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TREATS ALL PEOPLE WITH
THE DIGNITY THEY DESERVE**

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The SCI Saskatchewan Strategic Plan 2015-2020 is a living document; it does not just sit on a shelf. The four strategic directions form the basis for our everyday work. The Board of Directors and the Human Resources Team work diligently to achieve the goals through the governance and the operational objectives and continuously connect the dots with key stakeholders to forward accessibility and inclusion of persons living with disabilities.

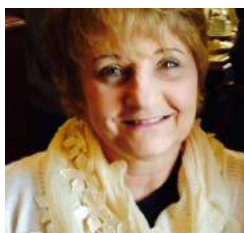
Our vision remains as “Working collaboratively for Inclusive Communities”, and as **the what,** facilitates several opportunities and initiatives with our clientele and invested stakeholders.

Our Values include Abilities, Accountability, Access, Empowerment, Excellence, Innovation, Knowledge Exchange, and Partnerships. The value words form **the why** SCI Saskatchewan delivers the services in place, and why we strive for enhancement in communities for individuals living with physical disabilities.

Our mission states for and with we continue in our core business, which is **“to assist persons with spinal cord injuries and other physical disabilities to achieve independence, self-reliance and full community participation”.**

The Strategic Directions include **the how** we incorporate and implement

Message From the Executive Director



our objectives to: Expand Engagement with Rural and Indigenous communities; Expand Service Delivery via Technology and Accessible Portals; Maximize Strategic Partnerships and Alliances; and Solidify Diverse and Sustainable Funding Sources.

Over the past six months, the Board of Directors and the Human Resources Team have worked diligently to implement the Strategic Directions into the day to day core business. The Human Resource Team has undertaken a dedicated reconnection with our clients to ensure needs are being met and to discern what changes individuals are experiencing in their life-journey of living with a physical disability. The team has also been revisiting the Peer Mentor Program and implemented steps to re-engage, specifically achieving consistent criterion for peer mentors and expanding towards an established Peer Mentorship Network (PMN). The PMN will be

inclusive of rural and indigenous communities and will incorporate virtual and accessible technological means to function effectively, as we strive to meet the rehabilitation and participation needs of our clients throughout Saskatchewan.

Partnerships and Alliances are undergoing a revitalization and strengthening to ensure collaboration will maximize efforts towards change and improved accessibility to services are realized. SCI Sask works with provincial disability organizations via the Disability Services Alliance, the SK Human Rights Commission, the Office of Disability Issues, the Disability Income Support Coalition, the Saskatchewan Wheelchair Sports Association, and the Saskatchewan Health Authority Acute Care, Rehabilitation Centres, and Community Outreach in the endeavor to connect the dots and streamline efforts to actualize change.

SCI Saskatchewan participated in three major awareness and fund development campaigns in August and September 2019: the First Annual Fundraiser Golf Tournament in Prince Albert, the third annual LA Charities Golf Tournament in Elbow, and the 20th Anniversary Saskatoon Wheelchair Relay. Highlights of these strategic events can be viewed in this Fall 2019 Parascopes.

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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
Email: sciinfo@scisask.ca

Regina Regional Office

130-335 Hoffer Drive
Regina SK S7N 6E2

Phone: 306.584.0101
Toll Free: 1.877.582.4483
Fax: 306.584.0008
Email: sciinfo@scisask.ca

Visit us on the Web

www.scisask.ca

www.facebook.com/SCISask/

[@scisask](https://www.twitter.com/SCISASK)

www.linkedin.com/company/spinal-cord-injury-saskatchewan

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Spinal Cord Injury Saskatchewan
311-38th Street East
Saskatoon SK S7K 0T1

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No information contained in Parascopes is intended to be used for medical diagnoses or improvement. It should not be used in place of advice of your physician or other qualified health care provider.



Membership

Become an Individual Member of SCI Saskatchewan

SCI Saskatchewan Membership Benefits

include:

- SaskTel Mobility (Cellular) Program
- SGI Vehicle Registration Rebate
- Parascopes Magazine
- Voting Delegate at SCI Sask Annual General Meetings

The Individual Annual Membership year is April 1 to March 31 at \$40.00 per year.

We are pleased to provide a complimentary membership for the first year to persons living with a physical disability.



