

**August 2012**

**Summer Issue**



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

**MPF** MANITOBA  
PARAPLEGIA  
FOUNDATION INC.

# PARATRACKS



***Newsletter of the Canadian Paraplegic Association (Manitoba) Inc.***



2012  
Dr. Larry Jordan

***In This Issue  
the Merit Award goes  
to Dr. Larry Jordan***

## ***Also in this Issue:***

- ~ Suzanne Acala's Transition from High School to University pg. 14***
- ~ Paul MacDonald Addresses Wheel Issues in 2012 pg. 7***
- ~ CPA Welcomes Shannon Dupont and ...***
- ... Dayle Hughson Retires pg. 16***



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Visit CPA's website at [www.cpamanitoba.ca](http://www.cpamanitoba.ca)



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Association Canadienne des Paraplegiques  
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**[www.cpamanitoba.ca](http://www.cpamanitoba.ca)**

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From here you can make a donation by credit card directly to CPA (Manitoba) Inc.

### ParaTracks is a publication of:

Canadian Paraplegic Association (Manitoba) Inc.  
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**Website:** [www.cpamanitoba.ca](http://www.cpamanitoba.ca)

**Supported by Manitoba Paraplegia Foundation Inc.**

**Circulation:** 850 copies

**Estimated Readership:** 5,000

**Editor:** Ron Burky

**Layout:** Mike Nickle

#### Advertising Rates:

Advertising rates for photo ready copy:

Full Page - \$160

Half Page - \$87

One Third Page - \$70

Quarter Page - \$55

Business Card Size - \$33

Classified ads free to CPA members

**ParaTracks publishes three times a year**

**Canada Post Publication Agreement #40050723**

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## MANITOBA PARAPLEGIA FOUNDATION INC. (MPF) NEWS

*MPF funds go to work in four main areas that are not supported by any other sources in Manitoba: special projects, product testing, research and direct aid to persons with spinal cord injuries who do not have the necessary financial resources for equipment and/or services. All requests for direct aid are initiated through CPA. Individuals must provide information on their financial status, explain why they cannot meet the expense within their own budget, and identify any other potential sources to support the request including potential for contribution from family.*

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

### MPF Trustees

Doug Finkbeiner, Q.C (President), Arthur Braid, Q.C (Vice-President),  
James Richardson Jr. (Treasurer), Dr. Lindsay Nicolle, Ernie Hasiuk, John Wallis

*MPF has approved several requests for financial support during the past few months.  
Some of the highlights are as follows:*

#### *During the month of May 2012:*

- Financial support was provided to cover the cost of obtaining identification and a passport for a CPA member who is being sponsored by the Shriners to travel to the Shriner's Hospital in Chicago for rehabilitation.

#### *During the month of June 2012:*

- Financial support was granted for the purchase and installation of a wheelchair lift in a CPA member's home. This lift will allow the member to independently and safely access his home.

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



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# CPA (MANITOBA) INC. BOARD OF DIRECTORS UPDATE

**At CPA's** Annual General Meeting, held on June 12, 2012, the following Report of the Nominating Committee was presented to the Membership of CPA by Nominating Committee Member Jeannette Gougeon:

"The Constitution of CPA (Manitoba) Inc. states that the Board shall have "no less than three and no more than twenty-five Directors". The Board has, by resolution, determined that the membership of the Board shall be fourteen to seventeen members as may be appropriate. The Constitution also states that "as far as practicable, at least one third of the membership of the Board shall at all times consist of persons with a disability due to spinal cord injury"

These conditions of the Constitution have been met by the Nominating Committee in its recommendations and therefore be it resolved that:

1. The resignation from the Board of Directors be accepted with sincere thanks for his fine contributions to the Association, from Bill Neill.
2. The membership approve the continuance of the following as Directors:

E. Arthur Braid \*  
Patricia Bonas \*  
Pauline Day  
Corrine Deegan \*  
Dr. Karen Ethans

Ron Fortier  
Jeannette Gougeon  
Ernie Hasiuk \*  
Leonard Steingarten \*  
Adam Terwin

Tim Toor  
Lynda Walker  
John Wallis  
John Wyndels \*  
JoAnn Young

*\* paraplegic or tetraplegic*

3. The membership approve that the current vacancies be filled by the Board at the Board's discretion.



***John Wallis and Bill Neill***

A resignation from the Board of Directors was accepted from Bill Neill. Bill served as a Board Member for 8 years, and was a member of the Operations Committee. Bill's area of expertise is human resources. He brought a vast amount of skills and knowledge to the table and his contributions will be greatly missed.



