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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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UPCOMING EVENTS

• Peer Mentorship Network Virtual Gatherings. See article on page 13

Message from the Executive Director



Spinal Cord Injury Saskatchewan is excited to bring you the fall/winter 2024 issue of our Parascope Magazine, and to update you on many changes within the organization! We are also proud to be ending our 60th year of celebrating serving the people of Saskatchewan;

continuously striving to achieve our mission of assisting people with spinal cord injuries and other physical disabilities to achieve independence, self-reliance, and full community participation. Aligning with the Accessible Canada Act, and the more recent implementation of the Accessible Saskatchewan Act, SCI Saskatchewan looks optimistically towards continuing our vision of working collaboratively for inclusive communities.

In June of 2024 SCI Sask underwent a change of leadership, and I was honored to be invited to act as interim Executive Director while SCI Sask's diligent Board of Directors worked through the summer, making plans to fill the role on a more permanent basis. In September, following the recruitment process, I was once again honored to be offered the position and will strive to ensure the responsibilities to our members, clients, funders, HR team, and Board of Directors are met with enthusiasm and dedication.

I would like to thank our Board of Directors, our funders, and the HR team for their patience, input and understanding during the transition period.

We have had a busy few months, and it seems that winding down from one deadline is actually a prelude to winding up for the next! In June we hosted our AGM, and welcomed 2 new members to the Board of Directors. In July we were in full swing, gearing up for our 5th Annual Golf Tournament Fundraiser held at Mark's 9 Golf and Country Club in Prince Albert in August. And winding down from the golf tournament led into winding up for our return to the Regina Wheelchair Relay, held in October at Wascana Rehabilitation Center. All events were successfully attended, and a great testament to the hard work of the staff, board and volunteers of SCI Sask. As this article is being created we are in the midst of final plans for our 60th Anniversary Celebration, in Saskatoon on Nov 22.

As we head into the holiday season, clients, members, and supporters, know that we are here to serve you, and our ears, doors, and minds are open. Let's look forward to another 60 years!

Stay Warm,
Delynne Bortis ED

Reacquaint: Provincial HR Team!

Rebecca Du
Finance Manager



rebeccadu@scisask.ca
306.652.9644 ext 2

Josh Forrest
CSC



joshforrest@scisask.ca
306.652.9644 ext 5

Karthik Babu Menon
CSC



karthikbabumenon@scisask.ca
306.652.9644 ext 6

Organizational Update Human Resources Team



Cuong La: Provincial Administrative Assistant

Cuong joined the SCI Sask team in May 2024 under a temporary position and enjoyed his time at the organization, working alongside people with great ambitions and passion for helping others. He joined the HR team as the Provincial Admin Assistant role in a full time capacity in July and learned many things while contributing to the overall preparation and being an integral part of the Golf Tournament! Cuong is eager to continue his professional growth and improvement journey at SCI Sask, working with talented and enthusiastic people to foster inclusive communities. Cuong will be working out of the Saskatoon location and can be reached by email at cuongla@scisask.ca, or phone 306.652.9644 ext 1.

Welcome Cuong!



Madison Wassermann: Client Service Coordinator

Madison joined the SCI Sask Provincial Office in October of 2024. She has her certificate in Disability Support work as well as her Bachelors in Social Work from the University of Regina. She is excited to support people with disabilities in achieving their goals. Madison believes everyone is the expert in their own experience. She thinks it is important to hold space for her clients and their family to process and grow through each new change in life. Madison will be working out of the Saskatoon location. Her client assignment includes the Northwest Geographical Region; she can be reached at 306.652.9644 ext 3 or by email at madisonwassermann@scisask.ca.

Join us in welcoming Madison to the team!

