

PARATRACKS

Newsletter of the Canadian Paraplegic Association (Manitoba) Inc.



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*spinal cord injury

REMEMBERING PAUL

It is with sadness that we announce Paul MacDonald's passing on April 9, 2017.

Paul joined the ParaTracks team in December 2009 when he wrote his first article for the newsletter. Since then he contributed twenty-one articles ranging from such topics as transportation, independent living, technology, accessibility, etc. Paul's articles were chock-full of knowledge, passion and humour.

Thank you for your contributions over the past 8 years, Paul. You will be missed.

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

<i>David Borthistle</i>	<i>Robert May</i>
<i>Ghulam Chughtai</i>	<i>Vital Paul</i>
<i>Brenda Cook</i>	<i>Ilidio Soares</i>
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<i>Carlyle Jorgenson</i>	<i>James Wood</i>
<i>Paul MacDonald</i>	<i>Peter Welechenko</i>

CORRECTION: in the Fall/Winter issue of ParaTracks, the article titled **"Be Kind to Yourself: Self-Compassion and Well-Being"** mistakenly listed Faiza Malik as the writer of the article. Please note that this article was written by Agnieszka Szymanowicz, and not Faiza Malik. We sincerely apologize for this error.

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THE SCALES OF JUSTICE

By Mike Reimer

My name is Mike Reimer. When I was 15 years old, I was struck with a rare form of West Nile Virus which nearly killed me, but eventually rendered me a wheelchair user. I am now 25 years old and have just completed my law degree from the University of Manitoba.

I wrote an article approximately 4 years ago for ParaTracks after I had been accepted into Robson Hall's Faculty of Law. At that time, I was studying politics, economics, and philosophy. My interest in politics and philosophy was one of the main reasons I pursued law school. I also liked the idea of being in court and arguing cases.

Law school is very different than the undergraduate courses I took. It is impossible to read everything that is assigned. This is done intentionally as the professors want to see if people are able to decipher the most important readings, and also if they are able to skim over documents and still have the ability to pull out the relevant parts. To give an idea of the workload, in the first year of the full-time program, students carry 7 courses, which run both semesters.

At Robson Hall there is a volunteer legal aid clinic where students can begin volunteering in their second year. This is a great opportunity for law students to get a taste of what the job of a criminal defense lawyer is

like. By the end of my third and final year, I had represented about 20 clients.

I will be articling at a criminal defense firm in Winnipeg, beginning at the end of May. My goal is to impress the partners enough to be offered a junior associate position at the end of the year when I'm called to the bar and officially a lawyer.

To succeed in law school people have to be prepared to work hard and function without eating or sleeping much at times. Also, some law courses have examinations worth 100% of the grade for the course. Individuals who have trouble with exams should avoid law school or learn how to improve their exam writing skills.

Law school is also very expensive. While Robson Hall's fees are among the lowest for law schools in Canada, they still are expensive. Without the financial support I received through CPA, I likely would not have been able to afford to attend the program.

I would like to leave off by saying if you are considering law school, look into it more. I went into it completely blind without knowing what to expect and unfortunately had to decide after I was already enrolled if it really was for me. With such a big investment, it would be wise to do your research first.

WE NEED YOUR FEEDBACK

What would you like to see in future issues of ParaTracks?

We try our best to publish articles and stories that are of interest to you, our members. To ensure we continue with this practice, we need your help. Without feedback from CPA members, we can't always be sure that we're providing you with the information you require.

Please take a moment to provide us with your feedback. Was there an article that was of great interest to you? What did you like about this issue of ParaTracks? What didn't you like?

Please send your comments by email to Adrienne at aconley@canparaplegic.org or give her a call at 204-786-4753 or 1-800-920-4933, ext. 222.



THE BIG PICTURE

In this article, Dustin Vernie talks about himself, his spinal cord injury, his educational program and his hopes for the future. —Laurence Haien, Senior Rehabilitation Counsellor, Vocational Services

CPA: Tell me a little about yourself, including your spinal cord injury and how it affects you?

Dustin: I will soon be 24 years-old. I grew up in the St. Andrews area and was always involved in outdoor activities, like dirt biking, snowboarding, snowmobiling, playing hockey and soccer. I was a very active kid. I sustained my spinal cord injury when I was seventeen-years-old and attending grade 12. I was driving home from a friend's one evening, was looking at my cell phone, sent a text as I was going around a corner, and ended up colliding with an oncoming SUV. I sustained a C-6, incomplete spinal cord injury in the collision.

Because of the effects of my spinal cord injury, I have difficulty sitting for too long. After about one hour, I need to get up, move around, and stretch because of pain and joint stiffness. My left hand and arm are affected. I have limited grip strength in this hand and limited ability to lift things. This can make it difficult for me to get around the Red River College campus. For example, I have difficulty putting on and taking off my backpack and opening doors when I have things in my hand.

Also, my balance is variable, especially when I have not had enough sleep. Thankfully, most days are not bad. On those days when my balance is affected, I use my cane. My teachers are aware of my issues with walking long distances and are very accommodating. If I'm late for class, they will fill me in after class.

During my accident, I also sustained two brain concussions. As a result, I experience some difficulty with memory and processing information. It takes me longer than it might other students to process what I've read and to retain information for examinations.

But the campus is a friendly place for people with disabilities. There are many automatic door openers and people are ready to help out if they see you need help or if you ask.

CPA: What program are you enrolled in and why did you choose this program?

Dustin: I'm enrolled in my first year of Civil Engineering Technology at Red River College. Before my accident, I worked in construction. I framed houses. After my injury, I figured that I would not be able to frame houses again. Through my Rehabilitation Counsellor at

the Canadian Paraplegic Association, I was able to do some career exploration. Civil Engineering was identified as one of my top choices and seemed a good fit for me. So, I'm pursuing that.

CPA: Did you have to do any academic preparation before commencing the program?

Dustin: I lacked the prerequisites necessary to apply for admission to Civil Engineering Technology at Red River College. So, I took evening classes at an adult education centre and completed grade 11 applied mathematics, physics and then grade 12 applied mathematics and chemistry.

CPA: What was the transition like to post-secondary education?

Dustin: The atmosphere at the adult education centre was quite relaxed, and I didn't have a lot of homework. However, the teachers expected that while in class, you would focus on your work. By comparison, the workload at Red River College is huge. The amount of homework I need to do is overwhelming and the amount of time it takes me to complete assignments, finish required readings, and to prepare for examinations is unreal. I basically eat, breathe, and sleep school Monday through Sunday. I spend a lot of time, even on the weekends, studying on campus.

