



CEREBRAL PALSY ASSOCIATION OF MANITOBA

# inform

ISSUE 2 • OCTOBER 2020

inform yourself about what's happening at the CPMB–Cerebral Palsy Association of Manitoba!

## INSIDE Westman News Bike Race & more!

### From the Executive Director's Desk...

The theme of my article in this Inform is to stay safe and embrace the extreme changes that surround us.

The Association continues to change with the times. Both of our Bike Races, in Winnipeg and in Brandon, are moving to May in 2021. Moving the date allows us to move the races outside, (under cover). Our hope is that by May, Covid cases will have lessened and it will be safer to hold our biggest events. We will be able spread out, enjoy the day, and still get together.



On November 9th 2020, our AGM is going online via Zoom. At the Annual General Meeting, we do the business of the Association, and the plan is to do a larger party next year. Please see the flyer and email me to RSVP @ davidk@cerebralpalsy.mb.ca. Let me know if you want to attend and I will send an invite.

Our holiday bowling party has changed as well this year. Fill out a member ballot, and we will have a random draw. The winners will get a gift card for an activity of your choice. You can go have fun with your smaller group.

## Cohabit

Live independently, With care

The Housing project is continuing. We have a name, and look out for the launch of a new marketing campaign. Please shop

with us at Mom's Pantry and Lacoste in support of this crucial project (see insert).



In partnership with Red River CO-OP, the CP Association had an event at Kildonan Park; a 'Day of Movement - Dance, Yoga and Fun'. We are trying new things in a safe way!



**To every Member, friend, family member and supporter of the Association, thank you for your continuing support in these extreme times.**

## Embrace the change, embrace the challenge and stay safe.

David Kron 



[www.cerebralpalsy.mb.ca](http://www.cerebralpalsy.mb.ca)



@CerebralPalsyAssociationOfMb



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@cerebralpalsymb



Direct line 204-982-4842  
Toll free 800-416-6166  
Fax 204-982-4844  
Email [office@cerebralpalsy.mb.ca](mailto:office@cerebralpalsy.mb.ca)

903 - 213 Notre Dame Ave.  
Winnipeg, MB R3B 1N3

## Canada Life Fulfills its Cycling Commitment!



Canada Life is not only the Presenting Sponsor for our Stationary Bike Race, they also challenge

all of us to compete. This commitment to compete starts within the team itself. First, they were one team and they were powerful as one. Captain Chad Fowlie didn't want to rest



on his team's past accomplishments. He wanted to go one step further. He put together two teams and they all fundraise and cycle hard. It's a big commitment.

**When we cancelled the 2020 Bike Race because of the COVID epidemic, all of us were frustrated. How could we channel all that energy and commitment?**

On Saturday, September 12 Canada Life's two teams, with riders from both working once again as one team, fulfilled their commitment. And it took energy! Paul Mahon and Charles Henaire joined captains Chad Fowlie and Bjorn Kristjanson and ten others to ride and to ride hard.



Saikel Cycle Studio in Osborne Village acted as host. In a darkened blue-light studio, on socially distanced stationary bikes, the cyclists pumped their energy

into a high-powered ride. "Our company has been participating in this event since the beginning more than 30 years ago. We

wanted to keep our commitment, as much for us as for them" explained co-captain Bjorn Kristjanson, whose smile never left his face, I swear, despite the ride's ardour.

"Saikel Cycle has a handle on all the right cleanliness protocols to make this a safe and successful ride. We know the importance of making a difference to families in Manitoba who depend on CPAM for support. I'm proud to have had a part in making it all happen."

I watched the event that Saturday in September and was duly awed. Thank you every one who was part of that big Ride. It was hard work, being led on to pump higher and higher by fellow cyclist and motivator extraordinaire, Kim Manchur. ☐

## A Return To A New High for 2021

It goes without saying: this epidemic has turned our world upside down. CPMB felt its first major impact when we had to cancel the Race scheduled for Saturday, March 14 at the Wellness Institute, days before we were set to ride. Our health experts judged the gathering too risky and, rather than be shut down on Race Day, we had to make the call.

