

**ADJUST. ADAPT. THRIVE.**



**2016/2017 ANNUAL REPORT**



Spinal Cord Injury Saskatchewan Inc.  
Lésions Médullaires Saskatchewan



## OUR VISION

"Working collaboratively for inclusive communities."

## OUR MISSION

"To assist persons with spinal cord injuries and other physical disabilities to achieve independence, self-reliance and full community participation."



**ADJUST.  
ADAPT.  
THRIVE.**



### MESSAGE FROM THE PRESIDENT & EXECUTIVE DIRECTOR

At SCI Sask our mission statement remains the building block fundamental to our success: "To assist persons with spinal cord injuries and other physical disabilities to achieve independence, self-reliance and full community participation."

This 2016-2017 Annual Report showcases the innovative strategies SCI Sask has developed and adopted to meet membership needs and the challenges of our organizational growth.

The SCI Sask Board of Directors, in collaboration with its various committees (Financial, Audit, Investment, Fund Development, Accessibility, Nominating, and Aboriginal Advisory), continues to embrace strategic alliances in order to improve SCI Sask services. In times of constant economic challenge, the SCI Sask team adjusts, adapts and thrives on innovation to enhance and augment existing service delivery.

This year, SCI Sask continued to foster partnerships to support value-added programming which enhances membership connectivity and integrates sustainable resources. Partnership engagement builds public confidence and awareness as we work collaboratively to evolve an all-inclusive community. The board of directors acknowledges the vast contributions our partners make toward the SCI Sask vision and mission.

We are also proud of the technological advances we implemented to meet the growing demographic diversity of our province's urban, rural, and our more remote northern communities.

SCI Sask also continued to embrace annual professional development to ensure its governance structure possesses the skill set and capability to meet its fiduciary duty required for SCI Sask accountability and integrity. The SCI Sask Board of Directors wishes to acknowledge the SCI Sask team for creating a synergic work environment that contributed to our overall success.

SCI Sask would like to recognize the many government officials and public dignitaries, along with our members, staff, volunteers and community stakeholders, who demonstrated the ongoing support, loyalty and commitment that's required to make SCI Sask peer services a reality and ensure the continuity of the Canadian Paraplegic Association (CPA) legacy.

In conclusion, SCI Sask Board of Directors will continue to adjust, adapt and thrive to meet the growing demand for our services.

**William Lehne**  
President

**Lyn Brown**  
Executive Director



## 2016/2017 BOARD OF DIRECTORS

LEFT TO RIGHT: Leo Roth\* (Secretary), William Lehne\* ( President), Monique Beauregard (Vice-President), Denise Thibault \* (Treasurer), Lynn Archdekin \*(Past-President),

MISSING FROM PHOTO: Dr. Jacqueline Kraushaar, Lana George\*, Arvid Kuhnle\*, Dr. Shane Wunder.

HONORARY BOARD MEMBERS: Dr. L. Lavoie & Dr. Robert Capp

\*Individual with a physical disability

## SCI SASKATCHEWAN STAFF

### SASKATOON OFFICE

Executive Director: Lyn Brown  
Executive Assistant: Chad Magee  
Finance Manager: Dwayne Main  
Manager Fund Development & Community Engagement: Morgan Darbellay  
Aboriginal Program Developer: Kelly Palmer  
Client Service Coordinator: Colin Farnan  
Client Service Coordinator: Delynne Bortis

### REGINA OFFICE

Program Oversight Manager & Community Business Liaison: Rosanne Verhulst  
Manager – Community Impact: Sheila Flasko  
Client Service Coordinator: Kristin Drummond  
Client Service Coordinator: Blake Lamontagne  
Aboriginal Program Developer: Lyndley Diacon

### PRINCE ALBERT OFFICE

Aboriginal Engagement Coordinator: Connie Farber

[www.scisask.ca](http://www.scisask.ca)

"WORKING COLLABORATIVELY FOR INCLUSIVE COMMUNITIES."

## 2016/2017: THE YEAR IN REVIEW

The sudden reality of a spinal cord injury or the onset of any physical disability can be frightening and overwhelming, and can present barriers that prevent access to services and community involvement.

