

Happy Disability Pride Month!

Thank you so much for all the great feedback in last month's newsletter! There was a lot going on in the community in June, from our peer dinners to adaptive activity try it events, to the Bowhead try it sessions in Calgary (it will be Edmonton's turn this month! Remember to sign-up and reserve your spot here!).



June also marked the celebration of Pride month and the celebration of the 2SLGQBTQIA+ communities. I wanted to use this as an opportunity to remind anyone accessing our services that we are always a safe space to discuss delicate subjects, and we will always keep all information confidential and protected. There is a lot of intersectionality between the disability community and the 2SLGQBTQIA+ population, and a better world for one is a better world for all through ally-ship and support.



I hope everyone enjoyed the official start to summer last month and have been enjoying getting outdoors and spending time with family and friends. July kicks off with the celebration of Canada Day on July 1st, but did you know that July is also recognized as Disability Pride Month?



The Disability Pride Flag was created by Ann Magill, and is less well known, but it is a visual representation of the struggles and resilience of the disability community. A breakdown of the symbolic elements of the flag: black as a color of mourning for those who have suffered violence, but also as a representation of rebellion and protest. The Zigzag is a representation of how those living with disability must navigate barriers, and the creativity that comes from breaking free from norms.

The Five colours represent different facets of disability; red for physical disabilities; yellow for cognitive and intellectual; white for invisible and undiagnosed disabilities; blue for mental illness; and green for sensory perception disabilities. Finally, the layout of parallel stripes represents solidarity within the disability community.





“Little helpers are the best!”
(Photo courtesy of Gerry Kress)

SCI-AB Youtube Channel:

There is a fresh ‘Peer Stories’ video with Brittney Neunzig on our youtube channel, check it out [here](#).

SCI-AB Updates:

We have a variety of FREE catheter samples available at our offices! Drop in to say hello and stock up on new products courtesy of [Hollister](#), [Convatec](#) and [Catheters Plus](#).

Please note, if you are located rurally, or do not have a means of transportation to come in person, contact Kendra.erhardt@sci-ab.ca and samples can be mailed to you!

If you have any feedback or testimonials you would like to share, visit the [testimonial submission page](#) on our website!

Save the date for the [Calgary BBQ](#) on August 19th and the [Edmonton BBQ](#) on August 20th!

Upcoming SCI-AB Events:

Anyone in the Edmonton region is invited to come out to the Edmonton Riverhawks game on Saturday June 8th, the game starts at 7pm and we have a limited number of \$5 tickets available to purchase (contact Kendra.erhardt@sci-ab.ca to reserve yours today).

July 4- Virtual Ladies Peer Chat

July 8- Edmonton Riverhawks Baseball Game

July 12- Calgary Coffee Group

July 12- Edmonton Peer Dinner

July 13- RMA Demo Day at the Glenrose

July 14+15- RMA Bowhead Try It Day at Rundle Park

July 18- Virtual Ladies Peer Chat

July 19- Edmonton Peer Pretzel Afternoon

July 24- Online Peer Chat

July 26- Calgary Peer Dinner



Check out the [events calendar](#) on our website to catch any last minute event editions!

Accessible Activities in the Community

Looking for some fun new accessible activities in the community?

Rocky Mountain Adaptive (RMA) will be in Edmonton on July 13th at the Glenrose to showcase the range of Bowhead adaptive mountain bikes. There will also be additional sessions on July 14th and 15th at Rundle park. To sign up or to get more information, visit their website! Don't miss out on this amazing opportunity, accessible transportation can be provided to and from the event, for all the details contact: dave@rockymountainadaptive.com

There are multiple adaptive water-ski try it sessions available throughout the province (with more dates to be finalized soon). There are opportunities both for first time participants, as well as sessions for those who have tried before and want to progress their skills (Give It A Go 2.0). For more information or to register, visit www.wswa.ca!

Accessible beach wheelchairs are now available to rent at Sylvan Lake. There are currently three that can be reserved for free from Sun Sport Recreation, all you need is a credit card and ID to reserve. There are also beach mats available! Thank you to the tireless work of Tanner Whidden and Make a Move with Jagger (MAMWJ) for making this possible!

Another option for an accessible beach day is checking out the beach mat at Cold Lake, AB. As well as, taking up the challenge of the new wheelchair accessible obstacle course has opened in Kinosoo Ridge Aerial Adventure Park, it is great to see inclusivity built into a unique family friendly attraction!

Another fun way to beat the summer heat is by taking a trip to the accessible water park at the G.H. Dawe Community Centre in Red Deer.

