

Intro | Last Months Recap



March seemed like 4 seasons all in one! From hot sunny days, and cold snowy days the next. Here's hoping that the last of winter has passed, and we can look forward to spring! Up in Edmonton, we had an excellent peer dinner at **Thai Avenue**, and would highly recommend this to anyone looking for top notch Thai food, and excellent service! In Calgary they held their peer dinner at **Tu Tierra**, the food was delicious and staff were super helpful with moving tables around!

March 20th also marked international day of happiness, marked international day of happiness. Here's what longtime staff member Ken Kwiatkowski from St. Paul on what he had to say about his favourite part of working at the organization over the years: [check the video out here](#).

National Volunteer Week | Upcoming Calgary Casino

National Volunteer Week is celebrated from April 14th-20th! Thank you to volunteers for all that you do!

We are always seeking out volunteers to help with events, equipment donation drop off, and other fundraisers!

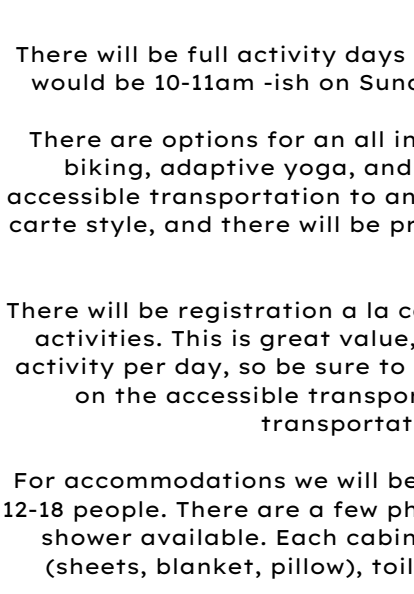
SCI-AB will be hosting a Casino in Calgary on July 1 and 2, 2024 at the Cowboys Casino (421 12 Ave SE, Calgary) and we need your help!

If you would like to volunteer, please call Peta at 587-742-3642 or email at peta.glezerson@sci-ab.ca.

If you have family and friends in Calgary that can help us out, please spread the word!



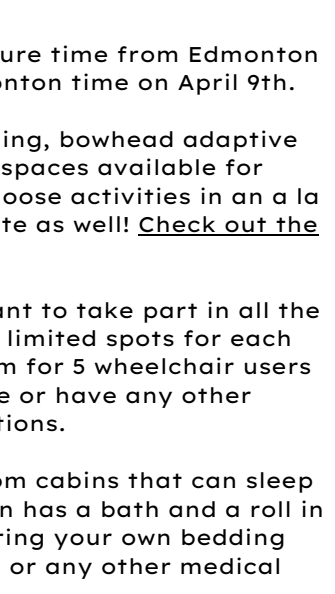
Servus Marathon May 26th | Sign Up on Race Roster Today for SCI-AB



Feel like running, walking or rolling in the Servus Calgary Marathon on May 26th? Join our Spinal Cord Injury Alberta charity challenge team and help raise money towards our programs supporting the people in our community! Can't make it to the marathon in person? That's OK you can also sign up virtually and run, walk or roll anytime between May 26 and June 23rd from anywhere.

Use the link to register and at \$5 towards our charity.

<https://raceroster.com/74775?aff=HGNN3>



SCI-AB + RMA Camp from April 7-10 in Kananaskis at WWL

There are still a few spots left in the accessible cabins! Contact Kendra at kendra.erhardt@sci-ab.ca if interested in attending! Details are below or at <https://sci-ab.ca/event/sci-ab-rma-camp/>

Our SCI-AB Camp trip to Kananaskis is coming up soon! It will take place on April 7-10 as this is when we could get accommodation availability. You can bring family, friend or caregiver. If you are interested in attending please fill out this info survey and I will send the registration link when it is officially open! Please note that the link to sign up will only be available directly!

There will be full activity days on Monday, April 8 and Tuesday, April 9. Approximate departure time from Edmonton would be 10-11am-ish on Sunday, April 7, and we would return at approximately 5pm Edmonton time on April 9th.

There are options for an all in option with a full or half day alpine skiing, cross country skiing, bowhead adaptive biking, adaptive yoga, and rest and relaxation in the mountains! There are also limited spaces available for accessible transportation to and from Edmonton for an additional cost. You can also just choose activities in an a la carte style, and there will be price points so family/friends/caregivers are able to participate as well! [Check out the pricing details here](#).

