



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

MPF MANITOBA
PARAPLEGIA
FOUNDATION INC.

May 2007

Newsletter of the Canadian Paraplegic Association (Manitoba) Inc.

Spring Issue

PARATRACKS



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825 Sherbrook Street
Winnipeg, Manitoba R3A 1M5

Tel: (204) 786-4753

Fax: (204) 786-1140

Toll-free: 1-(800) 720-4933
(within Manitoba only)

E-mail: winnipeg@canparaplegic.org

Website: www.cpamanitoba.ca

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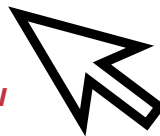
**THIS ISSUE OF PARATRACKS IS DEDICATED
TO THE MEMORY OF JAMES KRAYNYK
(former ParaTracks Layout Designer)**

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**paraplegic or tetraplegic*

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

Violet Spence

Laura Perkin

Roy Plazio

Grant McDonald

Matilda Meisner

Eric Willis

Greg Kosa

Dan Ferguson

James Kraynyk



DEC 24 1975

JAN 10 2007



JAMES

KRAYNYK



It saddened me to hear of the death of James Kraynyk, a young man who lived his life with courage and optimism. I first met James in 1994. At that time, I had been a counsellor at Red River College, working with students with disabilities, for over 15 years. I thought I'd stopped being amazed by the accomplishments of individuals with disabilities—then along came James.

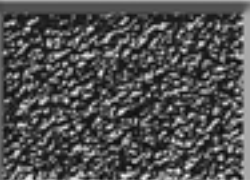
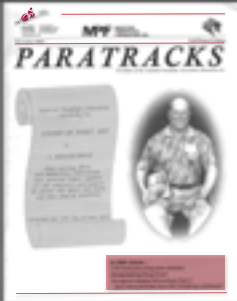
Darlene Cooper, his Rehabilitation Counsellor, introduced James to me. James had moved into the city from rural Manitoba. He had developed cancer in his spine when he was a young child. Treatment had destroyed the cancer, but left James quadriplegic as well as ventilator dependent. His condition inhibited his growth, so much so, that in adulthood, he had a body no larger than that of a five-year-old.

His illness, however, could not diminish his mighty spirit and positive demeanor. Despite severe physical limitations, James chose to live on his own in a FOKUS unit with attendant service only for meals, dressing and getting in and out of bed. A TOSK unit enabled him to manage independently in his apartment. CPA had been instrumental in supporting James' plan for independent living and in getting a computer with adaptive technology so he could use it, independently. While visiting James, shortly after he received the computer, Darlene couldn't help but observe his proficiency and the number of software programs he had taught himself to use. In a meeting with James and Darlene, to discuss options to further develop his skills, James decided he would enroll in the Red River College Graphic Design program through the college's continuing education.

James attended classes in the evening and completed all his assignments on his home computer. This program was an excellent fit for James. He never received less than a B+ in his courses. James would occasionally surprise me by spontaneously dropping by the office, zipping to the Notre Dame Campus in his motorized chair, which he operated by chin control. It was not unusual to see him out and about on his own browsing at The Forks. James took a lot of pride in participating in Red River College graduation services, where he graduated with honours. He made a valuable contribution as the layout designer for ParaTracks and CPA's web page. He lived his life with gusto! It only goes to show that what's important is how you live your life—not how long you live it. James certainly lived life to the fullest.

Farewell James

Lynda Walker
Counselling and Disability Services
Red River College



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On Sunday, June 10th, people of all ages and abilities will join together to wheel or walk in your community, or participate in a fun and challenging relay to raise funds for community Quality of Life projects and research leading to a cure. We invite members, friends and family of CPA Manitoba to join us in making our communities more inclusive and accessible for all.

