

# INFORM



*The Cerebral Palsy Association of Manitoba*

## NOVEMBER 2015

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## Upcoming Events...

**Saturday December 12**  
- Holiday Bowling Party

**Saturday March 12**  
Bike Race - The Wellness  
Institute, Winnipeg

**Saturday March 19**  
Bike Race - Towne Centre,  
Brandon

## *Annual General Meeting*

On Saturday November 7<sup>th</sup> 2015, the Cerebral Palsy Association held its 41<sup>st</sup> AGM (Annual General Meeting). The meeting is held once a year to conduct the business of the CPAM. We had over 40 members come out and be entertained by magician Patrick Gregoire – “The Great Gregoire” to start the afternoon.

Kelly Hunter, President of the Board, gave an update of the Association including activities and changes of the past year. We heard reports from the different committee chairs on the state of the Association. These included Matt Solvason – Treasurer; Cal Lambeth – Grants & Scholarship; Sarah Yates-Howorth – Bike Race; and Tom Czerkawski – Westman

Committee. I would like to thank the 2014–2015 Board Members for all of their hard work and the commitment that they gave. I am looking forward towards a great 2015/2016.

We honoured Vic & Judy Warkentin with a lifetime membership to CPAM in recognition of their long time dedication and hard work for the Association. Vic was our Accounting Manager (since 2000), and has held various duties with the Association. Judy was a great organizer for the money room at the Bike Race. Both will be missed but not forgotten. Thank you to Bev Carswell and Erica Irwin for their work on the Board of Directors.



# FOUR GUYS CYCLE FOR CEREBRAL PALSY

CPAM again had the great fortune to be selected by four individuals that took their annual ride and added a fundraiser component. The Cerebral Palsy Association would like to recognize the generosity of those who donated, and to Dean, Greg, Bryan & Kevin for partnering with us.

The ride took place on September 12th 2015, and was from Clearwater Bay on Lake of the Woods to Kenora and back. This year they raised enough money to purchase a Bike for Arlene, a long-time member of CPAM.

The first 100 km bike ride was organized by Dean Keating and took place in the summer of 2007 on the portion of the Trans Canada Trail that goes through Winnipeg.

Dean says, "It was organized with a few friends who wanted to exercise during the summer, and then culminate the cycling with a longer ride and dinner afterwards. It was decided in 2013 to add a fundraising component to the annual ride. We wanted to see the funds we raised used locally, so we chose to work with the Cerebral Palsy Association of Manitoba and Freedom Concepts, a local business that manufactures bicycles for children & adults with special needs. Last

year's 100 km ride started south of Beausejour, MB, and followed Hwy #12 north to Gull Lake, and then on to Pine Falls. We have been able to raise over \$9000.00 in two years, enough money to present a new bicycle each year."

Dean Keating, Greg Macaulay, Bryan Toews, Kevin Turner would like to recognize the generosity of those that donated to this great cause.



**PROUD MEMBER**  
[cerebralpalsy.mb.ca](http://cerebralpalsy.mb.ca)  
 204.982.4842  
 1.800.416.6166

**Ask about our  
new fridge magnet!**



REHABILITATION  
CENTRE FOR  
CHILDREN



Therapeutic Recreation  
and Wellness Program

## 2016 SWIM DAYS AT NORTH CENTENNIAL POOL

### FOR WHO?

- Clients of RCC and their families
- Members of the Cerebral Palsy Association of Manitoba

### ALL ABILITIES WELCOME!

- Meet other families for fun and networking
- Check out the accessible facilities. Adapted change rooms are equipped with ceiling track lifts. If you use a mechanical lift please bring your own sling. There are also water wheelchairs and ramp entry to the pool.

- Check out our adapted flotation and life jackets. All are available for loan!
- Snacks, table games, and crafts will be available from 1:00 – 4:00 pm

### WHEN AND WHERE?

- Sundays: **November 22, December 13, 2015, January 10, 2016, February 7, April 3 and 24** from 1:30 - 3:00 pm (try to arrive by 1:00 pm to allow time for changing)
- Register for one or all dates and bring the whole family!

