

inform

ISSUE 3 • OCTOBER 2024

CPMB is celebrating 50 years in 2024! Your milestones are our mission • #CPProud

INSIDE Westman News 50th BBQ & more!

From the Executive Director's Desk...

Well, we are halfway through our 50th anniversary year! I want to thank you all for your support, interest, and the many stories that you have shared with the Association over the years.



WATCH VIDEO

We are a member driven organization and "Your Milestones are our Mission".

What does that mean? We are here at first diagnosis, first day of school, first bike ride, graduation, and continuing your lifelong learning and growing. We are here as you age and enter each season of life. We are here

throughout your journey. Please take a look at our video on our website (QR) code, and share the video with others to celebrate our history. We are looking forward to supporting folks for the next 50 years.

On July 11th over 90 members enjoyed an evening at the Goldeyes game! The Goldeyes won the game and CPMB won support, receiving the Field of Dreams 50/50 draw funds. Grilled hot dogs and a cold one was enjoyed along with the game. We are looking forward to next year's Goldeyes season. Go Fish!



On Aug 8th friends, members, donors and honored guests enjoyed an evening at our 50th Celebration BBQ to share stories, a good laugh and some tears to celebrate our birthday. We enjoyed music from **Mike Lawson** (PS: he does weddings, block parties, and other social events), BBQ hot dogs and pulled pork from the **Goldeyes** staff, and ice cream bowls from **Sonia's Stand**. **I also want to say thank you to individuals and companies who donated tickets and tables so that all our members could attend.**



We have a busy fall to finish off our year...keep an eye out for the following events, deadlines and opportunities.

Oct 15th—deadline for 2025 Scholarships to start in Jan 2025. Please give me a call about the application.

On Oct 26th—we are hosting our first Westman retreat since 2019, at the Clarion Hotel in Brandon. This all-day event features speakers, presentations, dinner, and to top it all off—a Halloween dance! Break out those costumes and look out for the invite and the details. **Complete the registration form on PAGE 3!**

Nov 30th—our annual bowling Holiday party at Uptown Lanes from 12:30 pm – 3:00 pm. *Look out for more details to come.*

Dec 7th—we are planning a great finish for our year. Our 50th AGM is at the Assiniboine Park Pavilion! Please save the date, as this special day will feature a few surprises, a chance to reflect on a great year, and plan for the future.

I want to note that we had record results for both the number of teams and results for our 2024 Bike Race in Winnipeg, and record results for our Westman Race in Brandon! Thank you Susana and Taryn, and thank you to all the volunteers, sponsors, donors and the Westman Committee members for a remarkable 2024.

I want to take this opportunity to thank all the Members, Board members, staff and volunteers, both present and past. There were many people that did incredibly hard work to give the Association a solid foundation. We honour and remember them. Now we look ahead to such a bright future. **This is the moment to rejoice in our success, take pride in our history and embrace our next 50 years.**

With love and gratitude, David!—David Kron ☺

JOIN US: October 26th for Westman Family Retreat & December 7th for CPMB's 50th AGM

A special evening celebrating a golden anniversary!



CELEBRATING
CPMB's 50th Anniversary
August 8th, 2024
Blue Cross Park, Winnipeg, MB



**50
YEARS**



A win means something different to everyone.

For some, it could be getting your diploma, marrying the love of your life, or going on a long-awaited vacation with your loved ones.

For others, wins happen in the day-to-day moments. Like getting a new bike, winning a super soaker battle, or scoring a goal as everyone cheers you on.

We've been by your side celebrating your wins for the last 50 years, and wherever you choose to go next, the Cerebral Palsy Association of Manitoba (CPMB) will be right there with you!

No matter if it's a specialized bike, an iPad, or a stroller—all of these things enhance our members' quality of life.

CPMB is a great organization that provides mobility and communication equipment grants, as well as educational scholarships and, so much more...

It's a real community feeling. Funds raised stay in Manitoba to help people with cerebral palsy.

We've made it to 50 years with your support, Manitoba. But, it's never been about us.



