



## September 2010 Issue, Vol. 57

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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](http://www.cpa-ab.org/odyssey)

### New Phone Number

The Canadian Paraplegic Association (National Office) in Ottawa has a new phone number - 613-723-1913.

### List of Full Serve Gas Stations

Go to [www.cpa-ab.org/user\\_files/pdf/Gas\\_Stations\\_Full\\_Service\\_April2010.pdf](http://www.cpa-ab.org/user_files/pdf/Gas_Stations_Full_Service_April2010.pdf)

### 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](mailto: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](http://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](mailto:ross.norton@cpa-ab.org).

[Solutions Guidelines](#)

[Solutions Application Form for Individuals](#)

[Solutions Application Form for Organizations](#)

### **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.



#### **New Law Promotes Prevention of Abuse for Vulnerable Adults**

The provincial government has updated critical legislation to better protect vulnerable Albertans from abuse. This includes the new *Protection for Persons in Care Act*, which came into force on July 1, 2010. [Read more...](#)



**Share your ideas!**

The Tetra Society of North America is a non-profit organization founded in 1987 that recruits skilled volunteers to create customized assistive devices for persons with physical disabilities.

Tetra is now collecting 30 of the best ideas, big or small, of things you think would enable yourself and/or others with physical disabilities to be more independent. You come up with the idea(s)...they'll try to make it work. How great is that?

For example:

- ◆ elevating, tilting stove that provides access to the oven and stove top controls,
- ◆ power chair that is able to go faster for longer because of a battery boost auxiliary battery and solar panel, on-board charger,
- ◆ portable inflatable curb/step leveler that could be used by a person in a manual chair power chair or scooter to navigate up or down a curb or step when there is no curb cut.

For more information/Send your ideas to: [clements.brad@gmail.com](mailto:clements.brad@gmail.com) or [nicola.birchall@cpa-ab.org](mailto:nicola.birchall@cpa-ab.org)

### **Honour someone for making a difference in the lives of Albertans with disabilities**

Nominations are now open for the 2010 Premier's Council on the Status of Persons with Disabilities Awards. These awards are presented annually to recognize people as they work towards creating communities where all citizens can participate fully.

"There are many individuals and organizations in our province who work to develop inclusive communities and improve the lives of Albertans with disabilities," said Mary Anne Jablonski, Minister of Seniors and Community Supports. "I encourage Albertans to honour these individuals and organizations by nominating them for a Premier's Council Award."

To read more access: <http://alberta.ca/acn/201008/289616BDFD6FE-F1AD-D67F-966F05832B576914.html>

### **Stars of Alberta Volunteer Award**

Do you know someone who is always stepping up, giving back and lending a hand? If so, consider nominating them for a Stars of Alberta Volunteer Award!

The Government of Alberta is now accepting nominations for the 2010 Stars of Alberta Volunteer Awards.

For more information, go to [www.culture.alberta.ca/voluntarysector/stars](http://www.culture.alberta.ca/voluntarysector/stars)

The deadline for nominations is Friday, September 24, 2010.



### **Websites that may be of Interest to Farmers with Disabilities**

Canadian Farmers with Disabilities Registry

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

Farmers with Disabilities

[http://www.abilitiescouncil.sk.ca/html/life/farmers\\_with\\_disabilities/index.cfm](http://www.abilitiescouncil.sk.ca/html/life/farmers_with_disabilities/index.cfm)

(Page includes links to "Handi-farmer Newsletter" and "Changing Gear Machinery Modifications Catalogue")

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## **Events and News in your Community**

## Calgary:

### Calgary 2010 Peer Events

#### Orienteering Adventure and BBQ

If you love maps, exploring, and enjoy the great outdoors, join the Foothills Wanderers Orienteering Club as they map out a course around Fish Creek Park.

When: Sunday, September 19, 2010 – starting at 1:30 p.m.

[Click here for poster](#)

For more information and to RSVP, contact Sharlene Bridal at 403-228-3001 or [sharlene.bridal@cpa-ab.org](mailto:sharlene.bridal@cpa-ab.org). Information is also posted as it becomes available at [www.cpa-ab.org](http://www.cpa-ab.org) and on the CPA (Alberta) Facebook page.

