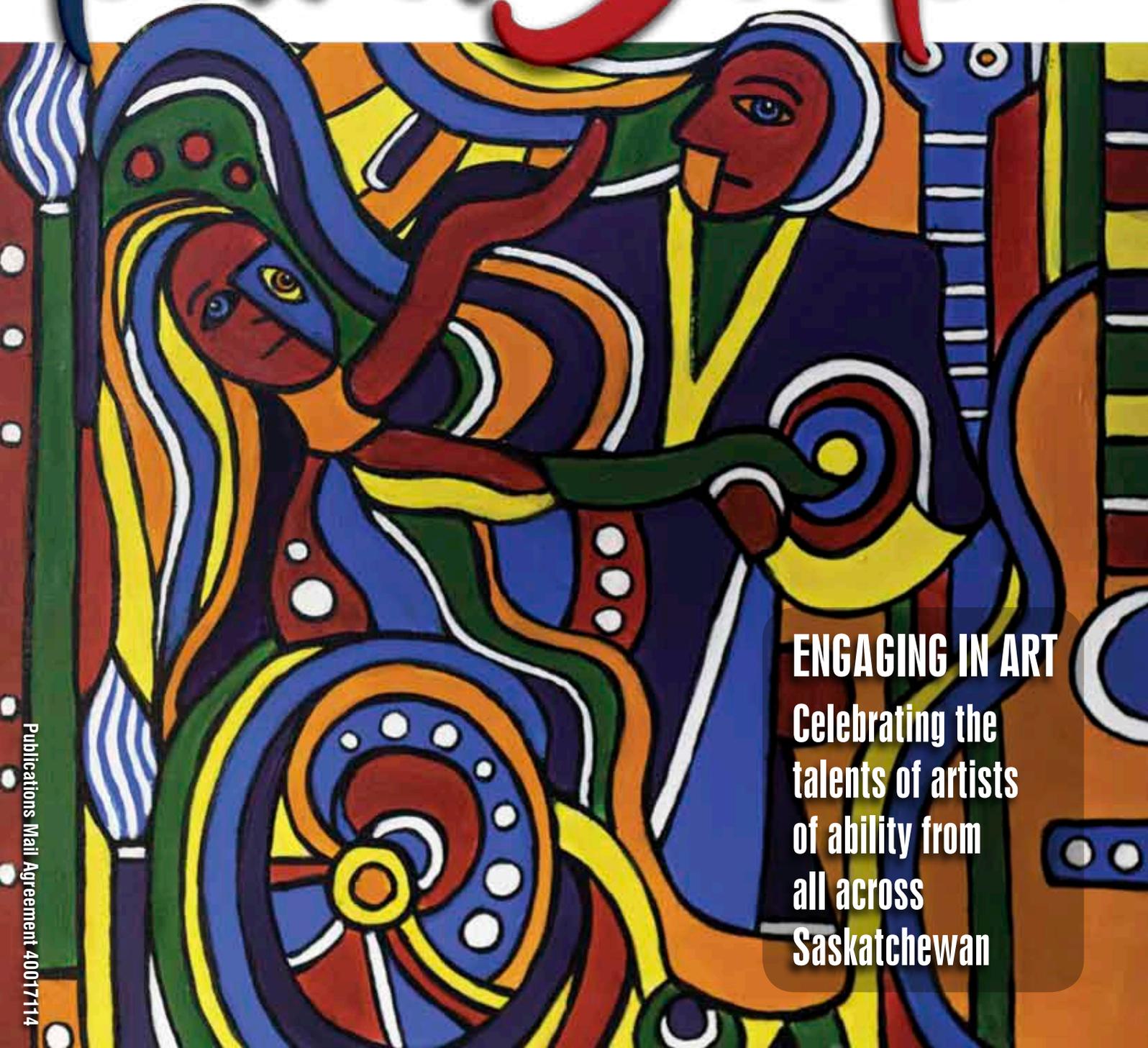




Spinal Cord Injury Saskatchewan Inc.
Lésions Médullaires Saskatchewan

FALL 2017

paraScope



ENGAGING IN ART
Celebrating the
talents of artists
of ability from
all across
Saskatchewan

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Message from the Executive Director

Why Art?

The income of people with disabilities is on average, less than half that of non-disabled people. People with disabilities are more likely to live in poverty and are less likely to be employed. Historically individuals with disabilities have been treated as being dependent and in need of care; rather than being recognized as full citizens. This has meant that responses to need have often created dependency, rather than promoting independence and extending opportunity; and people with disabilities have been expected to fit into services rather than services being personalized to respond to individual need.

Our approach to supporting those individuals with spinal cord injuries and other physical disabilities is the promotion of independent living. Independent living is not just about being able to live in your own home, rather independent living is about providing people with physical disabilities, choice, empowerment and freedom at home, at work, and as members

of the community. Some of the best artists deal with disabilities in their everyday lives that the rest of us can't even imagine living with, and use art to communicate with the world. The results are often stunning.

The prevailing social attitudes of disability as negative or a deficiency lead to negative perceptions about disability and body. People do not want to see, hear or think about life experiences deemed to be harsh or sad. Spinal Cord Injury Saskatchewan's upcoming Saskatchewan Artists of Ability Festival can provide a challenge to existing assumptions about disability and artistic practice. In particular, it will raise awareness where perceptions about disability leave off, and the lived experience of difference begins.

Negative attitudes or lack of awareness regarding arts participation reduces the interest and confidence of people with a disability, reduces the interest of the wider

**"Did I think like that?
Me, a problem, helpless
yet another cost item on
the waiting list
My impairments don't
cause me to suffer but
your attitudes do."**

*(Extract from the poem,
They'd Rather Shoot Us All,
Adele Goodwin.)*

community in supporting and attending disability arts, negative views about disability must be challenged. A successful challenge of negative attitudes is one of the goals of the Festival, resulting in increased participation, community understanding and the reduction of attitudinal barriers

to disability arts from both an able bodied and a disability perspective. Part of the festival includes the workshop activities which are meant to open dialogue on ways to increase meaningful participation in arts activities by individuals with a disability, identify barriers to increased participation and plan for the future. This project has the opportunity of providing the citizens of Saskatchewan with the experience of re-imagining, re-discovering and questioning conventional notions of disability. ☺

Lyn Brown, Executive Director

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ON THE COVER:
The Dance painted
by Colon Farnan

Notebook

PARASCOPE MEMBERSHIP

The entire team at SCI Sask. would like to thank and acknowledge every one of our members at Spinal Cord Injury Saskatchewan. With over 800 members province wide and growing, your continued support allows us to continue providing access to our services and membership benefits. The advocacy that our members and stakeholders provide is invaluable and validates the continued persistence and commitment to bring positive awareness to our organization's cause. We invite and encourage anyone to become a member, whether you are a person with a spinal cord injury or not, every voice counts.

For questions or concerns feel free to contact our Membership Administrator, Cristian Figueroa in the Saskatoon office at (306) 652-9644 ext. 1.

FAREWELL
Summer Students,
Logan, Kennedy
in Saskatoon and
Bethany and
Addison.
Roseanne Verhulst
as she takes on a
new opportunity in
Saskatoon.

WELCOME
Cristian Figueroa and
Sandy Doran to the
SCI SASK team.
Social work practicum student, **Jade Hendous** who joins the Saskatoon office until December.

THANK YOU

Sasktel and Federated COOP for sponsoring Chair-Leaders 2017

Government of Saskatchewan, Dakota Dunes Casino, Ramada Hotel, Chop Steakhouse and Bar, Rainbow Cinemas, and Save on Foods for the National Aboriginal Day BBQ in Regina in June.

Saskatchewan Lotteries for



providing us with funding to offer a number of adapted participation activities, throughout the summer the Regina office hosted adapted yoga and Tai chi sessions, as well as improv sessions, blogging workshops and a scavenger hunt.

SIGA and Federated

Co-operatives for sponsoring the Saskatoon Annual Peer BBQ and to all who came out on the wildly windy day.



