



CEREBRAL PALSY
ASSOCIATION
OF MANITOBA

inform

ISSUE 1 • APRIL 2021

inform yourself about what's happening at the CPMB–Cerebral Palsy Association of Manitoba!

INSIDE Westman News Bike Race & more!

From the Executive Director's Desk...

The theme of this "Inform" is one of thanks, a sense of spring, and renewal. There have been a lot of changes and a lot that has stayed the same in the Association since our AGM in November. We have embraced change and technology.

Firstly I want to thank Tara and the Board of Directors for their hard work, guidance, and trust in the projects and in the work that the Association has done. I would also like to thank Sarah, Margy and Shelley for their enormous efforts in making connections with people, and not being able to do it in person but via Zoom.

Second, I would like to thank Kelly Hunter and his amazing family. As you will see in the following pages, we lost a wonderful light too young. Madelene (Maddy) Hunter was a young lady who faced a lot in her short but precious life. She taught us how to be tough, resilient and kind. On behalf of all the Members, I want to express my love, thoughts and prayers. **SEE PAGE 4.**

Third, success starts with inspiration, and then comes the perspiration. At our AGM, I failed to

thank our past President Franck Blandignères. **CoHabit** started in the summer / fall of 2019. Margy, Franck and I were having a meeting, discussing what resources

our Members needed in the future. Between Franck's vision and Margy's passion, we wanted to solve the most basic of needs; an affordable, accessible home to call our own. Thus **CoHabit** was born, and it is a new and exciting project. **SEE PAGE 8.**

As soon as we can safely meet in person, we will have a Members and Stakeholders get together in order to do some day dreaming, planning and sharing.

Franck is also one of our Bike Race Committee members, and back in the spring we needed a new plan for the Bike Race in Winnipeg, namely an outside venue with a roof. Franck suggested IG Field, and that idea got the whole committee thinking. Our new home was finally found at Shaw Park, the Home of the Goldeyes. Again, thank you Franck for helping with the inspiration and the perspiration.

Finally, I wanted to welcome Susana Schanel onto the CPMB Team. Susana has started as the Communications and Marketing Manager. She is going to help share our story and our achievements. Please keep an eye out for more communications from the Association to you, the most important part the Membership. Feel free to email her at susana@cerebralpalsy.mb.ca.



CoHabit

Live independently. With care

Please embrace the change, embrace the challenge, stay safe and get the vaccine as soon as you can.

—David Kron 



www.cerebralpalsy.mb.ca



@CerebralPalsyAssociationOfMb



@CerebralPalsyMB



@cerebralpalsymb



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

A New Safe Race, Different Date, Different Place

We're poised for our next big effort. This year's **Cerebral Palsy Association of Manitoba's Stationary Bike Race** has a new look, a new date, a new venue and the same motivation: the continued success of our Association—CPMB. Our commitment to enrich and support the lives of individuals and families living with CP throughout Manitoba has not changed.



canada **life**™ **The thirty-second Stationary Bike Race will take place**

Saturday, May 15 at the Shaw Park, home of the Goldeyes in downtown Winnipeg. Thirty-five teams of 14 cyclists are already raising funds. On Race Day, they will be spread out along the concession floor in a



new safe-distance inside/outside placement. Teams will be assigned one of four entrances to reach their destinations. Captains will be told about times and places of arrival and entrance; volunteers, directional maps and signage will guide cyclists and captains precisely to where their team bike is set up. **Don't worry. Ushers will lead you to your spot.**

We will all wear masks to enter the building. We will social distance while we cycle and cheer each other on in the fresh air, protected by a partial roof.



Here's what we've got: **The Dairy Farmers of Manitoba** have contributed their white and chocolate milk to energize us. We have long-

sleeved tee-shirts to warm us. The stadium staff will barbecue hamburgers and hotdogs to satiate our appetites. Having set up your bikes, our marvelous Pit Crew will continue to service and sanitize them with some additional help from other volunteers. **Cyclists will be asked to deliver cash and cheques to their captains. A stripped-down money room will operate onsite, open only to team captains.** Alternatively, anyone can make arrangement for delivery of their pledges and receipt books with David or me, at a later date.



