

November 2007 Issue, vol.24

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Edmonton

Red Carpet Affair 2008 moving into the planning stages:

The red carpet is beginning to roll out for a whole new event – currently scheduled for Friday, March 7, 2008. Booked into the Shaw Conference Centre in Edmonton, the 5th annual Red Carpet Affair, CPA's biggest fund raiser of the year, will honour a handful of people who have made an outstanding contribution to the community of persons with spinal cord injury and other physical disabilities.

To date, we have some of our committees in place, a few renewing sponsors in the process of commitment, a one page website www.cpa-ab.org/redcarpet and Eliza has been working on promotional materials for the event.

Soon we will be looking for table buyers, auction items, decorations and party favours. If you have any questions or ideas, please contact Marc Quinn at CPA in Edmonton 424-6312 ext. 2226 or marc.quinn@cpa-ab.org

New and Returning Staff

The Edmonton CPA office would like to welcome back Breanne Coffill as a part time Client Service Coordinator. Kuen Tang is new to the CPA team and will be joining Breanne as Client Service Coordinator. We would also like to welcome Marilyn Rose working side by side with Joan in the First Nations program.

2007 Tentative Peer Evening Schedule - Edmonton

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

Peer evenings will now be held on the first Wednesday of each month

Battling the Bulge 7-9, November 7th

Glenrose Rehabilitation Hospital, Unit 3B, Atrium, Edmonton

Tips on how to eat sensibly, lose pounds and how to buy the right type of vitamins and supplements for healthy skin and bowel routine.

Christmas Social 7-9, December 5th

location TBA, Edmonton

Come out and meet your peers and more of the CPA staff. Help us plan topics for next year while you enjoy some Christmas goodies.

Edmonton's Charity Golf Tourney: best ever!

Beautiful weather and a \$55,000 pot at the end of the rainbow marked the 2007 CPA Alberta Charity Golf Tournament in Edmonton as our best ever! The planning got started last fall when our tournament sponsor Ron Hodgson not only renewed his commitment as Tournament Sponsor but doubled his financial commitment for 2007. With this amazing support, we owe a debt of gratitude to Ron Hodgson Pontiac Buick GMC and Southgate Pontiac Buick GMC Hummer.

From there, we embarked on a campaign that resulted in a sell out six weeks before the tournament took place – also a milestone for the 8 year tournament. We knew then that this good fortune would make a difference to the services we provide to persons with spinal cord injury and other physical disabilities!

It was a big year for celebrities too. While we said good-bye to Oilers Captain Jason Smith who was moving his family to Philadelphia at the time, we welcomed Willie Pless, Edmonton Eskimos 1993 Grey Cup Champion & MOP, Rick Bronson, funny man from the Comic Strip, stars of the new Oil Kings and the Edmonton Rush and Jake Daniels from 1260 The Team Sports Radio. We also had a visitor Germany: Anthony Netto demonstrated a new product called

the Paragolfer, an amazing cart that allows the paraplegic golfer to stand when he swings his club.

Sincerest thanks also go to our cart sponsor, Jim Brown of James H. Brown and Associates as well as our many other sponsors, in-kind donors, volunteers and golfers.

With the success of the 2007 event fresh in our minds, the golf committee (including some new members) has already met twice to begin planning for the 2008 tournament. The objective: Making our 9th tournament better than our 8th!

Attention Hockey Fans

A member of CPA Alberta is unable to use the following Edmonton Oiler 2007-2008 game tickets and would like to sell 2 seats (wheelchair seating) for face value -- \$86.92 including GST (will not sell separately). First come, first served.

Please contact Edgar Jackson by telephone (780) 719-8972 if you are interested.

Tuesday, October 23rd vs Colorado	Friday, December 7th vs St. Louis
Tuesday, December 18th vs Dallas	Friday, December 21st vs New Jersey
Monday, January 7th vs NY Islanders	Wednesday, February 6th vs Chicago
Tuesday, February 12th vs Minnesota	Sunday, February 24th vs Colorado
Sunday, March 2nd vs Columbus	Tuesday, March 4th vs Nashville
Tuesday, March 11st vs St. Louis	Monday, March 24th vs Minnesota

Volunteers Needed

Canadian Paraplegic Association (Alberta) is looking for persons to volunteer for Bingo events in Edmonton bingo halls.

