



April 2010 Issue, vol. 52



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News – Province Wide



List of Full Serve Gas Stations

Last updated on January 25, 2010.

Websites to Check Out

“ReJoyce” (Rehabilitation Joystick for Computerized Exercise)

- an invention for hand, arm, and shoulder rehabilitation.

<http://www.ahfmr.ab.ca/researchnews/2010/winter/cooltools/>

This may be of interest if you have limited range of motion

<http://www.thisabled.com/blogs/2010/02/button-board/>

Paralympic Sports Association article in the Edmonton Journal

<http://www.edmontonjournal.com/news/photos/Audio+Slideshow+Paralympic+Sports+Association/2704133/story.html>

Regional TV Show....

There is a regional television show dedicated to moving our communities toward the inclusion of persons with all types of disabilities called Inclusion Revolution, for more information go to:

<http://inclusionrevolution.com/>

It's all about inclusion....

Check out this website from the Alberta Centre for Active Living

<http://www.centre4activeliving.ca/physical-activity-for-all/ecological/physical.html>

Travel

www.barrierfreetravel.com

www.accessanything.net

Call for Applications Starts April 1st – Alberta SCI Solutions and Active Living

The next call for applications for the Alberta SCI Solutions and Active Living grant funding will be open on April 1st, 2010. This fund is available to Alberta [individuals](#) with spinal cord injuries and [organizations](#) that provide services to Albertans with spinal cord injuries or any that would like to expand their services to include services for Albertans with spinal cord injuries. Funding guidelines and application forms available at www.paraplegicfoundation.org.

Canadians with Disabilities Celebrate

Canada Ratifies United Nations Convention on the Rights of Persons with Disabilities. [Click here for more information](#).

CPA (Alberta) Volunteer Recognition Awards – Nomination Deadline May 17, 2010.

It is time, once again, to recognize the many volunteers who go above and beyond for CPA (Alberta), particularly from our regional locations.

A [Volunteer Recognition Form](#) is attached which includes awards description, criteria and information required.

Depending on the availability of award winners, presentations will be made at the CPA (Alberta) Annual General Meeting in Edmonton on June 12th.

This is your opportunity to nominate an individual(s) from your region who you feel should be recognized for contributing in a significant way to improving the lives of those with spinal cord injury and other physical disabilities. One award winner will be selected per region.

2009 Recipients: Terry Cavanaugh (Red Deer); Susan Cullen (Edmonton); David Hinds (Medicine Hat); Chris Schamber (Lethbridge); Bill Taylor (Calgary); Lori Trepanier (Grande Prairie)

Nominations can be forwarded to:

Corina Voogd, Executive Assistant – Canadian Paraplegic Association (Alberta)

305, 11010 – 101 Street, Edmonton, AB T5H 4B9

Phone: 780-424-6312, ext. 2223 ♦ Fax: 780-424-6312 ♦ corina.voogd@cpa-ab.org

Events and News in your Community

Calgary:

Calgary 2010 Peer Events

Unlocking the Potential of New Technology and Advancement in Care for those with Spinal Cord Injuries.

April 29, 2010 – 6:30 – 8:30 pm

Dover Community Hall, 3031 – 30th Avenue SE, Calgary

Evening includes presentation of new technology by Coloplast, followed by wine and cheese.

Contact Sharlene Bridal for more information at 403-228-7428 or sharlene.bridal@cpa-ab.org

Information is also available at www.cpa-ab.org and on the CPA (Alberta) Facebook page.

Entrepreneurs with Disabilities Summer Program

In partnership with Momentum, the Independent Living Resource Centre of Calgary will be hosting an information session on April 14, 2010 for prospective entrepreneurs with disabilities entitled, "[Exploring Entrepreneurships.](#)" This session is the first part of the Entrepreneurs with Disabilities Summer program also in partnership with Momentum.

