



March 2009 Issue, vol. 39

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News

Become a CPA (Alberta) member and enjoy the 2009 New Membership Benefits:

- **FREE** Red Arrow 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 more info
- eligibility to participate in CPA's RBC group banking plan featuring competitively priced, flexible plans for all your banking needs

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.

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The Shoppers Optimum Points Donation Program – A Unique way to support our cause

We have a great opportunity for you to support us...made available by Shoppers Drug Mart through the Shoppers Optimum Program.

By donating some (or all) of your Shoppers Optimum Points to our organization, you are enabling us to use you points at Shoppers Drug Mart towards the purchase of products and supplies we need for our ongoing fundraising activities.

To donate your Shopper Optimum Points, please go online to: www.shoppersdrugmart.ca/donate and browse the Shoppers Optimum section. Then click on "donate your points". If you are not presently a Shoppers Optimum Member, next time you are at Shoppers Drug Mart ask for a card, which will be issued to you right on the spot at no cost.

With your support, this initiative has the potential for us to "optimize" our fundraising dollars through this unique program.

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Check out FriendsLikeMe.org!

It's a great new website just for disabled persons. Hang out, meet friends, and let people know how cool you really are! Looking for more than just a friend? Find someone special today at FriendsLikeMe.org. Membership is completely free. Tell your friends!

Sign up at www.FriendsLikeMe.org
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Home Renovations For Seniors And People With Disabilities

This site has been set up to help patients, families, professionals and the general public better understand the process of home renovations for seniors and people with disabilities. Please check out the site, go in and add your ideas and suggestions and feel free to circulate this wiki address to your colleagues, patients and families. Their on-line input is welcomed!

<http://homemodification.pbwiki.com/>
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Events in your Community

Calgary:

The Alberta Wheelchair Curling Challenge

Sunday March 8th, 2009 5:00 – 7:00 PM

Come and see the **Cheryl Bernard Team**, 2009 Alberta Women's Champion take on the 3-time Alberta Wheelchair Champions in a demonstration game of wheelchair curling.

Afterwards, ticket holders enjoy a dinner and night of fun at the Garrison Curling Club 2288 47 Avenue S.W. Calgary, AB.

Also for those individuals or companies looking to buy Brier tickets, Calgary Wheelchair Curling Association will be selling daytime Brier tickets for March 9, 10 and 11 morning and afternoon draws. Brier ticket purchases include entry and dinner to the Alberta Wheelchair Curling Challenge. Support the wheelchair curling and see the country's best compete in championship curling at the Tim Hortons Brier.

The event is a fundraiser to support Wheelchair Curling in Alberta and is hosted by the Calgary Wheelchair Curling Association.

The Calgary Wheelchair Curling Association (CWCA) is the largest wheelchair curling association in Canada and has grown from 5 members to over 30 members in the past four years. CWCA has about 20 members playing weekly, many who are experiencing wheelchair curling for the first time. Our members range from 9 to over 60 years of age, with varying forms of mobility or cognitive disabilities. Wheelchair curling is fast becoming a popular sport across Canada and Internationally.

For more information contact:

Jack Smart
phone: 403.201.0041
fax: 403.451.1532
cell: 403.589.7808

email: jack.smart@shaw.ca
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Edmonton:

Family Support Evening

If you are a spouse, partner, parent or child (18+) of someone who has a spinal cord injury...

And would like to speak to other family members of individuals with SCI in a confidential group or one-on-one environment to learn about:

Coping / Adjustment issues, Personal Care Management, Relationships and more!

Then be our guest every Third Wednesday of the Month 7:00pm – 9:00pm
Canadian Paraplegic Association (Alberta)
305 Hys Centre, 11010 101 Street, Edmonton, AB

To register and/or for more information, contact:
Roswitha Dziwenko, Peer Coordinator
Ph: (780) 424-6312 Ext 2241 / Email: roswitha.dziwenko@cpa-ab.org
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You are invited to attend the CPA (AB) and CLUBFIT Inclusive Fitness Program

Brand new to the Canadian Paraplegic Association (Alberta) is the CPA (AB) and CLUBFIT Inclusive Fitness Program! This is a pilot program for persons with paraplegia, low level quadriplegia, or an incomplete injury. This program will provide fitness instruction, a gym membership, and follow up to all those who qualify for and participate in the program.

