

## WESTMAN CHAMPION VOLUNTEERS THANK YOU FOR SUPPORTING CPAM

The Cerebral Palsy Association has been fortunate to have the support of our members who live in the Westman area of the province. It is because of the dedication of members and supporters that the Westman Bike Race, held each March in Brandon, has seen much success. The leadership and volunteer work done by Ron and Carol Wells and Debra Koritar is truly appreciated by all who are affected by Cerebral Palsy.

Carol and Ron's initial dedication to bringing the Bike Race to Brandon in order to raise funds for equipment for children and adults in the Westman region is indeed praiseworthy. Debra's role as the Westman's Grant Chairperson, along with help from other volunteers, has provided a great variety of equipment and assistive technology giving people quality of life and independence.

How do we satisfactorily thank them for the hours, the energy, and the generosity that has been so freely given? Well, CPAM was not sure how to do that but as a token of our appreciation gifts of Inuksuks were presented to these fine people as we gathered at the Information & Retreat Event held October 29 in Brandon.

Today, the Inukshuk is a tangible symbol of communication; a universal means of speaking about our concern for one another and our dependence on one another. Ron has brought responsible leadership in organizing the Westman Bike Race and made a difference in the lives of many. Carol and Debra's work with the Bike Race, Grant Program and as therapists brought hope to many families, often making life easier and safer. The individual efforts of each are appreciated. Their combined efforts have taught us that together we can do even better. We say good bye, thank you and wish you all the best.

*"The world is a better place to live, when people like you are so willing to give. As you freely share your hours and days, may you also be blessed in many ways."*

CPAM truly appreciates the time and energy given  
by all our volunteers.

**HAPPY NEW YEAR TO ALL**

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### UPCOMING CPAM EVENTS

*Bike Race*  
Winnipeg, **March 10**  
Brandon, **March 17**

*Retreat Weekend*  
Camp Arnes,  
**May 4-6**

**PLEASE  
BCOME A MEMBER  
OR  
RENEW YOUR  
MEMBERSHIP**

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

## **WELCOME NEW PROGRAM AND MEMBERSHIP DIRECTOR**

CPAM is pleased to announce that David Kron has accepted the position of Program and Membership Director. David comes to us with a wealth of experience having been a member of the Association for many years which includes serving on the Board of Directors and holding the position of President in 1999 and 2000. David has also given many hours to the Stationary Bike Race in both Winnipeg and Westman as one of our emcees, operating the electronic board, captaining a team, and of course transporting all those wonderful specialized Freedom Concepts bikes so that members with CP can ride with their favourite bike race teams.

David once said that as a child he really never felt excluded due to having CP and always felt it was important to participate. He played rugby, soccer and always signed up for track events. He knew he would likely come in last but it never concerned him. His family supported him and always encouraged him to try new activities. So in his spare time, when he was not busy travelling with his work, he was out and about camping and kayaking. Those activities often took him to exotic and rugged locations around the world. Life is currently a bit less adventuresome but David and his wife Pam love to travel and are enjoying the wonderful sites that are a little closer to home.

In David's eleven years with Freedom Concepts, a company that designs and manufactures specialized bicycles for children and adults with disabilities, he has developed an extensive network in Winnipeg and Manitoba as well as in other provinces in Canada. He has worked with families and adults affected by CP and with therapists, social workers, and funding organizations. After university David worked for the City of Winnipeg for several years.

David is excited about the opportunity and the challenge of growing the Association and bringing a new perspective to the organization. He is looking forward to meeting those members he does not know and seeing those he does. With his positive attitude and experience, David will truly be an asset to CPAM and we sincerely welcome him.

### **Researchers Need Your Help - Does Winter Weather Limit You?**

**Does winter weather make it difficult for you or your family to use equipment like wheelchairs or scooters?**

**Are there changes that would help make using a wheelchair or scooter in the winter better for you?**

Occupational therapy researchers at the University of Manitoba are interested in hearing about activities that are meaningful to you during the winter. You can help by completing a survey. Go to <https://www.surveymonkey.com/s/winterresearch> to complete a survey on-line

**OR**

Phone (204) 977-5617 or email [winterweather.research@gmail.com](mailto:winterweather.research@gmail.com) for more information or to get the survey in paper-copy. You can do the survey over the phone.