For those looking for a thrill, there is an adaptive whitewater rafting program that is in the process of planning an upcoming trip. If interested, please contact Robbie at bowvalleykayak@gmail.com for more information.

For those in Edmonton looking for more of a leisure cruise down a river, AccessibleWaters can accommodate 2 wheelchair users at a time on the boat and offer a scenic look at the North Saskatchewan river valley.

For those who prefer to sit by the water, rather than on it, a new accessible fishing dock and pond has officially opened in Lacombe. The pond is stocked, so bring your fishing gear and a little bit of luck!

There are also a bunch of barrier free inclusive playgrounds located in various communities in Edmonton + Calgary throughout the province. In addition to two new wheelchair accessible swing sets, dubbed liberty swings, in Stony Plain and Spruce Grove.

If you are looking for a way to cool down in the heat, come give sledge hockey a try at Millennium Place! Ice times are on July 17 and July 24, no experience is necessary, and family/friends are welcome to try as well! In addition, EASA is also looking for a hockey coach for the upcoming season, no sledge experience is needed, just a love for hockey and a willingness to learn! Contact Sharon Veeneman at (780.721.7071) if you or anyone you know would be a good fit for the role!

Finally, for those interested in trying out the summer version of cross-country skiing- roller boarding- there is a provincial camp being run in Camrose on July 28-30th. Apply for the para-nordic open camp subsidy, and registration costs are covered! Find the form here.

For those in Calgary, there is Powerchair Soccer, Sundays 3pm at MRU, summer season dates: are July 9, July 23, Aug 13, Aug 27. There will also be the 2nd Annual Schoneck Cup Powerchair Soccer Tournament, July 29-30 at Heritage Christian Academy.

Also in Calgary, Sikome Lake has a water wheelchair available to rent. People with disabilities get in for \$2 and their aid is free. For more information, check out their website.

Another fun accessible summer activity is lawn bowling at Stanley Park! There are drop in try is sessions on Tuesday evenings from 7:00 pm to 8:00 pm and Thursday afternoon from 1:30pm to 2:30 pm during the months of July and August!

If you are looking for a zen way to wind down, Ultimate Para Sports offers free guided meditation classes on Sunday from 12:30-1:30pm, these are held over zoom and are accessible to all in the comfort of their home. Ultimate Para Sports also offers a variety of adaptive cycling programs throughout the summer, check them out here. If you are feeling more artsy than sporty, check out the free drop-in Art Hive art therapy program at the Art Gallery of Alberta on Thursdays from 12-2pm.

Always remember to be sure to be safe in the heat, and bring items to keep cool (mistifiers, ice packs, cooling towels, ect.)!



Pictured from left to right: Shamel, Zahra, and Terry

“[SCI-AB] gave me hope, helped me get my first job after my injury and introduced me to an extraordinary support system. - Shamel

Peer Mentor of the Month

July’s Peer of the Month shoutout will be going to Shamel Elsayed.

Shamel Elsayed is an outstanding individual who has volunteered his time to become an integral part of Spinal Cord Injury Alberta’s success and visibility in the community. Combined with his team at Cenovus Energy they have raised over \$340,000 for SCIA in a decade of participation in the Calgary marathon charity challenge.

In 1984, Shamel was involved in a car accident that resulted in a spinal cord injury. Unsure of how to adapt to his new way of life, Shamel reached out to SCI-AB.

“That was a very rough time for me, and the people at SCIAB helped me put my life back together,” says Shamel. “They gave me hope, helped me get my first job after my injury and introduced me to an extraordinary support system. I’ve never forgotten that and have made it my mission to support SCI-AB and others who find themselves in a similar situation to my own.”

Thank you again Shamel for being such an amazing member of our community!

Peer Champions | Pilot Program

In other peer news, we are also looking to start a “Peer Champions” Program to be able to bring in-person events in rural areas. If you live in a rural setting and would be interested in being a “Peer Champion” host in your area contact Terry.Tenove@sci-ab.ca or Kendra.Erhardt@sci-ab.ca for more information!

Spartan Race Warrior | Jessica Stevenson

Shout Out to Jessica Stevenson for “Spartan-ing up to the Challenge” and fundraising for Spinal Cord Injury Alberta in a Spartan Race. Follow her journey or donate to the cause here (<https://chuffed.org/project/vem3glocys6nqv5>) Go Jessica Go! Thank you for raising awareness about spinal cord injuries in the community, and for running for those who can’t!

If you have any ideas for features or suggestions for next months edition, please email them to: kendra.erhardt@sci-ab.ca

In Memoriam: Bryce Clark (1972-2022)

Bryce was a long-time member of the SCI-AB board and an outstanding member of the community recognized for his numerous contributions throughout the years. He is remembered for his dedication to his career and advocacy for those living with disabilities.

