



*Happy Canada Day from the
Canadian Paraplegic Association (Alberta)*

July 2008 Issue, vol. 32

To access past editions please visit:

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

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Table of Contents:

Events

[CPA \(Alberta\) Charity Golf Tournaments](#)

Spot light

[CPA \(Alberta\) welcomes two new board members](#)

News & Information

[Wheel to Walk Journey](#)

Edmonton

[Adult Special Needs Art Classes.](#)

[Family Support Evening](#)

[Summer Social](#)

Lethbridge

[Rick Hansen Wheels in Motion a HUGE success!](#)

[WHEELS to wilderness - take the bus to Indian Battle Park](#)

[Taber Charity Golf Tournament](#)

Calgary

[Odyssey Peer Events](#)

[Skin Care Presentation](#)

[Wills, Estates & End of Life Issues](#)

[Ryan's Dream helps paralyzed friend](#)

Red Deer

[Bell Mobility Grand Opening BB-Q](#)

[Central Alberta CPA Member BB-Q](#)

[Disabled Sailing](#)

Creative Solutions & Ideas

[Best Adult incontinent product on the Market](#)

Wheelchair Sports/Fitness

[Get in Motion](#)

Items for Sale/Housing

[Healthcare Equipment Trader](#)

[Swap and Shop](#)

Call for Submissions

Events

CPA (Alberta) Charity Golf Tournaments are just around the corner...



Visit the website to **register online** or for more information www.cpa-ab.org/golf

Calgary 8th Annual Charity Golf Classic

Thursday, August 14, 2008

Carmoney Golf Club

Registration @ 11:30 a.m. [Register Online](#)

Shotgun Start @ 1 p.m.

Texas Scramble

Dinner - Live & Silent Auction

Cost \$250/player including cart

Call (403) 228-3001

Barry.lindemann@cpa-ab.org

New course, but same great time! Join us for a fun afternoon on the links in August as the CPA and friends take over the beautiful Carmoney Golf Club.

Edmonton 9th Annual Charity Golf Tournament

Tuesday August 26, 2008

RedTail Landing Golf Club

Registration @ 7:30 a.m. [Register Online](#)

Shotgun Start @ 9:00 a.m.

Texas Scramble

Dinner - Live & Silent Auction

Cost \$250/player including cart

Call (780) 424-6312

marc.quinn@cpa-ab.org

WILLIE PLESS, Edmonton Eskimo star, returns to our tournament after bringing down the house last year!

Meet RYAN FORD, who is only one fight away from the Maximum Fighting Championship's welterweight division.
JAKE DANIELS, morning guy from 1260 The Team Sports Radio is back to MC and keep us entertained. Get ready for more laughs.

Red Deer 10th Annual Red Deer CPA Golf Classic

Friday August 15, 2008
River Bend Golf Course
Registration @ 7:00 a.m. [Register Online](#)
Shotgun Start @ 8:30 a.m.
Par 3 Texas Scramble
Breakfast, Food & Beverages on Course Steak BBQ – Live & Silent Auction
Cost \$200/player including cart
Call (403) 341-5060
golfreddeer@cpa-ab.org

This is a par 3 tournament, with 18 vehicles on the course as hole-in-one prizes -- one on every hole! There is also a second flag on every green that is worth \$2,500 cash for a hole-in-one. In addition, we draw 20 names at random to take a shot for \$100,000 for a hole-in-one!

[top](#)

Spot Light

CPA (Alberta) welcomes two new board members – Lisa Crown of Edmonton and Eleanor Sugarman of Red Deer were elected to the Board of Directors on June 14th, 2008 at the CPA (Alberta) Annual General Meeting held in Red Deer.



Lisa Crown has a background in the social/human services sector and until recently was Senior Case Manager at Residential Aide Placement Services. Lisa is an active CPA participant and volunteer, attending many of the association's fundraising and awareness events. Lisa is currently awaiting the birth of her first child in August.



Eleanor Sugarman brings a wealth of knowledge related to her own experiences as a individual with a spinal cord injury. Eleanor is an active and outspoken member of the Red Deer community, providing volunteer services to CPA on a regular basis.

[top](#)

News & Information

Wheel to Walk Journey

Four determined men are wheeling across Canada on hand cycles on an incredible journey. They strongly believe that [breakthrough Canadian research](#) will enable them to walk again, making their grueling trek a Mission Possible. This research will also have far reaching implications for conditions such as: Alzheimer's, Parkinson's, diabetes, stroke, concussive head injury, and major wounds.

Visit the website <http://www.wheeltowalkcanada.org/> for more details.

[top](#)

Edmonton

Adult Special Needs Art Classes.

The Art Gallery of Alberta is offering Summer Art Express - Adult Special Needs Art Classes. All of the instruction, gallery tours, and materials are included.

Art Express is a fully hands-on, art making studio experience. Work with a wide variety of materials in an environment that emphasizes personal choice, creativity, sensitivity, and individual experience.

