

April 2012

Spring Issue



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

MPF MANITOBA
PARAPLEGIA
FOUNDATION INC.

PARATRACKS



Newsletter of the Canadian Paraplegic Association (Manitoba) Inc.



**Rick Hansen
& Medal-Bearer
Art Braid**

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Visit CPA's website at www.cpamanitoba.ca



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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 November 2011:

∞ Financial support was granted to cover the cost of a custom cushion for a CPA member. This cushion will provide the member with the postural support they require and reduce the risk of skin breakdown.

During the month of January 2012:

∞ Financial support was provided to supplement funding for a research project. The research will determine the energy requirements at rest and during a variety of voluntary exercises in a large sample of persons living with quadriplegia. This research is needed to develop diet and exercise prescription guidelines for maintaining a healthy body composition and for reducing the risk of developing cardiovascular disease and type II diabetes.

During the month of February 2012:

∞ Financial support was granted to a CPA member for the purchase of a wheelchair that is not available

through any government program. This wheelchair will allow the member to remain as independent as possible while residing in a personal care home.

∞ Funding was provided for a CPA member to attend the University of Winnipeg on a part time basis. This funding will help support the member's vocational plan of becoming a Business Technology teacher.

∞ Funding was provided for a CPA member to attend the Biindigen College Studies program at Red River College. This program will assist the member by enriching their educational experience and enabling them to complete the courses required for a high school diploma.

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



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December 2, 2011

ACCESSIBILITY ADVISORY COUNCIL MEMBERS ANNOUNCED

— — —
Council to Build Greater Accessibility in Manitoba: Minister

At a Winnipeg forum organized by the provincial Disabilities Issues Office (DIO) to recognize the United Nations International Day for Persons with Disabilities tomorrow, Labour and Immigration Minister Jennifer Howard, minister responsible for persons with disabilities, today announced the membership of the 12-person Accessibility Advisory Council, appointed to help identify, remove or prevent barriers faced by people with disabilities.

“The Manitoba government is taking strong action to create greater accessibility for people with disabilities,” said Howard. “Building an accessible province is a long-term goal and we want to invite Manitobans to share their views on how best to do that.”

The council is made up of members of the disability community and other stakeholders and will make recommendations on:

- introducing legislation or regulations that would establish a process to identify, prevent and remove barriers faced by people with disabilities;
- determining policies, practices and requirements that can be implemented by government to improve accessibility; and
- developing long-term accessibility objectives.

Jim Derksen of Winnipeg has been named council chair. He has played a key role in the development of the Manitoba League of Persons with Disabilities, the Council of Canadians with Disabilities, Disabled Peoples’ International and the Canadian Disability Rights Council, Howard said. Derksen also served as the first executive director of the Disabilities Issues Office. He recently received an honorary doctorate from the University of Manitoba recognizing his work on disability issues.

The advisory council will consult with people with disabilities and organizations that may be affected by its recommendation. This includes employers and businesses as well as representatives from Manitoba municipalities. One of the council’s first tasks will be to further develop the legislation that will set out accessibility standards, Howard said. A new website link from the DIO to the council will keep the public informed about the ongoing discussions of the council, as well as future opportunities for community involvement. It can be found at www.manitoba.ca/dio/aac.

The council will make initial recommendations to the minister by early summer.

Today’s forum offered a venue to discuss the UN Convention on the Rights of Persons with Disabilities: The Way Forward. Through panel presentations, the forum provided an update on the implementation of the convention. Representatives from a variety of provincial initiatives, including the Accessibility Advisory Council, offered highlights about plans for Manitoba.

The minister also noted the province recently launched a new grant to support the delivery of regional handi-transit services in communities across Manitoba. Funding will be targeted initially to five communities including Selkirk, Gimli, Portage la Prairie, Stonewall and Teulon. The province will work with municipalities in the coming months to expand this new grant program to help support other communities operating regional services.

