



October 2010 Issue, Vol. 58

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News – Province Wide

Check out our Videos

CPA (Alberta) has over 70 videos on our website, covering a wide variety of topics including housing, parenting, research, wheelchair transfers....and much more. Go to www.cpa-ab.org/odyssey

List of Full Serve Gas Stations

Go to www.cpa-ab.org/user_files/pdf/Gas_Stations_Full_Service_April2010.pdf



October 18, 2010 is ELECTIONS DAY.

Make Your Voice Heard - Get out, or stay home but make sure you vote!
[Read more about accessibility voting options....](#)

Towards a Provincial Caregiver Strategy:

October 22 in Edmonton and October 29 in Calgary

The Alberta Caregivers Association (ACGA) has launched a province-wide consultation to learn more about the challenges caregivers face, and to provide government and community agencies with tangible strategies to better support caregivers. The ACGA needs caregivers, health professionals, and service providers to attend our consultation conventions (October 22 in Edmonton and October 29 in Calgary) and contribute their experiences and insights. Accommodations for rural caregivers and respite opportunities are available upon request. For more information about this important initiative or to register, please visit www.albertacaregivers.org/convention2010.html or call 1-877-453-5088.

Silent Voices: Abuse of Persons with Disabilities Conference - October 13 - 15th

This conference is being coordinated by the Saskatchewan Voice of People with Disabilities organization and is a unique forum for people from all disciplines to gather for an in-depth exchange of current information on all facets of violence and abuse of people with disabilities.

The vision of the conference is to make a significant positive impact on eliminating abuse of people with disabilities. For more information check out the event website at www.silentvoices.ca

Disability, Health and Wellness Conference – Independence Your Way

October 18 and 19, 2010

Keynote Speaker on October 18: Propeller Dance Troupe

Keynote Speaker on October 19th: John Melnick

A network of disability, seniors and community organizations in Manitoba is hosting a Disability Health and Wellness conference on October 18 and 19 and would like to invite the nation to participate. With the theme “Independence Your Way” there are several segments of the conference that are applicable and of interest to all Canadians and will be available via the web. Of particular interest to many communities across Canada are the topics of Attendant Care, Disability and Disaster Management, Legislation promoting the inclusion of people with disabilities and program model that supports healthy lifestyles.

These four sessions along with our Keynote speakers will be available across Canada for the cost of \$26.50 per computer. It is our hope that community agencies will connect with the conference and provide a meeting room with projection onto a big screen for a wider audience to access. Access to the conference is very user friendly and we will contact you prior to the conference to support your set up and access to ensure a smooth, painless process in getting involved with our conference. Participants can sign up as individuals or groups and can register using the attached forms. For more information, contact Doug Lockhart Senior Program Coordinator, Independent Living Resource Centre, Winnipeg Manitoba at (204) 947-0194, Email:dougl@ilrc.mb.ca

Grant Funding: Rick Hansen Wheels in Motion 2010 Quality of Life

The Rick Hansen Institute (RHI) (previously known as SCI Solutions Network) is a Canada wide collaboration of people with spinal cord injuries, researchers, health care professionals and service providers, committed to addressing priority needs and generating solutions for people with spinal cord injury. The RHI coordinates Rick Hansen Wheels in Motion (RHWIM) events that bring communities together across the country. A portion of the funds raised by RHWIM, presented by Scotiabank, is used to support Quality of Life projects for people living with spinal cord injuries.

It is anticipated that selection for grant funding will be in the of **Spring 2011**, however interested applicants are invited to submit anytime between now and then. To receive a copy of the application guidelines and application form, contact Ross Norton at 780-424-6312, ext. 2227 or ross.norton@cpa-ab.org

Grant Funding: Alberta SCI Solutions

The Alberta SCI Solutions Alliance is a provincial network of individuals and organizations passionate about making a positive difference for Albertans living with spinal cord injury (SCI).

The Alberta SCI Solutions Fund was created to respond to the priority unmet needs of people with spinal cord injury by providing SCI Solutions Grants to fund projects that serve to improve the quality of life for Albertans with SCI. Applications will be accepted starting on September 8th, 2010. Application deadline is **October 15, 2010**. Eligible applicants include:

Individuals with spinal cord injuries and,

Organizations that provide services for individuals with spinal cord injuries.

Successful applicants from the Spring 2010 call for applications will NOT be considered for this round of funding.

For more information, including guidelines and application forms, click on the links below or go to The Alberta Paraplegic Foundation website at www.paraplegicfoundation.org (on Sept 8th). If you experience difficulties with downloading the application forms, please contact Ross Norton at 780-424-6312 or ross.norton@cpa-ab.org.

[Solutions Guidelines](#)

[Solutions Application Form for Individuals](#)

[Solutions Application Form for Organizations](#)

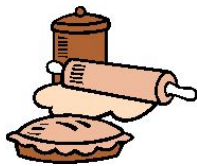
Canwest would like your Feedback

Calgary based home health care company would like your feedback about products and services that you feel would be of benefit to people with disabilities. If you would like to provide feedback or would like more information, contact justinm@canwestelevators.com or 403-466-5831.

