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for Inclusive Communities*

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Spinal Cord Injury Saskatchewan Inc.

Saskatchewan Provincial Office

1705 McKercher Drive
Saskatoon SK S7H 5N6

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Toll-Free: 1.888.282.0186
Fax: 306.652.2957
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Email: sciinfo@scisask.ca

Visit us on the web

www.scisask.ca
www.facebook.com/SCISask/

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Spinal Cord Injury Saskatchewan
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Saskatoon SK S7H 5N6

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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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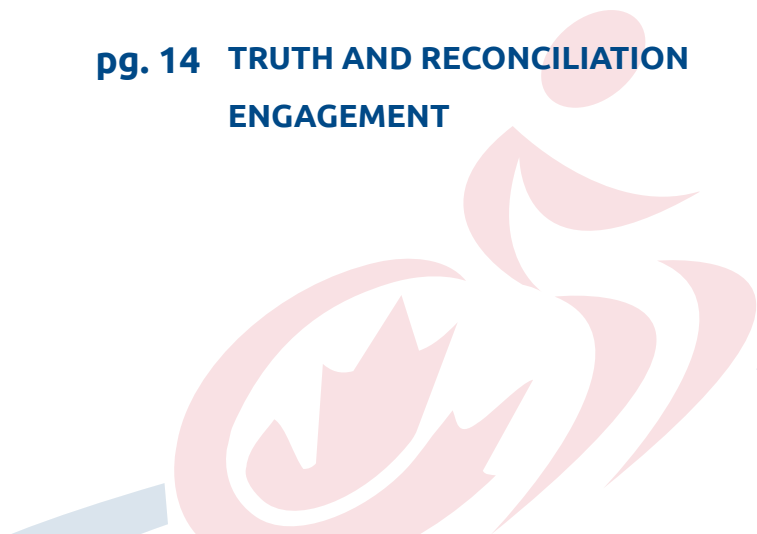
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ENGAGEMENT**



In Memory

Of...

Spinal Cord Injury Saskatchewan acknowledges and celebrates the life of those known to us who have passed on. May their memory be a blessing; our thoughts are with you.

- **Donna Duxbury**, November 27 2020 Advocate and Pioneer
- **Dr. Isabelle Mills**, August 10 2021 Pioneer for Students with Disabilities
- **Aron Braun**, November 11 2021 Volunteer Photographer and Pioneer
- **James (Jim) Allonby**, December 10 2021 SCI Sask Board of Directors
- **Arnold DuFour**, January 26 2022 Metis Leader, Land Development
- **Brad Hornung**, February 8 2022 WHL Player and NHL Scout
- **Ronald Johnson**, February 25 2022 SCI Sask Volunteer and Pioneer
- **Tom Nichols**, March 13 2022 Advocate and Friend to All

Non-inclusive List

Message from the Executive Director



SCI Sask launches the 2022-23 fiscal year with an ambitious Strategic Plan with the Key Results Areas of:

- Capacity to Fulfill our Mandate
- Community Linkages
- Public Recognition and Relations
- Truth and Reconciliation Engagement
- Resource Generation and Sustainability

Virtual Gatherings have continued to reach our clientele monthly with the Peer Mentorship Network, inclusive of Peer Mentors, All Comers and the Women's Circle, as well as the Family Support Network, which provides support and information to our clients' "Circle of Support". We look forward to reinitiating in-person gatherings soon.

SCISask is pleased to introduce our Truth and Reconciliation Engagement, funded through CIF. This project will facilitate a committed connection to Indigenous Leaders

and Knowledge Keepers, with the goal of enhancing the understanding and implementation of T and R Recommendations within the SCI Sask culture of services.

After ten years in the current Saskatoon location, the SCI Sask Provincial Office will be relocating to 1705 McQuercher Drive, Saskatoon. This move continues to afford an accessible site, with functional operational capacity, room to host large gatherings, and an easy to "get-to" location for travelers, access-transit users, clientele and family members, in the south area of Wildwood.

On behalf of the SCI Sask Board of Directors and Human Resource Team, we invite you to the SCI Sask Annual General Meeting, to be held virtually on June 24 2022. See details inside.

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 resources, virtual gathering dates and how to contribute to SCI Sask.

Best wishes,
Laurel J. Scott ED

Organizational Update

SCI Sask introduces Morgan Snowspear to the Human Resource Team as the Truth and Reconciliation Engagement Coordinator in a term position from April- December 2022. Morgan compliments diversity in our team and self-identifies as Metis. Morgan works from the SCI Sask Provincial Office in Saskatoon, with project delivery throughout Saskatchewan.



