



Wheel-E

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

Wheel-E vol. 15
February 1st 2007

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Welcome to the February issue of *Wheel-E* bringing you news, events and announcements to your inbox every month.

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Edmonton



Red Carpet Affair 2007

Kent Hehr, Our Chair to Co-Host the Red Carpet Affair

By now, most of our readers know that CPA Alberta's annual Red Carpet Affair in Edmonton is set for March 8 at the Shaw Conference Centre and that Rick Hansen is our guest speaker. What you might not know is that Kent Hehr, our chair of the CPA Board, is going to act as co-host of the event. We asked Kent to tell us his story, which we printed and included with the two thousand invitations sent out in December. See you on March 8th. And if you want to know who Kent's co-host is, stay tuned.

To download Kent's Story, please click the following link:

http://www.cpa-ab.org/clearinghouse/wheel_e/postings/kent.pdf

(Link will no longer be active when the next wheel-e goes out)

For more information on Red Carpet Affair, visit:

http://www.canparaplegic.org/en/CPA_Alberta_Homepage_152/items/6.html

For details on the Red Carpet Affair or to purchase tickets, contact Marc Quinn at: (780) 424-6312 or marc.quinn@cpaab.ca.

AUCTION ITEMS NEEDED can you help?

The Canadian Paraplegic Association (Alberta) will be holding its 4th Annual Red Carpet Affair Gala Dinner, Live and Silent Auctions On March 8, 2007 at the Shaw Conference Centre – in the new Hall D

Our guest speaker – and recipient of the prestigious Christopher Reeve Award that night - will be Rick Hansen on the 20th anniversary of his Man in Motion World Tour. In March of 1987, Rick wheeled through the streets of Edmonton and what an exciting time it was for our city!

The CPA is seeking your help in helping us to honor Rick Hansen and raise money so that we can continue to provide essential services to persons with spinal cord injuries and other physical disabilities. We are canvassing businesses now to solicit items for the event. All contributions, whether large or

small, will be gratefully accepted and will contribute to making this evening a great success.

We are anticipating that 500-600 guests will join us for the big event. We would be thrilled if you can help us to make this evening a success through a donation to the Live or Silent Auction.

Please contact us and we will fill you in.

Donna Zazulak
Red Carpet Affair
Patron's Council
(780) 990-7749
donna@bridalfantasy.com

Marc Quinn
Red Carpet Affair
(780) 424-6212 ext.2226
marc.quinn@cpa-ab.org

We can also provide you with additional information about tables and ticket purchases and sponsorship. Give us a call or log on to www.canparaplegic.org click on the CPA Alberta Homepage.



Disabled Skiing

Love the winter, but not sure what to do outside? Enjoy the snow this winter with the Canadian Association for Disabled Skiing (CADS) Edmonton zone! We're looking forward to another great season of facilitating the inclusion of people with disabilities into the world of skiing. The Edmonton program offers instruction for downhill and cross country skiing in the winter and water skiing in the summer.

The Alpine program (learn to ski, snowboard and race) takes place Wednesday evenings at Rabbit Hill starting January 17, 2007. The Nordic program operates Tuesdays at Victoria Golf Course.

New students are welcome, as are volunteers with some ski or snowboard experience. A variety of adapted equipment is available, so if you have the desire to get out and enjoy the snow, contact CADS and we will assist you to realize the dream.

Visit CADS Edmonton <http://www.cadsedmonton.ca>
Call our Info Line at (403) 907 - 9993.

Paralympic Sports Association

There are many programs offered through the PSA, from square-dancing to floor hockey to Tae Kwon Do. If you are interested in getting involved please contact Trish or Kim in the PSA office at: 439-8687

The Paralympic Sports Association is also currently still figuring out details for the Dance Program.

Which day(s) work best for people?? It'll probably be an early evening class unless it's on the weekend. This will be open to ALL (parents incl.)

Please let us know if you're interested. We have 10 people so far.

For more information please contact Trish: trish@parasports.net



Ride a Bike Day

February 28th (10:00 -3:00) in the Glenrose Gym

Learn about your ability to ride a bike modifying your bike no appointment required.

