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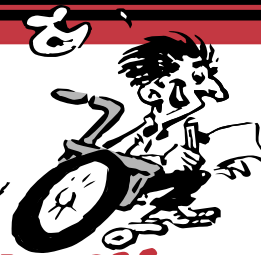
MPF MANITOBA
PARAPLEGIA
FOUNDATION INC.

December 2009

Fall Issue

Newsletter of the Canadian Paraplegic Association (Manitoba) Inc.

PARATRACKS



In This issue
Amanda Cunha's and
Nathanael Sawatsky's
Rehabilitation / Vocational Journeys
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Visit CPA's website at www.cpamanitoba.ca

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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 a spinal cord injury who do not have the necessary financial resources for equipment and/or services. All requests for direct aid are initiated through CPA. Individuals must provide information on their financial status, explain why they cannot meet the expense within their own budget, and identify any other potential sources to support the request including potential for contribution from family.

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

MPF Trustees

Doug Finkbeiner, Q.C (President), Arthur Braid, Q.C (Vice-President),

James Richardson Jr. (Treasurer) Dr. Lindsay Nicolle, Ernie Hasiuk, John Wallis

MPF has approved several requests for financial support during the past few months.

Some of the highlights are as follows:

During the month of August 2009:

- ☞ Funding was provided for the cost of transporting a medically required bed from a CPA member's home to a treatment facility. This funding allowed the member to participate fully in a live-in rehabilitation treatment program.

During the month of September 2009:

- ☞ Funding was provided for a CPA member who required emergency funding accommodation and meals for two nights in Winnipeg. The member was leaving the Rehabilitation Hospital but was unable to return to northern Manitoba until transportation became available.

During the month of October 2009:

- ☞ Funding was granted to cover the costs to undertake the review and revision of the current vocational training manual used by CPA (Manitoba) Inc. This manual will be utilized for staff training to increase competency levels, which in turn will enhance service delivery for CPA members.

You can visit MPF's website at:

www.cpamanitoba.ca/mpf Applications for assistance are available through the website or by contacting the CPA office.

MPF Product Testing Update

The May 2008 issue of ParaTracks featured a product review of the Invacare Mariner Rehab Shower Commode Chair. This chair has 24" rear wheels that allow the chair to be self-propelled. Since that review the Rehab Hospital and several CPA clients have purchased this chair. One concern that consistently arises is that the back tires leave black marks when wet. People have reported black marks on their hands, the floor and towels. The back tires are a solid, low-profile tire and it is difficult to find a replacement for them. One of our clients seems to have come up with the best idea yet. He removed the solid black tires and installed a set of 24" X 1" Primo pneumatic tires and tubes. He then adds just enough



air to keep the rim from contacting the floor. This keeps the ride height of the chair the same as with the low-profile solid tire and does away with any of the black marks. The solid back tires can be difficult to remove as they snap tight onto the rim. If you don't have any plans for these tires after removal the quickest and easiest thing to do is to cut them off with a saw and some wire cutters.

It seems a shame that Invacare continues to make a shower chair with tires that leave marks when they get wet. For now the pneumatic replacement seems to be the easiest solution and hopefully Invacare addresses this problem in the future.

~ Greg Winmill ~



“Going Forward Together”

A Government of Manitoba Funding Initiative

Manitobans with spinal cord injuries are benefiting from new services and initiatives through the “Going Forward Together: The Government of Manitoba’s Contribution to Spinal Cord Injury Leadership in Manitoba, a 20th Anniversary Legacy Initiative.”



Gord Mackintosh, Minister of Family Services and Housing, Premier Gary Doer, Rick Hansen, and Art Braid, Director on the board of CPA Manitoba

As reported in the Summer 2008 edition of ParaTracks, the Rick Hansen Foundation, in partnership with the Canadian Paraplegic Association (Manitoba) Inc., has collaborated with the Government of Manitoba and its commitment last year of \$3 million over five years to address unmet needs of Manitobans living with a spinal cord disability. “Manitobans were touched and inspired by Rick’s Man In Motion World Tour and we mark its 20th anniversary by continuing to support his vision,” said Doer. “We also recognize the incredible work that is being achieved in spinal cord research and we’re going to continue supporting these efforts by contributing \$3 million for more research and quality-of-life initiatives that help to improve the lives of Manitobans living with a spinal cord injury.”

Funders in this unique partnership include the Government of Manitoba Departments of Family Services and Housing; Intergovernmental Affairs; Science, Technology, Energy and Mines; as well as The Manitoba Public Insurance Corporation and The Workers Compensation Board of Manitoba.

The Government of Manitoba’s investment,

administered by the Canadian Paraplegic Association (Manitoba) Inc., has facilitated the following initiatives outlined in the Going Forward Together Agreement: increasing direct service delivery capacity through the hiring of two new CPA Rehabilitation Counsellors; creation of an NGO Support Fund to ensure accessibility modifications to an individual’s residence to expedite discharge from the Rehabilitation Hospital; a new SCI Research Fund for SCI-related research projects; further development and administration support of the Manitoba Solutions Team; the creation of the Manitoba SCI Research Committee; and connection to the national SCI Solutions Network.