Despite the disappointment for all of us, sponsors and cyclists alike worked and raised \$193,267.61. Congratulations and well done everyone of you who contributed. I like to think that what sets apart "this little engine that could" as President Tara Birch calls the Association: our commitment to all of our fundraisers, big and small, who collect toonies to a few thousand dollars. It all counts and we work hard as a team to make those dollars work. Without any government money, the Association counts on the Stationary Bike Race to raise 85% of its funds. In the past year, we have funded equipment grants of

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# Westman News & Notes

Like Winnipeg's Bike Race, the 2020 Westman Race was cancelled due to Covid-19. The Westman CP Committee is planning to have a race in 2021. It will look different, it will be in May and it will be safe.



In August, before Western Manitoba went to code Orange, The CP Association benefitted by being a recipient of the annual Brandon University B.I.R.T Cup Golf tournament. As one of the Charities selected, we received a donation of \$4000.00 to support the programs in the Western Region of the province. ☐



## Your Donation Does Make an Impact!

Everyone loves camp. Our grants program is set up to provide mostly equipment to make life a little easier. We want to pay for items that add to the benefits of life and that we know that government programs will not pay for. The great thing about our program it is flexible, and when the Grants committee hears a great request, we jump into action.



In partnership with MB Possible – Dauphin office, we gave a grant to Garrett Hess to attend the RCC Camp this summer at the SSCY Centre.

The Winnipeg Goldeyes 'Field of Dreams', for as long as I can remember, has given the Association a grant to purchase a speciality bike for a Member. When you are at a Goldeyes game next summer, do buy a 50/50 ticket for the raffle, as you

might win and the Association also wins. Victor was the 2019 – 2020 recipient. This is Victor's second bike from the foundation, he outgrew the first one, (we found a new home for his old bike).



Your donations do make an impact across all of Manitoba to all of our members! We provide grants for computers, wheelchairs, seating systems, Freedom Concepts bikes, and speciality chairs. This year across Manitoba, CPMB has the budget to give out over \$75,000 in grant requests, scholarships and other direct support to our Members.





## CONTINUED FROM PAGE 2

\$90,000; respite support-worker grants of \$14,000 and scholarships worth \$8,000.

Activities have been curtailed until Saturday, September 26 when Red River CO-OP and CPMB co-sponsored a Day of Movement at Rainbow Stage's Parking Lot. Read Gemma's account later in this issue. It was a grand success and oodles of fun.

Though the Bike Race was cancelled, the Association's work continues. Part of that, my part, is the coordination and re-organization of The 2021 Stationary Bike Race. And like everything else that has survived this pandemic, the Bike Race promises renewed energy for its reincarnation.

Uncertainty about the safety of meeting in large groups, such as that engendered by the Bike Race, I started looking for different ways of staying safe, while cycling and fundraising. I know we are all a little tired of the virtual. We uncovered an exciting hybrid idea which was determined through discussion with the bike race committee. Our new host will be Shaw Park, the home of the Goldeyes. Using their concourse which provides a covered roof against rain and other inclement weather, we can spread out and cycle safely in person. Even under the roof, we had to look ahead to a warmer month: May.

Get yourself in gear and get ready to ride. CPMB Stationary Bike Race 2021 will take place at Shaw Park, Saturday May 8 or 15, depending on the Goldeyes' schedule. Just in time to let folks dash off to their cottages for the May Long.

Stay tuned for new developments. We're working on them now.

Sarah Yates-Howorth ☐



## Red River CO-OP Day of Wellness



Saturday, September 26, 2020 was the first event of the Red River CO-OP wellness program, in Kildonan park. It was the perfect day for getting active with friends. The best thing was seeing everyone moving and grooving to their own beats. The dancing workshop started the day off and we all got our blood pumping, even the workers and the volunteers joined in. I believe that dance has the power to make people with physical disabilities feel the experience of moving their own bodies. The workshop was led by Brenda Gorlick, a super powerful positive lady who gets everyone grooving to the music.