LOCATION: The Forks, One Forks Market Road

TIME: **8:30** Wheel/Walk Registration

9:30 Relay Registration

FOR MORE INFORMATION OR TO REGISTER CONTACT:

Doug Barker

204.886.3391

rrranch@highspeedcrow.ca OR

Sharon Oakes

204.985.3047

sharon.oakes@scotiabank.com

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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 follow.

During the month of November 2006:

- ☞ Funding was provided for the cost of a customized cushion for a CPA member in order to provide adequate pressure relief and positioning.
- ☞ The amount of a damage deposit on an apartment was provided for a CPA member who required immediate wheelchair accessible housing.
- ☞ Funding was provided for supplies to assist a CPA member with their personal routine so that they could participate in a community program.
- ☞ The cost of a shower commode chair for a CPA member was provided.

During the month of December 2006:

- ☞ Funding was provided for the cost of a backrest for a CPA member in order to correct their posture and make it easier to propel their wheelchair.

- ☞ Funding was provided for a backrest and cushion for a CPA member who required specialized seating for proper support for posture, comfort and skin protection.

During the month of February 2007:

- ☞ Funding was provided for a bedrail for an elderly CPA member who was required to turn and re-position himself in bed.
- ☞ Funding was provided for a CPA member to participate in a week-long vocational assessment. This assessment necessitated a week-long stay in the city for the member who lived out of town, and assistance was also provided for accommodation, food and incidentals.

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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.

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- ♦ **Want to experience the scenery of Niakwa Country Club or St. Charles Country Club...**
- ♦ **Feel like being a part of a golf tournament that raises funds for spinal cord research in Manitoba...**

The Will to Win Golf Classic is an annual tournament that raises funds in support of the Manitoba Paraplegia Foundation.

Last year's tournament raised \$85,000.

According to the Will to Win Website, when the tournament first started 24 summers ago, "our mandate was to raise \$125,000.00 over a five-year period. As we move toward our 25th anniversary tournament we have set as our goal to raise that same amount in the 25th anniversary tournament in 2008."

If you would be willing to lend your support to this tournament, please call Adrienne at 786-4753 ext 222. We are in need of volunteers who would act as spotters on contest holes. Grab your hat, sunscreen, mosquito spray, and water bottle...and we'll see you on the course!

And to show our appreciation for your hard work, all volunteers will be invited to a pizza lunch at CPA on Thursday, July 12.

Volunteer Spotlight

In this issue of ParaTracks we'd like to shine the spotlight on a dedicated office volunteer – Karen Penner.

I can always tell before I even enter the office on Friday mornings that Karen's already here because the smell of fresh coffee fills the hallway. No matter what time I get in, she's always already been here, and put on a fresh pot of coffee.

But Karen doesn't come in to make us coffee—she's been hard at work preparing a PowerPoint presentation that can be viewed by individuals who are newly injured while in hospital to provide answers to questions, and information that they may need.

Karen's work on the project has been invaluable and her dedication is much appreciated. -Thanks Karen!-



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J O B J O



The Job Journeys project was launched in late December 2006. Businessman Bill Delorme and former physiotherapist Val Reith have been working with CPA (Manitoba) Inc. members to help prepare for and obtain employment.

Job Journeys has an employment preparation focus for our members. Workshops are delivered to enhance employability and social networks by formal skills training, role-play and other activities. Members are encouraged to learn from each other's experiences when sharing successes and challenges. Training includes:



Bill
Delorme



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We believe that this is a very important project for CPA (Manitoba) Inc. members and we are very happy to welcome Val and Bill to the CPA team.

This position is made possible by the Federal Opportunities Fund. The Opportunities Fund is an employment element of the Disability Agenda for the Government of Canada.



Val
Reith



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The **VitaGlide Pro** is equipped with a built-in roll-away seat that is easily moved into position for non-wheelchair users. This unique feature allows everybody to experience the benefits of using the **VitaGlide**.

VitaGlide Pro Dimensions: Length: 62", Width: 39", Height at Entry Point: 32" Raised / 20" Lowered, Total Height: 33" Lowered / 45" Raised, Weight: 285Lbs.