In my second term, I decided to withdraw from one course because the courseload was so demanding. Even now my workload is very heavy. I find that you have greater freedom at Red River College, in a way. If you choose not to focus on your work in class and to be distracted, that's your prerogative. It's totally up to you to take notes and to prepare for your examinations. It's an adult-based learning system. No one is going to chase or coddle you. If you haven't done the work, you'll probably fail. It's your choice.

CPA: Tell me about your program?

Dustin: I was taking eight classes per term, which is a lot. As I mentioned before, I dropped one of my courses and will pick this up later. The program has a co-op education component, which is intended to provide students with an opportunity to put their theoretical knowledge into practical usage at a job site while getting paid. This also provides students with an opportunity to network and develop contacts in the industry



that may help them secure employment after they graduate.

Civil Engineering Technology students are required to complete two, four-month terms of co-op education to graduate. One of the required courses taught us resume writing, interview skills, and job search techniques. The College does not provide students with co-op placements. Instead, students are required to secure their own placements and usually go on Job Central, a College-based website that posts job vacancies. There is no guarantee that students will secure a co-op education placement.

CPA: I understand that Civil Engineering Technology students eventually select an area of specialization during their program. What are your interests?

Dustin: My first choice would be architectural engineering because of my previous involvement with the construction industry. The architectural stream is very competitive and popular, with limited spots available. The selection into each of the specialization streams is based on grade point average. If I don't get into the architectural stream, my second choice would be environmental engineering. I attended a presentation given by a representative from Petro Canada. He talked about old service stations and the work being undertaken to ensure that contaminants are removed from the soil in the construction area. He also spoke about the environmental effects that we are causing to the universe. I just feel that we need to change them, quickly!

CPA: What supports are available to students on campus who have educational needs?

Dustin: Well, my rehabilitation counsellor at the Canadian Paraplegic Association helped me connect with the Student Support Centre, and we met with a counsellor to discuss my support needs and to develop a plan to address these. The counsellor at Red River College helped me access tutoring and proctoring for examinations. I get additional time to complete examinations because of my difficulty with memory and processing. Also, because of my issues with seating tolerance, ergonomic chairs were made available to me. Sometimes teachers will allow me to use their chairs, too.

CPA: How are you able to pay for your education?

Dustin: My Rehabilitation Counsellor at CPA enrolled me with the marketAbilities Program. This is a cost-shared program between the federal and provincial governments that is only available in Manitoba. The

program assists person with many kinds of disabilities to pursue education, training and employment. My counsellor and I developed an individual vocational plan, which enabled me to be placed on a wait list for funding consideration by the marketAbilities Program. The marketAbilities Program has covered my tuition, books, tutoring, proctoring, transportation, and some equipment needs.

CPA: Do you have any advice for individuals who are considering post-secondary education?

Dustin: Be prepared to dedicate yourself to your studies. Maintain your motivation by focusing on the bigger picture; focus on your end-goal of graduating from your program and securing employment that will be fulfilling to you and provide you with a decent income so you can do the things you want to do and have the things that are important to you. Also, I have established a group of friends in my program who know about my challenges and who provide practical help and support. If not for them, the support of my family, and my friends outside of the program, I don't think I would have made it through my first year.

CPA: What qualities do you think are important for someone considering the Civil Engineering Technology Program?

Dustin: You should have a strong background in mathematics and, at least, a basic understanding of physics and chemistry. I think my previous background in construction has also helped me. In one class, I have had to use Auto Cad. I already had an understanding of and ability to read blueprints, so that definitely helped with that class. I think individuals should have good analytical skills, enjoy problem solving, work well within a team and under pressure. It's important to be patient with yourself because you may not understand theoretical information right off the hop. You have to be persistent.

CPA: Is there anything else you'd like to share?

Dustin: If you are considering post-secondary education, don't put it off. Get it done. I never thought that I would go into post-secondary education after my spinal cord injury. Like I said before, because of the effects of my spinal cord injury, I knew that I would not physically be able to continue to climb roofs and frame houses. Now that I'm in post-secondary education, I know that it will pay off in the end.



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 injury.

MPF has approved several requests for financial support during the past several months. Some of the highlights follow:

- ◆ Funding was provided for the rental of a Roho cushion for a CPA member who was currently using a cushion that had been patched many times and was going flat hourly. The rental would provide the member with a cushion while awaiting the arrival of the new cushion which was on order.

- ◆ Financial support was granted for the purchase of a van for a CPA member. The member uses a Hoyer lift for transfers which limits their access to a regular vehicle. The van will allow the member, who lives on a farm, to visit with family and friends, attend medical appointments and reintegrate back into the community.

- ◆ Funding was provided for the purchase of a head-controlled mouse for a CPA member. The mouse translates natural movements of a person's head into directly proportionate mouse pointer movement. The head-controlled mouse uses a wireless optical sensor which tracks a tiny disposable target worn by the person on their forehead. This device will enable the member to add to their independence and quality of life, and assist with their goal of attending post-secondary education.

- ◆ Financial support was granted to a CPA member to cover the costs of completing a Criminal Record Check

and a Child Abuse Registry Check. These checks will allow the member to obtain volunteer positions that will allow them greater access to community participation, potential future vocational opportunities and to develop social networks.

- ◆ Funding was provided for the purchase of a pressure mounted transfer pole for a CPA member. This pole will enable the member, who experiences chronic pain and reduced physical stamina, to transfer from their bed to their wheelchair.

Visit MPF's website at: www.cpamanitoba.ca/mpf. Applications for assistance are available through the website or by contacting the CPA office at winnipeg@canparaplegic.org or 204-786-4753.

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WHEELCHAIR CURLING

By Mark Wherrett



Skip Dennis Thiessen and his teammates from the Assiniboine Memorial Curling Club—Third Mark Wherrett, Second Jamie Anseeuw and Lead Carolyn Lindner, along with Coaches Tom Clasper and Tom Wherrett.

This is the third time that Manitoba has won the Canadian Championship in the last six years. Dennis is the only teammate who has been on all three Gold medal teams. “It takes a lot of work and dedication to

survive a National Championship”. It’s a long week and to be in the Championship game, you know your training and dedication to practice has paid off. The Gold Medal game was against Alberta, skipped by former Manitoban Jack Smart. Alberta had the hammer but we managed to steal the first two ends and gave up one in the third end. It was “all Manitoba” after that with the final being 11-1 after six ends.

Manitoba is trying to expand the wheelchair curling program so we are planning some “Give-Curling-A-Try” camps this year. So if you’re interested in playing again, or trying it for the first time, give Mark a call at CPA at 204-786-4753 ext.235.

We are also hoping to have a camp in Brandon to assist any players who want to start in that area. It would be great to get more teams playing in Manitoba. All you need to do is dress warm and be able to slide a 42 pound curling rock 140 feet down the curling sheet. I find it a great way to help the winter seem shorter, as we practice a few times a week and play at least once a week.

