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ParaSCOPE

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

Fall 2016



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United Way



Striving for Accessibility

"We as a society are people with disabilities, therefore we as a society must build spaces, and procedures for people with disabilities."

— Katie Rose Guest Pryal, Novelist, Journalist, Attorney

This issue of *Parascope* includes stories featuring people with spinal cord injuries and other physical disabilities who have had life-enriching experiences with accessible gardening, adaptive equipment, and support.

These are stories which illustrate the dedication of our staff as they follow through with SCI Sask's mission to assist persons with spinal cord injuries and other physical disabilities to achieve independence, self-reliance and full community participation.

There is much more that we can do as individuals, as an agency and as a society. Inclusivity must be at the forefront of our thought process.

As we move forward, policies focused on accessibility and inclusion can work to ensure that all spaces are welcoming to people with disabilities. Accessibility can be integrated into a space and created for our society as a whole.

SCI Sask is working diligently to create awareness around the importance of accessibility and inclusion.

As a member of SCI Sask and a reader of *Parascope*, your voice is important to us. If you have a story to tell us about accessibility and your experience, please contact us at the Saskatoon office.

— Lyn Brown, Executive Director

ART + DISABILITY + ACCESS = OPPORTUNITY

If you're a painter, sculptor, illustrator, writer, poet, musician, photographer, film maker, actor, or dancer, or would like to become one, and you have a physical disability, we'd love to hear from you!

SCI Sask, with the generous support of the Saskatchewan Arts Board, is working to determine the feasibility, barriers to, and need for an entrepreneurial art program for individuals with physical and other disabilities—a program that would aide them to achieve financial self-reliance, independence and full community participation.

If you have any views about such a program, they're vitally important to us. Please call Colin Farnan at (306) 652-9644 ext 3 or email cfarnan@canparaplegic.org.



Cody Tresierra is a well-known Aboriginal artist with a disability from Cloverdale, BC. Photo courtesy SCI BC.

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COVER PHOTO: Jennifer Gabrysh and her mother Miriam get busy planting a crop at Regina's new accessible community garden. See page 6 for the full story.

Notebook

Aboriginal Program Update

Tānisi. In July, SCI Sask's Aboriginal Program held a nehiyawewin (Cree language) circle in oskana kasāsteki (Regina). Irene from the First Language Speaking Program shared her knowledge with us. Everyone attending learned a great deal. The southern team also spent time in Fort Qu'Appelle, Carry the Kettle and Maple Creek, engaging the community and spreading the word about our services and supports.

We are now preparing for fall and for November, which is Aboriginal Disability Awareness Month. Stay tuned for more details—they will be posted on our Facebook page and our website. If you have any suggestions for the Aboriginal Program, please contact Lyndley Diacon (Regina Office) at (306) 584-0101 ext. 3, or e-mail ldiacon@canparaplegic.org; or Kelly Palmer (Saskatoon Office) at (306) 652-9644 ext. 5, or e-mail kpalmers@canparaplegic.org.

Scholarship Winners

Congratulations to the 2016/2017 RegBanga/SCI Sask Scholarship recipients (clockwise from top left): Braden Close, Kirstin Gowda, Shaylee Rosnes, Josie Rowlinson, Shailynn Taylor, and Denise Thibault.



Community Kitchen Program

Interested in learning how to cook a healthy and affordable meal, getting the lowdown on nutrition and grocery budgeting, and making some

new friends? The Community Kitchen Program is free of charge and open to individuals within the mandate of SCI Sask. It's offered in three-month modules on the first Thursday of each month (unless otherwise stated).

We're now accepting registration for our winter sessions, which begin in January 2017. The registration deadline is December 16, 2016.

The program is offered in partnership with REACH and Huston Heights Apartments. For more details or to register, please contact Kristin Drummond at (306) 584-0101 ext. 2, or e-mail kdrummond@canparaplegic.org.

Information from SaskTel

SaskTel is advising customers who have devices on the CDMA wireless network that on July 5, 2017, the CDMA network will be turned off and CDMA wireless devices will no

longer work. You can upgrade to a 4G or 4G LTE device by visiting sasktel.com, contacting a SaskTel store or SaskTel Authorized Dealer, or calling 1-800-SASKTEL (727-5835).

Warm Thanks...

Our thanks to Dakota Dunes Community Development Corporation for their funding support for the SCI Sask Aboriginal Services Program in the Saskatoon area.



Saskatchewan Arts Board

Our thanks to the Saskatchewan Arts Board for providing a community grant in support of SCI Sask entrepreneurial art program.

Meet our New Staff Members

Chad Magee is our new Executive Assistant. Chad is a recent graduate of the University of Saskatchewan where he received his bachelor's degree in kinesiology and minored in entrepreneurship. During his time at university, Chad discovered a passion for rehabilitative and support services when he worked with a medical study conducting research with geriatric living communities to show the benefit of walking intervention programs. Chad's previous experience with non-profits includes a work experience program with Recess Guardians, where he was Sponsorship Coordinator.

"I'm very excited to be joining everyone at Spinal Cord Injury Saskatchewan and look forward to helping out an already remarkable organization," says Chad, who can be reached at (306) 652-9644 ext. 2 or cmagee@canparaplegic.org.



Connie Farber is our new Aboriginal Engagement Coordinator working from Prince Albert. Connie has worked for many years with individuals who live with addictions, mental health issues, homelessness and poverty. She's witnessed many overlaps of barriers and challenges including physical or mobility issues. Connie has worked with the Smart Family Food Co-op and Community Garden, and has sat on various community and advisory boards.

"I have resided in Prince Albert for the last 10 years," says Connie. "I love it here, but it's not without its challenges, especially for those that may have different obstacles to overcome. I have been very involved and committed to First Nations and Metis issues, challenges and barriers in both Saskatoon and Prince Albert. I look forward to joining this very passionate and dedicated team of individuals who every day strives to make life fuller for all."

