

November 2013

Fall Issue



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

MPF MANITOBA
PARAPLEGIA
FOUNDATION INC.

PARATRACKS



Newsletter of the Canadian Paraplegic Association (Manitoba) Inc.



In this issue:
Jessica Kennedy
tells of the greatest
accomplishment of
her life - page 13

Also in this Issue:

- ~ 2013 Merit Award presented to Ron May - page 3***
- ~ Current Research at the Health Sciences Centre - page 5***
- ~ Paul MacDonald takes you on a "Knee View Adventure" - page 9***
- ~ CPA remembers Lucy Deluca - page 15***



Board of Directors

Art Braid *
Patti Bonas *
Pauline Day
Corrine Deegan *
Dr. Karen Ethans
Ron Fortier
Jeannette Gougeon
JoAnn Morrissey
Janet Morrison
Leonard Steingarten *
Adam Terwin - Treasurer
Tim Toor
Lynda Walker
John Wallis - President
John Wyndels - Vice President *

**paraplegic or tetraplegic*

Email Addresses & Voice-Mail Extensions:

Phone: (204) 786-4753

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

Staff Name	E-mail Address	Ext
John Powell	jpowell@canparaplegic.org	221
Adrienne Conley	aconley@canparaplegic.org	222
Willie Ducharme	wducharme@canparaplegic.org	223
Ron Burky	rburky@canparaplegic.org	224
Darlene Cooper	djcooper@canparaplegic.org	225
Greg Winmill *	gwinmill@canparaplegic.org	226
Scott Coates	scoates@canparaplegic.org	227
Maria Cabas	mcabas@canparaplegic.org	228
Gail Burnside	gburnside@canparaplegic.org	229
Shannon Dupont	sdupont@canparaplegic.org	230
Laurence Haien	lhaien@canparaplegic.org	234
Maureen Sullivan	msullivan@canparaplegic.org	235

Visit CPA's website at www.cpamanitoba.ca

** Greg Winmill is on leave*



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

[Home](#)
[About Us](#)
[Services](#)
[History](#)
[ParaTracks](#)
[Donate >>>](#)
[Contact Us](#)
[Links](#)
[CPA National](#)
[MPF Inc.](#)



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.

ParaTracks is a publication of:

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

Tel: (204) 786-4753

Fax: (204) 786-1140

Toll-free: 1-(800) 720-4933

(within Manitoba only)

E-mail: winnipeg@canparaplegic.org

Website: 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

CPA (Manitoba) Inc. neither endorses nor guarantees any of the products or services advertised in ParaTracks.

Readers are strongly urged to investigate the products and companies before purchase. Material printed in ParaTracks may not be reproduced without the written permission of CPA (Manitoba) Inc. The opinions expressed in ParaTracks are those of their authors and do not necessarily represent the views of CPA.

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, John Wallis, Dr. Kristine Cowley, Dr. Jan Brown

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

During the month of March 2013:

- ✧ Financial support was granted to cover the cost of a custom cushion for a CPA member. This cushion best meets the member's needs in terms of skin protection and ease of maintenance and cleaning.
- ✧ Funding was provided to help offset the cost of repairs to a CPA member's power wheelchair. These repairs will allow the member to remain independent and participate in everyday activities within their home and their community.

During the month of May 2013:

- ✧ Financial support was provided to a CPA member to attend the University of Winnipeg for first year of university studies with the goal of later transferring to a Bachelor of Arts degree. The member will benefit from receiving a quality education, social interaction and positive self-esteem by attending an educational program.

During the month of July 2013:

- ✧ Funding was granted for minor modifications to a CPA member's wheelchair. These modifications were needed to improve the member's comfort and safety so that they can continue to be independent while using a wheelchair.

- ✧ Financial support was provided for the purchase of a scooter for a CPA member who lives in a rural community where the terrain is hilly and rough. This scooter will enable the member to become more self-reliant and independent by allowing access to different areas of their property as well as participating in family and community gatherings.

During the month of August 2013:

- ✧ Financial support was granted for the cost of a custom cushion for a CPA member who has had several surgeries for pressure ulcers. This cushion will reduce the risk of developing another pressure ulcer, which would impede the member's quality of life by decreasing their independence and full community participation.
- ✧ Funding was provided to a CPA member to attend Red River College to update their qualifications and skills in the Heavy Duty Mechanics field, which they are currently employed in. Once certified in this field, the member will have the opportunity to become more employable and to greatly increase their income.

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

MANITOBA WHEELCHAIR SPORT ASSOCIATION

The Manitoba Wheelchair Sport Association (MWSA) is a non-profit, charitable organization whose goal is to be a well known, vibrant and dynamic organization that provides its members a broad range of sport programs. We are committed to promoting a healthy lifestyle through sport to Manitobans with physical disabilities.

We do this by offering numerous programs such as:

- Wheelchair Basketball
- Wheelchair Tennis
- Wheelchair Rugby
- Junior Wheelchair Sports

MWSA began in 1962 as the Monday Night Club with assistance from the Canadian Paraplegic Association, the Manitoba Rehabilitation Hospital and The Society for Crippled Children and Adults. In 1969, the Club expanded into a Provincial Organization with its own constitution. Today, members from every part of Manitoba form a strong, active and self-governing association.

For information regarding programs, clinics, events, etc., visit us at www.mwsa.ca, like us on Facebook under "Manitoba Wheelchair Sport Association", or contact the office at 204-925-5790 or mwsa@sportmanitoba.ca.



SpeediCath® Compact Female and SpeediCath Compact Female Plus

Made exclusively for women

SpeediCath Compact is the optimal choice for safety and discretion.

Now introducing SpeediCath Compact Female (SCCF) Plus with its 2 extra cm, it is the choice for women looking for a longer compact catheter.

Trouble Cathing?

