



June 2009 Issue, vol. 42

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News

Planning on some traveling this summer?

The Canadian Transportation Agency has a link posted on their website to a document entitled: Take Charge of your Travel: a Guide for Persons with Disabilities. To view the website go to:

<http://www.cta.gc.ca/doc.php?sid=1021&lang=eng#/>

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National Access Awareness Week

The Accessible Channel- TACtv celebrates National Access Awareness Week, Sunday, May 31st to Saturday, June 6th. For more details, please visit www.tactv.ca or call 1.866.509.4545



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THE 2009 ALBERTA ACCESS CHALLENGE - AUGUST 7, 8, and 9, 2009

We are very excited to provide you with details about this year's Alberta Access Challenge, happening again in Kananaskis Country, and to invite your participation. We are thrilled to continue working with the exceptional volunteers from CRIS Kelowna, the Friends of Kananaskis Country, and the many Alberta Parks Staff who have become a huge part of inclusion programs in Alberta Parks. We wanted to get the ball rolling by inviting participation from both returning and new individuals. As with last year, the event is designed to promote inclusion for persons with disabilities in Alberta Parks through the use of adaptive equipment such as TrailRiders and sea kayaks, as well as simply removing barriers to participation and promoting inclusion by changing attitudes.

There will be several key aspects to the event:

1. A two night backcountry trip starting on Friday the 7th for two individuals with disabilities and a team of five 'sherpas' each.
2. Day trips using TrailRiders on both Saturday and Sunday

3. Day kayaking trips on either Saturday or Sunday
4. Demonstrations of various equipment, such as adaptive bikes
5. Guest Speakers at the Elkwood Amphitheatre and the Peter Lougheed Visitor Centre, including participants from last year.

If you or someone you know has a disability and may be interested in participating, please forward them this information and have them contact me. Participants from last year are welcome to try different aspects of the event, such as kayaking for those who went backcountry, and so on.

Please forward this information to anyone you think may be interested in participating. If you are interested in volunteering, please contact me at Kananaskis.Outreach@gov.ab.ca as soon as possible

Don Carruthers Den Hoed
Outreach Coordinator

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Funding for Equipment to help with Independence Available to People with Disabilities

As one of Alberta's longest serving charities, the Children's Ability Fund provides funding to enhance the independence of persons with disabilities. Specifically, we do this by funding equipment to assist people with disabilities with the everyday tasks that others may take for granted.

Perhaps you were unaware that the Children's Ability Fund assists people with disabilities of all ages and all disabilities. Our focus is on children but age or type of disability is not a consideration when reviewing an application.

We currently review requests for funding assistance monthly and are accepting applications from people with disabilities who reside in northern Alberta.

Applications may be made to fund equipment such as, but not limited to –

Mobility Devices:

wheelchairs, tilt systems, walkers, strollers, overhead lift systems, vehicle lifts, tie downs, lift chairs, platform lifts, porch lifts, ramps, standing frames, hospital beds

Communication Devices:

voice synthesizers, signaling devices, TTY's, FM systems, Braille printers

Computer Assistive Devices:

specialized keyboards, head trackers, voice activated software, alphasmarts, touch screens

To get the word out, we are e-mailing our current newsletter along with our new application form so that you might pass them on to someone you may know who needs some financial assistance.

I invite you to visit our website at www.childrensabilityfund.ca for more information and application form contact Marilyn Melnychuk at marilyn@childrensabilityfund.ab.ca or phone 780-454-9191 Ext. 225.

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Events in your Community

Calgary:

We have Moved Office Locations!

The Calgary CPA (Alberta) office has officially moved office locations. New address will be in effect as of May 01, 2009. Our phone, fax and email details will remain the same.

New Address:
5211 4 Street N.E.
Calgary, Alberta
T2K 6J5

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Athletics Have a Go Day

Get ready for the upcoming Athletics Have a Go Day in Calgary. On **Saturday, June 13th** from 2:00 – 4:30, we will be featuring wheelchair racing and hand cycling at the Calgary Rotary Challenger Park. Click [here](#) for a map. The event will be offered free of charge, and we would love to have you join us!

If you will require extra transfer assistance, please let Laurie Wilson know prior to the event. There will be staff on hand, but the athletics chairs are a little more difficult to transfer in and out of than a regular sport chair. If any therapists or physios are interested in coming out, we would love to have you!

In the event of a bad weather forecast, please email Laurie on Friday, June 12th to advise whether the event will still be taking place, or to find out about an alternate location.

I hope to see you on June 13th!

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

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The 9th Annual Calgary Charity Golf Classic!