Contact: Mark Flores (Dip. DS), Life Skills Program Coordinator

The Independent Living Resource Centre of Calgary

Suite 134, 3359 - 27th St. NE

PH: (403) 263-6880 Ext. 225, TTY: (403) 263-6874, FAX: (403) 263-6811 lifeskills@ilrcc.ab.ca

Visit our new Website: www.ilrcc.ab.ca

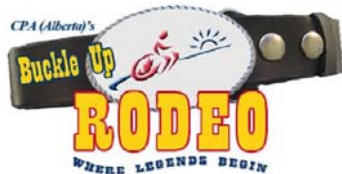
Internationally Acclaimed Speaker, Nick Vujicic at Centre Street Church in Calgary

On May 28, 2010, the Special Needs Ministry at Centre Street Church in Calgary will be welcoming Nick Vujicic of *Life Without Limbs* (www.lifewithoutlimbs.org) to come and speak. Born without arms or legs, Nick is an internationally acclaimed inspirational speaker. In conjunction with this event they will be hosting a Community Leaders Luncheon & Community Resource Fair in the main atrium of Centre Street Church.

Sail Your Own Ship – a New Wellness Program Offered by CPA (Alberta)

Sail Your Own Ship is a program that focuses on teaching skills to individuals with chronic health conditions. The program is designed to assist individuals to manage their own health and wellness through proactive decision making and lifestyle behavior changes. [Click here for more information.](#)

Buckle Up Rodeo



The Canadian Paraplegic Association (Alberta) is proud to present our 2010 CPA "Buckle Up" Rodeo.

This is a "mock rodeo" complete with music, cowboy hats, chaps, rodeo numbers, prizes and BBQ.

Bring your ten gallon hat and your spurs and get ready for some wacky western fun.

So Giddyupandgettotherodeo – Rain or Shine!

Competitors, Spectators, Volunteers and Sponsors needed!

When: May 14, 2010

Time: 11:00 am – 4:30 pm

Place: Calgary Rotary Challenger Park (3688 – 48 Avenue NE)

Contact: Cal Schuler at 403-228-3001 or cal.schuler@cpa-ab.org

Phoenix Sister Cities International Competition for Writers with Disabilities

If you are 19 years of age or older with a disability residing in the State of Arizona or one of Phoenix's sister cities, which includes Calgary (and 8 other cities), you are eligible to apply. [Read more.](#)



**Gentle Dental
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- ✓ Complete dental hygiene services at home or care facility
- ✓ Registered Dental Hygienist with 12 years experience
- ✓ Optimal sterilization measures taken
- ✓ Portable equipment sets up in minutes
- ✓ Direct billing, including all govt plans (AISH, Vet. Affairs)

Edmonton:

Edmonton 2010 Peer Events

Rick Hansen Wheels in Motion Ambassadors Penny Oman and Gordon Smith tell their Inspirational Stories – the evening will also include an Easter Egg Extravaganza – [click here](#) for poster.

Wednesday, April 7, 2010 – 6:30 – 8:30 pm

Glenrose Rehabilitation Hospital, Unit 3B Atrium, 10230 – 111 Avenue, Edmonton.

For more information, contact Roswitha Dziwenko at 780-424-6312, ext. 2241 or roswitha@cpa-ab.org

Information is also available at www.cpa-ab.org and on the CPA (Alberta) Facebook page.



Red Carpet Affair 2010

"A Tribute to Families" became the theme of the 2010 Red Carpet Affair with the unveiling of the new video presentation at the recent gala held on March 5. With close to 500 in attendance, a powerful address by guest speaker Steven Fletcher, Canada's Minister of State (Democratic Reform), six award presentations, live and silent auctions, and a terrific meal and wines, those who walked and rolled

along the red carpet this year enjoyed a true variety of experiences. The evening would not have been possible without the tremendous support of our many sponsors, including lead sponsor, James H. Brown and Associates. See the upcoming Spring issue of Spinal Columns for more details.