You may have coverage for a better catheter. Often all you need is a prescription and a letter from your doctor explaining why you need a better catheter.

For more information on catheter coverage and how to get the best catheter for your needs, please visit www.coverage.coloplast.ca

To find out more about SCCF Plus, please contact our Consumer Support Team at 1-866-293-6349 or visit www.coloplast.ca



The Coloplast logo is a registered trademark of Coloplast A/S. © 2013-01. All rights reserved Coloplast A/S, 3050 Humleb34k, Denmark.

2013 MERIT AWARD PRESENTED TO RON MAY



**CPA President John Wallis, Ron May and
CPA Executive Director Ron Burky**

In 1965 the Canadian Paraplegic Association (Manitoba) Inc. initiated the presentation of the Merit Award. This award provides CPA with an opportunity to give formal, public recognition to either organizations or individuals, for their outstanding accomplishments and their contributions in support of individuals with spinal cord injuries. The Merit Award is presented each year at CPA's Annual General Meeting. The name of the recipient is engraved, along with previous recipients' names, on a permanent Merit Award Plaque that is proudly displayed in the CPA Office.

At CPA's Annual General Meeting on June 11, 2013, Ron Burky, Executive Director, presented the 2013 Merit Award to Ron May *"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."*

After graduating from the University of Manitoba Ron joined the Hudson's Bay Company as assistant manager in their credit sales department. Over the next 5 years Ron developed an understanding of, and sensitivity for, credit customers who were experiencing difficulty in meeting their financial obligations, often due to circumstances beyond their control. This became transferable knowledge when he was offered a position with the Manitoba Government as Director of Income Assistance in Winnipeg West District.

Ron has remained with Family Services since starting his employment with the Province and currently is the Area Director responsible for all six programs offered by Family Services in the St. James- Assiniboia & Assiniboine South Community Areas. Last month, Ron celebrated 40 years of service with government and still looks forward to going to work every day.

Ron has a clear understanding of the issues and sensitivities faced by CPA members. His availability for consult and quick attention to issues is very much appreciated by CPA staff. Ron willingly attends CPA Team meetings to update staff on changes to the Employment and Income Assistance Program or to clarify issues. His advocacy and mentorship to newer supervisors within the EIA system on behalf of CPA members is exceptional. Over the years CPA staff have been inspired by Ron's caring and willingness to do whatever it took to ensure that CPA members' best interests came first.

Thank you, Ron, for your exceptional mentorship to staff and advocacy for service provision to citizens with spinal cord injuries.

Manitoba Housing Units Get Makeover Province Funds Revitalization of Three Apartment Buildings on Beliveau Road

The provincial government has invested more than \$7 million to revitalize three Manitoba Housing apartment buildings in St. Vital.

The renewal work includes indoor and outdoor renovations to three walk-up apartment buildings on Beliveau Road, which consist of 60 family units in total.

The improvements include the development of open living and dining areas and modernized kitchens, officials say. The renovated complex also features six new visitable suites, which include wheelchair-accessible bathrooms, accessible kitchen counters and cabinets, and wider doorways.

The total investment in the renovations was \$7.6 million.

"These newly-renovated housing units will give more families a safe, comfortable place to call home,"

said Housing and Community Development Minister Kerri Irvin-Ross in a news release.

"But renovating Manitoba Housing units also helps build strong local communities and creates jobs, growing our economy."

Over the next three years, the province will invest \$100 million annually to restore and redevelop housing units in its portfolio, she noted. An additional \$34 million will be given annually to repair existing stock and provide quality home environments for tenants.

The province will also build 500 more social housing units and 500 more affordable rental units during the next three years. This is in addition to the 1,500 social housing and 1,500 affordable housing units that are on schedule for 2014, Irvin-Ross added.

Reprinted with permission courtesy of Canstar News

July 15, 2013

More Savings, More Choice for Manitobans Living with Multiple Sclerosis, Osteoporosis, HIV

The province has negotiated lower drug prices, and added more prescription drugs to the pharmacare formulary, benefiting Manitobans by saving tax payers millions of dollars and creating more choice for those families who need life-saving drugs, Health Minister Theresa Oswald announced today.

“Prescription drugs improve quality of life, help to advance recovery times and save taxpayers money by reducing reliance on more costly forms of medical treatment,” said Oswald. “A priority for our government is to secure low prescription drug prices that help Manitobans get the medications they need when they need them.”

The minister added that with lower drug prices and enhanced options, Manitoba families and government will save over \$26 million annually. The lower prices announced today will save the pharmacare program \$4 million per year and Manitoba families also benefit from these lower drug prices negotiated by government with expected savings of \$8.6 million per year, Oswald noted.

Oswald said the savings from listing more generic drug alternatives are being reinvested to cover new brand name drugs including:

- Aclasta (for the treatment of osteoporosis);
- Allerject (for the emergency treatment of serious anaphylactic reactions);
- Edurant (for the treatment of HIV);
- Gilenya (for the treatment of multiple sclerosis);
- Simponi (for the treatment of rheumatoid arthritis, psoriatic arthritis and ankylosing spondylitis);
- Toviaz (for the treatment of urinary incontinence); and
- Votrient (for the treatment of metastatic clear cell renal carcinoma).

“With our comprehensive, nationally recognized pharmacare program, Manitobans have come to expect low prescription drug costs and enhanced treatment options,” said Oswald. “The addition of these 92 new drugs to the formulary will provide more choice and significant savings to families dealing with medical conditions such as multiple sclerosis, osteoporosis, rheumatoid arthritis and HIV.”

According to the Canadian Generic Pharmaceutical Association, generic drugs accounted for 65.1 per cent of prescriptions in Manitoba in 2011, the highest use of generics in Canada.

Pharmacare is a universal prescription drug program for Manitobans, with benefits based on family income. It covers 100 per cent of eligible drug costs once the income-based deductible is reached regardless of medical condition or age.