Bryce was a longtime member of the Edmonton Police Service, first joining in 1998. After sustaining a spinal cord injury in 2001, he returned to work on the force in 2004, and eventually full-time work in 2009. He was the Acting Detective in the Historical Homicide Section and was only one of two quadriplegic police officers working in Canada.

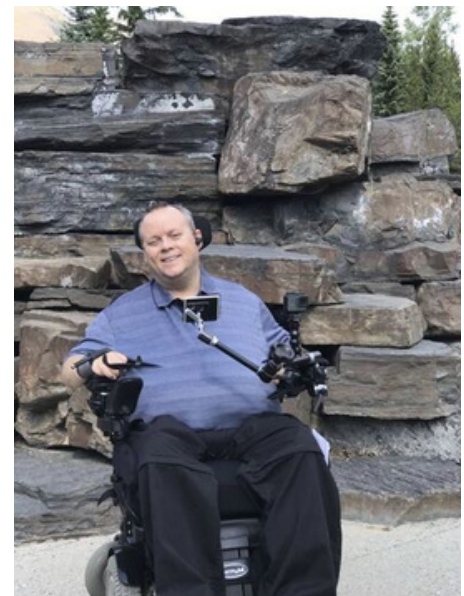
He also devoted his time as a council member on Alberta's Premier Council on the Status of Persons with Disabilities, and various organization boards, including the SCI-AB Board Vice Chair, throughout the years. He was also named a Rick Hansen Ambassador in 2007.

When asked to describe himself in 5 words he chose: conscientious, persistent, meticulous, inquisitive, and compassionate.

Bryce lived a remarkable and purposeful life, full of enriching experiences, struggles, and lessons, that made him strong and resilient, while at the same time, kind, loving and understanding. His selfless devotion to better his community and family will be remembered and worth emulating.

He was awarded the Mayor's Award, the highest civic award, posthumously on June 1, 2023. Of Bryce, Mayor Rod Frank says, "At every turn, Bryce found new ways to live life to the full, paving the way for others to do the same. By leading with passion, joy, and resilience, Bryce made our community and country a better place. His legacy continues to inspire us all."

Thank-you Bryce for your tireless work for the community, your legacy and passion will live on in the hearts of many through your contributions to the community.



SCI-AB + Rocky Mountain Adaptive Demo Days



DEMO DAY

REHABILITATION OF
SPINAL CORD INJURIES
THROUGH MOUNTAIN
SPORT & RECREATION

JULY 13

GLENROSE
REHABILITATION
CENTRE

LEARN MORE

rockymountainadaptive.com/no-limits



MORE INFO

- Open to any level of SCI
- 90 minute timeslots
- Introduction to kayaks, TrailRiders, and Bowheads

SCI-AB + Rocky Mountain Adaptive Demo Days



TRY-IT CAMP

REHABILITATION OF
SPINAL CORD INJURIES
THROUGH MOUNTAIN
SPORT & RECREATION

JULY 14-15

RUNDLE PARK

LEARN MORE

rockymountainadaptive.com/no-limits



MORE INFO

- Open to any level of SCI
- 2 hour timeslots
- Choice of kayaking, hiking (TrailRiders), and biking

Adaptive Waterskiing Try It Days Across Alberta



WATER SKI & WAKE ALBERTA

'GIVE IT A GO' ADAPTIVE WATER SKI CLINICS

Wizard Lake
June 25

Predator Bay
July 8

July 15

TBD

July 22

Stafford Lake

Aug 12

Schacres Lake

BECOME A WSWA MEMBER
FREE FOR THE 1ST CLINIC
\$35 PER CLINIC AFTER

ALBERTA
WATER SKI  WAKE

Register 

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www.wswa.ca

Adaptive Lacrosse Camp in Calgary

CANADA'S FIRST EVER ADAPTIVE AND INCLUSIVE LACROSSE CAMP

**JULY
10TH TO
14TH**



SIGN UP TODAY AT:

[HTTPS://BIT.LY/LACROSSINGBARRIERSCAMP](https://bit.ly/lacrossingbarrierscamp)

Introducing Canada's First Adaptive and Inclusive Lacrosse Camp. Monday to Friday participants will be fully supported through an amazing Lacrosse journey. Lacrossing Barriers will ensure everyone is supported so they learn and laugh with Lacrosse at the centre of it all. **EVERYONE IS WELCOME.** Participants will also be introduced to other sport and recreation opportunities. A highlight of the camp will be: **DESIGNING AND BUILDING A LACROSSE STICK YOU CAN PLAY WITH AND TAKE HOME.** Any questions? Contact Scott at 403-975-2557 or lacrossingbarriers@gmail.com