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.

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!



ELECTRICAL STIMULATION OF THE SPINAL CORD BELOW INJURY: Will it restore function and improve quality of life?

By Kristine Cowley, PhD

Last year, I wrote an article about electrical stimulation of **peripheral nerves** for function and therapy after spinal cord injury (SCI). In this article, I will focus on the use of electrical stimulation of the **spinal cord** itself.

It is interesting that the biggest promise for improvement in function after SCI comes from electrical activation of neural circuits below injury. The use of stem cells or regeneration or re-myelination strategies are still far away from a promise of true recovery, and these cell-based therapies are also associated with some unknown risks, like eventual growth of spinal tumours. In contrast, electrical stimulation of the spinal cord has less potential to do harm, with better increases in function during stimulation than has been seen with cell-based therapies.

Harkema and colleagues surprised the research world when they demonstrated how a man was able to make voluntary movements only when he received electrical stimulation of his spinal cord in the lumbar region, despite having been paralyzed for many years due to a complete SCI in his thoracic (chest) region ([http://](http://www.thelancet.com/article/S0140-6736(11)60547-3/abstract)

[www.thelancet.com/article/S0140-6736\(11\)60547-3/abstract](http://www.thelancet.com/article/S0140-6736(11)60547-3/abstract)).

The following diagram (Figure 1) from the NIH website helps explain epidural stimulation of the spinal cord (<http://www.nibib.nih.gov/news-events/newsroom/reawakening-spinal-cord-circuits-shows-promise-paralyzed>). This figure shows a pretty small electrode array that is inserted in between the bones of the vertebrae and the spinal cord at the lumbar level.

In the studies by Harkema, they were not expecting to get voluntary movements with the stimulation. Rather, their goal was to get the study participant to make stepping movements with the stimulation. However, they also demonstrate that different functions occur, depending on where they stimulate. If they stimulate in the sacral region (S1 on the left figure in white) they are more likely to get an upright standing posture rather than stepping movements.

This work was ground-breaking because although electrical stimulation had been shown to make rats, cats and primates (monkeys) make either stepping or hand movements, it had never been shown in humans before.

Even more importantly, it had never ever been demonstrated that motor-complete injuries could make voluntary leg movements during electrical stimulation. Harkema and colleagues followed this up by testing people with long-standing motor and sensory-complete injuries and surprisingly, they too, could make voluntary movements when their spinal cords were electrically stimulated (Figure 2 is an example of Kent Stephenson who had

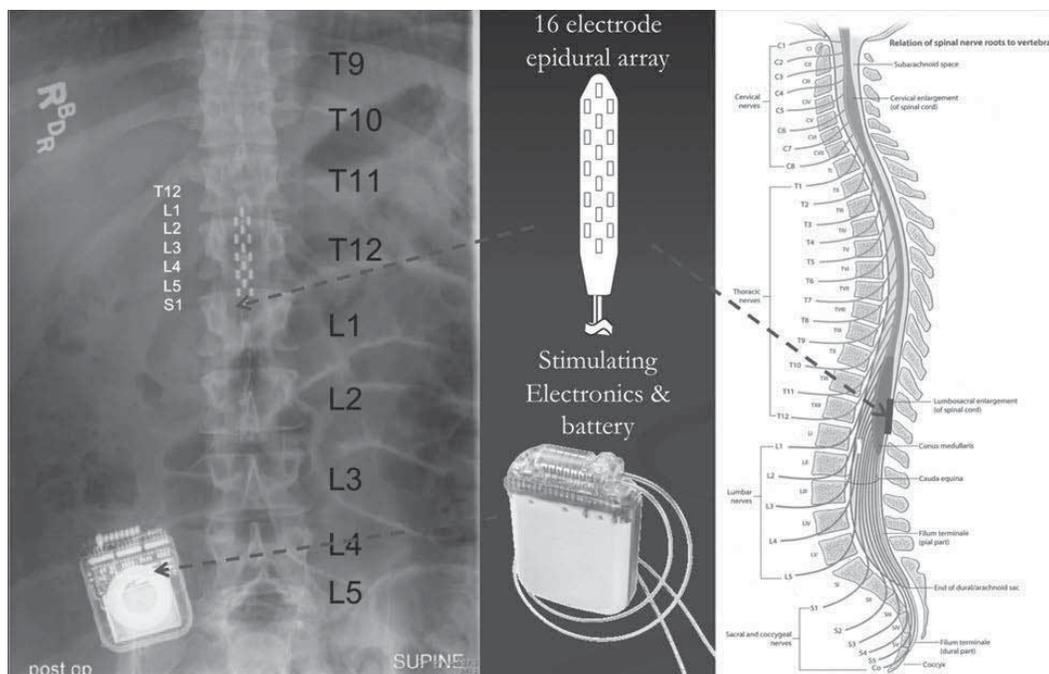


Figure 1 shows where the epidural stimulator is implanted.



been paralyzed for many years before receiving the epidural stimulator). From <https://www.sciencedaily.com/releases/2014/04/140408074638.htm>.

Although these findings are a great advance, the technique cannot really be used functionally at this point, say, for example, to walk around your house. However, one can imagine using this type of stimulation for therapy (to stand and keep your leg muscles and bones strong after injury). There is still work to be done to refine and identify the best stimulation strategies and sites within the spinal cord, but this is, in my opinion, the biggest advance in SCI-research that we have seen to date.

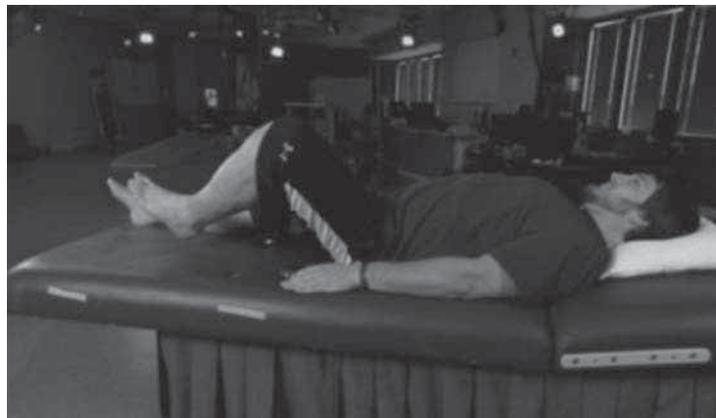


Figure 2 Ken Stephenson moves his leg but only when his spinal cord is receiving electrical stimulation

BACK IN THE GAME

By Ryan Sturgeon

Do you ever think to yourself “there is something missing” or “I wish there was more I could do”? I certainly have! For years I have been missing out on sports and leisure activities that I used to love so much! I used to play soccer, football, badminton, and many other sports. Sports was a big part of my life. We all need connection with people, leisure activities, and exercise. For me, sports was the answer.

