

Thank you for 51 years of support! Your milestones are our mission • #CPProud

INSIDE Westman News CoHabit & more!

From the Desk of David Kron...

As November settles in, I want to thank the Members, supporters, and families of the Association for the support over the last year.

As you know from the emails we have shared, The CPMB housing project has grown to the point that **CoHabit** is now an independent charity of its own. I am proud of the work that the CP Association has done to get this project off the ground—from a conversation and a vision over a glass of wine to a viable project on its own. It's always been a goal of myself, the Board and the Membership to be a part of the housing solution and not just passively complaining. Moving into affordable, accessible housing is a key Milestone in anyone's life. That is the CPMB Mission.

Thank you! I want to thank **Margy Nelson, Shelley Betton** and the whole **CoHabit team** for their hard work and dedication. We started "A Home to Call Our Own" in October of 2019. Since then, we've lived through a pandemic, a change in government and financial uncertainty. Fortunately, our journey has been supported by the golfers, sponsors and donors of **CoHabit**. *See our history timeline on page 5.*

The hard work still continues—funding is needed to staff and run **CoHabit** with the stability and dignity our Members deserve. **CoHabit** is essential for hundreds of

individuals with disabilities looking for suitable accommodations and community support.

It is less than two months until Christmas and our CPMB Holiday Party is fast approaching on Nov 29th. **Please see the details on page 8 and let me know the following:**

1. Who is attending with you, and
2. Ages and gender of any kids coming (so that we can have appropriate prizes).

We have limited space so let me know as soon as possible if you want to join us.

There are inserts in the newsletter to get you ready for the **2026 Bike Races. WE NEED YOU** to get organized, recruit your team, and ask for matching donations and sponsorships. There are Sponsorship opportunities at every level for both Races. **Have an interesting idea to support the Race? Call Susana at 204.915.8844! We are listening and ready to discuss your ideas.**

Add these CPMB Bike Race dates to your calendar:

- April 18th, 2026 (Westman) and
- May 30th 2026 (Winnipeg).

Let's get planning!  **MISSION:POSSIBLE** 

We have a **new and exciting E-shop** where you can purchase CPMB items, and holiday gifts! **Get your CP Pride on—visit cerebralpalsy.mb.ca/shop or scan the QR code >**



**SHOP
HERE**

A heartfelt thanks to each of you; together, we make our Mission a reality.—**David Kron** 

GRANTS update — Now APPLY easily ONLINE

A very important part of CPMB's Mission is to enrich the lives of individuals affected by Cerebral Palsy through programs. As part of our **Grants Program**, we provide funding for mobility and communication equipment to members upon application.

Apply easily ONLINE
for a CPMB Grant at
cerebralpalsy.mb.ca/grants
Scan the QR code >



1. Fill in each field with the requested info.
2. Upload any quotes or support docs
(in PDF format only)
3. Click SUBMIT! And, you are DONE!

An email will be sent confirming receipt of your Grant Application. We will reach out if we have any questions.

The updated Grants web page also provides these documents:

- **Grant Guidelines–Equipment** which provides details on Grant objectives, eligibility and allocation; and
- **Grant Application Form** to print and submit to the CPMB office as a paper copy following all directions.

Deadline for Grants to be considered is May 31st. Grants requests received after this date will be considered the following September. Members who have not previously received funding will have priority. A member may only apply once per membership year (Sep 1–Aug 31).

As always, should you have any questions, kindly contact David at the CP Office at 204-982-4842 or 1-800-416-6166. ☎

Subject: Testimony of Gratitude • From: Lydia Popp, Aug 7, 2025

To the Cerebral Palsy Association of Manitoba,

We would like to sincerely thank you for your generous support in making it possible to install an accessible shower in our bathroom. Because of your help, our 8-year-old daughter Vanessa now has the opportunity to gain the much-desired independence with her personal care.

This shower has brought a real and lasting change to Vanessa's daily life. It allows her to participate more fully in her own care with greater comfort, safety, and dignity. As parents, it is incredibly meaningful to see her take this step toward independence, and we are so grateful for your role in making it happen.

