



November 2009 Issue, vol. 47

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News – Province Wide

Red Arrow Motorcoach - FREE bus passes still available....

FREE Red Arrow Motorcoach bus passes available for CPA (Alberta) members traveling between Calgary, Red Deer, Edmonton and Fort McMurray. For more information, please contact Marilyn in the Calgary CPA (Alberta) office at 403-228-3001.

List of Accessible Gas Stations - Feedback from one of our readers

[\(click here to access list\)](#)

It is nice to see this list started. Most Domo stations are full serve and many FasGas stations are still full serve.

One problem that I have heard about is that with the new chip-embedded credit cards (VISA), (some, all??) Domo stations don't have a portable hand-held unit to bring to the vehicle to enter the pin number, so you still need to get inside to pay with your card – which defeats the purpose of being able to stay in your vehicle. Not sure if the stations are actually accessible (curb cut) and would be very difficult in winter with snow piles and build up.

Alberta Aids to Daily Living (AADL) Program

A stakeholder meeting of the Alberta Aids to Daily Living (AADL) Program was held on June 19th at which time it was stated that "they receive very few complaints" from clients. AADL has a complaint form online at www.seniors.gov.ab.ca/publications/ Click on AADL - Complaint form. Any concerns can be brought forward regarding authorizers, vendors, AADL policy and procedures, gaps in service, etc.

You can also appeal the Quantity & Frequency (Q & F) of items/equipment provided by AADL - www.seniors.gov.ab.ca/AADL/appeals/index.asp#QFR

You are encouraged to use the complaint form and appeal the Q&F if required in order to ensure that AADL is aware of any concerns you may have!

Effective July 2, 2009 the new Director of AADL was Maryanne Baird.

You may be eligible to receive funding!

If you are an individual with a spinal cord injury or if your organization provides services to individuals with spinal cord injury, you may be eligible to receive grant funding through the Alberta Spinal Cord Injury (SCI) Solutions Fund and/or the Alberta SCI Active Living Fund.

The goal of the Alberta SCI Solutions Fund is to respond to the priority, unmet needs of people with spinal cord injury by providing solutions to improve quality of life for persons with SCI. The AB SCI Solutions Fund is available in the form of a grant to individuals with SCI and organizations providing services to individuals with SCI.

The goal of the Alberta SCI Active Living Fund is to respond to the priority unmet needs of people with spinal cord injuries by providing active living type solutions to improve the health, physical activity and fitness, and active lifestyles for persons with SCI. The Alberta SCI Active Living Fund is available in the form of a grant to individuals with SCI, related organizations providing needed services and to community collaboration involving at least 2 organizations.

The Alberta SCI Solutions Fund and the Alberta SCI Active Living Fund are part of a five year, \$12 million commitment from the Province of Alberta, which funds the entire Alberta SCI Initiative.

For more information go to The Alberta Paraplegic Foundation website at www.paraplegicfoundation.org or contact Ross Norton, Solutions Coordinator by email at solutionsfund@paraplegicfoundation.org or by phone at (780) 424-6312 ext 2227.

Scholarships Available!

The National Educational Association of Disabled Students (NEADS) is now accepting applications for the NEADS Equity through Education Student Awards Program. These awards are being offered to encourage full access to post-secondary education for persons with disabilities enrolled in undergraduate, graduate or professional degree programs at recognized Canadian universities, or in certified diploma programs at Canadian colleges. Up to 20 outstanding applicants, who meet the criteria of the program, will be receiving an award in the amount of \$3,000 to support the costs of their tuition and student fees. More information can be obtained through the NEADS web site.

Seeking Participants for Social Media Accessibility Study


The Adaptech Research Network and the National Educational Association of Disabled Students (NEADS) are studying the use and accessibility of various forms of social media by college and university students and recent graduates with visible and non-visible disabilities in Canada. For the purposes of this research, social media includes, but is not limited to, Facebook, YouTube, blogs, SecondLife, podcasts, and instant messaging services. Results will be used to increase the awareness of colleges, universities, employers, and others who use or develop social media so that they take into account the needs and concerns of users with disabilities.

