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FALL 2018

# paraScope



Saskatoon Wheelchair Relay celebrates success in front of Civic Square - September 22 2018

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# Message from the Executive Director...

**S**pinal Cord Injury Saskatchewan is moving forward in our Strategic Direction, Service Delivery and Community Collaboration towards Inclusion and Accessibility. To achieve our objectives, SCI Saskatchewan has aligned with key stakeholders and expanded our network across Saskatchewan.

As a corporate member of SCI Canada, we are partnering in the Federal Accessibility Legislation Alliance. FALA, with SCI Canada as the Lead Partner has been working with the leadership team, who are leaders of FALA's seven disability nonprofit organizations, to provide consultation and recommendations for improving Bill C-81. FALA has most recently shared the "Plain Language Explanation of the Proposed Accessible Canada Act" which can be found on the following link.

<https://www.include-me.ca/federal-accessibility-legislation-alliance/resource/falas-plain-language-explanation-proposed>

SCI Canada, along with the corporate members and the partner organizations, was invited to attend the October 2 2018 reception to celebrate our important contribution to Bill C-81, the proposed Accessible Canada Act, that was tabled in Parliament last June. The Honourable Carla Qualtrough, Minister of Public Services and Procurement and Accessibility as well as other Members of Parliament and Senators to recognize this historic milestone.

On June 27 2018, the Building Standards and Licensing, Office of Disability Issues, and the Saskatchewan Human Rights Commission gathered several Provincial Community Based Organizations, Consumers, and Development/ Architect Firms to review and strategize for

## Accessibility in the Built Environment: A Systemic Approach

"Your commitment to your organization and the individuals you represent was clear, as was the commitment to improving accessibility. I am hopeful that, together, we will remove barriers, establish creative policies, and instill positive attitudes towards



accommodating disability in Saskatchewan" said Darrell Seib, Director of Systemic Initiatives, SHRC. SCI Saskatchewan was invited for a follow-up one to one meeting on August 24, where accessibility needs for individuals with physical disabilities was detailed, as well as barriers that still exist. SCI Saskatchewan looks forward to continued discussions with SHRC,

banded with community key stakeholders, and coupled by the FALA initiatives, for legislated and enhancements in the built environment.

Meeting the needs of individuals living with disabilities in remote, rural and northern communities presents challenges to Saskatchewan Disability Organizations. To collectively address these issues, SCI Saskatchewan has joined with the Canadian National Institute for the Blind (CNIB), Saskatchewan Association for Community Living (SACL), Saskatchewan Deaf and Hard of Hearing (SDHHS). Using the SK Disability Action Plan as a catalyst, the objective is to leverage our global community commitment into a joint commitment for service in particularly, northern geographic regions.

SCI Saskatchewan continues to participate, as one of the original members, in the Disability Income Support Coalition (DISC). Alaina Harrison, Director of Strategic Initiatives with SACL, chairs DISC. SCI Saskatchewan contributed \$400.00 towards operational costs of DISC in the fiscal year of 2018-19.

SCI Saskatchewan, spearheaded by the Rick Hansen Institute, is participating in the early stages of an SCI SK Collaboration. Joining this team of focused

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**ON OUR COVER:**  
Saskatoon WC Relay

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Saskatchewan Inc. SCI Sask**

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...continued from page 3

collaborators is the Saskatchewan Health Research Foundation, the University of Saskatchewan Division of Neurology, and Saskatchewan Health Region Physical Medicine and Rehabilitation Specialists. This far this collective of interested parties has met virtually to pursue purpose, terms and objectives for the Collaboration. Specific areas of discussion include: Indigenous Health; SCI Registry; Research; and Living and Aging with SCI in the Community. The group is expanding to be inclusive of key participants as the development work proceeds.

Alongside SCI Canada and others in the ED Council of SCI Canada Corporate members, SCI Saskatchewan has joined the North American Spinal Cord Injury Consortium. This entity is a consortium of like-minded organizations who have an invested interest in Spinal Cord Injury. The Assembly of Delegates, as the authorizing decision-making and controlling body of NASCIC will be meeting in Richmond BC on October 21 2018.

September 2018 hosted two major events for our organization. On September 22 2018, Saskatoon hosted the SCI Sask 19th Annual Wheelchair Relay. We moved the venue outdoors to Saskatoon Civic Square and blocked off 23rd Street East for the Relay (See the full page article in this fall edition) Thank you to Aaron Wright, Project Coordinator, the Sponsors, Teams, Staff and Volunteers for the huge commitment and participation in our Relay!

On the last Saturday of September, LA Charities hosted the 2nd Annual Golf Tournament at the Harbor Golf Club located in Elbow SK. Proceeds will go to SCI Saskatchewan, and are dedicated to providing Post-Secondary Scholarships, awarded to individuals living with SCI and physical disabilities. Thank you to Chris Letts and Andrew Arguin, the founders of LA Charities Saskatchewan.

SCI Saskatchewan is pleased to announce additions to our Human Resource Team in both the Provincial (Saskatoon) and Regional (Regina) locations. Aaron Wright, Mallory Maurice, Mark Kennedy and Larry Carlson joined in August and September 2018. See the separate HR Team article for details.

We look forward to connecting with our most important asset of SCI Saskatchewan, our clients. You are the reason we strive to improve accessibility, promote inclusion and assist individuals with SCI and other physical disabilities to achieve independence, self-reliance and full community participation. You are invited to contact us at the Provincial Office 1.888.282.0186, and our Regional Office 1.877.582.4483.

