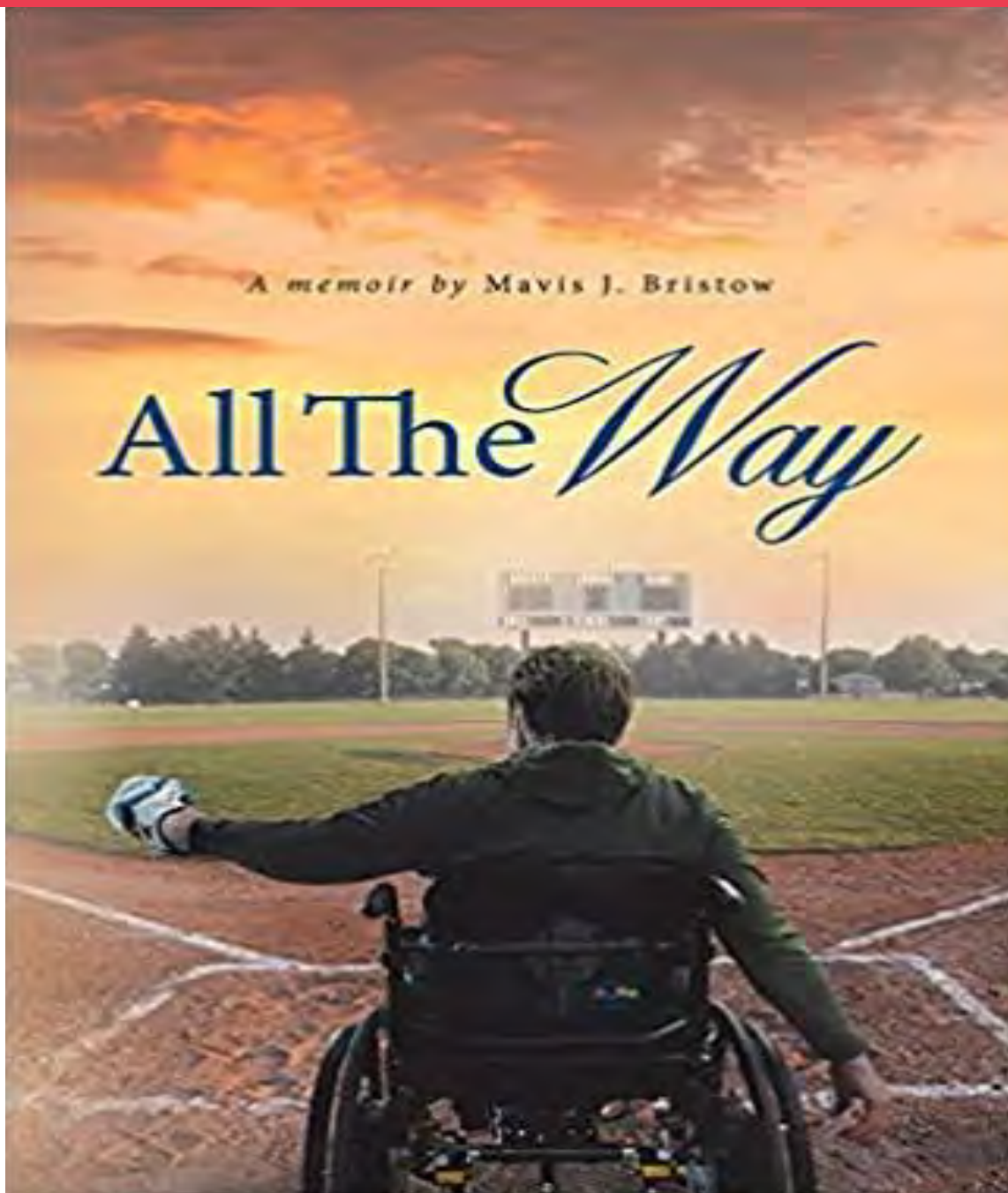


paraScope

FALL 2021

A memoir by Mavis J. Bristow

All The Way



PUBLICATIONS MAIL AGREEMENT 43362544

Mavis Bristow, long-time supporter of SCI Sask and advocate for accessibility & access, tells her story.

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Spinal Cord Injury Saskatchewan Inc.

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

Regional Office

130-335 Hoffer Drive
Regina SK S4N 6E2

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

Visit us on the web
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SPINAL CORD INJURY SASKATCHEWAN INC.

MISSION

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

VISION

Working collaboratively towards an inclusive community.

HIGHLIGHTS

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BRISTOW "ALL THE WAY"**

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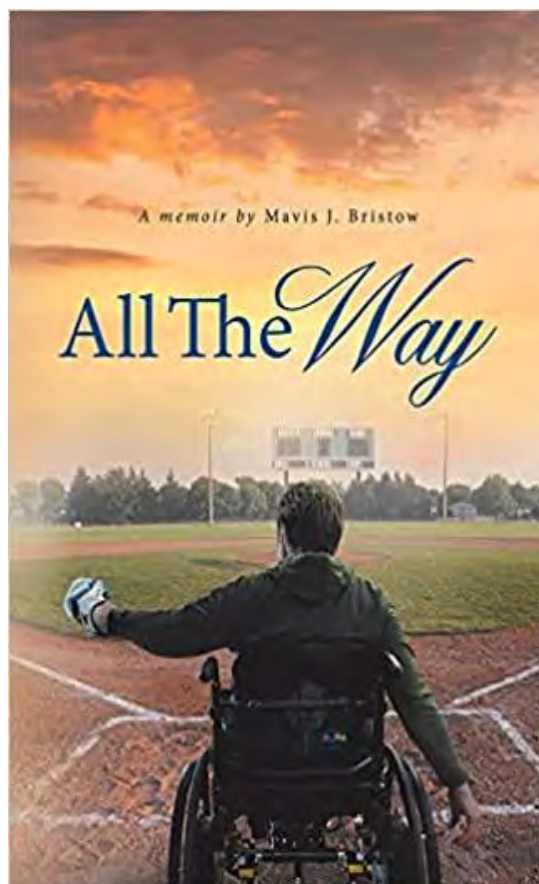
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All the Way

