



CELEBRATING THE PAST... EMBRACING THE FUTURE.

2015/2016 ANNUAL REPORT



Spinal Cord Injury Saskatchewan Inc.
Lésions Médullaires Saskatchewan



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.”

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**Part-time position

††Temporary position

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Spinal Cord Injury Saskatchewan Inc. (formerly Canadian Paraplegic Association (Saskatchewan) Inc.)

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Lésions Médullaires Saskatchewan

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MESSAGE FROM THE PRESIDENT & EXECUTIVE DIRECTOR

“WORKING COLLABORATIVELY FOR INCLUSIVE COMMUNITIES.”



This annual report marks the successful completion of our first fiscal year operating under the new banner of Spinal Cord Injury Saskatchewan Inc., or SCI Saskatchewan (formerly Canadian Paraplegic Association [Saskatchewan] Inc.).

Throughout the year, SCI Saskatchewan continued to evolve to meet the operational demands outlined in the SCI Saskatchewan strategic business plan, completed in 2015.

SCI Saskatchewan’s mission statement is “To assist persons with spinal cord injuries and other physical disabilities to achieve independence, self-reliance and full community participation.” This year, as with all previous years of operation, our mission guided all of our work. In

52 years of operation, SCI Saskatchewan has continually strived to improve the quality of service delivery and build organizational capacity by “working collaboratively for inclusive communities.”

This year, SCI Saskatchewan board and senior staff worked diligently in unison to meet the growing challenges surrounding continuity of service delivery. As you will learn throughout this annual report, the SCI Saskatchewan team continued to build community confidence through measureable outcomes and partnership activities. Looking forward, it is critical that SCI Saskatchewan continues to engage in partnership development activities to secure sustainable resources beyond cyclical agreements.

The SCI Saskatchewan Board of Directors met regularly throughout the year to review, revise, and rejuvenate the governance structure, in order to ensure that we continue to meet our fiduciary duties regarding governance and stewardship. Our Board is to be congratulated for successfully embracing and overseeing implementation of our new banner, working in concert with our new Executive Director.

In 2015/2016, SCI Saskatchewan worked to expand service delivery to meet the changing landscape of membership diversity and regional demographics. In particular, we will continue to increase our organizational capacity to meet the growing demands of Aboriginal diversity identified through the strategic business plan.

SCI Saskatchewan would like to take this opportunity to thank the many government officials, public dignitaries, our membership, our staff, our volunteers, and our community stakeholders for their ongoing support, loyalty and commitment, all of which are vital to make our SCI Saskatchewan services a reality and a tremendous benefit to people with spinal cord injuries and other physical disabilities in our province. We would also like to thank our funders and partners, whose contributions make it possible for us to complete our mission.

In closing, the SCI Saskatchewan Board of Directors is fully committed to ensuring the continuity of the CPA legacy—a legacy that continues to live on in SCI Saskatchewan’s mission and services.



WILLIAM LEHNE, PRESIDENT

LYN BROWN, EXECUTIVE DIRECTOR

2015/2016: THE YEAR IN REVIEW

The sudden reality of a spinal cord injury or the onset of any physical disability is frightening and overwhelming, and can often present tremendous challenges for both individuals experiencing the disability and their families and friends. On the road to recovery, and for long after, barriers are often present that prevent access to services and community involvement.

SCI Saskatchewan's programs and services offer individuals and their families continuous support, information, community links and follow-up in order to navigate the road towards full community participation. With perseverance and the right supports, people with disabilities are able to maximize their abilities and lead fulfilling and productive lives.

Through the delivery of our programs and services, people with spinal cord injuries and other physical disabilities can:

- connect and access key supports
- develop positive life strategies
- build individual capacity.

QUICK FACTS:

- This year we connected 765 participants living with a physical disability to a support that improves their wellbeing, independence and social participation.

ABORIGINAL SERVICES

The Aboriginal Outreach Program, with guidance from its Advisory Committee, is working to create relationships with Aboriginal groups and communities throughout Saskatchewan. Supports are provided to individuals with the overall goal of living independently within their communities.

This year, key volunteers and staff participated in training sessions, as well as an Intercultural Development Inventory Survey. The goal was to enhance understanding of the unique needs of Aboriginal people with disabilities and integration of cultural awareness. Staff also had the opportunity to participate in a presentation by Dr. Shauneen Pete, Executive Lead: Indigenization, at the University of Regina.

QUICK FACTS

- Five individuals serve on the SCI Saskatchewan Aboriginal Advisory Committee.
- SCI Saskatchewan worked directly with 22 organizations.
- This year, 33 participants who self-declared were connected to a support that improves their well-being, independence and social participation.

ME-TSO-WIN

Me-tso-win (Cree for informal gathering) is an Aboriginal-focused peer group that meets in Saskatoon. The gatherings may

be in the form of a meal and a conversation, or an activity or outing in the city.

"Talking, storytelling, listening to other people's stories. Everyone is so easy to talk to, input from all participants."

