



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

MPF MANITOBA
PARAPLEGIA
FOUNDATION INC.

December 2011

Fall Issue

Newsletter of the Canadian Paraplegic Association (Manitoba) Inc.

PARATRACKS



Season's Greetings!
May Peace, Hope & Joy
Fill Your New Year!

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Visit CPA's website at www.cpamanitoba.ca



Canadian Paraplegic Association
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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 Trustees

Doug Finkbeiner, Q.C (President), Arthur Braid, Q.C (Vice-President),
James Richardson Jr. (Treasurer) Dr. Lindsay Nicolle, Ernie Hasiuk, John Wallis

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

During the month of July 2011:

∞ Financial support was granted to cover the cost of an accessible computer desk for a CPA member. This desk will provide better access to a computer and the ergonomic design will help reduce physical stress while the member is completing home-based work or educational pursuits.

During the month of September 2011:

∞ Financial support was provided for temporary emergency housing for a CPA member so that the member could avoid a situation of homelessness.

∞ Funding was granted for the purchase of new tires for a used power wheelchair for a CPA member. The wheelchair was purchased privately as the member is not eligible for a power wheelchair through any funding programs. This wheelchair will reduce the strain on the member's shoulders, particularly in the winter months when snow and ice will make travel to school difficult.

Visit MPF's website at: www.cpamanitoba.ca/mpf
Applications for assistance are available through the website or by contacting the CPA office.

Saving Circle PROGRAM

Would you like to improve your financial situation?

Is there something you or your family need, but it seems like you'll never be able to save enough money?

The Saving Circle program may be right for you!

Saving Circle has the most flexibility in acceptable goals – you can save for furniture, damage deposits on an apartment, education for yourself or a dependent, micro business or disability supports, including Registered Disability Savings Plan (RDSP) contributions. The maximum you can save is \$250, and then your savings are matched for a total of \$1,000 to use for things you need. This program lasts for six months.

In both programs you will have:

- a 10 week money management course to learn about yourself in relation to your money, so that you can make it work for you.
- individual and peer support
- a chance to save for something necessary and important to you

Registration and participation are free. There are income limits, an application is required to be considered for acceptance, and spaces are limited. Applications will be taken in the fall of 2011, with the program beginning in January 2012.

Contact the SMD Clearinghouse to be added to the list for an information package.

Call 204-975-3103 or email: zjoyce@smd.mb.ca or drop in to Room 204 at 825 Sherbrook Street.

Advance Plus™

Touch Free Intermittent Catheter System

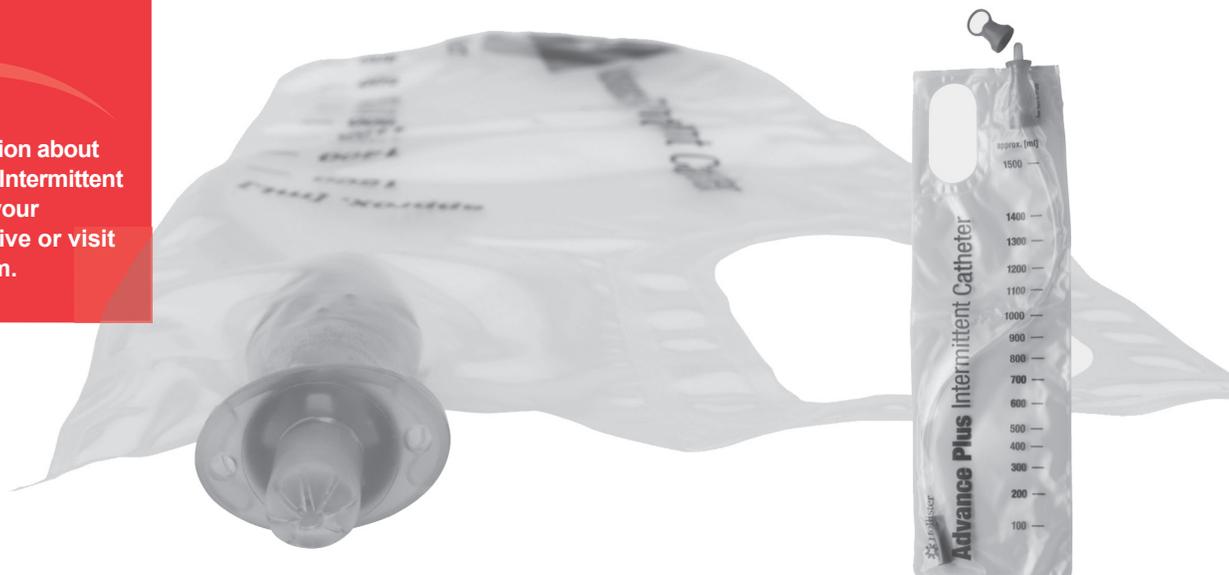


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Hollister Advance Plus Intermittent Catheter features *Touch Free* technology enabling users to catheterize with confidence —anytime, anywhere— supporting user mobility and independence.

A unique Touch Free protective introducer tip helps reduce the risk of carrying bacteria up into the urinary system. The Advance Plus Touch Free collection bag shields the sterile catheter from possible environmental contamination. Ultra-smooth catheter eyelets, together with the patented user-regulated gel reservoir, help ensure trouble-free insertion and withdrawal for enhanced user convenience and comfort.

For more information about the Advance Plus Intermittent Catheter contact your sales representative or visit www.hollister.com.



