

paraScope

FALL 2022



Smudging is a ritual cleansing; "as the smoke rises, prayers rise to the Spirit World where the Grandfathers and the Creator reside. Negative energy, feelings, and emotions are lifted away". It is also used for healing of mind, body and spirit, as well as balancing energies. By KiiskeeNtum (She Who Remembers)

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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.

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Message from the Executive Director



I can honestly say that the last six months seem like a whirlwind! SCI Sask Provincial Office relocated to 1705 McKercher Drive Saskatoon over the first week of June 2022, next on agenda we oriented two new members to the HR Team (see Organizational Update), followed by the AGM in June, organized and delivered the 3rd Annual Golf Tournament in August (see that story in this

edition), held the first in-person board of Directors Meeting in over two years, developed and initiated our hybrid schedule of Peer mentorship Gatherings in October and began the "SCI Sask Informational Sessions"- Town Hall-style in various locations across Saskatchewan!

SCI Sask participated in the SCI Canada Federation Strategic Planning session in Ottawa on October 26-28, where the SCI Canada Board of Directors and the Executive Directors Council re-examined the structure, vision, mission and purpose. There is more work to be done, however three core functions were agreed upon- Collaboration, Communication, Coordination. Key activities include Federal Government relations, Sharing of Operational Resources, Fund- Development, and developing Resources-Best Practices-External Partnerships.

SCI Sask looks forward to our next ventures, which include:

- **Open Network Session: November 24 2-4 pm at the Provincial Office-all are welcome!**
- **SCI Sask Accessibility Challenge-Wheelchair Relay: January 21 2023-location to be determined-stay tuned for announcements!**
- **SCI Sask Conference and Tradeshow: February 8 2023-1705 McKercher Drive, Saskatoon SK- Henry Janzen Auditorium-watch for the posters!**

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. To receive current news, messages, accessible equipment and items for sale, and event notifications, please join our email distribution group through Constant Contact by sending your email, name and alleviation to sciinfo@scisask.ca

On behalf of the SCI Sask Board of Directors and Human Resource Team, we wish you much peace and tranquility over the Holiday Season.

Best wishes,
Laurel J. Scott ED

Organizational Update



Administrative Coordinator

SCI Sask welcomes Judi Cebry as the Provincial Administrative Coordinator; Judi joined the HR Team in June 2022. Judi comes with an extensive history of working in the Administrative field for over ten years. She is from Saskatoon, and enjoys reading books, travelling, baking and watching movies. Judi's motivation is to continuously learn new things. Judi works in the SCI Sask Provincial Office in Saskatoon, with responsibilities in administration and membership services for both office locations.



Truth and Reconciliation Engagement Coordinator

SCI Sask introduces Josh Forrest as the Truth and Reconciliation Engagement Coordinator, newest member of the HR Team, in a term position from September 2022 to January 31 2023. Josh works from the SCI Provincial Office in Saskatoon, with initiative delivery across Saskatchewan.

“ I recently convoked from SIIT's "Mental Health & Wellness" Diploma Program and have been involved with SCI Sask as a client since my single lower leg loss in 2019. I bring a background of cultural sensitivity and awareness developed from my experiences at my practicum placements and education. I am interested in learning about the gaps in services that exist in both the Indigenous and Disability Communities, and seek to learn how to best assist those people impacted. ”

In Memory

Of...

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

- Hugh Abbey
- Dale Cutler
- Clara Hartt
- Kurt Harviksen
- Georgina Heselton
- Alexandria Hnatiuk
- Jake Kutarna
- Javonne Miller
- Eunice Muzika
- George Riddell
- Earl Schlosser
- Nick Szautner
- Calvin Tarnes
- Morris Tkachuk
- Terry Wakelin

Non-inclusive List

Georgina Heselton 1940-2022: Pioneer in the Disability Community

Georgina Heselton was dedicated to making the world a better place for people with disabilities through her work as an advocate/activist. She strongly committed to actions to ensure people with disabilities are treated equally, with dignity and as fully participating, contributing citizens in an accessible, inclusive society.

Georgina became actively involved in the disability movement in 1980 – 39 years ago. She participated in many roles including: Canadian delegate at the Founding Conference of Disabled People's International in Singapore in 1981; Provincial and Local Chairperson of DisAbled Women's Network (DAWN); member of Saskatchewan Towards Offering Partnership Solutions (STOPS) to Violence; Local Champion for the Federal Government Consultation related to Bill C-81, the Accessible Canada Act. Georgina served on several local, provincial, national and international boards; was a member of the Saskatchewan Premier's Disabled Persons Advisory Committee; Consultant to three Canadian International Development Agency (CIDA) funded projects in Dominica; as well as Consultant to CIDA funded projects in Nicaragua. All these projects involved working with people with disabilities. Accessibility was always the focus in her projects.

