



Canadian Association  
Paraplegic Canadienne des  
Association Paraplegiques  
(Manitoba) Inc.

**MPF** MANITOBA  
PARAPLEGIA  
FOUNDATION INC.

May 2009

Spring Issue

Newsletter of the Canadian Paraplegic Association (Manitoba) Inc.

# PARATRACKS



## "MARK YOUR CALENDAR"

"Sunday, June 14  
Wheels in Motion"

"Tuesday, June 16  
CPA's Annual General  
Meeting"

"Tuesday, July 14 and  
Wednesday, July 15  
Will to Win Golf Classic  
Volunteers Needed!"

"Friday, July 17th  
Day at the Beach  
Rain date: July 24th"



### ALSO IN THIS ISSUE:

~ The Power of **Cranberries** -

Have they finally proven themselves in the medical field? pg. 10

~ Keith Klassen reveals his life "**Under Construction**" pg. 9

~ CPA Manitoba welcomes back Laurence Haien pg. 7



**ParaTracks is a publication of:**

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**Toll-free: (800) 720-4933 (within Manitoba only)**

Visit CPA's website at [www.cpamanitoba.ca](http://www.cpamanitoba.ca)



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*\*paraplegic or tetraplegic*

CPA extends its sympathies to the families of the following loved ones who recently passed away:

Marsha Milner

Terri Bigularski

Garry Jasin

Edward Dyck

Betty Anderson

Lawrence Mazur



Dave Dunning

John Riordan

Ellen Wiebe

Eleanor Finlay

Barbara Bourbonniere

Charles Hooper

## MANITOBA PARAPLEGIA FOUNDATION INC. (MPF) NEWS

### *MPF funds go to work in four main areas that are not supported by any other sources in Manitoba:*

*Special projects, product testing, research and direct aid to persons with spinal cord injuries who do not have the necessary financial resources for equipment and/or services. All requests for direct aid are initiated through CPA. Individuals must provide information on their financial status, explain why they cannot meet the expense within their own budget, and identify any other potential sources to support the request including potential for contribution from family.*

*CPA thanks MPF for its continued support to improving the quality of life of persons with spinal cord injuries.*

*MPF has approved several requests for financial support during the past few months. Some of the highlights are as follows:*

### *During the month of October 2008:*

☞ Funding was granted for the purchase of a set of pneumatic tires for a CPA member's motorized wheelchair. These tires would provide a much smoother ride than the solid tires currently on the wheelchair. The smoother ride would decrease the extreme back discomfort experienced by the member.

☞ Funding was provided to cover the cost of new batteries and leg rests for a motorized wheelchair which was donated to CPA by the estate of a CPA member. The wheelchair will be given or loaned to a CPA member who is not eligible for a motorized wheelchair through the Society for Manitobans with Disabilities Inc.'s Wheelchair Program.

### *During the month of December 2008:*

☞ Funding was granted for a research project which will examine and compare the epidemiology of spinal cord injuries in Manitoba and Canada. This data will be important for understanding the current epidemiology of acute spinal cord injury in order to properly identify

the causes of acute SCI in Manitoba for relevant allocation of resources and for potential primary prevention.

### *Month of February 2009:*

Funding was provided to cover the cost of building a ramp, steps, and railings for a CPA member's house. This will provide proper support and will allow the member to safely access the front entrance of their home.

Funding was provided for the development of a system for a voice-activated system for use in the home. The hope is that a system like this would increase the safety of anyone using hand controls on a wheelchair as it would allow them to focus on driving rather than trying to physically access switches for things like wipers, headlights, etc.

### **MPF Trustees**

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*You can visit MPF's website at:*

*[www.cpamanitoba.ca/mpf](http://www.cpamanitoba.ca/mpf) Applications for assistance are available through the website or by contacting the CPA office.*

## **Another Bronze for Team Manitoba!**

**Congratulations** to Manitoba's Wheelchair Curling Champions on their Bronze medal win at the National Curling Championships held in Nova Scotia in March 2009.

**The Manitoba team consists of (from left to right)** Dennis Thiesen, Chris Sobkowicz, Michael Alberg, Arlene Ursel, and Terry Lindell (not shown).



# CONDOMINIUMS

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■ **Tracey Anderson**

■ **Gerard Carriere**

## 450 Youville

Point Riviere is a new concrete/steel condominium residence with a main floor common room nestled in a bend on the Seine River in stunning St. Boniface, Winnipeg.

