



**September 2008 Issue, vol. 34**

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## Events

### NEADS Conference 2008

The National Educational Association of Disabled Students (NEADS) is pleased to announce our 2008 national conference, "Learning Today, Leading Tomorrow." It will take place at the Delta Ottawa Hotel and Suites from **November 14-16, 2008**. The conference will focus on solutions to drive change.

This year's event will be an exciting opportunity for students, consumer advocates, service providers, employers and all others interested in exploring key issues of equal access to post-secondary education and employment for students and graduates with disabilities. We welcome delegates from across Canada and around the world. The 2008 conference is being organized by a Conference Planning Committee, comprised of NEADS board members and chaired by Agnes Tomkow, NEADS Alberta Representative. The 2008 conference will welcome guest speakers including Steven Fletcher, Member of Parliament and Sandi Bell, Canadian Human Rights Commissioner.

The four workshops that all delegates will participate in are:

1. Job Search Strategies: Competing in The Employment Market
2. Enhancing Opportunities in Science and Technology Related Fields
3. Solutions to Library/Print Material Access
4. Key Issues on Campus: Perspectives from Students with Disabilities

For more information, including our early bird rate for early registrants, the schedule, registration forms, and details on our speakers, go to: [www.neads.ca/conference2008](http://www.neads.ca/conference2008)  
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### Online Workshops

Planned Lifetime Advocacy Network (PLAN) is offering two **online** workshops this fall that may interest families. **Wills, Trusts & Estates** is a great way to learn how to plan for the future of a loved one from the convenience of your own home, and **Home Is Where The Heart Is** helps you explore solutions to housing options and supports for people with disabilities.

PLAN's online workshops take approximately 3 - 5 hours to complete. Participants work at their own pace, can access the workshop at any time during the period it is offered, and an online facilitator is available to answer questions and provide assistance throughout the course.

### WILLS, TRUSTS & ESTATES - Online

Through a combination of videos, interactive activities and forms, you'll learn everything you need to know about how to set up your will, including the different types of trusts you may want to include to leave an inheritance for your child with a disability. You'll also learn about the **Registered Disability Savings Plan** and how it will impact your estate planning. By the end, you'll be better prepared to have a lawyer draft your will, saving you both time and money.

**Workshop Open** September 1st - 19th

**Workshop Open** November 1st - 30th

**Cost:** \$60 individual or family  
workshop prices!

**Remember** - PLAN Associates receive 25% off all

**To Register** go to [www.plan.ca](http://www.plan.ca) or call 604-439-9566

### Home Is Where The Heart Is - Online

This interactive and engaging course explores the different home options available for your relative with a disability. Videos and stories showcase inspiring living situations, checklists and interactive forms help you think about all that you need to consider when creating a home for your

loved one. This course comes with a downloadable practical guide and lots of inspiring ideas to help you start dreaming!

**Workshop Open** October 1st - 31st

**Workshop Open** November 15th - December 15th

**Cost:** \$60 individual of family

**To Register** go to [www.plan.ca](http://www.plan.ca) or call 604-439-9566

For more information on these, or any other workshop PLAN offers, please visit our website at [www.plan.ca](http://www.plan.ca)  
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### **A word from the Executive Director on the Charity Golf Tournaments**

Now that I am back in the office after attending our Calgary and Red Deer Golf Tournaments last Thursday and Friday I wanted to express my appreciation and congratulations to everyone that contributed to the fantastic success of these two events.

The Calgary event hit an all time high for dollars raised at a single event for the history of CPA. In particular I think the change in venue to a private club excited the golfers and was reflected in the 150 registrations. The Club house provided a great meal and they did a great job keeping everything fresh despite the long evening. The Silent and live auctions were really outstanding. Barry's Vegas connections really took this aspect of the day to a unique and very successful level! My sincere thanks to Barry, Sidney, Sharlene and Mitch for the hard work that goes into the execution of the day. You put together a magical planning committee and they really brought important new connections to the CPA tournament. Also thank you to Russ, Mary, Toby, Tammy, Clark and the friends and family members of CPA who made the day such a success. Fantastic effort and result!!

Thank you to the weather Gods - it was really nice to have hot weather for both events.