Reacquaint: Regional Team

Glaiza Orpiano
Admin Assistant



glaizaorpiano@scisask.ca
306.584.0101 ext 4

Heli Sheth
CSC



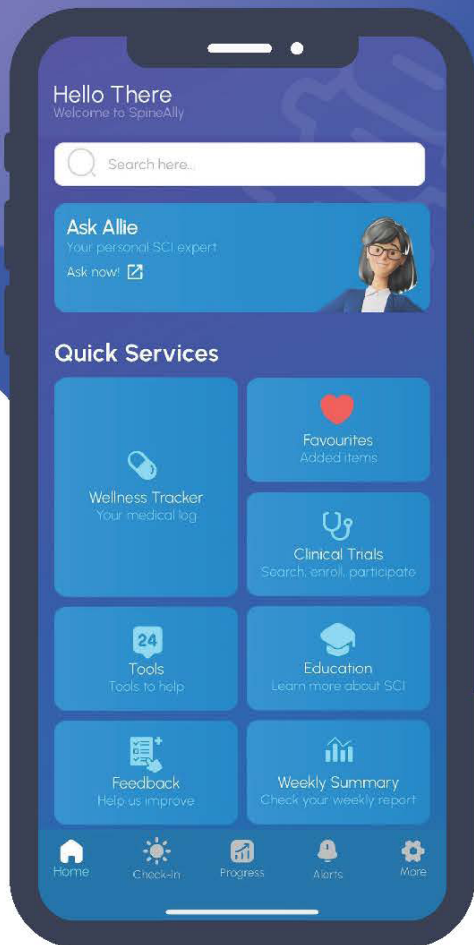
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Saba Wahab Khan
CSC



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ARE YOU LIVING WITH A SPINAL CORD INJURY?



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MORE INFORMATION

THIS STUDY HAS BEEN APPROVED BY THE UNIVERSITY OF CALGARY CONJOINT HEALTH RESEARCH ETHICS BOARD (REB23-0678).



SpineAlly



SpineAlly is an application available through Appstore and Google play store for users to download and was created specifically for persons living with a spinal cord injury. Today, social media is flooded with all sorts of information about spinal cord injury. SpineAlly provides information from reliable sources, helps keep track of appointments, documents useful information, and provides access to various support tools.

SpineAlly is part of a research project to aid researchers from University of Calgary to understand health challenges faced by people with spinal cord injury or other neurological conditions. The app allows the user to complete a short daily questionnaire that takes about two minutes or less.

*As with all other research projects. This research project adheres to confidentiality.

The app serves six different purposes as outlined below: -

1. **Autonomic Dysreflexia Following Spinal Cord Injury Questionnaire (ADFSCI):** ADFSCI is a patient-reported outcome questionnaire that assesses frequency and severity of symptoms during hypo – and hypertensive episodes and will be administered at baseline and then monthly throughout the study.
2. **Daily Check – in survey:** Spine Ally includes a short 2 minute daily questionnaire of your well-being and potential symptoms over time.
3. **Passive activity and physiological measures:** SpineAlly can link up with your personal activity tracker (ex: Apple Watch, Fitbit). SpineAlly then enables your activity data to be used for the research project.
4. **Wellness tracker:** SpineAlly includes an integrated calendar where you can track your daily wellness events.
5. **Profile:** SpineAlly will ask for data related to a person's basic information: name, date of birth, sex, height, weight, location, ethnicity, educational attainment, employment status, primary language, SCI or non SCI neurological condition, general health condition. SpineAlly will also ask you to document your NCT number (National Clinical Trial number) for other clinical trials you have participated in.
6. **Educational and accessibility resource utilization-**SpineAlly records usage of various education and accessibility resources within the app.

Source: <https://spineally.ca/> usage of app after downloading from Play Store.

Accessibility Plan 2024-2027

On Dec 3, 2024, in alignment with International Day of People with Disabilities, the Government of Saskatchewan announced its 3 year goals in reducing barriers to coincide with the Accessible Saskatchewan Act, which came into force on Dec 3, 2023. The Accessible Saskatchewan Act defines a barrier as anything that hinders or challenges the full and equal participation in society of persons with disabilities. Through consultations and surveys, completed by people with lived experience, 3 groups of accessibility barriers were identified:

- 1. Physical barriers:** when spaces are designed in ways that prevent or limit mobility or access.
- 2. Information and communications barriers:** when information or material is shared in a way that is not accessible to all people.
- 3. Attitudinal barriers:** when people act or think based on false assumptions.

