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**Spring Issue**



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

**MPF** MANITOBA PARAPLEGIA FOUNDATION INC.

# PARATRACKS



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



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*\*paraplegic or tetraplegic*

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\* Greg Winmill is on leave



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

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

#### *During the month of January 2013:*

- Financial support was provided to a CPA member for tuition, books and parking to attend Red River College in the Civil Engineering Program. This funding will be used as an educational assessment beginning as a part time program to determine the member's ability to attend a full time program in the fall of 2013.

#### *During the month of February 2013:*

- Financial support was provided to a CPA member for the installation of offset hinges for the member's bedroom and bathroom doors. These modifications will allow the member to have full, independent access to both of these rooms.

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

*Applications for assistance are available by contacting the CPA office.*



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

*You are invited to:*

## ANNUAL GENERAL MEETING 2013

**TUESDAY, JUNE 11, 2013**

*(Date tentative)*

**5:00 p.m. Hors d'oeuvres**

**5:30 p.m. Business Meeting**

### **Meeting Agenda:**

Reports from the President/Executive Director and Treasurer.  
Elections will be held for positions on the 2013/2014 Board of Directors.

*Presentation of 2013 CPA Merit Award*

*Guest Speaker to be Announced*

*Check CPA's website for further details – [www.cpamanitoba.ca](http://www.cpamanitoba.ca)*

**Reception (Coffee & Dainties)**  
*to follow the Annual General Meeting*



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# Registered Disability Savings Plan

**Savings tools help Canadians with disabilities and their families invest in their future**

*In December 2008*, the Government of Canada introduced the Registered Disability Savings Plan (RDSP), Canada Disability Savings Grant and Canada Disability Savings Bond to help Canadians with disabilities and their families save for the future.

The RDSP is available to Canadian residents under the age of 60 who are eligible for the Disability Tax Credit. People who are eligible, and the parents or guardians of eligible minors, can open an RDSP at one of several financial organizations across the country.

There is no annual contribution limit to an RDSP. The lifetime contribution limit is \$200,000. Friends and family can also contribute to a plan with written permission of the plan holder. Any investment income earned in the plan accumulates tax free, until money is withdrawn.

To encourage savings, the Government of Canada introduced the Canada Disability Savings Grant and the Canada Disability Savings Bond.

The Canada Disability Savings Grant is a matching grant that the Government deposits into your RDSP to help you save. Each year, the Government will match contributions made by paying up to \$3 for every \$1 paid into the plan, depending on the amount contributed and the beneficiary's family income. The maximum grant is \$2500 each year, with a limit of \$70,000 you're your lifetime. Grants will be paid into the RDSP until the year the beneficiary turns 49 years old.

## *For example*

**If the beneficiary's family income is less than or equal to \$87,123\*:**

- The Government will deposit \$3 for every \$1 on the first \$500 contributed to the RDSP and \$2 for every \$1 on the next \$1,000.

**If the beneficiary's family income is over \$87,123\*:**

- The Government will match \$1 for every \$1 contributed on the first \$1,000.

The Government of Canada will also pay a Canada Disability Savings Bond of up to \$1,000 to low-income and modest-income Canadians. The good news is that no contributions are necessary to receive the bond; simply open an RDSP and fill out an application form at the financial organization where you have your RDSP. Bonds will be paid into the RDSP until the year the beneficiary turns 49 years old.

## *For example*

**If the beneficiary's family income is less than or equal to \$25,356\*:**

- The Government will deposit \$1,000 each year into the RDSP.

**For beneficiary family incomes between \$25,356 and \$43,461\*:**

- The Government will deposit a portion of the \$1,000. As your income increases, the bond amount paid decreases.

Money paid out of an RDSP will not affect a person's eligibility for federal benefits, such as the Canada Child Tax Benefit, the Goods and Services Tax credit, Old Age Security or Employment Insurance benefits. In addition, RDSPs will have little or no impact on provincial and territorial social assistance payments.