It's not just people with spinal cord injuries or other physical disabilities who face these barriers. Families, friends and support systems can also have a great need for SCI Sask programs, services and information. Through the delivery of programs and services, people will connect and access key support, develop positive life strategies, and build individual capacity.

### Key Statistics

- This year we connected 570 participants living with an SCI or other physical disability to a support that improves their wellbeing, independence and social participation.

SCI Sask offers the following core services in order to create inclusive communities where people can maximize their abilities and lead fulfilling and productive lives.

### ABORIGINAL SERVICES

The Aboriginal Outreach Program, with guidance from its Advisory Committee, is working to create relationships with Aboriginal groups and communities throughout Saskatchewan. Supports are provided to individuals with the overall goal of empowering them to live independently within their communities.

### Key Statistics

- Six individuals serve on the SCI Sask Aboriginal Advisory Committee.
- SCI Sask worked directly with 22 organizations.
- Forty-one participants, who self-declared, were connected to a support that improves their wellbeing, independence and social participation.

*"It is nice to have something different to do. Never did much with my culture before, but this is good."*

**– Program Participant**

### ME-TSO-WIN

Me-tso-win (Cree for informal gathering) is an Aboriginal-focused peer group that meets in Saskatoon. The gatherings may be a meal and conversation, or an outing in the city.

We are working on expanding the program to other regions.

*"Socializing with other people with disabilities, getting to know the aboriginal developer and the elder involved in our program."*

*"Getting out, being with other people and getting to know them better."*

*"Working on our healing individually and as a group."*

**– Me-tso-win participants on the benefits of the gatherings**

### SOUP AND BANNOCK GATHERINGS

Soup and Bannock Gatherings are offered to individuals with mobility disabilities and members of their support network. They provide an opportunity to participate in the larger community, while including a cultural focus.

The gatherings are held over lunch or supper hours, depending on availability of meeting space. An Elder is invited to each gathering.

### PEER SERVICES

The SCI Sask Peer Program provides opportunities for individuals to gain knowledge, participate in activities, and share their experiences in order to successfully overcome challenges related to living with a spinal cord injury or other physical disability. The program offers one-on-one peer mentoring, peer support groups, and peer activities.

We are currently working on expanding our reach with a virtual peer support group. This will allow us to reach individuals who may have been unable to participate in peer support programming due to a rural or remote home location.

### Key Statistics

- We collaborated with 21 organizations to deliver peer group activities.
- One hundred sixty four participants participated in one or more peer group activities.

### WOMEN'S CIRCLE

The Women's Circle is a group of women with spinal cord injuries and other mobility disabilities who meet monthly for a coffee or meal to offer friendship and support to one another in a safe, inclusive setting.

The program is currently operating in Saskatoon, and we are working on expansion of the program to other regions.

*"Meeting with and talking to other women who have similar experiences. The social aspect of being around women with disabilities who understand what I go through. Sharing ideas and supporting each other. I am grateful that a group like this is available to me."*

**– Women's Circle participant on the benefits of the program**

### POWER SOCCER

Power soccer, offered in partnership with Saskatchewan Wheelchair Sports, is a peer group activity that provides a social and physical activity that allows participants to focus on their individual ability and share common experiences.

*"It's so exciting that I found a sport I can participate fully in and that I'm good at."*

**– Power Soccer Participant**





**LEFT:** SCI Sask member Jennifer Gabrysh gets a helping hand from her mother, Miriam, at the South Zone Community Garden in Regina. **ABOVE:** One of the many accessible kitchens featured at the Accessible Housing Features Project portion of the SCI Sask website. This project showcases innovations in accessibility and serves as an important reference for our members.

## COMMUNITY GARDENS

In partnership with Eastview Community Garden in Saskatoon and South Zone Community Garden in Regina, we have developed accessible garden beds. The gardens offer the opportunity for participants to build individual capacity, enjoy the healthy benefits of nutritious food, enjoy the outdoors, and learn from others. Additionally, the neighbourhoods where the gardens are located benefit from becoming more diverse and inclusive.

