



## **Wheel-E**

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

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## **Wheel-E**

vol. 22

September 3<sup>rd</sup>, 2007

To access past editions of **Wheel-E** please visit:

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

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## **Edmonton**

### **Contact Info:**

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Fax: (780) 424-6313

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### **Make a Difference in the City of Edmonton**

The City of Edmonton invites interested applicants to serve on various Agencies, Boards and Commissions. The Office of the City Clerk advertises citizen-at-large vacancies for the following recruitment campaigns.

[More...](#)

### **Champagne in the Showroom**

David Morris Fine Cars Ltd. Presents the 2007 Champagne in the Showroom. In support of Alberta Committee of Citizens with Disabilities. "Promoting full participation in society for Albertans with disabilities".

Thursday September 20<sup>th</sup>, 2007. From 5:30pm – 8:30pm. For more information call: (780) 488-9088. Or visit the following web link:

[http://www.accd.net/html/store\\_champagne.html](http://www.accd.net/html/store_champagne.html)

### **Edmonton Peer Event**

#### **2007 Creating Connections Edmonton Peer Conference**

On September 27<sup>th</sup> and 28<sup>th</sup>, CPA (Alberta) will be holding its 2007 Creating Connections Edmonton Peer Conference and Trade Show at the Santa Maria Goretti Community Centre (11050 – 90<sup>th</sup> Street, Edmonton, AB).

The purpose of the event is to increase CPA clients' and members' knowledge of community resources and SCI-related issues, as well as to provide them with an opportunity to socialize and network among other individuals who live with SCI and other physical disabilities.

The cost of the conference will be \$10.00 for CPA members, \$30.00 for non-members (price includes a CPA Membership), and \$50.00 for professionals (price includes a CPA Membership). For more information on attending the conference, or getting involved as a trade show vendor, please contact Ross Norton at (780) 424-6312 EXT.2227, or [ross.norton@cpa-ab.org](mailto:ross.norton@cpa-ab.org)

### **Third Annual Leaders in Rehab Conference**

There is still time for you and your colleagues to register for the third annual Leaders in Rehab Conference: The Perfect Storm being held at the Shaw Conference Centre in Edmonton, September 13-14, 2007. This year's focus is on workforce sustainability, knowledge transfer, and consumer integration in decision-making as it relates to the future face of healthcare in rehabilitation. Leaders in Rehabilitation: The Perfect Storm  
September 13 - 14, 2007

For more information contact 1-877-877-8714 or 780-735-7912 or [GRHEdServices@capitalhealth.ca](mailto:GRHEdServices@capitalhealth.ca)

### **2007 Good Samaritan Spirituality and Wholeness Workshops:**

"Awakening the Spirit of Our Life & Work: Staying Balanced & Purposeful" with Dr. John Izzo on September 21, 2007 at the Days Inn in Edmonton. Dr. Izzo is a minister, a university professor, a TV host and a best-selling author. (\$79.50 before August 31)

For more information or to register, please go to: [www.gss.org](http://www.gss.org) and click on "Spirituality and Wholeness Workshops."

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## Calgary

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Ph: (403) 228-3301

Fax: (403) 229-4271

Email: [Calgary@cpa-ab.org](mailto:Calgary@cpa-ab.org)

### **Family Fun Sports Day**

On Saturday August 11, 2007, the Odyssey Peer Program held its first Family Fun Sports Day at Calgary Rotary Challenger Park. The event gave our members an opportunity to try out sporting equipment and view the wonders of CRCP, where there are terrific accessible facilities that include a baseball diamond, basketball and tennis courts and a track and field sports oval that is truly outstanding.

Participants were able to view and try out equipment from Medichair, Maximum Healthcare & Mobility, Motion Specialties and Shoppers Home Health Care. As well, representatives from disabled sailing, curling, skiing and sledge hockey were also there to inform people about their programs. Jay McCue brought his Viper and Garry Miller drove up in a really cool yellow "Chopper" that he built for himself.

