

March 2016

Spring Issue



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

MPF MANITOBA
PARAPLEGIA
FOUNDATION INC.

PARA TRACKS



Newsletter of the Canadian Paraplegic Association (Manitoba) Inc.

Wedding Bells in Paraguay pg. 1



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Visit CPA's website at www.cpamanitoba.ca



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MANITOBA PARAPLEGIA FOUNDATION INC. (MPF) NEWS

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, Len Steingarten

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

During the month of September 2015:

- ✧ Financial support was provided for a replacement Stimulite Cushion for a CPA member. The member has used this type of cushion for many years and it continues to meet their needs in terms of skin protection and ease of maintenance.
- ✧ Funding was provided for a bed rail for a CPA member who has difficulty rolling in bed and sitting up from a prone position. The rail will help the member to be independent with these tasks.

During the month of November 2015:

- ✧ Funding was provided for the purchase of a motorized bike for a CPA member. The bike will allow the member to participate in summer activities with her family while being secure in a re-

clining bike. The bike has the option of both utilizing the motorized or manual versions. Since the member no longer drives a vehicle, the bike will be used as summer transportation in the town where the member resides.

- ✧ Funding was provided for a Ride cushion cover and gel arm pads for a CPA member. These items will assist with appropriate seating for the member, and will prevent further skin breakdown, further deterioration to posture, which will decrease pain and increase sitting tolerance in their wheelchair.

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

From the Cover



"Jason and Teresa Sawatzky were married on December 19, 2015 in Paraguay in the presence of family and friends."

Did You Know...

That if you have something to sell, trade or give away and you are a CPA member, you can place a classified ad for free in ParaTracks?

For information contact Adrienne Conley by emailing aconley@canparaplegic.org
or Phone: 786-4753 ext. 222

FOR SALE:

"Bruno awl-150" lift for installation vehicle.
Specifications are: Rating: 1500 lbs. to 2000 lbs.
Controls: direct switch, 12 Vdc. The lift has a tall column sub-base to allow the lift to be in a taller upright position. Can be installed on the side rear or right side rear. \$1000.00.
Phone: 204-555-4321.

EXAMPLE

CPA Kicks Off Their 2015 Employee Campaign

On November 26, 2015 CPA held their United Way Employee Campaign Kick-off Event which featured a United Way Guest Speaker, Lunch from King's Head Pub & Eatery, Silent Auction and a re-match of last year's "Family Feud" contest – CPA vs. SMD.

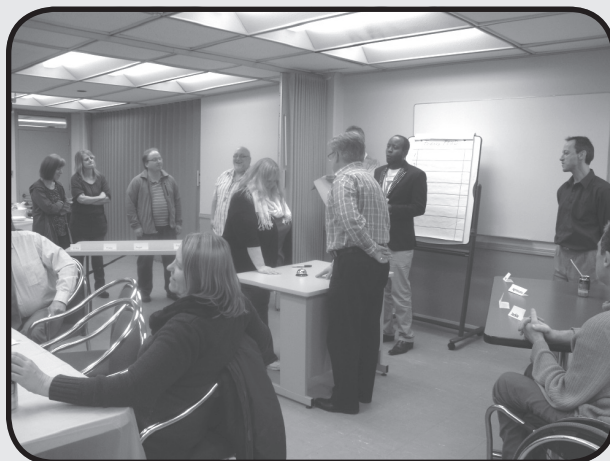
Thank you to Campaign Chair Jackie Armes, who, along with CPA staff, did a tremendous job in organizing this fun-filled event! A huge thank you to everyone who attended and supported this very worthwhile cause! A big thank you to Society for Manitobans with Disabilities staff for participating in Family Feud once again!

CPA would especially like to thank the following donors for their generous support:

Homer's Restaurant
King's Head Pub & Eatery
Jim and Gail Burnside
Morden's of Winnipeg
Jean Tracy
Smitty's Restaurant
Laurence Haien
Hair 2dye4
Darlene Cooper
Claudia Sellen
Boston Pizza

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Bada Bing Bus
Heights Archery
Alora Pole Fitness & Dance
Lava Suntan Studios
Rumor's Restaurant & Comedy Club



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



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December 1, 2015

**PEOPLE TRANSPORTED IN WHEELCHAIRS WILL BE SAFER
UNDER NEW LEGISLATION COMING INTO EFFECT TODAY: MINISTER ASHTON**

**Amendments to the Highway Traffic Act Include
Enhanced Requirements for Wheelchair Vehicle Restraints**

Wheelchair passengers will be safer during transportation under changes to the Highway Traffic Act that came into effect today, Infrastructure and Transportation Minister Steve Ashton has announced.

