

## BBQ Thank You's and Monthly Recap

First and foremost, thank you to everyone who came out to our SCI-AB BBQ events in Calgary and Edmonton! It was great to see so many people come out and support the community! For the YYC BBQ: thank you to Hollister for donating the food. Thank you to ACPSA, Ultimate ParaSports, Rocky Mountain Adaptive and PADS Service Dogs for showcasing your awesome organizations with our clients!



Thank you to our YEG Sponsors: Red Plaid Developments for the amazing food, drinks and grill skills! Thank you to Coloplast, Mobility Equipment Services, Permobil and Congdons Aids to Daily Living, for making it an afternoon to remember! Shoutout to the 102.3 Now Radio Trucksicle, for the sweet treats on a sunny summer day. Thank you to Marketing Time for decking us out in awesome SCI-AB shirts! As well as to Painted Parrot Face Painting for all the fun and creative designs!



Thank you to Randy for bringing out the ActionTrackChair to take out for some test spins! Thank you to Paralympic Sports Association, the Alberta Cerebral Palsy Sports Association, the Edmonton Adaptive Sports Association, Volt Hockey and the Strathcona Wilderness Centre for showcasing available adaptive recreation opportunities in the community! Thank you to Voice of Albertans with Disabilities and Plan Edmonton for spending the day with us to promote advocacy in our community! And most importantly, thank you to everyone who came out to enjoy a day of sunshine, smiles and shenanigans! It was amazing to get the community together and to celebrate the summer!



Finally, thank you to Royal Wagon Accessible Transport Services, for their generous donation to the SCI-AB helping way fund that helps to cover the additional cost of medical equipment needed to provide the highest quality of life to those living with spinal cord injuries, and other physical disabilities! For more information regarding our Helping Way Fund, [check out our website!](#)



## Spinal Cord Injury Awareness Month

Did you know that September is Spinal Cord Injury Awareness month?

It is a time to promote advocacy, reflect on the experience of living with a SCI, showcasing organizations supporting those with SCIs in the community, educating the wider community about what it means to live with a SCI (using a wheelchair is the tip of the iceberg!), most importantly it is a time to celebrate the successes and stories of those in the community.

Stay tuned to our social media channels for highlights over the next month! It isn't too late to submit your stories to [terry.tenove@sci-ab.ca](mailto:terry.tenove@sci-ab.ca) !

These following features show how those in the community have Adjusted, Adapted, and Thrived!



### Heather's Story:

Sustaining a SCI is a huge loss! You lose the way you see yourself, how you take care of yourself, your ability to do what you want the way you want to, and how you support yourself financially. Everything changes overnight and you could never have imagined that it could happen to you.

BUT...

Once the loss has been mourned, it's time to survive. There are endless opportunities to try and pursue new things. Kind-hearted people want to help you do whatever it is you want to do, and the sense of accomplishment you'll get from doing those things is indescribable. Self care becomes a routine and once the dust has settled, finances work out. Amazing therapists are out there to help you work through the hard stuff.

SO...

Love, live, laugh, play, connect, and carry on. ❤️

### Alaura's Story:

I was diagnosed with Cauda-Equina after I woke up paralyzed in my right leg while waiting at the hospital the left leg and my lower half became numb. After an emergency spinal surgery I began my journey with rehabilitation learning to walk and live a normal life again. Still deal with a loss of feeling and mobility in my right leg and wear an AFO. Now 2 years post-op I am back to doing almost everything! I was pre-surgery including completing a 5k earlier this summer. From paralyzed to 5k in 2 years!

-Alaura

## SCI-AB Updates:

We have some exciting updates to share with you!

Firstly, we will be starting up the much loved Pizza Evenings and Coffee Afternoons at the Glenrose in Edmonton. This will be a chance to connect with peers, share experiences, connect with the community, and enjoy refreshments! The upcoming dates can be viewed on the SCI-AB website's event page, but the first pizza evening at the Glenrose will be on September 28th from 4-7pm, please RVSP to [Kendra.erhardt@sci-ab.ca](mailto:Kendra.erhardt@sci-ab.ca) if planning to attend! As due to AHS requirements, any peers attending will need to complete the AHS volunteer registration process.

Secondly, we have partnered with Permobil to offer a chance to win a TiLite Manual Wheelchair valued up to \$10000! For every in-person SCI-AB peer event you attend, you can gain an entry into the draw!

The more events you attend, the higher your chance of winning! Huge thank-you to Permobil for sponsoring this amazing initiative, and for supporting the community! So be sure to come out to the peer events for your chance to get a shiny new custom wheelchair!

