



June 2010 Issue, vol. 54

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News – Province Wide



List of Full Serve Gas Stations –
Ctrl + click on the icon to the left.

Annual General Meeting / Awards Luncheon – CPA (Alberta) – June 12th

Awards Recognition Luncheon

11:30 a.m. (RSVP to corina.voogd@cpa-ab.org)

Radisson Hotel – 4440 Gateway Boulevard Northwest, Edmonton

We are proud to present Dr. Karim Fouad as guest speaker at the luncheon.

Dr. Fouad has worked in the area of spinal cord injury research for many years and was recently featured in various news articles relating to an exciting discovery by himself and colleague, Dr. Dave Bennett. Dr. Fouad will be presenting at 12:30 p.m. with the Annual General Meeting starting at 1:30 p.m.

Read more....

<http://www.edmontonjournal.com/news/Discovery+could+help+treat+spinal+injuries/3090764/story.html>

CPA (Alberta) Annual General Meeting

1:30 p.m.

With respect to the Annual General Meeting and nominations to the Board of Directors of the Canadian Paraplegic Association (Alberta), please forward your nomination(s) to the Chair of the Nominating Committee, c/o CPA (Alberta) at the Edmonton office. Nominations must be in writing and signed by five members of the association at large, contain the nominee's written consent, and be received at the Edmonton office 48 hours prior to the start of the Annual General Meeting. For more information, contact corina.voogd at 780-424-6312, ext. 2223 or corina.voogd@cpa-ab.org.

National Aboriginal Day – June 27th

11:30 a.m. – 6:00 p.m. – Lion's Park, Sir Winston Churchill Avenue and Tache Street
Everyone welcome.



In Your Mailbox Soon - Summer Issue of Spinal Columns!

Watch for the Summer issue of the CPA (Alberta) magazine with features and regular columns covering many different areas related to spinal cord injury and other physical disabilities.

On the front cover and feature in this issue is playwright James Sanders talking about drama, disability and the power of stories.

Identifying Barriers to Health and Medical Services in Alberta – Your Input is Needed.

The Alberta Committee of Citizens with Disabilities (ACCD) recently received a grant from the Alberta Human Rights and Multiculturalism Fund for a project entitled *Barrier-Free Health and Medical Services in Alberta*. This is not a government initiative but rather a project developed by ACCD in response to personal experiences/difficulties of members in accessing health and medical services at doctor's offices throughout the province. ACCD has developed a survey to gather information on these experiences. Your help will help to assess the needs of Albertans with disabilities when accessing health and medical services. **Deadline to complete the survey is June 30, 2010.** Please answer only the questions that relate to you personally. The questionnaire takes 15-20 minutes to complete. To start the questionnaire, please click on the following link <http://www.surveymonkey.com/s/B9XVPHS>

The Alberta Committee of Citizens with Disabilities will be hosting community consultations in the following locations:

Lethbridge - June 7, 2010

200 – 4th Avenue South, Room Number 3
(Lethbridge Centre)
1:00 p.m. to 4:00 p.m.
(Refreshments provided)

Vegreville - June 3, 2010

4843 49 Street
Boardroom (VALID Association)
1:00 p.m. to 4:00 p.m.
(Refreshments provided)

Rocky Mountain House - June 4, 2010

4922 52nd Street (Rocky Mountain House Public Library)
1:00 p.m. to 4:00 p.m.
(Refreshments provided)

Grande Prairie – June 11, 2010

Grande Prairie Public Library
101, 9839 – 103 Avenue

Goal - to identify the barriers that Albertans with disabilities face when accessing preventative and ongoing health services.

To register, contact Melita at melita@accd.net or call 1-800-387-2514.

Funding Opportunities - Alberta Health Services

Collaborative Research Grant Initiative: Mental Wellness in Seniors and Persons with Disabilities
[Ideas Fund](#) ♦ [SEED Bridge Granting Announcement](#) ♦ [CRGI Workshop Poster](#)

Events and News in your Community

Calgary:

Calgary 2010 Peer Events

Unlocking the Potential of New Technology and Advancements in Care for the SCI Client

Wine and cheese provided.

Thursday, June 3rd, 2010

Presenter: Bonny Fox, R.N., B.N.

Dover Community Association, 3031 – 30 Avenue SE, Calgary.

“Making Connections” – Odyssey Peer Conference and Trade Show

Wednesday, September 29th, 2010

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

Cost: \$10.00/person

RSVP to Sharlene at 403-228-7428 or sharlene.bridal@cpa-ab.org

Information is also available at www.cpa-ab.org and on the CPA (Alberta) Facebook page.