***If you participate your name will be entered into a draw for a Tim Horton's gift certificate.***



### **IN MEMORIAM**

**CPAM remembers DORIS DAUDRICH.**

*Doris devoted many years to the Board and also many hours to events and activities of the Association in the early years of our growth.*

*She worked on behalf of all people with CP but especially for her grandson Andre. Her contributions are remembered and CPAM offers sincere condolences to her family.*

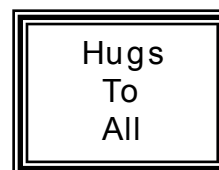
*The members and staff extend their sympathy to all who have lost a loved one.*

In memoriam and other donations can be made by phone using Visa or Master Card. All donations are acknowledged and tax receipts are issued for gifts of \$10 or more. These contributions help make a difference in the lives of our members

**THANK YOU VERY MUCH**

### **SPECIAL THANKS**

CPAM would like to thank the following for their generous financial contributions:



Cerebral Palsy Association Members

The Alfred E. Deacon Medical Research Foundation Inc.

The Winnipeg Goldeyes Field of Dreams Foundation

Manitoba Hydro Employees - Selkirk & Interlake

The Jewish Foundation of Manitoba - Susan Rogers Fund

City of Winnipeg Employees-Retirees' Charitable Fund

Government of MB. All Charities Campaign

WGI Westman Group Inc.

Credit Union Central of MB. Employees

Filles De La Croix

Dallas & Nancy Weicker Wedding

Flow Through Donations from Members - United Way of Winnipeg

Chris Moffat, Hudson Lezack

Walk for CP - residents of Flin Flon and surrounding area raised \$2822.10.

CPAM appreciates the work done by Michael & Ryan and their families.

### **UNITED WAY SUPPORTS CEREBRAL PALSY ASSOCIATION**

If you donate to the United Way you can request that your contributions be designated to **CPAM**.



Altona/Gretna & District

Carman & Community

Morden & District

Winkler & District

Winnipeg



## INFORMATION - RESOURCES

### **St. Amant Family Care Program**

Call 256-4301 – ext. # 3203 or 3396 .  
For information and to apply for services from the Community Support Program at St. Amant go to the website at [www.stamant.mb.ca](http://www.stamant.mb.ca) or call 256-4301.

### **Motivating Sounds Music Therapy**

Music Program Information  
Contact – Tanya Barker – 943-0848  
[motivatingsounds@mts.net](mailto:motivatingsounds@mts.net)

### **Rehabilitation Centre for Children (RCC) Family Support Network**

Parents of children with disabilities meet at RCC to share their experiences and knowledge, to gain valuable information from speakers, and to learn about supports and resources that will benefit their child. Meets the last Tuesday of the month from 7-9pm at 633 Wellington Cres. Contact 453-9821.

### **River East Parent Support Network**

Meets at the Access River East  
975 Henderson Hwy or at Perkins, 1277 Henderson.  
Generally the 4th Monday from 7-9pm - contact Dawn at [repsn@shaw.ca](mailto:repsn@shaw.ca)

### **Crisis Accommodation and Support**

Adults with disabilities who have experienced abuse or at risk of abuse and whose needs cannot be met by existing abuse/crisis services can contact:  
MB. Family Services Crisis Transition Worker  
204-945-1335

### **Help for Families!**

#### **Individual Relationship Family Therapy**

Providing support and counseling to patients of the Rehabilitation Centre for Children & their families; including foster parents and grandparents. These services are free of charge. For more information call – 284-2048.

### **Rehabilitation Centre for Children Therapeutic Recreation & Wellness Program**

Information on the following preschool program phone **204-453 – 9821** or  
Email: [yvonnek@rccinc.ca](mailto:yvonnek@rccinc.ca)  
[ckehler@rccinc.ca](mailto:ckehler@rccinc.ca)

**Music Therapy Program** with Jaclyn Volk, Music Therapy Services.

**When** - Fridays, Feb. 3 to March 23/12

**Where** - Rehab Centre for Children  
633 Wellington Crescent

Two sessions: Mornings - 9:45 to 10:30

Afternoons - 2:00 to 2:45

To register a spot for you and your child, call for a registration form, complete it and send it to Yvonne at RCC. If you have questions please contact RCC directly .

### **ILRC - skills through leisure activities.**

Leisure Education is ...

Innovative, one-on-one approach; increased self-esteem; accessing information, commitment to goals/change.