For more information on the RDSP, grant and bond, including a list of participating financial organizations, please visit the Human Resources and Skills Development Canada Web site at [www.disabilitysavings.gc.ca](http://www.disabilitysavings.gc.ca) or call 1 800 O-Canada (1 800 622-6232).

\* Income amounts shown are for 2013 and are updated yearly based on the rate of inflation.

## For a Person With a Spinal Cord Injury, How Much Exercise is 'Enough'?

To get to or keep a healthy body weight?

To prevent cardiovascular disease?

To prevent the development of type II diabetes?

by  
Kristine Cowley,  
PhD

**T**he short answer is we don't know - partly because most studies to date, particularly with persons with quadriplegia, don't show much of a health benefit. They often show an increase in 'fitness' but no change in markers of cardiovascular or diabetes disease risk.

For those with paraplegia, there is increasing evidence that a sufficient duration and intensity of exercise can be maintained to provide a health benefit or reduction in disease risk factors, but estimating the duration of weekly exercise needed is difficult because most exercise studies do not report heart rate or Calories burned, so translating these studies for general use in those with paraplegia is difficult. Mostly these articles just indicate that the participants exercised at a moderate to vigorous intensity.

For those living with a spinal cord injury, maintaining a healthy weight is often a struggle, and most people living with a spinal cord injury are over-fat, with recent estimates suggesting that 75% have sufficient percent body fat to be considered obese. For the able-bodied population, percent body fat between 8-20% for men and between 20-33% for women is considered healthy. Diabetes and cardiovascular disease are among two of the most common causes of death and further disability in the spinal cord injured population. In order to maintain weight, and not gain excess body fat, energy intake

in food Calories needs to match energy use. So, if you're trying to figure out how many daily Calories you need to lose body fat, or keep your current weight, it would be helpful to know what your resting energy needs are, and also the energy you burn in exercise.

In the able-bodied population, adults are advised to perform exercise such that they will have an additional 2000 – 2400 Calories per week in exercise-related energy expenditure to confer the greatest health benefit and least likelihood of heart attack. For a 150 pound, 45 year old male exercising with a heart rate of 130 beats per minute, this would mean about 750 calories per hour are burned and the weekly goal of 2000 Calories would be met in 2.7 hours. Many online calculators or watch-based Calorie calculators exist because of the large amount of energy use information available for the able-bodied, but these numbers have been shown to grossly over-estimate energy use in persons with spinal cord injury and particularly quadriplegia.

So, in order to begin trying to figure out how long you would need to exercise at a given intensity of a particular type of voluntary exercise to achieve a health benefit, it would be useful to know how much energy persons living with paraplegia or quadriplegia use.

One of the first studies to date measured energy expense in 12 quad rugby players and reported that they used significantly lower energy (249 kcal/hr or 4 Calo-



ries per minute) when practicing rugby when compared to persons with paraplegia practicing basketball (375 kcal/hr or 6.3 Calories/minute). They reported exercising 'moderately hard' during the measurements. To meet the 2000 kcal energy expense guidelines used for



able-bodied persons, those with quadriplegia would need to spend 8 hours per week practicing rugby and those with paraplegia would need about 5 hours. Because of the relatively low intensity at which persons with quadriplegia can exercise, the energy expense is also quite low



(in Calories burned), and it may be that persons with quadriplegia may find it very difficult to exercise for a sufficient duration in order to get a sufficient health benefit. Given the low energy use during exercise and the possibility that a much longer period of time may be required to generate a reduction in disease risk from exercise, it becomes very important that the type of activity does not increase risk of overuse injuries, such as rotator cuff, or other shoulder or arm injuries.

It is interesting therefore that the Canadian Society of Exercise

Physiologists (CSEP) recently posted the SCI Alliance's minimum physical activity guidelines, recommending only 40 minutes of moderate to vigorous exercise **per week** in addition to two weight training sessions per week for people with SCI. Based on these guidelines, quad rugby players would only burn about 80 Calories of exercise-related energy per week if they followed these guidelines, which will unlikely be enough to reduce the risk of cardiovascular disease or keep a healthy body weight. However, it is acknowledged that these



guidelines are meant to get people with SCI *started exercising*, and that more research is needed to figure out how much is enough to generate a reduction in disease risk.