November 23, 2011

**NEW GRANTS SUPPORT REGIONAL HANDI-TRANSIT SERVICES
IN RURAL MANITOBA COMMUNITIES**

— — —
Funding Supports Accessible, Affordable Services for Rural Families: Selinger

The province is launching a new grant to support the delivery of regional handi-transit services in communities across Manitoba, Premier Greg Selinger announced today.

“Affordable and accessible handi-transit services are important to families living in rural communities and we strongly support municipalities that deliver these services, enabling seniors and people with mobility issues to live more independently and participate fully in community life,” said Selinger. “This new funding provides additional support to communities that deliver handi-transit services regionally, providing more efficient services to Manitobans.”

The province currently provides more than \$1 million in annual operating and capital grant funding for handi-transit services to 68 communities through the Mobility Disadvantaged Transportation Program. The new regional incentive grants will provide additional funding to communities that support the delivery of regional handi-transit services.

Funding will be targeted initially to five communities including Selkirk, Gimli, Portage la Prairie, Stonewall and Teulon. The province will work with municipalities in the coming months to expand this new grant program to help support other communities operating regional services.

The funding is provided through the Building Manitoba Fund, Manitoba’s program for sharing provincial tax revenue with municipalities. Through the fund, municipalities receive transit and infrastructure funding equal to one percentage point of the provincial sales tax to ensure investments in transit and infrastructure grow as Manitoba’s economy grows, said Selinger.

Freedom of Sailing Is For Everyone

Experience the freedom of sailing, the sound of the wind in your ears and rush of the water against the hull. Feel the independence and leave the physical restrictions behind, as they don’t exist anymore.

If you or someone you know feels that sailing is not an option, then we have some great news. Able Sail Manitoba (ASM) can offer the experience of sailing to anyone who is willing to try. We are located on Fort Whyte Alive (1961 McCreary Ave) and we offer a open house, race nights, and leisure sailing opportunities for interested participants throughout the summer. We also have the ability to sail out of a number of yacht clubs throughout Manitoba.

ASM is dedicated to providing people the opportunity to learn about and experience the freedom and

control associated with sailing. Our sail boats are the technologically advanced Martin 16s, which has a weighted keel for stability that makes it uncapsizable and can offer a very safe sailing experience for anyone. The inherent stability of the boats, along with the adjustable seating and specialized control systems make the Martin 16 truly accessible to all sailors with space for a guide to assist if necessary. It also offers competitive performance for anyone, which helps promote ASM’s goal of integrating sailing for recreation and competition in people’s lives.

ASM is a non-profit charitable organization that is founded, organized and run by people with or associated with disabilities and is uniquely attuned to the needs and desires of its participants. Sailing is social, recreational and therapeutic. It has been demonstrated in Able Sailing associations and programs across Canada that there is a notable increase in our members' self-esteem and

confidence when they find themselves sailing independently alongside other sailors.

If you or someone you know would like to experience sailing that supports all abilities call Terry or Doug at ILRC (204) 947-0194 for more information or email dougl@ilrc.mb.ca.

Able Sail Manitoba

WHO can try sailing?

- ANYONE
- Able Sail Manitoba uses Martin 16s, technologically adapted boats that are specially designed for people with varying levels of disability – they are very safe because they are unsinkable and cannot tip over.
- Trained staff ensure that sailing is safe and fun!

WHY try sailing?

- FREEDOM and INDEPENDENCE
- Sailing allows you to leave physical restrictions behind and enjoy the wind, water, and waves!
- Sailing is social, recreational, and therapeutic.

WHERE can I try sailing?

- Fort Whyte Centre at 1961 McCreary Road
- Because Handi-Transit will not visit Fort Whyte transportation can be provided from Sobey's on Kenaston and McGillvary.

WHEN can I try sailing?

- Learn to Sail – ALL SUMMER – Sailing is offered during the day or early evening, Tuesday to Saturday.

Come out to one of our events at Forty Whyte Centre!

- DSM Open House on June 23rd from 5-8pm
- First Step to Camping with ILRC on June 21-22nd ALL DAY

How much does sailing cost?