SCI Sask long-time client and supporter, Mavis Bristow authors her memoir. Mavis pioneered many aspects of life, motherhood, relationships and faith during her journey as an individual living with a physical disability. Thank you Mavis for sharing this poignant and heart-warming story of the challenges you overcame, and those you continue to experience.

All the Way Book Paperback – July 20, 2021
by [Mavis J. Bristow](#) (Author)



FOLLOW along with Mavis Bristow as she tells her stories from childhood to grandparenthood. Her memoir was brought to life by wanting to share her experience after going through a life-changing accident. Tearing apart the lives of those she knew and loved, she had a lot of worry and sad eyes looking down on her. Her family and friends were distraught by her injury, which is what she used as motivation to live a life of independence. Mavis had to learn to persevere through adversity, navigate a life of inaccessibility, and above all learn to love the Lord through all life's challenges. Every day brought new obstacles, but with a little bit of creativity and a whole lot of patience she developed norms that allowed her to thrive.



TESTIMONIALS

"Mavis is one of my heroes. Her humility, warmth, and genuine personality are only exceeded by her resiliency and determination..."

Mich Dahl BScPT, Sport PT

"I met Mavis in spring of 2006 and that meeting changed my life. I had returned from the International Seating Symposium and had a new product, the Ride Designs Custom Cushion, of which I knew next to nothing..."

*Pat Molloy
Rehab Equipment Specialist
Ride Designs Custom Seating Provider
(Cert. 2006, 2015)*

"As owners of a local funeral home, we have had the privilege of knowing Mavis for over 30 years. We have always been encouraged by her willingness to serve others..."

*Floyd & Marjorie Childerhose
Outlook Funeral Chapel*

"Mavis is someone I look up to, as I was paralyzed myself in my early 20s, and I know Mavis through my grandparents who were from Loreburn before they both passed away..."

Ryan Orton

tellwell



<https://www.amazon.com/All-Way-Book-Mavis-Bristow/dp/0228845203>

Message from the Executive Director



SCI Sask Services continue to be delivered across the province to over 1100 individuals and their families. The Covid-19 Pandemic restrictions impacted the operations and capacity to meet with clients in their home community, however virtual gatherings are instrumental in maintaining contact and support. SCI Sask initiated the **Family Support Network** in June

2021, and in October launched the first virtual gathering. In this issue of *Parascope*, you will find a detailed description of the plans and goal of the **FSN**. The Peer Mentorship Network continues to expand, and currently offers three components, inclusive of virtual gatherings of the SCI Sask certified Peer Mentors, the "All Comers" and the Women's Circle, also highlighted in this issue.

Fund Development opportunities remain impacted by the pandemic restrictions, however SCI Sask was fortunate to be allowed to host the 2nd Annual Golf Tournament on August 7 2021, at Mark's Nine Golf and Country Club just north of Prince Albert. It was a huge success, with the number of team entries exceeding capacity. Thank you to President Bill Lehne for his extremely dedicated

commitment to this endeavor, which contributed to the overall success in participation and sponsorship.

SCI Sask experienced changes in our Human Resource Team, both in the Provincial and Regional Offices; we look forward to forging forward in service delivery and implementing the Strategic Plan of 2021-2025. The SCI Sask Board of Directors welcomed new members, and invites other interested persons to join the Board; contact sciinfo@scisask.ca for details.

The SCI Sask website www.scisask.ca is informative and inclusive of SCI Sask Services, news and networks. Visit our website to learn of the virtual gathering dates and how to contribute to SCI Sask. Best wishes, be healthy and stay safe,

Laurel J. Scott ED

SCI Sask Provincial Office Planned Relocation

Please note that the SCI Sask Provincial Office in Saskatoon is in the process of seeking a new location for April 2022. Stay tuned for future announcement via SCI Sask website scisask.ca, FB and other social media mediums.

SCI Sask congratulates Farzana Nair, Regional Office Coordinator, on her recent convocation!

Organizational Update



"Do not think that what is hard for you to master is humanly impossible; but if a thing is humanly possible, consider it to be within your reach." – Marcus Aurelius

I have lived and learnt every day in my life- every sunshine with new enthusiasm and looking for new horizons of learning remain my motivation to transform and transition from one career to another.