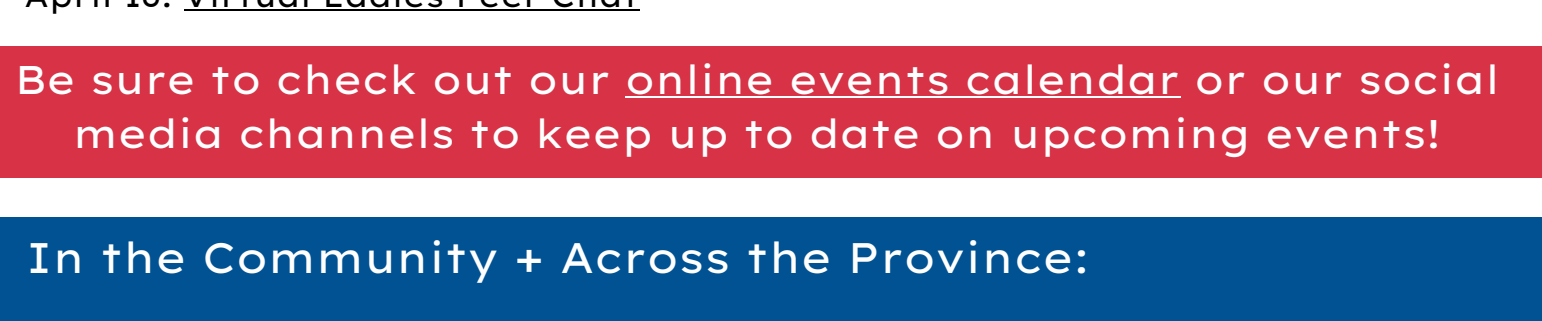
There will be registration a la carte options if you are planning to drive yourself, or don't want to take part in all the activities. This is great value, as the unsubsidized cost would be closer to \$1200! There are limited spots for each activity per day, so be sure to register early and to get all the activities you want! There is room for 5 wheelchair users on the accessible transportation van, and priority will be given to those who don't drive or have any other transportation option but can work on figuring out potential carpool options.

For accommodations we will be staying at William Watson Lodge, and we have two 3-bedroom cabins that can sleep 12-18 people. There are a few photos below to get an idea about accommodations. Each cabin has a bath and a roll in shower available. Each cabin also has one hospital style bed available. You will need to bring your own bedding (sheets, blanket, pillow), toiletries, towel, clothing for the weather, snacks and a lift sling or any other medical equipment you require.

One of the cabins is pet friendly, while the other is not (priority will be given to those with service or emotional support animals). It is a beautiful completely accessible camp group with paved pathways throughout. The only downside is that there is no cell service or wifi available, but it is a great opportunity to disconnect and revitalize in nature. If the weather cooperates we are hoping to have a campfire night the first evening as well!

Please note that a family member, friend, companion, or care giver is welcome to attend as well, and price point will depend on what activities they will be participating in. As the camp will take place in April in the mountains, the weather can be very unpredictable, be sure to plan to bring lots of layers, warm boots, snow gear (jacket + snow pants) and waterproof gloves.

If you are interested in attending, please fill out this form (<https://forms.office.com/r/TTgBMDzqPa>) for background details, so I can get a sense of rooming, carpool and activity arrangements. Hope you can make it!



Permobil Ti-Lite Wheelchair Raffle Date - June 21



The date has been set for the Permobil manual Ti-Lite wheelchair raffle! The lucky winner will be announced on June 21st on the first official day of summer! We can't think of a better way to kick off the sunny season than with a new set of wheels. Entries can be obtained at each in-person peer event attended until the draw date. Please note that to enter your name in the draw you must be in attendance at the peer event, be a wheelchair user, and agree not to re-sell the chair for monetary gain. For more details please reach out to Kendra at Kendra.erhardt@sci-ab.ca.

Good luck to those who have already entered, and remember it's not too late to get your name in the draw. While the more entries will increase your odds, you only need one ballot for a chance to win!

