online workshops take approximately 3 - 5 hours to complete. You may work at your own pace, and you can access the workshop at any time within the month it is offered (unless otherwise

noted). An online facilitator will be available to answer questions and provide help throughout the month.

For more information and to learn how to register, please contact Heather McArthur, Marketing and Communications Associate for the Planned Lifetime Advocacy Network

Tel: 604-439-9566

[hmcArthur@plan.ca](mailto:hmcArthur@plan.ca)

[top](#)

### **AISH Petition**

A petition has been set up to increase AISH funding. To learn more and sign the petition please visit the [AISH Petition](#) website.

[top](#)

### **CPA (Alberta) is Planting Tree's**

For being a Telus customer CPA (Alberta) was given the choice of three "thank you gifts". A movie for 2, \$25 gift certificate at the Kodak Gallery or planting 6 trees on CPA (Alberta)'s behalf. We chose to plant the trees. Here is a little about our gift:

TELUS is planting trees across the country in collaboration with Tree Canada, and you can help!

Tree Canada works in a variety of ways to help plant trees and keep Canada green. Initiatives include "ReLeaf" programs, which are aimed at restoring trees in areas affected by natural disasters. Like the B.C. coast and Stanley Park, which were devastated by high winds and heavy snow in 2006. And parts of Nova Scotia and Prince Edward Island, which lost tens of thousands of trees during Hurricane Juan in 2003.

To learn more about Tree Canada initiatives in your area, visit [treecanada.ca](http://treecanada.ca)

To see all the places where TELUS and Tree Canada will be planting trees, check out

[telusmobility.com/plantatree](http://telusmobility.com/plantatree)

[top](#)

---

## **Edmonton**

*Red Carpet  
Affair 2009*



CPA (Alberta) has announced to the media the winner of the 2009 Christopher Reeve Award. Chantal Petitclerc, winner of 5 gold medals at the 2008 Paralympics in Beijing, will come to Edmonton on March 6th 2009 to receive the award and deliver the main address at the annual Red Carpet Affair – CPA (Alberta)'s major fund raising gala. For more information, please contact Marc Quinn at the CPA offices in Edmonton [marc.quinn@cpa-ab.org](mailto:marc.quinn@cpa-ab.org)

[top](#)

### **Fundraising Success**

September has been a very busy and successful month for fundraisers in Edmonton. On September 7, the Bockman Foundation for Spinal Cord Injuries held their first annual Wheel, Walk & Run fundraiser in honour of Virginia Bockman. Over 30 people registered for this event, and the foundation raised over \$13,000. CPA's very own Guy Coulombe, was there from beginning to end to show CPA's support for our clients. The following weekend, another fundraiser was held for Shawna Cooper-Paisley who was injured in a bicycle accident. Families and friends gathered to raise over \$50,000. The money raised will help Shawna with the costs of modifying her home, and purchasing a manual wheelchair and a wheelchair adapted vehicle. Way to go, Edmonton!

[top](#)

### **"Intimate Night"**

CPA Edmonton is currently preparing for a special event, entitled "Intimate Night" - an informal evening featuring new products and technology available to individuals with spinal cord injury and other physical disabilities, with a special focus on relationships and sexuality. Featured items will include: The Intimate Rider, the Love Bumper, and products from Colours Wheelchairs.

Individuals, families, rehabilitation & hospital staff, and other professionals are all welcome to attend.

The evening is free of charge and refreshments will be served. It will be held on Monday October 20th, 2008 from 7pm-9pm (tentative), at the Glenrose Rehabilitation Hospital in Edmonton. If you would like to get involved in this fun and informative evening, contact Kelly Richardson at 780-424-6312 ext.2246 or [kelly.richardson@cpa.ab.org](mailto:kelly.richardson@cpa.ab.org) to register.

[top](#)

### **Slap Shot Wheelchair Ball Hockey**

The Steadward Centre is proud to host the first ever TSC Slap Shot Wheelchair Ball Hockey Tournament on Saturday October 4, 2008 at the Education gym at the University of Alberta. Players of all abilities in both manual and electric wheelchairs are encouraged to participate.

