



March 2010 Issue, vol. 51



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News – Province Wide



List of Full Serve Gas Stations

Last updated on January 25, 2010.

Websites to Check Out

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

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

Providing Wheelchairs in Developing Countries

<http://www.freewheelchairmission.org/site/c.fgLFIXOJKtF/b.4916275/k.BE91/Home.htm>

REMINDER....“Discovering the Power in Me” Workshop on March 17, 2010 in Red Deer

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 Collegieside, (ADSP Room), 99 College Side, Red Deer, Alberta

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

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

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

Deadline: March 17, 2010 – Red Deer

Research Study on Social and Affordable Housing Redevelopment-Regeneration Projects

CMHC is initiating a research study on social and affordable housing redevelopment and regeneration projects. The study asks about projects that are either completed, in process, still in the planning stage, or are needed; large or small, and which include design changes, redevelopment, intensification and other approaches to improve the physical and/or social conditions of the housing.

This research will be of interest to all those who are concerned with housing, whether social housing or the private sector, including housing agencies, planners, community health and other professionals, and community-based groups.

The first step in the research involves an on-line survey which will: (1) identify exemplary redevelopment-regeneration projects; and (2) identify future potential social and affordable housing projects that require or would benefit from redevelopment-regeneration. Case studies will then be conducted for up to eight exemplary redevelopment-regeneration projects.

Input is needed from a wide variety of organizations and professionals who have general OR in-depth knowledge of specific redevelopment-regeneration projects.

Your assistance in completing the survey, *ideally within the next 1-2 weeks*, would be greatly appreciated.

If there is more than one exemplary project which you/your organization is aware of, ideally, we would like to receive one survey for each project.

The research is being conducted by SPR Associates Inc. who have been contracted by CMHC to carry out the study. Both CMHC and SPR guarantee the confidentiality of all information provided by participants. At the end of the study, a final report will be made available to all participants.

To proceed directly to the on-line survey, please click on either of the web-links below:

English: <https://www.surveycentral.ca/cmhc/r-rprojects.htm>

Français: <https://www.surveycentral.ca/cmhc/rrprojets.htm>

If you have any questions about the survey, contact ted.harvey@spr.ca or 1-800-363-0832 (Monday-Friday, 9:00 a.m. - 5:00 p.m. ET),.

If you have any questions about the overall study, contact CMHC's project manager for this research, Ms. Janet Neves, Sr. Policy Analyst, FPT Relations, at jneves@cmhc-schl.gc.ca or (613) 748-2300, ext. 3237.

Events and News in your Community

Calgary:

Calgary 2010 Peer Events

Wheelchair Maintenance

March 18, 2010, 6:30 – 8:30 pm, 3031 – 30 Avenue SE, Calgary [Read more](#)

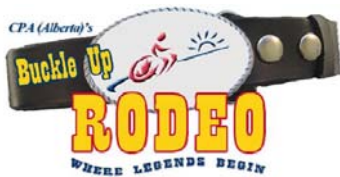
Diabetes – What You Need to Know

March 31, 2010, 6:30 – 8:30 pm – at the Calgary CPA office at 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.

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

Edmonton:

Edmonton 2010 Peer Events

Movie Night – Can’t Stop / Won’t Stop

March 9th, 2010, 6:30 – 8:30 pm, Inglewood Community League, 12515 – 116 Avenue, Edmonton. [Read more](#)

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 Announced!



The Red Carpet Affair is just around the corner. If you haven’t bought a ticket to this great evening, call us now at 780-424-6312.

Guest speaker, the Honourable Steven Fletcher, PC, MP, Minister of State (Democratic Reform) will be presented with the **2010 Christopher Reeve Award**. 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 Federal Cabinet. Steven Fletcher is the first person with a permanent disability ever to be elected to the House of Commons.

Additional awards are:

- **HONOURABLE LOIS HOLE COMMUNITY DEVELOPMENT AWARD** will be given out to **Mr. Neil Pierce**. This is a provincial award given to an individual who has made a long term contribution to the lives of people with disabilities.
- **PERCY WICKMAN ACCESSIBILITY AWARD** will be given to **Mayor Greg Krischke** in honour of the Leduc Recreation Centre. This Award is a provincial award given to the owner of a facility that has exceeded building codes in terms of wheelchair accessibility.