I broke my neck and my back in an accident in 1999 which left me with incomplete quadriplegia. I walk slowly with a cane which seems to have left me caught in between two worlds. I did not see myself as an avid wheelchair user who could participate in wheelchair sports, nor did I see myself as a person who had the ability to stand and participate in any sort of sport. Part of me lacked the confidence as well, and another part did not even know how to start. Was I really able to play any sports? Would I have the athletic ability? No matter what your disability, I am sure we can all relate that it's not always easy to try something new and put yourself out there for things like sports.

Within the past year I made a decision. I was going to reclaim that part of my life. I was going to get back what I was missing. I have started training to try and become better in a wheelchair and stronger. I have also started looking for sports or leisure opportunities lately, but sadly have come up with very little. You see, I live in Brandon, and the nearest opportunity for sports would seem to be in Winnipeg. I would love the opportunity to try some sports and I have started trying to get local people talking.

I started a Facebook group called Brandon Wheelchair

Sports and Leisure to help coordinate some efforts to get more sports and leisure activities in the Brandon and surrounding Westman Area. I spoke with multiple agencies and in the end, partnered so far with Curl Manitoba, Brandon Mobility and the City of Brandon to bring a wheelchair curling clinic to Brandon in November, with plans to later start a curling team. But we need participants! This is an opportunity for individuals with limited mobility to participate in a wheelchair curling clinic, regardless of age or ability. This is for anyone with limited mobility, balance, etc (you don't necessarily have to be a full-time wheelchair user). It is a great way to build confidence, become active, and build relationships. Participation in sports has many physical, mental, and emotional benefits. This is a great way for people with injuries or disabilities, or for the aging population, to experience all of the benefits of sports and leisure activities.

This exciting opportunity is FREE for everyone! We are bringing in 2017 Canadian Curling Champions Mark Wherrett and Dennis Thiessen (2014 Paralympic Gold Medalist) to provide the Curling Clinic on Saturday, November 25, 2017 from 2:00 to 4:00 p.m. at the Brandon Curling Club. Anyone with a mobility impairment is welcome to come and try! You do not need any experience or equipment. Do you know a member or loved one that could benefit? If you know of anyone who may be interested, please feel free to pass along this information. You can also direct them to the Brandon Wheelchair Sports and Leisure Facebook page.

Please register with me at 204-578-2485 or rsturgeon@pmh-mb.ca. Come out and try curling!



MEET THE NEW STAFF AT CPA



Bernard Gaudet **Rehabilitation Counsellor, Transitional—Vocational Services**

Hello. I was hired in May 2017 by CPA as a Rehabilitation Counsellor for Transitional Services Coordination. My role in working with members is to identify and address any needs they may have in transitioning back to a full, active and productive life following a spinal cord injury.

It's been a long road getting here to CPA. I'm originally from Brandon, Manitoba, and moved to Winnipeg with my family when I was in high school. My first experience working with people with disabilities was at Lakeside Camp, north of Gimli in 1982. From there, I went on to work at Ten Ten Sinclair Housing Inc., and several of the Fokus units across the city.

I completed my BSc at the University of Winnipeg in 1997 and went on to do a Masters in Human Ecology in Brussels, Belgium in 2001. After a 17 year absence, working in a variety of places (Brussels, Berlin, Anchorage, Victoria, Montreal and Ottawa), I returned to Winnipeg in 2014. Yes, I lost a bet and had to come back—just kidding. During my time away, I had the opportunity to work as an English Teacher, Researcher, Fisheries Observer, Health Care Aide in Independent Living, and in a variety of capacities with developmentally challenged individuals, to name a few things. Perhaps the most invaluable lesson I've learned over this time is to try and look at the world from another person's perspective. Although this is not always easy to do, it can make us kinder, stronger and wiser.

I'm very happy to be back in Winnipeg and look forward to working with many old acquaintances and friends, as well as forging new alliances.



Delcy-Ann Selymes **Rehabilitation Counsellor**

My name is Delcy-Ann Selymes. I received a phone call in February from Darlene Cooper asking if I was interested in leaving the comforts of retired life to cover a caseload for a rehabilitation counsellor who was going on leave. It was short term coverage and I thought it might be nice to manage a caseload once again. Who knew that after 20 days I would be hooked; it was great to enjoy the comradery of staff and the fulfilment that comes only through work—work that includes sharing knowledge and skills with others. After completing this task in April, I was again invited by CPA to gather client information for a “Client Needs Survey.” While the purpose of the survey was to bring information back to the agency, that would in turn enhance client service, I believe that it is me who has gained knowledge and appreciation for those with a spinal cord injury. As I neared the end of this work and began to think my

time with the agency would come to conclusion, I was excited to learn there would be a place for me working with clients who are in receipt of Worker's Compensation benefits, to provide psychosocial support.

My educational background includes a Bachelor of Social Work and a Master of Social Work, both from the University of Manitoba. I worked with the City of Winnipeg, Department of Social Services, Special Services Department for eight years managing a caseload of high needs clients and eventually becoming a supervisor in this department. I left the public sector and took at position as Director of Rehabilitation, and eventually the Western Canadian Director and Executive Director, Manitoba/Saskatchewan for the Canadian National Institute for the Blind (CNIB) over a 15 year period. I have developed and taught a Disabilities Issues course at the University of Manitoba Faculty of Social work. I retired in 2013 and now have more time to enjoy my husband, our five children and five grandchildren and our dog Angus! I am currently serving on the CNIB Manitoba Board of Directors, volunteer for Manitobans for Presumed Consent, and my church.



Kelly Tennant **Rehabilitation Counsellor, Health Promotion Services**

My name is Kelly Tennant and I am one of the newest members of the CPA rehabilitation counselling team. I was born and raised in the Chicago area, then lived in Texas and British Columbia before recently moving to Winnipeg for my husband's (hopefully last!) military posting. I'm happy to have found this exciting opportunity to work with such an inspiring group of clients here at CPA.

My educational background is in psychology and neuroscience, and I've spent the last 13 years working as a basic science researcher studying the effect of rehabilitation on neuroplasticity after stroke and teaching university students on topics ranging from neuroanatomy to behavioural neuroscience. I'm excited to be making this career shift away from the lab bench and working directly with people with spinal cord injuries as they move towards attaining and maintaining independence in the community.