**Launel J. Scott  
Executive Director**



**MAJOR, Paul Anthony** February 21, 1959 - October 3, 2018

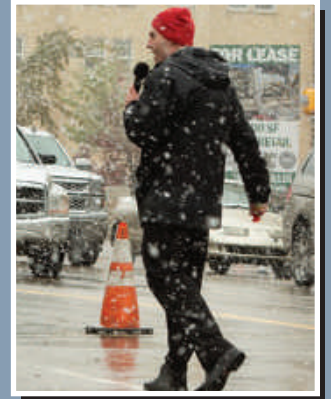
It is with profound sadness that we announce the death of our brother Paul at St. Paul's Hospital on October 3, 2018. Paul was born in Melfort, Saskatchewan on February 21, 1959. He attended St. Brieux School and later the University of Saskatchewan where he attained a degree with Honours in Medical Social Work. Paul was predeceased by his parents George and Cornelia Major (Holst) and stepson Tyson. He is survived by his children Jared Major Ens Rempel (Chelsea) of Calgary, Danika Major of Saskatoon and his stepson Matthew Gorin, his siblings; Ingrid Major (Bob Beebe), Sharon Sephton (Boyd), Charles Major (Lisa), Charmaine Thorimbert (Greg), Maryann Major (Elvis), his aunt and many nieces, nephews and cousins. A Celebration of Life will be held Saturday at 3:00 p.m. at Acadia-McKague's Funeral Centre. We would like to express our gratitude for all the care and compassion during his time at Sherbrooke Nursing Home. We would also like to thank the nursing staff at St. Paul's Hospital for the compassionate care in his final hours. In lieu of flowers donations can be made to the Spinal Cord Injury Saskatoon, 311 38th St. E. Saskatoon, SK. S7K 0T1. Arrangements are entrusted to Acadia-McKague's Funeral Centre 306-955-1600



# SCI Sask Welcomes New Human Resource Team Members...

## Aaron Wright...

joined us on July 30 as a Project Coordinator, with his main responsibilities laying in the organization of the 19th Annual Wheelchair Relay and the LA Charities Golf Tournament. Aaron did a fantastic job with the Saskatoon Wheelchair Relay, by acquiring amazing sponsorship for the event, working with local businesses in and around the event location, rounding up 9 teams to participate, and exceeding our fundraising target. The weather challenged everyone to tough out the first snowfall on the last day of summer, but Aaron kept the crowd enthused with his marshalling and announcements throughout the day. The 2nd Annual Golf Tournament teed up on September 29; Aaron recruited his buddy, who turned out to be a "ringer" to our SCIS Team of Aaron Wright, Troy Tindall and Launel Scott. A huge thank you to Aaron on behalf of SCI Board of Directors and staff, for your commitment and dedication during his time with SCI Sask! Aaron completed his term on October 9 2018, and has moved onto a new adventure in property management. We wish Aaron much success!

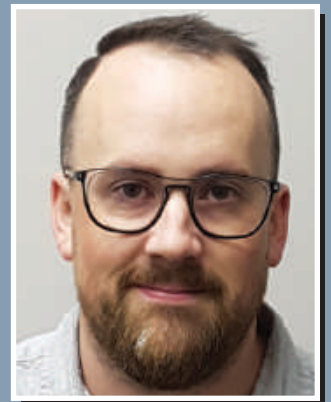


## Mallory Maurice...

first joined SCI Saskatchewan in June 2018 to complete her practicum in Office Administration through DTI. Upon successful completion, Mallory was offered a term position as the Provincial Administrative Coordinator, working out of our provincial office in Saskatoon. Mallory has proven herself with much competency in document development and revisions to our many policies. More recently, Mallory has assumed more responsibility in managing our SCI Sask Membership Benefit Program. Welcome to the Team Mallory!

## Mark Kennedy...

joined the HR Team as the Client Service Coordinator, Aboriginal Engagement. From August 2018 to March 2019, Mark will focus on our project, "Culturally Responsive Services and Programs". The focus of this project is to further enhance the SCI Sask engagement with Indigenous Leaders and Individuals who live with a spinal cord injury or other physical disability. The outcome is for SCI Saskatchewan to become more knowledgeable and culturally responsive of how best to meet the needs of indigenous people, in urban, rural and remote communities throughout Saskatchewan. Based out of the Saskatoon office, Mark will deliver the project initiatives and meet with Leaders, organizations and clients across many locations in the province.



## Larry Carlson...

joined SCI Saskatchewan in September 2018 as a Client Service Coordinator, and is working out of the Regional office in Regina. Larry is a seasoned veteran in the field of disability and well known to many in Saskatchewan. We are very pleased Larry has joined our HR Team in a term position and look forward to him sharing with genuine client-centred approach in delivering the SCI Sask Services with our clients and key stakeholders.

# AWARENESS SASKATCHEWAN INITIATIVE



**COLIN FARNAN**  
**CLIENT SERVICE COORDINATOR**

Spinal Cord Injury Saskatchewan, funded through the Government of Canada, focused on the delivery of Awareness Saskatchewan from April 2017 to September 2018. The “Good Access is Good Business” initiative main objective was to support 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. SCI Sask Client Service Coordinator Colin Farnan conversed with over twenty Chambers of Commerce, four Tribal Councils and ten Rotary Clubs across Saskatchewan regarding accessibility awareness, the value added for employees, employers and customers to experience universally accessible work environments. SCI Sask participated in several tradeshow, including SUMA and SARM to deliver the message, network, and promote collaboration regarding the built environment and attitudinal change towards full inclusion for individuals living with spinal cord injuries and other physical disabilities.