The time you spend at these events means that CPA can help persons with spinal cord injury and other physical disabilities.

Current volunteers have expressed many benefits from contributing their time and efforts.

- Giving back to my community
- I've met many new people and friends
- I've made new business contacts
- Just having a good feeling of being helpful
- Most importantly, we have fun
- CPA recognizes my efforts through the year
- Treated to the annual Volunteer Summer BBQ and Christmas Dinner

Become a much needed volunteer today!

Please call the Edmonton office 424-6312

Community Fitness Project

I am happy to introduce to the CPA membership a new program temporarily named the Community Fitness Project. This pilot project will commence early 2008 and will provide fitness programming for those with physical disabilities in a community facility. There will be two streams to this project, group programming and individual programming. Each participant will be guided through a fitness program tailored to their needs for several weeks, and will then be offered follow up. The program has been developed to address the need for quality, affordable fitness programming in community facilities for persons with physical disability. We are currently recruiting participants for this project. If you are interested in participating in this project or would like more information please contact Amy MacKinnon at 424-6312 ext. 2235 or amy.mackinnon@cpa-ab.org

2nd Annual Occupational Therapy Fun Run Walk and Wheel

The O.T Fun Run Walk and Wheel is an annual event organized by the Foundation for Occupational Therapy Awareness and a representative from the Canadian Paraplegic Association. The intent of the event is to create awareness of the field of Occupational Therapy and spinal cord injury, and foster networking. The event was a great success this year raising over \$1500 for CPA and increasing participation to 150 people! Everyone had a great time and is looking forward to next year's event which promises to be bigger and better! Please check out the CPA website at www.canparaplegic.org for pictures from the event.

We would like to extend a big thank you to all the volunteers who helped put on this amazing event and all the sponsors and donors who made the event possible:

River Valley Health	YMCA	The Tech Shop
Midwest Floor Covering	Roswell Wake Air	Kut Loose Salon
Earls-West Edmonton	Safeway	United Cycle
Shanti Hair	Lush Cosmetics	Camper's Village
Upper Curst Café	Defining Eve	Highlevel Diner
Adele Colon	Downhill Riders	Spherion
Chili's- West Edmonton		
Bimah-Synergy Event Services		
The Canadian Paraplegic Association		
Fresh Start European Bakery,Bistro and Catering		
Department of Occupational Therapy, University of Alberta		

Calgary

"Brighten Up Someone's Christmas"

For several years now, the Calgary staff has taken it upon themselves to make up Christmas Hampers for CPA members who are alone or have limited financial resources. In order to increase the number of Hampers this year we are extending an invitation to those of you who may be able to help out by bringing a non perishable food item to this year's Christmas Dinner.

Suggestions

Kraft Dinners Fruit Cups (4 in a package), Canned Hams, Soups, Dried Soup Packages, Canned Vegetables, Canned Tuna Fish, Canned Salmon, Little Chocolate Bars, Little Potato Chip Packages, Coffee, Tea, Little Hot Chocolate Packages, Peanut Butter, Jams, Shower Soap, Shampoo/Conditioner, Toothbrush/Toothpaste, Combs
Dad's Cookies (Package with the individually wrapped cookies)
Quaker Oatmeal Corals (Variety Pack)
Cheese & Crackers (Packages)

Odyssey Peer Program Christmas Dinner

Saturday November 24, 2007

Blackfoot Inn – Main Ballroom

5940 Blackfoot Trail SE

252-2253

Cocktails 6:30 – 7:00

Dinner 7:00 – 8:30

Social 8:30- 10:00

Tickets \$22.00 per person

Please register by Friday November 16th (Tickets will NOT be sold at the door)

Please make Checks payable to;
Canadian Paraplegic Association
#401, 320-23rd Ave SW
Calgary, Alberta T2S 0J2

Your tickets will be at the registration desk

Calgary Curling Club - SCHEDULE OF GAMES

These are the Dates for this year. Extra sessions may be scheduled for players who are headed in the competition route. All games are at Ogden Legion. I will try to obtain ice for the dates they have maintenance or Bonspiels.