"This legislation enhances the safety of people transported in wheelchairs with restraint systems that are comparable to the seating and seatbelt requirements for passengers in regular vehicle seats," said Minister Ashton. "Wheelchair passengers need to be safe and secure, and the amendments will help ensure their safety."

The amendments ensure people being transported in wheelchairs are using mobility aid securement and occupant restraint (MASOR) systems, prohibiting drivers from driving unless every wheelchair occupied by a person in a motor vehicle is properly secured and every person occupying a wheelchair in a motor vehicle is properly restrained by an occupant restraint system.

Supporting provincial regulations will:

- prescribe equipment standards for MASOR systems;
- exempt certain classes of people and vehicles from the new legislative requirements including drivers of personal vehicles and drivers of regular or scheduled service municipal transit buses; and
- require vehicles that transport people in wheelchairs including school buses and vehicles operated by handi-transit services, accessible taxi services, community care homes and health-care facilities to be equipped with MASOR systems that meet the standards unless exempt in the regulation

Numbing Out: Beyond the Nerves

Alcohol and drug use and abuse is a commonplace event in our lives today- so commonplace that it is often not considered a problem. Why is that? Probably because everyone at one time or another has used/abused, has an abuser in the family, has a close friend that has abused, or knows someone who uses alcohol or other drugs inappropriately. Believe it or not, statistics show that alcohol and drug abuse or dependence is a common comorbid condition among newly injured persons with spinal cord injury (SCI). Pre-injury alcohol use and abuse is shown to be higher among individuals who sustain SCIs compared to the general population, with approximately one-third of newly injured persons with SCIs reporting a history of alcohol/drug-related problems. In addition, a significant proportion of persons with SCI report that pre-injury alcohol or drug use contributed to their injury, while estimates of intoxication at the time of injury range from 17 to 62% (2011, as cited by Stroud, Bombardier).

Alcohol/drug use continues to be a major problem among young adult males and is a contributor to catastrophic automobile accidents, water/diving incidences, and domestic violence situations in which some members sustain SCIs. At any given time in the United States and Canada, substance abuse is either directly or indirectly related to up to 50% of emergency room admissions, and one-third of psychiatric emergencies (Stevens & Smith, 2013). In Manitoba, between the years 2006-2010 there were 206 recorded alcohol-related fatalities, and 410 drivers in serious injury alcohol-related crashes (Manitoba Public Insurance, Feb. 2014).

It's important for members and their families to understand that pre-injury alcohol or



drug use among persons with SCI has been associated with adverse medical and rehabilitation outcomes. In other words, continued alcohol and drug use after sustaining an SCI will slow down your rehabilitation progress, and will decrease your chances of obtaining more functional independence. In addition, the member tends to spend less time in productive activities (such as going to physiotherapy, occupational therapy, psychological counselling, and attending follow-up medical appointments). Unfortunately, having a history of pre-injury alcohol and drug use predicts poorer health status and psychological adjustment to living with a spinal cord injury.

However, there is hope! CPA Manitoba and its staff are committed to helping our members transition successfully, which means to achieve independence, self-reliance, and full community participation. If you or a loved one has concerns regarding alcohol or drug use (including prescription medications), please speak to a CPA rehabilitation counsellor without hesitation. We are here to assist you in the best way possible.

Phone CPA: 204-786-4753 or Provincial Adult Addiction Info Line: 1-855-662-6605

By Jackie Armes, Rehab. Counsellor, CPA Transitional Services



Disabled Parking and Side Ramps

Does this happen to you?

My wife and I have our own private wheelchair van as our mode of transportation. There have been a few times while out and about that we return to our vehicle only to find somebody has wedged their vehicle in between our van and the vehicle next to us. This would not be too bad, except our van has a side ramp. This ramp comes out of the sliding door on the passenger side of the van. We have a decal in the window of the sliding door to indicate that this door is used for wheelchair access. My wife usually ends up backing the van out slightly so we can gain access. If people happen to return while we are loading, they are very embarrassed!

A lot of shopping centres are now providing wider disabled parking spots to accommodate vans with side ramps. When we pull into a disabled parking stall, we pull over as close to the left side as possible so that I can get out of the van without encroaching onto the space beside us on the right. Now, if the car on the right happens to pull in close to the right side of the next parking spot, it seems to create an extra parking space. We need approximately 1 meter of space beside the van to allow for the ramp and room to turn the wheelchair at the bottom of the ramp. Some owners have become so frustrated that they have resorted to getting a decal

made up requesting that you leave a meter space beside the vehicle for wheelchair access. Sometimes we have resorted to putting out cones to delineate the space. This works quite well but should not be necessary.

