

INFORM



The Cerebral Palsy Association of Manitoba

OCTOBER 2016

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OUR NEW HOME...

It was a busy summer in the city. After 11 years at 500 Portage Avenue, CPAM needed to find a new home. So after looking at many potential locations, we chose the Exchange District.

Our new office is in the Electric Railway Chambers Building, located at the corner of Albert Street and Notre Dame Avenue. It is a corner

office, on the 9th floor, which we share with a division of the March of Dimes. The bonus feature is that Sarah and I have large windows overlooking Portage and Fort. Come down for a visit, the building is accessible and a beautiful architectural example of Winnipeg's rich history in the area.

On January 17th, 2017, we are going to have an open house from 4:00 pm to 5:30 pm.

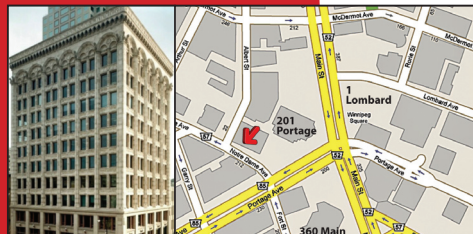
CPAM HAS...

Please update your records
Effective immediately
our new address is

903 - 213 Notre Dame Avenue
Winnipeg, MB
R3B 1N3
corner of Notre Dame & Portage



The Cerebral Palsy Association of Manitoba
204-982-4842 Main line
204-982-4811 Bike Race Coordinator
Toll free 800-416-6166
Fax 204-982-4844



CPAM is at the end of the hall on the Ninth floor, Suite 903.

Parking Options

- 1) Loading zone out front
- 2) Loop at 201 Portage
- 3) Street parking on Notre Dame & Albert
- 4) Parkade behind building off Albert. Walkway to building from the parkade is on the third level.

CEREBRAL PALSY ASSOCIATION OF MANITOBA ANNUAL GENERAL MEETING (AGM)

Date: Saturday, November 19, 2016
Time: 1:00 – 3:30 PM
Place: Canad Inns – Fort Garry
1824 Pembina Hwy
Ambassador Room A

You must be a current paid up member to vote at the AGM. There is no cost to attend the AGM but please Phone/email your attendance by November 15, 2016.
1-204-982-4842, 1-800-416-6166,
office@cerebralpalsy.mb.ca

PROGRAM (times are approximate)

- 1:00 – REGISTRATION – socializing, snacks, beverages
- 1:20 – President's Welcome and Remarks
- 1:30 – Demonstration of HANA - A cellular Based device to control a home environment.
- 1:55 – Break
- 2:10 – Presentations
- 2:30 – AGM & Reports
- 3:20 – Closing remarks
- 3:30 – Board of Directors meeting – Election of Executive

(204) 982-4842 • FAX (204) 982-4844 • 1-800-416-6166 (MB. only)
www.cerebralpalsy.mb.ca • EMAIL office@cerebralpalsy.mb.ca

CPAM ANNUAL BBQ

After two years of being washed out by rain, we had our annual BBQ/Picnic on September 17th. We changed a few things and had an indoor/outdoor space at Crescentwood Community Centre on Corydon.

With good weather and having a "back up" plan, over 80 members came out to the BBQ. The joint was jumping, with 2 hours of prize-winning bingo, the fish pond, and the frog toss. Thank you to Roy Dela Cruz & his family for the delicious spring rolls, pancit, and sweet crispy treats! They were a big hit.

To top off our afternoon, we had a candy bar, and despite not having everything (apologies to our Kit Kat loving member!) we had 8 different types of candy to gather and take home.


Tell us what you thought! Stick with the indoor-outdoor approach or try a park again? Feedback about activities is always welcome.




Cerebral Palsy Association of Manitoba HOLIDAY BOWLING PARTY

WHERE: Academy Lanes
394 Academy Rd., Winnipeg, MB
WHEN: Sunday, DECEMBER 11, 2016
TIME: 12:30 – 3:30 PM





 Come out to celebrate the Holiday Season with good friends, good food, and good fun. Contact the office immediately if a sign interpreter is needed.

 Bowling CHRISTMAS PRIZES TO BE WON. COST is FREE for Members & their personal attendants or interpreters.

 Space is limited – RSVP EARLY

 **DEADLINE DATE to RSVP**
– Wednesday, DECEMBER 7, 2016

 Contact the office to register at:
204-982-4842 or 1-800-416-6166
Email - davidk@cerebralpalsy.mb.ca

 Pizza & Snacks will be served.
Please notify us of any food allergies or dietary considerations.