More information about the Manitoba Pharmacare Program is available at www.gov.mb.ca/health/pharmacare.

CURRENT RESEARCH IN THE SPINAL CORD INJURY RESEARCH CLINIC

by
Jessie Shea,
MSc

In the Spinal Cord Rehabilitation Clinic at the Health Sciences Centre we have a Spinal Cord Injury Research Team. Our team includes doctors, nurses, occupational therapists, physiotherapists and dietitians. Our research is focused on improving the quality of life for those living with a spinal cord injury - we study treatments for various issues, such as pain, spasticity, cardiovascular health and bladder and bowel problems. Here are some of the projects we are currently working on:

Omega-3 (Fish Oil) Supplements for Quadriplegics with Poor Cholesterol Levels

Cardiovascular disease, which can lead to heart attack and stroke, is a major cause of death for people with a spinal cord injury. People with spinal cord injury usually develop cardiovascular disease at a younger age than their able-bodied counterparts. Your risk of cardiovascular disease depends on many things, including genetics, exercise and diet. One way to lower your risk of cardiovascular disease is by having healthy cholesterol levels, which means maintaining low amounts of bad cholesterol and high amounts of good cholesterol. Able-bodied people can improve their cholesterol levels by exercising and eating well, however, people with a spinal cord injury, especially quadriplegics, often cannot exercise enough to have an effect on their cholesterol levels. Because of this, it is important to find other ways to improve cholesterol levels in people with a spinal cord injury, such as with dietary supplements. Research studies show that omega-3 fatty acid (fish oil) supplements can improve cholesterol levels and lower the risk of heart attack and stroke in able-bodied people. There has not been enough research done on the effects of omega-3 supplements on people with a spinal cord injury. Therefore, we are doing a study to find out if omega-3 supplements can be used to improve cholesterol levels in quadriplegics and reduce their risk of cardiovascular disease.

Using Cannabinoids for the Treatment of Spasticity and Neuropathic Pain

Spasticity (muscle spasms), and pain can be very severe problems and interfere with daily life for many people with a spinal cord injury. A lot of people have tried many different medications and

cannot find a treatment plan that works for them. Another option is the use of cannabinoids, which are chemicals that activate specific parts of the brain and may reduce spasticity and pain. Results from earlier research studies show that cannabinoids may be effective in treating spasticity and pain in people with neurological injury, however there have not been very many studies done and most have been with people with multiple sclerosis. Therefore, we are doing a study to find out if cannabinoids can be used to treat spasticity and pain, and if they are safe for people with a spinal cord injury. Our study is a randomized, double blind, placebo-controlled crossover study, which is the best type of clinical study to find out a drug's effects. This means that every participant will receive either the cannabinoids or a non-medicinal version for a set period of time and then will receive the other one for a set period of time. Participants will receive these in a random order, and neither the participants nor our research team will know which order until after the study is done. Spasticity and pain will be measured throughout the study, and at the end we can find out if spasticity and pain were lower when participants were taking the cannabinoids.

Bowel Irrigation for People with Cauda Equina Syndrome

Cauda equina syndrome is caused by an injury to the bundle of nerves in the lowest part of the spinal cord. People with this type of injury can suffer from severe bowel problems, such as constipation, incontinence, bloating, discomfort and irregular bowel movements. Many people cannot find a bowel care routine that works for them, so they struggle daily with managing their bowels. The Peristeen bowel irrigation system (made by Coloplast in Denmark) is a simple-to-use system that uses plain tap water

to flush out the contents of the lower bowel. Used every other day, it removes the stool from the lower bowel, which reduces constipation as well as incontinence, since there is no longer any stool that can leak out accidentally. Many different people, such as those with higher-level spinal cord injury, multiple sclerosis and cerebral palsy, use this irrigation system effectively and are very satisfied with it. However, this system has never been tested in those living with a cauda equine injury. Therefore, we are doing a study to find out if this bowel irrigation system will help people with cauda equina syndrome regain control of their bowels, and hopefully help to improve their quality of life by providing predictability in the maintenance of their bowel routine.

Cardiovascular Effects of Cialis

Erectile dysfunction is a common problem for men who have a spinal cord injury. One way to treat erectile dysfunction is with medications, such as Cialis. Unfortunately, this type of medication can cause low blood pressure and increased heart rate in men with a spinal cord injury. Both of these are dangerous, so it is important to know how common and severe this problem is, and if there is a way to reduce these effects. Therefore, we are doing a study to find out how Cialis affects blood pressure and heart rate in spinal cord injured men and if it is safe to use to treat erectile dysfunction.

If you would like more information about any of our studies, or if you are interested in participating, please contact our clinic researcher and study coordinator Jessie Shea at jshea@hsc.mb.ca or 204 787-4619.

Wolseley Woodworking & Construction



Wheelchair Ramps designed and built to code

Wheel-in showers Accessible bathrooms

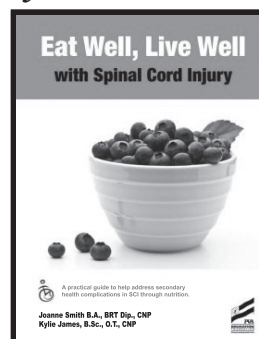
Doorways widened Home Modifications

MPI, WCB, VAC and Family Services friendly

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

Eat Well, Live Well with Spinal Cord Injury

“Eat Well, Live Well with Spinal Cord Injury” is a practical nutritional guide written specifically for people with spinal cord injuries, as well as their families, friends, caregivers, health care and medical professionals.



The guide is written by two nutritionists whose lives have both been personally affected by SCI. Through their personal experience and professional practice in working with clients with neurological conditions, they realized that despite the prevalence, awareness and negative consequences associated with many common and potentially life-threatening secondary SCI-health complications, there is limited information available focusing on nutrition and its impact on preventing, addressing and managing them. They recognized that if they were having difficulty accessing this information, so were others. In 2011 they received a grant from the Paralyzed Veterans of America to write the first nutrition book dedicated to the specific needs of people with SCI.

