

## Last Month's Recap:

Thank you for all the great submissions for Spinal Cord Injury Awareness Month in September! Here are some stories from in our community:

### From Theresa S:

My SCI is fairly recent - 2022. I fell and knocked my head against a glass door, and I believe that's what led to my injury - a compressed spine. After surgery, and using a wheelchair, nowadays, I use a walker to get around. I've learned a lot in the past year and a half:

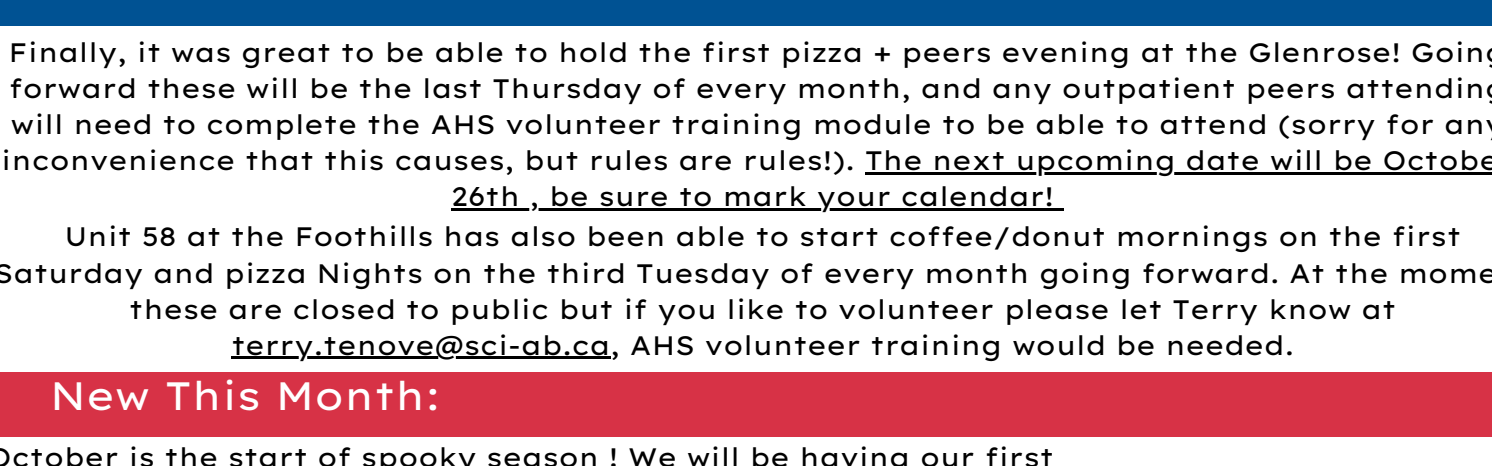
- 1) There are things I can still do. That might sound obvious, but when every move has to be calculated, to avoid falling, it becomes significant. I take joy in seeing that I'm not devoid of ability. I may need more time to do things (like cleaning or cooking or walking to the store), but I can still do them. The staff at Glenrose were instrumental in encouraging me to see what I still have and do those things; I'm thankful for their can-do attitude, which easily spills over to their patients.
- 2) There are things I can't do. Running, for example, is out of the question (although I aim to eventually walk without the walker). Do I miss those things? Sometimes I do. But accepting that things have changed has brought me peace, and more patience with myself (though I have a ways to go!). I know I will be confronted with situations I can't partake in, but I will remind myself of no. 1 above, and do what I can and leave the rest to others.
- 3) Speaking of others, I have experienced the love of friends - those at work who expressed concern when I was falling; the group that helped me when I moved to my (more accessible) current place; and those I continue to be in touch with and who have helped me with practical matters and emotionally.

So the upshot is, I'm learning gratitude, which lifts me up and enables me to appreciate all that I have. And the irony is - that's more than I thought I had.