Events and News in your Community

Calgary:

Simple Simon Pies – CPA (Alberta) United Way Fundraising Drive



Everyone is busy these days...families are active...kids on the go. Here is a great answer to a tasty, easy, quick and affordable solution to meal times. Simple Simon Pies are 4" individual servings, made by hand using the freshest ingredients – baked and then frozen – you only need to reheat. Available at various Farmers Markets throughout Calgary...some open year round.

Voucher Price: \$17.00 for six/4" pies OR three/400 gram meals

Home delivery during winter months on orders over 12 pies or 2 vouchers for a fee of \$3.00/order.

All proceeds from sales go towards CPA (Alberta) support of the Calgary United Way fundraising drive, a major funder of our many programs and services.

For more information / to purchase a voucher, contact: Marilyn Erho, 403-2228-3001 or marilyn.erho@cpa-ab.org by Wednesday, December 1, 2010.

Mixed Ability Dance Theatre presents "Momentum" - October 1st & 2nd

with special guests Propeller from Ottawa. MOMO Mixed Ability Dance Theatre brings together a diverse community of artists, whose purpose is to remove barriers and facilitate artistic expression through performance and the enjoyment of movement as a form of unique creation. Coming to a Calgary stage near you, the group brings together professional and prospective artists, with and without disability to explore movement, voice, theatre, dance, and improvisational disciplines. This is a fun and enjoyable event! Tickets available at 403-283-3445 or go to www.momodancetheatre.org.

Calgary 2010 Peer Events

Calgary – Peer Christmas Lunch

CHANGE OF DATE

Sunday, December 5, 2010 – 2:00 – 5:30 p.m.

Sheraton Cavalier Hotel, 2620 32 Avenue NE, Calgary, AB

RSVP to Marilyn Erho at 403-228-3001 or marilyn.erho@cpa-ab.org

Stay tuned for more information.



**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:

Oilers Tickets

Select Edmonton Oiler wheelchair seats (2 per game) are available for face value by contacting Ross Norton at ross.norton@cpa-ab.org.

WillPower

Edmonton Community Foundation is pleased to once again present WillPower Wills Week. These seminars are provided as a public service to present free professional information on wills and estates.

A special session is being held for those who would like information on how to ensure their will provides for family members who may require special care. The session was included at the suggestion of PLAN Edmonton. [Read more....](#)

Edmonton 2010 Peer Events



Bowling Night

Wednesday, October 12, 2010 – 6:30 p.m. – 8:30 p.m.

Gateway Entertainment Centre, 3414 Gateway Blvd.

[Click here for poster.](#)

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

Facebook page.

RSVP to Roswitha Dziwenko at 780-424-6312, ext. 2241 or roswitha.dziwenko@cpa-ab.org



RED CARPET AFFAIR 2011 – CPA (Alberta) Announces Guest Speaker/Award Winner!

Likely one of the most successful professional actors with a disability in Canada, **James Sanders**, has been announced as the guest speaker and winner of the 2011 Christopher Reeve Award. Presented annually at the CPA (Alberta) Red Carpet Affair in Edmonton, the award is a national and internal recognition bestowed to an individual with a spinal cord injury (SCI) who has made an outstanding contribution to the greater community of persons with SCI.



Readers will have an opportunity to meet **James Sanders** in person and hear him speak at the Red Carpet Affair 2011 on Friday, March 18, 2011 in Hall D at the Shaw Conference Centre.

James Sanders is the first Christopher Reeve Award recipient to follow the same career path as Reeve. You will soon be able to read more about James and the upcoming Red Carpet Affair at www.cpa-ab.org/redcarpet - the 8th annual fundraising and community recognition gala in support of the Canadian Paraplegic Association (Alberta). James Sanders was featured in the Spring 2010 issue of Spinal Columns.

Grande Prairie

Training opportunity offered through Alberta Health Services

Become a program facilitator in your community to support clients to develop the skills and confidence to better manage their daily health challenges. [Read more....](#)

Research

Exercise and Spinal Cord Injury Study – Participants needed right away!

If you have a spinal cord injury at the T6-12 level, you are invited to be part of a study being conducted by the Faculty of Rehabilitation Medicine at the University of Alberta. The study will help in the development of exercise programs that are better designed for improving fitness and athletic performance in a wheelchair. Testing will involve up to five visits, each lasting up to 1.5 hours. Principal Investigator: Martin Ferguson-Pell, Ph.D.; Research Collaborators: Donna Goodwin, Ph.D and Vicky Tolfrey, Ph.D. Contact: 780-492-5991.

[Read more....](#)

Drug Test for Muscle Spasticity after Spinal Cord Injury.