After lunch, we were all treated to an amazing tennis demonstration by Colin McKeage and his coach. To end the day, participants had an opportunity to demonstrate their wheelchair skills at the Crittenden Challenge.

The day was a wonderful success and 78 people in attendance. A big thank you to the Rick Hansen Foundation who co-sponsored the event with McNally-Cuming-Raymaker, proud sponsor of all Calgary Peer Events!

### **Orienteering Adventure & BBQ**

On Saturday August 25, 2007, 31 analytically inclined members of our peer group gathered at the Glenmore Reservoir for a challenging and entertaining afternoon of Orienteering.

Don Merriam and Jen Silverthorn and their talented team of volunteers - Andree Powers, Molly Jarvis, Nichol Jarvis, Don Bayley and Cindy Heselton from the Foothills Wanderers Orienteering Club - mapped out a tricky course around the Glenmore Reservoir for our 3 teams to navigate. Equipped with only maps, compasses and subtle clues, our participants analyzed their way through the course attempting to identify the correct flag at each station along the way. Thankfully, no one got lost so Muffy's Sniff & Rescue skills were not needed!

Hearty congratulations to the winning team, which included Elaine Guy (Hey! Didn't you win this year's Stampede Chili Cook Off!), Maggie Vanderschoot, Brad Clements, Peninah Mutinda and Cathy Gregory.

Thanks to Byron McLallen from Medichair for lending us wheelchairs so that two of our ambulatory members could participate. Thanks also to the Anonymous Chef for some barbecue delights. And a big thank you again to McNally-Cuming-Raymaker, Barristers & Solicitors, proud sponsor of Calgary's Peer Events!



### **CPA Golf Tournament**

September 25 2007 @ the Valley Ridge Golf Course, located on Calgary's West Side along the Bow River. Registration is 11am, with a 1pm Shotgun Start.

Please join other supporters for CPA fundraising, our Sponsors and members of the Calgary Roughnecks for a fun day of golfing, and winning at Valley Ridge Golf Club.

#### Details

This tournament is a 4 person scramble format (Max 144 players), with Golf Carts provided.

#### Dinner

Dinner will be provided by Valley Ridge Golf Course, and will commence when the tournament is complete, approximately 630pm.

#### Prizes

All prizes are to be determined. If you have prizes you would like to contribute, please contact Crystal Anderson via [crystal.anderson@cpa-ab.org](mailto:crystal.anderson@cpa-ab.org)

### **4th Annual Stampede Chili Challenge Cook Off, Show & Shine**

As reported in the last issue of Wheel-E news, we held our 4th Annual Chili Cook Off on July 5, 2007. There was a big "Faux Pas" on the part of the writer! It was Elaine Guy's Chili that "Rocked" at this year's competition, coming in first place! I apologize "profusely" to Elaine and hope all is forgiven!



### **Upcoming Events DON'T FORGET!**

Get your teams organized for the Car Rally on Saturday September 22nd. Paid registrations are due by September 15th.

Mark your calendars for the 3rd Annual Peer Conference & Trade Show on October 19th & 20th in Calgary at the Blackfoot Inn.

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## Lethbridge

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Ph: (403) 327-7577

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Email: [lethbridge@cpa-ab.org](mailto:lethbridge@cpa-ab.org)

### **2007 Good Samaritan Spirituality and Wholeness Workshops:**

"From Deep Despair to New Beginnings: Grief in the Human Journey" with Kelly Walker on Sept. 28, 2007 at the Lethbridge Lodge in Lethbridge, Alberta. Kelly Walker is a bilingual author, therapist, storyteller, public speaker and gifted musician. (\$68.90 before September 7)

For more information or to register, please go to: [www.gss.org](http://www.gss.org) and click on "Spirituality and Wholeness Workshops."

### **IGA BBQ**

We had yet another successful BBQ held at IGA. Many volunteers came to support and lend a hand. We look forward to next summer!