Through the support of local volunteer SCI stakeholders, two committees oversee the areas of research and community solutions in Manitoba: the Manitoba SCI Research Committee and the Manitoba Solutions Team.

Manitoba SCI Research Committee

“We are grateful for the funding support to assist Manitoba Researchers to advance research that improves the quality of life for those with spinal cord injuries,” said Dr. Grant Hatch – Chairperson for the Manitoba SCI Research Committee (MSCIRC). This first year the MSCIRC reviewed Operating Grant Proposal submissions and awarded funding to the top 6 local research projects that involve the following research:

- ♦ *Examine* qualitatively the effect of assistive technology devices and services on the ability to promote (or hinder) young Manitoba SCI patients to participate in physical and social environments.
- ♦ *Examine*, in a randomized multi-center double blind clinical trial, the effect of nabilone (a synthetic THC cannabinoid) on reducing spasticity (muscle tightening, involuntary movement etc.) in 40 SCI patients from 4 centers.
- ♦ *Examine* the potential ability of propriospinal



neurons found around the site of a spinal cord injury, to re-establish neuronal connections and allow transmission of signals from the brainstem to areas below the spinal cord damage.

- ♦ **Examine** lung air volumes produced and peak expiratory flow rates achieved using lung volume recruitment (LVR) techniques with a modified manual resuscitation bag, in patients with SCI, to document if the manual LVR technique has breathing benefits to individuals with SCI for prevention of respiratory complications.
- ♦ **Examine** if transplanting specific neurons, that contain serotonin (5-HT neurons involved in locomotion), from the parapyramidal region of the brainstem into the spinal cord of paraplegic rats will improve the recovery of walking movements.
- ♦ **Examine** if a custom fitted backrest support generated by a mold prepared from an SCI patient will provide superior trunk support, correction for hunched over posture, relieve back pain and improve quality of well being of the patient in comparison to a commercially available backrest support.

Manitoba Solutions Team

“The Manitoba Solutions Team (MST) looks at ways of solving gaps in service support for Manitobans with SCI,” said John Wyndels – Chairperson for the Manitoba Provincial Solutions Team. “One example of how the MST accomplishes this goal includes our reviewing submissions and awarding Quality of Life Grants raised through the Rick Hansen Wheels in Motion event held in Winnipeg each year. The latest recipient of this funding was the project ‘Preparing Canadians with Disabilities for Their Critical Role in Society’. This project involves CPA hiring a person with an SCI as a contract trainee for a one-year term position to receive ‘on-the-job training’ in the area of rehabilitation counselling,” said Wyndels.

This collaboration between the Rick Hansen Foundation, CPA (Manitoba) Inc. and the Government of Manitoba is showing results for Manitobans with spinal cord injury and there will be further progress as the “Going Forward Together: The Government of Manitoba’s Contribution to Spinal Cord Injury Leadership in Manitoba, a 20th Anniversary Legacy Initiative” continues.

~ Ron Burky ~

Will to Win Gifted Professorship

Over the past twenty-six years, the Will to Win Classic golf tournament has raised more than \$1,000,000 for spinal cord research in Manitoba. These funds contributed significantly to the establishment of the Winnipeg Spinal Cord Research Centre and provided salary support for several talented young scientists, known as Will to Win Scholars.

This year marks the beginning of a new chapter of support for spinal cord research, namely the establishment of a “gifted professorship” in the Department of Physiology in the Faculty of Medicine at the University of Manitoba.

Funds raised by the Will to Win tournament will be used to recruit a new scientist to join the others at the Spinal Cord Research Centre. A worldwide search will be used to find the best and brightest scientist. Tournament and sponsor’s funds will provide stable salary support for the “Will to Win Professor” and help create a new state-of-the-art laboratory dedicated to spinal cord research.

We applaud the tremendous efforts and the successes of tournament chair, Dr. Jan Brown, the Will to Win board and the many sponsors and participants. Their fundraising is bringing the dream of finding a cure for spinal cord injury much closer. For more information about Will to Win, go to:

<http://scrc.umanitoba.ca/willtowin>.

~ Dr. Dave McCrea ~



***Dr. Dave McCrea,
Director of Spinal Cord Research Centre and
Dr. Jan Brown,
Chair of Will to Win Committee***



Hunting from a Wheelchair

Migratory Game Birds

After almost nine years of to-ing and fro-ing with the Canadian Wildlife Service (CWS), the federal government has finally changed the regulations to allow a mobility impaired (their words) hunter to discharge a firearm from a stationary vehicle while hunting migratory game birds.

The regulation changes are for the most part based on the Manitoba model for permit requirements for disabled hunters wishing to hunt big game. The following is an extract from the Regulatory Impact Analysis Statement prepared by the CWS.