Thumbs Up Project

The Manitoba League for Persons with Disabilities Inc.'s Thumbs Up Project was designed to evaluate the general accessibility of public facilities in different communities. Volunteers will conduct assessments of facilities and will offer a more thorough assessment where requested and recognize accessibility efforts where warranted. They will also distribute a "helpful hints" book and initiate access improvement projects where possible. Volunteers have completed the mapping of the Windsor Park area. Please see the report below for more information.

Thumbs Up Project Report

by Derek Legge & Daniel Halechko

The mapping of the target area, Windsor Park, was done and a local group of adults with disabilities (Trailblazers) delivered our Helpful Hints for Access to all local businesses. They also put up notices in the area asking for community input. We noticed several wheelchair ramps added to private homes and delivered a letter asking for their views on local barriers or access, along with a copy of the MLPD newsletter.

There were 21 homes with ramps in Windsor Park. We have visited most churches, convenience stores, park areas, medical and dental offices, restaurants and have sadly observed the apartment block situation. So many apartment buildings were three storey and partly into the ground (inside stairs) or had outside stairs. Only two places were decently accessible out of about 16 buildings, not including Manitoba Housing which had two locations with part of each being accessible.

We wrote to a dozen local businesses to seek sponsorship for disabled parking signs to give away where needed. Only Moe Dupuis Enterprises purchased four, which have been distributed. We have given out five Thumbs Up certificates to 3 churches, a hotel, and a training centre that have made good efforts to be more accessible. All stores in strip malls are being visited to record entry access and washroom access where available to the public. Each visit usually results in discussion about any barriers.

When power doors are out of the question, we suggest a wireless door chime that would alert the reception that someone needs assistance with the door. These cost less than \$30. Safety hazards, like all glass doors or tripping hazards are pointed out as well, for those with a visual disability.

Daniel is beginning the planning to start the accessibility review of the Wolseley area as the next neighbourhood.

Thumbs Up certificates were issued to the following places in Windsor Park:

*Windsor Park United Church - designated parking, good ramp, power doors, recent addition of elevator to basement hall, accessible washrooms both upstairs and down, space in pew area for wheelchairs and a pull-out ramp enabling a wheelchair choir member to be upfront with the choir.

*CanadInn Windsor Park - recent addition with good inside ramping, more accessible washrooms, better designated parking, color and texture changes on stairway and plans to eliminate a switchback ramp at the entrance to put in an elevator.

*Prince of Peace Lutheran Church – designated parking, buzzer at door to be added, seating in pew area for wheelchairs, large print Sunday bulletin, newer sound system and recently added accessible washroom.

*ASAP Advanced Schooling and Professional Services - recently relocated to an accessible location because former location was difficult to enter in a wheelchair and had no accessible washroom. The other location could not be improved.

*Saints-Martyrs-Canadiens Catholic Church – designated parking, power doors, newly renovated interior with accessible washrooms, wheelchair seating in pew area, enhanced sound system.

The certificate states "For their on-going interest and commitment to making their premises an accessible and safe environment for all of its customers, members and clients". While there were usually more things yet to improve at each place, the certificate is to recognize what they have done and hopefully encourage them to keep on making other improvements.

Reprinted with permission from the Manitoba League for Persons with Disabilities Inc. – July 2011 Newsletter.

The SMD Assistive Technology Support Program

People looking for funding assistance to purchase technology can now turn to SMD and the Assistive Technology Support Program for help. The goal of the program is to help more people with disabilities gain access to products that can improve their daily lives by helping cover the sometimes considerable costs of technology.

WHAT IS ASSISTIVE TECHNOLOGY?

Assistive Technology (AT) is a product or piece of equipment that helps a person with a disability to carry out their daily activities, and to maintain a healthy and independent lifestyle.

Here are several different examples of products and equipment that might be considered as AT.

1. AT can help people communicate with others, and/or help people to understand what is being said to them.

- It can be as simple as a thick pen with a rubber grip, to speech devices that a person can use to create messages that are then displayed on a screen. Or a type of handheld electronic device that has a series of symbols or pictures that can be used to communicate with others. It doesn't have to be electronic; it could also be a board with letters, symbols, or pictures on it that can be arranged to form messages.

2. AT can assist a person with bathing and dressing.

- A shower seat or bench
- A long handled shoe horn

3. AT can help you move around.

- A walker, or cane
- A wheelchair (electric or manual) that is not available through SMD Wheelchair Services, or a scooter
- A lift that will assist you transferring in and out of bed or a bath lift
- Vehicles can be adapted for people with disabilities, e.g. steering wheels; controls can also be adapted for people who have physical disabilities or mobility impairments.

4. AT can assist with adaptations for the home.

- Installing Wheelchair lifts and other mechanical lifts
- Power door openers

These are just a few of the many different products and equipment that could be considered for our funding program.

WHO IS ELIGIBLE FOR THIS PROGRAM?

To be eligible for funding assistance under the SMD Assistive Technology Support Program, applicants must:

- Be a member of SMD Alliance;
- Purchase their assistive technology ("AT") within the current fiscal year;
- Have less than 80% of their actual costs already being provided by one or more third party funders;
- Have received no other funding under this Program within the current fiscal year; and
- Complete the application process in a manner acceptable to the SMD Foundation / Easter Seals Manitoba.

Applications must also be made by the person who will be using the assistive technology device (although in some cases applications can be made by an advocate, legal guardian, or a substitute decision maker appointed by the Vulnerable Persons' Commissioner in the Province of Manitoba).

PROGRAM BENEFITS

For those who are eligible, SMD will provide a refund of up to 20% of the cost for the assistive device. The maximum that this 20% can be is \$2500. E.g. If the Assistive Technology costs \$1000, SMD will refund up to \$200.