Working together as a team will make it all happen. Glitches will arise, of course; they're inevitable. Let's just laugh about it and get on with the solutions. It will be a whole new race, a whole new day in a whole new venue. At its heart, it is our same fantastic Race. From now until then, we will continue to provoke interest and collect pledges for our annual revitalized event.



Captains, cyclists, volunteers and donors—please stay with us. We appreciate every individual's efforts. We urge you to join our team of supporters. It is not too late to put your hand up and be in on the inside.

How will we create the same spirit, spread out as we will be that Saturday? Back then, our proximity promoted togetherness, energy and excitement at the wonderful Wellness Institute. This year on Race Day we have stuff: posters, banners and tee-shirts, spanners, wrenches, score pads and boxes of milk rolled out and ready to go. We will also have plenty of space and fresh air.

CONTINUED ON PAGE 5

Westman News & Notes



In this time of change, I wanted to let you know that The Westman Committee has pivoted from the Bike Race into a new "Stay Safe in Your Space" event inspired

by Captain Tom from the UK. Thank you to Tom and the whole Westman Committee for their dedication and hard work. **Scan the QR Code to visit the "30 Minutes for CP - Walk, Wheel or Run" website!**



Your Donations Make an Impact...

The '4 Guys Story' 2020

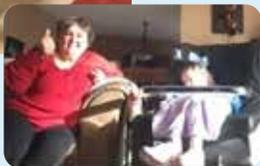
In late 2020, the CPMB presented a Freedom Concepts Bike and a Chill-Out Chair to two members. The gang is pictured here on their virtual call.



(Top, l-r) David, Dallas (FCI), Gabrielle and Harley (FCI), Dean (4 Guys); (Middle, l-r) Macara (St. Amant), Kevin (4 Guys), Joan (mom) and Andrea recipient of FCI Chill-Out Chair, Bryan (4Guys); (Bottom, l-r) Greg (4 Guys), Jhaz (recipient of FCI Bike), Ken (FCI)



Jhaz is pictured on his new Freedom Concepts Bike. And along with mom Joan, Andrea is enjoying her new Chill-Out Chair.



The donations for these two items were raised by four gentlemen, Dean Keating, Kevin Turner, Greg Macaulay, and Bryan Toews. For the past 7 years, they have helped raise tens of thousands of dollars towards our equipment grants program. **On behalf of all the members, and the CPMB, thank you!**

CPMB Grant Assists with Van Conversion in Winnipegosis



Alex was a recipient of assistance towards a van conversion. Safe travels Alex!

Your donations do make an impact across Manitoba to all of our CPMB members! We provide grants for computers, wheelchairs, seating systems, Freedom Concepts bikes, and specialty chairs.

This year across Manitoba, CPMB will have given out over \$75,000 in grant requests, scholarships and other direct support to our members. ☺



In Memoriam

MADELENE CAROLINE IRIS HUNTER



On the first day of spring, March 20, 2021, at St. Amant's River Road Place in Winnipeg, Maddy passed away as a result of non-COVID respiratory complications at the age of 20 years.

She is survived by her parents, Melva and Kelly (Maggie); brother Alex; grandparents, Carol and Carmen Hunter; Auntie Kim and Auntie Pam (Ken); and Uncle Greg (Gayle). She was predeceased by grandparents, Iris and Ray Hercina of Birch River.

Maddy was born in Winnipeg on October 3, 2000 on her mom's birthday at almost 9 lbs. A few months after her birth, Maddy developed severe seizures and was hospitalized. Thus, began a lifelong journey of challenges that Maddy faced with inspiring courage and amazing resilience.

Maddy attended Oakenwald Elementary until the end of Grade three. Her classmates loved to push her in her wheelchair. Maddy enjoyed being teased by her big brother, listening to music, swimming, camping, sleeping in a tent, canoeing, riding in her

bike trailer, hiking in her jogging stroller, and she especially loved her trip to Disney World and meeting Mickey and Minnie. In 2009 she moved to St. Amant, continuing her education, while meeting her many medical needs.