WESTMAN NEWS & NOTES



A NEW SCOOTER FOR BRYCE

Bryce was the recipient of an equipment grant... you're looking good, Bryce!

SAVE
THE DATE

SATURDAY
MARCH
18th, 2017



The Cerebral Palsy Association of Manitoba
24th Annual Westman Stationary Bike Race



CPAM AT THE GOLDEYES GAME



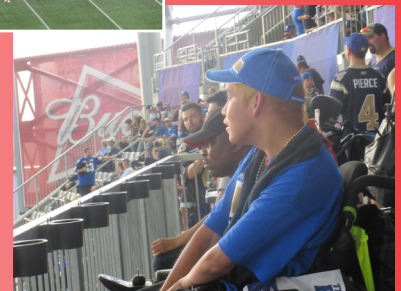
It was a busy time in the summer...CPAM at the Goldeyes Game.

On July 13th, over 30 members came out to watch the Goldeyes win over the Sioux City Explorers. Unlike last year, (when the thermometer reached over 30° C), it was a perfect evening! Thanks to the members who suggested purchasing seats under the canopy, that was a great idea. Everyone enjoyed the game, a hotdog and made new friendships.

CPAM AT BLUE BOMBER GAMES

It was a busy time this summer! Members had two opportunities to go see the Blue Bombers, once in preseason and once in the regular season.

We had over 40 members out enjoying pro football, even with the hour "lighting delay" during the preseason game against the Montreal Alouettes! Then we watched a loss in the first home game of the season. I am sorry I didn't pick a game during the 7 win streak, who would have guessed that! GO BOMBERS!



SAVE THE DATE

**SATURDAY
MARCH 11th
2017**

Cerebral Palsy
Stationary
**bike
race**

The Cerebral Palsy Association of Manitoba
28th Annual Winnipeg Stationary Bike Race



A PRIZE DAY STORY

On June 3, Prize Day was hosted for the first time by the United Firefighters of Winnipeg, Local 867, sponsors of the Race from the get-go. Their head office on Garry Street provided a sunny space for the event.



Retired firefighter Jeff Bruce, captain of the Mad Hatters in 1989 has been cycling and fundraising for 27 years. Alex Forrest, Captain and President of UFFW, Local 867 took the opportunity to pledge an additional \$1500 in Jeff's honour. He also handed out challenge coins to the children and young people present. Traditionally, these coins are given out to survivors at fires and within the firefighting community, with a challenge to execute a certain task: do the best you can do.



CPAM's success is dependent on continuity and commitment from folks like these plus families, individuals, corporations, companies, co-workers and special friends who make up the bike teams and fundraise for CPAM. Our survival is dependent on their efforts.



Great-West Life was the top fundraiser, for the fifth year in a row, exceeding their own expectations at over \$35,000. Investors Group placed a strong second and Taylor McCaffrey jumped into third place. All three company teams also sponsor the race. Members of each team received gift certificates from McDonalds.

Every year, as coordinator of the Stationary Bike Race, I solicit prizes from individual companies like the Oakwood Café and Out of the Blue, from institutions like the Manitoba Opera and from individuals like quilter Betty Ann Bertrand, from Rapid City, MB. As our top individual fundraiser for the umpteenth year in a row, Grant Mitchell, a member of Taylor McCaffrey team was awarded the glorious home-made quilt donated by Betty Ann Bertrand. Jeff Bruce received season's tickets to all Winnipeg Blue Bomber football games. Charles Henaire, Deputy CFO, Chief Accounting and Control Officer of Great-West Life was awarded an Osborne Night Out: with gift certificates for dinner and dress-up courtesy of Out of the Blue.



Using a donation from Red River Cooperative, we developed a Red River Cooperative Family Prize: two-\$250 gift certificates, to be used on gas, groceries or pharmacy at any of the Red River Co-Op gas bars or grocery stores. The new prize was awarded to the families, including one person with CP, who raised the most funds without the benefit of corporate matching funds.



Nicole Woelke, Chair of the Community Relations Committee handed certificates to Brett and Tara Birch and family. They brought in four teams of family, friends and young hockey players to raise \$16,000. Family members cycled hard and fundraised; members of the hockey teams brought in loonies and toonies, often going door-to-door in their quest for funds; others climbed down from the roofs to cycle.