However, if the Assistive Technology costs \$15,000, SMD will only refund to a maximum of \$2500.

HOW DO YOU APPLY

Application forms may be obtained from:
SMD Fulfillment Center (825 Sherbrook Street)

SMD Foundation / Easter Seals Manitoba (825 Sherbrook St)
SMD regional offices (see website); or
SMD website at www.smd.mb.ca

Submit completed applications to:

SMD Assistive Technology Support Program
SMD Foundation / Easter Seals Manitoba
825 Sherbrook Street
Winnipeg, Manitoba R3A 1M5

REVIEW PROCESS

1. Applications will be reviewed by the SMD Foundation / Easter Seals Manitoba to ensure:
 - a) All eligibility criteria has been met
 - b) The application has been completed in a manner acceptable to SMD Foundation / Easter Seals Manitoba.
2. Applications which have not been satisfactorily completed will be returned to the applicant with a letter of explanation.
3. Applications which do not meet the eligibility criteria will be sent a letter of explanation.
4. Applications which do meet the eligibility cri-

teria and have been satisfactorily completed will be forwarded to the SMD Assistive Technology Committee for a decision regarding the funding.

APPROVAL PROCESS

- ~ The Committee will meet on a quarterly basis at the minimum.
- ~ Applications will be reviewed and considered on a “first come, first served” basis.
- ~ Support is subject to the Assistive Technology Committee of the SMD Foundation / Easter Seals Manitoba’s approval of an application.
- ~ Support is subject to the availability of funds.
- ~ Decisions of the Committee will be deemed ‘final’; and
- ~ All applicants will receive a letter to explain the decision of the Committee.

NEED MORE INFORMATION?

For information relating to this program please contact:

*Maria Marrone, Chief Operating Officer
SMD Foundation / Easter Seals Manitoba
(204) 975 - 3033 or mmarrone@smd.mb.ca*



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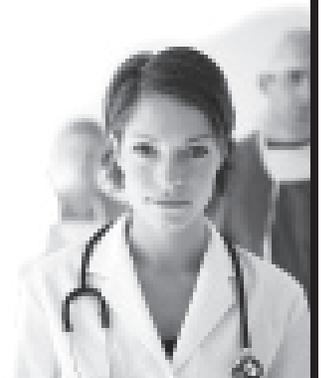
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ATOM-JET GROUP Premieres The AJILITY LIFT

Farmers and heavy machinery operators with disabilities have a new tool to help them remain mobile and continue farming.

The **AJILity Lift** hydraulic arm is designed to help people with disabilities get into farm implements, industrial equipment, aircraft and virtually any other raised vehicle or platform.



PHOTO COURTESY OF ATOM-JET

Mounted in the back of a standard pick-up truck, the **AJILity Lift** offers disabled users the ultimate safety, versatility and independence. With the use of remote control units, anyone can learn to operate the **AJILity Lift** - completely unassisted. The smooth, hydraulic operation allows for infinite movement and delicate manoeuvring up to a height of 7 feet, 8 inches and a lat-

eral distance of 10 feet, 11 inches while safely carrying weight of up to 750 lbs.

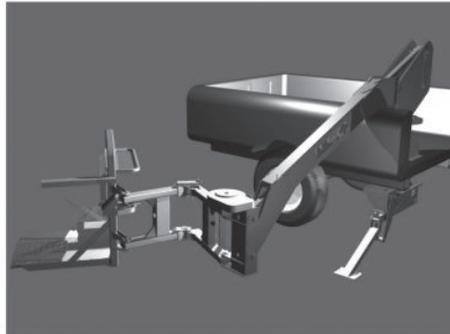


PHOTO COURTESY OF ATOM-JET

While the **AJILity Lift** was originally designed for use by farmers with disabilities, the possibilities for use by other segments of the population are almost unlimited. With respect to the lift's agricultural uses, it provides access to all known makes and models of self-propelled farm machines which means the farmer with a disability needs to purchase just ONE lift for use with ALL machinery. The platform can be modified as required for various situations, wheelchair models and industries.

The **AJILity Lift** was professionally designed and constructed using every safety factor currently recommended by C.S.A. Standards relating to similar products, such as manlifts, wheelchair lifts, cranes,

etc. All moving parts have been designed for long time service, backed by a 2-year warranty.



PHOTO COURTESY OF ATOM-JET

For more information on this new product, call us at **1-800-573-5048**. Visit us online at **www.atomjet.com** to see videos of the lift in action.



PHOTO COURTESY OF ATOM-JET

AJILITY LIFT

Disasters Do Not Need To Be Tragedies

It has been a very hot week and everyone is looking forward to a good storm to cool things down a bit. You and your family live in a small home at the edge of town which was modified to support your need for a wheelchair. Many design upgrades provided for ramps, wider doorways, and washroom fixtures for independent bathing. You even had the foresight to plan an accessible emergency escape route in case of a fire.

Suddenly, a tornado warning is issued. Funnel clouds were spotted in your area. You may have very little time to seek shelter. If you didn't hear the warning, you may only have seconds to take cover.

This is when you realize that the storm cellar will not be accessible for all members of the household. You don't have time to get out of the storm's path, and even if you do, flying debris can be deadly. What are you going to do? Carrying a resident with a disability down the stairs may work if there are enough people to perform the strength intensive task, but, what if you are alone? You have only seconds to make a life or death decision and no margin for error.