SCI SASKATCHEWAN WELCOMES RANDALL KEYS TO THE HUMAN RESOURCES TEAM

Randall Keays joined the SCI Saskatchewan HR Team on September 3 2019 as the Finance and Materials Manager. Randall comes to us with 10+ years in Finance, HR, and Administration. Randall's career has taken him down different avenues and has provided a breadth of experience, which he brings to SCI Sask.

Prior to working with SCI Sask., Randall had limited knowledge as to how individuals with physical disabilities maneuver through a world that is not easily accessible. During the past two months he has taken notice of many day-to-day scenarios that are not accessible, gained insight to people and community needs, and is looking forward to working with Spinal Cord Injury Saskatchewan to create a more Accessible future.

SCI SASK PEER MENTORSHIP NETWORK

Spinal Cord Injury Saskatchewan is revitalizing our services in the area of peer mentor supports. SCI Sask initiated a peer mentor support approach in the 1980's and has carried out this support for almost forty years. The enhanced initiative of developing a Peer Mentorship Network (PMN) began in earnest this fall, and is supported by the Community Initiatives Fund.

SCI Saskatchewan serves over fifteen-hundred individuals with spinal cord injuries or other physical disabilities across our province. Peer Mentorship is proven to be

one of the most effective ways to provide support and expertise with individuals experiencing a similar life situation. Benefits of peer mentorship are identified as improving upon psychological and emotional well-being, sharing of practical information, establishing life-long support, and enhancing community participation. SCI Sask recognizes the need to expand the peer mentorship opportunity in several more communities in Saskatchewan, which will enhance services and engagement with individuals living with a physical disability, particularly in remote, rural and northern communities.

The revitalized initiative of the SCI Sask Peer Mentorship Network will identify, recruit, train, support and connect peer mentors. The project goal is to establish and maintain a solicited network of certified peer mentors who have the drive, motivation and volunteer capacity to reduce isolation, navigate systems, share life experiences, introduce new opportunities and create a fellowship within SCI Sask Peer Mentors and Human Resources Team. This PMN will enhance the capacity of SCI Sask, and ensure a sustainable method to provide support and services to individuals living with SCI or other physical disabilities.



Peer mentorship Network Coordinator, Dafydd Herbert, is contacting and meeting with individuals known to SCI Sask with the goal of recruiting new peer mentors living in remote, rural and northern communities. If you are interested in knowing more about the program, or becoming a peer mentor, please contact us at sciinfo@scisask.ca or call the SCI Sask Provincial Office at Toll-free: 1.888. 282.0186.

REGIONAL OFFICE RELOCATION



SCI Sask Regional Office relocated to Hoffer Business Centre 130-335 Hoffer Drive.

The office is conveniently located in North Regina off McDonald Street and Ring Road.

Phone number remains at Toll free at 877.582.4483 or 306.584.0101



Thank you to the Community Initiatives Fund for their generous support of the Peer Mentorship Network

Organizational News

Rick Hansen Spinal Cord Injury Registry Publishes New Report

The Fall 2019 Report from the Rick Hansen Institute was recently released. 7,000 individuals with traumatic spinal cord injuries generously contributed their time and experiences to RHSCIR and its research. This research is vital to improving the lives of individuals with spinal cord injuries, and maximizing the potential for these individuals to reach his or her fullest recovery.

RHSCIR is a prospective observational study that collects clinical and demographic data from Canadian acute and rehabilitation hospitals specializing in SCI care and treatment. It collects information from individuals with SCI throughout their lifetime after integrating back into the community. In recent years,

RHSCIR has established international collaborations with pilot studies in China, New Zealand and Israel, making it a truly global study which connects the international SCI research and clinical care communities.

The report summarizes the results of surveys completed by 299 RHSCIR participants who answered a community follow-up questionnaire from April 2014 to February 2017. All questionnaires were completed 5 years after injury.

The report found that 29% of the population was between the age of 46 and 60. The most common cause of injury was transportation (38%) and 57% of the respondents said they were satisfied or very satisfied with their family life. The report also highlighted living arrangements, secondary health complications, mobility, bowel and bladder function and healthcare utilization.

The findings of this report highlight the need for further research and resource development in the areas of sexual health, optimizing bowel and bladder management, vocational support, as well as supporting psychosocial and emotional health.