OCTOBER

Oct. 27 Sat Ogden 10:30-12:30

NOVEMBER

Nov. 3 Sat Ogden 10:30-12:30

Nov.17 “ “ “ “

Nov.24 “ “ “ “

DECEMBER

Dec.1 Sat Ogden 10:30-12:30

Dec.8 “ “ “ “
Dec.22 “ “ “ “



3rd Annual Odyssey Peer Conference “Embrace the Journey”

Calgary was pleased to host its 3rd Annual Odyssey Peer Conference & Trade Show on October 19th & 20th. There were 88 participants over the two days, and we believe this reflects a strong interest in the event.

This event is presented to facilitate both learning and socializing opportunities for the participants. Our speakers and exhibitors provided a broad range of information on community resources and spinal cord injury related issues presented so as to foster fellowship between peers. In this later regard, a major goal is to optimize opportunities to learn from each other through interactive workshops and socialization.

We extend a big, big thank you to Kevin Mark for his skill as Master of Ceremonies and for launching the event with his inspiring opening remarks on “Getting on with Life”. And our sincere thanks to our talented presenters for their very interesting and informative presentations: Craig Gillespie – Replacement Income After a Permanent Disability; Dr. Longman – Depressed, Down or Annoyed; Dr. Virani – Chronic Pain Management in SCI; Katherine Ardo – The Power of the Human Voice; and Jay McCue – Stem Cell Treatment: A Personal Perspective. As a special treat we had “Ms. Loosie” (Cheryl Oberg), who made us chuckle during her interesting talk on the importance of laughter in our lives.

As always, we want to recognize all of our distinguished sponsors whose generous support is absolutely essential to our Peer Conference & Trade Show. A special thanks to our major sponsors, McNally-Cuming-Raymaker, Rick Hansen Foundation and MPE Engineering Ltd for donating a total of \$12000.00

Last but not least, we thank Marylyn Rose – Inspirational Singer and Song Writer from Edmonton – for opening and closing the Conference with “Let’s Get Started” and “Let’s Go The Distance” It was truly wonderful!

If you have any suggestions for our next Peer Conference or you would like to join the Peer Advisory Committee, please contact Mary Masse at 228-3001 or mary.masse@cpa-ab.org See you next year!



Lethbridge

Wheelchair Basketball

The Lethbridge Steamers are presently holding practices every Thursday at 7:30pm. Practices are held at the Boys and Girls Club. They encourage anyone interested or even curious about the sport to stop by a practice and check things out. Your first time will give you the opportunity to meet the team and try out a basketball chair. Please call Kelly, the team captain at 894-4577 for more information. Hope to see you out!

International Day of Disabled Persons

The International Day of Disabled Persons was proclaimed in 1992 by the United Nations to draw attention to the many ways in which those with disabilities enrich our communities. Last year's event was a success and we plan to make this year's event an even bigger success! The event will take place on **Monday December 3rd 2007**. Schedule for this year's event is as follows:

Morning event: Trade show and obstacle course

Time: 11am - 2pm

Location: University of Lethbridge indoor track

Come demonstrate your skills and watch local celebrities gain hands on experience in an obstacle course that will consist of activities and barriers those with disabilities face everyday.

Evening event: Trade show and panel discussion

Time: 4pm - 7pm

Location: Lethbridge Center Mall Conference room #1

Members of our community with disabilities will share their life stories.

Participants from the obstacle course will share about their experience. Time for questions will be given.

Please contact Eliza Walters at 327-7577 or eliza.walters@cpa-ab.org for more information and to RSVP. Free food will be provided at each event.

Casino Volunteers

Lethbridge CPA will be holding a casino on **February 24th and 25th 2008**. We are in need of volunteers. This is a great opportunity for you or someone you know to support the CPA by offering your time to volunteer. A complimentary meal will be provided for each volunteer during their shift. Volunteer forms are required and must be filled out by Dec 5th 2007. Please contact Eliza Walters at 327-7577 or eliza.walters@cpa-ab.org for more information and to receive your form.