Over years of hard work, I followed the natural flow and developed my personal understanding and redirected my career. I explored myself and decided to produce an impact through my leadership skills in administration and policy making. To further my education in public service, I began with my Master Certificate in Public Management from Johnson Shoyama Graduate School of Public Policy in Fall 2018, which opened doors for me to develop understanding towards Governance, administration, public policy, management, financial management, health promotion and above all Indigenous health policy. The MPA program helped me to explore my interests and goals. I am still at an embryo stage of administrative and policy making but I believe I have enough to bring forward for those who are waiting for improvement and innovations in public service and healthcare. Farzana Nazir MBBS, BSc, MCPM, MPA



Hi! My name is Angie Howlett. I began with SCI Sask as the Family Support Network Coordinator in June 2021, after completing my Bachelor of Social Work degree. During my studies, I worked in seniors housing and residential mental health for five years before accepting this position. While working in seniors housing, I learned about acquired disabilities through the aging process and about the importance of aging in a safe, appropriate home that promotes

**Angie Howlett,
FSN Coordinator**

independence. During my time working in residential mental health, I learned of the impact that disability—any disability, including mental, intellectual, or physical—can have on family members or circle of support of the clients we serve. I hope to bring the knowledge and experience gained from previous positions to facilitate the success of the Family Support Network!



**Karthik Babu Menon
Client Service Coordinator**

I would like to take this opportunity to personally introduce myself as Karthik Babu Menon. I am a person living with Cerebral Palsy and I am currently working as a Client Service Coordinator for Spinal Cord Injury Saskatchewan in a part-time position since June 2021. As a CSC, I work with clients to assist in improving their quality of life and also improving their chances of full community participation. I currently am also studying part-time at University of Saskatchewan to complete my Psychology degree with a minor in English. My motto for life is "whatever life throws at you it is you that has to decide whether you have to stand up or not. The choice is yours".



My name is Mason Leidal. As of November 1 2021 joined I Spinal Cord Injury Saskatchewan as a CSC. I am a graduate of University of Regina with a Bachelor's of Science in Computer Science degree and have Assistive Technology Applications certification at California State University, Northridge. Many volunteer jobs throughout my degree have been in disabilities which became the basis for wanting to get into AT. I hope that as a CSC that I can further learn of the world people with SCIs and other

**Mason Leidal
Client Service Coordinator**

disabilities live in and gain experience towards the career I aspire to.



**Saba Khan
Client Service Coordinator**

I have a Bachelor of Medicine, a Bachelor of Surgery degree and love to promoting ways to live a healthy and safe life. I conduct training workshops for First Aid and CPR. My past experience includes working with a community organization to connect people to services in assisting the integration and settlement of newcomers to Regina and in the health department to connect clients with the health services available in the community. My passion is to increase awareness to empower clients and to assist them in achieving their goals. I am glad to be able to serve SCI to further my interest and experience in serving community.



International Day of Persons with Disabilities

3 DECEMBER

“Leadership and participation of persons with disabilities toward an inclusive, accessible and sustainable post-COVID-19 world” is the 2021 IDPD Theme

Today, the world population is over 7 billion people and more than one billion people, or approximately 15 per cent of the world’s population, live with some form of disability; 80 per cent live in developing countries.

The annual observance of the International Day of Persons with Disabilities was proclaimed in 1992 by [United Nations General Assembly resolution 47/3](#). It aims to promote the rights and well-being of persons with disabilities in all spheres of society and development, and to increase awareness of the situation of persons with disabilities in every aspect of political, social, economic and cultural life.

In Saskatchewan:

The Province of Saskatchewan will proclaim December 3rd as UN International Day of Persons with Disabilities.

- Neil Squire’s [Makers Making Change](#) program is aiming to set an #ATWorldRecord on the UN International Day of Persons with Disabilities to raise awareness of the need for affordable assistive technology (AT) solutions for people with disabilities. 30 minutes on Dec 3rd is all you need to help set a **GUINNESS WORLD RECORDS** title for “The most users to take an online DIY assistive technology lesson in 24 hours.”
- NSILC Join us in this Q&A with a panel of experts that will guide you through the business services and resources available to assist you in starting your business in Saskatchewan. Friday, December 3, 2021, 1:30pm -3:00pm Register today: <https://www.eventbrite.ca/e/business-resources-for-entrepreneurs-with-health-conditions-or-disabilities-tickets-191957509077>



2021 LA Charities Scholarship awarded in August 2021

SCI Sask thanks LA Charities for their continued financial support for the annual SCI Sask LA Charities Post-Secondary Scholarship. We collectively are pleased to announce the recipients of the 2021 LA Charities Scholarship:

(pictured clockwise)

Nigel Fernandez – Bachelor of Arts – Psychology, University of Saskatchewan
Josh Forrest – Mental Health and Wellness Diploma Program, SIIT
Karthik Babu Menon – Bachelor of Arts – Psychology, University of Saskatchewan
Kelsi Paul – Office Administration, Algonquin College



SCI Sask is pleased to announce the Family Support Network (FSN)!

The Family Support Network, known as FSN, is a response to an identified need within families of SCI Sask to establish a network for family members, spouses, significant others, and caregivers of individuals living with a spinal cord injury or other physical disability. Similar to the SCI Sask Peer Support Network, which offers clients of SCI Sask a connection with a peer with lived experience, the FSN provides the family members/circle of support with the opportunity to connect with other family members in a virtual group setting, who may be encountering similar experiences or challenges within the changes life journey. The FSN offers emotional support, shares coping-mechanisms, provides insight to the future and exchanges helpful information in a safe, respectful and confidential way. Family members, friends and other supporters are integral to the health and wellbeing of individuals living with an sci or other disability. When members in the circle of support become overwhelmed, the systems can appear to fall short of meeting the required needs. This network may assist and facilitate the navigation in the lifelong journey of living with a disability.