- The first 2 sessions are FREE (for individuals only)
- After that it costs \$10/session or \$50/season with a membership (\$30)
- Groups are charged at \$10/boat/hour

HOW DO I SIGN UP?

- Contact Terry or Doug at the ILRC at (204) 947-0194 or email at terrym@ilrc.mb.ca dougl@ilrc.mb.ca

Important Phone Numbers to Remember

Housing:

Manitoba Housing provides subsidized housing for low income and special needs family and elderly persons. Rental rates are based on 27% of the gross family monthly income

- ~ Manitoba Housing 105-185 Smith St.
Winnipeg, R3C 3G4
Phone 945-4663

For information on subsidies and applications, visit 280 Broadway Ave. or call 945-2611.

- ~ Winnipeg Housing Rehabilitation Corporation
60 Frances Street Winnipeg, MB R3A 1B5
Phone 949-2880

Aboriginal Specific Housing Programs

- ~ Kenata Housing. Phone: 338-6261
- ~ Kekinan Centre Inc. Phone: 582-0439
- ~ Kinew Housing Corporation. Phone: 956-5903
- ~ Aiyawin Corporation. Phone: 985-4242
- ~ S.A.M. Management. Phone: 942-0991
- ~ Payuk Inter-Tribal Council Housing Authority Inc. Phone: 783-4891

- ~ Dakota Ojibway Tribal Council Housing Authority Inc. Phone: 988-5377

Health

- ~ Manitoba Health (health card) 300 Carlton Street Winnipeg MB Phone: 786-7101
- ~ Health Links: Phone 788-8299.
- ~ Aboriginal Health and Wellness Centre Winnipeg Inc.
215-181 Higgins Avenue Winnipeg.
Phone: 925-3700
- ~ Find a family doctor: 786-7111.

Financial:

- ~ Employment and Income Assistance General Information line: 948-4000.
- ~ Child Tax Benefits. Revenue Canada: 948-5700.
- ~ Winnipeg Harvest: 1085 Winnipeg Street.
Crisis Food Line: 982-3663.
- ~ Christmas Cheer Board: 669-5369.

The information above is from "A Guide to Winnipeg for Aboriginal Newcomers 2003."



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Brief Update on Clinical Trials for Those Living with Spinal Cord Injury

The last time I wrote about clinical trials was over 5 years ago. I was recently surprised to see how much easier it is to find out what is going on around the world since then, so the focus of this article will be to overview some of this information.

The first new item I would like to tell you about is that there is now a website that lists trials underway in the US and Canada, called clinicaltrials.gov. I usually access the website by going to the Rick Hansen Institute site (<http://www.rickhanseninstitute.org/>) and then click on the clinicaltrials.gov link on the main page at the left, because the link searches the website for spinal cord injury trials, so you don't have to.

When I checked the site just now, there were 410 studies listed, and over ten were studies involving some form of cell transplants in persons with injury. I find this interesting because the findings with cell transplants (bone marrow cells, olfactory, or other cells) have to date, shown only very modest improvements in animal models of spinal cord injury. So the studies listed are called Phase I or Phase II which means the trials are testing whether the treatment is safe (not whether participants show improvement, just that they don't get worse).

When I wrote about human clinical trials last, I mentioned that the first study of cell transplantation in the US (Geron study) was just beginning. It was recently withdrawn, although the details regarding the withdrawal have not yet been listed.

Careful consideration must be given before participating in any type of stem cell research and the following website resource provides a good summary of the important questions to ask: http://www.rickhanseninstitute.org/images/stories/docs/pdf_docs/ANZSCIN_E_StemCellBroch.pdf.

It is also interesting that the studies listed at the clinicaltrials.gov website cover many questions relating to spinal cord injury, ranging from studies about barriers to exercise for persons living with

spinal cord injury to treadmill training for improving walking in those with incomplete spinal cord injury to various drug trials to treat neuropathic pain, to name just a few.

