



Canadian Paraplegic Association
Association canadienne des
paraplégiques
(Manitoba) Inc.

MPF MANITOBA
PARAPLEGIA
FOUNDATION INC.

MARCH 2004

SPRING ISSUE

ParaTracks

Newsletter of the Canadian Paraplegic Association (Manitoba) Inc.



"Reimer Express: In For the Long Haul with CPA."

In this issue...

Spinal Cord Research - Where it's Been and Where it's Going
Legend of a Medicine Man
Laurence Haien Attends NATCOM in Ottawa
Feds to Intervene with CCD? Liberal MP Raymond Simard Takes Note



ParaTracks is a publication of:

**Canadian Paraplegic
Association (Manitoba) Inc.**

825 Sherbrook Street
Winnipeg, Manitoba R3A 1M5

Tel: (204) 786-4753

Fax: (204) 786-1140

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

E-mail: winnipeg@canparaplegic.org

Website: www.cpamanitoba.ca

**Supported by Manitoba
Paraplegia Foundation Inc.**

Circulation: 1,100 copies
Estimated Readership: 5,000

Editor: Lorne Chartrand

Layout: James Kraynyk

Advertising Rates:

Effective January 1, 2001,
advertising rates for photo ready copy:

Full Page - \$160

Half Page (Back Cover) - \$100

Half Page - \$87

Quarter Page - \$55

Business Card Size - \$33

Classified ads free to CPA members.

*ParaTracks publishes
three times a year*

**Canada Post Publication
Agreement #40050723**

Board of Directors

*Randy Komishon - President
Ernie Hasiuk - Vice-President
*George Dyck - Past President
*Leonard Steingarten - Treasurer
*Norma Amadeo
*Regan Block
*Art Braid
*Lorne Chartrand
*Corrine Deegan
Dr. Karen Ethans
Ed Giesbrecht
Marlene Hanson
Randy Komishon
Earl McArthur
Rudy Niebuhr
*Roger Traverse
Lynda Walker

**paraplegic or tetraplegic*

Meet Laurence Haien

Greetings! I am Laurence Haien, Rehabilitation Counsellor, Vocational Services. I commenced my position with CPA on December 8, 2003. I will provide vocational services to those CPA members who wish to pursue educational and employment goals.

I completed a Bachelor of Sociology degree at the University of Winnipeg and a Bachelor of Social Work degree from the University of Manitoba. During each of my education programs, I was employed as an orderly, nurses' aide, and ward clerk, most recently at the Misericordia Hospital in the operating and recovery rooms.

I was employed at the Society for Manitobans with Disabilities Inc. subsequent to graduating from the University of Manitoba's social work program. I worked as a Rehabilitation Counsellor with Winnipeg Children's Program for six-and-a-half years and as a Vocational Counsellor with Winnipeg Adult Services for the past five-and-a-half years. The SMD provided me with my initial social service work experience and for that I am grateful, but the opportunity to take on new career challenges materialized.

I look forward to the challenges and opportunities that my work with CPA will provide. Although my employ with



the Canadian Paraplegic Association is recent, my association with CPA goes back many years. I completed a field placement with CPA as part of my social work training and was supervised by Darlene Cooper who has since taken on the position of Director of Rehabilitation Services. Over the years, I maintained contact with several CPA staff members.

I bring many transferable skills to my current position with CPA, including knowledge of many types of physical disabilities and disability-related issues, an awareness of medical systems, experience in working as part of a multi-disciplinary team, prevocational and vocational planning experience, and a relationship with provincial funders and other service providers.

On a more personal level, I enjoy canoeing, skating, swimming, bicycle riding, reading, traveling, and visiting with friends and family.

Meet Pat Romaniuk



Hiello! My name is Pat Romaniuk and I started working at CPA the beginning of October 2003 as the Accounting Officer.

My educational background includes a Certified General Accountant (C.G.A.) designation having graduated in 2000. I have many years experience in the accounting field in numerous industries, which includes public practice, real estate development and manufacturing. I also worked in the real estate sales field and had my real estate broker's license.

Since October we have converted from a Dos to Windows accounting software as part of a plan to modernize the accounting function and make it more responsive to the needs of the Association.

I have found working for CPA the past few months a challenging as well as a rewarding experience. In particular I enjoy the opportunity to meet members and clients and I look forward to meeting more of you in the future.



Independent Living in ManiFroza: The Big Picture

by Lorne Chartrand



Much has happened since last issue. As a “news-man” I was completely amazed at the U.S. army – plucking Saddam Hussein from a dirty, dingy “spider-hole,” across the river from his “grand palace,” in his hometown of Tikrit. For myself, this represented a monumental change for many Iraqi friends of mine. These unfortunate souls have, since escaping from a hellish situation – which, almost surely for most of them, would have led to an untimely, bloody death – suffered an existence of cruel, psychological torture, having left all of their loved ones behind.

It is in moments like these, that I find myself stopping to think how fortunate I am to live the life that is mine in a country like Canada. Think about Somalia or Haiti where civil war and poverty has made life, “nasty, brutish, and short.” In some parts of Africa the rate of AIDS infection is 70 per cent. In many dark corners of the globe life is – from the cradle to the grave – a tearful, heart-wrenching sorrow.

It is against these conditions that, perhaps we sometimes must measure our own lives. Yet, this does not preclude the *responsibility* we have to make our own living conditions the best that they can be. Certainly, our lives are joyful compared to what others experience around the world. Canada is a world leader in creating a situation where persons with disabilities can live independent lives, infused with dignity and opportunity. Yet, these things can slip through our hands quickly if we are not diligent in protecting them. There still exists people and institutions that do not “get” the philosophy of independent living.

Some service providers still resist policy change that increases independent living. Often, they see only a loss of control with respect to policy decisions and increased cost to their organization. What they are missing though, is the impact a more independent environment has on the lives of disabled persons. It is up to us to forge an ideal world, where persons with disabilities are just as productive and lead lives as rich in experience as any able-bodied person who moves freely throughout the blue planet. This is why we must continue to move forward, and press those gatekeepers and decision-makers to move forward with us, to that ideal world.

Canada is one of the most progressive countries in the sphere of health care and human rights. It is important for countries like ours to strive to uphold these principles – to serve as an example of what is possible.

It is with these principles in mind that we must support the Council of Canadians with Disabilities in their fight with VIA Rail – a fight which experienced a setback in December, when VIA announced an appeal of Transport

Canada’s October decision, which ordered them to modify 139 newly purchased passenger cars; making them accessible to disabled persons. The Manitoba League for Persons with Disabilities has also succeeded recently, after years of lobbying for change to the way Handi-Transit provides service to consumers, in achieving a review of the accessible public transportation provider. Transportation especially, has a huge impact on the lives of disabled persons, it determines the spaces we are able to access and experience. The idea of universal design must include the means of getting us from place to place.

There is much to discuss in all of these situations. What is important is that information flows freely and that people get involved. Get involved in something that *doesn’t* affect you; it will give you a new perspective on your own life. Decision-makers need to know the concerns of the people they are making decisions for. I’m surprised that little has been made of Saddam. Whose decision has it been to completely remove that story from the public agenda? Why has he not been made to face swift and just punishment for his actions? This action would speed the healing and recovery of Iraqi citizens – both those who have fled to preserve their own lives and those who suffer daily in a hellhole of the former dictator’s creation.

I’m extremely excited about this issue of ParaTracks, (I’ve recently discovered that there is a capital “T” in the name of our modest little newsletter) and hope you enjoy the “big picture” aspect of many of our stories. It is a truly wonderful place we live in and we must strive always to make it better.

Now, if only we could do something about the wicked weather our geography inflicts upon us. This winter has seen a January deep-freeze that held many people house-bound for the month; water-main breaks turned downtown streets into frozen rivers; apartment buildings (mine) suffered overnight power outages at sub -30 degrees temperatures; we’ve had enough snow to move us from the threat of drought to the threat of spring flood; and sidewalks first icy enough, and now slushy enough to make *them* impassable. Fight on Manitoba, we’re (hopefully) through the worst of it...

Enjoy the issue. Drop me a line any time, at:

paratracks@canparaplegic.org

Lorne Chartrand

Editor, ParaTracks



Career Development ~ Laurence Haien on NATCON, 2004

by Laurence Haien



In Jan. 26-28, 2004, Darlene Cooper, Director of Rehabilitation Services, and I travelled to Ottawa to attend the National Consultation on Career Development (NATCON). NATCON is a national event that occurs annually with international participation that addresses career development and employment issues. The conference provides public and private sector organizations with the opportunity to explore new developments pertaining to human resource and career development. Participants come from varied employment backgrounds including educators, counsellors, career practitioners and representatives of equity groups. Approximately 1100 persons attended the conference.



Professor Tony Watts, a self-employed consultant based in Cambridge, England delivered the opening keynote address. Dr. Watts is a Senior Fellow and Life President of the National Institute for Career Education and Counselling. Dr. Watts defined career guidance, broadly, as “assisting individuals of any age to make training and work choices and to manage their careers.” He reported that job security is tied to “employability.” Employability in our competitive and ever-changing work force is dependent upon an individual’s capacity to acquire new skills. Dr. Watts participated in a 14-country Career Guidance Policy Review. The findings of this review suggest that no country has developed a good, life-long system of career guidance. Although Canada fared well in the review, Canadian career guidance tends to be crisis-oriented. Dr. Watts stated that many governments disseminate information on labour market trends. This information provides some assistance to individuals making career choices, but information alone is not sufficient. Many persons require skilled, personal help provided by accredited, trained professionals whose work is governed by standards of good practice and quality assurance. Additionally, Dr. Watts stated that government should play a leadership role in career guidance but should do so in tandem with other stakeholders, such as educational institutions and service providers.