Through identification of the 3 categories of barriers, 7 goals were created:

- Goal 1** – Improve employee knowledge and awareness of accessibility
- Goal 2** – Make government buildings more accessible
- Goal 3** – Make provincial parks more accessible
- Goal 4** – Improve the accessibility of government programs and services
- Goal 5** – Make digital content more accessible
- Goal 6** – Support a diverse and inclusive provincial government workforce
- Goal 7** – Provide leadership to promote accessibility and inclusion

As outlined in the conclusion of the announcement on the Government of Saskatchewan's website, *"The actions outlined in this plan are intended to improve the accessibility of government services and remove barriers that persons with disabilities experience. As we move forward in our province's accessibility journey, we want to continue to hear from members of our community about accessibility barriers that impact the lives of persons with disabilities"*.

You can read the full report or download a copy of the Government of Saskatchewan Accessibility Plan on the accessiblesk.saskatchewan.ca website. If you have questions regarding the Accessible Saskatchewan Act you can contact the Saskatchewan Accessibility Office through email @ accessiblesk@gov.sk.ca or by phone @ 1.877.915.7468.

Employability Skills Workshop

by Saba Wahab Khan

An employability skills workshop covers a range of essential competencies that prepare individuals for the job market. Participating in these workshops can significantly boost confidence and equip attendees with the necessary tools to navigate their career paths successfully.

In September, an Employability Skills Workshop was held at the Spinal Cord Injury Sask.'s Regional Office in Regina in collaboration with the Regina Work Preparation Centre and Dress for Success, aimed at introducing clients to effective career planning. Guidance on setting career goals, developing actionable plans, and exploring various career paths, along with insights into relevant job search skills and industry trends was provided.



This workshop exemplified the importance of skill development in the job search process. With valuable insights and a supportive environment, it marked a significant step in participants' career journey. As the job market continues to evolve, events like this play a crucial role in bridging the gap between talent and opportunity to benefit job seekers. Key topics covered included career planning advice, labor market information, and interactive learning through skills checklists and career quizzes.

Volunteer Fair at U of R

by Saba Wahab Khan

Spinal Cord Injury Saskatchewan took part in the Volunteer Fair at the University of Regina to recruit volunteers for the organization. Participants volunteered at our Wheelchair Relay, and their contributions proved to be professional, as well as essential for the success of the event. This event offered university students valuable insights into teamwork, event planning and management, and fostering inclusive communities. It also provided excellent networking opportunities and promoted community engagement.

For information on upcoming employment events or volunteer opportunities, please contact your CSC, the Regina office at 306.584.0101, Saskatoon office at 306.652.9644, or email sciinfo@scisask.ca. You can also check out our website at www.scisask.ca, or follow us on Facebook or Instagram!



NOV. 22
2024

Breaking News

CELEBRATE

BUILDING BRIDGES, BREAKING BARRIERS: 60 YEARS OF SCI SASK

On November 22, 2024 SCI Sask celebrated 60 years of providing support to our incredible community. As we look back, we want to thank everyone who has supported us along the way. We are excited to see where the next 60 years takes us!



EVENT SPONSORS



Elder Linda Badger

Linda Badger is from Treaty Six, homeland of the Metis. She was born on the Mistawasis Nehiyawak. She moved away at the age of 15. In 1978, she was in a car accident and became a paraplegic. She has 3 children, a daughter and a son who are 48 and a son who is 41. She has 8 grandchildren and 3 great grandchildren. She has lived in Saskatoon since 1983. Linda is excited to offer her knowledge as an Elder to the organization.



Christina Martens-Funk

Christina Martens-Funk currently works as Chief Executive Officer of Inclusion Saskatchewan. She is a Chartered Professional Accountant, with experience in collaborative leadership, financial management, and governance strategy. She is passionate about social justice and creating a supportive and equitable community for disabled people. She has been gratefully receiving support from SCI Saskatchewan for almost 30 years.

Jacob Wassermann

Jacob Wassermann was born and raised in Humboldt. In 2018 he was injured with a spinal cord injury in the Humboldt Broncos bus crash. He later became a peer mentor with SCI Sask. He appreciates any opportunity to make a difference in people's lives. In October 2022 he started rowing at the Saskatoon Rowing club. This past summer he represented Canada at the Paris 2024 Paralympic Games in Para Rowing. Jacob is currently attending the University of Saskatchewan to pursue his Bachelors of Education.