Disabled Skiing

Ski season is approaching. The local disabled skiing volunteers had their first planning meeting and are excited to hit the slopes. They are in need of both students and volunteers. Volunteer training is held the first weekend in January and the lessons for students will be held for the next eight consecutive

Saturdays. For more information contact Darryl Medoruma at (403) 327-7956. This is a great way to get out and learn to love the snow!

Red Deer

2nd Annual Diamonds & Denim Gala

Our Diamonds & Denim Sweetheart Gala will be held February 16, 2008 at the Red Deer Lodge.

We are very excited this year to have **The Dominion of Canada** as our Major Sponsor.

The entertainment at the event will be Duane Steele, a local award winning country music artist.

We will again feature a diamond raffle, live and silent auctions, and great dining and dancing.

For additional information on other sponsorship opportunities or table & ticket sales, please call Paulette or Cheryl at 403-341-5060. Act fast because tickets are limited and will be sold on a first come first served basis!

Medicine Hat

New Team Members

The Medicine Hat office has expanded its team and hired a Community Development Coordinator. Shirley Jago started in her new position on October 15, 2007. She brings with her to the CPA a wealth of knowledge and experience with the community and its agencies. Shirley and Sue have worked and volunteered together in the past on a number of committees. She is a very enthusiastic, positive hard working individual. Please stop by or call our office and introduce yourself.

Medicine Hat also welcomes a new Bingo Coordinator to its team. Maxine Tindall is not a new face around the office as she has been a volunteer with the CPA for about two years. If you are interested in volunteering for any CPA bingos please contact our office and we can put you in touch with Maxine.

Fall Peer Event

Shirley and Sue are in the initial planning stages of a fall Peer Event. They hope to get a number of members out to meet and welcome Shirley and any new members to the Medicine Hat area. Wheelchair skills and self advocacy are two topics we will be discussing. More information will be coming very soon.

Lloydminster

We are MOVING into our new location here in Lloydminster....more convenient and accessible for everyone! Our new address is 4419-52 Ave. in Lloydminster, our phone and fax number will stay the same at 780-875-1046. Call for office hours.

Grande Prairie

Community Committee on Disability Issues (CCDI) Family Day Program

CCDI extends its hats off to Accredited Supportive Living Society (ASLS) and Wolverines Wheelchair Sports Association (WWSA) for a successful family day program. There were approximately 30 participants who attended the event at Gramma's Fun Place on September 22, 2007. Approximately 25 children had the opportunity to feed and pet bunnies, cats, kittens, puppies, geese, lambs, goats, lamas, donkies, ponies and sheep. Children also had the opportunity to play volleyball and play on the swings.

It was sunny, cloudy and chilly day with a few sprinkles but participants dressed well to enjoy the three and half hour outdoor program.

At noon, ASLS and Wolverines Wheelchair Sports Association grilled wieners and participants had the choice to sit around the fire pit or to eat indoors.

The highlight of the day was Lucy the Clown. Lucy the Clown not only interacted, joked and entertained the kids but also made animals out of balloons. The children smiles and actions said it all.

Travis McNally, CCDI Chair Person, states that the idea of the family day program was to bring family members together. There were family members with disabilities and family members with non-disabilities who gathered for a day of fun.

Sports



CADS - Alberta is the provincial chapter (or Division) of the [Canadian Association for Disabled Skiing](#).

There are six Zones (local chapters) in CADS - Alberta ([for a list click here](#))

CADS - Alberta is a registered non-profit charitable association founded to assist people with disabilities to improve their lifestyle through skiing. Its work is

directed by a [Board of Directors](#) elected annually by its members at the Annual General Meeting of the Association among its members.

Creative Solutions

Monkey See, Monkey Do!



Monkey's are being trained to carry out day to day tasks and be the arms and legs for individuals with disabilities. This is definitely a "Creative" Solution.