If you're interested in participating in any of the over 400 trials on the website, Rick Hansen provides financial assistance for persons with SCI to participate in clinical trials, and the following webpage describes the program, eligibility and how to apply for funding:

<http://www.rickhanseninstitute.org/en/what-we-do/core-program-areas/translational-research/taking-part-in-research/financial-assistance>.

The last website I will direct you to is **Wings for Life**, which does a very good job of describing the different types of clinical trials as well as the trials their foundation has funded, and some examples of other trials elsewhere in the world:

<http://www.wingsforlife.com/en/research/clinical-studies/>.

I will leave you with a piece of trivia: One of the co-founders of the Wings for Life Foundation is the founder of Red Bull (as in Red Bull gives you wings).

If you have any questions about this or other spinal cord injury research, feel free to contact Kris Cowley at kris@scrc.umanitoba.ca.

A final note regarding the exercise study Kris Cowley and Barb Shay are conducting this summer: the University voicemail is sometimes finicky, so if you do not receive a return call within a few days, please call or email again.

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- Are a parent of a child (5 -16 years) with a neurological condition

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dal.ca/thelincstudy

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thelincstudy@dal.ca



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Rick Hansen 25th Anniversary Relay

Twenty-five years to the date of his Man in Motion World Tour, Rick Hansen continued his journey of making the world more accessible and inclusive with the announcement of the Rick Hansen 25th Anniversary Relay.



On August 24, 2011 in Cape Spear, Newfoundland and Labrador, the 25th Anniversary began to retrace the Canadian segment of the original Tour, but this time one man in motion is represented and celebrated by many in motion; engaging 7,000 participants from across Canada who have made their own difference in the lives of others.

The Relay will travel through more than 600 communities as it makes its nine-month, 12,000-kilometre journey across Canada before concluding in Vancouver on May 22, 2012.

Focusing on engaging Canadians to take up the challenge and become catalysts for positive change, the Relay features Medal-Bearers who run, walk, wheel or bike and complete their segments through a variety of forms of movement for all abilities.

In every province, Relay Medal-Bearers will pass along the singular Rick Hansen Medal – produced by the Royal Canadian Mint – as the Relay makes its way across the country. While Rick will be present at a number of cities and stops along the 25th Anniversary Relay, it will be these 7,000 Medal-Bearers who will complete this cross-Canada tour.

Medal-Bearers will represent a wide spectrum of examples of making a difference. Examples will include those who have made a difference by:

- ♦ **Championing Inclusivity:** Creating a more inclusive and accessible society.
- ♦ **Empowering Youth:** Engaging a new generation to become catalysts for positive change.
- ♦ **Protecting the Planet:** Contributing to the protection and sustainability of the environment.
- ♦ **Promoting Health:** Encouraging others to live a healthy, active lifestyle.
- ♦ **Medical Progress:** Advancing research or health-care for the betterment of others.



*Medal-Bearer CPA Member
Scott Coates*

The Rick Hansen 25th Anniversary Relay



***Rick Hansen and
Medal-Bearer Art Braid***



Manitoba

Rick Hansen was in Winnipeg on January 19, 2012 to begin a three-day visit to celebrate the 25th anniversary of his Man in Motion World Tour. During his visit, he attended a Winnipeg Jets game at the MTS Centre, and wheeled in front of the Manitoba Legislature along with Lieutenant Governor Philip Lee and his daughter, Maggie Lee Grant, as well as 15 other youth. At the End of the Day Celebration at The Forks, he joined Mayor Sam Katz in a game of sledge hockey.

On Saturday, January 21, 2012 the Relay headed down Bannatyne Avenue and made a stop at the Courtyard Café at the Health Sciences Centre where Rick Hansen spoke with patients and staff from the Rehabilitation Hospital.



***Rick Hansen and Dr. Karen
Ethans, Service Chief of
Spinal Cord Injury Program
at HSC and Medal-Bearer***



***Rick Hansen speaks
with patients at
the Rehabilitation
Hospital, HSC***





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City of Winnipeg Employment Opportunity: Become a 311 Customer Service Representative

On January 19, 2012 several CPA members and I attended a presentation delivered by Melanie Swenarchuk, 311 Contact Centre Manager, and Joel Knockaert, Operations Supervisor, which was coordinated by Carole Frechette, Outreach Coordinator, City of Winnipeg. The presentation was followed by a tour of the three-year-old centre which is centrally located on the 5th floor, City Place.