**WATCH
VIDEO**

Your milestones are our mission.

Thanks for being #CPProud with us for 50 years.
Here's to 50 more! [Learn more at cerebralpalsy.mb.ca](https://www.cerebralpalsy.mb.ca)

On August 8, 2024, CPMB Family and Friends gathered to celebrate 50 years of the Cerebral Palsy Association of Manitoba's success! THANK YOU Members, Sponsors and Volunteers—we could not do this without you! #CPProud



Welcome CPMB Westman—Committee and Members from Brandon and Boissevain



CPMB Board Members Tara, Matt and Hayley & (at left) friends Anabela and Jennifer



Bjorn, Glenn, Darren, Sarah, Gabrielle, Ken and Roger—We couldn't do this without you!



Thank you Tracy, Laura, Karen, Connie, Elwood and Eric—CPMB is strong because of all of you!



Thank you Table Sponsor Northway Pharmacy for hosting Brian, Anne, Charissa & Tyson



Well done Lorraine & Chantal. Happy Anniversary to Rachel & Scott and thank you Ryder!



(l-r) CPMB Members Tracy, Kristen, Birnie, and Wendy



Thanks Klassen Family! 50/50 winner—Congrats Amanda!

Thank you
50th BBQ TABLE SPONSORS

Thank you
50th BBQ FRIENDS



Music by
Mike Lawson,
Piano Catz



Westman—Join us in Brandon for our Family Retreat!



Registration Information — Please print clearly

Member Registration Name _____

Member Contact Phone Number _____

Meal Choice	
Total	
Chicken & Ribs (veggies & cheesecake)	
Vegetarian Stir Fry	
Gluten Free Meal* (see side note*)	

All meals include:

- salad
- 2 vegetables
- potatoes
- dessert and
- tea or coffee

Do you require a special meal due to dietary restrictions? YES _____ No _____

If YES, please specify: **Gluten free, Vegan or veggie, Other allergies/sensitivities?**

PRINT NAMES CLEARLY (first and last) of all people attending:

Respite Required: YES _____ No _____ **Respite available from 12:30-4:30pm**

Names and ages of persons requiring Respite:

Room Registration: To book rooms, please contact the hotel directly:
Clarion Hotel & Suites (204) 728-5775
3130 Victoria Avenue, Brandon, MB R7B 3Y3
Cerebral Palsy Retreat October 26, 2024

It's recommended that your hotel room(s) be booked as soon as possible.

Reservations and Registration must be made no later than October 10, 2024.

Check
out our
Community
Displays!

2024 Family Retreat Agenda

- 12:00 pm — Doors open / Registration
- 1:00 pm — Conference Start / Introductions
 - Speaker: Gaps in Service for Adults in Westman / A conversation – Lead by David Kron (IAS Pilot Project)
- 1:50 pm — Questions
- 2:15 pm — Break
- 2:30 pm — Speaker:
 - Keith Scott Investment Fund Advisor – Talks Trusts, RDSP and Financial planning
- 3:15 pm — Questions
- 3:45 pm — Free time/ Questions
- 5:00 pm — Dinner
- 7:00-9:00 pm — Halloween Dance Party

All of this is at no cost to you and your family if you are members of The Cerebral Palsy Association of Manitoba

Respite supplied from 12:30 to 4:30 pm
Please specify names and ages in the form at left.



Registration deadline is October 10th. Contact Susana: EMAIL susana@cerebralpalsy.mb.ca or CALL/TEXT 204.915.8844 or MAIL completed form in supplied REPLY ENVELOPE to CPMB, 903 - 213 Notre Dame Avenue, Winnipeg, MB, R3B 1N3

CoHabit Golf Fundraiser



CoHabit

Experience community. With care.

CHARITY GOLF TOURNAMENT
Presented by Richardson Wealth

Tuesday June 18, 2024
Glendale Golf & Country Club
400 Augier Ave, Winnipeg

RICHARDSON
Wealth

We netted \$90K!

THANK YOU Sponsors, Golfers and Volunteers!