I attended many sessions during the course of the three-day conference and will highlight some of these, as time and space do not permit me to cover all of the sessions we attended. I will cover additional sessions in an upcoming edition of

ParaTracks. Dr. Sharon Crozier, Senior Counsellor and Director at the University of Calgary Counselling and Student Development Centre, and Michael Huston, Counsellor, Mount Royal College, presented “Follow Your Passion.” Dr. Crozier and Mr. Huston stated that choosing a passion-based career path is complex and life-long. They suggest that passion-based factors should serve as a point of discussion with clients who are seeking a career direction. These factors are uncovered by asking questions like, What do you love to do? What are your gifts? What are your career dreams? What energizes you? What have you always been interested in? Dr. Crozier and Mr. Huston defined passion as “inter-

nal, personal, encompassing natural talents and gifts, tied to values, and representing long-term commitment and effortless productivity.” They indicated that finding your calling or passion involves paying attention and giving credit to those things for which you have a facility. They state that, “The call comes from a caller.” For example, persons adept with numbers typically dismiss and minimize this ability, suggesting that everyone has this capacity. Not so. Different people have different talents. Additionally, “The caller keeps calling.” The call is personal. The presenters cited the example of a medical student who left medical school shy one credit from graduation. Her passion had been cooking. She opted to pursue a career as a chef. *Whistle While You Work* by Shapiro and *Flow*, author unknown, was suggested reading to enable individuals to uncover their passion.

Timothy Andrade, M. Ed., CCRC, Disabilities Awareness Coordinator and Trainer, The Rehabilitation Centre, Ottawa Hospital, and “Richard” presented “Disability: What’s it To You?” Richard identified himself as a consultant at the Rehabilitation Centre and the University of Ottawa. This highly interactive session provided disability awareness, highlighting public attitudes towards persons living with disabilities and common barriers to inclusion. The activity “Chose a Disability” served as a point of discussion. As noted by Mr. Andrade, audience members overwhelmingly selected a disability that was temporary, mild, common, singular, stable, and congenital versus a disability that was permanent, severe, rare, multiple, unstable, progressive, with late or traumatic onset.

Mr. Andrade indicated that able-bodied persons tend to



associate disability with pain, suffering, dependence, and evaluate disabilities based on limited or erroneous information. He cited one study that found health care and rehabilitation professionals as systematically rating as low the quality of life of persons living with spinal cord injuries.

Valerie Ravary, Chief Executive Officer, CPA National, Noel Browne, Executive Director, CPA Newfoundland, and Ken Lipton, Employment Director, CPA Ontario presented "Maximizing the Potential of People with Disabilities." This presentation provided an overview of CPA's comprehensive, holistic, person-centred career services for people with physical disabilities. CPA has forty-eight regional offices and 10 regional associations. One thousand persons experience spinal cord injuries annually and forty thousand Canadians currently live with spinal cord injuries. Of the forty thousand persons living with a spinal cord injury, 52% are diagnosed with quadriplegia, 47% with paraplegia, and .7% are incomplete injuries or recover. Statistics indicate that 77% of persons with quadriplegia and 65% of persons with paraplegia are unemployed 10-years post-injury. Attitudinal barriers, fragmented and short-lived Federal and provincial government funds meant to assist persons with disabilities to pursue education, training, and employment and the erosion of vocational rehabilitation service contribute to these unemployment statistics.

Val Kinjerski, M.S.W., is a human services consultant and a Ph. D. Candidate. Her session addressed Spirit In The Workplace. For those who are employed outside of the home, 40% of their time is spent at work. On average, a person will spend 88 000 hours at work from the beginning to the end of his/her working life. For some persons, work serves a higher purpose than career advancement or salary. These individuals experience greater enthusiasm for and are more productive at their work. The current work environment has fewer full-time employees than was historically the case. Less than one-half of workers have an employer-sponsored pension plan. One-quarter of employees work in excess of 50 hours weekly. Studies show when employees are stressed, their productivity decreases and they are more prone to leave the work place emotionally because they lack passion. For Frankel, the search for meaning is the greatest motivator in life. Many people seek meaning through their work. Spirit at work is defined as being a distinctive state with cognitive, affective, physical, and spiritual dimensions. Those who experience spirit at work are in a state of arousal that affects their well-being and provides a sense of joy. Their private and public faces are the same. They experience a sense of being engaged in work that is valuable and consistent with their values. They are able to live in the moment, do not feel hurried by tasks, possess a "bigger" picture of work, and have a sense of being connected to a higher power. Typically, these individuals present as secure, integrated, and calm. They have a compelling desire to serve others and are open, creative, resourceful, and intuitive. They are not unlike persons with resilient personalities who are adaptable and capable of rising to challenges. The presenter indicated

that this profile could serve as a useful tool for employers in recruitment and in assessing the effectiveness of work place interventions to address employee stress and burnout.

Linda de Jong, who has 20 years of counselling experience with HRDC, is currently employed with Sheridan College. Nancy Harries, who has a post-graduate degree in Adult Educational, also works at Sheridan College. They presented on "Orient Clients Toward Solutions Not Problems." They provided an overview of solution-focused therapy. The intent of solution-focused therapy is to assist clients in shifting from problem-focused to solution-focused talk. This counselling technique accentuates the positive, recognizes the counsellor's expertise in solution building, engages the client's and counsellor's curiosity, and establishes a relationship of equals. Questions typically put to clients are: How have you managed to cope with this problem in the past? How have you been able to keep this situation from getting worse? (These questions are intended to establish the client's competence and ability to cope). The miracle question challenges the client to focus on outcomes and goals. The miracle question is as follows: "If a miracle occurs tonight while you're sleeping so your problem is solved, what will be different in the morning? What is the first thing you or others will notice?" Suggested readings include *Interviewing for Solutions* by P. De Jong and I. Berg and *Clues: Investigating Solutions in Brief Therapy* by S. De Shazer.

This was the first time in my career that I was afforded the opportunity to attend a national conference with the scope of NATCON. Attendance at NATCON provided me with information regarding career development. This information enables me to stay current in the area of career development and heightened my awareness of professional standards of practice. I also earned some continuing education credit required by my membership in the Canadian Association of Rehabilitation Personnel (CARP). My attendance at the NATCON Conference allowed me to meet past presidents of the Canadian Association of Rehabilitation Personnel, which promotes pride and commitment to the rehabilitation profession.

I had an opportunity to network and establish many national contacts. I had the pleasure of meeting with Noel Browne, Executive Director, CPA Newfoundland; Valerie Ravary, CEO, National Office; Ken Lipton, Employment Counsellor, CPA Ontario; Lyne Lwow, National Director of Projects and Alison Denton, Director of Advocacy and Communications, CPA, National. The opportunity of meeting representatives from other CPA offices gave me a sense of the CPA's presence across Canada and a connectedness to and appreciation for the good work that is done with and on behalf of persons who sustain spinal cord injuries.

During the evenings, I took in a few local sights, such as the Chateau Laurier and the By Ward Market and skated on the Rideau Canal. This trip was a career-enriching experience.

Legend of a Medicine Man

by Pauline Wood Steiman



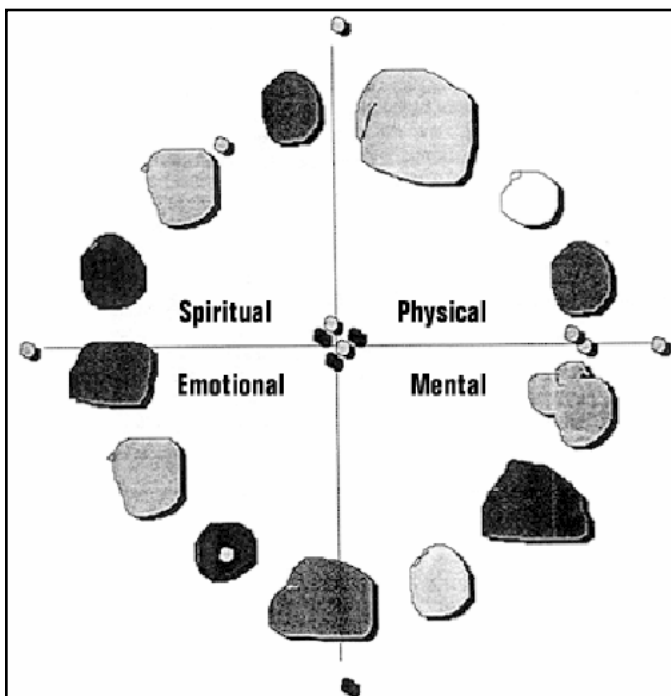
The legends from our tribes are like fables in other cultures whereby there is a lesson learned from the stories. In one of our legends there lived a traditional medicine man who treated people with all kinds of ailments; according to the Medicine Wheel this means: physically, mentally, emotionally and spiritually. This medicine man was very well respected because of his reputation as a healer. During the time of seasonal migration the family was very adaptable to the environment. They believed that everything and everyone had a purpose. The family belonged to a clan system where they understood their kinship and knew where they belonged. This clan system allowed their families to live well and survive in harmony with the Medicine Wheel. They also believed in negative forces that surrounded the clan. They respected all living things; each plant provided a purpose and possessed healing ways. Animals are relations who influenced healing ways and provided a median into the spirit world. In this clan system each animal may provide direction to the life walk of the family. This knowledge can be obtained through the Vision Quest of a young person at their time of “becoming of age,” when the elders of the community clan perform a naming ceremony. As this person grows into different stages of life, he/she acquires knowledge and practices of his/her name that will assist his clan to live a healthy life.