We have attached a photo of the completed shower to share this important milestone with you. Thank you again for your support and for the work you do for families like ours.



With appreciation,

Lydia Popp

Westman Updates...



Don't toss those pop tabs — SAVE THEM!
Every little tab adds up to a BIG impact. We're collecting pop can tabs to help build wheelchairs, and we need your help! *Start saving today and bring your tabs to the Westman Bike Race on April 18th at the Keystone Centre in Brandon.* ☼

SAVE THE DATE
January 2026
After the
HOLIDAYS
Bowling Party
Brandon
Stay tuned for details

*** * * SAVE THE DATE * * ***



Cerebral Palsy
STATIONARY
bike race
MISSION:POSSIBLE

Saturday
APRIL 18
2026

32nd Annual CPMB Westman Bike Race • UCT Pavilion, Keystone Centre, Brandon



Cerebral Palsy Association of MB -
Westman Chapter
158 followers • 64 following

FOLLOW US TODAY:

facebook.com/CPAMWESTMAN/

Did you know we
have a CPMB
WESTMAN
facebook page?

We are one #CPProud Association.
Stay tuned for great CPMB Westman
updates and news! **OUR GOAL:**
Reach 200+ followers
—FOLLOW US TODAY!



Cerebral Palsy Association of Manitoba and CoHabit Announce the Evolution of the CoHabit Housing Project to an Independent Charity

October 9, 2025 — Because of the unwavering support and leadership from the Cerebral Palsy Association of Manitoba (CPMB), and in partnership with CPMB, we are so proud to announce today that CoHabit is now an independent charitable organization, operating under the name CoHabit Inc.

We cannot thank the Team at CoHabit and this entire community of support enough for your unwavering commitment to this project and to the dignity and rights of people with disabilities.

Quick History

CoHabit was founded in 2019 as a housing initiative of the Cerebral Palsy Association of Manitoba and today has grown into an independent charity to develop integrated accessible housing solutions for adults with disabilities who require supports and services to live lives in community.

"When Margy brought the concept forward to me and the CPMB Board, we could see the need and the potential. We have been very happy to help launch the project and test the idea under our umbrella," said David Kron, Executive Director, Cerebral Palsy Association of Manitoba. "Now that we know the idea is viable and as the project ramps up, it needs more time and resources. It makes sense for them to branch out and become independent so we can continue to focus on our members and their priorities."

CoHabit became incorporated last spring and received its charitable status over the summer. CoHabit hired a part-time Executive Director, Jennifer Rodrigue (formerly, Project Lead) one year ago, and the small team is working out of a (generously donated) office space located in the Smart Park at the University of Manitoba.

What CoHabit is working on:

In partnership with Réseau Compassion Network and Actionmarguerite, we are working on a demonstration project that will be located at 825 Taché Avenue. The

demonstration project is a 65 suite fully accessible apartment block with 20 suites identified as deeply affordable and that include 24/7 wrap-around disability services. The goals for this demonstration project are to:

- Demonstrate the need for accessibility and that accessible design is beautiful and marketable.
- Demonstrate that support services can and should be delivered in integrated settings.
- Demonstrate that intentionally nurturing community connection will positively affect the health and wellbeing of every person that lives in that building by addressing loneliness, purpose and belonging.

We still need a commitment from the Provincial Government to fund the on-site disability support services for this project. Our request has gone to government and we are waiting to hear back. We need your help to ensure that the Province understands that integrated, accessible services are needed in Manitoba and that having the choice to live in community, with appropriate supports, is a human right. We will be reaching out to you soon with a call to action to support our funding proposal.

We also continue to pursue land at Southwood Circle and are open and in discussion with potential partners on other CoHabit locations and project opportunities. Throughout the fall we will be meeting with developers to discuss both Southwood Circle and other locations.