Federated Co-operatives Limited

Northern Lights Community Development Corporation for sponsoring P.R.E.V.A.I.L. in Prince Albert.



Local sponsors in Prince Albert that are supporting programs and services in the area.



DID YOU KNOW?

The Royal Saskatchewan Museum (RSM) is improving their accessibility and will soon have a safer, larger and more accessible public elevator, while under construction the museum will have a portable platform lift. For more information on this project check out <https://royalsaskmuseum.ca/rsm/visit#Accessibility>.



Meet Our New Staff Members

CRISTIAN FIGUEROA is the new Membership Administrator working in Saskatoon. Cristian is a recent graduate of Saskatchewan Indian Institute of Technologies with a diploma in Business Administration. First and foremost, he is grateful to be working with an organization that truly cares and is not based only on profits and revenues. He thinks of this as an opportunity to help others while examining ways to better serve our members. Having a female teenage cousin with severe cerebral palsy, Cristian recognizes and sympathizes with how difficult it is to live with a physical disability on a day to day basis. She is entering her first year of



high school which proves to be a difficult and an emotional transition for any teenager, yet her positivity and persistence to continually strive to better herself never cease to bring her down or discourage her. She always has a smile on her face. Things like this motivate Cristian to wake up every morning with the belief that he can help someone, regardless of how small it may be. "I am looking forward to communicating and meeting with our members," says Cristian who can be reached at (306) 652-9644 ext 1 or cristian-figueroa@scisask.ca.

SANDY DORAN is the new Regional Manager in our Regina office. Sandy joins us from b-creative group where she managed the day to day operations of the



office as well as filled the position of part time Executive Director for two associations and Regional Coordinator for one other association. Sandy had a broad work experience in the business sector plus significant experience in organizing special events and working with volunteer organizations. In her spare time Sandy enjoys volunteering, working out and spending time with friends, family and her fur baby Rosie. Sandy looks forward to meeting and connecting with our members in southern Saskatchewan. She can be reached at (306) 584-0101 ext 4 or sandydor@scisask.ca.



Lyn Brown and Bill Lehne presenting award to Chris Lesanko and Owen Carlson

Merit Award Honours Chris Lesanko and Owen Carlson of First Steps Wellness Centre

The SCI Sask Merit Award is awarded annually to an individual or group who have made an outstanding contribution to people with spinal cord injuries and other physical disabilities. This year's award was given to **Chris Lesanko** and **Owen Carlson**, founders of First Steps Wellness Centre in Regina.

Since a young age, both Owen and Chris have been dedicated to sport and fitness. In 2005, Chris sustained an incomplete spinal cord injury (C4-C5) while wrestling, this changed his path but not his passion. Owen and Chris opened First Steps Wellness with a commitment to helping people with spinal cord injuries and other neurological disabilities. They along with their talented team of staff and students strive to provide the best recovery methods possible for those with a spinal cord injury other neurological disabilities.

Their contributions to the SCI Sask and the greater community are greatly appreciated.



Golfers enjoying the day at Harbor Landing

Not too many people stay with an organization as long as Sheila Flasko. After 30 years with our organization, Sheila retired on June 30, 2017. Over the years, Sheila has worked in various capacities and leaves the organization as Manager-Community Impact.

Sheila was thoughtful and hard-working individual who strived 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. Sheila was always willing to assist our members, colleagues and the board.

Sheila was an exemplary employee and we wish to com-



Sheila Flasko receiving retirement gift from board member Lyn Archdekin

THANK YOU TO SHEILA FLASKO

mend her for the work that she does. Over the years she has worked countless hours and tirelessly on our behalf and has been a major force in organizing the Wheelchair Relay and Chair Leader events in Regina. In addition, she was a pleasure to work with. Sheila is an important asset to SCI Sask and she will be greatly missed by all of us.

We want to take this opportunity to offer a huge expression of thanks to Sheila for her outstanding work and to wish Sheila, and her husband Peter, health, happiness and joy in their retirement. May you derive great satisfaction from all your future retirement adventures.

Thank you, The Board of SCI Sask



Board of Directors 2017-2018

Missing Jaqueline Kraushaar, Denise Thibault, and Leo Roth.

Thank you to LA Charities: On August 26th, golfers took to the tee boxes in support of Spinal Cord Injury Saskatchewan at the beautiful Harbor Landing golf course in Elbow, SK.

The 1st annual tournament was held by LA Charities, a small charitable group started by Christopher Letts and Andrew Arguin. We are grateful to Andrew, Chris and all the players who came out to support their event. All proceeds will be directed towards SCI Saskatchewan's Scholarship fund.

"We've both had friends affected by spinal cord injuries. We're also pretty active guys that appreciate our mobility and try to make the most of it. With that considered we have a real idea what facing a disability might mean for us, and what having a good support network might mean to someone in that situation. That makes it a cause we could both get behind." Chris Letts and Andrew Arguin

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helps keep protective tip clean and protected after package is opened

Protective tip

helps bypass bacteria in the first 15 mm of the distal urethra

Protective sleeve

promotes easy handling while also helping to keep bacteria away

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(inside foil packaging)

Easy-to-open packaging

large finger holes with tear strip to help facilitate easy opening

Self-adhesive tab

allows the packaging to be adhered to a hard surface

Simple insertion and removal

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- Designed to be evenly lubricated for easier insertion
- Helps provide ease of insertion and withdrawal with smooth eyelets

Touch Free

- The catheter can be gripped anywhere along the protective sleeve
- The protective tip helps shield the sterile catheter, during insertion and removal, from bacteria located within the first 15 mm of the distal urethra

Diversity essential to SaskPower

SUMMARY: A full trophy case doesn't mean SaskPower's work is done when it comes to building a diverse, inclusive culture.

SASKPOWER has been an award-winning employer for many years, including being named one of Canada's Best Diversity Employers, one of Canada's Top Employers for Young People and one of Forbes' top five employers in Canada. But that doesn't stop them from acknowledging there's always room for improvement.

Diversity and inclusion continue to be a long-term strategic focus for the company as they see the potential to drive innovation, through bringing unique abilities, experiences and perspectives to their workforce. Their plan focuses on four essential components: increasing SaskPower's diverse talent pool, educating leaders and holding them accountable for diversity and inclusion within their areas, programs for all employees that support diversity and inclusion, and building strong relationships with educational institutions, employment agencies, and non-profit organizations.

We sat down with a member of Spinal Cord Injury Saskatchewan who is also a SaskPower employee, Darwin Bender, to hear more about working at SaskPower.



Looking For Employment or Support At Work?

DID YOU KNOW?

SCI Sask, with funding from the 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 but is not limited to financial support for adaptive equipment, work-related attire and shoes, automatic doors, ramps, educational and computer software.

The disability support program works on a case-by-case basis. We work with the individuals to determine how best the program can meet their needs.

If you or someone you know may be interested in this program contact Colin Farnan, at the Saskatoon office (306) 652-9644 ext. 3 or email colinfarnan@scisask.ca; or Kristen Drummond, Regina office at (306) 584-0101 ext. 2 or email kristendrummond@scisask.ca

What first attracted you to work for SaskPower?

Growing up in small town Neudorf, Sask. the attraction of moving to a 'big city' after a single motor vehicle accident was an adjustment, plus working for a Crown Corporation like SaskPower seemed a bit alarming. However, the Employment Equity plan at SaskPower provided for a 'wheel (foot) in the door' and to gather work experience. SaskPower is both welcoming and accommodating.

What's your background?

I have a Bachelor of Administration in Management from Athabasca University, and an Accounting Diploma from SIAST.

What type of work have you done for SaskPower?

I've worked at SaskPower for 33 years and feel fortunate to have worked in a number of areas. I started in Accounts Payable where I had the opportunity to work in various positions. I was a part of a team for the large SAP project at SaskPower. I worked with our subsidiary NorthPoint Energy Solutions, and I am currently in the Transmission Services Division working on the Transmission Tariff Services team. I have also been involved in the Union, the Diversity Committee and the Network for Employees for Disabilities. I was granted an educational leave and I received approval for



SaskPower employee Darwin Bender

distant learning classes through Athabasca University. Now I know it sounds like a lot and you are probably thinking, "Why has this guy had so many jobs? Why can't he keep a job?" Well, the changes were all my doing... by applying for these positions when posted.