Speaking of vans, I've noticed over the last few years that vehicle manufacturers are starting to come out with a number of different body styles, including those with a fairly high roofline. So expect to see not only minivans, but also some smaller delivery van style bodies that have been converted to wheelchair vans.

Happy motoring on - we hope to see you out there!

~ Dino Calvert ~





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Did you know that the Access 2 Entertainment card provides free admission for support persons accompanying a person with a disability at member movie theatres and selected attractions across Canada. The person with the disability pays regular admission.



Participating theatres chains include:

Cineplex Odeon Cinemas www.cineplex.com

Galaxy Cinemas www.cineplex.com

Famous Players Cinemas www.cineplex.com

SilverCity Cinemas www.cineplex.com

Colossus Cinemas www.cineplex.com

Coliseum Cinemas www.cineplex.com

Empire Theatres www.empiretheatres.com

Landmark Cinemas www.landmarkcinemas.com

Rainbow Cinemas www.rainbowcinemas.ca

Magic Lantern Cinemas www.rainbowcinemas.ca

AMC Theatres www.amctheatres.com

Simply present the Access 2 Entertainment card when purchasing tickets with your support person at participating movie theatres. A support person is an individual who accompanies a person with a disability to provide those services that are not provided by theatre employees, such as assisting the person with eating, administering medication, communication and use of the facilities. This must be verified by a registered health care provider or a recognized service provider such as your CPA Rehabilitation Counsellor.

**There is a \$20.00 fee for obtaining the card
and the card is valid for a period of 5 years from the date of issue.**

Application forms are available at www.access2card.ca
or call the CPA office and an application form will be sent out to you.

Disclaimer: Please note that the opinions expressed in this and other articles are those of the authors and do not necessarily represent the views of CPA Manitoba.

Islands In The Stream

~ By P.A. MacDonald ~

Back in the 1970's & early 80's, we had many options in entertainment. There was a multitude of up to 3 local, and one not quite local, stations to choose from. With a cable TV subscription, one had a choice of 3 more North Dakota stations to see American shows that Canadian networks either couldn't afford, or find a time slot around The Beachcombers to fit it in. Newcomers to Canada could look forward to hearing our national anthem every night at sign off until they knew the melody & words by heart. At 3 A.M., unless you were like the little girl in "Poltergeist", there was nothing to watch. Now you can watch "Poltergeist" at 3 A.M. anywhere, anytime on a device that's probably watching you too!

The prime time entertainment in those days was simply stellar & provocative (NOT)! Yet, when specials were aired, they really were special. When the next tri-annual air date for the Wayne & Shuster comedy special approached, it was almost as big a deal as Christmas & the Stanley Cup finals; between 2 Canadian teams that is! Children and adults waited with ever growing anticipation until the magic exploded on to the small colour (mostly green or red) screen that occupied an exalted and reverent position in our homes as the main gathering point of the family. Yes, children sat too close to the TV, ruining their eyes. You can see some of them today, myself included, wearing Coke bottle glasses! Today the danger is something called "Blue Light" & has nothing to do with beer!



Each viewing group had to appoint a human remote to be in charge of getting up to change the channel, adjust the volume or be the rabbit ear technician. Of course, in those glorious days, TV only cost the original purchase amount, and the occasional tube replacement. If you wanted to see imported American snow from North Dakota, a cable subscription was about \$4.95 a month.

Long running series kept people in suspense all summer with cliff hangers. So who did shoot J.R.? When a series was cancelled, the final episode was the talk of the workplace & school. The way over-hyped M*A*S*H* finale in 1983 caused many AA members to miss their meetings that night. Sadly, many of them are no longer with us. They were run over by the wagon they fell off of. When a show was scheduled to air, we had no choice; be there or be square. The predictions of the future of television were dire. It had already peaked somewhere around 1958 and has been getting worse ever since.

In the early 80's the future of TV programming was destined for the town dump or recycling plant, then the dump. Fast forward to 2016, and the trash heap is the size of Mount Everest. The good thing is, we can choose the trash we want to watch now!



It's everywhere. We have infinite choices of broadcast or streaming entertainment. The digital device generated "Blue Light" screen now attracts watchaholics like moths to a flame. Easily, there is so much choice that a new malady has been defined. I have named it, "On Demand Stream Addiction Syndrome" and I'm certain it can be as harmful as binge drinking. I propose a new self-help organization must be established to avoid imminent collapse of productivity, quality family time and even sleep. We are being infested with binge watching zombies looking for more candy for their rotting brains. I would call the support group "Streamaholics Anonymous or "SA". "SA & eh?" would be the Canadian chapter since we have added financial burdens such as data caps and outrageous charges on mobile data.