Connie can be reached at (306) 941-8134 or email cfarber@canparaplegic.org.



Brian Fyson is a 31-year-old life-long farmer from Perdue, Saskatchewan. In 2004, Brian had a snowmobile accident that resulted in a T12 spinal cord injury.

After his accident, farming was difficult, but with the help of his family and friends, he learned to adapt and was able to continue the work he loves. His only frustration was that he

had to rely on others to get in and out of his combine. Recently, he saw the option of an electric lift that would assist him in getting in and out of his combine.

Thanks to the ingenuity of a neighbour, and the support of SCI Sask and the Government of Saskatchewan's Ministry of Economy, Brian was able to build this electric lift for his com-



bine. He has now regained his independence in his work life.

"Farming is a passion of mine, and having the opportunity to have this lift has definitely given me my independence back," says Brian. "I want my daughter, Everly, as well as anyone reading this, to know that no matter what you put your mind and heart to, you can achieve it. It may not always be easy, but it will be worth it. I would like to thank SCI Sask for its support."

Do you need a lift?

SCI Sask, with funding from the Government of Saskatchewan's Ministry of Economy, offers a disability support program to assist persons with physical disabilities who require supports to prepare for, secure, and/or maintain independence in their employment and educational pursuits. This can include financial support for adaptive equipment, work-related attire and shoes, automatic doors, ramps, educational and computer software, and even a lift for a combine.

The disability support program works on a case-by-case base. We work with individuals to determine what will best fit their needs at the time.

For more information, contact Colin Farnan, SCI Sask Saskatoon Office at (306) 652-9644 ext. 3 or email cfarnan@canparaplegic.org; or Kristin Drummond, SCI Sask Regina Office at (306) 584-0101 ext. 2 or email kdrummond@canparaplegic.org.





The South Zone
Community Gardens



Equal Opportunity Gardening

In recent years, the concept of community gardening has been getting a lot of attention. But how accessible is this new trend? Very accessible, if you use our new Regina Community Garden as a yardstick.

Gardening is a rewarding recreational activity for all involved. Beyond providing a healthy and bountiful source of food, gardening can also benefit our physical, mental, and social wellbeing. Here at SCI Sask, we believe it's important that people of all abilities are included in this enriching activity. An excellent way of achieving this is through community gardens—gardens that can be accessed by many members of a community who might not otherwise have an opportunity to exercise their green thumbs. The creation of accessible and inclusive community gardens can help increase participation, independence and a sense of belonging.

In Regina, SCI Sask's vision of an accessible community garden bed became a reality this spring.

Planning and research for the garden began early in the year. Many aspects were taken into consideration—the location of the garden, access to the garden from the parking lot, accessible parking spaces, an accessible washroom, the location of the water, and others. In March, we met with the South Zone Community Garden Board, who graciously provided SCI Sask with a complimentary 25 by 45 foot garden plot.

The construction began over the May long weekend. Jordon, Troy and Robert from QCR Builders laid cement blocks and built two raised

garden beds approximately four feet by six feet in size. Because this was the first year, half of the plot was developed into an accessible space, with potatoes planted on the other half. The potatoes were used in the community kitchen program and shared with REACH and the Regina Food Bank. Our goal is to develop the other half with additional raised garden beds during the spring of 2017.

Lyn Brown, SCI Sask Executive Director, says the community garden is a fine example of community partnerships. "SCI Sask is determined to continue to take intentional steps to create environments of inclusion. We look forward to a rewarding partner-

ship with the South Zone Community Garden in future years and we sincerely thank the QCR Team for their involvement and contribution."

"The South Zone Community Garden is pleased to be able to help SCI Sask share the joys (and sometimes the sorrows!) of gardening with its members," says Doug Elliott, South Zone Community Garden Coordinator. "We are looking forward to more gardeners and an expanded program in the future."

"I loved being involved with this project and I was more than happy to provide my services for such a great cause," says Jordon Holzapfel of QCR Builders. "I believe human beings with disabilities have the same right as able-bodied people in all aspects of life, and I'm happy to have helped make another everyday activity possible for all."

As this was the first year for the garden, we considered it a pilot project. Our pilot gardener, Jennifer Gabrysh, harvested a variety of vegetables including onions, beets, beans, tomatoes and celery.

If you've got a green thumb and would like to share your gardening experiences, we would love to hear from you. Please email regina@canparaplegic.org or call our office at (306) 584-0101 ext. 5.



My Take on SCI and Pregnancy

— by Delynn Bortis

The decision to become pregnant can be a difficult one, with so many things to consider. Am I emotionally ready? Am I in a good place financially? What will the pregnancy be like? Will I be sick? And the big one: can I handle labour and delivery? Add having a spinal cord injury into the mix, and some of these questions can be even more difficult to answer.

When my husband and I decided to start a family, I was already about 11 years post injury. Being a C5 quad, I had already learned to do what I could independently, and was an expert at self-managing my care—something that I felt was my strongest survival skill! I was ready to research what I needed to do, and what I could expect, but at the time (1998) I was disappointed to find that there really weren't many resources out there to help me out. I also felt very alone because I did not have connections with

any other women who had delivered a baby after an SCI. Now that my children are in their teenage years, I am happy to say that I know a wonderful circle of amazing women who have delivered babies following spinal cord injury, and the support they offer one another is irreplaceable.

I did learn a few things on my pregnancy journey, and would like to share four that I found of extreme importance.

First, an obstetrician who you are comfortable with, and who is com-

fortable with you, is invaluable. It is beneficial to find a good obstetrician before you even start trying to get pregnant. I was my obstetrician's first SCI patient, and she was honest in stating that she would be learning right alongside me. She was also the first person I'd ran into in the medical field who made me feel like my desire for a family was a natural, attainable goal, and that it was definitely worth the few extra obstacles we would possibly encounter. Also, there are a lot of medications that are contraindicated in pregnancy and may need to be stopped, or switched for a safer alternative. Many painkillers, anticoagulants, antibiotics, and medications used to manage a neurogenic bladder are not recommended during pregnancy, and your obstetrician will be able to help you figure out how to deal with these issues.