Acceptance and confidentiality are central to the success of the Family Support Network. It allows contributors to share their experiences, feelings and thoughts about their situations freely without fear of impacting feelings or exasperating situations that may exist at home. Similarly, contributors feel secure to share on various topics that they face when they are able to express themselves freely in a judgment-free space. Ensuring the space is safe, judgment free and confidential allows conversation to unfold naturally and common themes to be identified.

Some of the themes of the FSN may include, but are not limited, to: adjusting to your new role; financial supports; grief; housing modifications; mental-health; relationships; self-care and more. Themes and topics are ever-evolving and will change based on the needs of the participants. As the network progresses, and the group shows interest in specific areas, learning something new or enhancing skills, guest speakers and workshop opportunities may be incorporated.

The Family Support Network currently gathers virtually via Google Meet on the third Wednesday of the month. The next gathering will take place on Wednesday December 15 2021 from 7:00pm-8:30 pm; RSVP's are not required!

Ways to connect:

- To join, please visit our scisask.ca website, and check the FSN calendar for the link.
- If you are a family member or significant other of an SCI Sask client, please join us for conversation, fellowship and support!
- If you are a client of SCI Sask, and have a family member or someone in your circle of support who may benefit from this network, please encourage them to attend or reach-out to our FSN Coordinator
- If you are not yet connected to SCI Sask, please email sciinfo@scisask.ca

Angie Howlett, FSN Coordinator: 306-652-9644 ext. 3; angiehowlett@scisask.ca



Spinal Cord Injury Saskatchewan Peer Mentorship Network

PMN PEER MENTORS

The SCI Sask PMN Peer Mentors are a group of individuals living with spinal cord injuries or other physical disabilities who have trained and been certified through SCI Sask to offer mentorship to others, either someone new to living with a disability, or to someone going through a phase in their life journey where support from a peer mentor with similar experiences can be valuable.

The Peer Mentors (PMs) meet monthly to participate in further training, share knowledge, and keep current with the services offered by SCI Sask. The PMs work closely with our Client Service Coordinators, who are responsible for creating mentee /mentor connections dependent on many different variables.

If you are interested in being connected with an SCI Sask Peer Mentor, please contact your Client Service Coordinator, or email sciinfo@scisask.ca for more information.

PMN ALL COMERS

Research shows that approximately 86,000 in Canada live with a spinal cord Injury and the number of new injuries and acquired physical disabilities continues to climb on an annual basis. The physical and physiological adjustment after a neurological insult is often difficult and largely impact quality of life. As such, those with physical disabilities require strategies and ongoing support. The SCI Sask Peer Mentorship Network (PMN) All Comers Group Gathering is one strategy that is instrumental in the rehabilitative process. By providing a safe and inclusive space, many clients report that the PMN All Comers Group Gathering provides a positive impact on their health outcomes and overall quality of life.

The SCI Sask PMN All Comers Group Gathering is open to our clientele living with a physical disability across Saskatchewan. More importantly, the Peer Mentorship All Comers Gathering seeks to promote connections, growth, support and assistance, community power, conversation, sharing of experience and unique learning opportunities. The virtual gathering currently takes place the last Tuesday of every month and can be accessed via the Peer Mentorship Network section on the SCI SASK website scisask.ca. Hope to see you there!

For more information, contact your Client Service Coordinator, or email sciinfo@scisask.ca.

PMN WOMEN'S CIRCLE

The SCI Sask PMN Women's Circle is a group gathering inclusive to anyone living with a spinal cord injury or other physical disability who identifies as female. Each gathering allows enough time for conversation surrounding new events or supports that participants would like to share or seek, followed by a presentation, guest speaker, or previously topic selected.

Upcoming topics for November and January are determined, with a guided yoga session with Mary-Jo Fetterly, Accessible Yoga Instructor, and a discussion with Mavis Bristow, author of her amazing memoir "All the Way".

If you are interested in joining the PMN Women's Circle, you can do so by visiting the scisask.ca website. Look for: What We Do>Rehabilitation Services>Peer Mentorship Network>Calendar". The gatherings are offered virtually through the Google Meet format.

For more information, contact your Client Service Coordinator, or email sciinfo@scisask.ca.

"Spinal Cord Injury Saskatchewan's PMN Gatherings continue to occur monthly. Since the inception of the network, all gatherings, including peer mentor/mentee connections, are virtual and will continue to be until it is safe to meet in person, at which time a hybrid of in-person and virtual gatherings will be considered to remain inclusive of our clients province wide."

The Value of Peer Mentorship: Passing the Torch and Paying It Forward

On Apr 6, 2018 one of Canada's highest profile highway tragedies occurred when a bus carrying a team of hockey players, coaches, trainers and other affiliates from the Humboldt Broncos collided with a semi-trailer. On their way to a play-off game, 16 people lost their lives, and 13 others were left with serious or life threatening injuries. Two of them sustained permanent spinal cord injuries; both were offered support from one of the SCI Sask certified peer mentors very early following the incident. One individual accepted eagerly, but left Saskatchewan to pursue rehab closer to home. The other individual accepted with some trepidation, however became more interested after a few visits, and is grateful to have made that connection.

Thus shining a bright light on the importance of peer mentoring, and peer support programs.

SCI Sask Peer Mentor Nolan

SCIS: You have been involved as a mentor with people in the sci community for a while now.

SCIS: What year was your injury? What was the cause?
N: 2010 from an MVA

SCIS: When first injured, did you have a peer mentor?