### James wants to shoutout Brittney Neunzig for her work with her youtube channel "Empowered Para"

"Before I found out about Brittney, her website and her [YouTube channel](#), I thought being paralyzed meant that that you just couldn't use your legs. I had no idea about loss of sensation, or nerve pain, or that bowel and bladder are affected. She taught me all this. But more importantly, she has taught me through her social media channels that if you have enthusiasm, resourcefulness, and a positive outlook, that all your life's goals and experiences can still be realized. Through her comprehensive variety of videos on her YouTube channel "Empowered Para", I have learned all this and more. She is not only helping persons with a Spinal Cord Injury, but is also educating a lot of other people also."

### September Events Recap:



Thank you for everyone who was able to attend the first SCI-Wellness "Rev Up + Wind Down" retreat Weekend in Canmore in conjunction with Rocky Mountain Adaptive! It was an incredible weekend of recreation, relaxation and rejuvenation with adaptive biking, hiking and a yin yoga Tibetan bowl sound bath! We are hoping to do a similar event in the spring for those who were unable to attend this first iteration!

There are also talks of a monthly (or bi monthly depending on popularity) adaptive downhill skiing opportunities with RMA that would include transportation to and from Edmonton, as well as equipment and lessons! These would start up in December and run until April (or May if the snow is still good) this would provide a fantastic opportunity for those looking to try adaptive skiing, or level up their skills.. and of course, a good excuse to spend some time in the mountains with friends!

Finally, it was great to be able to hold the first pizza + peers evening at the Glenrose! Going forward these will be the last Thursday of every month, and any outpatient peers attending will need to complete the AHS volunteer training module to be able to attend (sorry for any inconvenience that this causes, but rules are rules!). The next upcoming date will be October 26th, be sure to mark your calendar!

Unit 58 at the Foothills has also been able to start coffee/donut mornings on the first Saturday and pizza Nights on the third Tuesday of every month going forward. At the moment these are closed to public but if you like to volunteer please let Terry know at [terry.tenoye@sci-ab.ca](mailto:terry.tenoye@sci-ab.ca), AHS volunteer training would be needed.

### New This Month:

October is the start of spooky season! We will be having our first **coffee afternoon at the Glenrose on October 10th from noon-2pm!** Please RSVP to Kendra if planning to attend, and please note that as with our pizza + peer evenings, any community peers coming for coffee will need to complete the AHS volunteer module. Sorry for any inconvenience that this causes, but it is due to the liability coverage for using the space.

We will also be hosting a Halloween themed town hall event in conjunction with AHS and the nationwide consortium and RHSCIR research projects. **Reserve your tickets now** and start getting your costume ready! Family and friends are welcome to attend as well! It will be a night of "spine-chilling" fun.

Terry's peer chats have also moved from Monday's to **Wednesdays from noon until 1pm**, as this may work better with some peoples schedules!

Join us for coffee + pastries and a chance to connect with Spinal Cord Injury Alberta Peers on the 2nd Tuesday of every month from 12-2pm in the 3B Atrium at the Glenrose Rehabilitation Centre.

RSVP to: [kendra.erhardt@sci-ab.ca](mailto:kendra.erhardt@sci-ab.ca) if planning to attend!

Upcoming Dates:  
October 10th  
November 14th  
December 12th

### October 2023 Events:

- Oct 3: [Virtual Ladies Peer Chat](#)
- Oct 4: [Online Peer Chat](#)
- Oct 10: [YEG Coffee + Peers](#)
- Oct 11: [YEG Coffee Meet Up](#)
- Oct 17: [Virtual Ladies Peer Chat](#)
- Oct 18: [Online Peer Chat](#)
- Oct 18: [YEG Peer Dinner](#)
- Oct 25: [YEG Peer Dinner](#)
- Oct 26: [YEG Pizza + Peers](#)
- Oct 30: [YEG Halloween Townhall Party](#)

**Be sure to check out our events calendar on our website!**

### In the Community:

For those in the Central region there will be **FREE sledge hockey (aka Para Hockey)**, available every Thursday from 4:30pm to 5:30pm at the Dawe Community Recreation Facility in Red Deer. They are looking to build both a senior and junior team, so all ages and abilities are welcome to attend. This can be a great sport to play with family and/or friends as well, as you do not need to have a disability to play.