Second, we all need support systems. This could mean emotional support, such as finding a peer with a spinal cord injury who has experi-

Women's Circle Members Sound Off on Pregnancy

We turned to some of the members of our Women's Circle for their thoughts about how they felt when they found out they were going to be moms. It's interesting to see the different perspectives, but at the same time to realize that the feelings could pertain to anybody, regardless of ability.

"When I found out I was pregnant, I was extremely excited. I also had a sense of 'It is real', joy, and amazement." — *Tannis, C6-7, mom of three*

"I felt like I just joined a club I couldn't quite get into before. Right or wrong, I felt like my sexuality and femininity were validated. I say right or wrong because I don't want to offend women who can't be moms or choose not to be. I'm not saying you need to become a mother in order to be seen as sexual, it's just how it felt for me. I grew up not really expecting this for myself. I was frightened as well. And, of course, I was happy." — *Heather, T2-T3, mom of two*

"When I first saw the positive pregnancy test I felt a mix of excitement and disbelief. Getting pregnant had been easy and I had a bit of trepidation of what pregnancy and motherhood would bring, but I knew there was no turning back—dreams were about to become real." — *Lisa, T1-T2, mom of one*

The Women's Circle is a peer support program that brings together women of all ages and stages of life, to share information, support, and friendship in a casual setting. Topics of conversation are not usually chosen beforehand, and will usually focus on new events, or issues that arise for any of the members. It's a very inclusive group, and open to women of varying mobility disabilities. We will be starting back up at the end of September. For more information, or if you'd like to join us, contact Delynn Bortis at (306) 652-9644, ext. 7 or dbortis@canparaplegic.org.



Delynn Bortis

enced pregnancy, a close friend, family members, trusted caregivers, or your significant other. Pregnancy brings many changes, and having people around that you can talk to about them can keep you from feeling anxious and alone. Even though it's a happy time, those hormones can turn the most resilient person into a mound of mush, SCI or not.

Third, being prepared and realistic can make the journey less bumpy. This was tough for me. After struggling for years with negative attitudes regarding my desire to give birth, and a couple of years of struggling with infertility issues, I finally felt like I'd become a member of an exclusive group. Because of this, I wanted to be "Super Mom". It was difficult to let those doubts surrounding the "what I couldn't do's" surface. But there came a point where I had to make plans on how I was going to manage once there was an actual live, squirming, needy human being to look after, and I physically could not do some of the caregiving tasks that I thought went along with the Super Mom persona. Once I came to terms with figuring out how I was going to manage my own care, plus accepting and appreciating help to do the tasks I wouldn't be able to do for my baby, I found my pregnancy to be much more enjoyable. It also pushed me into finding alternative ways to adapting equipment and accessories to give me better access for feeding, snuggles, and all the fun stuff.

Finally, keep in mind that 40 weeks goes by so quickly. Enjoy every little kick, hiccup, and ultrasound appointment. Shout out every milestone to anybody who's excited to hear about it. Take belly photos, and lots of them. Celebrate—there's a human growing inside of you!

Merit Award Honours Chris Pearson

The SCI Sask Merit Award is awarded annually to an individual who has made an outstanding contribution to people with SCI and other physical disabilities. This year's award was given posthumously to Chris Pearson, who passed away in December. Chris was a role model for many of our members and a tireless volunteer. He was a trained peer support volunteer and served on our Peer Advisory Group for five years. He was passionate about health and recreation, and he excelled in a number of sports. He also volunteered on Saskatchewan Wheelchair Sports Association Board of Directors and the Sask Sport Adaptive Sports Committee.

Chris was an unassuming man who didn't hesitate to help others achieve their goals. His contributions to SCI Sask and the greater community are greatly missed.



On behalf of his family, Danny Pearson (left), brother of Chris Pearson, accepts the Merit Award from SCI Sask Board President Bill Lehne.



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My Journey with Cerebral Palsy

— by Jamie McKenzie

I have had cerebral palsy (CP) my entire life. CP has presented me with many challenges, but also many rewards.

I have limited use of my hands, which makes many tasks difficult to achieve independently. I use a power chair and rely on home care for support. Like many other people with disabilities, I have had to cope with ignorance and discrimination, but I have also experienced a great deal of kindness.

I have always enjoyed sports. During my childhood, my friends would invite me to play the position of goalie during our local hockey games. In high school, I was able to work on the track and field and football teams. My high school also named an award after me—the Jamie McKenzie Spirit Award! These days, I play power soccer, and attend Regina Pats hockey games and Saskatchewan Roughriders football games when given the opportunity.

I have not let my physical disability hinder my involvement in the community. I am an avid user of conventional public transit, which provides me with a great deal of independence. I'm also an advocate for people with disabilities and accessibility issues. When I lived in Saskatoon, I was a member of the city's accessibility advisory committee. After moving to Regina in 2010, I continued my advocacy efforts. Over the last six years, I have played a role in advocating for curb cuts within the city, worked to resolve issues relating to paratransit, and assisted in the creation of additional accessible washrooms at Evraz Place.

I would definitely recommend SCI Sask to others in the community. I have only been involved with the organization for a short time; however, I've benefitted from being able to take part in the peer program and all it offers, including power soccer, the community kitchen program, and a variety of other events. I definitely plan to continue my involvement with the peer program.

SCI Sask has also provided advocacy for me and supported me by attending various meetings to ensure that I receive access to appropriate health-related services.

In the future I hope to increase my involvement in the community by volunteering with various organizations in the city.