This medicine man was a very busy, healthy man providing for his community. Through the “moccasin telegram” his reputation as a healer was spread for miles around. Late one summer he was experiencing some negative energies and was not feeling his normal self. He told his family he was going to a Vision Quest - a ceremony he could do to find answers for his discomfort which requires fasting for a few days in the bush, alone.

Off he went with his medicine bag, his pipe, and drum.

He fasted and only drank herbal tea at times. In his dream he encountered an animal that was trying to harm him and was battling with him because he would not let the man through a path on his way home. In his dream he did not have any weapon therefore he had to rely on his physical skill to beat this beast. This beast had one eye and a vertical mouth. The beast blocked his path and suddenly the man remembered he had a sling-shot in his pocket, but no stones. He looked around the ground and found only acorns. He took one and focused on the eye of the beast. He aimed at the eye and gave a shot. The medicine man shot the beast in the eye and the beast could not see, therefore the man was able to pass through as the beast blindly ran away in agony.

The medicine man woke up and wondered about his dream. The dream was his way of dealing with the difficulties he was going to face in his lifewalk and served to prepare for his healing. He went home and told his family about the dream. He came to the conclusion that someone from the east was practicing “bad medicine” on him. So he was expecting that his health or his family’s health might be



The native medicine wheel is one way of expressing the value placed on developing the whole person. The four inseparable quadrants of the wheel represent the harmony of mind, body, heart and spirit attained in holistic living. The medicine wheel has four colours and the four directions: south, north, east and west. It is also used for growth and development: birth, child, adult and elder.

affected in the near future. That fall he took sick and was delirious from fever, talking always about the beast. One evening after his rest, he told his family there was a furry animal at the back of the teepee. He told them to go and take it, immobilize it and shake it up until the stones fall out. Sure enough, they found shiny stones that fell out from the animal’s right side. He told them in his dream someone put them there and he was unable to move on his right side. The medicine man was unable to move – he was able to talk but could not do anything for himself. He talked with his family and relatives of the village. He told them to leave him at this camp. The families were moving to a new hunting ground for the winter months into the forest. Some of the family members did not want to leave him since it was get

ting cold. The family finally consented and responded to his wishes. He told them what to leave with him - enough food, dry meat and herbal medicine and water. They reluctantly left him and followed his instructions and prayers that he would be okay.

A few weeks went by and the family found good hunting ground and made their new camp. The winter was coming and fresh snow was on the ground. They had plenty of food to eat and the new camp was built and food storage was in place for winter. One evening as everyone was settling in, there was a rustling at the teepee flap door. The family thought it was an animal and wondered why it was trying to enter the teepee. To their surprise and amazement it was the medicine man. He was crawling and smiling at everyone. The family members rushed to help him, but proud that he was, he said he could manage. He came in with his sack full of food and warm clothing made of fur and leather. The family was amazed and they asked him how he had arrived at the camp. He smiled and said that if you believe you can accomplish things and try to help yourself - believe in your-

self even though you have physical limitations - you will get where you are meant to be. The next morning one of the family members went outside and saw that there were hoof tracks on the fresh snow. There was evidence that an animal - a moose or a deer came with him and he had ridden on the back of this animal to the camp. This medicine man lived for more years and taught his family how to survive physically, mentally, emotionally and spiritually. He taught them that every individual has a way to heal themselves with the help of a respectful family who does not force oneself on another individual because each individual knows of their own capabilities and of their wants in order to survive.

In my family there was such a person whose name was *Porcupine Standing Sideways*, for reasons indicated in another legend in which he rode this animal sideways coming to the camp. There was also a book written on the kinship of this medicine man. One of the relations was my grandfather, my mother's father, who was also a medicine person named *Way mos sooz* (phonetically spelled) meaning RAFT. This will be another story, another time.



Manitoba Paraplegia Foundation (MPF) News

MPF funds go to work in four main areas: special projects, product testing, research and direct aid to persons with SCI.

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

The Manitoba Paraplegia Foundation Inc. would like to express their gratitude to the organizing committee and participants of the 2003 Will to Win Golf Classic. With their extraordinary efforts and hard work, they were able to raise an incredible \$70,000 for spinal cord research! Their dedication and commitment is very much appreciated!

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

In October 2003, MPF provided funding to cover the cost of clear swing door hinges that increase door width. This allowed a CPA member to access his bathroom while using a manual wheelchair.

In November 2003, MPF provided assistance to help offset costs for a

MPF Trustees:

Doug Finkbeiner, Q.C. (President)
Arthur Braid, Q.C. (Vice-President)
James Richardson Jr. (Treasurer)
Honourable Mr. Justice Robert Carr
Isabel Auld
George Dyck
Lawrence Cohen
Dr. Lindsay Nicolle

physiatrist from HSC Rehabilitation Hospital to attend the conference "Injuries and Dysfunction of the Spinal Cord in Children" in Florida.

In December 2003, MPF provided funding to cover the cost of accessible transportation for a CPA member to travel to an out of town family funeral.

Also in December 2003, MPF provided cost-share funding for the purchase of a tilt-recline shower commode chair for a CPA member whose shower chair was rusted and no longer functional.

MPF provided assistance with costs associated with the attendance of one CPA Rehabilitation Counsellor at the conference "The National Consultation on Career Development" in Ottawa in January 2004.

Also in January 2004, MPF provided funding to cover rental costs of a driving instructor and vehicle for one hour for the purposes of a driving assessment for a CPA member.

In February 2004, MPF covered the cost of leather "palm cuff gloves" for a CPA member. These gloves will protect the member's hands while learning to use a manual wheelchair.

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

Spinal Cord Injury Research: Discoveries on the Road to Recovery

by Kristine Cowley, PhD



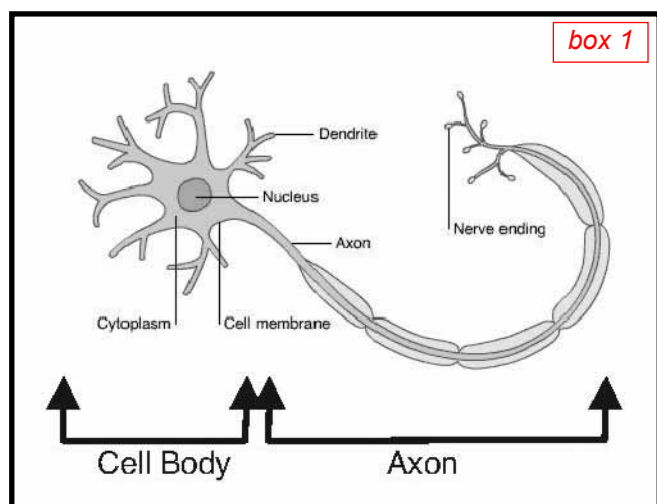
CNS - Central nervous system (all the nerves inside the brain and spinal cord)

PNS - Peripheral nervous system (all the nerves outside the brain and spinal cord)

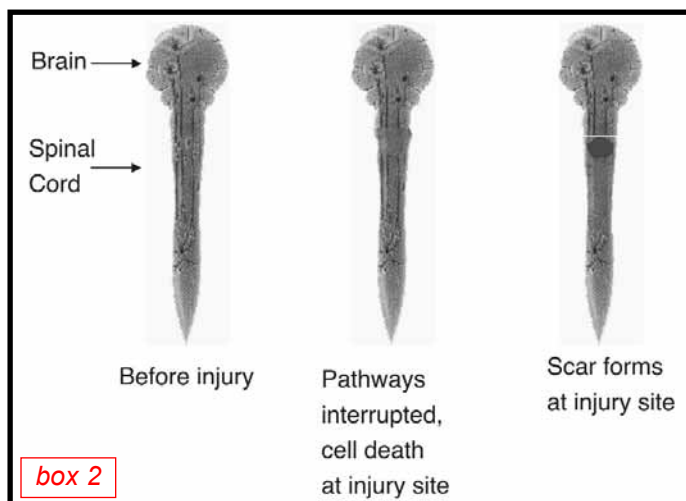
This two-part article will first provide an overview of the effects of spinal cord injury, and next issue will highlight some of the progress made in spinal cord injury-related research.

This article will first provide an overview of the effects of spinal cord injury, and then will highlight some of the progress made in spinal cord injury-related research.