It is very difficult to stay calm and think straight in a crisis. First responders have to take special training to prepare for dealing with emergencies. An inexperienced individual would have to overcome tremendous odds to have success without knowing what to do. The single most important thing is planning. It may be difficult to think about the unthinkable, but if you are to survive a disaster, you must take the responsibility for all the lives under your roof very seriously. The rescue people may not arrive soon enough to save everyone's life.

This is part 1 of a 2 part series I am writing that addresses the need for disaster preparedness with a focus on the needs of mobility challenged family member(s). The goal is the prevention of needless loss of life through good pre-planning.

Workshop

On September 14th, I attended an afternoon Disaster Management workshop hosted by the Independent Living Resource Center (I.L.R.C.) at their Portage Place location. I went in thinking I knew everything, and was there to jot down a note or two. I was in for a surprise. I was shocked at how little I knew, and even worse, some long held personal beliefs were false.

A question to you, oh noble reader, can you name the most common / frequent disaster in Manitoba? Did someone say Floods? Sorry, Try Again. Torna-

dos? No. Forest Fires? Nope.

In fact the most common occurrence in Manitoba: train derailments, often releasing toxic spills into the environment. Very few of those occurrences are reported in the news and that is usually determined by who & how many are threatened.

Evacuations & displacement of people happen every year in our province. In the case of a toxic spill, people may be notified to stay in their homes until the "all clear" is given. It depends on the severity of the spill.

When Disaster Strikes

Are you prepared to survive? Disaster planning should be a must for most, but even more important for people with limited or no mobility. I cannot stress it enough that having a plan could be the difference between life & death in an emergency.

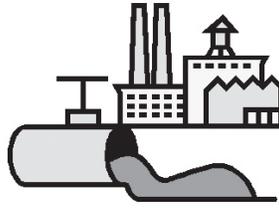
Emergencies are not scheduled events. They never happen at convenient times. A survival plan and a survival kit are the easiest and cheapest proactive measures you can take to be prepared for

trouble. It is very hard to predict how well we will be able to make decisions in a crisis. Having a plan is your blueprint for survival. The plan should contain provisions for:

1. First Responder Information (E.R.I.K.)
2. Shelter In Place
3. Required safety equipment
4. Knowing where and how to shut down gas & electricity. (Valves, Breakers, Fuse Boxes etc.)

Shelter In Place

This refers to a safe zone in your home. For violent storms, it would probably be the sturdiest, windowless part in the home, or the cellar. Do you have a room with no windows? I mean beside the closet or pantry; but then



again, why not? Upon release of an airborne toxic substance, people may be advised to close all windows and stay in the home. A room with no windows also prevents injury from flying glass in storms.

Essential Items

Do you have the following items available in your home?

- Portable Radio with batteries
- Candles & Matches
- A 3 day supply of drinking water
- Flashlights, Batteries
- Well Stocked First Aid Kit
- Rx Meds
- Basic Tools and Duct Tape for minor repairs
- An Active, fully charged cell phone
- Non Perishable food
- Space Heaters & Extra Blankets.

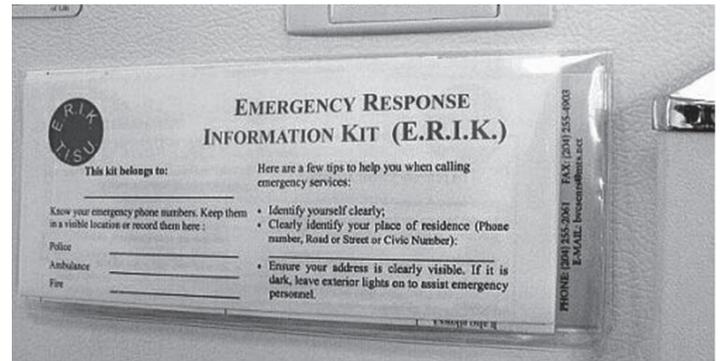
E.R.I.K. Helps First Responders Save Lives

When a first responder enters your home they will be looking for two things. One would be anyone who is trapped or injured, and also the E.R.I.K. packet (Emergency Response Information Kit) that would be near the entrance door or a plainly obvious place like a refrigerator door. It should contain critical information about the resident(s), their health requirements, meds, degree of mobility, contact person, Doctors Name & Number, Allergies etc.

What you put in the packet could mean life or death, especially when it comes to currently used medications. It is a good idea to regularly review the data in the kit at least every few months, or, if you are the fastidious type, update it right away when a change happens. Having inaccurate data for the first responder could cost someone's life or hamper rescue efforts.

E.R.I.K. packets are free and available through the following agencies:

- ∞ Independent Living Resource Center
-Portage Place Office
- ∞ Senior's Resource Center
-644 Burnell St., Winnipeg 1-204-772-9581



Here is the actual E.R.I.K kit seen on a refrigerator door

∞ SMD Clearinghouse

-2nd Floor 825 Sherbrook St., Winnipeg

Online you can gather more information about the initiative or watch a demo video on the E.R.I.K. program. Go To:

http://seniors.cimnet.ca/cim/19C45_51T5882T50T1547.dhtm

or

<http://seniors.cimnet.ca/> ...and follow the links.

If you live outside Winnipeg, you can call the Senior's Resource Center for information of where to obtain a kit in your area.

Must Have Equipment

Every household should have 3 primary defense and alert tools in working order at all times.