## Pure Lifestyle/Physiotherapy - Neurological Rehabilitation

### Spinal Cord Injury Rehabilitation:

#### Bridging the gap between hospital-based therapy and everyday life

Pure Lifestyle Physiotherapy offers individual and group rehabilitation for clients with spinal cord injuries in a setting that promotes everyday function. Located in a private training facility, rehabilitation focuses on optimizing function, independence, and motor performance in an environment that bridges the gap between hospital and the 'real world'.

The physiotherapist will complete an initial assessment and create a treatment plan that meets each client's specific goals and needs. If a client is best suited for a group environment, and wishes to participate in such a program, they will be grouped appropriately, while keeping individual needs in mind. If a client needs individual attention before they are able to join a group, or simply wish to

continue with individual treatment, this can also be accommodated. In either individual or group therapy, frequent re-assessment will be completed throughout the sessions to determine progress.

Areas of focus for SCI clients include: cardiovascular fitness, overuse shoulder injury prevention, transfer practice and overall strengthening.

**For more information, give us a call at 204-338-7873 (PURE)  
or check out our website at [www.purewinnipeg.com](http://www.purewinnipeg.com) URE (7873)**



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# iClones, Handroids, Apps, & You



*By: Paul A. MacDonald*

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**S**o...we survived a good old fashion Manitoba winter! Getting around the glaciers covering our sidewalks was like attempting an Antarctic penguin spotting expedition on a unicycle. For the first time in 7 years, I had to rely on Handi Transit to get me almost everywhere, but when I tried to book, they told me Antarctica was out of their service area?? Bummer. I truly missed the freedom of using public transit buses.



In the last issue of ParaTracks I introduced you to the world of smart phones & Apps. Technology advances so fast that it's all one can do just to keep up with the changes & the exponentially increasing array of choices. The more popular a product is, the more it's targeted by the bad guys. The price of more convenience is less security. Somewhere on the web, a spider is waiting for you.

Information is the new "Super Weapon." Every day a war rages in cyberspace where the good guys are trying to stay ahead of the hackers. Terrorists, organized crime and hostile foreign governments all use hackers to try and disrupt or even destroy. The fastest way to cripple a country is to destroy its economy and create chaos by disrupting the infrastructure. This "Men in Black" scenario plays out every day, yet we only get the tip of the iceberg in the mainstream media who prefer to keep us distracted with stories about monkeys shopping at IKEA ☺. So far, the good guys usually prevail. A major cyber-attack is not an "if" but rather a "when".



Organized crime is well entrenched. Personal information is more valuable than money. The internet has become a ravenous glutton with an insatiable appetite for all things you. Your browsing habits, history, services used, are all tracked so that you can be better targeted by advertisers and government agencies. Before you get too paranoid, there are still privacy laws protecting us from our government. Slowly, they are being whittled away, but that is a story for another day!

Much of the supposed "free" software & Apps are in fact marketing tools. Developers do not use their knowledge and experience creating free Apps out of the goodness of their heart. Often, corporations will commission Apps to be created. In other cases, they will sponsor a developer as long as certain guidelines in the code are followed. In exchange for the free use of an application, information about you is gathered & sent. For computers, there is free software available which is listed as "Open Source". The code is available to everyone in hopes that users will use it and make improvements as they see fit. There are many free programs that are very useful that fall into that category. Again, another day's story.

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## The APPisphere



The Mobile Device market now commands a Lion's share of today's consumer electronics market. There are so many Apps being created and published that the "Appisphere" as I call it, is a chaotic mess. Malware writers are targeting mobile devices more than ever before. The threats run from infected ads on social media, to unsigned & possibly compromised offerings posted in the App stores. Users must be vigilant and aware of what they are installing. If you want to buy one ... keep in mind it's a crAPPshoot. ☺ No guarantee of how good or bad it will be. Fortunately, most Apps don't cost a payday loan.

