



October 2009 Issue, vol. 46

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News – Province Wide

Red Arrow Motorcoach - FREE bus passes

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.

Accessible Health Clinic Assessment – ACCD needs your input!

The need for accessible and quality health care has never been greater! The Alberta Committee of Citizens with Disabilities is conducting an assessment concerning the need for accessible health clinics in Alberta. Do you have any suggestions, comments, or personal stories about challenges in accessing medical offices or procedures? Also, if you are aware of commendable accessible health clinics, please let them know as soon as possible.

Your input is greatly appreciated. Please send your response to melita@accd.net.

Moving to Inclusion – online course

The City of Edmonton and the Active Living Alliance for Canadians with a Disability present:

An introduction to the **Moving To Inclusion** online course

Wednesday, October 14th, 2009

9:00 am - 4:00 pm (Registration: 8:30 am)

Wildrose Ballroom, Ramada Hotel, Kingsway Avenue, Edmonton

RSVP by October 2nd - Space is limited (registration is FREE, however a \$100 NO-SHOW FEE is in effect)

Contact: Fiona Hoenmans at 780-496-4910 or fiona.hoenmans@edmonton.ca

Online Training Opportunity - for Canadians with Disabilities and Others Facing Barriers to Employment

- Do you have a disability or another barrier to employment?
- Would you be interested in Website Design as a way to start your own business; contract to existing companies or agencies to design and manage their sites; or use your skills to obtain employment as an entry level web designer or administrator?

- Do you have your own computer, basic computer skills and an Internet connection?

If you said yes to these questions, CSSD has an opportunity for you...

The Canadian Society for Social Development (CSSD) has spaces left in their six-month, award-winning Internet Business Development for Entrepreneurs (IBDE), web design program for the October 2009 intake. This accredited course gives students marketable skills to use in the online marketing of their own business; starting their own web design venture working with other small businesses or agencies; or possibly embarking on a career with another web design firm that will provide telework for them as a web designer. Over the past five years the IBDE program has had over 70% of our students complete the course and we believe this is due to the one-on-one instruction that they receive from our IBDE team, through the use of email, instant messaging, phone and our virtual classroom.

Our tuition of \$3,995 includes all course supplies and software, and our staff will assist applicants in finding funding assistance, which is usually available in most areas. Those interested in this program should register now as space is limited (and the funding process does take a bit of time) at: <http://www.ibde.ca/?q=signup>.

For additional information go to www.ibde.ca. You can also access our brochure and poster in PDF format at: <http://www.cssd-web.org/?q=en/about/promo>

Hurry and enrol now!

MS Connections 2009

A conference to connect Albertans affected by MS

October 23 & 24, 2009

Century Hotel & Casino, Edmonton

MS Connections 2009 is a great opportunity for researchers, people living with MS, and caregivers to get together to learn about advances and what's new in the world of MS research.

For more information on fees, sessions and registration,

Go to <http://www.mssociety.ca/alberta/Connections2009.html>

Interesting websites to check out

Paralympics in China created more awareness for those with disabilities

<http://www.youtube.com/watch?v=mWdsvm6PZBQ&feature=related>

Volunteer positions for persons with disabilities at Paralympic games in Vancouver

http://www.paralympic.org/Media_Centre/News/General_News/2009_09_15_a.html

Inspirational video on women and disability

<http://www.youtube.com/watch?v=R7HM5SKIDWo>

How to be happy?

<http://www.cbc.ca/doczone/howtobehappy/>

Disabled Parking

http://www.youtube.com/watch?v=vvd2l1Tu73c&feature=player_embedded#t=378

Events and News in your Community

Calgary:

Calgary 2009 Calendar of Peer Events

Wheelchair Fencing October 19, 7:30 p.m. - 9:00 p.m., Alberta Bible College

Peer Christmas Dinner Saturday November 21st

Call Sharlene Bridal at the Calgary CPA (Alberta) office at 403-228-7428 for more information about peer events.

Edmonton:

Edmonton 2009 Peer Events

Spinal Cord Injury Solutions Funding - October 14th, 2009

Find out if this funding is for you? Presented by Ross Norton, Solutions Coordinator

7:00 – 9:00 p.m., Glenrose Rehabilitation Hospital, Unit 3B in the Atrium, 10230 – 111 Avenue

November 4th Peer Event – TBA

Christmas Social – December 2nd, 2009

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

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

FRIDAY, MARCH 5THMark the Date in Your Calendar:



CPA (Alberta)'s 8th Annual RED CARPET AFFAIR is coming up on Friday, March 5th. Following in the footsteps of 7wonderful galas, the 2010 Red Carpet Affair is going to be another spectacular evening of celebration and community recognition - all in honor of persons with spinal cord injury. Stay posted for

further announcements about this important fundraiser for the Canadian Paraplegic Association (Alberta). Then get ready for a fun evening on Friday, March 5, 2010. For more information contact: Marc Quinn (780) 424-6312, ext. 2226.

