



Spinal Cord Injury Saskatchewan Inc.
Lésions Médullaires Saskatchewan

ParaSCOPE

Saskatchewan's Newsletter for People with Spinal Cord Injuries and Other Physical Disabilities

Winter 2016

Silver Lining

Cerebral palsy hasn't stopped Shaylee Rosnes from finding academic success

I've had cerebral palsy (CP) since the day I was born. My CP mostly affects my legs, and some parts of my upper body.

CP finds ways to mess with my body in many aspects of daily life. For starters, I use a power chair to get around. Then there are the little things like getting dressed, typing this story, and, depending on the situation, even talking. These and many other activities that would take too long to list are things that able-bodied people don't even think twice about doing—they come naturally to them. I, on the other hand, have to think about everything I do, all the time. It's not exactly the easiest thing in the world, but most of the time I make it work.

The biggest challenge of CP, however, is not physical. Instead, it's how people treat me. Often, they see me in my chair and the (admittedly quite



abnormal) way that my body moves, and assume that I am cognitively impaired as well. This has happened since I started kindergarten; my parents had to fight to get the school to include me in a mainstream classroom. They succeeded, but the fight hasn't stopped. I still feel like I have to prove myself in every single classroom I roll into. I have to show everyone else in that room that I am just as good as they are.

The upside to this is that I actually think CP may have given me an

advantage in that department. Because I couldn't physically keep up with a lot of other kids when I was younger, I spent a lot of time by myself. I read and made up stories quite a bit. I feel like this is why I'm now so good in classes like English or creative writing. I also credit CP for my ability to observe and listen so well in classes. I have always had a note taker of some form in all of my classes because writing notes myself would take way too long. This allows me to really pay attention to instruction or discussion and absorb everything; it's quite a useful skill to have.

When Spinal Cord Injury Saskatchewan first came into my life, I wouldn't have been able to write the previous paragraph. I was in a place of complete hatred of my body and myself. I saw no advantages to CP whatsoever. It just seemed like a giant inconvenience. I didn't see why I had to get stuck dealing with it. Then a staff member, who also had a physical disability,

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came to talk some sense into me. She encouraged me to not let CP stop me from doing anything I want to do. There are still some days when that's a struggle, but I try my best to follow her advice.

More recently, Spinal Cord Injury Saskatchewan has been a help to me financially as well. It awarded me a scholarship which I put towards tuition for my first semester studying social work at the University of Regina. Once I've completed the degree, I hope to become a counsellor in a high school or hospital. I'm sure Spinal Cord Injury Saskatchewan will continue to help me achieve that goal in any way they can, and for that reason, I would definitely recommend others struggling with their disability to connect with SCI Saskatchewan as I've done.



Effective November 10, 2015 our name changed from Canadian Paraplegic Association (Saskatchewan) Inc. to Spinal Cord Injury Saskatchewan. See page 3 for more details.

Remembering Chris Pearson



"A huge void is felt in our rehab community, as Chris was so committed to encouraging, supporting and advocating for others with physical limitations – a true mentor. Our lives have been enriched just by knowing him and for that we are so grateful."

– Kathy Park
Peer Mentor Program, Wascana Rehab



"Chris meant everything to a lot of people. His hard work and dedication to advocacy for people with SCI is inspiring and will never be forgotten. His positive guidance and support aided people through the tough transition of living with SCI."

– Owen Carlson
First Steps Wellness Centre



"Chris was a highly-respected advocate for wheelchair sports, and a driving force behind SWSA's Bridging the Gap program. He was a true inspiration and motivator to many, and at SWSA we will carry on his legacy."

– Andrea Muir
SWSA

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United Way



Message from the Board President

SCI Saskatchewan Continuity

The Board of Directors is pleased to announce that the name of our organization has formally changed from the Canadian Paraplegic Association (Saskatchewan) Inc. to Spinal Cord Injury Saskatchewan Inc. (SCI Saskatchewan).

The new name was officially adopted in November 2015 as we celebrated our 50th anniversary. A key component of the celebration, which was attended by government officials, public dignitaries, members, staff, volunteers and community stakeholders, was bidding a fond and grateful farewell to a name that endured for half a century and touched so many lives. At the same time, we used the event as a platform to cast our gaze

forward, and it seemed an ideal opportunity to launch the new name of Spinal Cord Injury Saskatchewan.