The Paralympic Sports Association or PSA, in Edmonton, has **several adaptive fall/winter programs still open for registration. These are integrated spin on Mondays and Wednesdays at the Van Vleet Centre at the U of A. Junior sledge hockey, on Tuesday at the Meadows Rec Centre. Wheelchair floor hockey on Wednesdays at the ACT Centre. Bowling on Fridays at the Boonie Doon Bowling Lanes. As well as, Adaptive taekwondo on Saturdays at Tiger Taekwondo (located at McKernan Community Hall 11341 - 78 Avenue).** For more information, check out their [website for all they have to offer!](#)

**Sledge Hockey Try it Events**  
**THURSDAYS FROM 4:30-5:30**  
Starting October 12 at the Dawe Center

**TEAM JIGGER**  
Together We ROCK Adaptive!

Call Ray Wasdal  
403-318-3623  
or  
Use this Form to Sign up

Free 4 anyBODY

SCAN ME

March of Dimes will be hosting a TechEmpower Webinar Series on Tuesday, October 3rd and Thursday, October 5th from 12:00pm-1:30pm EST (so 10am-11:30am MST). These webinars will focus on Assistive Technology for individuals with disabilities, caregivers, and service providers. Each session will provide practical tools and accessibility options for individuals. We will also review how service providers can support individuals with specific barriers as well and key tips to remember when supporting someone who uses or requires assistive technology. In addition, we will review case studies that we have experienced in supporting clients in our services, especially around virtual/remote supports.

The Webinar on Tuesday, October 3rd will be titled: Assistive Technology to Increase Independence at Work. In which folks will discover tools that open doors to employment opportunities. As well as, exploring adaptive solutions for a more inclusive workplace. On Thursday, October 5th the webinar will focus on: Assistive Technology for Health Management; in which presenters will dive into technology's role in enhancing your well-being. As well as, to learn about empowering tools to support and manage your health. **They are free to join, and registration can be found here.**

Interested in a variety show benefiting the Mirella L Sacco Support Fund for Adults with Physical Disabilities? The 2nd Annual Variety show will be on Saturday, October 14th from 7pm-midnight at the Rec Room at South Common in Edmonton! The evening will feature musical performances, comedians, a live auction, as well as door prizes and more! Please note that this is an 18+ uncensored show, **tickets can be reserved online via Eventbrite**

Would you like to learn more about the Canada Pension Plan (CPP), Old Age Security (OAS) and the registered Disability Savings Plan (RDSP) programs? Service Canada would like to invite you to an information session to learn the ins and outs of the benefits covered under the Pensions umbrella! They will also have Employment and Social Development Canada who will share information on the Registered Disability Savings Plan (RDSP), which supports persons with disabilities to save for their future. The sessions will be held on two dates and each session will contain the same material. Sessions will be held on **Tuesday, October 17th from 1-3pm** and on **Friday, October 20th from 9am-11am.**

**Did you know?**

Canadian Clinicians recommend using a new, sterile, pre-lubricated catheter every time you catheterize.<sup>1</sup> All **SpeediCath®** catheters are instantly ready-to-use as they are pre-lubricated with a unique hydrophilic coating!

Try our **SpeediCath®** range for free.\*  
visit [coloplast.ca/Free-Catheters-SCIAB](http://coloplast.ca/Free-Catheters-SCIAB)

Scan the QR code to order free\* samples

1. Clean Intermittent Urinary Catheterization in Adults - Canadian Best Practice Recommendations for Nurses. Developed by Nurses Specialized in Wound, Ostomy and Continence Canada, Canadian Nurse Continence Advisors, Urinary Nurses of Canada, and Infection Prevention and Control. List Ed. 2020.  
\*Limitations apply. Please refer to product instructions for use for intended use and relevant safety information.  
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### Accessible Dental Clinic in Grande Prairie