First Quadriplegic Individual to Letter Comics for DC Comics!



Kuen Tang has become the first quadriplegic individual to letter comics. Kuen Tang and her team (husband Robert Burke Richardson and artist Martin Morrazo), created a comic book called Absolute Magnitude which was chosen by DC Comics (publisher of Batman, Superman, and Watchmen) to compete on Zudacomics.com, DC's new online imprint. Thanks to many votes from their fans On August 21st, they won the competition!! Congratulations to Kuen and team. Click [here](#) for a summary of the comic story line. What happens next? We'll keep you posted...so stay tuned.

Battle of the Blades

Battle of the Blades is a fierce competition of grace and drama as some of Canada's elite Olympic and World female figure skaters team up with eight of the NHL's greatest hockey players in this pair's figure skating showdown. Over seven weeks and 14 episodes, the pairs take to the ice at the historic Maple Leaf Gardens in rehearsals with coaches and mentors, and ultimately work together to perform a new routine live on the Sunday night telecast. Viewers will vote for their favorite pairs and the bottom two will return the following night (Monday) for a skate-off, with the four judge panel deciding who gets to continue. Each week, the eliminated pair will donate \$25,000 to the charity of their choice. The winning pair will be chosen by viewer votes and will donate \$100,000 to their favorite charity. Premieres **Sunday Oct. 4TH- CBC at 8:00 p.m. EST.**

For more information on show times and how to register to vote please visit: cbc.ca/battle

**PLEASE VOTE FOR
Craig Simpson & Jamie Sale of Edmonton.**

Their winnings will go towards a Research Chair in Spinal Cord Injury at the Faculty of Medicine & Dentistry, University of Alberta, Edmonton

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 (SCITCS)

www.scitcs.org

Oilers Tickets - Edmonton

Paralympic Sports Association (PSA) – announces last year of providing draws for Oilers season tickets. PSA has indicated that the service is time consuming and is costing them money because many individuals say they are unable to make the pre-season games. For more information contact: Kim McDonald at 780-439-8687 or kim@parasports.net

Medicine Hat

Medicine Hat Peer Conference – Change of date!!

Medicine Hat peer conference date - changed from September 25th to October 30th. For more information contact Shirley at shirley.jago@cpa-ab.org

“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. Sue Edwards is on the planning committee for this event so contact her 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

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

D-Mannose

Do you have recurring bladder infections? Do you have to take antibiotics all the time?

Then try D-Mannose!

As a T9 paraplegic I have been taking this product for about 1 year now and I have decreased my bladder infections by 80%!

D-Mannose is a simple sugar that occurs naturally in some plants, including cranberries. Although small amounts of D-Mannose are metabolized by the human body, much of it is rapidly excreted in the urine. In the bladder, D-Mannose can adhere to undesirable foreign substances, preventing them from sticking to the lining of the bladder. Because insubstantial amounts of D-Mannose are used by the body, it does not interfere with blood sugar regulation.

Suggested Usage: As a dietary supplement, take 3 capsules 1 to 3 times daily. Take with water or unsweetened juice, such as unsweetened cranberry juice.

Other Ingredients: Gelatin (capsule), Stearic Acid (vegetable source), Magnesium Stearate (vegetable source), Silica and Rice Flour.

Contains no: salt, yeast, wheat, gluten, soy, milk, egg, shellfish or preservatives.

This product can be purchased at any health food store but can be found much cheaper on EBay! For about \$100 you can get about 4 months worth. For more information, contact Mike Hambly at 403-228-7433

Wheelchair Sports/Fitness

Time to Rock and Rock with Wheelchair Curling!!

The Calgary Wheelchair Curling Association is gearing up for another great season of Wheelchair Curling and inviting all who are interested to come out and give it a try.