Our new name reflects the changing face of spinal cord injury and related mobility impairments, and is more appropriate and recognizable as Saskatchewan communities grow more inclusive and demand greater resources. Many Spinal Cord Injury Saskatchewan changes will become evident under the new Spinal Cord Injury Saskatchewan banner as we work towards building community confidence. The Spinal Cord Injury Saskatchewan Board of Directors is committed to developing sustainable supports through activities such as partnership engagement to offer great promise

for the next 50 years.

Our board is proud to announce the appointment of Lyn Brown to the position of Executive Director. Lyn's expertise in the non-profit sector encompasses more than 25 years of financial management in professional leadership roles. Lyn understands a measureable outcome approach requires sustainable partnerships to solidify Spinal Cord Injury Saskatchewan continuity. We believe her strength in program management will encourage new economic opportunities and foster service expansion. The Spinal Cord Injury Saskatchewan Board of Directors is honoured to welcome Lyn aboard and expresses full confidence and support as she steers our organization to greater success in 2016 and beyond.

Spinal Cord Injury Saskatchewan continues to strive towards a solution-based approach for full community participation. We look forward to meeting all challenges as we strive to achieve our mission: "To assist persons with spinal cord injuries and other physical disabilities to achieve independence, self-reliance and full community participation."

– William Lehne
President

Tribute to Darlene Stein

After 15 years, Darlene Stein retired from our organization on December 31, 2015. At the beginning of her employment with us she worked in various capacities and the last 4+ years was our Executive Director. Darlene always used all her talents to further our vision and mission. She was passionate in her role and the work our organization does. She was professional, dedicated, efficient, dependable, effective, organized and knowledgeable. All she came into contact with, including our board and staff, respected her.

During her time as Executive Director she was instrumental in making a number of major changes to our organization and of implementing them in a thoughtful, respectful and organized manner.

Darlene did an exemplary job and we wish to commend her for improving the organization in many ways. She worked countless hours and tirelessly on our behalf and it was greatly appreciated. In addition, her calm, measured manner always made her a pleasure to work with.

We want to take this opportunity to offer a huge expression of thanks to Darlene for her outstanding work and to wish Darlene, and her husband Darrell, all the best in their future endeavors. May they always enjoy health, happiness and prosperity.

– The Board of Directors, Spinal Cord Injury Saskatchewan



Meeting the challenge of Change

“Change is the law of life. And those who look only to the past or present are certain to miss the future.” – John F. Kennedy

Spinal Cord Injury Saskatchewan has experienced a host of changes over the past few months. These changes include moving from being known as the Canadian Paraplegic Association (Saskatchewan) to carving out a visionary and inclusive future under the banner of Spinal Cord Injury Saskatchewan—or SCI Saskatchewan for short. Further change has included the hiring of a new Executive Director to accept the challenge of carrying out the strategic vision and direction that has been developed by the Board of Directors. It’s this very challenge of taking Spinal Cord Injury Saskatchewan into the future that I have accepted and look forward to with anticipation and excitement.

In order to effectively respond to our mission to assist persons with spinal cord injuries and other physical disabilities to achieve independence, self-reliance and community participation, and to move forward our vision of working collaboratively for inclusive communities, we will focus on four primary

strategic directions:

- expanding engagement
- expanding digital technology based service delivery
- maximizing strategic partnerships, alliances and relationships
- solidifying diverse and sustainable funding sources.

This means that you will see a lot more of us out in the community—not only within the larger centres of Regina and Saskatoon, but also in smaller cities, rural Saskatchewan

and in the Aboriginal communities. I will be visiting many areas of the province over the next few months and will engage with as many of you as possible.

We’ll be taking a hard look at our current technological capacity with an eye to expanding our communication abilities through social media, our website, other digital technology options, and face-to-face conversations and peer support via digital means.

Expect to hear from us as we create and nurture

our strategic partnerships, alliances and relationships to strengthen our current programming and remove barriers, and as we design new programs and opportunities to support the ability of our participants and members to thrive in their communities. Developing new strategic partnerships will allow us to increase the diversity of our funding sources, thus ensuring our continued growth far into the future.