Featured Guests:

Specialty Design
Children's Ability
Shoppers Gold Care Medical
Spina Bifida Association
Eco Medical

Please RSVP to Cam Kennedy (780) 735-7999 ext 15512 (1) or call the Glenrose for more information!

Family Living Program – Winter/Spring 2007

Catholic Social Services' Family Living Program is now offering its winter/spring workshops. If you would like more information or to register, please contact Kari Boulton, FLP Coordinator, at 420-6081.

(Limited Subsidies and/or payment plans are available)

Please visit the website for a detailed list of programs.

<http://www.catholiccharities.ab.ca/news.asp#54>

Employment Training Programs @ EmployAbilities Society
Information & Registration 423-4106 / www.employabilities.ab.ca

6 Month Training Programs - Individuals on EI, IS & AISH recipients or other Albertans may qualify for grant funding. Note: All programs include a work experience component.

a) **CUSTOMER SERVICE REPRESENTATIVE:** This six-month full time training program provides skills training for a variety of Customer Service positions. Training includes contact centre-specific courses such as telecommunication technology skills & occupation-specific skills training related to customer service, computers, general employability skills, and job search.

b) **ENTRY - LEVEL EMPLOYABILITY SKILLS:** is a six month program to assist individuals to obtain entry-level positions in a number of industries. Individuals receive realistic career planning/job search techniques, skill training in current computer programs, customer service, general office procedures. Graduates receive numerous certifications including a NAIT office professional certificate.

c) **HOSPITALITY SKILLS TRAINING:** is a six month program that offers skills training in housekeeping, food and beverage services, front desk positions through affiliation & certification with NAIT, as well graduates receive completion certificates recognizing their competence in Service Best, Food Safety, Alberta Server Intervention Training, First Aid, CPR & WHMIS.

About: EmployAbilities is a charitable non-profit organization, located in Edmonton, Alberta dedicated to promoting/enhancing employment & learning opportunities for persons with disabilities. Visit us online for further details.

Leisure Access Program

The Leisure Access Program, formerly the Fee Reduction Program, allows eligible low-income Edmontonians to access participating City of Edmonton recreation facilities.

For more information:

http://www.edmonton.ca/portal/server.pt/gateway/PTARGS_0_0_104_0_0_35/http%3B/cmserver/NR/exeres/1FE658C2-ED17-4602-9437-C56E4161CFDE.frameless.htm?NRMODE=Published

Lethbridge

Lethbridge Staff

There are two staff members in the Lethbridge office. We would like to get to know you better and help address the needs you might have. Please feel free to contact us with any of your questions or concerns.

Michelle Jacobs
Regional Services Coordinator
Phone: 327 – 7577
Email: michelle.jacobs@cpa-ab.org

Eliza Walters
Community Development Coordinator
Phone: 327-7577 (office) 795-1456 (cell)
Email: eliza.walters@cpa-ab.org



The Season has begun

The Lethbridge CADS (Canadian Association for Disabled Skiing) team has started the 2007 season. The team rides at Castle Mountain resort every Saturday.

If you are interested in returning to the slopes or trying it for the first time, please contact Daryl Medoruma (403-327-7956) to volunteer or participate in this program.

William Watson Lodge

Lethbridge CPA staff member had an amazing first time experience at William Watson Lodge. Eliza Walters was injured six years ago and for the first time this winter experienced the outdoors at William Watson.

Stay posted for a more detailed story of her trip in the next Wheel-e newsletter.



Accessible red sledges are available to use.

Wheelchair Basketball Tournament

There will be a tournament held in Lethbridge at Winston Churchill. Come out and support the Lethbridge Steamers Wheelchair basketball team. Games will run Saturday Feb. 3rd and Sunday Feb. 4th

For more information contact the team president, Kelly Sauerberg by phone at 894-4577 or email sauerberg@shaw.ca

Calgary

Mail Campaign

Our yearly mail campaign went out the beginning of December (or pretty close to it). This year, it was decided to do the mail from each of the regions and have the response returned to the appropriate regional office. This will allow the regional staff to get to know who the donors are in their area and give them the opportunity to personally thank those donors. When receipts are received, the staff will be sending out thank you cards. Many of us do not like phoning to ask for donations. Phoning to say thank you not only makes the donor feel good but us too!