- North Centennial Pool: 90 Sinclair Street, Winnipeg
- Free of charge for families

### FOR FURTHER DETAILS, PLEASE CONTACT:

- Carol Kehler 204-235-8873; [ckehler@rccinc.ca](mailto:ckehler@rccinc.ca)
- Kristin Ryz 204-235-8873; [kryz@rccinc.ca](mailto:kryz@rccinc.ca)

### RSVP TO:

- Yvonne Kash 204-452-4311; [yvonnek@rccinc.ca](mailto:yvonnek@rccinc.ca)

*We have staff who are able to help with changing; please let us know ahead of time.*

633 Wellington Crescent, Winnipeg, Manitoba, Canada R3M 0A8 Ph(204) 452-4311 Fax 477-5547  
 THE RBC Therapeutic Recreation and Wellness program is part of RCC's LIFE program, and is generously funded by the Children's Rehabilitation Foundation and their donors. For more information on their work with families and children with special needs, visit their website at [www.crf.mb.ca](http://www.crf.mb.ca)

## WESTMAN NEWS & NOTES

CPAM had a family retreat on November 14th in Brandon at the Royal Oak. There will be more details on the retreat in the next Inform.

## CYCLE FOR CEREBRAL PALSY



SATURDAY, MARCH 19 • TOWNE CENTRE • BRANDON

## THE DYNAMIC KIDS GROUP



Thanks to a donation from the Manitoba Hydro employees in the Selkirk and Interlake region, The Cerebral Palsy Association has an active school group from Selkirk area schools. The group consists of a wide range of students from elementary to high school, with different levels of ability. The students named the group "The Dynamic Kids Group". The goal is to go out, experience the world and be active.

In March we invited Bill from SMD out to show our members the joys and challenges of Sledge Hockey. The group had a great afternoon trying out their skills.

I would like to thank Bonnie Tinker & Allyson McBurney for organizing the group's activities. In the 2015 – 2016 year we have a full slate of fun activities planned as well!



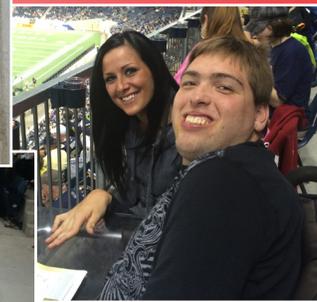
# CPAM THIS SUMMER...

The weather in Winnipeg can be a blessing and a curse. It's definitely one reason that we host the Bike Race indoors!

In July, CPAM hosted an afternoon out to Shaw Park, where over 45 members enjoyed a great Goldeyes game against the St. Paul Saints. There was plenty of action, hotdogs eaten, and extreme heat! People headed to any bits of shade and enjoyed lots of ice-cold lemonade. Next year we will book more seats in the shade.

In August the annual BBQ/Picnic was scheduled for the 22nd. That day we had a monsoon hit in the early afternoon! I was watching the weather radar all morning, and was devastated to cancel for the second year in a row. Next year we will look for a big tent or indoor/outdoor space.

In September, CPAM booked a section of seats at the Bomber Game against Calgary. With our luck, I was worried about the date and the weather for weeks! However it was a great evening, with a warm light breeze and a gorgeous sunset. Over 25 members enjoyed the game, but alas the Bombers lost in the final second (we were robbed)! If you want to try a new activity, let me know. CPAM members are always looking for new adventures!