New contact information:

The CoHabit team can be reached at the following email address and phone numbers:

Jennifer Rodrigue, Executive Director: jennifer@cohabit.ca
204-803-5781

Margy Nelson, Founder and Director of Partnerships:
margy@cohabit.ca 204-795-6434

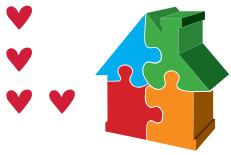
New Mailing address: CoHabit Inc c/o 148 Redview Drive
Winnipeg, MB R2N 3C8



*It feels like just yesterday David and I chatted about this housing idea. Well...here we are, six years later...And together, with so much support from David and the whole CPMB team, we certainly made great progress! We are so excited that **CoHabit** is at this stage and one step closer to becoming reality. We will never forget all that CPMB did to make this happen!!!*

Thank you from the bottom of our hearts, Margy and the CoHabit Team

CPMB and CoHabit



CoHabit

Live independently. With care

JUNE 2020

New project:
Building a Home
to Call Our Own



OCTOBER 2020

We have a name!



SEPTEMBER 14, 2021

CoHabit Golf Fundraiser



CoHabit
2021
Winter
Fundraiser



SEPTEMBER 14, 2022
CoHabit Golf Fundraiser



Matching Campaign graciously gifted by Blake Fitzpatrick & the Meagher Family!

When you give to CoHabit
you are helping grow
#TheCoHabitDream!



Until Dec. 31st, 2022 donations will
be matched up to a total of \$50,000!

#LiveTheCoHabit
DREAM Donate today at
CoHabit.ca

We reached our goal
THANK YOU!



There is no
substitute
for a feeling
of belonging.



Lacoste Spring Fundraiser

CP MB

CoHabit

Live independently. With care

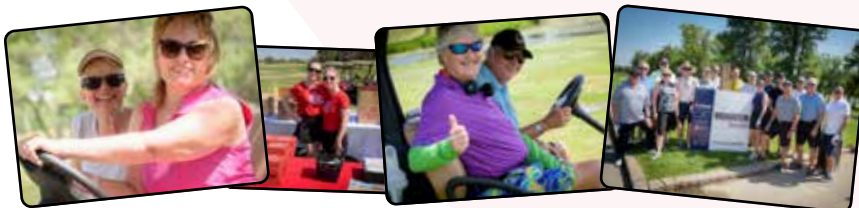
Stay tuned for details!

Wonderful Mother's Day Gift Ideas!

Beautiful HANGING BASKETS

GIFT CARDS for gardening or the gift shop—AND they don't expire!

ORDERS due April 21 PICKUP Sat May 6th



JUNE 20, 2023 • CoHabit Golf Fundraiser • SOLD OUT!



JUNE 18, 2024
CoHabit Golf Fundraiser



Come meet the CoHabit Community!

"Gathering Event" at Kilter Brew Pub

What: Drop-In Style "Meet and Mingle"

Where: Kilter Brewing Company
450 Rue Deschambault

When: Saturday, Oct 5th — 11am — 2pm

Who: The CoHabit Community

RSVP to Kelsy@cerebralpalsy.mb.ca



OVER \$90K RAISED!

JUNE 17, 2025
CoHabit
Golf
Fundraiser



SAVE THE DATE

CoHabit GOLF
June 16, 2026
Glendale GCC

CPMB Member News...

Great night at the Goldeyes

On Friday July 11th, over 100 members and friends joined us for another great night of baseball with CPMB at the Goldeyes! BIG THANKS to everyone who purchased 50/50 tickets in support of the Winnipeg Goldeyes Field of Dreams Foundation and CPMB! Congratulations Diane Minion—50/50 winner of \$2,572.00! CPMB truly appreciates the **Winnipeg Goldeyes Baseball Club** for their continued and generous partnership. #CPProud 🌟

Kai's cool ride

Another successful Equipment Grant recipient—Kai Seel-Olson looks great on his new trike! **Safe riding Kai!** 🌟



Scan the QR code > Apply easily ONLINE for a CPMB Grant at cerebralpalsy.mb.ca/grants



Here's the pitch...

