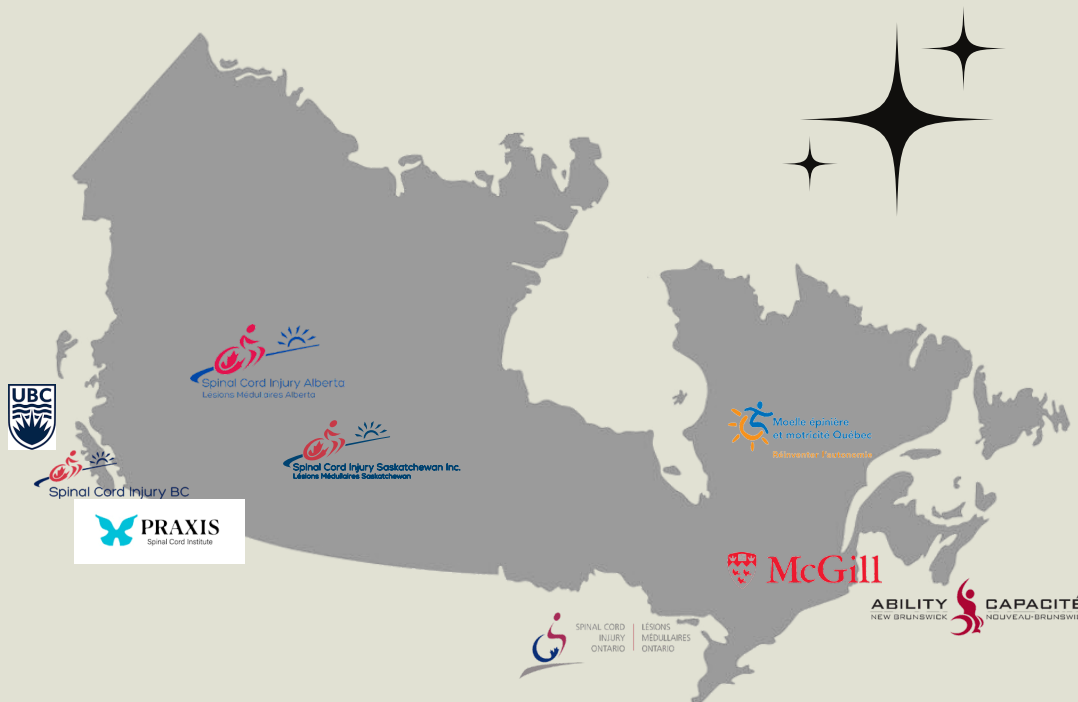


Spinal Cord Injury Peer Support

Community spinal cord injury (SCI) organizations and researchers across Canada are working together to co-create a tool to help organizations evaluate SCI peer support.



What we accomplished:

- 01 - Identification of the most important outcomes for SCI peer support
- 02 - Creation of SCI peer support evaluation survey and toolkit
- 03 - Elaboration of peer support program components.



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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

pg. 7 PEER MENTORSHIP NETWORK

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pg. 5 SCI SASK LA CHARITIES SCHOLARSHIP 2023

pg. 7 SCI SASK PRESENTS: A SPECTRUM OF INNOVATION CONFERENCE AND TRADESHOW

On the Cover"-SCI Sask participates in the SCI Canada National Working Group for Peer Support Initiative. See article on page 6

Message from the Executive Director



SCI Sask is pleased to once again bring you the ParaScope Issue for the Fall 2023, with lots of news items. Due to a spring “meltdown” at the Provincial Office on April 1 2023 (not a fool’s joke for sure), our space and the whole building experienced a pretty major water event, we were not able to produce the Spring

2023 Issue. The subsequent restoration that incurred from April to September 2023 forced SCI Sask Provincial Office to relocate operations to a temporary location.

Business continued to the best of the HR Team’s ability, although the CSCs were required to deliver services in a hybrid fashion, or remote and in-office workspace. We moved back to our permanent space for October 1 2023 and re-established the space and operations with new technology equipment and office furniture that had been destroyed in the flood. Thank you to our HR Team members who stuck it out during this disruption and carried on delivering services to our valued clientele across Saskatchewan, from both office locations.

SCI Sask held the 59th AGM virtually on June 23 2023 with over thirty attendees. We also hosted the 4th Annual FundRaiser Golf Tournament on August 12 2023, at Marks Nine Hole Golf and Country Club, near Prince Albert SK; more on this in the Fall 2023 Issue!