At last, Alexander Graham Bell's invention of the telephone has reached its fullest potential! We can watch live TV on it now, and share pictures of cats! Before you want to watch the next exciting episode of Maury or the Kardashians on your phone while on a Handi-Transit vehicle heading home, ask yourself if the bill you get at the end of the month for the excessive bandwidth used is worth the price. I'm certain if you forwarded the bill to Kim Kardashian, she would send Kanye to explain why you are so not relevant!

With the vast array of choices we have now, it's almost overwhelming. There is more entertainment available than hours in your day to enjoy it. Many folks have to take a Netflix break every few hours. That is when they stop watching long enough to go to work so they can continue to pay for their subscription. The scope and business model of Music & TV is shifting to the Internet. Traditional broadcast stations are struggling and the cable companies are losing TV subscribers in ever increasing numbers. If you choose to become a "Cable Cutter" and phone in to cancel your TV service, they are very motivated to keep you and may very well offer a sweetheart deal you simply cannot turn down unless you no longer have a TV or a job. I did just that at the end of November and for the following 6 months, my cable bill was cut in half with additional services & channels. Of course, I still intend to cancel, but please, don't tell them I said that! ☺

The Stream Turns Into A River

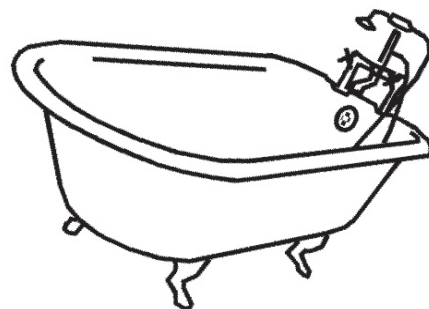
Not everyone out there is knowledgeable of what streaming is all about. More than a few people have been unable to determine the truths from the myths. The first myth I will dispel right now is that to my utter disappointment, there is no paint drying channel or streaming service available, yet. There is a high definition fire log from time to time! Streaming is the Internet digital equivalent to analog broadcasting over air waves, but more expensive.



When you subscribe to a service through a web browser or an app such as YouTube, Crave TV, Shomi, Netflix, Rdio, Spotify etc.; you are presented with viewing or listening choices. You can also do a search for something specific such as a movie or song title. When you have made the choice and initialize playback, whether it be music or a video, the data your computer or device needs to run the content begins to download into a buffer; which is a form of computer memory. This is necessary because the rate of speed the data comes in at is different than the time it takes your device to process & screen it. That is why people sometime experience annoying pauses watching videos. The speed the data arrives is slower than the speed of your device. So, available data is used up and the device must wait for more "fuel". Now that I have you totally confused I'll explain it like this.

Do Not Shower – Take a Bath

Old fashioned bath tubs have an overflow drain near the top so that when the tub fills; there will not be any water spilling over the sides before the tap is turned off. If the tap is left on, the water will stay at relatively the same level as long as the overflow drain stays open and the tap flow is not increased or decreased. The open tap is the source, such as YouTube, Rdio, Shomi etc. The incoming data, like water, is the downloading data stream from the Internet.



Your device will not start playback until the data (water) reaches the overflow valve. This way, there is always a pool that is available no matter how fast your device uses up the data. If you have a slow Internet connection, the water may dip below the valve for a few seconds, cutting off the flow of data, causing your device to pause until the incoming stream replenishes the used data. What you need to understand is how much data comes in, and how much is too much.

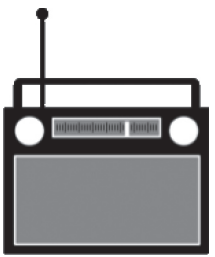


Watch Out For The Bandwidth Banditos

Many if not most ISP's (Internet service providers), mobile and land based, have a certain limit or, bandwidth usage, called a "data cap" for each billing cycle. It is similar to the free day-time talk time minutes on many cell phone plans. Should your data usage go over the set limit, be prepared for a shocking bill and the feeling of being robbed. The overage rates can be very steep. If you do not know what your limit is, you would be well advised to call your provider and ask.

How Much Water Does My Tub Use Anyway?

According to Netflix, subscribers on the 4 Screen, Hi Def plan will be using about 3 GB an hour. The 2 Screen, Standard Definition plan uses about .7 GB per hour. So, if your Internet provider gives you 75 GB per month, you have between 25 & 52 1/2 hours per month viewing time; if you do nothing else on the Internet. The other services may have different numbers, so the Netflix data should be used only as a measuring stick. Sorry folks, to avoid nasty surprises at billing time, you will just have to do your own homework.