One year ago the experts were saying that smartphones & tablets were malware proof. Google's Android Operating System drives the majority of smartphones in use today. Yes ... it's true, as popular as the iPhone seems to be, it is not #1. Many infected Apps can be posted in Google Play and The APPLE Store. Google & Apple make an effort to screen & digitally certify items being posted, but so many flood in every day that many slip through the cracks. Risk-ware can stay in circulation for an indefinite period before it is identified and removed. Being hit with a virus is not the biggest danger a user faces. For now, a virus is not the enemy.

### Permissions Are The Enemy

The smartphone operates on some very straightforward rules. An App requires permission for each resource on the phone that it wants to use. It needs permission to:

- Access hardware controls such as:
  - The camera, microphone
  - External memory card
  - Wi-Fi adapter
  - Bluetooth adapter
  - Dialing pad
  - Keyboard
- Permissions also allow software controls to be used. These can range from:
  - Turning on the camera without your knowledge
  - Making phone calls / sending text messages in the background.
  - Hijacking the web browser
  - Subscribing to unwanted text message feeds (SMS) that you get billed for.
  - Many Apps want to be able to go through your contacts list which includes a lot of personal & contact information
  - If you use your device for work and the data you have is of a confidential nature, a nosy App could cost you your job.
  - They can track your movements by Geo tagging and using GPS & Wi-Fi networks.
  - Never install an App called Tron ☺ (geek joke)



### How Do I Protect Myself from this APPalling Situation?

Resisting smartphones all together is one way, but slowly but surely the wireless companies are trying to steer standard phones toward extinction. There is no need to hide your head in a sandbox (more geek humor), you can still enjoy the usefulness of a smart phone and maintain a level of privacy & protection.

- ☞ Before installing an App, backup all the data that is on the phone. Copy all your data

to a folder on your computer or other storage device.

- ✧ Check your phone's settings. There should be an option to disallow unsigned Apps.
- ✧ Read the reviews before you install an App. They could be a clue to its usefulness & safety.
- ✧ It's not an accident that children are specially targeted and enticed to install gimmicky or novelty Apps. Many of those Apps are at the least, spyware, or even worse, just getting too many permissions.
- ✧ When installing, check the permissions including the ones that are hidden. Ask yourself; how much does the App really need to perform its functions? Many ask for far too much access & control. If your gut says "No" listen to it. There are plenty more apps in the sea.
- ✧ Is it really free... or just a trial ... and if so... is there a fee?
- ✧ When the novelty of the App wears off (and it often does quickly), uninstall it.
- ✧ You can virus scan your phone with your computer. Buying a security App may not always be needed, but it can act as a personal doorman & keep out the riff raff.
- ✧ Beware of the App that can scan nearby debit & credit cards. Keep your cards in a shield that blocks scanning (such as tin foil).
- ✧ Is your phone password protected? If not, WHY NOT?



The Cloud can be described as the Internet on steroids. It wants to eventually turn all personal computers & devices into network dependant terminals. Your programs & data will no longer be stored on your device. The programs that you can install on your computer today will no longer be available for user installation. A user will have to subscribe on a fee for use basis. You will not know the physical location of where your data is stored or how vulnerable it is to security concerns.