For more information on upcoming sessions please contact Amy at 424-6312 ext. 2235,
amy.mackinnon@cpa-ab.org
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Grande Prairie:

Upcoming events and activities

Youth in Action (for kids ages 5 - 14 & their caregivers) introduces kids with special needs to a variety of sports, such as bowling, kayaking, swimming, open gym time and much more. Great for parental networking, making new friends & staying active! Caregivers are asked to stay with the child for the duration of the event. Snacks are provided.

Active Living (for persons ages 15 – 100) offers a recreational environment for clients & their caregivers to socialize, get active & have fun! Activities such as bowling, balloon badminton, bocce ball, walks in the park, coloring, mazes, puzzles & much more are offered. There is no cost to participants for this program. Caregivers are asked to stay with the client for the duration of the event. Snacks are provided.

Wheelchair Basketball is for persons of all ages & abilities. Sports chairs are provided by the Wolverines. Practices are 2 x week. Sunday's @ Crystal Park School (CPS). 3:00 - 5:00 pm. Tuesday's @ CPS. 7:00 - 9:00 pm. Please contact us for a schedule of exact dates.

Sledge Hockey...is for the young at heart. The same rules as the traditional stand-up game, but you are seated on a sledge. The sledges are provided, and each participant needs to utilize a helmet and gloves (we have some available to borrow!) Practices are Sunday nights at the Coca Cola Centre (south rink) from 7:30 PM -- 9:00 PM. Contact us for a schedule of exact dates.

The Wolverines work hard to keep our costs to participants at a minimum. In most cases, we supply any and all the equipment, including sports chairs and sledges, for participant use. Snacks are provided in some programs. Our memberships run from September to September, and fees are \$50 per year for the first person, and any family members who wish to participate with their disabled loved ones are only charged \$10 for the year. If you join in January, the fees are \$35 for the first person and \$5.00 for each additional family member. We strongly encourage friends and family members to participate alongside their disabled loved one. This makes it more fun for everyone!

Contact information:

Sheila or Nicole @ 780-402-3331

Address: #104 ~ 9715 ~ 105 st. Grande Prairie, Alberta. T8V 7X7

Email: wolverines_101@hotmail.com

Website: www.gpwolverines.com

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Medicine Hat:

IN MEMORY – DAVID HINDS

David moved to Medicine Hat in 2004 and immediately became involved with CPA (Alberta) and working with Persons with Disabilities at REDI Enterprises. He served on the City of Medicine Hat's Advisory Committee for Disability Issues and as a committee member of CPA's Advisory Group.

Working with children was one of his passions and he never tired of telling his story and teaching children about his life in a chair. They were always amazed that he could do everything they could, just a little differently. He was always one of the first to volunteer to present at IDPD and was always one of the most popular stations usually requiring the children to shoot baskets from a chair or trying to fold themselves in half to fit into his racing chair.

David always made himself available to answer questions and offer advice. He was a compassionate man with a zest for life, David's expertise and quirky sense of humor will be sadly missed in our community. Our hearts go out to his wife Connie and their 3 children, Michael, Jacob, and Noelle.

MEDICINE HAT ON THE MOVE

We are currently in negotiations for new office space, as our lease is up the end of April. We are hoping to move downtown and become part of the new revitalizing taking place there. We are soliciting volunteers, so anyone wanting a vacation in the "sunny south" give us a call and we would love to sign you up!

RHWIM – MEDICINE HAT

We have chose to move the date up in our community this year as June is a little crazy here, so our event will be on April 26th. This will be an indoor event so as to avoid the weather issues we encountered last year, The event will be held at the Southridge YMCA, using their gym for a Challenge and the running track upstairs to wheel a 5K distance. We will keep you updated.

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Staff Spot Lights

A Farwell to three CPA (Alberta) Staff members

Sadly, CPA must say good-bye to three great staff members and friends whose skill and work have been important assets to CPA.

Michelle Jacobs has been a part of the Lethbridge office for 13 years. In her time with the organization she has built excellent rapport with clients and helped create a respected name for CPA in the community. Michelle was enthusiastically involved in the community and always helped organize the Rick Hansen Wheels In Motion event. It was not unusual for Michelle to go above and beyond her job description to help in the community and encourage her clients to get involved with all that CPA had to offer. She has made many lasting friendships with clients and her presence will be greatly missed in Lethbridge and surrounding area and by the CPA staff.