Since 2005, the Calgary Wheelchair Curling Association has grown to be the largest wheelchair curling league in Canada with over 30 members. Many of the members are new to wheelchair curling and range from 9 to over 60 years of age, with varying forms of mobility or cognitive disabilities. Many of our members use their own wheelchair, power wheelchairs or scooters on the ice. There are also additional wheelchairs available for use. Wheelchair curling is one of the few areas that a wheelchair user can participate in at a recreational or competitive level.

The Wheelchair Curling League starts October 3, 2009 from 10:30AM to 12:30PM at the Ogden Legion Curling Club 2625 - 78 Ave SE. Calgary and will run most Saturday mornings until March 2010. First time curlers are invited to attend free of charge. Curling sticks and equipment are provided so we just need the curlers.

The Calgary Wheelchair Curling League is also looking for volunteers and sponsors this season as we expect to grow our membership.

For further information on the program details or to be a volunteer or sponsor, please call Jack Smart at 403.201.0041.



Wheelchair Rugby Starts

A new season for wheelchair rugby began in September. If you are interested in checking out this sport or cheering on players, practice is on Wednesday evenings in the Glenrose gymnasium and on Saturday at 1:00 p.m. at St. Nicholas Junior High, 3643 - 115 Avenue Edmonton, AB.

Sledge Hockey

Over the last 15 years, sledge hockey has been growing in popularity, as well as becoming more competitive. While the sport has good participation, there is still opportunity for individuals to get involved and try out the sport for themselves.

If you would like to come out and watch individuals participate in the program, just drop by the Donnan Arena (9104-80th Ave), Tuesdays, 6:15 pm - 7:15 p.m. Junior Division and 8:30 - 9:30 p.m. Intermediate Division.

For more information on this program and how to participate, call the Paralympic Sports Association office at (780) 436-8987.

Curling Opportunities

Wheelchair curling starts on October 4 at Jasper Place Curling Club, 16521- 107 Ave Edmonton. If you would like to see these curlers in action or would like to consider participating in this growing, sport come out to the Jasper Place Curling Club.

It should be mentioned that there is recreational curling as well as league curling, so there are levels where everyone can feel comfortable. All levels of injury and ages are welcome. Cost is \$50.00 per year. Come out for some fun on the ice and meet new people.

The Alberta provincial wheelchair curling finals will be held on February 5 - 7, 2010. So mark the dates on your calendar, and come out and cheer on the Edmonton teams.

Bridging the Gap

Edmonton:

September 17th: Start of Weekly Program

- Each Thursday evening from 5:30 – 6:30 pm
- Sports vary each week based on participants
- Glenrose Rehabilitation Hospital Gymnasium - 10230 - 111 Avenue, Edmonton, AB

Calgary:

October 3rd: Start of Wheelchair Rugby Season

- Please contact me for more information

October 10th: Start of Bi-Weekly Program

- Every second Saturday from 4:00 – 6:00 pm
- Sports vary each week based on participants
- Mount Royal College Stanley Gymnasium - 4825 Mount Royal Gate SW, Calgary, AB

Grande Prairie:

- Information coming soon about fall events!

Red Deer:

January 2010: Start of Weekly Program

- More information to come!

All events are offered free of charge, and all equipment will be provided.

Transfer assistance may be limited at some events, please bring along a friend if you need help.

Hope to see you at an event soon!

Laurie Wilson, Program Coordinator - Bridging the Gap - Wheelchair Sports Alberta
P 403.456.3175 – Calgary P 780.427.8721 – Edmonton F 780.427.8723
www.abwheelchairsport.ca

Classifieds

Lift Equipped House for Sale – Calgary

To find out more, click on the link below

<http://abmls.mlxchange.com/Pub/EmailView.asp?r=1239398719&s=ALB&t=ALB>

You can also click on Danny Wai's website for information and more photos at

www.dannywai.com

Danny Wai

Re/Max R.E.(Mountain View) Ltd.

#222, 4625 Varsity Drive N.W.

Calgary, AB T3A 0Z9

Office: 403-247-5171

E-mail: waid@telus.net

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/Education

Job Opportunity - Aboriginal Services Coordinator

Temporary, 6 month contract

Located in Edmonton

Start Date: October 20, 2009

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 client groups
- 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

Responsibilities:

Working with the Aboriginal Services Coordinators (throughout Alberta) and other members of the CPA Team, the Aboriginal Services Coordinator will be responsible for providing services in a defined region of the province as assigned by supervisor.

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

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 November 1st, 2009. First deadline for submissions will be October 24th, 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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To unsubscribe or to change your coordinates please email: CPAAlbertaNewsletter@cpa-ab.org

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