



Spinal Cord Injury Saskatchewan Inc.
Lésions Médullaires Saskatchewan

SPRING 2018

paraScope



Leisure & Recreation

Saskatchewan's Magazine for People with Spinal Cord Injuries & Other Physical Disabilities

Freedom to Choose

At URO, we help you **CHOOSE** the best programs and products to help you achieve your independence



"Promoting independence through healthy, active lifestyles"

Jessica Frotten – Transition Specialist
jess@uromed.ca



"Using innovative exercise technology to improve or maintain your quality of life"

Pete Andrews – FES Specialist
pete@uromed.ca



"Helping individuals in rehab transition to life with a disability"

Mike Bacon – Transition Specialist
mike@uromed.ca

Visit us online at
www.uromed.ca

Specializing in products and services for people with spinal cord injuries, spina bifida and other physical disabilities

For more information and samples, contact:



- Latest Product Technologies
- Superior Customer Service
- Peer Support
- Membership Rewards Program
- Supporting the Community

Phone: (306) 651-3330 Toll Free: 1-866-657-3330 Email: uromed@sasktel.net

Message from the Executive Director

WITH SPRING comes the wrap-up reports for delivered projects and the beginning of the new fiscal year. It is a time to review our services and set strategies for revisions and revitalization of our services to ensure we meet our client and community needs. The SCI Sask core services remain Rehabilitation; Education and Employment; Information and Referrals; Accessibility and Inclusion and Systems Navigation.

Spinal Cord Injury Saskatchewan Inc., with offices in Saskatoon and Regina, has a clientele base of over 1700 individuals geographically located across Saskatchewan and of all age groups; services are provided to individuals with spinal cord injuries and individuals with other physical disabilities that may include, but not exclusive to, Multiple Sclerosis, Parkinson's, Acquired Brain Injury, Cerebral Palsy and Arthritis. Our main focus is to assist individuals to achieve their maximal independence, self-reliance and full community participation. In order for this to be truly attainable, awareness, education and implementation of inclusive practices within government, business, municipalities and general services must occur. SCI Sask collaborates with community stakeholders to leverage and actualize positive change.

SCI Sask has the motivation, capacity and expertise to assist in the implementation of the SK Disability Strategy. The success of the 12 Strategy recommendations, jointly developed through community consultation and seven



ministries of the Government of Saskatchewan, depends upon the collective efforts of many, and shared ownership is vital. SCI Sask is working with the Office of Disability Issues to ensure we are included and can lend our expertise in the implementation.

Awareness SK, the SCI initiative for "Good Access is Good Business", funded by the Government of Canada, is targeted to the business community, with the goal of increased awareness and understanding that diversity in the workplace and inclusion of people with disabilities fuels innovation and growth. Everyone benefits from good access.

The SCI Sask team has prioritized to more actively engage with you, the clients, to determine some of the major areas that present personal and societal challenges in your life journey. To gather information, we will be conducting a survey through our email distribution system "Constant Contact". We sincerely trust you will find time to answer the survey so SCI Sask may deliver enhanced and effective services. ☺

Launel J. Scott,
Executive Director

IN THE Spring 2018 ISSUE

Notebook	4
Humboldt Strong	4
LA Charities Golf Tournament	4
SCI Announcements	5
Annual General Meeting Invitation ..	5
Call for Board Members	5
Notice of Membership Date Change ..	5
Affordable Rental Housing Project Opens in Saskatoon	7
Talk with the Experts	
The Power of Touch	9



Leisure & Recreation

Travel: Be Prepared	11
Adaptive Kayaking	12
South Member Profile	13
North Member Profile	14
Camper vs Cabin	15

Balance Control After Spinal Cord Injury	17
Chair Leaders	18
Wawota 5th Annual Sledge Hockey Tournament	18
Peer Support Programming	21
Sports Report	21
Letters to the Editor	22
Donor Corner	
Leaving a Legacy	22



ON OUR COVER:
Blake Lamontagne
goes for a spin!



...

The SCI Sask Board of Directors and Human Resource Team, offers sincere condolences to the individuals and families impacted by the tragic event on April 6 2018; and offers our support and services throughout the healing and rehabilitative journey.

...



National AccessAbility Week 2018

From **May 27 to June 2** is the National AccessAbility Week. It is a week for Canadians to promote inclusion and accessibility in our communities and workplaces, to celebrate our progress and to be inspired to further break down accessibility barriers.

We need to change the way we think, talk and act about barriers to participation and accessibility and we need to do it right from the start, not as an afterthought. An inclusive Canada is one where all Canadians

can participate and have an equal opportunity to succeed in their workplaces and communities.

National AccessAbility Week aims to bring this perspective to the forefront for Canadians, and highlight some of the important initiatives the government and its partners are undertaking to bring about this change.

SCI Sask will host Chair-Leaders and the AGM, showcasing videos of six members working through the challenges that living with a disability present.

Save the Date

LA Charities Annual Fundraiser Golf Tournament

On September 29 2018 LA Charities will be hosting their 2nd annual Fund Raiser 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, on August 26 2017. We are grateful to Andrew, Chris and all the players who came out to support this event, and for their financial donation to SCI Saskatchewan Inc.

"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





NOTICE OF ANNUAL GENERAL MEETING

You are cordially invited to attend to the
Spinal Cord Injury Saskatchewan Inc.

AGM 2018

June 8, 2018 11:30 AM to 3:00 PM

The Willows Golf & Country Club

382 Cartwright St., Saskatoon SK S7T 1B1 Ph: 306. 956.1100

Lunch will be provided at 12:00 noon

Followed by the Showing of Awareness SK Videos and
Annual General Business Meeting from 1:15 to 3:00 PM

Accessible Location; accessible by Access Transit



RSVP by June 4, 2018 to sciinfo@scisask.ca or phone 306. 652.9644

**Spinal Cord Injury
Saskatchewan Inc. is recruiting
for interested individuals to join
the Board of Directors.**

Please submit a letter of interest, including the reason you may be interested and assets that you may bring (community involvement; legal, business, fund development expertise) to Spinal Cord Injury Saskatchewan Inc. Interviews will be conducted with each candidate prior to nomination. Please direct your letter to the Nomination Committee, care of

Lynn.archdekin@scisask.ca

The Board of Directors meets quarterly throughout the fiscal year of April 1 to March 31, plus the Annual General Meeting typically held annually in June.