Over the years Georgina received numerous awards: Canada 150 Commemorative Medal; Canada 125 Commemorative Medal; Saskatchewan Centennial Medal; Saskatchewan Centennial Leadership Award; Shelly Grunerud Award in recognition of women with disabilities determining their own fate; John Stratychuk Memorial Award from the Saskatchewan Association on Human Rights; Council of Canadians with Disabilities (CCD) National Award; and Certificate of Appreciation from the Saskatchewan Voice of People with Disabilities (SVOPD).

Georgina contracted polio in 1953, and despite lower limb paralysis, learned to walk with crutches until 1998 when post-polio syndrome necessitated the use of a wheelchair – her freedom machine! Georgina graduated from the University of Saskatchewan with a Bachelor of Commerce Degree with Distinction; receiving nine scholarships. Following her retirement from the Saskatchewan Government after 35 years, she continued to volunteer to enhance systems for and with people living with disabilities.

SCI Sask salutes Georgina, and her ever supportive husband of 55 years, Allan, for her enormous contribution to the disability community.



Truth and Reconciliation Engagement

The objectives in the SCI Sask Truth and Reconciliation Initiative, launched in April 2022, are:

- **Improve upon the SCI Sask presence and service offerings within Indigenous Communities**
- **Collaborate with Indigenous Leaders**
- **Prioritize and incorporate targeted Truth and Reconciliation Recommendations-Call to Action- into the SCI Sask Holistic Culture and Service Delivery**

Through the SCI Sask Truth and Reconciliation Engagement Coordinator, progress is steady in the collation of a comprehensive resource list inclusive of the seventy (70) First Nations Bands, Tribal Councils, Community-Based Organizations, and Elders-Knowledge Keepers within Saskatchewan. Through this foundation, SCI Sask capacity is magnified to facilitate connections with FN Band Leaders, Health Directors and other Indigenous Leaders to learn what primary barriers are experienced by Indigenous people living with disabilities in Saskatchewan. It is known through surveys, conversations and data that many challenges exist for Indigenous people living with a disability, with one key barrier of overall accessibility, which reduces the ability for individuals to achieve an optimum level of independence and remain in one's respective community, preferably surrounded by supports and family.

One measure to analyze, evaluate and determine strategies regarding how to overcome barriers and system gaps is to reach out to Indigenous Leaders and create/maintain a mutually collaborative and sustainable connection with Indigenous Communities within Saskatchewan.

The SCI Sask Community Gathering, held in Prince Albert on October 12 2022 was attended by representatives from Ahtahkakoop First Nation, Beardy's First Nation and the Prince Albert Grand Council. Elder Hilliard Merasty so graciously brought opening and closing prayers, as well as led a smudging ceremony with participants.



A recently attended "Knowledge Sharing Event: A Study of Gaps and Services in Mental Health and Addictions for People of Metis Heritage in Saskatchewan", co-hosted by the Canadian Mental Health Association Saskatchewan and Metis Nation Saskatchewan on October 17 2022, facilitated opportunities to gain further knowledge of the Metis Culture, foster an enhanced understanding of the impacts of mental illness and addiction issues with Metis people, and to further connect and collaborate in mutually supportive relationships with Indigenous Leaders and Community. relationships.

SCI Sask continues to hone, through Indigenous consultation, a lexicon which outlines key cultural concepts and legal issues to assist with further understanding of terminology and the unique perspectives and challenges faced by Indigenous people in rural, remote and urban communities.

Of note, SCISask is seeking to establish an ongoing relationship with an Elder and/or Knowledge Keeper, to support our organization through the Truth and Reconciliation Journey. We respectfully invite interested Indigenous Leaders, Elders and Knowledge Keepers to connect with SCI Sask at sciinfo@scisask.ca to discuss the opportunities.

Orrie Babichuk: Life Journey to Career in Agriculture

I was 19 when I crashed my snowmobile on New Year's Eve 2018 and became paralyzed around level T 5/6 and down. At the time I was working as an apprentice industrial mechanic doing maintenance on grain terminals across western Canada.