This accessible building offers a choice of six designs. Heated ground level parking with direct elevator access to the three floors.

Thoughtful design, quality craftsmanship and the finest material offer care-free lifestyle. Controlled access security parking & storage and views of both downtown & the Seine River.

Open house is held every Saturday & Sunday between 2 & 4 pm and during the week with appointment.

*Guided tours available.*

**Century 21**  
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# Tax Breaks for Home Renovations

Renovating your home just got a bit easier thanks to the Government of Canada's new Home Renovation Tax Credit (HRTC). The HRTC will apply to eligible home renovation expenditures for work performed, or goods acquired, after January 27, 2009 and before February 1, 2010.

Homeowners can get a 15% tax credit of up to \$1,350 for eligible renovations to their home or cottage. Renovations have to exceed \$1,000 and the credit tops out after \$10,000 of work.

## Eligible Expenditures

- ☞ Renovating a kitchen, bathroom or basement
- ☞ New carpet or hardwood floors
- ☞ Building an addition, garage, deck, garden/storage shed, fence or retaining wall
- ☞ Re-shingling a roof
- ☞ A new furnace, woodstove, boiler, fireplace, water softener or water heater
- ☞ Painting the interior or exterior of a house
- ☞ A new driveway or resurfacing a driveway
- ☞ Window coverings directly attached to the window frame and whose removal would alter the nature of the dwelling
- ☞ Laying new sod
- ☞ Swimming pools (permanent in ground and above ground)
- ☞ Fixtures – lights, fans, etc.
- ☞ Associated costs such as permits, professional services, equipment rentals and incidental expenses.

## Ineligible Expenditures

- ☞ Furniture, appliances, and audio and visual electronics
- ☞ Purchase of tools
- ☞ Carpet cleaning
- ☞ House cleaning
- ☞ Maintenance contracts (furnace cleaning, snow removal, lawn care, pool cleaning, etc.)
- ☞ Financing costs

You must keep all documentation relating to the expenditures. Documentation such as agreements, invoices and receipts must clearly identify the type and quantity of goods purchased or services provided, including, but not limited to, the following

information:

- ☞ Information that clearly identifies the vendor/contractor, their business address and if applicable, the GST/HST registration number.
- ☞ A description of the goods and the date when the goods were purchased.
- ☞ The date when the goods were delivered and/or when the work or services were performed.
- ☞ A description of the work performed including the address where the work was performed.
- ☞ The amount of the invoice.
- ☞ Proof of payment – receipts or invoices must be accompanied by credit card slips or cancelled cheques.

You can do the work yourself or hire someone. However, you can't hire friends and family unless they are registered for the GST.

You may be eligible to claim two deductions for the same work. Renovations eligible for the Medical Expense Tax Credit can also be claimed under the home renovation tax credit program.

Additional information will be posted on the Canada Revenue Agency's website as it becomes available.

In the meantime, go to [www.actionplan.gc.ca](http://www.actionplan.gc.ca) or call 1-800-622-6232

*"Gardens are not made by sitting in the shade."*

~Rudyard Kipling~

## Wolseley Woodworking & Construction



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667-5787Mike Hladky (SMR, U of M)



## TRAVEL GETS EASIER

~Greg Winmill~

Two of the world's leading online travel companies have agreed to add features to their online travel reservation systems so that millions of travelers with disabilities can use their online services to search for and reserve hotel rooms that have the accommodations they need.

**Hotels.com** and **Expedia.com** will gather information about hotels' accessibility features, and will be incorporating information into their websites so that travelers can both search for hotels with rooms that offer the particular accommodations they need, and make special requests online to book those accessible rooms. Each special request will be given individual attention by a trained customer service representative

who will work with the customer to accommodate his or her needs. These new features will be rolled out later this year.

For years travelers with disabilities have been unable to take advantage of the convenience and low cost options of booking hotel rooms online. Soon they will be able to reserve a hotel room online that meets their needs just like anyone else.

**Vacationstogo.com** now offers travelers with special needs the ability to search for disability specific facilities, amenities and services provided by more than 90 of the world's best cruise ships. Travelers can now check off their specific needs while searching for the best cruise rates online.

## FREE ATTENDANT AIRFARE

~Greg Winmill~

Can your personal care attendant fly for free? The answer to that question is, possibly. Many wheelchair users can now qualify for free personal care attendant airfare on Canadian domestic flights. Once you know the rules and regulations to follow it should become easy to find out if you qualify.