June 13, 2012

**GOVERNMENT MAKING PROGRESS TOWARD ENSURING ALL  
MANITOBANS HAVE ACCESS TO FAMILY DOCTORS BY 2015: PREMIER**

Manitoba is moving forward to train and hire more doctors and nurse practitioners, build more clinics and improve access to care as part of its plan to ensure all Manitobans have access to a family doctor by 2015, Premier Greg Selinger announced today.

“We made a strong commitment that all Manitobans will have access to a family doctor by 2015 and we’re moving toward that goal by training and hiring more family doctors, building more clinics and training staff in clinics to offer same-day or next-day appointments,” said Selinger. “Our plan is about more than doctors, as we also train and hire more nurse practitioners and other providers to make sure families get the quality care they need when and where they need it.”

**Plans include:**

- training more doctors by funding 14 additional family medicine residencies;
- training more nurse practitioners by adding three additional training seats this fall;
- increasing the number of clinics that offer same-day or next-day appointments to 60 from 40 and;
- launching primary care networks, which will be partnerships between independent family doctors and regions to offer team-based care, hire more providers such as dietitians and ensure patients have better access to care on evenings and weekends.

The premier also noted there are more than 20 clinics under development or construction including QuickCare clinics, ACCESS Centres, community health centres and mobile clinics.

“Physicians who complete their residency training in Manitoba are more likely to stay here and practice,” said Dr. Brian Postl, dean of medicine at the University of Manitoba. “We are delighted the province is further supporting our family medicine residency program. This will result in more family physicians delivering crucial health care to Manitobans across the province.”

The premier noted the province is continuing to support the physician assistant and nurse practitioner programs at the University of Manitoba and is adding three additional seats to the nurse practitioner program this year. Many of these graduates will work in primary care settings where they increase the capacity of family physicians to take on new patients.

Teams of health-care providers are also being introduced through primary care networks, which are formal agreements between family doctors and a health region to jointly plan and provide primary care services to patients.

While family physicians will still be a key provider of care, networks may have other professionals help deliver health-care services. Each primary care network will be regionally based and include a range of providers such as family physicians, dietitians, mental-health workers, home-care staff and public health nurses.

“Expanding physicians’ practices to include other care providers and having practices working together to provide more services will improve access to care for patients in the community and reduce pressure on hospitals,” said Dr. Brock Wright, senior vice-president of the Winnipeg Regional Health Authority.

The doctors and other health-care providers in the network will work together to develop a health plan tailored for each patient, co-ordinate care to meet a patient's specific needs and track the patient's journey, the premier said. Each health-care provider is regularly updated on the status of the patient's health, which means patients will have to repeat their medical histories less often and spend less time arranging who to see and where to go next, he added.

"We need to support providers so they have time to spend on direct patient care," said Selinger. "By working together, patients will have access to better co-ordinated care and providers will be able to focus more on their patients."

A network might include one clinic with many physicians and support staff, or doctors and staff in several clinics in a region. Each will have the flexibility to deliver services geared toward the local community and will also direct patients to after-hours care, if needed, the premier said.

"Nurse practitioners help to meet the government promise of a health-care provider for all Manitobans by 2015 by working in various settings including acute, long-term and community health care," said Annabelle Reimer, president of the Nurse Practitioner Association of Manitoba. "Manitobans receiving care from a nurse practitioner can expect improved continuity of care, improved primary health and reduced emergency room visits, and primary care networks will continue to build and enhance Manitobans access to patient-focused primary health care."

The province has supported the opening of 38 primary health-care sites since 1999 and there are 21 new or expanded primary health-care locations planned or under construction to enhance or expand primary-care services across Manitoba.

The premier noted that last year, 40 clinics were trained to offer same-day or next-day medical appointments, and staff at 20 additional clinics will receive training this year.

For more information on primary care in Manitoba, visit: [www.gov.mb.ca/health/primarycare/index.html](http://www.gov.mb.ca/health/primarycare/index.html).

## Freedom of Sailing Is For Everyone

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

*Does sailing* sound like an impossible idea to you? Did it ever even cross your mind? What would you think if I told you that you can sail right here in Winnipeg? In fact, we have been around for 15 years as a well kept secret inside Fort Whyte Alive (1961 McCreary Rd). We have been operating alongside Manitoba Sailing Association, and together we are known as the Winnipeg Sailing Center.

The Winnipeg sailing center holds pride in the fact that we are one of the few sailing centers in Canada that offer completely accessible sailing. Children, adults, seniors and people with disabilities all have an opportunity to sail in our center. With the help of our advanced equipment, quality staff, and volunteers, we make sure to uphold our motto that *"the freedom of*

*sailing is for everyone"*. Whether you're simply looking for a hobby, or looking to have a more active lifestyle, there is nothing like sailing to bring great times and excitement into your summers.