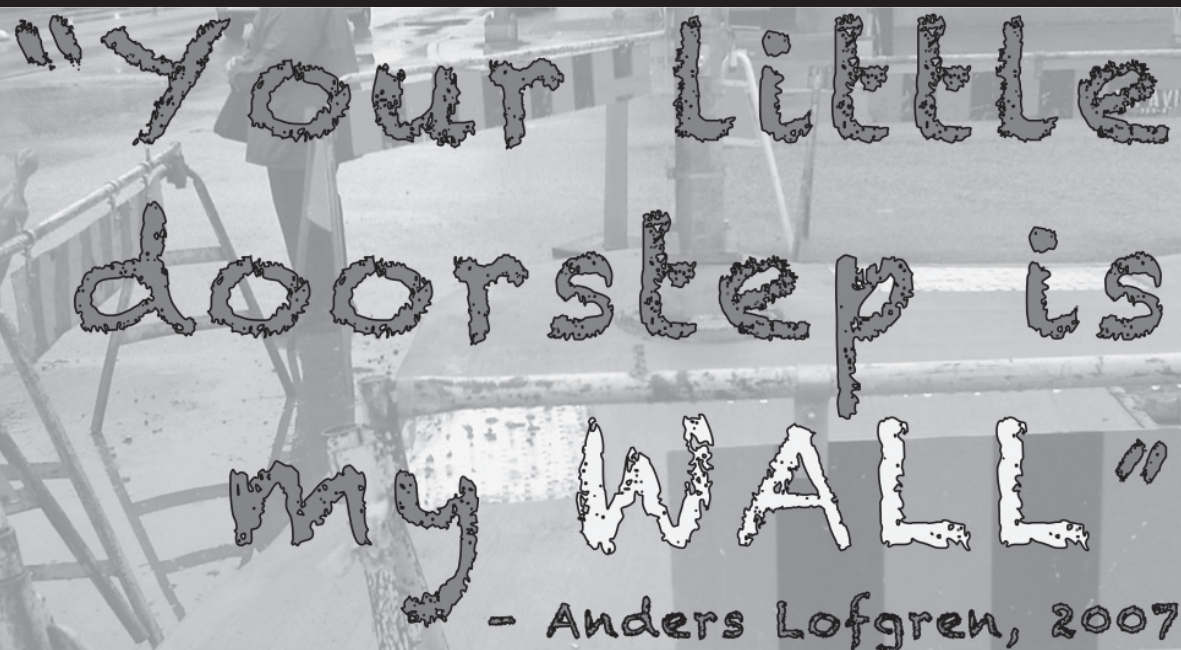
- If you use Cloud based services such as iCloud, your media content may be scanned and reported. When you can buy a song on iTunes with your iPad or iPhone, then find it on your computer when you get home, you need to ask yourself if you are comfortable with "The Cloud" accessing your computer when it sees fit.
- Microsoft & Google are both following in Apple's boot-prints. If you have an Android phone, it will be very difficult to use without starting a Gmail account.
- The burgeoning popularity of Apps makes this shift much easier to do. The big boys giveth, and they can taketh away. The toys they give us today may not always be available to play.

There you have it ... The good, the bad & the ugly. Technology will keep marching forward regardless of those uninterested in embracing it. I'm saying that we can use Apps safely. Developing good habits & safe practices will steer most users around the potholes. I wish all of you a tremendous summer & I look forward to writing another article for you in the summer. 🌴

I will close with the hacker's creed:

*Foolproof systems are destined to fail  
for they fail to take into account the ingenuity  
of fools with something to prove.*





"Your little  
doorstep is  
my WALL"  
- Anders Lofgren, 2007

## HOW DO YOU GET AROUND AFTER SPINAL CORD INJURY?

### Participants needed for research study

- # A research study at the University of Manitoba seeks to understand how spinal cord injury influences persons' mobility in the city
- # Participants will
  - # Offer an interview about their history of mobility before and after SCI
  - # Instruct the researcher in photographing spaces that are accessible and inaccessible in the city of Winnipeg
  - # Receive a transcript of the interview, copies of the photos and a project report

- # Have you lived with SCI for at least two years?
- # Are you 18 years of age or older?

To take part or get more information, please contact:

Karina Cardona Claros  
[cardonak@cc.umanitoba.ca](mailto:cardonak@cc.umanitoba.ca)  
(204)798-6863

I am interested in how it is that persons living with "impaired mobility" interpret the city, access resources and maneuver space in order to participate in city life.

Could this be you?

