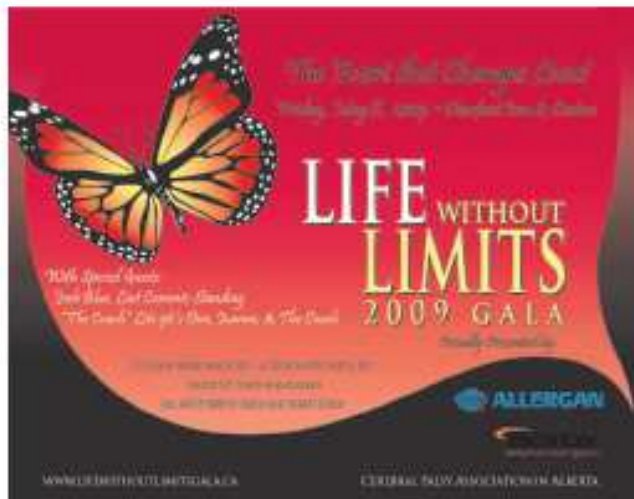


CPAA NEWSLETTER JOURNEYS



SUPPORTING AND ENRICHING THE LIVES OF PEOPLE AFFECTED BY CEREBRAL PALSY

JANUARY 2009



Josh Blue, Winner of Last Comic Standing to Headline 2009 Life without Limits Gala

2009 will mark the 3rd Annual Life without Limits Gala, sponsored by Allergan/Botox, in support of the Cerebral Palsy Association in Alberta. Taking place on Friday, May 8th at the Deerfoot Inn & Casino, and hosted by "The Coach" from Lite 96 FM's morning show, *Don, Joanne and The Coach*, this exciting and powerful event will feature a delectable gourmet dinner, impressive live and silent auctions and a special guest entertainer.

This year, the event will be headlined by the well-known comedian and season four winner of NBC's Last Comic Standing, Josh Blue. Faced with the challenges of living with

cerebral palsy, the Paralympic soccer player uses his incredible sense of humor and likeability to defy stereotypes and encourage others to overcome their preconceived notions about people who are considered "disabled." (*See profile on page 7.*)

The 2009 Life without Limits Gala will provide the CPAA the opportunity to create awareness, educate the public, and give our guests the opportunity to imagine a world of endless possibilities for people with disabilities. An event that truly changes lives, the Gala will bring together over 300 people from all sectors and industries and will be an evening of fun, celebration and endless possibilities as we help create a *Life without Limits* for people with cerebral palsy and other disabilities.

Last year's event raised over \$80,000 for CPAA, and with the support of our community, we look forward to surpassing 2008's fundraising total at this year's event. All monies raised from this event will go towards CPAA's valuable programs and services like the Music Therapy Room, and special projects such as the Life without Limits Vacation Villa – all of which help us achieve our vision of supporting and enriching the lives of people affected by CP and other disabilities.

Reserve your tickets today by calling 403-219-3608 or visit www.lifewithoutlimitsgala.ca. Tickets are only \$125 if reserved prior to March 31! A limited number of special tickets that include a private reception with Josh Blue are also available.

For sponsorship opportunities, please contact Joanne Dorn, Director of Development at 403-219-3603 or email jdorn@cpalberta.com.

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MESSAGE FROM THE EXECUTIVE DIRECTOR

"Achieve all you want because you can." Daram Vie



Janice Bushfield, Executive Director, CPAA

The Cerebral Palsy Association in Alberta is achieving a *Life without Limits* because we can. 2008 proved to be a year of many accomplishments.

The Vacation without Limits Villa project at Gull Lake, started as a concept that grabbed the interest of many strong supporters, from the Government of Alberta to service clubs, to every individual who made a donation or bought a brick. Our idea of creating an inclusive vacation opportunity to people with disabilities in a resort property is finally being realized as our modular home is nearing completion this winter. We are planning a grand opening in May so visit our website www.vacationwithoutlimits.com to learn more.

The Life without Limits Gala was an amazing success and featured an entertaining Duncan Wyeth from United Cerebral Palsy and our own Corey Johnson. We are thrilled this year to be able to bring to Calgary for the very first time, comedian Josh Blue, winner of Last Comic Standing. This past summer we also presented at the United Cerebral Palsy annual conference in Washington, DC. Our efforts, marketing, and commitment were presented in "Global Participation in Life without Limits" to over 300 affiliate members.

The 2008 Motion Specialties Life without Limits Challenge was another resounding success. Events in both Calgary and Edmonton brought in more participants, volunteers and increased pledges. We even made the UCP blog news. We saw many new families out at the events and received tremendous support from the community.