To begin, a spinal cord injury is damage to the spinal cord that kills neurons at the site of the injury and severs the axons (extensions) of nerve cells (see picture of neuron in box 1) whose cell bodies sit either above or below the injury. The purpose of these axons is to transmit the neural messages from one part of our CNS to another. For example, they might transfer the signal that causes a muscle to contract or to tell the brain what is happening outside the CNS (e.g. a fly landed on your nose). After the cell bodies and axons are damaged, eventually, a scar (glial scar) forms at the site of the injury (see box 2). The glial scar is both a physical and chemical barrier to regeneration; research efforts intending to get rid of the glial scar will be discussed below.



Because the pathways (or wiring) between the brain and the body are interrupted, both sensation and voluntary muscle control are lost after spinal cord injury. Very seldom is



a person's spinal cord completely severed. Each person's injury is different and the voluntary function and sensation each person ends up with depends on the level and the severity of injury (which is not easily predicted). So, two people who are injured at C8 can end up with a completely different permanent injury. Depending on how badly each person's spinal cord is damaged, one person may walk out of the hospital while another goes home using a wheelchair.

In addition to whatever sensory and muscle functions that are lost, due to the initial spinal cord injury, there are secondary changes that can occur over time; mainly as a result of 'lack of use'. These changes are summarized below, and include such things as osteoporosis and increased risk of developing type II diabetes.

After a Spinal Cord Injury		box 3
Primary Effects	Secondary Effects	
Motor		
▪ paralysis	Ω Muscle wasting, atrophy	
Sensory	Ω Spasticity	
▪ loss of sensation	Ω Risk of pressure sores	
Cardiovascular / Hormonal / Autonomic		
▪ loss of sympathetic innervation of the heart for injury above T6	Ω Loss of BMD / osteoporosis	
▪ loss of S/PS input below lesion	– Risk of bone fracture	
▪ loss of voluntary bowel, bladder, sexual function	Ω Sedentary lifestyle – related health risks (e.g. high cholesterol, heart disease, diabetes)	
▪ decreased circulation below level of injury	Ω Overuse injuries	
Pain		

Several avenues of research have developed in attempts to treat the problems resulting from spinal cord injury. The most obvious area of research focuses on treating or repairing the injury itself - either to minimize the permanent

damage from the spinal cord injury, (e.g. cooling, steroids) or regeneration to re-connect the nerves above and below the spinal cord injury. Another route is to try to maximize the function that remains after spinal cord injury (e.g. Laufband or treadmill training with body weight support to help those with incomplete injuries to walk) and finally, research to minimize or reverse the secondary complications of spinal cord injury (e.g. osteoporosis). These areas of spinal cord injury-related research are shown to the right.

Up until recently, most people thought there wasn't very much that could be done to prevent or reverse these secondary 'complications' of spinal cord injury. In a future ParaTracks, I will describe some of the research relating to preventing or reversing some of the secondary complications of spinal cord injury. Similarly, it was thought that nothing could be done to regenerate damaged spinal cords.

Next issue will focus on regeneration research.

Spinal Cord Injury-Related Research Overview

1. **Treat the Primary Injury**
 - Prevent cell death
 - Strengthen remaining nerve function
 - Regeneration strategies
2. **Maximize Remaining Function / Promote Functional Recovery**
 - Re-training (BWSS - Treadmill Training)
 - Electrical Stimulation (standing, walking, hand function, bladder function)
3. **Prevent or Treat Secondary Complications**
 - Osteoporosis Bladder Dysfunction
 - Diabetes / glucose intolerance Pain
 - Heart Disease Pressure Sores

box 4

Province to Review Compensation Act Public Hearings Set

The province is launching a sweeping review of the worker's compensation system. The review committee will be chaired by labour mediator Wally Fox-Decent.

Beginning in April, a four-member committee will travel the province, hosting 16 public hearings to gauge community feeling and solicit suggestions about the Workers Compensation Act. The Committee will deliver a

report to the province in September, which could lead to changes to the act.

The review marks the first time in 20 years the Manitoba compensation system has been reviewed. "Times change, as do the needs of the stakeholders of the compensation system", said Nancy Allen, labour and immigration minister.

Joining Fox-Decent on the committee is Chris Lorenc, president of the Manitoba Heavy Construction

Association, Peter Walker, occupational health, safety, environment and workers compensation representative for the Manitoba Federation of Labour and Susan Rogers, president of ROGERS Leadership Consulting.

Information on public hearing dates, venues and forms for written submissions can be found at www.wcbactreview.com or by calling 957-0024 or 1-866-868-4214.



Volunteers Needed for Disabled Peoples' International World Summit 2004

Join our team of volunteers to help ensure that Summit delegates with disabilities from Winnipeg, Canada, and around the world find an accessible, friendly and accommodating host city at September 2004's DPI World Summit.

Volunteering for this event is not just an excellent opportunity to proudly represent the city of Winnipeg and meet people from around the world. You will also be contributing your time to help raise awareness of disability issues, as well as to promote, develop and support the human rights, integration, and organization of disabled persons around the world.

For more information, please visit www.dpi.org/summit2004 or contact:

Jamie D. Gaden
Volunteer Coordinator,
Disabled Peoples' International
Phone: 287-8010 ext. 34
E-mail: jamie@dpi.org



Raymond Simard: Renaissance Man?

by Lorne Chartrand



It was a gesture that speaks volumes about the change in political will in Ottawa. As the editor of a small publication like Paratracks, I held very little hope that I would receive a response from the three politicians I emailed regarding the battle between the Council of Canadians with Disabilities (CCD) and VIA Rail. Neither Bill Blakie, rogue NDP minister with plenty of experience regarding railroad issues in Manitoba, nor Transportation Minister David Collette had acknowledged my communication. (Mr. Collette can be forgiven because he was removed as transport minister by Prime Minister Paul Martin, and replaced by Tony Valeri in mid-December.) Had I not been buckled in, I may very well have fell out of my chair when federal liberal MP Raymond Simard called me at home to arrange a meeting to discuss the issue. I felt like Moses on the mountain reckoning with the voice of God.

Of course, it helped that I had met Mr. Simard on several occasions as a journalism student over the last two years.

Most readers will know that CCD has been embroiled in a bitter contest over VIA Rail's purchase of outdated, inaccessible, passenger rail cars since BEFORE the purchase of these cars in December 2000. The latest development being VIA's application (Dec. 3) to appeal the Canadian Transport Association's (CTA) decision (Oct. 29) to force VIA to make the "Renaissance" cars accessible. (For more details visit the CCD Web site, <http://www.ccdonline.ca/issues/transportation/index.htm> for media releases regarding VIA Rail.)

Simard came to office with a by-election victory in St. Boniface in 2001. On the phone, Simard matter-of-factly said that the winds of change are indeed blowing in Ottawa and that the timing was right for him to intervene with the new transportation minister over the VIA Rail issue.

I didn't know what, exactly, Simard intended to share or accomplish at this meeting, but as a journalist with vested interests in disability issues I was excited about how the mystery might unfold.

What took place was a briefing session with me doing the briefing from the various press releases that I had collected. Simard informed me that he was elected, last year, as the chair of the Manitoba Caucus and in February he was elected to the Chair of Northern and Western Caucus of the Liberal Party of Canada. The man has influence over policies and direction of government resources. Accordingly, he has been meeting with interest groups in order to gather information on their issues with the aim of creating policy. "As chair of the Caucus it's important for me to meet with constituents and find out what's important to them." Our discussion was pleasant and Simard was forthcoming about the low profile of this issue in Ottawa.

Given the lack of interest by the media in this case, readers might understand Simard's lack of awareness. There was, however, no lack of will to address the issue, "The timing is right. The thing is, if we're going to do this we've got to do it right. There's no sense in spending money if we're not listening to people."

Simard also touted the Martin view that interest groups like First Nations, students, and the disabled population have not been adequately served in the past and are a priority under Paul Martin's government. "There's no sense in us talking about social policy and what's good for the disabled population if we haven't been talking with you and we haven't gotten it from you. We can bring in what we think is good, but, in the end, you know a lot more than we do."

Simard did answer the tough question about what kind of power the government had to intervene in the case. He honestly admitted that he wasn't aware what authority new Transportation Minister Tony Valeri would have. Simard looks at it this way, "If I find that my constituents are not being treated fairly, I intervene. I intervene with the minister and I say 'listen, have we thought about this? What can we do?' It's surprising how an MP can have an impact, and especially with Mr. Martin. Mr. Martin has told his ministers 'be very aware of your MPs and their needs.' So there's been a change in philosophy."

Mr. Simard's enthusiasm for making real progress on significant social policy issues is impressive. As a journalist I'm supposed to remain neutral or maybe even pessimistic about efforts made by politicians in an election year. However, after supplying Simard with the contact information for CCD and wishing him luck with his efforts to bring about change, I couldn't help thinking how unorthodox this meeting was, and how sincere and on-the-level our conversation was. In the end, it doesn't matter what I believe, what matters is whether or not Paul Martin's liberals can tame the tempest which is currently stirring in Ottawa, and retain the majority government needed to fulfill their already ambitious agenda.



Wolseley Woodworking & Construction

Wheelchair Ramps designed and built to code	
Wheel-in showers	Accessible bathrooms
Doorways widened	Home Modifications
MPI, WCB, VAC and Family Services friendly	

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



6-3166 Portage Ave.
Winnipeg, Manitoba

(204) 832-9963
1-800-318-3044

www.canadianhealthcareproducts.com

CANADIAN HEALTHCARE PRODUCTS

ASKS THE QUESTION...