The book contains 16 chapters, each focusing on a specific secondary health condition. This includes digestion, pressure sores, bladder infections, constipation/diarrhea, osteoporosis, pain, fatigue, respiratory infections, anxiety, stress, sleep, liver function, cardiovascular disease and obesity. Each chapter explains why the condition may develop after SCI and provides information on how nutrition can help prevent and manage the health issue through specific nutrients (foods, supplements and herbs). There are also easy to prepare nutrient dense recipes and reference charts of specific nutrients and supplements recommended for each health condition.

The authors hope that **Eat Well, Live Well with Spinal Cord Injury** will focus attention on the important, therapeutic role nutrition plays in the lives of individuals with SCI and inspire future research in the area of nutrition and SCI. More importantly however, they hope this book will help empower people with SCI to have greater control of their health and enhance their independence in an easy, practical and cost effective way.

For more information, or to purchase hard copies or PDF formats of the book, just go to:

www.eatwelllivewellwithsci.com

About the Authors:

Kylie James, B.Sc, (O.T.), CNP

www.korunutrition.com

Kylie graduated from Auckland University in New Zealand with a Bachelor of Health Science in Occupational Therapy in 1996. She has worked for over 15 years as an occupational therapist in New Zealand, England and Canada. She is also a Certified Nutritional Practitioner having graduated with first class honours from The Institute of Holistic Nutrition in Toronto, Canada. Kylie runs a successful nutrition business specializing in neurological conditions, mental health, weight management and digestive issues. She has presented at the National Spinal Cord Injury Conference and Brain Injury conferences across the province.

Kylie specializes in the field of illness and injury, in particular people living with spinal cord injuries, chronic pain and brain injuries and various other health issues, both as an occupational therapist and as a nutritionist. She became increasingly dedicated to researching nutrition and spinal cord injuries when her one and a half year old nephew sustained a tetraplegia in 2009.

Kylie is also a certified personal trainer and a competitive athlete. She has competed for her country at a national & international level.

Joanne Smith b.A., BRT Dip, C.N.P.

www.fruitfulelements.com

Joanne is a graduate of the Institute of Holistic Nutrition in Toronto and holds a degree in psychology from York University, as well as a diploma in

radio & television broadcasting from Seneca College. As a Certified Nutritional Practitioner, she runs a successful nutrition business specializing in providing optimal nutritional health for people with disabilities, with special interest in spinal cord injury. Joanne has presented at conferences across Canada.

Her expertise in the disability community comes from her personal experience of living with a spinal cord injury for twenty-five years, as well as her years as host and producer of two national television programs focusing on in-depth stories about Canadians with disabilities, the Gemini-award winning CBC show Moving On, and Accessibility in Action.

Joanne's dedication to raising awareness and improving the lives of Canadians with disabilities led to her receiving the King Clancy Award in 2006, being inducted into the Terry Fox Hall of Fame in 2007, and being honoured with the Gabriel Award in 2008.

Finding a Dentist in Manitoba

The Manitoba Dental Association's website allows you to search for a dentist in your area.

Go to their website at www.manitobadentist.ca and click on "Find a Dentist". This will allow you to search by area, name, city, street or specialty.

You can also select "wheelchair accessible".



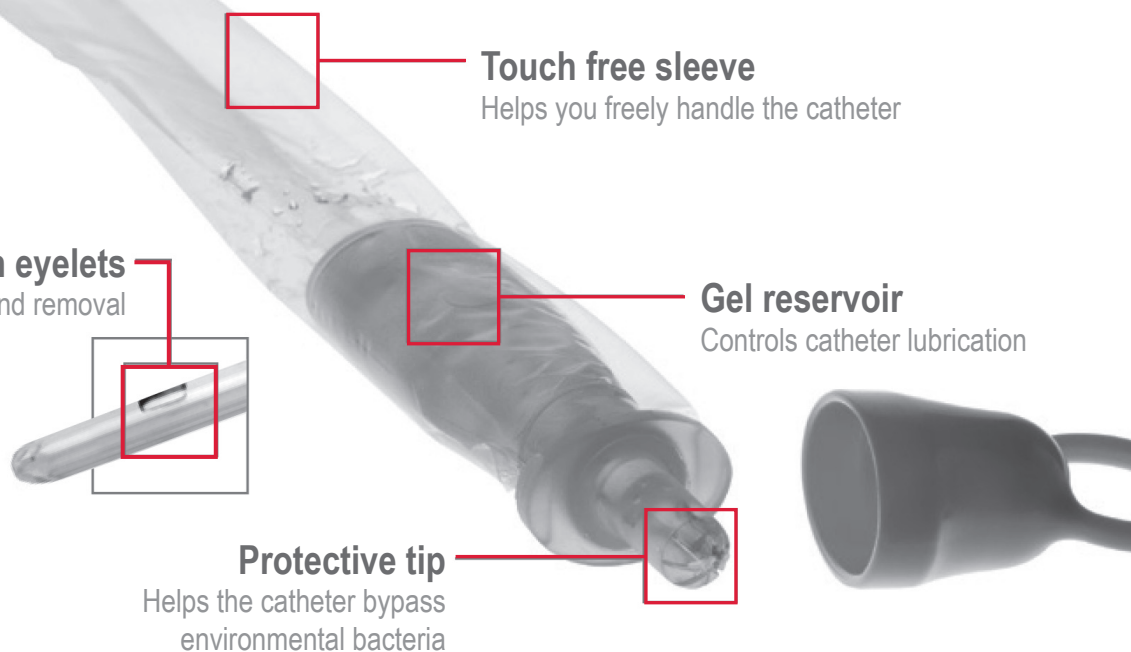
The screenshot shows the ManitobaDentist.ca website. At the top, there's a navigation menu with links: ABOUT THE MDA, YOUR DENTIST, DENTAL HEALTH INFORMATION, FIND A DENTIST, DENTAL ASSISTANTS, CAREERS IN DENTISTRY, EMPLOYMENT OPPORTUNITIES, and MEMBERS LOGIN. Below the menu is a search bar with a "SEARCH" button. The main section is titled "FIND A DENTIST" and "CURRENT LIST OF LICENSED DENTISTS". It features a search form with fields for "First 3 Digits of Your Postal Code", "Search By Name", "Search By City", "Search By Street", and "Specialty" (with a dropdown menu). There are "OR" buttons between the search criteria. Below the search form, there's a section for "Languages (other than English)" with a dropdown menu. Further down, there are checkboxes for various services: "Wheelchair Accessible", "Mentally Challenged - Children", "Dentures", "Apprehensive/Anxious Patients", "Mentally Challenged - Adults", and "Free First Visit Program (Children 3 and under)". At the bottom of the form are "Search" and "Reset" buttons. The footer contains copyright information for 2013 Manitoba Dental Association and contact details for Winnipeg, Manitoba.