The next workshop that we all did was chair yoga. We all got so relaxed from the chair yoga. I loved how some of the workers just got in there and helped their person do whatever move they asked. The best thing was how people just did whatever moves they could do to their own ability. As our cool leader, Maria Von Kampen said, "There are no right or wrong moves, just do what your body can." Everyone loved the chair yoga. I believe people with physical disabilities have negative ideas about themselves that says, "I can't do physical activities." However, on Saturday everyone got into the chair yoga. When it was over some people were left with the feeling that they wanted more and more of the chair yoga.

The last activity that we got into was a game, it was kind of like BINGO but our game was called BAM. We all got a paper with a letter and a number. Two of us drew the grid on the pavement with chalk for the game. When your number and letter got called then you moved to that spot. Whatever row got full first they won the game. We hope that everyone comes to the next program. ☐



## **ANNUAL GENERAL MEETING (AGM)**

Due to COVID-19, we have to go online to be safe.

**DATE** Monday, November 9, 2020  
**TIME** 6:45 – 8:15 PM  
**PLACE** Via Zoom

**PROGRAM** - times are approximate  
6:45 PM REGISTRATION – Log in  
7:00 PM President’s Welcome and Remarks  
7:15 PM Presentations  
8:00 PM Board of Directors meeting  
– Election of Executive

You must be a current paid up member  
to vote at the Annual Meeting.

**You must RSVP in order to attend.**

The zoom link and Board material will be sent out via email.

There is no cost to attend the AGM but please

**PHONE/EMAIL YOUR ATTENDANCE BY NOV. 5 , 2020**

**204-982-4842 • 1-800-416-6166 • [office@cerebralpalsy.mb.ca](mailto:office@cerebralpalsy.mb.ca)**

# The Show Down - Big Bash Final

Support for the Association comes in different forms and at different times. On one of the warmest afternoons this summer, the Springfield Braves & the Bon-Vital Brewers met for a "Showdown" at Shaw Park. The two teams organized the event and asked the invited spectators to give a donation to CPMB and to donate a tin for the bin. Over \$2000.00 was raised in support from the fans of the game. On behalf of all the members, I would sincerely thank both teams, their supporters and the donors.



As a follow up to the event, I presented both teams with an engraved bat to challenge them to continue this new tradition. Thus the CPMB Charity Challenge was born. The challenge is to use the "Showdown" as a way to support any charity of their choice and make Manitoba a better place. The winner of the annual game gets to keep the bat for the offseason and choose the charity.

Again, thank you for the support!



**BIG THANKS**  
to the Springfield Braves & the Boni-Vital Brewers and SHOW DOWN at Shaw Park Supporters for raising over \$2000 in support of CPMB.  
**THANK YOU ALL FOR YOUR SUPPORT!**

## FOR SALE Corner

### FOR SALE: 2002 Wheelchair Van



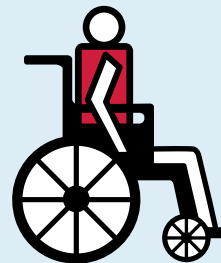
We are looking to give it to someone who would pay for a safety (about \$200) and the taxes on the book value price.

If there is anyone else who you think might be a candidate that would be great too. Ideally, we would keep it in the CP family.

If interested please contact Grant Mitchell [info@grantmitchelladr.com](mailto:info@grantmitchelladr.com)

### AVAILABLE: Manual Wheelchair

The Association is looking for a home for a manual wheelchair. It needs a seat cushion and a seat back.



Here are the specs:

- 16" Patriot 13BQ000110
- 24" Mag wheels
- 8" casters
- 17.5" frame height

Contact the office if you are interested: [office@cerebralpalsy.mb.ca](mailto:office@cerebralpalsy.mb.ca)

Manitoba  
**Possible.**

# Virtual Music Therapy

IT'S FREE!

Sessions include music and movement, singing, receptive listening activities, and instrumental play to address goals such as social, motor, communicative, expressive, and cognitive skills.