SCI Sask continues to diligently work with professional and community-based organizations, the SHA, provincial and municipal government, Indigenous Leaders, and individuals living with physical disabilities and their families. Highlights in 2023-24 include:

- Restructure and Redesign of the Peer Mentorship Network Gatherings (more in this Issue)
- Participation in the SCI Canada Peer Initiative and Evaluation Tool (more in this Issue)
- Informational Sessions in Wascana Rehab Centre and Saskatoon City Hospital
- Accessibility Consultations with Blackstrap Provincial Park Glamping Domes, plus New Rock Development Sage Meadows affordable and accessible rental units in Saskatoon (see article on the Grand Opening, which took place on November 24 2023)
- Disability Service Alliance MLA Reception on November 28 2023
- Planning for SCI Sask Conference and Tradeshow: January 31 2024-1705 McKercher Drive, Saskatoon SK- Henry Janzen Auditorium-more details in this Issue
- We encourage you to view the SCISask website www.scisask.ca 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 connecting on the website or 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



Mallory Maurice Provincial Administrative Coordinator

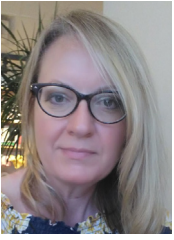
Mallory rejoined SCI Sask at the Provincial Office in April 2023 after taking a personal sojourn and living in the north of SK. She proficiently resumed the role of Administrative Coordinator, with additional responsibility of the Membership Coordinator. Welcome back to the Team!



Glaiza Orpiano

Glaiza joined SCI Sask in the Regional Office, first through a practicum placement in March-April 2023, related to a “Career Enhancement Program” with Sask Polytech. On May 1 2023, Glaiza accepted the full time position of Administrative Services Assistant, working in the Regional Office in Regina. Glaiza brings her education experience in Bachelor of Arts-Psychology Major Program, as well as employment experience as a Childcare provider, and Program Evaluation Intern with University of Regina Foundation.

Organizational Update (continued)



Karen Thompson Client Service Coordinator

Karen joined the SCI Sask HR team in June 2023, and is located in the Regional Office in Regina. Following convocation from the College of Education at the University of Saskatchewan in 1999, Karen was employed as an educator in Saskatchewan high schools. Additional past employment includes working as an elementary and middle year teacher for private and state schools in Birmingham and London, England; one-to-one tuition business in Birmingham and Georgia; and as an auditor for Saskatoon City Hospital, Royal University Hospital, and St. Paul's Hospital for seven years. Growing up on the farm near Tisdale, SK, Karen enjoys living on the prairies in Regina like her grandparents who immigrated here many years ago. Karen enjoys assisting SCI Sask clients with core services and recreational activities.



Josh Forrest Truth and Reconciliation Project Coordinator

Josh returned to SCI Sask Provincial Office in April 2023, first taking on a temporary term as Client Service Coordinator to August 31 2023. Following this tenure, Josh returned to a previous role of Truth and Reconciliation Coordinator in 2022-23, starting in September 2023 to completion in March 2024 via a renewed project in the same area.

Please see the detailed article regarding the Truth and Reconciliation Project within this issue of the ParaScope Fall 2023.



Rebecca Du Bookkeeper

Rebecca joined the SCI Sask HR Team in August 2023 as a contracted Bookkeeper. With a Masters of Business Administration, Rebecca was a co-owner and manager of a Medical Instrument Company in China. Rebecca and family relocated to Saskatoon SK in 2017. Previous work experience in Saskatoon includes Office Manager with Raytech Instruments, and as a Bookkeeper with Salvation Army and Confederation Chiropractic Clinic. She continues to be the Membership Vice-President with Toastmasters Big Thinkers in Saskatoon. Rebecca is a welcomed quiet and pleasant addition to the SCI Sask HR Team.

SCI Sask LA Charities Post-Secondary Scholarship 2023

In August 2023, SCI Sask awarded the LA Charities Post-Secondary Scholarship to four individuals living with a physical disability. Recipients of the 2023 Scholarship, with a \$500.00 award, include:

Karthik Babu Menon: Bachelor of Arts- Psychology Major, English Minor

Taylor Denny: Bachelor of Arts-Psychology Major

Kristin Drummond: Disability Management

Jacob Wasserman: Bachelor of Education- Major Social Sciences

The Accessible Saskatchewan Act Comes into Force on International Day of Persons with Disabilities

The Government of Saskatchewan recognizes IDPD on December 3 2023 and announces the Accessibility SK Act. For more information about the Act and Regulations, visit accessiblesk.saskatchewan.ca

SCI Canada National Peer Support Initiative



Overview

For the past 78 years, starting in 1945, Peer Support Services for persons with SCI and other physical disabilities have been made available through provincial SCI organizations. Although each provincial organization operates autonomously and has their own mandates, there is messaging and delivery elements to every organizations' peer support services that remain aligned:

- Peer support services typically aim to help individuals with SCI adapt to living with a SCI and thrive with their new reality
- Peer support programs are often multi-purposed
- Peer support may be offered while in rehabilitation, through community outreach and events, or through virtual activities

Current research projects have led to a better understanding of:

- The specific outcomes of engaging in peer support and how to evaluate those outcomes
- Ideal delivery characteristics for peer support programs (e.g., mentor selection criteria, ideal matching characteristics)
- Leadership behaviours used by peer coordinators/

mentors (e.g., transformational leadership, self-determination theory, motivational interviewing)

- The importance of peer coordinator/mentor well-being and how to manage it

These research findings provide the working group the opportunity to create and implement evidence-based resources that could ultimately improve the quality of the peer support services currently offered to our members/clients/participants.

Purpose + Goals

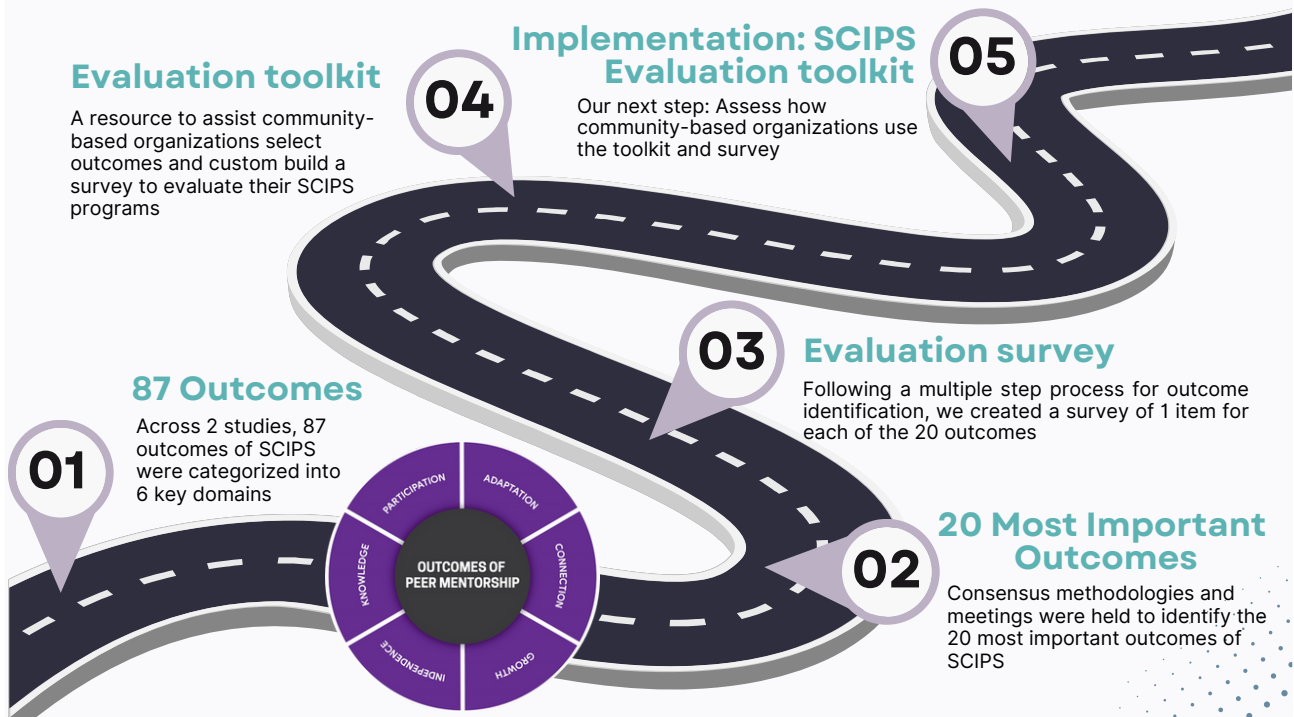
The purpose of this working group is to cooperatively discuss how we can improve the delivery of peer support services across Canada by using the new knowledge created through Canadian SCI peer support research. The key goals are:

Who we are

SCI Sask is engaged in the National Working Group, comprised of SCI leaders with extensive experience and knowledge about the peer support services offered through their organization. Through collaboration, the group aims to create relevant and impactful peer support resources.

Spinal Cord Injury Peer Support (SCIPS) Evaluation Tool

Development Process





SCI Sask Peer Mentorship Network ANNOUNCEMENT Gatherings 2023-2024

Spinal Cord Injury Saskatchewan PMN Gatherings are offered to individuals living with physical disabilities known to SCI Sask. The Gatherings are intended to further the connections and growth of the SCI Sask Peer Mentorship Network across Saskatchewan, through open conversation, sharing of experiences and learning opportunities.