Date: Tuesday August 18, 2009

Location: Valley Ridge Golf Club - 11618 Valley Ridge Park NW Calgary, Alberta

Time: 1:00 PM Shotgun Start Texas Scramble

REGISTRATION OPENS AT 11:30 AM

Dinner to Follow the Game - Live & Silent Auction

Registration Fees: \$1,000 per foursome, \$250 per individual, (includes green fees, power cart, dinner, gifts and prizes)

Registration/Information:

Tara Crowe 403-228-7431 or golfcalgary@cpa-ab.org

Sponsorship & other opportunities

Mitchell Ravvin 403-228-7418 or mitchell.ravvin@cpa-ab.org

Online Registration www.cpa-ab.org/golf

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Edmonton:

Odyssey Peer Program Schedule – Upcoming events:

Bladder Giving you Trouble? Are you plagued with Urinary Tract Infections? Do you have questions about catheterization?

Please join us on June 3rd for our 100% Bladder Peer Evening. Presentation and free products from Coloplast.

Family Support Night will also continue to take place this evening at the Glenrose Hospital as always.

For more information, please call or email Roswitha Dziwenko at 780-424-6312 Ext. 2241 roswitha.dziwenko@cpa-ab.org for more information

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Come Support CPA (Alberta) Artist

Frequent readers of Spinal Columns will remember Andrew Lewis from the Winter 2009 issue. For those who missed his fascinating story, Andy is a professional photographer with quadriplegia who uses digital cameras and photo manipulation software to create his impressive photographs. His photography will be on exhibition and sale for the entire month of June at the Koffee Café at 6120 28 Avenue in southeast Edmonton, and is certainly worth the trip.

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Edmonton's Charity Golf Tournament:

Date: August 26, 2009

Location: Petroleum Golf and Country Club

To find out more contact: Teren Clarke (780) 424-6312

Email: teren.clarke@cpa-ab.org

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Rick Hansen Wheels In Motion

The Rick Hansen Wheels in Motion presented by Scotiabank is at the U of A Butterdome, 114th street and 87th ave on Sunday June 14th. Registration starts at 9 am, wheelchair challenge starts at 10 am. I'm pretty sure we are having advance registration on the Thursday prior but I will have to confirm. At the event we will have clowns, a kids area, complimentary indoor climbing, cheemo perogies and other goodies, and McDonalds will be on site serving coffee, juice and muffins. Contact the Edmonton CPA (Alberta) office for more details: (780) 424-6312

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Edmonton Folk Fest

Clients who are interested in complimentary tickets to the Edmonton folk fest, please contact Amy McKinnon in the Edmonton office at (780) 424-6312 or by email: amy.mckinnon@cpa-ab.org

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Lethbridge

Lethbridge Rick Hansen Wheels in Motion Event

It's that time again!! The Rick Hansen Wheels in Motion Wheelchair Challenge is upon us! This year it is a TWO! – part event!

First up:

Wheelchair Challenge

June 6, 2009

Baroness Picnic Shelter, Indian Battle Park
Registration is at 12:30 and Event to begin at 1pm.
Free BBQ provided by Lethbridge and District Labour Council

Then:

Scores Thirst and Grill North are generously hosting an evening fundraiser on June 6th featuring the Bamboo Guppies to benefit the Rick Hansen Foundation. Tickets are \$5.00 at the door and there will be some great prizes to be raffled off! The band takes the stage at 9pm. Hope to see you all there!

A Word from the band:

Hi there,

June 6 there's gonna be an interesting event in Lethbridge. Your team of 4 can partake in the 7th running of the Rick Hansen Wheels in motion wheelchair relay. To learn more about it go to www.wheelsinmotion.org just click on the Big Blue Circle to register and follow the instructions for more information. Who knows you may want to put a team into the relay and see what life is like in a wheelchair to understand the barriers that these folks have to overcome daily and help us appreciate what we take for granted. The Bamboo Guppies are considering putting in a team and challenging other bands in Lethbridge to do the same.

Our band is getting behind this group along with Scores North (formerly known as the "Corner Pocket"). We're looking for any and all our friends to come out and help us help this incredible group of people that help to make facilities wheel chair accessible not only in Lethbridge but across the province. Saturday night the 6th of June we will be a Scores North where you will be greeted with a \$5 cover (all proceeds will be going to CPA) there'll be swag to be won, bring your friends to shoot some pool, take a spin on the dance floor, possibly watch some Stanley cup playoffs or simply drink away the memories of freezing while trying to watch your kids play soccer in the nasty weather we've had up until this last Thursday (do I sound bitter?). Hope to see you there, bring your friends bring a whole bunch!