On May 14th, 2010 community leaders will be wheeling their way through the day to raise awareness for accessibility throughout Edmonton! [Click here](#).

Call Zachary Weeks at 780 718-3188 for more information.

Rick Hansen Wheels in Motion Event – June 13th

Since 2003, Wheels In Motion has raised over \$10.8 million! You can help maintain this momentum by registering a team for this year's event, being held across Canada on June 13. Wheels In Motion is for people of all ages and all abilities. No one is left on the sidelines with on-site activities to get everyone moving. The event features a wheelchair challenge, designed to provide participants with a better understanding of what it is like to navigate through life in a wheelchair. Teams race against the clock through an obstacle course and test their dexterity, manouvering techniques, and wheelchair sports skills. The fastest team wins! C'mon out, try your hand at various challenges and listen to some awe-inspiring stories – all while supporting a great cause.

Register your team and start fundraising online at www.wheelsinmotion.org. For more information about events in Alberta, please call Angie (Northern Alberta) or Amy (Southern Alberta) at 780 424 6312.

Go to www.campusauctionmarket.com to visit the Online Auction Fundraiser and find amazing deals on items such as dinner for two, local sports events, golf packages and fitness passes.

2010 City of Edmonton Mayor's Awards

The City of Edmonton Mayor's Awards ceremony will be held on Thursday, May 20 at the Central Lions Seniors Centre (11113 - 133 St.) The program will start at 2:00 pm and **all members of the public are welcome to attend this free event.** [Click here for more information.](#)

Limelight Film Showcase

Watch films from around the world that illuminate the concept of disability with various genres including documentaries, dramas and musicals. The films, both short and feature length, cover a wide variety of topics. Most are written, directed and/or performed by people with various abilities. Thanks to local partners, hosts and sponsors, **admission is free for everyone**

Wednesday, May 12, 4:00 - 9:00 pm at Zeidler Hall in the Citadel Theatre.

Thursday, May 13, 12:00 - 4:30 pm and 6:30 - 8:30 pm in the Dr. Bill Black Auditorium at the Glenrose Rehabilitation Hospital.

For more information, contact Heather Crowe at 780.496.4917 or email recreationdisabilities@edmonton.ca.

Banister Research Poll Station

Banister Research & Consulting Inc. is an Edmonton-based management consulting firm, providing consulting services to public (government, associations, municipalities) and private sector clients in two primary areas: market research and program evaluation/performance measurement.

Each month our Poll Station surveys 100 Edmonton residents regarding a variety of interesting topics. All past results are available for viewing on the Banister Research website (www.banister.ab.ca).

Our Poll Station is free each month. If you have any suggestion areas or would like to explore a topic of interest to you, contact Linda Banister at 780-451-4444 or research@banister.ab.ca

Grande Prairie

“Journey to Success” Dinner and Gala Evening – CPA (Alberta) Grande Prairie

Saturday, May 22, 2010, 5:30 PM

Holiday Inn, 9816-107 Street, Grande Prairie, AB

RSVP deadline: May 3, 2010

[Click here for poster.](#)

For further information contact: 780-532-3305 or e-mail winona.lafreniere@cpa-ab.org or agnes.stjean@cpa-ab.org

Fund Development

Optimize your support...Use your Shoppers Optimum Points to support CPA (Alberta)



By donating some (or all) of your Shoppers Points to CPA (Alberta), you are enabling us to use your points toward the purchase of products and supplies we need for our ongoing fundraising activities.

To donate your points, just go online to www.shoppersdrugmart.ca/donate and browse the Shoppers Optimum section. Then click on “donate your points”. What if you’re not a Shoppers Optimum Member? No problem! All of the necessary forms can be found online as well as in any Shoppers Drug Mart store across Canada.

With your support, this initiative has the potential for us to “optimize” our fundraising dollars.

P.S. This past month, we were informed that we have \$150.00 worth of Optimum points - which we will be using to purchase supplies in support of our peer events. Thank you!!

