



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

MPF MANITOBA
PARAPLEGIA
FOUNDATION INC.

December 2007

Newsletter of the Canadian Paraplegic Association (Manitoba) Inc.

Winter Issue

PARATRACKS



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

Neville Scarlett
Geddes Halcrow
Russell Bonner
Mildred Peebles
Beverly Lychyshyn



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**paraplegic or tetraplegic*

MANITOBA PARAPLEGIA FOUNDATION INC. (MPF) NEWS

MPF funds go to work in four main areas:

Special projects, product testing, research and direct aid to persons with spinal cord injuries. CPA thanks MPF for its continued support to improving the quality of life of persons with spinal cord injuries.

MPF has approved several requests for financial support during the past few months.

Some of the highlights are as follows:

During the month of July 2007:

- ✎ Funding was provided for the cost of a stair railing for a CPA member. This railing will enhance the member's safety and will remove the need for stand-by assistance while entering and exiting the home.
- ✎ Funding was provided for the purchase of a pressure relief mattress for a CPA member. The member had developed pressure ulcers as a result of an old, well worn bed mattress and required a new therapeutic sleep surface to help heal and protect his skin.

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During the month of August 2007:

- ✎ Funding was granted for tuition, books and transportation for a CPA member's attendance at the University of Manitoba. The studies that the member has chosen will provide him with an occupation and income that will allow him to fully participate in society and the ability to provide a valuable service to his peers.

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

EPC Says Farewell to Pat Carriere

Pat Carriere has been a vocational evaluator at the Society for Manitobans with Disabilities' Employment Preparation Centre (EPC) since July 1999, but on December 31st she will say goodbye to her friends and colleagues as she begins her retirement.

During her 8-year career at EPC, Pat estimates she has worked with more than five hundred clients representing many different disability types. On a typical day, Pat works directly with clients in the morning and the afternoons are primarily spent writing reports, meeting with clients and their vocational counselor, and taking care of other administrative duties. Pat describes her work as "helping people plan for the future, people who didn't think there was a future". Given her considerable experience, it is Pat's belief that every person has a particular talent, and the challenge is merely to uncover the hidden ability so that an appropriate plan can be developed.

Looking around Pat's office, it's clear she has made a difference in the lives of the people with whom she has worked – several thank you cards were quietly on display on a shelf behind her desk. When asked how she was able to connect so effectively with her clients, Pat provided the following insight: "If you listen carefully,

you can learn something from every person. You first have to provide support and encouragement – empathy and respect are paramount". She finds it especially rewarding when former clients drop by to say hello and to let her know how well they are doing.

Although the work is challenging and ever changing, Pat really enjoys working at EPC and feels the work is a great fit for her. She has an adult teaching certificate, a certificate in criminology from Red River College, and a diploma in business administration. She's a certified life skills coach and has taken 5 courses in American Sign Language (ASL).

In discussing her plans for retirement, Pat is understandably vague. She intends to find some part time work to keep busy, perhaps helping people with their income tax or assisting occasionally at EPC during the transition period. She is also considering another trip to Las Vegas, where her favourite television program CSI: Crime Scene Investigation is filmed.

Pat also offered some words of wisdom to her successor – be a good listener, help clients find answers, and don't be afraid to check with those around you when you don't know the answers.

*~Dan Joanisse~
"Happy retirement, Pat – you've certainly earned it!"*





Job Journeys Congratulates Roberto Andino

Roberto Andino started the Job Journeys Program on January 15, 2007. Roberto participated in the workshops which were held at CPA and facilitated by Val Reith and Bill Delorme.

Roberto and I worked together to upgrade and polish up his resumé. He then set out searching for a job which would suit his skills and talents. On June 13, 2007 Roberto started work at Teen Stop Jeunesse on Ste. Anne's Road as a Youth Activity Worker. The director of the program is Mr. Pat Leblanc, an insightful man, who quickly recognized Roberto's potential.



On August 24th Roberto was promoted to Staff Supervisor with a raise in pay. Roberto works full time and finds work satisfying and enjoyable. Teen Stop Jeunesse is a drop-in centre for young people from the area. The Centre has a computer lab, air hockey and other games and a large TV room. The Centre organizes many outings for youth. Under Roberto's supervision, the atmosphere is casual but structured and controlled.