If you have any questions or the receive an information letter, registration form and tournament package, please contact Sanjeev Bhagrath at [bhagrath@ualberta.ca](mailto:bhagrath@ualberta.ca) or 780-492-8339.

[top](#)

**Do you have a disability?** We want to hear from you.

The Advisory Board on Services for Persons with Disabilities invites you to our annual Focus on the Future Open House. Learn what we do, offer your ideas on issues important to you, and share your experiences in one-on-one conversations with Board members. Attendance is free and open to everyone. For more information, contact the Advisory Board at 780-496-5822. To learn more about the Advisory Board, visit [www.edmonton.ca/disability](http://www.edmonton.ca/disability)

Date: Saturday, October 18, 2008

Time: 9:00 am-1:00 pm

Location: Heritage Room, City Hall, Edmonton

[top](#)

---

## **Lethbridge**

### **Staff changes in Lethbridge**

It is with great sadness that we say farewell to the beloved CPA (Alberta) staff member Michelle Jacobs. After 11 years of service, Michelle has decided to leave CPA (Alberta) and focus on other

things in her life. Michelle has had a huge impact on the clients and friends of CPA (Alberta) in Lethbridge. Good luck in the future Michelle, you will be missed by many.

We would like to welcome at this time, Lisa Clairmont, who will be filling Michelle's position as Regional Services Coordinator. We are excited for what Lisa will bring to the organization.

Good luck Michelle and welcome Lisa.

[top](#)

### **Accessible Aboriginal Housing**

Lethbridge CPA has been working closely with the Aboriginal Housing Society to create two barrier free units in the Koh Koonoon multi family housing project. They will be equipped with barrier free kitchens and bathrooms, as well as platform stair lifts to access the upstairs. The Aboriginal Housing Society is committed providing accessible, affordable housing and grounds for Aboriginal people in the City of Lethbridge. The best part – CPA clients have been accepted for the two units!!

[top](#)

---

## **Calgary**

### **Building a city for everyone**

Sustainable Calgary invites you to the Video Presentation of: Building a city for everyone

When: Thursday October 2 - 5.30 reception, 6.00 video and discussion.

Where: The Calgary Public Library - John Dutton Theatre, 616 Macleod Trail S.E.

Who: Everyone is welcome and the event is free RSVP [events@sustainablecalgary.ca](mailto:events@sustainablecalgary.ca) or 403-270-0777

[top](#)

### **Call out to all artists** - It's time to break the rules!

The Disability Action Hall invites you to make art that you can touch, see, hear, smell or taste.

Send us a photo and description of your art by November 15, 2008.

The 1st, 2nd and 3rd prize winners will be announced at Freak Out 2008, a day to celebrate disability pride and International Day of Persons with Disabilities.

To find out more, call or e-mail:

Denise at 403.717.5613

[denisey@calgaryscope.org](mailto:denisey@calgaryscope.org)

Patricia at 403.717.7632

[patriciao@calgaryscope.org](mailto:patriciao@calgaryscope.org)

[top](#)

---

## **Red Deer**

### **Diamonds & Denim Sweetheart Gala**

CPA Red Deer is making preparations for the third annual Diamonds & Denim Sweetheart gala, to be held on Valentines Day (Feb 14th) 2009, at the Red Deer Lodge Hotel and Convention Centre.

Once again, The Dominion of Canada General Insurance Company of Canada is pleased to be our Presenting Sponsor, and we are grateful for their participation.

Mitchell & Jewell is once again Sponsoring the Gala and will be donating all of the incredible jewellery for the Silent Auction, as well as a \$2,000 diamond pendant for our raffle.

The Live Auction is coming together nicely with several fantastic trips including: a Via Rail trip for two from Edmonton to Niagara Falls Ontario, a flight for two anywhere West Jet flies, and a flight for two to Mexico via Mexicana Air.

We also have a guitar signed by Sawyer Brown, Clint Black, Trisha Yearwood, and several others.

