



January 2010 Issue, vol. 49

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News – Province Wide

List of Full Serve Gas Stations – [Click here](#)

Registered Disability Savings Plan

If you or someone you know is eligible for the Disability Tax Credit, there is a new registered savings program that you should know about: the Registered Disability Savings Plan (RDSP). The RDSP was introduced by the Federal Government to help Canadians to save and invest for themselves or a family member with a disability in a tax deferred environment. Go to www.rbc.com/rdsp to find out more.

GoForth Institute Unveils Canada's First National Entrepreneurship Education Program

Timing is everything, and for Canada's entrepreneurs, the timing couldn't be better to get all the tools they need for success. Canada's first national entrepreneurship education program, GoForth Institute, recently announced its line-up of classroom-based training, web-based training and rural mobile training to educate and support the country's emerging and early-stage entrepreneurs. The various training platforms ensure all entrepreneurs have access to comprehensive, convenient and affordable training regardless of their geographic location or personal learning preference.

Registration is now open for this unique entrepreneurship education program. Entrepreneurs at all levels are welcome to apply, whether they are thinking of starting a small business or are in the growth stage. Details about registration and courses can be found at www.goforthinstitute.com.

Websites to Check Out

Feeling stressed after the holidays? Check out the websites below:

Understanding stress:

http://www.helpguide.org/mental/stress_signs.htm

How to reduce stress, stay positive and use laughter:

<http://www.yourhealth-yourway.com/mind.htm>

How to lift your mood:

<http://www.prevention.com/liftyourmood/index.shtml>

Finally, when you need to unwind, try this radio station: <http://www.unwind.com/radio/index.htm>

Albertan, Sonny Davis, begins wheelchair trek across Canada on May 30, 2010.

Check out his story at www.marathonoffreedom.com/

Heart of a Dragon – a movie about Rick Hansen's Man in Motion tour. Check out

www.heartofadragonmovie.com.

Spinal Cord Opportunities for Rehabilitation Endowment (SCORE), an organization located in Los Angeles, CA will consider grant applications to young people who are injured. They have, and will, consider grant applicants from Canada. For more information go to www.scorefund.org.

Continuing to Make a Difference in Difficult Times:

The Alberta Association for Community Living (AACL) is pleased to announce an innovative workshop with John O'Brien and Michael Kendrick that will take place on Wednesday February 3, 2010. Workshop registration form is attached and can be downloaded or for more information and registration options, visit the AACL website, <http://www.aacl.org>.

This event, one of a number to be hosted by the Alberta Association for Community Living in the next few months, with two of the most insightful and respected leaders in the field of developmental disabilities, is designed to engage those who provide support to persons with disabilities in considering how they can continue to make a positive difference, irrespective of the times in which we live. Individuals with disabilities continue to require the best of the staff and organizations working on their behalf. Practices and actions will be considered that can sustain and encourage staff who want to continue to contribute to the lives of the individuals and families they are supporting.

Events and News in your Community

Calgary:

Calgary 2010 Peer Events

Registered Disability Savings Plan and Disability Tax Credit

[Click here](#) for poster

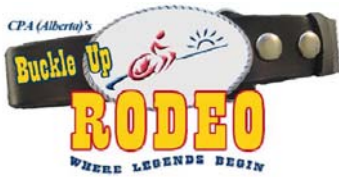
Date: January 21, 2010

Time: 6:30 pm – 8:30 pm

Where: Dover Community Hall, 3133 – 30 Avenue SE

Stay tuned for more information about upcoming events in 2010. Contact Sharlene Bridal for more information about Calgary peer events at 403-228-7428 or sharlene.bridal@cpa-ab.org

Buckle Up Rodeo



The Canadian Paraplegic Association (Alberta) is proud to present our 2010 CPA "Buckle Up" Rodeo. This is a "mock rodeo" complete with music, cowboy hats, chaps, rodeo numbers, prizes and BBQ. Bring your ten gallon hat and your spurs and get ready for some wacky western fun. So Giddyupandgettotherodeo – Rain or Shine! Competitors, Spectators, Volunteers and Sponsors needed!

When: May 14, 2010

Time: 11:00 am – 4:30 pm

Place: Calgary Rotary Challenger Park (3688 – 48 Avenue NE)

Contact: Cal Schuler at 403-228-3001 or cal.schuler@cpa-ab.org

Edmonton:

Edmonton 2010 Peer Events

Lots of exciting activities are being planned so stay tuned for more information about upcoming events in 2010. For more information regarding Edmonton peer events, contact Roswitha Dziwenko at 780-424-6312, ext. 2241 or roswitha@cpa-ab.org



RED CARPET AFFAIR 2010

Mark your calendar for Friday, March 5, 2010 and join us at the Shaw Conference Centre for an evening of celebration and community recognition. If you've attended the annual fundraising gala before, you already know this affair is fun, delicious, entertaining, and at times moving.....with a few surprises thrown in.