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D's Locks are hub locks for manual wheelchairs. They take the place of either Push-Pull or Scissors style brakes currently offered. D's Locks work independently of the tire by locking the wheel at the hub.

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Additionally, the brakes are no longer the widest part of the chair. D's locks add no width to the chair, and wheels can be taken on and off with the locks engaged. D's Locks can be self-installed in usually less than an hour, with no special tools.



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2 Good Reasons to Update Your Membership



It may be year 61 now...but that doesn't mean we still aren't keeping the spirit of the 60th Anniversary alive!

We have two great prizes remaining from the 60th Anniversary Celebration.

Cooking with WOW! is a cookbook featuring recipes from some of Winnipeg's favourite restaurants.

Ever wondered how to make Hu's on First's Chinese Fried Rice, Steak a la 529 Wellington, Veal Parmigiana like the Old Spaghetti Factory, Finn's Pub's Battered Cod, or

Gourmet Pizza like Pasta la Vista? Then this is the book for you!

At the 60th Anniversary Celebration, one of our guests won a **\$100 Gift Certificate for The Access Store**. However, she felt that it would be better used by one of our members, and she generously returned it to us.

We will draw the names of 2 members whose memberships are current as of June 15th, 2007. If your membership has expired, here are 2 reasons to get it up to date as soon as possible.

The winners of these items will be notified by phone on Friday, June 29, 2007.

Merit Award

Once again, that time of year has come. It's time to add another name to the Merit Award plaque that is prominently displayed in our front office.

We are looking for individuals to join the ranks of the recipients who have included:

Allan Simpson, Mayor Stephen Juba & The members of City Council, Dr. H. Dubo & the Spinal Cord Injuries Unit Team at HSC, Tony Mann, and Orpha Schryvers.

CPA (Manitoba) Inc. welcomes your input for nominees for the Merit Award. Can you think of someone who you believe demonstrates outstanding qualities, is an example and inspiration to others, and works on behalf of individuals with spinal cord injury or other disabilities.

Please contact the office at 786-4753 prior to May 14, 2007.





by
Kristine Cowley,
PhD

HEALTHY-WEIGHT

I've written in the past about how being overweight increases the risk of getting diabetes and cardiovascular disease. I've also written about how keeping a healthy body weight is important in trying to prevent getting these diseases. This installment will focus on whether the body mass index (BMI) accurately predicts a healthy body weight for those living with a spinal cord injury.

Over half of those living with spinal cord injury have impaired glucose tolerance, or what is now being called 'pre-diabetes', and over 20% actually have diabetes, and percent body fat can be closely linked to these diseases. Therefore it is very important to maintain a healthy body weight and percent body fat when living with SCI, to reduce the risk of getting diabetes. Many people living with SCI have cholesterol ratios over 5 (the ratio of total cholesterol to high density cholesterol), meaning that they are at increased risk for heart disease and stroke. Similar to diabetes risk, the higher percent body fat, the more likely a person is to have a high cholesterol ratio.

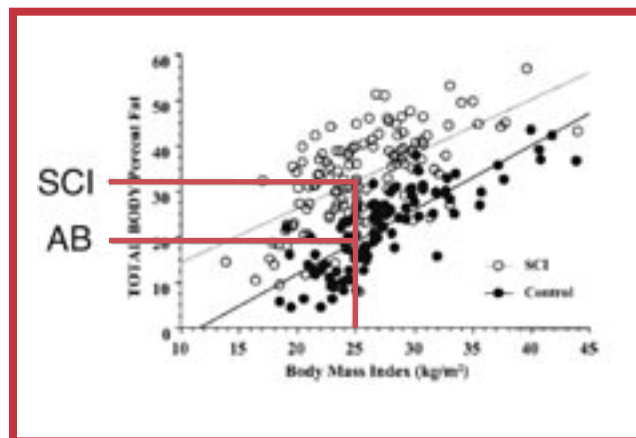
The risk of developing diabetes goes down if you lose body fat and exercise regularly.