New programs continued to be offered and developed including Music Therapy, Afterschool, and Pathways Employment in addition to our ongoing programs. A new program that made international news, was our Ballerina Dreams program. Beginning as a small group in summer, the final recital in the fall featured 37 lithe dancers, and was a feature for Global Television and UCPeople.

Another program that gained international recognition was our community and government relations. The Calgary Ability Network was formed by working intensely with community groups and Mezaun Lakha-Evin was recognized for her tireless work in this area.

Programs and services continue to be supported by our business operations and this year we introduced several new recycling initiatives, including donate-a-car, cell phone and inkjet recycling. We will be expanding our recycling efforts into 2009, to include beverage containers.

Looking into 2009 and cognizant of the economic uncertainty of the times, we will be reviewing our current programs and services to ensure that we are meeting the needs of our community in the most cost effective way.

I would like to take this opportunity to thank everyone who not only made last year a success but are also working together to make a life without limits a true reality.



Janice Bushfield
Executive Director

REGISTERED DISABILITY SAVINGS PLANS EXTENDS DEADLINE

Government Welcomes National Availability of Registered Disability Savings Plans and Extends Deadline for Establishing a Plan and Applying for the 2008 Grant and Bond

At an event celebrating the national availability of Registered Disability Savings Plans, the Honourable Jim Flaherty, Minister of Finance, and the Honourable Diane Finley, Minister of Human Resources and Skills Development, today announced that the deadline for opening an RDSP, making contributions and applying for the matching Grant and the income-tested Bond for the 2008 contribution year has been extended to March 2, 2009 from December 31, 2008. The 2009 RDSP contribution year will begin March 3, 2009.

Individuals who qualify for the disability tax credit, their families and others may save for the long-term financial security of a person with a severe disability by contributing to an RDSP. These contributions may be supplemented by matching Canada Disability Savings Grants from the

Government of Canada. The Canada Disability Savings Bond is also available for low- and middle-income families even if no contributions are made.

The RDSP is a tax-assisted savings plan. Contributions to an RDSP will not be deductible, nor will they be included in income when withdrawn. Investment income, grants and bonds are included in the income of the beneficiary when withdrawn from an RDSP. To maximize the effectiveness of RDSPs and ensure that payments from the plan supplement rather than reduce income and benefits from other sources, amounts paid out of RDSPs will not affect federal income-tested benefits and credits such as the Canada Child Tax Benefit, the Goods and Services Tax Credit and Old Age Security.

The Government of Canada has also worked with the provinces and territories to ensure that RDSPs are as effective as possible. To date, Newfoundland and Labrador, Ontario, Manitoba, Saskatchewan, Alberta, British Columbia and the Yukon have announced that RDSP income and assets will not affect calculations for income support benefits.

The RoadAhead Society of Calgary will be holding an information session on the Registered Disability Savings Plan on Thursday, January 29th from 6:30 to 8pm at St. Andrew's Heights Community Centre, 2504- 13 Avenue NW. Please contact the RoadAhead Society at 403.263.8226 or visit the website www.theroadahead.ca for more information and to register for this information session.

Coming Soon!
"Ask the Expert"
with Dr. Kiefer

Presented by:



Need professional medical advice?
Send us your questions!
Email: ltherrien@cpalberta.com



LIFE WITHOUT LIMITS
2009 Gala

Volunteers Needed!

CPAA is looking for volunteers for the Life without Limits 2009 Gala,

For more details, contact Mariana at 403.543.6854 or email Mariana@cpalberta.com

If you are interested in sitting on the 2009 LWL Gala Planning Committee, please email Ulrike: uthomas@cpalberta.com

All Children Can Soar
Renew offers a broad range of specialized programs and services designed to meet the needs of children with special needs and their typically developing peers. Our individualized programs and services help all children succeed.

Ongoing Registration for Kindergarten & Junior Kindergarten
for the 2009-2010 school year
A 15-minute session
A complimentary fee

"Helping Kids Soar" Workshops for parents
Join us for a complimentary workshop on:

2810 - 21 St. SE, Calgary AB T2C 6G3
T: 403.291.3838 F: 403.291.2997
info@reneweducation.ca www.reneweducation.ca



CALGARY PROGRAMS

Bowling

Fridays (Starting Feb. 6): 1:00 - 3:00pm
Fairview Bowling Alley \$25

Art FUNdamentals

Thursdays (Starting Feb. 5) 9:30 - 11:30am
RCP Field House \$45/12 weeks

Exercise and Fitness

Thursdays (Starts Feb. 5) 1:00 - 3:00pm
RCP Field House \$45/12 weeks

Music Therapy for Adults

Monday Class or Wednesday Class 10am
CPAA Office (NE) \$45/10 weeks

Teen After School Drama

Tuesdays: 3:45 - 5:45pm
RCP Field House \$19/hour

Massage Therapy

Fridays (Please contact Sarah at
403.543.1164 to book an appointment)
\$30/hour for members

Creative Movement and Dance

Saturdays: 1:00 - 2:00pm
1215 Sylvan Lake Dr SE \$87.50/7 weeks
Contact Karen King 403.278.9116 or email
kking@cpalberta.com for more information

Adult Members Events

Valentine's Day Potluck
Tuesday, February 10, 6:30 - 8:30pm
University of Calgary (North Entrance)
Bring your favorite dessert!

