

# impact



## Your Support is Making an **IMPACT**

Here at the British Columbia Paraplegic Association (BCPA), your donations and support are hard at work, making a tremendously positive impact in the lives of British Columbians who have a spinal cord injury (SCI).

BCPA is committed to helping people with SCI adjust, adapt and thrive by providing answers, information and community experiences. We have two core programs through which we serve the BC SCI community: Peer Support, which provides educational opportunities and social connections for individuals living with a SCI, their family and their friends; and Information Services, which helps individuals with SCI access information that's relevant to their needs through the BCPA InfoLine or the SCI Information Database.

In this issue of *Impact*, we're pleased to give you a quick overview of the impact we've collectively made so far this year.

On behalf of the Board, staff and volunteers of BCPA, thank you for your support.

Chris McBride, Executive Director



## Strike a Pose

Vancouver-based fashion designer Nicole Bridger, high-end eco-friendly retailer Body Politic, and Paralympic athlete-turned-fashion designer Teri Thorson showcased their fashions at BCPA's 8th Annual Women's Tea for women with physical disabilities on Saturday 19 February, at the Roundhouse Community Centre in Yaletown.

A quadriplegic since being injured in a car accident at the age of 24, Thorson is now the designer of a new line of clothing for people in wheelchairs. "An event like this was well overdue," she says. "Women in chairs often feel restricted to wearing sneakers and sweatpants. This may have been the case in the past but today there are so many more options out there for women with physical disabilities."

Guests had a great time on the day, sipping on tea, catching up with friends, getting their hair and nails done, and having their photo taken by a professional photographer. More than 144 women from all over the Lower Mainland attended this empowering event.

Model  
Nicole  
St-Pierre



## Healthy Living Through Nutrition

BCPA, in partnership with GF Strong Rehabilitation Centre, recently hosted the annual SCI Forum at the Blusson Spinal Cord Centre. This year's forum focused on healthy living through nutrition. The two guest speakers were certified nutritional planner Joanne Smith, and chef and nutritional counsellor Cory Parsons (left). Joanne and Cory, who both have an SCI, led inspiring and informative sessions for more than 70 participants, covering topics such as healthy eating for people with SCI, improving digestion, and how to eat healthy on a budget. Cory also gave a cooking demonstration in the Blusson Spinal Cord Centre's new accessible kitchen area.



# Who they gonna call? BCPA InfoLine!

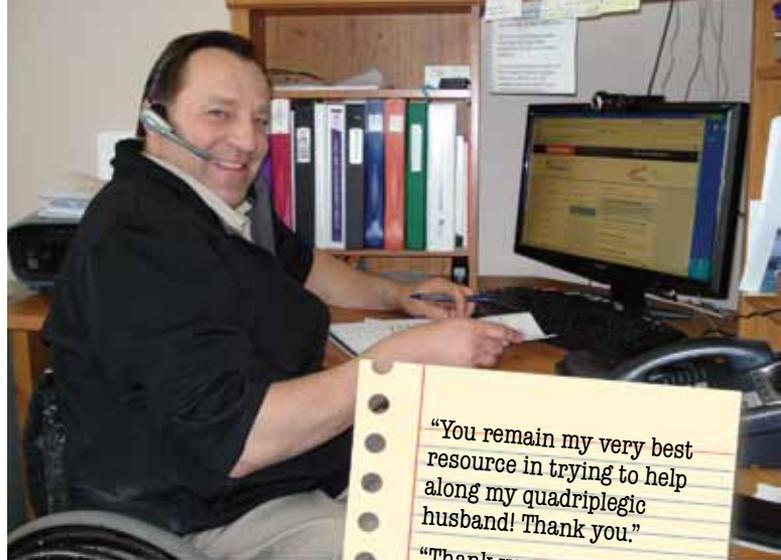
BCPA's InfoLine service recently celebrated its first birthday. In its first 365 days of existence, the InfoLine team responded to 2,012 inquiries.

The InfoLine team collects and maintains current information about accessible housing, government benefits, mobility equipment, accessible transportation, recreation options, and many other resources available in the communities throughout BC. In turn, people seeking assistance with some of the most critical challenges of living with an SCI can contact the InfoLine team and get expert advice and referrals, with no cost involved.

Although people with SCI or other disabilities are the number one users of InfoLine, it has also quickly become a trusted resource for family and friends of people with SCI, health authority workers, and care staff.

To date the top three reasons people call the InfoLine are accommodations, equipment and funding.

To learn more about InfoLine, visit us online at [www.bcpara.org](http://www.bcpara.org) or call 1-800-689-2477.



"You remain my very best resource in trying to help along my quadriplegic husband! Thank you."

"Thank you so much. I found a place to live for my husband and I. We never could have found it without your help".

"This is more info in one email than I've been able to gather by myself in eight months."