NOTICE OF MEMBERSHIP RENEWAL DATE CHANGE APRIL 2018

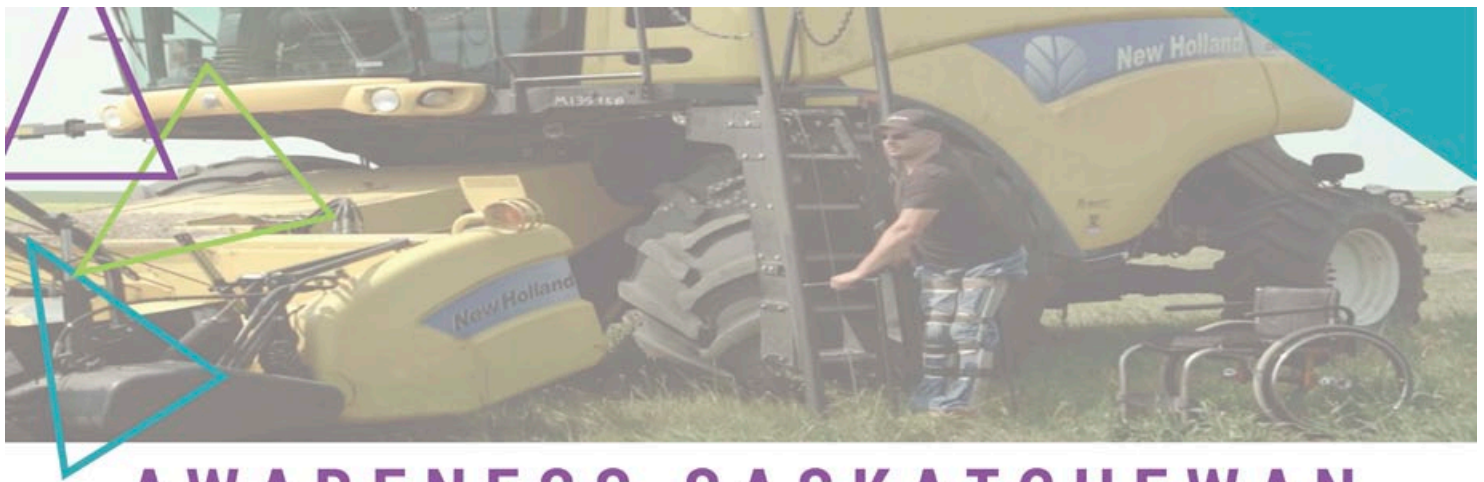
SCI Saskatchewan Inc. will be realigning our membership year to April-March annually to be consistent with our fiscal year. Membership renewals will be due on April 1 each year, and payable by April 30, rather than the past practice of each individual's anniversary date.

The 2018 memberships paid in March of 2018, and going forward for the remainder of this year, will expire on April 30 2019. Membership renewal reminders for 2019 will identify this new timeline.

Your support to SCI Sask is important to us and very much appreciated. Thank you for your anticipated cooperation during this transition year.

Membership fees remain at \$40.00 per year and the Benefits are:

- SGI Vehicle Registration Rebate
- SaskTel Cellular Plan
- Parascope Magazine
- Voting Delegate at SCI Sask Annual General Meeting



AWARENESS SASKATCHEWAN

OUR GOOD ACCESS IS GOOD BUSINESS INITIATIVE SUPPORTS BUSINESSES IN THE INCLUSION OF INDIVIDUALS WITH PHYSICAL DISABILITIES IN THE WORKPLACE. CURRENTLY, 16% OF WORKING CANADIANS ARE LIVING WITH A DISABILITY. DIVERSITY IN THE WORKPLACE AND INCLUSION OF PEOPLE WITH DISABILITIES FUELS INNOVATION AND GROWTH. EVERYONE BENEFITS FROM GOOD ACCESS.



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



Presenter: Colin Farnan, Client Service Coordinator, Spinal Cord Injury SASK

Colin works with business, community stakeholders and clients to enhance opportunities for individuals with unique abilities in the workplace and within society. Colin is a two time Paralympian in the sport of swimming. Colin also played on the SK Wheelchair Basketball team and competed in National Championships.

SCI SASK would be pleased to deliver a 30-45 minute presentation to your member business; we are booking dates across the province.

Contact our office today

306.652.9644

sciinfo@scisask.ca

"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 Board of Directors Chairperson.

AFFORDABLE RENTAL HOUSING PROJECT OPENS IN SASKATOON

Released on May 11, 2018

The Governments of Canada and Saskatchewan along with Stewart Properties officially opened Star Court in Saskatoon, a newly-renovated 16-unit rental housing project that will help support low- to moderate-income households where an individual lives with disabilities.

Jean-Yves Duclos, Minister of Families, Children and Social Development and Minister Responsible for Canada Mortgage and Housing Corporation (CMHC), Social Services Minister and Minister Responsible for the Saskatchewan Housing Corporation (SHC) Paul Merriman, and Stewart Properties President Tyler Stewart, made the announcement today.

"These newly-renovated units play a foundational role in the positive quality of life for residents," said Duclos. "Having access to safe, affordable housing along with purpose-built, accessible design features goes a long way to helping people achieve and maintain their independence. We are proud to invest in projects like this that have such a profound impact on lives."

"We are pleased to help provide safe, quality homes that are accessible and affordable for people experiencing a disability," Merriman said. "Together with our partners, the Government of Canada and Stewart Properties, we are improving the quality of life for Saskatchewan citizens. Star Court is another example of people caring about making life better for individuals and families for years to come."

"As an affordable housing provider, it has been very apparent of the immense need for not just affordable, but accessible housing," Stewart said. "We are extremely pleased to be able to now offer a solution with Star Court. It's a wonderful property and the immediate, positive results speak for themselves. We are grateful for a dedicated team who helped bring



this initiative to fruition, along with the provincial and federal governments for their contribution. We are already looking forward to more opportunities in affordable and accessible housing."

QUICK FACTS:

- The federal and provincial governments, through CMHC and SHC, jointly contributed \$368,000 toward the project through the Canada-Saskatchewan Social Infrastructure Fund Agreement.
- Located at 708 Avenue R North, the project consists of 16 bachelor units that are approximately 330 ft² in size. All 16 units are accessible for people experiencing a disability.
- Completed renovations include walkways without abrupt changes in height, wheelchair accessible kitchen cabinets, electrical accessibility modification, bathroom accessibility modifications (accessible showers, wall mounted sinks, high lift toilets, lever taps, grab bars), fire protection sprinkler system, 36" accessible building entrance and fire rated suite doors, flooring, intercom system and exterior security lighting, interior fire alarm and emergency light system upgrades.
- This investment supports Saskatchewan's Provincial Housing Strategy and Disability Strategy. These priorities include the need to increase housing supply, to improve housing affordability and to support individuals and families in greatest housing need.

ASSOCIATED LINKS:

As Canada's authority on housing, CMHC contributes to the stability of the housing market and financial system, provides support for Canadians in housing need, and offers unbiased housing research and advice to all levels of Canadian government, consumers and the housing industry. For more information, please call 1-800-668-2642 or follow us on Twitter, YouTube, LinkedIn and Facebook.

In October 2012, the Government of Saskatchewan released the Saskatchewan Plan for Growth: Vision 2020 and Beyond, which sets out the government's vision for a province of 1.2 million people by 2020. The plan identifies principles, goals and actions to ensure Saskatchewan is capturing the opportunities and meeting the challenges of a growing province. Since 2007, the Government of Saskatchewan has invested more than \$770 million to develop or repair almost 16,000 housing units across our province.

For more information, contact:

Émilie Gauduchon
Office of Minister Duclos
Ottawa
Phone: 819-654-5546
Email: Emilie.Gauduchon@hrsdc-rhdcc.gc.ca

Gabriel Teo
Canada Mortgage and Housing Corporation
Vancouver
Phone: 604-737-4137
Email: gteo@cmhc-schl.gc.ca

Leya Moore
Social Services
Regina
Phone: 306-787-3610
Email: leya.moore@gov.sk.ca

Sometimes
less is more.



Here's why.

Less size—full-length catheter in a compact package fits easily into a pocket or backpack.

Helps reduce exposure to harmful bacteria—protective tip and sleeve help keep bacteria out.



**VaPro Pocket™
Intermittent Catheter**

Pocket size · Hygienic



© 2018 Hollister Limited.