Benoit Garand played his first ever baseball season this summer with the U13 Glenwood Bruins Team. Benoit was called upon to pitch multiple times this season. The team had a fantastic record, placing 2nd in their league and qualifying for Provincials. **Well done Benoit!** 🌟



Never let the fear of striking out keep you from playing the game ~ Babe Ruth

Photo credit Dan Harper

United Way Pembina Valley kick-off!



Our friends at the **United Way Pembina Valley** kicked-off their 2025 Campaign in September. CPMB sincerely thanks **United Way Pembina Valley** for their generous and continued support of our Pembina Valley Sledge Hockey Program. We could not do this with you! **DONATE@ unitedwaypembinavalley.ca/donate.html** 🌟



37th Annual CEREBRAL PALSY STATIONARY bike race CP MB canada life

SAVE THE DATE
Saturday MAY 30th 2026

MISSION:POSSIBLE
 Blue Cross Park, Winnipeg

Friendly reminder:

RENEW YOUR CPMB MEMBERSHIP

Please visit our website at:
<https://www.cerebralpalsy.mb.ca/membership.htm>

**It is important that you sign up for updates!*

EASY e-Transfers to CPMB!
 SHARE the LOVE!

1 Log into your online or mobile banking app and select the account.

***NEW 2** Add donate@cerebralpalsy.mb.ca as your recipient's email.

3 Enter the amount and provide name of donor and specify allocation as: General Donation, In Memoriam, Winnipeg/Westman Bike Race or Other.

***NOTE: Security question and answer are NO LONGER REQUIRED.**

If you wish to receive a tax deductible receipt for your gift of \$10 or more, please provide your name and complete mailing address.

**Easy as 1, 2, 3!
 THANK YOU for your Support! #CPProud**

CP MB CEREBRAL PALSY ASSOCIATION OF MANITOBA

Thank you all for Supporting CPMB...

- Cerebral Palsy Association Members
- City of Winnipeg Charitable Fund (Funded by Employees & Retirees)
- Dr. Alfred E Deacon Medical Research Foundation
- Winnipeg Goldeyes – Field of Dreams
- Starbuck All Charities
- Jewish Foundation – Susan Rogers Fund
- The Prairie Dawn Foundation
- Tracy Taylor – Andrew Malo Memorial Scholarship
- 4 Guys Cycle
- Pembina Valley United Way
- In Honour of Catherine Lambeth
- In Memoriam - Gary Gall
- In Memoriam – Brian Stewart
- In Memoriam – Catherine Schaefer
- Westman Group Inc



Thank you all for 50+ years of support!





**SHOP
HERE**



**BECAUSE IT'S SHOP
O'CLOCK SOMEWHERE!**

CPMB eStore is NOW LIVE—SHOP TODAY:
cerebralpalsy.mb.ca

**** SAVE THE DATE ****

**Saturday
November 29th
2025 Holiday
Bowling Party**

Uptown Alley
1301 St Matthews Ave
Winnipeg • 12:30 to 3:00 pm



RSVP to David by Nov 21st
Email davidk@cerebralpalsy.mb.ca



**CEREBRAL PALSY
ASSOCIATION
OF MANITOBA**

**5th Annual
AGM**

SAVE THE DATE



RSVP to David by Dec 1st
Call the Office 204.982.4842

**Join us for the 2026 CPMB
Annual General Meeting
Saturday, December 6th, 2025**

**Creative Arts Room, Bronx Park Community Center
720 Henderson Hwy, Winnipeg**

Guest Registration 1:15–1:45 pm • Formal AGM 1:45–3:30 pm • Light Lunch to be provided
PLEASE ADD TO YOUR CALENDAR! There is no cost to attend the AGM. Stay tuned for details!

Check out all our CPMB EVENTS HERE: www.cerebralpalsy.mb.ca/events



www.cerebralpalsy.mb.ca



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The Cerebral Palsy Association of Manitoba

**CP
PROUD**

Direct line 204-982-4842
Toll free 800-416-6166
Fax 204-982-4844
Email office@cerebralpalsy.mb.ca

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