DATE: Thurs. Feb. 2      TIME: 1:30-3:00 PM

PLACE: ILRC– 3rd floor, Portage Place

Contact Joanne Legault - 947-0194 [joannel@ilrc.ca](mailto:joannel@ilrc.ca)

### **MASSAGE THERAPY**

Students will do massage for \$12.00 hr.

(private therapy cost about \$60.00 hr.)

Friday afternoons from 12:30 to 4:00

**Massage Therapy College** - 204-691 Wolsely Ave.  
near Misericordia Health Centre

**Massage can be done in your wheelchair or on a massage table.** Call 772-8999 for more info.

### **FOR SALE**

**GUARDIAN WALKER** - good condition

Asking \$250.00 or best offer

**ADJUSTABLE WALKING CANE**

Asking \$30.00 or best offer

**Please contact Larry at 832-9959**

*Please send us your email address.*  
*MOVING? Please advise CPAM of your new postal address.*

## WESTMAN INFORMATION/RETREAT WEEKEND

by Carol Wells

The Westman Branch of the Cerebral Palsy Association of Manitoba held its' bi-annual information/retreat weekend on October 29, 2011 at the Royal Oak Inn and Suites in Brandon with approximately 50 adults and children in attendance.

The event started out with an informative presentation on the Movement Centre of Manitoba by Director, Margy Nelson. Following this was a session on "Been There, Done That" where families could ask questions and other families, with experience in that area, could provide some answers. After that, member Chantal Lussier, did a power point presentation about living in Winnipeg and the dance group of which she is a member. Laura Schnellert presented information on the Cerebral Palsy Association's Personal Support Worker program for adults and President, Kelly Hunter, gave a presentation on the financial status of CPAM and the ongoing work and efforts of the Board of Directors. Equipment and products for children and adults were displayed by suppliers and distributors.

Following the informative part, families had free time to socialize and enjoy the indoor swimming pool. In the evening a banquet was held. There was a Halloween theme and members dressed in costumes. After the supper, entertainment was provided by "The Bubble Man" who was wonderful. All the children and young adults attending were each enclosed in a huge bubble. Prizes were awarded for the best costumes and the evening concluded with people visiting. Fun was had by all!

PS from Laura Schnellert - my **sincere thanks** for the gift, your warm welcome & good wishes.

### **MB. Government Changes Names of Disability Service Programs**

The department of **Family Services** has changed the name of several of its service programs that provide support to children and adults with disabilities.

Here are the changes:

Children's Special Services - changed to **Children's disABILITY Services (CDS)**. Provides supports to families whose child is eligible for the program. CDS worker is assigned.

Supported Living Program - changed to **Community Living disABILITY Services (CLDS)**. Provides a range of day and residential services aimed at providing eligible adults opportunity in a community setting to the extent possible for each individual. A CLDS worker is assigned.

Vocational Rehabilitation Program - changed to **marketAbilities**. Provides employment focused services to eligible adults with physical disabilities. A counselor/worker is assigned.

For more information contact Manitoba Government Inquiry - [mgi@gov.mb.ca](mailto:mgi@gov.mb.ca)

### **A NEW BOOK IN CPAM'S LIBRARY**

**The Four Walls of My Freedom** by Donna Thomson

This book is a family memoir. Donna Thomson's vivid descriptions of her own experience in treading delicately through daily care, medical emergencies and the medical bureaucracy as she and her family live with her son Nicholas' cerebral palsy, are both inspirational and instructive. Contact CPAM office to borrow this book.

## Food For Thought

### The Power of Positivity - by member Norah Myers

*“I choose to be a happy person. I choose not to be a bitter person. If I have a bad day, I get really angry with myself and I flip it and I tell myself I’m going to have a good day. I’m going to be strong. I will be strong and that’s how I choose to be.” – Britney Spears*

I present differently when I am happy. I think everyone does. When you are positive and confident, people want to be around you. You give off a vibe that tells others you are approachable and personable. You can be happy in the face of a disability, an injury, an illness. It’s perspective. You can’t necessarily ‘cure’ yourself by thinking good thoughts, but it can help you stop ‘fighting’ whatever it is that holds you back.