Researchers at the Centre for Neuroscience at the University of Alberta are investigating how spasticity develops after spinal cord injury to help develop new anti-spastic drugs. They will be using two separate drugs, cyproheptadine and citalopram, during two separate experiments in order to understand what kind of change is happening to motor neurons after an injury. The study requires two days of your time, for 3 to 4 hours for each experiment. If interested, you will be screened by phone to make sure that you do not have any conditions that make it unsafe for you 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 by email kelly.brunton@ualberta.ca**. Kuen Tang at the CPA can also be contacted at (780) 424-6312 , ext. 2235 or by email kuen.tang@cpa-ab.org.

Creative Solutions & Ideas

Evacu-Trac CD7

Evacu-Trac CD7 is an emergency evacuation chair for stairway descent made by Garaventa. In an emergency such as a fire or earthquake, elevators should not be used. The Evacu-Trac CD7 provides a lifeline to safety as it is an evacuation chair used to move people with a disability or injury down stairways quickly and safely during an emergency. Evacu-Trac's patented speed governor and braking system also allows a smaller caregiver/attendant to easily evacuate a larger passenger. If you live or work in a high-rise building, you may want to check out their website at www.evacutrac.com (and in turn your building managers) to learn more.

Sports / Physical Activity / Wellness

Hang Gliding

Check out some of these videos about hang gliding forwarded to us by one of our members.
1st Landing

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

Flying out of CuNim (Black Diamond)

http://www.youtube.com/watch?v=yIzYN0O_mPQ

Cowley Camp 2010

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

The club's website

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

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.

Are Apples the New Fish?

Researchers are finding that apples have functional properties well beyond their nutritional value and much of the goodness is in the juice as well as the peel. New evidence appears to show that apples can keep the brain sharp as you age as well. [Read more...](#)

Employment/Education

Have you thought about going to school or back to school?

There are many disability related scholarships, grants and funding opportunities available.

What about employment supports or volunteering?

For more information, contact Mike Hambly, Client Solutions Coordinator, in our Calgary office 403-228-7433 mike.hambly@cpa-ab.org. If you don't live in the Calgary area, please feel free to contact your local CPA (Alberta) office and someone would be glad to assist you further.

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 Paralegic 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!

Classifieds

For Sale:

Time Share - Wheelchair Accessible Accommodation

Great opportunity to own a 1/4 share or 1/2 share of this wheelchair accessible accommodation at Spirit Ridge a 4 1/2 star luxury resort located in Osoyoos, B.C. The unit is on the top (third) floor of Bldg 2, one of few with both gorgeous lake and golf course views. Total 643 s/f, 1 bedroom with a king size bed and a Queen pullout sofa, wheelchair accessible bathroom, complete kitchen with granite countertops, in-suite washer/dryer, comfortable living room with electric fireplace, large balcony, under ground parking. The resort includes spa, fine dining, NK MIP winery, two outdoor heated pools, two hot tubs, fitness center, 9 hole golf course, conference centre, minutes to the lake, 40 minutes to Mount Baldy Ski Hill, hiking/biking paths, native cultural centre. Owner receives monthly income from the rental pool. 1/4 share for \$95,000 or 1/2 share for \$178,000. Book a weekend to experience this beautiful property. Cost will be deducted from the purchase price. Call Christina at 780-570-5054 or e-mail rutars@shaw.ca for more detailed information.

Toyota Pick-up with Power Lift Chair

Toyota tundra pickup truck 2000, fully loaded in excellent condition, it has a easy reach power lift chair at the passenger side. The seat turns and swivel and lower to a desirable height for easy transfer. It was installed three years ago with very little use on it because I start to drive a van shortly after the installation. You can purchase the truck with the seat or just purchase this turney seat.

Call Christina at 780-570-5054 or email for pictures and more detailed information.

Varna II Handcycle

Varna II handcycle, 21 speed with Shimano internal 7 speed hub for sale. Good condition. Great handcycle for all round use. Asking \$1,250.00. Contact Mike Seifert seifertm@telus.net

1997 GMC Savanna Van

¾ ton, diesel engine, 330,000km, Vangator lift, 6 way power seat, hand controls, power door, some rust, new battery, alternator, newer tires, asking \$6000. Ray Quinn 780 830-3861 (Grande Prairie) rquinn1@telus.net

Chev Venture Minivan

2000 Chev Venture minivan with hand controls - \$500.00. Runs but needs work. Please contact Carrie at 780-450-1711 or email c_lund@telus.net

FREE Donated Items

Scooter

Electricity Celebrity 4 wheel Scooter, 450 lb capacity, needs a charger adapter that costs \$237, in mint condition. Call: 780 868 4448.

Hand Controls

MPD Mark 1 hand controls 3 years old – perfect condition. Will only need mount for your vehicle. Please contact Carrie at 780-450-1711 or email c_lund@telus.net

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 November 1, 2010. First deadline for submissions will be on or before October 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 You-Tube.

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

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/>

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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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