One of the highlights afforded by this initiative was the development of Awareness Videos that profile the story of six individuals living with a physical disability. These motivating videos are shared on you tube via the [scisask.ca](http://scisask.ca) website. SCI Sask continues to work with business, community stakeholders and clients to enhance opportunities for individuals with unique abilities in the workplace and within society. We conduct accessibility consultations with business and community stakeholders. A “Business Accessibility Test”, developed as a catalyst for companies to test their current status and learn how to improve their accessibility, is available in print and electronic format. SCI Sask is pleased to continue the service enhanced through the “Awareness Saskatchewan” initiative. Contact SCI Sask at 306.652.9644 or [sciinfo@scisask.ca](mailto:sciinfo@scisask.ca) to schedule a meeting or presentation.

Canada

# Accessibility on the Market...



## **RENOVATED WHEELCHAIR ACCESSIBLE HOME \$349,000 WITH CAREGIVER/RENTAL SUITE IN BASEMENT**

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- 2018 – weeping tile installed
- 2017 – fresh paint throughout main floor
- 2015 – totally renovated non-regulation basement suite
- 2012 – 20X28 Heated Garage
- 2012 – Wheel-in Shower on Main Floor
- 2012 – 16X32 Maintenance Free Deck
- 2012 – Exterior Door to Deck
- 2012 – Added insulation to Attic
- 2010 – new exterior door and sidelight
- 2010 – renovated main bathroom
- 2010 – new ceilings in entrance and hallway
- 2010 – new ceiling and crown moulding in kitchen and dining room
- 2010 – updated lighting, plugs, and switches throughout
- 2009 – totally renovated kitchen
- 2009 – new appliances in kitchen
- 2009 – new flooring in kitchen

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# Muskoday First Nation Community School

## Grand Opening for Accessible Playground



Mark Kennedy, SCI Sask Client Service Coordinator/Aboriginal Engagement, participates in the official opening ceremony, along with Rhonda Bear and the students of Muskoday First Nations Community School Accessible Playground, made possible by the Jordan's Principle Grant.

On Friday September 14 2018, Muskoday First Nations Community School celebrated the opening of their accessible playground with a ribbon cutting ceremony and welcome back BBQ.

The school accessed the "Jordan's Principle Grant" through Indigenous Services Canada (ISC) to fund the inclusive playground. Jordan's Principle is a child-first principle named in memory of Jordan River Anderson, a First Nations child from Norway House Cree nation in Manitoba. Born with complex needs, Jordan spent two years in hospital; he died at the age of five years, without having the opportunity to live in his family home. Jordan's Principle ensures that First Nations children can access all public services when they need them. Services need to be culturally based and take into account the historical disadvantage that many First Nations children live with. In a landmark ruling on January 26 2016, the Canadian

Human Rights Tribunal ordered the Federal Government to take immediate measures to implement the full meaning and scope of Jordan's Principle. (1) Rhonda Bear, a Community School Coordinator at MFNCS, was responsible for researching various playground equipment to make the park a reality. "The goal of this accessible and inclusionary playground apparatus is to provide opportunities for positive behaviors that create a healthy, safe environment in which all students can enjoy active learning" was stated in the school's press release. 1Stop Playgrounds Ltd. In Humboldt SK supplied and set-up the playground structure, and sponsored the Welcome Back Barbeque.

Spinal Cord Injury Saskatchewan Inc. was pleased to provide a letter of support to Principal Andrew DeBray to accompany the funding application to ISC. In gratitude for our support, SCI Saskatchewan was invited to the

Ribbon-Cutting Ceremony and BBQ. We were pleased to bring greetings at the event, and applaud the Muskoday First Nations Community School for their foresight in establishing an inclusionary playground for all students and the community to enjoy. Congratulations to the Muskoday First Nations community, staff and students.

(1) First Nations Child and Family Caring Society of Canada (2018)





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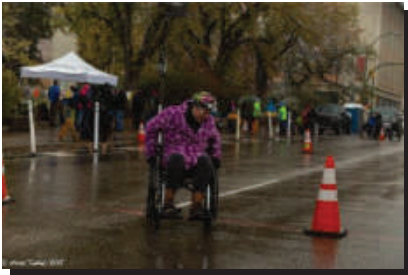
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# 19th Annual Wheelchair Relay Saskatoon!

**O**n September 22nd wheelers took to the streets of downtown Saskatoon to participate in the 19th Annual Wheelchair Relay Saskatoon. This year's event saw over 80 people participating, spectating, or volunteering to make the event a success. The event raised over \$19,000 to support Spinal Cord Injury Saskatchewan. The Relay happened outside City Hall at Civic Square and 23rd St. East.



SCI Sask is dedicated to assisting people with spinal cord injuries and other physical disabilities to achieve independence, self-reliance, and full community participation. The relay is an excellent fund development venture that brings awareness to an environment that is barrier free and inclusive to people of all ages, cultures and abilities. With the support of friends, family and co-workers, people gathered to support Spinal Cord Injury Saskatchewan by getting involved in the 2018 Wheelchair Relay. We would like to thank everyone who contributed to the event, making it a success.