I went to a restaurant a few months ago and my server had an obvious physical impairment or had been in an accident. I didn’t ask her what had happened to her (even though I was curious) because I didn’t feel it was my business. She seemed comfortable in her own skin and positive about herself. She didn’t seem to let her physical challenges ‘get to’ her. I know that there are times when she must feel resentful, tired and sad, but she doesn’t communicate nonverbally that she is angry with the world, angry with her impairment or angry with herself. She is a physically beautiful young woman and she is more beautiful because she doesn’t project negative energy. I had never encountered such a thing in a stranger who had a physical disability. She really inspired me and made me feel good about myself. She stands in sharp contrast to another woman, physically impaired, I recently met. This woman used a wheelchair and was clearly depressed and pissed off. It was not her disability that put me off. It was her negativity. I think her life might be a lot easier if she consciously chose to see some positivity and brightness in her life and the world around her. It would make her a healthier person to be around and she might not be so encumbered as she goes from day to day. You can ‘think’ yourself into a miserable, unsatisfying, unhappy life or you can ‘think’ yourself into a life of happiness.

### SMD Adult Leisure & Recreation Programs 2012

This program offers opportunities to adults with physical or neurological disabilities. Programs are lead by a Program Facilitator and volunteers however if you require one to one support for activities of daily living please bring your own attendant. Transportation is the responsibility of the participant.

**Drop In** - Tuesdays - Jan. 10/12 to March 13/12 & April 3 to April 24/12—7-9 PM at SMD

**Supper Club** - Wednesdays - fee \$5 a night - Jan. 11 to Mar.14 & April 4 to April 25 at SMD.

**There are also different activities for a Young Adults Group ages 18– 35.**

*SMD is located at 125 Sherbrook St.*

*For more information on the above activities as well as other activities not held at SMD contact Derek Day at 975-3090 or [dday@smd.mb.ca](mailto:dday@smd.mb.ca)*

INFORMATION SHARING - dopamine responsive dystonia (DPR), a rare condition, is sometimes mistaken for Cerebral Palsy. A member in rural Manitoba found this information and thought it would be of interest to others. If interested check out the following:

**[jkfink@umich.edu](mailto:jkfink@umich.edu) & [wemove@wemove.org](http://wemove@wemove.org) or Google Dopa-responsive Dystonia.**

## ANNUAL CEREBRAL PALSY RETREAT WEEKEND

Friday, May 4 to Sunday, May 6

Camp Arnes - 19 km North of Gimli on Hwy. 222

Individuals with CP and their families and/or attendants are welcome to attend.

Registration at this time is for 50 people and is on a *first to register basis*.

More information and a registration form will be mailed to all current members the end of February.

**Cost: \$35.00 for each adult attending (your attendants too).**

**\$25.00 for each child 5-10 years of age - children 4 & under are free.**

The cost includes your accommodations and all meals. If you do not have your own vehicle to drive to the camp then CPAM will help with transportation.

Arrive Friday evening after 6:30. Leave the Camp about 2:00 Sunday.

**Members can swim (indoor pool with limited accessibility), just relax, or play an assortment of games and cards.**

**Saturday evening there is a party - *fun, fun, fun!***

**LOOK FOR INFORMATION  
IN THE MAIL OR CALL THE OFFICE.**



*The Claydon-Preteau family loves to attend the Retreat and they enjoy the activities with all the other members.*

**CPAM staff are thinking of having those in attendance play "A Minute to Win It" - modified, of course, so everyone can play.**

### CITY OF WINNIPEG ACCESS ADVISORY COMMITTEE

Universal access to information, services and public properties is a priority of the City of Winnipeg. The Access Advisory Committee assists the city in striving towards the goal of accommodating all of its citizens. The Committee mandate is to:

- advise the Mayor & Council on present & future status of the City's properties, services & information accessible for persons with disabilities to the benefit of all citizens.
- Review & monitor all accessibility as they pertain to the City of Winnipeg's properties.
- Advise & make recommendations to City Council regarding unresolved accessibility issues related to City properties.
- Communicate with the citizens of Winnipeg about their concerns as they relate to public access of City properties.
- Inform all citizens of initiatives of the City as well as accomplishments & achievements with respect to access & universal design.
- Educate all City departments about access issues as they relate to employment & public access.
- Identify projects which encourage enthusiasm & involvement of the community, business & government in making Winnipeg universally accessible.