Well done Roberto, all of the CPA staff are proud of you and wish you continued success.

~Bill Delorme~

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April 17-18, 2008



Job Journeys Program Welcomes George Kent

George Kent came to CPA from retirement to help with the Job Journeys Program. George retired from the Provincial Government, where he was involved with several programs including Vocational Rehabilitation services.

Prior to government, George



owned and managed for many years a career marketing consulting firm in Winnipeg; authored books on job search; and was a Human Resource manager for several Canadian companies. George will be specializing the workshop on career marketing for our client base.

Job Journeys Workshop

Our second presentation of Job Search round table meetings came in the form of Career Management workshops that were designed and written by George Kent. George has been involved in this field for over four decades and authored books such as: "You're Hired, Job Search Strategies for the 90's". The full program was designed to be delivered through nine parts and included the following headings:

- ☞ 1. Motivation to start your Search
- ☞ 2. Work Ethics, Time Management and support tools such as Priority Grids
- ☞ 3. Myths, Grids and Decision making
- ☞ 4. Identifying and Developing Accomplishments

- ☞ 5. Resumes and Covering Letters
- ☞ 6. Networking and understanding how Employers think
- ☞ 7. The Interview
- ☞ 8. Considering the Job Offer and Closing your System
- ☞ 9. Learning How to Keep your Job

Since September we have presented full day workshops on a regular basis and have scheduled ongoing presentations to the end of the current contract. Although a few of our workshop participants have worked in the recent past, most have years of unemployment that hamper their perception of being successful to find either paid employment or volunteer positions. Therefore the first and one of the

most important components is to learn how to self motivate and hold that energy while the long journey of looking for work is traveled.

Our plan is to continue to offer this Career Management workshop to every CPA client who wishes assistance with continuing their vocational goals. These training sessions are also offered on a one to one basis where extra support is required.

~George Kent~

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David Tweed, President

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"They respond to my requests in a timely manner and seem to understand my needs." Shane

"I've tried others and I don't get the same professional and knowledgeable response." Kevin

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ACCESS VICTORIA

My wife and I spent last March in Victoria B.C. We needed a place that was wheelchair accessible with full housekeeping facilities. We could not find any hotels or B & B's that met these criteria. When I "googled" my requirements there was a link to www.accessvictoria.com which I dutifully followed. To make a long story short, we reserved accommodation at the residence shown on the very informative web site.

The accommodation is in a modern two story dwelling where the owners live upstairs and there are two large identical units on the main floor. These units have been designed especially for the wheelchair user traveler. Even the bed's height is adjustable for Hoyer Lift use. The wheel-in shower has, according to the note left by a previous occupant, room for seven people to have a shower at the same time! The bathroom is quite spacious, large enough for an electric wheelchair. There is a TV in the main room and the bedroom. The kitchen facilities have also taken into account that more often than not, the occupants will be in a wheelchair. One can enter through French doors directly onto a front patio where one can



also park one's vehicle. There is an accessible BBQ on a very nice patio. For month-long guests there is the use of a hot tub, which the owners say are in the process of making accessible. Victoria handi-transit is available. A housekeeper comes in once a week and bread, butter, milk and fruit are topped-up gratis weekly. During our stay, we were even supplied with the local newspaper each morning. It was a bonus that the owners were also so affable and willing to please. If only it hadn't rained almost every day!

The house is located in the centre of Saanich, about a 12 minute drive from Victoria Harbour and, so it seemed to us, about a 12 minute drive to almost everywhere else; it is so centrally located.

The rental for a month's stay is \$3,500.00 and for a one week stay is \$1,000.00.

It is encouraging to see that there are some people who believe that wheelchair travelers also enjoy and can afford upscale accommodation, and who are prepared to put their money behind this belief.