WHAT MOVES YOU?

SPRING IS JUST AROUND THE CORNER...



"HANDCYCLES"

"GO BEYOND YOUR
LIMITS AND EXPLORE
THE HIKING ADVENTURE"

"SALES, RENTALS
AND SERVICE"

DON'T LET THIS SUMMER
GO BY WITHOUT THE
"RUSH OF RIDING"



WATCH FOR OUR
**"4TH ANNUAL DAY
AT THE BEACH"**
JULY 16, 2004

"TERRA TREK"



Reimer Express Lines Ltd. - Exciting New Partnership with CPA

by Darlene Cooper



I first met Miles MacPherson, Director of Information and Human Resources from the Winnipeg office of Reimer Express, at an IANE (Interprovincial Association on Native Employment) meeting in the spring of 2003. Since that meeting we have had many occasions to share our respective areas of expertise.

Reimer Express is a very proactive organization and extremely motivated to have a representative workforce that meets all legislative standards for accessibility and employment equity. Reimer Express asked CPA to complete an accessibility assessment so that this company could begin to design a long-term strategy to make their facilities accessible and move toward an improved level of inclusiveness for all Canadian citizens.

Subsequent to this initiative, one of our members completed an assessment in industry to assess his transferable skills from long distance driving to the functions performed at the head office facility in Winnipeg. The individual experienced three different work areas within the complexes. The positive results lead to an exploratory position, which will be implemented through an assessment period in the near future.

We wish to congratulate Reimer Express with their diligence to continue to be an exceptional employer in

heightening awareness of the need for and benefits of a diverse employee base in the workplace. Their exemplary practices are applauded!!



Chris Mason

Chris Mason participated in the assessment in industry at Reimer Express and has generously agreed to provide some feedback.

I have been involved in the trucking industry for 10 years and have driven trucks in many countries. In October 2001 I was hospitalized due to loss of function in my lower extremities and as a result have a diagnosis of T 7-8 paraplegia incomplete and use a manual wheelchair for mobility.

In August of 2003 I was deemed ineligible to drive long distance trucks, since at that time a restriction was placed on my license. I contacted CPA Manitoba and became involved in vocational exploration. On Nov. 25, 2003, I began an on-site evaluation at Reimer Express. I was excited and nervous about this opportunity. For me this was the first time I had been in an office environment instead of being on the road. A bit of a role reversal! The other employees at the work site welcomed me. My disability did not seem to be a barrier to "fitting in." They explained the ropes of the various departments in which I worked. I worked in long haul dispatch, mechanical shop and city dispatch.

I found the mechanical shop to be a very exciting area and one in which I have a great deal of interest. I have always been interested in mechanics and working with vehicles in this area gave me the opportunity to interface with drivers on the road and in the shop.

This opportunity gave me hope and made me realize I may be able to continue to work in an industry that is part of who I am.

A big thanks to Miles, Reimer Express and all the employees who so willingly shared their roles with me!!



Miles MacPherson and Chris Mason

Reimer Express: A Commitment to Diversity

*Miles MacPherson, Director: Information and Human Resources,
Reimer Express, Winnipeg*

As a federally regulated employer, Reimer Express Lines Ltd is committed to the letter and the spirit of the Employment Equity Act. Reimer Express received its notification of compliance last November and has been actively working its Employment Equity Plan since.

One of many initiatives that Reimer Express is very positive about is its Outreach Program. This program endeavors to build working alliances with many organizations that support the cause of employment equity and workplace diversity. One such organization is the Canadian Paraplegic Association, which has been involved with Reimer Express on site accessibility assessments as well as job shadow programs. Director of Rehabilitation Services Darlene Cooper has been instrumental in driving these initiatives.

Recently, Chris Mason was given an opportunity to work

in a variety of jobs at the Reimer Express Terminal and Shop facility in Winnipeg. Both are large facilities with an existing diversity of staff. Chris worked in the Linehaul Dispatch, Local Dispatch and the Shop to better gain an understanding of the various duties. As part of his job shadow program he was able to be hands on in a variety of tasks; and after the job shadow period he recognized an interest in the Shop area. As a result, work is underway to have Chris return for a longer period of evaluation.

Job Shadowing provides Reimer Express the opportunity to break down physical as well as attitudinal barriers to Persons With Disabilities in the workplace, while at the same time exploring future job prospects for the candidates. This program has been and will continue to be a 'win-win-win' for Reimer Express, CPA and its members.



CPA Holds Fire Prevention Workshops

Con November 24, 2003 the Canadian Paraplegic Association presented a workshop on fire safety for people with disabilities. Marnie Peters of Betty Dion Enterprises Ltd. presented the training program, which was developed by Betty Dion Enterprises Ltd., in cooperation with the Canadian Paraplegic Association. Similar workshops have been held in communities across Canada.

The workshop was well attended by representatives of community organizations and businesses. Also in attendance from the Winnipeg Fire Department was the Director of Fire Prevention Roger Chamberland and Fire Prevention Officer Daryl Hansell who answered questions from participants.

The workshop was designed to provide practical information and strategies for people with disabilities in order to provide them with the tools necessary for their own fire and life safety. Aspects of the presentation

included an overview and information on people with disabilities, statistics,



Fire Safety presenter Marnie Peters goes over last minute notes with Edmonton Fire Chief

case studies and strategies for individual planning.

The program opened with a brief statistical presentation on people with

disabilities, the distribution across the country and statistics on fire deaths and people with disabilities. This was followed by case studies and examples of people with different disabilities and their fire experiences.

There are basic strategies that are useful for everyone, including people with disabilities. However, there are also specific strategies and key tips provided for each type of disability: mobility, hearing, visual and cognitive. The strategies and techniques were presented in such a manner as to assist people with disabilities ensure they will be able to develop their own emergency plans and strategies.

Participants were provided with fire safety pamphlets that contain information on what to do in the event of a fire or emergency situation. If you would like more information, please contact the CPA (Manitoba) Inc. office or Betty Dion Enterprises Ltd. at fire@bdel.ca or 613-725-0566.

Betty Dion Enterprises Ltd. Website: www.bdel.ca

Independent Living and Parity Between the Provinces

John Young, Managing Director, ILRC (947-0194)

(Editor's note: This story marks the beginning of a regular feature which invites people on the forefront of the disability community to share their ideas and thoughts with CPA members. {Interested contributors should contact the editor at: paratracks@canparaplegic.org})

What I want to talk about is the extreme differences in disability community services from one province to another, and, in many cases, the extreme differences from one city to another within the same province. For example, from what we know, the city of Brandon has fewer services for the disability community than we have in Winnipeg. Further, from what I know of Brandon, their consumer self-directed aspects in the disability community within a variety of agencies are limited. So, do we instantly assume that because of Brandon's size in comparison to Winnipeg, they would automatically have fewer resources, and therefore, less independent living within the community and a more institutionalized mindset? Or is it, (and this is what I believe) that communities with the least amount of consumer-directed involvement are the communities that are struggling with their service delivery and retention rates, regardless of their relative size?

Take Halifax as another example. Recently a contingency of ILRC staff and myself attended the Canadian Association of Independent Living Centers (CAILC) National AGM in Halifax. When we got to the airport, the accessible bus that was to pick us up was unavailable because the employee on that route had quit the previous day. We could not get an accessible bus on Sunday to return to the airport because, in Halifax, accessible buses do not run on Sundays.

Political representation in Halifax also spoke of their Self and Family Managed care program, which is run (in most respects) like Manitoba's program; however, their Self and Family Managed care program has been in the pilot stage for *ten years*. There were ten consumers involved with the program initially; one has dropped out for whatever reason, and it was indicated to us that the spot had not been filled, and that it didn't appear there was any intention to fill it.

This is not a slight on Brandon or Halifax or their disability community in any way. It is just that the comparisons, when done, seem so unfair considering that the services and the need for the services we're talking about are uniform across this country. Are we, as Canadian cit-

izens, to believe that every province is so culturally and/or politically diverse that we can not transfer a program that works in Manitoba to a province like Nova Scotia, or vice versa? With a little tinkering, that program could be made indigenous to *any* province.



John Young

As consumers who believe in the Independent Living Movement, we need to look at ourselves and the organizations we belong to, at both the local and the national levels and we must do a better job of promoting to our individual members that the IL movement is a progressive movement. Meaning that the health of our organizations is based on the participation level of the community and the amount of new leadership that can be developed within the individual organizations. Thus creating a constant flow of supporters of the IL movement. We need to help in addressing each other's needs. Also, the continual creation of a countrywide network that supports communities right across Canada in promoting a uniform level of basic service delivery for every disability community in Canada, will come through the support/endeavors of such organizations as CAILC, CPA, MLPD and many others. In order to keep disability issues front and centre at both the provincial and federal levels, support and ongoing development of all of our organizations is vital. It is our ability to support these organizations and to receive support from them that will determine our sustainability in the community as a national organization.