## DETAILS

### Mondays (Nov 9th - Dec 14th):

- Ages 6-12 @ 6:30 - 7:15 PM
- Adult class (22+) @ 7:30 - 8:15 PM

### Tuesday's (Nov 10th - Dec 15th):

- Ages 6-12 @ 6:30 - 7:15 PM with ASL interpreter provided
- Ages 13-21 @ 7:30 - 8:15 PM

All sessions held over Zoom

## SIGN UP

Contact Jaylene Irwin, Coordinator  
Recreation & Leisure  
jirwin@manitobapossible.ca or  
204-918-0145

**\*Limited capacity - register early!**

In partnership with AJ Music Therapy

Feeling lonely? Bored with being alone?  
Feeling unhealthy eating the same old stuff?

We have an idea and a rather spooky one at that!  
Meet us Saturday, Oct 31st at the Wellness Institute for more.

...and workshops  
...1075 Le  
...Workshop  
...simple,  
...a bag of ingredients and try it for yourself.

**BETTER AND LOVING IT**  
Workshop full of ideas about shaking off the blues.  
Take home strategies to offset loneliness and boredom.

Both workshops will be led by Wellness Institute experts.  
LIMIT: 30 people, plus attendants.

RSVP BY OCTOBER 23 to:  
Sarah Yates-Howorth • 204-899-4052 • bikera@cerebralpalsy.mb.ca  
OR Gemma Yates-Howorth • gemmabrooks@shaw.ca

**COVID-19 RULES APPLY AT THE WELLNESS INSTITUTE**  
1) All participants must wear a mask. 2) Physical distancing will be practiced.  
3) All entrants are screened for symptoms. 4) Hand sanitizing is practiced throughout.

Workshops are free.  
Participants will be split into two smaller groups.  
Bottled water will be provided.

**October 31st  
Day of Wellness  
DELAYED Due to COVID**

**Stay tuned for updates!**



# envoyy

## Local, verified care.

Find or offer respite, elder support, personal care, home care, and so much more

a platform by Manitoba Possible

Envoyy, a platform by Manitoba Possible, is a digital solution for self- and family- managed care services like respite, home care, elder care, and more. Access to qualified and reliable personal care service providers is more important today than ever before. And for service providers, being able to earn an income to cover daily expenses is crucial.

“We listened to the needs of families and individuals in our community who are struggling to access qualified, trusted, and available help” says Lindsey Cooke, Director of Provincial Services at Manitoba Possible, “Envoyy is here to help mitigate those issues of safety and security to bring about change in our community.”

Individuals and families seeking care can browse a database of verified service providers to find the right fit, and can post job listings for service providers to view. Finding the right fit is easy with the ability to filter providers based on things like: speaking French, okay with pets, can swim, and so much more! The platform provides the ability to post job opportunities, connect and schedule shifts, and make and receive payments. It's an easier way to manage care services.

Envoyy is an accessible and safe online platform which can be accessed through a computer, tablet or phone. Envoyy is used to find or offer help for respite support, elder care, personal support, home care, and so much more. Envoyy's filters and matching algorithms lead to better search results, helping connect clients with the perfect service providers to meet their needs and care requirements.

Learn more at [envoyy.ca](http://envoyy.ca)

## Thank you for all for Supporting of CPMB

- Cerebral Palsy Association Members
- Government of Manitoba
  - All Charities Campaign
- City of Winnipeg Charitable Fund (Funded by Employees & Retirees)
- Dr. Darcy Deacon Medical Foundation
- Brandon Jeans Day Participants
- Brandon University – B.I.R.T Cup Golf Tournament
- Starbuck All Charities
- The Prairie Dawn Foundation
- Tracy Taylor – Andrew Malo Memorial Scholarship
- Rural United Way – Morden & District
- Reston & District United Appeal
- Donation in Honour of Catherine Lambeth
- Donation in Honour of Kim Palmer
- In Memoriam – Gladys Leifso (Brandon)
- Red River CO-OP – Wellness Program
- Westman Group Inc.
- Donation – In memory of Olamide Fola – bolumole
- Donation – Bockstael Construction's 2020 Playoff Hockey Pool



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Direct line 204-982-4842  
Toll free 800-416-6166  
Fax 204-982-4844  
Email [office@cerebralpalsy.mb.ca](mailto:office@cerebralpalsy.mb.ca)

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Winnipeg, MB R3B 1N3