~Art Braid~

NO LIMITS

David Tweed, C6 quadriplegic, shows that he has few limits when it comes to finding recreational opportunities for someone in a wheelchair. During the week David works hard as owner of The Access Store, but when it's nice out and it comes time to play, you'll find David and his son Brayden at the floodway enjoying a day of riding together. "As a quadriplegic, I find there aren't a lot of outdoor physical activities that I can take part in. To be able to ride in my dunebuggy along side my son on his quad gives me a great sense of freedom and mobility."

David recently became a dealer for these dunebuggies and was able to modify an existing set of hand controls to make it easy for anyone in a wheelchair to drive. David is offering anyone interested in checking this out an opportunity by contacting him directly to make arrangements.



Shown above are David Tweed and Hayley Schindle ~daughter of CPA member Cheryl Schindle ~ after getting pulled out of a mud bog that was deeper than expected.



by
*Kristine
Cowley, PhD.*

More Embryonic Stem Cell Implants in Humans Living With A Spinal Cord Injury: A Brief Update

Recently, I wrote about the research known to be going on around the world using human subjects to treat spinal cord injury. I focused on some of the questions to ask when figuring out whether the research is objective, controlled and going to lead to a real increase in function for those receiving the treatment (ParaTracks, March 2006).

I used the example of Dr. Huang Hongyun's human experiments in China, as an example of uncontrolled and subjective research that did not appear to lead to any real benefit for those receiving treatment. Further, in some cases, patients were made worse from the treatment. Other work, such as that of Dr Mackay-Sim, in Australia, appeared more rigorous, with concerns for patient safety and careful detailing of any changes in function, as a result of the treatment. This latter trial is still underway.

In this installment, I will give a brief update on two new locations where research to treat humans with SCI is going on, or about to begin. The first is in Irvine California, in the lab of Hans Keirstead (a former Canadian), and the second is being undertaken in India, by Dr Geeta Shoff.

In Han Keirstead's lab, they have successfully been able to take embryonic stem cells, purify them, and then grow millions of cells of a particular type to implant into the spinal cord after mild or severe spinal cord injury that had occurred about a week before implanting the cells. Since these animal experiments showed some improvement for the severely injured rats, and showed no harm was done to the mildly injured rats, this work is now being moved into clinical human trials. These trials are to begin in 2008, and will involve harvesting and implanting stem cells into humans in the early stage after spinal cord injury. The first trials will focus on patient safety, to ensure that the treatment doesn't cause harm to the patients receiving treatment, similar to the con-

trolled type of trial going on in Australia, under Dr Mackay-Sim.

The Keirstead lab is also now focusing on ways to treat chronic spinal cord injury using stem cells. Since chronic spinal cord injury is more complicated, this work is further behind, but Keirstead appears committed to it. In addition to having to deal with trying to re-myelinate damaged cells (as was done for the sub-acute injury model), treatment of chronic spinal cord injury would have to deal with the physical barrier of the scar at the site of injury, the 'thinning' of the cord below the injury, and the increased cell death and degradation that takes place over months and years following spinal cord injury. We also don't know whether there is an optimal time frame, when central nerve cells show the most potential to be successfully repaired, or if, over time, they become less responsive to potential treatments. I look forward to reading and hearing more of what comes out of Keirstead's lab in the future.

In India, over 300 people have received implants of embryonic stem cells, including more than 70 persons with SCI. In contrast to the work in the Keirstead lab, I could find nothing in the most common database of published medical research (medline) written by Dr Geeta Shoff. This work was summarized recently in Paraplegia News by Dr. S. Laurance Johnston, who traveled to India to observe the clinic and the people who had received implants. Dr Johnston seemed quite impressed with the clinic, detailing three anecdotal stories of improvement by people going to the clinic for stem cell implants.

My concern with any experimentation on humans is that the methods and results should be published so that the researcher's peers can scrutinize and evaluate the findings. This scrutiny serves to evaluate the outcomes, hopefully in an objective manner so that those interested



in receiving the treatment can feel assured that the treatment is indeed going to lead to some improvement and will not cause any obvious harm.

Imagine if you were interested in receiving such a treatment. To truly evaluate whether it works, in the absence of publishing the research results, you would have to either rely on blind faith in the researcher who is going to give you the treatment, or you would have to go down to the treatment centre, and follow several persons receiving implants to evaluate their function be-

fore treatment compared to after treatment. This would be a time-consuming and costly process.