SCI-AB April 2024 Events:

April 1: Offices closed for Easter Monday

April 2: Virtual Ladies Peer Chat

April 3: Virtual Peer Chat with Terry

April 7-10: SCI-AB Kananaskis Trip

April 16: Virtual Ladies Peer Chat

April 17: Virtual Peer Chat with Terry

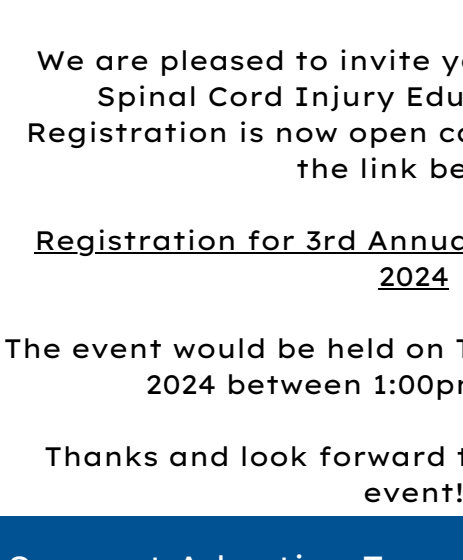
April 22: YEG Peer Dinner

April 24: Pizza + Peers at the Glenrose

Be sure to check out our online events calendar or our social media channels to keep up to date on upcoming events!

In the Community + Across the Province:

April is the shoulder season between fall/winter programming and spring/summer programming. But there is still a bunch of fun things going on in the community!



Reyu will be hosting their 7th birthday celebration on April 3rd at the Reyu Paralysis Recovery Centre (17716 - 107 Ave). For more information, visit their website. The tentative schedule for the day will be as follows:

330 - 530 pm: pop in tours and watch sessions live

530 - 730 pm: program with refreshments & cake!

730 pm: end of the event

Thank you for all you do for the community! RVSP to Bean at bean@reyu.ca if planning on attending.

The 2024 Canadian Spinal Cord Injury Meeting (CSCIM) is in Banff from April 17-19th. There will be poster presentations from teams across the country. Will be a fantastic opportunity to showcase all the amazing work being done on spinal cord injury recovery in Canada! Check out the poster presentation abstracts here!

There will also be a virtual SCI Education Day event on April 25th, more details on presentation topics and link to register below!

For those looking for a last chance to try winter adaptive sports, Ultimate para sports and RMA have adaptive cross country until mid April (<https://www.ultimateparasports.com/skiing/>). Keep in mind that this date may change depending on snow pack levels.

Rocky Mountain Adaptive (RMA) has their annual Shredability camp on April 6, for more information or to register, visit: <https://rockymountainadaptive.com/event/shredability/>

For an indoor snow free activity, RMA will be offering rock climbing on April 13 at the Adventure Place in Canmore. For more information or to register, visit: <https://rockymountainadaptive.com/experiences/>

The regular season for sledge hockey wrapped up at the end of March. However, there are free summer ice try it opportunities! The Edmonton Adaptive Sports Association (EASA) will have ice times at the Sherwood Park Arena on April 3rd, 18th, and 29th for this month. Equipment and sledges are provided, and all levels of ability and experience are welcome. For more information contact Sharon Veenneman (780.721.7071)

Concentric SCI-ED Day April 25th | Register Now!

Concentric and Allied Health SCI Education Day. This will be virtual again this year on April 25th, and is open to anyone. Registration is required. It is a great event for our clients, partners and staff.