Guest Speaker and main honouree this year is the Honourable Steven Fletcher, PC, MP, Minister of State (Democratic Reform) – [news release](#).

Alberta Injury Lawyers



With lead sponsorship from James H. Brown & Associates, and a host of additional supporters in Edmonton, the Red Carpet Affair is an evening of community celebration and recognition of those with spinal cord injuries and other physical disabilities. For more

information call or write to Marc Quinn (780) 424-6312 or marc.quinn@cpa-ab.org

To **RSVP**, [click here](#) for pdf.

Mark Inglis, the only double amputee to reach Mount Everest, is coming to Edmonton

As part of a fundraising initiative, Mark Inglis (double amputee and motivational speaker) will be coming to Edmonton to speak at the launch of Ride for Africa. For more information go to <http://www.rideforafrica.org/cms/> and www.markinglis.co.nz.

When: Thursday, February 25th, 2010, 7:00 pm

Where: Royal Alberta Museum

12845 102nd Ave. NW, Edmonton

Education Events – Taxes and Financial Planning

The Multiple Sclerosis Society - Edmonton Chapter is hosting two education events:

Taxes: Tuesday, January 12, 7 - 9 pm

Financial Planning: February 9, 7 - 9 pm

No charge for attending, however pre-registration is required. If you have any questions or would like more information, call 780-471-3034 or email valerie.borggard@mssociety.ca

Assisted Waste Collection

The City of Edmonton is now offering an assisted waste collection service for customers who cannot get their recycling or garbage to the curb or lane – for more information and application form go to www.edmonton.ca/waste

Fund Development

Thank You!

The Canadian Paraplegic Association (Alberta) would like to thank our Corporate and Service Club Contributors for 2009 who have made a donation to us of \$500 and over.

(* this does not include "sponsors" for various CPA (Alberta) events or "sponsors" for CPA (Alberta's) various programs and services)

Allard Foundation Ltd.	Edmonton	AB
Authentic Wines & Spirits Merchants - Western Canada	Vancouver	BC
BMO Employee Charitable Foundation	Calgary	AB
Canadian Million Dollar Round Table Foundation	Toronto	ON
CCS Corporation	Calgary	AB
Cremona & District Community Chest	Cremona	AB
Exterior Pride	Spruce Grove	AB
First Energy Capital Corp	Calgary	AB
Fraternal Order Of Eagles	Medicine Hat	AB
IHS Energy Canada Ltd.	Calgary	AB
Nexen Inc.	Calgary	AB
Remington Development Corporation	Calgary	AB
Senior Citizens Club 55	Edmonton	AB
Sundance Mazda	Edmonton	AB
Union 52 Benevolent Society	Edmonton	AB

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. [Click here for Membership Form \(pdf\)](#)

Thank you for your support!

Research

Retraining Walking after Incomplete Spinal Cord Injury

The Centre for Ambulatory Rehabilitation, Research and Education (CARRE) is a research translational facility at the University of Alberta. We are recruiting people with an incomplete spinal cord injury for a project on the retraining of walking. The project focuses on two types of training: over-ground and on the treadmill.

Who Qualifies - Candidates will be screened to identify those who fit the criteria for the study. Screening takes about one hour. In general, we are interested in people who have some remaining ability to move their legs, and with no major illness that could affect their walking.

Training Method - The training consists of two phases: precision and endurance. In precision training, participants will walk over ground, and learn to step over obstacles of increasing height, and step onto targets of increasing difficulty. In endurance training, participants will walk on the treadmill and aim to walk for as long and as far as possible. If needed, body-weight can be partially supported by a harness during the endurance phase. A physical therapist supervises all training.

Time Commitment - The training is done five days/week, for approximately one hour/day. Each type of training will take two months to complete, with a two month break between the two types of training. Prior to the first phase of training, research tests will be done, which include some clinical and physiological tests. These same tests will be repeated after each phase of training, and during a follow-up period of two months after all training is complete.

Costs - Participation is free of charge, except for your own transportation. Parking charges will be reimbursed. Financial assistance may be available for participants from out-of-town.

Benefits - Not everyone is suited for this type of training and not everyone will benefit. Those who have benefited have made impressive gains. Some people who were already able to walk were able to walk faster and better after training. Others who were not able to walk were able to gain some walking ability with the use of a walker or crutches. Your participation will help us find out what type of training is most beneficial and what changes in the nervous system are responsible for the improvements. These findings will help improve the training methods for restoring walking in the future.

If you are interested in participating, please contact Katelyn Pope or Kelly Brunton at (780) 492-4858 or (780) 492-2258 or email katelyn.pope@ualberta.ca or kelly.brunton@ualberta.ca

Creative Solutions & Ideas

Door Closer

Developed by a man with T9 paraplegia, the E-Z Pull Door Closer allows users to easily close doors behind them. Snap the product to the door handle, apply the hook to the door and it's ready to use from a seated position. eheilm@comcast.net www.e-zpulldoor.com
Available in Canada at various health care outlets.