If the treatment is effective, as should be obvious after having done over 70 persons with SCI, then publication of the research results in the medical research literature is warranted, so that the findings can be substantiated. Indeed, if these implants work as well as the anecdotal stories reported by Dr Johnston during his trip to India, then we would all be eager for this research to be documented.

Driving by Joystick is No Joy for Those Without Insurance Coverage

There has been a little bit of a buzz around CPA in the last couple of months around the topic of driving by Joystick. A number of clients have raised the issue and to be honest no one here had any answers. For those of you who have never heard of driving a motor vehicle by joystick, it is technology that allows individuals who have lost the use of their legs and only have the use of one arm, or have severely reduced strength and/or range of motion in their limbs, to drive a vehicle with a joystick control similar to that which is used to operate a power wheelchair.

Here in North America we live in a car culture. Our communities are large with supplies and services spread over large distances so transportation dictates our quality of life to a large degree. In short, without independent transportation, distance becomes a barrier. If you are independently mobile and can hop in your vehicle at a moment's notice, you have a huge advantage over those who must book transportation 24 hours in advance or pay a hefty fee for a cab ride. Driving by joystick can help some of the more disabled individuals regain this huge piece of independence and put them back into the activity of society as a contributing member.

So why don't more severely disabled people drive? The stumbling block as usual is money. The cost of an assessment is approximately \$950.00

give or take, depending where you get the assessment done. Assessments are not available in Winnipeg, so add to that, the cost of a trip to Vancouver, Toronto or Minneapolis. If you are assessed as able to drive, add \$30,000 for a new van, \$20,000 to have the floor lowered and \$50,000 at a minimum for the joystick conversion. Is \$100,000 dollars too much to pay to get behind the wheel? It is for most middle class Canadians. Not to mention that because of the high-tech. nature of the equipment used it can only be serviced for ten years before it is obsolete. That is regardless how many kilometers the van has traveled. Is \$10,000 dollars a year too much to pay for a vehicle? Statistics published by the DVA in America show that for every dollar spent by the government to modify a vehicle they receive \$14.00 in return generated by the disabled individual. Long standing statistics also show that a disabled person who drives is 75% more likely to become employed, increasing quality of life beyond any dollar value. The benefits seem to be obvious, to both the individual and the society they live in. We can only hope that our government sees the light and begins to more fully fund modifications for all disabled drivers, from those that only need simple manual powered hand controls, to those who need joystick controls.

~Al Schultz~



COMMUNITY COLLAB

On a Joint initiative, the Canadian Paraplegic Association (Manitoba) Inc. and MEDiChair Winnipeg have provided the ultimate in lift and transfer capabilities at the Outpatient Department on the 2nd floor Rehab, for persons weighing up to 600 lbs.

The track supplied by MEDiChair awards a non-restrictive lift and transfer access to the entire room, which translates into maximizing comfort, and care to the patient and ease to the care giver.

The configuration of track consists by installing two parallel fixed rails that span the room, supported by wall posts that transfer the weight to the floor. A moving traverse rail connects these two parallel rails on which a dedicated 600-lb. power lift is attached.

In addition, a digital 800-lb. capacity scale was included to allow unostentatious patient weight assessment.

~Dave Sjoberg~



Staff Training provided by MEDiChair Winnipeg:
Jeff Cook, Occupational Therapist with MEDiChair,
Unit Assistants, Riza Macaliuao and R5 Colita Gloria

The addition of the Medilift to the nurses' clinic is a much welcomed addition. Not only is it much easier to operate and goes any way, but you can weigh the patients without having to transfer them in and out of the chair several times. This new lift is much appreciated by all of us who are and shall be using it.

~RR2 Nurses~



Jeff Cook demonstrates sling with
Colita Gloria, R5 Unit Assistant

COOPERATION AT WORK

This project was approved by the Rick Hansen Foundation and funded with a Quality of Life Grant. These funds were derived from funds donated in Winnipeg during the 2006 Wheels in Motion campaign. The funds did not cover the entire expenditure of this lift system so Dave Sjoberg of Medichair made an in kind donation of the remaining costs of the lift system, installation and provided a staff in-service for service providers.