Starting in October 2023 to June 2024, SCI Sask is pleased to announce the following Group Gathering options:

1. **Agriculture & Horticulture**
2. **Book and Movie Club**
3. **Life-Long Learning**
4. **Technology**
5. **Women's Circle**
6. **Wildlife Sport**

The gatherings will be held virtually on Tuesdays and Thursdays from 7:00 pm – 8:30 pm. on a bi-monthly schedule.

To join the SCI Sask PMN Group Gatherings and for the schedule of options for the Gatherings VISIT www.scisask.ca

[Click on: What we do> Rehabilitation Services> Peer Mentorship Network-Calendar](#)



Truth and Reconciliation Project 2023-24

Spinal Cord Injury Saskatchewan is proud to continue its work in addressing the relevant Calls to Action outlined by the Truth & Reconciliation Commission's report released in 2015. This initiative is led by Joshua Forrest, who previously coordinated the SCI Sask TRC Engagement Initiative in 2022-23.

Objectives include working to bridge gaps in healthcare for Urban Band members with our client services to identify and reduce barriers for those living on reserve and/or rural areas. Further goals include an effort to create ongoing connections between SCI Sask and Indigenous entities such as STC, SIIT, Metis Nation, CUMFI, the University of Saskatchewan's Indigenous Health and Wellness Department, and Saskatoon's Indian & Metis Friendship Centre. Plans to collaborate with the SHA and local Long-term Care Homes Parkridge Centre and Sherbrooke Community Centre are in effect to increase the continuity of care and supports for Indigenous residents living with physical disabilities, along with additional clients that we serve.

Part of the actions with these organizations will be the delivery of Informational Sessions which outline SCI Sask Services, discuss the barriers Indigenous people living with disabilities may face through focus groups, and develop collaborative partnerships to work together in overcoming these barriers.

As part of the first section of this initiative, Josh delivered a presentation at Chokecherry Studios, a local youth drop-in center, where he discussed the idea of intersectionality with the youth. This speaks to the idea, and acknowledges, that each person's experiences with stigmatization (such as ableism or racism) is unique and can even overlap, so considering such factors is important when a person may experience multiple forms of marginalization. Josh will be speaking on January 5th of 2024 at the Saskatchewan Indian Institute of Technology (SIIT), and elaborating more on this topic with Mental Health & Wellness classes in the hopes of further informing future service providers and/or counsellors of the importance in considering all barriers when working with clients.

One of the Calls to Action (#3), which we continue to act upon is in the implementation of Jordan's Principle, which was enacted so that Indigenous children could more quickly access public funding for health care needs, in which the government entity of first contact pays for the service and jurisdictional/payment disputes are resolved afterwards. SCI Sask will provide letters of support to like-minded clients and organizations to access Jordan's Principle, such as Muskoday First Nation, who built an accessible playground for their youth.



Documentation of these events will facilitate connections with media outlets for coverage of the TRC Project, in accordance with Call to Action #84, which involves working with media to increase equitable media programming.

We would like to thank Dakota Dunes Community Development Corporation for funding this project, and look forward to strengthening our connections with Whitecap FN Health Center, Elders, and community members.



Cruising the Caribbean

Accessible Vacation: Cruising the Caribbean by Delynne Bortis

For years, every time somebody would mention taking a cruise as a fun idea for a holiday I would balk. Nothing about it sounded fun to me. Being on a boat in the middle of nowhere with a bunch of strangers just created a whole new feeling of claustrophobia. I had been talking to some friends who also live life on wheels, and was assured that if I wanted an amazing adventure with the utmost in accessibility that a cruise was the way to go. Of course, I had to find out for myself, so when a friend approached with the deal of a lifetime, it seemed like destiny. We would be traveling as a group of ten, two of us wheelchair users. A perfect way to end the cruelty of February!

The Itinerary

We had to make our way to Miami, which is where our ship departed from. The way that airlines have been these days, we made sure that we gave ourselves a couple days in case of flight delays, cancellations etc. That gave us time to explore

Miami and surrounding areas, the highlight of which was a trip to Gator World and Key Largo. We quickly discovered that finding accessible transportation in Miami was not the easiest thing to do, so ended up renting a couple of vehicles.

For departure day, we had to pick our boarding time ahead of time, and show up at the port in order to board the ship (there is an app where you do all of this on, which keeps a calendar for you with a list of your excursions and entertainment that you have booked). Everything once we got to the port ran very smoothly. There were people there to take our bags as soon as we arrived at the holding area. They would be delivered to our rooms at some point throughout the day. Bonus not having to haul luggage around!