- **CORPORATE LEADERSHIP AWARD** will be given to **Greg Rodin Professional Corporation**. This is a provincial award presented to an outstanding corporate supporter of the Canadian Paraplegic Association (Alberta).
- **LIFETIME ACHIEVEMENT AWARD** will be given to the **Honourable Judge J. Bradford Kerby**. This is a provincial award presented to an individual with a spinal cord injury or other physical disability who has made an outstanding contribution – over a period of at least 20 years – to the cause of making Alberta a better place for all people with disabilities.
- **AMBASSADOR AWARD** will be given to **Mr. Timothy Boyle**. This is a provincial award presented to an individual in recognition of his or her long time support of the CPA (Alberta) in the area of fund development – this person has contributed to the financial wellbeing of the organization and has contributed much to his or her own legacy.

The 7th Annual Red Carpet Affair 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.

We Have a Winner!! Tender Moments with a Wheeler Photo Contest

Held from January 18 – February 8th, the winning photographer is Laurie Beaudin with a photograph featuring Roone Doolittle who loves attending weekly pet therapy sessions to interact with the dogs. [Click here](#).

Have a Say in “The Way We Live”

Help us make Edmonton one of Canada's most livable cities - City of Edmonton
Have you added your voice and your views to The Way We Live: Edmonton's People Plan? There is still plenty of opportunity to have a say in how we can make Edmonton one of Canada's most livable cities. The Way We Live: Edmonton's People Plan is a long-term City of Edmonton strategic plan that will set direction, establish priorities and guide decisions about people services that contribute to our health, safety and well-being. It will advance The Way Ahead: [City of Edmonton Strategic Plan 2009-2018](#) and support the 10-year strategic goal of improving Edmonton's [livability](#). This fall, Edmontonians provided their feedback on how we can make Edmonton one of Canada's most livable cities. You'll find an overview of the results of those public consultations at www.edmonton.ca/TheWayWeLive .

We need your perspective on the identified themes. You are encouraged to review the six reoccurring themes that were discussed when Edmontonians talked about the factors that contribute to Edmonton's livability.

The feedback provided at our fall themed workshops and in our online surveys and discussion forums are being used to inform the first draft of The Way We Live: Edmonton's People Plan. That draft will be available at www.edmonton.ca/TheWayWeLive in late February for your review and feedback. There will also be two Open Houses at City Hall this spring.

It is anticipated that “The Way We Live: Edmonton's People Plan” will then be presented to City Council for their review in June.

If you need more information go to www.edmonton.ca/TheWayWeLive or contact Marilyn Hussey at 780-496-4620 or marilyn.hussey@edmonton.ca.

As this long range plan will shape the people services that contribute to our wellbeing and to our national and international reputation, it is important that Edmontonians continue to have a say in its development.

2010 City of Edmonton Mayor's Awards

[Click here for more information.](#)

Grande Prairie

Grande Prairie Fundraising Event

Canadian Paraplegic Association (Alberta) Grande Prairie Fundraising Event

Saturday, May 22, 2010, 5:30 PM

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

For further information contact:

the CPA (Alberta) office in Grande Prairie at 780-532-3305, Winona Lafreniere, Client Services

Coordinator, winona.lafreniere@cpa-ab.org, Agnes St Jean, Community Development

Coordinator, agnes.stjean@cpa-ab.org

Red Deer

Asset Builders

Asset Builders would like to present their affordable Lifestyle Homes Complex in the developing community of Blackfalds. A4 & B9 Pioneer Way are 977 sq ft. wheelchair accessible ground floor units available for elderly/disabled or mobility challenged individuals who are looking for independent living. Featuring: all appliances, hardwood floors, hickory cabinets, window coverings, safety grab bars, wider doors and hallways as well as convenient heights for all electrical. Front loading washer and dryer. Stove controls conveniently located at the front. Lots of storage room. Designed to meet the changing needs of tomorrow.

[Click here for poster.](#)

Go to <http://reddeer.kijiji.ca/c-buy-and-sell-health-special-needs-Independent-Living-for-Disabled-Elderly-W0QQAdIdZ187731681> Asset Builders link <http://assetbuilderscorp.ca/>

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

March 1, 2010

Dear Friend of CPA:

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

ReWalk

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

Sports / Physical Activity

Check out the Cerebral Palsy Association Program Schedule

Offering courses in Yoga, Art Expressions and Computability – [Click here](#).
Watch for more exciting programs to be announced in 2010!

