



**April 2009 Issue, vol. 40**

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## News

**Become a Member of CPA (Alberta) and enjoy the following 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.

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**Did You Know? New housing wiki site**

Looking for information on how to build or renovate a home to be more accessible? Check out a new wiki site called Home For Life, an online resource that anyone can modify and edit. The site can be found at [www.homeforlife.info](http://www.homeforlife.info).

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**Province moves forward on major investment in housing for seniors and persons with disabilities**

\$119 million will build and update more than 3,000 supportive living and lodge units

Edmonton... Seniors and Albertans with disabilities will benefit from more than \$119 million in provincial capital funding to help build and modernize more than 3,000 affordable supportive living spaces and lodge units across the province.

“This funding will enable more low- and moderate-income Alberta seniors and those with disabilities to remain in their communities longer,” said Mary Anne Jablonski, Minister of Seniors and Community Supports. “This supports the Continuing Care Strategy, which will help Albertans,

who can no longer live independently due to rising personal care needs, to maintain their independence and their vitally important connections with family and friends.”

To read more access: <http://Alberta.ca/ACN/200903/255111F3EC690-93E3-9611-1E682C03A18D984B.html>

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### **Disability Scholarships**

The summer is just around the corner, and for prospective students that means it's time to start looking for scholarships. Below there is a link that will take you to the Alberta website where you will find disability focused scholarships. Look out for the Bell Canada scholarship directly targeted at people with SCI. (it's worth \$2500!!)

<http://alis.gov.ab.ca/ps/fo/scholarships/connections.html?KWSearch=&deadline=&category=5&strSearch=Find+Scholarships>

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### **Rick Hansen Wheels in Motion**

Events are starting to be planned around the province. Please visit the Rick Hansen website listed below for information on an event in your community or call your local CPA (Alberta) office for more details.

[www.wheelsinmotion.org](http://www.wheelsinmotion.org)

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**The Access 2 Entertainment™ card** provides free admission (or a significant discount) for support persons accompanying a person with a disability at member movie theatres across Canada. The person with the disability pays regular admission. This program was developed by an advisory group of nine national disability organizations, in conjunction with Cineplex Entertainment.

Please visit: [http://access2.ca/english\\_default.html](http://access2.ca/english_default.html) for more information and to download an application

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## **Events in your Community**

### **Calgary:**

#### **“Disability Tax Credit” & “Registered Disabled Savings Plan”**

Do you know what the Disability Tax Credit is all about? Are you sure that you are claiming all of your eligible expenses? Do you have questions on what is an eligible expense?

Then please join us for this informative presentation by Catherine Louie from the Canada Revenue Agency. Learn about the Disability Tax Credit and Robert Lewis from the BMO will be there to talk about the Registered Disabled Savings Plan.

**Date: Thursday, April 9, 2009**

Location: Dover Community Center

3031- 30 Ave SE

Phone #: 273-6124

Registration: 6:30 – 7:00pm

Presentation: 7:00 – 9:00pm

\* No Cost to attend the event!

\* Light refreshments will be served.

Please let me know if you will be able to attend by April 7 at [sharlene.bridal@cpa-ab.org](mailto:sharlene.bridal@cpa-ab.org) or call at 403-228-3001

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### **Disabled Fencing – Odyssey Peer Program**

**Date: Tuesday April 14, 2009**

Location: Prioiepee Fencing Club  
Alberta Bible College (635 Northmount Dr NW)  
Phone: 403-698-3212  
Time: 7:00 p.m. – 9:00 p.m.

Bring your family and friends or come on your own. No prior experience is necessary. All levels of disability can be accommodated. No Cost to attend the event!

Come out and see what wheelchair fencing is all about. You can try it or just come and watch and see how it is done.

Please RSVP by April 9th to [sharlene.bridal@cpa-ab.org](mailto:sharlene.bridal@cpa-ab.org) or call at 403-228-3001

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## **Edmonton:**

### **Odyssey Peer Program Schedule – Upcoming events:**

Schedule subject to change. Please call or email Roswitha Dziwenko at 780-424-6312 Ext. 2241 [roswitha.dziwenko@cpa-ab.org](mailto:roswitha.dziwenko@cpa-ab.org) for more information

#### **Tax Time**

**April 1/09, 7-9 pm**, Glenrose Unit 3B, Atrium

Come out and learn about disability tax credit, what can be claimed as medical expenses, and any questions you may have about this year's upcoming tax season. Speakers will be present from Canada Customs and Revenue Agency & Maxine Watson from BMO will speak on RDSP.

#### **Assistive Devices**

**May 6/09, 7-9 pm**, Glenrose Unit 3B, Atrium

Bring your own gadgets, share and discover other unique, personally designed devices that have worked for others with SCI.

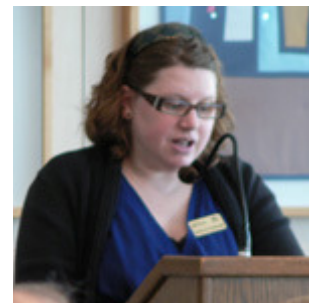
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#### **Lunch with City Council**

On Monday, March 23, the ABSPD held their annual lunch with City Council, an informal event that allows our elected officials to meet and mingle with the board members. This year's event was attended by Mayor Mandel as well as 9 councillors and allowed both groups to discuss some of the goals of the board and share ideas about the work that is being done in our city around disability issues.

[For photos of the luncheon, click here.](#)

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#### **On the road in Edmonton**

The annual Picture This...Film Festival is coming to Edmonton on May 28 and 29 and will be held at the Glenrose Rehabilitation Hospital auditorium. The festival features a wide selection of films from all around the world that celebrate and showcase disability culture.