We want to hear from users of social media. We also want to hear from those who either cannot or choose not to use social media.

Participants who complete the brief, confidential, online survey are eligible to win one of five \$100.00 Chapters/Indigo Books & Music gift cards as a token of appreciation.

The survey is located at <http://www.adaptech.org/smac>
Should you have any questions, email sm@adaptech.org

TELL US WHAT YOU NEED. If you have a spinal cord injury, this is a unique opportunity to have your needs known and voice your opinion about what's working and what's not....



Tell us what you need.

The Spinal Cord Injury Needs vs. Services Utilization Survey is the most ambitious study of its kind ever done in Canada. The goals are to confirm the critical needs of Canadians with SCI – and determine how government and community programs across the country are meeting those needs.


Why this survey matters: As a Canadian who has a SCI, this confidential and anonymous survey is a unique opportunity for you to have your needs known and voice your opinions about what's working – and what's not – in our country's health and social support systems. Some of the areas the survey deals with are accessible housing, attendant services, technical aids, specialized health care, transportation, peer support, active living, and education & employment. The researchers involved in the survey are expected to publish a body of work that has the potential to improve the quality of life of Canadians with SCI and benefit organizations that support Canadians with SCI. Ultimately, survey data may be used to advocate for additional funding to address gaps in services.

How it works: The survey will begin in the Fall of 2009. Participants will be able to complete the survey online, or by phone or mail. It will take about 90 minutes to complete. Participants will be compensated for their time.

Who is conducting the survey: The survey is being conducted by a team of Canadian researchers led by Dr. Luc Noreau of Laval University, under the umbrella of the SCI Solutions Network and The Rick Hansen SCI Registry.

For more information and to get involved, visit:

www.sci-survey.ca



spinal cord injury
solutions network
réseau pour des solutions
en lésion médullaire



Check out the NEW CPA (Alberta) Website at www.cpa-ab.org

With over 70 stories on the Odyssey page, information about upcoming events and lots more...it's worth checking out. Keep coming back because there will be lots of information added in the coming months.

AND Check out the new CPA (Alberta) FACEBOOK page:

Sign up as a fan and promote it to your friends and family.

<http://www.facebook.com/pages/Canadian-Paraplegic-Association-Alberta/32212436292>

New Accessible Housing Complex – Edmonton

Baranow Estates, located at 12521-142 Street is opening November 1, 2009 and has a one bedroom unit still available on the main floor. Rent is \$650/mo including heat, water and power - damage deposit \$650. Washer and dryer in each unit. Underground parking approximately \$50/month. Surface parking also available. Contact: Cindy McBride 780 686-0884.

Interesting Websites to Check Out

Rick Mercer and Rick Hansen...bungee jumping??

I'm not sure how many of you caught the season premiere of The Rick Mercer Report - he went bungee jumping with Rick Hansen. If you missed it, check it out!

http://www.cbc.ca/video/#!/Shows/The_Rick_Mercer_Report/ID=1279845362

Check out this W-5 documentary called "Rider Beware" on ATV safety – featuring some of our own Albertans with disabilities. The show went to air on Saturday, October 24th but we're told you can check out the website at <http://www.ctv.ca/w5//>

This able bodied actor learned a lot about wheelchair users and travel in just 3 days...

Maybe we need to challenge more people to learn through experience as well.

<http://www.youtube.com/watch?v=nVcfUYfu9SI&feature=channel>

Housing Websites

Visitability – An Inclusive Design Approach for Housing

<http://www.ude-thought-world.com/visbooklet/visitabilitybooklet.pdf>

Increasing Home Access: Designing for Visitability, AARP Public Policy Institute

http://assets.aarp.org/rgcenter/il/2008_14_access.pdf

Home for Life wiki is a resource centre to find and share information about home modifications.