Once on the ship, we were free to move around, get food, order drinks, and explore the amenities. Everybody was extremely helpful

making the boarding process go well, and offered any help for accessibility that we would possibly need. They had scooters available to rent, as well as shower chairs, although questionable on who exactly they work for (you can request all of this in advance). We used most of this day to familiarize ourselves with the ship, and to scout out areas that would be utilized a lot by us. It was pretty harried, as everybody on the ship was doing the same thing.



I found this to be the most stressful day of our trip. Getting to join our group for supper was a chance to get our bearings, and prepare for days to come.

We were very fortunate that none of the ports of call that we were going to were tendered ports. At the tendered ports, you have to leave your ship and get into a boat in order to make your way to land. This can pose accessibility issues, and I believe that there are some tendered ports that people who require accessibility will not be able to depart at.

We had stops in Labadee Haiti, St. Thomas, Puerto Rico, and Coco Cay, The Bahamas. Getting on and off of the ship at the stops was fairly seamless. They had a long, steep ramp to get down, but staff was more than helpful and usually quite knowledgeable about handling mobility equipment. Once down and off of the boat, it was easy to maneuver on the piers to get to where you needed.

Some of the stops had accessible tours, but we chose to make our own way. In Labadee, we were on a section of the island owned by the cruise line. There are pathways winding throughout that were quite accessible, as well as a large barbecue area that the ship set up lunch on. We were able to see to the beach, but not really access it. It was also slightly difficult accessing where all of the vendors were set





experience for everyone. When we came off of the boat onto the pier, a driver arrived in a tram (think large golf cart) with a folding ramp on it, and we were able to fit two wheelchairs and 4 other passengers on it. The driver took us on a tour of the island, and asked if we wanted to go to the beach. He took us to this beautiful sand beach, and helped our partners transfer us into large wheeled beach chairs. I asked where we should put our wheelchairs and he said, "put them under the trees. Nobody bothers anything here. Everybody on this island either works here, or is a passenger on the ship." I was a little apprehensive, but he was right. Nobody touched anything. We were able to get along very well on the beach in the provided chairs. Of course, you need somebody to push you in them, but it didn't seem to be

like a very big deal. It was also the first time that I've ever been able to be in the ocean. As in other places, there was free barbecue and food set up in multiple locations.

The Ship

The ship that we cruised on was amazing! I could not even imagine that I would ever be on something so large. For someone who's biggest thrill was getting in a kayak, this was totally awe-inspiring.

Royal Caribbean's "Oasis of the Seas" is one of the largest cruise ships in the world. Built in 2009, and totally refurbished in 2019, this ship has a capacity to hold 6700 passengers, and has 16 decks, 4 outdoor pools, 1 indoor pool, a casino, aqua theater, skating rink, numerous bars, restaurants, rest areas, and so much more. And all

up, but there were others in larger centers that were easy to get to. They brought in local performers with music and dancing. It was a very interesting stop, and one I would like to do again.

Puerto Rico was probably the least accessible place that we stopped. Once getting off of the pier, we were met with cobblestone and hills. For myself and our travel partner who also uses a chair it was a little difficult maneuvering. We explored a small bit, and then just went back to the harbor and enjoyed some lunch at Senor Frogs. I had never been to one before, so it was definitely an experience.

St Thomas was absolutely beautiful. We decided there weren't any places that we would be able to stroll around too easily, so four of us and a friendly gentleman and his grandson from another Cruise decided to get a cab together and go into the city a ways and check out an old fort that was there. It was quite interesting, and the lady who was working at the fort was more than happy to take us around and explain what we were seeing. It was quite accessible for the most part. And, she offered us water which was much needed by then!

CoCo Cay in the Bahamas is a small island owned by Royal Caribbean. Of all of my adventures off ship I can honestly say this was my favorite by far. The cruise line had gone above and beyond to make it an inclusive



of it easily accessible for those using mobility devices. There was even a carousel that was accessible for wheelchair users. The guy operating it pretty much begged myself and my friend to jump on for a ride, and was ecstatic to pose with us. I think we made his day!

There were one or two pools, as well as hot tubs with lifts to get into them. We purposely came back early from one of our excursions so that we could use the accessible hot tub when nobody was there because I really wanted to try out the lift. When we inquired about using it we had four people coming to assist very quickly. Two of us had to use the lift, and they made it as dignified and seamless as possible.

It was very easy to get lost on this ship before you got used to it, but on every deck there was an interactive map that you could touch that would help you get to where you were going. The least accessible part was the carpet in the hallways on the floors the suites were on. That wasn't much better than your average hotel hallway.