The next year after my injury I was pretty lost and never knew what I wanted to do in life long term because my previous job was very physical and not an option of returning to. In the meantime, the first fall I went to the farm I use to work for and we built a lift to go on the combine to get me in and the same for a tractor later that next spring. Going forward I knew just working during seeding and harvest was not a practical job for me but, working on the farm did make it clear to me I have a passion for agriculture.

I thought about it for a while and knew I had that passion for agriculture and tried to find how I could turn that into a career. For a few months I looked through different options of secondary schools and settled on going to University for Agribusiness. I thought that this schooling would give me an opening into a variety of different careers within the world of agriculture.

I spent the next couple years going to the U of S pursuing my diploma in Agribusiness and working at the farm spring and fall. Then in the spring of 2022 I completed my diploma and graduated. I didn't have a job lined up when I graduated and still never knew where I wanted to go with it exactly but applied here and there and never heard much back. It was almost the end of summer a job came up as Sales Administrator at Pattison Agriculture. I looked into it more and thought it was a job I could really excel at and applied. I soon had got the job and was very excited to start working!

Through all of this I'd like to thank SCI Sask for the support. From having someone come see me while in rehab (who later got me into water skiing) to securing some funding to go to school and get my diploma. Having someone call periodically and answer or try to track down the answer for any questions I may have was a big help along the way to get me to where I am now.



SEEKING PARTICIPANTS

Do you want to improve medication self-management for persons with spinal cord injury?

What is involved?

- Participation in virtual group discussions or independent online activities

Who is eligible?

1. Persons with spinal cord injury (3+ months post-injury)
2. Caregivers for persons with spinal cord injury
3. Healthcare providers or individuals from community organizations

Who are...

- Able to read and communicate in English
- 18+ years of age
- Living in Canada

Interested and eligible?

If so, we want to hear from you...

medsci.study@utoronto.ca
416-946-7700

*Compensation for participation will be provided



Funded by the Craig H. Neilsen Foundation

Living the (Van) Life!

An interview with Lisa Franks by Delynne Bortis Client Service Coordinator

Chances are that if you are connected to the disability community in Saskatchewan you have either heard of Lisa Franks, or have a personal connection with her. Acquiring her disability at the age of 14 years, Lisa chose the route of turning lemons into lemonade, and her positive attitude and thirst for adventure has lead her down many different paths. From achieving seven (7) Paralympic medals in track, to excelling on the basketball court, advocating for inclusivity and accessibility, and pushing boundaries, Lisa tackles life in fast forward. She is a member of the Saskatchewan Sports Hall of Fame, and has been named an honorary colonel with 15 Wing Moose Jaw. Her newest venture has literally taken her in many different directions, demanded innovative thought processes, and a lot of "outside the box" contemplation.

SCI Sask had the opportunity to get the "low-down" from Lisa herself on where she's been and what she's been up to for the past few years, as interviewed by Delynne Bortis SCI Sask Client Service Coordinator.

DB: Hey Lisa! Always nice to hear what's new with you. I feel like I've been vicariously following you around North America for the past few years. For those who don't

know, can you share a bit? Maybe starting with your first trip south?

LF: Sure thing! Well, back in the fall of 2019 I had planned a trip to California because I wanted to get away from Saskatchewan's winter for a while. As I was planning it, things became very slow at work so I decided it was a good time to take a leave and spend a few months down there. I was getting very frustrated trying to find an accessible Airbnb, so I came up with the plan to turn my tiny Honda Element SUV into a home on wheels. I built a platform bed, packed a cooler and camp stove... and hit the road! I was loving the nomadic lifestyle and always having my "home" with me. I was enjoying surfing, paragliding, learning pickle ball...and then Covid began. I had to rush back to Saskatchewan and felt like there was so much more I wanted to experience before that trip was cut short. I couldn't stop daydreaming about life on the road and I wanted more and more adventures to come my way.

DB: When did you first think of living the nomadic lifestyle? What prompted you to try it out?

LF: I was in California in 2017 to try adaptive surfing for the first time and I saw people at the beach with vans with beds and everything they



needed. I really didn't think much of it at the time, other than the thought "Hey that is cool", but it must have stuck with me. While planning my 2019 trip I realized that having a home on wheels made so much sense. I could have everything I need for accessibility, I could save money (vs paying for airfare, car rental, and accommodations), and I could explore so much more outdoors and see friends as I drove down the coast. It truly was a no brainer to try the nomadic lifestyle.

DB: Tell us a bit about your van. Where did most of the ideas for the adaptations come from?