– Me-tso participant on the benefits of the gatherings

SOUP AND BANNOCK GATHERINGS

Soup and Bannock Gatherings are offered to individuals with mobility disabilities and members of their support network. These unique events provide an opportunity to participate in the larger community, while also including a cultural focus. The Gatherings are held over lunch or supper hours, depending on space availability. An Elder is invited to each Gathering.

PEER SERVICES

The SCI Saskatchewan Peer Program provides opportunities for individuals to gain knowledge, participate in activities, and share experiences and expertise in order to successfully overcome challenges related to a physical disability.

QUICK FACTS

- This year, we collaborated with 13 organizations to deliver peer group activities.
- One hundred and fifty nine individuals participated in one or more peer group activities.

POWER SOCCER

Our Power Soccer program, offered in partnership with Saskatchewan Wheelchair Sports Association, began in 2013 and expanded to Regina in 2015. This Peer Group activity provides a social and physical activity that allows participants to focus on their individual abilities and share common experiences.

"Power soccer gives me another opportunity to get out of the house, meet new people and make new friends. I enjoy being able to go out and play sports with my friends."

– Power Soccer participant





COMMUNITY GARDENS

The accessible garden built last year at Saskatoon’s John Dolan School continues to provide an opportunity for students and our members to build individual capacity, enjoy the healthy benefits of nutritious food, be outdoors, and learn from others. The Eastview Community benefits from becoming more diverse and inclusive to all of its members.

We’re working to bring accessible gardening opportunities to our members in Regina for the upcoming season. Our thanks to QCR Builders for their support of this program.

WOMEN’S CIRCLE

The Women’s Circle began three years ago as a result of a request from an expecting mother with a spinal cord injury who wanted to meet other women with similar experiences. It is a group peer mentoring activity where women come together to socialize and share their experiences and knowledge of living with a disability. The gatherings take place in Saskatoon; however, plans are in the works to expand this program to other regions.

“Talking and connecting with other women with disabilities. Other females and moms don’t have the some hurdles. Sharing ideas and problem solving! Friendship!”

– Women’s Circle participant on the benefits of the program

COMMUNITY KITCHEN

Community Kitchen, offered in partnership with Huston Heights and Regina Education & Action on Child Hunger (REACH), allows individuals to come together in an accessible environment to cook a healthy and affordable meal, and meet new friends.

The program is offered in three-month modules. Also included in the program is an educational component where participants learn about a variety of topics such as nutrition and budgeting. The program is open to SCI Saskatchewan members, and is offered free of charge.

QUICK FACTS:

- Fourteen participants attended one or more Community Kitchen sessions.

- Nine participants completed evaluations; all reported that they gained knowledge to make better informed decisions regarding healthy eating, and an improved social circle.

“The Community Kitchen program allows me the opportunity to try to cook more independently. The program is great and I really enjoy the education sessions.”

– Community Kitchen participant

ART PROGRAM

SCI Saskatchewan, in partnership with Sherbrooke Community Centre, introduced an Art Program this year. It started as an idea from one of our members who was having trouble accessing equipment to work on his art.

The goal of the program is to provide artists with disabilities and other interested groups a platform to work together and open up a dialogue on arts and culture in the disability community, from accessibility issues, and self-employment, to community inclusion. Integral to the program is the generous donation of Sherbrooke Community Centre’s amazing accessible art studio.

DISCOVERING THE POWER IN ME (DPM)

Discovering the Power in Me (DPM) is aimed at creating a mindset that encourages participants to find creative solutions and explore possibilities in order to create a new vision for their future. Using the best of applied cognitive psychology, DPM provides people who live with a disability, along with members of their families and support networks, with the education and tools to develop positive life strategies, overcome the roadblocks to success, and increase self-motivation and confidence. We are working on expanding the program to regions outside of Saskatoon and Regina.

PEER-TO-PEER ACCESSIBLE HOUSING

The Peer-to-Peer Accessible Housing Features Project, generously funded by Scotiabank, is a collaboration by Saskatoon City



Hospital Rehab, SCI Saskatchewan, and several volunteers who are also SCI Saskatchewan members.

The project focuses on a web-based approach to providing 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 acts as a peer program, introducing people who are newly injured to the homeowners featured in the project.

“The Accessible Housing Features project is a very beneficial project as it creates awareness and informs people of many different accessible housing and renovation ideas.”

– Accessible Housing Features Project participant

EDUCATION & EMPLOYMENT SERVICES

Participants in our Education Program identify the roadblocks to their academic success, seek alternatives, and gain skills necessary to further their education.

A significant component of our Education Program is The Reg Banga/SCI Saskatchewan Scholarship, which awarded a total of \$10,000 in 2015/16 to:



Braden Close



Nigel Fernandez



Kirstin Gowda



Shaylee Rosnes



Josie Rowlinson



Denise Thibault

Our Employment Program assists individuals to assess and identify their employment readiness and gain skills necessary for employment. Employers receive information about the benefits to their organization or business of employing individuals with a physical disability. In addition, employers may use this service to evaluate worksite accessibility and job accommodation.