Our cabin worked perfectly for us. There was a ramp to get up and over the transition between the room and the outside deck, obviously put there to avoid getting water in the room in case of storms or rain. But other than that, the room was very accessible. The bathroom was a whole wet

room with plenty of space. The bed was at a perfect height for transfers for me. There was a mirror with a ledge underneath which worked great for getting ready to go for the day. There were not a lot of outlets close to the mirror, but all we had to do was ask our concierge if they had an extension cord and he was back with one within 2 minutes. They totally aimed please in every aspect.

And the food! I cannot say enough about the food. You pick your supper time for every night, so we had chosen 5:30. We had the same two waiters every night for our sit down supper and by the time we left we felt like we were leaving family. They noticed every accessibility need after our initial meal. For instance, I had ordered a cup of tea on the first night there and asked for a straw. The next night when we got to our table there was a straw sitting in my spot. They knew which chairs to pull out and had them taken from our table. And, they even showed us a few magic tricks along the way. Also, the meals were top-notch, and all included in your original payment. The only thing that was extra was alcohol. There were more extravagant restaurants that you paid for your meals at but honestly, I would not know why you would have to go there when the main dining room was serving things like surf and turf, top notch pastas, steak, Prime rib, etc.

And, with each meal there were always vegan options, for both meals and desserts.

Other meal areas were more buffet style, which can be difficult for someone using a wheelchair, or pushing a walker, using crutches or canes, etc. But, if there was a possibility that you may require assistance there was usually somebody there to help. And, they were always very friendly about doing so.

And now, to the worst part of my trip -Departure Day. Seven days went by so quickly. But, it also felt like we had been on that boat long enough for it to feel like home. Usually when I am finished with a vacation I am really finished. I am ready for my own bed, my own shower, and my own comfort. This time, I did not really feel the need to leave. I'm sure I could have done another week easily. Physically departing the boat was as easy as getting on. You left your luggage out the night before in the hallway, and when you departed in the morning, after breakfast, you went down to a holding area and picked up your luggage and made your way to the cab pickup drop off. The worst part about it though, we could not find accessible shuttles. I guess there needs to be something to complain about.

I definitely will be heading out for another Cruise in the near future!



SCI Sask Informational Sessions delivered by the Regional Team

In pursuit of the SCI Sask noble mission and commitment to delivering exceptional services, The Regional HR Team have made visits to clients and individuals living with physical disabilities at Wascana Rehabilitation Centre, spreading warmth and optimism. Through unwavering determination and a genuine desire to make a difference, the Team has forged powerful alliances with our community partners who share a similar vision.

Our commitment extends to sharing knowledge through engaging Informational Sessions at Regina Public library and Weyburn Public Library to empower individuals with insight and understanding. Together with the City of Regina and Regina Legion, we have sparked vital conversation through enlightening group discussion, raising awareness and enhancing community accessibility.



Addressing the Housing Needs of People with Spinal Cord Injury/Dysfunction



We are looking for people with spinal cord injury/dysfunction (SCI-D), family members & professionals involved in accessible housing to take part in a study exploring housing needs.

The study involves a 60 minute interview or focus group by phone or Zoom.

TO LEARN MORE, PLEASE CONTACT:



Kirstin Yuzwa, Research Associate
+1 (416) 226-6780 x 57605 or HousingStudy@sunnybrook.ca

Funding provided by the Craig H. Nielsen Foundation

PRINCIPAL INVESTIGATOR: Dr. Sander L. Hitzig, Senior Scientist

Phone: +1-416-226-6780 x 57177 Email: sander.hitzig@sunnybrook.ca

This study has received ethics approval from the Sunnybrook Health Sciences Centre.



Life Journey of Darwin Bender

As shared with Saba Khan, Client Service Coordinator

Darwin Bender's life was deeply rooted in the agricultural landscape. He grew up on a family farm where they tended to cattle, cultivated grains and raised pigs. He enjoyed an active lifestyle in this rural setting. However, an unforeseen accident abruptly transformed his world. As a passenger in a truck driven by a drunk driver, his life took an unexpected turn. The vehicle rolled over, resulting in a life altering trip to the hospital. This moment marked the beginning of his remarkable journey towards resilience and personal growth. He suffered a T10 level injury that resulted in him being a paraplegic. He underwent back surgery at Regina General Hospital and spent three-months of rehabilitation journey at Wascana Rehabilitation Centre. Determined to regain his independence, he returned to his family farm where his father ingeniously constructed a lift to facilitate his access in and out of tractor. Eventually Darwin's path led him to Regina after securing a job at SaskPower through equity program highlighting the organizations commitment to inclusivity. While staying in Regina, he returned to his family farm often to assist his family with harvesting. While Darwin found SaskPower to be an accessible workplace, he could not ignore instances of discrimination in promotions linked to his disability. Despite these challenges, his resilience and determination continued to drive him forward, demonstrating that he was capable of overcoming both physical and societal barriers.