Sports / Physical Activity

Watch what you eat



The Dieticians of Canada have developed a recipe analyzer, a unique and interactive way to monitor the foods you mix into a meal. The analysis allows you to enter the ingredients from any recipe and then gives a complete nutrition profile, showing the number of food guide servings with tips about how to make the recipe more nutritious – go to www.dieticians.ca and click on Consumer Tips and Tools and go to Recipe Analyzer. The website also has lots of other interesting information about healthy eating/living.

Get in Motion

Get in Motion is a nation-wide physical activity counseling service for Canadians with spinal cord injury. This FREE service is designed to provide participants with the information and support they may need to meet personal physical activity goals, or just a little motivation to get started with a physically active lifestyle.

To participate or receive more information from a physical activity counselor, please call the voicemail line at 1-866-678-1966, or email motion@mcmaster.ca or visit www.sciactioncanada.ca.

Sledge Hockey

Practice is held on a regular basis at the following arenas and the general public is welcome to come out and cheer players on.

Tuesdays, 7:30 – 8:30 pm - Donin Arena, 109 Street and 80 Avenue Edmonton.

Saturdays, 5:15 - 6:45 pm - Leduc Recreation Centre located on Black Gold Dr., Leduc

Saturday, 10:00 pm -11:00 pm - Trileigure Center, Campsite Road, Spruce Grove

Wheelchair Curling

Every Sunday from 1 pm - 3 pm at the Jasper Place Curling Rink, 16521-107 Avenue, Edmonton.

Canadian Association for Disabled Skiing (Edmonton)

Check out www.cadse Edmonton.ca for more information about programs, volunteering, schedules, etc. Training opportunities occurring in early January 2010.

Classifieds

Newly renovated, adapted Millcreek Condominium for sale



Two bedroom, two bathroom 1997 condo with balcony overlooking Millcreek Ravine, 79 Street and 96 Avenue. Fully accessible with lowered oak cabinets and cooktop, 36 inch doors, roll-in shower, swing oven door, lowered electrical and automatic door opener. New cherry hardwood flooring and renovated bathrooms. Gas fireplace, spacious living with laundry room, two car underground parking and storage. All appliances and window coverings included. New hot water tank. 24 hour caregiver on call and costs may be covered by Alberta Health but need to confirm. Adult 18+ age restriction in building. Pets allowed under conditions.

Condo fees include water and heat. Party room, exercise room and guest suite available. Non smoking, 1069 sq. ft. Contact 780-778-2137 (h) or 780-446-6175 (c)

Adapted Millcreek Condominium For Sale

Two bedroom, two bathroom condo for sale in Millcreek Ravine. 1110 sq ft., fully wheelchair accessible 4th floor condo, includes, wheel-in shower, cutouts under sinks and stove, lowered light switches etc. Located 4 blocks from 82 Avenue overlooking Mill Creek Ravine, large balcony, air conditioning and many other upgrades. Buyers may be eligible to qualify for the 24/7 onsite personal care services. Price \$290,000.

Phone 780 433 1923 for more info.

Stair Lift for Sale



Bruno model SRE 2750 Electra Ride LT Stairway Elevator with 102 inches of track, 2 remotes included. Purchaser must uninstall equipment. Less than 1 year old, in excellent condition.

For more information, go to the Bruno website at

<http://www.bruno.com/bruno-stairlifts.html>. Price when new \$3,000.

Asking \$1,800 obo. Seller located in SW Calgary. For additional information or to view, contact Thelma at towmail@shaw.ca

Liberty Chair Lift for sale

Chair folds up when not in use. Rails will do about 14 steps. Ready to install. Purchased new will cost approx. \$3,000 to \$4,000. Will take offers. Includes 2 remote controls. Contact Mary Jo or Barry at 403-995-8234 or e-mail at maryjo-13@hotmail.com.

Recycled and New Healthcare Equipment

Recycled and new healthcare equipment available through Silver Cross in Edmonton – for more information [click here](#).

Swap and Shop

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

Employment/Education

Employment Opportunities:

Wheels in Motion Events Coordinators for Southern and Northern Alberta

Full Time 6 month Contract positions - January 2010 to July 2010
(with likelihood of becoming a permanent position)

Please submit resumes by January 6th, 2010 to the Edmonton office of the Canadian Paraplegic Association (Alberta) by either FAX: (780) 424-6313 or email: janice.brownlee@cpa-ab.org. Only those chosen for an interview will be contacted. [Click here](#) for more information about Southern Alberta position. [Click here](#) for more information about Northern Alberta position.

Call for Submissions/Subscribers/Contact Us

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 February 1, 2010. First deadline for submissions will be on or before January 25th, 2010. If possible, please send in your announcements **before** the deadline!

For more information about CPA (Alberta), visit our website at <http://www.cpa-ab.org>
(new videos have been added).

Visit our Facebook page - sign up as a fan and promote it to your friends and family – for up to date events, etc.

<http://www.facebook.com/pages/Canadian-Paraplegic-Association-Alberta/32212436292>

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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