“ I have predominately worked in Environmental Health & Safety roles for the last several years. I bring experience in project management, conducting data analysis and reporting statistics. Interests also include research, cultural awareness, and history of Indigenous peoples. I look forward to developing and sustaining relationships with Indigenous communities across the province. ”

SCI Sask – Provincial Office is Moving



SCI Sask Provincial Office is moving!

Effective June 1, 2022

Our office will be newly located within:

**1705 McKercher Drive
Saskatoon SK S7H 5N6**

Our office hours remain M-F 8:30 – 4:30

Phone: 306.652.9644 Fax: 306.652.2957

**We ask for your patience as we prepare for our
move and become comfortable in our new location**

For more information please visit our website at:
www.scisask.ca or email: sciinfo@scisask.ca



Notice:

SCI Sask Provincial Office is moving

Effective June 1, 2022

Please update your
records accordingly

We ask for your
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SPINAL CORD INJURY SASKATCHEWAN INC

311 38th Street East
Saskatoon SK

**as of June 1, 2022
1705 McKercher Dr
Saskatoon SK S7H 5N6**

306.652.9644

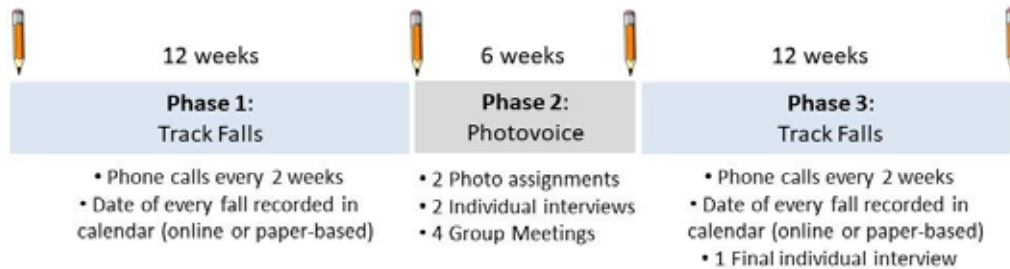
www.scisask.ca

Recruitment for a Research Study

Researchers at the University Health Network in Toronto, Canada are recruiting for a new study entitled “Through the lens of people with spinal cord injury: Using photovoice to prevent falls”. They are recruiting people living with spinal cord injury (SCI) for at least one year who have experienced at least one fall since sustaining their SCI.

This study involves four questionnaires over four time points, tracking of falls over two separate 12-week periods, two photo assignments, two individual interviews, four group meetings, and a final interview. Study activities will span over three phases. The purpose of this study is to evaluate a new treatment using photovoice for fall prevention.

Overall, participants will be involved in the study for 30 weeks (~7 months). Questionnaires will take approximately 60-90 minutes to complete; each phone call will last 10-15 minutes; individual interviews will last up to one hour; and group meetings will last about two hours. Participants will be reimbursed for their time.



To learn more about this study, please contact: Katherine Chan (Research Coordinator) at katherine.chan@uhn.ca

Please note that the security of e-mail messages is not guaranteed. Messages may be forged, forwarded, kept indefinitely, or seen by others using the internet. Do not use e-mail to discuss information you think is sensitive. Do not use e-mail in an emergency since e-mail may be delayed.

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NOTICE OF ANNUAL GENERAL MEETING

You are cordially invited to attend the



Spinal Cord Injury Saskatchewan Inc.
Lésions Médullaires Saskatchewan

58th
AGM 2022

June 24 2022 11:00 AM to 1:00 PM

To be hosted virtually via the Google-meet platform

Meeting details may be found on the www.scisask.ca event calendar

Note: SCI Sask members are eligible to vote. Other participants may observe.

RSVP by June 15 2022 to sciinfo@scisask.ca or phone 306. 652.9644

SEEKING INTERESTED INDIVIDUALS TO JOIN THE SCI SASK BOARD OF DIRECTORS

Spinal Cord Injury Saskatchewan is a non-profit community based organization, that supports individuals living with sci and other physical disabilities through core service delivery across the province of Saskatchewan.