There is nothing to be worried about, and nothing to fear. We have never turned back a willing sailor, regardless of abilities. We have also never jeopardized the safety of a consumer in 15 years that we have been around. Only thing we ask from you is a little bit of will to help us make your summer a great one.

### **To book or for any questions**

either call Kelly at 204-947-0194 now or email [info@disabled-sail.ca](mailto:info@disabled-sail.ca) or visit our website [www.disabled-sail.ca](http://www.disabled-sail.ca)

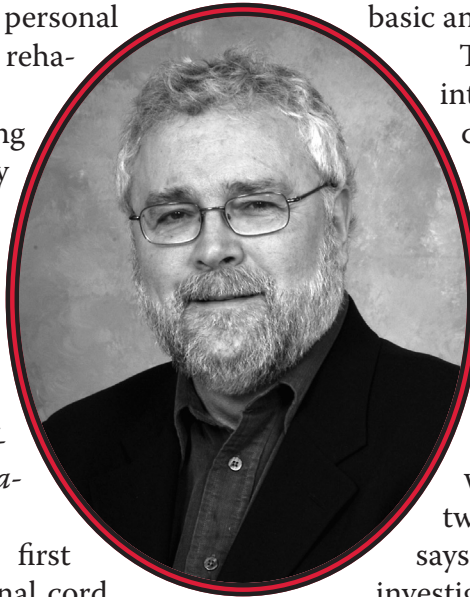
*Please refer to our "Able Sail Manitoba" ad on pg. 10!*

## 2012 Merit Award Presented to Dr. Larry Jordan

**CPA's Merit Award** was initiated in 1965 to recognize organizations, supporters and persons with spinal cord injuries who have made a contribution to the Association either through their personal efforts, or as an example of successful rehabilitation.

At CPA's Annual General Meeting on June 12, 2012, Dr. Kristine Cowley presented the 2012 Merit Award to Dr. Larry Jordan, Co-Founder, Spinal Cord Research Centre, *"for his dedication and commitment in supporting persons with spinal cord injury and other physical disabilities to achieve greater independence, self-reliance and full community participation"*.

Dr. Jordan became one of the first individuals performing full-time spinal cord research in Manitoba. He moved to Winnipeg in 1970 from Dallas. Through a partnership with the University of Manitoba, the Health Sciences Centre Foundation and the Canadian Paraplegic Association (Manitoba) Inc., the Spinal Cord Research Centre



(SCRC) was developed in early 1987. The centre's purpose was to expand and consolidate research into spinal cord injuries in Manitoba, with an emphasis on basic and clinical research.

The SCRC has been deemed by some international scientists to be the most comprehensive spinal cord research group in the world. Achieving this status has been no simple task, and has required the determination of Drs. Larry Jordan and Hy Dubo, Co-Founders of the SCRC.

Dr. Jordan was Director of the SCRC from 1997 to 2003 and Co-Director from 1989 to 1997. "When we began, there was one clinician and two basic scientists working in the area," says Jordan. There are now 21 principal investigators from seven Departments or Schools at the University of Manitoba. These investigators are joined by over sixty research associates, post-doctoral fellows, students and support staff.

*~ Congratulations, Dr. Jordan! ~*

## ARE YOU GETTING ENOUGH PHYSICAL ACTIVITY??

**Researchers at the University of Manitoba are studying physical activity levels in spinal cord injured individuals.**

### **Participants will:**

- Learn about their own activity levels and how they compare to current guidelines.
- Learn about ways to exercise safely and effectively.
- Help researchers improve activity guidelines and better understand causes of shoulder pain in manual wheelchair users.

- The Study will require participants to wear a small device on the wrist and chest and log activity over 7 days.
- If you are a manual wheelchair user with a spinal cord injury you may be eligible to participate.

To take part or to get more information, please contact:

Kevin Stewart  
[kstew@live.ca](mailto:kstew@live.ca)  
(204) 294-7761



Dean Kriellaars  
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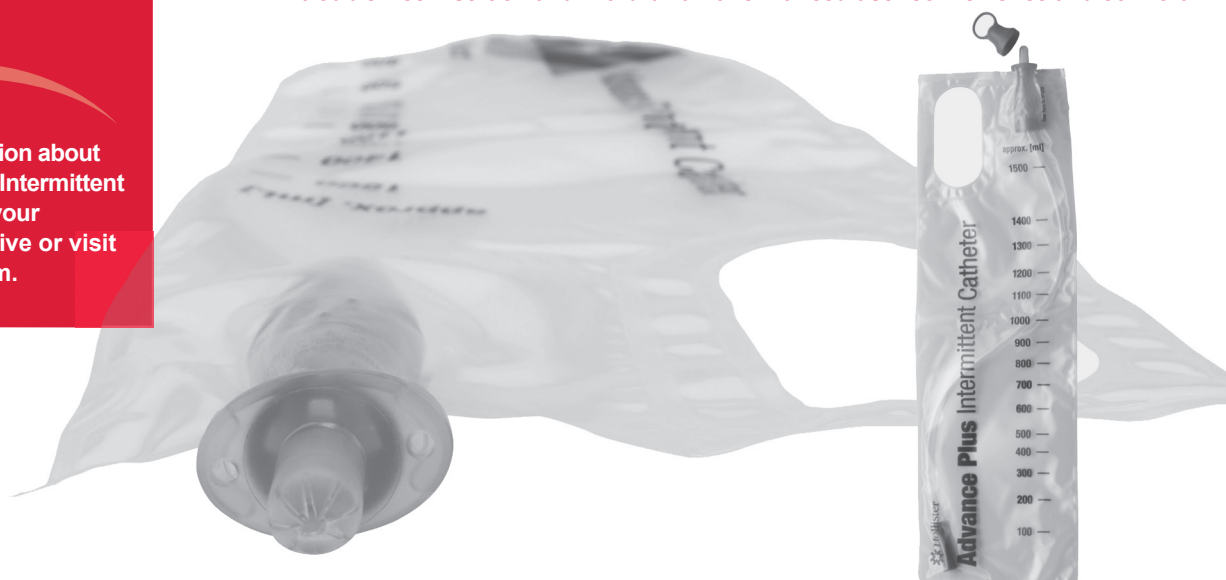


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For more information about the Advance Plus Intermittent Catheter contact your sales representative or visit [www.hollister.com](http://www.hollister.com).





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# WHEEL ISSUES IN 2012

By: Paul A. MacDonald

*While I was wish list shopping at a Wal-Mart recently, I was abruptly jarred back to reality when I was T-boned by a manual wheelchair. It was not the fault of the gentleman in the wheelchair, but rather, the younger woman who was pushing him. She was travelling far above the posted speed limit for that aisle, and she failed to slow down at an uncontrolled intersection. I am happy to report that no harm came to men or machines in this incident, but, it is far from being an isolated event. With our aging society, the clash between pedestrians, mobility aides and baby strollers will erupt into gridlock, off road rage, pile ups & ultimately, diaper flinging.*

## ***Lost In Space - THE NEW BUS BATTLEGROUND***



The stroller vs wheelchair war on transit buses rages on. With Handi Transit resources stretched to the limit, the persons with disabilities are being increasingly urged to use regular transit buses. Space on the transit buses for wheelchairs, walkers & strollers is extremely limited. The

situation will get worse if some issues are not addressed now.

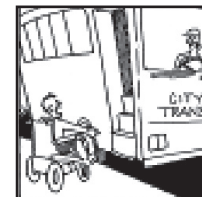


*The following observations are my own from the last 6 years, using regular transit in a power chair, winter & summer. I firmly believe that everyone has a right to access and use public transit. This includes parents with infants. As far as I was able to find out, there is no clear policy in place for who gets access to the bus when available space will not safely accommodate everyone waiting at the bus stop. It is left to the discretion of the bus driver.*

## ***Winnipeg's Finest Whines ☹***



### **Winter Bus Use; A Gamble.**



- In the winter, bus stops themselves may be cleared of snow, but the path to the bus stop is often impassable for people with limited mobility.
- On a few occasions, I had the distinct pleasure of enjoying Manitoba winter weather while the able bodied folks had to get on the bus because there was room for them. I felt bad that they couldn't enjoy & share watching two more buses whoosh by. I wore the frostbite from frozen tears like a badge of honour!



- At my destination(s), the bus stop may not be well cleared, which results in difficulty getting off the bus. Hats off to all the wonderful bus drivers over the years that came to my aid and helped me to solid ground.
- Some bus stops leave very little room to maneuver once the access ramp is fully deployed. The edge of a high curb is very near the end of the ramp.
- Year round obstacles such as newspaper boxes & people who are waiting to board the bus require even more maneuvering skill. The newspaper boxes can be moved, but what does one do with grazing cattle that refuse to budge?



## Indoor Parking

- We have entered a time when it is now common to have more wheels in the bus than under it.
- Only about 20% of the seating space on most buses is reserved for passengers with disabilities. This space must be shared by people who can walk, people with mobility aids, service animals and parents with baby strollers. It is simply not enough room.
- Then you have the individuals who are unable to feel any empathy and refuse to surrender their seats, or, have a large number of bags using valuable priority seating space.
- Parents with baby strollers could and should be accommodated. They in turn should be able to make a few concessions for others who need the space as well.