Our thanks to QCR Builders for their generous support of the Regina Community Garden.

## ACCESSIBLE HOUSING FEATURES PROJECT

The Accessible Housing Features (AHF) project is a collaboration between SCI Sask, Saskatoon City Hospital Physical Medicine & Rehabilitation, SCI Sask community members, and volunteer photographer Jay Scott.

The project employs a web-based approach to gathering and sharing information on accessible housing features that will be of significant benefit to people who are new to building or renovating for varying mobility needs. As a secondary component, the project acts as a peer program, introducing people who are newly-injured to the homeowners featured in the project. Funding was generously provided by Scotiabank.

*"I have found it really useful to use (the website) with our clients who are looking at home modifications and even just set up for accessibility. I have mostly used it with our SCI clients (who I work with), but it is certainly appropriate for many of the other patients*

*here with differing diagnoses. The visual is so valuable for them! I will continue to promote the use of it with our staff, and look forward to expanding on it!"*

*– Sandy Gibney-Long, Physiotherapist, Saskatoon City Hospital*

## COMMUNITY KITCHEN

Community Kitchen is a program offered in partnership with Huston Heights and Regina Education & Action on Child Hunger (REACH). It provides an opportunity for individuals to come together in an accessible environment to learn how to cook a healthy and affordable meal, as well as meet new people.

Community Kitchen is offered in three-month modules, and includes an educational component where participants learn about a variety of topics such as nutrition and budgeting. The program is open to SCI Saskatchewan members, and is offered free of charge.

## Key Statistics

- Fourteen participants attended one or more Community Kitchen sessions.
- Eight participants completed evaluations. Of these, 100 percent reported that they gained knowledge necessary to make more informed decisions about healthy eating, saw the value in attending the program, and believed attending improved their social circle.

*"I learned how to plan a balanced meal. The physical aspects of cooking helped to improve my hand function and dexterity."*

*– Community Kitchen Participant*

## ART PROGRAM

SCI Sask, with generous support of the Saskatchewan Arts Board, completed a study to determine the feasibility of, barriers to, and need for an entrepreneurial art program for people with disabilities—a program that would aide participants to achieve financial self-reliance, independence and full community participation. Based on the study, we are now in the planning stages for a Disability Arts Festival to take place October 2017 in Saskatoon, Regina, and Prince Albert.

SCI Sask, in partnership with Sherbrooke Community Centre, offers artists with disabilities and other interested groups access to Sherbrooke's amazing accessible art studio, and a platform to work together and open up a dialogue on arts and culture in the disability community—from accessibility issues and self-employment to community inclusion.

## INFORMATION SERVICES

Through SCI Sask Information Services, people living with a spinal cord injury or other physical disability, along with the community-at-large, are provided with the information they need to make informed decisions and access appropriate services. Access to information, knowledge development and sharing of resources creates a high standard of equitable and accessible environments.

## NEW SCI SASK WEBSITE

SCI Sask moved our virtual space from [www.spinalcordinjurysask.ca](http://www.spinalcordinjurysask.ca) to our new home at [www.scisask.ca](http://www.scisask.ca). The new look and web platform were optimized for user experience and provide new resources and features to better serve our members.

New features include the Accessible Housing Features page that provides a resource database of homes and spaces within the province to showcase modifications and adaptations for independence, and the Event Calendar that lists programs and events across the province.

## Key Statistics

- Three thousand copies of the *Parascope* provincial newsletter were distributed.
- Facebook "Likes" increased from 186 to 368.
- Twitter current page 495; Following 164; Followers 146; Likes 561.



## EDUCATION & EMPLOYMENT SERVICES

Participants in our Education Program identify the roadblocks to their academic success, seek alternatives and gain skills necessary to further their education. A significant component of our Education Program is the Reg Banga/SCI Sask Scholarship, which awarded a total of \$10,000 in 2016-17 to these recipients:



Braden Close



Kirstin Gowda



Shaylee Rosnes



Josie Rowlinson



Shailynn Taylor



Denise Thibault

*"SCI Sask has opened my eyes to the many educational opportunities and supports that exist."*

*– Education Program Participant*

Our Employment Program assists individuals assess and identify their employment readiness and gain skills necessary for employment. Employers receive information about the benefits to their organization or business by employing individuals with a physical disability. In addition, employers may use this service to evaluate worksite accessibility and job accommodation.