The High Rollers were the fastest wheelers and took home the "Cheetah" Award. The Sashy Wheelers were our top fundraising team and donated over \$3,000 in pledges to support SCI Sask. The top fundraiser was Justin from the



Sashy Wheelers. We would also like to acknowledge SCI Sask longtime member and supporter Mavis Bristow and community supporter Jean Pryor on their fundraising efforts bringing in a substantial event donation of over \$1,500. Other Prizes at the event went to the Hot Rollers for Team Spirit and The Turtles who were awarded with the "Snail" Award.

SCI Sask was fortunate to have some VIP's on hand during the 19th Annual Wheelchair Relay. Mayor Charlie Clarke and Saskatchewan Rattlers Director of Operations Brad Kraft joined SCI Sask President Bill Lehne in the opening VIP lap. Mayor Charlie Clarke had seen relay action previously with Bill Lehne, however this was Brad Kraft's first time.

"It was such an honor to have been asked to be a representative at the event and to be out beside Mayor Charlie Clark and Bill Lehne. Having a supportive crowd of teams and sponsors made it something special. Overall, it was an important glimpse into the day-to-day experience of those who have experienced a spinal cord injury and the strength they show on a daily basis." Brad Kraft – Saskatchewan Rattlers.



"It was wonderful to see all the support this year for the Saskatoon Wheelchair Relay. We took a new approach to the relay hosting it outdoors in the centre of downtown to gain more exposure within the community and open participation to the public. Although the weather presented an additional challenge, all the participants and volunteers had a blast! We will certainly look to keep the event downtown in future years to continue to gain community involvement and enhance general awareness of

accessibility". Aaron Wright – Project Coordinator.

"We are grateful to have raised over \$19,000 in fund development for Spinal Cord Injury Saskatchewan; a huge thank you is extended to all who contributed. This event truly gives people the opportunity to see what it is like to live day to day with a physical disability, and encounter environmental barriers. SCI Sask is proud to support people with spinal cord injuries and other physical disabilities. Fund development ventures, such as the Wheelchair Relay, allow SCI Sask to expand upon services and support to our clients". Launel Scott – Executive Director.



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A big thank you to CTV for being our Gold Media Sponsor!



# Mental Health Wellbeing after Spinal Cord Injury



**Swati Mehta**  
(postdoctoral fellow)



**Heather Hadjistavropoulos**  
(professor)



**Dani Earis**  
(undergraduate student)

## Why is it important?

Individuals with spinal cord injury (SCI) can experience high levels of emotional distress, pain, and dependency, leading to decreased quality of life and increased health care costs. A Canadian study examining needs of people with spinal cord injury (SCI) revealed that only 43% consider that their emotional counselling needs are being met. Additionally, many persons with SCI are less likely to use mental health care services due to stigma, insufficient transportation, time to travel to appointments, inadequate financial coverage, and/or access to services. However, learning skills that promote overall mental health has been linked to improvement in mood, functional independence, and pain. The skills related to self-management can also help to decrease rates of hospitalizations and length of hospital stays.

Internet-delivered cognitive behavioural therapy (ICBT) has the potential to overcome many of the barriers to accessing mental health services among those with SCI, by improving the flexibility of treatment and reducing stigma and costs. It has a strong evidence base for improving psychological outcomes as well as quality of life and overall disability among various populations including chronic pain, fibromyalgia, tinnitus, and cancer.

The Online Therapy Unit (OTU) at the University of Regina, aimed to examine if ICBT can help improve overall mental health and quality of life among persons with SCI. We also wanted to look at participant perspectives on the ICBT program and gain an understanding of how to improve ICBT for future delivery.

## Who participated?

Participants were recruited through rehabilitation facilities, community groups, and social media across Canada. Anyone with an SCI experiencing emotional distress such as worrying, fatigue, loss of interest were able to participate. 20 participants were included (10 males and 10 females) with average age of approximately 56 years.

## What did we do?



Interested participants completed a screen online through the OTU website ([www.onlinetherapyuser.ca](http://www.onlinetherapyuser.ca)). Participants were then contacted by telephone to further discuss their needs and to determine if the program would be a good fit for them. Once enrolled, participants were provided log in information to complete an 8-week guided ICBT program through the OTU website. All participants received weekly lessons on developing skills to how to manage their thoughts and behaviours for example activity pacing, assertiveness training, sleep hygiene, and coping with pain. A trained guide contacted participants by email and/or telephone weekly to address questions and provide encouragement in completing the self-study activities.

Once participants completed the study, they were interviewed about their perspectives on ICBT program and their outcomes.