Rachel and Scott Smith and family did things differently. They too raised \$16,000 using their single team to focus on intensive fundraising. Competitiveness is integral to their success, according to co-captain Rachel Smith. As well, Scott's mother Ruth Smith pledged \$1500 to each family member who cycled; her efforts were recognized with a dinner certificate.

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THANK YOU TO ALL SUPPORTERS:

- Cerebral Palsy Association Members
- MPI – Employee’s Jeans Day Participants
- Shevchenko School (Vita MB) - Graduation Class 2016
- Manitoba Hydro Employees – Selkirk & Interlake
- Manitoba Hydro Employees – Thompson
- Government of Manitoba – All Charities Campaign
- City of Winnipeg Employee & Retirement Fund
- Dr. Darcy Deacon Foundation
- Brandon Sun Jeans Day Participants
- Dreams Take Flight – Winnipeg
- Field of Dreams – Winnipeg Goldeyes
- The Jewish Foundation – Susan Rodgers Fund
- In Memoriam – Mr. Ron Light
- Rural United Way – Morden & District
- Rural United Way – Winkler & District
- Rural United Way – Altona / Gretna



A SPECIAL THANKS...

I recently received the following very special email:

“Good evening, my name is Morgan Secord. I participate in the Bike Race every year on Bruce Family and Friends. My cousin was Allyson Bruce who sadly passed away March of last year. My aunt (Susan Bruce) and my daughter Hannah wanted to do something special to remember Ally. They began to make hot/cold bears (I’ve attached a picture), from Ally’s pj’s. Hannah came up with the logo and name. They sold a bunch and Hannah would like to donate her earnings (\$50.00) in memory of Ally to the Cerebral Palsy Association of Manitoba. Hannah’s school division also gave her a citizenship award for participating in this project and have nominated her for a citizenship award for the province! Hannah is 8! Let me know when we can bring the cheque. — Morgan Secord”



Thanks for the love Hannah and Morgan!

EVERYONE NEEDS A FAMILY DOCTOR

Everyone needs a family doctor. Questions arise: Who do I go see? Is the office accessible? Are the treatment rooms accessible? It can be a challenging search.

Here are some resources:

Family Doctor Finder Program:
204-786-7111 (in Winnipeg) or toll free 1-866-690-8260.
<http://www.gov.mb.ca/health/familydoctorfinder/>

ACCESS Centres

The services in these one-stop community health centres are tailored to the needs of the area residents, making it convenient

for people to receive care close to home. Programs include: Primary Care, Public Health, Mental Health, Home Care, Family Services, Child & Family Services, Employment and Income Assistance, etc.:
<http://www.wrha.mb.ca/facilities/access.php>

These Centres are wheelchair Accessible and have either overhead lifts or portable lifts. They focus on a team approach with Doctors, PT, OT and others.

ACCESS Downtown

640 Main Street, Winnipeg, MB
(204) 940-3638

ACCESS Fort Garry

135 Plaza Drive, Winnipeg, MB
(204) 940-7100

ACCESS NorWest

785 Keewatin Street, Winnipeg, MB
(204) 938-5900

ACCESS River East

975 Henderson Highway
Winnipeg, MB, (204) 938-5000

ACCESS Transcona

845 Regent Avenue West
Winnipeg, MB, (204) 938-5555

ACCESS Winnipeg West

280 Booth Dr., Winnipeg, MB
(204) 940-2040

A PRIZE DAY STORY



*continued from
PAGE 5*

Fourteen-year old Dale Eckhardt delivered smiles to everyone when he was awarded the Chill-Out Chair, jointly funded by

Freedom Concepts and CPAM. The lucky young man has two mums. Now, he also has a chair, customized for him, that enables him to sit up independently and cheer for the sports teams he so loves. "This chair not only affords him independence but it will also give Ginny and I a break," says mother Michele Bertrand.



Before we broke for a catered Stella's lunch, the Association recognized two individuals whose efforts have made a difference. CPAM arranged for a customized

manual chair for Alexandra Michaels, a long-time member, role model, cyclist and friend for many of us in the Association. Alexandra lives life with CP, with joy and dignity. CRA upstaged us a little. They nominated Alexandra for the Governor General's Award for volunteerism, recognizing her years spent filling income tax forms for CPAM members, free. She's a whiz with figures.