Unfortunately, the Tuesday, September 5th Virtual Ladies Chat will be cancelled since coverage is no longer available. I am sorry for any inconvenience that this causes, the next chat will take place on Tuesday, September 19th. Hope to see you there!

Finally, we are co-hosting a weekend wellness get away in the Bow Valley with Rocky Mountain Adaptive! It will run from Sept 28-Oct 1, and will include accommodation, activities, transportation, food, education sessions, and time to refresh, relax and re-coop with SCI peers. Check out the tentative itinerary here. Please note that the cost will be all in for \$200 and activities will include: adaptive mountain biking, yoga, meditation, and more! There are limited spaces available, so sign up today using the registration link here!



## Upcoming SCI-AB Events:

**Sept 4:** Labour Day (offices will be closed)

**Sept 13:** Peer Coffee Afternoon in YYC

**Sept 18:** Online Peer Chat with Terry

**Sept 19:** Online Ladies Peer Chat

**Sept 21:** YEG September Peer Dinner at Blowers and Grafton

**Sept 27:** YYC Peer Dinner at Gus's Pizza

**Sept 28:** Pizza Time with SCI-AB Peers at the Glenrose

**Sept 28-Oct 1:** Rev-It Up + Wind-It-Down Weekend in the Bow Valley



## Accessible Activities and Happenings in the Community

With summer winding down and everyone settling back into normal schedules, there are still lots of great ways to get involved in adaptive activities and get together in the community!

For those looking to help fund the cost of adaptive recreation, the Challenged Athlete's Grant cycle is officially open September 1st! The application period is September 1 to November 3rd, so don't delay! The grant can be used for either the cost of equipment, or associated sports expenses. For more information or to apply visit their website

The Edmonton Adaptive Sports Association (EASA) will have their final free drop in summer ice on September 3 at the Meadows Rec Centre! No experience is necessary, and equipment will be provided if needed. The sport is open to those with disabilities as well as able bodied players as well, so it is a great opportunity to try something different with friends and family. PSA will have a sledge try it day on Sept 12 from 6:30-8pm at Meadows Rec Centre as well. PSA also has a variety of adaptive sports programs open for registration, from integrated spin classes, wheelchair floor yoga and adaptive taekwondo, there are lots of awesome programs available! Check out the full list on their website!

There will be an open invitational rugby tournament in Edmonton at the St. FX Sports Centre put on by the Steel Wheels Rugby Club and sanctioned by Wheelchair Rugby Canada from Sept 15th-17th. To sign up or for more information please contact Rob at [rob.macisaac@sci-ab.ca](mailto:rob.macisaac@sci-ab.ca) ! This tournament is open for prospective competitive athletes, therefore you must have impairment in three limbs. However, for anyone where these qualifications are not met, there will be an opportunity to try the chairs after the games! They are looking to build community for the Prairie Rec League (this league will be open to paras, or other disabilities as well). This is a great opportunity to give it a try before the regular season starts. Rocky Mountain Adaptive will also be on site with adaptive bike demos! So, it's a great opportunity for a double dose of adaptive fun!

In addition to these aforementioned demo days, Rocky Mountain Adaptive will also have a range of programs focused on providing adaptive recreation opportunities to those in the Edmonton region! There will be a multi-sport camp from September 18-20th in Edmonton for those who would prefer to stay in town. For those looking to venture further, there will be the Women+ Multi-Sport Camp from September 22-24 in the Bow Valley Region, round trip transportation will be included from Edmonton. Finally, as previously mentioned, there will be the Rev-It-Up and Wind-It-Down Weekend from Sept 28- Oct 1 in partnership with SCI-AB in the Bow Valley Region!

The Lacrossing Barriers program in Calgary will have several adaptive recreation opportunities available. From Adaptive Boxing on Monday's. Wheelchair Golf on Tuesdays. Wheelchair Lacrosse on Saturday's and Adaptive Climbing on Sundays. For more information, contact [lacrossingbarriers@gmail.com](mailto:lacrossingbarriers@gmail.com) or check out [@lacrossingbarriers](https://www.instagram.com/lacrossingbarriers) on social media!

