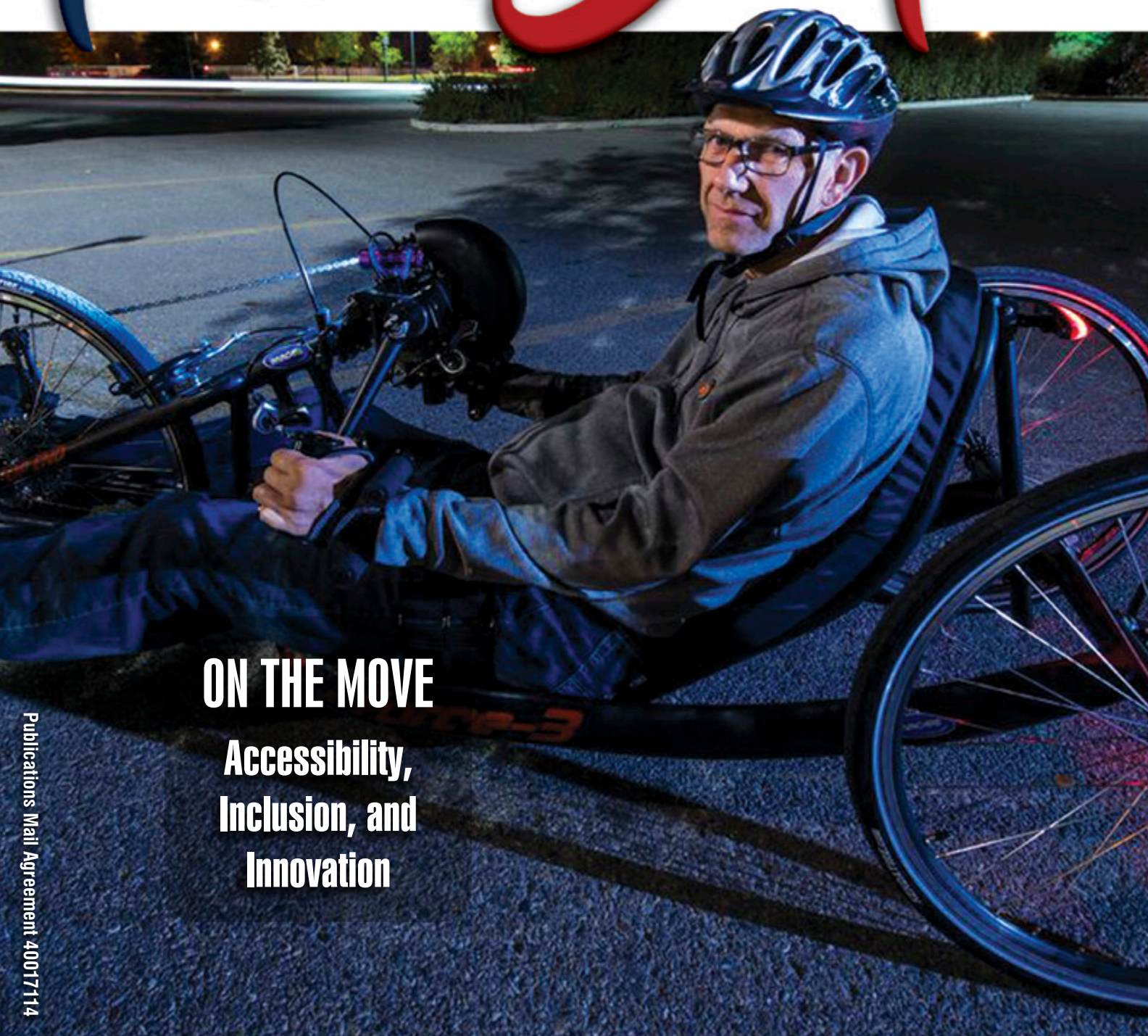




Spinal Cord Injury Saskatchewan Inc.
Lésions Médullaires Saskatchewan

WINTER 2018

paraScope



ON THE MOVE

**Accessibility,
Inclusion, and
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Saskatchewan's Magazine for People with Spinal Cord Injuries & Other Physical Disabilities

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Message from the Executive Director

Spinal Cord Injury Saskatchewan Inc. believes in partnership and engagement in the community to enhance opportunities for our members and all individuals with SCI and other physical disabilities. Our strategic goals prioritize 3 main areas: 1. Engage with rural and aboriginal communities 2. Maximize partnerships, alliances and relationships and 3. Expand peer connections through digital technology. The Team at SCI, located in Saskatoon, Regina and Prince Albert, works to achieve these goals through delivery of the menu of programs, and through projects with dedicated outcomes.

There are several strategies developed, recommendations documented and calls to action for change communicated. SCI Sask is committed to participating towards the realization of these action plans. Two major initiatives in Saskatchewan include:

#transformsk: The most extensive pan-industry consultation in Saskatchewan history which yielded hundreds of ideas from thousands of residents and resulted in four notable themes to directly invest in for upstream transformation. This transformational change can cultivate

shared long-term social and economic prosperity. The four pillars for change are identified as education; health, economy, and diversity. Transformational change is a living process and requires calls to action to the forty-five recommendations towards transformation.

SK Disability Plan: The Strategy provides the vision to improve disability programs and services to meet the goal of making Saskatchewan the best place to live for persons with disabilities. Priority outcome areas are People before systems; Safeguarding Rights and Safety; Increasing Economic and Social Inclusion; Building Personal and Community Capacity; Creating Accessible Communities and Becoming an Inclusive Community to which twelve recommendations have been aligned. Four drivers of transformation support are Person-Centered Planning; Impact on Disability; Human Rights; and Accessibility and Inclusion.

SCI Sask contributes to the calls to action for change. We are actively engaged in value-added services and developing strategies to expand service in northern remote communities. SCI Sask is committed to participating towards the real-

ization of the goals and recommendations identified in transformational change initiatives. SCI Sask believes through our "Spectrum of Services" we will successfully contribute to the enhancement of persons with unique abilities, collaborate with partner organizations and stakeholders and see community inclusion of our citizens.

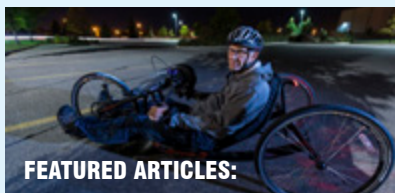
Outlined in this edition of the ParaScope, you will see stories of individual members on their road to inclusion, business contributors and initiatives towards inclusion, and discover how the participation of individuals and stakeholders can contribute to transformational change.