<http://homeforlife.pbworks.com/>

Barrier Free Design Guide

<http://www.safetycodes.ab.ca/upload/docs/SCC-BFDG-FINAL-protected.pdf>

Build for Life

<http://www.buildforlife.com.au/www/html/100-home-page.asp>

Annotated Bibliography on Universal Design

<http://www.housing.gov.bc.ca/housing/access/bibliography/list3.html>

Towards Barrier Free Housing for an Ageing Australia: Accessible, Adaptable and Universal Design

http://www.agedcare.org.au/POLICIES-&-POSITION/Position-and-discussion-papers/accessible_housing_paper.pdf

CMHC

<http://www.cmhc.ca/en/inpr/>

Brain Injury Association of Alberta - Workshops

The Brain Injury Association of Alberta has arranged two special workshops taking place on March 5, 2010. The first one is specific to survivors and family caregivers; the second is specific to professionals in the field along with lay caregivers. The first workshop can accommodate no more than 30 individuals, so register promptly. If there is enough interest, we may be able to arrange another time slot, so let us know as soon as you can. Feel free to check out the schedule for Dr. Nancy Reeves at www.islandnet.com and go to Workshop/Tour Schedule. Please register for your chosen workshop early to allow us to secure an appropriate space for presentation. There is no limit on the number of attendees at the afternoon workshop. If you have further questions, please don't hesitate to call.

Denni Wentzell, Development Coordinator

Brain Injury Association of Alberta

4916 50th Street, Red Deer, AB T4N 1X7

Phone: 403-309-0866 Fax: 403-342-3880

Email marketing@biaa.ca Web: www.biaa.ca

Your input is requested: On-Line Survey by Municipal Affairs and the Safety Codes Council

Municipal Affairs and Safety Codes Council have initiated a consultation regarding the Safety Codes Act and you are invited to give feedback. An online survey was launched on October 14 on the Municipal Affairs website www.municipalaffairs.alberta.ca. On the website you will find an overview and background information on the consultation and a link to the actual survey. The survey is designed for stakeholders to provide input and make additional suggestions for changes that should be considered. The success of the survey depends on the participation of stakeholders. We hope you will take the time to consider and comment on the topics raised, in light of your own experiences regarding safety.

Events and News in your Community

Calgary:

Calgary 2009 Peer Events

Peer Christmas Dinner

Saturday November 21st

Blackfoot Inn (Main Ballroom)

RSVP by November 13th to Sharlene at 403-228-7428

For more information regarding Calgary peer events, contact Sharlene Bridal at 403-228-7428

[Click here for poster](#)

Edmonton:

Edmonton 2009 Peer Events

Spinal Cord Injury Solutions Funding

November 4th, 2009, 7:00 p.m. – 9:00 pm

Unit 3B Atrium, Glenrose Rehabilitation Hospital

[Click here for poster](#)

Peer Christmas Social

December 2nd, 2009, 6:30 pm – 9:00 pm

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

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

For more information regarding Edmonton peer events, contact Roswitha Dziwenko at 780-424-6312, ext. 2241 or roswitha@cpa-ab.org

Aboriginal Peer Christmas Jamboree

December 10th, 2009 – 3:35 pm – 6:35 pm

For more information, contact Evelyn Redcrow at 780-424-6312



Enthusiastic and Energetic Volunteers Needed!!

Edmonton Oilers 50/50 Draw, November 27th

Up to 65 CPA (Alberta) volunteers and staff will be gathering at Rexall Place on Friday, November 27, 2009, starting at 4:30 pm. Why? Because we are going to raise money for a great cause and have a fun, high energy evening at the same time. To find out more, contact Call Marc Quinn at 780-424-6312 or marc.quinn@cpa-ab.org

CPA (Alberta) Announces Gala Sponsor for RED CARPET AFFAIR 2010

Mark your calendar for Friday, March 5, 2010 and join us at the Shaw Conference Centre for an evening of celebration and community recognition. If you've attended the annual fundraising gala before, you already know this affair is fun, delicious, entertaining, and at times moving.....with a few surprises thrown in.