The main focus of my current role is health promotion. In other words, I provide health education and support to our members as they strive to be as healthy as possible, especially when it comes to avoiding secondary complications related to spinal cord injuries. One of the most important parts of my job is running the STEP-UP program, our very successful pressure ulcer prevention program that has nearly eliminated pressure ulcer problems amongst its participants. If you're interested in learning more about STEP-UP and our other health promotion initiatives, please read the article I've written on this topic in this issue of ParaTracks. And if you haven't already heard from me or another member of our health promotion team, do expect to hear from us in the near future!



Melanie White **Rehabilitation Counsellor, Vocational Services**

Hi, my name is Melanie White and I am CPA's newest staff member. I moved to Winnipeg from Northwestern Ontario in 2011 and have spent the majority of the last 6 years working in the field of mental health. I look forward to meeting and working with CPA members who are ready to work towards an employment goal.

My education includes a Social Service Worker (SSW) diploma from Sheridan College in Oakville, ON. Upon completion of my SSW diploma, I attended University of Prince Edward Island where I completed a Bachelor of Arts with a major in Psychology. I have since worked with developmentally disabled adults and youth, as well as children with pervasive developmental disorders. My experience in the field of mental health consists of 2 years as a Children's Mental Health Worker for a First Nation in Northwestern Ontario and 4 years as a Rehabilitation Worker at Canadian Mental Health Association (CMHA) MB and Winnipeg. While employed at CMHA I provided support to single parents and adults diagnosed with mental illness to help them achieve goals related to employment, education, housing, socialization, and parenting while implementing the psychosocial model of rehabilitation. Prior to joining CPA, I worked briefly for the Province of Manitoba as an Employment and Income Assistance Case Coordinator.

Throughout my career in the social services, I have had the opportunity to work with many inspiring individuals and have witnessed firsthand the resiliency, courage, and strength of people facing challenges who are motivated to make positive changes in their lives. I hope that I can make a difference in the lives of members affected by spinal cord injuries and help them to reach their full potential by providing guidance and support as they work towards achieving their vocational goals.

"Strength doesn't come from what you can do. It comes from overcoming the things you once thought you couldn't."
—Rikki Rogers



VOLUNTEER AND TRAINING OPPORTUNITIES

By Melanie White

On September 26, 2017 Darlene Cooper (Director of Rehabilitation Services) and I attended the volunteer orientation at Winnipeg Harvest for a tour of their facility, and to learn more about potential volunteer and training opportunities for our CPA members.

Contrary to popular belief, Winnipeg Harvest is not technically a food bank (although they will provide emergency food onsite to individuals in dire need, if requested). Food is donated to the Winnipeg Harvest Warehouse, where it is then redistributed to nearly four-hundred social services agencies (i.e. food banks, soup kitchens, youth programs and drop-in centres) throughout Manitoba. Winnipeg Harvest has been operating since 1985 and their vision is “*a community that no longer requires the services of a food bank*”. Their mission: “*share food with hungry families; focus attention on hunger in our community and move toward long-term solutions*”; and “*facilitate training and learning opportunities for our clients*”.

In 2016, Winnipeg Harvest fed approximately sixty-two thousand people per month and moved more than 3.2 million pounds of food through their warehouse. To fight hunger, Winnipeg Harvest relies heavily on their volunteers (twenty-four thousand in 2016) and there is no shortage of opportunities available in the following areas:

- **Warehouse:** order filling, bagging, sortation, kit line, food inspection (vegetables, bread/baked goods) and truck driving.
- **Front line services:** reception, call centre, kitchen, group host (team or leader), agency host, meal and snack host.
- **Special projects & events:** volunteer education team, lived experience panel, committee member (various committees), speakers bureau, and third party events assistant.

There is no expectation to commit to a specific area and volunteers are offered the opportunity to change the area in which they volunteer to suit their needs. Those who have specific skills to offer (i.e. proficient in computer applications) can also volunteer to teach in the training centre.

Winnipeg Harvest generously recognizes volunteers

for their efforts in a number of ways; they provide a laundry facility on site as well as coffee/hot chocolate, snacks, and a cooked meal (provided for volunteers on shift during 11:30 a.m. to 12:30 p.m.) free of charge.

Winnipeg Harvest also has a training centre where marketable skills are taught to enhance participants’ opportunities to access the job market. Training programs are free to those on food bank and there are many opportunities available for volunteers (prerequisites may apply) such as:

- **Call Centre training:** 8 week program designed to teach customer service representative skills (data entry, basic essential telemarketing skills, communication and interpersonal skills).
- **Warehouse training:** 8 week program designed to teach warehouse industry standard skills needed for entry level employment in distribution centres/warehouses (shipping/receiving procedures, equipment operation, product quality control, inventory maintenance and order picking).
- **Individual courses:** web technology, computer diagnostics, safe operation of lift truck (offered online- theory portion only), and gardening/kitchen workshops (i.e. food handler certification).

To be eligible for training programs participants must be:

- Unemployed or employed part-time (less than 20 hrs per week)
- Proficient in English language
- Able to attend, participate and interact independently for the entire length of the program
- Actively seeking employment
- Committed to courses (length, expectations, conditions)

If you are interested in any of the above volunteer and/or training opportunities at Winnipeg Harvest, please visit their website at winnipegharvest.org to learn more or contact Melanie White, Rehabilitation Counsellor- Vocational Services at 204-786-4753 ext. 226.

Devote yourself to your community around you & devote yourself to creating something that gives you purpose and





CPA MANITOBA EXPANDS HEALTH PROMOTION INITIATIVES

By Kelly Tennant

Health promotion became a main focus of CPA's holistic service model in 2007 when the STEP-UP (Stakeholder Education Program for Pressure Ulcer Prevention) program was first rolled out and a full-time employee was hired specifically to deliver health education and health promotion services to CPA members. The STEP-UP program was initially based on a successful program from Arkansas and, over the years, we have adapted and refined it to make it our own. The need for this program arose because the deficiencies in skin sensation that often accompany a spinal cord injury make pressure ulcers a common problem, and unfortunately, they are very difficult to treat. As with most health conditions, prevention is the best medicine, and that has proven true for us with STEP-UP. Since its inception, the STEP-UP program has been very successful in helping participants achieve the goal of avoiding the development of pressure ulcers, which as anyone who has been unlucky enough to experience one first-hand can attest, leads into a physically and mentally daunting process of healing.