Sandra Scott, mother, co-worker and long-time captain of the Great-West Life Team has been working at GWL for 28 years. She seems to know everyone and she's used that familiarity to our advantage. After a dozen years as captain, she is passing the mantle to Chad Fowlie who stood in for her this year. Thank you Chad and thank you Sandra.

In signing off, I'd like to say my own special thanks to everyone who attended the Prize Day event and to those who contributed their time, efforts and donations. Special thanks too to those of you who donated the prizes. Finally to David Kron and Kelly Hunter for their year-round efforts in helping me co-ordinate the Stationary Bike Race and Prize Day itself. Please join us again Saturday, March 11 2017 at the Wellness Institute, starting at 9:30 a.m. – **Sarah Yates-Howarth**

Kristin Collins
Community Relations Manager
Red River Cooperative Ltd.
10 Prairie Way
Winnipeg, MB R2J 3J8

Dear friends at Red River Cooperative Ltd.,

We would like to extend our sincerest thanks for the donation of the gift card our family was presented with at the Cerebral Palsy Association's Stationary Bike Race Prize Day. Being a part of the stationary bike race is very important to our family and our team, Ryder's Riders. We are proud to be a part of this event that directly impacts the lives of those living with cerebral palsy like our amazing son Ryder. Having just purchased a new accessible van, a gift card to fill our tank was a very fitting prize that we have put to good use over a busy summer filled with road trips, family activities and as much fun as possible. We are a pretty busy family of 6, always on the move be it on a road trip to Riding Mountain or to Challenger Baseball which Ryder was part of for its inaugural season this summer. Thanks so much for helping us get there!

Cheers,

*Joelle Scott Liam HA Y de h
Willa*



The Smiths



IT'S ABOUT INDEPENDENCE

It's about helping children and adults with neuro-motor disabilities gain physical mobility, functional independence and confidence.

Since 1998, The Movement Centre of Manitoba has provided Conductive Education rehabilitation to countless Manitobans living with cerebral palsy and other neuro-motor disabilities.

Conductive Education embraces an integrative approach to learning and works simultaneously in the areas of movement, speech and cognitive ability instead of as separate components of development. To learn more about how Conductive Education can benefit you or someone you care for, please visit us online or give us a call today!



Visit us at www.movementcentre.ca or call us at (204) 489-2679 to learn more.
1646 Henderson Highway, Winnipeg, MB R2G 1N7

SCHOLARSHIPS

Ms. Andrea Dick, a second year Occupational Therapy student at the University of Manitoba has been named the recipient of the Andrew Bonas Malo Memorial Scholarship. The CPAM awarded an additional \$8500 in scholarships during the spring of 2016. The deadline to apply for the 2017 fall session of school is May 15, 2017.

KEEP YOUR BATHING SUIT HANDY

As soon as the dates are confirmed, Swim Days will return!



Open Access Resource Centre
Presents

DR. CAROLINE MUSSELWHITE

AAC LANGUAGE LEARNING &
COMMUNICATION ALL DAY LONG

Caroline Musselwhite is an assistive technology specialist with more than 35 years of experience working with children and adolescents with severe disabilities in a variety of settings, including developmental day programs, and the public schools. She has taught courses at several universities and presented thousands of workshops throughout the world. Caroline has also authored a number of books and software programs on a range of topics for youth with disabilities.

To register or get more information on the conference, visit www.oarc.ca **DATE: Friday, April 28th, 2017, Winnipeg**

ROBERTSON COLLEGE CHALLENGE

Recently, Robertson College Massage Students made a generous donation to the Cerebral Palsy Association of Manitoba 2017 Stationary Bike Race. They handed over a cheque for \$1482.00: the proceeds of all massages given by the students to the general public in their clinic for two weeks in March.

Thank you Massage Therapy Students and staff of Robertson College. Massages are offered regularly at the Clinic on Notre Dame for \$25 for a 70-minute session. It's a great deal for anyone. The drive was organized by Marsha McMahan, Desiree Nault and Chris Mallard (who organizes his students to offer free massages at the Bike Race).





CPAM was a proud sponsor of the inaugural season of 2016 Challenger Baseball here in Winnipeg. Look out for more information in the spring for the 2017 season.



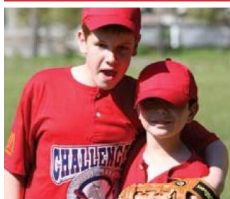
EMPOWERING CHILDREN WITH DISABILITIES THROUGH BASEBALL
IN A LEAGUE, ON A TEAM, IN A UNIFORM

WHAT IS CHALLENGER BASEBALL?