<http://mobilityintheableistcity.blogspot.ca/>



## *An Education Message*

*by Mike Reimer*

**M**y name is Mike Reimer. I am a 21 year old, third year student at the University of Manitoba. I was initially studying sciences, but soon realized my true interests were in the Arts. I am currently working towards an arts degree with a major in Political Studies and a minor in Economics. I am hoping to attend law school in the fall of 2014. I have written the Law School Admissions Test and scored high enough to apply to U of M Law, but plan to write it again to improve my score and increase my chances of being accepted. I will be taking one more year of pre law studies to improve my GPA and gain enough credit hours to get into law school.

I was diagnosed with West Nile Virus in the summer of 2007. It nearly killed me, and eventually left me paralyzed from the waist down. During my stay at the hospital, I came into contact with the Canadian Paraplegic Association. They informed me of all the things they could assist me with as I made the difficult transition to life in a wheelchair. CPA informed me that once I graduated high school, I may qualify for financial assistance through their vocational rehab program. I decided to attend University. The Province of Manitoba market-

Abilities Program has paid for my tuition and books for the duration of my university studies. They have made it possible for me to be able to afford to go to law school once I'm accepted. Without CPA's help, the dream of becoming a lawyer would have been nothing more than that – a dream.

My case worker, Scott Coates, has been such a big help to me. He has a wealth of knowledge, and is always willing to answer any questions I have. He informed me of grant money I didn't know I was entitled to, among many other things I wasn't aware of. University can be a stressful experience at times, but Scott is always there when I need his help. From my experience, the CPA team as a whole, is a very knowledgeable and friendly group, always willing to help in any way they can.

I encourage any CPA member who is contemplating pursuing a post secondary education, whether it is college or university, to contact your CPA representative, and see what options are available to you. A post secondary education opens a lot of doors, but is quite expensive. If you have the option of receiving financial assistance towards getting a post secondary education, don't hesitate to pursue it.



## **BECOME A CPA MEMBER TODAY!**

**Your membership dollars support us in our efforts to:**  
remove barriers in the community, publish the newsletter ParaTracks  
and provide rehabilitation counselling services to our members.

**Please take a moment to fill out the application on the back cover  
and send in your membership today!**

***Thank you for your commitment to the vital work  
of our member-based organization!***

## Returning to the World of Work

**A**t the time of his spinal cord injury, Henry, a married father of two young sons, had been employed full-time with Manitoba Lotteries Corporation for nineteen years, most recently in the housekeeping department at Club Regent Casino. In November, 2011, Henry, who was eventually diagnosed with a C-07 incomplete spinal cord injury, began to experience upper body pain that worsened over a period of weeks. Initially, he sought treatment at the St. Boniface Hospital and eventually had an MRI completed which showed that he had a C-06, 07 disc bulge and compression. He underwent surgery at the Health Sciences Centre in late November 2011. His recovery was slow but progressive. By December 19, 2011, Henry was able to take a few steps in the physiotherapy department and demonstrated strong motivation to maximize his physical recovery by investing himself fully in his physical rehabilitation program. Initially, he was able to walk short distances with use of a two-wheeled walker and with standby assistance. Today, Henry is able to walk with use of a cane.

One of Henry's goals involved eventual return to work, which he described as providing routine, purpose and structure to his day and, most importantly, a source of income for himself and his family. He maintained contact with his employer, co-workers, and Michelle Walker, Senior Advisor, Health and Wellness, Manitoba Lotteries Corporation whose role was to monitor his physical recovery and to assist with planning for his eventual return to work. In December 2012, Henry was contacted by his long-term disability benefits administrator who inquired about his capacity to return to work and this was followed by further contact with Michelle Walker, who advised him of the availability of a term position in player development.

The position in player development was in keeping with Henry's current functional abilities. Henry continued to experience difficulty standing for prolonged periods, walking distances, bending, lifting, and climbing. As his duties in housekeeping involved all of these physical activities, a return to his pre-injury employment was not possible. Player development entails explaining the benefits of a customer card to casino goers, such as restaurant discounts and valet parking, assisting them in completion of a paper

application, ensuring the information on the application is correct, and importing the application information into a database which tracks customer spending and provides them with access to rewards.