With your financial support,
young adults with physical
disabilities will look forward
to a vibrant, fun and
socially inclusive life!

SAVE THE DATE: CoHabit Golf Tournament
June 17, 2025 • Glendale Golf & Country Club

#LiveTheCoHabitDream

♥ **THANK YOU**

to our Supporters

TITLE SPONSOR

Richardson Wealth

CORNERSTONE SPONSOR

Reseau Compassion Network

BUILDING BLOCKS SPONSOR

The Keg Winnipeg • Tee-gift Sponsor

PAVING STONES SPONSOR

Johnston Group • Beverage Cart Sponsor
Louise Redekop & Ruth Bauer • Pin Flag Sponsor
Maple Leaf Construction Ltd. • Registration Desk Sponsor
Maxim Truck & Trailer • Golf Cart Sponsor
MMP Architects
Pratts Wholesale Food Service • Putting Contest

NEIGHBOURHOOD SPONSOR

Brandt Tractor Ltd. • City Press Ltd.
David Brown & Donna Wallace • Enabling Access Inc.
Frankie's Italian Kitchen • Medallion Milk Co.
Prairie Chiropractic • Tacium, Vincent & Associates

NUTS AND BOLTS SPONSOR

Boston Pizza • Brazen Brewing Company
Bob Sokalski Law Corporation • Cerebral Palsy Association
of Manitoba • Dueck Builders • Donna & Larry Lagace
Freedom Concepts Inc. • HY's Steakhouse & Cocktail Bar
Lake of the Woods Brewing Company • Mordens' of Winnipeg
Mark and Anne Gray • Randy and Lynn Hiebert
The Nob • Volvo Winnipeg • Your Best Shot

FRIENDSHIP SPONSOR

BB Girls • Bob Friesen & Marnie Strath • Lacoste Garden Centre
Mack Smith • Roger & Kerry Kane • Sigurdson Financial



CoHabit Housing Initiative Updates

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



What: **Lacoste Winter Fundraiser**
GARDEN CENTRE

When: Orders are due Friday, Nov. 15th to CoHabit
Pick up at Lacoste is on
Saturday, Nov. 30th 9am – 11am

How: Complete included order form and submit

To place your Order:
Contact Stacy (204) 803-8787
staceythomas461@gmail.com



CoHabit
Experience community, With care

Learn
more at **CoHabit.ca**

Follow us on Facebook
and Instagram!
Share our information
with your contacts!



facebook.com/CoHabit.ca



instagram.com/cohabit_ca/

CPMB bike grant helps get Colton a cool ride!

Thank you, David, for your help. We know that Colton could not have received this bike with out you! We thank you so much!



Kind regards,
Dorothy



UNDER THE SUPERVISION OF
DR. JACQUIE RIPAT,
PROFESSOR AT THE
UNIVERSITY OF MANITOBA

Research opportunity

PLAY

TELL US ABOUT HOW YOUR CHILD PLAYS!
and receive a small honorarium

You might be eligible if

- Your child is 3 to 8
- Has a Physical disability with no known cognitive disabilities

Just One interview session!

CONTACT US NOW

+1(204)775-0055
Minoo.DabiriGolchin@umanitoba.ca

Scheduled as you wish!

Rehabilitation Centre for Children
1155 Notre Dame Ave, Winnipeg

version 1- November 14, 2023
The role of technology in facilitating play for children with physical disabilities: development of the Dice Model of Play (Phase 1)

CAN ROBOTS MAKE IT EASIER TO PLAY?

Participants will receive a small honorarium

No cost for you

You might be eligible if

- Your child is 3-8 years old
- Has a physical disability with no known cognitive disabilities

We will

- Build a robot with your child.
- Assess them by "play" assessment tools
- Come to your home and play with your child with the robot and with typical toys

TIME AND PLACE

16 sessions/8 weeks at your home
3-4 times at RCC

Rehabilitation Centre for Children
1155 Notre Dame Ave, Winnipeg
And Your Home!