Therefore, the idea of reinventing the wheel, and the lack of sharing positive program information between provinces, not only at the community level but also at the upper and lower levels of the political paradigm, will only result in leaving us disjointed and wishing we had what the other provinces have. One of the guiding principles of the IL philosophy is providing information and policy enhancement when asked, thus sharing program information to any agency that identifies the need in their community, a principal that the Winnipeg ILRC prides itself on participating in fully. I will leave you to consider these issues and welcome any comments and/or discussion.

THE ACCESS STORE™

"Manitoba's Access Specialists"

The Access Store
#4-360 Keewatin St.
Winnipeg, MB

Tel: (204) 589-8955

Toll Free:
(800) 670-1670
(In Canada)

Fax: (204) 586-7040

E-mail:
dtweed@mysupplies.com

www.mysupplies.com

Residential Lifts



ES-125



V-1504



Ultimo



Telecab



Multilift

Vehicle Lifts



Entervan



Wheelchair Lifts

Medical Supplies



Supplements



Catherization
Products



Skin Care



Appliance
Cleansers



Leg Bags and accessories



Lubricating Jellies




Drainage aids

www.mysupplies.com



Manitoba Disabilities Issues Office Opens on International Day of Disabled Persons

**Disabilities
ISSUES
OFFICE**

 In December 3, 2003, Executive Director of CPA (Manitoba) Inc., Audrey McIlraith welcomed the province's first ever Disabilities Issues Office, opened by The Honourable Christine Melnick, Minister Responsible for Persons with Disabilities. "It is appropriate that this opening coincides with the International Day of Disabled Persons," McIlraith said, "which aims to increase awareness and understanding of disability issues and trends, and aims to mobilize support for practical action at all levels by, with, and for persons with disabilities."

The new office is located in the Cargill Building in downtown Winnipeg at 630-240 Graham Ave. and is a central review body for all provincial departments to assess programs for people with disabilities. A government press release states that staff will work closely with the disabilities community to improve communication with government on disability policies and program issues. The new office is supported by \$319,000 in provincial funding.

The Disabilities Issues Office was a key commitment



Audrey McIlraith

made in the strategy paper Full Citizenship: A Manitoba Provincial Strategy on Disability created by the government at the request of the community of persons with disabilities. McIlraith said, "This is one example of practical action which will facilitate improved programs and services for all Manitobans with disabilities."

The province also announced interim grants that total \$374,600 to support the Mobility Disadvantaged Transportation Program (MDTP) and funding in support of Winnipeg's Handi-Transit service. The MDTP assists with establishing and operating handi-vans to provide transportation services to people with disabilities. Funding is provided to 64 sponsoring communities which have demonstrated a commitment in establishing and operating a handi-van service.

McIlraith encourages CPA members to visit the office and share their ideas or concerns. "We know that persons with disabilities are able and willing to contribute to their communities, yet there remains many barriers, which must be eliminated to ensure they can fully participate in all aspects of life and society. We anticipate good progress arising out of the office and its work with the community."



*The Honourable Christine Melnick,
Minister Responsible for Persons with
Disabilities, addresses those in attendance
at the official opening ceremonies.*



Jim Derksen & George Dyck

**Disabilities
ISSUES
OFFICE**

630 - 240 Graham Avenue
Phone: 945-7613
Fax: 948-2896



FULL CITIZENSHIP – The Roundtable Discussions

by Greg Winmill



Any discussion about full citizenship requires the inclusion of persons with disabilities. When full citizenship exists, persons with disabilities will have access to the same systems and programs open to all others. The Government of Manitoba has taken on the challenge of making changes that remove barriers to full citizenship in the White Paper, *Full Citizenship: A Manitoba Provincial Strategy on Disability*. In that document the province set out an action plan for extending full citizenship to Manitobans with disabilities. There is now a Minister Responsible for Persons with Disabilities as well as a Disabilities Issues Office (DIO). Annual Roundtable discussions have been established to provide a forum where government can receive feedback and suggestions from the community to guide and provide an agenda for the DIO.

I attended the Roundtable discussions on Sep. 2 and Dec. 3. Priority issues that have been identified include disability supports, housing, education/training and employment. At each Roundtable, "break-out" discussion groups are formed to allow participants

to focus on their organizations priority issues. I was part of the disability supports group at both discussions.

So what are disability supports? In the White Paper, disability supports are described as, "Any good or service that assists a person in overcoming barriers associated with a disabling condition." This is an important definition as it breaks away from the medical model which, in the past, has created lists of items considered to be disability supports (wheelchairs, catheters, attendant support etc). Opening up the definition will hopefully allow persons with disabilities to take advantage of the explosion of new technology we see going on. Computers and related software, wireless communication, home automation and advanced automotive technology are proving invaluable to persons with disabilities. However, opening up the definition of disability supports is only part of what is needed for full citizenship. Funding is a major issue. If there is no economic assistance, new technology will not make it into the hands of the persons with disabilities who need it.

The following are some of the rec-

ommendations put forward at the Roundtable:

- ▶ Create an individualized funding option for consumers of disability supports. This approach allows goods and services to be tailored to each individuals needs. Self-Managed Care already employs this form of funding.
- ▶ Allow more consumer control in the selection of disability supports. Many persons with disabilities are able to identify their needs and identify the supports required to overcome barriers.
- ▶ Shift away from the current model that places emphasis of funding solely for medically related products and programs.
- ▶ Shift away from the current model that also places emphasis on only funding vocation/education programs and move towards looking at the importance of quality of life issues.

I will continue to attend Roundtable meetings. I hope, one day, to be able to write an article describing positive changes towards full citizenship for Manitobans with disabilities.

Disability and Taxes: Get the Credit You Deserve

The Canada Customs and Revenue Agency has recently advised that a 2003 version of Form T2201, Disability Tax Credit Certificate, is now available.

Persons with a disability, or their caregivers, who wish to claim the disability amount, commonly referred to as the Disability Tax Credit (DTC), on their income tax return must have Form T2201 completed by a medical doctor or other qualified person. The form may also be used to support other tax claims, such as attendant care expenses. However, please note that if the Canada Revenue Agency has already confirmed an individual's eligibility for the DTC, a new form does not need to be submitted unless the period of approval has ended.

The 2003 version of Form T2201 was

created in consultation with organizations representing persons with disabilities and health practitioners. Although longer than the old form, it is clearer and easier to use. If you believe you are eligible for the Disability Tax Credit, you can submit a completed Form T2201 to your tax centre. To avoid delays in processing your income tax return, it is preferable to submit Form T2201 in advance of the income tax return.

Form T2201 is available by downloading it from: www.cra.gc.ca/E/pbg/tf/t2201/README.html, by visiting a tax services office, or by calling 1-800-959-2221.



Canada Revenue
Agency

Agence du revenu
du Canada



Handi-Transit: Towards A Better System

by Lorne Chartrand

If some very recent developments produce *real* change, patrons of Winnipeg's Handi-Transit system may finally have more cheers than jeers for the oft-maligned public transportation system. After years of pleading for increased response to their concerns, Handi-Transit has conceded to a three-pronged review of its operations. At the front is a consumer lead review, co-chaired by Debbie Van Ettinger and Megan Clarke, Chairpersons of the Manitoba League for Persons with Disabilities' Transportation Committee.

Van Ettinger says that although the City of Winnipeg's recent announcement of a formal review is welcome news, MLPD has been working towards a review for several years. Handi-Transit recently informed members of its Policy Advisory Committee that they were requesting a review of their funding, however, Van Ettinger says, "that didn't include *everything*." She further asserts that MLPD will carry on with its own, independent review. "I think we should do them simultaneously, because I want a report to come from the consumer perspective as well."

In fact, there are three reviews being undertaken at this time. A senior's group is also looking at alternative ways of providing transportation for their members. MLPD estimates that senior's transportation accounts for about 80 per cent of Handi-Transit's budget.

The disabled community will be watching developments very carefully, and most will be skeptical about real change until they actually see it. Almost any consumer of the service can relate an instance in which they feel they've been mistreated by Handi-transit. Historically, management has acted rather paternalistically and has been slow to address concerns raised by consumers. People are often given rides that do not coincide logically with their appointments. Even more bizarre, is the practice of supplying a one-way trip, either leaving the consumer stranded at their appointment or not providing a way home.

By far the most abhorrent practice is a priority system imposed on ridership to determine who gets trips. In order to determine what priority a trip should have, it is *standard practice* for service agents to ask the purpose of a trip when a consumer phones to schedule a trip. That's like having the bus driver asking riders where they are going and why when boarding a bus... Such a practice would likely provoke mass riots if used with the general population.

Compounding these problems is a budget that has become severely restricted in its ability to keep up with the demand for the service. By nature, it is a costly means of leveling the playing field for disabled persons. Handi-Transit is meant to provide a "parallel" transportation sys-

tem for those unable to access existing public transit.

Carol Polson, Provincial Coordinator for MLPD says Handi-Transit has operated on the same budget for ten years while ridership continues to go up. "Each year 5,000 people join Handi-Transit's roster. That can add up to about 50,000 new trips per year." Polson says that funding hasn't kept pace with the growth in ridership.

Polson says that Winnipeg Mayor Glen Murray is strongly in favour of improving Handi-Transit. "He readily admits that if you're not in the top three priority groups of work, school or medical your life is very much impacted, and you're not able to conduct your life in a way that other Winnipeggers would be able to." Ideally, Polson says, "We should be moving away from priority bookings. Rides should be accommodated."