One of the weaknesses of the STEP-UP program is that members are only eligible for referral to the program if they leave the hospital without already having skin breakdown. Because we, at CPA, care about the health of *all* of our members, we wanted to develop programs that would benefit people beyond STEP-UP. Thus, over the last couple of years, we have been conducting a pilot program to collect health information from every member. Our Health Promotion Baseline questionnaire collects data on whether our members have access to health care providers in the community, such as family doctors and dentists, and whether they are seeing their community health care providers often enough. We then ask our members about any health issues they are experiencing, and whether they have appropriate medications and equipment to suit their needs. We also ask about skin, bladder, and bowel care and about lifestyle issues that directly affect health such as smoking, alcohol use, and drug use. Finally, we ask a standard series of questions to assess members' current feelings about their quality of life and health, both mental and physical. This program was

initially focused on our Aboriginal members, who are more likely to experience a lack of access to consistent, quality health care. The pilot program highlighted the fact that many of our members did not have a regular family doctor or dentist, and were not receiving regular medical and dental check-ups, let alone important life-saving screening tests such as cervical exams and mammograms for women and prostate exams for men. So it became our mission to connect members with health care providers in their communities and encourage them to maintain regular visits with them, and to identify members who are struggling with depression, anxiety, or addiction and facilitate connections with programs to help them. We are now expanding health data collection to capture all members who have been discharged from the hospital since April 2015, and we hope to use this information to address any existing problems our members are struggling with and improve our services in the future.

We know all too well that the initial period of recovery after spinal cord injury can be a busy and confusing time. Often members receive some education on what spinal cord injury is and how it will affect their lives while still in the hospital, but things change or are forgotten once they arrive home. We want to make sure that everyone has the necessary information to take charge of their own health care needs once back in the community, so we have developed a targeted education plan to address this. This plan utilizes the online educational resource, SCI-U, which was developed by people with spinal cord injuries, in collaboration with researchers and healthcare professionals, and focuses on general information about spinal cord injury and bladder, bowel, and skin care. These educational sessions are easy and fun, and serve to let us know the level of knowledge our members have on these issues that affect their health, so that we can modify and enhance our services as needed, for each individual. Some people may want and need more health education, while others need very little at all. Overall, our goal is ultimately to empower all members to take control of their own health care, which will help them maintain independence throughout the rest of their lives living with



the chronic effects of spinal cord injury.

Some new programs that we're hoping to initiate in the near future are developing a modified version of STEP-UP to use with members who have had skin breakdown and need support during the healing process. We know that the development of one pressure ulcer predisposes people to developing more in the future, due to continuing lifestyle issues that increase pressure ulcer risk or simply that skin that has previously healed after an ulcer is more fragile and prone to repeated breakdown. This is a very important target group for us, given that many of our members are leaving the hospital with skin breakdown, and they deserve the same health education and support given to those who are eligible for the traditional STEP-UP program. We are also in the process of thinking of ways to effectively deliver STEP-UP/modified STEP-UP to people living in rural or remote communities, as our current service model only encompasses members living within a 50 km radius of Winnipeg.

Another program we're hoping to become involved with is "Get Better Together", offered by The Wellness

Institute at Seven Oaks General Hospital. This program is based on a successful program initially developed by the Patient Education Research Center at Stanford University and trains peer volunteers to lead workshops focusing on living a healthy life while coping with a chronic condition. The workshops are offered free of charge to registered participants. We are currently looking for volunteers with SCI to attend the leader training. Please let us know if you are interested! A third initiative that we're hoping to offer our members in the future has presented itself as a collaboration with a researcher from the University of Regina. She has developed an online cognitive behavioural therapy course specifically for people with spinal cord injury who are experiencing depression and/or anxiety. We are excited about the potential of this course to augment and enhance the services we are capable of delivering at CPA.

As always, if there is anything we can do to help you be the healthiest version of yourself, please don't hesitate to let us know.



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RENT ASSIST

By Bernie Gaudet

Rent Assist is a provincial government program intended to help low income individuals and families with the cost of paying rent in unsubsidized housing accommodations. It is available to people receiving EIA (Employment and Income Assistance) payments, as well as those who do not receive EIA but whose incomes fall below a threshold value set out in the program guidelines. As individuals and families receiving EIA will have Rent Assist included in their monthly payments, this article will outline some of the more important points for low-income earners not receiving EIA.

Manitobans **not** receiving EIA benefits must meet the following eligibility requirements to apply for Rent Assist:

- pay rent or room and board for unsubsidized housing
- have an annual net household income of less than \$24,129 for a single person, \$27,386 for two persons, \$33,729 for three or four persons, or \$42,000 for five or more persons.
- have dependent children in the home and have a household income of less than \$33,729 for two to four persons, or \$42,000 for five or more persons.
- are a Canadian citizen, or a permanent resident of Canada.

On the other hand, individuals are **not eligible** to apply if any of the following conditions apply to their situation:

- they rent their home from Manitoba Housing
- they, or the unit they live in, gets any other kind of housing benefit or subsidy
- they live on a First Nations reserve
- they live in a nursing home, hospital or residential care facility
- they live in student housing

As of July 1, 2017, income levels under which individuals and families are eligible for assistance un-

der the program have been reduced. These changes are reflected in the following table:

Eligible incomes for Rent Assist		
Household size	Formerly	As of July 1
Single	\$25,584	\$24,129
2 adults	\$29,040	\$27,386
2 adults, 1 child	\$36,384	\$33,729
3-4 people	\$36,384	\$33,729
5+ people	\$40,800	\$42,000

In addition, households will be expected to contribute 28% of their incomes towards rent costs instead of the previous 25%.

More information about the Rent Assist program is available on the Government of Manitoba website: https://www.gov.mb.ca/fs/eia/rent_assist.html

A useful tool to help you determine if you would be eligible is also found on their website: <https://www.gov.mb.ca/fs/eia/estimator.html>

To download an application form: https://www.gov.mb.ca/fs/eia/pubs/rentassist_appform.pdf

If you would like to speak with someone directly about the program, or require further information contact:

Manitoba Families
Provincial Services – Rent Assist
Community Service Delivery Division
100 - 114 Garry Street, Winnipeg, MB R3C 4V4
Telephone 204-945-2197 Fax 204-945-3930
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GREAT THINGS COME FROM HUMBLE BEGINNINGS

Shannon Dupont grew up in the small rural community of Inwood, Manitoba. She faced much adversity in her youth that led her to pursue a career in Social Work. In 2013 she faced a new challenge when she was involved in a car accident in which she was a passenger in a vehicle that rolled. The accident left her with an incomplete spinal cord injury. At the same time, she was working with the Canadian Paraplegic Association as the Transitional Services Rehabilitation Counsellor, working with persons with new injuries. While she was very good at working with individuals with new injuries, she had many challenges adjusting to her new reality. She recalls wishing that she had become a complete injury as she felt people would have been more accepting of her injury. With the support and guidance of her peers, she went on to adjust to her new reality. Shannon is currently employed with the Province of Manitoba and continues to advocate for individuals facing adversity and barriers.