[View Video...](#)

Bendable Utensils

UBend-It™ Bendable Utensils are the perfect fork and tablespoon for people with upper extremity weakness or reduced range of motion.

These Bendable forks and spoons are stainless steel utensils that feature a twist in the shaft that allows them to be easily hand-bent to the left or right at any angle that is comfortable to the user. Angling also helps to reduce wrist strain. The built-up handle is contoured and textured, making it easy to hold and comfortable to use for people with arthritis or any other hand limitation. A tab on the end can be used to attach a wrist strap.

The handle is made of polypropylene and is top rack dishwasher safe.



Visit the following link for more info:

http://www.lifewithease.com/bendable_utensils.html

Press-On Nail Clipper

The Press-On Nail Clipper will allow you to clip your fingernails with using just one hand.

- Easy Clips nails with just a gentle press of the hand
- For one handed use and people who find it difficult to grasp and manipulate small implements
- Extra wide and extra long base provides stability and leverage
- Rubber feet on base to hold the clipper tool in place



SeniorEmporium.com

<http://www.senioremporium.com/index.asp?PageAction=VIEWPROD&ProdID=491>

We want to hear your creative Ideas. Please send them to CPAAlbertaNewsletter@cpa-ab.org

For Your Information

Accessible Healthcare Alternatives

What began as a personal search for services has evolved in an interactive exploration of accessible healthcare alternatives. As women with mobility impairments, Jo-Ann Dumont and I have been challenged by the inaccessibility of healthcare facilities in pursuit of personal care. We both found relief at the Women's Health Center at the Foothills Hospital.

On September 28th, we met with professionals there to further discuss accessible healthcare options for women. We were excited with their support toward meeting the needs of women with mobility challenges. The first step toward that end was the planning of an Accessible PAP / Gynecological Clinic in Calgary, with funding approved through the Alberta Cancer Foundation.

We are now ready to accept registration for an initial one day PAP screening and Gynecological clinic to be held at the Peter Lougheed Hospital on November 24th 2007. The facility utilizes examination tables that are wider with adjustable heights for ease of transfers. A qualified transfer team will also be available.

Depending on the response to the registration, additional clinics may be required. **All women with mobility impairments** who are interested in participating in a specialized clinic will need to complete the attached registration form and mail or

fax it to the address shown. Self referrals are accepted. If this initial clinic is not timely, or other issues prevent your participation, please register anyway to express your needs. This clinic is a rare glimpse into the accessibility needs of Calgary women with mobility issues.

Sharon Christie, Outreach and Cervical Screening Coordinator will be attending the tradeshow at the 3rd Annual CPA Peer Conference to be held at the Black Foot Inn in Calgary, October 19th and 20th, to answer questions and take registrations.

IMPORTANT - We must clarify at this point that we do not want to redirect your healthcare – This clinic is only geared to those individuals who are unable to access a full exam due to inaccessibility. A follow-up questionnaire will be circulated to address additional concerns with accessibility issues.

PLEASE forward this letter with the attached registration form, to ALL women requiring this specialized service.

[Download registration form](#)

Kind Regards,
Linda Welch

Response to PAP Clinic Article in the Last Wheel-e

I read with interest the article titled “Women’s Health Confronting Accessibility in the Wheel-E Newsletter.

Congratulations on receiving funding and approval for the accessible PAP Clinic and Mobile PAP Clinic for Calgary women with disabilities! I’m sure it took a lot of time and effort, and it paid off. Good job!!

My concern is not only Calgary women with disabilities, but people living in the rest of the Province of Alberta. What about children, seniors, vertically challenged people, obese people and anyone who is not agile enough to get on to the examination table? This includes a lot of people. They may not need Pap tests, but they are certainly entitled to and in need of access to good health care, including annual physical exams, just like everyone else.

My suggestion is that legislation be put in place enforcing the policy that for every four (or however many they deem appropriate) doctors in an Alberta Medical Clinic, there must be **at least** one electric height-adjustable examination table. I have seen these tables/beds in a physiotherapy clinic, and it worked perfectly for me, as it would for anyone. If a physiotherapist clinic (that is only partially funded by Alberta Health Care) can afford it and sees the value in having one, surely a medical clinic is long overdue in adopting this practice. – Anonymous

Wheelchairs no bar to beauty, say disabled models

HANOVER, Germany (AFP) - They're young, beautiful, poised and ambitious -- and confined to wheelchairs. Meet the new stars of the catwalk, at a modelling competition for the disabled.