Streaming music does not use as much data as video, but the danger is that when streaming a video, the content usually demands our attention to watch, and when the show ends, so do we. When it comes to music, many people simply have it playing in the background for hours at a time while they work or do other things. Many hours of listening or playback can rack up a hefty Internet bill on top of the fee you pay for a subscribed service.

Many popular radio stations have their own apps so that listeners can listen to live broadcasts on their digital device. Listening like this may be good when you are not in the broadcast range of the radio station, but, because it is streamed, it goes against your limit. If it's possible to listen on an old fashioned radio, it will save you some bandwidth.

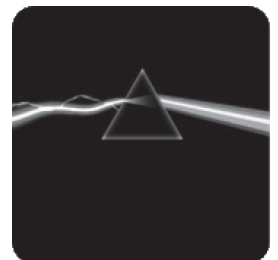
Please bear in mind that your Internet provider does not care whether you watch movies, listen to music, send email, browse websites or Facebook; everything goes against your monthly limit.



Last but not least, a warning about Google Play Music. You may think you are buying a song, but all you are buying is the right to listen to it whenever you want, as long as you have your device connected to the Cloud. I recently bought a song from Google Play Music. It appeared to be downloading; then it played. Being the geek I am, I had to find out where on my device it was stored so I could back it up. SHOCKER ... it was nowhere to be found. You buy the song, but you don't get the file. They don't tell you that. If you don't have Internet access where you are, or maybe buy an iPhone, you will not be able to hear that song again until you purchase it again.

Many artists including Taylor Swift and Adele are abandoning the streaming market. They want their fans to buy and own copies of their music, like in olden times. Each of the songbirds have made their latest albums available for purchase download, but will not be available on streaming services.

Now if some of you are feeling a bit seasick or feel like you are drowning in the stream, it will get worse. I understand that for many, traditional TV has been a very comforting thing to have and the thought of eliminating it is scary. I'm sorry to say dry land is rapidly disappearing.



Streaming entertainment is here to stay. It can only get bigger & more popular. Smart TVs & Apple TV will become fixtures in almost all living rooms over the next several years. Traditional broadcast stations will also be moving to an Internet/cloud based business model. The only thing that is for sure is that they will find ways of charging us for everything we get for free now. Enjoy it while it lasts! 🚢

It's Never Too Late

~ Theresa Mitchell ~

On October 16, 1985 I suffered a massive brain-stem infarction (stroke). This happened in Saskatoon, Saskatchewan two nights after my second son was born. Fortunately, I survived the stroke. However, I was never able to recover movement from the head down. This left me a full quadriplegic, totally reliant on and in a wheelchair for the rest of my life.

At first I did not know how I was going to raise two children (an eight-year-old and a newborn)! Incredibly, I was transferred from Saskatoon to Brandon, which was my hometown and eventually to Winnipeg to the Health Sciences Centre Rehab. Hospital. It was there I learned that I would be able to actually live at home! My wonderful, supportive husband learned how to do all my personal care and, of course, I was also set up with home care. The one clear physical attribute that did survive with was my voice! I recovered a good swallow and had good strong lungs and clear speech. This in and of itself was a gift from above! When I first had the stroke I had lost everything, including my swallow and all movement. I had extremely hypersensitive sensation on my right side and absolutely no feeling on my left. Over the years my right side settled down and is now normal. My left side is still slightly numb but I do have feeling in it. This also is a gift as I am able to feel and therefore I have never suffered a bedsore!!

Raising our two children was a blessing and a joy as I got to see them grow up and be so much a part of their lives. Our oldest son had to come to terms with the loss of my walking and my youngest son had never known me any other way. We grew as a family through all the ordeals and illnesses that I had.

While I had survived the stroke, my health was not stable. I was often hospitalized with pneumonia or other ailments for short periods of time. It seems I would go for quite a long period of time before I would end up back in the hospital again.

As a family we dealt with it and always cherished each other and the time we had together! I had a wonderful CPA counsellor who stayed in touch with us and was extremely helpful in finding supports when we needed it for our family. Finally, my oldest son was ready to move out on his own. He had graduated from high school and had found a good job and was ready to spread his wings. Our youngest son stayed at home for a few more years.



In the meantime CPA was changing over to a new and upgraded computer system. There was an old computer just sitting around and my counsellor at CPA asked if I would be interested in learning how to use it. I was quite curious and said yes of course! It was an old computer that worked with DOS and had a small microphone that I would speak into and I had to actually make folders. I picked it up pretty quickly and easily.