LF: After taking two very long trips in my Honda, I knew the nomadic lifestyle was something I was built for but I did want to make it a bit more comfortable. I purchased a high roof extended length cargo



van in early 2021 and began planning how I would set it up. The biggest challenge was to figure out how I could haul all my adventure equipment such as a mountain bike and surfboard. I ended up building the van around the bike. It dictated the size of my bed...which therefore dictated how much room I would have for a kitchen and living area. From there, it was a matter of working out the smallest details to make it accessible and so that I could do everything independently. I watched a lot of YouTube van tours and took ideas that I would apply to accessibility. And I just spent a lot of time thinking and imagining how to solve any problems I might face. I had a full visual of the van layout in my head before it was built.

DB: You have a background in mechanical engineering. Do you think that has helped you be successful with some of the adaptations you've had to make?

LF: Absolutely. By nature, I am a problem solver. Engineering has helped me apply and refine those skills. My brain is always trying to find the simple and efficient way to do something, and designing my van may have been the biggest and most rewarding challenge I've taken on.

DB: You carry a mountain bike and a surf board with you on your travels. Which one has been the toughest to figure out in terms of getting it in and out of the vehicle? Which one is the most fun?

LF: The surf board has probably been more challenging because it is such an enormous piece of equipment over 8.5 feet long. While I am in California, the board resides on top of the bed with me while I sleep. It is a challenge to get it there independently without damaging it with small nicks. The good thing is that I never surf alone so there is always someone that can give me a hand to load or unload it. Surfing and mountain biking are both loads of fun!! I am able to mountain bike independently so I suppose that gives it a slight edge in the fun factor. There is nothing quite like the adrenaline when you're

alone in the forest on a mountain, especially when you spent most of your life thinking your mobility device would limit you to the pavement. Don't worry, I take many safety precautions when biking solo!

DB: What is the best part of van life?

LF: The versatility it offers. Before vanlife my life was very structured, especially when training for the Paralympics. I'd be at work during "X" hours a week, at the gym for basketball practice "X" days of the week, doing the same activities in what little free time I had. Now I have the freedom to go to so many places and try so many new things. As an example – I was in California and the plan was to surf with friends Saturday. They called and said "Hey, we just heard from a friend who is paragliding, do you want to do that instead? They also have a van, so we made a complete 180 in our plans. We ditched surfing, drove

7 hours to the desert, and spent a fabulous weekend paragliding, camping, and meeting new people. I didn't even have to pack a bag, I just pointed my van to the desert instead of the beach!

DB: What is the most challenging part of van life?

LF: A few months ago I would have answered showering! I usually shower at a gym or campground but they aren't always accessible and it can be a pain driving around a new area to find one that is. I have recently figured out an indoor shower setup in my van so I have solved that challenge! So now I would say the biggest challenge is maintaining relationships with people since I am often on the move and can be away from "home" for months at a time.

DB: Where is the strangest place you've had to park overnight?





LF: I've done a few overnights in Home Depot parking lots! It actually works out well because I'm usually there getting supplies to fix something in my van! Some other strange places I have slept are a Buddhist monastery and a goat farm.

DB: Where has been your favourite place to park overnight?

LF: I spent 3 nights parked right next to a waterfall, with nobody else around. I could hear the water all night and couldn't wait to open my window coverings in the morning to take in the view.

DB: There is a YouTube video focusing on you and your van adaptations hosted by Tiny Home Tours. To this date it has 273,623 views! Have you read any of the comments? The term "inspiration" gets used a lot. It's a controversial word among people with disabilities. How do you feel about it? Is there ever a context where it's ok to use, or is there a better term?

LF: I have read some of the comments and yes, I do find the word "inspiration" icky at times. I think it's because it has been used so often for ordinary activities. The expectation is so low for people with disabilities that I've been called inspirational just for getting groceries or driving. That is not inspirational, that is called adapting to life's circumstances and getting on with it. If anything, perhaps "motivating" is a better word. I'd prefer if someone

has thought "hey, this activity is challenging for this girl but she is doing it with grace, that motivates me to go do something challenging".

DB: Out of all the recreational and sporting activities you do, what's your favourite?

LF: Oi! That's a tough one. There's something really magical about being in the ocean on my surfboard...sun on my face...and seeing dolphins nearby! Plus, surfing is the only sport that has scared the cr*p out of me so I kind of love but hate it?! Ha-ha. I'm very new to surfing so I see daily progress and of course that is an encouraging feeling as well.