## COLE'S STORY

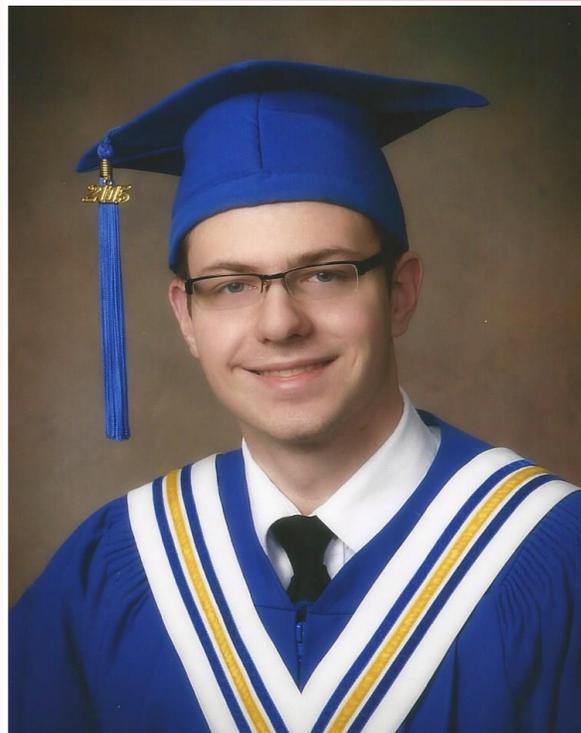
*When I was in grade 6, I had a teacher who told me to join the military; I did not believe it was possible. After reading Cole's story that accompanied his scholarship application, I now believe anything is possible. In every Issue of INFORM, I am going to try to tell a story. Here is Cole's Story. — David Kron*

Hi, my name is Cole Bockstael. I had a bit of a rough start to life as I suffered a stroke while still in utero. This resulted in my diagnosis of Cerebral Palsy (CP). At the age of two, I was accepted as an orthopedic patient at the Shriner's Hospital in Minneapolis, Minnesota. At seven, I underwent neurosurgery on my spinal cord to improve my walking and balance. After recovery, I endured many hours and years of physiotherapy, as well as return visits to the hospital until I turned 18.

Five years ago, I became a Cadet in the Queen's Own Cameron Highlanders Army Cadet Corps. I have achieved the rank of Warrant Officer and have been recognized for a number of awards: Awarded Four years of Service Medal, Awarded Top Gold Star (4th Year), Awarded Top Shot (Marksmanship), Chosen to represent the Corps at Provincial Marksmanship Contest, Awarded The Royal Canadian Legion Cadet Medal of Excellence for Outstanding Cadet Service, Citizenship and Comradeship, Award of Excellence Recipient, Awarded Most Improved Cadet, Awarded Most Improved Shot.

As a senior cadet, I instruct junior cadets during both local and field training exercises. I regularly participate in Remembrance Day Services and assist the Norwood Legion with their annual poppy campaign. It was also my honour to parade in full dress uniform through downtown Winnipeg to celebrate the city's 100th birthday. Winnipeg is home to the world-renowned Canadian Museum for Human Rights and I had the privilege of volunteering during its opening weekend. Particularly gratifying was my pushing wheelchairs and providing aid to disabled patrons.

I have been an honour student throughout middle and high school and have earned the St. James Assiniboia School Division Scholarship award for the past four years. I was also awarded the math medal from the Fermat Mathematical Contest by the Centre for Education and Mathematics and Computing, University of Waterloo in 2014. I achieved a personal victory



in 2014 and 2015 when I tried out and made the St. James Collegiate badminton team.

For the past 3 years I have participated in the 30-hour Famine fundraiser for World Vision at my school. I recently became a blood donor for the Canadian Blood Services.

I currently work part time at Subway. I am saving my money to apply towards my University tuition. I have been accepted into the Science program at the University of Winnipeg where I will pursue a degree in Biology commencing in September 2015. I plan on pursuing my education even further along a science path with the intention of applying my knowledge to helping CP kids like me. It would be a dream come true to invent a device that could be used instead of invasive surgery.

Thanks for taking the time to listen and I hope you will consider me a good candidate for your scholarship.

# CYCLE FOR CEREBRAL PALSY



**SATURDAY, MARCH 12 • THE WELLNESS INSTITUTE**

## SPECIAL THANKS TO:

- Cerebral Palsy Members
- Manitoba Hydro Employees – Selkirk & Interlake
- Winnipeg Goldeyes – Field of Dreams Foundation
- Dr. Alfred E. Deacon Medical Research Foundation
- City of Winnipeg Employees' and Retirees' Charitable Fund
- Rural United Way – Morden & District
- Rural United Way – Altona / Gretna
- Rural United Way – Winkler & District
- Credit Union Central of Manitoba Employees
- Donations in Memoriam – Sybil Dalglish



## 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.

**We currently have openings for individuals of all ages with cerebral palsy at any level of mobility**

To learn more about openings and how our Conductive Education program can benefit you or someone you care for, please give us a call today!