- **Move It Or Lose It:** I do understand that some people are so very engaged in texting about matters of national importance that simply boarding the bus and paying their fare is an annoying but necessary distraction. I get my biggest laugh when they cannot grasp the basic physics principle that two solid objects cannot occupy the same space at the same time. My power chair has only about 2 inches clearance on either side in the wheel well "bottleneck". When I ask them to move so I can get through, they seem to hear the words "scrunch up" rather than "please move". I then ask them something to the tune of ...."Have you ever considered life with webbed feet?"

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## *It is Time to Start Making Noise*

We need to send a message to City Hall & Winnipeg Transit. We applaud the gradual conversion of the fleet to low floor accessible buses which began in 1998. It allows everyone greater flexibility of movement and timing. Adding the new equipment alone is not the long term solution. Policies must also be put in place to better utilize the capabilities of these buses and prepare for increasing ridership in the years to come. I offer a few suggestions of my own. I'm sure you readers could add to this list.

1. On the buses, removing only 2 forward facing seats, and repositioning one grasp pole would provide more room at the front, and encourage standing passengers to move further back where seating is plentiful.
2. Review snow clearing policies at bus stops and the approach to them.
3. Set a policy that directs who gets on the bus when there is only room for one more.
4. Designate the rear door as an exit door and only allow priority seating passengers to exit through the front.
5. A flashing light indicating ramp deployment would warn boarders to get out of the way when the front bus doors open.
6. Transit planners should always keep persons with disabilities in mind when planning for new bus stop locations. This is especially true in areas where construction may be blocking sidewalks.
7. For strollers and mobility aids, set size limits. Oversize equipment pay fares equal to the seating space used up. Large strollers and scooters can take up the space of 4 to 5 seated passengers.



*Choices & Compromises  
Are Do-able*



I could go on with many more suggestions, but all I am trying to do here is make a point, and encourage you to start being squeaky wheels. The more letters, calls and emails that go to Winnipeg Transit and City Hall, the harder it is to ignore the need.

Even small but gradual changes will make a big difference for everyone in need of priority seating or space. Compromise will yield more positive results than conflict. We may not be able to physically march up and down streets to monopolize media attention, but we can make our voices heard by using passive persuasion on our political representatives.



# Able Sail Manitoba

## WHO can try sailing?

- ANYONE
- Able Sail Manitoba uses Martin 16s, technologically advanced boats that were specifically designed for people with all levels of disability – they are also very safe because they are unsinkable and uncapsizable.
- Trained staff ensures that sailing is safe and fun!

## WHY try sailing?

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

## WHERE can I try sailing?

- Fort Whyte Centre at 1961 McCreary Road

## WHEN can I try sailing?

- Learn to Sail / Recreational sailing – ALL SUMMER –
- Sailing is offered during the day or early evening, Tuesday to Saturday.  
(9:00-4:00 Tuesday-Saturday except Thursday from 12:30-8:00)

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

- ASM Open House on June 28rd from 1-8pm
- First Step to Camping with ILRC on June 21-22nd ALL DAY

## How much does sailing cost?

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

## HOW DO I SIGN UP?

- Contact Kelly at the ILRC at (204) 947-0194 or email at [pace@ilrc.mb.ca](mailto:pace@ilrc.mb.ca)  
You can also email [info@disabled-sail.ca](mailto:info@disabled-sail.ca) for more information  
or visit our website [www.disabled-sail.ca](http://www.disabled-sail.ca).

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2001 Dodge Grand Caravan with lowered floor. 99000 kms, automatic. Can be seen on [kijiji.com](http://kijiji.com) – Ad #376468387. Asking \$10,000 OBO.

2007 Accessible Montana van – Mint condition. Includes lift and telephone plus snow tires with rims. Phone: 256-4767.

*The most fun I've had in a wheelchair. Gas powered wheelchair cart; drive it from your chair. \$500. Natural fit hand rims, from 24" Spinergy wheels. \$50. E-mail [wroblew@mts.net](mailto:wroblew@mts.net). For pics and info*

**Free Wheelchair Lift Available**  
Call Rob at 782-7124 for more information.

**32 foot by 11 foot wheelchair accessible house-boat for sale.** Sleeps 4 comfortable or max 6 \$16,000 obo (boat could easily be moved to Manitoba for use). To view in Kenora, Ontario call Wayne Ficek at 807-468-5305 or email [wficek@shaw.ca](mailto:wficek@shaw.ca) for pictures.



# Wheelchair Curling League

*We are trying* to start up a wheelchair curling league this winter!!