1. A smoke detector
2. A Carbon Monoxide detector
3. A portable fire extinguisher

These items will take care of you if you take care

of them. Modern smoke detectors often come with long-life Lithium batteries that are supposed to last 5 years. Couple that with a warning system where the smoke detector starts chirping if the battery

is low, a user may get a false sense of security and neglect checking the batteries and working order from time to time. Some batteries just suddenly die without normal discharge. There may not be enough voltage left for it to even sound a warning. You are unprotected, and oblivious of that fact. I personally have never seen one of those Lithium batteries last 5 years.

Carbon Monoxide is terrifying because it will kill you with no warning at all. By the time you feel bad, it's already too late. If you can ventilate the room by opening the windows or better still, get out of the house you have a good chance of survival. Unfortunately, most Carbon Monoxide deaths happen to people while they are sleeping and unaware they are being poisoned. They simply never wake up.

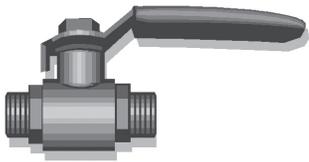


Having a fully charged fire extinguisher is a good start in preventing a fire from getting out of control, but it's not

enough. Do you know how to use it? Do you know where you should aim for best effectiveness? Do you know what NOT to use the extinguisher on? Do you know what the symbols mean, and what type of fire the extinguisher was designed to fight? This information is included with the fire extinguisher instructions, read them, know them. Education should not be happening when your deep fryer becomes a raging inferno. You will only get one chance to get it right.



Turn Off the Juice



know where the cut-off valves & circuit breakers or fuse panels are? If no one will be there, leaving the utilities on could start a fire, or even worse, create an explosive environment that could kill someone

If you are being forced to evacuate your home for an undetermined length of time, or you find yourself in a flood situation, do you

checking the property. It is a judgement call because you would probably have a lot of food in the refrigerator go bad, but it is better to refill the fridge with food than have to refill the property with a new house, and perhaps attend a funeral.



Stay Tuned

Disaster management is a huge topic and there is plenty more information I have to share with you. In the next issue of ParaTracks, I will talk about more issues including:

- Escape routes
- Having pre-packed, ready to go essentials
- Pre-arrange with friends or family who you can stay with if there is a forced evacuation or your home is unliveable after a calamity
- Householder Insurance

On a personal note, this has been a wonderful year for me. I am Thankful for all of you for giving my life purpose. It is my wish that you all find happiness and contentment, and find a way to enjoy all that

the holidays have to offer. I will continue to stand up for all Manitobans with disabilities in 2012.

Happy New Year! ~ Paul A MacDonald ~

FOR SALE:

"Ability" Electric Wheelchair Lift. Raises to a maximum of 48" and holds maximum weight of 500 lbs. Used only 7 months. Paid \$4500, asking \$3500 obo. Call 253-3621 or email: angela.w@mts.net

1998 Safari Van with Ultralite Ricon Lift, swivel driver's seat and power doors. Newly safetied and 4 brand new tires. Call 253-4575 or email simpsonx@mymts.net

PAGE REPRINTED FROM THE FEBRUARY 15, 1964 ISSUE OF PARATRACKS

Tony Mann, the Executive Director reports that he attended another meeting of Committee on Building Standards for the Handicapped in Ottawa on February 12th and 13th and that the project is progressing on schedule.

The initial draft of the specifications has been revised and will be returned to the Committee for further study before the next meeting in May.

In addition to the requirements for public buildings this will include a section dealing with minimal standards in residential buildings. It will be structured along the lines of Central Mortgage and Housing Corporation specifications and could conceivably be applied to a percentage of individual homes or suites in an apartment block in any low rental or subsidized housing project. Also included will be some reference to curbs, crosswalks and Community Planning in general.

Many of us may not be here to see it, but it is nice to dream. Picture the city of the future where the person in a wheelchair will be able to cross the street unaided, stop at the Post Office and pick up a record or a book at the Library – on the way to his specially built home from his job at the Office or Factory with special provisions for a wheelchair. And if he has enough energy left he can attend special lectures at the local high school, go to a meeting of the men's committee at the local church or take in the Ice-Capades at the local area and sit in his wheelchair right next to his family in a sport where the aisle seat has been removed for that evening.....

DEAR HENRY:

I became a paraplegic when I hurt my back in an industrial accident. I have been awarded permanent Workmen's Compensation and in addition am receiving \$100.00 per month from an accident insurance policy which continues for as long as I am permanently disabled.

I have recently had an offer of a job but am concerned that if I accept this, I would lose both my WCB pension and my accident insurance.

This would not worry me too much if I were sure that I can manage this job but I am not at all sure.

I would be very glad if you would give me some advice.

**Yours sincerely,
"Concerned"**

DEAR CONCERNED:

I have checked with the Workmen's Compensation Board and am advised that your accepting employment would in no way affect your compensation. The pension which you were awarded is determined by your past earnings as well as the degree of disability which you incurred. The only way by which this amount can be changed is if there were to be a change in your medical condition.

The same regulation, however, does not apply with respect to your accident insurance policy. In most policies of this type there is a back-to-work clause and in all probability, should you become gainfully employed, your benefits would terminate. I would advise that you have your legal counselor check your policy closely so that you will know exactly where you stand in this respect.

Henry

RECORDS & STATISTICS

To bring our statistics up to date we did a brief check of our case files and came up with some interesting figures.

Total number of all case files:

Paraplegics	259
Quadriplegics	56

Poliomyelitis	145	
Other	344	794

Closed files:

Deceased	84	
Service Completed	421	
Case transferred to other provinces	41	546

Open files:

Current active	114	
Inactive Recurring	134	248

During the calendar year 1963 we added 17 new spinal injury cases to our list. Of these 10 were paraplegics and 7 quadriplegics.