For more information or to request
trial samples, please contact
URO Medical Supplies at:
1-866-657-3330 or 306-651-3330
or visit www.uromed.ca



The Power of Touch

WHY MOVEMENT AND MASSAGE MATTERS

Over the past 6 months, we have had the opportunity to facilitate two sessions with the Bridging the Gap program in Saskatoon. The first session was held at City Hospital and just last month, we hosted this group at Lead. As we worked through a series of adaptive Pilates, I realized very quickly the value of the power of touch. I got the opportunity to work with one client who uses a scooter for his mobility. We were using a pinky fascia release ball to roll out our palms and forearms, he asked for assistance from me. As I place the ball under his palm and then placed my own hand on top of his, his hand and forearm immediately went into spasm. I asked if he preferred to stop the pinky ball release, he told me that initial touch always creates these spasms and that they settle down. We finished the release sequence with the ball, also did the second side. He told me that he had an interesting sensation in his arms and hands that he had not felt before.

Movement and massage matter. Physical touch is a powerful thing. I reached out to Stephanie Taylor, one of our RMTs at Lead Integrated Health Therapies to educate on the value of massage in a body that has sustained a spinal cord injury.

Stephanie mentioned that there are many physical and mental health benefits for spinal cord injury patients

who receive regular massage therapy treatments. Some of the physical health benefits include having better muscle function and tone, improved range of motion, decrease in pain, and aiding to slow the rate of further muscle degeneration. Improved range of motion is a great benefit to the body since this also includes increasing circulation to areas needed which in turn helps decrease swelling. Having a Registered Massage Therapist work on adhesions, hyper/hypotonicity, spasticity, etc within the body helps decrease pain and possible further atrophy of the muscles.

There are also many mental health benefits to receiving non-task related touch. Most patients with a spinal cord injury undergo quite a few medical appointments per year that can often leave them feeling 'poked and prodded'. Massage therapy helps with mental health by providing soothing touch from a RMT who has empathy and a personal connection with the patient. This results in a decrease of any stress, depression, or anxiety in the body and mind. Increasing the state of a spinal cord injury patient's mental health benefits the body's physical health, linking the two together for an overall healing experience.

How can you make movement and massage a part of your life? Something as simple as pinky ball release (or you

could use a tennis ball) is a simple shift that can start to make a big difference in the efficiency of blood flow to that part of the body. You can roll the ball between your hands or if control is an challenge then placing the ball on table and placing your hand on top to roll out. You can have someone roll the ball across your upper back or on the inside of your shoulder blade for a nice back body release. We offer massage at Lead Integrated Health Therapies, our therapists are well versed in the area of SCI massage and our massage table attachment does not require any transferring to the table. This attachment works for most chairs and scooters – if you are interested in learning more about massage at Lead or to book a treatment, call the clinic at 306-382-7447. ☎



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.



Stephanie Taylor finished her studies at the Professional Institute of Massage Therapy in Saskatoon. When Stephanie heard about Lead Integrated Therapies, she was beyond interested and excited to join the team.



**“Now
I can
pick my
kids up
from
school.”**

Helping people reinvent themselves.

- **Rehab seating products**
- **Powered wheelchairs**
- **Manual wheelchairs**
- **Ceiling track systems**
- **Ramp systems**
- **Stair lifts**
- **Elevators / vertical platform lifts**
- **Wheelchair accessible van conversions**
- **Driving aids**
- **Turning seats & lifts for vehicles**
- **Wheelchair van rentals**
- **Locations in Saskatoon & Regina**
- **Shop online @ goldenmobility.ca**



Saskatoon
3150a Faithfull Ave
306-242-9060

Regina
260 Winnipeg Street North
306-525-9060

goldenmobility.ca

Travel: BE PREPARED!

I've been in Saskatoon for one year now and I'm so excited that winter is almost over... at least I hope so.

I'm looking forward to a beautiful summer that includes more outside activity and doing some traveling. Traveling.... That in itself is stressful, but when a physical limitation is also present traveling can become overwhelming. To limit this, I'd like to discuss some ways to prepare for travel mishaps that may affect people with amputation.

First... plan and research your trip. That may sound like common sense, but you really don't want to

get to your destination and realize that there are 300 steps that you will need to traverse to enjoy an activity, so let's start from the beginning.

Let's suppose you want to go on a beach get-away. Your mode of travel should be considered in your plans. Traveling by car, although longer than a flight, gives you the luxury of stopping to take a break or to use the restroom. Airplane (or train) travel may be challenging en-route, especially if you are normally off balance when walking or require crutches or a walker. Additionally, some destinations require passengers to manage steep stairs to enter or exit the plane. In addition to following TSA travel guidelines when travelling with a disability (<https://travel.gc.ca/travelling/health-safety/disabilities>) you should contact the airline to ask what physical demands will be placed upon you while traveling on specific airplanes/flights. It's likely that your limitations have been experienced by the airline before and procedures are in place to safely address them; however, making them aware may make the difference in stress free travel.

Now that your travel mode is determined, if you are traveling outside of Canada, you need to be sure that

you have adequate health insurance coverage in case of emergency. This should be done independent of disability. You may be able to purchase

a short term travel plan to cover you in the case of emergency, but read the fine print and be comfortable with the plan you have chosen.

Back to the warm, sunny beach.... I forgot to mention sandy and humid. If you wear a prosthesis you will need to bring extra stump socks and an alternative mode of ambulation (eg: crutches/walker/ or wheelchair). The weather, along with your

altered activity and diet, will have an effect on the volume of your residual limb. Extra socks will be needed not only to accommodate for volume fluctuations but to ensure you always have clean dry socks available. Sandy, wet socks are a set up for an avoidable disaster. Don't forget, humidity may significantly affect sock drying time.

Swimming in the pool or ocean also requires some planning. How will you enter/exit the water? Do you have a swim prosthesis? Walking on the sand with a swim prosthesis is difficult and may be impossible if you don't have a prosthesis. If you don't have a swim prosthesis you must avoid getting your everyday prosthesis wet and/or sandy as it may interfere with the mechanics of the prosthesis or create skin irritation. Also, a swim shoe is important if you have an intact limb. This will prevent irritation/ulceration from shells and rocks or from a swimming pool that has a rough slip resistant coating.

Washing and inspecting your residual limb is imperative after a day of sun and relaxation. Any abrasions or irritations must be addressed immediately and may require medical attention and/or that previously mentioned alternative mode of ambulation.

Everyone wants and deserves to have fun on vacation. With some pre-planning and preparation you can avoid the pitfalls so many people have described to me in the past. So... go back to your boy scout (or girl scout) motto... be prepared (and have fun). Unfortunately, I can't discuss everything so if you are interested in learning more about traveling with limb loss look us up on Facebook (Who Needs Twenty), Instagram (@WhoNeeds20), or come to one of our support group meetings. Also, if you are affected by amputation and are interested in participating in a University of Saskatchewan approved research study, give us a call at: 306-371-LIMB (5462).📞

Who Needs Twenty?!



Audrey Zucker-Levin
PhD, MSPT, MBA, GCS
Emeritus is currently a
Professor of Physical
Therapy at the University of Saskatchewan.
Dr. Zucker-Levin

has been a Physical Therapist for 30 years and was a Professor of Physical Therapy for 17 years at the University of Tennessee Health Science Center. Among her accomplishments are many publications and grant funding for her research on people with impaired function. With her in the photo is her PhD student, Soni Collins (left), who moved to Saskatoon with Dr. Zucker-Levin to research ways to improving function in people impacted by amputation.