## Key Statistics

- Twenty people registered with SCI Sask Employment and Education Programs.
- Twenty-five percent of participants accessing supports have secured employment.
- Thirty-five percent of participants accessing supports transitioned to training.
- Eighty percent of survey respondents are engaged in setting goals for the future.
- One hundred percent of survey respondents are reported as being satisfied with support or training.
- One hundred percent of survey respondents reported having experienced increased opportunities towards employment.

*"Creating a resume and getting back online with email were essential to me being hired as a self-checkout cashier. Thank you, SCI Sask."*

*"Farming is a passion of mine, and having the opportunity to have this (combine) lift has definitely given me my independence back. I want my daughter, Everly, as well as anyone reading this, to know that, no matter what you put your mind and heart to, you can achieve it. It*



may not always be easy, but it will be worth it. I would like to thank SCI Sask for its support.”

–Employment Program Participants

## COMMUNITY INCLUSION SERVICES

SCI Sask promotes change in communities through representation on committees and at events. Our representatives help to identify, reduce and eliminate barriers preventing full community participation. Staff and/or volunteers attended the following committees/events:

- Aboriginal Disability Awareness Month Luncheon
- Adaptive Physical Activities Symposium
- Bridging the Gap
- Caregivers Committee
- Carry the Kettle Pow Wow
- Collective Impact Workshop
- Disability Income Support Coalition (DISC)
- Friendship Inn Display
- FSIN Disability Working Group Presentation
- Gardenscape
- Health & Wellness Expo
- Human Library – Human Book Presenter
- International Day for Persons with Disabilities
- International Day for Persons with Disabilities 2017 Planning
- International Women’s Day Luncheon
- I Love Regina Day
- James Smith Pow Wow
- Job Fair for People with Disabilities

- Maple Creek Heritage Festival
- National Aboriginal Day Celebrations
- Neurotrauma Symposium
- North Central Community Association Volunteer Fair
- North Central Health Fair
- Para Sport Tour – Dream Relay
- Partnership on Positive Aging
- Person Centered Thinking Workshop
- Post-Polio Christmas Dinner
- Saskatchewan Human Rights Commission Regina Accessible Transportation Stakeholder Advisory Committee
- Saskatoon Community Job Fair
- Saskatoon Health Region – Rec Therapy Promo Day
- Saskatoon Indian Métis Friendship Centre Networking Luncheon
- Saskatoon Police Service – Elder Teachings
- Special Residency Task Group – Cheshire Homes
- Spinal Cord Injury Canada Peer Program Committee
- Women of Illumination Committee

## AWARENESS

SCI Sask is committed to generating awareness of the abilities of people with spinal cord injuries and other physical disabilities, and promoting practices that reduce the incidence of spinal cord injuries.

## GOOD ACCESS IS GOOD BUSINESS

One of our priorities is engaging and meeting with business owners and organizations in Regina. Our objective is to raise awareness of the benefits for owners who make their businesses barrier-free and



*The SCI Sask Annual Wheelchair Relay raises critical funds for our programs and services, along with awareness of the abilities of and challenges faced by people with spinal cord injuries and other physical disabilities. In the past five years, the event has raised \$119,000.*



*Volunteers are the lifeblood of our organization, donating more than 600 hours in 2016/2017 to support various SCI Sask programs and services.*

completely accessible. People living with a spinal cord injury or other physical disability want the same equitable access to services and the opportunity to receive benefits and opportunities like everyone else.

Over the year, we have attended numerous business events, tradeshow and conferences, and networked with a variety of business officials including City of Regina representatives, members of the Regina Chamber of Commerce, and owners of many small businesses. The end result is the forming of great business relationships which is key to encouraging and assisting business owners to create an inclusive and barrier-free place for all. By maximizing our relationships within the business community, increasing awareness of SCI Sask programs and services, and building new partnerships, we continue to work collaboratively for inclusive communities.