### **Bingo Volunteers**

Lethbridge is still in need of bingo volunteers. If there is anyone interested in volunteering for 2-3 bingo's a year, please call Michelle Jacobs at 327-7577.

### **Lethbridge WHOOP-UP Days Parade**

The Lethbridge CPA teamed up with the United Way and other organizations to decorate a float and have some fun in the Lethbridge Parade. A special thanks to the United Way for all their support.



### **A Day in the Life**

Members of Lethbridge City Hall spent an afternoon wheeling around town to gain a hands on experience of what it would be like to be confined to a wheelchair. Lethbridge is slowly opening doors and improving the world of accessibility. Parks and Recreation Manager, Tom Hopkins is working closely with staff members of CPA to improve areas of the city.

The hands on experience was an eye opener and created the awareness needed for further changes in the city.



Tom Hopkins, parks and recreation manager



Members of city hall and friends

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## Red Deer

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### **2<sup>nd</sup> 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!

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## Grande Prairie

### **Grande Prairie and Fairview Peer Support Program**

Did you know the first coffee meeting in Fairview was in August, 2006, and that the name of the program was changed from the Travel Coffee Meeting to the Travel Awareness Program?

And did you know that the goal of the Travel Awareness Program was and is to further connect with other individuals with spinal cord injuries and other physical disabilities in the northwest region of Alberta?

And did you further know that the purpose of the peer support program in Fairview is:

- To meet and greet
- To connect and support one another
- To share information and learn
- To become more aware of programs, services, resources and community events
- To have the opportunity to socialize and have fun

And did you also know that Lori Trepanier, a volunteer with the Muscular Dystrophy Canada and the Canadian Paraplegic Association in Grande Prairie, facilitates with the Travel Awareness Program?

Since August 2006, there has been three peer support meetings held in Fairview. Individuals with spinal cord injuries and other physical disabilities from as far away as High Level, Hines Creek and Eaglesham have gathered to share information and stories over coffee or lunch.

There is an open door policy for family members, friends and organizations from the community of Fairview and Grande Prairie to participate.

In Grande Prairie, we had the pleasure of having Russ Bray, Odyssey Peer Program Technical Administrator from our Calgary office, come up to video tape Dale Williams and Travis McNally for the Odyssey Website. What is Odyssey? Odyssey is the Peer Program of the Canadian Paraplegic Association. The goal of Odyssey is to provide individuals with spinal cord injuries and other physical disabilities and their families, the information, guidance and support necessary to succeed in their community. Odyssey provides both the practical and social supports and advice from someone "who's been there". Peers serve as both role models and mentors, to encourage and help individuals and their families navigate the unique challenges they face. Peers involved in Odyssey have overcome many challenges and demonstrated "real life" success stories that are inspirational to both the disabled and able-bodied communities alike. For further information go to the Odyssey Website at [www.cpa-odyssey.org](http://www.cpa-odyssey.org)

The next peer support meeting in Fairview is scheduled for October 2007. Please feel free to contact Agnes St Jean at the Grande Prairie CPA office at 532-3305

for further information or if you would like to present your program as part of the peer program.

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## Sports

### Off Road Wheelchairs

<http://www.vestil.com/wc/extreme4x4.htm>

<http://www.tankchair.com>

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## Creative Solutions

### Words or advice from a fellow Wheelchair user:

“In reference to your latest newsletter I would like to add my two cents worth about wheel chair clothing. From the old mares' mouth so to speak. Experience has taught me that the "kiss" principal-- ("Keep it Simple Stupid") is the key when selecting clothing to be worn when moving about by wheelchair or electric scooter. Long skirts can get caught in wheels. Pants are nicer anyway. They cover Legs which is usually a blessing. Flowing capes are a nuisance too-- even though one has a tendency to want to cover up. I found that the neater close fitting clothes are best. A cardigan sweater is nice. You can stow it in your handy dandy basket if the weather gets too warm and reverse the process when outdoors. If you have a manual wheelchair, treat yourself to good real leather gloves. A small fold up hat that fits in a pocket is a good item to have tucked away. A fold up rain poncho is good too just in case, Although I don't personally like ponchos--they have the same fault as long skirts --too much bulk to get caught in wheels. Don't forget sunscreen if you're going to be at an outdoor event. “

Enjoy.