I've used a wheelchair for 25 years. When I moved to Grande Prairie 8 years ago, I searched for a dental office that would accommodate my wheelchair. I went to seven different offices and was always squished beside a cabinet or their dental chair. It was never a pleasant experience because I felt like an outsider or an afterthought. When the pandemic hit, I did not want my teeth cleaned at a regular dental office because of all the germs from other people. I then discovered Meg at **TO THE ROOT Dental Hygiene**. She works in an independent office providing dental hygiene services so it is just her and the client in the office. I fully recommend her services since;

1. The office accommodates my wheelchair perfectly. The office doorways are large, the room is large and the dental chair is easily slid out of the way for my wheelchair. I use a power chair so I just recline and my teeth can be cleaned. Also, she has a handheld x-ray machine, so I can be situated anywhere.
2. The office is sanitized after every client and since there are only two of us, I feel comfortable with germ control.
3. Since it is just her and the client in the office, it is a quiet relaxed setting for people with anxiety issues.

This office provides dental cleaning, x-rays, fluoride treatment and whitening treatments. Fees are the same, if not lower than the Alberta Dental Association Guidelines so most health plans, even AISH, would cover all costs. If you need to see a dentist, she will forward your x-rays to the dental office of your choice. When you go to the dentist, you don't need to get cleaning or x-rays again so you immediately see the dentist.

While in my wheelchair, I just returned from my dental cleaning appointment at **TO THE ROOT Dental Hygiene** and it was fantastic!

-Susan Schneider

### Assistive Technologies Centre (ATC) at NAIT

The **NYRC Alberta Institute of Technology (NAIT)** is proud to open its first **Assistive Technologies Centre (ATC)** - a new and innovative resource to support the learning experience for students of all abilities with opportunities to explore and test a wide range of assistive technologies.

It is located on NAIT's Main Campus and is an interactive space that allows students to learn about various assistive technologies available to support both in learning and in life. They also offer resources for assessment, training and implementation of assistive technologies that are designed to remove barriers to learning. There are more than 130 pieces of technology and assistive software available to address a variety of needs and abilities! Some examples include but are not limited to:

- o Braille and tactile interfaces, and magnification and zoom tools.
- o Ergonomic and adaptive equipment such as joysticks, trackballs, and touchpads
- o 3-D printer and templates for no-tech supports such as pen grips, key turners and bag carriers
- o High-tech supports such as a sip/puff mouse for those with decreased upper body mobility and portable technology that can be used to support reading, writing and listening such as notetaking devices, reading pens and sound amplification devices

Students of all abilities are welcome to the ATC to meet with staff to assess their barriers and to find the right kind of technology that will help make learning (and life) easier.

Once a proper technology or support is identified, domestic students who have access to funding can use their grants to help pay for the technology if it's one that is not available through the NAIT Library's loanable technology program. Last year, NAIT had more than 1,100 students who required an accommodation due to living with a disability with an additional 758 who identified with having a barrier to learning but didn't access NAIT's Services for Students with Disabilities. The ATC opened at the start of the 2023 Fall term. NAIT students can either book an appointment with ATC staff or visit the Centre during drop-in hours. If you're interested in learning more or would like to arrange a visit to the Assistive Technologies Centre to explore the space and the technologies available and speak with ATC staff, please contact NAIT media relations at [media@na.it.ca](mailto:media@na.it.ca).

### Did You Know? | October is Disability Employment Awareness Month (DEAM)

**YOU'RE INVITED**  
TO THE GRAND OPENING OF THE ASSISTIVE TECHNOLOGIES CENTRE  
OCTOBER 20  
10AM - 2PM

HEARING THE VOICES OF OUR MEMBER PEERS TO INCREASE MEMBER ENGAGEMENT AND PARTICIPATION  
WITNESSED A HISTORIC MOMENT  
LEARN ALL ABOUT ASSISTIVE AND HOW YOUR DONATION MAKES A DIFFERENCE  
While making a positive impact for our planet.

People living with disabilities are unemployed and underemployed in comparison with the general population. Therefore, DEAM, or Disability Employment Awareness Month was created to help bring these issues to light. Goodwill Industries of Alberta will be hosting several events to commemorate the month. **Firstly, two former colleagues will be speaking at DEAM Edmonton on October 2, attending the talk virtually here.** In addition, the CTC Grand opening is in Calgary on Oct 20th from 10am-2pm for anyone that would like to attend.