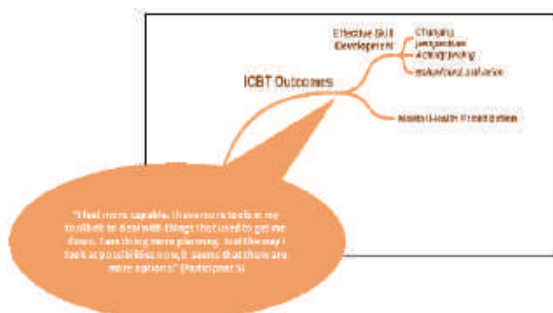
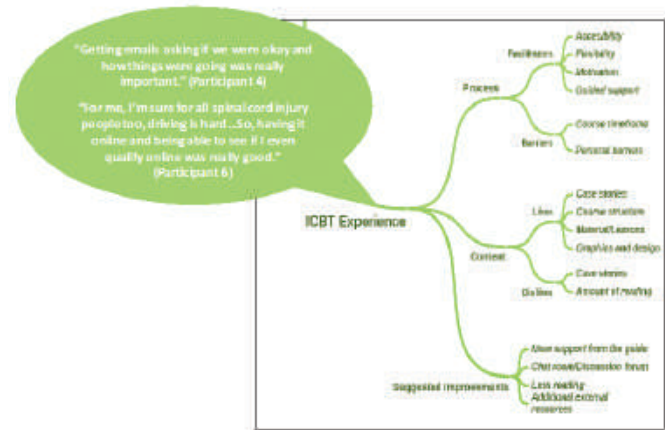
## What have we found so far?

We found that participants experienced a decrease in their symptoms of anxiety, depression, and grief after completing the program and at a 3-month follow-up period. Participants also experienced improvement in their quality of life including increase in their resiliency, self-efficacy, and participation in community activities.

95% of participants reported that they were very satisfied with the program and found it worth their time. 90% of participants stated that the program helped to increase their confidence in self-managing their symptoms. All participants stated that they would recommend the program to others.

When participants were asked about their experience with the ICBT program, several stated they appreciated the accessibility and flexibility of the online delivery. Additionally, they valued the motivation and support received from the guide. *"I like that she sends me an email and it is like a check-in. It gets you on track...I do like that I can contact her anytime I want. Every week, just getting an email from her, sending emails and she responds...I don't feel alone, I think for the first time. For me, once a week is enough."*

Some concerns participants had regarding the program included the course timeframe and personal barriers,



such as symptom interference, that made it difficult to complete the modules. *"I realize you have to have a sort of timeline or else people would take forever and wouldn't move ahead. It was a little too quick for me. Especially the identifying the thoughts and beliefs, because that was such an ah ha! part of it for me."*

Concerning ICBT outcomes, participants liked the skills that the course offered. Many of the participants have also begun prioritizing their mental health. "Mental health

is also important. I'm not sure how I would've rated it before the course, probably a lot lower. But now that I've experienced this program, I can see how it plays a greater role in my life."

Suggestions to improve the ICBT course included increased support from the guide, less reading, discussion forums with other SCI patients, and additional external resources.

## What do we know now?

This study showed that ICBT was able to help improve mood and quality of life among those with SCI. It was shown to be a feasible and acceptable form of treatment for managing emotional wellbeing. For future directions, the participants' suggested improvements should be considered so ICBT courses are enhanced for those with SCI.

## What's next and how can you help?

We need to continue to improve the program by incorporating participant feedback. It is also important to evaluate the program in a larger sample with longer term follow-ups. We would also like to acquire more perspectives from a diverse group of individuals because of the unique nature of each SCI experience and its outcomes. Please contact Swati Mehta ([swati.mehta@uregina.ca](mailto:swati.mehta@uregina.ca)) for more information on how you can help and get involved. You can also visit our website ([www.onlinetherapyuser.ca](http://www.onlinetherapyuser.ca)) to apply to the program.

## Acknowledgements

We would like to acknowledge all of our research participants, community partners, and funders for their support.

## The Team

**Swati Mehta, PhD** is a post-doctoral research fellow at the University of Regina in the OTU and Psychology-Wise Lab who is interested in improving mental health and quality of life after SCI.

**Heather Hadjistavropoulos, PhD, R. D. Psych**, is a Professor of Psychology at the University of Regina and Director of the Online Therapy Unit and Psychology-Wise Lab with an interest in improving access to mental health care.

**Danielle Earis, HBA**, is currently a medical student at the University of Saskatchewan who worked on this research project as part of her honours thesis.

*This study was funded by the Canadian Institutes of Health Research and Saskatchewan Health Research Foundation post-doctoral research fellowship.*

# The Parenting Corner: Meet Christina Martens-Funk



“Working Mom, Chartered Professional Accountant, Spouse to a Farmer, Accessibility Advocate, and Spinal Cord Injury Survivor-In No Particular Order”

Living in Saskatchewan, we all have a general knowledge that farming is tough. We know that there are a lot of stressors, and that success is often dependent on things outside of individual control. The weather dictates timing and fertility. Collaboration is often communal, and all members of a family play a part to get the crop in, to get the crop off, and everything that happens in between those 2 major events.

The other day, sitting on the edge of a conversation where people tossed around words like ‘harvest’ and ‘combine’ my mind started to wander to images of hay bales, large orange moons, and pumpkin pie. Like the majority of people who never grew up on the farm, my knowledge is kind of romanticized and limited. I started to think about my Grandma’s stories, where there weren’t any of today’s modern conveniences, and most work was done by hand, horse, or a little

of both. That in turn got me thinking of Christy, one of our peer group members who is the modern version but does it all on wheels while working a full time job 45 minutes away from home, while keeping involved in her children’s activities, being a support to the SCI community, and advocating for accessibility and inclusivity for people with disabilities. Thankfully she agreed to be profiled in this article, although it had to be compiled through a combination of texts and e-mails due to time constraints and limited availability.

**Being that this article is for SCI Saskatchewan’s Parascopes magazine, I’m going to ask the obvious first. What is your disability, and how long have you been living with your disability?**

I was injured in a car accident when I was 16. I have a T12-L2 complete spinal cord injury. So I’ve been living with paraplegia for 24 years.