DB: Tell us about your adapted bikes.

LF: I have a bike called a Bowhead Rx, which is a bike I peddle and it can go on narrow hiking or biking trails off the pavement. It has a motor that assists my peddling to make climbing hills a tad easier. I also started an adaptive mountain bike club and we own three more bikes! One is all electric and is the most popular because it can go on incredibly challenging terrain. The response has been incredible. From new riders, to volunteers who help on our rides, to trail builders – everyone has been so encouraging. This summer and fall I took out 13 brand new people riding on

mountain bikes! Showing people with mobility issues where they can go with this equipment has filled my cup right up.

DB: What's next for you?

LF: I will be competing with Team Canada at the World Adaptive Surf Championships in December in California. After that I will spend the rest of the winter exploring California, maybe Arizona, maybe even Mexico? TBD. Then it's back to Saskatchewan in the spring of 2023 to continue to expand the adaptive mountain bike club.

DB: Final question. Where do you see yourself 5 years from today?

LF: I honestly cannot answer that. Life is so unpredictable and I've faced some major curveballs in my life. Five years ago I could not have anticipated I'd be doing vanlife so I have learned just to adapt as things change. So that is all I can say for certain – that I will pivot and move and problem solve any changes life may throw at me to find my happiness.

YouTube link

https://www.youtube.com/watch?v=_YG5PX2Ni-k

SCI Sask Informational Gatherings

Community engagement as it pertains to impairment, dysfunction or disability can be thought of as working collaboratively in a concerted effort to address gaps affecting the wellbeing of those living with these epidemiologies. In fact, community engagement is a powerful vehicle for bringing about environmental and behavioral changes that will improve the health of the community and its members. With this in mind, Spinal Cord Injury Saskatchewan remains committed to actively engaging with the community to promote inclusion, awareness and diversity. We invite community stakeholders to contact SCI Sask for further information and the possibility of a gathering in respective communities. sciinfo@scisask.ca



Prince Albert Community Gathering October 12 2022

The SCI Sask Community Gathering was held in the Prince Albert John M. Cuelenaere Public Library, facilitated by Client Service Coordinator Karthik Babu Menon, joined by the Truth and Reconciliation Coordinator Josh Forrest and Finance Manager Randall Keays. The session opened with greetings from Elder Hilliard Merasty, who also performed a "smudge ceremony for the group.

A general presentation on the four core services of SCI Sask was delivered, followed by lunch and a Question and Answer Session. The general presentation included a detailed overview of services- Rehabilitation, Education and Employment, Community Inclusion and Awareness (Accessibility Strategy), and Information-Systems Navigation, with the aim of creating awareness about SCI Sask within community based organizations, individuals, key stakeholders. The overarching theme expressed in the discussion was a desire for more community gatherings in the future. The general consensus is SCI Sask is a valuable organization striving to positively impact the lives of people living with disabilities.

Prince Albert Community Gathering was indicative of the fact the City of Prince Albert is a growing, developing community and accessibility is a key piece of puzzle where SCI Sask can support and make inroads within the community. The gathering was a success considering the enthusiasm shown by the small but "mighty" group of people.

Health Sciences, October 18 and November 15 2022

SCI Sask was pleased to deliver an Informational Gathering in the Health Sciences Building within the University of Saskatchewan Saskatoon Campus on Tuesday October 18 2022. The purpose of the event was intended to be a collaborative effort through Access and Equity Services (AES) and Spinal Cord Injury Saskatchewan to bring awareness to community members, educators, advisors, current/ future students, physicians and other health care professionals as well as to foster shared experiences and enhance learning opportunities.

The session kicked off with a brief introduction from Access and Equity Services (AES). This was followed up by an in depth presentation on SCI Sask Services available to individuals living with physical disabilities. This is inclusive to the four core services of Rehabilitation, Education/Employment; Community Awareness and Inclusion; and Systems Navigational. The heart of this event featured a unique client centered holistic model in which the client's needs are adequately addressed, evaluated and supported in a way that allows the individual to flourish in order to realize their full potential. The Informational Gathering concluded with an open discussion on inclusive language, workplace and education adaptive accommodations, accessibility, built environment and universal design. This not only ensures positive relationships with community members, stake holders and other entities but has the capacity to promote and inspire change for many generations to come.

SCI Sask will host a repeat session on Tuesday November 15 2022 in Health Sciences Room 1130, University of Saskatchewan Saskatoon Campus from 1pm-3pm to explore how our services can benefit individuals and the community.