"The regulation provides an exception to the general prohibition against hunting migratory birds from vehicles, including aircraft, sailboat or powerboat, to allow a hunter who is mobility-impaired to hunt migratory birds from a vehicle that is stationary, *provided*:

- 1) that they qualify to hunt from a stationary vehicle under a scheme for mobility-impaired hunters set up under the provincial hunting legislation, or
- 2) they have an appropriate medical certificate as required in these amendments.

The changes to the Regulation will benefit mobility-impaired hunters who previously were not permitted to hunt from stationary vehicles. The changes are not expected to result in any significant environmental costs or costs to the government."

Hunters are reminded that other than this exception, they must meet all other requirements of the regulations for hunting migratory game birds.

As migratory game birds come under the auspices of the federal government, this change is nation-

wide. Provinces and Territories will have different ways of implementing this change. For example, in Manitoba, the mobility restricted hunter will have to apply to the Manitoba Conservation Office for a permit to hunt migratory game birds to accompany their federal migratory game bird permit. The following extract from the Regulatory Impact Analysis Statement covers all jurisdictions.

"For provinces and territories that authorize mobility-impaired hunters to hunt, the mobility-impaired hunter is required to have that authorization together with the federal migratory bird hunting permit in their possession while hunting. In provinces and territories that do not allow mobility-impaired hunters to hunt from a stationary vehicle, the hunter needs to have a certificate from a licensed medical practitioner together with the migratory bird permit in their possession while hunting. "

Having said all that, I must thank a number of people and organizations for their support and help in accomplishing this change. First thanks to the executives, past and present, of the Manitoba Wildlife Federation and the staff, past and present, of the Manitoba Conservation Office (MCO) for their support of this matter. Secondly thanks to Gord Graham and Bob Carmichael (both retired from MCO) for their support and guidance. Without their help this change would not have happened. Last but not least the new management at CWS and the staff there who put a lot of work into this change.

OK all you able-bodied migratory bird hunters, there's no excuse now why you can't take a mobility restricted buddy out duck hunting.

~ Arnie Sakolinsky ~

"Opportunities multiply as they are seized, they die when neglected." ~ John Wicker

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GOLF MAGIC ~ Butch & Harold's Story

This is a story from Butch Hochman.

Last August, just prior to a long awaited golf trip, my closest golfing buddy (Harold) contracted an infection on his spine and became a paraplegic. After the initial shock, I came to believe that getting Harold golfing again would be an important part of his recuperation. I started looking on the internet and was surprised to find a great deal of information on golf for the disabled. The American Disabilities Act prompted much of this interest, as it required all public facilities, including golf courses, to provide goods and services to people with disabilities on an equal basis to the rest of the general population. One of the major tools developed to comply with this legislation was the adaptive golf cart. These are single rider golf carts with hand controls; a swivel/elevating seat; and turf friendly weight distribution, tires and suspension. They can go anywhere on the golf course – tee boxes, fairways, bunkers and greens.

Harold and I now had a focus for our project.



We approached Peter Ewert, the manager of our club, (Larters Golf & Country Club) and were very encouraged by his positive and enthusiastic response. We all agreed that we were interested in developing a program for all who could benefit from an adaptive cart, including Harold. Limited mobility was the common element linking individuals with paralysis, muscular and neurological disorders, amputations and the increasingly large number of seniors who suffer with arthritic and stamina issues.

Harold, Peter and I began working on an action plan; first to acquire an adaptive cart and then to build a coalition of interested parties to promote its use. The list of potential participants is extensive. Agencies from the golf community, various health/rehab. services and seniors advocates all share an interest in promoting this project. As this will be a demonstration or pilot project, some initial funding will be required. All monies generated from the rental of the cart will be used to cover the operating costs, training opportunities and to promote the expansion of adaptive cart availability at other courses.



In the spring of 2007, we approached The Active Living Alliance for Canadians with a Disability – Manitoba (ALACD) to explore a collaborative partnership highlighting the Adaptive Golf Cart. ALACD is a non-profit organization whose goal is to promote inclusive, active living opportunities for Manitobans with disabilities. After learning about ALACD and meeting other interested community organizations, a partnership was developed with ALACD to develop and implement a program we now call MAGIC: Manitoba Adaptive Golf Initiative Collaboration!

The first demonstration was held on September 13, 2009. Adaptive Golf Clinics will be offered over the next few months, free of charge. We have also added the indoor Golf Dome to our list of partners, so the Adapted Cart will be available throughout the Manitoba winter months!



There are numerous websites that are very informative regarding golf for the mobility impaired:

Active Living Alliance for Canadians with a Disability
 Association of Disabled American Golfers
 Canadian Amputee Golf Association
 Disabled Sports USA
 Mobility Golf
 Mobility Impaired Golf Association
 National Alliance on Accessible Golf
 National Amputee Golf Association
 National Center on Accessibility
 The National Center on Physical Activity and Disability
 Rules of Golf for Golfers with Disabilities

Solo-Rider – manufacturer
 USGA Resource Center for Individuals with Disabilities

www.ala.ca
www.adag.org
www.caga.ca
www.dsusa.org
www.mobilitygolf.com
www.migolf.org
www.accessgolf.org
www.nagagolf.org
www.ncaonline.org
www.ncpad.org
www.usga.org/playing/rules/golfers-with-disabilities.html
www.solorider.com
www.resourcecenter.usga.org

The MAGIC Experience ~ Scott Coates ~

The **Manitoba Adaptive Golf Cart Initiative (MAGIC)** experience is an important step towards independence, inclusion and active living and individuals with limited mobility will be able to benefit from the MAGIC experience. Recreational activities develop independence and independence creates a stronger self-esteem. The return to an active lifestyle can be accomplished through activities such as MAGIC.