This past March Shannon was honoured to receive the Aboriginal Woman of Distinction: Woman of the Year Award in Vancouver. She was nominated for

this award for her work and dedication to the social issues affecting women and children. Last year Indigenous and Northern Affairs Canada funded her Family and Workplace Violence Prevention Workshop that was delivered in 108 communities. She sits on numerous boards including Infinity Women, National Metis Women Council, Missing and Murdered Women inquiry. Shannon was one of thirty women nominated nationally. When asked if she knew that she was going to win, she replied “Quite the opposite. I recall telling my supervisor I will never win, look at the competition, so many deserving women. When I was notified I won, I was over the moon! It was a great honour to receive such an award.”

In addition to the above, Shannon was also recently presented with the Canada 150 Service Award coin by James Bezan, MP, on behalf of the Government of Canada.

Shannon is also one of the Rick Hansen Ambassadors this year. Just like Rick, our members are always in motion. Congratulations, Shannon, on receiving this Award! We look forward to hearing about all of our member’s successes.



Randy Abbott, Province of Manitoba EIA Area Director, Shannon Dupont and Darryl Reimer, Province of Manitoba Community Social Services Supervisor



Shannon Dupont and James Bezan, MP



EMBRACING CHANGE & GROWTH

By Lucas MacIntosh

On February 12, 2017, I sustained an incomplete spinal cord injury (SCI). Like many accidents it was unexpected, traumatic, and a huge pain in the neck! As you read, you will learn a little bit about my life before and after my spinal cord injury. Being that the injury I sustained is recent, I won't be writing about long term recovery and I won't pretend to know what obstacles wait for me ahead. At this point of my recovery, I can say that it has been and will continue to be a long road. While reading this, you may already have a good idea of what an SCI is and how every situation is different. Please let me share my opinions and experiences as they relate to me.

My name is Lucas MacIntosh, and I am a male in my late thirties. I have worked as an automotive technician since 1997. I was married in August 2016. So, marriage is new to me. I can honestly say that I woke up every day with a positive outlook on whatever was about to come my way. Of course, we all have those days that just don't work out and sometimes there are many of these in a row, sometimes months. Having said this, I feel we all have a strong human spirit. The will to work towards something seemingly unachievable should not be discouraged or doubted.

It would have been seven years ago that I decided to make a life change. This change wasn't just to eat healthy, quit smoking, or get physically fit. It was a change I felt was going to help me develop into a more mature adult who was fully capable of making the "right" decisions. The first decision was to find joy and embrace the moments of happiness that, at the time, I felt may have been passing me by because I took them for granted.

I found myself involved in volunteering for a small local business. This business brought me a new group

of friends, perspectives, and experiences where I could offer my skills as a problem solver and fabricator. This volunteer position introduced me to the world of adventure racing, orienteering, and obstacle course racing. At first, I was building/designing the courses, then I was competing (2012). My first races were an absolute disaster! Last place was a common thing. While trying to improve, I learned a lot about self-discipline and working within my own physical abilities. Having always been relatively fit, I felt it would take no time at all for me to be at the top of my game. Just days ago, a friend reminded me of how upset I was after my first adventure race. The expectation I had set out for myself was to get first place, but I had a DNF (did not finish).

On that note, it was during that same conversation that he complimented me on my persistence towards the sport. He may not have known it, but to me that meant so much. There I was, working within my own new abilities.

Life before my spinal cord injury was interesting, to say the least. I was into an array of

sporting activities such as mountain biking, motocross, adventure racing, fast cars, and drag racing. To have all these extracurricular activities, I had to work. In my professional career, I was an Automotive Technician. A lot of hard work went into creating this little world I had built for my wife and myself.

During my honeymoon (in a foreign Country with no first responder services) I sustained a neck injury while enjoying a leisure watersport. The result was a broken C-5, C-6, and C-7 vertebrae. This resulted in instant paralysis. Now I have an SCI and it is permanent. Making significant life changes while laying in a hospital bed with tubes and machines hooked up to me





was not appealing, but I did not have a choice. I will admit that I had a very large support group. Even with the support from family and friends, the thought of changing my life to suit my new body just wouldn't sink in. It took months before I would accept my new body for what it was. This was done with help from the Canadian Paraplegic Association (CPA), friends/family, and of course, my new wife. It was at this point that I decided to take my existing skills and abilities and put them to good use. With counselling and support, my positive attitude started to come back.

I have since realigned my passions in life and found out how rewarding it can be to find big or small successes: small successes like being able to feed myself, or big successes like choosing a new career. There have been obstacles along the way, but with support, I have found solutions to all of them thus far. I would like to mention that these obstacles were not just mine, but also for the people around me. My wife and I are now in a world that was completely new to us, a world that meant working together to overcome a whole new set of challenges.

I am currently attending Red River College in the Technical Vocational Education Program and one day will be teaching my skills to future Automotive Technicians. I have emotional, financial, and academic support from an array of sources that I had no idea existed.

It is with these supports and my own abilities that I am confident in overcoming any obstacles.

I decided to pursue a career as an educator in the automotive field because of my love for cars and my background as an automotive technician. The program has introduced me to a whole new world that is challenging and rewarding. The program is 10 months long with 10 weeks of work placement. The thought of going back to school as a mature student was quite intimidating at first, but after two months I feel right at home. I have had challenges. Some of these challenges would include explaining my disability to my peers, accepting support services from the Student Services Centre, managing my pain while staying focused on school work, and managing my family time. With support from my instructors, CPA, RRC, and my wife, I have been able to deal with these challenges one at a time. It goes without saying that my biggest supporter is my wife.

I would like to end by stating that everyone with an SCI will have a different set of obstacles. I feel it is most important not to take anything for granted. It will take time to realize your functional abilities and create a new process for yourself and those around you. When this happens, you will be able to embrace your new body and its full potential.



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THE BED SALESMAN

Ken Davis' search for a new bed forces him to put a price on comfort!

As I watched the tall, extremely thin woman enter my bedroom, I knew immediately that she was insane. Not *One Flew Over the Cuckoo's Nest* insane or even "Dick Cheney" insane, but the type of insanity that comes from too much caffeine, nicotine and Gummi Bears.

"You must be Mr. Davis?" said the skeletal figure, putting down her stack of books, boxes and VHS tapes.

"That would be me?" I replied, from the comfort of my queen-sized bed.

I had been doing a lot of bed duty since getting out of the hospital a month before, and in that time I had discovered how much I really hated my bed. I wanted to be able to sit up to watch television (also good for the lungs), get massaged (good for my muscles and tookus) and my bed was so old that it was rumoured that Noah had used it for Tantric whoopee on the ark. So I accidentally misdialled a number I saw on the television, only to have a nice woman tell me she was going to "spank the daylight out of me for only \$3.99 a minute." So I called the Supermatic bed company. They in turn sent...