For the full report visit www.rickhansen.org

- 9 in 10 living in private residence
- over 1 in 2 were unemployed 5 years post injury
- 42% are satisfied or very satisfied with their life, post-injury as a whole
- 2 in 5 reported depression or mood problems limit their activity
- 15% of individuals reported their sexual health to be satisfying or very satisfying
- 83% reported at least one secondary health complication (e.g. spasticity, neuropathic pain) as a result of their SCI

Source
Praxis Spinal Cord Institute. Rick Hansen SCI Registry Community Report.
Vancouver, BC: Praxis; 2019.

National AccessAbility Week (NAAW) May 31-June 6th 2020

It is a time when accessibility and inclusion is promoted across communities and workplaces and a time to celebrate the contributions of Canadians with disabilities.

SCI Saskatchewan is active in collaborating with the disability community to coordinate events and activities. Stay tuned for more information.





WHO NEEDS 20?!

AFTER NEARLY TWO AND A HALF YEARS COLLABORATION AMONG RESEARCHERS AT THE UNIVERSITY OF SASKATCHEWAN AND UNIVERSITY OF REGINA, WHO NEEDSTWENTY?! (AMPUTEE SUPPORT GROUP) PARTICIPANTS AND HEALTH CARE PROVIDERS HAS DIRECTED NEW RESEARCH PROJECTS THAT IS ENHANCING CARE FOR AMPUTEES

With support from the Saskatchewan Center for Patient Oriented Research (SCPOR) we have established a patient oriented research team (PORT) that informs us of areas of concern for persons living with amputation, allowing us to do both researcher driven and patient oriented studies. Three studies are currently wrapping up, data analysis is underway and results will be disseminated shortly.

The first study was designed to give insight into why some people who wear a lower extremity prosthesis have better function than others. We do know that pain in a phantom limb impacts function, but we don't know if a persons ability to move the limb that is no longer present (phantom limb control) has any influence on function.

We were granted funding by the University of Saskatchewan to examine the

relationship among phantom limb control, physical function, and changes within the brain in individuals with below the knee (trans-tibial) amputation. 32 participants completed the phantom limb control and physical function evaluations, 5 of those participants had additional functional MRI testing. So far we have not found a significant correlation between phantom limb control and physical function however there seems to be a trend

that indicates those without phantom limb sensation perform better on physical performance tests. MRI analysis is ongoing and we hope to have results shortly.

The second study was designed to give insight into why 30% of people with upper extremity amputation reject their prosthesis. We hypothesize that this rejection rate may be due to a disconnect between the muscles used to control movement of a phantom limb and the muscles needed to functionally control a prosthesis. To test this hypothesis we used electromyography (EMG) to compare muscle activation patterns during phantom limb movement to muscle activation patterns during the same movement with their prosthesis. Data analysis is underway and we are preliminary excited about the results.

The third study focused around our concern that many people with lower extremity amputation have difficulty walking with a prosthesis and walking with crutches or a walker may also be prohibitive. This concerns us because we know that difficulty walking fosters a sedentary lifestyle that may lead to poor physical and mental health. We were also concerned that using a walker or crutches places excessive force on the intact foot, which may lead to ulceration and pain, especially in those with vascular disease. To address this concern we investigated the force

under the stance foot, walking speed, perceived exertion and personal preference of 3 different walking aids: crutches, walker and the wheeled knee walker in 21 healthy older participants. Results found that the majority of participants preferred the wheeled knee walker to the other devices. Additionally the wheeled knee walker provided less impact to the stance foot, allowed for maintenance of chosen walking speed and showed no increase in exertion rates. These results are being prepared for publication and we received funding from the Kinsmen Foundation to extend this study to people with below the knee amputation and/or people with ulceration of their foot.

In addition to research of the above described and other studies we have been making great strides with the peer support program for individuals with amputation in Saskatoon. The Who Needs Twenty?! community support group meets quarterly and we are always excited for new people to join the group!

If you have any interest in joining the group or would like more information on our research give us a call at (306) 371- LIMB (5462) or on Facebook at

<https://www.facebook.com/groups/WhoNeedsTwenty/>.

Accessible Canada Act

CANADA'S FIRST FEDERAL ACCESSIBILITY LEGISLATION COMES INTO FORCE

Accessibility in Canada is about creating communities, workplaces and services that enable everyone to participate fully in society without barriers. The Government of Canada believes that all Canadians deserve the same opportunities and chances at success and is pleased to announce the coming into force of the Accessible Canada Act. Reaching this milestone demonstrates the Government's commitment to implement this transformational legislation in a timely manner, creating more opportunities for persons with disabilities and ensuring greater access for all Canadians.