### **SASKATCHEWAN WHEELCHAIR RELAY**

The 17th Annual Wheelchair Relay was held in Saskatoon on September 24, 2016. The Relay was successful in reaching both of its goals—raising awareness about the abilities of and the challenges faced by people with spinal cord injuries and other physical disabilities, and raising pledges and sponsorship to support SCI Sask programs and services. A big part of the success can be credited to the collaborative effort from event day volunteers, donors, team participants, spectators, SCI Sask board members, and our staff.

### **Key Statistics**

- Relay volunteers contributed 70 hours to the event.
- Over the past five years, \$119,000 has been raised.
- This year's top team donor was The Faithful Friends.

### **CHAIR-LEADERS—ENABLING ACCESS**

On June 1, 2016 the 3rd Annual Chair-Leaders – Enabling Access event took place in Regina. Thirteen community leaders accepted the challenge of being a Chair-Leader, swapping their desk chair for a wheelchair at their workplace for a portion of the day to experience the challenges that individuals who use wheelchairs face and overcome every day.

*"What I took away from the event was how much simple, everyday tasks are suddenly made extremely difficult. Tasks that I wouldn't think twice about completing presented some definite challenges.*

*– Chair-Leader Participant*

### **PRESENTATIONS**

Over the course of the year, we were invited to speak at various venues. These speaking opportunities allowed us to deliver our message to University of Regina Kinesiology students, elementary and high school students, and health and wellness professionals.

### **VOLUNTEERS**

In 2016 – 2017, SCI Sask volunteers donated 634 hours towards improving the quality of life for individuals with spinal cord injuries and other physical disabilities. Volunteers are an integral component of many of our programs. Some of our programs could not operate without the support of volunteers.

*"I have been volunteering for Community Kitchen since January and I love it! Everyone there is great. I think it's a great program, teaching people to eat healthy and helping prepare healthy meals. I look forward to going each month and helping out with whatever I can do."*

*– Community Kitchen Program Volunteer*

# OUR SPONSORS, FUNDERS & SUPPORTERS

## MAJOR FINANCIAL SUPPORTERS



**United Way**

- United Way Estevan
- United Way of Saskatoon and Area
- Weyburn and District United Way



## FINANCIAL SUPPORTERS

- Affinity Credit Union
- Centennial 360 Plumbing
- Donor's Choice Communities
- Muttart Foundation
- Saskatchewan Arts Board
- Saskatoon Community Foundation
- SaskTel
- SGI
- South Saskatchewan Community Foundation

## OTHER SUPPORTERS

- Northern Lights Community Development Corporation
- PGI Printers – Saskatoon\*

*\*This publication printed courtesy of PGI Printers – Saskatoon*

## 2016 CHAIR-LEADERS SUPPORTERS

- Brewed Awakening
- Prairie Heart Mobility
- Sparky's Restaurant

## 2016 SASKATCHEWAN WHEELCHAIR RELAY SPONSORS

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- OK Tire
- Saskatchewan Wheelchair Sports Association
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## SPINAL CORD INJURY SASKATCHEWAN INC. (FORMERLY CANADIAN PARAPLEGIC ASSOCIATION SASKATCHEWAN INC.)

Questions or comments about this publication or any programs and services offered by Spinal Cord Injury Saskatchewan should be directed to:

### SASKATOON

Lyn Brown  
311 – 38th St. East S7K 0T1  
Telephone: (306) 652-9644  
Toll-free: (888) 282-0186  
Fax: (306) 652-2957  
Email: lynbrown@scisask.ca

### REGINA

Sheila Flasko  
3928 Gordon Road S4S 6Y3  
Telephone: (306) 584-0101  
Toll-free: (877) 582-4483  
Fax: (306) 584-0008  
Email: sheilaflasko@scisask.ca



Spinal Cord Injury Saskatchewan Inc.  
Lésions Médullaires Saskatchewan

[www.scisask.ca](http://www.scisask.ca)