Accessible Sports: Darwin maintained an active and vibrant lifestyle by engaging in various sports and recreational activities. He cherished the thrill of snowmobile travel and derby adventure with his friends. Beyond that, he found joy in playing basketball, sledge hockey, wheelchair curling, and tennis. What set him apart was his belief in savoring sport for the sake of staying active and enjoying the experience rather than focusing solely on competition. He has won four Canadian Wheelchair Curling Championship- two as a Skip and two being Second. His dedication to maintaining an active life extended to his role as a volunteer coach at Curl Sask where he shared his passion and knowledge with others, inspiring them to lead active and fulfilling life as well.



Motivation: During early stages of his journey at WRC following the spinal cord injury, Darwin had a pivotal encounter. Two individuals who had faced spinal cord injury, joined one of the group gathering at WRC. These individuals shared their remarkable life experiences, demonstrating what was possible after such an injury. One of them recounted a remarkable feat -getting into his truck in less than thirty seconds, this simple yet powerful revelation sparked a fire within Darwin, motivated him to embrace challenges and push his boundaries. As his journey unfolded, Darwin continued to test his limits and expand his horizon. He later on experienced how to go up and down on an escalator on his wheelchair. It became the catalyst for his journey of self-discovery and an inspiration to push the boundaries of what he believed he could achieve.

Darwin understood the importance of mentorship program and encouraged individuals with disabilities to forge connections with those who had successfully navigated similar barriers. He firmly believed that these interactions could serve as a source of motivation, propelling individuals to progress in their lives. The wisdom and guidance of mentors who had triumphed over adversity were seen as invaluable sources of inspiration, lightening the path toward personal growth and achievement and empowered people to conquer their own challenges, demonstrating that with the right support and guidance, they could overcome any obstacle in their way.

Adaptive Technology and Accessible Equipment: Darwin shared that adaptive technology and equipment is expensive. His dad built a lift for him when he bought a house so he can go to the basement from main floor. When confronted with questions about the obstacles he faced, he candidly highlighted the challenges posed by Gov't policies and health care system. One glaring example of this was his desire to acquire an ultralight wheelchair, a crucial tool for his mobility and independence, however, he found himself allocated a budget that fell far short of what was needed. The root of this issue lay in a policy that had remained stagnant for five years, with no adjustments made to account for the ever-increasing inflation rate. This situation underscored the pressing need for policy reform and adaptability to ensure that individuals like him have access to the necessary resources and support to lead fulfilling and independent life.

Currently he is living on an acreage, maintaining yard in the summer, growing and harvesting vegetables, and enjoying quietness of rural area.



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1. A Multi-Centre Clinical Investigation to Assess the Performance of GentleCath™ Glide intermittent catheters. Study U378 GentleCath™ Glide Final Report. July 2018. In vitro data on file. Convatec Inc.

2. Pollard D, Allen D, Irwin N J, Moore J V, McClelland N, McCoy C P. Evaluation of an Integrated Amphiphilic Surfactant as an Alternative to Traditional Polyvinylpyrrolidone Coatings for Hydrophilic Intermittent Urinary Catheters. Biotribology. 2022;32(Dec 2022):100223.

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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. We remember:

Marie Z. Avram
Miles Bowman
Leslie Denzin
Murray Dyck
Pascal Erickson
Joyce Foss
Barry Frisk
Gordon Germshield
Wilma Heisler
Marlene Hoce

Linder Keller
Ron Klatt
Arseny Kozak
Delbert Leader
Keith Lucyk
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George Moskal
Joseph Joe Nicolay
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Joanne Woytiuk

“Your Life, Your Rights” - Person Centered Approach to Planning

Person Centered Approach is coming from the understanding “Putting people before the systems”. The understanding stems away from the medical model. The approach is person centric meaning it is shown as a shift in thinking. The needs of the individual and impacts of disability on an individual are central to this approach. “How the experiences of the individual are central to the idea of Person Centered Approach”. These experiences enable the individuals to interact with the environment and circumstances fluidly. These circumstances are indicative of the individual needs and problems faced by individuals “who are trying to navigate through the system” within the confines of the medical model. The medical model looks only at the isolated problems faced by individual rather than taking a holistic Person Centered Approach.