The coming into force of the Accessible Canada Act establishes a framework to create a barrier-free Canada through the proactive identification, removal and prevention of accessibility barriers. It will also ensure that persons with disabilities are no longer required to fight barriers to accessibility on an individual basis. With this legislation in place, millions of Canadians with disabilities can rely on the Government of Canada to remove the barriers

that hinder their full participation in society.

The Accessible Canada Act applies to the federally regulated private sector, which includes the banking, transportation and telecommunications sectors, as well as the Government of Canada, Crown corporations and Parliament. Under the act, these organizations will be required to develop and publish accessibility plans that describe how they will identify, remove and prevent barriers to accessibility. They will also be required to establish a mechanism for receiving and addressing feedback on accessibility from anyone who interacts with their organization. Finally, they will have to develop regular progress reports on the implementation of their plan and addressing any feedback they receive.

The Accessible Canada Act also establishes new structures and positions, including:

- the Canadian Accessibility Standards Development Organization (CASDO), led by a board of directors comprised of a majority of persons with disabilities that

will develop accessibility standards in collaboration with the disability community and industry;

- Minister of Accessibility and monitor systemic and emerging accessibility issues; and
- An Accessibility Commissioner, who will spearhead compliance and enforcement activities under the legislation.

The next phase of implementation will include the development of standards and regulations that will provide clear guidance on accessibility requirements. The new legislation is built on a whole-of-government approach to accessibility. Existing regulators and complaints bodies—such as the Canadian Transportation Agency, the Canadian Radio-television and Telecommunications Commission, the Canadian Human Rights Commission and the Federal Public Sector Labour Relations and Employment Board—are required to collaborate to put in place a mechanism for the efficient and expeditious referral of accessibility-related complaints and to foster complementary accessibility policies and practices.

The coming into force of the Accessible Canada Act also legislates National AccessAbility Week as beginning each year on the last Sunday in May, with the objective of promoting accessibility and celebrating the contributions of persons with disabilities across the country. The Accessible Canada Act will help to change the way that the Government of Canada and organizations within federal jurisdiction address disability and accessibility and interact with Canadians.



Employment and Social Development Canada

Canada

“Today marks a major milestone in the history of disability rights. . . With this legislation now in place, we can begin a journey that will lead us to a society that treats all people with the dignity they deserve. Now more than ever, we can say: Nothing without us!”

– The Honourable Carla Qualtrough, Minister of Public Services and Procurement and Accessibility

THE ACCESSIBILITY PROFESSIONALS NETWORK ● ● ● ● ● ● ● ●



A P N 2 0 1 9

**Learn about the
latest in accessibility.**

The Accessibility Professional Network 1st Annual Conference took place in Toronto, Ontario on October 31- November 1st, 2019. Approximately 200 professionals from the built environment and accessibility industry, plus the disability community, from across the country came together for the first time.

Delegates experienced the opportunity to participate in keynote lectures and concurrent sessions on a wide range of accessibility topics from industry leaders. The 2019 APN Conference provided attendees with a platform to learn about national and international initiatives in accessibility, network with accessibility professionals, engage in discussions on built environment accessibility topics, and contribute to enhancing the field of accessibility in Canada.

The Accessibility Professional Network was created to bring together RHFAC Professionals, accessibility consultants, experts in the built environment, and anyone interested in creating a Canada that is accessible for all. Rick Hansen, Founder, Rick Hansen Foundation Through the power of his story and the inspiration found in others, Rick Hansen believes that it's not what happens to you, but what you do with it that counts. Rick challenges

Canadians to check their own attitudes and question the barriers to success within themselves and within their communities.

Philip Rizcallah, CEO, Canadian Accessibility Standards Development Organization, presented an overview of the mandate of the newly formed Canadian Accessibility Standards Development Organization (CASDO), the role of the Board and how they will both support the Accessible Canada Act in realizing a Canada that promotes inclusion for all Canadians was presented. CASDO will develop and revise accessibility standards that will set out how federal private sector organizations and Government of Canada departments and agencies can prevent, identify and remove barriers to accessibility.