Odilie Samwald (alive and well in Vancouver)

We want to hear your creative Ideas. Please send them to  
[CPAAAlbertaNewsletter@cpa-ab.org](mailto:CPAAAlbertaNewsletter@cpa-ab.org)

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## For Your Information



## **Would you like to participate in a Live Better Every Day workshop?**

Have you had a spinal cord injury or a stroke?

Available workshops:

October 4 – November 8 at  
Glenrose Rehabilitation Hospital,  
Thursdays 6:30 – 9:00pm  
(7524 – 139 Avenue, Conference Room B)

The Live Better Every Day workshops run for six weeks, 2.5 hours per week. The workshops are designed to help people learn how to take care of their chronic health problems.

In conjunction with the workshop, we want to conduct a research project to find out how successful the Live Better Every Day program is for people with stroke and spinal cord injury. We will ask you to fill out a questionnaire and talk with us about the workshop and how it worked for you. Participating in the research project would mean about 2 hours extra time.

If you are interested in participating in this project entitled, 'Chronic disease management for people with neurological conditions', please contact Rob Hirsche at [rhirsche@ualberta.ca](mailto:rhirsche@ualberta.ca) or 780-918-1874.

NOTE: If you wish, you can participate in the workshop without participating in the study.

## **Career & Employment Workshops...**

Catering to the Consumer

In partnership with Alberta Human Resources & Employment (AHRE), BGS Enterprises is proud to deliver Career & Employment related workshops at AHRE delivery sites throughout the Edmonton Region. BGS' Workshops provide information, strategies, techniques, & practical tips to assist participants in meeting their career & employment goals.

[Download September Workshops](#)

For information on FREE workshops, please contact Barbara North, Team Lead/Workshop Coordinator with BGS Enterprises Inc.

[www.bgsenterprises.com](http://www.bgsenterprises.com)  
[barbaranorth@bgsenterprises.com](mailto:barbaranorth@bgsenterprises.com)

Phone: 780-425-6655

## **Be the Squeak for Women's Health**

### **L Welch**

"The history of all times and of today especially, teaches us that... women will be forgotten if they forget to think about themselves." Louise Otto

Did you say PAP-Party??? Obviously this article relates to the women readers, but more importantly, it speaks to women with limited mobility or in wheelchairs. Is your doctor's office accessible? Can you transfer to an exam table? Is the table too high? Too narrow? When was your last PAP test for cervical cancer? Would you support an accessible PAP clinic in your area?

Over the past year I have navigated through a labyrinth of possibilities in an attempt to complete my annual physical. Accessibility issues prohibited an exam in my family doctor's office so she referred me to the PAP Clinic to complete my physical in a home visit. When I began writing an article advising my peers of the solution, I was told it was an exception and not a common option. The experience impassioned me to pursue an accessible healthcare solution. If this was an issue for me, then it must be one for other women? My next thought, "Where to begin?"

### **Step one – An Accessible PAP Clinic**

With the support of Dr. Elumir, from the PAP Clinic in Calgary, we sought a facility with lift capabilities. We began by addressing the Foothills Hospital in Calgary. As my questions were passed throughout different departments, each acknowledged the necessity of more accessible options for women, but few knew of any solutions. However, Sharon Christie, Outreach Coordinator and cervical screening specialist was very supportive. Sharon works with communities who have barriers to accessing pap screening to provide services for them. She was able to acquire funding for a Calgary clinic through the Cancer Board. While we are concerned with defining the need, Sharon's position addresses the how-to's involved.