When my counsellor saw how I was able to do this he suggested I consider going back to school. Never in a million years had I thought about actually attending a school – how would I do it? Well it turned out it was not that difficult! CPA sponsored me to return to The Collegiate at the University of Winnipeg in 1998. I learned to use Dragon Naturally Speaking and I learned how to use a computer!

This was the beginning of a whole new world for me! I struggled through with a few illnesses along the way. However, I was able to also take two University classes “Intro. to criminal justice” and “Intro. to conflict resolution”. I graduated from high school at The Collegiate on May 10, 2000. I even received two awards. The first was “The Collegiate Subject Award in Skills for Educational Success 41G”-awarded to the student who obtains the second-highest mark in “Skills for Educational Success 41G”. The second award was “The Lawrence F.

Schmidt Memorial Award” – awarded annually to a student who entered The Collegiate on Mature Status, who completed at least three credits at The Collegiate in any session(s), and who demonstrated good academic achievement and effort.

Sadly, I then began a series of illnesses and I was unable to continue my criminal justice degree. In the meantime on February 5, 2005 our first grandson Joey was born! Then on August 12, 2005 our granddaughter Willow was born! What a joy they were and still are the light of my life. We also now have little Peyton who arrived on July 19, 2012! We were blessed to be able to babysit when they were younger, but now the two older ones are in school and after-school programs while Peyton is in a very good full-time daycare. We enjoy the time we have with them and they are indeed a blessing!

I've never been one to just sit around. Even when we were looking after our grandchildren I wrote a blog for a ministry out of Israel.

Over the years I got sick and tired of being sick and tired and we had a friend come up from Oklahoma, who introduced me to the wonderful world of oils! I started doing research and studying and started using oils and natural supplements to heal my body naturally. I no longer suffer from pneumonia, my kidneys are at prime function and I just got a letter from my doctor saying my liver is in excellent condition! I'm healthier today than I ever have been!

This summer brought new excitement into my life! My husband's relatives were on a cross-country tour with their fifth wheel camper and I had not yet met them, so they made a point of stopping in Winnipeg. We got together at our home for supper and an evening of getting to know each other.

As we were talking, I asked him what it was he exactly did for a living. He told me that he worked for Service Canada. I've never heard of this department so I inquired more. He said he actually was an investigator finding fraud perpetrators through the computer!

An excitement rose up inside of me as we discussed the possibility of my ability to do this type of job! Myles explained how I had these incredible computer skills by using voice-activated software. I had even written a book which we gave them a copy of. The book is called "A

Flicker of Hope".

The thought of going back to work excited me once again and Myles was right there to encourage me! I asked my relative if he could send me the information I would need to apply for that type of position here in Manitoba.

After much research I discovered that if I wanted any kind of position in the criminal justice field I would need my Bachelor of Arts! So down I went to the University to see about registering for classes again. I had contacted CPA about helping me put together a resume at first. Now I discovered I would need to reapply for funding. In the meantime I will cover the costs myself.

On January 6, 2016 I will be starting a course called "Restorative Justice". When I went down to the University I discovered I already have 12 credit hours towards my degree and a 3.0 grade average. Now I am really excited (along with a small sense of trepidation)! I worked in corrections before I had my stroke and criminology has always been my passion. I know I can do this and I also know that it is possible for anyone – no matter your age or ability.

I want to encourage you to fulfill your passions and your dreams. With the help of the Lord, my wonderful husband and family and, of course, my CPA counsellor, I know I will succeed!

Important Phone Numbers to Remember

Housing:

Manitoba Housing provides subsidized housing for low income and special needs family and elderly persons. Rental rates are based on 27% of the gross family monthly income

- ~ Manitoba Housing 105-185 Smith St.
Winnipeg, R3C 3G4
Phone 945-4663

For information on subsidies and applications, visit 280 Broadway Ave. or call 945-2611.

- ~ Winnipeg Housing Rehabilitation Corporation
60 Frances Street Winnipeg, MB R3A 1B5
Phone 949-2880

Health

- ~ Manitoba Health (health card) 300 Carlton Street Winnipeg MB Phone: 786-7101
- ~ Health Links: Phone 788-8299.
- ~ Aboriginal Health and Wellness Centre Winnipeg Inc.
215-181 Higgins Avenue Winnipeg.
Phone: 925-3700
- ~ Find a family doctor: 786-7111.