Peer Program Update

North Region

You don't want to miss out on all the exciting Peer Information events that are coming up in Saskatoon. Come out and take the opportunity to engage with others while learning about community resources and strategies for better health and greater independence. Peer Information Events are held the last Monday afternoon of the month at the SCI Sask Saskatoon Office (unless otherwise stated) from 2 PM to 4 PM.

- October 31, 2016 – Halloween celebration featuring a costume contest and games.
- November 7, 2016 – Nutrition. Our last presentation on nutrition went so well that it was requested again. This time we'd like to try something new. Sign up to attend this fun presentation. It will be held at Sobey's. Space is limited; please register by October 21.
- December 19, 2016 – Holiday celebration.
- January 30, 2017 – Accessible travel, tour and presentation at the Saskatoon International Airport, from 2 PM to 4 PM.
- February 27, 2017 – Movie presentation: *The Fundamentals of Caring*.
- March 27, 2017 – Bayshore Healthcare presentation.

If you would like to learn about something in particular that isn't listed above, please contact Kelly Palmer or Delynn Bortis at the SCI Sask Saskatoon office—phone (306) 652-9644.

South Region

In June, the Peer Support program held a summer BBQ in honour of National Aboriginal Day. The event was a huge success and a great time was had by all. Thank you to our sponsors, Capital Cares and SaskEnergy, and our volunteers for helping make the day a reality.

Peer events take place the third Tuesday of every month from 6 PM to 8 PM at Wascana Rehabilitation Centre, unless otherwise stated.

The Peer Event season kicked off again in September when participants were invited to share their ideas for what they would like to see in upcoming sessions. Here's what's planned so far:

- October 18, 2016: REALM Foundation and Rick Hansen Ambassador Program.
- November 15, 2016: Presentation on skin care.
- December 13, 2016: Holiday party.

Topics are subject to change depending on speaker availability. Watch our website and Facebook page for more details on upcoming events.

For more information or to be added to our peer event distribution list, please contact Kristin Drummond at (306) 584-0101 ext. 2 or e-mail kdrummond@canparaplegic.org.

Size Matters!



Interested in saving your shoulders from the wear and tear of wheeling? Consider the size of your chair's casters.

Despite how it's often described in the mainstream media, a wheelchair is anything but confining. Given a relatively accessible environment, most manual wheelchair users view their ride as a tool of liberation, not one that takes away their freedom.

But as thousands of veteran wheelchair users have discovered later in life, pushing a manual chair is not without its risks. The motion involved in pushing is far from natural, and the most vulnerable part of the body involved in wheeling is the shoulder.

Depending on the source, research reveals that from 30 to 75 percent of manual wheelchair users experience pain from wheeling, with prevalence increasing with years of use. The most common injury is a tear in the rotator cuff—an often excruciating injury that can sometimes be repaired by surgery, although success isn't guaranteed.

Little wonder that older manual wheelchair users are diligent about preserving their shoulders. If you've only recently started using a manual wheelchair, you may want to take a cue from your more seasoned peers and seek out even the slightest advantage when it comes to getting around.

Recently, at ICORD's annual research meeting, we stumbled across

an impressive poster presentation that offered some rare insight into an often overlooked option to consider for those buying or outfitting a manual chair.

The poster, titled *Caster Size As It Relates to Ease of Rolling*, showcased the research of Mehdi Eshraghi, a graduate research assistant at ICORD and master's student at UBC, and Franco Chan, a rehabilitation engineer at ICORD.

"Dr. Bonita Sawatzky is the principal investigator who came up with the idea of comparing the rolling resistance of wheelchairs on different surfaces," says Eshraghi. "In a previous study, we determined that smaller casters significantly increased rolling resistance on smooth treadmill surfaces. She wanted to see whether the same holds true on actual indoor and outdoor surfaces. From her experience, she found that wheeling on rough surfaces with small casters requires more effort than with larger casters."

Eshraghi and Chan developed the test protocol. Three caster sizes—four, five and six inches—were studied in use on three indoor surfaces and three outdoor surfaces. A manual wheelchair was passively pulled along each surface at just over one metre

per second by a power wheelchair, and the rolling resistance of the manual wheelchair was measured using an extremely accurate calibrated force transducer. The process was repeated three times for both indoor and outdoor environments.

"To standardize the protocol, we had a 60 kilogram weight in the manual wheelchair being towed, and the amount of weight distribution was 20 percent on the front casters and 80 percent on the rear wheels," says Eshraghi. "This was important for comparing our result with the data from the previous study that was done on a treadmill."

The results showed that the four inch casters had the highest rolling resistance on most surfaces, which wasn't too surprising given the previous research. Somewhat more surprising was that the five inch casters had the least rolling resistance on most indoor surfaces—even less than the six inch casters. However, the six inch casters had the least rolling resistance on most outdoor surfaces.

We asked Eshraghi to quantify the greater effort required by the smallest casters. "The four inch casters," he explains, "required about 16 percent more effort than the five inch casters on indoor surfaces. The four inch casters also required about 16 percent more effort than the six inch casters on outdoor surfaces."

Sixteen percent might not seem like a lot more effort, but factor it by a couple decades of wheeling and the number grows in significance. So although four inch casters are most popular among active wheelchair users (probably because many users feel they look least dorky), these results should lead manual wheelchair users to make a more informed decision about the best caster size for their specific lifestyle and use.

"In general, people who are interested in preserving shoulder and arm function should choose casters more carefully," says Eshraghi. "They should choose casters based on the surfaces that they wheel the most on. If you do

most of your wheeling outside, six inch casters might be your best bet. But if you spend as much time inside as outside, then it might be worth considering the five inch caster."

He concedes that larger casters can sometimes get in the way of the footplate for some wheelchair users, or make it more difficult to get closer to kitchen cabinets and vanities.