There are 8 sections in the person centered approach:

1. Setting the stage: A person is responsible for setting things up.

2. Getting to know someone: Its important to know the person right now.
3. Supporting quality of life is further subdivided into three main categories: -
4. Well being
5. Independence
6. Social participation
7. Understanding Support Needs
 - » Tools facilitating the needs
 - » Standardized Admission Process
 - » Comprehensive Behaviour Support
 - » Inclusion Saskatchewan Health Passport
8. Setting Personal Goals and Outcomes
 - » Tools to facilitate
 - » Person Centred Approach to risk
 - Maintain the plan
 - Additional resources for the Person Centred Approach
 -

Source: <http://www.personcentredsk.ca>



Anthony
User | Contenance Care

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SCI Sask sincerely thanks the Donors, Golfers, Tournament Host, Supporters, Volunteers, and SCI Sask Board of Directors and HR Team. The 4th Annual GT 2023 is a success because of YOU!



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Weyburn Communiton 2023

Communiton is a live-telethon aired by local Access Communication. For over four decades, Communiton has assisted in raising money for local non-profits in Weyburn and area. It was hosted at Weyburn Legion on October 27, 2023. This community event brings together the community for a delightful experience, showcasing a wide range of entertainment, including performances by local schools, bands, community choirs, and fun games among community volunteer participants. Communiton committee's dedicated volunteers gathered \$ 100,168 in donations to sustain and empower 10 local member agencies in their mission to provide essential services to the community.

Spinal Cord Injury Saskatchewan is one of the contributing partner of this Communiton, dedicated to advancing shared common goal of building inclusive and safe community along with other member organizations.

The Weyburn Communiton is a shining example of what a community can achieve when they come together. It is not only a showcase of talent but also a big help to community agencies like Spinal Cord Injury Saskatchewan, allowing them to continue their essential work in the community. Weyburn Communiton is a reminder that love, generosity and shared talents can have a big impact in the community and make the world a better place.



Government Celebrates Opening of 10 Affordable and Barrier-Free Homes in Saskatoon

Low-income families in Saskatoon in need of affordable and barrier-free housing now have access to 10 new units in part thanks to a \$585,250 investment by the Government of Saskatchewan, City of Saskatoon and Newrock Developments.

“The Government of Saskatchewan is proud to support this project that allows people to live independently in their community,” Social Services Minister and Minister Responsible for Saskatchewan Housing Corporation, Gene Makowsky said. “Our government will continue to work with partners to improve housing affordability and better support people and families in greatest housing need.”

These 10 new units will provide affordable housing to four low-income families and six families needing barrier-free

housing. Support services and tenant placement will be provided by Spinal Cord Injury Saskatchewan (SCIS). SCIS is a non-profit organization that aims to assist people with spinal cord injuries and other physical disabilities through information and systems navigation, rehabilitation services and peer mentorship.

Project funding for the 10 new units includes an investment of \$250,000 from the Saskatchewan Housing Corporation through the Saskatchewan Co-Investment Program. The Saskatchewan Co-Investment Program supports projects that address urgent housing needs and have secured funding from other governmental jurisdictions. Through a cost matching grant, the City of Saskatoon provided an additional \$250,000

to the Sage Meadows project, and Newrock Developments provided \$85,250.

“This new development will provide an affordable home to four low-income families and six families needing barrier-free housing,” Saskatoon Mayor Charlie Clark said. “Having accessible options for people of all abilities is so important in our growing city. Thank you to Newrock Developments, the Government of Saskatchewan and the City of Saskatoon for the funding support; and to Spinal Cord Injury Saskatchewan who will place tenants for the six barrier-free units.”

“We are happy to be hosting the grand opening for Sage Meadows townhomes on November 24,” Newrock Developments Manager of Operations Darrick Muth said. “Sage Meadows is a townhome community in Rosewood/The Meadows, designed to meet the needs of a wide range of renters, ranging from students, to families,

to seniors. Sage Meadows offers a number of affordable units, including six accessible units, rented in conjunction with Spinal Cord Injuries Saskatchewan. As with all our developments, we are proud of this community, and feel this housing type is an asset to the neighborhood and its residents.”

Housing is a key priority in providing a better quality of life for Saskatchewan families and communities. Since 2007, the Government of Saskatchewan, through Saskatchewan Housing Corporation, has invested \$830 million to housing supply, repair programs and affordable rental development.

To learn more, visit www.saskatchewan.ca.



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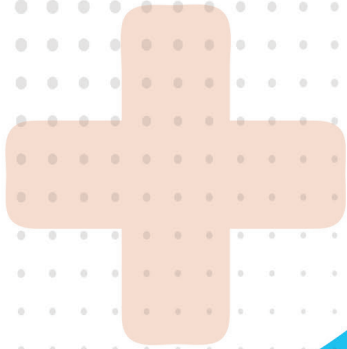
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