There will be door prizes galore, great food, and live music and provided by Rooster in a Hen House.

Ticket prices are as follows; Single \$85 - Couple \$165 - Table of 8 \$650

We also have Sponsorship opportunities available, with great benefits.

For information or to purchase tickets please call Paulette or Alicia at (403) 341-5060

[top](#)

---

## Grande Prairie

### **Canadian Paraplegic Association (Alberta) Peer Conference**

The Canadian Paraplegic Association in Grande Prairie held its first peer conference on Saturday, September 13, 2008. Approximately 50 people attended the peer conference at the Elks Lodge. Family members as far away as High Level and as near as Fairview gathered with other family and community members to meet, socialize and share information over coffee and lunch.

Dale Williams, a well known resident of Grande Prairie as well as a CPA Board Member, was the master of ceremonies. Speakers were from Calgary, Red Deer and Edmonton. Clark Sloan, Client Services Coordinator, Calgary, spoke on "Understanding Trauma on Spinal Cord Injury". His speech focused on experience, psychological issues, survival and hope. Doug Manderville, Manager of Regional Services, Red Deer, spoke of on the association's mission of helping those with spinal cord injuries and other physical disabilities to achieve independence, self-reliance and full community participation while Teren Clark, CPA Executive Director, spoke on the business plan. Joan Smith, Manager of Aboriginal Services and Toby Redfern, Aboriginal Services Coordinator, both from Calgary, spoke on the importance of providing aboriginal services and its relationship to the CPA's mission statement. Marilyn Rose, Aboriginal Client Services Coordinator, Edmonton, sang the opening and closing song. Two individuals with spinal cord injury shared their personal stories with the audience as well as Travis McNally and Dale Williams. A large screen presentation on Travis and Dale as part of the Odyssey Peer Program was presented. Not only was there additional information on education, housing, transportation, recreation, adaptation, finances and supports at the Trade Fair but there was also networking between community organizations. Throughout the event the message of barriers, challenges and supports from someone who has been there was clear. The Canadian Paraplegic Association (Alberta) would like to thank the people of Grande Prairie and Northwest Region for their hospitality, support and participation!

Submitted by Community Development Coordinator in Grande Prairie and CPA (Alberta) Staff and Management Staff

[top](#)

---

## Fort McMurray

### **Fort McMurray's First Public CPA Event a Huge Success!**

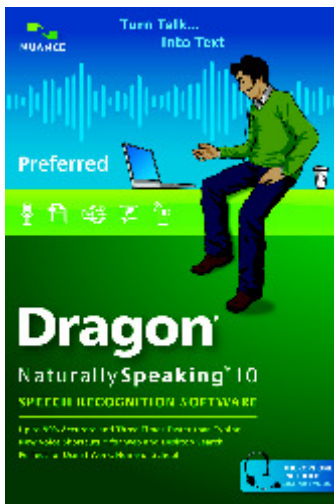
Marlin Styner (past employee of the Red Deer CPA) came up to do his Universal Design Presentation on September 22nd. It was a great success and was well attended by members from many sectors including Affordable Housing Development, Safety Codes Inspection, Architecture Firms, Attendant Care workers, local municipal short and long range planning and development.

We would like to thank all those who attended and we look forward to more successful events in the future

[top](#)

---

## Creative Solutions & Ideas



### **New Dragon 10 Speech Recognition Software**

With up to 99% accuracy you can now surf the web by voice or dictate and edit in Microsoft Word and Excel, Corel WordPerfect, and most other Windows-based applications. Create voice commands to quickly insert blocks of texts or images — such as your name, title, and signature. Dictate into a handheld device when you're away from your PC, or use a Bluetooth microphone for the same great dictation results without the wires. A high-quality headset is included.