Eshraghi says that this study, which has been accepted for publication by the journal *Ergonomics*, is the first of several related studies which he and his colleagues have in the pipeline. "Our aim is to educate wheelchair users about general wheelchair setup and choosing the most suitable wheelchairs," he says. "Our next study will be to educate wheelchair users about wheelchair maintenance."

Eshraghi is also working with Dr. Sawatzky, along with Dr. Ben Mortenson and Lynda Bennett, on the I-WHEEL Wheelchair Maintenance Project, a peer-based knowledge translational program that will bring knowledge about manual wheelchair maintenance to the community via www.iwheel.ca.

Reprinted from The Spin, SCI-BC, June 2016.

Good Access is Good Business

Ensuring that your business is accessible just makes good business sense and may give you a competitive edge when it comes to growing your customer base.

The SCI Sask Good Access is Good Business team has been busy this year. We've been going out into the business community to foster new connections and relationships with Regina Chamber of Commerce members, as well as other businesses in the Regina and Saskatoon area. Other events that we've attended so far include job fairs, business expos and numerous networking events throughout the province. We have also completed accessibility consultation services for a number of organizations such as SaskPower and ISM Canada.

As we continue to partner with and offer our supports to local businesses and organizations, the end result will be a stronger and more inclusive barrier-free community.

If you're a business owner or manager, please get in touch and ask us about accessibility consultations and the accessible business directory, lunch and learn presentations, education on adaptive workplaces, and employment subsidy and scholarships.

By maximizing our relationships within the business community, increasing awareness of SCI Sask programs and services, and building new partnerships, we continue to work collaboratively for inclusive communities. For details, contact Rosanne Verhulst, Program Oversight Manager & Community Business Liaison, at (306) 584-0101 ext. 4 or email rverhulst@canparaplegic.org.



Post-Polio Support in Saskatchewan

Here in Saskatchewan, we have several excellent organizations that offer support for people dealing with post polio syndrome, also referred to as PPS.

Saskatchewan Awareness of Post-Polio Society Inc. is a provincial organization. Its mission is to develop, promote and increase awareness regarding post-polio syndrome. For more information, contact Donna Spratt, President, by email at donnaspratt@sasktel.net or by phone at (306) 374-3557.

The Saskatoon Post-Polio Support Group holds an annual Christmas dinner and June barbecue. For more information, contact Betty Sherdahl, President, by email at bsherdahl@shaw.ca or by phone at (306) 652-6502. The group also operates a Hydrotherapy Program on Friday or Saturday nights from 7 PM to 9 PM at Parkridge Centre. For more information about the Hydrotherapy Program, contact Ron at (306) 343-0225.

Polio Regina Inc. seeks to create awareness of post-polio syndrome, its treatments, and research. If you're a polio survivor, you're encouraged to join the self-help support group to share information on PPS. The group meets at Nicky's Café at Eighth Avenue and Winnipeg Street. The next meeting is October 27, 2016 at 3:30 PM. You can also join us for our Christmas party at Nicky's Café at a date to be announced. For details, contact Ivan Jorgensen at (306) 757-8051 or email ivan.jorgensen@sasktel.net.

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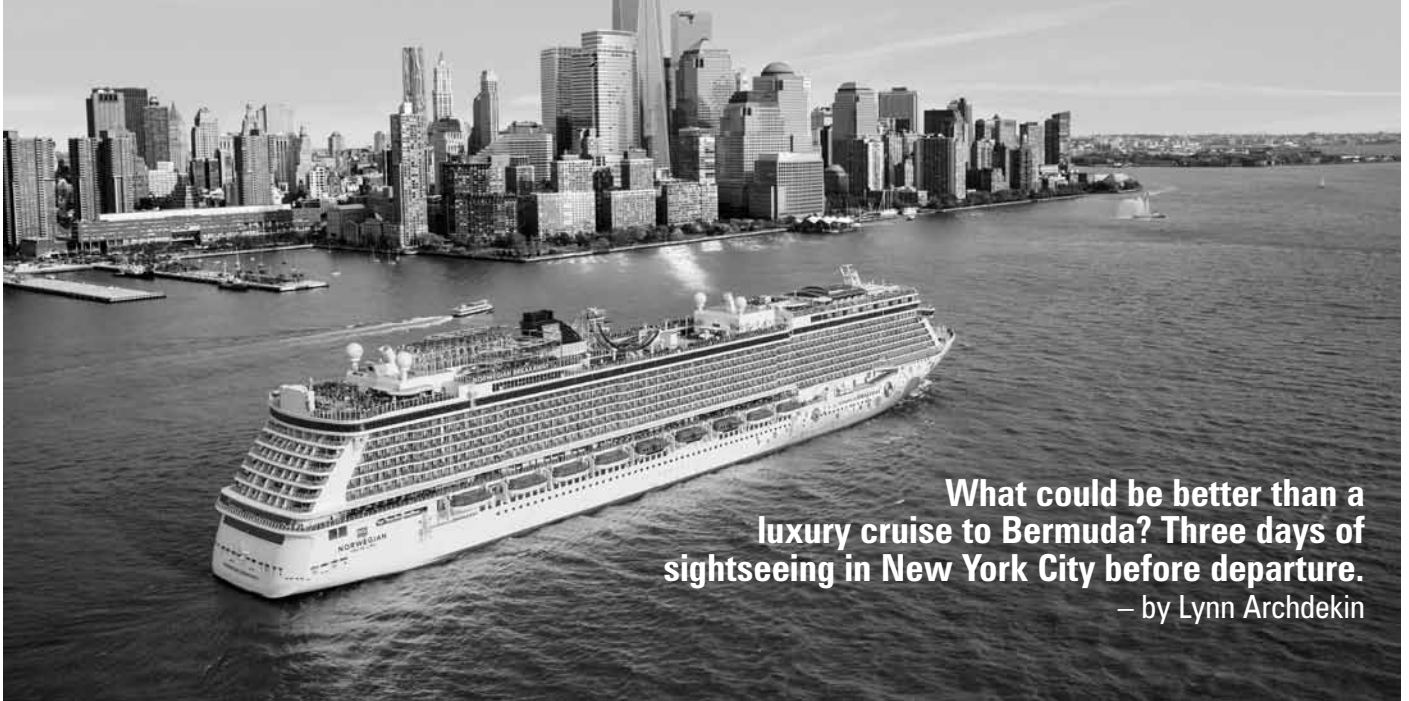
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Big Apple to Bermuda



What could be better than a luxury cruise to Bermuda? Three days of sightseeing in New York City before departure.
— by Lynn Archdekin

This past May, my friend Leslie and I took a luxury cruise from New York to Bermuda—and back again.