SCI Sask is governed by a volunteer Board of Directors, who meet on a quarterly basis, participate in Board Committees and attend the Annual General Meeting. The Board of Directors invites you, as a person living with a physical disability, who is community-minded and is interested in becoming an SCI Sask Board Member, to contact one or both of the following:

Nominating Committee Chairperson Selali Tettevi at selali.tettevi@scisask.ca or Executive Director Launel Scott at launelscott@scisask.ca

For more information about SCI Sask, please visit our website at www.scisask.ca



National AccessAbility WEEK May 29-June 4 2022

Each year, starting on the last Sunday in May, Canadians celebrate National AccessAbility Week (NAAW). Founded as 'National Access Awareness Week' in 1988 and inspired by Rick Hansen's Man In Motion World Tour, this week is an opportunity to celebrate Canadians with disabilities and raise awareness of the critical need for accessibility and inclusion for all in our communities and workplaces. There is still much work to do. Daily, people living with disabilities continue to face barriers. We can change that.

SCI Sask plans to deliver both virtual and in-person events for NAAW 2022. The two main focus areas:

- ✚ Interactive and Accessible Activities in Nature
- ✚ Accessibility in the Built Environment that supports Activities of Daily Living

SCI Sask looks forward to celebrating this week with you once again from May 29th to June 4th, 2022, and throughout the year.

Canadian Congress on Disability Inclusion

The 1st Annual Canadian Congress on Disability Inclusion by ESDC Canada
Innovating Together: Celebrating and Driving Disability Inclusion in Canada

Thursday May 26, 2022 to Friday May 27, 2022. This virtual, interactive and inclusive event is free/open to the public. This virtual event provides an opportunity to bring people together to exchange ideas and ground-breaking insights to shape accessible and inclusively designed communities.

The CCDI 2022 is more than a conference – it's the Government of Canada's new annual milestone event to kick-start National AccessAbility Week (NAAW) celebrations. Sneak peek:

- Some of Canada's most prominent disability and accessibility advocates, community members, academics, thought leaders and innovators
- Next-level networking to exchange ideas and build partnerships
- An Innovation Showcase to highlight leading edge accessible and inclusive innovative projects, products and services
- A Career Fair for persons with disabilities featuring some of Canada's most diverse and inclusive employers

Our Commitment to Accessibility

To ensure everyone has an opportunity to attend and participate, we are making sure the event is accessible. The event will provide English, French, American Sign Language and Langue des signes Québécoise interpretation as well as English and French captioning.

Registration is open now! Learn more and register here: <https://pheedloop.com/CCA2022/site/home/>

Post-Secondary Scholarships 2022

Post-Secondary Scholarships 2022

SCI Sask LA Charities Annual Post-Secondary Education Scholarship

History: LA Charities is a Saskatchewan charitable organization that supports local non-profit groups in Saskatoon and area. LA is derived from the founders last names, Letts and Arguin. Christopher Letts and Andy Arguin initiated the concept to form LA Charities after two personal friends were affected by spinal cord injuries. LA Charities donates to Spinal Cord Injury Saskatchewan Inc. each year to provide financial support to our annual Post-Secondary Education Scholarship.

Spinal Cord Injury Saskatchewan Inc. established the SCI Sask LA Charities Post-Secondary Education Scholarship in 2018.

Purpose: Provide financial assistance to individuals living with a spinal cord injury or other physical disability to pursue or continue with a post-secondary education.

Eligibility: Any Saskatchewan resident who has a spinal cord injury or other physical disability who will be attending post-secondary education is eligible to apply. Applicants will be enrolled in classes in the subsequent school year. This scholarship is an annual scholarship and therefore applicants must apply each year. Applicants may be successful for multiple consecutive years, however there is no guarantee an applicant will be awarded the scholarship for two consecutive years.

Amount: A Scholarship of \$2,000 each will be awarded annually.

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

- Financial need
- Academic achievement, including grades, rank in class, standardized test scores
- Community/extracurricular involvement
- Leadership
- Participation with Spinal Cord Injury Saskatchewan Inc. through: active participation in services and activities, peer mentorship, and/or volunteering

Applications available by contacting SCI Sask at scisask.ca

Application Deadline: Annually by June 30; submit to sciinfo@scisask.ca or mail to SCI Sask Provincial Office at 1705 McKercher Drive Saskatoon SK S7H 5N6

Selection Process: The LA Charities Scholarship Committee will review applications and select the successful applicant annually.

Notification: Successful applicants must provide proof of enrolment by August 15 in the school year of application. The scholarship will be awarded annually in September.