**SPEAKER SERIES**  
**MAKING A POSITIVE IMPACT**  
CREATING OPPORTUNITIES IN OUR COMMUNITY  
MONDAY, OCTOBER 2 | 9AM-12PM

SATI MOJIBIAN, DEAN SAVAS, ZACHARY WELLS, HEATHER, BRIAN, NIKASHA

### Research Study Spotlight:

Check out the current research studies section of our website for all the current studies available to participate in! Note that some even offer compensation for participating, so it can be a great way to make a little bit of extra spending money!

Our spotlight this month will be on a study regarding yoga for those with spinal cord injuries. The research project will focus on identifying the experiences and perceptions of people from three distinct populations: yoga with SCI, yoga instructors and clinicians (ex. Physiotherapists and occupational therapists).

They are still currently looking for research participants with SCIs as well as certified yoga instructors. Participation will include 2 short surveys, and an approximately 60min zoom session interview and a \$25 honorarium for your time will be provided. The study will explore and gain a better understanding of experiences and perceptions of yoga. Please feel free to send an email at [himani27@student.ubc.ca](mailto:himani27@student.ubc.ca) if you have any questions or would like to participate. Please spread the word if you know of anyone in your circle who may be a good fit!

Join our study to explore the experiences and perceptions of yoga from people with spinal cord injury, yoga instructors, and clinicians

**Come and Participate in Research**  
We are looking for:

- People with Spinal Cord Injury
- Yoga Instructors
- Clinicians (Physiotherapists and Occupational therapists)

Join us in a 1hour zoom or in-person interview. You will receive \$25 honorarium for your participation

The Principal Investigator of the research study, Dr. Bill Miller, is a Vancouver Coastal Health Research Scientist and a Professor in the Department of Occupational Science and Occupational Therapy at the University of British Columbia

More Information Contact:  
Himani Prajapati  
604-749-2707  
[himani27@student.ubc.ca](mailto:himani27@student.ubc.ca)

UBC THE UNIVERSITY OF BRITISH COLUMBIA, icord

### Advocacy | Navigating Accessibility Needs:

It can sometimes feel that living with a disability can be a constant fight in all aspects of life. It is refreshing to see instances where issues are brought up and immediate steps are taken for retribution. A case in point is at a new development with accessible units. It was noted that the entry ramp into the unit was not truly barrier free. Thus, the concrete was jackhammered and will be redesigned. Thank you to those who take the time not just to listen, but to act!



### Staff Spotlight | Guy Coulombe

Guy Coulombe has been an integral part of SCI-AB for over 38 years! Over this time, he has helped those with spinal cord injuries learn, adapt and thrive in all aspects of their lives. When asked what he enjoys most about working with Spinal Cord Injury Alberta he says: "seeing the new injuries and answering questions to help them understand that there is life after spinal cord injury, and to watch them adjust, adapt and thrive!" Thank you, Guy, for all that you do, you are an invaluable resource for both our organization and the community at large! **Check out his feature on our instagram!**



### Event Spotlight | Halloween Townhall | Monday, Oct 30

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!)

**HALLOWEEN IS SPOOKY, BUT LIVING WITH A SPINAL CORD INJURY DOESN'T HAVE TO BE**

JOIN US FOR OUR **HALLOWEEN TOWNHALL**  
ON MONDAY, OCTOBER 30TH AT THE CENTRAL LIONS REC CENTRE FROM 5-9 PM

AN EVENING OF FOOD, DRINKS, "SPINE-CHILLING" HALLOWEEN FUN AND A CHANCE TO PROVIDE FEEDBACK TO CREATE ACTIONABLE CHANGES IN THE SCI COMMUNITY FOLLOW UP PROCESS IN EDMONTON

THERE WILL BE PRIZES FOR THE BEST COSTUMES! SO DRESSING UP IS ENCOURAGED!  
RESERVE YOUR FREE TICKETS TODAY!

QR CODE

### Happy Spooky Season! - Kendra + Terry