Our trip began with a three night stay in New York, which is always a great place to visit—there are so many things to see and do. Leslie lives in Surrey, BC, so we flew on separate flights to NYC on May 11 and met at the airport to take a cab together to our hotel.

Our sightseeing started the next morning with a tour through The Frick Collection and Frick Art Reference Library, which is housed in the former residence of American industrialist and art patron Henry Clay Frick (1849-1919) which was constructed in 1913 and 1914. The collection includes some of the best-known paintings by the greatest European artists, major works of sculpture (among them one of the finest groups of small bronzes in the world), superb 18th-century French furniture and porcelains, Limoges enamels, Oriental rugs, and other works of remarkable quality. At the time we visited, there was a wonderful exhibit of Van Dyck portraiture. The gallery is a lovely place as it was originally Frick's home, and it still contains original furniture, although he did build it with the display of his extensive collection of artwork in mind. We capped off the day with a visit across the road to Central Park.

The next day, we walked the High Line—a park converted from an old railroad line. It was a delightful experience. We then spent time at the Whitney Museum of American Modern Art. On our final day, we toured Brooklyn.

Over the course of the three days, we also took in three plays: *Kinky Boots* at the Al Hirschfeld Theatre (it was a hoot, and all the songs in it were written by Cyndi Lauper), *The Judas Kiss* at the historic BAM Harvey Theater which first opened in 1904, and *Waitress* at the Brooks Atkinson Theatre. All were good, and all had wheelchair seating.

On May 15, we boarded Norwegian Cruise Line's *Breakaway*—a huge cruise ship that carries 4,028 guests plus 1,595 crew. We learned that the ship's gross tonnage is 145,645, overall length is 1,062 feet, beam is 130 feet, draft is 27 feet, and cruising speed is 21.5 knots. We also discovered that it has 29 dining options, 22 bars and lounges, 24-hour room service, tax and duty-free shops, spa, salon, fitness centre, art gallery, card/games room, library, internet café, casino, climbing wall, jogging/walking track, three sun decks, video arcade, waterslides, bungee trampoline, miniature golf, ropes course, basketball court, pool and hot tub. It was like being on a floating resort and casino, and by far the biggest ship we had ever been on.

We left the dock at NYC at 4 PM. The city was bathed in sunlight as we sailed out of the harbour, past the Statue of Liberty. We were at sea for the next two days and arrived in Bermuda at 8 AM on May 18. where we docked at the Royal Naval Dockyard.

We had arranged a private tour of the island in an accessible van owned and operated by Renalda (Renee) Bean. He's a delightful man who has a wealth of informa-

tion regarding Bermuda, as he is one of the seventh generation of his family living on the island. The first generation of his ancestors came as slaves from Africa.

We learned that Bermuda, which consists of several islands, has three main tourist areas: the Royal Naval Dockyard, Hamilton, and St. George's. The islands are relatively small—together, they are just 52 square kilometres. They lie on a subtropical latitude and are only 650 miles off the coast of North Carolina. Bermuda is famous for shipwrecks, has a colourful history of pirates and rumrunners, and, of course, is well known for its famous Bermuda Triangle.

We were able to take in most of the highlights of the island during the seven-hour tour Renee gave us. We had lunch in St George's at a restaurant housed in a delightfully old warehouse along the water. We saw Gibbs' Hill Lighthouse, Somerset Bridge (the smallest drawbridge in the world, it's only wide enough to let through the mast of a small sailboat), and the Royal Navy Cemetery, which was the burial ground for the British Navy dating back to the 1700s.

The scenery was gorgeous. The islands have countless coves and inlets with beautiful beaches, some with pink sand, and lush vegetation and flowers bloom everywhere. The houses are painted in a rainbow of colors.

Throughout our tour, Renee told us of the history of the island and stories from when he was a child. This personal touch greatly added to our experience. His spotless accessible van was excellent for me as an L2 paraplegic, and he's an excellent driver. Thanks to his knowledge and humour, our experience of Bermuda was greatly enhanced. I strongly recommend Renee to anyone who wants a tour of Bermuda. You can email him at renetaxi1778@gmail.com or call at (441) 334-8835.

On our second day in Bermuda, Leslie and I took the ferry to Hamil-

ton and did some sightseeing on our own, mostly along the harbour front. We walked to the Bermuda Underwater Exploration Institute to see its exhibits, and stayed in Hamilton for a street fair held that evening. We then took the ferry back to the Royal Navy Dockyard and our ship.

On our third day, we explored the historic Royal Dockyard area, which includes the Clocktower Shopping Mall, the Bermuda craft market, and the Bermuda Arts Centre with its shops filled with gorgeous hand-made items. We then went through the National Museum of Bermuda, which includes the Commissioner's House and The Dockyard Keep (all part of a historic fort that was a former military base). We appreciated the sight of a Canadian flag flying in the middle of the fort.

On the afternoon of May 20th, our ship left Bermuda. Two days later,

we were back in NYC. Then it was on to La Guardia Airport for our flights home.