I was fortunate to try the MAGIC experience during my visit with Butch and Harold and the cart was very user friendly. I was able to anchor myself comfortably and swing my club nice and freely. The seat belt helped maintain my balance without worrying that I would lose my balance and foot positioning. The golf cart allows the individual to transfer easily from driving position to the ready position when swinging a club.

The MAGIC experience provides individuals with social, psychological and physical benefits. I believe that the cart

initiative will allow individuals to play the game they love to play. Disabilities do not limit an individual to achieve their dreams and with the hard work of individuals like Harold, Butch, and many other dedicated volunteers, Manitoba golfers with disabilities can maintain and return to a life of sand traps, water hazards, birdies and holes-in-one.



Bridging the Gap

Bridging the Gap is a recruitment and development initiative of the Manitoba Wheelchair Sports Association.

The program is designed to introduce and support continued involvement of individuals with physical disabilities in wheelchair sports and recreational opportunities, promoting an active healthy lifestyle and improved quality of life.

Individuals with physical disabilities are invited to attend **"Have A Go"** events where they are introduced to a variety of different wheelchair sports in a fun and informal atmosphere. Current wheelchair athletes demonstrate sports and share their stories of getting involved and being physically active. Once individuals have identified a sport that inter-

ests them, they can participate regularly in a developmental program.

MWSA Have-A-Go Days (HSC Rehabilitation-Joe Doupe)

DATE TIME LOCATION

Wednesday, December 9, 2009 2:00-4:00 Joe Doupe
 Wednesday, January 13, 2010 3:00-5:00 Joe Doupe
 Wednesday, January 27, 2010 3:00-5:00 Joe Doupe
 Wednesday, February 10, 2010 3:00-5:00 Joe Doupe
 Wednesday, February 24, 2010 3:00-5:00 Joe Doupe
 Wednesday, March 10, 2010 3:00-5:00 Joe Doupe

For more information, contact the MWSA Program
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The Rehabilitation/Vocational Journey

Welcome to the Rehabilitation/Vocational journey. We all remember the buzzing of the alarm clock as we ready ourselves for school and the workplace. The Rehabilitation/Vocational program of Manitoba Family Services and Housing, through the Canadian Paraplegic Association (Manitoba) Inc. (CPA), offers a wide range of employment and educational services that help individuals with spinal cord injuries prepare, obtain, maintain, and return to independent living.

CPA members ask me all the time, "What is the vocational program and how can it relate to me". The counsellors at CPA help members become independent and as self-sufficient as possible. The rehabilitation/vocational journey involves a host of changes. This is an adjustment for individuals with a spinal cord injury. Counsellors and members at CPA explore a variety of vocational and employment options.

The Goal of the Rehabilitation/Vocational Journey

The CPA counsellor supports and encourages members to explore a variety of realistic, obtainable, and manageable goals that focus on an individual's skills, interests, and abilities. Progressing towards a goal includes returning to pre-injury employment, exploring a new occupation, or pursuing an educational plan. The most important goal the member/counsellor develops is a basic understanding that options exist despite having a disability. Anything is possible!

The member and the counsellor will take the rehabilitation/vocational journey together and throughout the counselling process, the member will receive three essential supports.

These supports focus on:

1. **Ongoing personal support** – through continuous contact, encouragement, and monitoring of client progress.
2. **Financial support** – seeking appropriate funding focusing on educational and employment training, equipment, and modifications to the workplace.
3. **Advocacy** – counsellors can help members overcome barriers and support members to achieve

educational and employment goals.

Opening the Doors to Vocational Opportunities

The role of the rehabilitation/vocational counsellor is to assist our members when choosing the best career path. The counsellor will support the individual to overcome emotional and physical obstacles that may prevent individuals with spinal cord injuries pursuing their goals. The rehabilitation/vocational process assists CPA members to develop realistic and attainable career goals without ever losing sight of their dreams. Opening the doors to vocational opportunities can best be described by our members.

~ Scott Coates ~

Amanda Cunha

"Four years ago, on September 11, 2005, I got into a car accident causing an incomplete break in my neck (C4, C5, and C6). I had just begun my last year of high school and had never really worried about what I might do afterward. It was not until I attempted waitressing that I realized my body was not going to be able to handle those types of jobs any longer. I knew I was going to have to go back to school.

When looking into post-secondary education, research becomes extremely important. If you are thinking about going back to school you need to look into different schools as much as you can to find one that really suits you and your personal needs. I found one that offered a number of programs, which I believed would work well with my interests. The Canadian Paraplegic Association (Manitoba) Inc. offered their personal support as well as financial assistance. It was so nice to have a whole foundation backing me up and encouraging me to move forward... to grow into this whole new person whom I am today.