In focusing on the four primary strategic directions and the future of our organization, it’s of the utmost of importance that we hear your voices, your opinions, your hopes for new programs, and your thoughts on the direction of Spinal Cord Injury Saskatchewan. It’s my job to listen, so let’s talk! You can reach me by email (lbrown@canparaplegic.org) or by calling my direct line in the Saskatoon office at (306) 652-9644 ext 6.

– Lyn Brown

Leading From a Wheelchair

On May 11, 2016, Spinal Cord Injury Saskatchewan will continue its journey towards realizing a vision of a barrier-free, fully inclusive society by proudly hosting the 3rd Annual Chair-Leaders “Enabling Access” Event in Regina. Our goal is to raise awareness and funds in support of Spinal Cord Injury Saskatchewan programs and services for persons with mobility disabilities in our community.

Chair-Leaders are community leaders who agree to spend a portion of the morning of May 11th using a manual wheelchair for mobility at their respective workplaces in order to experience the challenges individuals who use a wheelchair overcome daily in their everyday activities. As well, Chair-Leaders assist our organization in raising awareness and help Saskatchewan to become a leader in creating a barrier-free province. Change cannot be made without leaders!

Participants are asked to collect pledges in support of Spinal Cord Injury Saskatchewan programs and services for persons with mobility disabilities. Over the past two years, \$17,000 has been raised.

If you’re interested in becoming involved as a Chair-Leader or event sponsor, please contact the Spinal Cord Injury Saskatchewan Regina office at (306) 584-0101.

Exercise Your Right

Elections Saskatchewan is committed to improving accessibility for all voters

Saskatchewan's general election is April 4, 2016. Elections Saskatchewan is committed to including all citizens in the voting process. This includes preparing to assist voters with disabilities and those who may have unique accessibility requirements.

"Removing barriers to participation makes the electoral process more accessible to everyone, including people with disabilities," says Dr. Michael Boda, Saskatchewan's Chief Electoral Officer. "We want everyone to feel welcome and comfortable when they come to vote."

There is temporary parking near entrances for voters with disabilities. Wherever possible, voting places will be set up with enough space provided to accommodate voters with additional needs. The voting booth will be equipped with magnifiers, a Braille ballot template and pencil grips. Additional lighting and clipboards are also available if needed. Anyone with dexterity concerns with the pencils provided are welcome to bring their own instrument to mark a ballot.

Voters may have a friend assist them in marking their ballot and depositing it in the ballot box. All election workers will be trained to provide voters with assistance when voting.

"If voting in advance or on election day does not work for a voter, there are other ways to vote such as voting in your home, voting by mail and voting at many hospitals or care homes," says Dr. Boda. "Accommodations can often be made if planned well in advance with your local constituency returning offices."

Voter Information Cards (VICs) will be arriving by mail to all registered Saskatchewan voters in early March. Please check your VIC to confirm accessibility at your location. If you are eligible to vote but do not receive a VIC by March 18, you can register to vote at www.elections.sk.ca/voterregistration, or by calling 1-877-958-8683.

To find contact information for constituency returning offices, and to watch our accessible voting video, please visit www.elections.sk.ca.

All Candidates Forums

In preparation for our upcoming provincial election on April 4th, the Disability Income Support Coalition will host two All Candidates Forums in March.

The first forum will be held on Thursday, March 3, from 7:00 PM to 9:00 PM at the Broadway Theatre in Saskatoon, located at 715 Broadway Avenue. The second forum will be held Thursday, March 10, from 7:00 PM to 9:00 PM at the Glencairn Recreation Centre in Regina, at 2626 Dewdney Avenue East.

The candidates will be discussing income supports, as well as other topics important to people with disabilities.

For more information, contact Colin Farnan in the Saskatoon office at (306) 652-9644 ext.3 or cfarnan@canparaplegic.org, or Kristin Drummond in the Regina office at (306) 584-0101 ext. 2 or kdrummond@canparaplegic.org.

Update: Peer to Peer Accessible Housing Features (AHF) Project

The Peer to Peer Accessible Housing Features (AHF) Project is being spearheaded by Saskatoon City Hospital Rehab, Spinal Cord Injury Saskatchewan, and a couple of community volunteers who are also our members.