**When and where did you meet your husband?**

Carl and I were both in grade 11 at Rosthern Junior College, a private boarding school in Rosthern, SK. We

started dating in January of grade 11, and I had my accident in May. He was such a great support, and still is.

**Were you raised on a farm?**

I’m a city girl! When we first got married, we built a house in Osler. I commuted to Saskatoon for my job, and Carl commuted to the farm 15 minutes north of Osler, near Hague. We moved to the farm 5 years ago because the demands of the farm kept Carl away from home so much. So he is now much closer to work, and we see him a lot more. The farm is beautiful – the sunsets are incredible! And I get my fix of the busy life, the people, the culture of the city when I go to work.

**How old are your children?**

Braden is 11, almost 12. Lanae just turned 9. They are so much fun! Braden enjoys hockey, soccer, building forts, and reading. Lanae enjoys piano, dancing, girls club, and the trampoline.

**What are your most significant duties to help out with operations on the farm?**

Carl and I both have careers that keep us quite busy. When farming is especially busy in the spring, summer



and fall, I am the primary caregiver and chauffeur for our kids and their activities. I also do the accounting for the farm operation.

**What adaptations have you made in order to get around easier on the farm?**

Living on the farm means there is lots of grass and gravel, which I don't get too far on with my wheelchair. We recently purchased a golf cart so that it is super easy for me to get to the forts the kids are building in the trees, or to look at the crops. It has made living on the farm even more enjoyable!

**Outside of home, where do you work? What is your job title / description?**

I am a Chartered Professional Accountant. After working for a firm for 12 years, I moved to Inclusion Saskatchewan (formerly the Saskatchewan Association for Community Living) and have been there for more than 3 years. I love working in the charity sector, and using my accounting and finance skills to further the mission of inclusion.

**How do you keep up with work, kids' activities, and family life? Do you stick to schedules, or just kind of wing it?**

I have everything in my calendar on my phone. I was actually recently showing this to another friend who manages her career, kids, and life in a chair. My calendar keeps me on top of things, and means I forget appointments and lists much less. My kids also really like consistency and schedules, so they are grateful to know what is happening. Lanae is probably the best at keeping our family well planned!

**How important is it for your physical, and mental health to make sure you save some time for yourself? Do you manage to get some quality alone time, just to unwind?**

This is something I certainly need to work on. I really enjoy spending time with people, and volunteering. I'm currently the chairperson of our Church board, and I volunteer on other committees as well. We like to have friends over, and go out places. And I know how quickly the kids are growing up, so I don't want to miss any moments with them. So I think I've decided to delay the health focus to when they need me less.

**Aside from all of your other focuses, you have always been a strong advocate for accessibility in our city. Where do you see the biggest issues? What frustrates you the most?**

I am shocked at how little physical accessibility has improved. When I was injured at 16, I wasn't worried about going places because I thought our country understood wheelchair accessibility. I quickly realized I was wrong. I feel like many organizations are trying to advocate for a better understanding of disabilities that are less understood, including disabilities that are not visible, and mental health as well. However, we still have so many newly renovated buildings with steps to get in them, and newly built office buildings with wheelchair parking that isn't wide enough or has the ramp in front of the stall so you can't get in. I am honestly in disbelief at how terrible it is. How often I still have to call ahead to ensure I can get places. How I

can't make it to half of my son's rural hockey games because of inaccessible rinks. We know better, so we should do better.

**You have been part of SCI Sask "Women's Circle" since its inception. How valuable is the connection with not only other moms with disabilities, but all of the women in general?**

So valuable, so important. It is so lovely to share knowledge and experience that we don't have to provide context for or be careful about the words we choose. Because we all just get it. So we talk about accessibility, health issues, fun with kids, vehicles, whatever we are going through. These are uplifting and energizing moments for me. It's so great to know we are in this together.

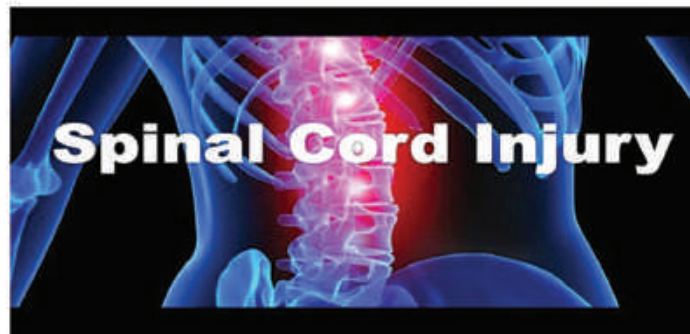
**What is your general hope for the future? For your children? For the disability community?**

I am hopeful the new Accessible Canada Act will ensure wheelchair accessibility in physical structures across Canada, and that enforceable accountability measures will be set in place. We have to get this right!



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## 2<sup>nd</sup> Annual Annual LA Charities Golf Tournament!



Chris Letts and Andrew Arguin  
Founders of L.A Charities

On September 29th golfers took to the tee boxes in support of Spinal Cord Injury Saskatchewan at the beautiful Harbor Golf Club in Elbow Saskatchewan. The 2nd Annual Golf Tournament was a huge success bringing in around \$5000. L.A Charities is a small charitable group started by Christopher Letts and Andrew Arguin.

