



## *Wheel-E*

A quality monthly supplement  
to your quarterly prescribed  
amount of Spinal Columns

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*Wheel-E* vol. 16  
March 1<sup>st</sup> 2007

Welcome to the March issue of *Wheel-E* bringing you news, events and announcements to your inbox every month. With this monthly newsletter we hope to give you our most current and up-to-date information. Like **Spinal Columns** and the **CPA (Alberta) Website**, we are very interested in your viewpoint and news too, so please, consider this venue as your forum for announcements! If you have something to announce or something to sell or have found an interesting web link or product/health information that you would like to share with other CPA members, email: [CPAAlbertaNewsletter@cpa-ab.org](mailto:CPAAlbertaNewsletter@cpa-ab.org)

To access past editions of *Wheel-E* please visit:  
<http://www.cpa-ab.org/clearinghouse/wheel.html>

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## Edmonton

**Canadian Paraplegic Association (Alberta)**  
**2007 TENTATIVE PEER EVENING SCHEDULE**

Schedule is subject to change. For more information call Ross Norton at (780) 424-6312 or 1-888-654-5444 or email: [ross.norton@cpa-ab.org](mailto:ross.norton@cpa-ab.org)

**All events will be held from 7-9 pm, Glenrose Unit 3B, Patient Dining Room**

**March 6<sup>th</sup> - Tax Time!**



Peer Evening: Tax Time!!!

March 6<sup>th</sup> - 7-9pm, Glenrose Hospital, Unit 3B patient Dining Room

A representative from Canada Customs & Revenue will speak about the disability tax credit, what can be claimed as medical expenses and recent changes and additions to the program.

**PEER EVENING WILL NOW BE HELD ON THE FIRST WEDNESDAY OF EACH MONTH**

April 4<sup>th</sup> - Glorious Gadgets!

May 2<sup>nd</sup> - Home Modifications

June 6<sup>th</sup> - Disabled Parking Update

July 4<sup>th</sup> - Summer Social **6-8:30 pm, Location TBA**

NO MEETING IN AUGUST

September 5<sup>th</sup> - Travel Tales

October 3<sup>rd</sup> - Caregiver Woes

November 7<sup>th</sup> - Battling the Bulge

December 5<sup>th</sup> - Christmas Social

**CPA welcomes your participation and suggestions.**

**Job Opportunity - TD Bank Financial Group**

**Telephone Banking Specialist**

**Job Description:**

As a Telephone Banking Specialist, you will identify and ensure all opportunities to grow our business are addressed by delivering products/services via the telephone that put the customer's needs first, (Products & services include Investments, New Accounts, Visa, Overdraft, Telephone/Web Banking registrations/support, bill payment registrations, processing and general enquiries).

You will contribute to our team by following the Customer Experience Model and by providing excellence in customer service at every interaction. Customer problems will be handled using the e.Bank Customer Problem Resolution Process. As a Telephone Banking Specialist, you must adhere to both professional practices and standards; and the TD Canada Trust processes and

controls to achieve operational excellence. Position is required to meet specific monthly Sales, Customer Service and Productivity targets.

**Requirements:**

You have a strong desire to engage in efficient customer focused conversations that will lead to a buying decision. You possess excellent listening and verbal communication skills and demonstrate a sincere approach to helping others. You are a self starter who will take the initiative to obtain solutions by using on-line tools available and are able to stay focused, pay attention to detail and follow established operating procedures on a regular basis. You are comfortable working independently and within a team setting. Ability to multitask and embrace change is crucial.

Minimum 25 hours per week. Flexibility required to work a variety of rotating shifts between the hours of 6:00 am, and 12:30 a.m., Monday through Sunday including statutory holidays.

**TD Bank Financial Group values and is committed to diversity in its workforce.**

For more details or to submit a resume, please contact Georgina Ball at: [georgina.ball@cpa-ab.org](mailto:georgina.ball@cpa-ab.org)

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## Calgary

### 2007 Odyssey Peer Events Calendar

Please note that Insurance, Orienteering and Sailing/Trail Riding have not yet been confirmed.

February 22 <sup>nd</sup>	Disability Tax Credit.
March 29 <sup>th</sup>	Dr. Denise Hill on Bladder Care.
April 26 <sup>th</sup>	Insurance for people with disabilities.
May 24 <sup>th</sup>	Craig Gillespie (Lawyer) Presentation to be determined.
June	Orienteering/BBQ
June 9 <sup>th</sup>	Horse Races
July 5 <sup>th</sup>	Chili Cook Off
July	Sailing & Trail Riding/BBQ
August 11 <sup>th</sup>	Family/Sports Day at Rotary Challenger Park.
September 22 <sup>nd</sup>	Car Rally
October 19 <sup>th</sup> & 20 <sup>th</sup>	Peer Conference & Trade Show.
November 24 <sup>th</sup>	Peer Christmas Dinner.

