



June 2008 Issue, vol. 31

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<http://www.cpa-ab.org/clearinghouse/wheel.html>

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Events

Rick Hansen

presented by

Wheels In Motion **Scotiabank**

GET YOUR WHEELS IN MOTION

The 6th Annual Rick Hansen Wheels In Motion, presented by Scotiabank, will take place in communities across Canada on June 8, 2008 (some being held on other dates). This year's event will feature the unique and exciting Scotiabank Wheelchair Challenge, with teams of five competing against the clock and each other in a wheelchair relay. Participants will try their hand at mouth-painting, wheelchair sports, and other activities that foster a better understanding of what it is like to navigate through life in a wheelchair.

Please check the website for information about your local event. www.wheelsinmotion.org

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CPA Charity Golf Tournaments

GOLF TOURNAMENT INFORMATION COMING TO SITE NEAR YOU:

If you want to golf this summer, or just learn more about the CPA's charity golf tournaments in Alberta this year, check out the web pages we've set up to provide you with all the information you will need. It should be up and running by the first week of June and it's real easy to find. Go to www.cpa-ab.org/golf and navigate your way through the system to learn more. If that doesn't work, don't hesitate to call us. We'll always answer the phone!

Golf Tournament in Red Deer

Contact Phone Number -- 403-341-5060

E-mail: golfreddeer@cpa-ab.org

Phone: (403) 341-5060

You can register online: www.cpa-ab.org/golf

Golf Tournament in Edmonton:

Contact: Marc Quinn at

Phone: (780) 424-6312 ext. 2226

Email: marc.quinn@cpa-ab.org

You can register online: www.cpa-ab.org/golf

Golf Tournament in Calgary:

For reservations contact:

Barry Lindemann (403) 228-3001 or Barry.lindemann@cpa-ab.org

Sharlene Bridal (403) 228-3001 or Sharlene.bradal@cpa-ab.org

You can register online: www.cpa-ab.org/golf

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5TH ANNUAL
THE BIG KAHUNA GOLF CLASSIC
Regina's most entertaining tourney

Last year we raised \$14000 for the Canadian Paraplegic Association.

WEDNESDAY JUNE 18 – Smoker, Team Prizes and Live Auction @ the Tap 7:00 PM

FRIDAY JUNE 20 - Golf Tourney (Shotgun Start 11am - Shotgun Stop 6pm)

@ Deer Valley Golf Course followed by
Dinner and Entertainment @ the Drink

TEAM ENTRY IS \$620.00, SINGLE GOLFER'S \$155.00

Contact Rick Kezama. Phone 1-306-351-2499 e-mail zamaparty@yahoo.ca

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For Your Information

New Odyssey Videos

Videos highlights of CPA clients and friends have been increasing on the Odyssey website. But that's not the only thing increasing, the website has recently set a record high of 1700 for hits.

Many new vides have been posted, including:

Dale Williams in the category Moving Forward

Martin Wilms in the category Family Dynamics

Chris Schamber from Lethbridge in the category Moving Forward

Geoffrey Olsen from Calgary in the category Housing Modifications

Sandy Lee from Radway in the category Moving Forward

Check these videos and other out at: www.cpa-odyssey.org

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Your Lucky Day?

Who's happier? People who win lotteries or people who break their necks?

Click the following link to find out: <http://digital.calgaryherald.com/epaper/viewer.aspx>

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Edmonton

Rick Hansen Wheels in Motion

Come out to the 6th Annual Rick Hansen Wheels in Motion on June 8th! Rick Hansen Wheels In Motion, presented by Scotiabank, is an event that brings communities across Canada together to raise funds for solutions that improve the quality of life of people with spinal cord injury. The event includes a 1km, 3km or 6km walk/run/roll, and the Scotiabank Wheelchair Challenge. The Scotiabank Wheelchair Challenge is a relay that involves teams racing against the clock through an obstacle course and test their dexterity, maneuvering techniques, hockey skills and painting abilities, all in a wheelchair! The goal is to gain a better understanding of issues that people living

with spinal cord injury face in their day-to-day lives. Show your support and register or donate today at www.wheelsinmotion.org.

Date: June 8th, 2008

Location: Varsity Field, University of Alberta, 87th avenue and 116th Street.

Time: Registration begins at 9:00 am, the walk/run/roll begins at 10:00 am, and the Scotiabank Wheelchair Challenge begins at 11:00 am.