[top](#)

---

## Wheelchair Sports/Fitness

**"Have a Go" Days**

WSA Bridging the Gap "Have a Go" Days offer a variety of different sports for participants to sample in a fun and relaxed atmosphere. Current wheelchair athletes demonstrate sports and share their stories of getting involved and being physically active. Once individuals have identified a sport that interests them, they can participate regularly in a weekly developmental program. The focus of the program is to introduce and support continued involvement of individuals with physical disabilities in wheelchair sports and recreational opportunities, promoting an active, healthy lifestyle and improved quality of life. The events are offered free of charge!

Upcoming Wheelchair Sports Alberta (WSA) "Bridging the Gap – Getting Physically Active" Events:

Edmonton

- Weekly Drop-In Program in the Glenrose Rehabilitation Hospital. Thursdays from 5:30 pm – 6:30 pm starting October 2nd.

Calgary

- Have a Go Day – October 25th in the Foothills Medical Centre SSB Gymnasium. Registration from 1:00 pm– 2:00 pm, Event from 2:00 pm – 4:00 pm.
- Have a Go Day – November 29th in the Stanley Gymnasium at Mount Royal College. Registration from 4:00 pm – 5:00 pm, Event from 5:00 pm – 7:00 pm.
- Weekly Drop-In Program - November 8th, 15th, and 22nd in the Stanley Gymnasium at Mount Royal College from 4:00 pm – 5:30 pm.

For more information, please visit [www.abwheelchairsport.ca](http://www.abwheelchairsport.ca), or contact Laurie Wilson at [wsa2@telus.net](mailto:wsa2@telus.net).  
[top](#)

### **Join a Sports Focus Group**

Wheelchair Sports Alberta in conjunction with the Alberta Centre for Active Living are holding a focus group to learn more about what helps individuals with a disability be physically active. The focus group will meet at the Percy Page Centre (11759 Groat Road), on Wednesday October 8th at 6:00pm in meeting room #1. This focus group will be approximately 1 hour long and light snacks and refreshments will be provided. The session will be conducted for research purposes by Christina Loitz, MSc. Research Coordinator Alberta Centre for Active Living (U of A).

We look forward to meeting you and hearing your thoughts about physical activity. Please contact Mike Sandomirsky if you are able to be part of this focus group.

Feel free to contact Mike directly should you need additional information regarding this initiative.

Mike Sandomirsky  
Executive Director  
Wheelchair Sports Alberta  
11759 Groat Road  
Edmonton, AB, T5M 3K6  
Ph: 780-427-8699  
Cell: 780-233-4949  
[www.abwheelchairsport.ca](http://www.abwheelchairsport.ca)  
[top](#)

---

## **Items for Sale**



**For Sale: Invacare AT'M Portable Power Chair**

(red/black)

Comes with one spare tire. Purchased from Shoppers Home Health in Calgary.

Approx. 5 years old, excellent shape.

Comes apart in 3 sections for easy loading and unloading.

Please contact: Annie Appleyard

(403) 279-6762

Asking \$1000 or best offer.

[top](#)

**Adapted Van For Sale**



Ford Windstar 2002

~102000 km

Asking \$21999 (negotiable)

780-218-2596 or [fuz@telusplanet.net](mailto:fuz@telusplanet.net)

Conversion Features:

- Two front seats are quick release types (to accommodate wheelchairs)
- Constraint track front right/center left
- Constraint track front left/front right
- Fold out powered ramp
- OEM power door modification
- Modifications have passed crash testing

Driven by non-smoking female

All service records available

Winstar sport features:

- Remote Keyless Entry
- Air Conditioning
- Power Windows
- Power Locks
- Power Mirrors

- Cruise Control

Please contact Farzana Damji at [fuz@telusplanet.net](mailto:fuz@telusplanet.net)  
[top](#)

### 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>  
[top](#)

---

## 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 Nov 3<sup>rd</sup> 2008. First deadline for submissions will be Oct 27<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/>

PRIVACY STATEMENT: Our Subscriber List is a private mailing list and will not be made available to other companies or individuals. We value every subscriber and respect your privacy.

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

© Canadian Paraplegic Association (Alberta) 2006. *Wheel-E* October 2008 Issue, vol. 35  
[top](#)