Audrey Zucker-Levin PhD, MSPT, MBA, GCS Emeritus Professor School of Rehabilitation Science College of Medicine, University of Saskatchewan
104 Clinic Place
(306) 966-7838
Audrey.ZuckerLevin@usask.ca
Limb.study@usask.ca
306 371-LIMB (5462)
Fb: [whoneedstwenty](https://www.facebook.com/whoneedstwenty)
Instagram: [@whoneeds20](https://www.instagram.com/whoneeds20)



Leisure & Recreation

Delynne and Mark Bortis
kayaking on Anglin Lake

Adaptive Kayaking

WHEN I was young, before acquiring my SCI, I was a pretty active person. I played volleyball, basketball, baseball, and loved anything to do with the outdoors. Being what is considered a high level injury, this is something that I really struggled with. I could not find a sport that worked for me. It felt like everybody was faster, stronger, and more coordinated, and I eventually gave up trying. Then, after a few years of coaxing, a good friend finally convinced me to try kayaking. I'd had every excuse in the book not to.

"It will be too hard to get in," I said.

"You have a strong husband and we can use a lift," he replied.

"My balance is terrible. I'll fall over," I complained.

"These kayaks have an adjustable, modified seat back. You'll be fine."

"I can't hold the paddle. You need to paddle to kayak."

"Ah, it's already figured out! These paddles have slots on them to stick pins on the wrist cuffs you'll be wearing into." He was starting to annoy me, just a little bit.

"I'll tip, and I'm scared of the water." I mumbled "Pretty tough to do. You'll have a life jacket on, a buddy paddler in a separate kayak, and pontoons on the back of the boat. You'll be fine."

My book of excuses had hit the last word in the final chapter, and I had to admit that I was a little bit excited to try. We made a plan, and I will confess that I was fully prepared for an epic fail, but thankfully I was proven wrong!

The kayaks we used belonged to Sask Wheelchair Sports Association (SWSA). They are recreational kayaks, meaning they have a wider hull and larger cockpit than touring or sea kayaks, making them more stable and easier to get into. The brand is Current Design, and the model is a Kestrel 120 with an open cockpit. There are a couple of dealers in Saskatchewan who

carry the Current Design brand, but we have discovered that the Pungo 120 offers similar features.

The seating systems, paddle adaptations, and stabilizing outriggers were all ordered from Creating Ability, which is an American based company that was formed in 2004 with a mandate to make kayaking accessible for everybody. There is also a kayak cart called a Chariot, which makes transferring into the kayak on a stable surface and then moving to the water a little easier, and a transfer bench, that is used in conjunction with the Chariot, for getting in and out. In order to use the transfer bench the user must have strong triceps and be able to transfer independently. Other than a 2 man, under the arms and under the legs transfer, the best method we have come up with for those of us unable to transfer in and out is a manual Hoyer lift that can be mounted onto the trailer that is used to haul the kayaks.

The Basic seat back is padded with

foam, and is fully adjustable with wrap around sides, and alternate height and recline positions. They will generally mount to most kayak seat bases. This just needs to be included in the details when ordering. Seat cushion comfort is very much an individual preference, from blow-up kayak cushions to low-profile Rohos. Looking after your skin is of utmost importance, as is finding a cushion that works well for stability. Making sure that there is padding for any pressure points, such as ankles, heels, or knees will make the experience more enjoyable as well.

The wrist adaptation for people with limited grasp includes a wristband and an attachment plate that is attached onto the paddle. The lighter the paddle, the easier it is to use with the least amount of fatigue. Blade shape is also a factor, depending on the angle the paddler uses, as well as ability. There is also an adaptation called a paddle pivot, which is basically a stand for the paddle to make one armed use possible, or even just to remove the weight

of the paddle for the kayaker.

The stabilizing outriggers (pontoons) are attached to the back of the kayak, and are adjustable depending on stability requirements. The closer they are to the boat, and the further out of water the less drag, but also less stability for the boat. The further out position offers less chance of the boat getting tippy, especially if the pontoons are sitting directly in the water, but makes paddling tougher. Quite often people will start in the most stabilizing position and start changing the pontoon position as their comfort level increases and they want to be able to go further with more ease.

All in all, I am very glad I finished my "Excuse Book" and decided to move on to the second in my series called "Excuse Be Gone; Just Kayak On."



Delynne and Josh Bortis taking a break on Anglin Lake

I'm not fast, nor overly agile. I won't be entering any long distance paddle marathons, but I found a way to be active, doing something I really love with friends and family. Last summer our family purchased 3 kayaks, 2 without adaptations, and 1 with.

We spent part of our summer looking for perfect kayaking spots, and part of it actually kayaking. We spent a week at

Anglin Lake at Land of the Loon Resort, and will be going back again this summer. We watched deer drinking along the lake shore, and heard loons calling in the late evening and early morning. It was amazing, and I can't wait to go again!

More info on Creating Ability can be found at www.creatingability.com

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

South Member Profile

Waterskiing was Second Chance for Blake Lamontagne

I FIRST GOT INVOLVED in water skiing at a Give It a Go Day that was at the end of summer in 2014, and it has impacted my life in so many ways. After that I was invited by the Canadian National coach, Dave Was-sill, to a prospect camp that was being held in Florida.

After returning from Florida I was told that I could put up scores to compete for Canada. The summer of 2015 I competed at provincials in Saskatoon as a one event, trick skier, where I won gold and received the rookie of the year award. In 2016 I got to travel down to Mississippi with world class water skier, Bill Bowness, where I also learned how to jump.

Then fellow team mates flew to North Carolina to compete in my first inter-

national competition. In 2017, I spent three months in Australia preparing for the World Disabled Waterski Championships in April. While there I progressed to be a three event skier,

competing in trick, jump, and slalom. That summer

I flew down to California to train with the American coach, and former athlete Matthew Oberholtz who helped improve my skiing incredible amounts.

I competed in provincials in August winning a gold medal in slalom, and silver medal in trick.

What waterskiing has done for me is hard to put into words. It's given me something to wake up and strive for every day. Being on Team Canada, I feel like I have a purpose again. It's the most exhilarating feeling that I've felt

in the just about 11 years that I've been hurt. I can be feeling like I'm at a low point in my life, but when I go ski, I get to check my disability or if I have any stress, at the dock and get to go out and express myself and feel free.

Traveling the world has also introduced me to some of the most amazing people and continues to open many doors allowing to be part of some of the most amazing experiences. In a way, it makes me feel like I get a second chance at being the athlete I was before my injury, only this is on a much bigger stage and I get to travel the world! I'm not sure of the dates yet, but we hold the give it a go day, the one that I started off at, in June for anyone that's interested in coming to check it out. For more info my phone number is 306-577-7929, or my coach Lisa Williams at 306-537-0477.!

**Written by Blake Lamontagne
Client Service Coordinator**

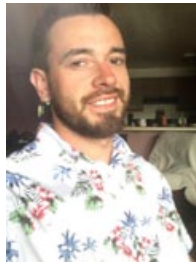


North Member Profile

Nolan Barnes, Mentor on the Move!