Georgina Ball is leaving CPA after 4 years as a Client Service Coordinator in the Edmonton office. Georgina's work has been very important to the CPA and her help will be greatly missed by staff and clients. She was involved in organizing the CPA clothing line, was part of the staff recognition committee, helped organize peer events, coordinated the Opportunity Fund project and helped create client profiles for the CPA Odyssey website. This is just some of her involvement over the years, not to mention the many extra projects she took on.

Breanne Coffill is also leaving CPA after 4 years as a Client Services Coordinator in the Edmonton office. Her background in Adapted Physical Education allowed her to provide clients with support related to fitness and recreation opportunities and assisted with her role as Rick Hansen Wheels in Motion coordinator. She also assisted with the difficult job of finding affordable accessible housing. Staff and clients will miss her hard work, dedication and especially her sense of humour.

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Research

Wheel to Walk Canada

Four wheelchair athletes traveling across Canada to raise money for spinal cord research and stem cell research.

Learn more at:

<http://www.wheeltowalkcanada.org/gpspolice.html>

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Are You Curious About What's New And Exciting In The Field Of Spinal Cord Injury Related Research?

This is an interactive event. Come and hear about the research, see the demonstrations, and experience it for yourself.

Date: March 4th 2009

Time: 7:00pm – 9:00pm

Location: Glenrose Hospital, Unit 38

Light snacks and refreshments will be provided

For more information or to register, contact Roswitha Dziwenko at CPA (Alberta) 780-424-6312 or Roswitha.dziwenko@cpa-ab.org

The Ugly Secret - NDF Ranks Support Surfaces

Guidance Provided to Hospitals

NDF Study No. 3, "Reducing Pressure Ulcer Incidence through Braden Scale Risk Assessment and Support Surface Use" (published in the July 2008 issue of *Advances in Skin & Wound*)

Care) demonstrated that hospital investment in a supply of suitable support surfaces is able to both nearly eliminate pressure ulcers and result in cost savings (compared to funds spent on rental of very expensive support surfaces needed to provide a healing environment once pressure ulcers have been allowed to develop). The National Decubitus Foundation, in order to provide guidance to hospitals regarding selection of suitable support surfaces for their investment, has initiated a program of evaluation and ranking of such surfaces.

[Read More...](#)

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Opportunities To Participate In Research Projects Related To Spinal Cord Injury

University Of Alberta, Edmonton. 2008-2009

1) Optimal Strengthening of Remaining Connections between Brain and Spinal Cord.

Participation would involve 7; 2-hour sessions at mutually convenient times and some compensation can be paid to people that qualify and chose to participate in the study.

2) Improved Hybrid Systems for Walking

These systems combine the best aspects of both braces and FES, but are currently quite expensive and not available commercially. The systems will be provided free to research subjects who participate in testing the best combinations for walking and can benefit from them.

3) Combination of Functional Electrical Stimulation (FES) and Botox

Individuals who have foot drop and severe spasticity will be tested 1) with FES alone, 2) with Botox alone and 3) with FES + Botox. Each of the three stages will last 3 months for a total of 9 months. Involvement in the study will involve coming to the University on a monthly basis over this time. Dr. Satkunam at the Glenrose Hospital will do Botox injections.

4) Use of Functional Electrical Stimulation (FES) for Wheeling and Cycling

Subjects would use the wheelchair or recumbent cycle in the community for a period of time and testing will be done in the Butterdome at the University of Alberta.