Aboriginal Specific Housing Programs

- ~ Kenata Housing. Phone: 338-6261
- ~ Kekinan Centre Inc. Phone: 582-0439
- ~ Kinew Housing Corporation. Phone: 956-5903
- ~ Aiyawin Corporation. Phone: 985-4242
- ~ S.A.M. Management. Phone: 942-0991
- ~ Payuk Inter-Tribal Council Housing Authority Inc. Phone: 783-4891
- ~ Dakota Ojibway Tribal Council Housing Authority Inc. Phone: 988-5377

Financial:

- ~ Employment and Income Assistance General Information line: 948-4000.
- ~ Child Tax Benefits. Revenue Canada: 948-5700.
- ~ Winnipeg Harvest: 1085 Winnipeg Street.
Crisis Food Line: 982-3663.
- ~ Christmas Cheer Board: 669-5369.

The information above is from "A Guide to Winnipeg for Aboriginal Newcomers 2003."

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Welcome to Motherhood, Jessica!

Leading the way to a healthier, independent lifestyle is always an important goal for people who experience spinal cord injury, but having a new family was a dream that Jessica Kennedy made a reality. She is one of the CPA members, who experienced so much loss in her life, but with her resilience and perseverance, has become a success story.



When she was only 14 years old, Jessica became a complete paraplegic (T4) due to a car accident. Her mother died when she was only 16. Dealing with dysfunction and abuse in her family, she was moved from foster home to foster home until she turned 21. Struggling with addiction, she completed treatment almost 4 years ago and she is still doing well. She is the first in her family to have achieved a High School Diploma. For over three years she has been volunteering for the Independent Living Resource Centre, which helps other people living with disabilities.

Having her own place to live, falling in love, getting pregnant, becoming a mother and having a beautiful baby boy, are just a few accomplishments we can mention about Jessica Kennedy. She is now 27 years old and her baby, who was born just before Christmas, is named Bernard Joseph. He's the best present a mother can have. Her resilience and perseverance continue to amaze me all the time.

~ María Cabas ~



The Past, Present, and Future of the Manual Wheelchair

~ by Dr. Kristine Cowley ~

In my opinion, the wheelchair is a device that should enable a person's ability. The device should maximize a person's independence and performance and NOT limit their participation in life's activities. This article is a brief review of the big changes in wheelchair design over the last eighty years and what these design changes have meant to people's ability to participate in community life.

According to WIKI, the first wheelchair image appeared in Chinese art, as far back as the fifth century BCE (<https://en.wikipedia.org/wiki/Wheelchair>). As you can see in the picture, the device was designed and built for the 'pusher' rather than for the person sitting in the chair. Although the idea of the wheelchair user being a passive participant in life has not completely disappeared, the situation has improved greatly.

Everest and Jennings designed the first modern wheelchair in 1933, and although the materials have changed over the years, the basic design has remained essentially the same. Everest and Jennings were friends and mechanical engineers and Everest had become paraplegic after a mining accident. At the time the E&J was a huge advance over the couches that existed before 1933. Even still the E&J weighed in at over 50 pounds and was a hulking machine that only the very strongest could propel independently. I have a great deal of admiration for the dozens of people I have met over the years, injured before 1980, who spent their lives using E&J wheelchairs. Their strength and determination to get out and about in one of those wheelchairs is really amazing.





Fast forward to the early 1980s before any real further advances were made in wheelchair design. These advances were brought on by people using the E&J that weighed over 50 pounds and thinking “there’s GOT to be something better than this”. Enter three people with injury that changed the manual wheelchair world – Marilyn Hamilton and George Murray from the US and Rainer Kuschall from Switzerland. Thanks to them, wheelchairs went from ultra heavy to ‘ultra-light’ and manoeuvrable.

In 1980 Marilyn Hamilton co-founded the Quickie Wheelchair Company in California and started selling the Quickie wheelchair. In 1985 Rainer Kuschall designed the Kuschall monotube wheelchair and founded Kuschall wheelchair company.



Quickie 7r



Kuschall R33



TopEnd Terminator

In 1986 Chris Peterson and wheelchair road-racer George Murray founded Top End wheelchairs in Florida, and they became one of the first to use titanium in their line of chairs.

Both Kuschall and TopEnd lines were sold in the late nineties to InvaCare which seemed to slow the pace of new advances to each chair line. More recently, Rainer Kuschall came back to the Kuschall product, becoming the director of research and development and there have been several new advances to the product line lately. These can be seen at <http://www.kueschall.ch/en/Home.aspx>.

It is interesting that George Murray was a gold medallist wheelchair racer, Rainer Kuschall a multiple Paralympic medal winner in athletics and Marilyn Hamilton both a Paralympic Ski champion and US National Tennis Champion. None of them were used to accepting the status quo as ‘good enough.’ Thankfully these chairs are available – now all that is needed is a better system for prescribing and supporting the cost of these needed medical devices.