Next I want to acknowledge Marlin (and Dianne), Alex, Alicia and Paulette for the 10th successful Red Deer golf day!! Great committee, sponsors, volunteers, and as always a great time had by all who participated. Thank you for your success in maintaining such consistent financial support from the Red Deer community! What an amazing CPA team we have!

Teren Clarke  
Executive Director  
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## **Fund Development**

### **Client Appreciation Golf Tournament**

On Thursday July 24<sup>th</sup>, Stewart Weir & Co / USW Gamma Industrial Services Ltd. held an inaugural client appreciation golf tournament, in which Edgar Jackson and Janice Browne represented CPA (Alberta). CPA (Alberta) was to be the recipient of their 50/50 and mulligans as their charity of choice. When it came time to present, CPA (Alberta) was given a cheque for \$10,000. (They topped up the 50/50 & mulligans which would have been about \$2,000).

We would like to express our appreciation to Stewart Weir & Co / USW Gamma Industrial Services Ltd. for their generosity and support to our organization.



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## Staff Spot Lights

### Meet Evelyn Redcrow



We would like to welcome Evelyn Redcrow to CPA (Alberta) as the new Aboriginal Client Services Coordinator based in Edmonton.

Evelyn has a Bachelor of Arts in Sociology and has recently completed her Cree language instructor training. She brings to this position extensive experience working with aboriginal agencies in the community.

We are very happy to welcome her to our CPA (Alberta) family

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### Farewell and Good luck

It is with sadness that I announce Georgina Ball will be leaving CPA on Aug 29th to work at WCB as a Claims Adjudicator. Georgina's energy, spirit, organizational skills and all the extra

projects she's been involved with over her years will be truly missed. I also know her clients are going to miss her and all the help she has given them. But we all know the CPA door is always open and staff have returned.

Georgina on behalf of all the staff, we wish you all the best in your new position and hope you stay in touch with us here at CPA.

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## Research, News & Information

### **DRES survey now online**

The Alberta government is seeking public input on the effectiveness of Disability Related Employment Supports (DRES) to better meet Alberta's skill shortages by assisting people with disabilities to find and maintain employment.

DRES provides funding to people with disabilities to pay for costs incurred for assistive technology, equipment and services to help pursue education or training, job search and workplace goals.

This survey is one part of the research to determine the future direction of DRES. Earlier this spring, Alberta Employment and Immigration conducted meetings and interviews with stakeholders, including employers, colleges and universities, agencies serving persons with disabilities and government staff.

Public input will help determine how to make DRES even more effective and efficient. To provide input visit: [www.alberta.ca/home/consultations.cfm](http://www.alberta.ca/home/consultations.cfm)

If you have questions about the survey or require an alternate format to complete the survey, contact Laura Skidmore at 780-644-2414 or [laura.skidmore@gov.ab.ca](mailto:laura.skidmore@gov.ab.ca). The deadline for submissions is **Tuesday September 30**.

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## Edmonton



**Who:** You're all invited! Clients, family members, past employees, funders, volunteers, supporters, hospital staff, past board members, etc.

**What:** A reunion party! For anyone who has been involved with CPA (Alberta) in the past or present who would like to come out and mingle and catch up with friends and associates.

**Where:** Edmonton ACT Centre Phone: (780) 496-1494  
2909 - 113 Avenue NW (Rundle Park)

**When:** Saturday September 27th, 2008

**Time:** 5:00pm

**\$20/person** includes BBQ & dance (cash bar available)

Order you tickets by September 19<sup>th</sup>. Call Guy or Roswitha at (780) 424-6312  
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#### **Edmonton Golf Tourney**

At Press Time, the Edmonton Golf Team was putting the finishing touches on it's 9th annual tournament sponsored by Ron Hodgson and his two GM car dealerships. Everything was gearing up for another successful event on August 26 at RedTail Landing Golf Club. We'll have a full report for Wheel-E readers next time.

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## **Calgary**

#### **Free specialized fitness training**

Thanks to funding received from the Rick Hansen Man in Motion Foundation Wheel's in Motion Quality of Life Grant, Mount Royal Recreation is able to offer for a limited time free fitness testing and up to five sessions of one on one fitness training for persons with spinal cord injuries.