Additional Regional Informational Gatherings were held in Moose Jaw on October 28 2022 and in White City on November 3 2022.



Practicality and Home Renovations



"We're Home"

Practical in all the ways it should be was the takeaway visiting Cindy Leggott's home to see the renovations that had been made. Cindy and her family had been planning a renovation as far back as 2018, but were didn't think much about it other than it being something that they were planning. It wasn't until a fall happened in their bathroom leaving Cindy pinned in a tight space between the toilet and the wall that it was decided extensive renovations had to come right away.

The work that was done focused mostly on the areas of concern that were completely inaccessible to Cindy, the bathroom and the kitchen. The issue of falling in the bathroom was addressed by moving the toilet against to the side wall with more room on each side, enough to fit a wheelchair in. The toilet was also fitted with arms to allow for easy transfers from and to her wheelchair. The toilet was taken out entirely and replaced with a shower she can wheel into with a seat to transfer to. A door was added that leads straight into the master bedroom in case she needs to clean up.



The second important point of the renovation was the kitchen. The kitchen the Leggott's had before was completely inaccessible, there was no room for her wheel chair to move under so she could reach, nothing could be reached from within the pantries there was almost nothing in the room that was accessible. The renovation turned the kitchen into a hallmark of accessibility. Counters have cutouts underneath, there is a whole cutout stovetop. The more interesting features are the ones you don't think about how practical they are. Cindy's microwave has a pull out mat for cutting her food after it has been cooked and her pantries now have pull out racks installed that come all the way down to the counter top. Both of these are incredibly novel ideas for how to design a kitchen even for use by someone who doesn't have a physical disability. Cindy says she gets countless people looking at her kitchen and wishing they had some of the renovations like her pantry.



Outside of the bathroom and kitchen a number of small changes were made to the layout of the house to accommodate Cindy's wheelchair. A couple closets were moved to make getting into her bedroom easier. A new door and patio was added to the kitchen and backyard to allow her a more freedom of movement, before she had a less than ideal entryway that would often get stuck. The front ramp was also redone as it was drifting away from the wall. Almost all windows were replaced so that the lower edge is at minimum knee level. Cindy enjoys looking outside to watch her children play or just watching the nature outside her home, so this allows her the luxury to do that from any window in the house. There has been a lot of thought put into the house over the years of planning that had been done and Cindy loves to show it off every chance she has.



As shared by Cindy Leggott with Mason Leidal, SCI Sask Regional Office Client Service Coordinator

Spinal Cord Injury Saskatchewan Peer Mentorship Network (PMN)



PMN Gatherings

SCI Sask has plans for the 2022/2023 season of the PMN. The pandemic in 2020 and beyond insisted that many of us in the community delivered services in a virtual setting. We are excited to be able to offer a hybrid approach of in-person and virtual gatherings, which starting in October 2022. The gatherings will be facilitated between both approaches, by alternative months of in-person and virtual gatherings, delivered by both Regional and Provincial geographic areas.

➤ PMN Group Gatherings

Open to all SCI Sask clients, the Group Gatherings are facilitated by SCI Sask Client Service Coordinators (CSCs) and focus on topics of interest to the participants.

- For the months of November 2022, January, March and May 2023, clients from across the province are welcome to join us from the comfort and warmth of their own homes, consistently on the 3rd Tuesday of the month
- For October, December 2022, plus February, April and June 2023, in-person gatherings are planned within provincial and regional areas

➤ PMN Women's Circle

Open to clients of SCI Sask who identify as female, the Women's Circle Gatherings will be offered through a hybrid system of virtual and in person.

- Virtual Women's Circle Gatherings: October; December; February and April
- In-person Gatherings will be planned for varied locations in November; January; March and June. Conversations are often open, and participant lead, but topics may be pre-determined based on client suggestion, request or recommendation

➤ PMN Peer Mentors and Mentees

The one-to-one Peer Connections will remain the choice of Mentor and Mentee, dependent on location, transportation, and personal preference. As of now, SCI Sask has fifteen (15) certified volunteer peer mentors across the province. The connections can be in-person visits, whether in Rehab Centres or the Community, or via virtual platforms.

Peer Mentors continue to meet virtually every three (3) months, beginning in November 2022, to gain and enhance skills and knowledge that support the connections with others.

Information on the Peer Mentorship Network and how to join links are located on the website www.scisask.ca : What We Do> Rehabilitation Services> Peer Mentorship Network> Go to Calendar. Invites will be sent out on SCI Sask Social Media notices, as well as noted on the scisask.ca website calendar.