Cause of injury was as follows:

Car accidents	6
Industrial accidents	2
Cord tumor, etc.	3
Spinal fractures caused by fall	3
Sports accidents	2
Gun shot wound	1
Total	17

A total of 155 paraplegics were hospitalized for various reasons ranging from a complete rehabilitation program to routine GU check-up. Our budget for the year shows a total expenditure of about \$62,000.00.

Proper Distribution of Time

Suppose you had a bank account that credited your account each morning with \$86,400, and every evening cancelled whatever part of the amount you had failed to use during the day? What would you do? Draw out every cent, of course!

Well, you have such a bank, and it's name is "TIME". Every morning, it credits you with 86,400 seconds. Every night it rules off as lost, whatever of

this you have failed to invest to a good purpose.

If you fail to use the day's deposits, the loss is yours. There is no going back. You must live in the present – on today's deposits. Invest it so as to get from it the utmost in health, happiness and success!

~ Reprinted from ParaTracks - July 1964 ~

Community Collaboration Yields Successful Outcomes

We have for many years been led to believe that there are several addiction treatment centres in Manitoba that are wheelchair accessible. When it came time to make arrangements to have a CPA member attend treatment, reality set in.

We contacted addiction treatment centres and found that accessibility was very limited. The term "accessible" appeared to deal mostly with the entrance to the building and maybe washrooms. The problem was how could we work with an addiction facility that would allow someone with quadriplegia, who uses a power chair, attend an in-house treatment program.

This may seem fairly simple to organize, but it

becomes challenging when the person who needs treatment uses a power wheelchair. Addressing the needs of someone with this type of disability requires a lot of pre-planning. In this incident the individual had 24/7 care requirements. Because of the fact that the building was partially accessible the majority of the work consisted of rearranging the bedroom and scheduling care. With a few minor changes, the room was made accessible to meet our client's needs. We now had the room, yet services were not in place. After much deliberation with the Winnipeg Regional Health Authority Home Care Service, everything came together.

This would not have been possible if it wasn't

for the cooperation and assistance of different organizations. I must congratulate everyone that took part in this endeavour: Winnipeg Regional Health Authority; Employment and Income Assistance; Addictions Foundation of Manitoba (AFM); Medi-Chair; Ten Ten Sinclair and the Canadian Paraplegic Association (Manitoba) Inc. Their perseverance paid off seeing this through. The result is for the first time AFM has successfully had an individual with C04 quadriplegia involved in their four week in-house addiction program. Like many other first time programs, there were a few problems that were resolved without incident.

This was a temporary setup and appears to have had an effect on the future plans of AFM. It appears

that AFM is moving to a new location and the construction of this facility is presently underway. The great news is, after realizing the needs regarding accessible accommodation, the Director of AFM brought the issue of accessibility to their Board. AFM is looking into modifying the building to current accessibility standards thereby accommodating persons with SCI or other mobility impairments.

In conclusion, we are happy to announce that this participant has been able to become vocationally active!

**CONGRATULATIONS and
Thank You Everyone.**

*~ Willie Ducharme
Urban Development Initiative Coordinator ~*



Get Better Together!

Get Better Together! is a free six-week workshop designed to help Manitobans with ongoing health conditions to take control of their health. Learn to solve problems and set goals to live a better life in each of the 2½-hour sessions. Workshops are offered during Spring, Fall & Winter. You'll receive a copy of the book "**Living a Healthy Life with Chronic Conditions**" and you're welcome to bring a support person. The program is also available in French.

PROGRAM SCHEDULE

Get Better Together! helps you learn strategies to control pain, deal with fatigue and frustration, get more active, handle stress and eat well to live well. Discussion and goal setting will help you to increase your energy level, use medications effectively and talk about your condition with health professionals, friends and family.

Get Better Together! is a licensed version of the highly successful Chronic Disease Self-Management Program at Stanford University Patient Education Centre.

Get Better Together! is for anyone living with a chronic disease or ongoing health concern, such as Arthritis, Asthma, Cancer, Chronic Fatigue Syndrome, Chronic Back Pain, Diabetes, Fibromyalgia, Heart Disease, Hepatitis, High Blood Pressure, Lupus, Multiple Sclerosis, Parkinson's Disease, Stroke or other health problem or disability! You must be 18+ years old (some exceptions may apply) and able to attend for six weeks consistently.

Call 632-3927 to Register Free

Register through the Wellness Institute by calling 632-3927, emailing gbt@wellnessinstitute.ca or through their online services at www.wellnessinstitute.ca/gbt. You may also register at participating program sites. You must be 18+ years old (some exceptions may apply) and be able to attend for six weeks consistently.