The prelude to the APN Conference was the 2019 Accessibility Leadership Dinner Hosted by the Rick Hansen Foundation, the Accessibility

Leadership Dinner was partaken by over 50 leaders from a broad group of disability organizations to build on the momentum from the series of Accessibility Leadership Forums held over the past three years. The working dinner further identified and codified best practices drawn from the group's experience in service of advancing goals specific to:

Better incorporation of universal design into professional education;

Broaden awareness and credibility of RHFAC within the building industry and business owner communities;

Work with government to continue moving forward on both the government's approach to accessibility in its own buildings and advancing the building code.

SCI Saskatchewan, as a member of the Accessibility Professional Network, was represented at this first Annual APN Conference by Colin Farnan of the Provincial Office in Saskatoon.

Continued on page 16

Making it easier to get back on track



Concerned about UTIs? You're not alone.

UTIs are a common issue for many catheter users. If you have worries, or feel uncertain about how to reduce your risk of UTIs, you're not alone. Indeed, with many catheter users experiencing two or more UTIs every year¹, they represent a significant source of concern.

Understanding Urinary Tract Infections is a free guide that provides helpful advice for catheter users on keeping their bladder health on track.

¹Source: IC user survey (Countries: US, UK, DE, NL, FR, IT), January 2016 (n=2942)

Request your **free** copy of
Understanding Urinary Tract Infections



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1-866-293-6349



www.coloplast.ca/utibook



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PM-09171

SCHOLARSHIP INAUGURATES AWARD AUGUST 2019

The LA Charities Post-Secondary Education Scholarship was awarded to the first recipients. Nigel Fernandez and Shaylee Rosnes both received a \$2000.00 Scholarship to continue their post-secondary studies.



NIGEL FERNANDEZ

I was unfortunately diagnosed with a primary brain tumour and consequently was given radiation therapy to delay future growth. I was told that since I will be treated as a child, that there was no hope of even entertaining the idea of starting university due to the dramatic permanent loss of brain cognitive functions required for post-secondary education. I completed six radiation treatments to the brain and spinal cord. This resulted in a slow neurological decline and the outcome was Spinal Cord Injury and Brain Injury. Despite these challenges and against all odds, I figured out a way to attend university even if it meant embarking on a new journey as a cancer survivor.

This was not an easy task. For me, this means studying for hours and hours every day with not a minute to spare. I record all lectures and use a screen reader to view all my textbooks. It is essential for me to preview all the material before and after class, review all lectures while preparing for mid terms and exams all at once. This is vital in order to be successful in academic life. Furthermore, by reviewing and putting forth considerable effort, valuable information that is learned will transfer to different parts of my brain to function as it should.

Thus far, I have thirty three credits within the college of

Be the change that you want to see. Nigel Fernandez

Kinesiology, University of Saskatchewan. In the past, I have been a guest lecturer in Kinesiology 322: Theory of Movement and neuromotor control as well as in Neurology 1,2,3 with the school of rehabilitation sciences. All examinable. I have also published an article on Functional Electrical Stimulation in a Journal called Synapse Neurosciences Division. Some of my prior work can also be found in a brochure for Phillips Life Line and appeared in Neurology offices around the country. It is also worth noting that I have given a lecture with a colleague on Functional Electrical Stimulation which was even more remarkable considering it was originally pitched as something of the impossible.

Initially, Kinesiology was my field of study. However, since then I have shifted my focus to clinical NeuroPsychology. Within this area, I will be able to work closely with physicians to diagnose, treat, observe and rehabilitate others in a similar way that I have done with my own adversaries. In other words, be the change that you want to see.

This year I am the recipient of the Spinal Cord Injury 2019 LA Charities scholarship. To me, it symbolizes a very deep accomplishment not just as a student but as a human being that has overcome and continue to prosper and flourish. At just 30 years old, I have given presentations, lectures, attended many classes and of course have written an abundance of midterms and exams. The cost of attending any post secondary education is substantial for any student never mind for someone who lives with Neurological injury. Examples of such include assistive technology, transportation and any potential attendant care or other related costs. By accepting this award, I now have all supports I need to achieve my goal of attending and fulfilling my education endeavors. Thank you L.A. Charities. Together, lets develop the tools necessary to treat neurological injury one spark at a time.

Written by Nigel Fernandez



THE SCI SASK LA CHARITIES SCHOLARSHIP FUND IS THE DESIGNATED FUND STARTED BY CHRISTOPHER LETTS AND ANDY ARGUIN WHO FORMED LA CHARITIES AFTER TWO PERSONAL FRIENDS WERE AFFECTED BY SPINAL CORD INJURIES.