## Skiing Fit!

In late March, the Kelowna Peers hit the slopes at Vernon's Silver Star. Eight BCPA Peers, along with family members and friends, spent the day learning the basics of skiing and enjoying what the beautiful Okanagan has to offer. It was by no means a lazy day—learning to ski with an SCI is very physically demanding work. However, everyone thoroughly enjoyed the day, the opportunity to experience the world of post-injury possibilities, and the powerful peer-to-peer comraderie that goes hand in hand with these types of events. To see photos or catch up on other Peer activities, visit [www.bcpara.org](http://www.bcpara.org) or our Facebook page.

## TAKING Stock

Did you know that you can support BCPA through the donation of stocks—and that this is an extremely tax efficient method of supporting people with SCI?

If you have some stock that has substantially increased in value, resulting in a capital gain, then you can support BCPA by donating your shares to BCPA. Following your donation, you'll receive a receipt based upon the market value on the date of your share donation and be entitled to a tax credit for 100% of your pre-tax dollars.

Remember, to take advantage of this opportunity, do not sell the shares that you intend to donate – instead donate them directly from

your equity investment account to BCPA.

You and your advisor will need to send BCPA a letter of intent stating:

- Name & address of donor
- Name of securities
- Quantity of securities
- Date of transfer of shares
- Name/CUID # of your brokerage firm
- Name of your financial advisor

Donations must be made before December 31, 2011. Your donation of publicly traded securities is exempt from capital gains tax—thus a donation of those securities eliminates your capital gain exposure. You may also choose to use all of your tax credit in the year of donation or you may carry forward all or part of the credit for five subsequent years.

For details about donating stocks, email [impact@bcpara.org](mailto:impact@bcpara.org) or call 604.324.3611.

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*Impact* is the semi-annual donor newsletter of the British Columbia Paralegic Association (BCPA). An online edition of *Impact* is available at [www.bcpara.org](http://www.bcpara.org).

To update/change delivery address or if you no longer wish to receive *Impact*, email [impact@bcpara.org](mailto:impact@bcpara.org) or call 604.324.3611.

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British Columbia  
Paralegic Association

## Online Resource for Self-Managed Care

BCPA, in partnership with the BC Ministry of Health, has developed an online workbook that gives people with disabilities the information they need to apply and, if successful in their application, manage the transition to becoming a CSIL employer.

Choice in Supports for Independent Living, or CSIL (pronounced “SEE-sul”) is an alternate way for people with disabilities to receive home support services. The goal is to provide more choice and flexibility to people with disabilities who have high-intensity care needs.

CSIL employers receive funds to purchase their own home support services; they are responsible for recruiting, hiring, training, scheduling and supervising home support workers. Under CSIL, the person with the disability assumes the role of an employer with all of the rights and responsibilities that involves.

The objective of the online workbook is to help potential CSIL clients understand CSIL as well as the ins and outs of being an employer. The workbook is available at the BCPA website ([www.bcpara.org](http://www.bcpara.org)).

## Top Priority: Accessible Housing

Finding basic accommodation is a real challenge for many of our members across BC. Not only is accessible housing limited, it can be expensive—well beyond the reach of many. BCPA continues to work to find solutions. In 2008, we joined forces with Kitsilano Neighbourhood House to develop new housing units at 8th Avenue and Vine Street in Vancouver. The 30-unit project will offer people with SCI and other physical disabilities, as well as seniors, a safe, accessible and affordable place to call home.

The project was recently announced during a groundbreaking ceremony by BC Premier Christy Clark. “For a senior or someone with special needs, the security of a comfortable home and a welcoming community are key components to a healthy and happy lifestyle,” said Premier Clark. “We want to help people live independently and remain in the communities they helped build and where they have put down roots.”

“Access to accessible accommodation has been a top priority for British Columbians with SCI and related physical disabilities since the day BCPA began providing services 54 years ago,” said Chris McBride, executive director, BC Paraplegic Association. “Our partnership with the province and Kits Neighbourhood House will provide ten comfortable homes that are specifically designed to meet the needs of people with SCI and other physical disabilities.”

The government will provide a Provincial Infrastructure Grant of \$4.5 million through the Seniors’ Rental Housing initiative, as well as the land valued at \$2.2 million. The City of Vancouver will waive development cost charges estimated at \$244,000.

*Left to right: BCPA Executive Director Chris McBride, Kitsilano Neighbourhood House Executive Director Catherine Leach, and BC Premier Christy Clark announce the new accessible housing project.*



## Putting Our Spin On SCI

Launched in March, BCPA’s new quarterly magazine *The Spin* fills a long-standing information void within the SCI community. *The Spin* complements BCPA’s existing services, such as the Peer Program and Information Services, and will contribute to building a vibrant SCI community.

Created primarily for people living with SCI and their families, the magazine is also a valuable resource to the broader SCI community, including health professionals, service providers, and researchers.