We are very pleased to announce that this year's Gala Sponsor is James H. Brown & Associates, Alberta Injury Lawyers. The firm has been a big supporter of various programs of the Canadian Paraplegic Association (Alberta) for a number of years and we could not be happier that Jim Brown and his colleagues will join us, once again, as lead sponsor for this important (and fun) event.





Who is our guest speaker and main honouree this year? You will have to wait until the November issue of Wheel-E to find out! If you have questions in the meantime, call or write to Marc Quinn (780) 424-6312 or marc.quinn@cpa-ab.org

You Are Not Alone – Caregiver Workshop

Are you a caregiver providing care and support to a family member or friend? If you are, you know that caregiving can be both rewarding and challenging. We don't want you to "go it alone. Please join us for this Caregiver Workshop where you can meet other caregivers who share your experiences and where you can gain more self-confidence in your role and learn new ways of handling difficult situations

Date: Monday, October 26, 2009
Time: 1:30 – 3:30 p.m.
Location: West End Seniors Activity Centre, 9629-176 Street, Edmonton
RSVP: Tovè Nielsen at 780-434-4747 ext. 2 by Friday Oct. 23rd.

Presenter Maureen Osis is a Registered Nurse and a Registered Marriage and Family Therapist. For many years she worked in the field of geriatric nursing. Now, in her private practice, she sees families who struggle with the demands of caregiving. Maureen is co-author of *Your Aging Parents: How to Prepare How to Cope*. Enter a draw to win a copy of this new publication.

Battle of the BLADES:

**Please vote for Craig Simpson & Jamie Sale of Edmonton.
Sunday Oct. 25th - November 16th**

**For more information on show times and how to register to vote visit: cbc.ca/battle
EVERY VOTE COUNTS. Start Voting at 6:00pm local time--you can vote a total of 30 times each hour**

Text 57 to 777111 vote for Jamie Sale and Craig Simpson
Text messaging 50 cents per text message. Mobile phone voters are given one free vote after their first vote if they text back their valid Canadian postal code. **10 votes**

Internet: Set up a CBC Member account at <http://membercentre.cbc.ca> at any time and then go to www.cbc.ca/battle and click on the vote button and vote for Jamie and Craig. You can vote 10 times an hour for the duration of the voting window. **10 votes**

Phone: during the voting window fans can vote toll-free. Busy signals are expected; making phone voting the last recommended voting platform.
Phone 1-877-844-8157 for Jamie and Craig. **10 votes**

Their winnings will go towards a Research Chair in Spinal Cord Injury at the Faculty of Medicine & Dentistry. University of Alberta, Edmonton
"The Last Pair Standing" will receive \$100,000.
Help them to SKATE for SCITCS www.scitcs.org
To donate <https://www.xact.ualberta.ca/giveonline/>

Cheques may be made out to SCITCS
SCITCS P.O. Box 76007 Southgate Postal Outlet
Edmonton, AB T6H 5Y7

PLEASE SHARE THIS REQUEST

Thank you from the bottom of my heart for making us all winners.
Louise Miller C.M. MBA - President SCITCS Never Say...."Never"

Spinal Cord Injury Treatment Centre (Northern Alberta) Society

Congratulations to Former Staff Member!!

Former CPA staff member, Georgina Ball and hubby, are proud to present a new addition to their family – Alex Ball was born on Saturday morning, October 24th, weighing 8 lbs, 7 oz. Congratulations Georgina and Mark!