The project could have not moved forward without the support and coordina-

tion of the Rehabilitation Hospital R5 Unit Manager Shannon Guerreiro.

CPA believes this lift system will assist our membership with transfers when visiting the OutPatient Clinic when seeing their Physiatrists Dr. Karen Ethans and Dr. Alan Casey, as well as OutPatient nurses Nicole Dubois and Carol Petras. This is a step in ensuring health maintenance for our membership.

CPA expresses our sincere thanks to all of our Community Partners – together we make things happen. *~Darlene Cooper~*



Pictures left to right: Jeff Cook, Carol Petras, Dave Sjoberg and Nicole Dubois



Your donation to CPA (Manitoba) Inc. is just a click away. Simply visit our website at www.cpamanitoba.ca and click on **DONATE**. From here you can make a donation by credit card directly to CPA (Manitoba) Inc.



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multichair 4000

- Push handle back, Fold-back padded adjustable locking arms, Adjustable swing-away footrests, Total-lock brakes on 5" casters, Adjustable seat height, Seamless padded Ensolite back and seat cushion.



multichair 4000tx (Patent Pending)

- Waterproof nylon cloth back, Fold-back locking padded arms, Seamless padded Ensolite seat cushion, Adjustable swing-away footrests, Four 4" diameter casters with wheel locks
- It folds up and packs in a black nylon carrying case that complies with FAA requirements for carry-on luggage, goes through the airport X-ray machine, even tow it behind your wheelchair



multichair 4020 & 4024

- Two 20" or 24" diameter wheels with coated handrims, Solid rubber tires, Toggle wheel locks, Stainless steel quick release axles, Aluminum axle blocks, Two 5" diameter casters with total-lock brakes
- See multichair 4000 for additional details



multichair 4020rx (Patent Pending)

- Fold-back adjustable locking padded arms, Seamless padded Ensolite seat & back cushions, Two 20" diameter wheels with coated handrims, Solid rubber tires, wheel locks, Stainless steel quick release axles, Aluminum axle blocks, Two 5" diameter casters with total-lock brakes
- Big wheels in front create a chair that is less than 24" wide and 32" deep making this the narrowest, shortest, most maneuverable shower/commode chair available anywhere, Backs up over all toilets (wheels don't hit wall or tank), Big wheels in front provide a very stable chair, Superior side access for toilet activities.



multichair 6000 & 6000tx (Patent Pending)

- Commode/shower slider system eliminates bathroom transfers and is an effective alternative when installing a roll-in shower isn't possible.
- Push handle adjustable cloth back, (multichair 6000 comes with padded back & fold-back locking padded arms), Adjustable swing-away footrests, Total-lock brakes on 5" casters, Adjustable seat height, Seamless padded Ensolite seat cushion.
- Removable bridge section
- Carrying case with pull-out handle & wheels

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ABORIGINAL CENTRE OF WINNIPEG INC.



It is impossible to miss the majestic building located at 161 Higgins Avenue in the heart of Winnipeg. When you enter the heritage building you experience a unique view of the old world – the mix of marble and ornate wood takes your breath away. The building is full of positive energy and a multitude of programs to help the Aboriginal community here in Winnipeg.

The programs located in the building are:

- ✧ Centre for Aboriginal Human Resource Development (CAHRD)
- ✧ The Aboriginal People's College Neeginan Institute of Applied Technology
- ✧ The Aboriginal Community Campus
- ✧ The Aboriginal Council of Winnipeg
- ✧ Shinnick Native Printers
- ✧ Aboriginal Centre Restaurant
- ✧ Canadian Plains Gallery
- ✧ Aboriginal Health and Wellness Centre
- ✧ Aboriginal Literacy Foundation Inc.
- ✧ Aboriginal Centre Computer Lab
- ✧ National Indigenous Literacy Association (NILA)
- ✧ Aboriginal Single Window Service Canada
- ✧ Ray Pharmacy Plus
- ✧ Tenant Information - Financial Officer, phone 989-6605
- ✧ Kookum's Daycare

On any given day, the programs located inside the Centre help people to change their life style, accomplish goals, improve their life in an atmosphere of acceptance, respect, understanding, support, and cultural orientation. The people are very friendly and welcome everyone who wants to make a difference in their life. The variety of services offered here, range from day care, to finding a job, getting more education, or information, learning how to live a healthy life style or just meeting different people.