Fee Assistance - Update January 2007

Fee Assistance is available to residents of Calgary who are in financial need to access recreation programs and admissions at a reduced rate at participating organizations. Fee Assistance is accepted at City of Calgary pools, leisure centers and golf courses, Calgary Outdoor Pool Association, Calgary Public Library, Calgary Zoo, Cardel Place, Fort Calgary, Heritage Park, Rotary Challenger Park, Silver Springs Outdoor Pool, South Fish Creek Recreation Association, Talisman Centre, TELUS World of Science/Creative Kids Museum and V.R.R.I.

An application and proof of financial need is required annually. It will take about 2 weeks after receipt of the application for the customer to be issued the Fee Assistance card.

To be ELIGIBLE for Fee Assistance customers must be:

- 1/ Residents of Calgary (proof of residency may be requested)
- AND
- 2/ Provide proof of financial need

For more information:

http://www.calgary.ca/portal/server.pt/gateway/PTARGS_0_2_104_0_0_35/http:/content.calgary.ca/CCA/City%20Living/People%20Resource/Families/Fee%20As

[sistance%20for%20Recreation%20Services/Fee%20Assistance%20for%20Facility%20Admissions.htm](#)

Download application form:

http://www.calgary.ca/docgallery/bu/recreation/fee_assistance/individual_application.pdf

Odyssey Videos

Kevin Mark is the new spokesperson for the Odyssey videos. Russ is currently working on six new videos. Expect to see them on the website shortly.

<http://www.cpa-odyssey.org/>

Red Deer

Meet and Greet

The Red Deer Office is in the planning stages of organizing a meet and greet peer/sponsor event in early 2007. The purpose is for our sponsors to meet some of the clients they are helping through their involvement with CPA, and for clients to meet the people responsible for CPA being able to assist them. Watch future publications for details.

Looking for New Players

The Central Alberta Sledge Hockey Association and the Red Deer Rage is gearing up for another season. We are looking for new players for the 06/07 season.

Contact Doug Manderville in the Red Deer office for more information

(403) 341-5060

doug.manderville@cpa-ab.org

Odyssey/Peer Conference

The Red Deer office is looking forward to the second annual Odyssey/Peer Conference. We have booked the Black Night Inn for March 15 2007, keep your eyes on wheel-e news for more information.

Medicine Hat

Wheelchair Donation

AJ's Loan Cupboard has donated a slightly used sport wheelchair to our office. We have decided that it would be best used for the wheelchair basketball league. This is run through the Living Fit program at the Family Y. We plan to make the donation to the program next week.

Mail Campaign

The CPA Medicine Hat office would like to thank Nancy and her team in Calgary for their hard work on the mail campaign. As well to Roswitha in Edmonton for quickly getting the official receipts out. We have brought in \$275.00 for our area to date.

Living Fit

Medicine Hat is very proud of their Living Fit program that is based out of the Family Y. The mission of the program is to promote safe, supportive barrier free health and wellness opportunities for people with spinal cord injuries and other disabilities. Since 1996, when the idea of the program was born the CPA has been actively involved with the planning and advisory committee. When the program started in was located in the back room of REDI Enterprises and employed a part time staff. Today, it is located in a common area of the Family Y, employs one full time staff, one part time staff, the Y offers fitness consulting, the Physical Therapist is involved and the 54 participants have full Y membership benefits. The dedication of the community of Medicine Hat is to thank for the success of the program.

International Day of the Disabled Person (IDDP)

The Medicine Hat's Celebration was well attended with about fifty to sixty-attendees from local dignitaries, the General public, with full participation of the Notre Dame Academy of about four hundred students and some parents and those involved with the ceremony! The event included wheelchair basketball through the week at Notre Dame Academy, with an all star team playing the Mayor select team. Diane Bergeron, Council Coordinator for the Premier's Council filled in for Shirley Dupmeier to present Awards to the following recipients:

- Award of Excellence, Public Awareness to Allan Jensen
- Award of Excellence Community, to the City of Medicine Hat

Assistive Technology demonstrations and Interactive Displays were available throughout the afternoon.