The 311 Contact Centre is open 24 hours daily, 7 days weekly and receives up to 5,000 calls daily from Winnipeg residents, with 70% of the calls related to inquiries. The inquiries are varied and may involve garbage and recyclable pickup, snow removal, pothole reporting, property evaluations and property taxes, payment for parking tickets, contact information for City of Winnipeg councillors, transit routes and schedules, leisure guide information, and many additional requests for information.

Recruitment occurs several times annually. Individuals are required to have a high school diploma or equivalent with two years of customer service experience. They must demonstrate proficiency in navigating multiple computer databases, exhibit superior interpersonal skills, including the ability to listen and speak clearly, calmly and professionally, and possess excellent reading comprehension skills and retentive capabilities along with superior attention to detail and accuracy.

Applicants are required to submit their resume and cover letter online at www.winnipeg.ca/hr and to bring a hard copy of each to the Career Fair, with dates posted on the website along with the competition number. At the Career Fair, applicants' resumes are reviewed and they participate in a brief screening interview. Those who meet the job requirements and pass the screening interview subsequently complete an online navigational test of approximately 30 minutes. Those who pass the navigational test are scheduled for a second interview.

New hires participate in 5 weeks of full-time, paid training, Monday – Friday from 8:00 a.m. – 4:00 p.m. The workplace is unionized. Subsequent to completion of the training, all employees begin with part time employment, 12 – 32 scheduled hours weekly.

Shifts are scheduled based on seniority. The salary begins at \$12.35/hour plus a shift premium of \$1.15/hour for evenings and weekends. Those employees with greatest seniority are given first consideration for full-time employment opportunities, either as a 311 Customer Service Representative but, potentially, for other employment opportunities with the City of Winnipeg. The City of Winnipeg offers a pension plan and benefits package, too.

The work environment is fast-paced and the focus is on delivering quality customer service. Some calls take 30 seconds to address the needs of the caller while others may take 30 minutes or longer. Individuals must have capacity to shift easily from one call to the next and must learn not to personalize things, as some callers may not be polite or patient.

The workplace is wheelchair accessible. The workstations are ergonomically designed. Some workstations can be elevated at the touch of a button while others can be hand-cranked to provide the 311 Customer Service Representative with the option of standing or sitting. An occupational health nurse is available to assess and make recommendations related to tools or equipment to accommodate disability related needs.

Please contact your CPA vocational counsellor if you wish to discuss this exciting employment opportunity further. For those with Internet access, you may also wish to visit the City of Winnipeg website to gather additional information related to City of Winnipeg services, including the 311 Customer Service.

