



February 2010 Issue, vol. 50

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News – Province Wide



List of Full Serve Gas Stations

List updated on January 25, 2010. Thank you to Eleanor Sugarman and Gerald Kress for adding to our expanding list.

9 Videos have been added to the CPA (Alberta) Website!! Check them out...motivating, inspiring and informative!

Go to www.cpa-ab.org or click on any of the links below:

Adaptive Gliding (Freedom Wings)

http://www.cpaabodyssey.com/video/sports_recreation_leisure/adaptive_gliding.wmv

SCI Solutions Network

http://www.cpaabodyssey.com/video/ongoing_research/sci_solutions_network.wmv

Rick Hansen SCI Registry

http://www.cpaabodyssey.com/video/ongoing_research/rick_hansen_sci_registry.wmv

Tour of the SCI Blusson Centre, Vancouver, BC

http://www.cpaabodyssey.com/video/ongoing_research/blusson_centre_tour.wmv

2009 Alberta Access Challenge

http://www.cpaabodyssey.com/video/special_events/alberta_access_challenge.wmv

James Sanders – Quadriplegic as the result of a spinal cord injury, talks about his career as an actor and playwright

http://www.cpaabodyyssey.com/video/career_education_profiles/james_sanders.wmv

Matt Thola - adaptations to his pickup truck

http://www.cpaabodyyssey.com/video/adaptive_vehicles/matt_thola.wmv

Bryce Clarke - gives a tour of his wheelchair accessible home

http://www.cpaabodyyssey.com/video/housing_modifications/bryce_clarks_house.wmv

We Can Fly (active living)

http://www.cpaabodyyssey.com/video/sports_recreation_leisure/we_can_fly.wmv



Other Websites to Check Out

Service dog becomes Surfer dog

<http://www.youtube.com/watch?v=BGODurRfVv4>

New research on MS CCSVI.

<http://www.hsc.mb.ca/msclinic/>

Travelling – articles, links, tips and updates

Check out the *Access Anything Newsletter* - <http://www.accessanything.net>

Paralympic Games on-line – March 12 – 21, 2010:

www.ctvolympics.ca (will be providing official coverage of the Paralympic games)

www.ParalympicSport.TV

Tender Moments with a Wheeler

CPA (Alberta) Picture Contest. Up to 5 pictures per person....prizes, prizes! Contact Kuen Tang at 780-424-6312, ext. 2235 for more information. [Find out more....](#)

“Discovering the Power in Me”

(Creating a future of strength and hope)

Valued at \$600/person but provided at NO COST to CPA participants!

The Canadian Paraplegic Association (Alberta) would like to invite you and a guest (family member or supportive friend) to take part in the [“Discovering the Power in Me”](#) workshop being held in Red Deer on March 22 and 23, 2010, 9:30 a.m. – 3:30 p.m.

Bethany Collegeseide, (ADSP Room), 99 College Side, Red Deer, Alberta

Training for both workshops provided by respected facilitators from the Pacific Institute, Vancouver.

RSVP: 403-341-5060, or katy.ignatiuk@cpa-ab.org

Deadline: March 17, 2010 – Red Deer workshop

Enhanced 9-1-1 Service

As of February 1st, all mobile service providers will have enhanced 9-1-1 accessibility, but not in all cities. At Stage 1, the 9-1-1 service provider can obtain your phone number and narrow down your location to the closest tower. Stage Two will allow the 9-1-1 service provider to find your exact location from your phone. [Click here for break down of each phone company and their accessibility to the enhanced 9-1-1 service.](#)

The Stem Cell Global Blueprint Conference

This is an international two day meeting being held in Toronto on May 21 - 22, 2010.

This event will bring together scientific researchers, clinicians, ethicists, regulators, policy makers, NGOs, industry, legal interests, society/media and consumers from around the world to discuss the safe and timely development of stem cell therapies for spinal cord injury and related neurological disorders.

In connection with the conference, a *very short* stem cell perception survey has been developed to capture the views of the SCI community, about stem cell therapy.