UNDER THE SUPERVISION OF
DR. JACQUIE RIPAT,
PROFESSOR AT THE
UNIVERSITY OF MANITOBA

MORE INFORMATION


+1(204)775-0055
Minoo.DabiriGolchin@umanitoba.ca

version 1- November 14, 2023
The role of technology in facilitating play for children with physical disabilities: development of the Dice Model of Play (Phase 2)

Excellent adventures for Garrett at summer camp thanks to CPMB...



Thank you all for Supporting CPMB...

- Cerebral Palsy Association Members
- To All the Sponsors, Golfers, Volunteers and Donors to the Cohabit Project
- To All the Sponsors, Volunteers of the 50th BBQ, including Donors:
 - Peter Tonge • Joe Waitas
 - Curtis Turczak • Carmen Dudar
 - Christine & Wes Schellenberg
 - Franck Blandignères – FBLS
 - Design 4 All • Tough Duck
 - Freedom Concepts Inc.
 - Northway Pharmacy
- City of Winnipeg Charitable Fund (Funded by Employees & Retirees)
- Dr. Alfred E Deacon Medical Research Foundation
- Winnipeg Goldeyes - Field of Dreams / 50 – 50 Draws
- Starbuck All Charities Inc
- Holland & Area Donor's Choice
- The Prairie Dawn Foundation
- Tracy Taylor – Andrew Malo Memorial Scholarship
- Pembina Valley United Way 
- In Honour of Catherine Lambeth
- In Honor of Jacque Sproule
- In Memoriam – David Klassen
- In Memoriam - Phillis Large
- In Memoriam – Ameila Hampton
- In Memory of Dr. Monte Kowall
- Brandon Firefighters – 2024 Campout
- Westman Group Inc.

Your support over the last 50 years is appreciated!





Family Caregiver workshops

Education, training and
practical support rooted in
the lived experience.

Thousands of older adults and Manitobans with disabilities rely on the support of **family caregivers** to live independently in the community and remain in their homes.

Family caregivers are not professional healthcare aides, but perform many of the same duties and can bare significant responsibility for the wellbeing of their loved one/family member.

ILRC provides essential training and support to family caregivers seeking to develop new skills and increased awareness.

www.ilrc.mb.ca



Upcoming Workshops

Bowel & Bladder Care - December 2 (2024), 9:00 am to 12:00 pm

- Pericare, personal hygiene, catheters, equipment & supplies, infection control, bowel disimpaction, etc.

Dementia Care - December 2 (2024), 1:00 to 2:30 pm

- Neurological & cognitive changes, challenging behaviour, activity planning, positive care models, music therapy, etc.

Respiratory Care - December 3 (2024), 9:00 am to 12:00 pm

- Anatomy, trach suctioning, ventilators, manual resuscitation, dressings & ties, mucous plug relief, etc.

Benefits & Supports - December 3 (2024), 1:00 to 2:30 pm

- Homecare services, Canadian disability tax credit, respite care, Canadian Pension Plan Disability (CPPD), peer support groups, etc.

Communication - December 3 (2024), 2:45 to 4:00 pm

- Methods of communication, non judgmental listening, non verbal communication, the independent living philosophy, etc.

Wound Care- December 4 (2024), 1:00 to 3:00 pm

- Wound identification, risk factors/prevention, infection control, cleansing agents, bandages and dressings, wound care management.



Independent Living Resource Centre

100-167 Lombard Ave.

Winnipeg, MB, R3B 0V3

Tel: 204 947-0194 Email: thecentre@ilrc.mb.ca

www.ilrc.mb.ca/training

Refer someone with Cerebral Palsy
We're here for you!

CPMB tries to make life easier for individuals
and families affected by CP.
Become a CPMB Member today! #CPProud



**Supporting you
for 50 Years,**

**AND ready for
the next 50!**

Learn more at

cerebralpalsy.mb.ca



**LEARN
MORE**

The 4 Guys Ride again for CP!