Current circulation is 4,000 and growing. To read *The Spin*, request a free subscription, or learn about advertising opportunities, visit [www.bcpara.org](http://www.bcpara.org).

## Evening at the Empress

Recently, our supporters danced through the decades while raising funds for BCPA services on Vancouver Island. More than 150 people attended the New Era Gala, held at Victoria’s Fairmont Empress Hotel. Our special guest was Nanaimo’s Kory Nuttall. Kory sustained an SCI in 2001, but with support of family and BCPA, he finished high school and embarked on a successful business management career.

The Gala was made possible by the support of prominent Victoria lawyer Michael O’Connor, and former realtor and now philanthropist extraordinaire Eric Charman. The pair joined forces to chair this annual event after seeing firsthand the impact an SCI can have on a person and their family.

To see photos from the A New Era Gala, visit [www.bcpara.org](http://www.bcpara.org).

# A Donation for Future Change

Linda Stefanson, past BCPA board member and dear friend to the organization, sadly passed away on June 23, 2010. She generously left a considerable bequest to the British Columbia Paraplegic Foundation (BCPF) in order to continue supporting BCPA's work.

A paraplegic from complications during heart surgery as a teenager, Linda was one of the few BCPA members who had experienced life as a paraplegic for well over 50 years. From being carried up flights of stairs to classes at her high school, to having no access to a bathroom when dining out, life was challenging for someone with an SCI five decades ago. Even going to the movies could be an uncomfortable experience for Linda. "People would step on your feet then give you dirty looks because you didn't stand up," she once recalled. Then you'd have to explain to them that you couldn't stand up."

However, Linda never let her disability hold her back, and was a firm believer in education. She studied to become a certified general accountant and also earned a BA in computer technology. She was also an avid traveller and enjoyed annual jaunts to Europe.

Both Linda and her late husband Al Stefanson, who she met while in Vancouver for her rehabilitation program following her SCI, were devoted members of BCPA. They both sat as directors on our board for a number of years. Linda was also a strong and outspoken advocate for community access.

In 2007, during BCPA's 50th Anniversary, Linda praised BCPA for its role in bringing about the many positive changes that had been made to accommodate people with SCI. But she noted that there was still room for improvement.

The bequest Linda left to the organization will indeed help to fuel future change in the lives of people living with SCI in British Columbia. BCPA is very appreciative for this donation—and grateful for having known Linda. We will miss her sharp analytical mind, dry wit and ready smile.

For more information on how you can set up a legacy trust or make a gift in your will to BCPF, email [impact@bcpara.org](mailto:impact@bcpara.org) or call 604.324.3611.



## Thank you...

...to the participants of the **Pacific International Curling Cup**, held in April at the Richmond Curling Club. The event raised \$9,000 for BCPA through raffle sales, and individual and team donations. The Richmond Curling Club will be hosting The Dominion Curling Club Championship this November, during which the men's and women's club champions from each province and territory compete for the national championship. BCPA is also the recipient of this event. For details, visit [www.thedominioncurls.ca](http://www.thedominioncurls.ca).

...to the **United Commercial Travelers (UCT) of Vancouver** for their recent donation. The UCT has been a supporter of BCPA for many years and their annual donations are greatly appreciated.

## Stay in the Loop!

If you'd like to learn more about BCPA fundraising events and how you can support BCPA, email [impact@bcpara.org](mailto:impact@bcpara.org) or call 604.324.3611.



## Make Your Own Impact.

Please donate to the BC Paraplegic Association and help support our programs and services for British Columbians who have sustained a life-altering spinal cord injury. **You can donate easily and securely online at [www.bcpara.org](http://www.bcpara.org).** If you prefer, you can also use this clip out form.

Yes, I would like to support the BC Paraplegic Association.

Name \_\_\_\_\_ Address \_\_\_\_\_  
City \_\_\_\_\_ Province \_\_\_\_\_ Postal code \_\_\_\_\_  
Email \_\_\_\_\_ Phone \_\_\_\_\_

I would like to give the following gift now:  \$25  \$50  \$100  \$200  Other Amount \$ \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

I have enclosed a cheque (payable to the BC Paraplegic Association)  
 Please Charge my Credit Card  Visa  Mastercard

Card number: \_\_\_\_\_ Name on Card: \_\_\_\_\_ Expiry: \_\_\_\_\_

Please mail this completed form to BCPA head office: 780 SW Marine Drive, Vancouver, BC, V6P 5Y7

BCPA is a registered charity. We adhere to all Canada Revenue Agency regulations and guidelines of fiscal responsibility and practice the highest ethical standards. We are audited independently and our financial statements are public. Please contact us if you would like to receive a copy of our annual report or our complete audited financial statements. BCPA's charitable registration number is 11883 5024 RR0001.