### Do All Wheelchair Users Qualify?

Under the new regulation, passengers defined as "people with severe disabilities" may qualify for free personal care attendant travel, as long as an attendant is needed for their in-flight personal care or safety.

### It does not apply to:

- ☞ Wheelchair users who simply like to travel with a companion
- ☞ Wheelchair users who only require a personal care attendant at their destination but not in-flight

The airlines are responsible for determining eligibility; however there isn't a publicly available list of qualifying disabilities. Eligibility is determined on a case-by-case basis.

The Canadian Transportation Agency estimates the rule will only affect a very small percentage of annual passengers. It's believed that some wheelchair users won't make the cut; however, since the exact eligibility standards aren't a matter of public record, it

doesn't hurt to apply. The worst thing that can happen is that you will be turned down.

### Getting Your Free Seat

Although Air Canada and WestJet have different medical forms, the basic eligibility procedures are the same. Here's what you need to do:

- ☞ Make your reservation.
- ☞ Contact the airline (or go on-line) to obtain the necessary medical certification forms.
- ☞ Have your doctor complete the forms and return them to the airline.
- ☞ An authorization code will be sent to you by the airline medical department, if you qualify.
- ☞ Call the airline and provide the authorization code, along with your booking number to request a free seat for your personal care attendant.

After the initial application, qualifying passengers with disabilities can get permanent medical confirmation, eliminating the need for subsequent medical exams. Passengers must pay all taxes and user fees for the attendant seat.

*An attendant is defined as a able-bodied person 16 years of age (18 on Westjet) or older who is physically capable of assisting a non self-reliant passenger with a disability to an exit in the event of an emergency, and who will attend to the personal needs of that passenger during the flight, where such is required.*



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Or Contact Corinna at 204-612-0399 or Angie at 204-612-0398



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Tache Medical  
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# We Need You!!

## Do You...



- Enjoy watching golf...
- Like being outside in the sun of a Winnipeg summer...
- Have a few hours of free time on Tuesday July 14th or Wednesday July 15th...
- Like pizza...
- Want to experience the scenery of Niakwa Country Club or St. Charles Country Club...
- Feel like being a part of a golf tournament that raises funds for spinal cord research in Manitoba...

The Will to Win Golf Classic is an annual tournament that raises funds in support of the Manitoba Paraplegia Foundation Inc.

Since 1993 the tournament has raised over \$900,000!!

If you would be willing to lend your support to this tournament, please call Adrienne at 786-4753 ext 222. We are in need of volunteers who would act as spotters on contest holes. Grab your hat, sunscreen, mosquito spray, and water bottle...and we'll see you on the course!

To show our appreciation for your hard work, all volunteers will receive some great prizes and be invited to a pizza lunch at CPA.

## One Year Training Opportunity

*"Preparing Canadians with Disabilities for their Critical Role in Society"*

Are you interested in a training opportunity? CPA is hiring from within its membership to develop a CPA member to the competency level of service delivery.

Our objective is to interest people with spinal cord injuries in the delivery of service by providing exposure to the field (interest assessment) and then developing a skill set through a training protocol, to enhance the life experience in living with a spinal cord injury, thereby, strengthening our organizational mission of "Members helping Members".

Interested applicants must have an undergraduate degree (a combination of education and experience may be considered) in a related field and a willingness to acquire specialized training leading to the long term goal of becoming a Certified Rehabilitation Counsellor or a Certified Canadian Counsellor.

Please direct your letter of interest and resume to Adrienne Conley at the CPA office by June 30, 2009.

## Rick Hansen Wheels In Motion

presented  
by  
 Scotiabank



**The 7th Annual Rick Hansen Wheels In Motion will take place in Winnipeg on Sunday, June 14, 2009.**

Each year people of all ages and abilities can come out to wheel or walk with friends and family along a designated route starting at the Scotiabank Stage at the Forks, or participate in a fun and challenging wheelchair relay. Last year the Rick Hansen Wheels in Motion events in Winnipeg raised a total of \$85,000.00.

This year we will have our 2 KM Wheel/Walk and Wheel Chair Challenge at the Scotiabank Stage at the Forks on Sunday June 14th starting at 9:30 am.

There will be coffee and refreshments in the morning, as well as a complimentary barbeque hosted by Fountain Tire.