As I embark on my new position as the Executive Director of SCI Saskatchewan, I look forward to reconnecting with many colleagues, stakeholders and individuals in the disability community, and am excited about forging ahead with new and revitalized strategies that, with the sharing of expertise, time and commitment of many sectors within our province and country collage, can effect change in society for full and equitable inclusion for all people. ☺

Launel J. Scott, Executive Director

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ON THE COVER:
Paul Gustafson
Photo credit:
Jay Scott

Notebook

Colouring Book to Educate Children on Accessibility and Inclusion

In November, SCI Sask published a colouring book with the support of the **South Saskatchewan Community Foundation**. The coloring book was illustrated by member, **Christine Strauss**, with story written by staff and translated into Cree. 2000 copies of the coloring book were produced and they will be distributed throughout schools in Regina and Prince Albert as a tool for our school project, HUG.



Staff and volunteers at Bridging the Gap Christmas party.

Farewells & Welcomes

We said farewell to practicum student **Jade Hendous**, from the University of Regina Faculty of Social work in December. Jade was valuable member of our team and brought support to our programs and activities in Saskatoon.

In January, we welcomed another social work practicum student, **Morgan Pelletier** to the team.

Thank You's

Thank you to the Saskatchewan Lotteries Community Grant Program for sponsoring many of our adapted participation activities in Regina throughout the fall. Through their support, participants were able to take part in activities including seated yoga, tai chi, painting, and beadwork classes. We hope to be able to offer more fun and interactive events like these in 2018.



Thank you to **Coloplast** for sponsoring **The Bladder Health Symposium** in Regina in November. Thank you also to all of our guest speakers, and attendees at the event. There was a great turn out and some very helpful information was shared!



THANK YOU, MEMBERS! As the holiday festivities with all of our loved ones have passed, all staff and board members at Spinal Cord Injury Saskatchewan want to wish all of our valued members and clients happiness and prosperity this New Year. We also wanted to say thank-you to all of the generous donations from our members over the holiday season. These donations ensure that SCI Sask is able to continue to offer long-term solutions that address accessibility, access and inclusion to those with spinal cord injuries and other physical disabilities.

Saskatoon Wheelchair Rally

Saskatoon hosted another successful Wheelchair Relay in September. Thank you to all the sponsors, participants and supporters. This fun family event remains a staple in the community, raising essential funds for our programming and services across the province. The reigning three year champions, The Young Riders once again defeated their title. It's time to start training for next fall, is anyone up for the challenge to end their reign?!




Thank you to our
2017 Wheelchair Relay Sponsors

Saturday, Sept. 23, 2017 - Henk Buys Soccer Center
219 Primrose Dr. Saskatoon - 10:00am-2:00pm

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Thank you to our Sponsors
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SASKATCHEWAN

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CONGRATULATIONS: The **SASKATCHEWAN ARTISTS OF ABILITY FESTIVAL** was an opportunity for artists of all abilities from across the province. We were blown away by the talent and energy this three-day festival generated. Thank you to all of the artists, performers and volunteers. With every event, and every conversation, we have added to the framework of what feels like a very powerful platform for disability arts in Saskatchewan! Way to go, artists! You rock!



Photo credit: Arvid Kuhnle



FOR IMMEDIATE RELEASE: AWARENESS SASKATCHEWAN

December 13, 2017

In recognition of International Day for Persons with Disabilities on December 3, 2017, Spinal Cord Injury Saskatchewan is excited to announce the launch of its Awareness Saskatchewan video project funded by the Government of Canada's Opportunities Fund for Person's with Disabilities.

The Awareness Saskatchewan video project is a "Good Access is Good Business" initiative that is designed to promote and encourage inclusion and diversity in the workplace. The project is working to spread this message across the province.

"This project, funded by the Government of Canada, is an excellent opportunity to demonstrate the valuable contribution our members with spinal cord injuries and other physical disabilities can offer to the success of Canadian businesses and the growing Canadian economy," said William Lehne, SCI Sask Inc. Board of Directors Chairperson.

According to the Canadian Survey on Disability released by Statistics Canada, about 3.8 million working age Canadians self-identified as disabled in 2012. That's about 13.7% of us and is equal to nearly one in ten working age Canadians.

If current and upcoming labour shortage trends continue, labour demand will exceed labour supply. With 70% unemployment among persons living with a disability in Canada, it is critical to recognize that these individuals make up a talented, skilled and available labour resource.

Check out the project highlighting some of our members from across the province who are demonstrating that disability does not equal inability. To view the full project follow us on Facebook at www.facebook.com/scisask or visit www.scisask.ca/awareness-saskatchewan.

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AWARENESS SASKATCHEWAN

THE AWARENESS SASKATCHEWAN PROJECT IS A
“GOOD ACCESS IS GOOD BUSINESS” INITIATIVE THAT IS
DESIGNED TO PROMOTE AND ENCOURAGE INCLUSION
AND DIVERSITY IN THE WORKPLACE.



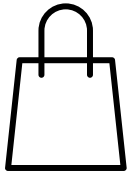
3.8 Million

Canadians experience some degree of mobility, self care or communication restriction



\$26 for every \$1

Return on Investment for retaining employment for people living with disabilities.



\$25 Billion

People with disabilities represent \$25 billion in spending power



CHECK OUT THE AWARENESS SASKATCHEWAN VIDEO PROJECT

Check out the video project highlighting six of our members from across the province who are demonstrating that disability does not equal inability on our YouTube channel

https://www.youtube.com/channel/UCI12YkV2KZ5ylqxus_eWypQ or on our website at <https://scisask.ca/awareness-saskatchewan>

“This project, funded by the Government of Canada, is an excellent opportunity to demonstrate the valuable contribution our members with spinal cord injuries and other physical disabilities can offer to the success of Canadian businesses and the growing Canadian economy,” said William Lehne, SCI Sask Inc. Board of Directors Chairperson.

If you would like more information on how you can get involved please contact Colin Farnan colinfarnan@scisask.ca or 306.652.9644.

NEW! Hollister Tip and Sleeve Catheters



VaPro

Touch Free Intermittent Catheter

Simple. Clean. Independence.

Ring cap

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

Active Vapour Strip

(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

- Ready to use with pure catheter hydration technology
- 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

Pilates

LOVE THE LIFE YOU LEAD!

EACH YEAR around this time, as the lustre of January 1 dulls, the discouragement of not sticking to our life changing resolutions begins. Why do we think that maybe this year it will be different?! My key message to you in this article is not about how to pick yourself up when you feel deflated from not staying true to your resolution (as we know that by February 1, 80% of New Year's Resolutions fail). My key message to you is how do you start your own 'Revolution' – how can you start to feel better just by committing to 3 life changing tips each day and ultimately "Love the Life you Lead!"