N: Yes, a couple. Paul was more of a formal peer mentor. And then I had the opportunity to meet Pete who mentored me when I fell in love with the idea of adaptive water skiing. I was introduced to the sport through Rec Therapy at City Hospital and knew right away that I wanted to be involved.

SCIS: What part of the mentoring process did you find most helpful, or valuable?

N: The fact that it broke down a wall of uncomfortableness and awkwardness surrounding my body and all that was going on with it. It gave me someone to ask those questions to. Also, seeing these guys, one with less function than me doing all these things and still living their lives. It showed me what was possible.

SCIS: How long did it take you to really accept your disability?

N: I realized within the first couple of weeks that it was probably permanent but probably a good 2 years for it to sink in that this was how it was going to be.

SCIS: You have mentored many people. Why is it important to you?

N: I feel obligated because I know how important it was to me and my family. Not just healing from the physical injury but the emotional part of it. If one or two hours a week of my time can make a huge difference to the recovery of a mentee I will be there!

SCIS: A few years ago you were connected with Jacob, who sustained his injury through a very public tragedy. You met him quite quickly after his injury. What was that first meeting like for you?

N: It was a bit nerve wracking, but we sat around for a bit. I chatted with family, gave my contact information. At that point his family was more interested in talking than he was, but that changed after a couple of visits.

SCIS: How often did you meet as a mentor before it became a friendship?

N: Probably not very long. Within 3 or 4 visits he really started to get interested in water skiing, and we bonded over that. We started training at the same gym, traveled together for some water ski demonstrations. We traveled to Nipawin for a demo and stopped at the crash site. It was the first time Jacob had visited the site since the crash, and I was happy I could be there with him for that. We went to the Bronco's memorial game with the Roughriders at Mosaic about 4 months after his injury, and traveled to FL for waterskiing.

"The best gift we can get as mentors is passing the torch to mentees and watching them go on to mentor new injuries. That feeling they get when giving back is the ultimate." - Nolan

SCI Sask Mentee Jacob

SCIS: It's been a few years now your injury. How are you, and what are you doing now?

J: I'm doing really good. I just married the love of my life. And I'm preparing to go back to school in January for Psychology.

SCIS: Regarding the initial meeting between you and the Peer Mentor, he expressed a bit of nervous tension, however he wanted to offer support. What were your initial thoughts when he wheeled into your room?

J: It's hard to remember. I was still feeling some shock, and on medications. I wasn't very interested in what he had to say and I was still so angry. I's also never met anybody in a chair before. It was all very new to me.

SCIS: You had a lot to deal with; being injured and then being so visible in the public eye. How did you deal with that? Did having a mentor help?

J: I tried as hard as I could to stay away from the public, which was difficult. I had so many questions, and it was so easy to reach out to Nolan and ask my questions, so it was definitely a huge help.

SCIS: Nolan expressed the honour he felt in visiting the crash site with you. What was it like having his support on your first time there?

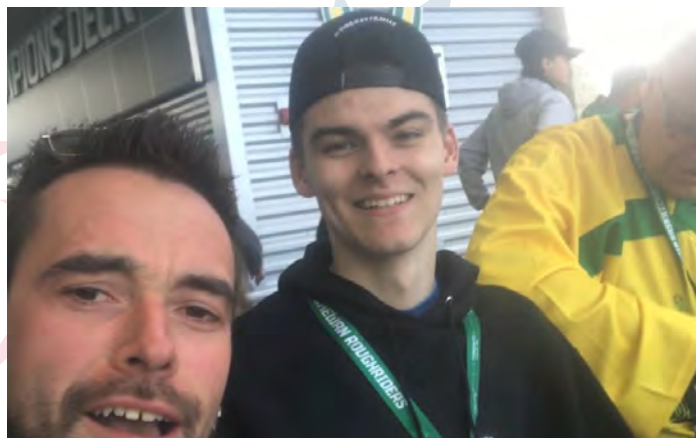
J: It was really good because he wasn't directly involved in the accident and wasn't part of my life before. It helped in handling and processing my feelings on my own, and not having to worry about who was with me. (protecting them from pain)

SCIS: You have now become an SCI Sask certified mentor, and are ready and eager to go. Why did you want to become a mentor?

J: I know how impactful the program was to me, and I want to be able to pay it forward.

SCIS: Any advice or words of wisdom you would share with someone as a newly-injured mentee?

"Try to get involved in the sci community as much as possible. Having other people who understand what you're going through is invaluable." Jacob



IDENTIFYING OUTCOMES OF PEER MENTORSHIP PROGRAMS FOR ADULTS WITH SPINAL CORD INJURY

Background

Purpose:

To identify the potential outcomes of participating in peer mentorship for adults with SCI

Community-based SCI organizations need standardized tools to track and evaluate the outcomes of their peer mentorship programs.



Peer mentorship is a flagship program utilized by Canadian community-based spinal cord injury (SCI) organizations.