Volunteer opportunities are still available as well as the opportunity to participate on the Boston Pizza Wheelchair Challenge team! Please contact Amy at 424-6312 ext. 2235 or amy.mackinnon@cpa-ab.org for more information, to volunteer or participate on the Boston Pizza Team.

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RYAN FORD IS COMING TO EDMONTON'S GOLF TOURNAMENT!

On August 26th, you'll get a chance to meet Ryan Ford. Who's Ryan Ford? He's only one fight away from the welterweight division title in the Maximum Fighting Championship after winning his bout against C.J. Fernades on May 9th. Sponsors and golfers at this year's event will meet him in person and have a chance to bid to have him join their team for a round of golf! For more information about Ryan

<http://www.maximumfighting.com/articles/2008/may/11.htm>

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CPA CLUBFIT Inclusive Fitness Program

Brand new to CPA is the CPA CLUBFIT Inclusive Fitness Program! This is a pilot program for persons with paraplegia, low level quadriplegia, or an incomplete injury. This program will provide fitness instruction, a gym membership, and follow up to CPA members who qualify for and participate in the program. For more information please attend the information session on June 12th at 7pm at the CPA office at 305 Hys Centre, 11010 101street, Edmonton. For more information or to confirm your attendance please contact Amy at 424-6312 ext. 2235, amy.mackinnon@cpa-ab.org or Breanne at 424-6312 ext. 2246, breanne.coffill@cpa-ab.org.

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Haven't filed your taxes yet??

If you still have to file your taxes, the Community Volunteer Income Tax Program can help!
Edmonton Area:

Tuesdays, May 6 - Dec 16/08

10am - 4:30pm - Sacred Heart Church, 10820 - 96 St. *Ring bell for entry

Thursdays, May 1 - Dec 11/08

10 - 4pm - All Saints Cathedral, 10035 - 103 St. *Ring bell for side entry

For "Shut-in" Service call Clarence Mohr at 437-7764

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Yoga Thursdays May through June!

10:00 AM – 11:00 AM

\$5 for 6 week program

Starts May 15th, 2008

UNIVERSITY OF ALBERTA

MEET AT THE STEADWARD CENTRE – VAN VLIET BUILDING, ROOM W1-67

Please contact Kim Henye: kim@cpalberta.com 477-8030

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Lethbridge

Rick Hansen Wheels in Motion WHEELCHAIR CHALLENGE is upon us!

June 14, 2008, 10am, Galt Gardens

We encourage those with and without SCI to participate in an incredible day of challenges and fun! Food, Music, Prizes...and More. For those CPA clients...we DARE you to come down and show everyone how it's done! We would also like to mention that the CPA will have a fundraiser BBQ supported by Garden Market IGA at the event! Contact Jami @ 327-7577 for more information or visit wheelsinmotion.org

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New News!

The CPA Lethbridge office has been actively involved in the improvement of transit stops within our city. We would like to thank Wade Coombs and the City of Lethbridge for bringing the CPA on to advise on the state of the transit stops and their potential improvements! The city is working hard to make Lethbridge accessible for all of its citizens.

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Calgary

Raise Your Voice for Health Care Coverage of Infertility Treatment in Alberta

The Regional Fertility Program (RFP) in Calgary is celebrating the birth of the 7,000th baby through its program noting that the birth brings with it the more dubious milestone of more than \$70 million in fertility treatment costs to program patients, costs that are not covered by government healthcare and most private insurance plans.

Click the following link to find out more and to sign a petition to support fertility treatment

<http://www.regionalfertilityprogram.ca/fertilityfund6.php>

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Odyssey Calendar of Peer Events

Family Fun Day	Saturday June 21st
5th Annual Chili Cook Off	Thursday July 10th
Sailing/BBQ	Sunday July 20th

MARK YOUR CALENDARS NOW!

ODYSSEY PEER CONFERENCE & TRADE SHOW

“Sexuality & Relationships”

Monday September 15, 2008 Glenmore Inn

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A NIGHT IN FRANCE VIA: DALHOUSIE COMMUNITY,

Designing Travel invites CPA members to attend an evening in France via Dalhousie Community Centre. Arriving around 6pm, not sure what to expect I was surprise to see around 65 people mingling and enjoying the Relaxing atmosphere of France,

The hall was decorated with paintings, plants, flowers; there were all kinds of French music playing in the background.