For information on Programs throughout Manitoba, please contact the following;

Assiniboine Regional Health Authority - 204-483-7328 ext#171

Interlake - 204-785-4839

Brandon - 204-578-2196

NOR-MAN - 204-627-1401

Burntwood - 204-667-5316

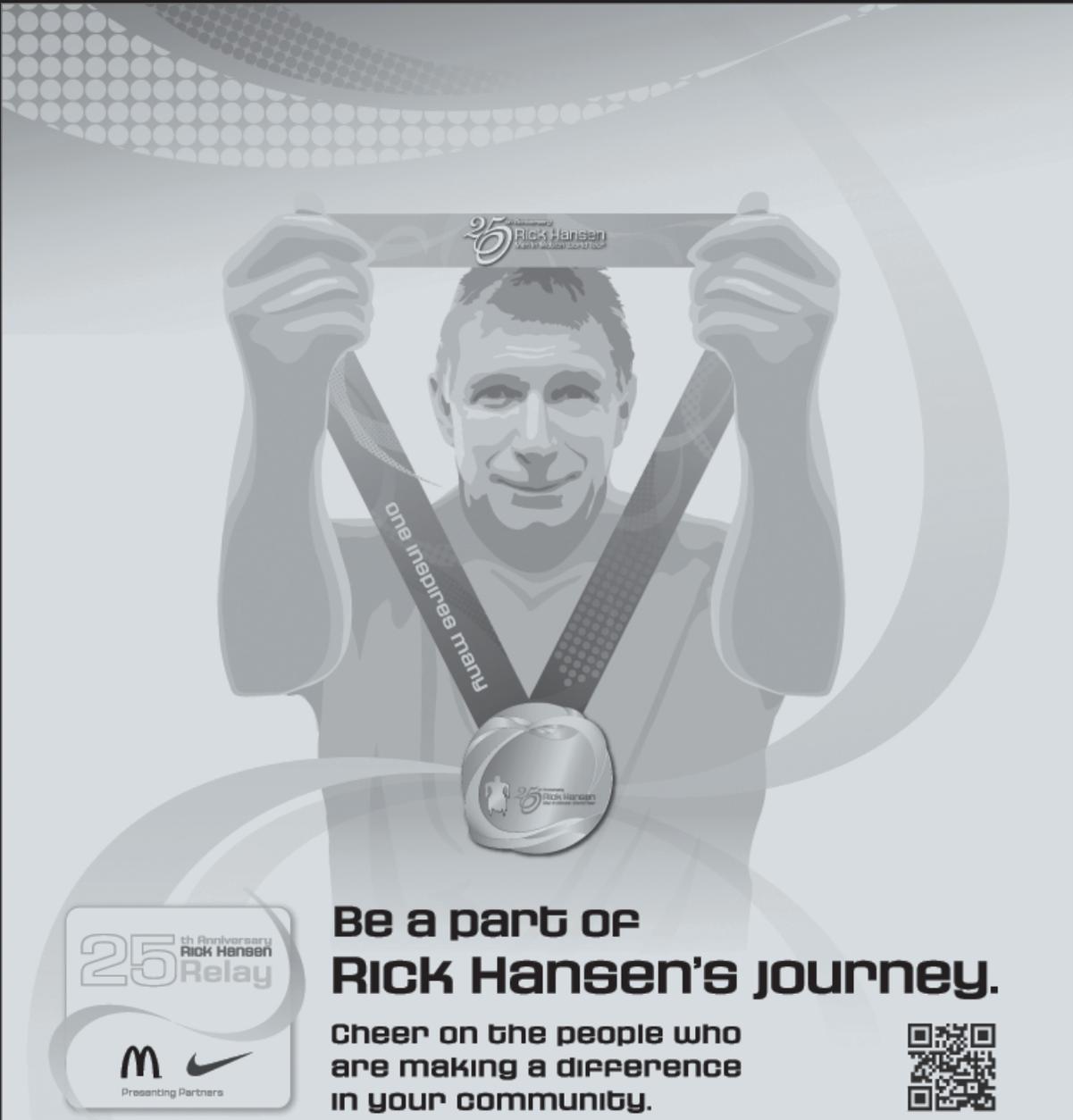
North Eastman - 204-444-6142

Central - 204-870-0629

Parkland - 204-629-3014

Churchill - 204-675-8360

South Eastman - 204-346-7001



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For the complete Relay route visit RickHansenRelay.com and for Relay updates *like us* on facebook.com/RickHansenFdn. To get involved, email us at community@rickhansen.com.

Did you know that the Access 2 Entertainment card provides free admission for support persons accompanying a person with a disability at member movie theatres and selected attractions across Canada. The person with the disability pays regular admission.



Participating theatres chains include:

- Cineplex Odeon Cinemas** www.cineplex.com
- Galaxy Cinemas** www.cineplex.com
- Famous Players Cinemas** www.cineplex.com
- SilverCity Cinemas** www.cineplex.com
- Colossus Cinemas** www.cineplex.com
- Coliseum Cinemas** www.cineplex.com

- Empire Theatres** www.empiretheatres.com
- Landmark Cinemas** www.landmarkcinemas.com
- Rainbow Cinemas** www.rainbowcinemas.ca
- Magic Lantern Cinemas** www.rainbowcinemas.ca
- AMC Theatres** www.amctheatres.com

Simply present the Access 2 Entertainment card when purchasing tickets with your support person at participating movie theatres. A support person is an individual who accompanies a person with a disability to provide those services that are not provided by theatre employees, such as assisting the person with eating, administering medication, communication and use of the facilities. This must be verified by a registered health care provider or a recognized service provider such as your CPA Rehabilitation Counsellor.

There is a \$20.00 fee for obtaining the card and the card is valid for a period of 5 years from the date of issue.

Application forms are available at www.access2.ca or call the CPA office and an application form will be sent out to you.

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Employment Opportunities with The City of Winnipeg

The City of Winnipeg has many different careers that individuals can pursue and for our clients here at CPA, it is a great opportunity to explore what a career with the City would be. The vocational counsellors here at CPA had the opportunity to connect with the City of Winnipeg's Outreach Coordinator, Carole Frechette. Carole explained many different careers; persons with disabilities can view as possible employment opportunities. The collaboration with Carole (City of Winnipeg) and CPA counsel-

lors allows individuals with SCI to explore, educate and learn what career opportunities the City of Winnipeg has to offer.