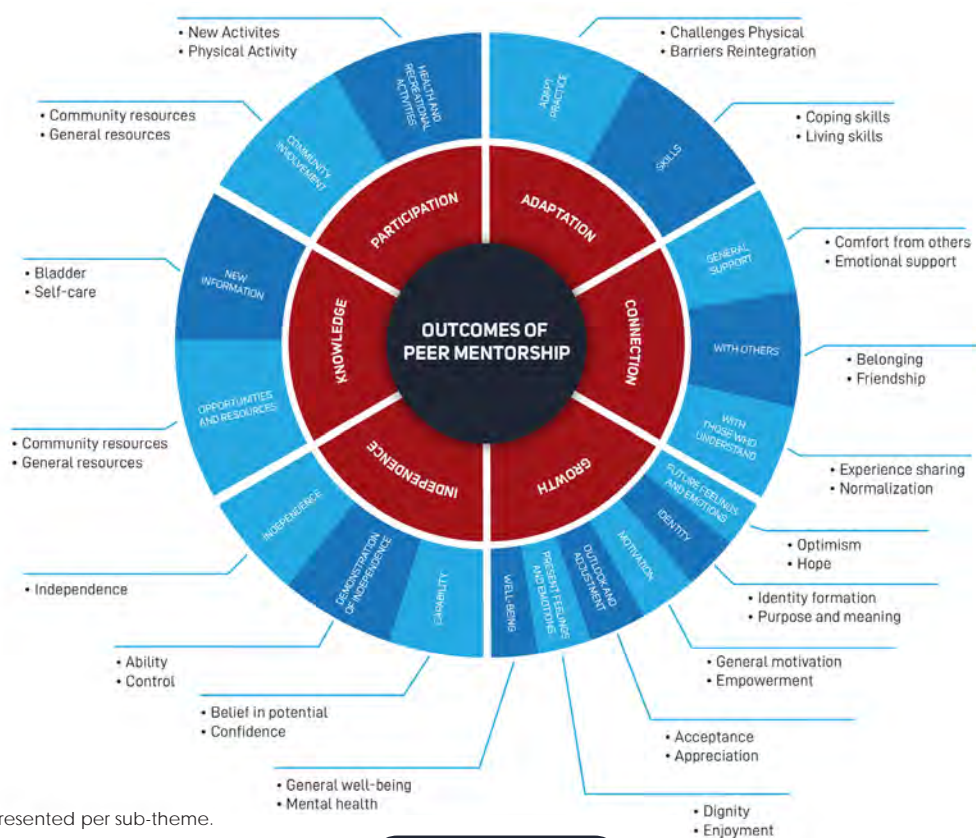


These programs help adults adapt and thrive following their injury.



There is little understanding of the impacts of peer mentorship programs delivered by community-based organizations

What we found



*Note: only two outcomes were presented per sub-theme. There are 87 outcomes in total.

Conclusion

This study identified a variety of outcomes that link to participating in peer mentorship programs for adults with SCI. These outcomes will inform the development of a SCI peer mentorship evaluation tool of our team.

Reference:

Rocchi, M. A., Shi, Z., Shaw, R. B., McBride, C. B., & Sweet, S. N. (2021). Identifying the outcomes of participating in peer mentorship for adults living with spinal cord injury: A qualitative meta-synthesis. *Psychology & Health*. <https://doi.org/10.1080/08870446.2021.1890729>



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SPINAL CORD INJURY SASKATCHEWAN

2nd Annual

GOLF TOURNAMENT

SCI Sask was ecstatic for the return of our annual golf tournament held on August 7 2021. The 2021 Golf Tournament was hosted at Mark's Nine Golf and Country Club near Prince Albert.

It was a beautiful day for golf and the tournament sold out to over-capacity! The supportive turnout was amazing. We hosted many returning teams from 2019 as well as several new team entries! Over 20 teams participated, and 23 sponsors contributed to the event. Thank you to SCI Sask President Bill Lehne for his amazing effort to encourage friends and families to golf, and many businesses to once again sponsor the tournament and our organization. The event raised approximately \$25,000; proceeds allows SCI Sask to deliver client services across SK in areas such as Rehabilitation, Education & Employment, Awareness-Inclusion, and Systems Navigation.

A major highlight during the event was Karthik Babu Menon participating as a new golfer. Karthik had not had the opportunity to experience golf, but that didn't stop him thanks to the Solo Rider golf cart Golf Saskatchewan loaned to SCI Sask for the event. Solo Rider carts are made to travel anywhere on a golf course while allowing people living with disabilities to play. We hope to see everyone out at the third annual tournament in 2022!



(Lt to Rt) Karthik Babu Menon CSC, Bill Lehne President and Launel Scott ED



Team SCI Sask (Lt to Rt) Mark Bortis, Karthik Babu Menon, Jordan Bortis and Mike Landego

Saskatoon Accessibility Awareness 2021



21st Annual Event

Hosted by SCI Sask on September 17 2021

This inclusive, fun-filled event was a success! Community citizens, including individuals, families, friends and co-workers, came together to participate in a challenging obstacle course that highlighted everyday tasks that individuals living with physical disabilities experience.

The course included packing groceries, getting supplies, maneuvering around speed bumps and pylons, and transporting food while navigating using a wheelchair.

The event featured Mayor Charlie Clarke and President Bill Lehne simultaneously wheeling throughout the courses, completing the multiple tasks. Several spectators experienced the use of wheelchairs, and gained awareness on how barriers to accessibility can present daily challenges.



Held in Downtown Saskatoon
Civic Square

Community friendly event,
with music, food and fun!

Wheelchair Obstacle Course

Corporate Participants

Community members and
Individual Participants

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Accessible Hunting Regulations

Support Equity Amongst Hunters

“Regardless of ability, every hunter needs to ensure they are hunting safely and ethically, and to ensure sufficient supports are in place to do so”

SCI Sask members, with lived experience and are avid hunters, collaborated with hunters without disabilities to approach the Government of SK Office of Disability Issues and the Ministry of Environment, Fish Wildlife and Lands Branch. The group presented that the revised 2020 regulations set parameters that were not considered equitable, and in fact created restrictions that segregated hunters living with mobility disabilities. Further to discussions with the group and Ministry, an understanding of inclusion and equity prevailed. The regulations that specifically applied to the use of power wheelchairs and the need for helmets to be worn were rescinded.

