



August 2010 Issue, Vol. 56



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News – Province Wide

List of Full Serve Gas Stations

Go to our website and click the link on the left.

http://www.cpa-ab.org/programs_services/community_development

2011 Recognition Awards: Intent to Nominate

Canadian Paraplegic Association (Alberta) - Deadline September 13, 2010

CPA (Alberta) annually recognizes those individuals and/or organizations who “go the extra mile”, to support organizations like CPA through the gift of time, resources and/or finances. Please help us ensure that we consider a wide selection of individuals or organizations that may merit formal recognition by submitting an “intent to nominate”.

At this time we are only asking for submissions of an intention to nominate individuals or organization(s) that deserve to be recognized. An “intent to nominate” will then be followed up with a request for an official nomination at a later date. Check out the [Awards Criteria](#) and information about past award recipients as you consider appropriate nominees.

Awards may be presented at the Edmonton Red Carpet Affair in March 2011.

If you would like further information about the Recognition Awards, contact Larry Pempeit, Director of Community Development at 780-424-6312.

Am I Eligible?

Find out the answer to this question on a recently launched resource for Albertans. Information about more about more than 30 social-based assistance programs and services is now on the web, in one place, 24 hours a day. Users will be able to estimate their potential eligibility and obtain application forms and referral information.

To access the new web portal:

- Go to <http://www.albertasupports.ca>

- To try out the eligibility estimator tool, click on the 'Am I Eligible for Support' button near the top right of your screen

Do You Have a Story to Tell?

The Active Living Alliance for Canadians with a Disability is looking for people who might be interested in being profiled in their "All Abilities Welcome" video, a short documentary which will profile people with disabilities participating in physical activity as a way to show that active living is for people of all abilities. [Please see the attached for more information.](#)

Caregiver Survey

Invitation to Participate in the Alberta Caregivers Association's Caregiver Survey

Caregivers - those who care for a family member or friend living with challenges owing to illness, disability or old age - are an essential part of our social and health systems. They provide between 80% and 90% of the care required by persons with long-term conditions, saving our health system billions of dollars each year. Their caregiving role can be stressful, isolating, and have a negative impact on their physical, mental, and financial health. And yet, caregivers are often invisible: they receive little recognition and largely insufficient support in their critical role.

To address this inequity, the Alberta Caregivers Association (ACGA) is leading an initiative to develop Canada's first provincial caregiver strategy. The strategy will highlight the issues that caregivers face everyday and put forward tangible solutions that government, service providers and community agencies can develop and implement to better serve the needs of Alberta's caregivers.

The first step in our consultation process is to identify the challenges that Alberta's caregivers face. The ACGA is conducting a survey of caregivers throughout Alberta to capture their real experiences in order to better understand the various challenges, barriers, and problems that exist from the caregiver perspective. However, other interested people are also welcome to contribute their insights and second-hand experiences.

You can participate in the survey as a caregiver, a professional or service provider, a group of caregivers (e.g. a caregiver support group could submit joint responses), or a member of the general public.

There are three ways to take part in the survey:

1. **Go to the ACGA website (www.AlbertaCaregivers.org) to access the link to the online survey and learn more about this landmark initiative.**
2. Call the ACGA toll-free at 1-877-453-5088
3. If you have a group of 20 caregivers or more, the ACGA may consider facilitating a "town hall meeting" to gather your collective input. Please call us to discuss this possibility.

If you have any questions, contact the ACGA at 1-877-453-5088 or office@AlbertaCaregivers.org.

Events and News in your Community

Calgary:

Calgary 2010 Peer Events

"Making Connections" – Odyssey Peer Conference and Trade Show

Wednesday, September 29th, 2010

Deerfoot Inn and Casino, 1000, 11500 – 35 Street SE, Calgary

Cost: \$10.00/person

RSVP to Sharlene 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.

Aboriginal Wellness Retreat - Calgary

CPA (Alberta) will be holding an Aboriginal Wellness Retreat at Kamp Kiwanis on September 10, 11 and 12, 2010. Clients and family members are invited. Attendees will need to bring their own caregiver, if needed. This is a great opportunity to relax, have fun, challenge yourself and learn new tools and skills. Cost: \$20.00/person - includes meals, accommodations and activities. Space is limited so send in your registration early. Get in touch with your local CPA (Alberta) office for more information.