**For information contact Chris Sobkowicz - 986-8345 or website [www.accwinnipeg.mb.ca](http://www.accwinnipeg.mb.ca)**



## WE WOULD LIKE YOU TO JOIN US AT THE 2012 BIKE RACES - OUR MAJOR FUNDING SOURCE

WINNIPEG, MARCH 10 - Wellness Institute - 1075 Leila Ave.

BRANDON, MARCH 17 - Town Centre, 800 Rosser Ave.

10:00 am—5:00 pm

### YOUR HELP & SUPPORT IS NEEDED

Please consider entering a 14 person team or supporting these events by pledging one of the riders on a team. Tax receipts are issued for donations of \$10.00 or more.

On line donations or Visa/ Master Card accepted by phone.

For more information on entering a team, being a rider or to **make a donation** contact the Cerebral Palsy Association directly at 982-4842 or 1-800-416-6166 toll free within MB.

Check out the Bike Race on our website - [www.cerebralpalsy.mb.ca](http://www.cerebralpalsy.mb.ca)

### GRANT PROGRAM

Funds for the Grant program are a direct result of pledges from the Stationary Bike Races and also from Foundations, Charitable Employee Funds and United Way contributions.

**Criteria:** membership with CPAM.

**Objective:** assist individuals affected by CP to obtain funding for communication, mobility and specialized equipment to enhance independence and quality of life.

**Process:** obtain & complete an application form. Answer all questions. Send it with your cover letter, a support letter from a therapist, doctor, or educator & all information pertaining to your request to the Grant Committees either in Winnipeg or in Westman.

#### GRANTS AWARDED TO MEMBERS IN RURAL COMMUNITIES AND WINNIPEG:

Manual Sports wheelchair	\$2200.00 - <b>Bike Race</b> funds
Customized Seating system for a wheelchair	\$5895.00 - funding from <b>Dr. Alfred Deacon Foundation</b>
Ceiling track system	\$1500.00 - <b>Bike Race</b> funds

#### GRANTS AWARDED TO MEMBERS IN THE WESTMAN REGION:

Two Helio Ultra light wheelchairs each costing \$4850.00 - **Westman Bike Race** funds

Contact CPAM at 982-4842 or 1-800-416-6166 for information on Grants.

**CPAM is a registered charitable organization & accepts donations, bequests, & other contributions throughout the year.**

**INFORMATION SHARING** - another website to explore - [www.justbelive.ca](http://www.justbelive.ca)

Rena Nikou gives presentations that explore the many facets of Life with a Disability



## **DIFFERENT FACES OF FREEDOM**

**By member Joseann Vengco**

Freedom can be defined as the quality or state of being free, absence of coercion or constraint in a choice or action. It comes in many forms like freedom of choice, of religion, of speech or expression. In our case, as new immigrants from a third world developing country, migrating to Canada means a lot especially when we have a son who's exceptional in so many ways - freedom becomes more meaningful and takes many different faces.

Let me tell you our story...

In 2007, I gave birth to our son 26 1/2 weeks too early. He spent almost three months at the neonatal intensive care unit at a well know hospital back home. Even though the cost of care there is very high we had no choice. He needed to receive the care and treatment to survive. He had a multitude of major complications, infections and some minor concerns too. He was inside an incubator with IV's and machines connected to him to monitor his progress. He had no freedom to move or be comforted. Emotionally drained from what our son had to endure, we faced financial worries as my husband was laid off from work. With our resources depleted, we borrowed money, went to charitable organizations, sold our assets and pawned jewelry, as well as asked the hospital management for some discounts. Our son was discharged but we soon had to go back because he had to undergo another procedure, vitrectomy, for his right eye. Moral support from our family, true friends, and our church proved to be fruitful. They got us through those difficult times - times that made us feel like we wanted to give up. But having the freedom to choose the path you want to take in life, with willpower and strong faith, we managed to move on and succeeded in overcoming that event in our lives.