What do you enjoy most about your job?

I like change, challenges and working with customers.

What advice would you give to someone who is interested in working at SaskPower?

Contact someone that you know who is working there and ask questions.

Interested in working for SaskPower?

SaskPower hires employees from a range of trades, certificates, diplomas and degrees. With offices in many Saskatchewan cities, there is wide variety of careers opportunities.

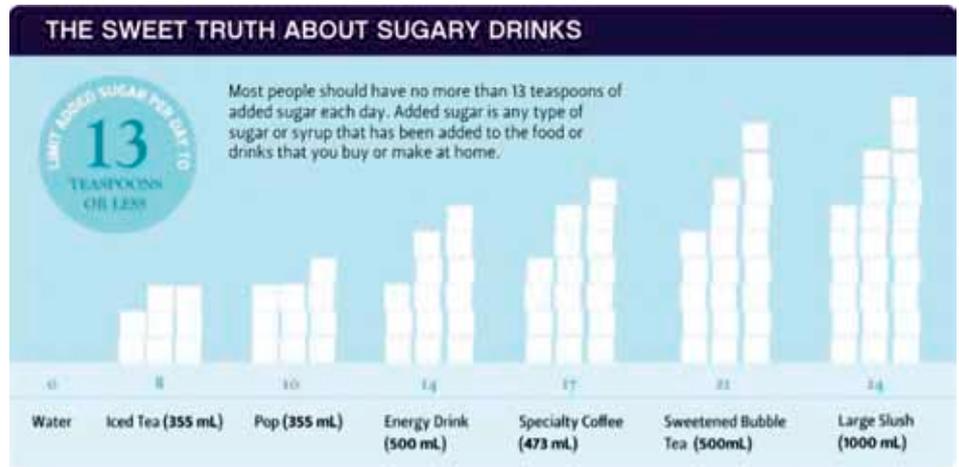
Visit saskpower.com/careers to check out our current opportunities and contact SaskPower's Diversity Specialist at diversity@saskpower.com if you have any questions regarding their diversity and inclusion efforts. ☺

Nutrition

FREE SUGAR THE TROJAN HORSE OF MODERN DIET

LET'S START THE DAY with a pit stop at a coffee shop for an early morning caramel macchiato so your brain will start to warm up for the work week. As we arrive at the office, there is a box of donuts and freshly baked zucchini brownies that co-workers brought in for a “Happy Monday!” So, you can’t help it but to have your favourite glazed donut with your coffee. At lunch you enjoy a healthy leftover meal from last night’s supper, and go for a walk and get a refreshingly cool can of iced tea as it is a scorching summer day. On your way home you anxiously think about the burgers awaiting you for supper, and along with it comes a can of pop or two to finish up the evening meal while enjoying the gorgeous prairie sunset. Throughout that seemingly innocuous day, a person could have guzzled down about 35 to 40 teaspoons of added sugar without even noticing it. Over time, that can certainly add up!

But why the concern with added sugars? In 2015, the World Health Organization (WHO) released an international sugar guideline, which recommended that free sugar consumption be limited to 10% of total energy intake to reduce the risk of overweight, obesity and tooth decay.^{1,2} In a US study, it was found that individuals consuming between 10% and 25% of total energy from added sugars have a 30% higher risk of death from heart



disease or stroke in comparison to those who consume less than 10%. And this risk nearly triples for those who consume 25% or more of total calories from added sugar.³

The definition of *free sugar* by the WHO includes *added sugars + sugars naturally present in fruit juices, fruit concentrates, honey and syrups*. Sugars in fresh vegetables and fruits, and sugars naturally present in white milk are not considered free sugars as these foods provide impor-

tant vitamins, minerals and fibre that provide health benefits. For a person consuming an average 2000 Calories per day, 10% of total energy is equivalent to about 50g or 12-13 teaspoons of free sugar per day. Canadians are consuming approximately 15% of the total daily calories as free sugars; and sugar-sweetened beverages are major contributors to this figure.²

In packaged foods, this hidden nutrient can easily be unmasked by reading food labels. Health Canada has recently

Less than 15% Daily Value of sugars	More than 15% Daily Value of sugars
White milk (13%)	Chocolate milk (26%)
Unsweetened frozen fruit (6%)	Fruit juice (25%)
Unsweetened oat cereal (1%)	Frosted oat cereal (18%)
Mineral water (0%)	Soft drink (39%)



revised the daily value (DV%) for “Sugars” and the food industry has 5 years to implement these changes to labels. The new DV for “Sugars” uses a daily limit of 100g of total sugars as a reference amount; and the DV includes both added and naturally occurring sugars. So, what does it all mean? When the DV is lower than 15%, it means that the food contains little to no



added sugar, whereas if the DV is greater than 15%, it means that the food contains added sugar and/or free sugar. To illustrate, below is a comparison between the DV of some common food items:⁵

Exploring further, it is important to check the Ingredients list. Under the title “Sugars”, all the sugar-based ingredients will be grouped together and listed in descending order by weight. The following would be what a list of Ingredients will look like:⁵

INGREDIENTS: Sugars (fancy molasses, brown sugar, sugar) • Flour Vegetable oil shortening • Liquid whole egg & Salt • Sodium bicarbonate • Spices • Allura red
Contains: Wheat • Egg

In Summary:

- The World Health Organization recommends that *free sugar consumption be limited to 10% of total energy intake to reduce the risk of overweight, obesity and tooth decay*. This will be equivalent to **no more than 13 teaspoons of free sugar per day** in a 2000 Calorie diet.
- **Free sugars = added sugars (during manufacturing, cooking, preparation) + sugars naturally present in fruit juices, fruit concentrates, honey and syrups.**

Sugars in fresh vegetables and fruits, and sugars naturally present in white milk are not considered free sugars as these foods provide important vitamins, minerals and fibre that provide health benefits.

- **Choose foods that have a “Sugar” Daily Value (%) lower than 15%; and that show little or no added sugars under the Ingredients list.**
Here is a list of what added sugars can include: white sugar, beet sugar, raw sugar or brown sugar, agave syrup, honey, maple syrup, barley malt extract or fancy molasses, fructose, glucose, glucose-fructose (also known as high fructose corn syrup), maltose, sucrose

or dextrose, fruit juice concentrates and purée concentrates that are added to replace sugars in foods.

- **Choose drinks with no added sugar most of the time and quench your thirst with water!**
- Calories from sugar-sweetened drinks such as pop, energy drinks, vitamin waters and specialty coffees don’t fill us up and it is very easy to consume these in excess. This can lead to overweight or obesity and increase the risk of diabetes, high blood pressure and heart disease.
 - Sports drinks can be high in calories and sugar and are only necessary if you are exercising at least 60 minutes at a high intensity.
 - Diet drinks are calorie and sugar-free but are still high in acid that can harm the teeth. Choose these only occasionally, or make healthier choices like water and white milk more often.

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By Ester Kang, MSc, RD

Community Kitchen Program



In partnership with REACH and Huston Heights Apartments, this Peer Group Activity is an opportunity for individuals to come together in an accessible environment to cook a healthy and affordable meal, as well as meet new people. 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 free of charge and open to individuals within the mandate of Spinal Cord Injury Saskatchewan. The program is offered in 3-month modules on the first Thursday of each month unless otherwise stated.



We are now accepting registration for our spring sessions which begin in January 2018. Please note the following:

- **Space is limited, so pre-registration is required. Registration deadline is December 7, 2017**
- **If the program is full, your name will go onto a waiting list. Please note that when participants sign up for the program they are agreeing to participate in 3 consecutive sessions (the length of one module).**

For more information or to register please contact Kristin Drummond at (306) 584-0101 ext. 2, or e-mail: kristindrummond@scisask.ca

What a pleasure it is to be in sunny Saskatoon. As new arrivals (from Memphis, TN) we have every confidence that the weather will stay this way through January, but just in case we are wrong we are doing everything to prepare... including getting our layers ready. Funny, this is very similar to the needs of people who have limb amputation. Getting layers ready is key for volume control; a daily task for many amputees.