Become a CPA (Alberta) Member

The Canadian Paraplegic Association (Alberta) has been providing services and support to Albertans who have experienced a spinal cord injury or have other mobility challenges since 1961.

Your support of CPA's Annual Membership drive has numerous benefits. As a member of CPA (Alberta), your **\$20.00** membership will allow you to:

- Have a say in the future of CPA (Alberta) with a vote at our Annual General Meeting
- Allow CPA (Alberta) to speak on behalf of Canadians with SCI and other physical disabilities with a more powerful, unified voice
- Receive your monthly CPA (Alberta) e-mail newsletter - "*Wheel-E*"
- Receive *Spinal Columns*, the CPA (Alberta) magazine, published quarterly
- Receive invitations to local CPA (Alberta) events e.g. Peer Events, Red Carpet Affair, Diamonds & Denim, etc.
- Have access to CPA (Alberta) programs
- Have access to the CPA (Alberta) resource library
- Eligibility to participate in CPA's Voluntary Accidental Insurance Plan

Additional Benefits:

- **FREE Red Arrow Motorcoach** bus passes (limited quantity available) for travel between Calgary, Edmonton and Fort McMurray. For more information contact Marilyn in the Calgary CPA (Alberta) office at 403-228-3001
- 15% off residential maid & carpet services through **Servpro Cleaning Inc.** – only available in Calgary. Please contact 403-520-7777 for details
- Eligibility to participate in CPA's **RBC Group Banking** plan featuring competitively priced, flexible plans for all your banking needs. For more information contact the Edmonton office at 1-888-654-5444 or locally at 780-424-6312.

Membership payment can be made by credit card or cheque, payable to CPA (Alberta) or over the phone by credit card (VISA or MasterCard).

Please note that your membership will not be denied due to financial hardship or lack of funds (so let us know on the membership enrollment form if this might be the case).

Make your voice count... keep informed... and stay connected...all with a 2010 CPA (Alberta) membership... call 780-424-6312 Ext 2241 or toll free 1-888-654-5444 to renew your CPA membership or become a new member today.

Thank you for your support!

[CPA \(Alberta\) Membership Form](#)

Creative Solutions & Ideas

Tapmaster – Imagine just rolling up to your sink and pushing your chair against the counter to get your tap to run. Check out the TapMaster at www.tapmaster.ca

Sports / Physical Activity

Congratulations to our Paralympic Athletes

The 2010 Paralympics kicked off in Vancouver on March 12 and ran until March 21. Canada finished third overall in the medal standings with a fantastic 10 gold, 5 silver and 4 bronze medals.



Salute to Alberta's 2010 Olympians and Paralympians!!

Celebrate the Olympic spirit again with a salute to Alberta's 2010 Olympians and Paralympians on **April 5, 11:00 a.m. at the Olympic Plaza in Calgary**. A similar event was held in Edmonton on March 30th at downtown Churchill Square.

For more information, go to www.alberta.ca/vancouver2010.

Sledge Hockey

2010 Western Canadian Finals will be held at the Edmonton Garrison from April 16 -18, 2010. The Paralympic Sports Association is looking for volunteers to help out with the event and, of course, lots of spectators.

Spring Forward into Fitness!

Fitness Classes through the Cerebral Palsy Association (Alberta)

This program provides an opportunity for participants of all abilities to build strength, flexibility, increase their range of motion and improve their overall health and well being. The exercises include the use of free weights, stretching and fitness games. The instructor is able to modify each activity so everyone can participate.

About the Instructor:

Megan Burdenie has been a fitness and exercise instructor at the CPAA for the past year. Throughout her life she has been involved with exercise and movement as a *participant*- baby ballet, running and hiking; as a *student*- BSc in Kinesiology and a certified personal trainer; as a *volunteer*- with weight training for persons with disabilities and as an *employee*- with a research program for youth with CP, as an aide for preschoolers with disabilities, as a ski instructor and currently as a personal trainer for private clients with disabilities.