I loved Bermuda. Besides being a cruise destination, it would also be a lovely place to fly to and spend a week or two on the beach.

The only negative about our journey was the nature of our cruise ship. I've come to the conclusion that I prefer smaller cruise ships over large cruise ships such as the *Breakaway*. We didn't do any research in advance of booking, since we chose the ship based on the destination we wanted. It was geared more for younger people with active families. There were none of the educational lectures that we so enjoy on smaller ships. Lesson learned: from now on, before booking, do research on the entertainment offered and the age group the ship is targeting.

Sit down and start leading!

Our recent Third Annual Chair-Leader Enabling Access Event was an unqualified success.

On June 1, 13 community leaders graciously accepted the challenge to be a Chair-Leader, spending a portion of their morning at their workplace in a manual wheelchair instead of their usual desk chairs. As a group, they reported that it was an incredible and rewarding learning experience. Here's a sampling of their comments:

"It was certainly an eye-opening experience for me as a Chair Leader. Having a close friend who is quadriplegic, I am now even more appreciative of what he goes through, even simple things that I sometimes take for granted, like flipping on a switch."

"What I took away from the event was how much simple, everyday tasks are suddenly made extremely difficult. Tasks that I wouldn't (ordinarily) think twice about completing presented some definite challenges."

A huge thank you to all of the Chair-Leaders, and to RE/MAX Crown Real Estate for participating in all three annual events. Also a special thanks to Prairie Heart Mobility for providing the wheelchairs.

Once again, our highest pledge raiser was Jennifer Gelsinger from RE/MAX Crown Real Estate. Her office raised \$3,470.

Change cannot be made without leaders. Do you have a Chair-Leader in your organization? To participate in next year's event, call the SCI Sask Regina office at (306) 584-0101 or toll-free 1-877-582-4483.



Jennifer Gelsinger

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**Department of *Physical Medicine & Rehabilitation*
University of Saskatchewan**



**PARTICIPANTS NEEDED FOR
RESEARCH IN SELF-MANAGEMENT IN SPINAL
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We are looking for volunteers to take part in a study of self-management processes among persons living with spinal cord injury

As a participant in this study, you would be asked to complete a computer-based survey, which will take you approximately 30 minutes to complete.

The survey is available at:

<https://redcap.usask.ca/redcap/surveys/?s=L3HRWEJHJE>

Pen and paper versions are also available at the Saskatoon City Hospital Rehabilitation Clinic and Wascana Rehabilitation Centre.

For more information about this study please contact:

Jeanine Munchinsky
Physical Medicine & Rehabilitation
306-655-8662; Email: jeanine.munchinsky@saskatoonhealthregion.ca

**This study has been reviewed by, and received approval
through, the Research Ethics Office, University of Saskatchewan.**



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Leaving a Legacy

Donating to Spinal Cord Injury Saskatchewan through your will is easy, providing you avoid a common pitfall.

An increasing number of SCI Sask members and their families are leaving gifts and donations to SCI Sask in their wills. But if they're not careful, the tax relief they're counting on from their gift to SCI Sask may not materialize as hoped.

For example, an executor of a will was instructed to donate 10 percent of the "residue" of the estate to SCI Sask, with the other 90 percent of the residue being inherited by the children. Under the terms of the will, the "residue" of the estate was the amount left after paying the debts and taxes owing, and an amount (determined by the executor) to the grand kids to help them with education costs. Whatever was left made up the residue of the estate, to be distributed to SCI Sask (10 percent) and the children (90 percent).

Sounds reasonable, right? Not exactly! The SCI Sask family member was counting on the donation to SCI Sask to provide much needed tax relief on their tax return. But the SCI Sask family member will not receive a donation tax credit in this case.

Here's the problem. Tax law will normally allow a donation to a charity when made "by Will" to count as a donation on the deceased's final tax return. But in the above case, the donation is not considered to have been made "by Will". Rather, it is considered a donation made by the member's estate, with the tax relief falling

into the hands of the estate, and not in the member's hands, in the year of the member's family death.

In order for the donation to be made "by Will", it's necessary that the amount of the donation be clearly spelled out in the will, and not left to the discretion of the executor.

How do you spell out the amount? You can stipulate a specific amount, a specific property, or a percentage of the estate to charity. Be sure your will clearly specifies what's to be paid from the estate in determining the "residue" and do not provide your executor discretion to decide the amount. Also name the charity to which you want donations made. This clarifies that a donation is required by the family member, and ensures that charities will be qualified recipients.

Our strong suggestion is that all donors consult a qualified tax accountant or tax lawyer to ensure their donation complies with current Canada Revenue Agency accepted wording.

SCI Sask is extremely grateful to all donors—past, present and future—for helping ensure we can continue our work for years to come.

What does an "accessible Canada" mean to you?

In-person consultation sessions are taking place across Canada to help guide the development of planned accessibility legislation.

Did you know that approximately 14 percent of Canadians age 15 years or older report having a disability that limited them in their daily activities? And that there are approximately 411,000 working-aged Canadians with disabilities who aren't working but whose disability doesn't prevent them from doing so? Almost half of these potential workers are post-secondary graduates.

We all benefit when everyone can participate equally in everyday life. But many Canadians with disabilities and functional limitations face accessibility barriers in their communities and workplaces. That's why the Government of Canada has launched a consultation process that will inform planned accessibility legislation.

All Canadians are encouraged to take part in the consultation process, either by attending an in-person session or by participating in the online consultation. A full list of in-person sessions can be found at Canada.ca/Accessible-Canada. If you'd like to pre-register for an in-person session, or to notify staff of accommodation needs, contact the Office for Disability Issues:

Phone: 1-844-836-8126, TTY: 819-934-6649, Fax: 819-953-4797

Email address: accessible-canada@hrsdc.gc.ca

Mailing address: Consultation – Federal Accessibility Legislation

c/o Office for Disability Issues

Employment and Social Development Canada

105 Hotel-de-ville St., 1st floor, Bag 62

Gatineau QC K1A 0J

Canadians are also encouraged to follow @AccessibleGC on Twitter, Accessible Canada on Facebook and to follow the #AccessibleCanada hashtag. The consultation process will run until February 2017. For the most up-to-date information on in-person venues and dates, and to participate online, visit Canada.ca/Accessible-Canada.