LA Charities generously donates to Spinal Cord Injury Saskatchewan Inc. each year through profits from their LA Charities Golf Tournament.

The LA Charities Post- Secondary Education Scholarship is awarded annually by SCI SASK. The fund provides financial assistance to individuals living with a spinal cord injury or other physical disability who wish to pursue post-secondary education.

Eligibility is open to any Saskatchewan resident living with a spinal cord injury or other physical disability who is enrolled and pursuing post-secondary education.

Preference will be given to individuals living with spinal cord injuries or other physical disabilities who demonstrate:

- Financial need
- Academic achievement, including grades, rank in class, standardized test scores
- Community/extracurricular involvement
- Leadership
- Participation with Spinal Cord Injury Saskatchewan Inc. through, but not limited to: peer mentorship, volunteering, participation in activities

SHAYLEE ROSNES

As a recipient of the 2019 SCI Sask LA Charities Post-Secondary Education Scholarship I write this article to express what this means to me; it means a lot and is important to a few areas of my life.

Firstly, the scholarship is a big help for me financially. Once school starts back up after summer break, I've always got far too many things on my mind. I end up hitting the ground running trying to organize my life around classes, assignments, work (a new addition) and friends. Add to that the fact that I live with a disability that requires me to find room to prioritize my health somewhere in there and things get interesting. I always find a way to make it work, but anything that can be taken off of my plate is greatly appreciated. Thanks to the SCI Sask LA Charities scholarship, tuition is no longer a worry of mine. I can just focus on giving my all to my studies (and everything else I do) without wondering where the money to pay my tuition costs is going to come from.

Now, financial help is one thing, but the meaning behind this scholarship goes deeper than that for me. By awarding me this scholarship, SCI Sask and LA Charities are saying that they recognize my potential. They understand that having a disability is difficult,



but they also see all my effort to move past it and contribute to society in a meaningful way by studying social work. My body doesn't function normally so I put in double the effort for the same amount of payoff. Much of the time, that doesn't get noticed. I don't even really acknowledge it because I am so used to it. The scholarship is a nice reminder that all of the work I put in each day is seen and appreciated.

Written by Shaylee Rosnes

It's a nice reminder that all of the work I put in each day is seen and appreciated. Shaylee Rosnes

**Online
Peer Health
Coaching**

**For people with
spinal cord injury**

SCI&U



The University of Toronto and University of Saskatchewan are currently recruiting participants for an Online Self-Management Program for Spinal Cord Injury (SCI), **SCI&U**.

- *Participants meet online with a trained peer health coach;*
- *Coaches are Canadians with SCI;*
- *Participants define their own goals for health improvement;*
- *Participants meet with coaches up to 14 times over six months.*

Interested in Participating?

Email:

sciandustudy@utoronto.ca



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Intermittent Catheter



Continence Care

3rd Annual LA Charities Golf Tournament

LA Charities hosted their third annual Golf Tournament on September 14, 2019. Nestled in the beautiful Harbour Landing Golf Course in Elbow Saskatchewan and bordering Lake Diefenbaker, the tournament participants of over 18 teams enjoyed golfing on a fabulous warm autumn day.

LA Charities, with directors Chris Letts, Andrew Arguin and new member Mitch Stevens so graciously donate the proceeds of the annual Golf Tournament to Spinal Cord Injury Saskatchewan, which are dedicated to the LA Charities Post-Secondary Education Scholarship Fund. The monies raised in three years combined effort has realized almost \$13,000.00. The scholarship is awarded annually to individuals living with a spinal cord injury or other physical disability to allow for entry or continuation in post-secondary education.

SCI Sask President Bill Lehne, plus a team from SCI Sask staff and members, attended the tournament this year. After a full day of golfing, participants enjoyed a great Steak Dinner, followed by Silent Auction awards and the 50/50 draw. Bill spoke with passion to the crowd about

Accessibility Professionals Network Continued from page 10

Colin participated in the Rick Hansen Foundation Accessibility Certification Program (RHFAC) Program, successfully completed the CSA accreditation process, and is a Rick Hansen Foundation Accessibility Certified Professional and is trained in using Universal Design principles.

SCI Saskatchewan is committed to achieving barrier-free environments for clientele and communities through offering Accessibility Assessment Services and facilitating Rick Hansen Foundation Accessibility Certifications.