The survey can be accessed

at: http://www.surveymonkey.com/s.aspx?sm=Fc3WtQB3mF_2bdcB45_2f_2fLFNg_3d_3d

CARWH Conference

The Canadian Association for Research on Work and Health (CARWH) conference will be held in Toronto on May 28 - 29, 2010, hosted by the Institute for Work and Health (IWH).

The theme for the conference is, "Worker Health in a Changing World of Work."

Opening the conference this year will be:

Katherine Lippel, Canada Research Chair in Occupational Health and Safety Law, University of Ottawa who will address *Invisibility of the health consequences of precarious employment*.

Kristan Aronson, Professor, Community Health and Epidemiology, Queen's University who will address *Research challenges: work at night and cancer risks*.

Registration costs:

Regular \$350.00

Student \$100.00 (includes student symposium May 27)

Registration and payment must be completed online at <http://carwh2010.iwh.on.ca/registration>.

Travel awards available to assist *students* traveling long distances. Please apply online at time of registration.

Accommodation information is also available on the website.

The First Person Project

Tell us your story. **reachAbility** is a charitable organization committed to creating an even playing field for persons with all types of disability.

reachAbility is asking Canadians with disabilities to share their personal experiences with employment in a book being published in 2010. [Read more...](#)

In Memoriam

Robin Suche	Calgary
Elvis Ribbonleg	Fox Lake First Nation
Robin Jeremy Berg	Calgary
Sam Humphries	Edmonton
Norma Smith	Edmonton
John Minue	Grande Prairie

Events and News in your Community

Calgary:

Calgary 2010 Peer Events

Insurance for People with Disabilities

February 16, 2010, 6:30 – 8:30 pm, at the Calgary offices of CPA (Alberta), 5211 – 4th Street NE.
[Read more....](#)

Contact Sharlene Bridal for more information about Calgary peer events 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.

Access Calgary Helpful Tips

Your registration expiry at Access Calgary

Did you know that your Access Calgary registration expires?
Watch for your renewal form 90 days before your service expires.

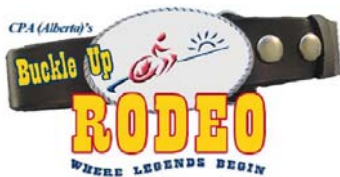
Booking a trip

- For faster service, phone 403-537-7777 - (Option 2) after 11 a.m. to book your trip.
- When scheduling trips, Access Calgary may need to change your pick-up time by a few minutes. If your trip is changed by more than 10 minutes, Access Calgary will try to notify you of the change (another reason to keep your information updated!).
- Access Calgary's automated phone line, Acrobat (403-537-7777), is the fastest way to cancel or confirm your trips.
- Be ready at the first exterior door at the beginning of the time window.
- If you have to be met by a caregiver, please make sure your caregiver is waiting at the beginning of the drop-off time window.

Customer Service

- Customer Service addresses customer concerns, compliments and questions. Please contact Customer Service (403-537-7777 – Option 4) in a timely manner, so we can resolve situations as soon as possible.

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

Picture This...film festival in Calgary

***Festival highlight* - "The portrait of a disabled man"**

February 10, 2010 (6 - 9:30 pm time slot)

1008 - 14 Street S.E., Calgary, Alberta

Festival Office 403 717-5610 Director@Ptff.Org [Click here for schedule](#)

Nine fine years of the greatest disability films on the planet!
22 Countries! Six Continents! 92 Films!

Edmonton:

Edmonton 2010 Peer Events

Valentine's Dance – everyone welcome!!

February 5, 2010, 7:00 – 10:30 pm, Royal Canadian Legion, 10425 Kingsway Avenue, Edmonton. *Live band and lots of door prizes* – everyone welcome.

Just RSVP to Roswitha or Vande at 780-424-6312 or edmonton@cpa-ab.org.

We'd love it if you could join us! [Read more...](#)

More exciting activities are being planned so stay tuned for more information!

For more information regarding Edmonton peer events, 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

Award Winners to be Announced Soon!