~ Laurence Haien ~

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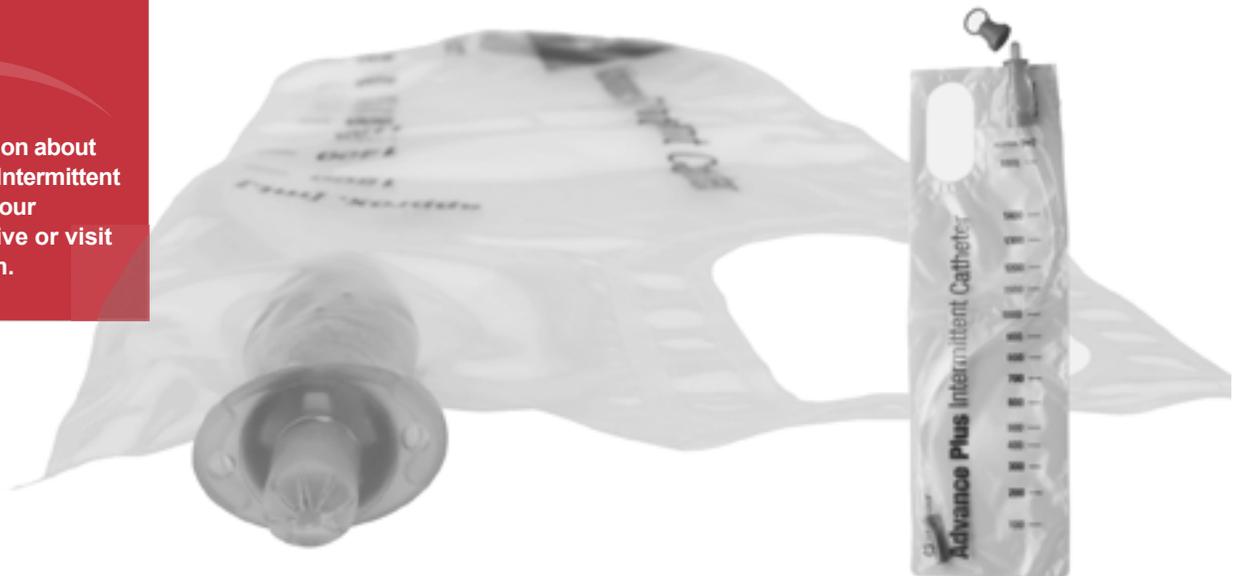


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For more information about the Advance Plus Intermittent Catheter contact your sales representative or visit www.hollister.com.



Disasters Do Not Need To Be Tragedies: Part 2

By P.A. MacDonald

Another Manitoba summer is about to beset us. Summer brings storms, forest fires & other potential disasters. In the previous ParaTracks I started a two part series on disaster preparedness with an emphasis on people with limited mobility. I attended a disaster management workshop at the Independent Living Resource Center in September 2011. I feel it was time well spent and very illuminating.

~ When Disaster Strikes ~

Emergencies are not scheduled events and never happen at convenient times, so having a plan could be the key to survival. An escape plan and emergency kit are the easiest and cheapest proactive measures we 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.

The following important provisions are a correction and clarification of the statements I made in part one of this series. I apologize for any confusion it may have caused.

“Having a plan is our blueprint to prevail over adversity. The plan should contain provision for:

1. Easy Access Personal Information such as: **E**mergency **R**esponse **I**nformation **K**it (E.R.I.K.)
2. An emergency kit for evacuations or sheltering in place
3. Proper safety equipment and the skills needed to use effectively
4. Plan out emergency procedures and practice them with everyone involved.”



Escape artists appear to miraculously free themselves from life threatening or impossible traps. The truth is that they don't attempt an escape without first knowing a way out. So I ask, why would any intelligent person not have a survival plan or escape route should they become trapped?

The first thing of importance is that we have to think of the unthinkable. It doesn't only happen to “other people”. Do not let denial reduce your chances of surviving an emergency. Being prepared is your best defence.



In the case of a gas leak or fire, every precious second spent in futile attempts to escape can mean the difference between life and death. Escaping a burning building can be a tremendous ordeal for an able bodied person, so it stands to reason that people with limited mobility face an even greater challenge. When making the emergency plan, escape routes or shelter in place provisions must include the disabled as well.

Escaping a burning building is not the same as an evacuation. One has very little time to get out, and access to the emergency kit may be blocked by fire. If it is possible to store the emergency kit near an exit, one

will not have to waste time looking for it while trying to escape the building. Ensure that all residents know where it is.

When planning an escape route, the following should be considered:

- ☞ If there is more than one exit, you double your chances of survival by making sure both are always passable in summer & winter.
- ☞ Is the way to the exit unobstructed so that a wheelchair or walker can get through?
- ☞ In winter, is there a warm coat or blanket stored by each exit?
- ☞ Are ground level windows usable & unobstructed?
- ☞ In a burning building, opening closed rooms can be very dangerous. The safest way out is through a window or doorway that leads directly out of the building.
- ☞ More people die in fires from smoke inhalation than burning. If it is possible to stay close to the floor, try to make your way to the exit.
- ☞ When outside, account for all residents A.S.A.P. Having a pre-arranged meeting location will help quickly identify any missing person. Upon arrival, first responders will need to know if anyone is still in the building.

ggGGGrab It 'n Go

Preparation of an emergency or evacuation kit is a very worthwhile effort. For homes with residents who have special medical needs, it is essential. The kit should be stored in a safe and easily accessible place such as near an exit. Please be sure that everyone knows where it is stored so that it can be quickly found in an emergency.