[Click here for poster with more information](#)



Gentle Dental Hygiene

Mobile Service

403-589-0023

- ✓ 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 Event

Oh Yes, It's Ladies Night – August 26th

With guest speaker, Heather Kuttai – Author of “Maternity Rolls”

A respected leader, administrator, coach, athlete, writer, and mother, Heather Kuttai has been spinal cord injured for over three decades. She is a three-time Paralympic medalist and an experienced provincial and national team coach. She pioneered Disability Services for Students at the University of Saskatchewan, and in addition to being an advocate for students with disabilities and the creator of several student retention programs, she was also responsible for the development and writing of a University policy for that office. While at the U of S, Kuttai worked on several research and writing projects. A sought after motivational public speaker, Kuttai is frequently asked to make public presentations on topics such as disability, dealing with adversity, parenting, and sport. She was recently inducted into the Saskatchewan Sports Hall of Fame and received a YWCA Women of Distinction Award for Leadership and Management.

Stay tuned for more details as to time and location.

For more information, contact Roswitha Dziwenko at 780-424-6312, ext. 2241 or

roswitha.dziwenko@cpa-ab.org

Detailed information will be posted as it becomes available on the CPA (Alberta) website www.cpa-ab.org and on the CPA (Alberta) Facebook page.



If you like to Golf, we have a great day planned for you

The Edmonton, CPA (Alberta) Golf Tournament is right around the corner!!

Coming up on August 25th, 2010, this event is being held at the beautiful Petroleum Golf and Country Club. Join us for a great day, lovely meal and loads of prizes.

For more information, contact Dale Baker at 780-424-6312.

CPA (Alberta) Honored at Wicihitowin Gathering

CPA (Alberta) was honored with an Eagle Feather and Collaborative Relationship Certificate at a Wicihitowin Gathering held in June. The Eagle Feather and certificate were presented to Teren Clarke, by the Health and Wellness Action Circle of the Wicihitowin Shared Circle of Responsibility and Stewardship, to acknowledge and celebrate CPA (Alberta)'s commitment and participation at the Action Circle. CPA (Alberta) has been involved in Edmonton Urban Aboriginal Community development and liaison, through the Wicihitowin process over the past two years and continues to work on developing relationships within

the Edmonton Urban Aboriginal Community to improve services for Aboriginal community members with disabilities. For more information go to www.wicihitowin.ca

Driving Miss Daisy adds wheelchair accessible van to their fleets

An Alberta company providing service for seniors and individuals with disabilities, Driving Miss Daisy is now offering wheelchair accessible transportation with professional assistance and accompaniment. Service is available on evenings and weekends as well as weekdays. Service must be pre-booked – no “on demand” service. Service booked on a first come, first served basis. Call 780-462-4580.

Fort McMurray

Rick Hansen Wheels in Motion

The Rick Hansen Wheels In Motion event held for the first time in Fort McMurray raised approximately \$12,000 and was greatly enjoyed by all who attended. This was an excellent first time effort. Congratulations Fort McMurray!

Lethbridge

Lethbridge Accessibility Plan

Fantastic news! As of Monday July 20, the Lethbridge office of CPA (Alberta) was notified by the City of Lethbridge that the City has instituted an accessibility plan for the downtown core in their current budget. This will include additional designated parking spaces for people with disabilities as well as curb cuts in areas of need. This has been brought about through the efforts of Lethbridge CPA staff and client advocacy. More details will follow in the Fall issue of Spinal Columns.

Medicine Hat

Rick Hansen Wheels in Motion

Thanks to Ross and Amy (Edmonton staff) for attending the Medicine Hat Wheels in Motion Event - numbers were relatively small, but the fun level was huge!

Accessibility Audit

Sue Edwards and Shirley Jago took part in an accessibility audit of the Monarch Theatre, a nearly 100 year old theatre in Medicine Hat. They are working hard at revitalizing this building and are doing a great job of making it accessible for everyone.

A 2nd Care Givers Conference is planned for November 4th, 2010, at Chinook Village. Please keep this date open and call the CPA (Alberta) Medicine Hat office at 403-504-4001 for more information.

Red Deer



Golf Tournament

The Red Deer office of CPA (Alberta) will be hosting its annual golf tournament on August 13, 2010 at the Riverbend Golf Course. For more information, contact Katrina Leslie at 403-341-5060.

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

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. Our 50th anniversary is right around the corner, and your membership continues to be of great importance.

For a list of the many benefits through your \$20 membership, [click here](#)

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... stay informed and connected.

To renew your membership:

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

Call 780-424-6312 Ext 2241 or toll free 1-888-654-5444 to renew your CPA membership.

Thank you for your support!

Creative Solutions & Ideas

Stay neat when you eat!