For able-bodied people with pre-diabetes, exercising 150 minutes per week and losing 5% of their body weight, means they can reduce their risk of converting to diabetes by over half. This finding comes from a very large study in the US, which followed able-bodied people for three years. The 3800 people in the study were randomly assigned to take either metformin (a drug used to treat type 2 diabetes), a placebo, or to exercise for 150 minutes per week (which resulted in a 5% weight loss). During the three-year study, one-third of those taking placebo got diabetes, 24% of those taking metformin got diabetes, but only 15% of those who exercised developed diabetes. What we don't know is whether a similar amount of exercise and weight loss would have the same effect of preventing diabetes for those living with spinal cord injury. Finding out exactly what amount of exercise and percent of body fat can maintain health in SCI is an important question that needs to be answered.

The reason I am talking about body fat rather than body weight is because measuring a person's weight in SCI is misleading. As anyone with a spinal cord injury knows, in the first months following injury, a lot of body weight is lost

as muscle size decreases, and then also as bone mineral is lost and osteoporosis develops. We can divide our bodies up into fat and non-fat (like muscle, bone and water). The larger the portion of our bodies that are made up of fat, the more likely we will be to develop diabetes or high cholesterol and cardiovascular disease.

The big factor that relates to risk of diabetes, heart attack and stroke is higher percent body fat. To reduce the risk of developing these diseases, percent body fat should be between 8% and 20% for men and between 20% and 33% for women. This brings up the question of 'how do I figure out my percent body fat?'



The problem is that it's not very easy to measure percent body fat. You can't look in a mirror and see your percent body fat, some is inside your stomach, some is on the back of your arms.... you get the idea. Measuring your weight on a scale won't tell you your percent body fat. You've probably seen those scales that send a small current through you to measure body fat - but those fat-measuring devices are set up for able bodied- not spinal cord injured people - and there have not been any studies to check if they are accurate for those with SCI.

Currently, the 'gold standard' in measuring a person's percent body fat is a DEXA scanner - but I don't know anyone who has one of these in their bathroom. So, we rely on indirect methods to estimate our percent body fat - like using a body mass index. For able-bodied people, a BMI between 20 and 25 is considered healthy. The simplest way to get your BMI is to measure your weight and height and then use an online BMI calculator

(e.g. <http://www.nhlbisupport.com/bmi/> or <http://www.cdc.gov/nccdphp/dnpa/bmi/index.htm>)

The problem with these BMI numbers is that they were developed from able-bodied subjects, and on average, BMI UNDERESTIMATES percent body fat by about 12% for men with SCI! I will use a recent study done on over 300 men with SCI to make my point. The study compared the BMI and percent body fat (measured with a DEXA scanner) of men with SCI to able-bodied men. So, if you look at the graph from the study (see the graph inside the red box) and take the red line showing what the percent body fat is for an able bodied person with a BMI of 25 (which is considered the upper limit for healthy able-bodied people). You can see it is about 20% body fat. This is shown by the red line with the AB beside it on the left side of the graph. This 20% body fat is also the upper limit for percent body fat considered healthy in males. If men have more than 20% body fat they are at increased risk for developing diabetes and cardiovascular disease. Now if you take that BMI of 25 and keep going up to the second line marked by SCI, you can read on the left that the percent body fat is about 32% - 12% more than what is considered healthy for a male! So for a guy weighing 180 pounds, this means he would have to lose 12% of his body weight, or about 22 pounds (of fat) to get down to the same percent of body fat as the able-bodied man with a BMI of 25. Although this

study tells us that BMI tends to underestimate percent body fat in men living with SCI, it really doesn't tell us which BMI values would mean a healthier percent body fat in SCI (e.g. 17 - 21?). This work remains to be done.