The emergency kit should be just that - only the essentials of what you need to survive a few days, just in case services should become temporarily unavailable. For people with health needs, medications & needed medical equipment should be packed.



Generally, an emergency kit should contain the following:

- ☞ **Bottled water.** Be sure to include small bottles that can be carried easily. You will need about 2 litres per person, per day. In an evacuation, you may need enough to last a few days or until authorities can set up evac centres.
- ☞ **Non perishable food items** such as canned food, freeze dried food and energy bars. Rice and pasta do not weigh a lot and last a long time. You should try and remember to replace the water & food items at least once a year. So far, wrapped Twinkies and Fruit-cake are the only food items I know that will last hundreds of years! I have never tested the theory, though.
- ☞ **A manual can opener** is not only a novelty item; it can be very useful as a tool. Better yet, a Swiss army knife will serve you well.
- ☞ **A flashlight and fresh batteries.** LED flashlights are very bright and easy on power consumption. (Check the battery condition when you check the food)
- ☞ **Candles with matches or a lighter.** Store them in a sturdy container. You wouldn't want their Wiki's Leaking or Turtles Waxing
- ☞ **A battery powered radio.** Many personal entertainment devices such as iPod's, some smart phones & MP3 players have built in radio tuners. If yours does, keep in mind that the batteries will need recharging on a regular basis. Include a charger in the kit.
- ☞ **A first aid kit** stocked with essential medications and injury treatment supplies.
- ☞ **Spare keys** for your home and vehicle.
- ☞ **A copy of your emergency plan** including emergency contact numbers.
- ☞ **Last but not least,** even today, cash is still the best thing to have in your pocket & evacuation kit. Denominations of \$10.00 or less is recommended for maximum flexibility. It is also advisable to have change for pay phones ... just in case the local 4G network has grounded out to a:
"Oh No... G what now?"

O.M.G. It's All Gone

Now we tackle the unthinkable. In the past year there have been multiple stories in the news where victims lost everything they had in residential fires. They escaped with the clothes on their back and their lives, nothing else.

Most of the time, there was no insurance. They are devastated and find them-

selves needing the charity of others. Few things bring out better qualities in people than helping others in a time of need. Manitobans have always been quick to respond and help. No amount of generosity and good-will can ever replace all your belongings and mementos. Without the money available



to replace the most needed items, disaster victims face a long road back to self-sufficiency.

Another factor to consider is that if you live in a multiple unit dwelling such as an apartment or condo, you can be very careful about fire hazards, but you have no control of your neighbour's unsafe practices.

If a fire breaks out in their suite, it can quickly engulf yours and the rest of the building. With that much uncertainty, the best thing you can do is protect yourself from the possible financial devastation that would be caused by a conflagration.

Content Insurance



Content insurance can be purchased from several firms in Manitoba. The prices vary, and I am not interested in plugging any particular company. You can very quickly

Google them or look them up in the Yellow Pages.

Content insurance cannot replace everything, but it can help you get back on your feet (or wheels) much quicker. Some plans have coverage for break & enters, home invasions, vandalism & burglary.

I would advise that before seeking insurance, take a detailed inventory of all your most valuable items,

furniture & appliances. Model & Serial numbers are good, but if you can video them or take still pictures, it will go a long way when you must present proof of belongings if you need to make a claim. Photo shopped images won't be accepted, so don't bother trying.

I will end with an item I touched on earlier last year. If you have a mobility issue limiting escape potential, please stay aware of any multi-level building you are in. This applies to office buildings and apartment blocks. If the elevator is the only way out, perhaps it would be a good idea to be aware of the evacuation plan & route for that building. Don't be shy, ask someone. Your life may depend on it. A building security officer would be a good source of information.