Maddy was always able to bring out the best in people. As one of her elementary school teachers put it - we are not here to teach Maddy - but rather she is here to teach us about unconditional love, compassion, and standing up for others who cannot stand up for themselves.

Special thanks to the parents of St. Amant and the Cerebral Palsy Association of Manitoba who provided us with understanding and support, for it truly takes a community to raise a child with special needs. Many, many thanks to the numerous home care, medical and especially the St. Amant staff who helped support her over the years. Maddy had a presence about her that touched many hearts and she will be missed.

Donations can be made in Maddy's memory to the St. Amant Foundation or the Cerebral Palsy Association of Manitoba.

There will be a cremation and private service. Interment will take place at St. Vital Cemetery.

As published in Winnipeg Free Press on March 27, 2021 ☺

And the Winners of the Bowling Gift Cards Are...

- R. Delmage (Brandon)
- M. Fehr (Gretna)
- T. Gunter (Selkirk)
- M. Rollason (Wpg)
- A. Klassen (Wpg)
- C. Lussier (Wpg)
- S. Miller (Wpg)
- K. Claydon (Wpg)
- L. Birch (Wpg)
- C. Ramage (Wpg)

Keep an eye out for your gift in the mail!



CONTINUED FROM PAGE 2

To borrow a *Star Trek* opener about conquering the final frontier of space: we will boldly go to where none of our bike Races have gone before. We will employ the Goldeyes' large screen. Riders from the farthest reaches of their ride will be joined virtually onscreen throughout the day with photos and videos, updates about the km. pedaled and the moneys raised; our sponsors' logos will be interspersed with emcee patter and music.

Please join us. The revitalized CPMB Stationary Bike Race promises to be energetic and wonderful, capable of producing vignettes of heartbreaking intimacy and struggle, victory and effort.



Some years ago, a young member living with CP took her first independent steps on a **Freedom Concepts bike** at the Race. We saw it; we cried and the CP Association

reacted. Using some of the dollars you'd raised, we bought this lovely young lady a Freedom Concepts bike. That's what we do; the people are the why. Thankfully, Ken Vanstraelen and his vibrant daughter Gabrielle from Freedom Concepts will be there with their custom bikes affording mobility to anyone willing to try.

Thank you for the continued presenting sponsorship of **Canada Life**, to the breakfast offered by **McDonalds Main**, and all of our other generous sponsors. The Race team welcomes you.



For giving us the chance to pivot, to rethink and retool our efforts toward this new reality: **"Thank you everyone. You listened and we heard encouragement." We could not have done it without all of you.**

—Sarah Yates-Howorth ☺

Thank you all for Supporting of CPMB

- Cerebral Palsy Association Members
- Intact Insurance
- Red River Co-op
- Melita Donors Choice
- Mr. Curtis Turczak
- Mr. Charles Henaire
- Ms. Melissa Landers
- Mrs. Marie Pugh
- Mr. Michael Forbes
- Ms. Lisa Watt
- Ms. Samantha Mitchell
- All Sponsors and Donors of the Cohabit Project
- Government of Manitoba – All Charities Campaign
- City of Winnipeg Charitable Fund (Funded by Employees & Retirees)
- Dr. Darcy Deacon Medical Foundation
- Brandon Jeans Day Participants
- Starbuck All Charities
- The Prairie Dawn Foundation
- Tracy Taylor – Andrew Malo Memorial Scholarship
- Rural United Way – Pembina Valley
- Reston & District United Appeal
- Donation in Honour of Catherine Lambeth
- In Memoriam – Carol Garvin
- In Memoriam – Maddy Hunter
- In Memoriam – Mrs. Lina Therrien
- In Memoriam – Jennifer Charnley
- Red River Co-op – Wellness Program
- Westman Group Inc.

Free To Be Me: I've Started Answering Myself, What about You?

As I sit here after having organized my freezer for the fifth time in nine months, at 9:30 at night, while singing the 12 days of Christmas, on the last day of January, I realize I have rounded the bend from crazy cat lady and I am careening towards having gone completely nuts; before pumping the brakes, to say out loud, and yet, completely to myself, "No, this is not a Shonda Rhimes TV drama, this is my life."