Even less is known about the relationship of BMI and percent body fat for women living with SCI. The bottom line is don't lull yourself into a false sense of security just because you have a 'healthy' BMI, or body weight for height. For example, if I take the 'diabetes risk test' on the diabetes

website (<http://www.diabetes.org/risk-test.jsp>), based on my height and weight, one parent with diabetes, and a baby over 9 pounds, my risk comes back as low to medium (depending on what I say about exercise), yet I know this assessment is artificially optimistic. However, BMI and able-bodied 'healthy' weights do have a value. BMI can be used as a

starting point if you are beginning a weight loss program, and can be used in combination with other measures, such as measuring the thickness of skinfolds on your arm and your back.

On that note, I recently purchased a copy of the **'Eatright Program for Persons with SCI'** - the first nutrition program I have ever come across that claims to be specifically designed for those with SCI. I and another CPA member are evaluating it and will let you know about it in future installments of ParaTracks.

The risk of developing diabetes goes down if you lose body fat and exercise regularly.

For able-bodied people with pre-diabetes, exercising 150 minutes per week and losing 5% of their body weight, means they can reduce their risk of converting to diabetes by over half.

If you stand, please raise your hand!

I am interested in speaking to anyone with a spinal cord injury who uses a wheelchair for mobility but who also stands on a regular basis. So, if you use a wheelchair but are able to stand - either voluntarily, with the use of a neuromuscular stimulator (e.g. FES), a tilt table, or leg braces, please give me a call or send me an email. I am interested in finding out how often you stand, how long you've been standing and how long you've been injured. The reason I would like anyone who stands to get in touch with me is so I can see if there are enough people in Manitoba for a future study looking at some of the potential benefits of standing after spinal cord injury.

Kristine Cowley, PhD
Research Associate
Spinal Cord Research Centre
Department of Physiology, BMSB 406
University of Manitoba
730 William Avenue
Winnipeg MB R3E 3J7
I can be reached at work at 789-3305 or by email at kris@scrc.umanitoba.ca



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Email Addresses & Voice-Mail Extensions: Phone: (204) 786-4753

Staff Name	E-mail Address	Ext
Roslyn Dooley	rdooley@canparaplegic.org	221
Adrienne Conley	aconley@canparaplegic.org	222
Ron Burky	rburky@canparaplegic.org	224
Darlene Cooper	djcooper@canparaplegic.org	225
Greg Winmill	gwinmill@canparaplegic.org	226
Al Shultz	ashultz@canparaplegic.org	227
Maria Cabas	mcabas@canparaplegic.org	228
Dan Joanisse	djoanisse@canparaplegic.org	229
Val Reith	vreith@canparaplegic.org	234
Bill Delorme	bdelorme@canparaplegic.org	234
Liz Lobban	llobban@canparaplegic.org	

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three times a year

"Mark your Calendar"

Sunday, June 10 - Wheels in Motion

Tuesday, June 19 - CPA's Annual General Meeting

Friday, June 29 - Prize draw from 60th Anniversary Celebration

Tuesday, July 10 and Wednesday, July 11 - Will to Win Golf Classic- Volunteers Needed!

July 20 - Day at the Beach
For more information call:
Kathy or Jake 832-9963
or 1-800-318-3044



Our Hats Are Off to the MLCC.



CPA (Manitoba) Inc. would like to thank the Manitoba Liquor Control Commission for their support of our Coin Box Campaign. Coin boxes were placed at checkout stands in MLCC stores across Winnipeg during the month of March.

A big thank-you to CPA Member Carol Hancharyk for rolling all of the coins for us!

"Remember to drink responsibly!"

Return undeliverable Canadian addresses to: _____

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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).

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.**

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: aconley@canparaplegic.org

PLEASE ENTER A MEMBERSHIP FOR:

Name _____

Address _____

City, Prov. _____

Postal Code _____ Phone (____) _____

E-mail address _____

_____ New

_____ Renewal