NEW

Advance

Touch Free Intermittent Catheter

Confidence. Pure and Simple.



Touch free sleeve

Helps you freely handle the catheter

Ultra-smooth eyelets

For gentle insertion and removal

Gel reservoir

Controls catheter lubrication

Protective tip

Helps the catheter bypass environmental bacteria

Call for Trial Samples:

Phone: 1.800.263.7400

Hollister Limited
95 Mary St.
Aurora, ON
L4G 1G3



The Advance intermittent catheter is a hygienic, pre-lubricated gel catheter that helps you manage your daily routine with confidence. Recommended by your clinician, it is designed to help you catheterise easily.



KNEE VIEW ADVENTURES

By: Paul A. MacDonald

***L**ike a typical Manitoba mosquito, I try to suck up every drop of fun and sun our summer can provide! I have a girlfriend with a dazzling talent for procuring discount or even free tickets to places and events. I am only too happy to help her use them! As a result, your protagonist has had his eyes opened to a vast world that exists beyond his computer screen. Amazingly, grass really is green and the Windows™ wallpaper isn't just a Photo-shop™ colour phasing trick! ☺*

I often have a secret second agenda at events and venues. I note the accessibility of the site. Most places are much more accessible now than they were a few short years ago. A lot of lip service is delivered on how proactive and innovative the planners are in making facilities available to people of all abilities, and there have been many improvements, but we still have a way to go. With the exception of one, I'm not trying to rate any venues, but merely offering my humble observations.

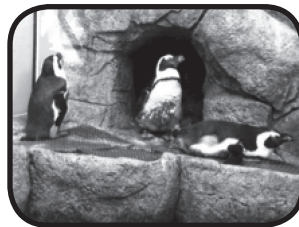
Grooving To Hudson & the Penguins:

When I found out that Hudson and The Penguins would be live in Assiniboine Park, I simply had to go. I lived within a stone's throw of the Zoo in the 1970's when it was still a free zoo. It was a great place to hide out when ditching classes, so I was often tracked down and caught while slithering around the tropical house or stalking the Siberian Tiger. I remember thinking that when they finish it, we will have a wonderful world class zoo. Fast forward to May 2013, and I caught myself entertaining the same thought again.



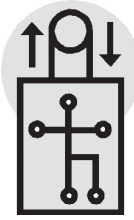
As with any other “work in progress”, the zoo has pluses and some minuses in the area of accessibility. Most facilities are accessible, but some of the walkways and green spaces are dangerously uneven. The most glaring oversight would require the planners to give themselves a Homer Simpson style slap on the head while uttering a very loud “D’Oh”.

At the Lion enclosure, there is an upper loft that can be accessed either by stairs, or a long spiral ramp that ends at the entrance door to the observation gallery. The door proudly displays the Handicapped accessible symbol and boasts a powered door opener. The only problem is that the step that connects the ramp to the platform has a vertical rise almost as high as a street curb, making it almost impossible to ascend in a power wheelchair or scooter. I was told by some zoo regulars that this condition has existed for a few years now, and that the officials have been notified. The step toward resolution of the elevated problem has yet to be taken.



The penguin lodge and gift emporium....will accommodate wheelchairs, but once you are in there, you have no choice on where you go and there is no backing out or turning around. We are being assured that these quarters are temporary. As an animal lover, I hope these birds get a larger piece of real estate and feel comfortable enough to *Smile and Wave* to all us silly tourists.

The Centennial Concert Hall Dumb-Waiter



The elevator to the upper deck (where the wheelchair section exists) is only big enough for one person at a time. To add to the claustrophobia, it is very slow. If there are many wheelchairs at a show, exiting at the end of the evening would be like trying to get away from Investors Group Field after the Blue Bombers win the Grey Cup there. Replace the elevator? I would say the Bomber victory would be more imminent. They did a wonderful job with the Millennium Library and I say it's time the aging concert hall got a makeover.

I.G.F. Gridlock Mecca

Speaking of Investors Group Field, I was *fortunate??..* to attend a Bombers game in August. The stadium itself is nice and I have no complaints about the accessibility in the stadium, but outside is a different story. I am certain you have all heard about the nightmares getting there, parking, then trying to get out. At the time I was there the roadways were designated to give priority to public transit vehicles. I'm talking about buses - private and city owned. Except for emergency vehicles, nothing else can get close to the entrance ramp to drop off people using mobility aids. Even worse, Handi Transit did not have a designated drop off and pickup zone. If this is still the case, it will no doubt lead to a lot of confusion and probably more than a few no shows. Oh in case you were wondering, the Bombers lost ... many people were racing to the exits half way through the third quarter*sigh*. ☹



The Prairie Dog Central

I queried the information office on whether the train was wheelchair accessible. Unfortunately, it is not, and, there are no plans to modify the historic train.