For more information please contact:

Mary C. Massé

Coordinator

Odyssey Peer Program

Tel:(403)228-3001

[Mary.Masse@cpa-ab.org](mailto:Mary.Masse@cpa-ab.org)

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

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## Lethbridge



### **The Lethbridge Steamers**

On February 3<sup>rd</sup> and 4<sup>th</sup> Lethbridge hosted a successful wheelchair basketball tournament. CTV and Global came to capture the action as the Lethbridge Steamers worked their stuff! The steamers are building strong relationships as a team and celebrated one victory during the tourney. Four out of town teams came to play and fun was had by all.

If you or someone you know is interested in playing on the team, please contact the team president, Kelly Sauerberg at: (403) 894-4577 or by email at:

[sauerberg@shaw.ca](mailto:sauerberg@shaw.ca)

### **Accessible Play Ground**

Lethbridge is currently in the process of building another wheelchair accessible play ground. Keep posted for more details on the project.

### **Labour Crisis?**

Strategies and Tools for Employing Aboriginal People

Aboriginal Outreach, Recruitment and Retention Training  
Workshops Coming to Southern Alberta

Wednesday, March 14, 2007

8:30 a.m. - 4:30 p.m.

Lethbridge Lodge

No Cost, includes lunch

Learn how to successfully employ Aboriginal people. Come learn best practice strategies that will improve your capacity to recruit, hire and retain Aboriginal employees. Tap into an underemployed pool of labour.

Workshops facilitated by  
Ripple Effects: an Aboriginal Awareness Training Company  
[www.ripplefx.ca](http://www.ripplefx.ca)

For more information call:  
(403) 394-7375

To register call:  
Lethbridge Community College  
(403) 320-3323

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## Red Deer

### **A Special Thanks and Farewell**

One of our long time volunteers Mr. Wally Meyers passed away on Feb. 15th. He will be greatly missed by the staff and volunteers of CPA Red Deer.

### **Diamonds & Denim Gala**

Preparations for the next Diamonds & Denim Gala have been started. The date will be Feb. 16, 2008. Please stay posted for more details.

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## Medicine Hat

**Hockey Alberta and the Sledge Hockey Alberta** Provincial Advisory Committee invited anyone interested in trying sledge hockey to come try it first hand during an on-ice demonstration followed by a game between current sledge hockey athletes and firefighters from Redcliff and Medicine Hat. All action took place at the ***Family Leisure Center in Medicine Hat February 24, 2007.***

Hockey Alberta provided lunch and a brief presentation followed by a demonstration with sleds and sticks and current sledge hockey players on hand to assist anyone interested in learning the basics of the game.

As we continue to grow the sport we would like to invite all those interested to contact us for further information.

**For all media inquiries, please contact**

Christina Rogers  
Coordinator, Communications  
Hockey Alberta  
Phone: (403) 342-6777  
Cell: (403) 597-4407  
E-mail: [crogers@hockeyalberta.ca](mailto:crogers@hockeyalberta.ca)

**For all general inquiries, please contact:**

Jenn Lunn  
Coordinator, Female Hockey  
Hockey Alberta  
Phone: (403) 342-6777  
Email: [jlunn@hockeyalberta.ca](mailto:jlunn@hockeyalberta.ca)

**Local Contact:**

Ken Schneider 581-4173

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## Grande Prairie

### CPA Grande Prairie Appreciates Volunteer

Lori Trepanier is a volunteer of the Canadian Paraplegic Association and is affiliated with Muscular Dystrophy Canada.

Lori sees herself as a person with a family and as a member of the community. She says the challenge posed by her physical disability does not prevent her to be independent and self-sufficient but instead it defines her as a unique person. Lori and her husband along with son and daughter moved to Grande Prairie in 1994. Lori states it also gave her the opportunity to make new friends. One of Lori's favored past time is to travel to warmer climates and to participate in the community.

Lori has been volunteering for the Canadian Paraplegic Association in Grande Prairie for approximately a year. Over the months, she has been involved in the peer support program, special events and community development programs. Lori states it gives her the opportunity to get out of her house more often, to be more active in the community as well as to help others to overcome their fears, barriers and to know that life goes on.

Lori also has been volunteering for Muscular Dystrophy Canada for approximately four years. Over the years, Lori attended conferences, held meetings and planned events. Muscular Dystrophy Canada and the Fire Fighters of Canada raised awareness and funds on an annual basis. Lori's involvement in the chapter and community has given her the opportunity to talk individuals with similar experience as well as offer support to find solutions to problems they face in their daily lives.

Lori has become a familiar face and voice at the CPA office in Grande Prairie.

The Canadian Paraplegic Association in Grande Prairie appreciates Lori Trepanier and would like to thank her for her many volunteer hours!

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## For Your Information

### **DISABILITY SAVINGS PLAN**

**Most Significant Initiative for Families in 25 Years.**

The Disability Savings Plan took a huge step towards reality in December. An Expert Panel established by Minister Flaherty recently recommended the creation of a Disability Savings Plan; a Disability Savings Grant and a Canada Disability Bond.