In 2008, we received our visas allowing us to migrate to Winnipeg, Canada. Coming here gave us new hope, it would open up opportunities and make our dreams come true. The first few weeks were great until we had to undergo physical exams. Our son was referred to a cardiologist, an ophthalmologist and to the Child Development Clinic. We were told that he needed immediate surgery for his coarctation, a heart condition affecting the aorta, because the blood vessel was narrow affecting circulation. We were not surprised as this was told to us back home. We were also told that his right eye had lost its vision and that he had to wear an artificial eye and prescription eyeglasses to correct his left eye. At his appointment at the Child Development Clinic we were told he had Cerebral Palsy. I managed to hold it together asking questions and being told about therapy and other services. But that night, I cried my heart out. Having no family here of my own I felt alone and empty. I asked God "Why my son?. "What did I do wrong?", "Hasn't he been through enough?" I felt all sorts of emotions - guilt, anger, loss. When no more tears came out of my eyes, I started to calm down and contemplate about the situation. I remembered what my mother and other family had said and that was to accept all of what's happening wholeheartedly and offer all to God for He has reasons and plans for my son. It wasn't easy at first, but I realized that if I would not be strong for my son and be there for him, who would?

Living here is a big blessing for us. There are lots of services, resources, support groups and organizations available for him and us. Before therapy was started he was always lying down. Now with modified equipment he is able to sit, be on his tummy, stand with support, bath in his bath seat. He has AFOs (ankle foot orthotics) and a pommel walker which gives him freedom to go places and do things on his own in his own time.

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Seeing my son use the equipment makes me feel proud of the progress he has made in a short time. I know and can feel it too that he is excited every time a new piece of equipment is introduced. I know he will have more freedom - to express himself due to the speech therapy, freedom to move with the help of physical and occupational therapy and the adaptive and technological devices that will be available in the future. As he grows older, I know there will be more opportunities that will open doors for him to be more independent, to have freedom, to help him in his daily living and to be proud of his accomplishments.

We are not completely free from our debts back home, but for now, I am just thankful for the progress that my son has made. He enjoys taking long walks in his wheelchair, basking in the sunshine, feeling the wind blowing on his face, which he likes most, and just enjoying being a kid. And for me that is the essence of freedom.

*Right now, Victor is attending daycare and doing well. He can tolerate the noise most of the time and participates in group activities. His physiotherapist thinks it is time for Victor to start using a Freedom Concepts bike and CPAM is committed to helping him achieve that goal. Funding is being requested from our Grant program and Winnipeg Goldeyes Field of Dreams Foundation.*

## MANITOBA DISABILITY NEWS

**ACCESSIBILITY ADVISORY COUNCIL** - A 12 person council made up of members of the disability community and other stakeholders has been appointed by government. The council will consult with people with disabilities and organizations that may be affected by its recommendations. This includes employers and businesses. The first task will be to further develop the Legislation that will set out accessibility standards in Manitoba.

For information visit this site - [www.manitoba.ca/dio/acc/index.html](http://www.manitoba.ca/dio/acc/index.html).

### **PROVINCIAL HUMAN RIGHTS COMPLAINT SETTLED**

The Province of MB, Community Living MB, and the Office of the Public Trustee have agreed to a mediated settlement involving the **Manitoba Developmental Centre (MDC)**.

The government and the public trustee have stated that they have always maintained the personal choice of the resident and/or substitute decision-maker is paramount in considering any change to care or living arrangements. An advisory committee is looking into the development of homes in the Portage La Prairie area so individuals could move out of MDC but still choose to access MDC services like day programs and recreation. For the full announcement look at <http://www.gov.mb.ca/chc/press/tpo/2011-11-25-115600-12683.html>

**COMMUNICATION DEVICES PROGRAM FOR ADULTS** - this program is at Deer Lodge Centre and is mandated to ensure speech devices are available to eligible adults. Call 204-831-3430 or email [cdp@wrha.mb.ca](mailto:cdp@wrha.mb.ca) for info. Referrals are needed from speech therapists, occupational therapists or other healthcare professionals.

**INFORMATION SHARING** - **MORGAN'S WONDERLAND**. It is located in San Antonio, Texas. It advertises itself as the world's first ultra-accessible family fun park. [www.morganswonderland.com](http://www.morganswonderland.com)

## **Board News & President's Report**

### **ANNUAL GENERAL MEETING (AGM) - November 15, 2011**

At the AGM members re-elected the following board members:

Kelly Hunter, President, Doug Tumber, Treasurer, Cal Lambeth, Secretary, Hilary Wiebe, Tim Beyette, Bev Carswell, Matt Solvason, Jonathan Goldenberg and Mindy Tucker. New members to the Board are Norah Myers and Nadine Vasas. CPAM is pleased to have all these members on the Board of Directors and welcomes the perspectives and experience that they bring.