WHEN Nolan and I met to discuss this article I knew the topics were going to shift from the usual "What is your injury and what do you do?" to a more somber and time relevant discussion. It was just 6 days after the bus crash involving members of the Humboldt Broncos hockey team and organization, and like the rest of the country we were trying to make some sense out of such a surreal event, while at the same time feeling a helplessness that was slightly overwhelming. Amid reports that one, or maybe more of the survivors had experienced damage to the spinal cord, Nolan felt an empathy that comes with lived experience. He was only 18 at the time of his injury from a motor vehicle accident that resulted in a spinal cord injury at the 6th thoracic vertebrae, so there was definitely a connection to past events for him.

Injured in 2010, Nolan has had a few years to adjust and adapt to life on wheels. He freely admits to a wild life before and even for a while after his



injury. In presentations that he gives with the P.A.R.T.Y program, which is a brain and spinal cord injury prevention program coordinated by the Acquired Brain Injury Outreach Team, Nolan talks candidly about risk taking behaviours, and how those choices can

lead to life altering consequences. He also shares details of his personal life, and focuses on the personal attributes that aided him in his journey for acceptance and independence.

Being a small town boy from Yorkton, Nolan quickly realized that he was going to have to make some major life changes when he was finished Rehab at City Hospital. He took the first step towards those changes by making the move to Saskatoon and renting an apartment. He continued to work hard at his rehabilitation goals and found some healing through speaking for injury prevention programs, and got involved in adaptive water skiing, which has led to a spot on the national adaptive

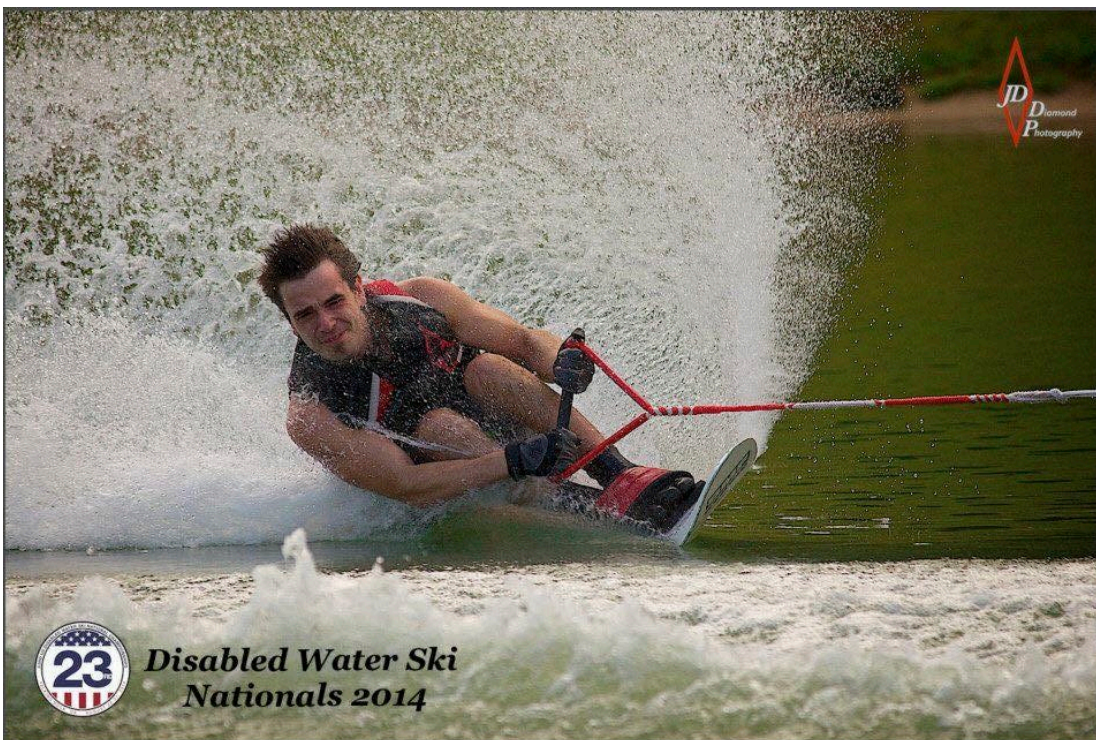
water ski team. He credits peer mentors for showing him how fulfilling his life could still be, and how hard work and determination would help him achieve the things he wanted. He credits his family and friends for giving him the support he needed to keep his attitude positive while he adjusted to life with a spinal cord injury.

His first job after leaving Rehab was deejaing at a local nightclub, which he did for 2 years, and although he enjoyed it, he decided that it really wasn't the life for him, and it was an environment that could lead him down the wrong path. Nolan decided to take a Parts Management course through Polytech, and landed a job at Hunds-

Nolan credits peer mentors for showing him how fulfilling his life could still be.

eth Powerline Construction, which he stayed at for a couple of years before starting at Primerica, where he sells insurance and financial services. He enjoys the flexibility allowed at Primerica, as it is a performance based endeavor, and he can work around his speaking and water skiing schedule. He now has time to enjoy sledge hockey as well, and plays on a local team.

As one of SCI Saskatchewan's peer mentors, Nolan says some of the most important advice he could give would center around therapies. The stretching, the strengthening, the perseverance is all so worth it. He suggests setting small, achievable goals so that it doesn't become overwhelming, and expanding on those goals as injuries heal, and working muscles get stronger. It will all be worth it in the end!🎯



CAMPER vs CABIN: Making it Work When You're On Wheels



IF YOU LIVE in Saskatchewan, there's a good chance that you've spent a great deal of your childhood winters at the hockey rink, and a great deal of the summers at the lake. It's part of who we are, and a lot of what we do. And, as parents we often find ourselves wanting to share those remembrances with our children. Essentially, incorporating old memories into new experiences. But, similar to the accessibility issue at most hockey rinks, camping can pose quite a few challenges to a quest for independence. Uneven terrain, sand, tree roots, and tiny spaces top the list of obstacles. So, how do we make it work? To figure it out I sat down with Lisa, who recently purchased a camper, and Tannis, who is in the process of building a cabin. Both have young kids, and both have Spinal Cord Injuries and use wheelchairs for mobility.

CAMPER

When I think back to 'cramper' camping (which was definitely not like modern day 'glamping') my memories come to me in senses. The sound of rain pounding on a tin roof, or a dozen mosquitoes hovering close to my breath. The feeling of being entombed in a slippery sleeping bag; freezing through the night, dying of heat stroke once the sun came up to warm my

world. The tastes of Alpha-Ghetti and Palm Milk; items which wouldn't spoil due to lack of a refrigerator. My mom and dad crammed 3 of us kids into that tiny camper, along with themselves and a black and white toy poodle who loved to roll in dead fish washed up on the lake shore. It was glorious!

Today I would not be able to get in there. The steps right off the bat would pose the first problem, never mind the door that a 5 yr old had trouble squeezing through, or an interior that had a turning radius that would pose problems for a Chihuahua. But, modern campers, 5th wheels, toy haulers, and motor homes are all being used by people who use wheelchairs and their families; sometimes with extra modification depending on need and ability, and sometime without much.

This is the route one of our peer group members took when deciding how to enjoy the great outdoors with her husband and two young sons. Lisa and her husband set out on a quest to find a pull behind camper that would work the best with Lisa's abilities with the smallest amount of adaptation possible. They decided on a 33.5' Sportsman with 2 slide outs, which has a good amount of maneuverability when it is set up. Because they were

not planning on making adaptations it was extremely important to search out the best floorplan.