Visit us at [www.movementcentre.ca](http://www.movementcentre.ca) or call us at (204) 489-2679 to learn more.

1646 Henderson Highway, Winnipeg, MB R2G 1N7



**United Way**

**MUSIC**  
**INDEPENDENCE**  
**ACTIVE**



**MOVEMENT**  
**FUNCTIONALITY**  
**LIVING**

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**New Research Study:**  
Exploring Rhythm and Reach-Ability in adults  
*with and without Cerebral Palsy.*

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**PURPOSE:** To explore ways in which rhythm impacts performance, precision and postural change during reaching movements in adults with and without Hemiplegic Cerebral Palsy.

**WHO CAN SIGN UP?** We are seeking adults between the ages of 18 to 40yrs, male or female, both with and without the diagnosis of Hemiplegic Cerebral Palsy. Assistive devices, guardians, and respite workers are welcome.

**THE DETAILS:** You will be asked to sit at a table and point to two different targets at various times. Rhythm may be incorporated into the task. Small sensors will be attached to your arms to measure your movement. The study will take 30-60 minutes. Participants will be thanked for their time.

**WHY?** Your participation in this study will help us to understand how sensory information impacts movement learning and performance. This will inform rehabilitation and therapeutic programs for individuals with Cerebral Palsy, and increase understanding and knowledge of multisensory motor integration.

**WHERE:** The Perceptual Motor Behaviour Lab, Room 234 Investors Group Athletic Centre, University of Manitoba. Any additional transportation costs (transit, handi-transit, taxi) will be reimbursed.

**INTERESTED?**

Contact Jacqui Ladwig at [ladwigj@myumanitoba.com](mailto:ladwigj@myumanitoba.com), or leave a message at **204-480-1487** (PMB Lab).



UNIVERSITY  
OF MANITOBA

*This research has been approved by the Education/Nursing Research Ethics Board. If you have any concerns or complaints about this project you may contact any of the above-named persons or the Human Ethics Coordinator (HEC) Margaret Bowman at 474-7122, [margaret.bowman@umanitoba.ca](mailto:margaret.bowman@umanitoba.ca).*



# Cerebral Palsy Association of Manitoba HOLIDAY BOWLING PARTY

**WHERE:** Academy Lanes  
394 Academy Rd., Winnipeg, MB  
**WHEN:** Saturday, DECEMBER 12, 2015  
**TIME:** 1:30 – 4:00 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 09, 2015.

 Contact the office to register at:  
204-982-4811 or 1-800-416-6166  
Email - davidk@cerebralpalsy.mb.ca

 Pizza & Snacks will be served.  
Please notify us of any food allergies,  
diet considerations.



Take a look at what  
OARC has to offer!

## WORKSHOPS CONFERENCE

**Open Access  
Resource Centre**  
316 Tache Avenue  
Winnipeg, MB  
R2H 2A4



### Proloquo2Go 4.0 Workshops

#### Openings left for:

Oct. 21, 1-3 pm  
Nov. 3, 1-3 pm  
Nov. 12, 10 am - Noon  
Nov. 25, 1-3 pm

\*Maximum 12 participants

### Parents/Caregivers Only Workshop

iPad Basics & Proloquo2Go 4.0  
Oct. 27, 7-9 pm

Sign up by contacting Doris at  
204-949-2430 or [doris@oarc.ca](mailto:doris@oarc.ca)

The workshops are free to those who currently have devices out from our Equipment Loan Program. The cost for all others to attend is \$30/person.



## CONFERENCE

Open Access  
Resource Centre  
presents

### KATE AHERN

Kate is an assistive technology specialist and a teacher of learners with multiple or significant special needs. Her interests include augmentative communication, assistive technology implementation in schools, and universal design for learning.

### SAVE THE DATE!

Friday, April 29, 2016  
9 am-4 pm (registration at 8:30 am)  
Viscount Gort Hotel  
1670 Portage Avenue, Winnipeg

Check our website in  
December 2015 for TOPIC &  
REGISTRATION INFORMATION  
[www.oarc.ca](http://www.oarc.ca)