I feel like I need to insert here, I almost wrote the rest of this article in iambic pentameter¹.

And yes, I am sorely lacking in socialization, with an actual physical people, and have resorted to debating with my cats. The worst part is most times they win.

Now, completely serious Mindy taking over for a second.

When I get all up in my head, and worried about this, or that, when I stress about what was, what is, what might be and everything starts to make me crazy. I have to remind myself:

"I know things will get back to some type of "normal" sometime soon." (Hopefully).

I fear the past though. The before, will never really be achieved again. I look forward to seeing what is to come, and I'm sure I will adapt to it. With 90s sing-alongs, Christmas music, and maybe even a tiger king reference thrown in there somewhere.

So do we live in the past, wait for the future, or do we—"stop right now thank you very much"?

Anyone want to join my 90s sing-along? Oh right, I live alone. Now Jackson is looking at



me weird. And I'm talking to myself. What do you do to keep yourself in a good headspace, listen to good music? Annoy everyone in the vicinity, possibly, no, actually, including the neighbours, by singing A cappella knowing that you're out of tune but doing it anyway? If that's you, raise your hand.

Do you call a friend and chat for hours, or find a ball of fur with four paws? Maybe you are someone who takes refuge under the covers with a good book and your favourite comfy pants? Jeans are so last year. LOL Then there's the person who does none of those things, because they are too busy, keeping everything going. I know you're out there. We appreciate you. Now take a day for yourself. Thank you.

TELL US "what is keeping you sane" or on the flipside "what is driving you crazy" on Facebook at @CerebralPalsyAssociation or scan the QR Code here:



Remember, life is a marathon not a race. You have time, to take time.

—Mindy Tucker ☺

¹*Iambic pentameter: a line of verse with five metrical feet, each consisting of one short (or unstressed) syllable followed by one long (or stressed) syllable, for example, "Two households, both alike in dignity".*

*** Prizes will be awarded to all participants!**

A Look back at the Wellness Workshop

On the afternoon of Saturday, December 12th, CPMB hosted a webinar from the **Wellness Institute** all about healthy eating and mental health in these times of COVID-19. It was so sad that we couldn't have this in person, but having it as a webinar was the next best thing.



The first lady, Kamara was talking about how we can get bored and down. She gave us some ways to get our selves happy and away from boredom. What was so interesting about her was in her family if they had a bad day, they would make music in the house. She showed everyone how to picture in our own minds the best place for ourselves to get away from the bad feelings.

The second lady, Laura was talking about how we all should be eating healthily. She gave us some tips and demonstrated ways of making our everyday meals more healthy and different. She showed us how to make a wrap with the ingredients from Red River

Co-op that was super easy to make and yummy. She talked about CP and what healthy eating meant to us. She also gave us some helpful tips, like for example just know your body and know what kinds of foods your body needs.

Beforehand, full cloth bags crammed with ingredients from **Red River Co-op** were delivered to everyone who participated in the webinar. They contained the making of our healthy dinner. In the bags they held something for the mind as well, Air-dried clay, which we could shape into whatever we wanted.



Overall this webinar was so interesting, because we learned to help ourselves be okay in this whole pandemic.

—**Gemma Yates-Howorth** ☺

SHARE
the LOVE!



CPMB now accepts e-Transfers!

- 1 Log into your online or mobile banking app and select the account.
- 2 Add davidk@cerebralpalsy.mb.ca as your recipient's email.
- 3 Enter the amount, and a security question. Also provide name of donor and specify allocation as General Donation, In Memoriam, Winnipeg / Westman Bike Race, CoHabit or Other.

Safely share the security answer with davidk@cerebralpalsy.mb.ca. Should you wish to receive a tax deductible receipt for your gift of \$10 or more, please provide your name and mailing address. Important: Make sure your security answer isn't obvious and don't share it in the e-Transfer email notification message.