WFF / The Winnipeg Folk Festival – Birds Hill Park

This was my third year in a row and I must give the organizers high points for the way they managed the festival and accommodated everyone who showed up. Many things have been improved such as simultaneous concerts happening at smaller stages. Of course it was raining in the morning, but they have provided more sheltered spaces where mobility devices can park and stay dry.

Eventually, the sun came out and the exploring began. I was impressed to see power wheelchair recharging stations at the main stage area. What a great idea, watch the concert while your wheels juice up! The arrangement of the toilet facilities was noticeably improved in accessibility and locations.

The food service venue has been changed so that the vendors sit on higher ground than the patrons. This allows for run off after it rains and it reduces the risk of food contamination. Unfortunately, anyone who is not standing cannot reach to do transactions or even make orders.

The biggest danger I can see is the area where the transit buses stop. It is a busy crossing and you have to peer around a bus before stepping onto the road. Wheelchairs getting off the bus have a much steeper grade than when being dropped off at a sidewalk. To make things worse, the ditch begins right where the ramp ends. If the steep grade catches you off guard, you will go into the ditch. The step up from the shoulder to the concrete roadway is very steep. There is no curb cut.

It's time to set up a dedicated bus zone with elevated platforms for embarking or disembarking. This hazard is an accident waiting to happen. I have not heard about any accidents, but, there is a first for everything.



A Sunken Grade For The MS River Rouge

The MS River Rouge has been a Winnipeg delight for many years now. I just completed my second cruise in as many years and *delight* is not the word I would use to describe the experience.



I was a member of a party that pre-arranged the cruise. Everyone in our group lives with various disabilities and includes persons using walkers, wheelchairs and scooters. When the cruise was arranged, assurances were made that the boat was fully accessible. Being able to get a power wheelchair from the dock to the deck does not mean the boat is accessible. The doorways into the main deck cabin were too narrow to accommodate myself and other people



who use wheelchairs. We were forced to sit at the stern of the boat, protected only by an overhead awning. If it had been a rainy day, we would not be able to go inside.

The washroom doors were 20"... yes ... 20 inches wide. My lady actually measured them. Anyone using a mobility device would have to leave it outside the door and make the trip to the facilities on their own. If they are unable to do this, well, I guess either great bladder control or adding more minerals to the Red River from the deck are the only options.



Ninety minutes into our cruise a physically challenged gentleman had to leave his scooter outside the door and make his way to the commode on his own. He fell and was unable to get up. He was wedged between the toilet & the door. The crew did not have a clue of what to do. They insisted that they were not allowed to touch him or lift him out. An argument ensued between staff and various members of our group. I will suffice it to say harsh language was lobbed back and forth



while the poor man lay on the floor of the wash-closet. This drama played out for 30 minutes and eventually the tormented and embarrassed gentleman was reunited with his scooter and he vacated the boat with his chin planted firmly to his upper chest. We all couldn't wait to follow him, but one crew member identifying himself only as "John Wayne" snidely informed us we would have to wait our turns to walk the plank.

When a facility is labeled accessible, do they actually get someone with mobility challenges to test it out, or, do they just assume they have covered all the bases? There are services around the city that will do assessments of accessibility. Did River Rouge consult any of them? The staff insisted that 20 inch doorways were accessible. *Maybe, if I was riding a skateboard!* 🛹

Therapy First

**Occupational Therapists who specialize
in Spinal Cord Injury Rehabilitation
and Wheelchair Seating. Call us!**



Therapy First

www.TherapyFirst.ca

**or contact Therapy First
by phone at 204-612-0398**



Planning a Winter Vacation?

Do you have a favourite getaway that you'd like to share with us? CPA members are always looking for information from others who have travelled to warm destinations. We'd love to hear your tips, experiences, etc. so that others can enjoy a warm escape from our Manitoba winters.

In the meantime, check out these travel websites that were provided by a CPA member:

- **Freedom Shores** in Southeast Mexico – The website advertises a four star wheelchair accessible hotel / restaurant / bar / beach resort on 2.2 acres. This full service beach resort features nine Universally designed furnished rooms with ocean or garden views.
www.freedom-shores.com/
- **Hotel Tranquility Hill** in Palmares, Costa Rica – The hotel boasts two brand new wheelchair accessible units with wheel-in showers as well as a swimming pool that features a wheel-in ramp. The owner states that he is a Canadian living with a spinal cord injury.
www.tranquilityhill.com
- **Villa Tranquilo** in Los Bariles, Mexico – The resort advertises two new luxurious beach front villas which are completely wheelchair accessible with roll-in showers. An accessible lift-van is available for rent, as well as a custom wheelchair accessible ATV.
www.bajaenterprises.com/stay.html



Innovative Solutions For Your Homecare Needs

www.nhcp.com

SERVICE • SALES • INSTALLATION • RENTALS

- Aids for daily living
- Bath Safety Equipment
- Compression stockings
- Incontinence products
- Mastectomy & wound care
- Walkers, canes & crutches
- Lifts Chairs & beds
- Scooters & wheelchairs
- Specialized seating systems
- Lowered floor van conversions
- Stair, van and porch lifts/ramps
- Overhead tracking systems
- Plus much more

9-1341 Henderson Hwy.

925-4599

2365B Ness Ave.

953-0020

67 Goulet St.

235-0914

865 Bradford St.

786-6786

Direct billing
DVA, Blue Cross,
EIA, MPI, NIHB
& WCB



My Biggest Accomplishment of My Life

Prior to entering Breezy Point Treatment Services, I was living a dark road in life. This involved substance abuse to cope with my emotions and to run away from reality because I didn't want to face my past and my responsibilities. With this life style of substance abuse, came health problems for me. Relationships with family and friends became a problem, and so did finances.