E . R . I . K



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

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

SMD Clearinghouse - 2nd Floor 825 Sherbrook St., Winnipeg

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

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.

For more downloadable materials and information on disaster management, visit the Manitoba Emergency Measures Organization website at:

<http://www.gov.mb.ca/emo/home/prepare/index.html>

Thank You for reading and it is my hope that all my ParaTracks readers have a safe & wonderful summer. I hope to see some of you at the *SMD Foundation / Easter Seals Drop Zone 2012 at the Royal Bank Building / 201 Portage Ave.* on August 16, 2012.

You are invited to:



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

ANNUAL GENERAL MEETING 2012

TUESDAY, JUNE 12, 2012

5:00 p.m. Hors d'oeuvres

5:30 p.m. Business Meeting

Meeting Agenda:

**Reports from the President/Executive Director and Treasurer.
Elections will be held for positions on the 2012/2013 Board of Directors.**

Presentation of 2012 CPA Merit Award

Guest Speaker to be Announced

Check CPA's website for further details – www.cpamanitoba.ca

*Reception (Coffee & Dainties)
to follow the Annual General Meeting*

FREE SWIMMING



Open to those with Disabilities ONLY

Are you an individual with a disability (Intellectual or Physical, etc.)?
Do you like free stuff ??? Then this is for you!!!



FREE SWIMMING

is being offered at the CENTENNIAL POOL every Tuesday
from 5 p.m. to 8 p.m.

WHEN: EVERY TUESDAY

WHERE: CENTENNIAL POOL

90 SINCLAIR STREET
(SINCLAIR AND DUFFERIN)

TIME: 5 P.M. TO 8 P.M.

- ~ Not open to the general public during these swim hours
- ~ Newly Renovated Facilities
- ~ Wheelchair Accessible Ramp
- ~ Wet Chair & Hoist Available (bring own sling)
- ~ Invite Support Staff to accompany if required
- ~ FREE access to Gym Equipment available

ADVERTISE IN

PARATRACKS

ADVERTISING RATES
for photo ready copy

FULL PAGE - \$160

HALF PAGE - \$87

QUARTER PAGE - \$55

ONE THIRD PAGE - \$70

BUSINESS CARD SIZE - \$33

CLASSIFIED ADS FREE

To place your ad in the next
issue of

ParaTracks e-mail

aconley@canparaplegic.org

or Phone: 786-4753 ext. 222

Circulation 850 copies

Estimated Readership: 5,000

ParaTracks publishes
three times a year

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

William Wolfe

June Smith

Helen Rodie

Gordon Rockall

Donald Webb

Margaret Stewart

Steven Zabudny

Annie Zinyk

Donald Maurer

Frank Jowett

Robert Raeburn

Terry Andrews

Beverly Craven

Rodney Buhl

Louise Beernearts

Jacob Debets

Fanny Diamond

Erna Friesen

*"Your living is determined not so much by
what life brings to you
as by the attitude you bring to life;
not so much by what happens to you
as by the way your mind looks at what happens."*

~ John Homer Miller~

BECOME A CPA MEMBER TODAY!

Your membership dollars support us in our efforts to remove barriers in the community, publish the newsletter ParaTracks and provide rehabilitation counselling services to our members.

**We have changed our membership program from monthly renewal to annual renewal.
This change will help us reduce costs.**

**Please take a moment to fill out the application on the back cover
and send in your membership today!**

***Thank you for your commitment to the vital work
of our member-based organization!***

Return undeliverable Canadian addresses to: _____
Canadian Paralegic Association (Manitoba) Inc.
825 Sherbrook St., Winnipeg MB R3A 1M5

PM 40050723

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

PLEASE ENTER A MEMBERSHIP FOR:

Name _____

Address _____

City, Prov. _____

Postal Code _____ Phone (____) _____

E-mail address _____

(providing your email address will help save on mailing costs)

_____ New

_____ Renewal