I began studying Animation Art & Design at The Art Institute of Vancouver in October, 2007. It was an incredibly difficult two year course. Moving away from all of my family and friends back in Winnipeg was a struggle. Luckily, I have always been rather loud and outgoing so I did not feel lonely in BC for too long. Vancouver's high prices for... well, nearly everything continues to bum me out, but I figure it is all part of the starving artist experience. The long hours and all-



The Rehabilitation/Vocational Journey

nighters had a tremendous effect on the pain in my neck and back. The thing about working your way into a career as opposed to some random high school job is you need to not worry about how much money it will make you--chose something that you will be passionate about! My passion for the things I was learning drove me to keep at it... otherwise I do not think I would have survived. My spinal cord injury made me have to work quite a bit harder than my fellow students, because I was not just dealing with homework and projects. I assure you though, that when I graduated in June 2009, it felt rewarding on a whole other level... “

Nathanael Sawatsky

I really didn't know what I wanted to do when I started university, so I took a variety of courses that looked interesting. I chose to go to the University of Winnipeg, because the campus was smaller than the University of Manitoba, and I liked that I wouldn't need to fight with snow between classes. They also have sheltered parking available for students with disabilities. Sadly, as the campus expands, these things will become more of a problem for future students with disabilities. In my second year I chose to major in Political Studies, and I think a great interest in current events had a lot to do with that decision. Near the middle of my third year, I realized I had a lot of credits that would transfer over to the business administration department, and ended up taking enough classes there to fulfill the requirements for a three-year degree in that as well.

With the job prospects for someone with an Arts degree being what they are, I applied and got accepted to the Joint Master of Public Administration program just as I was finishing my B.A. It just seemed like a natural fit, given the areas I had focused on as an undergrad. I have really enjoyed the program, and this summer, they announced a joint-venture between the Masters of Business Administration and Masters of Public Administration programs, so I am finishing the last year of my degree at the Asper School of Business.

My accommodations were quite minimal. Aside

from the great parking, I did my exams on a computer at the disability resource center (due to lousy handwriting abilities). Note-takers were available, but I brought my laptop instead. In regards to doing things differently, my personal interests have changed somewhat, and I would probably take more economics courses if I were starting over, but I'm happy with where I'm at.

The advice I would offer ParaTracks readers, who are entertaining the thought of pursuing post-secondary education, is to do it. Take a look at what's out there, find something that you are interested in, and go for it.

This is actually only the first year I've received Family Services and Housing and CPA's support, but I'm very grateful. Education can open lots of doors, and I think everyone should try to take advantage of it.

The Goal of Rehabilitation/Vocational Programming

Rehabilitation/vocational counselling helps individuals with spinal cord injury reach future destinations regarding career goals and opportunities. With the support of the rehabilitation/vocational program at CPA, individuals with spinal cord injuries have an opportunity to achieve success and independence. CPA members can become an integral part of the community, enjoying full participation in the vocation of their choice. Interested? The counsellors at CPA look forward to your call.

*The Staff At CPA Manitoba
Wish You The Best This Holiday Season!*





Collaborative Success

~ Laurence Haïen ~

Trevor Brown is the proprietor of Tailored Cabinets & Design, which manufactures and installs cabinets and other milled products for the residential and construction industry in the Pembina Valley. This widely-known, family-owned business has existed for eighteen years and is situated near Winkler, Manitoba. Trevor is married to Charlene; they have two children. Their eldest child graduated from high school in June 2009 and their youngest child began grade 9 in September 2009.

Trevor underwent a surgical procedure in December 2007, that resulted in an incomplete C-6 spinal cord injury. He was discharged from the Rehabilitation Hospital, Health Sciences Centre, on March 3, 2008. Trevor uses a power wheelchair with hand controls for mobility and requires assistance to meet his personal care needs.

During his physical rehabilitation and stay in hospital, Trevor was determined to return to work and, more importantly, to maintain the family business. Vocational planning to facilitate his return to work began before his discharge from hospital and involved the early involvement of his vocational counsellor and contact with the Canada Pension Plan Disability Program and the Vocational Training Program, Family Services and Housing.

Prior to his spinal cord injury, Trevor was directly involved in the design, cutting, assembly and installation of kitchens, typically working 12 – 14 hour days, and even more as required, in order to meet deadlines. Subsequent to his spinal cord injury, Trevor's physical limitations necessitated building access and automation of some of the business functions. He was now using a power wheelchair for mobility and required access to the second floor office as the main floor was dedicated to the production process. Because he could no longer perform the labour functions associated with cutting, assembly and installation of kitchens, the design and cutting functions had to be automated.