Grande Prairie

CPA Bingo Coordinator Acknowledges Bingo Volunteers in Grande Prairie

Bingo volunteers in Grande Prairie were surprised and pleased to receive appreciation gifts in December of 2006, from Chris Stetsko, Canadian Paraplegic Association Bingo Coordinator. A gathering of bingo volunteers at the Grande Bingo and Entertainment Centre were treated to a special day for their many hours of volunteer work. Bingo volunteers received individuals Christmas stocking filled with goodies, goodies from candy to party light candle holders. Many of the bingo volunteers socialized and reminisced over veggie snacks and many of the bingo volunteers have seen changes over the years under the guidance of Chris Stetsko. Chris has been with CPA as a Bingo Coordinator since 1999 and maintains she enjoys doing what she does.

Chris would be more than happy to exchange stories with other CPA Bingo Coordinators and if you are interested in volunteering at bingos, please contact Chris at 532-0814.

The Canadian Paraplegic Association appreciates Chris Stetsko for her dedicated and valuable service. Chris has made a difference in the community of Grande Prairie. CPA would also like to thank the many bingo volunteers for their dedication to help raise funds for spinal cord injury and other physical disabilities. Thank you!

Aboriginal Services

Aboriginal Services Update:

As 2006 closed out so did a very successful year for the Aboriginal program in Treaty 7. The program brought in 21 new clients and made numerous visits to all of the Reservations throughout.

One highlight for the program was the intake of a very unique young man. He lost both of his legs to an accident late last year, and the amazing part of his story is that he overcame a number of hurdles and challenges and today finds himself living independently in the community and working towards acceptance to one of the Technical Colleges in Calgary. What has happened to him in 5 short months is nothing short of astonishing and his level of perseverance seems endless. I find myself actually inspired by this individual.

As we move the program forward with 2007 the goal of the program is to enhance relations between Chief and Council and the CPA. I believe that the more people that can be involved in any procedure(s) or decisions, the more success we are going to have in assisting those who need it. So with that in mind, it is important to increase dialogue with Federal Government Departments that assist First Nations peoples too. I will continue this effort also.

I want to close my blurb with a thought. We were invited to conduct an in-service on the Blood Reserve and expressed to them that we would love to host a Peer event for First Nations people throughout Treaty 7 right on the Reserve in Stand Off. If anyone has any more ideas or input into such an event please email me with your thoughts.

Take care, Toby. toby.redfern@cpa-ab.org

Creative Solutions

Are you creative?

We want to hear from you! Please send your creative ideas to CPAAAlbertaNewsletter@cpa-ab.org

Creative Ideas for the Month:

Creative Shower Stool



I like to be level with the tub when I transfer to shower. I found this step stool at Walmart (approx \$12). It comes in all different colors, so you can choose your favorite one. The surface of the stool is rough so I bought a piece of thin waterproof foam (not sure what it is called but, also from Walmart and also comes in many colors, approx \$3). I can now transfer from my chair to the edge of the tub onto the stool independently!

Home made Physiotherapy



I do not have my own physiotherapist but I still like to keep my body in shape. In the top of the picture is an ankle weight (approx. 2lbs). I am an incomplete para and have some movement in my legs. I wear this on my ankles so it adds extra weight when I move my legs, which in turn strengthens my muscles.

In the bottom of the picture is a piece of TheraBand. You can get different strengths. I like to use this to do my upper body exercises.

To learn more about TheraBand, go to:

<http://www.bindependent.com/hompg/bi/bindep/store/aisles/exercise/bands/thera-bandfaq.htm>

For Your Information

Rolli-Moden Closes Doors

For the last 10 years, Rolli-Moden has provided wheelchair users with clothes designed specifically for them, but due to economic issues, the company now must close it's doors. "There's so much pressure for a low price, and you can't have quality and low price at the same time," says Rolli-Moden vice president Karen Turley. "That's why Wal-Mart and so many others are so successful – they are able to do that by taking away all of our jobs." Every employee of Rolli-Moden is a wheelchair user.