SCI Canada Scholarships 2022

The 2022-23 online application for scholarships provided by SCI Canada is open and can be accessed at [Application for Scholarship | Spinal Cord Injury Canada - Lésions Médullaires Canada \(sci-can.ca\)](https://sci-can.ca/application-for-scholarship)

The **Chopnick Hilliard Scholarship** is open to any post-secondary student who has a spinal cord injury and who is living in Canada. There is one scholarship worth \$1,500.

The **Sun Life Financial Scholarship** is open to any post-secondary student with a spinal cord injury who is living in Canada, and who is also a peer support volunteer with one of SCI/CPA corporate members. To be eligible, the applicant will need a letter of support from his/her corporate member stating that he/she is a peer support volunteer. There is one scholarship worth \$1,500.

The **Kirby Rowe Scholarship** is established in memory of William Kirby Rowe who provided outstanding and valued leadership throughout his career to advance access and inclusion for people with disabilities in Canada. One Kirby Rowe Scholarship of \$1,000 is available annually to a student with a spinal cord injury to pursue post-secondary education in fields related to management and leadership. Prior to submitting an application, candidates are asked to learn more about the illustrious career of Kirby Rowe by reading his short biography at: <https://sci-can.ca/about-kirby-rowe>. Applicants are required to submit a letter addressing the following items: Applicant personal history and leadership experience to date; career aspirations as a leader; identification of an inspirational leader, and as well, highlight the qualities of that leader the applicant aspires to develop.

Deadline: MAY 31, 2022 at midnight.

Applicants must meet all of the following criteria to be eligible.

1. The applicant must be a Canadian citizen or landed immigrant.
2. The applicant must be attending, or will be attending, a recognized post-secondary institution in Canada.
3. The applicant has provided a copy of his/her most recent two years of transcripts (unless the applicant has not been in school for the past five years).
4. One letter of reference is required, recognizing the applicant's outstanding initiative, scholastic achievement and contributions to the community.
5. For the Sun Life Financial Peer Support Scholarship, the applicant must be engaged as a peer volunteer with one of the SCI Canada Federation Corporate Members and MUST provide a letter of support from the organization.

NEADS Scholarships 2022

The NEADS student awards program is also offering a number of scholarships for the 2022-23 academic year. <https://www.neads.ca/en/about/awards/> The awards will be offered to outstanding applicants who meet the criteria of the program. The awards are paid directly to the post-secondary institution (in the students' accounts) to offset the cost of tuition fees for post-secondary study.

Eligibility

- Applicants must be Canadian citizens or permanent residents of Canada.
- Applicants must have a permanent disability*.
- Applicants must be currently enrolled** at a post-secondary institution as a full-time student. ***

*For the purpose of these awards, a permanent disability is a permanent functional limitation which affects the ability of the student to participate fully in post-secondary education.

**For high school students starting post-secondary studies in September 2022: applicants must be accepted to a post-secondary institution at the time of application.

*** Full-time is defined as 40% of a course-load, as per the Canada Student Financial Assistance Program.

Criteria (application will require students to demonstrate:

- Self-advocacy.
- Strong commitment to Â academia through study, research, and innovation.
- Exemplary record of volunteerism and/or employment.
- Demonstrated potential to be an outstanding participant in the community.
- Clearly-defined career goals or aspirations

Types of awards available

- NEADS National Student Awards (\$3,000 each).
- NEADS Holly Bartlett Memorial Award (\$1,000).
- NEADS Christine Nieder Memorial Award for students pursuing graduate studies (\$1,000).
- AMI Robert Pearson Memorial Scholarship (2 at a value of \$5,000 each).
 - (One award provided to a student in the English community, and the other to a Francophone student.)
- Canada Post Award (1 at \$10,000).
- Bridgeman Hogue Memorial Scholarship for the Visually Impaired (1 at \$1,000).
- Connor Clark & Lunn Financial Group Scholarship, for students pursuing education in a business related field (1 at \$5,000).

Deadline: May 31, 2022. For any inquiries may be directed to etes@neads.ca

The University of Saskatchewan Ability Scholarships for 2022-23.

The University of Saskatchewan Ability Scholarships are open to students with disabilities enrolled in any undergraduate degree program at the University of Saskatchewan.