The Aboriginal Centre of Winnipeg Inc. has a website where you can find out more information about the programs provided there and how to access them. The website address is www.abcentre.org. For direction or any general information regarding the Centre, please contact (204) 989-6383 and someone will assist you. Give it a try you will not regret it. It is a great place to be.

~Maria Cabas~



PORTABLE SHOWER CHAIR

You will notice in this issue of ParaTracks, there is an advertisement for the Nuprodx portable roll-in shower chairs. These ads have been running in several American disability magazines for quite some time. However, to my knowledge no CPA member in Manitoba has purchased one. These shower chairs are advertised as being compact enough to take along on vacation. The price is high and since there is no local vendor, no one here at CPA has seen this product until now.

The Manitoba Paraplegia Foundation Inc. recently purchased the Nuprodx Multichair 4000 and is making it available for loan to CPA members who require a

portable shower chair for travel, or would like to try out this chair before purchase. This chair folds into a 20 inch by 20 inch nylon case. It has an advertised weight of 25 lbs. This chair is available for loan to CPA members at no charge, with the expectation that it be cleaned and sanitized before being returned to CPA. A company in Winnipeg called Specialty Cleaning Solutions has quoted an approximate price of \$82 plus tax for cleaning and sanitizing.

Anyone interested in seeing this chair, or trying it out should call Greg at CPA's office. 786-4753 ext. 226

~Greg Winmill~



Volunteer Spotlight ~ Leonard Chartrand



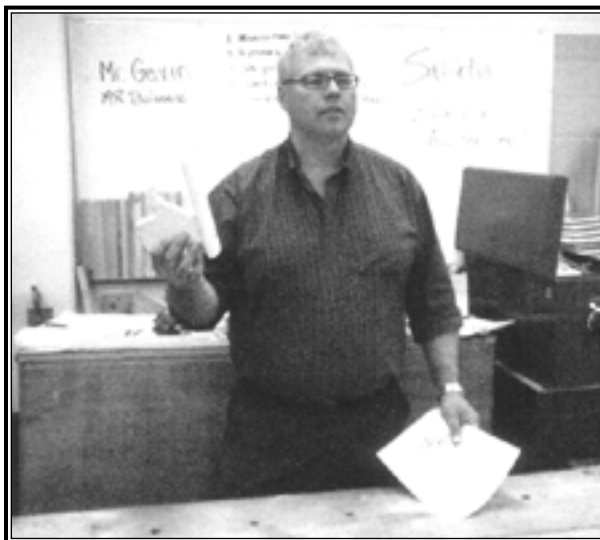
Leonard Chartrand is a very pleasant man. He welcomes you with a smile every time you see him. Leonard is also a changed man. Leonard has been disengaged from work for over 11 years because of a multitude of personal challenges. Leonard has been living with a spinal cord injury for 30 years. He reports having struggled with addictions and homelessness. Recently Leonard became involved with CPA's Job Journeys project



and began to explore some positive lifestyle alternatives. The significant change is that he decided to help people in need. Leonard works to package hampers to be distributed by Winnipeg Harvest. More than 35,000 people receive food from Winnipeg Harvest each month. Leonard's new lifestyle and his volunteer work is an inspiration. His contribution is appreciated. Congratulations Leonard! Keep up the good work!