Game Night - BINGO

Tuesday, February 17, 6:30 - 8:30pm
University of Calgary (North Entrance)

Dinner Night Out

Tuesday, February 17, 6:30 - 8:30pm
Olive Garden (36th street NE)

PAGE 4 * Cost dependent on meals

Highlights from the Adult Members' Christmas Party

CPAA Members sure know how to have a good time! Even with the date being rescheduled to after the holidays due to the bad weather, over 100 members made it out for a night of great food and fabulous music.

A special thank you to the Royal Canadian Legion for cooking up a great feast and volunteering their time to ensure everyone was well fed. Another thank you goes out to John Evin and his nephew Sebastian for their DJ talents and providing some great music for everyone to enjoy.



New Kitchen Program

Looking for new meal ideas?
Need to learn some basic cooking skills?

CPAA is looking to offer a new program Collective Kitchen.
Topics include:

- Healthy Eating
- Menu Planning and budgeting
- Basic Cooking Skills

We are looking for your feedback. Please contact Karen King at 403.278.9116 or email kking@cpalberta.com and share your thoughts.

For more information on current and upcoming recreational programs in both Calgary and Edmonton, please visit the CPAA website: www.cpalberta.com.

For information on Calgary's Referral and Special Services, please contact Zach Woodward, Program Manager at 403.543.0076 or email zachary@cpalberta.com.

Vacation without Limits Villa Construction Update



Construction of the Vacation Villa is well underway as the Cerebral Palsy Association in Alberta anxiously awaits to open the Villa's doors to members and the public in Spring 2009.

With the unit now on site at Raymond Shores Resort in Gull Lake, Alberta, contractors are hard at work installing the windows and electrical, then will be tackling the cabinets and flooring in the weeks to come. For a complete description and booking information, please visit www.vacationwithoutlimits.ca.

Anyone interested in sponsorship opportunities, or donating to the Vacation without Limits Villa project, please contact Joanne Dorn, Director of Development at 403.219.3603 or email jdorn@cpalberta.com.

Stay tuned for more construction updates and our villa grand opening date!

First Annual "Life without Limits" Edmonton Resource Fair

Please join us at the Chateau Nova Hotel & Suites on Tuesday, May 5, 2009 from 10:00 am to 3:00 pm.

Contact Kim Henye 780.477.8030 or email kim@cpalberta.com for more information.

MAY IS
CEREBRAL PALSY
AWARENESS
MONTH

Stay tuned for events
happening in your area!

MARK THE DATE!

CPAA Open Houses

Edmonton - May 1
2 PM - 6 PM

Calgary - May 21
10 AM - 3 PM

EDMONTON PROGRAMS

Art Expression

Wednesdays (January 7 - February 18):
2:30 - 4:30 pm
Art Gallery of Alberta \$5 / 7 wk session

Yoga Program

Mondays (January 26 - March 9)
5:30pm - 6:30pm
Central Lions Senior Recreation Centre
1111 - 113 Street \$5/ 6 wk session

Contact Kim Henye at 780.477.8030
to register or request
additional information.

The Computability Program

Ongoing
CPAA Office
17231 105 Avenue

Provides free individualized workshops for people with disabilities on a variety of computer topics including computer basics, Email basics, Email advanced, internet basics, computer gaming, virtual tours, and web site design. To become a participant in this program simply contact Michael Samson, Computability Program Coordinator at (780) 477-8030.

Adult Members Events

Music Night
Thursday, February 5, 6:30pm
Villa Marguerite Auditorium

*** Please confirm your attendance with Ralph Leibo at 780.433.4863 or call CPAA office at 780.477.8030.

SPECIAL EVENT

Golden Bears and Panda's Basketball
Saturday February 7, 2009 - 6:00pm Tip Off
University of Alberta - Main Gym
*** Attendance must be confirmed by February 2nd, 2009

CITY OF CALGARY AWARDS, CPAA STAFF MEMBER



Mezaun Lakha-Evin, Associate Executive Director, CPAA receiving Advocacy Award from City of Calgary

Congratulations Mezaun!

The Cerebral Palsy Association in Alberta would like to congratulate Mezaun Lakha-Evin on receiving the Advocacy Award from the Advisory Committee on Accessibility for the City of Calgary, presented at the International Day of Persons with Disabilities celebrations.