This year we're hoping to start up and make an effort to have FUN while developing our skills with a group of like-minded curlers. I have talked to so many people who have curled in the past but for some reason have stopped. Please give this group a try - we want to have a league that offers a comfortable place to play a game and enjoy some competition against some new friends and some old friends.

If you are interested, please call Mark Wherrett at 417-6963. If you know of someone who might be

interested, please pass this number on. The more players we have, the more fun we will have.

If you're worried because you may not know how to curl, don't worry - we'll help you out.

As part of the program that we're planning, new curlers can come out and someone will be available to help you with learning a delivery and understanding of the game!

The plan is to play on weekends so that people in this province who work during the week have no excuse.

If you have any questions or ideas, please call me.

*~ Mark Wherrett ~*



## FREE SWIMMING

### Open to those with Disabilities ONLY

Are you an individual with a disability (Intellectual or Physical, etc.)?

Do you like free stuff ??? Then this is for you!!!

#### FREE SWIMMING

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

**WHEN:** EVERY TUESDAY

**WHERE:** CENTENNIAL POOL

90 SINCLAIR STREET  
(SINCLAIR AND DUFFERIN)

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

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

## **“Discovering the Power in Me”**

*Discovering The Power in Me* is designed to make us visit and understand how our minds work in the everyday process of our thought. It looks at how we can control these thought processes to become successful in attaining future goals in our lives. This program helps create a mindset that encourages finding creative solutions and possibilities, while building a future of hope, belief in self and resiliency, which is essential to create a new vision – a vision of increasing independence for the future.

This program focuses the Pacific Institute’s cognitive education toward those whose lives have made a sudden, 180-degree turn because of injury or accident. Providing a language of hope and possibilities, *Discovering the Power in Me* provides the mental

foundation upon which people with disabilities and their loved ones and caregivers can build a vital, contributive future.

With *Discovering the Power in Me*, the Pacific Institute’s education provides people with disabilities, their families and others sharing their journey, with the necessary tools to develop inner strength and resiliency required to reassert control over their lives.

Four CPA staff, five CPA Members and two CPA Board Members were provided with the *Discovering the Power in Me* training in March 2012. The goal of CPA is to share *Discovering the Power in Me* with our membership and their families in future workshops.

~ Gail Burnside ~

## **Behavioural Health Foundation – Breezy Point**

*The Behavioural Health Foundation* offers long term residential addictions treatment programming for men, women, teens and family units experiencing a variety of addiction problems and co-occurring mental health concerns. Treatment programming for males is offered at the St. Norbert facility and treatment programming for females is offered at the Breezy Point facility.

Breezy Point offers long-term residential treatment for 10 females. Recognizing that many women with addictions and co-occurring mental health problems which can impact their cognitive, emotional, physical, and spiritual health, Breezy Point provides a gender-specific, trauma-informed treatment program.

With the understanding that the quickest way to calm the mind is to calm the body, the program offers opportunities for residents to learn the mind-body connection to better understand and regulate intense emotions and to incorporate healthy practices into their daily lives.

Admission preference is given to pregnant women. Children can be accommodated up to the age of 2 years. Residents also have the opportunity to transfer to BHF’s Family Program in St. Norbert, Manitoba to be reunited with partners and/or children, and/or to pursue enhanced employment, edu-

cation, and transitional living opportunities as per their individual treatment plans.

Breezy Point is located north of the city of Selkirk on wooded acreage adjacent to the Red River.

Renovations to the facility have recently been completed to enable wheelchair access. A ramp and automatic door opener have been installed at the main entrance. A large wheelchair accessible bathroom exists, with toilet grab bars and an open base sink that accommodates a wheelchair. All bulletin boards have been lowered to allow people who use wheelchairs access to information and sign-up sheets. In addition, a wheelchair accessible van has been purchased. The recent renovations have allowed a CPA Member who has a spinal cord injury to attend the treatment centre.

The Behavioural Health Foundation acknowledges that the majority of its clients are Aboriginal. It is also acknowledged that not all Aboriginal persons wish to be involved in traditional and other cultural activities. Cultural programming is therefore not compulsory and the level of involvement is entirely up to the individual.

The traditional components or activities of the program consist of (but are not limited to) sweat lodges, feasts, fasts, attending and participating in ceremonies such as Sun Dances, Ghost Dances and

Warrior Dances, women's ceremonies and naming ceremonies.

BHF has its own traditional lodge on site to house ceremonies. This is the Northwinds lodge. All ceremonies are hosted or led by those persons who have been honoured with the gifts to do so.