The following news release from June 2021, further describes the changes to the legislation, as well as other amendments included in the “Wildlife Regulations Amendment Act 2021.

In advance of Saskatchewan's popular hunting season, the Government of Saskatchewan has introduced a number of changes to The Wildlife Regulations, 1981 - including improvements for people with mobility impairments using a motorized wheelchair for hunting.

“This new legislation provides greater access and less red tape for hunters with mobility impairments,” Environment Minister Warren Kaeding said. “Hunters will be able to take advantage of new technologies in motorized mobility equipment, without the requirement of obtaining a permit to use the equipment. This is a great example of how a policy can evolve to meet the needs of Saskatchewan residents.”

In 2020, mobility options for hunters with physical disabilities expanded to include the use of a motorized wheelchair, but permits were still needed.

Changes to the legislation to better ensure fairness and equity were made following consultation with individual stakeholders and the Saskatchewan Wildlife Advisory Committee, as well as a group representing hunters with disabilities.

Other amendments included in The Wildlife Regulations Amendment Act, 2021 will:

Prohibit the feeding of dangerous animals, to help alleviate increased concerns related to dangerous wildlife in the province. This includes feeding wildlife on the side of the road. This prohibition will not apply to the use of bait for hunting or trapping purposes, conducting agricultural activities or operating licensed landfills.

Authorize the use of a Hunting, Angling and Trapping Licence (HAL) identification number to identify hunting

baits and stands on Crown lands, as an alternative to an individual's full name and address.

Authorize the disposal of inedible or diseased wildlife specimens to simplify the removal of carcasses deemed unfit for human consumption, including specimens infected with chronic wasting disease (CWD).

For more information, visit www.saskatchewan.ca/hunting.

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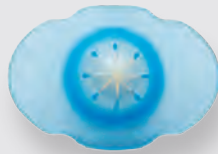
For more information, contact:

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Email: centre.inquiry@gov.sk.ca

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Time to do it together for all of us

The initiative taken by the City of Regina provided SCI Sask with an opportunity to be part of the *Adapted Recreation Plan* to make inclusivity a reality. SCI Sask encouraged our HR team members to share their experience and expectation in this matter. Living with physical disabilities extracts a unique perception regarding infrastructures and the built environment from the common person. The Sector Reference Group triggered imaginations and encouraged all to rethink how they see how accessibility and inclusivity connects with external environment for quality of life. To make it purposeful, team members contributed feedback identifying challenges, opportunities and recommendations about accessibility in recreation places in Saskatchewan.

Views and experience from people with lived experience is fundamental and demonstrate how important it is to create/enhance accessible public places for everyone to fully participate in recreation and leisure activities. SCI Sask contributed expertise to the group regarding accessibility codes of standard, based upon CSA 2018 guidelines in the following areas:

Parking: An immediate challenge is the designing parking lots. The parking spaces recommendations: close proximity to buildings and destination; safe and protected; on level ground; have adequate space to approach. The recommendation is to ensure parking be designed according to barrier-free standards.

Vertical Signage: Signage essentially assists to identify and access information.

Accessible toilets: The availability of well-designed accessible toilet-washroom is paramount in all facilities and recreation locations places. Individuals of all abilities should be accommodated to use the facility as independently as possible. The location of the washrooms is best located nearest to designated accessible parking spaces, entrances and exits.

Trails: The trails around the Saskatchewan should be considered for the adaptive recreation plan; these trails should have access to the widest population as possible.

Trail furniture (Trash Cans, Water Fountains etc.): The trail furniture needs to be included. Park users need places to rest, recreate, dispose trash and use fountains for drinking water. The accessibility of trail furniture is compulsory and is best located near main trails. Properly designed benches that are firm, leveled with non-slip material benches are recommended. By using color contrast to surrounding trail and environment enhance, enhanced understanding and accessibility is realized. Consideration should be given to accessible water fountains and operable with one hand with same rule of firm, leveled, non-slip material, attached to main trail and adjacent to accessible trail.

Many parks in the Saskatchewan connect with different neighborhoods. This allows citizens to enjoy nature while maintaining a healthy lifestyle. We have all witnessed that during unprecedented situations such as the COVID-19 pandemic, technology has transformed lives and have introduced a new era of connectivity. It is recommended that the City of Regina consider developing digital applications related to the information about weather, maps and activities at outdoor locations.

Inclusion and accessibility is a universal truth and should not be denied at any cost. The initiative has been taken and the *Adapted Recreation Plan* is moving towards the road map of success in terms of establishing an approachable, affordable and accessible built environment for all citizens, inclusive of people living with a disability.

Reference to CSA 2018 guidelines is recommended for accessible specifications. SCI Sask offers information, consultation and expertise through our Accessibility Strategy. For more information, visit scisask.ca

Compiled by Farzana Nazir, SCI Sask Representative to the City of Regina Sector Reference Group



In Memory of Past CPA Executive Director Clint Ellingboe

It was with great sadness that SCI Sask learned of the passing of Clint Ellingboe on April 25 2021. Clint was a well-known long-standing member and

leader of the SCI Sask HR Team (under the former name of the Canadian Paraplegic Association, SK Division). SCI Sask recognizes his contribution to our organization over many years, delivering support and direction through different roles.