How can we access Employment opportunities with the City? The opportunities with the City of Winnipeg are advertised on their website. CPA vocational counsellors can also help individuals with SCI, learn more about employment opportunities. So call CPA to inquire about careers in our City.
~ Scott Coates ~



**All City of Winnipeg employment opportunities
are advertised on our website:**

www.winnipeg.ca/hr

(website updated weekly)

Or call 311 For TTY call 986-1311

Interested in working with the City now or in the future?

Use Career Explorer to find out about the wide variety of jobs at the City of Winnipeg. You can **view sample job postings** and learn more about the duties of specific jobs, as well as the education, qualifications and/or experience required.

Check out our new Career Explorer tool!

<http://www.winnipeg.ca/hr/careerexplorer/>

The City of Winnipeg is the local government responsible for delivering public services to the citizens of Winnipeg.
For more information on City of Winnipeg go to **www.winnipeg.ca**

“An Employment Equity Employer”

**“Aboriginal Persons, Women, Visible Minorities &
Individuals with Disabilities are encouraged
to self-declare in their application form”**



Volunteer Spotlight ~ Kevin Black



CPA Member Kevin Black recently volunteered his time for the United Way of Winnipeg. On October 13, 2011 Kevin spoke at a 2011 United Way Campaign Cabinet Meeting about his association with CPA (Manitoba) Inc. and the assistance he received from CPA.

After Kevin graduated from Red River College in 2002 with a diploma in Business Administration, he went to work for one of the five big banks. During that time, Kevin sustained a spinal cord injury and began using CPA's services. After a few more years at the bank, he felt he needed a bigger challenge and



began working for Payworks, an emerging national leader in the field of total workforce management.

In his spare time, Kevin serves as Vice-President of his Co-op Board as well as plays wheelchair rugby for Team Manitoba.

Thank you, Kevin, for your support of United Way of Winnipeg and the agency partners that it supports!

If you are interested in becoming a speaker and "telling your story" for United Way, please contact Adrienne Conley at aconley@canparaplegic.org or 786-4753, ext. 222.

Modified Van Tips

Anyone purchasing a van that will be modified to transport a person who uses a wheelchair should be aware of the substantial tax breaks that come with such a purchase. Canada Revenue Agency states in their List of Allowable Medical Expenses that you may claim "20% of the amount paid for a van that has been previously adapted, or is adapted within six months of the date of purchase (minus the cost of adapting the van), to transport a person who needs to use a wheelchair, to a limit of \$5,000." Also, the cost of adapting the van to permit a person who uses a wheelchair to gain independent access to and / or drive the van can be claimed.

Canada Revenue Agency has a publication dedicated to helping persons with disabilities determine what can be claimed as a deduction or credit.

It can be viewed online at:

<http://www.cra-arc.gc.ca/disability/>

~ Greg Winmill ~

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

Richard Geswein		Victor Ritis
Norman Nurmi		Cecil Gallop
Stewart Mesiner		Leslie Early
Marjorie Aqigaak		Verna Dyck
Charles O'Brien		

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PM 40050723

Canadian Paralegic Association (Manitoba) Inc.
825 Sherbrook St., Winnipeg MB R3A 1M5



MEMBERSHIP APPLICATION

YES! Count me in as a member of the Canadian Paralegic Association (Manitoba) Inc. All members receive "Para-Tracks" CPA (Manitoba) newsletter, "Total Access" CPA National Magazine and voting privileges at the Annual General Meeting. Members also receive discounts at various health care supply stores – Stevens Home Health Care Supplies (special pricing for supplies & 10% off equipment), The Access Store (10%), Northland Home Health Care (10% off medical supplies) and Disabled Sailing membership (25%).

I wish to select the following category of Membership:

- \$15 - \$24 - Member
- \$25 - \$99 - Supporting Member
- \$100 - \$249 - Sustaining Member
- \$250 - \$499 - Charter Member
- \$500 and over - Patron Member

All Monies donated remain in Manitoba to support CPA (Manitoba) Inc. An income tax receipt will be issued for any amount over \$15.00. Sustaining, Charter and Patron Members will receive recognition of their generous contribution in the context of events such as our Annual General Meetings or in the programs of other CPA (Manitoba) Inc. functions.

**** IMPORTANT **** According to Canada's Personal Information Protection and Electronic Documents Act, commencing January 1, 2004, all businesses and organizations are required to obtain an individual's consent when they collect, use or disclose their information. **Unless you indicate otherwise by checking the box below, signing and returning this form to CPA, you are providing a form of consent that permits CPA to use the information you provide on this membership form for the purposes of sending out membership receipts and cards, reminder notices with membership applications and newsletters as noted above. You are also consenting to having your name listed in CPA's Annual Report (Sustaining, Charter and Patron members).**

CPA (Manitoba) Inc. does not sell or trade personal information and does not rent out mailing lists. Personal information is provided to a third party only for the purpose of sending out CPA's newsletters. If you have any questions, please call the CPA office.

- I do not consent to CPA using my personal information as noted above and I understand that
- I will no longer receive membership receipts, cards, reminder notices or CPA newsletters.

Name: _____ Signature: _____ Date: _____

Make cheque payable to: **Canadian Paralegic Association (MB) Inc.**

Mail to: 825 Sherbrook Street
Winnipeg MB R3A 1M5

For more information:
Phone: 204-786-4753
Toll-free within MB: 1-800-720-4933
Fax: 204-786-1140
Email: aconley@canparalegic.org

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