Gentle Dental Hygiene

Mobile Service

403-589-0023

- ✓ Complete dental hygiene services at home or care facility
- ✓ Registered Dental Hygienist with 12 years experience
- ✓ Optimal sterilization measures taken
- ✓ Portable equipment sets up in minutes
- ✓ Direct billing, including all govt plans (AISH, Vet. Affairs)

Edmonton:

Edmonton 2010 Peer Event

What's on your Horizon?

Pilot Mike Evjen shares his struggles and triumphs on life with a disability.

Wednesday, June 2, 2010, 6:30 p.m. – 8:30 p.m.

Glenrose Rehabilitation Hospital, Unit 3B, Quiet Atrium, 10230 – 111 Avenue, Edmonton.

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

roswitha.dziwenko@cpa-ab.org

Information is also available at www.cpa-ab.org and on the CPA (Alberta) Facebook page.

**Rick Hansen Wheels in Motion Event on June 13th – It's just around the corner!
Sign up as an individual or as a team!**

Since 2003, Wheels In Motion has raised over \$10.8 million! You can help maintain this momentum by registering a team for this year's event, being held across Canada on June 13. Wheels In Motion is for people of all ages and all abilities. No one is left on the sidelines with on-site activities to get everyone moving. The event features a wheelchair challenge, designed to provide participants with a better understanding of what it is like to navigate through life in a wheelchair. Teams race against the clock through an obstacle course and test their dexterity, manoeuvring techniques, and wheelchair sports skills. The fastest team wins! You can also walk in support of Wheels. Just collect pledges and join the fun. C'mon out, try your hand at various challenges and listen to some awe-inspiring stories – all while supporting a great cause.

Check out our ONLINE AUCTION FUNDRAISERS and find amazing deals on items such as dinner for two, local sports events, golf packages, weekend getaways, hockey jerseys...and much more:

Edmonton - www.campusauctionmarket.com

Calgary - www.elevateauctions.com/wheelsinmotion

Wheels in Motion events are being held across the province on June 13th in the following locations: Calgary, Edmonton, Elnora, Fort McMurray, Grande Prairie, Lethbridge, Lloydminster, Medicine Hat, Olds, Red Deer, Vermilion.

Register your team and start fundraising online at www.wheelsinmotion.org.

For more information about events in Alberta, please call Angie (Northern Alberta) or Amy (Southern Alberta) at 780-424- 6312.

Fundraiser BBQ for Rick Hansen Wheels in Motion Event

With the Rick Hansen Wheels in Motion event just around the corner, there are some great pre-event activities. Coming up this Saturday, June 5th, 92.5 JOE FM presents the Rick Hansen Wheels In Motion Fundraiser BBQ at Southgate Centre parking lot (North) from 11 a.m. – 1 p.m. Join us for some fun and fundraising... with wheelchair challenges, Johnsonville Brats on the barbeque, and your chance to win tickets to hot concerts – like Lilith Fair, Big Valley Jamboree, and U2!

DATS Open House – June 3rd

10:00 a.m. – 2:00 p.m.

Everyone is welcome to stop by during the DATS Open House to celebrate the official opening of their new West Wing garage. Meet the staff, take a tour of Customer Care Centre, see how scheduling and dispatch works, take a closer look at some DATS and ETS vehicles and check out various displays. Refreshments and entertainment provided.

5th Annual PCL Motorcycle Ride for United Way 2010

Saturday, June 5, 2010 – 9:30 a.m.

Departs from Melloy Industrial Services, 2305 – 5th Street, Nisku

[For more information/contact click here.](#)

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

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](#)

Research

Discovery Could Help Treat Spinal Injuries

An Edmonton Journal article on May 31st, indicated that U of A researchers have uncovered a trigger that causes muscles to move without signal from the brain. Read more....

<http://www.edmontonjournal.com/news/Discovery+could+help+treat+spinal+injuries/3090764/story.html>

Dr. Fouad will be guest speaker at the CPA (Alberta) Annual General Meeting on **June 12th**. See details above under "Annual General Meeting." Dr. Fouad will be presenting at 12:30 p.m. with the Annual General Meeting starting at 1:30 p.m.

Creative Solutions & Ideas



Touch Control – converts any lamp to a 3-way touch

Most lamps can be converted to touch control but this unit has a touch pad with a 10' cord so that you don't have to reach for the lamp. You can have the pad close by on your night table or have it lying on your bed so that you can easily access the functions of your lamp.

Available at Canadian Tire stores.