Please contact Shelly Stranaghan for more information.

Email: [sstranaghan@mtroyal.ca](mailto:sstranaghan@mtroyal.ca)

Phone: 403-440-6631



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### **Sailing/BBQ/Pot luck**

On Sunday July 20, forty of our members with their families and friends got together at the Disabled Sailing Association for a day on the waters of Glenmore Reservoir. It was a terrific sunny day made for tanning but the wind was just a wee bit too gentle for some of our 26 ardent sailors who ventured forth on the good ship "Lollipop". However, notwithstanding that reluctant wind, those in attendance were well fed at a barbecue and "pot luck" lunch featuring some superb offerings from several generous people.

A very special thanks to the wonderful volunteers at the DSA who ensured the sails went smoothly and to our captain, Dale Keith, who is a seasoned disable sailor himself. And a big thank you to all those that contributed to our pot luck buffet. It was indeed a banquet.

Whether or not you were able to attend this annual event, we encourage you to experience the nautical nirvana of sailing on Lake Glenmore. Get on line at [www.dsaalberta.org](http://www.dsaalberta.org) to check out the very busy calendar of sailing opportunities offered through the Disabled Sailing Association of Alberta.



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### **“Rediscover Your Sensual Self”**

Don't Forget to Register For The....2008 Odyssey Peer Conference & Trade Show  
On **Monday September 15, 2008** from 9:00 am – 8:00 pm Calgary CPA will hold an Odyssey peer conference and trade show. The topic being discussed is “Rediscovering your Sensual Self”. The event will be held at the Glenmore Inn Calgary, 2720 Glenmore Trail SE

#### **Please RSVP no later then September 10th**

Registration \$10.00 per person  
Professionals \$25.00 per person

Cheques payable to:  
Canadian Paraplegic Association  
401, 320-23rd Ave SW  
Calgary, AB T2S 0J2  
We also accept Visa & Master Card

To register by phone please contact our office at 403-228-3001 or e-mail [Mary.masse@cpa-ab.org](mailto:Mary.masse@cpa-ab.org)

Sorry we can not accept registration's at the door.

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## **Medicine Hat**

### **Medicine Hat Update**

We held a very successful and well attended **Volunteer/Member Appreciation BBQ** on June 26, 2008. This event featured Sue's famous burgers and tons of good conversation allowing new acquaintances to be made and old ones rekindled.

Our **bingos** are happening once a month and going really well thanks to a dedicated core of volunteers. A new game has been introduced and has made a positive impact on our monthly pooling cheque.

Our **Casino** is slated for January 29 & 30, 2009. We are in the initial stages of connecting with current volunteers and possibly looking for some new ones.

Due to the economic struggles of our local United Way, they have had to cut funding by one half for the remainder of the year. This shortage is due to pledges/donations not being honored. This will not interrupt any of the programs or services the MH CPA offers, thanks to our very supportive management team.

We have been given notice at our current office for April 2009 and our actively looking for office space.

Summer tends to put most boards on hold such as the City Advisory Board that Shirley sits on, however IDPD has started in preparation for the December event. She also sits on the Volunteer Center Board who is also looking for office and meeting space for 40 active groups using their space. Everyone send some positive energy and prayers down south that some space become available soon for everybody that is looking.

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## Grande Prairie

### **CPA's 1st Annual Peer Conference in Grande Prairie**

ODYSSEY CPA (Alberta) Peer Program  
"EMBRACING THE JOURNEY"

An open invitation to individuals with spinal cord injuries and other physical disabilities with family, friends, caregivers and community

Saturday, September 13, 2008

10:00 am to 4:00 pm

Elks Lodge

10806-106 Street

Grande Prairie, Alberta

"Speakers, Trade Fair, Food, Prizes, Socializing, Networking, Learning"



Clark Sloan was born and raised in Calgary. He has a passion for sports and physical education. On June 1st, 1985, Clark was in a baseball collision and fractured C-6 and C-7 and dislocated his neck. Today, Clark is a full time employee of the Canadian Paraplegic Association and will present his work at the CPA Peer Conference in Grande Prairie on the Trauma of Spinal Cord Injury not only as an academic but as a counselor and a person who has lived with a SCI for 23 years.