Sports Report

Bridging the Gap in Saskatoon

Bridging the Gap (BTG) is a parasport recruitment program that helps develop local adaptive sport clubs throughout Canada. BTG introduces individuals to adaptive sports while helping to eliminate barriers that prevent people with disabilities from becoming involved in sport.

In Saskatoon, Bridging the Gap works closely with the Saskatoon City Hospital rehab ward. Sessions are usually held on Thursday afternoons from 1 to 2 PM.

The program is overseen by the BTG Provincial Coordinator, who is employed by SWSA and works directly with a recreational therapist to provide opportunities for patients on the rehabilitation ward. It's a fun, inclusive way for newly injured people to see how sport can be adapted to work for them, through support from peers in the community who are involved in various sporting activities.

Among the sports that have been offered at BTG sessions are tennis, basketball, rugby, water-ski, athletics, curling, bocce ball, and bowling.

SCI Sask sees incredible value in the BTG program and has long been a strong supporter of it—we help to organize sessions and are actively involved in any way we can.

For more information, contact Chantal Gosselin—phone (306) 975-0824 or email Chantal@swsa.ca.

Kick it up with power soccer!

Power soccer is a fast paced, competitive sport for persons with disabilities who use electric wheelchairs. Players use power chairs equipped with foot guards to pass, shoot and carry the ball with the objective of scoring the most goals.

In Saskatoon, practices are held monthly at the Saskatoon Field House on Court 3.

- October 11, 2016 2 PM – 4 PM
- November 8, 2016 2 PM – 4 PM
- December 13, 2016 2 PM – 4 PM

In Regina, practices are held the third Monday of the month. The new location is the South Leisure Centre, located at 170 Sunset Drive.

- October 17, 2016 4 PM – 6 PM
- November 21, 2016 4 PM – 6 PM

Anyone interested in joining? We're currently looking for more players. If we have enough interest, we would like to attend a couple out-of-town tournaments. If you would like more information, contact Kelly Palmer at kpalmers@canparaplegic.org or (306) 652-9644 ext. 5, or Blake Lamontagne at blamontagne@canparaplegic.org or (306) 584-0101 ext.1.

Congrats to Our Paralympians

Congratulations to the Canadian Paralympic team who competed at the 2016 Rio Paralympics September 7 – 18, 2016. They brought home 29 medals (8 gold, 10 silver, 11

bronze). Saskatchewan was represented with eight athletes competing in athletics, sailing, swimming, women's & men's wheelchair basketball, wheelchair rugby, and para-cycling.

Game, Set, Match

SWSA is pleased to offer a Wheelchair Tennis Developmental Program in Saskatoon. This weekly program will help you build your existing playing skills, give you a better understanding of the game, and develop a stronger strategy. Professional instruction is provided by a Tennis Saskatchewan coach. All equipment is provided for this four week program. It begins Monday, September 19, and concludes Monday, October 17 (there will be no session on Monday, October 10th due to Thanksgiving Monday). Sessions take place from 5:30 PM to 7:30 PM at Riverside Badminton and Tennis Club, located at 645 Spadina Crescent, Saskatoon. The fee is \$30. All participants are also required to have a SWSA membership, which costs an additional \$20. Please register by contacting Chantal Gosselin at chantal@swsa.ca or (306) 975-0824.

Swap & Shop

For Sale: 1997 S10 4x4 truck, with wheelchair lift, hand controls, adjustable seat, new tires and tie rod ends. Phone (306) 761-0877.

For Sale: Invacare Aquatech tub lift, new/never used, \$975. Quickie GPV 16" wheelchair, metallic blue with J2 backrest, \$875. Phone (306) 949-4604 or email bwheidt@accesscomm.ca.

For Sale: Permobil M300 Power Chair, \$9,000 OBO. Emotion power assister wheels, \$2000 OBO. Pantera X manual wheelchair, \$8000 OBO. Invacare Top End Excelsator – XLT handcycle, great for all cyclist levels, \$2000 OBO. Call or text (306) 281-7290.

For Sale: 2nd Floor Stair Lift, \$1200. Amigo scooter, \$795. Ramps – 6', \$350. Ramps – 8', \$550. Hand controls for vehicle, \$75. Call Joe at (306) 374-4933.

Free: Used sling (medium size) for a lift system and a used Portable Voyager ceiling lift system (no track). Contact the SCI Sask Regina Office at (306) 584-0101 ext. 5.

For Sale: 1999 wheelchair accessible motorhome, basement model, wheelchair – arm lift, 34-foot self-contained, 8' x 8' accessible bathroom with shower, Ford V10 Triton gas motor, automatic transmission with overdrive, single large slide for living room/kitchen on driver's side, dual-ducted AC, 57,000 kms. \$40,000 OBO. Call Sharon at (306) 244-1511.

For Sale: 2003 Bruno electric scooter lift. Fits into back receiver of vehicle. Adjusts to accommodate three or four wheel types. \$350. Call (306) 842-2206.

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.



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The focus of the symposium is to showcase the adapted opportunities in sport and leisure that Saskatchewan has to offer people with physical disabilities.



The symposium will include keynote speakers and excellent break out sessions all over three days from December 1st to 3rd, 2016.

The symposium will be attended by over 250 people, including coaches, adapted participants, students, health care practitioners, policy makers, funders, consumer associations and advocacy groups.



Spinal Cord Injury Saskatchewan Inc.
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