Criteria for the above projects: 6 months post injury; assessment can be done before that. For more detailed information on each study **please contact Su Ling 780 492-3796 or Dr Richard Stein 780 492-1618**

Study's for incomplete spinal cord injury:

1. Retraining Walking after Spinal Cord Injury

For more information, **please contact Greg Hendricks, Physical Therapist at CARRE @ 780-492-4858, or email greg.hendricks@ualberta.ca.**

2. Training Arm and Hand Skills after Incomplete Spinal Cord Injury.

If you are interested in this study please **contact Kelly Brunton, MScPT at (780) 492-2258 or by email kelly.brunton@ualberta.ca**

Please note that this study **will not be offered from February to June 2009, but will be starting up again in July 2009.**

Additional resources

Spinal Cord Injury Treatment Centre Society (SCITCS)

www.scitcs.org

780 435-5933

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Prevention of Deep Pressure Sores Through Electrical Stimulation

Date entered: April 30, 2008

Date study is accepting participants until: ongoing

People with SCI and other wheelchair users are at high risk of developing pressure sores. Some pressure sores develop at the surface of the skin due to multiple factors including abrasions, moisture and poor nutrition. While these types of pressure sores are relatively easy to diagnosis, deep pressure sores are not. These types of pressure sores develop from the inside out as a result of deep tissue necrosis (death) and can cause massive tissue damage before they exhibit clear signs on the skin. The goal of this University of Alberta project is to prevent the death of deep tissue by enhancing the oxygenation level at high-risk regions in the buttocks that are susceptible to necrosis. Participants will test the effectiveness of a device that electrically regularly stimulates the muscles in these regions to achieve oxygenation. The study consists of two phases. The first phase consists of two sessions to pressure map the critical areas using MRI in order to determine the optimal placement of the device's electrodes. The second phase will see participants randomly selected to receive either the real treatment or a placebo treatment. This phase consists of using the device (or placebo) over a six-month period, during which participants will be assessed up to four times per month.

Contact: Su Ling Chong, Physiotherapist, 780.492.3796,
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Financial Support For Research Study's

Deep Pressure Sores Research Study

NOTE: \$300 available to (local) people with SCI who qualify for the study and complete the two required sessions. Contact Su Ling 780 492-3796

The Rick Hansen Foundation (RHF) has made approx. \$400,000 available for people with a SCI to cover travel, food, accommodation and attendant expenses as required.

To apply for funding and view a list of Canadian Research Studies visit: www.scisolutionsnetwork.ca

Contact: Laura Anderson
SCI Solutions Network, Blusson Spinal Cord Centre
6th Floor, 818 West 10th Avenue, Vancouver, BC V5Z 1M9
Phone: (604) 707-2105 Fax: (604) 707-2111
Email: landerson@scisolutionsnetwork.ca

ADDITIONAL RESOURCES

Spinal Cord Injury Treatment Centre Society (SCITCS)
www.scitcs.org
780 435-5933
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Creative Solutions & Ideas



Birdhouses for World Vision

Mike Nevers a quadriplegic from Red Deer, Alberta has been painting beautiful birdhouses to support two children from the World Vision group. He is selling the birdhouses for \$20.00 each. All proceeds will go directly to World Vision. Please contact Mike via Email Dingoo1972@hotmail.com or phone (403) 754-2736

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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.

Saturdays

March 7, 2009

March 14, 2009

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
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Items for Sale

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

Chair lift

goes up 14 steps
good condition. Call for price
Call Margaret at 890-2873

New and used Equipment

The MS Society has a new classified section on their website where you can buy and sell items. Check it out at: <http://www.mssociety.ca/alberta/classifieds.htm>

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Used Handy Dart buses for sale

An auto auction in Richmond, BC. has recently won the provincial Translink contract to sell their used Handy Dart buses as they are replaced with new ones. The units we have are Ford E350 based on seating for 6 and room for 4 wheelchair passengers. They are all equipped with wheelchair lifts as well.

Years range from 1999 - 2001. If you would have any use or interest in vehicles like this, they generally sell for \$6,000 - \$8,000. If this is something you have an interest in, or know someone who might, I would be happy to provide you with more information. Please feel free to contact me for more information. Thank you.

Rob Beck
Western Canada Remarketing
604.273.8421
www.REMARKET.ca
wcr.rob@telus.net
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Accessible Homes for Sale in Calgary

Here are 3 places for sale right now. Two have been sent out before, but haven't sold and the price has dropped. Click on the link below. Once the link is open, in the upper left hand corner there is a drop down box where you can choose the home you wish to view.

www.murrayscotton.com
[Bench Res Cust Detail View](#)
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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
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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 (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 April 1st 2009. First deadline for submissions will be March 25th 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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PLEASE NOTE: CPA (Alberta) does not endorse or guarantee products, services or events listed.

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