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





CoHabit

Live independently, With care

CPMB's CoHabit Initiative – Neighbours looking out for Neighbours

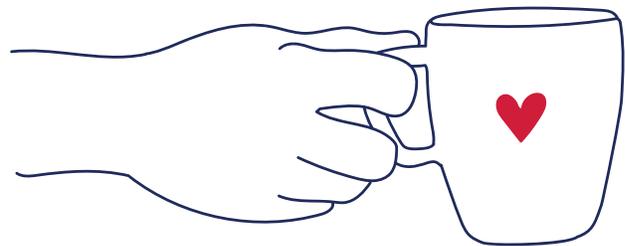
The **CoHabit** initiative was started back in 2019. At this point, it is a dream that we are working towards raising money for.

CoHabit is a cool culture communal housing project initiated by the Cerebral Palsy Association of Manitoba for young adults with CP and other disabilities.

With limited housing options, **CoHabit** will provide an enriched living experience. Communal areas to hang out and eat together address loneliness and isolation. Trained staff will provide 24/7 care and

empower these "Villagers" in creating a meaningful and enriched life.

CoHabit will be a place where neighbours look after neighbours.



We want to thank our Sponsors, and encourage you to support them:

Save the Date

MAY 8

Westman 30 Minutes for CP Event

MAY 8

CoHabit Lacoste Spring Fundraiser

JUNE 22

CoHabit Golf Fundraiser

MAY 15

Winnipeg Stationary Bike Race



Scan the QR Code for more "Event info"



www.cerebralpalsy.mb.ca



@CerebralPalsyAssociationOfMb



@CerebralPalsyMB



@cerebralpalsymb



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

Share YOU by creating a Personal Poster to be displayed at our May 15th Bike Race!

Hello everyone!

The last year has been a hard one for us all and our bike race looks different this year. More than ever, we want to create the sense of community that only the Bike Race can bring. Social distancing and capacity rules mean we need to get creative and hope you will get creative with us.

We are inviting all members to join us in creating a personal poster, which shows the most important parts of YOU.

Disability excluded.

If you have pictures of CPMB events you've enjoyed, memories from past bike races, or if you have received any type of grant in the past and have pictures associated with it you would like to share, this is the time.

If you'd like to participate please let us know by **APRIL 12**, RSVP to Sarah (bikerace@cerebralpalsy.mb.ca or text **204-899-4052**) or Mindy @ **204-801-4033**. **Leave your name and why you are calling to get a callback.**

We are unsure what colours of poster-board will be available and are hoping your imagination will take you where the colour of board you are send, can fit you. If you have a popular favourite, feel free to tell us but we can't promise.

Things you might include in your creation:

- A picture of you(Include your name, if you want)
- Your life motto or a saying you're known for.
- Keep your sentences short and sweet.
- If you need to start over that's OK. Draw an X through the wrong side of the poster.
- Please affix the sticker - CP Proud on the front of your poster so we don't display it incorrectly.

Don't feel like it needs to be perfect. No one is perfect, it's our imperfections that makes us unique. Simple things are best. Don't overthink it. Have fun!

Ideas to think about.

- What you like about the CPMB
- What has the CP MB given you: community, independence, friendship, belonging?
- Why you like the bike race
- Words of encouragement for the riders
- Have you been a grant recipient? How did that change your life?
- Keep it positive and focus on the person behind the Disability.

Please have your posters done by **May 5** and a volunteer will be by for pickup. We will contact you about the time.

If you have another idea, let us know. Your poster should represent you above all else.

Below is an example of what a poster might look like.



If you have any questions, please phone or text Mindy @204.801.4033.

We will display the posters at the Stationary Bike Race, Saturday, May 15, all day.

If you would like to tour the art show and see how wonderful your poster looks, please contact Sarah or Mindy and we will arrange a time for your visit. Sadly, due to protocol, there will be no volunteer room this year and no one can visit the Race unless it is scheduled ahead of time.

Your participation gives the Association permission to use photos of your work in social media and potential other outlets.

We will keep them all at the Association office unless you tell us otherwise.

PLEASE JOIN US. WE LOOK FORWARD TO HEARING FROM YOU. Sarah, Mindy & Susana.