If you would like more information, please contact Willie Ducharme at 786-4753, ext. 223 or [wducharme@canparaplegic.org](mailto:wducharme@canparaplegic.org)

~ Willie Ducharme~



CPA Member attends the 18th Annual Henry Shingoose Traditional Pow-wow during the weekend of June 2-3, 2012 at 1147 Breezy Point Road, Selkirk, MB.

## **FOR SALE:**

**3 wheel "Go Go" scooter**, purchased new in Sept. 2009. Includes lift attachment and two battery chargers. New batteries installed in July 2011. Price: \$800.00.

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## *Suzanne Acala ~ The Transition from High School to University ~*

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**Suzanne** acquired her spinal cord injury in June 2009, shortly before completion of grade 10. She was active in many school-related activities, including sports.

With the sudden onset of flu-like symptoms, her life was immediately changed. She experienced total paralysis, which entailed admission to RR5, at the Rehabilitation Hospital, coupled with daily physiotherapy and eventual discharge home at the end of August 2009. Suzanne eventually regained many of her functional abilities, including the ability to walk independently and to use her hands. She continues to have limited use of her arms.

School planning to enable Suzanne to attend grade 11 began during the summer of 2009 and involved many meetings with Suzanne, her parents, a resource teacher, an educational assistant, a school-based physiotherapy and occupational therapist, Home Care Coordinator, and myself. The purpose of the meetings was to discuss Suzanne's support needs, such as an educational assistant to assist with some aspects of her personal care and to assist with transporting materials between classes. Additionally, the school-based physiotherapist consulted with the physiotherapist at the Rehabilitation Hospital and developed a physical rehabilitation program to occur at school which was intended to optimize Suzanne's functional abilities.

Review meetings occurred while Suzanne was attending grade 11 and continued into her graduating year on a scheduled basis to monitor her progress, review her support needs and to plan for her transition from high school to the University of Manitoba. Suzanne intends, after completion of University 1, to apply for admission to the Asper School of Business to complete a Bachelor of Commerce degree.

Additionally, meetings with an Accessibility Advisor from Student Accessibility Services at the University of Manitoba occurred several times during Suzanne's final year of high school. These meetings were attended by a resource teacher from Suzanne's high school, her educational assistant, her Home Care Coordinator and myself and were dedicated to discussing the types of supports Suzanne was receiving while attending her graduating year of high school. The types of supports and services that would be available to her while attending the University of Manitoba, including examination accommodation, professional note taker services, and the coordination of on-campus Home Care services to

meet her personal care needs were also reviewed.

An equipment assessment was completed by Suzanne's school-based occupational therapist, who recommended a laptop computer and various totes to transport books and materials around campus and a pressure-mounted shelving unit to fit inside her school locker to provide Suzanne with locker access and to support her independence.

Where would funding come from to cover all of these costs? Suzanne was enrolled with the marketAbilities Program and received a registration number that would enable funding requests for educational expenses to be submitted for consideration. Additionally, Suzanne and I completed an individualized vocational plan, which is required by the marketAbilities Program in order for applicants to be placed on an educational wait list for funding consideration. I assisted Suzanne to complete an application for a Canada Student Loan. In demonstrating financial need, Suzanne was also able to apply for and was approved the Canada Student Grant for Services and Equipment for Persons with Permanent Disabilities, which provides up to \$8,000.00 per academic year and which is intended to help cover costs associated with disability-related needs, such as, tutors, note-takers, interpreters, technical aids, and specialized transportation, such as Handi Transit.

A financial request was submitted to the marketAbilities Program to cover Suzanne's tuition and books but was denied, as she was new to the educational sponsorship wait list and all funds allocated to that program were already committed for the fiscal year. Bridge funding was accessed through the Manitoba Paraplegia Foundation Inc. to cover Suzanne's first year educational costs, including tuition fees, book costs, and an incidental allowance for the purchase of school supplies.

How has Suzanne found the transition from high school to university? Predictably exciting and challenging. Suzanne advised part of the challenge was adjusting to the size of the university campus, finding her way around the campus, and to the huge student population. Initially, Suzanne experienced moments of feeling overwhelmed, but these feelings have lessened over time.

Suzanne further indicated that, although she has a sense of freedom and independence at university, this comes with a price. University or, for that matter, any post-secondary education program is an adult-based learning environment and brings with it responsibility. Suzanne stated, for example, that "you are advised at



the beginning of the school year when term papers and examinations are scheduled. You are responsible for ensuring that your assignments are completed on time and that you are prepared to write your examinations.” Suzanne advised that, while attending high school, she was given homework almost daily. In completing the home work, she was preparing for upcoming examinations. In university, Suzanne advised, “students are encouraged to dedicate 2 hours of study time per one hour of class time.” If students choose not to dedicate this time, it’s at their own peril.