The delivery of transportation to persons with disabilities is provided in different ways in different cities across Canada. In smaller centres, service is provided by disability organizations that have jumped into business to provide for their clients. In most major centres, however, disability transportation is an arm of the regular public transit. As in all things, people with disabilities are more comfortable with and act with more efficiency at meeting their needs when they are in control of the services that meet those needs.

The Calgary Handi-Bus Association has provided disability transportation in the City of Calgary, for 30 years. Check out their Web site at: www.calgaryhandibus.com/main.htm. Granted, the service has had the good fortune of having 100 per cent of all buses funded by charitable donation, but the point is in the philanthropic outlook of the service. While it is not a completely consumer run transportation system, it has been at arm's length from the public transportation system until recently. Lorraine McElwein, Public Affairs Coordinator for Calgary Handi-Bus, says, "We are an independent service provider to the City of Calgary. It is that unique mix, I think, where we are symbiotic with each other, one without the other doesn't function. It *is* unique."

Winnipeg has a history of being a world leader in finding ways to create new structures to maximize independence for disabled persons. After years of angst, consumers here should seize the opportunity to make *real* changes and provide a mechanism to ensure that Handi-Transit continues to uphold the ideals that created it. Perhaps the community is ready to assume control of its own public transportation system.

Van Ettinger says that companies that are now contracted by Handi-Transit are in favour of a real change in the



organization's structure. "What they're saying is, 'why don't you just have the consumers run it?' Bring it into one of the consumer organizations. We'd have to *report* to the city, but it needs to be dealt with by people who know what they're talking about - and there's nobody that knows the disability community better than the people that run those organizations."

CPA is currently working on a comparison of disability transport in all major Canadian centres. Look for that soon, as well as an interactive forum on disability transit at the new and improved CPA Manitoba Web site.

www.cpamanitoba.ca

Your comments and suggestions will be greatly appreciated. Especially welcome will be stories about the service encountered in other locations and your thoughts about Calgary's system in comparison to Winnipeg's system.

Please direct them to:

Lorne Chartrand

paratracks@canparaplegic.org

CPA Adopts New 'Privacy Act' Policy

According to *Canada's Personal Information Protection and Electronic Documents Act*, commencing January 1, 2004, organizations covered by the act must obtain an individual's consent when they collect, use or disclose the individual's personal information. The individual has a right to access personal information held by an organization and to challenge its accuracy, if need be. Personal information can only be used for the purposes for which it was collected.

While CPA has always respected the confidentiality and privacy of personal information collected, we are in the process of drafting and implementing a privacy policy in accordance with the act, and will share it with our members in the Spring/Summer issue of Paratracks. You will notice that we have already revised our membership application to reflect the act.

In the meantime, if you have any questions or concerns regarding this policy, please contact us at winnipeg@canparaplegic.org or 786-4753 or toll-free within Manitoba 1-800-720-4933.

ILRC Announces Attendant Education Program

For many disabled people, it can be difficult to find enough trained attendant care to meet their needs. For some, it may be too difficult or stressful to undertake all of the training by themselves. Consider the uncomfortable situation of having to train a family member or a good friend, who is willing to do the job, cut but has no experience with the "biological nature" of a personal attendant's duties. Another difficulty might be in training staff who don't realize what they're getting into and decide it's not for them. Not only has the person wasted their efforts in training, now they have to find someone to replace that person.

Enter, the PACE training program, where members of the disabled community who have an affinity for the task can train prospective attendants. Gone is the uncomfortable situation of training close friends or relatives, and hopefully, anyone having the commitment to go through the program will be considering attendant care as a career. Furthermore, the program will keep a database of attendants who have gone

through the training and are just a phone call away! Many CPA members on self-managed care might find in this new program, an answer to their attendant care needs.

The idea of PACE (Personal Community Attendant Education) was conceived five years ago and after overcoming obstacles and learning from shorter versions of this training over the years, people with disabilities have realized their dream of addressing their needs for support in their community living through PACE. The PACE Steering Committee is comprised of 15 consumers who represent eight different community living models in Manitoba that employ the IL philosophy. They have designed all aspects of this unique model of training. Curriculum, resource development, course content, trainer selection, facilities acquisition, student interviews/orientation, method of implementation are all determined by the consumers. The design and implementation of PACE correlates directly with the IL philosophy where 18 of the 20 trainers enrolled to support this training are

people with disabilities who share their experience and expertise in a variety of areas that impact people living in the community.

The pilot five-week training session involves 20 students attending without any cost being carried by those students. They represent the first group of trained Independent Living Attendants (ILA's) to be entered into the PACE database that will eventually be available to support the needs of all people with disabilities who live in the community.

With the support and excitement spreading through the community PACE will become a household word even sooner than we envisioned. Already, without any publicity, we have 28 people registered to take the next training in May. You too can catch the wave by sharing your expertise and experience in future training sessions. Call us at 947-0194, to find out more about how you can be a part of the future of PACE.



Palm Devices – The Saga Continues...

by Regan Block



Hi everyone, and welcome back to my continuous efforts at turning ParaTracks readers into savvy computer users. When doing research for my last article, 'Regan Demystifies the Palm Device' I was so impressed with the latest technologies available on the store shelves, I had to have one – even just to try one. So I



HP IPAQ vs. a deck of cards

demo'd a Hewlett Packard IPAQ 2210 for a month; I wished I could have kept it but it is not cheap (\$500.00 S.R.P.). The main reasons I

Compact Flash and SD Media card slots



chose this model was that it had the Pocket PC operating system and it had a built in Bluetooth wireless antenna. With a 400 MHz processor and 300 MB of RAM (I got a 256 MB Compact Flash memory card too) this slick unit was more powerful than the PC I built in 1998; even the graphics were better with a 65,000-color LCD scene. As mentioned in the last article, Pocket PC devices come with a full Microsoft suite of software including Pocket Word, Pocket Excel, Pocket Outlook, along with a Windows Media player, a picture viewer, some games, (Jawbreaker is a great way to kill time) and yes - Internet Explorer. "Mmmm, wireless internet." With an additional USB Bluetooth antennae (\$80.00) attached to my home PC, and a bit of configuring, I was able to surf the web from anyplace in my house; although it was pretty slow in comparison to a high speed connection. Some websites like www.cnet.com and www.espn.com have web pages custom built for PDA's; i.e. they fit on the screen perfectly, while most other websites will require a fair bit of scrolling to see all that is on the page. The other things that the Bluetooth antennae allows you to do is transfer files between your PC and PDA without using the cradle, connect to a laptop or another PDA, and even a cell phone for true wireless internet. All this in a unit that is 5.1 ounces and not much bigger than a deck of cards.

As I mentioned last time, there are many adaptive devices and applications for PDA's which were saved for Part 2. So here we go:

Infrared beaming – besides beaming programs and contact information to your friends or family, the infrared port

allow you to sync up with other computers equipped with infrared, use peripheral devices like wireless keyboards, (search for the Stowaway on the Google) and even as a remote control to your TV (a built in feature of the IPAQ I demoed).

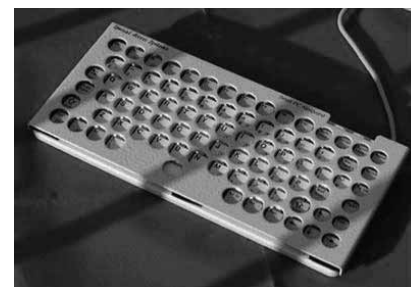
The Stylus can be adapted so that it is easier to hold and can be attached to the PDA so it can't be lost. I wish I'd thought of this as I've lost a couple of styluses myself.

The input area can be modified by software so that it can be easier to bring up the keyboard.

The buttons can be programmed to perform certain tasks which allows users to get to the information quickly and easily without having to do a lot of navigating around the screen.

Visual displays can be made easier to read with screen magnifiers, backlighting, and the use of color.

Mouse access via a PS/2 to Serial Interface would eliminate the need for a stylus and could be any commercially available product like a trackball or joystick etc.



Solid custom keyboard for attaching to the PDA via a PS/2

you would like to learn more about some custom solutions for your own situation, please contact Ed Giesbrecht, BMR (OT) at: The Department of Occupational Therapy, School of Medical Rehabilitation, University of Manitoba, PH # (204) 977-5630.

The amount of software that is available for Palm devices is growing steadily every day. There is something for everyone – far too much to mention in this forum. To get an idea what is available (most are free to try) go to www.download.com and click on Mobile – the most popular downloads are organized by Palm and Pocket PC operating systems. There are about 6 main categories for soft



PDA Stylus – a Palm with a cord attached to a built up Stylus

Custom keyboards can be attached to the PDA via a PS/2 to Serial Interface, which will allow those users with mobility issues to use a PDA and retain stylus access.

If you have any ideas for using a PDA for a certain task or



ware: Games, Finance, Database, Productivity, Travel, and Education.

The size and now power of a Personal Data Assistants has made the notion of mobile computing easier and more affordable for everyday people to use. Some people swear they could not live without them; which is a good time to remind you all to – if at all possible – keep your PDA backed up / synced with another computer. I hope that these last two articles have been informative and that one day everyone will be beaming with the joy of owning and operating their own PDA. Cheers.