There is still some clothing available, including a few pairs of women's jeans, for those who act fast. Call Rolli-Moden at 800-707-2395 to find out what merchandise is left, or just to say good-bye. www.rolli-moden.com

Other Resources for Wheelchair Clothing

www.wheelchairjeans.com

<http://www.makoa.org/clothing.htm>

<http://www.professionalfit.com/>

<http://www.adaptationsbyadrian.com/>

http://www.mobility-freedom-direct.com/products.php?selected_cat=20

<http://www.benefitsnowshop.co.uk/shop/section/710.htm>

Quadriplegics breathe on their own

Experimental procedure lets paralyzed patients dump their Ventilators.

Read more:

<http://www.canada.com/components/print.aspx?id=6f6d4ba8-3bc8-40d5-901e-366472df103a>

Give your Doctors a Check-up!

Check the ratings of Doctors province wide at rateMDs.com. It is a very interesting site, but must be taken with a grain of salt as comments are anonymous.

<http://ratemds.com/filecache/SelectDoctor.jsp?sid=52>

Live-in Caregivers

The Live-in Caregiver Program brings temporary workers to Canada for the unsupervised care of children, seniors or people with disabilities in a private household, where they live-in.

Learn more about the program:

<http://www.cic.gc.ca/english/pub/caregiver/index.html>

The application to apply to become a permanent resident while working as a live in care giver is available at: <http://www.cic.gc.ca/english/applications/live-in.html>

Research

Crossed circuits

Andrew B. Schwartz

Can the brain be induced to reroute neural information? Such an achievement is crucial if the function of damaged brain areas is to be taken on elsewhere. A study in monkeys explores this prospect.

More: http://www.cpa-ab.org/clearinghouse/wheel_e/postings/crossed.pdf

(Link will no longer be active when the next wheel-e goes out)

Long-term motor cortex plasticity induced by an electronic neural implant

Andrew Jackson¹, Jaideep Mavoori² & Eberhard E. Fetz¹

It has been proposed that the efficacy of neuronal connections is strengthened when there is a persistent causal relationship between presynaptic and postsynaptic activity. Such activity-dependent plasticity may underlie the reorganization of cortical representations during learning, although direct in vivo evidence is lacking. Here we show that stable reorganization of motor output can be induced by an artificial connection between two sites in the motor cortex of freely behaving primates.

More: http://www.cpa-ab.org/clearinghouse/wheel_e/postings/implant.pdf

(Link will no longer be active when the next wheel-e goes out)

Items for sale

INKIND CENTRE - Personal Computer CLEARANCE

Only \$499.99 – Don't Miss Out!!

E-mail to secure your items and process your order.
Customers will be invoiced for all hold and purchase requests.
inkind@uway.ab.ca

1) Cisnet a64 3700+ Desktop - 9 systems, boxed and ready for pickup

- * AMD Athlon 64 Processor 3700+ (2.2 GHZ)
- * 512 MB DDR Ram
- * 250GB HD Ultra ATA Hard Drive
- * 5 in 1 Optical Drive (DVD+/-RW/DVDR/CDRW/DVD/CDRom)
- * 8/1 Memory Card reader
- * 56K Modem and 10/100 NIC on Board
- * Integrated 128mb graphics card (max) shared

- * MS Windows XP Media Center Edition 2005
- * Keyboard and Optical Mouse, Speakers

2) Cisnet P4 160 Desktop - 28 systems, boxed and ready for pickup

- * Pentium 4 524 Processor, (3.06 GHZ)
- * 512 DDR Ram
- * 160 GB HD Ultra ATA Hard Drive
- * 5 in 1 Optical Drive (DVD+/-RW/DVDR/CDRW/DVD/CDRom)
- * 8/1 Memory Card reader
- * 56k Modem and 10/100 NIC on board
- * Integrated AGP Graphics card
- * MS Windows XP Media Center Edition 2005
- * Keyboard and Optical Mouse, Speakers

NOTES:

All desktops include:

- * Lightly used 17" Monitor with IKC's One Year Warranty
- * 2- year Limited Cisnet Manufacturer Warranty (Computer)
- * 2-year Staples repair plan (Computer)

The InKind Centre
16821-113 AVE
Edmonton, AB T5M 2X2
Tel: 780.444.5001 Fax: 780.444.5004
Email: inkind@uway.ab.ca
Website: www.unitedthisistheway.com

Swap and Shop

Swap and shop for accessible items province wide. Everything from Wheelchairs, to adapted vehicles to wheelchair accessible homes and the list goes on!