Amount: \$2000 Deadline: June 1st (Annually)

Selection is based on academic achievement or a combination of academic achievement and other selection criteria, as specified by individual scholarship criteria. Recipients will be selected and notified by email by the first day of classes. Applications are made via students online USASK PAWS account. The 2020-2021 Continuing Scholarships application form will be available by March 15, 2020.

Criteria

- Must be a student at the University of Saskatchewan
- Must have completed at least one year of study
- Must be full-time or approved to study on a reduced course load
- Must be registered with Access and Equity Services

Unless the award conditions state otherwise, undergraduate awards for continuing students are open to full-time students who have successfully completed at least one year of study at the University of Saskatchewan and:

- Have successfully completed a minimum of 18 credit units at the U of S in the previous fall and winter terms (September to April)* with a sessional average of at least 65%. All courses attempted during the fall and winter terms will be used in the average calculation.
- There are some exceptions:
 - Students with disabilities who cannot meet the credit unit requirement related to their disability will be given consideration as long as they have been granted approval to study on a reduced course load. Students approved to study on a reduced course load are required to complete **12 credit units** during the previous fall and winter terms if they wish to be considered for scholarships or bursaries.
 - Reduced course load is available to students with permanent disabilities. These students are enrolled in 40-59% of a full course load in each term, but are considered full-time students. To confirm a disability a student can submit one of the following:
 1. Medical certificate
 2. Other professional assessment
 3. Statement from the Disability Services for Students office
 4. Statement from another disability-related organization

The confirmation must comment on whether the student is engaged in the maximum number of courses the student could be expected to handle given the disability. The onus will be on the student to let the college and department know that they have circumstances that require special consideration. It will be at the discretion of the college or department to determine if a reduced course load exception will apply to awards they administer.



SPINAL CORD INJURY SASKATCHEWAN 3RD ANNUAL GOLF TOURNAMENT

SCI Sask will be hosting our 3rd Annual Golf Tournament in
**August 2022 at Mark's Nine Golf and
Country Club near prince Albert.**

Registration and Sponsorship Packages will be available through:
sciinfo@scisask.ca and on www.scisask.ca

**SCI Sask looks forward to your
participation in this fun event!**
An accessible golf cart will be available.

Stay tuned for details!



(Lt to Rt) 2021: Karthik Babu Menon SCS,
Bill lehne President and Launel Scott ED



Team SCI Sask(Lt to Rt) 2021: Mark Bortis,
Karthik Babu Menon, Jordan Bortis and
Mike Landegoand Launel Scott ED

NEWROCK
DEVELOPMENTS

Since 2010, New Rock Development has been delivering an industry-leading standard in attainable housing throughout Western Canada, with a focus on accessibility. Operations Manager Darrick Muth reflects that **NewRock Developments seeks to provide real solutions to some of the frustrations identified within the accessible community.** Spending time with SCI Sask (Spinal Cord Injury Saskatchewan) and amongst the community has provided learning opportunities about how to create a truly accessible development. While doing this, its noted that there just aren't a lot of good or affordable options out there, so that needs to change.

It is also known known that providing great housing options can't use a one size fits all approach. All homes come standard with:

- Open concept layouts
- Transition free flooring
- Widened doorways
- Ground level access
- And, a maintenance free exterior

Homes can also be outfitted, upon request, with lowered cabinets, track-lifts, and a host of other essentials with options to customize colors, upgrades and finishes. Going with the team at NewRock comes with an approach to affordability; with down payment assistance options, through exclusive partnerships with the City of Saskatoon, CMHC, Genworth, Scotiabank, and the Affinity Credit Union. **To learn more about NewRock Developments options call 1-877-529-1023 or email sales@newrockhomes.ca**



Reconciliation refers to the act of restoring a once harmonious relationship. Reconciliation requires political will, joint leadership, trust-building, accountability, and transparency, as well as a substantial investment of resources.

THE PRINCIPLES

The Truth and Reconciliation Commission of Canada believes that for Canada to flourish, reconciliation between Indigenous and non-Indigenous people, shall observe principles:

- Reconciliation requires constructive action on addressing the impacts on Indigenous peoples' education, cultures and languages, health, child welfare, the administration of justice, and economic opportunities and prosperity.
- Reconciliation must create a more equitable and inclusive society by closing the gaps in social, health, and economic outcomes that exist between Indigenous and non-Indigenous Canadians.
- All Canadians, as Treaty peoples, share responsibility for establishing and maintaining mutually respectful relationships.
- The perspectives and understandings of Indigenous Elders and Traditional Knowledge-Keepers about the ethics, concepts, and practices of reconciliation are vital to long-term reconciliation.
- Supporting Indigenous peoples' cultural revitalization and integrating Indigenous knowledge systems, oral histories, laws, protocols, and connections to the land into the reconciliation process are essential.