LA Charities Scholarship 2022

By the recipient for the 2022 SCI Sask LA Charities Scholarship: Nigel Fernandez

"Despite all odds, living as someone who acquired damage to the spinal cord as a child, due to the effects of a brainstem glioma, I am in my final year in the psychology undergraduate program. In fact, completing a degree at the university level was something that my medical team never thought would be possible. Nevertheless, at the age of 32, I have given presentations, lectures, attended many classes and of course, have written many exams. I have also been involved in many undergraduate research studies. Moreover, the cost of attending any post-secondary education is substantial for any student especially those who have experienced a neurological insult. While I must admit, it has been quite challenging and overwhelming at times, I continue to excel in my academic life.

Initially, I started my academic journey in the college of kinesiology. However, I switched my focus to studying the biological aspects of psychology as I am very interested in memory and intelligence, more specifically how left-sided lesions correlate with stronger memory deficits when compared to individuals with lesions in the right-

sided hemisphere. Overall, my research interests relate to the assessment, management and treatment of brain injury as well as neuro-rehabilitation within the field of neuropsychology.

Opportunities just don't happen. You create them. In fact, my academic life has given me a sense of possibility and purpose. That is if you work hard and persevere-you can achieve something that you will be proud of. The LA Charities Scholarship symbolizes a very deep accomplishment not just as a student but as a human being that has had to overcome tremendous obstacles. Indeed, students living with physical disabilities face unique barriers to post-secondary education which may include inadequate funding, physical inaccessibility, lack of support or encouragement as well as lack of collaboration that the general population doesn't necessarily face. Because of the ongoing financial support that I have received from the SCI Sask LA Charities Post-Secondary Education Scholarship, realizing my education endeavors, goals and aspirations has become a reality. I look forward to what lies ahead!



A Collective Effort to Enhance Communities by Supporting Community-Based Organizations

To accomplish the SCI Sask mission and core services, we have been developing strong bonds and collaboration with community partners who are supportive of our goals. Weyburn Communithon is an annual event, dedicated to support ten local organizations to deliver safe, inclusive and accessible services to the Weyburn and Area community. Estevan Telethon is also an annual event of United Way Estevan; with the assistance of board members, volunteers and community members, it raises money to realize the mission to effect change related to adversely-affecting social issues in the community. To contribute to the productivity and value of these events, SCI Sask participates in the Estevan Telethon and Weyburn Communithon each year.

Estevan Telethon: United Way Estevan's mission is that everyone in the community has opportunity to reach their full potential. To support this mission, the community is engaged to develop a Community Impact Strategy; United Way Estevan strives to ensure resources are used most effectively. United Way Estevan is committed to strengthening and maintaining relationships to work together. The Telethon on October 14 2022 was successful in achieving their goal of raising \$350,053.00.

United Way Estevan has supported necessary community initiatives and services to help those who need it the most in Estevan and area for over 45 years.

Weyburn Communithon: The approach from the Weyburn Communithon is distributed between 10 local member agencies that continue to provide necessary services within the community. The Communithon, a community driven live- telethon aired by local Access Communication, was hosted at Weyburn Legion Hall on October 28 2022. Each year people come forward to contribute their time, money and support. The serious participation in 2022 met and exceeded the goal by raising \$86,415.00, thus evidencing the confidence of people and their trust in the performance of member agencies.

Spinal Cord Injury Saskatchewan is privileged to be a contributing partner and supports the common vision and strategies designed to provide best services for individuals, families and the community in Weyburn and Area. SCI Sask aligns with member agencies through the common goal of building safe communities, and celebrates the accomplishment of this mission.



In Search of Individuals With a Spinal Cord Injury!

What is it? The goal of the study is to determine whether 8 weeks of daily consumption of a powder made with peas with high iron bioavailability can improve the iron status, endurance performance, and gut microbiome.

We are seeking individuals with a spinal cord injury who have been living with a spinal cord injury for at least a year and who are recreationally active (at least 2 days per week, 20 minutes or more). The study will involve 8 weeks of a dietary supplement in addition to six lab sessions (3 before supplementation and 3 after) which will take approximately 6 hours in total.

What would we need from you? If you choose to participate, you will be asked to supplement with a high-protein powder made with regular peas, a high-protein powder made with peas with high iron availability, or a mixture of maltodextrin and whey protein for eight weeks. Before and after the dietary intervention, we will assess your body composition, iron status, exercise performance, and gut microbiome.