The project, which is generously funded by Scotiabank, is focusing on a web-based approach to information on accessible housing features that will be of significant benefit to people who are new to building or renovating for varying mobility needs. As a secondary component, the project will act as a peer program, introducing people who are



newly injured to the homeowners featured in the project.

All housing photos for Phase 1 have been completed, and the website construction is underway. Barring any technical difficulties, we hope to have it up and running on our website by late February.

For more information, contact Delynne Bortis at our Saskatoon office—by phone at (306) 652-9644 ext. 7, or by email at dbortis@canparaplegic.org.



Notebook

Get Your Green Going!

Anyone in the Saskatoon Eastview area interested in gardening? Spinal Cord Injury Saskatchewan has an accessible gardening bed available. The space can be shared between a couple gardeners. We're also looking for volunteers to help maintain the garden. If you're interested in gardening or volunteering, contact Kelly Palmer at (306) 652-9644 ext.5 or email kpalmer@canparaplegic.org.

Thank you, Dakota Dunes!

Thank you to Dakota Dunes Community Development Corporation for providing funding support for Spinal Cord Injury Saskatchewan's Aboriginal Services in the Saskatoon area. We couldn't do it without you!



In Memory: Dr. Alan Kirby

Dr. Alan Kirby passed away in December. Dr. Kirby worked in the Royal University Hospital, first in the Department of Neurosurgery and later in the Department of Rehabilitation. As one of our members stated, "Most of us who underwent rehab at Royal University Hospital in the 60s, 70s or 80s in Saskatoon would have had Dr. Kirby as their rehab doctor. I know he was very instrumental in encouraging me." We extend our condolences to his family.

SCI Saskatchewan Chin Wag

The Spinal Cord Injury Saskatchewan Chin Wag provides an opportunity for people with varying mobility disabilities to meet others who have either gone through, or are currently going through, the same challenges. No one can relate to your situation better than someone who has the same daily battles! Come out and make new friends, try new activities, be a difference maker, and help make a more inclusive environment. Remember, we're all in this together. For more details, contact Blake Lamontagne at (306) 584-0101 ext. 1 or email blamontagne@canparaplegic.org.

I won an iPad!

Congratulations to the winners of our iPad draws for members and program participants, which were held as part of our 50th Anniversary celebrations. The winner of the first draw, held on June 12, 2015, was Michelle Harbicht. The winner of the second draw, held on November 10, 2015, was Robert Tyler.

We'd also like to thank Don Bristow at BMA Benefits for the generous donation of the iPad for the June draw. Your support is greatly appreciated.

Meet Our New Staff Members

Lyndley Diacon is our new Aboriginal Program Developer. Lyndley has spent the majority of her life living and working in Regina. Her educational background is in Child and Youth Care, obtained from Medicine Hat College and the University of Victoria. Her work has been primarily focused in the area of domestic violence, in addition to working with individuals with varying abilities.



"I'm very excited to be the newest member of the Spinal Cord Injury Saskatchewan team in Regina, and to begin this new journey," says Lyndley, who can be contacted at (306) 584-0101 ext. 3 or ldiacon@canparaplegic.org.

Blake Lamontagne is the new Client Service Coordinator in the Regina office. Blake is an incomplete T4 paraplegic who enjoys participating in many different adaptive sports and activities, with his favourite being water skiing.



"I look forward to meeting all the members from the southern region," says Blake, who can be reached at (306) 584-0101 ext. 1 or blamontagne@canparaplegic.org.

Colin Farnan is our new Client Service Coordinator in the Saskatoon Office. He has lived and worked in Saskatoon for 25 years. He has a BA in Fine Arts from the University of Saskatchewan, and has been very active in the Arts community in Saskatoon. As well, he was on the Canadian National Team for swimming and represented Canada at the 1988 Paralympics in Seoul and 1992 Paralympics in Barcelona, and also played for Saskatchewan on its Provincial wheelchair basketball teams.



"I'm looking forward to working with the clients and members of Spinal Cord Injury Saskatchewan," says Colin. He can be contacted at (306) 652-9644 ext. 3 or cfarnan@canparaplegic.org.