For more information, [click here to go to the festival's website](#) or email [recreationdisabilities@edmonton.ca](mailto:recreationdisabilities@edmonton.ca).

You can also download the festival's poster [by clicking here](#).  
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### **Special Olympics Edmonton**

[Special Olympics Edmonton](#) is a non-profit volunteer board which provides sport and recreation and opportunities for people with an intellectual disability.

Participants are typically aged 8 and up. Involvement in the kind of regular and organized sport that Special Olympics Edmonton offers increases their physical well-being, enhances their self confidence, self esteem and self respect. It also helps develop valuable social skills.

[For more info and a list of sports offered, click here](#).

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## **Research**

Some Research websites that might be of interest:

<http://www.cmft.nhs.uk/trust/research-and-innovation.aspx>

<http://www.ahfmr.ab.ca/>

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## **Creative Solutions & Ideas**

### **Wheelchair Gardening**

It's almost that time of the year when gardeners start planting. Don't let your disability get in the way of enjoying being outside and gardening. The following website has some tips for disabled gardening: <http://www.garden-fountains.com/enabled-gardening.html>

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## **Wheelchair Sports/Fitness**

### **Upcoming dates for the Bridging the Gap Calgary Weekly Program.**

The events are a drop-in style where we will select a sport based on the clients who are participating. The events are offered free of charge, and all equipment is provided.

If you require chair transfer assistance, please bring along a friend or family member who can assist. A transfer board will be available. Family and friends are also invited to come give wheelchair sports a try!

The dates for the winter session of the program are listed below. All of the events will take place in Triple Gymnasium at Mount Royal College from 1:15 - 2:30 pm. Click [here](#) for a map to the campus.

**Saturday** April 18, 2009

If any Physiotherapists or Occupational Therapists want to come help out, or participate in the events, please let Laurie know! You are always welcome!

Laurie Wilson  
Program Coordinator - Bridging the Gap  
Wheelchair Sports Alberta  
P 403.456.3175 - Calgary  
P 780.427.8721 - Edmonton  
[www.abwheelchairsport.ca](http://www.abwheelchairsport.ca)  
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### **2008 Western Canada Sledge Hockey Tournament**

This coming weekend the 2008 Western Canada Sledge Hockey tournament is taking place in Calgary. The tournament is being held at the South Fish Creek Arena from **April 3rd to 5th**.

For a detailed tournament schedule please contact:

Laurie Wilson  
Program Coordinator - Bridging the Gap  
Wheelchair Sports Alberta  
11759 Groat Road  
Edmonton, AB T5M 3K6  
P 403.456.3175 - Calgary  
P 780.427.8721 - Edmonton  
F 780.427.8723  
[www.abwheelchairsport.ca](http://www.abwheelchairsport.ca)  
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## **Classifieds**

### **Accessible rooms for rent**

Our ASSISTED LIVING HOME is located minutes from Downtown in the Renfrew/Bridgeland area of Calgary. This spacious home is for YOUNG ADULTS (18-45) with disabilities, with space for 6 residents, on two levels and fully wheelchair accessible. We provide accommodation, meals, laundry/housekeeping, 24-hour supervision, and assistance with personal care by qualified staff in a caring family environment.

Call Trish at 403-452-5733 or email [edward-house@hotmail.com](mailto:edward-house@hotmail.com) for more information.

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### **Ultramatic Double Bed**

\$1000.00

Power, vibrating, controls, mattress, cover, head & feet recline/raise

paid \$6000 new - 2 years old

Call Margaret at 890-2873

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### **Chair lift**

goes up 14 steps

good condition. Call for price

Call Margaret at 890-2873

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**Accessible Condo for sale in Calgary: \$224,900 with \$5,000 cash back.**

2005 custom built one bed and den, 1 bath. Main floor with large walkout patio to courtyard. Quiet, safe, SW neighborhood close to downtown. All upgrades, U/G parking and storage.

Contact Frances Dares  
Maxwell South Star Realty (403) 880-7680

[www.francesdares.ca](http://www.francesdares.ca)

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**Accessible Van for Sale – 2006 Sprinter Dodge**



Name: John Maxfield  
Location: High Prairie, AB  
Cell phone: 1-780-523-7488

This is a 2006 Sprinter Dodge 5 cylinder diesel van, seating capacity of 4 plus a wheelchair, has 41,4000 kilometers and he is asking \$45,000.

Any questions, please call John directly

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**Van FOR SALE**



1995 GMC Safari van equipped with Ricon wheelchair lift.

This van is not equipped to be driven by someone in a wheelchair, but to transport someone in a wheelchair. Comes with control pendant, wheelchair tie-down, wheelchair lock and 3rd row seating.

Van does have some damage on the sliding door and rear passenger side quarter panel.

Engine V6  
Auto  
Air, tilt, cruise, PB, PS, PW, PDL  
AM/FM CD player  
Rear barn type doors  
Around 320,000 kms (mostly highway)

All in excellent working condition.  
New battery

Best offer.

Call 901-5802 Evenings and weekends.

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### **Accessible Home for Sale - Calgary**

Here is another home, viewed it yesterday, new ramp, nice open space. again the slope on the backyard is elevated to the garage (would require a catwalk) but the front is flat.

<http://matlach.abmls.mlxchange.com/?r=576431770&id=383834373433.322>

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### **Semi-accessible home - Calgary**

This home has some potential, for a accessible home, with no real modifications, doors jams, modified kitchen etc. Nonetheless have a look.

<http://matlach.abmls.mlxchange.com/?r=1387384091&id=383834373433.322>

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### **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>

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

The next issue of CPA (Alberta) *Wheel-E* will be May 1<sup>st</sup> 2009. First deadline for submissions will be April 24<sup>th</sup> 2009. Please send in your announcements **before** the deadline!

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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