The recommendations, if implemented, will be the most significant federal initiative for families of people with disabilities in 25 years: up to three quarters of a million Canadian families would benefit.

More Information About the Disability Savings Plan

[About a Disability Savings Plan](#)  
[Highlights of the Recommendations](#)  
[Read the Expert Panel's Report](#)

### **Accessible condo in Hawaii**

Bruce and Amy Bernhardt invite you to experience the ALOHA OF MAUI and discover the beauty and tranquility of Ma'alaea, Maui.

Bruce is a C 5/6 quadriplegic and we have set up a wheelchair accessible condo in a Hawaiian paradise. Our 2 bedroom/2 bathroom condo is in the Makani A Kai complex which has 24 units and is located on the beach at Ma'alaea Bay, Maui.

Please visit their website for more details: [www.mauiaccessiblecondo.com](http://www.mauiaccessiblecondo.com)

## **MEDchair**

Vehicle makeovers by MEDchair Calgary make access easy for mobility challenged. MEDchair Calgary offers innovative and senior-friendly products including a turning seat that allows easy access in and out of vehicles.



The seat that can also be installed in the front passenger position turns and rotates effortlessly in or out of a vehicle allowing for easy access. To view a video of the turning seat, please click on the following link.

<http://www.bruno.com/videos/2004%20da%20Vinci%20Award.mpg>

### **For more information, please contact:**

Mr. Allan Jones, Operations Manager

MEDchair Calgary, (403) 252-5366

[allanj@medi-options.com](mailto:allanj@medi-options.com)

Mr. Mike Pinnegar

MEDchair Director

Regional Support – West (778) 549-3880

Mr. Neil Bousquet APR

MEDchair PR (403) 256-8834

[neil.bousquet@medichair.com](mailto:neil.bousquet@medichair.com)

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## Websites to check out

**Have you been to the CPA Alberta website lately?** Always current, always informative!

Go to: <http://www.canparaplegic.org/ab/>

**Services for persons with disabilities website** Service Canada has developed a single access point where persons with disabilities, their family members, caregivers, etc. can access a full range of information on disability-related programs and services in Canada. This website has information on everything

from taxes, to travel, to housing, to employment, to recreation, to skills development to name a few.

Go to: <http://www.servicecanada.gc.ca/>

### **CPA Alberta Information Clearinghouse**

CPA Information Clearinghouse is brought to you by the CPA Alberta. It aims to provide CPA Alberta clients, staff and the public with timely access to a comprehensive, multi-faceted collection of Spinal Cord Injury (SCI) related resources.

In addition to compiling a selection of high quality electronic resources, we digitized documents, publications and photographs in print format in order to link people with physical disabilities to a virtual world of resources.

CPA Information Clearinghouse contains a community guide database, past issues of Spinal Columns magazine in PDF format, Wheel-E newsletters, and a pool of SCI research, healthcare and pension policy resources.

[CPA Alberta Information Clearinghouse.](#)

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## Sports



### **The National Ability Center Bobsled Team**

<http://www.discovernac.org/sports/bobsled.asp>

The National Ability Center's bobsled was recently retrofitted by veteran NASCAR driver and founder of the Bo-Dyn Bobsled Project, Geoff Bodine. The sled is equipped with a sleek NASCAR style seat, shoulder harness, seatbelt, roll cage, head rest, and leg straps to accommodate the safety and stability of athletes with disabilities. The sled made its debut at the 2006 World Cup races in Park City, Utah, where athletes Matt Proffitt and Aaron Lanningham became the first athletes with disabilities to forerun a World Cup race.

## **Athlete Bios**

### **Matt Profitt: Breakman-**

Matt Profitt has been bobsledding with the National Ability Center for close to 3 years. He has a below the knee amputation as a result of a rare form of tissue cancer. Profitt is a talented athlete who has run the New York Marathon and rafted the Grand Canyon since his amputation. Profitt pushes the sled solo as the driver, Aaron Lanningham, is already strapped into the sled prior to the run.

### **Aaron Lanningham: Driver-**

Lanningham has been bobsledding with the National Ability Center for over four years. Lanningham has paraplegia as the result of a motorcycle accident. Lanningham is an incredibly skilled bobsled driver who is known for executing very clean runs.

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## Creative Solutions

We still want to hear about your creative ideas to make life easier. Please send your ideas to: [CPAAlbertaNewsletter@cpa-ab.org](mailto:CPAAlbertaNewsletter@cpa-ab.org)

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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](mailto: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](mailto:CPAAlbertaNewsletter@cpa-ab.org)

The next issue of CPA (Alberta) *Wheel-E* will be April 2<sup>nd</sup> 2007. First deadline for submissions will be March 26<sup>th</sup> 2007. Please send in your announcements before the deadline!

To unsubscribe or to change your coordinates please email:

[CPAAlbertaNewsletter@cpa-ab.org](mailto: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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