“Challenger Baseball” is the baseball division that provides the opportunity for children with cognitive or physical disabilities to enjoy the benefits of playing the fun sport of baseball “In a league...On a team...In a uniform” and to do so at their own pace and ability while having FUN!

Come and play baseball with us!



The Challenger Baseball game is played in a safe, recreational environment where there are no strikes, no outs, no score to be kept and everyone’s a winner!!! Your child will be provided with an able-bodied “Buddy” who are “mentors” to the Challenger players. Buddies assist with the player’s involvement in the game, whether that be assisting players holding the bat and swing for a tee or pitched ball, running with or pushing their wheelchair around the bases, or even providing protection from a batted ball! Each player is registered as a player in a conventional Baseball Manitoba local sanctioned league and will be treated as such by being on a team, having a coach, be outfitted in a uniform and use the same equipment (with adaptations based on your child’s individual abilities)!! Of course, just as in any other division, Team and Individual pictures are a must along with a party to finish the season AND that coveted team trophy!!! Last, but not least, smiles are plentiful and FREE! Everyone just has fun, isn’t that what baseball is supposed to be about?



This exciting program has been in Canada since the early ‘90s and we are so thrilled to announce that Winnipeg’s Inaugural season will begin in June, 2016!!!

TM TORONTO BLUE JAYS and all related marks and designs are trademarks and/or copyright of Rogers Blue Jays Baseball Partnership © 2013

For more information, please visit our website at:

http://www.baseballmanitoba.ca/youth_program_details.php?youth_program_id=21

To register a player or as a volunteer, please contact:

Bobbi Bottle
Provincial Coordinator
Manitoba Challenger Baseball
Ph: (204) 803-8868 Em: blbottle@shaw.ca



CPAM SALES CORNER

POWER WHEELCHAIR FOR SALE.

Contact Jess at
(204) 995-1179 or
jbpw28@hotmail.com
for more details.



**CEREBRAL PALSY
ASSOCIATION OF
MANITOBA**

Dedicated to enriching the lives of individuals affected by Cerebral Palsy through programs, advocacy, education, and peer support



All Charities Campaign - Province of Manitoba

This system provides current and retired employees of the Manitoba Government and its affiliates with a convenient method of giving annually to registered charities of their choice. These donations can be made through payroll deduction.

All you need to do is request that your donation be directed to Cerebral Palsy Association of Manitoba (Charitable Business Registration No. (10690 4212 RR0001). The CPAM is listed as [C040] in the All Charities Campaign Catalogue.

See the online catalogue at
the All Charities Campaign website:
www.allcharitiescampaign.ca.

Download a copy
of the All Charities Campaign pledge form.

MEMBER PROFILE: HALLDOR BJARNASON

Halldor and his family have been members of the Association for many years...

“Just like Popeye, I am what I am.” That’s the way Halldor Bjarnason described himself in an article he wrote back in 1980 when he was still a student at Daniel McIntyre School. Today, the lawyer and single father runs his own law practice in Vancouver—with the Access Law Group—a firm he joined thirteen years ago. Halldor graduated from law school at Queen’s University in Kingston in 1989.

Halldor is accustomed to overcoming barriers like so many people who live with cerebral palsy. He is accustomed to receiving honours and awards—he won a gold medal at the 1998 Paralympics in Seoul

when he set a 1500m tricycle sprint record—but he never takes anything for granted. He was surprised by his most recent honour.

Halldor Bjarnason received a Doctor of Laws from the University of Fraser Valley, in recognition of his advocacy work for people with disabilities, including those in the legal profession who have disabilities. “I’m both delighted and honoured to be receiving this honorary doctorate...it confirms that maybe I’m not as crazy as I sometimes think I am when putting in the long hours.”

Well done Halldor. And thank you Mildred Bjarnason, one of the founding members of the Cerebral Palsy Association of Manitoba and a longtime supporter of our bike race.



HANA: HOME ACCESS NETWORK ASSISTANT

HANA™ is a specialized home automation platform for those who want or need assistance in controlling their home environment. HANA™ can assist its users in controlling lights, appliances, beds, phones, and televisions from a power wheelchair and/or bed. Using a scanning menu, voice control, and/or shortcut activation, HANA™ allows for unparalleled mobility and independence.