One system that comes to mind is one similar to that used for limb prosthetics. In limb prosthetics, the person needing the prosthetic has a choice of three certified providers. The provider has a Manitoba Health fee schedule that covers the time and parts needed to provide a new prosthetic limb with the goal of fabricating a limb that will allow the user to do as much as they had done ‘before.’ The person is not limited to one or a few styles of prosthetic limb, as is the case for wheelchairs funded through the provincial wheelchair program.

So, as it stands today, if a wheelchair other than the models provided through the wheelchair program are needed for better function, the wheelchair will need to be purchased.

Since these lightweights came on the market, radical change has been limited to the introduction of



Natural Fit Push Rim



Genny Mono

more carbon fibre use, such as in Spinerger Spox wheels that are super light (shown above with each of the three lightweight chairs) and the 'natural fit' push-rim which has the potential to change the way wheelchair users propel their chairs.

It seems however, that the world may be poised for some new ideas in wheelchair design. The Genny Mono – shown above, is a single monorail design with features that allow adjustment of seat angle, centre of gravity, backrest height and leg length – all without tools, without getting off the chair and with a total chair weight less than twenty pounds. This chair is interesting because it comes close to being only what you need, with extra pieces stripped away, providing the body support needed in different environments without a lot of bulk.

However, it remains to be seen how it would compare to the 'older' lightweights since the company is based in Italy and does not yet have distributors in Canada or the USA. This company also produces a Segue-way based wheelchair that can be seen at: <http://www.gennymobility.com/>.

Other chairs, such as the PantheraX – made almost entirely of carbon fibre, are not a fundamental new design but rather use new material, and promises lighter weight.

What I would like to see is a chair that melds a lightweight exoskeleton for support with a wheelchair frame, allowing both seated movement and the ability to stand on demand. *Maybe it will be available next week?*



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CPA Welcomes its Newest Staff Member

My name is Agnieszka Szymanowicz and I am the newest member of the CPA team. I was born and raised in Poland, but moved to Canada several years ago to pursue my academic and career goals.

My studies have enlarged my horizons and given me a better understanding of people. I am proud to be a Canadian citizen and a CPA staff member. I have completed a Master's Program in Counselling Psychology at the Faculty of Education, U of M. I graduated from a Post-Baccalaureate Program in Counselling at the University of Manitoba. I have also obtained a Bachelor Degree in Pedagogy at the Faculty of Historical and Pedagogical Sciences, University of Wroclaw, Poland. I have years of experience working with people, including Klinik Community Health Centre as a counsellor and volunteer's shift supervisor, and also working with Macdonald Youth Services etc.

My work with people is driven by my preferences for a humanistic approach. I have learned throughout the years that no work can be done if there is a lack of trust, understanding and acceptance. The role of unconditional regard and acceptance shapes therapeutic alliance. It allows individuals to enter a place of memories and elicit corrective emotional experience. I believe that counselling is a place where an individual can understand changes in life and find a solution to problems. I think that a client is an expert on his/her life experience, and a therapist is a guide of a therapeutic process.

There are many reasons why we do not seek counselling or procrastinate to see a professional. They might include our beliefs regarding counselling, priorities, access and often financial reasons. Therapeutic relationship focuses on collaborative and purposive work which refers to three dimensions of a client-therapist bond, mutual agreement upon goal and tasks of treatment. In my opinion establishing therapeutic relationship models feelings of acceptance, feeling heard and understood, not only by the therapist, but also by ourselves.

I also refer to diversity that influences my therapeutic framework while working with people. We are all dissimilar with unique life experience and we should be treated in an individual way with respect based on our needs and consideration of cultural norms, values and beliefs.

I appreciate all my time spent with clients. *They are my best teachers.*



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Mike Hladky (SMR, U of M)

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

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Trent Oldfield

William Hoey

William Klym

Gregory Knott

Virginia Novak

Terri-Lynn Cameron

Sarah Fehr

We Need Your Feedback

What would you like to see in future issues of ParaTracks?

We try our best to publish articles and stories that are of interest to you, our members. To ensure we continue with this practice, we need your help. Without feedback from CPA members, we can't always be sure that we're providing you with the information you require.

Please take a moment to provide us with your feedback. Was there an article that was of great interest to you? What did you like about this issue of ParaTracks? What didn't you like?

Please send your comments by email to aconley@canparaplegic.org
or give Adrienne a call at 204-786-4753 or 1-800-720-4933 ext. 222.

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