There are multiple power wheelchair soccer programs starting up their fall programming across the province. For more information check out their website. If soccer isn't your thing, they also offer a variety of adaptive bocchia throughout the province, for more information, check out their website

Volt Hockey is the new adaptive sport on the block, and their season will also be in full swing in the fall. For program or sport info check out their website

Voice of Alberta's with Disabilities (VAD) will be hosting their 50th anniversary BBQ celebration on September 21st from 11:30am- 2:30pm at the HYS Centre in Edmonton! Be sure to RVSP to Teresa at [teresa@vadsociety.ca](mailto:teresa@vadsociety.ca) before September 15th to reserve your spot!

Harvest Gala supporting the Lending Cupboard in Central Alberta will be held in Lacombe on Friday, September 22 from 5pm-10pm at the River Valley Wedding Venue. The event will feature a gourmet meal, cocktails and beverage sampling, as well as a silent auction to help support the amazing work of the organization! Reserve your tickets here!

For those looking for up to date info regarding current SCI research initiatives, and happenings in the community. On Monday September 25th SCI-BC and Praxis are cohosting a summit which can be accessed virtually and is free of charge. For more information, or to register click here

Finally, there are currently vacancies for accessible units at the Art House corporative living space in Edmonton. However, please note that they do not have a subsidy available as of this time. For more information, visit their website

## Did You Know? | Abilities Occupational Therapy - Driving Evaluations

There is now another option for individuals in the Edmonton zone to do on road driving evaluations with hand controls/ modifications through the Abilities Occupational Therapy! Previously, this was only offered at the Glenrose through the DETS (Driver Evaluation Training Services) program and due to the popularity of the program there was quite a lot of backlog. The driving evaluation clinic is set to start August 22nd. The referrals are also listed on the services page [Services \(myabilities.ca\)](https://myabilities.ca). They also have a youtube channel: [Driving with left sided gas pedal & hand controls - YouTube](#) to check out as well!

-Rob MacIsaac

## Research Studies Spotlight:

There are several exciting new research studies seeking participants!

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The research team of Dr. Aaron Phillips, Assistant Professor at the University of Calgary in Alberta, Canada. As part of the RESTORE Network, our research team specializes in clinical and pre-clinical research related to autonomic functioning after spinal cord injury.

We are currently conducting a study titled “Knowledge Assessment of Secondary Health Outcomes Post Spinal Cord Injury.” We aim to obtain global knowledge of secondary health complications among people living with spinal cord injury. We would like to request your organization’s assistance with survey distribution to individuals affiliated with your organization who are living with spinal cord injury. This study has been approved by the University of Calgary Conjoint Health Research Ethics Board (REB21-0045).

Please find the [link to the online survey here](#) . The survey is accessible from PC, Android and Apple devices. Should you have questions related to the project, please do not hesitate to contact the research coordinator: [meagan.smith1@ucalgary.ca](mailto:meagan.smith1@ucalgary.ca)

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Have you or someone you know been diagnosed with a physical disability that has reduced or limited their movement? Do they have an interest in testing new assistive technology? We are conducting a research project and are looking for individuals to try and provide feedback on one of two new adaptive technologies: the Twitch Switch and the Lift Switch. The goal of this project is to use your feedback to help improve these devices.

If you know of someone who might be interested in this opportunity, please email us at [SCCRrehabengineering@HorizonNB.ca](mailto:SCCRrehabengineering@HorizonNB.ca), or call or text 506-262-6861 for more information. This research project has been approved by the Horizon Health Network Human Research Protection Program (RS# 2023-3252).

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For other research studies available to participate in, visit the [research page of our website!](#)

## Advocacy in the Community:

We are looking for feedback regarding ways to improve the Alberta Health Services (AHS) community follow-up process for those living with spinal cord injuries (SCIs). Feedback will work towards improving the integration of services, with the goal of achieving the most meaningful community follow-up possible. We want to empower people through self-management and create needed resources to facilitate education for individuals with SCIs as well as healthcare professionals.

Please submit your suggestions as to how the process could be streamlined, any suggestions you may have or gaps you have experienced to [Kendra.erhardt@sci-ab.ca](mailto:Kendra.erhardt@sci-ab.ca)

We will also be doing a Halloween themed town hall event on Oct 30th (so be sure to mark your calendar and start getting your costume ready!)



Thank you to our Peer Program and Helping Way Sponsors for your continued support of the community! (click on the logos to learn more about our sponsors!)



# RED PLAID

## DEVELOPMENTS



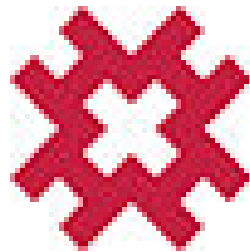
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Enjoy “fall-ing” into your autumn schedules!  
Until next month! - Kendra + Terry