#### “Sail Your Own Ship”

This is a program offered by CPA (Alberta) that focuses on teaching skills to individuals with chronic health issues and is designed to assist individuals with managing their own health and wellness through proactive decision making and lifestyle behavior changes. Following a successful pilot program in Calgary, sessions are currently taking place in Red Deer.

If you would like to know more about future sessions for this program, contact Joey Jenkinson at 403-228-3001 (general) , 403-228-7417 (direct) or [joey.jenkinson@cpa-ab.org](mailto:joey.jenkinson@cpa-ab.org)



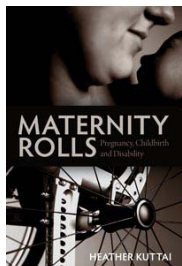
#### **Gentle Dental Hygiene**

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 Events



**Ladies Night** held on August 26<sup>th</sup> was a great success with 17 people in attendance including CPA members along with a caregiver and some family members. It was an educational and informative evening with laughter, tears, sharing stories and experiences enjoyed by all. Guest speaker for the evening was Heather Kuttai, author of the book, *Maternity Rolls* – available through major book stores and at [www.fernwoodpublishing.ca](http://www.fernwoodpublishing.ca)

Event information will also be posted as it becomes available on the CPA (Alberta) website [www.cpa-ab.org](http://www.cpa-ab.org) and on the CPA (Alberta) Facebook page.

For more information, contact: Roswitha at 780-424-6312, ext. 2241 or [roswitha.dziwenko@cpa-ab.org](mailto: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](http://www.cpa-ab.org/redcarpet) - the 8<sup>th</sup> 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.

### Travel

“Access for All” at the Edmonton International Airport

Check it out at [http://www.flyeia.com/airport\\_guide/services/accessibility](http://www.flyeia.com/airport_guide/services/accessibility)

### Transportation

Edmonton taxi companies who provide accessible taxi services include:

Yellow Cab 780-462-3456

Co-op Taxi 780-425-2525

Capital Taxi 780-423-2425

### The Alberta Disabilities Forum is looking for NEW Working Group members

The ADF Working Groups actively work to improve conditions for people with disabilities in the areas of Health, Employment, and Continuing Care in the province of Alberta. We are currently looking for members to join the Working Group of their choice so that we can continue to make considerable strides in these respective areas. The following summaries outline current project:

#### Health Working Group

The Health Working Group is currently developing ideas and considering various issues that are of importance to Albertans with disabilities in order to develop new Terms of Reference and new strategic direction. If you have an issue that you would like to see ADF work on, please contact us immediately.

#### Employment Working Group

The Employment Working Group is currently working on position paper that will influence the development and enhancement of employment programs, services and supports in our Province.

#### Continuing Care Working Group

The Continuing Care Working Group is working on position papers that are addressing the Home Living, Support Living and Long Term Care Living settings. The goal of the working group members is to

influence the development of new funding models to realign the provision of care, services and supports in our Province to achieve greater efficiency and improved quality-of-life outcomes.

If you are interested in joining a group or would like more information, please contact Melita Avdagovska - Ph: 780-488-9088 Fax: 780-488-3757, [melita@accd.net](mailto:melita@accd.net)

### **Registered Disability Savings Plan – FREE Information Sessions**

The Alberta Committee of Citizens with Disabilities ACCD) is offering free information sessions on the Registered Disability Savings Plan. Sessions last about one hour and there must be a minimum of 10 people in attendance.

ACCD is working with COMPAS who has been engaged by the Government of Canada Canada (HRSDC) to explain to people with disabilities, their caregivers, social workers, supporters, and others, how the RDSP can benefit them. RDSP benefits can be very substantial. However, RDSPs are sufficiently complex that special sessions are needed to explain how they work. In brief, the RDSP is a kind of Registered Savings Plan for people with disabilities. It is the first retirement savings plan in the world to single out persons with disability for financial support from the government. For more information, call 780-488-9088.

### **Lifting the Silence Suicide Awareness March**

The Support Network will be holding its annual *Lifting The Silence* Suicide Awareness March on Friday, September 10, 2010 at City Hall from 11:00 am-2:00 pm.

Help lift the silence on this very important issue.

See attached or go to <http://www.thesupportnetwork.com/events/?id=129> for more information.