Brad Boisselle - A Testimonial

Good news, I am not going to die! Bad news, the pain I felt for the first four years cannot be described, both emotionally and physically. You know, you really never know what kind of life you have until it is lost. You never know who your friends are, the value of the simple things, and what a gift your close family is, until the life that you lived is gone. In a heartbeat things can change and you are no longer who you once were. In a heartbeat, or for me, it seemed time stopped, my life became surreal. The words "Brad, you have a tumour on your spinal cord" changed my life. They explained what was to happen – eleven hours of surgery, a biopsy of the tumour that would take a week or so, and I had a fifty percent chance of walking again. If the tumour was malignant then the prognosis wasn't good. I didn't sleep that night, nor did my family. I should say I wasn't scared of not walking again – that didn't



hamper my sleep. It was the dying part. I could not wrap my head around the concept. I knew I would be okay if I didn't walk again. You see my grandmother was a paraplegic. As a paraplegic she had children that she had given birth to and raised, ran a home, travelled, crawled up a mountain or two and lived in a wheelchair. I didn't hear her complaining about her situation – she just rolled up her sleeves and did it. By it, I mean life and that is the attitude I have adopted. It started with me stealing my roommate's walker after my surgery so I could drag myself to the phone to call my parents who live in Victoria. I do mean drag. The call didn't consist of great discourse, just a lot of crying on everyone's part. That fifty feet to the phone was the most difficult thing I have ever done till then and since. This last year, my last year at the University of Winnipeg, I took seven courses and did my



final practicum in Drama and English. It was very difficult and sometimes I thought I might not make it. When things got tough, I just thought about that drag to the phone, my grandmother and my wife Michele, who kept the flap closed on my hospital gown as best she could during that journey.

I can walk around now, for a time I could not. I am not quite sure why I can walk; it might be the nine years as an amateur wrestler. I have read that athletes grow more nerves than non-athletes. Or perhaps it was the mental toughness that the sport instilled in me. Anyway I walk now and metaphorically I run because I know that my life as it is, is truly a gift, a gift I will not waste.

When I was out of the hospital, finished with rehab, I knew I could no longer be a heavy equipment mechanic. I could no longer lift anything over 20 pounds. Also I was missing a few things, like parts of three vertebrae. I knew I had to go back to school. I cannot just sit around. I am not that type of person. Anyway I decided to do so and the Canadian Paraplegic Association (Manitoba) Inc. stepped in and offered me some counselling. I then found out that my insurance company was only going to pay me for two more years, because if I was well enough to be a student, I was well enough to be working. CPA again stepped in and gave me the assistance to go through the five year Education program.

A teacher once told me that I would be a ditch digger some day. I exceeded their expectations by a long shot the first time around when I became a heavy equipment mechanic. I always wanted to be a teacher, but I did not fit the profile of a university student, I thought. I was strong as a bull and as smart as one according to some sources. So when I went to school to become a teacher, I knew that I would have to apply myself like I had never done before. You know that it has been a blur the last few years of university. I never told anyone I was disabled for the first three and half years. Then a professor in one of my last university courses asked us for a reflection on why and how we chose to become teachers. So I wrote a reflection about what happened to me and why I wanted to become a teacher. The professor wrote a two-page response to my reflection and I

was moved by his response.

I have been on the Dean's list the last few years as a student of distinction. All of my student teaching reports have been stellar. I am currently working full time in a permanent position at Daniel McIntyre Collegiate Institute. I have never worked so hard in my entire life, but at the same time never enjoyed working so much. Even when I am close to dropping of exhaustion and I am in pain, I keep on going because I have been given such an incredible gift – a second chance. My second chance was brought about by CPA and without them, I would not be standing in the place I find myself.

~Brad Boisselle~

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The Step-Up Program

The Step-Up Program is a two year project to increase knowledge about pressure ulcer prevention. Step-Up refers to Stakeholder Training and Education for Pressure Ulcer Prevention.

All people sustaining a spinal cord injury who are admitted to the Health Sciences Centre Rehabilitation Unit, under the care of Dr. K. Ethans or Dr. A. Casey, and referred to the Canadian Paraplegic Association (Manitoba) Inc. are stakeholders. The participants must live within the region of the Winnipeg Regional Health Authority boundaries.

Val Reith, the Rehabilitation Counsellor/Health Educator, meets with the client who has been discharged to the community within approximately 10 days post discharge. A Rehabilitation Plan which includes health and wellness goals is developed with the client. This plan will be utilized to implement the educational development process jointly with the participant and the counsellor over a 26 week period.