CPAM invited two speakers, Judy Redmond, Universal Design Coordinator, and Chris Sobkowicz, Access Advisory Committee Coordinator, both from the City of Winnipeg. Judy informed those in attendance about the work she does related to universal design in our city and the departments that she assists in trying to make our city accessible for all citizens. Chris informed us of the work done by the Access Advisory Committee and their recommendations to city officials in order to try to improve accessibility in our city.

#### **President's Report—Kelly Hunter** (this report has been condensed due to limited space)

The Cerebral Palsy Association of Manitoba is an organization dedicated to enriching the lives of individuals affected by cerebral palsy through programs, education, advocacy, and peer support. The success of our organization can be measured in how we meet the six general goals of the Association.

The general Goals are:

- Sustain the organization
- Information/education for members
- Promote the physical, emotional and social well-being of members
- Advocate on behalf of people with CP
- Promote research related to CP
- Inform the general public about CP

I would like to briefly cover how we did in the past year in regard to each goal.

1. Sustain the organization - prepared a plan to replace Program & Membership Director. The initiative was led by the Human Resource Committee who applied to the Wpg. Foundation for a Grant and was successful in that endeavour.  
We also need to sustain the Board and our volunteers. With the addition of the two new Board members we now maintain a full Board. We had managed to sustain our financial component and our action item for this year is to “Optimize returns from the Bike Race and other funding sources”.
2. Information/education for members - this is done through our newsletter, website and contact with the staff. We will be looking at our need to increase networking and outreach of CPAM.
3. Promoting physical, emotional and social well-being of members - government funding has improved but there are still gaps for children and especially adults. CPAM is going to look at refining Grant policy to ensure it continues to be equitable and provides maximum benefit considering the budget available. Social activities such as the retreat and picnic help in enjoying life.

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4. Advocating - The first type of advocacy is group advocacy and CPAM joins with other organizations such as the Children's Coalition to advance programs affecting children. Second is advocacy for changes to government policy and legislation for the benefit of our members. An example would be the meeting CPAM had regarding the Made in Manitoba Accessibility Legislation. CPAM will continue to look for opportunities to press for improved services and changes in government policy for our members.
5. Promoting research - CPAM has built up a research fund held in trust by the Wpg. Foundation. The action item for the Board this year was to "review financial commitment to and use of the research fund." and that debate is on-going.
6. Inform the general public about CP - the website and Program & Membership Director provide information to the public on CP. Events like the Bike Race raise the Association's profile and help support this goal. Work in this area has been identified as part of the Board's action item to "Increase Networking and Outreach of CPAM."

Our financial situation is getting a little tighter. This year we have some one-time expenses as a result of recruiting and training staff replacement. The Board has had to make some reductions in our program spending to accommodate these additional expenses and we hope we can recover the costs through the Bike Race.

Appreciation to all members, volunteers, Board of Directors and staff was expressed.

*A complete President's Report is available from the CPAM office as is the Association's Audited Financial Statements for the year ending August 31, 2011.*

**So Long, Farewell, Auf Wiedersehen, Goodbye** - I leave and heave a sigh and say good bye. (from the Sound of Music)

It has been my good fortune to have been employed by the Cerebral Palsy Association since April of 1989. It has been a remarkable time for me as I have worked on behalf of people living with Cerebral Palsy. It has been a time of wonderful successes and also some disappointments and frustrations as there are with any job. There have been lessons learned and much knowledge gained. I have been privileged to have been of help in some way and to have shared time with many members. I have been blessed by knowing all of you and I thank you for that honour.

I turn 65 in March so have decided to retire. It is time for someone else to carry on the work of CPAM. I know you will welcome the new Program and Membership Director and give him the support you have so generously given me.

I do not know from where this quote originates but it has played a part in how I have approached my life. I think it is fitting that I end my last newsletter correspondence by saying "I will pass through this world but once; if I can show a kindness, or do any good thing, let me do it now, for I shall not pass this way again."

Hugs to all, Laura Schnellert

#### **DISCLAIMER**

**The information in the newsletter is designed for informational purposes only. CPAM assumes no liability for any acts, errors, or omissions that may result in any harm or damage to individuals or families as a result of reliance upon the information contained in the newsletter. Please exercise caution in determining the appropriateness of the information for your particular circumstances.**