CPA SK Division

1988-89: Peer Support Program Volunteer Peer Mentor
1989: Employed in Saskatoon Office as Education and Employment Counsellor

1990-1997: Employed in Saskatoon Office as Rehabilitation Counsellor

1997-1998: Became Provincial Supervisor of Rehabilitation Services

1998 (April): Promoted to Provincial Acting Executive Director

1998 (December)-2011: Provincial Executive Director

In approximately 2008, Clint experienced health issues, and was not able to continue working in the office. Unfortunately, Clint's health did not improve enough to allow him to return to active working capacity subsequently in the latter months of 2011, Clint's long tenure as Executive Director completed.

Clint continued to be an active member, initiated in 1985, of the Spinal Cord Injury Saskatchewan family, and received support as requested from our organization until most recently. On behalf of the Board of Directors, members and staff, SCI Sask offered our sincere sympathy to Clint's family and friends.

ELLINGBOE - Clinton.1966 - 2021. It is with great sadness that the family of Clinton Ellingboe announces his passing at the age of 55 on April 25, 2021 at St. Paul's Hospital in Saskatoon. Clint is the son of Albert (Dorothy) Ellingboe & predeceased by his mother Betty Ellingboe. Clint was born in Yorkton, SK March 24, 1966 and lived on the family farm 10 miles east of Saltcoats. Clint was always an athletic and scholastic young man, always at the top of his class in school and with sports. He was active in hockey, baseball, curling and air cadets. Growing up he was eager to help on the family farm and enjoyed hunting the local small game. After an unfortunate spinal cord injury accident when he was 15, Clint's life changed and he had to adjust to life in a wheelchair. His spirit and exuberance for life did not change, in fact he became more bound and determined to live life to the fullest. He always made sure he was there with his friends and at family gatherings and did not let the chair define who he was. Clint finished his high school at Yorkton Regional High and soon after moved to Saskatoon to go to post-secondary school to pursue his Bachelor of Arts. While in school, he became a mentor for the Peer Support Program at SCI Sask formally known as the Canadian Paraplegic Association and was offered a full-time position prior to completing his B of A. Clint was dedicated to fund raising and helping other people that were in a similar situation to cope with the life change experienced after a spinal cord injury. After many years at CPA, Clint was promoted to Executive Director where he managed the team. As a side business, Clint loved technology and helped many people with their computers and phones. He was always ahead of his time and enjoyed learning the latest technology and was always available to help solve the next problem. Clint loved to travel and explore whenever he could. This included trips to Cuba, Belize, Niagara Falls and Halifax, NS. Clint enjoyed his household plants and in his last few years extended that to patio gardening. He took up birding and calling birds in to his backyard while enjoying many hours in the sun. He enjoyed hosting parties of any kind; Roughrider games, July 1st fireworks, Christmas tree decorating and cooking for friends and family. During the last 10 years of his life, the negative health effects of living in a wheelchair started to catch up to him. Throughout all his challenges, his stubbornness, determination and zest for life, he battled and defied all odds until the end. Clint's charisma, smile and quick wit will be missed by all of us who knew him. Mostly, Clint's furry four legged companion Pawnee will miss him the most. Clint trained his black German Shepherd to be a service dog and was truly his best friend for the past 11 years.

Memorial donations in memory of Clint can be made to SCI Sask., 311 38th Street East, Saskatoon, SK S7K 0T1.



"40 Years Strong and Getting Better!"

The Weyburn and Area Communion took place at the Weyburn Legion on October 29 2021 and exceeded their target, raising \$85,500.00. This Community Fundraiser Supporting Eleven Weyburn and Area Community Agencies. SCI Sask is one of the community organizations that provides supports and services to people living in Weyburn and Area. Farzana Nazir, SCI Sask Regional Office Coordinator, attended the event and volunteered over eight hours, contributing to camera work, staging and clean up!

2021

UNITED WAY OF SASKATOON & AREA

Community Impact Report

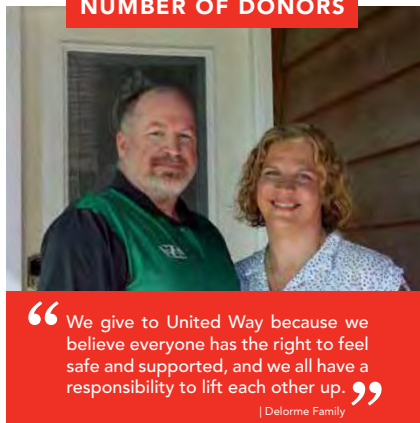


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NUMBER OF DONORS

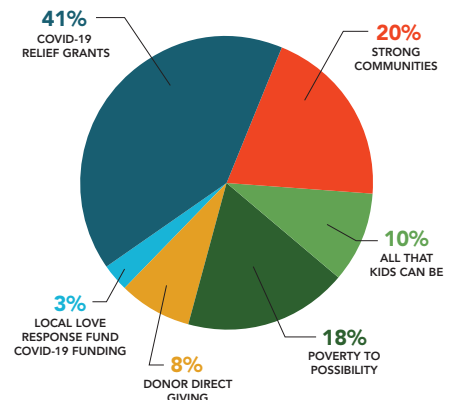


"We give to United Way because we believe everyone has the right to feel safe and supported, and we all have a responsibility to lift each other up."

[Delorme Family]

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TOTAL ALLOCATIONS AND PROGRAM GRANTING



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