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Sharing Inspiring Ideas Event #4

The Community & Council Communications Committee would like to invite you to be inspired and learn about: Explorations of the challenges rural communities face and have overcome in promoting opportunities for adults with developmental disabilities to be included in their communities.

Date: June 24, 2009

Time: 1:00 — 3:30

Location: The Lethbridge Legion
324 Mayor Magrath Drive South (use the door on the north side of the building)

Who is Invited:

STAFF
INDIVIDUALS WITH DISABILITIES
FAMILIES
GUARDIANS
COMMUNITY MEMBERS

Come enjoy snacks & refreshments and socialize & learn with others in the Service Provider network. Don't miss out on the door prizes and the opportunity to be inspired to find success in a new way!

RSVP BY June 10, 2009.

Contact :
Deanna Hirsch 403-388-0718
deannahirsch@yahoo.com or
Paige McCann Sauter 403-329-3911
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Medicine Hat

Medicine Hat Wheel-E May Report

Now that we have had five days of spring, summer is finally upon us. We definitely learned from experience last year when one of our 5 rain days was the day of our WIM Event! Sooooo this year we planned for the ugly weather by holding it inside had it earlier this year to avoid the closeness of Relay for Life and hosted our event on April 26th! All these positive changes enabled us to provide wheelchair sensitization to 30 people who joined us for our challenge event. Old challenged young, moms against daughters, brothers against sisters it was a real family affair and great insight for all who attended! Due to the economic downswing in the area, pledges were down but it was compensated with enthusiasm.



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New Office Location

Our new office is up and running and we are planning an open house for June 24th. We dearly miss our old officemates but are really enjoying the downtown atmosphere. We will save travel time for meetings as most of them are with walking distance.

We are also in the planning stages of a Peer Conference for September 25th. If anyone has ideas of topics of interest call the office at #26-419 3rd Street 403-504-4001.

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Red Deer

Red Deer's Charity Golf Tournament:

Date: Aug 14, 2009

Location: Riverbend Golf Course

To find out more contact: the Red Deer CPA (Alberta) office (403) 341-5060

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Grande Prairie

Grande Prairie Rick Hansen Wheels in Motion Event

Date: Saturday, June 6, 2009

Location: Legion Field, 11313 Avenue-105 Street

Set up: 8:00 am

Wheelchair Challenge Registration: 9:00 am

Pancake Breakfast: 9:00 to 10:00 am

Wheelchair Challenge: 10:00 am

Clean Up and Wrap Up: 1:00 to 2:00 pm

To raise \$10,000 for solutions to increase the quality of life of people with spinal cord injury, for information visit: www.wheelsinmotion.org

Contact: Lori Trepanier, CCDI Chairperson, 780-539-6951

Travis McNally, CCDI Co-Chairperson, 780-539-4098

Volunteers needed! Please phone 780-532-3305

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Research

Spinal Cord Injury (SCI) Chronic Pain Study (California)

If you experience chronic nerve pain a year or more following a SCI you may be eligible to participate in a 5-month clinical study sponsored by Pfizer of an investigational medication. The goal of the study is to evaluate the effectiveness of the study medication in relieving chronic nerve pain associated with SCI. Participants may receive study-related physical and neurological examinations, electrocardiograms, and laboratory tests at no cost, plus compensation for their time. Transportation will be provided, or travel costs will be reimbursed. Most important, your participation may help others by contributing to research that may lead to improved treatments. For further information, visit www.spineinjurypain.com or call Inclinix at (888) 898-7425 ext. 2072.

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SCI research being done in Edmonton through CARRE

As Akash completes 40 minutes of continuous, unassisted walking on the treadmill at the University of Alberta's Centre for Ambulatory Research, Rehabilitation and Education (CARRE), he marvels at how far he has come since January 2008, when an accident left him with incomplete spinal cord injury. Akash has participated for 8 weeks now in a study at CARRE to retrain walking. He feels that the training has helped him. "Before training, I had weak knees and poor control. Afterwards I feel the change in my balance and strength!" Akash has more than doubled his walking speed over ground and is now able to walk as fast as 0.5 m/s (previously 0.2 m/s). Before training, he needed a KAFO on one side, now he can walk safely with the knee brace unlocked.

CARRE wants to hear from people with incomplete spinal cord injury who are interested in participating in research to find better ways to retrain walking. Participants will be able to practice walking under the supervision of professionals, free of charge!

For more information please contact:

Katelyn Pope, Physical Therapist Assistant
CARRE

Phone: 780-492-4858
Email: katelyn.pope@ualberta.ca
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Patient-ready iPS cells?