<http://www.canparaplegic.org/en/204>

Rick Hansen Wheels in Motion

Request For Funding

The Rick Hansen Wheels in Motion events are held in communities across Canada to raise funds to improve the quality of life of people with spinal cord injury and for research leading to a cure. The purpose of these events is to respond to the priority needs of Albertans living with spinal cord injuries and are currently accepting funding applications for Quality of Life projects. Qualifying

projects include personal and technical supports, full participation, awareness and information, accessibility and translating research.

For full eligibility and application procedures, please contact Ross Norton, Solutions Coordinator, Canadian Paraplegic Association (Alberta) by calling direct (780) 424-6312 ext. 2227 or toll free 1-888-654-5444. You can also reach Ross by email: ross.norton@cpa-ab.org

Odyssey Peer Program

Odyssey Peer Program - “In The Journey Together” Year End Review

Highlighted Events

It has been a busy year for the Odyssey Peer Program here in Calgary. I am pleased to report that we held 12 peer events with a total of 605 participants.

I just wanted to take the opportunity to highlight a few of the events enjoyed by all. In June, we tried Orienteering for the first time. Jen Silverthorne from the Foothills Wonderers Orienteering Club and volunteers set up a course at Edworthy Park. The winning team was Cindy Warnock, Lucy Creamer and Cindy Ogden

A Chili Cook Off was held in July. The judges, Roy Smith, Maggie Vanderschoot & Kevin Mark sure had their work cut out for them! The winners in order were Cal Schuler, Bruno & Debbie Yizek and Sam & Lexie Newsom. We look forward to more yummy chili next year!

Calgary hosted a conference this year in October at the Glenmore Inn. We had very interesting and informative presentations on The Value of Peers, Sexuality, and Aging with a Spinal Cord Injury, Skin Care, Nutrition, Leisure and Travel.

I would like to recognize and send a special thank you to the Peer Advisory Committee; Mike Hambly, Jo-Ann Dumont, Maggie Vanderschoot & Linda Welch for their hard work and commitment in organizing all of the Peer Events especially the Peer Conference & Trade Show. I would also like to acknowledge and thank all of our sponsors but especially to McNally- Cuming-Raymaker who sponsored all of our Peer Events this year. It's due to their generosity that we are able to put on events with no or little expense to the participants. Thank you so much for your support!

National Spinal Cord Injury Conference

In the spring of this year, we submitted an abstract on our Odyssey Peer Program to the 2nd National Spinal Cord Injury Conference in Toronto. Out of 18 submissions of which only 5 were selected we were asked to design a poster presentation for the conference. The title of the presentation was “Odyssey – Peers...Sharing the Past, Living the Present, Planning the Future.” Doug Manderville from Red Deer and Sue Edwards from Medicine Hat attended the conference and received positive feedback and kindled interest in our Odyssey Peer Program.

Odyssey Website

Russ Bray has been working hard updating and improving our Odyssey website – www.cpa-odyssey.org. Russ has been traveling around the province videoing more inspirational stories on our members in their homes and in their communities. This year we have added 30 new videos to the website with digital quality and streaming which features easier and quicker file loading.

Averaging between 500 – 600 hits every month, our website continues to be a valuable source of information for people with spinal cord injuries and their families as well as to people with other physical disabilities across Canada and the world. We are pleased to announce that videos from the website will be shown on Unit 58 at the Foothills hospital on a loop presentation on the new televisions which were donated by CPA Alberta and Association for Commercial Travelers.

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 March 1st 2007. First deadline for submissions will be February 22nd 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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