Until I came into the program at Breezy Point, I was a very hurt, uncaring, lonely, angry individual due to all the physical, mental, emotional, verbal and sexual abuse I've gone through as a kid. I also had a lot of losses growing up, especially my mother, and then I was in the care of Child and Family Services. I had a lot of animosity toward myself and others, along with hurt, betrayal, low self-esteem, trust issues, abandonment issues, frustration, guilt, shame, boundary issues, overthinking my past and negativity and negative self-talk.

I entered Breezy Point not knowing what was in store for me. The first four months of my program I was resistant to change because I was scared and I wasn't there for me. I was there because my aunty and my workers Maria and Willie wanted me there. So because I wasn't there for me, I fought being there. I made a lot of excuses not to be there and I didn't really wanting to quit my "using".

During this stage of my program, I met an individual in the community that I connected with. She and I had a lot of similarities in our past and growing up, and by



sharing our experiences with conversations, she helped me think differently and to push through the struggles and barriers I had. She was living proof of a victim who now is a survivor and that spoke volumes to me.

After four months of being in the program I decided and realized I want, and am going to work at having, a better future for myself. So I began to work on things within myself, with the help of my Key worker Robyne, the community resident's staff.

The hardest and most challenging thing I had to work on was my mother's death, which involved acknowledging our relationship, the past, the wrongs, the hurts, the guilt, etc. and letting go all of the above. It also involved a "sweat", which was scary but I am happy I did it.

After I worked on this chapter in my life, things I tucked down for years started surfacing and as things started coming, I worked my butt off.

Now that I have worked a lot on things within myself, I am at a point in my life where I'm ready to fly. Everything I have learned in this past year comes into place when I use the tools I gained. I understand that life is going to throw crap at me, that I may have to accept, change or move on and don't get stuck in the crap. I know that when things happen, I'm able to feel the emotions a situation gives me but I move through them because if I don't, I recognize that I can fall into a depression and I don't want that. By moving through the emotions, I am able to talk about things.

Here are the things I've worked on in the 16 months of being in the program...

- mother's loss
- forgiveness (self)
- positive affirmations/self-talk
- self-compassion
- grief/loss I've had in my past
- gratitude
- self-esteem
- mindfulness
- expressing myself
- setting boundaries
- family violence
- communication
- assertiveness
- self-love
- having an open mind to change
- anxiety
- over-thinking
- respect (self and others)
- not ignoring my body when I'm feeling sick (health)
- understanding my emotions
- building healthy relationships
- taking responsibility for my poor choices
- guilt and shame
- anger
- learning to listen first , then talk
- taking changes
- coping skills when times get tough >>>>

>>>> My future plans are to:

- start school (Grade 12 in September and then continue on)
- find stable housing
- get my beginner's driver's license
- stay connected with Breezy Point for support
- get connected with the Independent Living Resource Centre
- after high school – social work and maybe get a job at Breezy Point
- buy a house and car

Big thanks to my keyworker Robyne for:

- believing in me
- pushing me
- being there for me
- challenging me
- guiding me

Thanks to the Breezy Point Women & Staff as well, because without their support I wouldn't be here today.

*~ Blue Turtle Woman (spirit name)
Jessica Kennedy ~*

Ryan and Vicki Sturgeon are pleased to announce the addition of Kade James William Sturgeon to their family! Kade was born on January 16, 2013 in Brandon. The Sturgeon family is pictured here enjoying an indoor exhibit at the Winnipeg Zoo during their family trek to some of the Winnipeg attractions this summer.



From left to right are :
mom Vicki with Kade, daughter Ilee, daughter Alexa, dad Ryan and grandmother Sandi.

SUPERIOR SERVICE • LOCAL INSTALLATION • SALES • AFFORDABLE SOLUTIONS



Van conversions for wheelchair access

An easy, affordable, and very reliable product from Van Extras that will provide you with many years of reliable access into your van.



**565 Marjorie St.
783-8267 (VANS)
www.vanextras.ca**

WHEEL CHAIR VANS NOW FOR SALE!

SUPERIOR SERVICE • LOCAL INSTALLATION • SALES • AFFORDABLE SOLUTIONS

We Loved Lucy...

It is with deepest sorrow that we pay a farewell tribute to Lucy DeLuca. A funeral mass was held at the Holy Rosary Church on September 10, 2013.

Lucy was a woman embraced by friendships that have been cultivated and cherished over the decades.

Lucy became a member of the Canadian Paraplegic Association at the age of 19 after sustaining a spinal cord injury in a motor vehicle crash. She met Mr. Tony Mann, CPA Manitoba's first Executive Director, while in rehab. And a while later became an important force in the Canadian Paraplegic Association, remaining with the organization for 27 years. She was the office historian, the glue, a guiding force, the heart, a strong pillar and pioneer, ultimate kind advisor and confidante to us all. Lucy had the outstanding ability to make us laugh, creating happiness in our work space and the entire building.

The woman we knew as Lucy DeLuca was a special person who possessed strength, independence, passion for a cause, tenacity, humor and the warmth and caring of a seasoned helper. We all aspire to emulate her characteristics in our respective lives, be it her warmth and sincerity, her companionship, self-reliance, a little bit of her sardonic wit and playfulness, or her true and genuine love and concern for the welfare of others.

Her world view of acceptance, fairness and equity, is an objective perspective that escapes most of us, most of the time. These values led to an understanding that inspired compassion, appreciation and knowledge, a few of her exemplary humanistic and altruistic characteristics.