For more information or to register, contact Kim Henye kim@cpalberta.com 780-477-8030 (phone), 780-471-0855 (fax).

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 – Tri Leisure Center, Campsite Road, Spruce Grove

Wheelchair Curling

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

Canadian Association for Disabled Skiing (Edmonton)

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

Classifieds

For Sale – Power Wheelchair, Wheelchair Accessible Van and Two Hitch Carriers

Power Wheelchair - 1994 brand new Action Storm series 9000 power wheelchair only used 3 months - \$1000 obo.

1990 Wheelchair Accessible Van

Ford full size van with partial raised roof, less than 75,000 km \$5,500

2 Hitch Carriers for wheelchair's -1 steel \$200 and one aluminum \$350

Please contact Harvey Scott at (403) 302-0113, Red Deer

Van for Sale

1996 GMC Savannah

[Click here for more info.](#)

Wheelchair Accessible House for Sale

523 Sheep River, Okotoks. Featuring modified kitchen cabinets and pantry, roll in master ensuite, main floor laundry, full size elevator for access to main floor, garage and walk out basement, extra wide doorways, etc. For more information contact Real Estate Calgary at 403-238-8886.

[Click here for more info.](#)

Recycled and New Healthcare Equipment

Recycled and new healthcare equipment available through Silver Cross in Edmonton at 780 450-6992.

Employment/Education

Alberta Disabilities Forum looking for Individuals to work on important Employment Issues for Albertans with Disabilities!!

Employment barriers and insufficient supports prevent many Albertans with disabilities from joining the labour force. The Alberta Disabilities Forum believes there are several key areas where government and employers should focus their efforts in order to support people with disabilities to obtain employment.

Access and choice

Many barriers prevent people with disabilities from getting an education and accessing employment supports. All provincially funded education, employment training, and support programs should be open and affordable to people with disabilities and should be tailored to assisting them to reach their full employment potential.

Flexibility

Education and employment programs do not always accommodate the individual needs of people with disabilities. Issues like poor access and inflexible scheduling or lack of accommodation for personal supports are major barriers.

Geographic differences

Access to work and educational opportunities in rural Alberta, on First Nations reserves, and Métis settlements are limited. Training supports, expectations, and work outcomes for people with disabilities outside Alberta's major centres must be adjusted if they are to be fair and equitable.

Health benefits and other critical supports

The fear and potential loss of health benefits and other critical supports are major concerns and disincentives for many people with disabilities wishing to make the transition to employment. Further, employers can experience health premium increases related to hiring a person with a disability. This can result in discriminatory hiring practices. As recommended in the Alberta Disability Strategy, services like health care, career counselling, education and training, and transportation must be integrated if employment is to be an attainable goal for many Albertans with disabilities.

Workplace disability awareness programs

Because of unawareness about disabilities by employers, perceived barriers in the workplace are often reasons why employers are unwilling to hire a person with a disability. The result is lost opportunity to fill an employment position with someone who is qualified, capable, and willing. Disability awareness programs should be enhanced to meet current and future needs. The Employment Working Group members would like to work on an ADF position paper to influence the development and enhancement of employment programs, services and supports in our Province.

We hope you will join us in moving toward improvements for Albertans with disabilities in employment-related areas. The Employment Working Group members' voices and participation are critical to the success of our group. As an EWG member, you will learn a great deal and have a positive impact on this important work.

If you are interested in joining the Employment Working Group, please contact Melita at Melita@accd.net.

**Share Your Opinions about Employment Related Issues.
EmployAbilities is Looking for Focus Group Participants**

EmployAbilities, in collaboration with the Canadian Council on Rehabilitation and Work (CCRW) Building Employment Partnerships project, would like to invite you to participate in an upcoming focus group. It will be an opportunity to share your opinions regarding your rights and responsibilities in securing and retaining employment.

The focus group will be held at the EmployAbilities office from 1:00 pm to 3:00 pm on Friday, March 12, 2010. Please arrive 15 minutes in advance.
[Click here for more information.](#)

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 April 1, 2010. First deadline for submissions will be on or before March 24, 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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