### **Master of Ceremonies - Dale Williams**

**10:00 am**

- Welcome and Open Remarks  
by Dale Williams, CPA Board Member

**10:15 am**

- "What is CPA Alberta?"  
by Doug Manderville, CPA Manager of Regional Services

**10:30 am**

- Presentation on "CPA GP Business Plan" by Teren Clark, CPA Executive Director

**11:00 am**

- Peer Support Program for the Northwest Region by Winona Lafreniere, CPA GP Client Services Coordinator
- Personal story on the benefits of peer involvement by a CPA Client
- Large screen presentation on Dale Williams and Travis McNally taken by Russ Bray, CPA Odyssey Peer Program Coordinator

**11:30 am to Noon**

- Presentation on CPA Aboriginal Services by Joan Smith, Manager of Aboriginal Services

**Noon**

- Lunch provided by Ann's Catering
- Large screen presentation on "More Than One Way"

**1:00 to 1:30 pm**

- Presentation on "Personal Empowerment" by Teren Clark, CPA Executive Director

**1:30 to 3:00 pm**

- Presentation on "Understanding Trauma on Spinal Cord Injury" by Clark Sloan, CPA Calgary Client Services Coordinator
- Question and Answer Period

**3:00 pm to 3:30 pm**

- Large screen presentation on "Spinal Cord Research"
- Personal story on spinal cord research by Josh Taylor
- Question and Answer Period

**3:30 pm to 3:45 pm**

- Closing Remarks by Dale Williams

**3:45 pm to 4:00pm**

- Large screen presentation on "Streaker"
- Drawing of Prizes

For further information phone 1-780-532-3305

Agnes St Jean, Regional Services Coordinator at [agnes.stjean@cpa-ab.org](mailto:agnes.stjean@cpa-ab.org)

Winona Lafreniere, Client Services Coordinator at [winona.lafreniere@cpa-ab.org](mailto:winona.lafreniere@cpa-ab.org)

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## Education/Employment

### Client Services Coordinator - Lethbridge

Job Summary: Provide persons with SCI and other physical disabilities with the supports they need throughout life to transition effectively from injury to community, to home, to employment, to aging with a disability through the provision of rehabilitation support, service coordination and information services.

Skill Sets, Experience, and Education:

- Degree or diploma in the human services field or related discipline.
- Three years directly related experience
- Working knowledge of the rehabilitation field and not-for profit sector an asset.
- Good knowledge of Microsoft Office and case management applications – preferably HOMES.
- Ability to work independently or as part of a team with other professionals.
- Excellent organizational, interpersonal and communication skills.

Please submit resumes to Doug Manderville by email: [doug.manderville@cpa-ab.org](mailto:doug.manderville@cpa-ab.org)  
or by fax: 403-343-1630

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### **WANTED: Home Based Business Opportunities**

We currently have clients of CPA (Alberta) seeking home based employment opportunities. Often there are opportunities for data base entry, etc.

If you are aware of someone hiring please forward the information to Mike Hambly, Client Solutions Coordinator. Call (403) 228-3001 or email [mike.hambly@cpa-ab.org](mailto:mike.hambly@cpa-ab.org)

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## **Creative Solutions & Ideas**

### **Mobile Workstation**



Key Specifications/Special Features:

- Easily moves a computer system anywhere
- Superior maintenance computer, flexibility and movement
- Stability steel shelf supporters
- Knock-down, flat-packed, easy assembly
- Easy height adjustable Aluminum extruded pole
- NetWeight: 8kg Wide: 67cm Height:95cm Loading: 20kg
- Accommodates 15"~20" LCD monitors, CPU, Keyboard and Mouse
- Supports standard 75mm and 100mm VESA mounting brackets for flat panel
- Durable polypropylene base, with built-in 3 lockable casters
- Cable management with hiding power core under CPU holder
- ABS high impact plastic shelves

Visit: <http://www.lcdarm.tw/home.htm> for more info.

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## **Wheelchair Sports/Fitness**

**The 2008 Summer Paralympic Games** will be held in Beijing, China from September 6 - 17, 2008. The equestrian events will be held in Hong Kong and sailing events in Qingdao. About 4,000 athletes from 145 countries are expected to take part. There are 20 sports including rowing which makes its Paralympic debut.