Tip #1 – Breathe!

Breathing is the first and last action that we take in our lives. If you think of the trillions of cells that make up our being as little gas tanks, when we do not breathe properly, these little gas tanks are running on low. The systems that our body needs to function efficiently (circulation, digestion, nerves, hormones, bones, etc.) are compromised because they are living in an environment (your body) that is not flourishing.

In June we hosted a 4 week pilot program with 7 SCI clients. What was the first concept that I taught?? Breathe! If you watch a new born baby breathe, their belly rises and lowers as their diaphragm, our main muscle of respiration, works to oxygenate their body. As we age, we lose this skill and shallow, collar bone breathing, as I call it, becomes the norm. We get more sick more often as we do not clear our lungs effectively of the germier air that lingers causing respiratory challenges.

How to breathe diaphragmatically? My youngest son, Tommy, used to explain it like this – breathe in like you are smelling a fresh baked apple pie – through your nose. Be sure to have one hand in the centre of your chest and one on your belly button. Notice as you breathe in, your bottom hand should be the one that moves more. If your top hand is the one that is moving, then you are actually using your neck muscles to breathe for you which can cause tension in your neck and upper back. As you exhale, Tommy would say, "pretend

you are a friendly dragon", the exhale should have a 'HA' sound, or imagine that you are fogging up a mirror. The jaw should be relaxed and parted. The function of the exhale is to activate your deep core muscles, your transverse abdominus and your pelvic floor.

If this is a new concept to you, physiologically two things will happen; first, you might feel light headed as you are taking in large volumes of oxygen that you are not used to and secondly, you might start to uncontrollably yawn as this is your body's way of getting more oxygen into those little gas tanks that have been running on low for so long. 10-15 of these diaphragmatic breaths in the morning when you wake up, 10-15 mid afternoon when you are having a lull in energy and 10-15 as you start to settle for the night. *Life changing tip #1!*

Tip #2 – Hydrate

Our body uses hydration in priority sequence – our brain is the first to be hydrated with the first water we take in our day; our vital organs are second in line and last are our muscles, bones, and joints. What does this tell us? If we experience those dull "feels like your eyes are sinking into your head headaches" you might be dehydrated! Also important to note is that if your brain is dehydrated, there is NO WAY that your organs are functioning efficiently nor are your muscles, bones and joints properly hydrated.

Life Changing tip #2 – take a glass of water to bed with you and in the morning drink it before you eat so that you can wake up your thirst mechanism in order for your brain to be more aware of how much water you have been drinking so you can meet your daily quota. I know many of you are thinking, but I do not drink water and if I do a 180 with this, I will be going to the bathroom all the time. Go slow, be consistent, if you com-

mit, you (and your bladder) will notice a big change. Your skin will be more supple, less dry, your tissues will be hydrated and glide vs sticking to each other, and hopefully those low grade headaches will be a distant memory!

Tip #3 – Move your Eyes

One of my mentors is a woman named Katy Bowman, Katy is a Biomechanist from the States and although she is a super smart woman when it comes to the body and movement, she has a gift to be able to communicate what she has learned through her years of research into nice easy to understand packages. In some of her latest research, she stated that 80% of our vision now happens within 20 inches of our nose. Technology causes 'tech neck' and 'tech neck' causes unnecessary strain and tension in our neck and upper back. Did you know that the muscles around our eyes are so unbalanced and utilized in a way that decreases range of motion in our neck?

So, what is the fix?! Life changing strategy #3! Katy suggests that every 20 minutes (3 times an hour) we look up from our computer, phone, tablet for 20 seconds. Look to the furthest point in the room you are in, notice colour on the walls, texture on the ceiling, the shapes in a painting. Ultimately, you are investing 1 minute per hour. Manageable? I sure hope so! I have committed to this and it makes a huge difference in the brain fog that sets in and creates a less than productive day.

As a busy mom, wife and business owner, I need wellness strategies in my life that work, that are simple to implement and stick to; the three strategies above have become part of my personal Revolution! Join me and start your Revolution today – you have nothing to lose; well, maybe you do ... you could lose some neck tension, headaches, poor posture.☺



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.

Nutrition

How Does Food Affect Our Mood?

What we eat, how we eat and why we eat can all play a role in our mental health and mood.

Have you ever been hungry and experienced symptoms of irritability or being moody? The most basic example of food and mood being related is the feeling of irritability or being 'grumpy' when you are hungry.

What We Eat

The gut has many different receptors that are constantly sending signals to the brain (ie. hunger and fullness). Digestion not only sends signals to the brain but breaks down foods to provide nutrients for the body and brain to function properly. The ability to focus and concentrate on tasks depends on the amount of energy supplied to the brain. The brain's main source of energy is glucose. Glucose is the byproduct of carbohydrates, therefore having a good supply of carbohydrates throughout the day will be beneficial for keeping thoughts sharp, especially when learning/re-learning new tasks. Having a low carbohydrate intake during the day can cause a decreased supply of energy to the brain leading to fatigue, decreased memory function and being 'fuzzy minded'.

Carbohydrates -> Glucose -> Energy for Brain

Chemical messengers are used as signals for the brain to communicate with the body as well as communicate within the brain, itself. These chemical messengers are made from both proteins and carbohydrates. Protein is broken down by digestion into amino acids which help form the chemical messengers in our brain that can help improve mood.

Protein -> Amino Acids -> Chemical Messengers

Once the chemical messengers are made, they are then sent to the rest of our body using fats. 35% of the brain/nervous system tissue is comprised of fatty acids. Having an adequate intake of fats will help the chemical messengers travel to their desired destination and help cells of the brain maintain their structure. This allows the brain to better communicate

within itself and the rest of the body.

Not consuming adequate amounts or varieties of proteins, fats and carbohydrates can lead to low moods as they all play a large role in brain function and brain communication.

Examples of Carbohydrate Sources

- Whole Grains
- Fruits
- Vegetables
- Dairy Products

Examples of Protein Sources:

- Meats
- Fish
- Nuts
- Seeds
- Eggs
- Dairy Products

Examples of Unsaturated Fat Sources

- Oils (olive, canola)
- Avocado
- Nuts
- Seeds
- Fish

Micronutrients:

Below is a chart of specific nutrients, found in a variety of foods that can have an effect on your mood:

What about Liquids?

Drinking enough water is important as dehydration can affect your mood. A healthy brain contains up to 78% water. Most adults need an average 2-3 L of water per day in the form of liquids and foods. If your urine is clear and yellow, it is a sign that you are well hydrated.