SCI Sask is grateful that Andrew and Chris have decided to support Spinal Cord Injury Saskatchewan with their charity. Andrew and Chris were able to enlist 14 teams to support the event this year and all proceeds will be directed towards SCI Saskatchewan's Scholarship Fund. In honor of the new partnership between L.A Charities and SCI Sask, SCI Sask has decided to name its new scholarship fund the "L.A Charities Scholarship Fund". Beginning in 2019, SCI Sask clients will be eligible to apply to the scholarship. The final criteria and scholarship amount(s) will be announced in 2019.

"We've both had friends affected by spinal cord injuries. We are very happy to support SCI Sask through partnership of this golf tournament. We're active guys that appreciate our mobility and try to appreciate this every day. We have a real appreciation of what facing a disability might mean for people, and what having a good support network might mean to someone in that situation. This makes SCI Sask an organization we could both support on a yearly basis." Chris Letts and Andrew Arguin.

"This is a great event that Spinal Cord Injury Saskatchewan is proud to partner in. L.A Charities does a fantastic job hosting the tournament and it is a real pleasure to take part in the event yearly. We are excited to release further information on the L.A Charities Scholarship Fund in 2019! Thank you to Andrew and Chris for all their hard work in making the event a success!" Launel Scott – SCI Sask Executive Director.



Executive Director Launel Scott teeing off at the 2nd Annual L.A Charities Golf Tournament in support of SCI Sask





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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](mailto: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 in either Regina or Saskatoon.

## REMINDER NOTICE OF SCI Sask MEMBERSHIP RENEWAL DATE CHANGE

SCI Saskatchewan Inc. has realigned 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.

As of October 2018, the membership fee has been prorated to \$20.00 for the remaining six months. Effective April 1 2019, all members will be required to renew the annual membership at the cost of \$40.00. Members renewing in October to February 2019 have the option to pay \$60.00 which will cover your membership inclusive to April 2020.

Your support to SCI Sask is important to us and very much appreciated. Thank you for your anticipated

cooperation during this transition year. Donations are gratefully accepted, and allow SCI Sask to provide services to individuals with SCI and physical disabilities, as well as to promote global awareness to enhance universal accessibility and community inclusion.

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

## TODAY'S TRIALS OF PHYSICALLY DISABLED PEOPLE

If the government is serious about doing something for the physically disabled, it is going to take heart, a sincere heart. I voted for the current Prime Minister because I thought after I had met him in person that he had that heart: The heart that had not been seen in decades. I hope I was not wrong.

Physically disabled people are often not seen as being as valuable as others because they are not often allowed to achieve the levels that others are expected to and are therefore left out, forgotten or hidden away in nursing homes. Families often abandon them, leaving the government to provide for them. This behaviour by parents and families had been encouraged by previous governments. It was thought that the government had the resources and it would for the best for all concerned. Today we like to believe that things are much different, but as one of these people I am still being told that I am not this enough or that enough and made to think I just don't measure up. The reason it's impossible for me to measure up is that the measures presently being used in education institutions and places of employment are for others and not disabled people. When measures are created, limitations of the disabled person are not considered. I do most things differently, see things differently and often think differently about things that affect me most. One person that has broken through some of this is Stephen Hawking. He is seen as one of the world's smartest people, not because of his appearance but because of his brain. The fact that he was unable to do most things himself is of least importance; rather his ability to use his brain in ways that most are unable to do become paramount. There could be a lot of "Stephen Hawking's" if abilities were recognized and embraced. Think for a minute of a world where the mind is the essential attribute of a person and not their body. Education would be no problem as everything that could be done would be done to help you succeed. Employment would be no problem as companies would want you to work for them.

People say that's too idealist and will never happen. Well, the critics once said that a man would never go to the moon, and that has happened not just once but several time now. People wanted it to happen, so they did whatever it took. In the same way that we put the man on the moon, this too is what needs to happen also for physically disabled people.

It is quite simple in much the same way that the rights of women and those of other groups came about, so must the pursuit of the inclusion to the full extent come about for physically disabled people. Women's rights did not take years or even decades to happen, but to the contrary occurred quite quickly. The same could be said about the other minority groups, but because physically disabled people are the least vocal, they are told this takes decades. So, you ask yourself, is the government sincerely serious about doing anything to make our lives better? The government takes its direction from organisations that are primarily run by non-disabled people. You ask why is this still the case and the answer you are given is that there are no disabled people educated enough to do the job. The education system has had plenty of time to work things out to accommodate disabled people, and it's not like there has been a lack of disabled students.

If the government is serious, I have put together solutions that have never been done that I believe would go along way to help physically disabled people like myself and thousands of others.

**Author: Debbie Windsor**

*\* "These are views expressed by the client and do not necessary reflect SCI Saskatchewan. Articles of 500 words or less may be submitted to [sciinfo@scisask.ca](mailto:sciinfo@scisask.ca). Articles may be declined for publication, as adjudicated by SCI Sask Management in consultation with the Board of Directors".*

## 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](mailto:sciinfo@sci-sk.ca).



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## From *Creative* to *Sports* to *Socializing*... Regina Adaptive Movement Peer Events has a little of everything



**From gardening to crafts to sledge hockey...** the adaptive movement peer events in Regina give clients an opportunity to try it all.