Volume control is a never-ending challenge for many people with limb amputation and should be addressed as early as possible. Ideally, a compressive elastic wrap is placed on the residual limb immediately after amputation. This helps decrease swelling created by the trauma of surgery which in turn helps with wound healing, pain relief, and begins shaping the residual limb for potential prosthetic use. It is important to properly maintain the elastic wrap on the limb at all times. Education on the proper application of an elastic wrap is essential as improper wrapping may compromise circulation and use of metal clips may create skin tears if they become loose. Proper wrapping is done in a figure 8 with paper tape used to secure the ends of the elastic wrap (Photo 1). Finally, tape should never contact the skin because it can cause irritation and/or skin tears when removed.

Once the surgical wound has healed a shrinker is used in place of the elastic wrap. Shrinkers are elastic coverings that provide compression by snugly fitting the residual limb. It is common to wear progressively smaller shrinkers to accommodate for volume reduction in the residual limb

VOLUME CONTROL

over time. Most people find shrinkers easier to use than elastic wraps; however, like elastic wraps, proper application is important to maintain the benefits. The shrinker must fit snugly with no gapping and no wrinkles (Photo 2). Fabric gapping will cause swelling to collect in that area and wrinkles may create skin sores;



Photo 1



Photo 2

both of which may increase residual limb pain, including phantom pain, and delay prosthetic use if appropriate.

Volume control, using an elastic wrap or a shrinker, is part of life-long health maintenance for amputees, just like brushing your teeth. With nearly 35 years of amputee care between us, we often hear frustration expressed by amputees that include pain, phantom limb pain, difficulty with prosthetic fitting, and/or excessive volume changes. When asked if they

use a shrinker when not wearing their prosthesis the response is usually "I don't need to do that anymore because...". After discussion and re-initiation of use, many people experience relief of their distressing symptoms... even people who have had amputation years prior. So, the rule of thumb is... you should always have some form of compression (elastic wrap, shrinker, or prosthesis) on your residual limb.

Finally, volume control does not stop with the use of a shrinker. Although some prostheses help maintain a specific volume, most people experience loss of volume throughout the day due to the normal pressure placed on the limb when walking with a prosthesis. This loss of volume creates prosthetic socket

loosening which may result in pain, bruising, and the development of sores. Here is where layering comes into play! Prosthetic socks are added, one layer at a time, to restore socket fit and accommodate for volume loss. Some people start the day without socks and end the day with multiple layers of socks. Learning how a prosthesis should fit and when to add a layer may take considerable time and practice. Wearing a properly fitting shrinker, when not using a prosthesis, may decrease volume changes, thus decrease the need to add socks throughout the day. ☺



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Audrey Zucker-Levin PhD, PT is a Professor in the School of Physical Therapy and **Kassandra (Soni) Collins**, MS is a PhD student both at the University of Saskatchewan. Stay tuned for research opportunities and further health care related updates.

Chair-Leaders Event Brings Accessibility Awareness to Workplaces Across the Provinces

Chair-Leader 2017 on May 24, 2017 raised over \$25,000 for programs and services.

INDIVIDUALS and businesses from across the province took up the Chair-Leaders challenge. On May 24, 2017, 42 individuals in Saskatoon, Regina and Prince Albert spent their morning in a wheelchair.

Workplaces and businesses got a new perspective on the challenges and barriers of workplace accessibility.

Now the lenses through which they view accessibility and inclusivity has been shifted. It is our hope that this shift will cause a tiny ripple that will soon become a wave.

The Chair-Leaders initiative is an initiative that engages businesses and workplaces to create greater awareness of the challenges faced by individuals with mobility disabilities. These challenges are often seen as differences. Separating us and them. But these differences presented opportunities and an invaluable perspective for everyone involved.

"It was challenging and did require considerable more planning in daily tasks and routes. And also the degree to what is considered and advertised as accessible has significant variation from one facility to the next and that accessible does not necessarily mean fully accessible or barrier free."

2017 Chair-Leaders Participant

Given real information and support, real answers to real questions, people will consider disability in a different



**Above: Bill Lehne speaking at 2017 Chair-Leaders Luncheon
Left: Another chair-leader getting around the office**



light. With greater respect and equity, and a higher expectation for what is possible.

With this new awareness and the natural partnerships springing from newly formed open lines of communication, many of our communities will become knowledgeable in ways that assist them in redesigning their programs and places to best meet the needs of all citizens.

"It provided a unique perspective on the challenges of using a wheelchair in our environment. More people need to be involved in this event."
2017 Chair-Leaders Participant

When the community as a whole becomes aware of the need and ways to be most welcoming to all its

members, people with disabilities will no longer feel or be relegated to special programming held at or through disability-related organizations. It will all, from our perspective, be happening "out there," in a community, by and through the community. Spinal Cord Injury Saskatchewan's role within the community will be to continue to provide that ongoing support, information and awareness.

"Was a humbling and challenging experience." 2017 Chair-Leaders Participant

If community leaders have no real connection to disability: no history or experience either personally or through acquaintances, can we expect them to understand anything beyond what they have read in books, seen in movies or heard from others.

This event and lived experience of those we represent, helps us to share the real life challenges and successes, through this **WE CAN CREATE A NEW AWARENESS.**

The awareness that was gained from Chair Leaders 2017, will change our workplaces, neighborhoods, communities and our world.

Thank you to all our chair-leaders! 🙏



One of our chair-leaders trying a transfer to his car

Festival HIGHLIGHTS

Regina

Saskatoon

THURSDAY, OCT. 19TH

The Artesian on 13th Avenue

1:30-4:00: Workshop with Listen to Dis theatre group

7:00pm – Midnight: “Neither Heroes nor Ordinary People”

The Other Ordinary Theatre Company

(part of Listen to Dis Theatre Group)

That Man Dan – Local hip hop artist Dan Innes

Johnny 2Fingers and the Deformities – Moose Jaw blues/

rock band currently on a 21 city tour launching their new EP

– selected to perform during upcoming Indie Week – Will also

perform Friday night in Saskatoon at the Underground on 20th

St. and Saturday night in PA at the Rock Trout Café, with local

musicians with disabilities opening.

FRIDAY, OCT. 20TH

Wascana Rehab

9:00 – 10:00: Local Panel Discussion (All cities)

10:30 – Noon: Facebook Live Panel Discussion

Representatives from each city will present the results of their

local discussion; everyone is welcome to log on and par-

ticipate! Go to www.saskartistsofability.wordpress.com for

details.

1:30 – 4:00: Workshop

7:00pm – 10:00: Auditorium

Open Stage – Hosted by Dan Innes

This is a chance for anyone who wants to get up and do a couple of songs, read some of their poetry or other writing, tell a story, whatever!

SATURDAY, OCT. 21ST

Dunlop Gallery/MacKenzie Art Gallery

10:00 – Noon: Dunlop Gallery Visit – “Deaf Forest” Installation.

This installation will be in the gallery for the entire month of

October, and has been created by deaf students from Thom

Collegiate with the support of artist Chrystene Ells. The Dunlop

is presenting a series of workshops by and for people with dif-

ferent abilities, including an ASL Poetry Slam on Oct. 18th, and

“Sensing Art” workshops and gallery tours for people with vi-

sual disabilities. Check the Dunlop Gallery’s website for details.

1:30 – 4:00: MacKenzie Gallery Workshop

– “Accessing the Art World”

Visual art exhibit will be up in the Galleria in the CBC building

on College and Broad from Oct. 21st – 23rd.

Visitors welcome during regular building hours.

THURSDAY, OCT. 19TH

The Open Storefront - Confederation Mall

1:00 – 2:00: Welcome

2:00 – 4:00: Workshop – Selfcare for Artists - Loretta Iris

In this workshop, Loretta Iris invites us to gather and explore, through hands on exercises and humor, a means* of generating and sustaining energy when creating art pieces. Together, we will learn and identify the basic intention(s), feelings and needs behind the stages of and overall work we wish to create, as a touchstone of care for the self. In this way, our response to our art making will have a sense of deeper clarity, focus, flow and personal authenticity. This self generated inspiration often results in fun, joy and liberation to our work.