Planning to facilitate Trevor's return to work involved the participation and financial contribution

of many players, including Trevor and Charlene and their community. Trevor and Charlene developed a detailed business plan. CPA's Vocational Counsellor facilitated joint meetings between Charlene and Trevor, the Canada Pension Plan Disability Program and the Vocational Training Program, Family Services and Housing. Each program committed funds to provide disability-related supports and required training, including the purchase of a lift that enables Trevor's access to the second floor office space, the purchase of an industrial computer and specialized software that enables Trevor to design kitchens as well as coordinate the automated functions for the machining/cutting of his designs. The assembly, finishing, installation, and bookkeeping functions are performed by other staff.

Recently, the family had a paved walkway installed. This provides Trevor, particularly during Manitoba's inclement weather, with greater independence and easier access between the family home and business, which is situated on the same property.

The family business has been maintained and the family remains financially self-supporting. Trevor and his family are adapting to changed circumstances and, in some ways, have returned to a pre-injury lifestyle. This outcome would not have been possible without the early involvement of the vocational counselor, the determination and hard work of the Brown family, and the participation and financial commitment of the Canada Pension Plan Disability Program and the Vocational Training Program, Family Services and Housing.





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NORM MAGNUSSON RETIRES

Early this year, colleagues, family and friends gathered to bid farewell to Norm Magnusson on his retirement from the Department of Family Services and Housing.

Norm worked for many years in Dauphin for the Federal Government before deciding to move to Winnipeg and a job with the Vocational Rehabilitation Program. After the death of his wife, Norm was left with two young children to raise on his own and decided it would be easier to do that in Winnipeg. He faced many challenges as a single parent in a new job, a new home and a new community.

Clearly, he established himself quickly as a skilled Coordinator (and later Director) of the Vocational Rehabilitation Program, as a committed and caring father to his two children and a respected professional within the disabled community.

As Coordinator of the V R program, he was primarily responsible for the administration of the Vocational Training Fund – a Fund that was always limited in its annual fiscal capacity to meet the growing training needs of persons with a disability. Norm managed the fund with an uncanny ability to establish priorities for the allocation of the limited funds. He consulted the agencies widely and established a reputation for

being a fair and approachable “guardian” of these precious funds that enabled hundreds of recipients to achieve their employment and academic goals over the years.

As a father, he always put his children and family first and ensured that they were able to achieve their goals – taking great pride in their accomplishments as they grew into adulthood.



Norm also found time to meet his own needs. A skilled craftsman, he established “Mirror Images” and continues to create beautiful pieces of laminated mirrors that are shaped and colour coded to reflect the essence of the pieces. His work is seen in many homes, offices and as trophies at sporting events throughout Manitoba. Norm enjoys golf and excels at the game of curling, competing regularly

in the senior men's competitions throughout Manitoba.

Norm Magnusson has contributed much to the Vocational Rehabilitation Program in Manitoba and remains a respected and valued friend of CPA (Manitoba) Inc. Members of CPA (Manitoba) Inc. wish to congratulate Norm on his retirement and thank him for his many years of competent and caring service to Manitobans with spinal cord injuries.

~ Ernie Hasiuk ~

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*If having children or enjoying intimate relationships
are important priorities for you, then consider*

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Until recently, the only successful method for most men with spinal cord injuries to achieve sexual satisfaction usually involved hospitalized treatment. **FERTICARE® Personal** offers a better approach allowing men to achieve successful results and it does so without taking away the human need for private intimacy because it can be done at home, when they choose to.

The **FERTICARE® Personal** vibrator was developed by Multicept, in cooperation with specialists at Rigshospitalet (the University Hospital of Copenhagen, Denmark), in order to remove human sexuality from the hospital's control and place it with the individual, where it belongs.

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Sexuality and Fertility for Men and Women Living with a Spinal Cord Injury

Sexuality is multifaceted; it encompasses all the feelings, attitudes and behaviours that contribute to a person's own sense of womanhood or manhood. How a person feels about sex and the ability to have sex can be very important, but priority may change during various times in their lives. Sexuality is expressed through physical and emotional intimacy, and an essential component of all of us, no matter what our gender, age, health and physical ability may be. It also includes the area of a person's desire or interest to be sexual either alone or with a partner.

Since a spinal cord injury (SCI) affects virtually every system of the human body, many people who sustain an SCI have serious concerns about how their injuries have affected their ability to participate in and enjoy a sexual relationship. A spinal cord injury is a life changing event but does not decrease a person's sexuality and rarely does it destroy his or her interest in being sexual. Each person with an SCI has the right to be a sexual person and should have the opportunity to have knowledge about sexual changes and to make informed choices about appropriate options.

Sexual Function for Women with Spinal Cord Injury

Women with SCI should not hesitate to get professional advice if they experience issues related to sexuality. For example, a CPA counsellor or a psychologist can help resolve problems with self-adjustment and relationship issues.

If there are concerns with bowel, bladder or skin care management, a rehabilitation nurse can be an excellent resource. A physiatrist (doctor who specializes in rehabilitation medicine) can be an educational resource for women and help them manage medical issues. In addition, a physiatrist can recommend a urologist and gynecologist knowledgeable on issues related to sexual and reproductive health for women with spinal cord injury.