The Red Carpet Affair is just around the corner for its organizers, and for one group in particular – the Awards Committee – its busiest time is right now!

An announcement of award winners will be released soon.

One award winner has already been announced. The Honourable Steven Fletcher, PC, MP, Minister of State (Democratic Reform) will be presented with the 2010 Christopher Reeve Award, following the main address that he will deliver from the stage of the Shaw Conference Centre on March 5.

You will hear his story of injury and how he overcame numerous obstacles to enter politics and make his way to the most influential board room in Canada – that of our Federal Cabinet. Steven Fletcher is the first person with a permanent disability ever to be elected to the House of Commons.

Previous winners of the Christopher Reeve Award are Jeff Adams (2006), Rick Hansen (2007), Sam Sullivan (2008) and Chantal Petitclerc (2009).

The 7th Annual Red Carpet Affair – is the fundraising gala in support of services to persons with spinal cord injuries and other physical disabilities.

The evening also features funnyman Danny Hooper as MC and auctioneer, a fabulous dinner with specially selected wines, some terrific prizes for some lucky people and even a few celebrities.

A great night for a great cause!

Mark your calendar for Friday, March 5, 2010 and join us at the Shaw Conference Centre for an evening of celebration and community recognition.

For more information, contact Marc Quinn at 780-424-6312, ext. 2226. To RSVP, [click here](#) for pdf.

Red Deer:

Romance Package Raffle

Our Red Deer office of CPA (Alberta) has put together a fantastic Romance Package - includes a 5 course meal, one night stay in a jacuzzi suite....and MUCH more.

[Click here to check out the full package details.](#)

Only \$15.00/ticket and a Draw Date of February 26, 2010.

Contact Alicia or Katy in the Red Deer office 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 support, this initiative has the potential for us to "optimize" our fundraising dollars.

Become a CPA (Alberta) Member

The Canadian Paraplegic Association (Alberta) has been providing services and support to Albertans with spinal cord injury or other physical disabilities since 1961.

Your support of CPA's Annual Membership drive has numerous benefits. As a member of CPA (Alberta), your **\$20.00** membership dues 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) email newsletter - "Wheel-E"
- receive Spinal Columns, the CPA (Alberta) magazine, published quarterly
- receive Total Access, the CPA National 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

2009 Added Benefits:



- **FREE Red Arrow Motorcoach** bus passes (limited quantity available) for travel between Calgary, Red Deer, Edmonton & Fort McMurray. For more information please 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, please 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 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 2009 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. [Click here for Membership Form \(pdf\)](#)

Thank you for your support!

Research

Pressure Sore Consultation Meetings

Consultation meetings re pressure ulcer prevention using an intelligent electric stimulator are being held on February 9th, 2010 at the U of A campus.

Your help is needed and valuable at this point in the research.

You can offer unique insights to ensure that the technology is safe, practical and acceptable to patients. [Read more....](#)

Also, watch for an article about pressure sore research in the upcoming Winter issue of Spinal Columns!

Drug Test for Muscle Spasticity after Spinal Cord Injury

Researchers at the University of Alberta are interested in what happens to the nerve cells that control the leg muscles after an injury occurs.

They will be using a drug called cyproheptadine, in order to understand what kind of change is happening after an injury.

The study only requires one or two days of your time, for 3 to 5 hours, to be completed.

Participants who are interested will be screened by phone to make sure they do not have conditions that would make it unsafe to take the drug.

Participants should have some spasticity present in their legs, but movement is not necessary.

There is no cost to be involved in the study and parking costs and transportation to and from the University will be covered.

If you are interested in this study, please contact Kelly Brunton, MScPT at (780) 492-2258 or kelly.brunton@ualberta.ca. Kuen Tang at CPA (Alberta) can also be contacted at (780) 424-6312, ext. 2235 or kuen.tang@cpa-ab.org.

Creative Solutions & Ideas



No-Tracs Wheel Cleaner

The No-Tracs automatic wheel cleaner is a patent-pending product that incorporates wireless technology to automatically remove dirt from wheels in about 30 seconds – while users remain in their wheelchairs or scooters.