Please contact Spinal Cord Injury Saskatchewan Inc. for further information on how your organization, company, business and community entities can participate in creating an accessible built environment and further the potential of people living with disabilities.

Website: www.scisask.ca

Email: sciinfo@scisask.ca



Good Access is Good Business



PHOTO COURTESY OF SCISASK

2019 Harbour Landing Golf Course, Elbow

the opportunities this tournament provides to individuals living with a physical disability by opening the doors to accessibility improvements, awareness of the life-challenges presented on a daily basis, and financial support to continuing education and training to join the employment workforce spinal cord injury or other physical disability to allow for their entry or continuation of post-secondary studies.



GET OUT AND ACTIVE THIS FALL WITH SWSA

Regina

Indoor Drop In Tennis

November 18, December 2, December 16
6:00 PM- 7:00 PM

Wascana Rehab Centre Gym

Under 16 Practice Nights

Thursday Nights

7:00PM - 8:00PM

Wascana Rehab Centre Gym

Wheelchair Rugby
Sundays

11:00 AM- 2:00PM

Wascana Rehab Centre Gym

Adapted Sports Program

Wednesdays

6:30 PM-8:00 PM

Wascana Rehab Centre Gym

Saskatoon

Rec Night

December 16th

7:00 PM- 8:30 PM

French School 2320 Louise Ave.

Scrimmage Nights

November 21, December 19

7:00 PM- 9:00 PM

French School 2320 Louise Ave.

Open Practice Nights

December 3rd

7:00 PM- 9:30 PM

French School 2320 Louise Ave.



For more information check out
www.swsa.ca or contact

Jen Wood (Regina)

Jen@swsa.ca

Katie Miyazaki (Saskatoon)

katie@swsa.ca



On September 21 2019, the Saskatoon 20th Anniversary Wheelchair Relay occurred at the Saskatoon City Civic Square. This event combines two major initiatives for SCI Sask, specifically as an opportunity to create Awareness for Accessibility and as a fund development initiative to secure resources to continue our services to clients, families and key stakeholders in the disability community.

The 20th Anniversary saw nine teams participating in the relays. The event was highlighted by the VIP Relay, with SCI Sask President Bill Lehne, City of Saskatoon Councilor Bev Dubois and CTV news personality Mike Ciona. Emcee, Janella Hamilton from CTV kept the activities rolling throughout the day. The Presidents Trophy, for the Aggregate All-Round Team was inaugurated for the 20th



Anniversary. The 2019 recipients were the "Irish Rovers". Other awards for this event include: "Give it your all" Team; Speediest team; Individual Highest Funds-Raised and Team Highest Funds-Raised. Over \$10,000.00 was raised this year through individual participant donations, community donations, and community and corporate sponsorships. Funds raised in Saskatchewan stay in Saskatchewan to support our services across the province. Mavis Bristow and her team took home the prize for Highest Individual Funds-raised, as well as the prize for the Team Highest Funds-raised. The Bristow Bunch raised over \$2400.00. Following a spinal cord Injury in her 20s, Mavis Bristow left the hospital determined to be self-reliant, even though she would need to





Celebrating 20 Years

learn how to go through the steps of daily life while in a wheelchair. The 75-year-old watched from the sidelines while the relays happened on 23rd Street in front of Civic Square to fundraise for Spinal Cord Injury (SCI) Saskatchewan. The organization supports people living spinal cord injuries or other physical disabilities. "I like the organization because it encourages people to get out and shows them that, after an accident, they can go ahead and live a normal life and contribute," Bristow said. "If you can contribute, you feel valued." In the 20 years the relay has taken place, Bristow has almost always been there, sometimes as a competitor. This year, a team of her friends and family participated, including her daughter, who Bristow says was the first person in Saskatchewan to be born to a person with a spinal cord injury.



"The relay is something that raises money for people to get on with their life," Bristow said. "People are resilient. They want to get out and do things. I think that's such an important part of all this, is to show that you are a normal person. You want to do what other people do." Several of the Board of Directors volunteered their time and effort towards the success of the event. Special thanks to Bill Lehne, Lynn Archdekin, Arvid Kuhnle and Jim Allonby. Spinal Cord Injury Saskatchewan Inc. extends a sincere thank you to the teams, volunteers, spectators and sponsors for "making the difference" and supporting this annual event.