340 Donald Street Ph. 947-1307
Wheelchair Access at 340 Donald Street Entrance

www.discreet.mb.ca

men's and women's wear,
adult videos, toys, oils and lotions,
and much more

'Keep the Romance Alive'

Legacy gifts to the Canadian Paraplegic Association...



...are future gifts, from your estate or life's assets
...need not cost you anything today
...can provide current and future tax benefits to you
...are a means of perpetuating your legacy of caring
...help others, forever.

CPA (Manitoba) Inc. is a participant in the
Leave a Legacy Manitoba program.
For more information, call the CPA office or
visit our website: www.cpamanitoba.ca



Canadian
Paraplegic
Association
(Manitoba) Inc.

Association
canadienne des
paraplégiques



- Stair, Van and Porch Lifts
- Manual Wheelchairs
- Power Wheelchairs
- Scooters
- Lift Chairs
- Wheelchair Ramps
- Specialized Seating Systems
- Bath Safety Equipment
- Commodes
- Incontinence Products
- Wound Care Supplies



On-site Service Department With Qualified Technicians

- SERVICE • SALES •
- INSTALLATION •
- REPAIRS •

865 Bradford Street, Winnipeg, MB • Phone: (204) 786-6786 • Fax: (204) 783-7496



Axle Grease

by Ken Davis



As I write this column it is mid-January and minus 94 Celsius. When I went out for supper the other night, my leg-bag froze solid on the way to the van, necessitating the need for a chisel and a blow-torch. I ask again, "Why couldn't my forefathers have been criminals and sent to the Australian penal colonies?".... Edmonton's Commonwealth Stadium recently received \$800,000 worth of renovations to make it accessible. Management claimed it was accessible before, but as it turned out, they had also claimed that people in wheelchairs should be able to see through concrete pillars, climb flights of stairs and squeeze through absurdly narrow doorways....Speaking of football stadiums, why is it that when I buy a ticket at Winnipeg Stadium to sit at field level, I must race to get a seat ahead of people that have been given tickets for free?....CPA's National Online Message Board now has a Sex section. So if you have an urge to discuss your fetish for heavily bearded Lithuanian Mountain Goats wearing lycra, you now have a place to go. See you there....It seems that California's new Governor has proved himself a consummate politician by making massive cuts to California's Health Care System. The cuts will affect the disabled in disproportionate numbers, causing many people to ask, "Isn't this the guy that used to raise money and be an advocate of the Special Olympics?" I knew they should have voted in either Gary

Coleman or the Porn Star.... Say you are playing with your Barbie one evening, when all of a sudden Barbie slips off the kitchen table, smashes against a chair and breaks her back at L4. Could happen. Where do you go to find a wheelchair for the now disabled diva? Why www.kesafloyd.com/mod-elchairs.html that's where. It's the website of Alexandra Jeffereds, a teenage girl who's lifelong desire is to design and build wheelchairs and why not, she's been designing and building miniature ones her whole life....If you would like to check out the top 25 disability related films made in the world this year, click on www.disabilityworld.org/11-12_03/arts/films.shtml. They range from gut wrenching documentaries, to satirical comedies to 30-second television commercials. Pity there was only one from Canada.... I'll bet you always wanted a collection of disability related songs? Neither do I, but in case you want to see the list it's at www.disabilityworld.org/11-12_03/arts/song.shtml. My favourite title is either Destroy the Handicapped by the obviously talented 'Fang' or Santa's in a Wheelchair by 'The Kids of Widney High'....Sorry for all the internet references this month, but that's where I find my gossip, and if you really want a computer call CPA and tell them you need it to see 'what the heck axle grease is talking about'....See everyone in a few months. I'm off to the Caribbean to get my daughter.



Canadian Paraplegic Association
Association canadienne des paraplégiques
(Manitoba) Inc.

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

*Haakan (Carl) Feilberg
John Sawatzky
Matthew Little*



E-MAIL ADDRESSES & VOICE-MAIL EXTENSIONS:

Our staff E-mail addresses and voice-mail extension numbers are as follows:

		<u>Ext.</u>
Audrey McIlraith	amcilraith@canparaplegic.org	224
Pat Romaniuk	promaniuk@canparaplegic.org	221
Adrienne Conley	aconley@canparaplegic.org	222
Virginia Mills	vmills@canparaplegic.org	229
Greg Winmill	gwinmill@canparaplegic.org	226
Colin Mathieson	cmathieson@canparaplegic.org	230
Darlene Cooper	djcooper@canparaplegic.org	225
Laurence Haien	lhaien@canparaplegic.org	227
Pauline Wood Steiman	pwood-steiman@canparaplegic.org	228
Des Hathaway	dhathaway@venturesmb.ca	
Dan Joannis	djoannis@canparaplegic.org	

Please note that Dan Joannis and Des Hathaway can be reached at the following telephone numbers:

Dan Joannis (204) 787-2026

Des Hathaway (204) 975-3278

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

Visit CPA's site at www.cpamanitoba.ca



STEVENS Home Medical Supplies STORE



STEVENS HOME MEDICAL SUPPLIES STORE IS AN AUTHORIZED DEALER FOR RGK WHEELCHAIRS, AND SPINERGY WHEELS, ECT.

ALL CPA MEMBER'S WILL RECEIVE THE BEST PRICE IN WINNIPEG.

WE ALSO DO ASSESSMENTS, AND HAVE DEMO EQUIPMENT AVAILABLE FOR TRIAL.

Stevens Home Medical Supplies Store
700 William Avenue, PW 113
Winnipeg, Manitoba R3E 0Z3
Tel: 204-787-3532
Fax: 204-787-3552



Rick Hansen
 WHEELS IN MOTION

Presented by
 **Scotiabank**

MANITOBA

Make a date to make a difference.

Participate in the 2nd Annual Rick Hansen Wheels In Motion Presented by Scotiabank.
Sunday, June 13, 2004

On Sunday, June 13, 2004 participants will come out in communities across Canada to wheel, bike, skate, scoot, run, or walk along a designated course to raise awareness and funds to improve the quality of life of people with spinal cord injury.

Half of the net proceeds from Rick Hansen Wheels In Motion will be directed to priority needs identified to improve the quality of life of people living with spinal cord injury in event communities. The other half will be directed towards research including the development of a much-needed SCI registry.

GET INVOLVED TODAY:

- ▶ **Join** a local event committee in your community
- ▶ **Organize** an event in your community
- ▶ **Participate** as an individual or organize a team of friends, family, and co-workers
- ▶ **Volunteer** on event day

For information on how you can make a difference by participating in a Rick Hansen Wheels In Motion event, contact us at: wheels@rickhansen.com or call 1-866-60-Wheel (1-866-609-4335)

If not delivered, return to:

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

MEMBERSHIP APPLICATION

YES! Count me in as a member of the Canadian Paraplegic Association (Manitoba) Inc. All members receive "ParaTracks" 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), Disabled Sailing membership (25% discount) and student rate membership at the Joe Doupe Fitness Centre (\$91/year).

I wish to select the following category of Membership:

- | | |
|--|---|
| <input type="checkbox"/> \$15 - \$24 - Member | <input type="checkbox"/> \$250 - \$499 - Charter Member |
| <input type="checkbox"/> \$25 - \$99 - Supporting Member | <input type="checkbox"/> \$500 and over - Patron Member |
| <input type="checkbox"/> \$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.**

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 Paraplegic
Association (MB) Inc.

Mail to: #211 - 825 Sherbrook Street
Winnipeg MB R3A 1M5

For more information:

Phone: 204-786-4753

Fax: 204-786-1140

E-mail: winnipeg@canparaplegic.org

PLEASE ENTER A MEMBERSHIP FOR:

Name _____

Address _____

City, Prov. _____

Postal Code _____ Phone () _____

E-mail address _____

_____ New _____ Renewal

CLASSIFIED ADS

For Sale – Wheelchair Bags Custom made to fit your wheelchair. Reasonably priced. Call Marcia at 474-2039 for more info.

For Sale – 1991 Chev G10 1/2T gray van, 305 V8 automatic @249,500 K, Coachman conversion w/raised roof & table/bed, rear heat, running boards, A/C, tilt, cruise, ABS, am/fmcassette, command start, newer battery & alternator, excellent running condition, hand controls, 6-way power seat, \$3,900 obo. 275-1360

For Sale – Janson 3-wheel hand pedaled tricycle. 3 speed, leg rests, good for recreation and exercise. Legs rest in forward position. New tires. Call Derek at 837-1290 (evenings) or 945-5815 (days). \$500.00 for CPA members.

For Sale – Tracer Wheelchair – well padded, does not fold. Paid over \$1000 – used three months. Call 832-5100.

For Sale – EJ Metro Plus Wheelchair – 22" wheels, 16" seat, well padded. Paid over \$1000 – used one month. Asking \$500.00 – Call 832-5100.

For Sale – Roho dry floatation cushion for 20 x 18 chair size. Excellent condition. Asking \$250.00. Call 772-2313.

For Sale – Invacare Action Arrow Storm (1994) power chair - Black with purple vein color - front & back shock suspension (extra pair of larger casters - no suspension) - new batteries & tires - gear motors 1.5 years old - will require seating customization. Asking \$1500 (accepting offers) - For more info Call James at 949-1150.