Table from British Dietetic Association (BDA)

Missing vitamin/mineral	Effect on mood	Foods which can help
Iron This results in low levels of oxygen carrying haemoglobin in the blood, resulting in the condition anemia.	Feeling weak, tired and lethargic all the time.	The risk of anaemia is reduced with adequate intakes of iron, particularly from red meat, poultry and fish, beans and pulses, fortified cereals. Avoiding drinking tea with meals may also be helpful.
Thiamin B1, Niacin B3 or Cobalamin B12 (all B vitamins)	Tiredness and feeling depressed or irritable.	Fortified foods including wholegrain cereals, animal protein foods such as meat/ fish, eggs and dairy.
Folate	Increased chance of feeling depressed, particularly important in older people.	Folate is found in liver, green vegetables, oranges and other citrus fruits, beans and fortified foods such as yeast extract (marmite) and fortified breakfast cereals.
Selenium	May increase the incidence of feeling depressed and other negative mood states.	Brazil nuts, meat, fish, seeds and wholegrain bread.

Physical signs that you are dehydrated include:

- Tiredness
- Irritability
- Headache
- Dizziness
- Fainting
- Confusion
- Lack of energy
- Cold hands and feet
- Rapid breathing

How and Why We Eat:

There are strong cultural associations between certain foods and feeling happier. 'Comfort foods' send feel-good messages to the brain as a reward instead of from any physiological factors. One of the 'feel-good' chemical messengers in the brain is called serotonin which increases in the brain when carbohydrate-rich foods are eaten. This is the reason sweet foods can initially boost your mood. However, emo-



tional eating can lead to over consumption of processed foods high in sugar and saturated fat. These foods can negatively impact our mood and lead to fatigue after eating. Dieting or restricting food can lead to fatigue, dizziness, decreased concentration, decreased memory and irritability due to lack of carbohydrates, protein and specific vitamins and minerals.

Diet culture is another culprit of negative feelings regarding food. Diets and Diet culture give us food rules (what we should or should not eat). Eating a 'forbidden' food can lead to feelings of embarrassment, guilt and shame instead

of enjoyment. Other reasons we eat have to do with religious, cultural or economic reasons which can affect the way we feel when eating.

Diets should contain a variety of nutrients found in a variety of different foods. Eating at regular times is essential to provide your brain with the energy and nutrients that it needs to function properly, leading to good health and good mood. ☺

Dayna Berry, Registered Dietitian

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Dietitians of Canada. The Role of Nutrition in Mental Health Promotion and Prevention. Dietitians of Canada 2012. www.dietitians.ca

Lynne Harbottle, RD. Depression and Diet. BDA April 2016.

www.bda.uk.com/foodfacts.

Ursula Arens, BSc Dietetics, MBDA.

Food and Mood. BDA April 2014.

www.bda.uk.com/foodfacts.



Sit Down and Start Leading

Save the Date for Upcoming 2018 Chair Leaders Event

On **May 23 2018**, individuals from Saskatoon, Regina, and Prince Albert will swap their desk chairs to spend their morning using a wheelchair.

This is a great opportunity for workplaces and businesses to gain new perspective on the challenges and barriers of workplace accessibility while raising funds to ensure that SCI Sask members and clients continue to receive quality service and support across the province.

Do you have a Chair-Leader in your organization? To participate in this year's event email us at sciinfo@scisask.ca or by phone Regina - 306.584.2650 Saskatoon - 306.652.9644

Change cannot be made without leaders! Leaders like you.



EXCEPTIONAL ACCESSIBLE LIVING



MEADOWVIEW
POINT

By: **NEWROCK**
DEVELOPMENTS

Since 2010, NewRock Developments has been delivering an industry leading standard in attainable housing with award winning projects across Western Canada.

Meadowview Point, the latest from the NewRock team, brings a unique stacked town-house design to the quickly developing Evergreen neighborhood in Saskatoon. An excellent location close to schools, parks, and amenities.

Among the many things that set this community apart, perhaps the most important is a focus on accessibility.

spent a lot of time with SCIS and among the community learning how to make Meadowview Point a truly

“Meadowview Point provides real solutions to some of the frustrations we’ve seen within the accessible community”

“Meadowview Point provides real solutions to some of the frustrations we’ve seen within the accessible community” explained Darrick Muth, operations manager. “We’ve

accommodating place. While doing this, we’ve discovered that there just aren’t a lot of good or affordable options out there for accessible home ownership. So, we’re here to

help change that.” Darrick and the Meadowview Point team also understand that, “building accessible housing cannot be done using a one size fits all approach. Each person has specific needs and we are able to customize every home to meet those needs.”

FLOORPLANS AND FEATURES

Meadowview Point features 3 of NewRock Developments’ exclusive, accessible floorplans. Ranging in size from 1 - 3 bedrooms and 1 - 2 bathrooms. Regardless of the floorplan, all homes come standard with:

- Open concept layouts
- Transition free flooring
- Widened doorways
- Ground level access
- Maintenance free exterior

In addition to the standard features, homes can also be outfitted with lowered cabinets, track-lifts, and a host of other essentials upon request.

Customization doesn’t stop there though! Pre-purchasing a unit prior to construction, opens the door to a fully custom design with the ability to choose your own colors and finishing options. Your new home at Meadowview Point will fit you perfectly, right down to the last detail.