### **Is there a need for accessible PAP clinics?**

Are disabled women losing out on basic healthcare because of accessibility issues? Do they forego physical exams due to the difficulties in transferring? Enter Jo-Ann Dumont, a C 6/7 quadriplegic and co-volunteer with the Canadian Paraplegic Association in Calgary. Having had a similar experience, Jo-Ann was expedient to express her views on accessible options. More vocal in her concerns, she joined in, sharing her expertise as an advocate for disability issues. Dumont encouraged reaching out to all women faced with physical limitations to define the need for accessible options across the board.

### **Defining our goals**

Organizing an accessible clinic became the first coordinated step toward meeting the needs of disabled women. In order to have accessible PAP Clinics, we need to explore the logistics behind the physical components of timing, staffing, and advertising. In order to do this for the first Calgary clinic we will be inviting women from the Canadian Paraplegic Association, the MS Society, and Clients of the Spinal Cord Clinic in the Calgary area to participate.

It is still important that women in all areas voice their needs for accessible healthcare. We require a clear evaluation on whether women are getting their needs met. Self advocating has often been encouraged to those faced with challenges. Here it is a dominant concern for women's health. As the saying goes, "the squeaky wheel gets the grease." Come on ladies – Be the Squeak! If you or anyone you know is having difficulty in completing an annual physical exam, including a PAP test through the family physician, please let us know by calling – CPA at [1-888-654-5444](tel:1-888-654-5444).

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## Items for Sale

### **Pride Scooter**

Four wheel scooter in next to new condition. Life line battery. Swivel seat with arms. Asking \$1400 or best offer.

Contact Helen for more details: 381-1544

### **Hand controls**

Price negotiable. Call Dwight for more details: 330-4882

### **Outdoor Chair lift**

Exterior electric chair lift for sale. Used for wheelchairs and scooters. Contact Terry Rider at: (250) 419-3845

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## Job Opportunities

### **Program Manager**

InMotion Network, the provincial association for the promotion of girls and women in sport and physical activity, is currently seeking qualified candidates for the position of Program Manager. [Full job posting.](#)

We are also launching our new online registration. Membership with InMotion is only \$25 (\$10 for students). Visit [www.inmotionnetwork.org](http://www.inmotionnetwork.org) for information and to sign-up.

**BECOME A CAAWS WOMEN AND LEADERSHIP FACILITATOR**  
**October 19-12, 2007 – Edmonton, AB**

A professional development opportunity working with the CAAWS Women and Leadership Program

If you have any questions about InMotion Network, the Women and Leadership sessions or becoming a facilitator, feel free to contact Amy MacKinnon, Client Services Coordinator, Canadian Paraplegic Association, 424-6312 ext. 2235.

We are also looking for members from around the province for a variety of committees. If you or someone you know is interested do not hesitate to contact me or Shauna. Committee members can be male or female.

**EmployAbilities**

Information on three integrated training programs at EmployAbilities starting at the end of September and early October to assist Individuals with spinal cord injuries receive the training necessary to gain employment

Six Month Full Time Programs. Participants for these programs may be eligible for a grant which may include living allowances

Entry-Level Employability Skills Training in:

- Microsoft Office XP Training
- Customer Service "Service Best" Certification
- Essential Employment Skills
- Work Experience Placement

Start September, 2007

Customer Service Representative

Training in:

- Direct Customer Contact
- Telecommunications & Industry Terminology
- Basic Computer Skills Training
- Customer Service "Service Best" Certification
- Work Experience Placement

Start October, 2007

Hospitality Skills Training Program

Training in:

- Tourism & Hospitality Industry Sectors Intro
- Basic Computer Training

- Customer Service “Service Best” Certification
- Alberta Server Intervention Certification
- First Aid, CPR & WHIMS Certification
- Work Experience Placement

Start October, 2007

Call (780) 423-4106 to register

### **Opportunities at CIBC**

CIBC is a firm believer and supporter of a diverse work environment. Please check their employment opportunities. All jobs can be found at:

[www.cibc.com/careers](http://www.cibc.com/careers). When you do a search, just use the job ID numbers [J0807-0389](#) or [J0807-0370](#).

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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 October 1<sup>st</sup>2007. First deadline for submissions will be September 24<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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