Medicine Hat

“Pamper Yourself” - Medicine Hat Caregiver’s Workshop

Medicine Hat is hosting a Caregiver’s Workshop on Monday, November 16, 2009. The format for the day is “Pampering” Self Care for the morning and an afternoon of information sharing and gathering. Contact Sue Edwards in the CPA Medicine Hat office for more information at 403-504-4001 or sue.edwards@cpa-ab.org

Grande Prairie

Trade Fair and Dinner Theatre – IDDP



International Day of
Persons with Disabilities -
Alberta

Community Connections Disability Issues (CCDI) is hosting a Trade Fair and Dinner Theatre in recognition of International Day of Persons with Disabilities

Sunday, November 29, 2009

Elks Lodge, Grande Prairie

Trade Fair - Noon to 4 pm Dinner Theatre - 6 to 8 pm

If you have any questions, concerns and/or suggestions please contact:

Lori at 780-539-6951

or

Agnes at 780-532-3305

Research

CARRE is Recruiting Research Project Participants

The Centre for Ambulatory Rehabilitation, Research and Education (CARRE), at the University of Alberta, is recruiting participants for a research project. The study addresses ways to retrain walking after incomplete spinal cord injury. The study involves two phases, one phase is done on the treadmill and the other phase is done over ground. Training is daily, for approximately 1 hour/day. The study takes approximately 9 months to complete including testing and breaks; 1 month of testing, 2 months walking, 2 months break, 2 months walking, and then your follow-up tests. Tests are done prior to, during, and after training to measure how participants are progressing, and how their nervous system is changing as they train to walk.

Why participate?

- Researchers and therapists will use the results to develop better training programs for people with spinal cord injury.
- You will be able to practice walking under the supervision of professionals, free of cost!

For more information, please contact:

Kelly Brunton, Physical Therapist or Katelyn Pope, Physical Therapist Assistant

CARRE
Phone: (780) 492-2258
E-mail: kelly.brunton@ualberta.ca

CARRE
Phone: (780) 492-4858
E-mail: katelyn.pope@ualberta.ca

FREE Seminars - Stem Cell Therapies, "From the Lab to the Bedside"

Calgary – November 25th

The Kerby Seniors Centre, 1133 – 7th Avenue SE
7:00 p.m. – 9:00 p.m.

Edmonton - November 26th

Central Lions Senior Centre, 11113 – 113 Street
7:00 p.m. – 9:00 p.m.

Register by Oct 1 – Go to www.abctech.ca/event-registration

Check out seminar flyer [here](#)

Check out Seminar presentation [here](#)

Creative Solutions & Ideas



Reach Access Flosser

Equipped with an easy grip handle, the Reach Access Flosser is great for individuals who may find it difficult to get at those hard to reach places. It is also great for individuals who can't use floss string. Good dental hygiene is important - the Reach Access Flosser provides another alternative for getting the job done.

Wheelchair Sports

Canadian Association for Disabled Skiing Edmonton

You're Invited!

Registration and Information Evening

Wednesday, November 18, 2009

6:00pm-9:00pm

Snow Valley (located on 119 street off Whitemud Fwy)

One night only registration for students and space is limited!

Volunteer Instructors are needed!

For more information plan to attend or call 780-669-3856

Equipment Manager Needed

Are you an energetic person who is mechanically inclined, willing to help some athletes who are physically to live their dream? Do you want to travel, have some fun and learn about the athletic abilities of individuals with physical disabilities? Then take down the number below and start your journey into the world of Murder Ball or otherwise referred to as Wheelchair Rugby. The Steel Wheels Quad Rugby Club is looking for a committed person to manage and maintain their equipment. Must be willing and able to travel throughout Canada and the USA, must be mechanically inclined, and willing to assist athletes in preparation for practices and games. You will be paid \$30 per practice, which are twice a week, and \$50 per day when on travel. Your airfare and accommodations are also covered. If you are interested, e-mail your resume to gerrykress@hotmail.com or if you want more information call 780-984-5176. Closing date is November 16, 2009.

Classifieds

Van for Sale - Edmonton

Toyota Sienna Van (2006) for sale by original owner

- Lower Floor Conversion with automatic foldout ramp
- Power steering, power brakes, air-conditioning, power windows
- Mechanically sound and has been well maintained (includes new tires)
- Book Value is \$41,000 (includes conversion package)
- Will consider offers...