For those of us who had the pleasure of spending office life with Lucy we have many fond memories. Harriet Hart called her "one in a million". Greg Winmill who began at CPA in 1986 stated; "I was a raw recruit and Lucy took me under her wing. Without her help I wouldn't have lasted a year. She was a consummate professional at her desk and a joy to have coffee or lunch with." John Lane former Executive Director of CPA reported; "Ah Lucy...you were the best! You were a complete professional and inspired all of us at CPA.

You helped make working there so enjoyable and fulfilling. It was such a treat to know you all these years." Allen Lasko a former client and colleague posted; "So saddened to hear of Lucy's passing. She was a rock at CPA. Her wonderful smile greeted everyone who came to the office. But you couldn't fool Lucy, like a mother, she was great at sniffing out any BS from staff or clients". All her former colleagues, their families, friends, Board members, and her beloved family expressed deep sorrow and a loss at her passing.

We will store these thoughts away in the time capsules of our memory. Revisiting them to have a smile, share a laugh, reminisce as though it were yesterday and feel Lucy's presence in our life.

I must emphasize the intangible positive influence Lucy had on her family of origin and her CPA family; and the hundreds of lives that she touched to help people grow to become the best they could be. Her contribution to her family, our organization, our membership, and the world is immeasurable.

Our lives have been enriched by the privilege of having known this gracious, humble woman. We are profoundly fortunate for the gift of Lucy's friendship and her companionship in times shared.

Lucy you live on in our hearts...

~ Darlene Cooper ~

*What is a true friend?
A true friend says what they think their
friends need to hear even when they
know their friend might be angry.
A true friend doesn't leave because
they are afraid to be with you.
A true friend doesn't leave when the fun
stops and things get uncomfortable.
These are just a few of the values
real friend holds dear.
In short, we all recognize Lucy
was our friend and will
cherish and hold sacred that
friendship as we process our loss.*



a place of mind

Version Date: September 15, 2012



UNIVERSITY
OF MANITOBA

EPIC Wheels



Enhancing Participation in the Community by improving Wheelchair Skills

Is It Difficult to Use Your Wheelchair?

As part of a research study, we are offering
a **FREE wheelchair training program.**

EPIC Wheels is a home
training program that
also includes support
from a wheelchair expert.



If you are over 55 and have **used a manual
wheelchair for less than 1 year**, contact us.

The study is 1 month long, and requires:

- 2 assessment sessions (2 hours each)
- 2 training sessions (90 minutes each)
- Practicing at home during the week

Contact: Ed Giesbrecht

Phone: (204) 977-5630

Email: epicwheels@gmail.com

ADVERTISE IN

PARATRACKS

ADVERTISING RATES
for photo ready copy

FULL PAGE - \$160

HALF PAGE - \$87

QUARTER PAGE - \$55

ONE THIRD PAGE - \$70

BUSINESS CARD SIZE - \$33

CLASSIFIED ADS FREE

To place your ad in the next
issue of

ParaTracks e-mail
aconley@canparaplegic.org
or Phone: 786-4753 ext. 222

Circulation 850 copies
Estimated Readership: 5,000

ParaTracks publishes
three times a year

FOR SALE:

2002 Chevrolet Express 1500 - 7 Passengers.

Van is equipped with a Ricon Wheelchair Lift and a Factory Hitch. A/C, AM/FM CD, PW, PDL, TW. 64,500 Miles/103,800 KM

Van is in excellent condition. Asking \$17,900

Please contact Robert at 204-832-1071.

It can be viewed on Kijiji at <http://winnipeg.kijiji.ca/c-cars-vehicles-cars-trucks-2002-Chevrolet-Express-1500-Van-W0QQAdIdZ527396173>

Made in Canada Sealy bed with TWXL mattress and adjustable base. Built in and removable foot bar in base. Wall hugging design. Adjusts up and down for head, feet, knees and level positions. Also has massage and memory functions. Complete with 2 wireless remotes. Price \$1,800.00 cash. Please call Jo at 204-253-7916 or email wilsong@mymts.net.

Lifter for scooters: "Bruno awl-150" lifter for installation in vehicle. Specifications are: Rating: lift up to 150 pounds. Controls: direct switch. Input 9-14 Vdc. Motor: 12 Vdc. The lift is equipped with a tall column sub-base to accommodate the taller upright position. Can be installed left side rear or right side rear. Price: \$800.00 cash. Please call Jo at 204-253-7916 or email wilsong@mymts.net.

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

Edgar Bartlette

Maria Dashensky

Theodore Asham

May Birnboim

Leonard Chartrand

Ken Bergen

Charles Mousseau

Geoffrey Green

Henry Charles

Orest Sokoliuk

William Towers

Nick Andrusiak

Lucille Minichin

Paul Kaschyshyn

Adrian Francois

Nowyah Williams

Sandra Graham

Morley Hoffman

Ricky Debacker

Lucy DeLuca

Trevor Robinson

MEMBERSHIP APPLICATION

YES! Count me in as a member of the Canadian Paraplegic Association (Manitoba) Inc. All members receive "ParaTracks" CPA (Manitoba) newsletter 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%).

I wish to select the following category of Membership:

- | | |
|--|---|
| <input type="checkbox"/> \$15 - \$24 - Member | <input type="checkbox"/> \$250 - \$499 - Charter Member |
| <input type="checkbox"/> \$25 - \$99 - Supporting Member | <input type="checkbox"/> \$500 and over - Patron Member |
| <input type="checkbox"/> \$100 - \$249 - Sustaining Member | |

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

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

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: 825 Sherbrook Street
Winnipeg MB R3A 1M5

For more information:

Phone: 204-786-4753

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

Fax: 204-786-1140

Email: aconley@canparaplegic.org

PLEASE ENTER A MEMBERSHIP FOR:

Name _____

Address _____

City, Prov. _____

Postal Code _____ Phone () _____

E-mail address _____

(providing your email address will help save on mailing costs)

_____ New

_____ Renewal