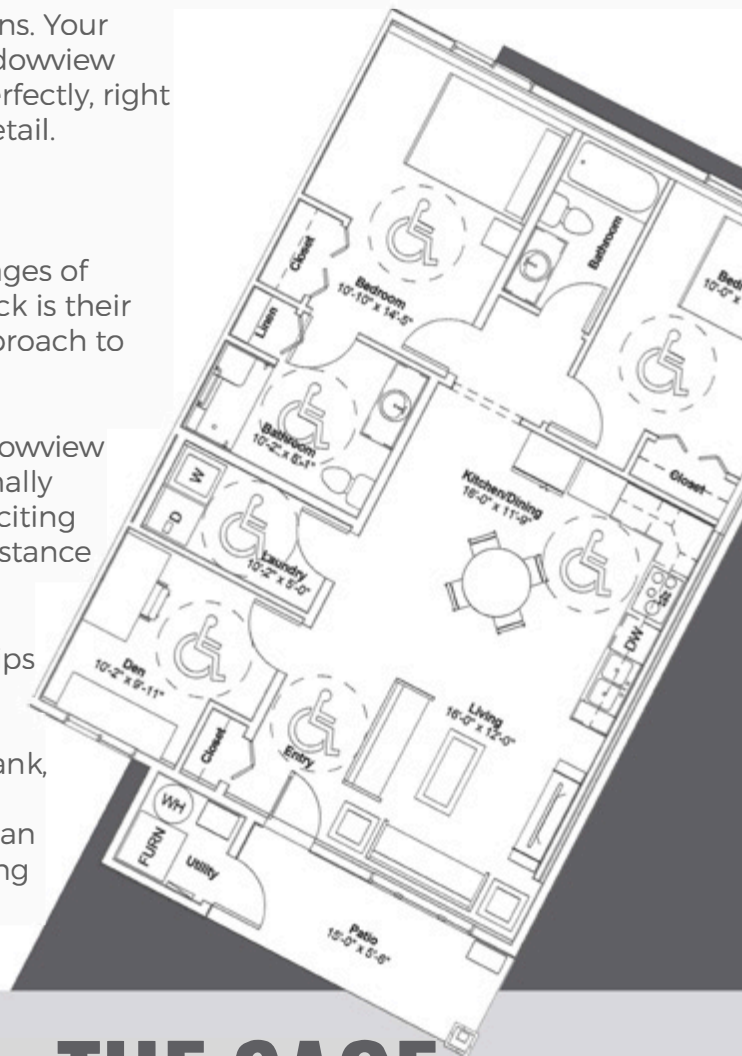
AFFORDABILITY

One of the advantages of going with NewRock is their award winning approach to affordability.

All homes at Meadowview Point are exceptionally priced and offer exciting downpayment assistance options.

Through partnerships with The City of Saskatoon, CMHC, Genworth, Scotiabank, and Affinity Credit Union, their team can provide life changing non-repayable

down payment grants based on your income. Saving up for a down payment is no longer a barrier to owning your own home! To learn more, give their certified team a call.



THE SAGE 1153 sqft

The Sage is one of the exclusive NewRock floorplans offered at MeadowView Point! Designed from the ground up with accessibility in mind, this home has 2 bedrooms, a den, and 2 bathrooms.

Featuring all of the NewRock standards, this floorplan can also be further customized to meet your specific set of needs and preferences!

This floorplan starts at **\$264,000** w/payments as low as **\$1303/month!**

Other floorplans starting at just **\$209,000!**

CALL TODAY TO LEARN MORE

 (306) 974 - 1501

 mike@newrockhomes.ca

Personalized appointments can be scheduled anytime. You can also catch the team throughout the year at SCIS information sessions.

WWW.MEADOWVIEWPOINT.CA

HOME SECURITY in PRINCE ALBERT

SCI Sask sent our Aboriginal Engagement Coordinator, Connie Farber out in the city to take a look at the housing scene in Prince Albert. Connie had the opportunity to sit with like-minded individuals from the community. From transitional housing, safe shelter and emergency housing to permanent rental affordable housing, it is clear that Prince Albert recognizes the need for fully accessible housing and is addressing it the best they can.

.....

MY FIRST STOP was Prince Albert Community Housing Society to see **Linda Boyer**, Manager of this very forward-thinking housing organization. In a well-lit office, we sat down to discuss some of the accessible and affordable housing units they offer.

With 402 homes & units, Linda and her staff are extremely busy assisting those that need affordable, suitable housing that will accommodate their needs. With a variety of homes, apartments, and complexes, they do have units to accommodate full wheelchair accessible needs as well as two Housing Support Workers that work with those at risk of becoming homeless, which includes those with mobility issues. Linda works closely with the ABI Outreach Section of the Health Board to insure quality homes for individuals with varying needs. While they open the door to everyone, they do prioritize Metis housing first. While currently there is not a waiting list for fully wheelchair accessible units, Linda sees this as a growing concern.

With an aging population, mobility loss is a real concern. They do have a senior complex with 18 units and two fully accessible units but even with this, Linda sees the need for growth in the housing market and the challenge of finding funding. As a non-profit organization, they do have to ensure that units are filled and not sitting empty, so at times the fully accessible units are occupied by those that do not need this access. "The more funding we can get for capital that we don't have to repay, the lower the rents, because as you know, most people that are homeless or at risk of becoming homeless don't have a high income and they can't afford to pay more than 600 or 700 dollars for rent, and even then it is a stretch."



Clockwise from top left: Linda Boyer, Brad Howell, Donna Brooks, and Carol Soles

My next stop was to see **Brian Howell**, Manager of River Bank Development Corporation. Brian has been a long-time advocate for affordable, accessible housing for many years. While River Bank Development is open to all, they do have a list of families wanting clean, safe, and affordable homes. With two fully accessible 1-bedroom apartments, Brian has not seen need grow but they have worked to make a home accessible for a client by adding a chair lift and other modifications.

They currently do not have a waiting list specifically for wheelchair accessible units. Recently on a new build for a four-unit suite, the Building Code required them to have at least one fully accessible suite. This is new and an exciting change in direction as far as accessible housing is concerned. While they do get calls for emergency housing for wheelchair accessible units, it is not often and generally

from the hospital. "When there is need, it tends to be acute." Brian also mentioned that renovations in older units are extremely costly, and would this be beneficial or would other groups, like P.A. Group Homes be more in line with the needs such as personal care and quality of life.

Carol Soles, Executive Director of the Prince Albert Safe Shelter for Women, has had personal experience in knowing about the needs of a person with mobility issues. Her daughter Kama was born with a rare disorder and she uses a wheelchair. When the Shelter was built 14 years ago, it was designed to assist all who may require emergency services. "Emergency services are not just limited to those with abilities." Currently the shelter has one suite that is useable for those with special needs, and mobility issues. "Our staff is not trained for every person that comes in the door, so we will bring in the services they need. If they need home care, we will bring them in, if the need is an interpreter, we will bring one in." While they also offer programs to assist women who have fled traumatic circumstances, they do like to host their programs in their lower level as it is a different setting, more comforting than the upstairs where there is a lot of interruptions.

When there is a mobility issue they will reroute their programming upstairs. Currently Carol is awaiting news on prices of a Chair Lift to be able to assist her clients to access the lower level. The percentage of women and children needing special accommodation is not that high, but Carol feels strongly that this goes with the violence against persons with disabilities, and how it is a hidden violence. Abuse to those that have disabilities can be hard to recognize, and a different kind of abuse such as not drying them right. The person receiving the care sadly can get used to the abuse. There are very few services for those living through this experience, and often they just live with it. While an emergency shelter is often the first step, Carol would like to see more services offered to those who are wheelchair or bed ridden to be able to access in an abusive situation, whether that be a woman or child with special needs.

YWCA Chief Executive Officer **Donna Brooks** offers Transitional & Emergency Housing in both the main building and at Our House. While both have rooms that are useable for individuals in wheelchairs looking for long term housing, they do have limited space available and do not keep waiting lists because their services are for the most urgent cases.