The queen bed is separated from the main area by a fully retractable curtain, unlike the majority of camper trailers that have a half wall to slightly privatize the bedroom area, which is not ideal for wheelchair accessibility. One of the slide outs houses a set of bunk beds, and there is room to squeeze in a playard/portable bed that is easily accessed by mom.

The appliances in the kitchen are accessed from a sideways position as they are not wheel under, but the height works well, and a lot of their meals are tended to outdoors.

The bathroom is the biggest obstacle, but the bonus is that many provincial campgrounds have barrier free washrooms/shower rooms.

Opting out of a powered lift, portable ramps are used for exit/entrance into the trailer, and the plan is to get a seasonal lot and build a deck with a ramp that is closer to code.

There are a few pros over a cabin which make the camper enticing. First off, affordability. Although seasonal lots can run around \$3000 a year, many people may not choose to camp and stay. If you are a weekend camper, or a 2 week holiday a year camper, a fully serviced lot in

Saskatchewan will probably run somewhere between \$27-\$35 / night.

Secondly, if you like to wander and discover new places this is definitely the way to go. It's kind of like taking your home with you on exciting new adventures!

Third on the list, and maybe the most enticing is no yard upkeep. Other than keeping the small area around your temporary living space tidy and free of garbage that may lure friendly, or not so friendly, forest creatures to visit yard work is not generally a huge issue after initial set-up. This means more family time, and less work!

CABIN

When I was 6 my parents decided we'd outgrown the camper and decided to build a cabin. Our summers were spent there until us kids turned into teenagers and started asserting our independence, and jobs, friends, and social lives became a higher priority. We got water from a hand pump, light from coal oil lanterns, heat and cooking surfaces from a wood stove,

and a fridge fueled by propane. We were fancy though...we had an 8 track player and a CB radio hooked up to a car battery. This was a must! We tried to make it work for us a few times after my injury, but the lack of indoor plumbing, electricity, and running water became a huge issue, so my parents sold the cabin. So many great memories!

Those little rustic cabins are pretty much a thing of the past, and most now are more like moving a house from the city into the bush.

Another of our peer members, Tannis, and her husband decided this was the way to go for them. With 3 young children and a love of the outdoors they put together a plan to provide a permanent lodging for family get-aways. They found a lake and a lot they liked, and decided to collaborate with another family and build an accessible cabin, of which their family would use the lower level, and the other family would occupy the upper. Both levels are approximately 1700 square feet, and the basement has a walkout, and a switch back ramp

with a walkway to gain access from the front of the yard.

An elevator will add accessibility between the floors, as some areas (large kitchen, etc) will be shared. As the cabin is still in the building phase (a project the families are working on themselves) ideas and plans can change as production develops, but Tannis' hope is to have a wooded walkway with a beach seating area to connect from the house to the dock so she has full access to the lake independently.

In the meantime, she has found that a track add-on for her manual chair, called "Freedom Trax", gives her some added independence while manipulating soft, steep, or uneven terrain. Another option is a "FreeWheel", which is a large wheel that attaches to the front of a manual wheelchair and lifts the front casters off the ground, essentially turning the chair into a 3 wheeler that is easier to maneuver outside.

There are definitely some pros to purchasing/renovating a cabin over buying a camper. With a cabin many adaptations are the same as they are for a house, so a lot of the research has already been done and google is full of ideas for barrier free design. When you are building your own, it is easier to customize and make the design fit the individual.

Permanence is another pro. You can leave your dishes, bedding, non-perishable food items, shed tools, fishing gear, boats, etc. right there. It's like a second house. As well, if you require lifts or other equipment for assistance, either inside or outside for recreational activities you will not have to drag them around with you.

A third pro is that a winterized cabin can be a great place for a family that is into snowmobiling, cross country skiing, and all things Canadian winter.

After all is said and done, camping/lake living is probably not the most accessible thing to do, but for a lot of people it is definitely worth the extra time and planning that it takes to work out the bugs (both literally and figuratively).

If you have any camping hacks, or things that make a lake vacation a little easier for families or individuals in terms of decreasing barriers or inaccessibility we would love for you to share them with us. Or, if you have a favourite campground or lodging that has worked to improve accessibility let's give them a shout out! You can contact Delynne at 306-652-9644 ext 7, or email delynnbortis@scisask.ca.

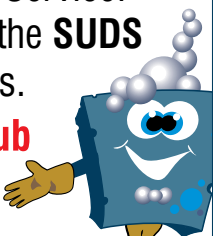


**Written by Delynne Bortis,
Client Services Coordinator**

Because Everyone Loves a Clean Car!

We now offer Drive-Through Service!
Stay in your vehicle and let the **SUDS**
Team take care of the Details.

**Ask about our Monthly Club
UNLIMITED WASH pass.**



SUDS
FULL SERVICE CAR WASH

Corner of Winnipeg St. & Dewdney Ave., Regina
PH: 306-522-SUDS www.522.SUDS.COM

BALANCE CONTROL AFTER SPINAL CORD INJURY:

What have we learned so far?

By: Alison Oates (researcher), Kristin Musselman (clinical researcher), Tarun Arora (researcher), April Hopkins (community member)



WHY STUDY BALANCE?

People with an incomplete spinal cord injury (iSCI) fall more often than people without an iSCI. Improving balance control may reduce the number of falls but first we need to know what balance control with an iSCI looks like.

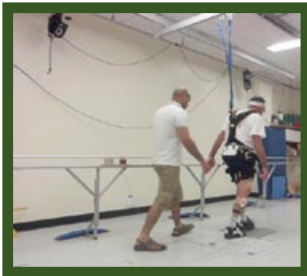


WHO VOLUNTEERED?

46 people volunteered for this study. 26 individuals had an iSCI (6 females, 20 males) with an average age of 59 years. Everyone was able to take some steps with or without a walking aid such as a cane, crutches, or walker, or with a special body-weight-support harness. There were 20 individuals matched for age and gender who did not have an iSCI that volunteered to participate.

WHAT DID WE DO?

The study took place in the **Biomechanics of Balance And Movement (BBAM) Lab** in the College of Kinesiology at the University of Saskatchewan over 1-2 days. On **Day 1** we tested muscle strength, sense of touch and movement, balance, and the ability to move around the community.



On **Day 2** we used 3D motion capture to measure movement, electromyography (EMG) to measure muscle activity, and force transducers to measure forces under the feet and hands while standing and walking. We used a slippery surface to learn

how someone with an iSCI reacts to unexpectedly stepping on a slippery surface. We also called participants every 2-3 weeks to ask about changes in their health and any falls that may have occurred.

WHAT DID WE LEARN ABOUT FALLS?

20 participants reported a total of 69 falls (range of 0-12, median of 2/participant). The causes for falls, in order from most to least often reported, were slips, legs giving out, trips, leg spasm, and poor balance. Falls most often took place at home indoors (45%) and outdoors (29%). Falls also often took place in the afternoon (43%) and in the morning (35%), and most often during walking (51%).

HOW DOES SOMEONE WITH AN ISCI RECOVER FROM A SLIP?

Reactive balance control is used to recover from an unexpected slip/trip/push etc. We used an unexpected slip to learn about reactive balance control in someone with an iSCI and found that, compared to the group that did not have an iSCI, the group with an iSCI was not able to

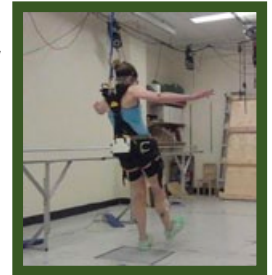
increase sideways stability as much, activated their shin muscle later, and did not activate their calf muscle as much in response to the slip. The results from the unexpected slip show that the ability to recover from a slip is impaired in someone with an iSCI.