## **Fort McMurray**

### **Disabled Parking**

In conjunction with the United Way Day of Caring in Fort McMurray, CPA is investigating the possibility of working with corporate volunteers to refresh some of the community's disabled parking pavement symbols.

We are researching sources for the special paint and applying for permission to refresh the paint on several locations in private parking lots at strip malls, office buildings and community centers. We believe this to be a good match and an excellent means of increasing awareness regarding the issue of disabled parking abuse. The Fort McMurray office is hoping for some local media coverage and a chance to express concerns regarding the proper use of these parking locations.

## **Medicine Hat**

### ***This One Moment: Skills for Caregiving Conference***

November 4<sup>th</sup>, 2010 – 9:00 a.m. – 4:00 p.m.

Chinook Village, Terrace Room (2801 – 13<sup>th</sup> Avenue SE

Please keep this date open and call the CPA (Alberta) Medicine Hat office at 403-504-4001 for more information or contact Melanie at the MS Society at 403-529-6797.

## Grande Prairie

### Grande Prairie & Region United Way

Grande Prairie & Region United Way has a new website. Check it out at [www.gpunedway.org](http://www.gpunedway.org).



### Golf Tournaments

Thank you to all of our sponsors, golfers, volunteers, and staff who took part in golf tournaments held in Edmonton and Red Deer in August. While Red Deer met with heavy skies and rain, from all accounts it was still a great day. Edmonton golfers were blessed with a beautiful, sunny sky and once again, it was a wonderful day. Congratulations and thanks to everyone who participated in both golf tournaments - events that helped to raise significant money all in support of those with physical disabilities in Alberta.

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## Research

### Paralyzed Veterans of America

For some of the latest information in SCI health research, you can check out our friends to the south at the Paralyzed Veterans of America (PVA) [www.pva.org](http://www.pva.org). The PVA has been around since 1946, and has developed expertise on a wide variety of issues involving spinal cord injured veterans of the US armed forces. One great section of the PVA website is the "Publications" area where you can download PVA booklets with the latest health advice available on a variety of topics, such as "Bladder Management Following SCI: What you should know".

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## Creative Solutions & Ideas

[www.hammacher.com](http://www.hammacher.com) – Need gloves that never let your hands go cold or a set of Circulation Improving Leg Wraps to reduce that swelling in your ankles? There is an amazing variety of items available at this interestingly named website. Run by Hammacher Schlemmer & Company, this website whose slogan is "Offering the Best, the Only, and the Unexpected for 162", really has to be seen to be believed. Shipping to Canada is \$14.95 over and above the websites relatively inexpensive US shipping costs which are based on the cost/size/weight of your order.

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## Sports / Physical Activity / Wellness

### Calling all Athletes, Coaches and Alumni.....McPherson Hoopfest

September 10 – 12 @ Servus Place, St. Albert  
Named in honor of Dr. Gary McPherson (1946 – 2010)  
[Click here for more information.](#)



### Hunt for the Ultimate Wheelchair Rugby Super Fan

Win a trip to Vancouver, BC including flights, hotels and tickets to the 2010 World Wheelchair Rugby Championships being held September 17 – 26 at the Richmond Olympic Oval!

Prove you're the Ultimate Wheelchair Rugby Fan

- Each week we unlock a challenge

- Take the challenges and submit photos as proof.
- Promote your photos and get your friends to like and comment on them.
- Collect the most likes and comments and win a trip to Vancouver!

FIRST CHALLENGE: Every super fan needs a super-fan costume. Create an ultimate wheelchair rugby super fan costume and take a photo of yourself wearing the costume in a public location. Email your photo to [2010wwrc@gmail.com](mailto:2010wwrc@gmail.com).

SECOND CHALLENGE: Throw a wheelchair-rugby-themed party and take a photo of the event. Will you have wheelchair rugby decorations? Games? A Cake? A signature drink?

THIRD CHALLENGE: Create a mascot for the 2010WWRC. Your mascot can be made from any material (paper and pen, Microsoft-Paint-type program, even making a mascot costume). Take a photo of the event.

FOURTH CHALLENGE: Contestant's Choice! Prove your fandom by designing and executing the ultimate wheelchair rugby super fan challenge. It could be anything from hanging a 2010WWRC banner in a public place to making a wheelchair rugby T-shirt and getting a celebrity to wear it. The sky's the limit. Take a photo of the results.