No previous experience required and all levels of ability are welcome. Exhibition tours are included in each seven week session. Sponsored in part by the Edmonton Community Adult Learning Association.

Summer Art Express 2: July 24 - September 4
Thursday evenings from 6:30pm to 8:00pm
Code SAE008, Instructor: Paul Freeman
7 weeks, \$40 + GST.

Classes are led by professional artists. The class fee includes all materials. Call the AGA @ 422-6223 for more information or visit them @ Enterprise Square (100 - 10230 Jasper Avenue) or @ www.edmontonartgallery.com.

[top](#)

Family Support Evening

This month the Family Support Group will be cancelled and replaced with the Summer Social (listed below) Come out with your family and friends and have some summer fun with the BBQ!!

Ross Norton, Solutions Coordinator
Ph: (780) 424-6312 ext 2227
Email: ross.norton@cpa-ab.org

[top](#)

Summer Social

July 2nd 6-8:30 pm, Location TBA

Come out and join us to kick off the summer with a good ol' BBQ. Good food, great friends, and an adapted vehicle display where you can show off your adapted vehicle and see how others are motoring along

For more information, contact Ross Norton at: (780) 424-6312

[top](#)

Lethbridge

Rick Hansen Wheels in Motion a HUGE success!



This past month, Lethbridge had its annual Rick Hansen Wheels in Motion Event. The wheelchair challenge was a great success and was kicked off by Scotiabank and the City of Lethbridge. The turnout was great and there was almost \$6000 raised!! There was a lot of media coverage of our event and some great awareness was raised. Local businesses were a great support and allowed us to give out some fantastic prizes! This inaugural event was a fun day and will definitely continue to grow in future years!!

[top](#)

WHEELS to wilderness - take the bus to Indian Battle Park

Wheels to Wilderness is a FREE charter bus service to Indian Battle Park, Friday mornings in July and August

Northside Bus Stops

9:25 a.m. Park Meadows School, Meadowlark Blvd and Oriole Rd.

9:35 a.m. Senator Buchanan School, 7th Ave & 11th St.

Downtown Stops

9:45 a.m. and 10:25 a.m. 4th Ave & 6th St. in front of Bargain Shop

Westside Bus Stops

10:05 a.m. The Corner of McGill Blvd and Acadia Rd.

10:10 a.m. Children of St. Martha School, corner of Columbia and McMaster Blvd.

10:15 a.m. Mike Mountain Horse School, Jerry Potts Blvd.

Return Trips (Bus leaves Indian Battle Park)

For Northside & Downtown at 11:25 a.m.

For Westside & Downtown at 11:55 a.m.

For more information contact The Helen Schuler Coulee Centre at: (403) 320-3064

[top](#)

Taber Charity Golf Tournament

The Taber Special Needs Society will be hosting our 13th Annual Charity Golf Tournament at the Taber Golf Club on August 20, 2008.

The objective of this event is to raise the much-needed funds necessary in assisting the Society in fulfilling our mission: "The Taber Special Needs Society is dedicated to enhancing the quality of life of individuals with developmental disabilities by providing community based services."

For more information: Phone: 223-4941, E-mail: tsndesk@telus.net

[top](#)

Calgary

Odyssey Peer Events

Thursday July 10th - 5th Annual Chili Cook Off

Sunday July 20th - Sailing/BBQ

Also mark your calendars now, for the ODYSSEY PEER CONFERENCE & TRADE SHOW "Sexuality & Relationships" being held, Monday September 15, 2008 Glenmore Inn

For more information call: (403) 228-3001

[top](#)

Skin Care Presentation

On Thursday May 22nd we were please to have Edie Attrell, Clinical Nurse Educator with the Calgary Health Region educate us on how to prevent pressure sores and how to keep our skin healthy. She explained that "we" are our strongest advocates in directing our personal care. Edie gave us suggestions on which moisturizing creams and soaps are helpful in promoting healthy skin. Edie was kind enough to spend time addressing participant's individual concerns; it was almost like having your own Personal skin consultant!

[top](#)

Wills, Estates & End of Life Issues

On Thursday March 24th, we were pleased to have Linda Lynch-Staunton Associate at McLeod & Company give us an in-depth presentation on why we need a Will, What happens if you don't have a Will, What to consider when making your Will and when to change your Will. Linda then went through the responsibilities & legal obligations of an Executor, How many Executors you can name and what you should take into consideration when naming an Executor. She then finished off by explaining the details of an Enduring Power of Attorney and a Personal Directive. Linda's presentation was very informative and generated a lot of questions from the audience.

[top](#)

Ryan's Dream helps paralyzed friend

On June 1st Ryan Correy became the youngest Canadian to qualify and complete the Race Across America. His official time was 11 days, 21 hours, 44 minutes. That works out to an average distance of about 425 km (266 miles) per day.