Henry indicated that, although he was excited about returning to work, he also experienced some anxiety. The anxiety is normal for anyone who has been absent from the workplace while recovering from the effects of a spinal cord injury and, in Henry's situation, made perfect sense, given that his return to work entailed some significant changes. Henry had always worked at the Club Regent Casino. He was familiar with and known to the staff and had developed strong and supportive work relationships with many co-workers. Additionally, Henry had worked in the housekeeping department and was comfortable with the discharge of these work-related duties. Player development at the McPhillips Station Casino was unfamiliar territory.

As a preliminary step in transitioning to the term position in player development, Henry was required to pass an assessment of his computer skills and did so. With Henry's permission, I contacted his physiatrist (rehabilitation medicine specialist) who approved his return to work on a graduated basis in a sedentary position. Additionally, Henry and I met with Michelle Walker. I was given a tour of the facility and of Henry's workstation. His workstation consisted of a computer terminal with a pull-out keyboard and an adjustable office chair with height adjustment, arm rests and lumbar support.

Additionally, we were advised that Henry could as needed, sit or stand and move about should he experience pain related to prolonged sitting. Initially his graduated return to work consisted of working 3 hours daily, five days weekly. His hours of work and ability to perform his job duties were monitored closely by Michelle Walker. After several weeks, Henry and I met with his employer and through a consultative process, Henry's hours were increased to six hours daily, five days weekly. Henry has recently graduated to working full-time hours. He advised that his co-workers in player development have been welcoming and that one staff person provided him with a step-by-step outline to register patrons for the club card.

Henry stated that it was also helpful that a former co-worker from Club Regent Casino who had transferred to McPhillips Station Casino is his supervisor in player development.

The Manitoba Lotteries Corporation is very supportive of its staff seeking professional development opportunities. Henry has been encouraged to attend, in his non-working hours, the onsite classroom where he can complete many online courses offered by the casino. Given that Henry will likely continue to require sedentary employment and that computer skills would be required for most of these positions, he needs to enhance his computer skills and has opportunity to do so at his workplace. Additionally, Henry and Michelle Walker review on a regular basis the casino's employment website, as his position in player

development is term and will end with the eventual return of the employee who occupied the position prior to Henry.

Collaboration between Henry, his employer, and myself has enabled his return to work. His employer has demonstrated a strong commitment to his eventual and safe return to the workplace in a position that is in keeping with his physical abilities and skills. Henry has experienced a successful return to work due to his persistence, commitment to his physical rehabilitation, ongoing communication with his employer, and maintenance of a flexible attitude.

*Laurence Haien,  
Senior Rehabilitation Counsellor  
Vocational Services*



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## Winter In A Warm Climate....

by Gerry Terwin

Let me start by telling you a little about myself. I became a Quad 50 years ago from a diving accident. As a young guy winters did not seem to bother me. In fact I never even wore a jacket most of the time. But as the years accumulated, my old body got less and less tolerable to Manitoba winters and the truth was that being stuck inside was giving me health problems. I was a very active person involved in wheelchair sports and bringing up two sons and trying to be the best husband I could be to my lovely wife. Before our retirement we had the opportunity to spend time with relatives at their home in Florida. We would spend a few weeks in Florida in February or March and dread coming back to the cold Manitoba days. A few years ago, after retiring, the opportunity came up where our family was able to purchase a home in Florida. Our house is in Indian River County, which is known as the orange and grapefruit capital of the world.

Now when the cool late September days start to roll around we start making our plans to get away in mid October to our semi tropical paradise. We make sure our extra medical coverage is in place, auto bill payments, etc., etc. are all taken care of. Then the drive of 2200 miles which usually takes about three days. Our six month less a day stay out of Manitoba starts when we cross the border at Emerson. To maintain Manitoba residency you must be in Manitoba for six months plus a day in any calendar year.