Rodney (Rod) Holowaty

Rod served 27 years in the Canadian Army regular force and the reserves. He retired as Army Captain. He has spent 48 years as a legion member in all rolls including President. He presently is serving a Zone command Légion District 3 Zone one. Rod is the recipient of the Minister of Veterans affairs citation. He is serving on the veterans affairs care and support committee. He has been a volunteer firefighter for 30+ years. He has been a middle years and high school teacher for 41 years. Rod is married to Sheila and they have a daughter, Jaime.

Paul Gustafson

Paul has been a long standing member of SCI Sask, an employee, and a huge supporter of the organisation and the disability community in general. Paul took opportunities after his injury, which occurred while he was still in his teens, to pursue education and live his life to the fullest. He received a bachelor of social work and later went on to get his Masters in Kinesiology, with a focus on accessible, adapted fitness. He started out his career working at the Canadian Paraplegic Association, which is now Spinal Cord Injury Saskatchewan, and worked as a rehab counselor and education and employment counselor for a few years. He has held positions as an accessibility consultant, teaching adapted physical education at the U of S, and as a student advisor at the U of S.





'Milhouse' from my best friend's Aunt Patty.

Still though, by the time I was school aged, after I'd learned how to speak and before I recognized my hearing and vision loss' as disability, I had always loved sports; hockey to be specific. I began playing at 8 years old and one of my early coaches was a leg amputee. I remember him well. At practice, he'd be on skates (with a skating prosthesis he'd made), coaching and motivating us, outskating us when we needed someone to be the leader. Coach's leg loss didn't matter in those moments, because he was faster than all of us.

At the age of twelve, I suffered my first of two retinal detachments, the second occurring when I was eighteen, which caused further vision loss. I was fortunate enough to still be functional with corrective lenses, but without I almost needed glasses to find my glasses! Shortly after my own retinal detachment, my closest friend's father acquired a series of his own retinal detachments, and even though there was an age difference we shared a common experience we could talk about earnestly, and find the humor as we recovered.

In my early twenties, I was looking for a roommate when a high school friend of mine reached out. His name was Preston and he had been blind since his youth, but that was not a barrier for him. He had found strategies and ways of thinking that made him very confident and independent in his day to day life. He taught me simple things around that house, such as always keeping walking spaces clear for him, making sure everything had its dedicated place, and other routines that made living with him easy going and sustainable.

When I received my first pair of hearing aids in my late twenties, the reality of my hearing loss was solidified and I remembered a distant cousin who was deaf that I met as a young child. He was around enough that I learned the ABC's of signing and was able to communicate with him on a basic level. Now, I recognized how valuable that experience had been, as I had always appreciated the language of ASL, even though I could not speak it. I have since learned that Sask. Deaf & Hard of Hearing Services offers free ASL classes to anyone with a hearing loss, and am planning to enroll myself in the near future.

All of my background with various disabilities culminated in 2019 when my right leg was amputated and have informed my recovery ever since. One of my first visitors was Colin Farnan, a former SCI SK employee, who is also a leg amputee (& noted jokester). He and I had already been friends for years prior, but he got me involved with the organization straight away. I was able to learn all sorts of relevant "insider knowledge" about what to expect, prosthesis technology, ways to stay comfortable with my leg, and how to self-advocate. Also, a lot of jokes when laughter was some much needed medicine. We remain close to this day!

Another great friend Logan, who had lost his hand years earlier, visited me in the hospital. He outlined that each amputation (or any disability for that matter) is uniquely personal, whether physical changes or due to individual character and experience. Trying to compare myself to others would be a waste of time, but learning from one another is always valuable.

After nineteen days, I was discharged and went to heal at my parent's house, where my stepdad impressed the need to get active immediately. This meant going for twice daily crutching walks, to build strength and competency on my sticks. He had his own background with crutches, having had a severe leg break requiring crutching. Although the early days were taxing on my body, I quickly figured out how to move around before I received my leg prosthesis, thanks to his sage advice and motivation.

In the five years since my leg loss, I have experienced many changes, and anticipate more as I age. I will continue to try to learn from others, as I see this as a shortcut to knowledge I would otherwise not be able to access. Peer support is a fundamental element in recovery after all sorts of life challenges, and SCI SK's Peer Mentorship Network is one of the most important and impactful services we provide. I look forward to facilitating more mentor/mentee connections in the future!