This is how we roll...

"Slightly humiliating moment yesterday. Went out to Tim Horton's for breakfast with the husband, then went to Home Depot for some supplies. While leaving the store something hit my arm so I looked over to see what it was. It was my bra! It was hanging from my chair handle and was blowing in the wind like a kite! I had hung it there the night before and forgot to take it off. Oh, the embarrassment!"

— Submitted by Spinal Cord Injury Saskatchewan member

If you have a humorous short story to share, please send it to regina@canparaplegic.org. It must be your personal experience and no more than three or four lines in length. Items may be edited for space. All submissions are subject to review and approval.

UPDATE: Peer Program

South Region: Our fall and winter peer program events were filled with fun and interesting topics. October's event featured accessible transportation and presentations from Regina City Transit and the Saskatchewan Transportation Company. In November, a movie night was hosted, and popcorn and good times were had by all in attendance. In December, we hosted a winter holiday party with participants taking part in cookie decorating, a trivia contest, and spreading holiday cheer. No event was held in January. February's event included speakers on fitness programs and services that are available for people with disabilities. Thank you to everyone who took part.

Upcoming events:

- March 15, 2016: New Social Housing Program
- April 2016: WestJet and the services it offers for people with disabilities. Date and location to be determined.
- May 17, 2016: Individualized Funding Program
- June 18, 2016: Summer BBQ at the Core Ritchie Neighbourhood Centre (more details will be announced at a later date)

Note that all events are held at Wascana Rehabilitation Centre 6:00 PM to 8:00 PM, unless otherwise stated. Topics may change due to speaker availability.

For more information, or to sign up to receive Peer Event reminders, contact Kristin Drummond at (306) 584-0101 ext.2 or email kdummond@canparaplegic.org.

North Region: Everyone is welcome to join us the last Monday afternoon of the month for an information coffee session. Each month will feature a different presenter to speak about the community resources available for our group. We encourage those interested to put forth ideas and suggestions.

If you'd like to receive monthly emails about upcoming Peer Information Events, contact Kelly Palmer at (306) 652-9644 ext.5 or email kpalmer@canparaplegic.org.

Aboriginal Program: Me tso win

Spinal Cord Injury Saskatchewan's Me tso win gatherings offer a First Nations perspective and include the presence of an Elder. The gatherings will continue to be held once a month. We will either plan a meal in or an outing in the community. If you would like more information, or would like to attend, please contact Kelly Palmer at (306) 652-9644 ext.5 or kpalmer@canparaplegic.org.



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Jobs, Jobs, Jobs

Two important career events will take place in Regina in the next couple of months, and all Spinal Cord Injury Saskatchewan career-minded members are encouraged to attend.

Spinal Cord Injury Saskatchewan's Regina office will host an employment event on Monday, March 14, 2016 from 1:00 PM to 4:00 PM at the United Way Regina office, located at 1440 Scarth Street. The companies and organizations attending will give presentations on the types of positions available within their workplace, as well as the application process.

For details or to confirm your attendance, please contact Kristin Drummond at (306) 584-0101 ext. 2 or e-mail kdrummond@canparaplegic.org.

The 7th Annual Job Fair for People with Disabilities will be held Wednesday, April 6, 2016, from 12:30 PM to 3:30 PM at the University of Regina Centre for Kinesiology, Health and Sport. The job fair is exclusively for job seekers living with a disability. It will feature employers committed to hiring a representative workforce, as well as service providers with information on workplace accommodation and funding.

For details, contact Kristin Drummond, Spinal Cord Injury Saskatchewan Regina office, at (306) 584-0101 ext. 2 or email kdrummond@canparaplegic.org. You can also contact Neil Squire Society at (306) 781-6023 or email sk.info@neilsquire.ca.



Community Kitchen Program

The Community Kitchen Program, held in partnership with REACH and Huston Heights Apartments, is an excellent peer group activity that provides an opportunity for individuals to come together in an accessible environment to cook a healthy and affordable meal, as well as meet new people.