Our home in Florida, besides having the great weather, 20 to 25C average highs and lows that very seldom go below 7 to 10C, is situated on an 18 hole golf course with an adjacent polo field that has polo matches every Sunday in the months of February and March. When we are not going for long walks we are able to watch golf or polo matches. The terrain is very flat and curbs and public accesses are made to accommodate. You may be thinking that the lifestyle I am describing is out of reach financially for most. The truth is that the cost of things here are very reasonable and much less than the cost of living in our home province.

We are also about a 15 minute drive to the Atlantic Ocean. There are many beaches along the ocean that are wheelchair accessible. In fact at some beaches they provide a special chair and assistance with the chair to take you into the water if you want to do that. The Intercoastal Waterway also runs up and down Florida's east coast. This waterway provides many boating tours and opportunities for wheelchair users. Of course there is always Disney which is a hour and a half drive from our home.

As outdoor people and avid gardeners our home here provides hours and hours of fun and relaxation for us. Everything is always green and flowering and a fresh tomato is just a pick away.

In telling you of all the good things about the Florida

scene, probably one of the best is the people that we have met and how a person with a disability is treated. In our first week of living here a neighbour offered assistance to help us with any care needs. There are also things like disabled parking that is actually enforced and a policeman who noticed my handcontrols and did not make me move while I was waiting to pick up my wife. "Little things" do mean a lot.

When our six months are up, leaving is bittersweet. We know we are going home to family and friends but we also know April in Manitoba will probably mean more time inside four walls than outside where I like to be.



*The backyard of our house  
in Indian River County*

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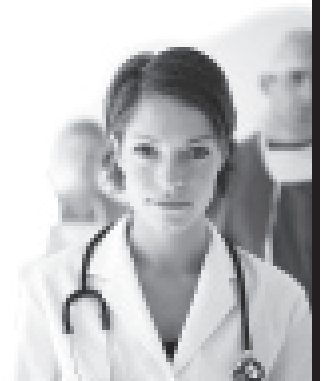
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## Retirement Message – Delcy-Ann Selymes

February 15, 2013

**D**elcy-Ann Selymes has had an outstanding and exemplary career with CNIB over the past 15 years. She started her career with CNIB as the Director of Rehabilitation in the Manitoba Division. Soon after, Delcy-Ann's skills and abilities were recognized and she was asked to take on the role as Managing Director, Western Zone. This encompassed oversight of operations in Manitoba, Saskatchewan, Alberta and British Columbia. Delcy's positive impact and contributions were far reaching, and she has had an unwavering commitment to the organization.

After a few years passed, and the structure of the organization changed somewhat, Delcy-Ann settled into the role of Executive Director, Manitoba-Saskatchewan Division. Over the past years, people have come to appreciate Delcy for the knowledge and compassion she has brought to the agency. She leads by example, is always prepared to put in the hard work, while encouraging and supporting those around her. She demonstrated a genuine caring for CNIB clients and was always prepared to address difficult issues and strive for consensual decisions. Her belief she could engage staff and volunteers in decision making from the ground up resulted in successful outcomes.

Delcy-Ann also has a strong character and personal and professional values. Those who truly succeed in

management subscribe to high ethics and strong morals. Her career was one of dedication and distinguished leadership for which many CNIB clients have directly or indirectly benefited.

Simply put, Delcy has made a difference in the lives of many others; which she can relish with a deep sense of pride and satisfaction.

Many of us have had the good fortune of knowing Delcy-Ann over the past years as a colleague and friend. She has sound wisdom, ultimate concern for clients,

volunteers and staff, which was always behind the principles she applies to her decision making process. On a personal level she always exudes warmth with a very sincere, classy, elegant style and approach.

Someone with her characteristics is never replaced, but always admired and the many experiences we all have with you enriched us and serve as a guide in the future. A simple thank you does not seem to do justice for everything

you have provided to CNIB and the associated working groups with which you have become acquainted.

You have an exciting journey ahead, to share with your husband, family, your precious grandchildren, and of course your many good friends. Please don't be a stranger.

*We all wish you the very best!*



*Delcy-Ann with Jules in Mexico*



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