**With funding** from the City of Regina / Saskatchewan Lotteries community Grant, SCI Sask has created an event that allows our clients and their families an opportunity to try a variety of adapted activities and sports. We hold the events at various accessible locations throughout the city, at different times and days of the week to accommodate the various schedules of our clients.

**In June** participants had an opportunity to try Rowing, Tennis, Tai Chi and Gardening. We also had a golf cart that was adapted with an automatic seat that would bring the user to a standing position. This cart is currently available for use at the Lakeview Golf course in Regina.

**In September** we went to Wascana Rehab, there clients had a chance to try their hand at basketball and tennis, in addition to the sports we also had dance and crafts, both were very popular with our attendees.

**Our next event** is on December 11th from 1pm – 4pm. We will be headed to the Sandra Schmirler Centre. From 1:15 – 2:15 we will have special activities in the pool, Sandra Schmirler has a lift that will help client in and out of the pool. In a separate location in the facility, participants can try seated Yoga, Pilates, Fencing and Theatre. Those wanting to attend and participate in the pool activities will need to have a care giver with them that can be in the pool with them and help them with the activities.

**Our final event** will be on January 19, 2019 at the Mamaweyatitan Centre. We will be featuring curling, skiing as well as bringing back dance.

**To register** for the December 11th event please contact Kristin at 306-584-2651. If you have an activity you would like to see us bring out to one of the events, please contact Sandy at 306-584-2650.



## *Pilates, Photography and Personal Progress...*

**“Pilates, Photography, and Personal Progress”** is a collaboration between Spinal Cord Injury Saskatchewan and Lead Pilates that combines a unique fitness experience in a peer support setting for people with spinal cord injuries. Partakers are joining in on weekly group Pilates sessions for 16 weeks. Participation is free of charge and individuals were selected after completing a short survey shared through social media and e-mail.

Positive gains from the Pilates sessions will be documented through photography by Feylight Photography with Dean Fey. The photographer will also arrange for individual studio photoshoots with some of the participants during the 16 weeks of Pilates.

You can look forward to viewing the displayed product on the 7th floor Rehabilitation Unit at Saskatoon City Hospital in early Spring, 2019!

This project was made possible through the Sask Lotteries Community Grant Program and the City of Saskatoon.





## Upcoming Events...

### 2018 Adapted Physical Activity Symposium

On November 29th to December 1st, Saskatchewan will be hosting their 2nd Adapted Physical Activity (APA) Symposium. The 3 day APA Symposium will take place at the RCMP Heritage Centre and will showcase speakers and adapted opportunities in sport and leisure that Saskatchewan has to offer for people with physical disabilities. The event will bring together people with various backgrounds, including: people with physical disabilities, coaches, educators, researchers, healthcare practitioners, funders, consumer associations, community organizations, and advocacy groups.

We have a great lineup of presenters this year including Dr. Kristin Musselman who is a physical therapist and Scientist with the Neural Engineering and Therapeutics Team and the Mobility Team at the Toronto Rehabilitation Institute – Lyndhurst Centre and Chris Cederstrand, a homegrown WHL hockey player and national level sledge-hockey player who grew up in Martensville SK.

The organizing committee devoted to make this event a province wide success is comprised of First Steps Wellness Centre, the University of Regina, Sask Sport Inc., Sask Wheelchair Sports Association, Spinal Cord Injury Saskatchewan, and Neil Squire Society, The Realm Foundation, and the City of Regina. More information on this event can be found at [www.facebook.com/APASSask/](https://www.facebook.com/APASSask/) or by searching Adapted Physical Activity Symposium 2018 at [www.eventbrite.com/](https://www.eventbrite.com/). Get your tickets now as space is limited.

# 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.

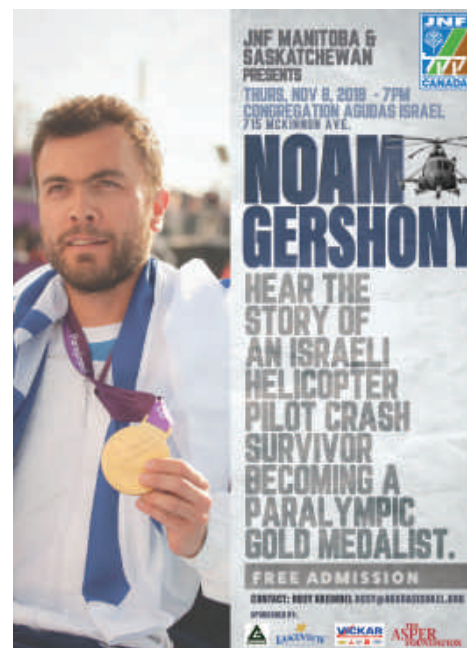
SCI Sask is extremely grateful to all donors - past, present and future - for years to come.

For more information on donations to SCI Saskatchewan visit our website at [www.scisask.ca](http://www.scisask.ca) or contact us at [sciinfo@scisask.ca](mailto:sciinfo@scisask.ca).



### Home Care Individualized Funding Gets A \$1.2 Million Boost

More Saskatchewan residents will now have access to Home Care Individualized Funding. The province is investing an additional \$1.2 million annually to expand the Individualized Funding option. This will reduce wait lists and assist with creating capacity within the existing home care program. For more information, including eligibility and how to apply for Home Care Individualized Funding, visit <https://www.saskatchewan.ca/residents/health/accessing-health-care-services/care-at-home-and-outside-the-hospital/individualized-funding-for-home-care>.





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