Spinal Cord Injury Saskatchewan Inc. Truth and Reconciliation Engagement

The Strategic Plan for SCI Sask 2021-2024 embraces the key result area of "Indigenous Engagement", with the goals of the ***Establishment of an enhanced relationship with Indigenous Communities and Leaders; and the Commitment to Truth and Reconciliation Recommendations.***

To this strategy, SCI Sask initiated a specific project, funded through the Community Initiatives Fund, in April 2022, with the employment of Truth and Reconciliation Engagement Coordinator Morgan Snowspeary. Key objectives include:

- Collaboration with Indigenous Leaders
- Research indicators for needed support within Indigenous Communities
- Sustain a dedicated relationship with Knowledge Keepers
- Advance the SCI Sask culture to one of harmony with Indigenous Communities

The desired outcome is that "Individuals experience a sense of belonging in their community, and that communities are engaged in activities that promote cultural understanding, respect, pride, harmony, connection and support towards the Truth and Reconciliation Commission Calls to Action.





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Access

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Spinal Cord Injury Saskatchewan Inc

PEER MENTORSHIP NETWORK

PMN Mentors

Peer Mentors, as certified SCI Sask volunteers, work together to ensure that support offered to peers is effective and well-received by individuals living with an sci or other physical disability, whether that is a one-on-one connection, or a group gathering. The SCI Sask Peer Mentors meet virtually on a monthly basis to gain knowledge through interactive discussion on topics and teachings relevant to a supportive environment. Some recent gatherings have included informative sessions:

- ✚ SCI Peer Mentorship Outcomes
- ✚ Spinal Cord Injury Saskatchewan Services
- ✚ Peer Mentorship program evaluation surveys
- ✚ Viewing-Discussion of "Cognitive Behaviour Therapy: Strategies for Improving Well-Being After SCI", Circulus Primary Care Network webinar

In addition, the PMN, through the CSCs, has actualized fourteen (14) connections between mentors and mentees, since the formal inception 2021. Many Peer Mentors also participate in the PMN All-Comers gatherings, or the PMN Women's Circle gatherings.

PMN All-Comers

Clients of SCI Sask have been entertained and educated since the launch of the All-Comers Peer Gatherings. Inclusive of individuals province wide, the virtual platform allows SCI Sask to connect within a vast area for our clientele. Facilitated by a rotation of SCI Sask Client Service Coordinators, the All-Comers gatherings take advantage of the unique interests and talents of the varied group members. Initiated in part by the recommendations, questions and curiosities of participants, recent gathering agendas include:

- ✚ Viewing-Discussion of a documentary on the effectiveness of peer support following disability onset
- ✚ Information session about Accessible Transit Services in Regina and Saskatoon
- ✚ Presentation on Vehicle Modifications from Motion-Golden Mobility & Rehab Ltd
- ✚ Presentation on Assistive Devices from Neil Squire Society and Makers Making Change.

PMN Women's Circle

The PMN Women's Circle welcomes clients of SCI Sask who identify as female, and who enjoy the camaraderie of shared experiences through life's challenges and personal victories. Often times the content of the gatherings is deciphered by an expressed need or curiosity in the community, while at other times it is an open forum to discuss matters participants choose.

Recent gatherings have included:

- ✚ Chat with Mavis Bristow, author of her memoir "All the Way"
- ✚ Yoga session with adaptive yoga specialist, Mary-Jo Fetterly
- ✚ Demonstration of effective stretching techniques with SCH Rehab physiotherapist, Sandy Gibney-Long.

The PMN Virtual Gatherings will take a hiatus for July and August and return in the Fall of 2022. SCI Sask also plans to revive opportunities to gather face-to-face as possible in the near future.

For information on how to join the gatherings, connect with SCI Sask Client Service Coordinators, contact us at sciinfo@scisask.ca, join us on Facebook, or view our website at www.scisask.ca

Spinal Cord Injury Saskatchewan Family Support Network Update

Since the introduction of the Family Support Network (FSN) in October 2021, the participants of the monthly virtual gatherings have been busy with getting to know one another in view of establishing a support amongst the network. Encouraging topics discussed have included:

- ✚ Independence and privacy
- ✚ Finances; housing and modifications; accessibility successes
- ✚ Caregiver awareness and appreciation; continuity of care
- ✚ Family stories, memories and traditions
- ✚ "Renewal"

While the topics are determined prior to the gathering, participants are invited to express thoughts in their hearts and minds. This invitation to share openly experiences or feelings on a confidential platform within the circle of support.