Last year we had 25 teams in the Scotiabank Wheel Chair challenge and we expect to have even more this year.

We invite everyone to come out and participate in our wheel/walk on June 14th.

Pledge sheets are available at all Scotiabank locations, and online at [www.wheelsinmotion.org](http://www.wheelsinmotion.org).

We look forward to many participants to help with this great cause





## CPA. MANITOBA WELCOMES BACK LAURENCE HAIEN

I was born and raised in Winnipeg. I graduated from the University of Winnipeg with a Bachelor degree in Sociology and from the University of Manitoba with a Bachelor degree in Social Work. I have 18 years of work experience in the area of disabilities. Most recently, I was employed as a service coordinator with Winnipeg Children's Program, Society for Manitobans with Disabilities. Several years ago, I was employed as a Rehabilitation Counsellor, Vocational Services with the Canadian Paraplegic Association (Manitoba) Inc.

I am pleased to return to CPA as the Senior Rehabilitation Counsellor, Vocational Services and look forward to meeting and working with the members.



*"You will get all you want in life if you help enough other people get what they want." ~ Zig Ziglar ~*

### Classified ads in Total Access ~ New for 2009!

Total Access, the quarterly National newsletter of CPA, will have classified ads at the back of the magazine for your use, starting with the Spring 2009 issue.

Approximate size: 50 words, including your email or telephone number. Cost \$50 per ad.

For more information, please contact: McEvoy Galbreath, publisher, at 613-688-0763 or [mcegalbreath@summitconnects.com](mailto:mcegalbreath@summitconnects.com)

### To Give Away

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- 1 - adult manual wheelchair, 1 - folding walker
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3-wheeled 3-speed hand pedaled touring cycle. \$350.00. **Tel: 204-837-1290**

Quickie lightweight folding wheelchair – 15 inches wide. High profile roho cushion – 9x8, bubble. Low profile roho cushion – 9x9 bubble.

**Tel: 204-638-3731**

Roho cushions – 9x8 brand new – \$200; 8x8 – patched – \$50. **Call Ken at 885-2369**

Accessible 950 sqft bungalow for sale. Attached single garage, 2 bedrooms, large yard.

**Call David at 334-1513**

### The CPA E-Poll

For the past few months, CPA National has been running an electronic poll (e-poll) on their national website at [www.canparaplegic.org](http://www.canparaplegic.org). Each month, the number of respondents has increased to the point where there were over two hundred replies from people with a spinal cord injury. Each month, they post a new question for their visitors to offer their vote.

If you would like to see the results of the poll or have any suggestions for questions they could pose, just get in touch with David Hinton at [dhinton@canparaplegic.org](mailto:dhinton@canparaplegic.org) or Kristina Price at [kprice@canparaplegic.org](mailto:kprice@canparaplegic.org).



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## Neighbourhood Partners Support United Way Campaign

CPA (Manitoba) Inc. thanks **“A Flower Affair”** and **“Sundara’s Thai and Lao Restaurant”** for their generous support to CPA’s United Way Campaign.

**“A Flower Affair”** is a specialty store offering contemporary or traditional styles for every holiday and all life cycle events such as births, weddings, funerals, birthdays and anniversaries. They specialize in unique and beautiful floral arrangements, potted plants, gift and fruit baskets, balloons, stuffed animals and gift-ware.

Gabor Vamos is the owner of this flower shop which has been a well respected establishment in the area at 833 Sherbrook Street, situated across the street from the Rehabilitation Hospital. Phone or email orders are welcome. Contact by phone at 772-0355 or 1-800-297-3364, by email at [gabor@floweraffair.net](mailto:gabor@floweraffair.net) or visit their web page at [www.floweraffair.net](http://www.floweraffair.net).

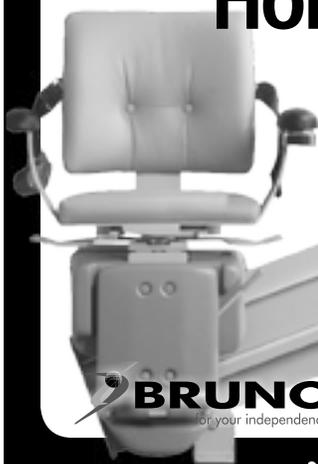


**“Sundara’s Thai and Lao Restaurant”** offers dine-in or take-out services.

The restaurant has an extensive menu of delicious food, friendly, welcoming staff and reasonable pricing. Located at 839 Sherbrook Street at William, the restaurant is owned by Kheng and Viengxay Sundara. For those not choosing Asian cuisine, they offer all-day breakfast specials from 9:00 a.m. to 3:00 p.m. Monday to Thursday and 9:00 a.m. to 9:00 p.m. Friday and Saturday.