On June 28th, Ryan's homecoming celebration will take place at Bow Cycle (in Calgary) from 7:00 PM – 9:30 PM. Prior to the formal program, come view race souvenirs and enjoy food and drinks provided through Planet Foods. Bruce Kirkby (of CBC's *No Opportunity Wasted*) is the MC. Along with hearing Bruce's perspective, Ryan and the crew will provide a firsthand account of the toughest race in the world.

Donations generated from this event will go to support Jay, a good friend of Ryan, who was paralyzed in a horrible mountain bike accident. Funds will go towards the purchase of a

Functional Electric Stimulation (FES) bike. This piece of equipment is intended to help in his rehabilitation process, and put him in a better position for any future procedures.

Minimum donation of \$25 at the door. Cheques can be made out to the **Caylan Boyse Foundation**. Tax receipts will be provided for amounts over \$100.

Please, bring your friends, family, and anyone else who might be interested. This is an all age's event.

Please visit <http://www.bowcycle.com/bc08> for more details. Ryan's blog can be viewed at <http://apurposeridden.blogspot.com>. Official race updates can be viewed at <http://www.raceacrossamerica.org>

Ryan Correy, Adventure Cyclist www.ryansdream.com

Red Deer

Bell Mobility Grand Opening BB-Q

Bell Mobility has invited the CPA to take part in their Grand Opening June 27th. We will be selling hot dogs outside the Parkland Mall in Red Deer from 1-5 p.m. with all the proceeds going to the Canadian Paraplegic Association (Alberta).

[top](#)

Central Alberta CPA Member BB-Q

We are thrilled to host the members of the Canadian Paraplegic Association June 28th at Rotary Park in Red Deer. Members are invited to come and meet with the staff at the Red Deer CPA office, other members and their families. We will be at Rotary Park serving food and beverages from 1-4 p.m. We are looking forward to seeing everyone there!

[top](#)

Disabled Sailing

We will be hosting the Disabled Sailing Association of Alberta August 16th & 17th at Pine Lake, Alberta. Members and non members will have the opportunity to sail with the guidance of the Disabled Sailing Association members. Sailing is free for members of the Canadian Paraplegic Association, but pre registration is required.

Members may register by contacting Katy Ignatiuk at (403)341-5060, or email katy.ignatiuk@cpa-ab.org before August 8th. Non members are welcome and may register for a fee of \$10. We will be having BB-Qs both days. I look forward to seeing you there!

Disabled Sailing Association Website: <http://www.dsaalberta.org/>



[top](#)

Creative Solutions & Ideas

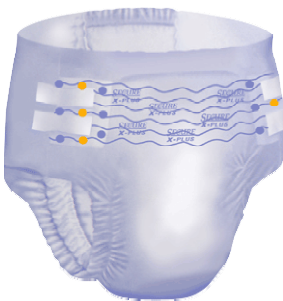
Best Adult incontinent product on the Market

Louise Zoerb, the owner of Creating Your Desires by Louise would like to announce, the arrival finally, to Canada of the best Adult incontinent product on the market



Bambino Bianco Brief

- Super absorbent, all-day and overnight protection - up to 28% more Polymer than the leading brand!
- Extra-wide Refastenable double taping system for maximum hold
- All White plastic backing with NO wetness indicator
- Foam Stretch Waist in the Front and Back ensures snug fit
- Standing Leg Cuffs and extra-absorbent wings in the front and back of diaper ensure maximum containment



X-Plus Taped Briefs

- Gentle elastic standing leg cuffs for extra leak protection
- Improved, super absorbent Secure Loc core material
- Extra wide refastenable tape tabs
- The most advanced product produced today
- Soft and gentle blue foam waist
- Waterproof outer layer keeps clothing and bedding dry
- Latex free

order by contacting the website www.creatingyourdesires.ca or by emailing creatingyourdesire@gmail.com orders also taken over the phone at 780 352 2049
[top](#)

Wheelchair Sports/Fitness

Get in Motion is a free physical activity counseling service for Canadians living with spinal cord injury. This is a Canada-wide service, operated from McMaster University's Department of Kinesiology, and supported by the SCI Translational Research Network in partnership with the Rick Hansen Foundation.

Get in Motion is designed to provide you with information and ongoing telephone support to help you meet your physical activity goals. You will receive a free physical activity toolkit that includes two therabands and information on physical activity for people with spinal cord injury. You will also be invited to participate in a research study on the effectiveness of this new service.

To participate or receive more information from an exercise counselor, please call our voicemail line at 1-866-678-1966 or e-mail motion@mcmaster.ca
[top](#)

Items for Sale/Housing

Healthcare Equipment Trader

A non-profit resource brochure for previously owned healthcare equipment
Mission Statement: To reduce costs to families and those of us challenged with disability by providing a means of buying/selling quality used equipment.

For Information Call 780 349-2110. If you wish to be put on e-mail list please send an email to: healthequiptrader@telus.net
[top](#)

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>
[top](#)

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 August 1st 2008. First deadline for submissions will be July 25th 2008. 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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[top](#)