The annual **Four Guys Cycle for CP** happened this year on **September 10th, 2024** from Chalet Point—along Lake Winnipeg. This was a **RECORD YEAR**, taking The Four Guys: Dean, Greg, Bryan and Kevin, just 4 hours and 5 minutes to ride 100km! Not only an amazing physical effort but a successful philanthropic enterprise raising funds so **Cerebral Palsy Association of Manitoba** Members can receive great **Freedom Concepts** bikes and chill-out chairs! We recognize the generosity of the Four Guys supporters and thank them for partnering with us. Over the last 12 years, this Cycle for CP has raised over \$80,000 for CPMB's Equipment Grants program! Congratulations Gentlemen! We look forward to making special presentations to some amazing CPMB Members! #freedomconcepts #CPProud 🍷

WE WOULD LOVE TO HAVE YOU JOIN US!



WHAT IS THE NEXT CHAPTER BOOK CLUB?

People of any reading ability – even non-readers – reading good books, making friends, and having fun together in a public setting. Trained volunteers facilitate each meeting.

HOW DOES IT WORK?

Four to eight members and two volunteer club meeting facilitators meet weekly for one hour to discuss a book of their choosing. We meet in public places when we can, or we meet in Zoom. Books are provided and There is no cost.

WHO CAN BE A MEMBER?

Anyone age 16 and over is welcome to participate, including people with intellectual and developmental disabilities. Friends and community members are also welcome to join. The only requirement is that you enjoy reading with other people.

WHY JOIN THE NEXT CHAPTER BOOK CLUB?

It's a great opportunity to make friends, enjoy books, and have fun on a regular basis.

BOOKS. FRIENDS. COMMUNITY.

For more information contact Deborah: ncbcwinnipeg@gmail.com
www.nextchapterbookclub.org | Facebook: [ncbcwinnipeg](https://www.facebook.com/ncbcwinnipeg) | Instagram: [ncbcwinnipeg](https://www.instagram.com/ncbcwinnipeg)



FOUR GUYS Cycle for CP was September 10th!



**Thank
you for
your
support!**



DONATE

<https://supportcerebralspalsy.ca/events/fourguyscycle/Donate.aspx>



**FOUR GUYS
CYCLE
FOR
CEREBRAL
PALSY**

Help us celebrate with fun, 50th Anniversary commemorative items **FOR SALE**, all in support of CPMB!



50
YEARS



Order online: cerebralpalsy.mb.ca

OR Submit your order below to the CPMB office today...



**\$10.00 each
Bicycle License Plate**

50th Anniversary CPProud Established 1974 custom bicycle license plate made from recycled aluminum. 6" w x 3" h



**\$15.00 each
Ceramic Mug**

50th Anniversary license plate full colour wrap-around image. 11 oz.



**\$30.00 each
Unisex Jersey Vneck T-Shirt**

50th Anniversary license plate full front decal. Bella+Canvas pre-shrunk 90/10 cotton-polyester blend. Heather slate. Sizes: XS, S, M, L, XL, 2XL, 3XL



**\$30.00 each
Ladies Jersey Vneck T-Shirt**

50th Anniversary license plate full front decal. Bella+Canvas pre-shrunk relaxed fit 90/10 cotton-polyester blend. Heather slate. Sizes: S, M, L, XL, 2XL



**\$25.00 each
Youth Jersey T-Shirt**

50th Anniversary license plate full front decal. Bella+Canvas pre-shrunk 90/10 cotton-polyester blend. Heather deep teal. Sizes: S, M, L

PICK-UP IS FREE. Select your preferred pick-up location:

- _ Pick up at CPMB Office, 903 - 213 Notre Dame Ave., Winnipeg
*We will contact you to schedule a pick-up time.
- _ Pick up at Westman Bike Race, April 20, 2024 in Brandon, MB
- _ Pick up at Winnipeg Bike Race, May 11, 2024 at Blue Cross Park

YOUR ORDER:

Bicycle License Plate

Quantity

Size

Ceramic Mug

Unisex T-shirt

Ladies T-shirt

Youth T-shirt

BUYER INFORMATION:

FIRST & LAST NAME

EMAIL

PHONE

ADDRESS

SHIPPING INFORMATION:

If you prefer to have your order delivered to you, confirm your shipping details (if different from the address above).