The SCI Sask Family Support Network welcomes guest speakers. The wisdom offered through these presentations provides participants with educational opportunities to assist in navigating their own feelings, while continuing to be a pillar of support for their family members in the disability life journey.

In January 2022, SCI Sask welcomed Rebecca Rackow with Canadian Mental Health Association SK (CMHA) who shared the Caregiver Affected Recovery Education (C.A.R.E.) Program. She discussed recognizing vicarious trauma and provided self-care pointers on how to avoid burnout. Information on how to reach Rebecca can be found on the CMHA website: <https://sk.cmha.ca/programs-services/care-program/>.

In February, Brennan Lane, social worker/counsellor with Peace of Mind Wellness in Saskatoon, presented on the experiences of young adults living with a partner with a disability, and maintaining intimacy. The presentation focused on Brennan's research findings, as well as adapting to situations, perseverance, open communication, sharing of feelings, and participation in activities together. therapy.

The most recent FSN guest presenter, Ashley Breland, Master of Social Work Student and Registered Social Worker of Student Wellness Centre spoke to the group about her work on the importance of establishing boundaries. The presentation discussed how to improve relationships with the word 'no'. Ashley invites you to follow-her on Instagram at the handle @ashb_theboundarytherapist.

SCI Sask was invited to present the establishment and benefits of the SCI Sask FSN during "Caregiver Week" through the Saskatoon Council on Aging (SCOA). Joining the SCI Sask FSN Coordinator and ED was a participant, who shared her personal experience and how the FSN has impacted her.

If you are within the circle of support of an individual living with a physical disability, or an SCI Sask client with a family member, supporter or caregiver that might benefit from the Family Support Network, please connect with SCI Sask through sciinfo@scisask.ca or call 306-652-9466. There is no registration required and the link to the virtual gatherings is located on the Family Support Network page via our website (<https://scisask.ca/family-support-network/calendar>)



United Way
Saskatoon & Area



Spinal Cord Injury Saskatchewan Inc. Regional Office

Social Well-being through Peer Connections

The three-week series offered an opportunity for individuals to connect through social and peer connections, and engaged in activities of recreation, knowledge-sharing and social interaction. This SCI Sask Regional Office event, led by the Regional HR Team of Regional Office Coordinator Farzana Nazir, and Client Service Coordinators Saba Khan and Mason Leidal, welcomed clientele, family and friends to join together in story-telling, cultural expression through music, and presentations designed to enhance positive thinking. Facilitated at the SCI Sask Regional Office in Regina, over twenty individuals participated in the experiences as outlined below, sparked conversation of understanding and life-journeys, and enhanced the opportunity to once again participate in the community, following the extended isolation and restrictions precipitated by the pandemic. The participants were each presented with an SCI Sask token of recognition for their participation following the final session. Feedback from the participants offered constructive future options, were satisfied with the inclusion of diverse topics, and determined value in connecting with others living with physical disabilities.

Session 1 March 11 2022

- ✚ Presentation: Rehabilitation, Employment and Education
- ✚ Social engagement activity through playing cards
- ✚ Refreshments

Session 2 March 18 2022

- ✚ Presentation: Community Inclusion & Awareness; Alliance Information & Collaboration
- ✚ Mindfulness Virtual presentation and discussion
- ✚ Social engagement activity through painting
- ✚ Refreshments

Session 3 March 25 2022

- ✚ Presentation: Engagement
- ✚ Sharing your Journey/Mental Health Activity: Focus on Fun part of the life-positivity and sharing happy experiences



Paratransit

Regina Paratransit is a shared ride transportation service for persons experiencing a disability who are restricted in using fixed route transit some of the time. The service is a scheduled door-to-door service for those who are registered. To qualify for Paratransit, someone must be restricted in one or more of the following:

- ability to walk or wheel to a bus stop
- ability to identify landmarks, follow directions or navigate fixed route transit
- is easily confused or disoriented
- risk of falling
- unable to board fixed route transit independently
- tires easily

For additional information: <https://www.regina.ca/transportation-roads-parking/transit/paratransit/>

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