One of the critical aspects of stem cells is being able to learn to control them without damaging them or changing their basic characteristics. As you will appreciate reading this article, there are different techniques used to do this and different opinions about which is better. Clearly as these techniques develop, the use of stem cells will become more practical and safer but in the meantime there will be alternatives and it won't necessarily be clear which is best. In the past, the techniques used to control stem cells involved introducing different DNA into the cell that it was assumed made small but clear changes to the DNA within the cell. Ideally the safest approach would be to manipulate these cells without the risk of interfering with or changing the DNA contained within them. Thus, this story represents a potential advance in the handling and preparation of stem cells. Read the story at: <http://www.the-scientist.com/blog/display/55738/>
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Steadward Centre takes next step towards a new home

By Quinn Phillips



May 7, 2009 - Edmonton - The University of Alberta's Steadward Centre helps around 500 people with disabilities get active and stay healthy. Now the Alberta government is helping the Steadward grow, with \$4.5 million to assist with the construction of a new centre. Read more at: <http://www.expressnews.ualberta.ca/article.cfm?id=10168>
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Creative Solutions & Ideas

Design and Modifications for Barrier-Free Living

If you are considering home modifications or advising someone on affordable and sustainable design strategies, this wiki could be helpful to you. It is an on-line resource where people can get started, find resources and share ideas of what went well and what didn't go well. Check out the Wiki at: www.homeforlife.info



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Wheelchair Sports/Fitness



Rick Hansen Wheels in Motion is just around the corner. Events being held throughout June all around the Province. For more information on an event near you, please visit

www.wheelsinmotion.org

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Classifieds

SCI Book for sale

[Yes, You Can!, A Guide to Self-care for Persons with Spinal Cord Injury](#), Paralyzed Veterans most popular publication, is now available in an expanded and updated fourth edition!

Yes, You Can! is written for the newly injured and serves as a LIFETIME REFERENCE for people with disabilities, helping them gain knowledge, confidence and power to address all the important issues related to living with spinal cord injury (SCI).

The fourth edition is organized into four main topic areas: How SCI Affects Your Body; Maximizing Your Function; Coping and Living with SCI; Staying Healthy after SCI, and features 32 sub-sections.

Purchase your copy today by [clicking here!](#)

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Accessible Homes in Calgary

Follow the link below to find out more information on accessible homes for sale in Calgary.

<http://matlach.abmls.mlxchange.com/?r=1058265040&id=383433333531.312>

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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Employment/Education

Planning on going back to school part time?

The following website will provide you with information on funding for part time courses/education for low income Albertans. Check it out!! <http://www.employment.alberta.ca/CES/3194.html>
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Online Training Opportunity for Canadians with Disabilities and Others Facing Barriers to Employment

- Do you have clients who self identify as having a disability or another barrier to employment?
- Would they be interested in Website Design as a way to start their own business; contract to existing companies or agencies to design and manage their sites; or using their skills to obtain employment as an entry level web designer or administrator?
- Do they have their own computer, basic computer skills and an Internet connection?

If you said yes to these questions, we have an opportunity for them...

The Canadian Society for Social Development (CSSD) has spaces left in their six-month, award-winning Internet Business Development for Entrepreneurs (IBDE), web design program for the October 2009 intake.

This accredited course gives students marketable skills to use in the online marketing of their own business; starting their own web design venture working with other small businesses or agencies; or possibly embarking on a career with another web design firm that will provide telework for them as a web designer. Over the past five years the IBDE program has had over 70% of our students complete the course and we believe this is due to the one-on-one instruction that they receive from our IBDE team, through the use of email, instant messaging, phone and our virtual classroom.

Our tuition of \$3,995 includes all course supplies and software, and our staff will assist applicants in finding funding assistance, which is usually available in most areas. Those interested in this program should register now as space is limited (and the funding process does take a bit of time) at: <http://www.ibde.ca/?q=signup>.

For additional information go to www.ibde.ca.

You can also access our brochure and poster in PDF format at: <http://www.cssd-web.org/?q=en/about/promo>

Kay Ryan
Marketing Director
Canadian Society for Social Development
kryan@cssd-web.org

Check out:

www.cssd-web.org

www.businessabilities.ca

www.ibde.ca

www.virtualmall.ca

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Fund Development

Become a CPA (Alberta) Member

The Canadian Paraplegic Association (Alberta) has been providing services and support to Albertans who have suffered a spinal cord injury or have other mobility challenges 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 your 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.

Thank you for your support!

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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 (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 July 1st 2009. First deadline for submissions will be June 24th 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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