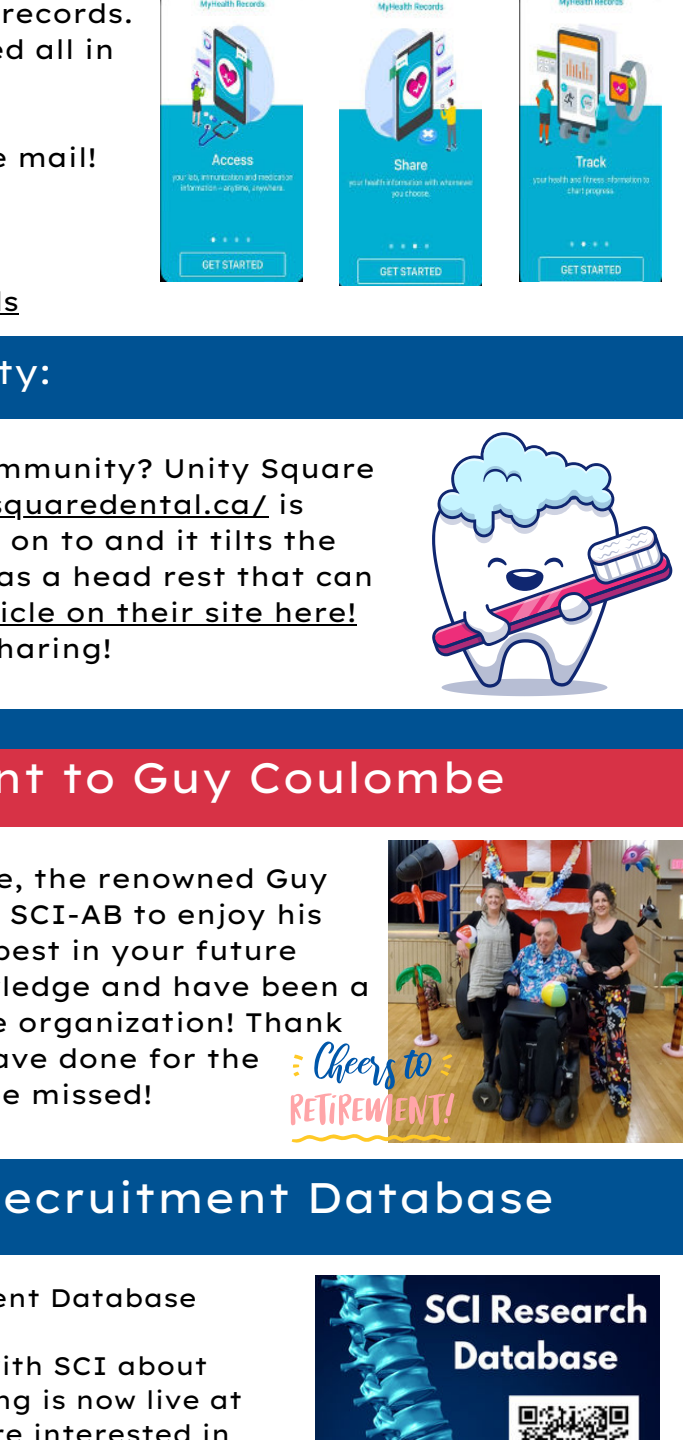
Topics this year include:
Bladder health and SCI
Sexual function after SCI
Respiratory management
SCI Research updates

We are pleased to invite you to the 3rd Annual Spinal Cord Injury Education Day 2024. Registration is now open can be accessed using the link below:

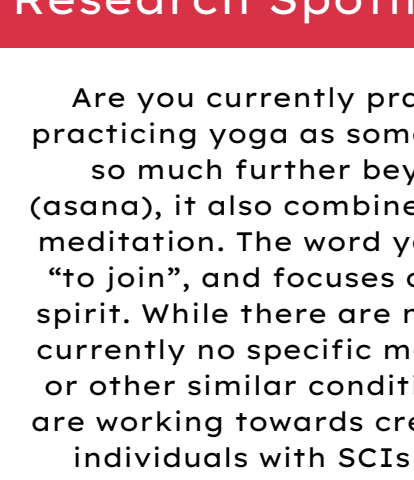
[Registration for 3rd Annual SCI Education Day 2024](#)

The event would be held on Thursday, 25th of April 2024 between 1:00pm and 4:00pm

Thanks and look forward to seeing you at the event!