DO NATURAL WALKING PATTERNS HELP REDUCE THE SLIP INTENSITY?

As researchers, we wondered if natural walking patterns impact how hazardous an unexpected slip is.

Compared to the group without an iSCI, the group with an iSCI walked slower, took shorter steps, and spent more time with two feet on the ground when walking. Of all

the variables we measured, walking slower was the only variable that helped make the slip less hazardous.



CAN WE IMPROVE BALANCE CONTROL?

We also measured *standing* balance control by asking participants to stand with their eyes opened and closed, at times lightly touching a railing that was placed beside them. Standing balance improved when someone was lightly touching the railing. The information coming from the arms and hand may have been used to help know where the body and limbs were in relation to the railing and the rest of the room. **Arora, Tarun, et al *Neuroscience Letters* 642 (2017): 91-96.**

WHAT DOES THIS ALL MEAN?

To summarize, many individuals with an iSCI fall--most often at home, during the day, and while walking. The ability to recover from an unexpected slip is impaired in someone with an iSCI which may explain why some of the falls occur. Someone with an iSCI naturally walks slightly different from someone without an iSCI and walking slower helps make a slip less hazardous. We may be able to improve balance control by adding sensory input.

WHAT'S NEXT?

We need to improve balance control, and reactive balance control in particular, to help prevent falls. Right now, we are recruiting individuals with an iSCI for one study looking at ways to improve walking balance control and another study measuring reactive balance control while standing when you are forced to take a step. Please contact Alison Oates, PhD (alison.oates@usask.ca) for more information.

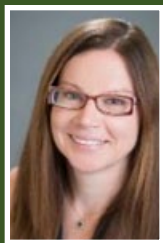
THANK YOU TO ALL OF OUR RESEARCH PARTICIPANTS & TO THE SASKATCHEWAN HEALTH RESEARCH FOUNDATION

... continued on page 18

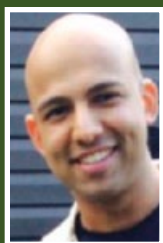
... continued from page 17



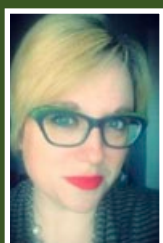
Alison Oates, PhD is a researcher in the College of Kinesiology at the University of Saskatchewan and co-director of the Biomechanics of Balance And Movement (BBAM Lab) who is interested in balance control and the use of sensory information during standing and walking.



Kristin Musselman, PT PhD is a Scientist with the Neural Engineering and Therapeutics team at Lyndhurst site of the Toronto Rehabilitation Institute and faculty member in the School of Physical Therapy at the University of Toronto with an interest in spinal cord injury, locomotion, and rehabilitation.



Tarun Arora PhD is a recent PhD graduate of the Health Sciences Graduate program at the University of Saskatchewan who worked on this research project as part of this thesis.



April Hopkins is a 43 year old partial spinal cord injury survivor living in Saskatoon. A staph infection changed her life in 2014 when it hit her spinal cord, leaving her partially paralyzed from the waist down.

This research study was funded by a 2014 Saskatchewan Health Research Foundation Spinal Cord Injury Grant, aligned with the Rick Hanson Institute awarded to Alison Oates and Kristin Musselman. The goal of this research was to better understand balance control in someone with a spinal cord injury including how balance impairments contribute to falls.



Be a "Chair-Leader" in your workplace.

We invite you to consider participating in Chair-Leaders events. Chair-leaders is a provincial fundraising initiative that engages businesses and workplaces to create greater awareness of the challenges faced by individuals with mobility disabilities.

Is your business or organization looking for a strategic partnership with an organization that creates awareness of accessibility in the workplace?

The chair-leaders initiative can do both; accessibility lays the path for creating employee success and business growth, within a more barrier-free community.

Good Access is Good Business to participate in chair-leaders and explore how SCI Sask and your workplace can work together contact us.

See how your organization can be a leader!

For more information contact our Saskatoon or Regina office today:

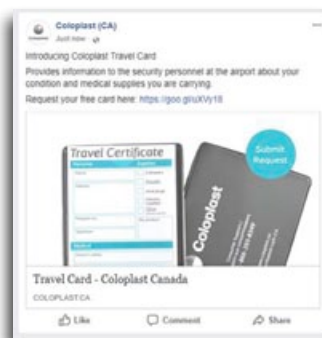
**Spinal Cord Injury
Saskatchewan Inc.
306.652.9644 Saskatoon
306.584.0101 Regina**

**sciinfo@scisask.ca
Fax 306 652 2957
[https://scisask.ca/
fundraising-events/](https://scisask.ca/fundraising-events/)**

Coloplast Travel Card

Coloplast is excited to share a new tool we have developed for those with intimate health-care needs – the Coloplast Travel Card. This card helps inform airport security personnel about any medical

supplies that a passenger may be carrying; hopefully avoiding the inconvenience and potential embarrassment of questions or a luggage search. We have had a downloadable version of this card available on our website for some time, but it printed out as a full page, which is not necessarily convenient, and as we heard from many of our users, many people don't have access to a computer or printer at home. We realized that for many people, getting a hard copy version in the mail would be a lot easier, so we came up



with one – and included a handy passport sleeve as well. The card is available free of charge, and will be mailed directly to the requestor's home address.

We have shared a link to request the Travel Card on our FB page – please feel free to share.

www.facebook.com/ColoplastCA/posts/1757275510998035. The Coloplast Travel Card can also be requested at **www.coloplast.ca/travelcard**



WAWOTA

5TH ANNUAL SLEDGE HOCKEY TOURNAMENT - March 23 to 25

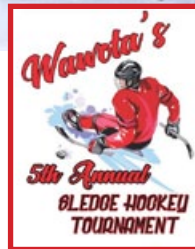
IN 2007, my son Blake Lamontagne was in a truck accident the left him paralyzed from his chest down. It was very hard for him to come home and watch his friends and family playing together the sports that he grew up loving to play himself. With four years between my boys, they never got the chance to ever play together. I was determined that I was somehow going to make that happen.

Hence where the idea of our tournament came from. I wanted Blake to be able to play in his hometown barn again with all his friends and family. I also wanted to show people what it might be like living with a disability. Although that's where it began, it has become so much more than that, and much bigger than I ever imagined.



Carter Morrison from Carlyle lights the lamp at the first sledge tournament

At our tournament we promote acceptance and inclusion, a life without barriers. People from all ages ranging from 10 to 60+ competing against one another, with little ones as young as



three just out playing around learning how to get around. People with all levels of ability on the same playing field playing as equals, no one is not included, and no one gets left behind. It all started

with 11 teams with four players per team. Five years later, 16 teams with six or seven players per team, over 100 players registered to play.

100% of all proceeds are donated back. Over the years to name a few, this is where our money has gone: our Community Forum, Stars Air Ambulance, Saskatchewan Wheelchair Sports Association, Sports Legacy Fund, Regina Sledge Hockey team. The tournament owes its success to our community and surrounding areas for all your support, and to the Avengers Sledge Hockey team for allowing us to use their equipment.

It just keeps getting bigger and better. As long as people wanna keep playing, that's how long our tournament will continue to go for.