Highlight on SCI Sask Peer Mentorship Network

The Value of an Example: Submitted by Josh Forrest

"If you have knowledge, let others light their candles with it." - Margaret Fuller

It wasn't until late summer of 2019 that I finally had to admit I was going to be living with a disability for the rest of my life. My right leg had been amputated at the knee due to illness. It was dawning on me that I had a lot of thoughts and learning to experience, but more importantly, I knew that I wasn't alone because I had a lot of support and experience to draw from.

Coming to terms with disability is a journey. For myself personally, it has been in stages, and only when I look back do I realize that I've always been disabled, and I've always had peers who shared this with me.

Being born with a cleft palate meant that I would require a pair of reconstructive surgeries at the ages of two and three years old, making it possible to speak well by the age of six, with the help of my speech therapist, curiosity, tenacity and the desire to be understood.

I had also experienced hearing loss at an early age, due to incessant ear infections which required surgery, deafening me more each time until I required hearing aids in my late 20's. As well, I was legally blind from a young age, wearing glasses so thick that I was given the nickname





PEER MENTOR NETWORK VIRTUAL GATHERINGS

2025 Schedule of Hosts + Topic of Discussion: 6:30-8pm

- ✓ January 14 - Josh Forrest: Aesthetics & Self Expression
- ✓ February 11 - Heli Sheth: Managing Mental Health & Wellness
- ✓ March 11 - Karthik Babu Menon: Gaining Momentum with Assistive Technology
- ✓ April 8 - Madison Wassermann: TBD
- ✓ May 13 - Saba Khan: TBD



CONTACT US FOR LINK @



SCIINFO@SCISASK.CA



Meet the Mentor: Paul Gustafson

Paul has been a long-standing member of SCI SK, an employee, and a huge supporter of the organisation and the disability community in general. He lives in Saskatoon with his wife and two daughters.

Paul grew up in a small farming community in southern Saskatchewan. He sustained a spinal cord injury (SCI) in 1984 at age 17 and from there went on to live his life to the fullest. Following his injury, his passion for a career in the helping profession grew. He started as a peer mentor volunteer in 1988 with the Canadian Paraplegic Association (SCI SK today). Following his post secondary education, including a Bachelor of Arts and a Bachelor of Social Work, he worked as a Rehabilitation Counselor and Education and Employment Counselor with the Canadian Paraplegic Association. Paul later went on to complete a Masters in Kinesiology, with a focus on accessible, adapted fitness. He has held positions as an accessibility consultant, teaching adapted physical education at the U of S, and is currently a student advisor at the U of S.

Following his spinal cord injury, Paul soon became active in the wheelchair sports community trying and participating in many sports including alpine skiing, water skiing, tennis and sledge hockey. Competitively Paul played Wheelchair Rugby for the provincial wheelchair rugby team for many years. He continues to enjoy physical activity with his family and friends, including adapted coaching at an online gym, hand-cycling (his favorite activity), kayaking, and enjoying the outdoors. Paul has always enjoyed sharing his experiences and assisting others with spinal cord injuries.

Q. You were 17 when you were injured, what strategies or mindsets worked to your benefit?

A. Staying positive. Staying connected with my supportive family and friends

Q. When did you receive peer mentoring and what did you learn from your mentor? Who were they?

A. I first met a few guys with SCI's while I was in Wascana rehab in Regina. There was no official peer mentoring program back in 1984 but a friend of mine from Regina had a neighbour who was paraplegic, Mike. He connected us and from there I met 2 other people with quadriplegia, Daryl and Terry, both from Regina who would come up to rehab and visit. From these guys I learned a lot about SCI; being quadriplegic, my potential following a SCI, and wheelchair rugby! I was first introduced to wheelchair rugby through these guys. My physio took me to an evening practice to see the game. As a new injury I found my first introduction to the game to be quite eye opening and it looked like a lot of fun.



Q. What do you wish you had learned or accepted then or sooner; now knowing with hindsight?

A. Good question. I wish I would have taken the idea of working on physical strength and mobility more seriously to assist me sooner with strategies and techniques to become more independent.

Q. What is the most important thing or outcome you aim for during and after your first meeting with a new mentee?

A. Communication and connection. The beginning parts of building relationships and community. I find this leads to open conversations about many topics from home accessibility and driving to more sensitive topics such as bowel and bladder management.