For more information contact Gary McPherson at (780) 707-6786 or gary@garymcperson.com

House for Sale – Calgary

MLS #: C3397590 Area Desc: Calgary List Price: \$379,000 Community Desc: Douglasdale Estates. Total Bdrms: 2 Total Baths: 2.0 Status: A Property Class: SF Public Remarks: Here is a rare opportunity. Well laid out, this 2 bedroom handicapped access home features ramping, elevator to both levels and garage. The ensuite bathroom has a wheel in shower, jetted tub and tracking from bed to the bath. Doors are extra wide and the master bedroom is huge. Well over \$45,000 in disability specialty upgrades - all included for market value on this home. Solve your problems. Get here quick, before the regular bungalow market takes up this well located, well priced home. Freshly painted throughout the main floor with a single developed room (hobby or bedroom potential) in the basement. Then there is the view from the south deck west to the mountains. That just makes your day.

Christopher Matlashewski
ROYAL LEPAGE BENCHMARK
#430, 7220 FISHER STREET S.E.
CALGARY, AB T2H 2H8
403-301-7615

<http://matlach.abmls.mlxchange.com/?r=693635710&id=383433333531.312>

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

CPA Volunteer Receptionists Needed

Calgary CPA office is currently recruiting volunteers to help with reception duties.

If you have some spare time on your hands and want to volunteer in a warm, fun environment, then we need you!

Duties include:

- Answering phones
- Basic administrative tasks

If you are interested or need further information, please contact:

Cal Schuler, Manager Client Services
Tel: 403-228-7419 Email: cal.schuler@cpa-ab.org

National Youth Exchange Program

This program enables groups of youth between the ages of 12 and 17 to develop ties with youth from another part of Canada. Groups spend a week hosting and a week visiting their twin group. Youth become involved in and learn about their home community, and get to experience another Canadian community. Participants receive the opportunity to develop their leadership skills, learn about citizenship, and discover their role in Canadian society.

The YMCA and Canadian Heritage cover the cost of transportation making this program accessible to all youth. We are in the process of accepting applications for the 2009-2010 year. Applications received by September 30, 2009 travel between January and June 2010. Applications received by March 1, 2010 will travel between July and December 2010. An application is available online at www.ymcaexchanges.org

If you have any questions contact:

Zoë Rezac
Regional Coordinator for the Prairie Provinces
YMCA Youth Exchanges Canada
Phone 780-429-5734
Fax 780-425-9380
ZRezac@edmonton.ymca.ca

AT WORK (Fall 2009) is now online. In the current issue....

Economic crisis taking toll on worker health, IWH research suggests

The recent economic crisis has resulted in unemployment and work insecurity (such as low wages and unpaid overtime) for many Canadian workers. According to new IWH research and analysis, this may be having a negative effect on their physical and mental health.

Dyslexia linked to higher risk of work injury among youth

Early findings from an IWH study suggest that dyslexia may contribute to higher job injury rates among young workers, underscoring the need to accommodate different learning styles in health and safety training.

Grant round-up: IWH research to provide practical answers to OHS/RTW questions

How should temporary work agencies manage health, safety and return to work for their workers and client employers? When will a worker with a back injury get back on the job? These are the types of questions the IWH hopes to answer, thanks to recent funding from external agencies and programs.

The wide reach of IWH research

Organizations near and far incorporate Institute research into their injury and disability prevention programs. Recent programs in Ontario, Manitoba and Europe, for example, have relied on IWH research to safeguard the health of workers.

You'll find all these stories and more at: www.iwh.on.ca/at-work.

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.

Thank you for your support!

Call for Submissions/Subscribers

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 December 1st, 2009. First deadline for submissions will be November 23rd, 2009. Please send in your announcements **before** the deadline!

For more information about CPA (Alberta), please visit our website at <http://www.canparaplegic.org/ab>

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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