To begin the cleaning process, users ride onto the No-Tracs, and a wireless signal starts the process to rapidly and thoroughly clean the wheels.
Installation of this product reportedly requires only a standard electrical outlet for power.

No-Tracs has been designed to industrial standards for durability and is a field tested design requiring low maintenance. Matrix Product Development, 608-834-1661, ronp@matrixpd.com or www.no-tracs.com

Sports / Physical Activity

Carving the Future Para-Alpine Event

[Carving the Future Para-Alpine Event](#) Please note the date for the Alberta Event is Saturday, March 6, 2010 at Canada Olympic Park in Calgary.

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.

Sledge Hockey

Practice held on a regular basis at the following arenas (general public welcome):

Tuesdays, 7:30 – 8:30 pm - Donin Arena, 109 Street and 80 Avenue Edmonton.

Saturdays, 5:15 - 6:45 pm - Leduc Recreation Centre located on Black Gold Dr., Leduc

Saturday, 10:00 pm -11:00 pm - Trileigure Center, Campsite Road, Spruce Grove

Wheelchair Curling

Sundays - 1 - 3 pm, Jasper Place Curling Rink, 16521-107Avenue, Edmonton.

Canadian Association for Disabled Skiing (Edmonton)

Check out www.cadse Edmonton.ca for more information about programs, volunteering, schedules, etc.

Classifieds



Truck for Sale

2008 GM yukon slt xl with 26000k. Original cost \$58000. Added a KVB Manufacturing "Elain Anne Lift System" for front passenger side at a cost of \$60,000. Includes a gull wing door to ease entry. As new. Sell for \$80,000. Phone Agland Lloydminster Ken 780-871-4504 or Cam 780-871-1227.



Power Wheelchair for Sale - Grande Prairie

For more information contact Rachel
at 1-780-532-5237 or e-mail brwgpab@telusplanet.net

Benefit for Canadian Paralympic Committee and Paralympic Sports Association

The PSA and the students of the Philanthropy for the University of Alberta chapter of the Kappa Sigma Fraternity are joining forces in organizing a benefit for the Canadian Paralympic

Committee and the Paralympic Sports Association. Mark your calendars for this great event that will be held at Fiore's Cantina on February 11, 2010. [Read more...](#)

Recycled and New Healthcare Equipment

Recycled and new healthcare equipment available through Silver Cross in Edmonton – Click here for [February recycle list](#). Click here for [February Recycle flyer](#).

Wheelchair Accessible House for Sale

<http://matlach.abmls.mlxchange.com/?r=408063084&id=383433333531.312>

Contact: Christopher Matlashewski, Royal Lepage Benchmark
#430, 7220 Fisher Street S.E., Calgary, AB T2H 2H8
O: 403-301-7615

Swap and Shop

This service is provided through the CPA National website. Province wide, people buy and sell used and new equipment. Check it out at: <http://www.canparaplegic.org/en/204>

Employment/Education

Employment Opportunity: Assistant Project Coordinator

CPA (Alberta) has an opening (one-year term) for a Project Coordinator to assist in the establishment of an office/housing complex that would provide office space for various Edmonton non-profit organizations, as well as housing for individuals who have a physical disability. Responsibilities include: Coordinate, promote, research and apply for funding to develop this project.

Preferred applicant should have: Degree or diploma in project development or marketing, 3 years construction related experience, knowledge of nonprofit sector, good knowledge of Microsoft Office and excellent organizational, interpersonal and communication skills.

Applications can be faxed to the attention of: Director of Community Development, 780-424-6313 or e-mail to: larry.pempeit@cpa-ab.org. Closing date - February 12th, 2010.

Employment Tips:

Use your network!!

We all have a network....so send your cover letter and/or your resume to these people and get them working for you! Chances are that people who know you probably don't even know that you are looking for employment. Most jobs are found through networks and talking to people, not just through waiting for employment postings!

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 March 1, 2010. First deadline for submissions will be on or before February 22nd, 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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