Some of the attractions: Entertainment-solo artists, dance groups, caricature artist (an artist did one of me), Out Door Café, French Boutique Store, and an accordion player. Hot & cold Hors D'oeuvres, pastries, wines, specialty teas, and refreshments were handed out though out the evening.

At the end of the evening we had an opportunity to get our photos taken as well we all got souvenirs.

A special thank you to Monique Cesario and her team from Designing Travel Inc. for putting on this special event.

Ross MacDonald



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Medicine Hat

Update in the Hat...

Medicine Hat a busy place when the sun shines! And it finally is!

An incredibly successful Peer Conference was held on May 8th with 20 enthusiastic participants connecting with CPA. Sue and Shirley want to thank fellow CPA employees Doug Manderville, Russ Bray, and Jami Cook for their support.

Events that our office is partnering with include: the Rick Hanson Wheels in Motion Challenge on June 8th, Volunteer Appreciation BBQ on June 16th, and Marlin Styner's Universal Design and Traveling with a Disability Presentation on June 18th.

For any further information on any of the above events please call Sue or Shirley at 504-4001.

If you are looking for fun in the sun come and enjoy some Medicine Hat hospitality this summer!

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Lloydminster

Rick Hansen Wheel In Motion

On April 19th, 2008 Rick Hansen Wheel In Motion fundraising event once again returned to Lloydminster. Thanks to the many local sponsors and the great volunteer support of Scotiabank the wheelchair challenge was a great success! The event raised over \$13 000. With the help of

Mayor Ken Baker displaying his wheelchair talent the event brought in awareness of the daily issues people in wheelchairs experience.

The proceeds from the Wheelchair Challenge event are designated for accessible exercise equipment and a training program at the Commonwealth Center as well as a donation to the Lloydminster Handivan Society.



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Grande Prairie

Grande Prairie 2008 Rick Hansen Wheels in Motion

The Community Committee on Disability Issues (CCDI) will be hosting a Rick Hansen Wheels in Motion event, Sunday, June 8, 2008, 10 am, Legion Field (11313-105 Street).

Rick Hansen Wheels in Motion is presented by Scotiabank.

CCDI Chairperson, Travis McNally, states "a spinal cord injury can happen in a moment...it can change lives forever...when you get involved in a Wheels in Motion event, you can help find solutions for people with spinal cord injury".

Locally, a portion of the funds raised this year will help pay for the new accessible playground at the soon to be constructed J. C. Mackie Park, in honor of the City's first Mayor, at 111 Street and 106 Ave. Grande Prairie.

Rick Hansen Wheels in Motion brings the community together to have fun and to meet new people. On Sunday, June 8, 2008, people of all ages and disabilities are encouraged to participate in the fun and exciting Scotiabank Wheelchair Challenge where teams compete in a relay and gain a better understanding of issues that people living with spinal cord injury face in their day-to-day lives.

To enter a Scotiabank Wheelchair Challenge (relay team of 5) contact Chris at 832-6767 or register at 9 am on the day of the Rick Hansen Wheels in Motion event.

Those wishing to donate can do so at www.wheelsinmotion.org or at any Scotiabank branch or by contacting Travis McNally at 1-780-539-4098 or mctravis@telusplanet.net Please use the Event Site Number 2008-34 for Grande Prairie and surrounding area.

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Creative Solutions & Ideas

Blax hand rims

THE ONLY COATED HAND-RIM OFFERING - "ACTIVE GRIP TECHNOLOGY"

Check it out at: www.pushblack.com



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Multi-purpose cup

Kyle Vanderwolf (left) and Jamin Laplante (centre) learned about more than engineering principles in their first-year design course. Through conversations with Barry Lindemenn (right) they developed the idea for a multi-purpose cup and discovered how they can apply their skills to make everyday living easier for people with disabilities.



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Comfortable Jeans

Just a quick tip on looking after your skin. If you like to wear jeans, take the back pockets off them. They cause pressure and don't really serve any purpose anyways.

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Jobs and Careers

EMPLOY *Abilities*

Summer Jobs! for Post Secondary Students...with a medical condition or disability

For example:

Arthritis / Rheumatism

Deaf / Hard of Hearing

Asthma
Depression
Amputation
Diabetes
Back Problems
Epilepsy
Blind / Visual Impairment
Fetal Alcohol Spectrum Disorder
And others....