Included in the program is an educational component where participants learn about a variety of topics such as nutrition and budgeting. The program is free of charge and open to individuals within the mandate of Spinal Cord Injury Saskatchewan. The program is offered in three-month modules on the first Thursday of each month (unless otherwise stated). The program resumes on April 7, 2016. Space is limited and pre-registration is required. Registration deadline is March 28, 2016.

If the program is full, your name will go onto a waiting list. Please note that, when participants sign up for the program, they're agreeing to participate in three consecutive sessions (the length of one module).

We'll try to provide time at the end of each session for participants to eat what has been made, but this can't be guaranteed. If possible, please have a light snack before coming to each program.

For more information or to register, please contact Kristin Drummond at (306) 584-0101 ext. 2, or e-mail kdrummond@canparaplegic.org.

Multiple Sclerosis Society of Canada – Saskatchewan

The goal of the Multiple Sclerosis Society of Canada is to provide programs and services to empower persons affected by multiple sclerosis (MS) to achieve the highest possible quality of life while living with the daily challenges that MS presents.

The society offers a variety of programs and services for individuals and families affected by MS:

- information and support
- advocacy and community referral
- quality of life grants
- peer support and education
- wellness programs

As part of the wellness programs, the society offers a number of fitness classes in Regina and Saskatoon, including aquafit, strength training, yoga and tai chi.

The Multiple Sclerosis Society of Canada works to ensure people with MS and their families have the opportunity to live without barriers. To learn more about its fundraising events, MS, or Canadian MS research, please visit www.mssociety.ca.

For more information about programs and services, please get in touch with the office closest to you.

South Saskatchewan

Dawn Young
Senior Community Resources Coordinator
150 Albert Street, Regina
Phone: (306)522-5600 ext. 5010
Toll-free: 1-800-268-7582
Email: dawn.young@mssociety.ca

North Saskatchewan

Kathy Moorman, Senior Community Resources Coordinator
#22, 1738 Quebec Avenue, Saskatoon
Phone: (306) 244-2114 ext. 5050
Toll-free: 1-800-691-0890
Email: kathy.moorman@mssociety.ca

Relay Recap

Thank you to everyone who helped organize and participate in another successful Wheelchair Relay on September 26, 2015. Eleven teams participated, helping to raise \$21,000. Congratulations are also in order:

- Fastest Team: The Young Riders
- Highest Individual Pledge: Kristin Gowda
- Highest Fan Club Pledge: Mavis Bristow
- Highest Team Pledge: Rainbow Ragers

Also, a big thank you to our dedicated sponsors, supporters, and volunteers for making this event possible; the many team members who took the time to raise funds; and the individuals who raised funds as part of the fan club. Your continued support is appreciated greatly!

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Swap & Shop

For Sale: 2002 Dodge Caravan SE Braun Conversion Entervan wheelchair accessible van. Removable front passenger seat with floor locks, right side electric ramp, separate temperature controls for rear and passenger, remote start, cruise control, air conditioning, two sets of tires (includes winter tires), power steering, power brakes, automatic, new windshield. Mileage 160,000 km. Located in Regina. Asking \$15,500. Call Jennifer (306) 525-4152.

For Sale: 2003 Bruno electric scooter lift. Fits into back receiver of vehicle. Adjusts to accommodate three of four wheel types. Asking \$300. Phone (306) 842-2206.

For Sale: Merit Model P326A power wheelchair, two new batteries, basket on the back, four years old (only used one year). New price \$3,700. Asking \$2,000. Call Doug at (306) 537-0905.

For Sale: 2nd Floor stair lift, \$1500. Amigo Scooter, \$795. Six foot ramp, \$400. Eight foot ramp, \$600. Hand controls for vehicle, \$95. Phone Joe at (306) 374-4933.

For Sale: PANTERA X manual wheelchair. Asking \$8,000 or best offer. Invacare Top End Excelerator-XLT handcycle. Great for beginner to the competitive cyclist. Asking \$2,000 or best offer. E-motion wheels. Brand new, never been used. The E-motion power assist allows the user to keep or raise his level of active mobility and provides training effects. Asking \$3,000 or best offer. Phone Ava at (306) 281-7290.

For Sale: Single, adjustable bed, like new. Asking \$800 or best offer. Phone Russ at (306) 382-8986 (H) or (306) 260-0275 (C).