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## LIFE UNDER CONSTRUCTION

~Keith Klassen~

I have been with the Steinbach Credit Unit full time for 11 years, and it is sometimes hard to believe that it has been over 15 years since the accident that changed my life.

On September 19, 1993 I had a work injury fracturing my L2 and C2 that left me with incomplete paraplegia. I was employed as a maintenance/construction worker so my injury not only took away the use of my legs; it also took away my job.

Soon after arriving in the hospital the full extent of my injuries began to sink in and my wife and I realized that our life as we knew it before would never be the same again. Through this time I became aware of how very lucky I was to have the support of my wife who left her job so she could come be with me every day while I was in the hospital. This year we are celebrating our 20<sup>th</sup> anniversary.

In the months that followed, we spent many hours talking to Liz Lobban, our CPA counsellor about all that was happening in our lives and what to expect down the road. I was very impressed by Liz's attitude towards life as she did not let her injury slow her down - her accident had taken away the use of her legs but she did not let it change her lifestyle. I had also been very active in sports and outdoor activities before my injury so listening to Mark Wherrett talk about his involvement in recreational activities like boating, snowmobiling and ice fishing (activities that I had been very involved in), I began to see that a spinal cord injury did not have to take that lifestyle away.

Towards the end of my therapy I began meeting with Darlene Cooper, CPA vocational counsellor, to discuss what options would be available for a new career. I made a decision early on that although I would never be able to go back to the job that I thoroughly loved, I would somehow find a job that I could enjoy and support my family again.

Having only a Grade 12 education and 1 year of

college my options were very limited. After much counselling and taking some tests evaluating what my strengths and interests were, I realized that I wanted to work in an environment where I could help people. When Darlene mentioned that she could use her contacts to coordinate some job exposure at a bank, I thought it would be a good place to start.

This experience changed my life and I realized that this would be the kind of work environment that I could feel fulfilled in, and make a good living.

I saw that for the most part banks are accessible as they are service orientated.

I spent the next year at home applying for jobs in my area with no doors opening until the manager of the Steinbach Credit Union decided to give me a chance. I was first hired as a teller and since then I have taken six other jobs

working towards my current position as a small business account manager in the Commercial Lending Department.

It has taken many years of hard work and dedication in my job which has brought me success in working toward my goal. I am very thankful for businesses like the Steinbach Credit Union that are willing to give people with disabilities a chance to prove their importance and value so that they can make a living to support their families.



*"You build on failure.  
You use it as a stepping stone.  
Close the door on the past.  
You don't try to forget the mistakes,  
but you don't dwell on it.  
You don't let it have any of your energy,  
or any of your time, or any of your space."  
~Johnny Cash~*



by  
Kristine Cowley,  
PhD

## The Power of Cranberries

*Have they finally proven themselves in the medical field?*

Research

*For many years* people have sworn by cranberry juice as a means to reduce the likelihood of getting a bladder infection. For people living with a spinal cord injury, anything that can reduce the number of bladder infections a person has to contend with would be very welcome indeed.

But up until recently, the research evidence has not supported the consumption of cranberry juice for reducing the likelihood of getting a bladder infection. This is partly because the studies were in small groups of people, the amount of juice or concentrate needed to be effective was unknown, and the studies used 'getting an infection' as their final assessment.

More recently, researchers have begun to take a more careful and systematic look at the role of cranberry juice or concentrate in reducing the risk of infection, and as a result, are beginning to make some interesting observations.

So, one of the problems with using 'getting an infection' as a study's measure of effectiveness is that there is considerable variability in what can lead to an infection, such as a person's immune status, amount of fluids taken in, alcohol and drug consumption, etc. So the fact that these initial studies did not observe any difference in infection rates between small groups of people who consumed cranberry juice or concentrate pills and those that did not shouldn't be surprising.

More recently, researchers have begun to do three things to aid in their research. The first is try to figure out the 'effective' dose (eg. two vs. three glasses per day) and the second is to use an experimental 'endpoint' that is more clear than infection rates. The third is that when using 'getting an infection' as an endpoint, that researchers use larger groups that are placebo-controlled and double blind.