The City of Calgary Advisory Committee on Accessibility sponsors the awards in order to raise awareness regarding the importance of accessibility and universal design and to celebrate the accomplishments that fellow Calgarians are making to improve the quality of life of persons with disabilities. The Advocacy Award recognizes how an individual or group of people have improved the quality of life for persons with disabilities.

Mezaun's proactive leadership on disability related issues, creating partnerships with community agencies and working to further the Life without Limits Project make her a worthy recipient of this award.

Congratulations Mezaun! CPAA is exceptionally fortunate to have you as part of the team.

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Adolescent Transition Program

You can expect many changes as you grow into an adult. The Neuroscience Adolescent Transition Program is here to support you as you graduate into adult health care services.

We offer:

- ~ One-on-one sessions to chat about your transition concerns and dreams for the future.
- ~ Email fan out list to receive transition resources and transition education opportunities
- ~ Group education session – to learn more about common transition topics such as:

- Understanding your Medical Condition
- Navigating the Adult Health Care System
- Community Resources – AISH, PDD, post-secondary options...
- Life skills – transportation, household chores, budgeting...

YOU are in charge of your future, so we need YOU to contact the Transition team to get info on what's important for you.

We can be reached by phone at 955-7645 or by email at Ms.Transition@calgaryhealthregion.ca

2009 LIFE WITHOUT LIMITS GALA...

Spotlight on Josh Blue - Featured Entertainer at the 2009 Life without Limits Gala

Since winning Season 4 of NBC's Last Comic Standing, Josh Blue has emerged as one of the hottest comedians in the country, performing to wildly appreciated sold-out crowds on a non-stop cross-country tour. Josh is a diverse and triumphant individual - hilarious stand-up comedian, stand-out guest star on television, talented artist, and stellar U.S. Paralympic Soccer player - refusing to bow to any of the challenges that come from living with cerebral palsy.

His unique brand of "reverse teasing" affords him great joy of "humbling condescending people" Blue jokes, "I realize that people are going to stare so I want to give them something to stare at."

Josh's stand-out performances at the 2004 Las Vegas Comedy Festival earned him \$10,000 as Grand Prize

Winner of the Royal Flush Comedy Competition. In 2006 Josh became the first stand-up to perform on The Ellen DeGeneres Show, an incredible honor, especially considering what a fan he is.

From comedy clubs and theatre engagements to college campuses and corporate events, wherever he takes the stage Josh elicits an overwhelming crowd response. His uncanny ability to improvise with any audience coupled with comedic timing rarely found in a performer his age has enabled him to rapidly develop a loyal fan base across the country. His rise is perhaps best described by a club owner following a recent show when he exclaimed: "Josh is rolling like a ROCK STAR!"

For more details on Josh Blue, visit www.joshblue.com.

Tickets for his Calgary performance at the Life without Limits Gala on Friday May 8, 2009 can be purchased by calling 403.219.3608 .



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- Department of Veterans Affairs
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(403) 247-2222
www.themotiongroup.com

WHERE TO FIND US

Calgary Head Office

3688, 48 Avenue NE
Calgary, AB, T3J 5C8
Phone: 403.543.1161
Toll Free: 1.800.363.2807
Fax: 403.543.1168

South Community Centre

16 - 1215, Lake Sylvan Drive SE
Calgary, AB,
Phone: 403.278.9118
Fax: 403.278.9119

Edmonton Office

17231, 105 Avenue
Edmonton, AB, T5S 1H2
Phone: 780.471.8030
Toll Free: 1.888.477.8030
Fax: 780.471.0855

DONATION FORM

The CPAA is working on new and exciting projects to support and enrich the lives of people with disabilities. We invite you to help make our vision of a *Life without Limits* a reality by becoming a valued monthly donor or by making a one time donation. Your generous support contributes to the growth and development of our members. Together, we can create a difference!

I would like to become a CPAA monthly donor with a monthly gift of:

\$15 \$25 \$50 Other \$ _____

I have enclosed a cheque for a one time donation
OR

Please use my credit card information below to process my monthly or one time gift:

Card #: _____ Exp. Date: _____

Name: _____

Address: _____

City/Prov/Postal Code: _____

Phone #: _____

Email: _____

Please mail to the Calgary Head Office at the address below. For more information, please contact Joanne Dorn at 403.219.3603 or email jdorn@cpalberta.com.



RICK GIACOBBO

President

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To sign up for eJourneys, the CPAA's monthly electronic newsletter, or if you have an interesting story idea you would like to see included, please email Laura Therrien @ ltherrien@cpalberta.com

Journeys is a CPAA quarterly published newsletter. The contents of this publication do not necessarily represent the opinion or policy of the Cerebral Palsy Association in Alberta.