Using the baseline tools, the participant is

evaluated initially, in conjunction with the three month follow up conference and the one year follow up conference. The face to face inhome educational component will end at 26 weeks into the project for each participant or sooner if all the information or skills have been reviewed and mastered. The participant will continue to engage in the project and the participant will be monitored by the CPA Rehabilitation Counsellor/Health Educator. For the next 26 weeks, the participants will be contacted by phone to have any questions answered or to update any information with the CPA Rehabilitation Counsellor/Health Educator.

The project started at the beginning of July and currently has 6 participants. ~Val Reith~

*"Some men/women have thousands of reasons
why they cannot do what they want to,
when all they need is one reason why they can."*

~ Willis Whitney ~

Meet the Ballantynes

Hi, our names are Bruce and Olga Ballantyne.

My husband was discharged from the Rehab Hospital just over a month ago. Val Reith phoned us approximately 2 weeks later and asked us if we would be interested in participating in the Step Up program. We agreed.

Since then Val has come to our home 5 times. At first Bruce did some testing and then we started to review the educational information with Val. We enjoy her visits and all the educational material that is in the program. It certainly helps to talk to someone with regard to driving, transportation and all of the health issues.





Invacare Wheelchair Donation

In May of this year the Rick Hansen Foundation informed CPA that several new Kuschall wheelchairs were being made available for donation to CPA offices across Canada. The chairs were to be donated by Invacare and one chair would be made available to CPA Manitoba. The chairs were allocated on a first-come, first-serve basis. It was Invacare's wish that the chairs be made available to individuals with spinal cord injuries.

CPA was lucky enough to receive a Kuschall AirLite Pro wheelchair, which is very lightweight and features a



Don Clarkson, Michael Reimer
& Ron Burky

rigid frame. Since the chair was coming directly from Invacare, CPA could not ask for specific sizing or modifications to be tailored to an individual's need. After hanging onto the chair for the summer, CPA was able to identify a new member who just happened to require a wheelchair the exact size of the AirLite Pro we had received. On October 25th, Michael Reimer was presented with the wheelchair at CPA's office.

Congratulations Michael and thanks to Invacare for their generous donation. *~Greg Winmill~*

"Who are all these people?"

That's a question I've been asked by a number of people who thought that the images were of six different recipients of the CPA Merit Award.

The answer to that is; all the images are of Arnie Schryvers.

So for those who haven't been fortunate enough to know Arnie; sorry for the confusion. It'll probably take me a while yet to fill James Kraynyk's small but very large shoes.


Mike Nickle (ParaTracks Layout Designer)



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



August Newsletter of the Canadian Paraplegic Association (Manitoba) Inc. Summer Issue

PARATRACKS



"Every time you ask yourself if you can make a difference, remember this answer: You bet you can." -Bill Porter-

IN THIS ISSUE:

- 2007's recipient of the CPA Manitoba's Merit Award, Arnie Schryvers pg. 5
- Tendon Transfers to Restore Lost Function after Spinal Cord Injury pg. 7
- Career Connections- a retirement and a change of history (centre page)
- We have the highlights of Wheels in Motion and A Day at the Beach
- And our Volunteer Spotlight is on Val Reith and her dog Saxon

Season's Greetings from the Staff at CPA



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Val Reith	vreith@canparaplegic.org	223
Ron Burky	rburky@canparaplegic.org	224
Darlene Cooper	djcooper@canparaplegic.org	225
Greg Winmill	gwinmill@canparaplegic.org	226
Al Shultz	ashultz@canparaplegic.org	227
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George Kent	gkent@canparaplegic.org	234
Bill Delorme	bdelorme@canparaplegic.org	235
Liz Lobban	llobban@canparaplegic.org	

Please note that Liz Lobban can be reached at the following telephone number: (204) 787-2026

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

Visit CPA's website at www.cpamanitoba.ca

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

~ John Homer Miller~

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Return undeliverable Canadian addresses to: _____
Canadian Paraplegic Association (Manitoba) Inc.
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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).

I wish to select the following category of Membership:

_____ \$15 - \$24 - Member

_____ \$250 - \$499 - Charter Member

_____ \$25 - \$99 - Supporting Member

_____ \$500 and over - Patron Member

_____ \$100 - \$249 - Sustaining Member

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

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

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