Do you find that you end up with as much of your meals on your clothes as that which hits your stomach. One of our staff members says he wishes he could simply blame it on the scrawny napkins these days but alas his messy-ness is all his own. With “The Drib” even the messiest eater can protect his appearance. The Drib is a foldable, washable, shoulder-to-knee bib designed to be worn in the car, but is also great for today’s busy wheelchair user who might often eat on the go! See it at the link below:

<http://www.thedrib.com/>

Sports / Physical Activity / Wellness

PSA Sledge Hockey Golf Tournament.

Wednesday August 11, 2010

Broadmoor Golf Course, Sherwood Park

Registration 7:00am (includes continental breakfast), Shotgun start 8:00am.

\$150/ golfer or \$600/ team (4 golfers)

Contact Kim McDonald at (780)439-8687.

www.parasports.net



Interested in Participating in a Winter Sport?

How about trying cross-country sit-skiing? It's great exercise, lots of fun, and allows you to enjoy the outdoors during winter time. We are planning a 6 session cross-country sit-ski lesson package in the Edmonton area for the 2010 - 2011 winter season. One of our goals is to make this an affordable event for everyone. We hope to begin the lessons in mid-December and end in March. We also welcome suggestions, offers of volunteer help or sponsorship. If you are interested in participating, please

contact Kuen Tang (CPA (Alberta) staff member) kuen.tang@cpa-ab.org or Laurie Beresnak (Alberta Amputee Sports and Recreation Association member) lberesnak@hotmail.com

Another Step to a Healthy Lifestyle – this week's HOT TIP from Healthy U, an initiative of the Government of Alberta:

Summer Berries to Cut Cancer Risk

Choosing a variety of brightly coloured vegetables and fruits can help to reduce your risk for certain types of cancer. Berries, such as strawberries, raspberries, saskatoon's and blackberries are in season during the summer months and are a delicious way to help you reach the 7 to 10 servings of vegetables and fruits adult men and women need each day. Berries are low in calories, fat and sugar and contain plant compounds called phytochemicals that help to protect our cells from damage. You can enjoy berries on their own. Berries are also delicious served with yogurt, or blended with milk in a smoothie.

Get more information: Strawberry-Yogurt Freeze<<http://www.healthyalberta.com/HealthyEating/460.htm>>

For tips and information on active living, healthy eating and much more, visit <http://www.healthyalberta.com>.

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

For Sale – House (Bowden)

Custom built 1993, 2670 sq ft, located in town of Bowden on 2 lots, triple garage [30 x 40], 50 yr shingles, new siding complete in '07, 4 bedrooms, 3 walk-in closets, master bedroom 25 x 15 has ensuite w/ 5 x 5 rollin shower, maintenance free vinyl fence on 3 sides, 2 vinyl deckboard decks with attaching vinyl board sidewalk, 4 patio doors for safety exits, 36" doors throughout, 4' hallways, no stairs, all laminate or ceramic tile flooring, in-floor heat....and much, much more.

Price negotiable - talking in \$550,000 area. For more information contact Rick 403-224-2011 or rickn@shaw.ca

House for Sale – Edmonton

Custom built bungalow in the neighborhood of Laurel, Edmonton. Open concept with large great room on main floor with gas fireplace, large kitchen. Master bedroom features spacious walk in closet and 5 piece ensuite. Completely wheelchair accessible with wide doors and hallways, lowered countertops and

wheelchair lift in the garage and stair lift to access basement. Contact ReMax at 780-462-5000, toll free 877-462-7878.

For Sale - Custom Built Tricycle

Custom built tricycle for adult. Electric or manual hand crank, 6 gears, padded seat with backrest and rear basket. In excellent shape. Asking \$1500. Phone Louie at 780 474 7208 (mornings or evenings are best to phone).

For Sale – 1987 Ford Aerostar Wheelchair Accessible Van

Lethbridge, Alberta, \$1500 OBO, Rear Lift (Good condition, bought for \$5000), Raised Roof, Power Steering, Automatic, Air conditioning, New Tires, Well Maintained, May consider selling lift separately. Call 403-388-3454.

Employment/Education

Want to get some really important phone calls?

When life hurts, it helps to talk. Some people in our community don't have anyone they can talk to about their personal problems. By being there to listen, you can make a direct, positive impact on someone who is in distress. To apply visit www.thesupportnetwork.com.

Learn more about this life changing volunteer opportunity August 9, from 6-7pm. RSVP to volunteers@thesupportnetwork.com.

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 published on September 1, 2010. First deadline for submissions will be on or before August 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.



CPA (Alberta) is now on YouTube.

Check it out at www.youtube.com/user/cpaalberta

We Can Fly; Adaptive Vehicles (Ross's hot rod); house modifications (Margaret); house modifications (Geoffrey)...and more

Charitable Registration # 11883-5016-RR0001. To make an online donation, visit:



<http://www.canadahelps.org/>

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