*Loretta Iris is grateful for Marshall Rosenberg’s work, “Nonviolent Communication-A Language of Life” which is explored and integrated into this workshop.

FRIDAY, OCT. 20TH

The Open Storefront - Confederation Mall

9:00 – 10:00: Local Panel Discussion

10:30 – Noon: Facebook Live Panel

1:30 – 4:00: Workshop - Creative Writing – Lynda Monahan

In this workshop Lynda Monahan encourages participants to write about what matters most to them, and covers topics such as how to critique, the importance of revision, music in writing, “dense” vs. “thin” writing, integrity and courage in writing, and the importance of writing “close to the bone.” She discusses techniques such as the use of sensory images, description and detail - ways to make writing come alive on the page.

7:00 – Midnight: The Underground – Performance

Featuring Moose Jaw’s Johnny 2Fingers and the Deformities along with Colin Farnan, Jim Balfour and other local artists

SATURDAY, OCT. 21ST

The Open Storefront Confederation Mall

9:30 – Noon: Workshop – TBA

1:00 – 2:00: Performance – Dance Company (details tbd)

2:00 – 4:00: Performance – “Neither Heroes nor Ordinary People”

CALL FOR

Festival Volunteers

The Saskatchewan Artists of Ability Festival is seeking volunteers in Saskatoon, Prince Albert and Regina. Volunteers are needed to help with hanging art installations, welcoming and greeting at exhibit venues and other general duties.

If you are interested in being part of this first ever event, contact Festival Coordinator Maggie Dixon at (306) 270-3846 or maggiedixon@scisask.ca.

All events are free and open to the public.

Prince Albert

THURSDAY, OCT. 19TH

The Mann Gallery

1:00 – 2:00: Welcome

2:00 – 4:00: Workshop – Creative Writing – Lynda Monahan

In this workshop Lynda Monahan encourages participants to write about what matters most to them, and covers topics such as how to critique, the importance of revision, music in writing, “dense” vs. “thin” writing, integrity and courage in writing, and the importance of writing “close to the bone.” She discusses techniques such as the use of sensory images, description and detail - ways to make writing come alive on the page.

FRIDAY, OCT. 20TH

The Mann Gallery

9:00 – 10:00: Local Panel Discussion

10:30 – Noon: Facebook Live Panel

1:30 – 4:00: Workshop – Adapted Art Making – Lana Wilson

Lana Wilson, Gallery Educator of the Mann Art Gallery, will lead a 2.5 hr art making workshop on the theme “Accessible Art.” This workshop explores solutions for improving accessibility through different approaches to art-making, creating adapted art tools, and examining how we think of art outcomes. Participants will create self-portraits by painting, drawing, adding text on top of a photograph that will be taken and printed during the workshop. Lana will also lead participants in creating a small Crayola Model Magic™ sculpture to demonstrate how this material is useful for artists with limited hand mobility / strength.

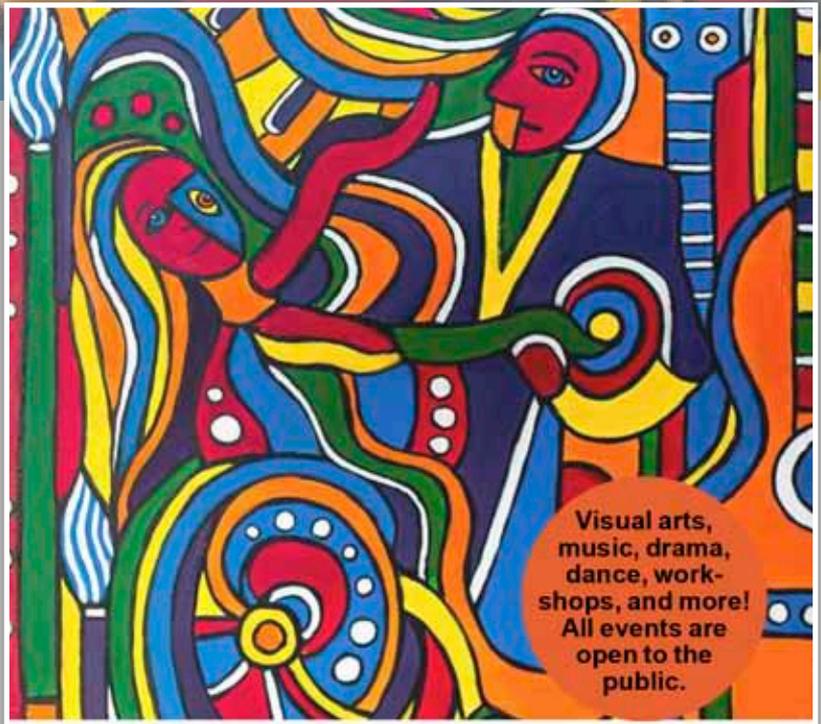
7:00 – 10:00: Open Stage

SATURDAY, OCT. 21ST

1:30 – 4:00: Library - Workshop - TBA

8:00 – Midnight: Rock Trout Café - Performance

Johnny 2Fingers and the Deformities and local artists



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Saskatchewan Artists of Ability Festival

OCT. 19, 20, 21 | Prince Albert, Saskatoon, Regina

For schedule of events www.saskartistsofability.wordpress.com



Meet the Artist Behind The Dance

A lifetime advocate and positive voice regarding disability issues, for the last year and a half, Colin Farnan has worked with SCI Saskatchewan as a Client Service Coordinator in Saskatoon. By day he is in the office, but outside of his job at SCI he is also a talented visual artist and singer/songwriter. He has created the striking work *The Dance* that is the Saskatchewan Artists of Ability Festival logo and brand.

Colin has been making art for as long as he can remember. “There was never any question that I would be an artist”, says Farnan, whose family always supported his love of art. He says

that while his art is not necessarily focused on disability, everything in his life has been shaped by disability, which definitely shows up in his artwork.

Colin has a BA in Studio Arts from the University of Saskatchewan, and has accepted commissions for a variety of commercial and public works, including murals at the Capitol Club and on the corner of 20th Street and Avenue E in Saskatoon.

At age 12, due to osteogenic sarcoma, a form of bone cancer, Colin’s left leg was amputated above the knee. Always athletic,

he became involved in competitive swimming, and competed on behalf of Canada in Paralympic Games in both Seoul and Barcelona. When a shoulder injury interrupted his swimming career, he turned to Wheelchair Basketball, playing for around ten years.

Colin is looking forward to the upcoming festival. Some of his works will be on display at The Open Storefront located in Confederation Mall in Saskatoon during the festival October 19, 20 and 21. He will also be performing on Friday October 20 at the Underground Café, 430 20 St W, Saskatoon, SK.

The *Other* Ordinary Company

The Saskatchewan Artists of Ability Festival is pleased to present The Other Ordinary Company, a Regina based performance group that give their own versions of the truth about what it's like to live with a disability in today's society. Neither Heroes nor Ordinary People combines music, dance, song, poetry, and beat box in an exhilarating and heart-wrenching stage show.

Performer John Loepky says: "The Company is an artistic venue where we as actors can learn our craft and be part of an activity we enjoy. We hope our performance educates, enlightens and gets people thinking about inclusive art."

The performing group's six members, shepherded by Director Traci Foster, have performed as part of the Globe Theatre Sandbox series, at the Cathedral Arts Festival, and at various other locations in Regina. The Company is supported by Listen to Dis' Community Arts Organization Inc., a disabled-led disability arts organization.

The Other Ordinary Company will be presenting an afternoon workshop and evening performance at the Artesian on 13th Avenue in Regina on Thursday, October 19th, and



The members of the cast of The Other Ordinary Company at a rehearsal

will perform at The Open Storefront located in Confederation Mall in Saskatoon on Saturday, Oct. 21st at 2pm.