For Sale: Adapted Trail-a-bike. This can tow a child up to 90 pounds. Attaches to adult bike on seat post. Very stable, smooth ride. Asking \$175. Phone (306) 931-3032.

For Sale: Emotion Permobil, M300 Power chair. Asking \$9,000 or best offer. Emotion Power Assist for wheelchairs. Asking \$4,000 or best offer. Call or text (306) 281-7290.

For Sale: 2008 Dodge Caravan. Passenger seat swivels and extends downward. Rear ramp lift. Asking \$10,000. Call Reg at (306) 374-5450.

Be advised that SCI Saskatchewan is not responsible for the transactions that occur through Swap and Shop. Consumers are advised to be aware of potential fraudulent activity and scams. Please take precautionary measures to ensure all transactions are legitimate. Use caution when conducting business through ads. Ensure sellers (or buyers) are legitimate by getting phone numbers and addresses. Never view products alone or in situations that may put you at risk.



Kick It Up a Notch!

Power soccer is a fun-filled, competitive sport designed for power wheelchair users. Anyone who uses a power wheelchair is welcome to come out and play. Participation provides an opportunity to make new friends, be a part of a team, learn new skills, gain knowledge about different recreational opportunities in the community, and build confidence to get out and try new activities.

We're always looking for more people to join the team. In Saskatoon, sessions are held monthly at the Field House. If you're interested in participating or would like to come check it out, please contact Kelly Palmer at (306) 652-9644 ext.5 or email kpalmer@canparaplegic.org. Our next session is March 15, 2016 from 2 PM to 4 PM at the Saskatoon Field House.

The Regina schedule of dates and locations is currently being revised. For details, call Blake Lamontagne at (306) 584-0101 ext. 1 or email blamontagne@canparaplegic.org.

A Curling First for Saskatchewan

For the first time ever, the Canadian Wheelchair Curling Championships are coming to Saskatchewan.

The 2016 Canadian Wheelchair Curling Championship will be held from April 4 to April 10, 2016, at the Caledonian Curling Club in Regina.

Wheelchair curling got its start in Europe in the late 1990s and crossed the Atlantic a few years later. World Championships began in 2002 and it became a Paralympic sport in 2006.

The Canadian Wheelchair Curling Championships were first held in Richmond, BC in 2004 and have been held each year since. This year will be the 13th Canadian Championships, and Curl Regina is proud to be the host at the Caledonian Curling Club during its 100th anniversary year.

The Saskatchewan Wheelchair Curling program began in Moose Jaw, Saskatoon and Regina in 2007. Saskatchewan first competed in the National finals in 2009 and have attended each year since. In 2012 in Thunder Bay, Ontario, the Saskatchewan rink, skipped by Darwin Bender, won the Canadian Championship.

In 2016, there will be 10 teams representing each province except P.E.I. (Northern Ontario is the 10th team).

As always, a large number of volunteers are required to make an event like this happen, and this is no different. We will require ticket sellers at the doors, team hosts between draws, people to assist in the office, 50-50 sellers, and possibly some drivers. As well, timekeepers and statisticians are required for each game, and flag and sign bearers will be needed for the opening and closing ceremonies, which will take place April 4 and 10 respectively. The greatest number of volunteers, however, will be required for the on-ice assistants. Two volunteers are required for each game (10 per round-robin draw). These people clean and set up the rocks for players at the “throwing” end, and help remove rocks at the other end as necessary.

Please consider volunteering your time. For further inquiries regarding volunteering, please contact Bob Capp at (306) 536-4635 or capprobert@accesscomm.ca.

Anyone who would like to become a sponsor of this great event is encouraged to contact Erin Capp at (306)527-2006 or fcirec@gmail.com, or Bernadette McIntyre at (306) 530-2350 or bernadette.mcintyre@wascana.ca.

Hurry hard to the phone and make that call!



SWSA Update

New Bridging the Gap Coordinator

Saskatchewan Wheelchair Sports Association (SWSA) is pleased to announce that Chantal Gosselin has joined the organization as the Bridging the Gap Provincial Coordinator.

Chantal was born and raised on a miniature horse hobby farm approximately 25 minutes southeast of Winnipeg. In 2009, she moved to Saskatoon to pursue post-secondary education at SIAST in Recreation and Tourism Management.