Sexuality does not have to change following spinal cord injury. Women with SCI can still express sexuality both physically and emotionally. However, it is important for women to understand the impact their injury has made on their mind and body through education and prevention of spinal cord related complications. Once a woman with SCI is confident in managing areas of concern and preventing potential problems, she will feel comfortable in exploring, expressing, and enjoying all aspects of sexuality regardless of her level of injury.

Sexual Function for Men with Spinal Cord Injury

The type of spinal cord injury is an important factor on how the injury affects a man's sexuality on a physical, emotional and psychological level. Following SCI, men are faced with changes in relationships which impacts on sexual activity, and their ability to biologically father children. All of these issues involve both the man with SCI and his partner. With this in consideration, it is important to understand and confront these issues as part of the overall sexual rehabilitation.

Fertility

Men with SCI who are interested in fathering a child should get medical advice and treatment from a fertility

specialist experienced in issues of spinal cord injury and methods that can improve fertility in men with SCI. A major risk in men with SCI is autonomic dysreflexia (AD). AD is a potentially life threatening medical complication that can occur in injuries at or above T6. It is an overreaction to the nervous system to an irritating stimulus below the level of injury. In someone with SCI, sexual activity can be irritating to the nervous system. Symptoms of AD can be sweating, chills, and headache. In some cases, AD can lead to dangerously high blood pressure levels, and this complication if left untreated can lead to stroke, seizure, or even death.

Sexuality and fertility issues for men and women with SCI are complex and this article cannot address all issues. To receive more detailed information, including:

- ~ Sexuality - Special Concerns for Women
- ~ Various Treatments and Products Available for Men
- ~ Male Fertility - Guide and Resource Directory
- ~ Recommended readings for methods on achieving pregnancy

Please call Nicole Dubois at 787-2365

Nicole Dubois RNBNCRN (c)
Nurse Clinician RR2 Spinal Cord Injury
Outpatients Clinic Rehab Hospital



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No Barrier Access and Winter Safety for Users of Mobility Devices ~ P.A. MacDonald ~

Have you ridden a Winnipeg Transit bus lately?

Many people are not aware that they have already converted almost 2/3 of the fleet to low floor, accessible buses. The ability of people who require mobility aids to have a more flexible freedom of movement has enriched and enabled a much more active lifestyle. During the warmer months, public transit is often easier to use than booking trips with a wheelchair transport service. It can also be much less expensive.

In 2006 Winnipeg Transit started a program where registered Handi-Transit users who require the use of wheeled mobility aids would receive an invitational letter

to be presented at the Winnipeg Transit office on Osborne St. The applicant would be photographed and issued a special, 3 year transit pass that is non transferable. It entitles the bearer to free passage on any regularly scheduled Winnipeg Transit bus, any time of the night or day.

The option to use regular transit buses may not work for everyone. If one is using a manual wheelchair, they must have the strength to board the bus via the access ramp that the driver lowers. A power chair user must have the ability to maneuver in tight spaces, and the ability to park out of the main aisle fairly quickly. It takes a little practice, but it is not hard to learn.

DID YOU KNOW THAT....

- ~ Your bus driver needs to know where you want to disembark.
- ~ Under the two forward facing seats that lift up; there is a wheel lock mechanism for manual wheelchairs. You merely back into it until the wheel locks into place. Pull the lever to release it.
- ~ For power chairs the safest way to park is behind the driver, facing the back of the bus.
- ~ On a moving vehicle, a sudden stop or sharp turn can often cause an unsecured wheel chair to go on an unplanned journey. Most power chairs have an
- automatic wheel lock when the power is off, but it has been known to fail. Holding on to a bar is as important to you as it would be to a standing passenger.
- ~ Some bus drivers get upset (with good reason) if you try to make your way to the door while the bus is still moving.
- ~ Wearing your seatbelt gives you a safety option none of the other passengers have.
- ~ When you are approaching your stop, the Stop Ringer button found under the flip up seat will send a special ring so the driver knows that he has to lower the ramp.



In the warmer months, the ability to get around like most other people greatly encourages more spontaneity and greatly expands leisure and shopping choices. I would not recommend it for going to and from work, especially if you are required to start at a certain time. Buses have very limited space for wheelchairs and often, you could get stuck in bad weather and have to let a few buses pass you before one comes along with room.

Winter Riders Must Be Hardy

In the winter months, the rule of thumb would be not to try using the buses unless you have to. There are many factors that are unique to winter travel that you will have to contend with. In extreme weather, it could mean Life or Death. Planning ahead is a must. Some factors you need to consider are:

~ This is Manitoba, home of the extreme. Dress as warmly as possible and wear something on your head. We lose a lot of body heat through the top of our heads.