This class runs for 10 weeks beginning Thursday April 1, 1:00 – 2:00 pm at Rotary Challenger Park, cost is \$75.00 for more information please contact Sara Evans at sara@cpalberta.com or 403-543-1164.



Paralympic Sports Association (PSA) - Looking for new Board Members ~Making a difference in the lives of people with disabilities~

The *Paralympic Sports Association (PSA)* is a non-profit organization providing sport and recreation program to children, youths and adults with a disability for the past 45 years. Programs include; Summer Camps, Sledge Hockey, Swimming, Wheelchair Square Dancing, Wheelchair Floor Hockey, Lacrosse, Tae Kwon Do and many more!

PSA is governed by a Board of Directors and is currently looking for individuals whose commitment, enthusiasm and skill-set would augment their existing board. They are looking to fill vacant positions on their 15-member Board. They would like to hear from anyone who is passionate about sports and individuals with disabilities in our community who have any of the following skill sets: Public Relations, Advertising, Human Resource, Legal, General Business, Business Planning, Accounting, or Fundraising experience. If you are interested in joining the PSA Board of Directors, please contact the PSA Office.

When: Two year term begins May 3rd, 2010 at the PSA AGM. Please complete the attached [Board Nomination Application form](#) and send to the PSA office by April 15th, 2010.

Time Commitment: Board meetings are held every 2nd month, on the first Wednesday of the month and are approximately 1½ hours in length.

If you are interested, please send Board Nomination Application to:
Kim McDonald, Executive Director - Paralympic Sports Association
10024-79 Ave NW, Edmonton, AB T6E 1R5 Phone: (780) 439-8687, Fax: (780) 432-0486
kim@parasports.net www.parasports.net

Get in Motion

Get in Motion is a nation-wide physical activity counseling service for Canadians with spinal cord injury.

This FREE service is designed to provide participants with the information and support they may need to meet personal physical activity goals, or just a little motivation to get started with a physically active lifestyle.

To participate or receive more information from a physical activity counselor, please call the voicemail line at 1-866-678-1966, or email motion@mcmaster.ca or visit www.sciactioncanada.ca.

Classifieds

Vacation Rental

Located at Gull Lakea two bedroom, accessible vacation spot where families with special needs are fully accommodated – [for more information](#).

For Sale

2003 Dodge Caravan Sport FWD Passenger Van with VMI Remote Wheelchair Ramp Conversion – [for more information](#).

Recycled and New Healthcare Equipment

Recycled and new healthcare equipment available through Silver Cross in Edmonton at 780 450-6992. Check out www.silvercross.com.

Accessible Apartment for Rent

The following 800 sq. foot, accessible apartment/condo [2 bedroom and 2 full baths] is located in Millwoods, next to the Grey Nuns Hospital and will be available May 1.

- Close to all amenities
- New appliances and fixtures
- Has its own washer and dryer
- Rent of \$900.00 is all inclusive except for hydro
- Close to bus route
- Faces Southwest
- Has a large covered balcony
- Close to fire doors

For more information, contact Clair Ehman at 780-913-9602.

Employment/Education

Employment Tips

Know your resume, cover letter, and the job you are applying for.

Whoever is helping you with your resume, cover letter and other prep work, it has to come from you as you are the one applying for the job!
This might sound like it is a given, but often people are not fully prepared for the interview!

Call for Submissions/Subscribers/Contact Us

Please let others know about *Wheel-E*! They can subscribe by emailing or giving us a call.

CPAAlbertaNewsletter@cpa-ab.org (780) 424-6312 or toll-free: 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 May 1, 2010. First deadline for submissions will be on or before April 26, 2010. If possible, please send in your announcements **before** the deadline!

For more information about CPA (Alberta), visit our website at <http://www.cpa-ab.org> (new videos have been added).



Visit our Facebook page

Sign up as a fan and promote it to your friends and family
– for up to date events, etc.

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.

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

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