Since graduating, she worked as a Volunteer Coordinator with Cosmopolitan Industries and most recently with KidSport Saskatchewan. Chantal has a strong background in sport and recreation and looks forward to expanding the Bridging the Gap program throughout Saskatchewan.

Chantal can be reached at (306) 975-0824 or by email at chantal@swsa.ca.

Wheelchair Athletics

Are you interested in the fastest wheelchair sport? Did you know wheelchair racing is open to athletes with any qualifying type of disability—amputees, people with spinal cord injuries, and people with cerebral palsy? Athletes are classified in accordance with the nature and severity of their disability.

Watch the SWSA website (www.swsa.ca) for upcoming Athletics Camps in 2016. If you're interested in racing or trying a racing chair, call SWSA today (306) 975-0824.

Sledge Hockey in Saskatchewan

Have you thought about playing sledge hockey? Clubs are active in the following communities:

- Bruno: Bruno T Birds; Sundays, 10:00 AM to 11:30 AM; contact Joan Manderschied (dart340@sasktel.net)
- Saskatoon & Area: Ice Tornados; Sundays, 9:30 AM to 10:45 AM; contact Brenda Carter (tbjrcarter@sasktel.net)
- Regina & Area: Avengers; Sundays, 1:15 PM to 2:45 PM; contact Bobbi Bolianatz (bobbibolianatz@sasktel.net)
- Kindersley: Klippers; contact Catherine Close (cclose@sasktel.net)
- Cutknife: Wednesdays, 7:45 PM to 8:45 PM; Sundays, 5:00 PM to 7:00 PM; contact Mia Fairley (hfairley@xplornet.com)
- Yorkton: contact Paul Hartman (paulhartman73@gmail.com)

Wheelchair Basketball in Saskatchewan

- Saskatoon Practices: Tuesdays and Thursdays, 6:00 PM to 8:00 PM; 2320 Louise Avenue
- Regina Practices: Tuesdays, 7:00 PM to 9:00 PM; Thursdays, 8:00 PM to 10:00 PM; Wascana Rehab Gymnasium

For more information about any of our sports, contact Katie Miyazaki (katie@swsa.ca).

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OUR VISION: Working collaboratively for inclusive communities.

OUR MISSION: To assist persons with spinal cord injuries and other physical disabilities to achieve independence, self-reliance, and full community participation.

OUR CORE SERVICES:

REHABILITATION SERVICES: The service delivery team supports people on their journey towards an independent life in their community. Our service delivery team connects people to supports and works directly one-on-one to coordinate services, provide information and follow-up. Spinal Cord Injury Saskatchewan offers the following programs and activities within our Rehabilitation Services: Service Coordination/Counselling, Peer Support Program, Education Program, Employment Program, Discovering the Power in Me Training.

ABORIGINAL SERVICES: One of the first teachings of the Medicine Wheel is that we are all connected. When one part of our community is down, it affects us all. In order to recoup or maintain balance, we must all work together. Our organization is committed to creating relationships with Aboriginal groups, and providing support through our services to aboriginal people living with a physical disability.

INFORMATION SERVICES: Have a question about barrier free design? Need to adapt a work space for an employee? Would like to increase awareness for your staff or students? Not sure where to start looking for information? Spinal Cord Injury Saskatchewan provides comprehensive and relevant information for employers, community agencies, governments, and the general public.

COMMUNITY INCLUSION SERVICES: Spinal Cord Injury Saskatchewan promotes change in our communities by working collaboratively with other professionals in the field, offering ability awareness opportunities, and participating on committees, task forces, and government consultations to identify and reduce challenges and create opportunities for full community participation.



For more information, contact the Spinal Cord Injury Saskatchewan office nearest you:

Spinal Cord Injury Saskatchewan
311 – 38th St. East, Saskatoon, SK S7K 0T1
(306) 652-9644 Toll free: 1-888-282-0186
Email: saskatoon@canparaplegic.org

Spinal Cord Injury Saskatchewan
3928 Gordon Road, Regina, SK S4S 6Y3
(306) 584-0101 Toll free: 1-877-582-4483
Email: regina@canparaplegic.org

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