Support Adaptive Trans Athletes in Alberta | Sign the Petition + Join the Rally



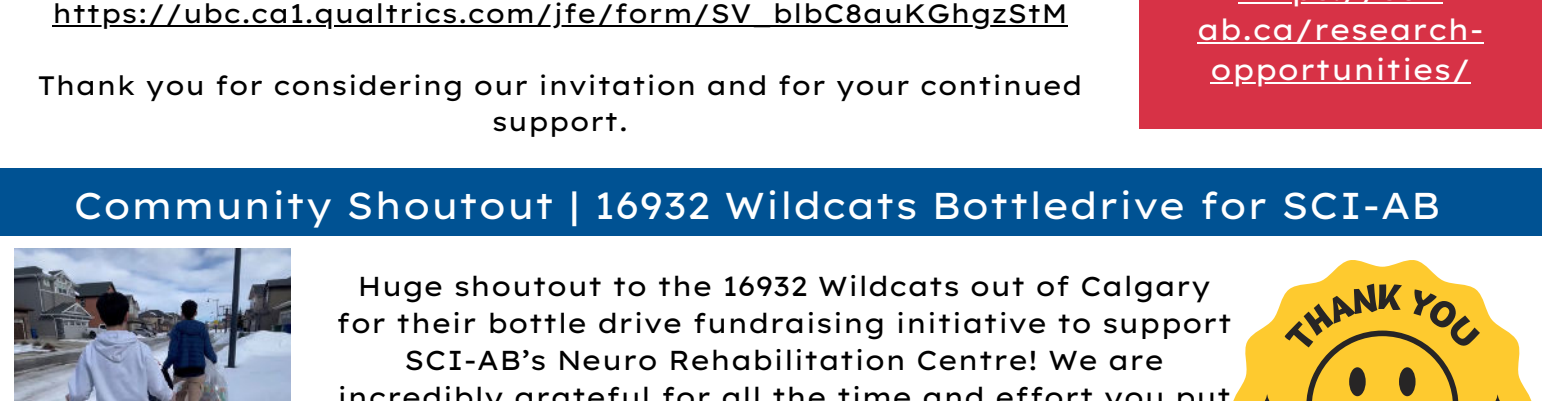
Hi I'm Ryder and I'm almost 29 with many medical issues and as a result I can't play stand up hockey so I play para ice hockey also known as sledge hockey. In 2021 onward after I came out as trans I was treated unfairly. Unfortunately even after reporting it to hockey Alberta they took the team managers word for it.

I just wanna make sure it never happens to another person again. I got to be on the first transgender para ice hockey team in April of 2023. My vision is that coaches would get proper queer athlete training to be able to stick up for their athletes if being discriminated against.

I also feel that athletes should be able to use the changeroom of their choosing according to their identity and realizing that can change week to week without repercussions.

Sometimes extra activities is their only safe place to be out without a safety concern. If your argument is let kids be kids that's what we are doing with this. Let's make this happen in Canada so SHARE SHARE SHARE!!!!

Show your support by [signing the petition here](#), by scanning the QR code to the left, or by attending the April 17th rally in YEG!



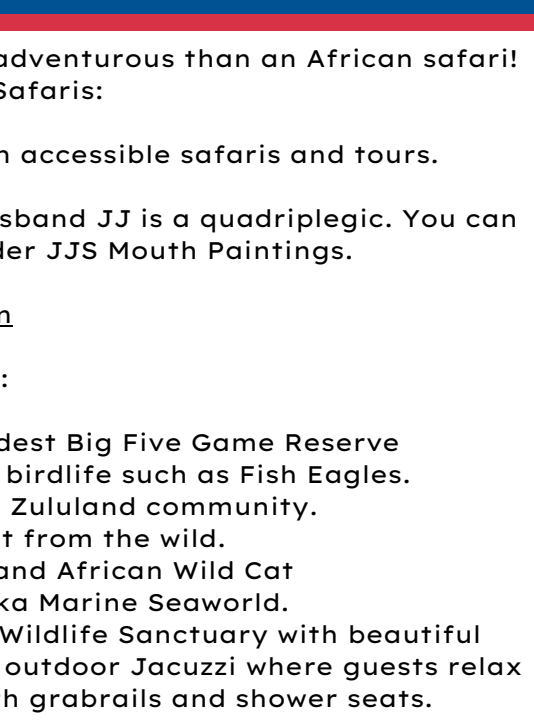
Did You Know? | My Health Records App and Website

Stay up to date with appointments, test results and records. These can be shared and health data can be tracked all in one place!

It is also way faster than waiting for results in the mail!

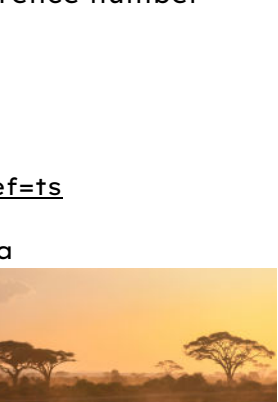
Check out their website for more info!