"Individuals are asked qualifying questions and of course needs are triaged." The YWCA Our House also offered emergency winter shelter in their basement, however, this is not wheelchair accessible. While there is a possibility of adding a lift at Our House, located on 15th Avenue East, the cost of adding one would be substantial. As a non-profit organization, these updates and renovations can be very challenging to find revenue for. In the YWCA building, space and finances would be the issue. "We work with what we have and try to be as flexible as we can."

They also offer housing for homeless

through Housing First, which does have one individual that uses a wheelchair living in the basement, which is not fully accessible, however, they have been making it work with individuals helping him. "We are fortunate to have others that will assist him to navigate the stairs (5), and he is fairly independent." One of the things that Donna mentioned is that they do not have the staff to assist individuals so the need to be somewhat independent is necessary. "A potential solution for emergency services for the needs of individuals who require more care might be one of the government sponsored care homes to have an emergency room to fill this need."

While we still have a long way to go, Prince Albert continues to seek out solutions for those who require adaptive independent living quarters.

The following link is one that offers rental properties in Prince Albert, but does not include full time care homes.

Are you looking to make renovations to your existing home?

The Accessible Housing Features on our website is a resource database of homes and spaces within the province to showcase modifications and adaptations for independence. All homes have been generously provided to us for photographing by members of our community. Take a browse through the homes to see if you get any ideas, or let us know how you've created any unique aspects that make your home accessible!

The Access Housing Features project is a collaboration between:

- Spinal Cord Injury Sask
 - Saskatoon City Hospital Rehabilitation
 - SCI Sask Community members and
 - Volunteer photographer, Jay Scott.
- Check it out at <https://scisask.ca/accessible-housing/>

http://riverbankdevelopment.ca/PDFs/CURRENT_Prince_Albert_Housing_List.pdf Ⓞ

Written by *Connie Farber*,
Aboriginal Engagement Coordinator



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The Parenting Corner

WHILE I WAS contemplating the idea of writing an article on parenting that would tie in with an issue on accessibility I found myself feeling a little overwhelmed. Where would I possibly start? Accessible recreation? Accessibility in the schools? Accessible travel with toddlers? There's a pretty broad spectrum, so I decided to take it a different direction. What happens, after months of planning ways to make your environment accessible for you to look after your new baby, you find things slowly becoming inaccessible to you because your once dormant little one has suddenly learned to propel themselves from one end of the house to the other in record speed, and has somehow sprouted arms that shoot out like lasers from this tiny alien being whose mission is to terrorize anything shiny, breakable, or dangerous.

Baby proofing can be an interesting task for any parent, but how do you baby proof when your optimum sitting height is 4 ft, and your ability to climb any higher is non-existent? Putting things out of reach for Jr can also mean putting them out of reach for yourself. Plug in covers, door handle locks, and cupboard door securers will keep your toddler safe, but will leave a person with limited dexterity in tears of frustration when that craved chocolate is locked in on the other side of the pantry door. The only item that doesn't seem to abolish wheelchair accessibility in the name of safety is a gate put at the top or bottom of stairs.

I decided to venture online, and to ask a few parents how they managed. I came up with the answer that there really are no concrete answers. With Smart phones, and items like Google Home, and Amazon Echo it is getting easier to lock and unlock doors with only your voice, but these items (the accessories) can be pricey, and not always practical. And, certainly not something you are going to install on all cupboard and closet doors.

Electrical Outlets? There are some cov-

Baby Proofing Without Quad Proofing. IS IT POSSIBLE?

ers that boast a sliding plate that will cover exposed outlets, but the ease of sliding the cover to open the outlet is questionable, because if it's easy enough most persistent little people will figure out a way to get it to work for them.

What if you've given birth to a future acrobat? Some babies learn to climb anything and everything before they learn to walk. Is it feasible to remove any and all offending furniture to avoid a mishap? Probably not, but if you can, maybe limiting access to bunk bed ladders and tall step stools may be a good option for a little bit.

Probably one of the toughest, but most important safety concerns that is puzzling for any parent is keeping their child away from harmful substances. That is why cleaning supplies have skull and crossbow warnings on them, and why medications are packaged in containers that require a specialized engineering degree to open. How do we keep these out of reach of our children, but accessible to ourselves? Disabilities caused by SCI or other causes can often require necessary medications to fight everything from pain, to spasticity, and bladder issues to anxiety that can be necessary to take at specific times. I'm not sure there's a perfect answer. I learned to line the little arrows up on pill bottles and pry open with my teeth. Something that has caused a bit of rabbit tooth erosion over the years, but gave me piece of mind when my children were small. And, they were kept in a less easily accessible place, so they were not a constant temptation. Cleaning solutions were kept up high. I

was fine with not reaching those!

As I was thinking of writing this article, I had to think back and try to remember how I kept my kids from serious harm. To be fair, when they were small I was not totally alone with them most of the time. But, although there were other adults around, they weren't always directly with us. Maybe they were napping in another room, or cleaning the basement. Accessible for emergency, but not meddlesome. I did a lot of talking. A lot of explaining, to someone who had no idea what I was talking about, but seemed to understand the different tones in my voice by pushing things until the decibel raised high enough to foster a warning signal. And diversion. A lot of diversion! Diversion, and distraction, including the occasional Wiggles impression. I've acted as a mobile blockade, a climbing apparatus, and a source of infantile frustration and angst while remaining calm myself. Minus one tall standing lamp, and a tippy end table bought at a taller height because it worked well for my teacup, we didn't get rid of furniture or decorations. The Christmas tree went up every year, and no casualties were had. Like most other parents, we left the gas fireplace turned off because the idea of a trip, fall and burn was a nightmare we didn't want to face. Accidents are inevitable, and trips and tumbles are going to happen, whether you are an able bodied parent, or a parent with a disability. We all do our best to avoid them, but the main prevention is presence and perseverance. So on we roll!

**If you are a parent with a physical disability, and you have any tips or tricks on parenting, or any suggestions for upcoming articles I would love to hear from you. Give me a call at 306.652.9644 ext. 7, or email delynnbortis@scisask.ca.*



**Written by Delynn Bortis,
Client Services Coordinator**

North Member Profile



Paul Gustafson - Always pushing on!

FIRST MET PAUL many years ago when I was struggling with the decision to leave the comfort and security of my hometown to rebuild my life in Saskatoon, where access and opportunity was much more readily available. I contacted what was then the Canadian Paraplegic Association to inquire about available accessible housing, and Paul was the one to return my call.