**How does cranberry juice work to prevent urinary tract infection (UTI)?** There is a substance in cranberry juice (and to a lesser extent blueberries), called proanthocyanidin which interferes with the ability of *Escherichia coli* bacteria to adhere or stick to, the cells lining the inside of the bladder. *E coli* growth in the bladder is the most common cause of non-complicated bladder infections, and the little *E coli* bacteria send out hairlike fimbria, or extensions, to stick, or adhere themselves to the lining of the bladder. The substance called proanthocyanidin, found in cranberries, blocks or reduces the ability of *E coli* to stick to the bladder wall. It is thought that this is the main mechanism through which cranberries work to prevent the development of bladder infections.

So, the more recent tests have looked directly at the adherence or stickiness of *E coli* bacteria in 'in vitro' tests to see whether the urine from those drinking cranberry juice prevents the adherence of *E coli* bacteria to bladder wall cells grown in culture.

When using this more direct assessment of cranberry juice, it was observed that urine from 15 of 22 subjects showed significant anti-adherence activity when measured 1–3 hours after drinking 15 ounces or 444 ml of cranberry juice cocktail.

The exact volume of cranberry juice needed to be effective is not really clear, partly because the studies to date have been quite variable in their sources of product (very few have used the popular Cranberry juice cocktail we are all familiar with), and there is also quite a bit of variability in the quality and quantity of active ingredient in the capsules that are available.

Nonetheless, a double-blind, placebo controlled trial in an elderly female population, suggested that 300 ml of cranberry juice cocktail may be effective, and it may take as much as 8 weeks of regular consumption to become effective. At the end of this 6-month study, the urine samples from women receiving 300 ml of daily cranberry juice cocktail were 42% less likely to contain bacteria than from women who received placebo. Although in many cases, bacteria is present in the urine of elderly women without accompanying symptoms of urinary tract infection, it was also of interest that antibiotic treatment for urinary tract infection was required in 16 cases in the control group compared to 8 cases from the group of women drinking cranberry juice.

More studies are needed to figure out the exact dosage of either juice or pill forms of cranberry that are effective for reducing bladder infections, but these studies are a start. Even fewer studies have examined this question in the SCI population. However, very recently (2008) Hess et al., used a double-blind, placebo controlled crossover study in the SCI population and found that cranberry tablets were effective at reducing the incidence of UTI by over 60% when compared to those consuming placebo. In this study, the tablets contained 500 mg of cranberry concentrate (obtained from Swiss Herbal Canada, called Cran-Max), and the number of urinary tract infections was reduced from 21 for those ingesting placebo to 7 for those ingesting cranberry tablets during the 6 month study.

In summary, even though more work needs to be done, preliminary studies suggest that the general population seems to benefit from 1-3 glasses per day of cranberry juice cocktail (although 3 glasses may be only slightly better at preventing *E coli* adherence than 1 glass of juice), and that in the SCI population taking tablets containing 500 mg of cranberry solids daily may reduce the incidence of UTI. It also may be that cranberry must be consumed for 8 weeks before becoming effective. The NIH medline website on dietary and herbal supplements suggests that these amounts are considered to be within safe upper limits for cranberry juice or concentrate.

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Visit [www.barrierfreemb.com](http://www.barrierfreemb.com) for more information about the call for accessibility-rights legislation in Manitoba.

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*The City of Winnipeg Access Advisory Committee along with the Manitoba Association of Architects and the Winnipeg Free Press are proud to announce the call for nominations for the 2009 Accessibility Awards.*

The Winnipeg Accessibility Awards honour positive examples which meet or go beyond the Universal Design standards in making life more equitable, safe, comfortable, and affordable for everyone, including people with disabilities. Again this year the program is open to private business, individual residential renovations, landscape projects, and of course public and governmental buildings, all in different and representative categories. New for 2009, the committee will include all the City of Winnipeg Departments in a separate category.

If you are aware of a project that is worthy of this recognition, contact Chris Sobkowicz, Coordinator, City of Winnipeg Access Advisory Committee at 986-8345.

The deadline for nominations is Tuesday June 30th, with the official Accessibility Awards Announcement being made at a noon hour reception at City Hall on Thursday October 29th.

Return undeliverable Canadian addresses to: \_\_\_\_\_  
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