THE 1ST ANNUAL
SPINAL CORD INJURY SASKATCHEWAN

FUNDRAISER GOLF TOURNAMENT



SCI SASKATCHEWAN HOSTS ITS FIRST ANNUAL FUNDRAISER GOLF TOURNAMENT

On August 24 2019, at Mark's 9 Hole Golf and Country Club, thirteen teams participated in the four-person scramble tournament, and enjoyed a beautiful day at a beautifully manicured golf course nestled in the pines approximately five miles north of Prince Albert. Proprietors Wendy and Cam Cartier assisted with the tournament and prepared a fantastic steak supper to close off the tournament.

SCI Sask President Bill Lehne led the drive for the event, securing several sponsors, teams and raffle prizes along the way. The funds raised exceeding \$16,000.00, which are used to continue the services to individuals and communities in Saskatchewan. Bill stated "SCI Sask is proud of the 1st Fundraiser Golf Tournament at Mark's 9 Hole Golf Course. SCI Sask strives to provide innovative strategies and opportunities to build community partnerships that complement our existing organizational capacity, and activities such as this demonstrate our commitments to working as a collective for community inclusivity".

On behalf of the Board of Directors and Human Resource Team, we recognize and thank the many volunteers, sponsors and participants for their outstanding contribution that helped make this event successful.



EVENT RAISED \$16,000.00 TO SUPPORT SERVICES ACROSS THE PROVINCE



Right: KIRK FONTAINE

Photo taken by Jayda Noyes/Daily Herald

Kirk Fontaine prepares to swing from the solo rider as provided by Golf Saskatchewan at SCI Saskatchewan's inaugural golf tournament on August 24, 2019.

Left: Marilyn Black, Bill Lehne, Laune Scott, Don Black: Highest Fundraising Team

'EVERY DAY IS A CHALLENGE': SPINAL CORD INJURY SASK. ENHANCING SERVICES WITH GOLF TOURNAMENT

Kirk Fontaine looks down, looks ahead. He has focus in his eyes.

It's silent, until he sends a golf ball towards the hole—and he does it swiftly with one hand. Fontaine took part in an inaugural golf tournament fundraiser for Spinal Cord Injury (SCI) Saskatchewan at Marks Nine Golf & Country Club on Saturday.

With an adaptable chair from the Saskatoon Golf Association, called the Solo Rider, Fontaine is able to easily move around the course. “I find it easier to hit with one hand compared to two because I don't have to swing in my hips,” he explained. Fontaine was injured in a car accident about three years ago. He said he does have some movement in his legs, but they don't have much strength.

“After I got out of the hospital and while I was home, I was losing my mind. There wasn't much to do...but then I got myself into archery. I'm trying to get into the Paralympics for men's recurve. I've been trying different sports: skeet shooting, shot put. Golf's fun,” he said.

Fontaine explained some of the challenges: Parking spots are typically too close together for him to get out of his vehicle, restaurant tables can be too low for him to roll under and washroom stalls aren't always accessible. “Every day is a challenge, no matter what you do.”

Bill Lehne, SCI Saskatchewan's board president, used Kirk as an example of the importance of having access to their services. “He's got the adaptive equipment to live a normal life and it's all about inclusion. Because of those types of supports, it helps facilitate that. More importantly is Kirk's willingness to go through that door and latch on to that new world and make it happen and make it your own. And to take that ownership is sometimes a very difficult task,” said Lehne. He too has had to find that acceptance.

On Halloween of 1983, Lehne was injured in a hunting accident. He said at 18 years old, he felt invincible, but then life changed so quickly. “I used to build houses and work in construction. So now what do you do? You've got to do something different. You have to go back and go to school and all that. That whole new journey, and that's where all those doors open up and you have to go through it.”

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Jayda Noyes

Reporter

Prince Albert Daily Herald

Twitter: @jaynoyesSK



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If you have an item you are either looking to sell or looking to buy please contact SCI provincial office at sciinfo@scisask.ca or phone 306.652.9644.

For Sale: P440 portable power ceiling track lift (never used)

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24" Commode and shower chair (never used)

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SCI Sask ChairLeaders Campaign

The ChairLeaders campaign is changing. Watch for more details to come as we launch a revitalized campaign to heighten accessibility awareness and maximize SCI Sask services across the province.

Thank You To our sponsors and supporters for your support.

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SCI SASK FUNDRAISER GOLF TOURNAMENT

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