He was in the process of selling his renovated home because he was building in a new area and thought maybe we (my fiancé at the time and myself) would be interested in purchasing the one he had up for sale. We toured through that one, and he showed us through the beginning stages of the one he was building. Fast forward twenty years and we remain next door neighbors.

We loved the accessibility changes he had made to an original blue print of an open bungalow so much that we decided to mirror the plans of his new build and purchase the empty lot next door! Injured during summer break at the age of 17

in a motor vehicle accident, Paul suddenly found himself adapting and making changes as a C5/6 quadriplegic. A farm boy from Ceylon Sk, he had been attending boarding school at the Western Christian College in Regina Weyburn for his high school years. He kept his studies up through correspondence during rehab, and returned to school in his hometown of Ceylon immediately following his discharge from Wascana Rehab in Regina, as it already was wheelchair accessible.

He was able to graduate with the rest of his class, never skipping a semester. Knowing education was the way to open doors for himself he enrolled in the U of R following graduation, spending one year before transferring to the University of Saskatchewan. Throughout the years he has worked diligently to earn a Bachelor of Arts with a major in Sociology, a Bachelor of Social Work, and a Masters of

Accessibility issues have always been one of Paul's main interests.

Science, Kinesiology. During breaks from school, Paul worked on the farm. At the beginning he used a front end loader and an 8ft piece of 2x8 as a sliding board to get into the tractor and the combine, which both had power shift. Later on he purchased a specialized truck lift (the Freedom Lift, later renamed the Agility Lift) that worked with various machines. It was doubly awesome because the lift was manufactured in Saskatoon. A great way to support locally!

Accessibility issues have always been one of Paul's main interests. While he was working with SCI Sask (CPA at the time) as a counsellor he was approached so many times about accessibility issues for individuals and businesses that it led to starting a business that specialized in accessibility consulting. Through this business venture I was able to work with private individuals, local businesses, and

... continued on page 18

JACQUIE SIVERTSON

... continued from page 17

the City of Saskatoon to improve the physical accessibility of the customers' environment.

Marrying his high school sweetheart during his early university years, and becoming a dad in later years Paul has served on many boards and committees, most relating to disability and or accessibility in some form. He has served on Cheshire Board of Directors, a not for profit housing complex for young adults with physical disabilities, as well as Saskatoon Special Interest Co-op, which assisted entrepreneurs with disabilities with loans for small businesses. Giving back to the community, he was a presenter and co-chair with ThinkFirst Saskatchewan, a chapter of a national brain and spinal cord injury prevention program. He helped with creating "Everybody's Playground," which was one of Saskatoon's first wheelchair accessible playgrounds, and today is the past-president of the Erindale Arbor Creek Community Association.

Stepping away from his role as counsellor for CPA, Paul followed pursuits that lead him to his current employment as Academic Advisor, as well as a sessional lecturer, teaching a class on Adaptive Physical Activity, both at the University of Saskatchewan. In the summer months you can often find him handcycling through the neighbourhood, kayaking on a quiet lake with friends and family, or honing his photography skills.

He remains one of our organisation's valued Peer Mentors, and his knowledge of adaptations and accessibility, along with experience has helped many people transition through rehabilitation to rejoining their communities. ☺

*Written by Delynn Bortis,
Client Services Coordinator*

JACQUIE SIVERTSON'S

Multiple Sclerosis has caused her to lose the use of her legs over time and require assistance with many activities of daily living, but it has not stopped her from living as independently as possible in the home she owns. Jacquie's journey to make her more accessible for her began over 15 years ago when she realized it was becoming increasingly difficult to get up and down stairs to do the laundry; she decided to have her washer and dryer moved from the basement to the main floor of her house. As time went on Jacquie had many other modifications done to her home including having an exterior stair lift installed as well as a ceiling track and lift system installed in her bedroom and bathroom, and she had a roll in shower put in in place of the bathtub.

These renovations have been a tremendous help to Jacquie because they allowed her to move freely and safely in her home without causing additional physical strain to herself or her caregivers. Jacquie was able to complete many of the renovations in her home with the help of both the Kinsman Telemiracle Foundation and the Saskatchewan Home Repair Program - Adaptation for Independence which is administered through the Saskatchewan Housing Corporation. The Saskatchewan Home Repair Program - Adaptations for Independence, provides financial assistance to low-income homeowners or rental property owners to make a home more accessible for a person with a housing related disability. Eligible homeowners and rental property owners may



receive a forgivable loan of up to \$23,000 (Government of Saskatchewan).

For more information on the Saskatchewan Home Repair Program - Adaptations for Independence please visit www.saskatchewan.ca/residents/housing-and-renting/home-repairs-and-renovations/adapt-a-home-for-a-person-with-a-disability.

If you would like more information about the types of supports funded by the Kinsmen Telemiracle Foundation please check out their website www.telemiracle.com/html/about_kinsmen_foundation/who_kinsmen_helps/how_to_get_help/index.cfm

Jacquie's home renovation adventure is not over yet.

Jacquie's home renovation adventure is not over yet. In 2017 she made the decision to make her kitchen more accessible. Unfortunately, this time she was not eligible for financial assistance from either Saskatchewan Housing Corporation or the Kinsmen Telemiracle Foundation for this renovation, so her friends and support network have taken matters into their own hands

and started a Go Fund Me page for her.

She also received a generous donation consisting of most of the labor and materials needed from Alair Homes and their subcontractors! At this time there is no set date for the renovations to begin, but it will include new cupboards and counter tops as well as a stove and oven that are easily accessible from a wheelchair. Good luck Jacquie as you continue with the renovations! ☺

*Written by Kirsten Drummond,
Client Services Coordinator*

AMPUTATION, whether a single digit or multiple extremities, is not a one-time problem. It is a life-changing stressful experience

not only for the patient, but also for the family, friends and caregivers. Understanding the continuum of care and ways to maximize function after amputation is often difficult and overwhelming. An important aspect of regaining function is feeling as if you have support when needed. Who Needs Twenty aims to provide that sense of community support to anyone affected by limb loss. Created by Dr. Audrey Zucker-Levin PT, PhD and Kassondra Collins MS, Who Needs Twenty aims to engage amputees, family and friends, caregivers, healthcare providers, and researchers to enhance quality of life of people affected by amputation.

Our goals are to provide a voice to the amputee community, provide accurate information, answer questions appropriately, and encourage active healthy living. For us to achieve our goals the amputee community needs to come together to identify areas in need of improvement, and support each other. Who Needs Twenty is designed to be a fun avenue of support. After all, who says you need twenty digits anyway?!