Canada will be sending 140 athletes that will compete in 17 sports. Canada finished third overall on the medal table at the 2004 Paralympic Games in Athens and is expected to be a strong contender in Beijing.

CPA (Alberta)'s own Ross Norton, Solutions Coordinator, will be representing Canada at the games and will be competing in the sport of wheelchair basketball. Norton has been on the Men's National Team since 1999 and has won gold at both the 2000 and 2004 Paralympic games.

CBC will be televising a 2-hour summary of the Paralympics Games in the afternoon on September 6 and 7 as well as on September 13 and 14.

The official website of the 2008 Summer Paralympics Games is <http://en.paralympic.beijing2008.cn/index.shtml> and the site of the Canadian Paralympic Committee is [www.paralympic.ca](http://www.paralympic.ca).  
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### **Welcome from the CPC President,**

On October 17, 2008 communications and marketing experts in the field of disability (both sport & non-sport) will be meeting in Ottawa for a Congress that will aim to increase sport involvement for Canadians with a disability.

We have assembled an impressive list of panelists, speakers, and experts. By attending the 2008 CPC Congress, I am inviting you to take part in an event from which I am certain you will be able to learn and grow. I also believe it will be a turning point for Canadians with a disability. Please take a moment to review our program and above all, benefit now from our [reduced early-bird registration](#) price!

If you have any questions please do not hesitate to contact me. I look forward to seeing you in October.

Carla Qualtrough, President  
Canadian Paralympic Committee (CPC)  
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## **Items for Sale**

### **Wheelchair Accessible Home for Sale –\$384,900**

IMMACULATE AND EXTENSIVELY UPDATED 2 BEDROOM BUNGALOW ON A BEAUTIFUL 50X123FT R-2 MATURE TREED AND MANICURED LANDSCAPED LOT. NUMEROUS UPGRADES.

Deck, Handicap Access, No Smoking Home, Patio, Drapery Rods, Vinyl Window



For more details go to: [http://www.kenrichter.com/view\\_listing.php?listing=mls&id=C3339856](http://www.kenrichter.com/view_listing.php?listing=mls&id=C3339856)  
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### **Wheelchair Accessible Home for Sale - \$399,900**

This stunning 1600 sq ft bungalow with double attached garage boasts a unique open floor plan, 9-foot ceilings, oak hardwood floors throughout and hard-to-find finishing details such as rounded corners on walls, window frames and door frames. There is plenty of room for maneuverability in this fully wheelchair accessible, two-bedroom, two-bath home featuring extra-wide hallways and doorways.

Built in 1992, this home offers a bright foyer with motion-sensored lighting, built-in seating and hidden storage, a large master bedroom with fully accessible 4-piece ensuite, massive second bedroom next to the 4-piece main-floor bathroom, huge kitchen with loads of cupboard and storage space, dining room, living room with wood-burning fireplace, main floor laundry and a generously-sized flex room perfect for an office, home gym or third bedroom. The enormous, unfinished basement could easily accommodate an elevator shaft or inexpensive stair lift, or could be used for extra storage.

This home has been designed with energy efficiency in mind. It offers a high-efficiency furnace with humidifier and electronic air purifier, a high-efficiency hot water heater, large low-e windows and energy efficient lighting throughout.

The front of the house faces a treed island which cuts down on traffic and creates a sense of privacy. The large, south-facing windows in the back look out onto a beautifully landscaped, fully-fenced yard with a stone patio, two enormous raised garden beds and mature cherry trees and rose bushes. The back gate opens out onto a treed green-belt and walking trail.

This one-of-a-kind home is close to all amenities, schools, shopping, transportation, paved walking trails and the Whitemud and Anthony Henday Freeways.

Serious and Interested buyers are welcome to view the home in the evenings or on the weekends. Please contact Souheil after 6 pm at 780-722-2663.



### **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.

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

The next issue of CPA (Alberta) *Wheel-E* will be October 1<sup>st</sup> 2008. First deadline for submissions will be September 24<sup>th</sup> 2008. Please send in your announcements **before** the deadline!

To unsubscribe or to change your coordinates please email: [CPAAlbertaNewsletter@cpa-ab.org](mailto: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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