Loretta Iris

Many artists draw inspiration and creativity from an experience that is ingrained in their memories. For Loretta Iris, a sculptor and painter, it was spending much of her childhood in her family backyard that brings back the most precious reminiscences. Here she explored the aspects of light, colour and texture that is the wonder and beauty of nature, a feature that is reflected in her artwork. "I need an aligned purpose in creating a piece," Loretta

says. "My childhood backyard overlooking the Assiniboine River allowed me to connect with nature in a very powerful way."

It is not unusual that Loretta spends most of her summers appreciating the outdoors while hiking and walking, and utilizing the long daylight to paint in watercolour, often enhanced by pastels, or to sculpt. Winters are perfect times to be indoors designing sculptures and creating in acrylic. Throughout the year, Loretta enjoys taking photographs that reference insights for new works of art.

She creates her sculptures from traditional industrial materials – mainly, wood, concrete, and metals. Working in mixed mediums opens the concepts of space and layers, both key elements in Loretta's artwork.

Loretta is working on completing her degree in Fine Arts at the University of Saskatchewan. She is a mother to three adult children, a yoga instructor and is a workshop facilitator.

Loretta will be presenting an afternoon workshop at The Open Storefront located in Confederation Mall in Saskatoon on Thursday, Oct. 19th. Her artwork will be exhibited at The Open Storefront the entire weekend of the Saskatchewan Artists of Ability Festival, October 19 to 21. For a full schedule of events visit:

www.saskartistsofability.wordpress.com

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North Member Profile



Christine and her husband Jeff

Christine Strauss - Northern Artist

CHRISTINE is kind of amazing. I first met her a few years ago when I was coordinating the relay and she was a volunteer in the Children's Section. My first impression gave me the sense that she was quiet, and maybe a bit shy. I didn't have a lot of time to spend getting to know her, and our first encounter basically consisted of a "Hi, Thanks for volunteering. I've got to run."

So, when she responded to an invite to join us on a scavenger hunt designed as part of our monthly peer programming I finally had the opportunity to learn a bit more about her. She was not shy, but rather warm and friendly, and eager to get started. None of the riddles stumped her, and she had great ideas on shortcuts and innovations to help our team achieve the rewards we needed to complete our mission. I did not



Cave Entrance

realize at the time that this was part of the workings of an artistic mind.

Born, raised and resided in Saskatoon her entire life, Christine is an artist. A true artist, who dedicates at least 10 hours a week to her passion, and much more when she is feeling "inspired". She draws with ink, or paints with a mouse and a

computer program. She draws inspiration from the seasons, Spring or Fall being her preference. Or from loud early 80's hits, surrendering up names like "Kiss", or "Bonjovi" as a couple favourites.

I asked Christine to meet me for coffee one morning so I could find out more about her, and, in my usual fashion I show up a couple of minutes late. She, however is sitting near a bench in the mall with her friend/caregiver Jessica, patiently waiting for me with a welcoming smile on her face. I know right then

it is going to be a comfortable interview.

As we get situated at our table, and the waitress comes to grab our orders Christine pulls another artistic move. A chocolate shake... at 10:30 in the morning. I am truly impressed! I decide I'll get right into the questions and save

... continued on page 16

the small talk for after. A bit backward, but that's how we roll.

I'm going to ask the most awkward question first, to get it out of the way. What is your disability, and how does it affect your mobility?

I have Osteoarthritis. I was diagnosed at the age of 5. It's a progressive condition that affects all of my joints, and my ability to bend and move. I started using a manual wheelchair at 14 and by 16 required an electric wheelchair permanently. I have very limited range of motion in all my joints.

Drawing seems to be your art form of choice. What lead you in this direction?

When I was a child I spent a lot of time in the hospital. I had to have surgeries, and then I had recovery time. It could get boring so my mom and I would draw. She'd start a picture, then I'd add to it, then it would be her turn. We spent many hours doing that. As I got older I attended the U of S and got my BA in Psychology, and then attended SIAST where I received a degree in Web Design.



Winter's End



Autumn Light

Are there any mediums other than drawing that you're interested in?

Oh yes! Many; sculpture, folk art, glass work. I would really love to be able to try them all, but physically I'm not able.

Do you use any adaptive devices to help you with your art?

I use a computer mouse, and a program called "ArtRage" which simulates water color, oils, pencil or ink. I also use Photo-shop.

Do you have a favourite thing to draw?

Not really. It kind of depends on my mood...and the season.

SCI SASK is publishing a children's colouring book called 'Adventure Pals' which focuses on children with disability and inclusion, and you are the illustrator. How did you get involved in that?

Colin Farnan, a fellow artist and SCI Sk employee asked me if I'd be interested, and I definitely was!

I have to change the subject a bit, but I noticed that your name changed a few years ago. Do you want to tell me a bit about that? (I actually see a bit of a blush with a huge smile on that question!)

That happened in June of 2015 when I married Jeff.

Where did you two meet?

We were both residents at Cheshire Homes here in Saskatoon. Jeff and I have the same disability, but where mine affects my upper and lower mobility his

mainly affects the lower portion of his body. He has also been considered legally blind since he was two years old. We had a lot in common and became good friends, fell in love, and got married. It's wonderful. As a little girl you always fantasize about your dream wedding and I got mine!

Do you still live at Cheshire?

No, we decided to move out to a Duplex. I love it!

Does Jeff share in your artistic endeavors?

He's artistic in a different way. He writes, mostly SCI-FI. On Thursdays Jessica and I usually take a Girl's day and head to the mall, or run errands, or whatever. Jeff often spends those days writing.

You sound like the perfect pair! Maybe an illustrated Sci-Fi novel for your next endeavor? If I asked what you would like your future to look like, what would you say?

My hopes for the future would include a continuing, growing audience for my artwork, turning the SCI Sask colouring book character into a children's book series, to be able to travel with my husband, and good health.

As I said, it was an easy, comfortable interview, which left me craving a chocolate shake for the rest of the day. I look forward to seeing more of Christine's artwork showcased at our Artists of Ability Festival in the Saskatoon location from October 19 to the 21st. And, if you'd like a sneak peek, check out her website at

www.patreon.com/InspirationByCS 



Written by
Delynn Bortis

VIRTUAL PEER SUPPORT Connecting Our Communities

We at SCI Sk realize the importance of connecting with peers who have commonalities, whether those be breaking down barriers, finding sustainable employment, celebrating milestones, or just needing someone to talk to. We also know that it is not feasible for someone from a remote community or anyone who has reasons for keeping them from being mobile to be involved in the peer programs we offer between Prince Albert, Saskatoon, and Regina.

Our solution is to try a pilot project in "Virtual Peer Support"! This would be a monthly group, with the possibility of expansion depending on interest. I would also like to find a couple of people to help moderate the group, so please let me know if you are interested.

I would love to hear from anyone who is interested in this group in any way. If you have any suggestions or questions, please call Delynn Bortis at 306-652-9644 ext 7, or email delynnbortis@scisask.ca.

South Member Profile

Childhood Dream of Broadway Realized

WHEN I WAS A KID, I dreamed of being on Broadway. But, because of my disability, I didn't think that was a possibility for me. So for many years, I bounced around from career to career, trying to decide what I wanted to do with my life. Right out of high school, I thought I wanted to be a social worker. I quickly discovered that was not for me. Then I thought I wanted to be a writer. I took some classes through the Sask. Writers Guild that I really enjoyed, but that wasn't what I wanted to do either.

Then, years later, I decided to go back to school to become a Forensic Lab Technician (thank-you CSI!). Not the investigator like on the show, but in the lab testing all the stuff the investigators found. Honestly, I knew wasn't going to be dumpster diving, so this was the next best thing. I failed all of the science classes I needed for that degree, so I moved on to an English degree. I thought I would try the writer thing again. The first couple of classes were great, but that wasn't what I wanted either. So then I tried Journalism. I definitely was not cut out for that career! I did get a Communications



certificate out of that, though.