Because no challenge you accept will ever prepare you for the World Wheelchair Rugby Championships... but it can win you a trip to Vancouver, BC.

To learn more about the 2010 IWRF World Championships, please visit [www.2010wwrc.com](http://www.2010wwrc.com)

Submit your photos to [2010wwrc@gmail.com](mailto:2010wwrc@gmail.com)

### **Outdoors 4 All**

Come out for a fun filled day of excursions with the TrailRider, Canoeing, and Handcycling in Edmonton's River Valley

September 25, 2010

Hermitage Park, 2115 – 127 Avenue – 1:00 p.m.

[Click here for poster.](#)

Information will be posted as it becomes available at [www.cpa-ab.org/news\\_events](http://www.cpa-ab.org/news_events)

### **Yoga**

September 13 to November 1, 2010

Mondays, 5:45 P.M. TO 6:45 P.M.

Contact the Cerebral Palsy Association at 780-477-8030 or [kim@cpalberta.com](mailto:kim@cpalberta.com)

There are many other classes available through the Cerebral Palsy Association.

For the full Fall Program Schedule, [click here](#).



### **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](mailto:kuen.tang@cpa-ab.org) or Laurie Beresnak (Alberta Amputee Sports and Recreation Association member) [lberesnak@hotmail.com](mailto:lberesnak@hotmail.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](mailto:motion@mcmaster.ca) or visit [www.sciactioncanada.ca](http://www.sciactioncanada.ca).

### **Congratulations Ken Thomas**

Check out the pictures of Ken Thomas who completed a 21K marathon on the August 21<sup>st</sup> weekend.

[View your eCard now](#)

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## **Employment/Education**

### **Student Funding Information for Students with a Permanent Disability**

[Click here](#) for updated information on how to apply for funding as a student with a permanent disability. It has been posted on the Students Finance section on the Alberta Learning Information Service (ALIS) website [www.alis.alberta.ca/studentsfinance](http://www.alis.alberta.ca/studentsfinance) under the "Applying Online" tab, under the "Before you Apply" tab, and under "Forms and Resources". It will also be posted shortly on the disabilities page of ALIS under the "Before you Apply" tab, and under "Forms and Resources". It will also be posted shortly on the disabilities page of ALIS at: [www.alis.alberta.ca/disabilities](http://www.alis.alberta.ca/disabilities)

### **Employment Tips**

Have you ever wondered what your rights are in the workplace? What about questions around minimum wage, hours of work, or maybe even how breaks work?

For more information and to answer these questions please visit:

[www.employment.alberta.ca](http://www.employment.alberta.ca)

### **World Café Event!**

Presented by Disability Employer Connections

Thursday October 21, 2010 City Hall, #1 Sir Winston Churchill Square

Registration at 8:00 AM

This is a **no cost** half-day event created exclusively for Business Owners, HR Professionals and Front-line Supervisors. [Click here for more information](#).

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## **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](http://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 50<sup>th</sup> 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!

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## Classifieds

### House For Rent - Millet

House for rent in Millet, Alberta, 2 bedroom up, 1 bedroom down, ceiling track system, large bathroom, Double detached garage, big yard. Asking \$1400/month + power & sewer. Call Greg Pelsey – 780 312-2895 or 780 399-8656

### For Sale:

Bruno scooter lift with swing away arm. Still in the boxes. \$500. Phone (780) 984-5176.

### For Sale - 2001 Ford Focus Wagon – Lethbridge

130,900 kms, includes Sure Grip push/rock-style handcontrols and spin knob. Perfect for someone who uses a wheelchair part time or a walker - excellent cargo space and low smooth entry into the trunk. Added hand holds. \$3000 OBO. Call Marie @ 403-942-3358.

### For Sale – Alber Emotion Power-Assist Wheels

Comes complete with mounting assembly for Quickie GT wheelchair, 2 batteries and charger, instruction/specifications manual. Asking \$1200 (cost \$6,000 new). For more information, contact Marc at 403-241-0081 (H) or 403-992-6959 (C)  
Click here for more information.

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## 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](mailto: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](mailto: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](http://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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