<http://news.yahoo.com/s/afp/lifestylegermanydisabilityfashion>

Items for Sale

Must Sell!!

Below is a list of stuff that needs to sell. Please contact Robert J. Mitchell, Executive Director of Independent Living Resource Centre of Calgary.

Ph: (403) 263 6880 ext 222 TTY: (403) 263 6874

Email: ed@ilrcc.ab.ca Web: www.ilrcc.ab.ca

Fans

4 ft white approx 1 year old x 2 \$20 OBO

Deskfans 1 white, 1 black \$10 OBO

Heaters

Airways Ceramic heaters black x 2 \$15 OBO

Holmes grey heater \$10 OBO

Air Purifier

Honeywell HEPA filter x 2, approx 1 year old \$50 OBO
(\$100 new)

Desks

Metal desks, Oak and beige with 2 draws x4 Offers (must have own transport)

Other

Monitors 17 inch x 2 FREE

Scanner Microtek FREE

Phone, Meridain FREE

Plant Pots, moulded plastic approx 12 inch brown FREE

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>

Employment and Education

Rotary Employment Partnership Facilitator

The Rotary Employment Partnership is an exciting and innovative project that creates meaningful employment opportunities for people with developmental disabilities by working collaboratively with Rotary Clubs in the Lethbridge area. The Partnership focuses on supporting the capacity of the business community to hire and retain employees with developmental disabilities.

The Partnership Facilitator is responsible for working with Rotary clubs and members to: identify and develop local Rotarian leadership and involvement, identify potential employment opportunities; identify potential employees; provide ongoing support to the employer and employee; coordinate on-the-job supports with community agencies providing supported employment; facilitate relationships between employers and employees with and without developmental disabilities, and attend Rotary functions.

We are seeking an individual who is committed to the inclusion of persons with developmental disabilities in community life. This person will have direct experience in enabling individuals with developmental disabilities to participate in community life, ideally within the business community. The candidate will have excellent inter-personal skills and a university or college education in disability studies or a related field. Equivalencies will be considered.

This is a half-time position with flexible hours. Compensation is commensurate with experience. Automobile required. Only candidates selected for interviews will be contacted.

Please forward your resume with a covering letter to:

Trish Bowman

Alberta Association for Community Living (AACL)

11724 Kingsway

Edmonton AB T5G 0X5

Fax: (780) 453-5779

Email: pbowman@aacl.org

Research



UNIVERSITY OF
ALBERTA

Participants Wanted!

To participate in Research On Sexuality Education for Individuals with Spinal Cord Injury

If interested, please contact:
Sheri Brown, M. Sc. OT., or
Prof. Shaniff Esmail, Ph. D.

Faculty of Rehabilitation Medicine, University of Alberta

E-mail: sherib@ualberta.ca
Phone: 780-492-0397
Feel free to leave a message

The Centre for Ambulatory Rehabilitation, Research and Education (CARRE), at the University of Alberta, is recruiting participants for 3 research projects. Two studies address ways to retrain walking after incomplete spinal cord injury. One study trains participants to walk on a treadmill, while the other trains them to walk over ground. The training is 5 times/week, for approximately 1 hour/day, over a 3-4 month period. Tests are done monthly to measure how participants are progressing, and how their nervous system is changing as they train to walk.

Why participate?

- The 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 charge!

Therapists at CARRE are also testing a new measure for walking skill in individual's with incomplete spinal cord injury (third study). It requires only 2 visits from you, each approximately 1 hour long. Come have your walking assessed and find out what we do!

For more information, please contact:

Rachelle Lohlun, PTA
CARRE
Phone: (780)492-4858
E-mail: rachelle.lohlun@ualberta.ca



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 December 3rd 2007. First deadline for submissions will be November 26th 2007. 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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