Right after I left J-school, I took a class called Devising Inclusive Theatre. There I discovered that I still had that dream from I was a kid buried deep inside me. I loved being in that creative environment! I found self-confidence I never had before. Eventually, the material we were devising became a show called Neither Heroes Nor Ordinary People. We first performed

the show as our final project for the class. After that, we were asked to perform at the Cathedral Village Arts Festival. There was such a positive response from that performance, we had many, many other opportunities from it. The most exciting of all of these opportunities was performing the show for a four night sold-out run at the Regina Globe Theatre's Sandbox Series. Because of the show, we formed our theatre company The Other Ordinary. We have been involved in many workshops and conferences. We are thrilled to be a part of the upcoming Artists of Ability festival.

We are now currently working on writing our second show. Being a part of this company has brought out things in me I didn't know existed! I am way more confident and outspoken. I now love being onstage in front of people. It may have taken a long time, but I have finally found what I want to do for the rest of my life!

Neither Heroes Nor Ordinary People will be performing Thursday, Oct. 19th 7:30 pm at The Artesian on 13th Avenue, Regina.

Written by Nicole Bear



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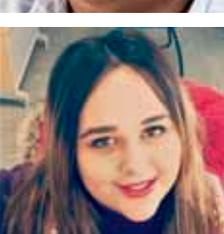


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The Parenting Corner

Journeys Through Judgement

US based daytime TV talk show "THE DOCTORS" somehow got hold of her story and decided to critique and debate her life in an attempt to boost ratings

THE DOCTORS

MY OLDEST SON turns 17 today. All the clichés that whispered through my mind now scream at me in truth. "They grow up so fast." "Don't blink or you'll miss their childhood". "Where did the time go?" And the scariest for me remains in the future, but as someone reminded me the other day, enjoy him now because as you know, "A son is a son until he takes a wife, but a daughter's a daughter for the rest of her life." I hope and pray that this one is as untrue as it is outdated! He never brings his wet towels up from his bedroom floor, and always leaves the jug of milk to warm all day on the countertop. It drives me crazy! He is an amazing person, with a sense of humour that can make me laugh until I have tears, even when my day hasn't been going so great. He loves his dog, and his grandmas, as well as his friends, his car and his music. He is an amazing person, and for this I am proud, hoping that in part that occurred because of me, and not in spite of me.

My youngest son is 13. He spends a lot of time watching Youtube videos that he probably shouldn't be, listening to music, behind earphones, that I have banned in the house. We disagree. A lot! I think he should eat regularly balanced meals, with fruit, and vegetables, and protein. I want him to be healthy. He wants a diet that consists of granola bars, ice cream, and grilled cheese sandwiches. He is amazingly smart, a talented artist, and an awesome musician who inspires me. He is compassionate to all things small; pets, children, babies, lady bugs. He is an amazing and unique person of whom I am intensely proud, and once again, I would like to think I am owed some credit.

These paragraphs are a lead in to an issue that had been getting some run time on the internet a couple of months ago, but although it has quieted down in the last little while the bitterness of it lingers like the bad taste from a half melted Sulfa drug on the back of my tongue. Due to some closed groups that I belong to on social media (most pertaining to moms with varying mobility disabilities, and of-

ten more specifically, spinal cord injury) a beautiful story of personal determination and strength was brought forth.

IN NOVEMBER of 2016 Nicole Crawford of Sydney Australia gave birth to a tiny, healthy baby boy who decided to make his way into the world a few weeks before he was scheduled to. This fact was not a cause for blaring headlines, and media seemed unconcerned with the fact that this tiny fighter was healthy despite being six weeks early. What did cause concern and harsh and hurtful criticism was the fact that Nicole Crawford who is single, decided after much personal journey, thought and planning, to seek IVF (In Vitro Fertilization) to help her become a mom. She also happens to be a quadriplegic, caused from a vehicle crash 8 years prior, when she was 18.

Because of her disability, Nicole first had to have her case taken before IVF Australia's ethics committee before they would allow the procedure. With her mother, and 2 sisters agreeing to be full time live in helpers, the ethics committee deemed that they would go ahead with the procedure and help Nicole fulfill her dream of becoming a mom. She had full support, and understanding her own physical limitations, she had put into place a fully integrated plan that would prove to be a loving and nurturing envi-

ronment for her to raise her child. This was **judgement number 1.**

Bring on **judgement number 2.** Nicole seems to be a quiet person, not overly fond of being in the spotlight. There were no blaring video blogs updating the world on the status of her pregnancy. In fact, I heard nothing of it until the US based daytime TV talk show "The Doctors" somehow got hold of her story and decided to critique and debate her life in an attempt to boost ratings in the name of controversy. The clip begins with the younger good looking Dr. (ratings booster #2) explaining the fact that IVF is a controversial subject to begin with, with the in house Obgyn representative stating, "I understand her desire to have a baby, but I don't agree with it. I feel as though it is unfair for the baby, and potentially dangerous...if she is the only one there to watch the child." This is where the significantly over priced and over botoxed resident plastic surgeon decides to "defend" Nicole by stating "She has already said she has help. She will need help forever". Not backing down, the Ob responds that things happen, you have a baby, then you have an accident and you deal with it. She then asks the Plastic Guy, "But, to intentionally do this, do you think that's fair?" His response totally floored me, "The child will suffer because of it, but clearly the mother has the potential to be a great mother."

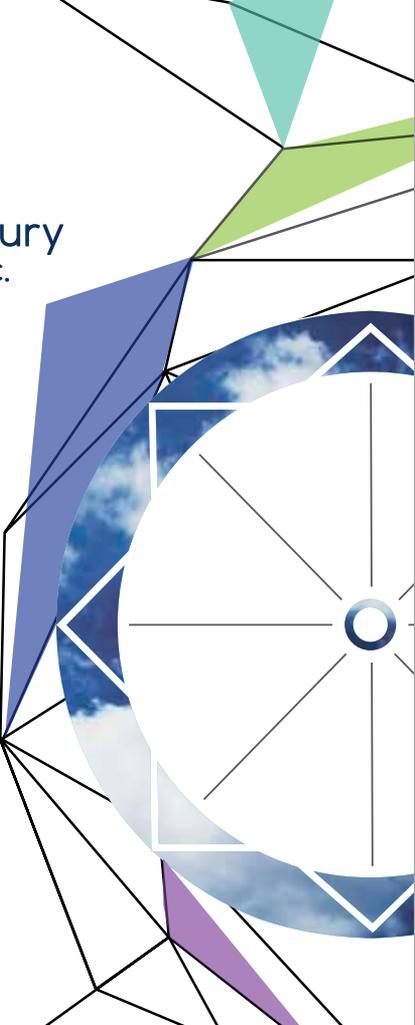
Why will her child suffer? And why does she have the 'potential' to be a great mother? How many new mothers question their own ability to be a great mother? I'm guessing that answer would probably hover somewhere around the 99 percentile, regardless of their mobility situation. And how many of those new mothers have to have their personal lives, at a time in their lives that is supposed to be filled with raw emotions, and raging hormones, and wonderful, and sometimes not so wonderful new experiences, put underneath the lens of a microscope and analyzed by people who are turning their triumphs into tragedies for their own personal gain? Probably not many.

... continued on page 20

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If you listen to the end of the youtube clip you can hear **judgements 3, 4 & 5**. Then, for further punishment you can view the comments from some severely uneducated, backward ableists and catch **judgements 6 through 50**. It saddens and frustrates me that all of the disability advocacy people have put their time and effort in to bringing awareness to the abilities of people with disabilities, whether they are parents, athletes, friends, professionals, volunteers, and so much more, has been overlooked and disregarded, even by those in the medical profession.

I support everything this young lady has done. She made an informed decision, she had a plan, and she carried it out. Her child was wanted, before he was conceived, and has a strong support system to watch him grow. He will be loved immensely, and grow up with a mom who perseveres and overcomes barriers. He will learn what it means to have a strength of character.