Q. How would you “talk someone into” a peer mentorship to someone who might benefit but is on the fence as to its purpose or value? Overcoming resistance...

A. I have never found this to be an issue. I have never had to “talk” someone into peer mentorship. Open, honest conversation has always worked for me. When people are ready, I believe the mentorship comes naturally.

Q. Any other insights you might want to share?

A. My experience with peer mentorship has been invaluable. It has been a way to build connection and community with peers who have similar lived experiences. Open and honest conversations about topics that non-peers would not understand.

I've found that having been in a wheelchair for 40 years, it's still important for me to keep up with both the local and broader disability community, getting to know the new mentors, and hearing about new technology and ideas from others. I've found great value from watching the Youtube channel “Live to Roll” that I encourage others to look into.

A maxim I like to use is “Openness, candidness, and community: the sharing goes both ways.”

If you are new to the disability community, or at a time in your life where you feel like you could use some support, SCI Sask's Peer Mentor Program is here for you. Our mentors offer open, honest communication in a safe space that is non-judgemental. All are certified, and have signed an oath of confidentiality. For more information you can contact your Client Service Coordinator, call 306.652.9644, or email sciinfo@scisask.ca.

IN MEMORY

Spinal Cord Injury Saskatchewan treasures and celebrates the lives and contributions of those who have passed on. We cherish our memories of them, and offer sincere and heartfelt condolences to their loved ones. *"Those we love don't go away, they walk beside us every day, unseen, unheard but always near. So loved, so missed, but held so dear."* We remember: **Sue Arnason, Mae Atkinson, Leanne Bachelu, Ruby Bell, Don Fraser, Murray Frerichs, Stephanie Hoppe, Gabe Mackesey, Valerie McPherson, Dorothy Scheidt, Denise Thibault**

SCI Sask Long Time Supporter, George Bristow (1943-2024)

George Bristow will be remembered at SCI Sask as an energetic man with a love of life, an engaging charisma, and a loyalty to any cause he found worthy. A staunch supporter of the SCI Sask wheelchair relay fundraiser for years, George could be heard cheering on his wife Mavis' team, or coaching the up and comers on the best technique for taking a tight corner. Over the years George and Mavis have raised thousands of dollars for SCI Sask. Our heartfelt condolences go out to Mavis and family.

Kent Worth 1962-2024

Kent was a longtime supporter of SCI SK through fundraisers and community connections. He held himself within high regard when it came to working at Missinipi Broadcasting Radio for over 20 years. Kent lived to help others become the best they could be within music, local business, and identifying the purpose in their pursuits. His charisma and likeability would often result in new friendships immediately. If it wasn't his blatant likeability, it would be his Dad jokes, cheesy puns, and witty banter that would reel you in. SCI SK thanks him for his support throughout the years, and offers sincere condolences to his family and friends. He will be missed out on the golf course.



SCI Sask Remembers Long Time Employee and Supporter: Les Wehner

Leslie Harold Wehner passed away peacefully after a short illness on July 1, 2024. Les was born on January 6, 1965 at Davidson SK. He leaves to mourn his loss the love of his life, his

partner, Luisa Pangilinan, his parents Paul and Doreen Elaine Wehner, brother Kim (Laurie) Wehner, nephew Chad Wehner, niece Anna Wehner, nephew Ben (Laura) Schuster, niece Loni (Will) Lang and niece Jerika Schuster, brother Bryce (Christine) Wehner, nephew Cole, and niece Payton Wehner, sister

Candy (Gordon) Kudryk, nephew Jeremy and niece Chelsea Schmidt, sister Coreen Nagy, and sister Jeanette Leask. He was the best dad to fur babies, Lady (deceased), Minion, and Amber.

His close friend Dave Nielsen, and many other close friends and colleagues are saddened by his passing.

Les faced many challenges after he was injured in an accident that changed the way he would live out his life. He had tremendous courage and never complained about the card he was dealt. He had a great desire to succeed and was never limited in what he tried to accomplish. In 1996, after graduating high school, Les earned a Bachelor of Social Work Degree from the University of Regina. In 2014, while on disability leave, he earned a certificate in Web Technologies and Design. Working on computers was one of his many passions! His first and only job was at Spinal Cord Injury Saskatchewan where he took on different roles, including Client Services Coordinator and Executive Director. He was a dedicated employee and valued team member from 1998-2015. He also acted as computer support for many, including Highland Sport and Medical Supplies.