Written by Melanie Brimmer



**Clockwise from above:
Dean Horvath "tearing it up"**

Blake (left) and brother Blaine Lamontagne

Melanie Brimmer cutting the 5th anniversary cake

The Pearson/Gerein Cup donated by Precision Ag

From left: Bob Lamontagne, Kirkland Chalus, Justin Lamontagne, David Brimmer, Blaine Lamontagne, Blake lamontagne



*The only disability
in life is a bad
attitude.*

Free catheter education kit!



A free kit to make your intermittent catheterization easier!



A step-by-step guide to intermittent catheterization, with visual instructions



A bladder diary to help you talk to your doctor about your bladder control



A form to request funding for intermittent catheters



Isagel®, no rinse antiseptic hand sanitizer

All inside a discreet toiletry bag - get yours today!



Request your free kit today at
www.coloplast.ca/ICkit

PEER Support PROGRAMMING

In Regina

Community Kitchen

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

- **June 14, 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 kristindrummond@scisask.ca

Power Soccer:

We will be host a Power Soccer Session Wednesday June 20, 2018. It will take place at the Wascana Rehabilitation Centre gym (2180 23rd Ave) 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

Adapted Movement Activities:

SCI Sask's Regina office is able to continue offering interactive activities for our clients with the assistance of the **Saskatchewan Lotteries Community Grant Program** over the next several months, the Regina office will be hosting a series of Adapted Movement Peer events which will feature a variety of adapted physical activities, arts and socializing opportunities. Please watch our website, Facebook Page, Parascopes Magazine, and your e-mail for details on upcoming Adapted Movement Peer Events.

gram over the next several months, the Regina office will be hosting a series of Adapted Movement Peer events which will feature a variety of adapted physical activities, arts and socializing opportunities. Please watch our website, Facebook Page, Parascopes Magazine, and your e-mail for details on upcoming Adapted Movement Peer Events.



Sportsreport

SWSA UPDATE: Upcoming Have-A-Go Days

Have-A-Go Days are designed to welcome individuals with physical disabilities to try a variety of adaptive sports in one location. Events welcome individuals who are 5 years + who are interested in learning the basics in multiple sports in a non-competitive environment. See upcoming events at the right!



Assiniboia Have-A-Go

When: Thursday, May 24th 2018

Time: 6:00-8:00 pm

Where: Assiniboia Composite High School Gym

Sports offered: sledge hockey, wheelchair tennis, wheelchair basketball, and wheelchair athletics

Swift Current Have-A-Go

When: Wednesday, June 6th 2018

Time: 6:00-8:00 pm

Where: Swift Current Comprehensive High School on the outdoor track

Sports offered: wheelchair athletics (racing and throwing events)

Adaptive Sailing Have-A-Go

When: June 23rd & 24th 2018

Time: starts at 10:00 am

Where: Blackstrap Lake (near Dundurn)

Adaptive Kayaking Have-A-Go (Saskatoon)

When: Thursday, July 5th & Thursday, August 2nd 2018

Time: 6:00-8:00 pm

Where: Erindale Pond (Saskatoon)

All events require registration. Please register with Chantal, Bridging the Gap Provincial Coordinator, at chantal@swsa.ca or call (306) 975-0824. For more information on the above listed sports, please see our Facebook page (search "Sask Wheelchair") or visit our website at www.swsa.ca.





**Spinal Cord Injury
Saskatchewan Inc. SCI Sask**

Saskatchewan Provincial Office
311 - 38th Street East,
Saskatoon, SK S7K 0T1

Phone: 306.652.9644
Toll-free: 1-888-282-0186
Fax: 306.652.2957
sciinfo@scisask.ca

Regina Regional Office
3928 Gordon Road,
Regina, SK S4S 6Y3

Phone: 306.584.0101
Toll-free: 1-877-582-4483
Fax: 306.584.0008
sciinfo@scisask.ca

Visit us on the Web www.scisask.ca
and www.facebook.com/SCISask/

Publications Mail Agreement:
40017114

Return undeliverable addresses to:
Spinal Cord Injury Saskatchewan
311 - 38th Street East, Saskatoon, SK
S7K 0T1

Spinal Cord Injury Saskatchewan
(SCI Sask) neither endorses nor
guarantees any of the products or
services advertised or profiled in
Parascope. Readers are strongly
urged to investigate the products
and companies before purchase.



Spinal Cord Injury Saskatchewan Inc.
Lésions Médullaires Saskatchewan

**Nothing contained in Parascope
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.**

LETTERS to the EDITOR

paraScope Magazine invites you to submit Letters to the Editor. We are accepting submissions from SCI Clients and members that may express concerns, issues and solutions to inclusion for all citizens.

DISCLAIMER: While all feedback is welcome, the Editor reserves the right to decline or not publish materials.

Letters should be approximately 300 words and must include the author's name and contact information. Content which may be slanderous or which violates the Canadian Human Rights Code will not be accepted.

Please submit to Editor, Parascope Magazine, sciinfo@sci-sk.ca.

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.



#7 - 705 Central Ave
Saskatoon, SK S7N 3A4
Ph: (306) 664-1190
Toll Free: 1-833-667-6186
www.schaanhealthcare.ca
info@schaanhomehealth.ca

Our brand new store is NOW OPEN!

Located on Central Avenue in Saskatoon, Schaan Home Healthcare is now open to serve your personal medical supply needs in a friendly, retail setting.

We welcome you to visit Tam and Terry at Schaan Home Healthcare for all your Para Medical Supplies.

- ✓ Personal Care Items & Daily Living Aids
- ✓ Rehab & Athletic Therapy
- ✓ Mobility Aids & Bathroom Safety
- ✓ Skin, Wound & Ostomy Supplies
- ✓ Incontinence Products

In Saskatoon call
306-664-1190 or Toll Free 1-833-667-6186
info@schaanhomehealth.ca



2 Locations to Serve You Better! Our dedicated customer service staff at our original Schaan Healthcare Products location are also ready to assist you Monday to Friday, 9am - 4:30pm.

In Saskatoon call 306-664-1188 or Toll Free 1-800-667-3786
820 45th St West. Email: customerservice@schaanhealthcareproducts.ca



Rosann



Laura



Julie



Kelly





**EXPAND YOUR
WORLD...
...BUT NOT YOUR
TURNING RADIUS.**

INTRODUCING THE **MAGIX6™** POWER WHEELCHAIR.



The Magix6™ wheelchair is a revolution in the power mobility segment, offering new freedom indoors and outdoors. Designed for active everyday users, the Magix6™ can handle most urban and rural terrain and Canadian weather conditions.

Powerful twin motors, true six-wheel-drive and superb stability allow the Magix6™ to traverse curb cuts, gravel, mud and a range of obstacles. The Magix6™ is also an ideal indoor chair, as its omni-directional front and rear drive wheels allow for a zero turn radius, providing mid-wheel drive chair manoeuvrability in the tightest of spaces.

The seat base, back and armrests of the Magix6™ are all easily adjustable to accommodate paediatric to adult sizes, providing flexibility for users' changing needs as they grow older.

TO FIND A MAGIX6™ DEALER, PLEASE CALL 1-800-403-9019.
ASSISTABILITY IS THE EXCLUSIVE DISTRIBUTOR FOR NEW LIVE SARL MAGIX IN CANADA.

Magix6™

TOLL FREE CANADA: 1-800-403-9019 WWW.MAGIX6.COM WWW.FACEBOOK.COM/MAGIX6