ABOUT HANA™ – Come out to the CPAM AGM to see a demonstration. A new technology, built here in Winnipeg.

THE ROAD TO INDEPENDENCE.

HANA™ (Home Access Network Assistant) is a specialized home automation platform for those who want or need assistance in controlling their home environment. HANA™ can assist its users in controlling lights, appliances, doors, beds, phones, and televisions from a power wheelchair and/or bed.

“HANA™ makes my life easier each day and is giving me more confidence and freedom – I love it!”

– Luke Savoie, HANA™ pilot participant.

Users can choose a scanning menu, voice control, or shortcut activation to operate HANA™. The home automation platform allows for unparalleled mobility and independence, both within and outside the home environment.

HANA™ also allows caregivers or family members the ability to remotely monitor and control all devices from their computer or phone.

KEY FEATURES:

Scanning Menu	The default menu system is accessed by buttons and/or sip & puff straw.
Voice Command	Easily control the home environment with voice commands.
Favorites	Quickly access commonly used commands by setting up favorites.
iOS/Android Compatible	SIRI or Google Now can be accessed for phone calls, weather, directions, simple fact finding, etc.
Caregiver Access	Many devices can be activated manually or remotely by a partner/caregiver.
Drag & Drop Menu	The menu is configurable via a drag and drop interface on a website.
Custom Voices	Customize the menu voice recordings for personal preference and/or language.
Menu Speed	The speed of the menu can be adjusted for users who have slower reaction time.
Mobile Power Supply	HANA™ is powered from the chair battery and doesn't require a separate charger or power source.
HANA™ Care & Support Connectivity	A team of HANA™ Helpers will be ready to troubleshoot and fix any issues a user may have.

Norima Innovations is pleased to announce that HANA™ is ready for installation.

For more information or to schedule a demonstration please visit norimainnovations.com or contact Anil Kaul at 204-999-4722.

SIBLINGS OF INDIVIDUALS WITH CP

Hello. My name is Kristina Trandovski and I am a psychology master's student at Laurentian University. Under the supervision of Dr. Shelley Watson, I am currently conducting a study on the experiences of siblings who have a brother or sister with Down syndrome, cystic fibrosis, or cerebral palsy. I am contacting you to ask if the information on this study can be shared within your organization. I am currently recruiting siblings (adults and children ages 6 and older) who have a brother or sister with cerebral palsy.

A sibling's involvement would include participating in individual interviews with the researcher to understand what it's like to have a sibling with cerebral palsy. These interviews will last approximately 1 hour and with the participant's consent will be audio recorded. They will also be asked to complete 2 questionnaires about their experience of living with a brother or sister with cerebral palsy, which should take approximately 30 minutes. Questionnaires may be completed online or in paper/pencil format.

Siblings do not have to participate in this study and they may quit the interviews or questionnaires at any time without consequence. If they are tired during the interviews, they may take a break and may also choose not to answer any questions during the interviews or in the questionnaires. It is not anticipated that this study poses any risks to participants, but if they feel distress at any time during the research, support services will be provided. Personal information gathered as part of this study will always be private and confidential. All interview transcripts and audio recordings will be destroyed 5 years after the completion of this project. The ethics board at Laurentian University has approved this research project.

If a sibling is interested in participating, or if you have any questions or concerns about this study, please feel free to contact me at this email address (ktrandovski@laurentian.ca), or Shelley Watson at 1-800-461-4030, extension 4223.

Thank you very much, and I appreciate your help. – **Kristina Trandovski**

CPAM MEMBER EVENT SURVEY

We're looking for new types of group events to organize. What do you want to do as a CPAM member? Pick your top three...

- Prairie Theatre Exchange
- Manitoba Opera
- Winnipeg Symphony Orchestra
- Royal Winnipeg Ballet
- Royal Manitoba Theatre Centre
- Manitoba Theatre for Young People (MTYP)
- Fort Whyte Nature Centre
- Manitoba Museum
- Planetarium
- Science Centre
- Human Rights Museum
- Rainbow Stage
- Splash Dash Boat Tours
- Manitoba Moose Hockey
- Coffee and exploring at the Forks
- Movie and snacks together
- Guided tour of a neighbourhood
- Art class and snacks together
- Winnipeg Art Gallery

What do you suggest? _____

Please call, email, or fill out this form and mail it back to David at the CPAM office!