QUICK FACTS:

- Thirty people contacted SCI Saskatchewan for specific information on employment.
- Thirty-six people registered for SCI Saskatchewan Employment Program.
- Six people currently employed accessed client support funding for employment accessibility.
- Ten participants registered in the Employment Program attained employment.

“I really appreciate the one-on-one support. Having the assistance to write my resume was key to opening doors and obtaining employment. SCI Saskatchewan has been the wind beneath my wings.”

– Employment Program Participant

INFORMATION SERVICES

Through SCI Saskatchewan Information Services, people living with a spinal cord injury or other physical disability, as well as the community-at-large, are provided with the information they need to make informed decisions and access appropriate services.

Access to information, knowledge development and sharing of resources creates a high standard of equitable and accessible environments.

QUICK FACTS:

- Three thousand copies of the *Parascope* newsletter were distributed.
- Our website had 2,941 users (49% were new users) and 19,050 page views.

COMMUNITY INCLUSION SERVICES

SCI Saskatchewan promotes positive change in communities through representation on committees and at events that help identify, reduce and eliminate barriers towards full community participation. Staff and/or volunteers participated on the following committees/events:

- Disability Income Support Coalition (DISC)
- Individualized Funding
- International Day of Persons with Disabilities
- International Women’s Day Luncheon
- Job Fair for People with Disabilities
- North Central Community Information Night
- Okanese First Nations Presentation to Health Canada Nurses
- Prairie Heart Mobility Education Day
- Saskatchewan First Nations Disability Awareness Day Committee
- Saskatchewan Human Rights Commission Regina Accessible Transportation Stakeholder Advisory Committee
- Saskatoon Citizen Advisory Committee on Accessibility
- Saskatoon Community Job Fair
- Spinal Cord Injury Canada Peer Program Committee
- Together Now Interagency Meetings (North Central Community Association)
- Women of Illumination Committee

AWARENESS & INJURY PREVENTION

SCI Saskatchewan is committed to generating awareness of the abilities of people with spinal cord injuries and other physical disabilities, and promoting practices that reduce the incidence of spinal cord injuries.

SASKATCHEWAN FIRST NATIONS DISABILITY AWARENESS DAY

SCI Saskatchewan, in partnership with the Federation of Saskatchewan Indian Nations (FSIN), Saskatchewan Wheelchair Sports Association, Canadian Mental Health Association, Saskatoon Health Region, and Saskatoon Tribal Council held an awareness event on June 15, 2015 in Saskatoon. The day included a walk, speakers, booths, children's activities, food, drummers and a round dance.



SASKATCHEWAN WHEELCHAIR RELAY

The 16th Annual Wheelchair Relay was held in Saskatoon on September 26, 2015. The Relay was successful in reaching both of its goals—raising awareness about the abilities of and the challenges faced by people with spinal cord injuries and other physical disabilities, and raising \$21,000 in pledges and sponsorship to support SCI Saskatchewan programs and services. A large part of the success is due to the collaborative effort from event day volunteers, donors, team participants, spectators, SCI Saskatchewan board members, and staff.

QUICK FACTS

- Relay volunteers contributed 147 hours to the event.
- Over the past four years, \$ 106,000 has been raised.
- This year's top team donor, The Rainbow Ragers, raised \$2,464.

CHAIR-LEADERS—ENABLING ACCESS

On May 13, 2015, the 2nd Annual Chair-Leaders—Enabling Access event took place in Regina. Twenty-four community leaders accepted the challenge of being a Chair-Leader, spending a portion of their morning using a manual wheelchair at their workplace to experience the challenges that individuals with physical disabilities face and overcome every day. More than \$10,000 in pledges and sponsorships was raised in support of SCI Saskatchewan programs and services.

“Excellent initiative to raise awareness on community inclusion and accessibility.”

– Chair Leader participant

STOPGAP PROJECT

The StopGap Foundation's Ramp Project is a volunteer-run campaign that creates awareness about barriers in the built environment. The Foundation creates this awareness by building temporary ramps for single-step store fronts in the business districts of cities across Canada. The lightweight ramps are painted in bright colours to attract attention and raise awareness about accessibility issues. This year, SCI Saskatchewan and other community partners began laying the groundwork to bring the StopGap Foundation Ramp Project to Saskatoon.

SCHOOL PRESENTATIONS

SCI Saskatchewan is working with the RCMP to develop a school presentation with a focus on traffic safety and risk-taking. The presentations will begin in June, 2016.

VOLUNTEERS

Volunteers are the lifeblood of SCI Saskatchewan. In 2015/2016, SCI Saskatchewan volunteers donated 1093 hours to help improve the quality of life for individuals with spinal cord injuries and other physical disabilities. Volunteers are an integral component of many of our programs. Some of our programs would not take place without the support of volunteers.

“I have been volunteering with Spinal Cord Injury Saskatchewan for four years. This experience has been a very meaningful and educational experience for me. I've learned so much about a wide variety of disabilities and the different barriers and challenges we all face on a daily basis. I really enjoy the supportive network and the valuable connections I have made through my volunteer experience.”

– Peer Program volunteer



OUR SPONSORS, FUNDERS & SUPPORTERS

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