People that knew Les well knew that he was always ready to face new challenges successfully. His greatest enjoyment was fishing on his boat at Lake Diefenbaker, which he did with Luisa every summer. This was his peaceful place.

Les' greatest legacy was financially assisting two students in need in the Philippines with finishing their studies; one in Caregiving and the other in Electronic Engineering. Every December, he acted as Santa Claus by sending care packages to impoverished seniors living with disabilities in the Philippines, as well providing food for children so they could experience the spirit of Christmas. All those people who were touched by his generosity are also mourning his loss. In lieu of flowers, please consider donating to Spinal Cord Injury Saskatchewan or the Saskatoon SPCA.

~As Submitted by Dave Nielsen~

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

Background

Purpose:

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

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



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

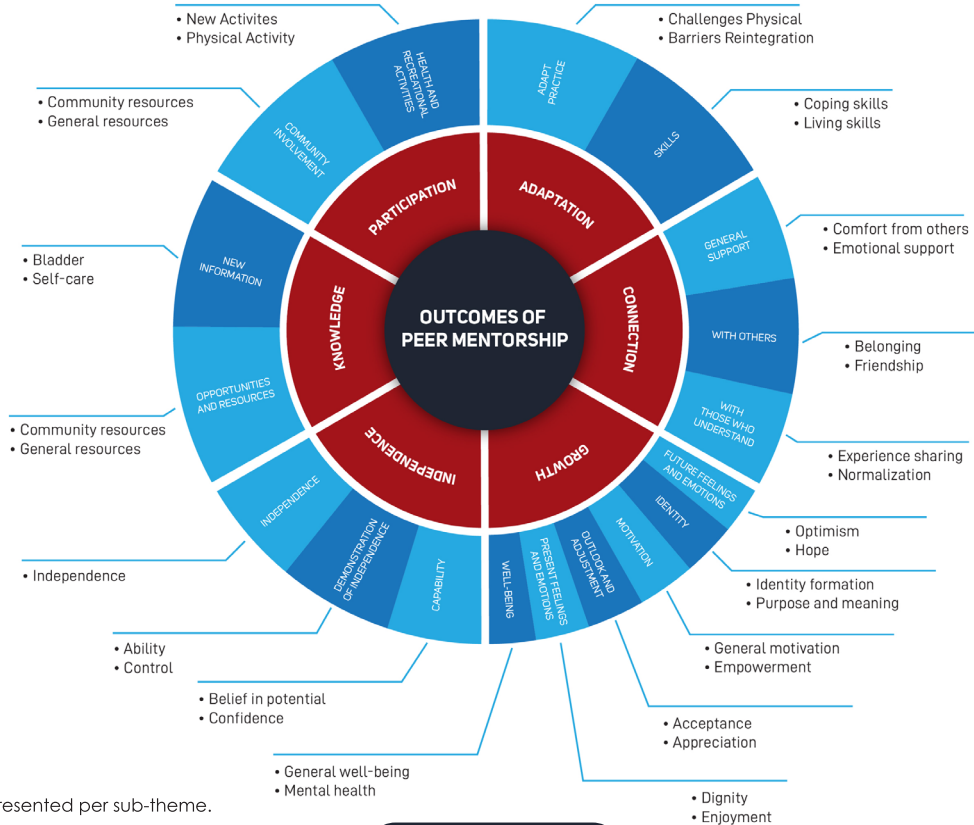


These programs help adults adapt and thrive following their injury.



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

What we found



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

Conclusion

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

Reference:

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



Social Sciences and Humanities Research Council of Canada

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Theories and Interventions in Exercise and Health Psychology Laboratory
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SCI SK Offering Basic Tax Services in 2025!



Filing taxes can be a stressful endeavor for many Canadians each spring. A wide variety of programs are only eligible to claim once the current tax year has been filed. This can include the GST, Child Tax, and Carbon Tax Credits. People who have yet to submit their 2023 Canadian taxes are ineligible to claim these benefits until they have submitted their prior tax return(s).