Sports / Physical Activity / Wellness

Roller Sledge Hockey in Red Deer

Beginning May 4, 2010, 5:00 – 6:00 p.m., Red Deer
[Click here for poster.](#)

Driving Posture and Vehicle Set-UP

[Driving can be a pain in the butt – and your back!](#)

Eye Health and Computer Use

[Eye related ergonomic issues with computer use.](#)

Health and Wellness Tips and Tricks

CPA (Alberta) is taking a positive approach to wellness through the establishment of a staff wellness committee. The following are a couple of excerpts from an internal staff newsletter:

Take a break from stress

When you are feeling overwhelmed with work and family chores, your body goes into the fight or flight syndrome, which releases cortisol. It's a hormone that orders your body to hold on to fat in case there's an emergency. So when you make an effort to relax (meditate, yoga, exercise), your body will stop pumping out cortisol, allowing you to lose weight.

Put your fork down

That is, between bites. You'll take the time to enjoy your food, your satisfaction will go up and you'll be less likely to overeat. When you pay attention to the food you eat, you'll remember what you've eaten, which helps with food control.

If you would like more information about wellness, just get in touch with us at 780-424-6312 or e-mail CPAAAlbertaNewsletter@cpa-ab.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.

Sail Your Own Ship – a New Wellness Program Offered by CPA (Alberta)

Sail Your Own Ship is a program that focuses on teaching skills to individuals with chronic health conditions. The program is designed to assist individuals to manage their own health and wellness through proactive decision making and lifestyle behavior changes. [Click here for more information.](#)

Classifieds

For Sale - 2003 Dodge Caravan

Excellent condition, 125,000 km, asking \$22,900 obo. Contact 780-432-1530. [For more details/photo.](#)

For Sale – 2000 Ford Windstar Van and Quickie Wheelchair

Good condition, well maintained. Approximately \$8,000 in handicap equipment. VMI Remote control operated lift. Braun companion seat which turns automatically / moves to in or out position by remote. Autosave insurance policy in place. Reduced to \$10,000 from \$11,000. Contact 403-388-4305.

For Sale - 2003 Dodge Grand Caravan

VMI in-floor ramp Handicap Conversion. 85,000km, 3.8L engine, fully loaded, immaculate condition, needs nothing, documented service every 3000km. Always garaged, transmission oil/filter service with synthetic ATF, synthetic motor oil, synthetic brake fluid, new upgraded brakes on all 4 corners, performance tires have lots of life left (only 10K km wear). Van meticulously kept and is in new condition. Silver exterior with dark blue cloth interior. Asking \$33,900. Contact Terry at 780-672-5232 (evenings), or 403-357-4860 (cell).

For Sale - Aerotech Bus

Grande Spirit Foundation has a 2001 Aerotech Bus to sell, wheel chair access, 16 passenger, mileage 115,474 km, w/c entrance door with Lift, raised floor.
Please contact Brian Hillaby at GSF - 780-532-2905.

For Sale – Wheelchair Accessible Travel Trailer

<http://grandeprairie.kijiji.ca/c-cars-vehicles-RVs-campers-trailers-travel-trailers-campers-Wheelchair-Accessible-Holiday-Trailer-W0QQAdldZ201042816>

For Sale – Wheelchair Friendly House

Ardrossan (4 miles east of Sherwood Park)
Contact: Elaine MacKenzie – 780-922-1026
[Click here for more information.](#)

For Sale – Quickie II Power Wheelchair

With 2 sets of batteries in separate battery boxes. Three replacement fenders. Small hole in seat but still comfy. Asking \$600 obo. Phone 403-388-4305.

Recycled and New Healthcare Equipment

Available through Silver Cross in Edmonton – check it out at www.silvercross.com.

Check Kijiji

For various equipment, accessible vans and pretty much anything you're looking for - go to Google and look for the kijiji website in your area.

Employment/Education

Disability Supports

Do you require equipment in order to return to work?

Are you an employer who would like to hire a person with a disability and want to find resources to help pay for some equipment for that individual?

Disability Related Employment Supports (DRES) is there to help.

What does DRES offer?

DRES is offered in three categories:

Workplace Supports

Workplace supports assist Albertans with disabilities aged 16 and older make a successful transition into the workplace, maintain employment, and enable their full participation in the workforce. The supports may include a job coach, worksite modification or assistive technology.

Job Search Supports

Job search supports assist Albertans with disabilities aged 16 and older seek employment. The supports may include a sign language interpreter so that an individual with a hearing impairment can attend a job interview.

Educational Supports

Education supports assist learners with disabilities who are out of the kindergarten to grade 12 school system prepare for employment through post-secondary education, basic skill training, academic upgrading, or labour market programs. The supports may include sign language interpreters, tutors, note takers, readers and specialized technology.

For more information please visit:

<http://employment.alberta.ca/CES/3159.html>

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 July 1, 2010. First deadline for submissions will be on or before June 25, 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:



Giving made simple.

<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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