AS THE OLD AFRICAN PROVERB STATES, *"It takes a village to raise a child."* And it does. For every single parent out there, there is either a spouse or a partner, a grandparent or a friend, a daycare or a babysitter, or a combination of all who plays a part in raising a child. I am grateful to my village. For support. For backing off and not taking over. For letting me make mistakes without judgement, even when I sometimes question myself. ☺



Written by
Delynn Bortis

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SCI Sask Celebrates ONE Year In Prince Albert

SEPTEMBER 12th marked our first year in Prince Albert. It has been a wonderful experience to get to know so many in our community through various engagements including a 24-week Cultural program for our FN's, Metis and Inuit population. This program, P.R.E.V.A.I.L., was granted to us through a generous donation from Northern Lights Community Development Corporation and allowed us to reach out to our community to offer Circle, Drum and Song in Prince Albert. As we wind down and are into our last weeks of P.R.E.V.A.I.L., we have many moments that have not only shown us there is need here, but the memories, new friends and sheer happiness of this program will stay with all of us a very long time.

Working with Elder Rose Bird and Drum and Song Lead Carl Garvin, this program has grown outside of our venue at Parkland Hall and grew to include the Herb Bassett Home. Our group there looks forward to the power and strength of Smudge and participating in Drum. So many of our people have not had opportunity since their loss of mobility to partake in Cultural and Traditional activity, and the tenants are eager and rarely miss an opportunity to participate. Their smiles

us before from other avenues, but all have become our friends, people we care about and have grown to admire for their strength and determination. We have worked closely with a wonderful young lady, Jennifer Knouse who has helped us with bringing the program to Herb

Bassett Home and has allowed us opportunity to participate in outings and adventures with her group.

At Parkland Hall, we continue to see individuals join us that just want to be a part of something bigger.

This group has many that do not participate in Drum or Smudge, but we saw need for something of value for those that wanted to share and partake in gathering. Mamawapotuk is Michif for gathering, so from P.R.E.V.A.I.L. we grew Mamawapotuk, a small group for women and caregivers to participate in. This allows them more about getting out and being with others with challenges like theirs.

We have met sev-

eral times with virtually no budget, but with a little imagination and generosity from local retailers Rona & Peavey Mart, Local 269 and the City of Prince Albert, we met to make some pretty magnificent Floral Arrangements that were shown at the Agricultural and Horticultural Display at the Exhibition. Big moment for us all!

While we await news on further funding for a second round of P.R.E.V.A.I.L., we are hopeful that we can continue on like the Little Engine that Could and help others to find benefit from gathering and participating in something a little bigger than us all. ☺

Written by Connie Farber



Clockwise from top left: Program participants planting flowers. Elder opening group at Herb Bassett. Program participant enjoying the drumming circle.

and stories of memories of their childhoods, family and community are heartwarming. Some speak Cree to our Elder and Drum Lead, some knew

Sportsreport

Peer Events Update

In Saskatoon...

PEER INFORMATION EVENTS - Everyone is welcome to join us the last Monday afternoon of the month for an information coffee session. Each month will be a different presenter to speak about the community resources available for our group. We encourage those interested to put forth ideas and suggestions. This year we have already had an afternoon of painting, movie time, coffee group, trivia games and a writing workshop. If you would like to receive monthly emails regarding upcoming Peer Information Events please contact Delynne at 306 652-9644 ext.7 or delynnebortis@canparaplegic.org

Swap & Shop

There are currently no listings.

If you are looking to buy or sell an item through our Shop and Swap, please email details to Cristianfigueroa@scisask.ca.

Be advised that SCI Saskatchewan is not responsible for the transactions that occur through Shop and Swap. Consumers are advised to be aware of potential fraudulent activity and scams. Please take precautionary measures to ensure that 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 a product alone or in situations that put you at risk. trans-mission with overdrive, single large slide for living room/kitchen.

POWER SOCCER is a competitive team sport for people living with a mobility disability who use power wheelchairs. The game is played in a gymnasium on a regulation basketball court.

Two teams of four players use powerchairs equipped with foot guards to attack, defend and spin-kick a 13-inch (330 mm) football in an attempt to score goals. Our fall dates are October 11, November 7 and December 13 from 2 to 4 pm at the Saskatoon Field House on court 3.

If anyone is interested in trying out Powerchair Soccer in Saskatoon please contact the Saskatoon office at 306 652-9644.

In Regina...

More adapted participation activities sponsored through Sask Lotteries will be planned throughout the fall and winter. More details about upcoming events and activities will be announced in the coming weeks. If you would like more information about upcoming events please contact Kristin Drummond at (306) 584-0101 ext.2 or e-mail kristindrummond@scisask.ca.

Details will be out soon for a **BLADDER HEALTH SYMPOSIUM** this fall in Regina.

POWER SOCCER in Regina will be starting up again this fall. A location is still yet to be confirmed. If you are interested in participating please contact Blake Lamontagne at the Regina office (306) 584-0101 or email blakelamontagne@scisask.ca.

Wheelchair Sports Calendar

WHEELCHAIR CURLING

Regina Weekly Program

Mondays starting January 9 to March 26 from 3:00 pm – 5:00 pm at the Callie Club (2225 Sandra Schmirler Way). Cost: \$50. For more information, contact Bob Capp at (306) 789-0367 or Cindy Leggott at (306) 584-0101 ext. 3.

Moose Jaw Program

Two sessions per month during October, November at the Moose Jaw Curling Centre (110 1st Avenue NW). For more information on dates and costs, contact Lorraine Arguin at (306) 693-5773.

“GIVE IT A GO” Curling Clinics

Clinics can be coordinated at a curling club in your area to give to the opportunity to try wheelchair curling. Approximately three hour workshops provide participants with the basics in a fun, friendly atmosphere. Provincial Wheelchair Team coaches and athletes will instruct the clinics.

For more information or to set up a clinic in your area, contact Ashley Howard, Saskatchewan Curling Association at (306) 780-9202 or Andrea Muir, Saskatchewan Wheelchair Sports Association (306) 975-0824.

NOTE: Nothing contained in Parascopes is intended to be used for medical diagnosis or treatment. It should not be used in place of the advice of your physician or other qualified health care provider.

PILATES: Not Just Yoga on Steroids

When Jana Danielson, Owner and Instructor at Lead Pilates contacted our office with an eagerness to see if we would be willing to collaborate with her on creating a pilot project for Pilates for people with SCI I thought she was referring to a pumped up version of chair yoga. Having just completed a successful research project with members of the MS community she felt that working with the SCI community would feel like a natural progression.

As many people are familiar with yoga, let's start with the similarities. They both work towards increasing core strength and flexibility, and increasing balance. They both have a strong emphasis on proper breathing techniques, and focus these techniques to coincide with movement. Both involve a lot of stretching. But there are many differences as well. The spiritual side of yoga is downplayed in Pilates.



Whereas yoga is used as a tool for connecting body and spirit, with many held movements, Pilates is more likely to focus on the fluidity of movement, lengthening muscles that are rarely used to their extent. There is a focus more so on healing the body than on mindful therapy. And the largest difference; the equipment. Yoga requires a mat. Pilates uses mats, beds, springs, racks, and various other tools for either helping with movement, or resisting movement.

We decided to focus on two groups of no more than 4 people per group for a once a week, four-week trial. The first group had 3 people with injuries resulting in paraplegia, and the second group had 4 people with injuries resulting in quadriplegia. Other than differences in manual dexterity in the hands and fingers, as well as working muscle groups in the arms and upper backs and chests, the main challenges laid in the differing abilities to

maintain balance and posture while working with different forms of equipment. With this, Jana was patient and inventive at figuring out what worked for each individual participant.

Speaking for myself, Pilates felt great. I could tell there was an improved range of motion in my neck, and arm stretching was improved. I could definitely see postural benefits if Pilates was done on an ongoing basis. And, for those interested in building muscle, it would be a great compliment to a weight training regime. As well, the breathing techniques alone would be beneficial for those with a compromised respiratory system. There are plans of doing a second set, and I know, if at all possible, I'm in!

Jana Danielson, Owner and Instructor of Lead Pilates Saskatoon, where they have an Integrated Health Therapies approach, also offering Chiropractic, Massage, Naturopathic Medicine, Pelvic Floor Health, and Physiotherapy.

Written by Delynne Bortis

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