- ~ Waiting Time – in extreme wind chills a person in a wheelchair cannot stomp his or her feet and move around to generate heat. You may know when your bus is coming, but you cannot know if there will be room for you.
- ~ Even if your bus stop is clear, you cannot know if the one at your destination will be passable to you. The driver may have to go past your desired exit point, forcing you to back track.
- ~ If the driver has to lower the ramp to street level, be very careful embarking. The slope is steep and the whole chair tilting backward is very possible, even in power chairs. Lean forward to shift your weight and center of gravity.
- ~ When the snow is soft, it is very easy to get stuck. If possible, get the driver to let you off on bare pavement.
- ~ Are your power chair and cell phone batteries fully charged? Even if you are taking the bus, cold weather is very hard on batteries and they will drain much more quickly than in the summer.



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- ~ The Winnipeg Transit office on 421 Osborne
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For more information you can access the Winnipeg Transit Website: <http://winnipegtransit.com>

Try out the Ultra Cool Navigo Trip Planner on the Winnipeg Transit Website.

It is very good for planning winter adventures and summer safaris!

Don't have a computer or Internet? Not a problem, the phone still works well!

Call the City of Winnipeg Services Information Line: 311

Handi-Transit Tickets - Book of 10 for \$20.00

Available in many locations around Winnipeg including:

- ~ Safeway stores
- ~ Hospital Information Booth, Health Sciences Center
820 Sherbrook St.

H1N1 - Some Common Sense Prevention

As the media stories mount regarding flu season and H1N1, the plethora of information can be downright confusing if not completely contradictory. It is important to sort out the facts from fiction and to have some useful guidelines.

During this coming season, whether dealing with the "regular" flu or H1N1, there are some common sense ways to stay healthy or recover quicker. For prevention, in case you have not been told enough, wash your hands. Now do it again. It bears repeating as it is probably the single most important prevention strategy. Other good preventative measures include good nutrition, adequate rest, adequate fluids, and exercise. If you smoke, stop, or at least cut down. Smokers have much more vulnerability to acquiring respiratory infections like the flu and H1N1 and much more difficulty recovering from them.

If you are feeling ill and need medical attention, ask yourself if it is emergent, which requires a trip to your local emergency room, or if this is something that can be han-

dled by your general practitioner. Remember that in the emergency room you will be triaged and your wait time will be based on your symptoms, not on a "first come first served basis." If you have difficulty breathing, a high fever or other acute symptoms, you need to go to an emergency room. Remember as a person living with an SCI your respiratory system is particularly vulnerable so be very aware of changes.

If you have symptoms that have developed over a few days such as a stuffy nose or sneezing, and maybe a cough, but you have no fever or difficulty breathing, you likely have a cold which can be treated with rest and fluids. If symptoms persist over time, then contact your health care practitioner. If you can avoid crowds during flu season then do it. Limit your exposure to crowded public places (including waiting rooms) whenever possible!

Remember prevention is your best bet so make sure you get your vaccination, take care of yourself, and wash your hands.

Shannon Guerreiro

Manager of Patient Care
HSC Adult Emergency

Tax Update ~ Greg Winmill ~

For years, persons with disabilities have been able to claim modifications to their home under the Medical Expense Tax Credit (METC). Of course this only applies to reasonable modifications to allow a person with a disability to be more functional within their home. This year the Government introduced the Home Renovation Tax Credit (HRTC) as a way of stimulating the economy during the recession. One savvy CPA member posed the question "can modifications eligible for the METC also be eligible for the HRTC"? When CPA was first contacted about this question the general consensus was that it would be difficult to get a clear and concise answer. **However**, a quick Internet search of the Canada Revenue Agency website provided the answer. The information section on the Home Renovation Tax Credit has a questions and answers section. Here can be found the answer. "Where an eligible expenditure qualifies for the METC the individual will be permitted to claim both the METC and the HRTC for that expenditure."

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Both items for \$1250
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CPA Manitoba Welcomes . . .

Gail Burnside, Rehabilitation Counsellor, Hospital Services

I was born and raised in Winnipeg. I completed a Bachelor of Human Ecology, majoring in Family Studies. During my twenty-seven years in the health care field, I have been privileged to serve adults with various physical, emotional and cognitive impairments. I have worked in an acute and day hospital setting, personal care facilities and as a manager of a community based Adult Day Program. Many, many years ago, I was a volunteer with the Manitoba Wheelchair Sports and Recreation Association. Who would have thought that I would return to my roots, so to speak, and obtain a position with CPA? I look forward to meeting and working with the members of the Canadian Paraplegic Association (Manitoba) Inc.



Maureen Sullivan, Rehabilitation Counsellor, Vocational Services

I started my employment with CPA in August 2009, in a six month contract position as a Vocational Counsellor. So far, each day brings challenges, joy and surprises. I am excited to come to work each day.

I retired after eighteen years of employment as a vocational counsellor with the Workers Compensation Board of Manitoba and enjoyed retirement for about three years. I became aware of this term position and thought it would be a great opportunity and challenge. I am pleased to say that my expectations have been met. I am looking forward to meeting everyone and working with the members of CPA.



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

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Cecil Smyth

Norma Amadeo

John Kingzerski

Assunta Principe

Beverley Davis

Edward Burns

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Margaret Trynacity

*Remember to Drive Safely this Holiday Season
and Please Don't Drink and Drive!!*

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

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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.

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