Adaptive MultiSport Camp in Calgary

CLIMB/BOX

AN ADAPTIVE AND INCLUSIVE
MULTI-SPORT CAMP

JULY

17TH TO

21ST, 2023



TO SIGN UP OR FOR MORE INFORMATION EMAIL LACROSSINGBARRIERS@GMAIL.COM
OR DM @LACROSSINGBARRIERS ON INSTAGRAM

We are proud to introduce Climb/Box!: Our first Adaptive and Inclusive All Abilities Multi Sport Camp. We are partnering with leaders in the sport communities to offer a morning of climbing at Mount Royal University, and, an afternoon of Boxing with our friends at Olympus Boxing Club.

No matter your skill or experience levels, or, your support needs - Lacrossing Barriers has you covered. Camp will run 09:00 - 16:00 Mon to Friday, July 17 to 21. It will include instruction, a tshirt and bbqs on Weds, Thursday and Friday!

#VESMECAN

Research Studies | Concentric Survey

The Concentric “My Experience Regarding my Care and Changes in my Health, Function & Quality of Life Survey” was first launched in early May 2023. While the ‘survey’ in the title may throw people off. It is not a traditional survey used for research purposes. Rather it is a self-management tool that is to be used to get a “snapshot” of a persons experience living with a SCI at multiple stages in their journey, and offers an opportunity to seek intervention in areas that may be of concern.

It is being rolled out as a tool to help the transition from inpatient in a hospital setting to an outpatient in the community, by providing a framework and set of goals to aspire to. The survey can be filled out multiple times at various time points from discharge. This can help track changes over time and help guide the conversation during outpatient care team meetings. It allows time for reflection and will help direct questions and discussion with the care team.

Overall, it is primarily a reflection and self-management tool that helps those with SCI empower themselves, take control of their goals of care, and have a record to look back and see progress that is made over the journey. While the survey was validated by those with lived experience, it is still a work in progress, so any feedback or suggestions from the community are extremely valuable.

At the end of the day, the survey is patient centered, and those taking the time to do the work will see the benefit of putting their health and goals first. The survey also has the option to be read aloud and translated into 32 languages to make the tool accessible. The survey time will take around 30 min, and can be done over multiple sessions, so you can take breaks as you go if needed.

It was formulated by consolidating questions from numerous peer reviewed, standardized questionnaires into a single congruent format. It is currently the **ONLY** evaluated tool for those with a SCI! It is available online at <https://Persons with SCI tracking care, supports & changes in health, function & quality of life>, or by scanning the QR code below.



They are looking to get more respondents and feedback from the community, so your participation is greatly appreciated! Remember that everything is confidential and only for your personal use unless you consent to release the information to your care team, or for research purposes!

For more information about the Concentric Project, visit their website at:
<https://www.concentricproject.com/>

*Check
this
out*

Did You Know? | Exciting Developments for Wheelchair Travel

For anyone that has flown as a wheelchair user, you know that it can be quite the process. There has been exciting advancements in the creation of a dedicated modular wheelchair accessible spot!

While it is still in concept stages, it is still a huge step in the right direction when it comes to increasing safety and dignity when travelling as a wheelchair user. There are also other organizations working on modular airplane seat research and advocacy.

For more information check out the AllWheelsUp initiative. Seeing such innovation in the industry is a breath of fresh air, although changes do not happen overnight, it would be a huge win to decrease the amount of damaged mobility devices, allow for dignity and safety of all passengers.

Community Advocacy:

After many long years Bill C-22, the Canada Disability Benefit Act, has passed and has officially received Royal Assent on June 22, 2023. Bill C-22 aims to reduce poverty and financial barriers to living with a disability by providing a monthly payment for those living with a physical disability. While the bill has passed, there is still work to be done regarding eligibility and overall process. Be sure to voice your support as a person with a disability to your local MLA, as always there should be “nothing about us, without us.” Although there is cautious optimism in the community regarding efficacy and enrollment; all in all, it is a big step forward! For more information on Bill C-22 [check out here.](#)

Client Spotlights

Thank you to Tanner Whidden (pictured to the right) for all the hard work that you have put into advocating for beach chairs at Sylvan Lake!

Congratulations to the cast of PUSH for being renewed for a second season! Thank you for representing the disability community and showing your authentic selves! Filming has started for season 2, and they will be filming the annual Reyu 5k Walk, Run and Roll fundraising event at Sir Wilfrid Laurier Park, Site 7 on July 8th. Sign up here:

<https://www.reyu.ca/events>



Until next month, stay cool out there!

- Kendra + Terry