Contact:

Yvette Bitz 780 945-4638

email - Yvette@employabilities.ab.ca

We can:

- Connect you to employers
- Help with resume writing, and interview skills
- Assist with work accommodations
- Access to an Employment Resource Center, which contains information on careers and employment opportunities in a variety of formats. (i.e.: print, video, etc...)

These services are free and confidential

EmployAbilities 4th floor, 10909 Jasper Ave, Edmonton AB. T5J 3L9

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Coordinator of Inclusive Education

To access the advertisement, interested people need to visit www.lethbridgecollege.ab.ca, then click on Career Opportunities, and it is under the Administration tab.

If anyone has any questions they can contact:

Wendy Smith

Coordinator

Inclusive Post-Secondary Education

Lethbridge College

w: (403) 320-3347 c: (403) 892-8433

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Aboriginal Client Services Coordinator Located in Edmonton - Full Time

Job Purpose: To support the Aboriginal Services Team in an effort to promote health and independence of all First Nations, Status, Non-status, Metis and Inuit persons with disabilities living in Alberta by providing services, advocacy, peer support, information and service coordination.

Qualifications Required:

- Valid drivers license and reliable vehicle **a must**
- Excellent interpersonal and communication skills
- Experience working with Aboriginal and Metis communities
- Culturally aware of the client groups
- A minimum of two years work experience in the field of rehabilitation or counseling (i.e. Career, Employment Counselor, etc)
- Undergraduate degree, diploma and/or certification in rehabilitation, human services or a related field is preferred
- Computer word processing software and database an asset

Please submit resumes to the Calgary office of the Canadian Paraplegic Association (Alberta) by either FAX: (403) 229-4271 or email: joan.smith@cpa-ab.org to the attention of Joan Smith, Manager Aboriginal Client Services (Alberta). Only those chosen for an interview will be contacted.

Please contact Joan for a more detailed job description.

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Wheelchair Sports/Fitness

Dual Use Mini-Cycle

Feeling at little out of shape? The dual use mini-cycle might be the solution. For use in living room and bedroom. http://www.exercise-bikes-direct.com/catalog/shopping/Motion_Fitness_Easy_Mini_Cycle_Exercise_Bike



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Portable -Adjustable Arms & Legs Pedal / Bike Exerciser



Imagine an exercise bike without the frame or wheels...small enough to store anywhere!

For your legs...place pedal exerciser in front of chair or bed.

For your arms... place it on tabletop.

Then simply adjust the tension knob, slip into the adjustable pedal straps, and you're on your way.

- Improve Circulation & Mobility
- Tone Muscles

Pull up a chair and pedal your way to firmer muscles, better circulation, and the benefits of low-impact exercise!

Can also be used to strengthen arms. Why pay hundreds of dollars for an arm bike when this one will work!

(This bike can be bought off EBay, as one example, for around \$35 with shipping.)

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Able-bodied Erik Hagreen competes for B.C. at nationals

The game is over and most members of Team B.C. at the wheelchair basketball nationals slide quickly out of their customized competition chairs and into their everyday chairs before wheeling off the court.

Erik Hagreen, however, steps out of his chair, drops onto his backside to change his runners, stands up again — and strolls toward the hallway, pushing his equipment in front of him. The paraplegics, double amputees and other players with a disability don't begrudge his presence one bit.

Read more: <http://digital.calgaryherald.com/epaper/viewer.aspx>

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Items for Sale/Housing

FREE RENT!!!

A client named Elizabeth Butler is looking for someone to help her with some household chores and errands in exchange for FREE RENT!!! She has a completely self contained unit available to the successful candidate, on the west end of Edmonton, close to West Edmonton Mall. She DOES NOT NEED help with personal care, only house cleaning, grocery shopping, possibly some (not much) meal preparation etc. She would ideally like an older person or older couple and is looking for someone who will be interested in staying long term. Please call her for more information, her number is 780-481-9221.

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Swap and Shop

This service is provided through the CPA website. Province wide people buy and sell used and new equipment. Check it out at: <http://www.canparaplegic.org/en/204>

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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 outside of Edmonton use toll-free number: 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 2nd 2008. First deadline for submissions will be June 24th 2008. Please send in your announcements before the deadline!

To unsubscribe or to change your coordinates please email: CPAAlbertaNewsletter@cpa-ab.org

For more information about CPA (Alberta) 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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