Additionally, the volume of reading that is required in university far surpasses anything Suzanne says she was expected to read while attending high school. Much time is required to complete the reading, to take notes on what has been read, and to determine what content is necessary for examinations and to commit this information to memory. Suzanne has found university examinations to be complex and demanding, whether you’re writing an essay in response to a question or answering questions where you are provided with multiple responses from which you must choose the best response.

Because of her disability-related needs, Suzanne has examination accommodation as arranged with the Accessibility Services Department. She typically writes her examinations in the Accessibility Services area and is given 50% more time to complete her examinations than students who do not have disability-related needs.

Suzanne has connected with a number of students she graduated with from high school who are also attending the University of Manitoba. She regularly sees these individuals during her spare classes, and they have established a support network. Additionally, her older brother is also attending the University of Manitoba, which provides her with some degree of comfort and familiarity.

Suzanne reported the size of some classes (in excess of 100 students) makes the learning experience less personal than when she attended high school and where classes consisted of around 30 students. Within the high school context, students had greater opportunity to interact with the teacher and to ask for individualized help. Suzanne has also experienced some challenges in

terms of transporting materials, such as books and supplies, across campus and has found that she needs to be assertive and to ask fellow students for assistance. She reported, though, that students are willing to provide assistance when it is requested.

Suzanne advised that she has experienced some challenges with Handi Transit and has addressed these concerns as they emerged. She also reported that, in dealing with these issues, she has become more resourceful and assertive. One of the initial adjustments has been with the travel time between her family home and the university campus. Suzanne’s high school was situated minutes from the family home. The University of Manitoba campus is about 30 km from her home or about a 45 minute drive.

Suzanne reported that, although she has learned many things from taking required university courses, a favourite course she took was an elective course in marketing that dealt with the psychology related to sales. For example, did you know that a magazine that features a woman dressed in red on the cover tends to become a best seller? Did you know that food stores place their sugar-based cereals on the lower shelving units within the visual field of children who are attracted to these cereals and who strongly influence their parents’ shopping behaviour? Did you know that more healthy cereal choices and those geared toward adult shoppers are placed higher on the shelving units and within the visual field of adults? Did you know placement of candy near the cash register is deliberate and encourages shoppers to make impulse purchases? Did you know that vacation and vehicle sales are strongly influenced by children and that commercials that promote these items are structured to appeal to children who, in turn, influence their parents’ shopping behaviour?

Suzanne is now exploring summer employment opportunities and is planning for her continued attendance at the University of Manitoba in the fall of 2012. She has acquired many skills and self-confidence since transitioning from high school to the University of Manitoba and is working towards developing a bright future for herself that includes financial self-sufficiency.



~ Laurence Haïen ~

## CPA welcomes Shannon Dupont

*Hello,* I would like to introduce myself as I am the new Rehabilitation/Transitional Services Counsellor.

I was born and raised in the Interlake and have worked in the social services area for the past seven years. I have my Bachelor of Social Work Degree, an Applied Counselling Certificate with an Addiction major, and I just finished my Certificates in Case Management and Rehabilitation Case Management.

For the past six years I have been self employed with various contracts including Child and Family Services, persons with cognitive disabilities, addiction issues, and individuals from diverse cultural backgrounds. I look forward to meeting and working with all of our members and collateral agencies.

*Meegwetch!*



## Dayle Hughson Retires



*Dayle Hughson*, Principal Evaluator, retired from Career Connections Inc. on March 29, 2012 after thirty-three years of service. Dayle is well-known to CPA, having provided vocational assessment services to many CPA members residing in rural communities during the course of her career.

Career Connections Inc. is a supportive employment agency located @ 710-3rd Street in Brandon Manitoba. Its mission is to assist persons with disabilities who are 18 years of age and older, to secure and maintain meaningful employment. Its primary services include vocational assessment, community-based work training placement, on-the-job-training, employment placement and follow up services.

Dayle's approachability, commitment to excellence in service delivery, and availability for consultation will be missed by those of us who have had the opportunity and privilege to work with her. CPA wishes Dayle a healthy and happy retirement.

*~ Laurence Haïen ~*

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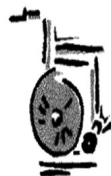
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**YES!** Count me in as a member of the Canadian Paraplegic Association (Manitoba) Inc. All members receive "Para-Tracks" CPA (Manitoba) newsletter, "Total Access" CPA National Magazine and voting privileges at the Annual General Meeting. Members also receive discounts at various health care supply stores – Stevens Home Health Care Supplies (special pricing for supplies & 10% off equipment), The Access Store (10%), Northland Home Health Care (10% off medical supplies) and Disabled Sailing membership (25%).

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