If interested, please contact:

Keely Shaw, MSc.
Ph.D. Candidate
keely.shaw@usask.ca

This study has been approved by
the University of Saskatchewan
Biomedical Research Ethics
Board

Mike Bacon: SCI Sask Member and Peer Mentor

Mike Bacon is off for a permanent vacation! Mike and his partner Kuzu are leaving for Australia this week to kick the retirement life off right. We are all sad to see Mike go, but we are so excited for his next adventures. Thank you for your years of hard work growing URO Medical into the great company it is today.

I have enjoyed every year that I've worked at URO Medical. I've been surrounded by good business partners and great employees! It is, however, each and every client that has supported URO that has truly made my time here unforgettable! I will miss trying to help solve any issues in any way possible, I'll miss the casual chats about life, sport, the kids, the wife... But most importantly I'll miss being part of a great team serving a great group of people!

From the bottom of my heart thank you URO clients and supporters. Know that you will still be looked after by a great team of people at URO Medical! I'll think of you often, I'm sure, just not as often 😊 Beach time ya' know!! Thanks again!!

-Mike Bacon

In Recognition of Disabled Veterans

"John Counsell and the Veteran members of the Canadian Paraplegic Association contributed to the development of medical rehabilitation and introduction of disability policy in Canada following World War II. Counsell, CPA founder and President, and early veteran members were pioneers in living and working in the community using a wheelchair. They provided examples that demonstrated it was possible to return to civilian life following a spinal cord injury. They acted as trailblazers and role models for civilians with spinal cord injury that followed.

Under Counsell's leadership, CPA, now SCI Canada, was the first association in the world to be organized and administered by individuals with spinal cord injuries. Under his leadership, the association played a major role in opening up new vistas of living and helped lay the groundwork for the development of rehabilitation and disability policy in Canada"

Excerpt from "Disabled Veterans in History": The history of disabled veterans, from Ancient Greece to the conflict in Afghanistan.2000.

Enlarged and Revised Edition by David A. Gerber, Editor
Professor of History, State University at Buffalo



“ I'm retiring! On to the next adventure!! ”

SPINAL CORD INJURY SASKATCHEWAN

3RD ANNUAL GOLF TOURNAMENT

Hosted at Mark's Nine Hole Golf and Country Club on Saturday August 20 2022 , nine teams participated from in and around Prince Albert SK , including the SCI Sask Team. Just under \$10,000.00 was raised. Proceeds from our fundraisers assist SCI Sask to provide outreach services to individuals living with sci and other physical disabilities across Saskatchewan , particularly in remote and rural communities.

THANK YOU TO OUR SPONSORS

- ♦ Tournament Sponsor Prince Albert Daily Herald; Hole in One Lakeland Ford and Rally MOTORGROUP ; Longest Drive SIGA; Closest to the Pin Northern Career Quest

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- ♦ Community Supporters

6th Avenue Car Wash PA; Elk Ridge Resort; GOLF Saskatchewan; Legends Golf Club; Leon's Furniture PA; Nutrien Limited; PA Battery and Truck Accessories; Prairie Meats LP; Skye Planning Group; Silver Hills Golf Resort; Steel-Craft Sales and Service

thanks our General Donors, Volunteers, Golfers, Friends and Family!



SAVE THE DATES

JANUARY 21 2023

SCI Sask 2nd Annual Accessibility Challenge



Location is Saskatoon TBD
Watch for Announcements!

FEBRUARY 8 2023

Accessibility Conference and Tradeshow



1705 McKercher Drive Saskatoon SK.
Stay tuned for further information!

THANK YOU TO OUR SIGNIFICANT FUNDERS, SUPPORTERS AND DONORS



Thank you to our individual donors. Your support is most appreciated.



GivingTuesday November 29 2022

GivingTuesday is a global movement unleashing the power of people and organizations to transform their communities and the world.

Donate to SCI Sask on November 29 2022.
Visit www.scisask.ca DONATE NOW (Canada Helps)



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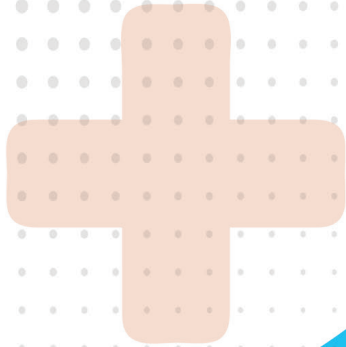


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