- _ Shipping within Manitoba is \$10 per order.
- _ Shipping outside of Manitoba is \$25 per order.

FIRST & LAST NAME

PHONE

ADDRESS

PAYMENT: For offline orders, to pay by credit card or e-transfer, call Susana at 204-915-8844.



SAVE THE DATE
2024 Holiday
Bowling Party
Saturday
November 30th
Uptown Alley, Winnipeg



Save the date

2024 CPMB AGM

Saturday, December 7th

THE PAVILION ATRIUM

Assiniboine Park, Winnipeg, MB

Stay tuned for details regarding our 50th Annual General Meeting

Did you know CPMB has a Legacy Fund?

We've turned 50. It's a **huge** milestone for any organization and, we want to leave CPMB's future in good hands.

Consider making a repeating gift to The Winnipeg Foundation—CPMB Research Fund

Gifts to this permanent endowment fund are pooled and invested to benefit CPMB in perpetuity. The income generated by this fund is distributed to the CP Association to be used at its discretion.

Donate to the CPMB Research Fund through The Winnipeg Foundation website here:
<https://rb.gy/yayq2o> or SCAN the QR Code!



**LEAVE A
LEGACY**



THE WINNIPEG FOUNDATION **Wf** Your Community Foundation For Good. Forever.

#CPProud for today AND tomorrow

**Friendly reminder:
RENEW YOUR MEMBERSHIP TODAY!**

Please visit our website at:

<https://www.cerebralpalsy.mb.ca/membership.htm>

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



RENEW



www.cerebralpalsy.mb.ca



@CerebralPalsyAssociationOfMb



@CerebralPalsyMB



@cerebralpalsymb



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

CoHabit 2024 Winter Fundraiser



CoHabit

Experience community. With care

Lacoste
GARDEN CENTRE

Want to be a friend to CoHabit? We invite you to become a "Super Seller" for this year's charity sale, helping us raise much needed funds for our **CoHabit** housing initiative!

Partnering once again with Lacoste Garden Centre, *your purchase directly supports accessible upgrades to CoHabit's website.*

Share the "greenery of the season" with these holiday gift ideas for family and friends...



WREATHS are twisted grapevine, and embellished with fresh greens, pinecones and a bow. All are assembled with great care. Size: 18" **\$50.00 each**

WINTER PLANTERS are silver and filled with fresh winter greenery, dogwood stems, large pinecones and a red bow. All hand made with care and will last the winter months. Minimum size 20"x36" **\$65.00 each**



POINSETTIAS are available in red, pink or white, and are individually packaged for easy gift giving. **\$26.00 each**



SWAGS are adorned with large pinecones, red bow and have a hanger loop for convenient hanging. All hand made with care and sturdy enough to handle the outdoor weather. Minimum size 16" x 24". **\$40.00 each**



GIFT CARDS will never expire and can be redeemed for any product or service, with the exception of Barkman products and Landscaping Services. **Available in \$20.00 and \$50.00 denominations.**

Orders are due Friday, Nov. 15th to CoHabit
Pick up at Lacoste is on Saturday, Nov. 30th 9am – 11am
Submit completed order form (SEE OVER) to
Stacy: (204) 803-8787 or staceythomas461@gmail.com
Thank you for supporting **CoHabit!**

SELLER NAME:



CoHabit

Experience community, With care

Lacoste
GARDEN CENTRE



**\$20/\$50
GIFT
CARDS**

ORDERS DUE:	Friday, November 15, 2024
PICKUP DATE:	Saturday, November 30, 2024
PICKUP TIME:	9–11 am
PICKUP LOCATION:	Lacoste, 2787 St Mary's Rd

**Orders can be paid by Credit Card.
Submit this completed order form to Stacy:
(204) 803-8787 or staceythomas461@gmail.com**

[illegible]