"My name is Bonnie Barjot. People that have bought beds from me, however, call me "The Saviour."

"I thought Jesus had a patent on that?" I asked, slightly amused and more than a little disturbed.

Ignoring my remark, "The Saviour" settled herself into a chair at the end of my bed and was about to say something, no doubt profound, when Pam came in and delivered a large cup of coffee.

"Four sugars," said Pam, "just as you asked."

After thanking Pam for the overly sweet coffee, The Saviour watched as Pam settled herself on the bed beside me. She then started her pitch.

"Without hyperbole, I can say that the product I will tell you about today has changed the way that I live my life. After my fifth husband left me for a veterinary dental hygienist, I spent three weeks in bed watching the movie, *Basic Instinct*."

"I don't remember the movie being that long," I replied. "I think you mean *The English Patient*. Now that was a movie that I think they were still filming as reels were being delivered to the theatre. I remember at one point..." Pam not so discreetly kicked me.

"Sorry," I said. "You were saying?"

The Saviour went on. "Finally, one evening, while staring at the screen, a commercial came on for a bed. Not just any bed however, but the Supermatic Spine-Tingler 6300. I knew immediately that, not only did I want to

own that bed, I wanted to sell that bed. I wanted people everywhere to be as happy as the woman in the commercial. I wanted to be that happy."

After a moment's silence, I whispered to Pam, "Call 911. We'll use the handcuffs attached to our headboard to restrain her until the police are here."

Ignoring my perfectly good advice, Pam asked Jesus about some of the features on the bed.

"Excellent question. The bed can remotely be adjusted to over a million positions, and, while in those positions, you have your choice of three different massage speeds. On the 6300, there are also heat cells to warm you if you desire."

"Is there a bidet?" I asked.

She ignored me and handed Pam a catalogue. "You'll notice there are three different models," BB commented to Pam. "There is the El Cheapo 2120, the Morpheus Inducer 5570, and, of course, the Spine-Tingler 6300, our most popular model."

I noticed that the catalogue didn't list prices. "How many rubles does each model cost?" I asked politely.

It was a question she couldn't ignore. "Starting from the cheapest, they are 3 gazillion*, 6 gazillion* and 11 gazillion dollars*. But let's face it folks," Bonnie said emphatically, "you can't put a price on comfort."

"You have," I replied.

"Ken!" said Pam sharply.

As the afternoon wore on, Bonnie read us testimonial letters from customers about the "amazing" beds; she showed us videos about the "amazing" beds; and, at one point, she positioned Pam in the bed with pillows. Finally, she used the salesman's greatest weapon: she promised us free stuff...but only if we bought today.

In the end, to Bonnie's great disappointment, we settled on the Morpheus Inducer 5570. Since the bed has arrived, we have certainly enjoyed making Margaritas with our new high-speed blender, and, to be honest, the Margaritas are a necessity for sleeping on our ultra-hard Sleep Prohibitor 000. Maybe next time I'll just pay the \$3.99 a minute to be spanked to sleep. It'll certainly be cheaper.

**Prices may vary depending on time of day, wind direction or barometric pressure in Kenora, Ontario.*

—Ken Davis



WHEELCHAIR MAINTENANCE & CLEANING

Maintaining a wheelchair means keeping its moving parts and upholstery clean, and its wheel locks and wheels well adjusted. SMD Wheelchair Services provides maintenance and repair services for people issued chairs from the program.

However, the consumer is responsible for **basic maintenance and cleaning** of the wheelchair.

Cleaning your wheelchair

Dirt and mud build-up on the inside of your wheelchair greatly affects its performance.

- ◆ Spray the chrome or painted metal parts with a mild cleaner, and wipe all parts clean. Make sure to get into the hard to get areas where dirt usually builds up. Dirty moveable parts don't work well together and cause the parts of your wheelchair to wear out a lot faster.
- ◆ During the winter months, wash away road salts that can damage the metal parts.
- ◆ If you have leatherette type upholstery, spray cleaners work well.

- ◆ If you have nylon upholstery, a brush, mild soap and water will work.
- ◆ If you have any telescoping tubes on your wheelchair, rubbing them with paraffin or candle wax will allow them to slide more easily.
- ◆ Make sure the wheel axles are clean and free of hair, string, etc. which can make the chair hard to propel.

Basic maintenance

- ◆ If you have pneumatic tires, they should be checked for proper inflation. The pressure requirements are written on the side of the tire.
- ◆ Check and tighten brake screws regularly.
- ◆ Put a few drops of oil on the center bolt of the chair under the seat.
- ◆ Check for excess play in both the rear and caster wheels.

Reprinted with permission from SMD Services Brochure "Your Manual Wheelchair": <https://www.smd.mb.ca/uploads/ck/files/services/>

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204-786-4753 or 1-800-720-4933 (within Manitoba only)

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Did you Know....

That if you have something to sell, trade or give away, and you are a CPA member, you can place a classified ad for free in ParaTracks? For information, contact Adrienne Conley at aconley@canparaplegic.org or 204-786-4753, ext. 222.

VINCENT MASSEY CELEBRATES INCLUSION AND ACCESSIBILITY

It was a community event that would have made Rick Hansen proud. Hundreds of students, families, community members and advocates gathered to celebrate accessibility improvements at Institut collégial Vincent Massey Collegiate (ICVMC).

Last year, Hansen, a Canadian Paralympian and activist, visited Winnipeg and announced that the Pembina Trails school was the first to receive an Access4All Barrier Buster grant.

Vincent Massey has invested the \$30,000 from the Rick Hansen Foundation, as well as roughly \$200,000 of school funds to improvements to make the main entrance more accessible. Work includes a ramp, widening the front door area, installing electric push button doors and landscaping.

The Open Doors event gave staff, students, parents, trustees and politicians the opportunity to tour the school



Shannon Dupont, Mark Wherrett and Darlene Cooper attending the Inclusion Celebration on September 21, 2017

and learn more about ongoing accessibility initiatives.

“These are all spots in the school we would like you to visit, as they represent our efforts to break down barriers,” Principal Tony Carvey told the large crowd. “At each spot you will find a description, both in print and braille, of the work that has been done to make our school more accessible.”

The event also featured food from the University of Winnipeg’s Diversity Food Services, a joint venture that aims to employ new Canadians, Indigenous people and students. There was also music performed by former students, many who live with a disability.

—Reprinted with permission from Pembina Trails School Division

Return undeliverable Canadian addresses to: _____

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

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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.

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Mail to: 825 Sherbrook Street
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For more information:

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Toll-free within MB: 1-800-720-4933

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