Dr. Zucker-Levin is a PT by training who has devoted her academic career researching ways to enhance quality of life of amputees. Kassondra Collins is a PhD candidate who has dedicated her research to amputees as well. As recent residents of Saskatoon, they identified gaps in support for people affected by amputation. This was the basis of starting Who Needs Twenty. Our vision is to start with a web based presence, on both Facebook and Instagram,

Who Needs Twenty?!



will be used as an avenue of information for everyone, a chance for amputees/friends/family/caregivers to ask questions and provide insight, and a place for healthcare providers to gain a better understanding of patient needs. Additionally the group hopes to bring together the amputee community to participate in social events that facilitate new friendships, fun, and a healthy life style! To ensure that everyone is kept up to date on all activities and opportunities that are occurring Who Needs Twenty will also have a quarterly newsletter. Check out our Instagram or Facebook for our first edition!

Creating a supportive community is only one aspect of the efforts of Dr. Zucker-Levin and Ms. Collins.

in which all individuals affected by limb loss can come together, interact, identify problems and drive change. These forums

We are also collaborating with other health care providers and organizations to jump-start a research program. We are looking for volunteers with limb amputation. All subjects will be asked to complete surveys and or questionnaires regarding their phantom limb function, control, pain, and quality of life, complete functional assessments, and some will be asked to undergo functional magnetic resonance imaging (fMRI) and/or electromyography testing (EMG). All research studies have been approved by the ethics department at the University of Saskatchewan and participant incentives are offered.

Other projects are currently in the development process. We want to engage with the community to understand and identify specific problems that affect people with amputation in Saskatchewan. To determine the most pressing issues we will create surveys and focus groups specifically geared to people affected by amputation. This is a critical first step for affecting change in healthcare and directing future research. We hope that our engagement

will excite the community and improve the quality of life of all people affected by amputation!

If you are interested in learning more about any of the above research projects or would like to tell us about concerning issues, please contact us at 306-371-LIMB (5462) or by email at Limb.study@usask.ca.

If you are interested in joining the Who Needs Twenty community please follow us on Facebook at <https://www.facebook.com/whoneedstwenty/> or on Instagram @WhoNeeds20. We look forward to interacting with each and everyone of you! ☺

Dr. Audrey Zucker-Lerin, PhD, MSPT, MBA, GCS, Emeritus Professor, School of Physiotherapy, College of Medicine, University of Saskatchewan

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Peer Support Programming

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 we bring in a different presenter to speak about community resources available for our group. We encourage those interested to put forth ideas and suggestions.

If you would like to receive monthly emails regarding upcoming peer Information Events please contact Delynne at 306.652.9644 ext. 7 or delynnebortis@scisask.ca

New Rock Developments Open House Event

If you are interested in learning more about New Rock Developments accessible living project join us on Saturday March 24th from 2:00-4:00 PM at our Saskatoon office.

Come and go event with representatives available to provide information on housing plans, mortgage applications and granting opportunities.

Refreshments will be served.

In Regina

Community Kitchen

Are you interested in taking part in SCI Sask's Community Kitchen Program in Regina? Here are the 2018 dates:

- March 1, 2018- Deadline to register for the session is February 15, 2018
- May 3, 2018 - Deadline to register for this session is April 19, 2018
- June 7, 2018 - Deadline to register for this session is May 24, 2018
- September 6, 2018 - Deadline to register for this session is August 23, 2018
- November 1, 2018 - Deadline to register for this session is October 18, 2018

If you would like more information about upcoming events, or, if you would like to register for a Community Kitchen Program session please contact Kristin Drummond at 306.584.2651 or e-mail kristin-drummond@scisask.ca

POWER SOCCER is once again happening in Regina!

So far it is scheduled for the following dates in 2018:

- February 14, 2018,
- March 14, 2018;
- April 18, 2018

All sessions will take place at the Wascana Rehabilitation Centre gym, 2180 - 23rd Ave. from 2:30PM-4PM. If you would like more information about Power Soccer, or would like to confirm your attendance for an upcoming session please contact Blake Lamontagne at 306.584.2652 or e-mail blake-lamontagne@scisask.ca.

In Prince Albert PREVAIL

Are you a First Nations or Metis individual who lives with mobility challenges? Do you use a walker, cane, wheelchair or experience personal mobility? Interested in joining others that have similar disabilities in a Sharing Circle with Elder Rose Bird to talk and share your stories with others who can understand and relate to your uniqueness?

- Parkland Hall/Herb Bassett
- Tuesday Afternoons from 1:00-5:00

To register contact Connie at 306.941.8134 or conniefarber@scisask.ca

Drum and Song

For individuals with mobility challenges to learn and participate in a drum and song

- Parkland Hall/Herb Bassett
- Tuesday Afternoons from 2:00-3:00

To register contact Connie at 306.941.8134 or conniefarber@scisask.ca

Mamawapotuk

A gathering of women who would like to learn how to make traditional Ribbon Skirts and lap star blankets. The program is open to First Nations or Metis women living with a physical disability.

- Thursday evening from 6:00 pm to 9:00 pm
- Space is limited. For more information or to register contact Connie at 306.941.8134 or conniefarber@scisask.ca.

Sportsreport SWSA UPDATE:

NRG Mini Wheelchair Basketball:

The NRG Mini Wheelchair Basketball program is finally up and running! The team kicked off the season with the annual Basketball Sundae on January 14th. Regular practices are scheduled for Sunday afternoons at Willowgrove School in Saskatoon. This season will run later than usual with practices going until June. Children (with or without a physical disability) between the ages of 6-16 are welcome to be part of the team. For more information, please contact Joelle Buckle at jlbuckle@shaw.ca or call (306) 955-9295.



SWSA Hosting Canadian Wheelchair Basketball League National Championships:

SWSA will be hosting the CWBL National Championships the weekend of May 4th-6th at the Martensville Athletic Pavilion. Top club teams in the country will be travelling to Saskatchewan to compete for the championship title. This event will require volunteers – if you or anyone you know is interested, please contact Katie at katie@swsa.ca or call (306) 975-0824.

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SCI Sask

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The editorial contained in Parascope is not 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.

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 aren't careful, the tax relief they are 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 debts and taxes owing, and an amount (determined by the executor to the grandkids 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 case above, the donation is not considered to have been made "by Will." Rather, it is considered a donation by the member's estate, with the tax relief falling into the hands of

the estate and not the member's hands, in the year of the family member's 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 in deciding the amount. Also name the charity to which you want the donation 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 ensuring we can continue our work for years to come.

For more information on donations to SCI Saskatchewan visit our website at www.scisask.ca or contact us at sciinfo@scisask.ca.

*Morgan Darbellay, Manager,
Fund Development*



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