Additionally, people who are presently approved for the Disability Tax Credit (DTC) will be automatically eligible for the July 2025 Canada Disability Benefit, with a maximum of \$200 a month to those who qualify. If you have yet to apply for the DTC, it is recommended to begin the process as soon as possible. DTC benefits also include being able to contribute to the Registered Disability Savings Plan (RDSP), along with other payments that have not yet been scheduled but are only given to those approved to the DTC upon release of funds.

SCI SK is getting ready this year to assist our clients with their upcoming 2024 basic tax returns, helping to file for prior years, and providing assistance if clients require a tax reassessment on eligible years after being approved for the Disability Tax Credit. If you are a client currently on CPP Disability, the SAID or SIS program, or a like program SCI Sask may be able to assist you in preparing and filing your tax claim.

We can also guide clients through the DTC application process. Clients looking for assistance with these concerns can reach out to their CSC for further information.



The Return Of The SCI Sask Regina Wheelchair Relay!

SCI SK is happy to report the successful return of our Wheelchair Relay Fundraiser to Regina (after several years on hiatus) on October 19th at the Wascana Rehab Center. Eight teams participated, with Team URO Med taking home top spot, along with the prizes for Top Individual Pledge, and Top Pledge Earning Team! The Team Spirit Award prize went to Team Regina Rebels White, a local Under-18 Female hockey team who raced as hard as they cheered, finishing in Third Place. The 15 & under children's race ended the event, with five competitors and a whole lot of excitement! It was a great turnout with some intense competition, a lot of cheering, and an enthusiastic audience; the gym was packed!

Qualicare Homecare and Just-Like-Family Homecare had displays at their sponsor booths, and food donations from Cobs Bread, Domino's Pizza & Pizza Hut kept athletes and spectators fully energized. Their generosity offered enough that we were able to give back to the residents at Wascana for sharing their space with us by offering them the remaining pizzas.

A silent auction was held with a game worn & signed Regina Pats (Tanner Howe) jersey & handmade jewelry up for bidding.

The opening lap was wheeled by SCI SK Board member Selali Tettevi, SCI SK Peer Mentors and Paralympians Jacob Wassermann & Jessica Frotten, as well as Regina's Mayor Sandra Masters, who gave a heartfelt opening speech and embraced her time at the event while trying out her skills in a wheelchair.

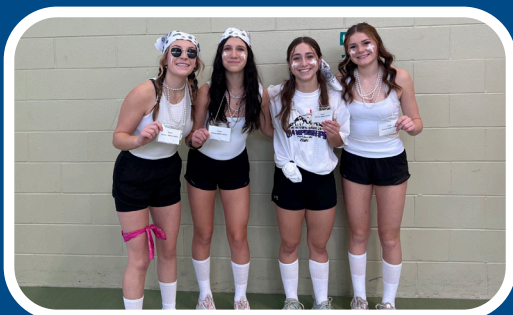
Total funds raised for the SCI Sask Regina Relay was \$3500! We are thankful to all donors, competitors, volunteers, spectators & Wascana Rehab Center for helping us achieve our goal. We look forward to next year and growing the event even further!



Winning team: Uro Med



Highest Pledge Earner:
Mark Kennedy



Team Spirit: Rebels White



Youth Race

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SCI SK 5th Annual Golf Tournament Fundraiser



Mark's 9-Hole Club Prince Albert SK August 10th 2024

SCI SK is happy to announce our Golf Fundraiser was another success, raising over \$33,000. We would like to thank our all of our sponsors, volunteers, participants for making it happen and Mark's 9-Hole for the venue & excellent steak dinner! We had 10 teams golfing, with "The Bogey Boys" winning top prize! See you again next year!





SCI Sask 5th Annual Golf Tournament 2024

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8. Valley Road Par 3 Golf Course
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27. Daryl Kokivisto
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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 5th Annual GT 2024 is a success because of YOU!



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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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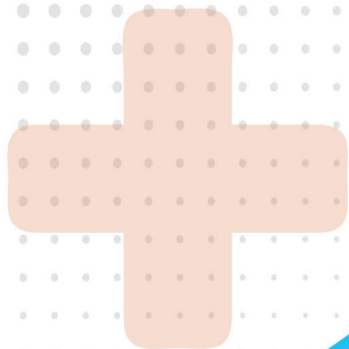
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