<https://myhealth.alberta.ca/myhealthrecords>

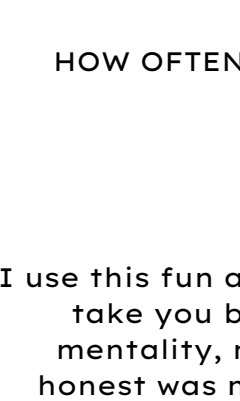


Accessible Dentist Office in the Community:

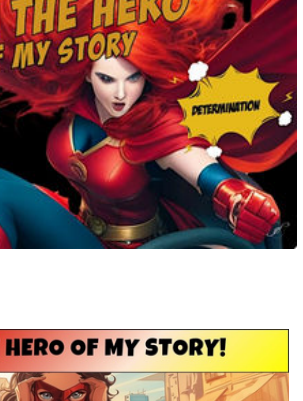
Looking for an accessible dentists office in the community? Unity Square Dental (11728-104 Ave NW) <https://www.unitysquaredental.ca/> is accessible! It has a device that the person rolls on to and it tilts the wheelchair (manual or power) backwards and it has a head rest that can be adjusted to your comfort. [See the feature article on their site here!](#) Thank you to Marty Rondeau for sharing!



SCI-AB Update | Happy Retirement to Guy Coulombe



After 39 years of dedicated service, the renowned Guy Coulombe will be signing off from the SCI-AB to enjoy his retirement! We wish you all the best in your future endeavors. You are a wealth of knowledge and have been a true leader and shining star for the organization! Thank you Guy for everything you have done for the organization! You will be missed!



Alberta SCI Research Updates | Recruitment Database

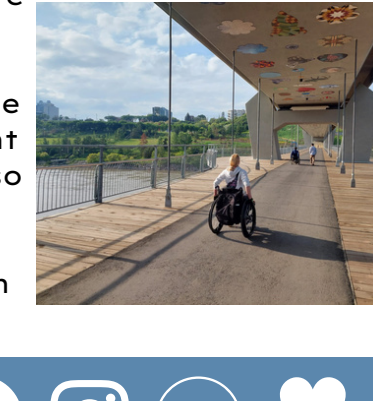
Spinal Cord Injury Research Participant Recruitment Database

A new database to assist in informing individuals with SCI about potential research studies that are currently recruiting is now live at <https://redcap.link/SCIDatabase>. Individuals who are interested in having researchers contact them about trials in Alberta that are of interest to them should please enroll using the link provided. You may indicate what types of studies interest you. If you have any questions about this database, please contact Dr. Jessica D'Amico at damico1@ualberta.ca.



Research Spotlight | Yoga for SCI

Are you currently practicing yoga, or would be interested in practicing yoga asana with a spinal cord injury? Yoga goes so much further beyond the physical practice of postures (asana), it also combines breathing techniques (pranayama) and meditation. The word yoga comes from the sanskrit "to yoke" or "to join", and focuses on the integration of the mind, body and spirit. While there are many different styles of practice, there is currently no specific modality for those with spinal cord injuries or other similar conditions. Researchers at the University of BC are working towards creating a program tailored to the needs of individuals with SCIs and are looking for feedback from the community to help develop it! Details are below:



Dear Participant,
We cordially invite you to take part in our study, which aims to explore the significance of yoga for individuals with spinal cord injuries (SCI). This research is part of a long-term project dedicated to creating a tailored yoga intervention specifically designed for people with SCI.
Your insights have been instrumental in guiding our research journey. Now, we are further expanding our scope to accommodate the diverse beliefs and perspectives on yoga outcomes.
Your contribution will greatly contribute to expanding our understanding of yoga's impact on the SCI community.



Please take a few moments to complete the survey, and help us pave the way for more inclusive and effective yoga practices for individuals with SCI.

Link to the survey is below:
https://ubc.ca/1.qualtrics.com/jfe/form/SV_b1bc8auKGhg2StM

Check out the all of the current research study opportunities here!
<https://sci-ab.ca/research-opportunities/>

Thank you for considering our invitation and for your continued support.

Community Shoutout | 16932 Wildcats Bottledrive for SCI-AB

Huge shoutout to the 16932 Wildcats out of Calgary for their bottle drive fundraising initiative to support SCI-AB's Neuro Rehabilitation Centre! We are incredibly grateful for all the time and effort you put in, and for giving back to the community in such a selfless way. Very proud of you for thinking of others and giving so selflessly to those in need! [Check out their reel on instagram here](#). Let's go wildcats!

Did you Know? | Accessible Safari with Access2Africas Safaris

Looking for an exciting accessible adventure! It doesn't get more adventurous than an African safari! Details on Access2Africas' Accessible Safaris:

We are a tour operator based in South Africa and specialize in accessible safaris and tours.

Our safaris were born from own personal experiences where my husband JJ is a quadriplegic. You can see his beautiful paintings by mouth on our website under JJS Mouth Paintings.

<https://access2africasafaris.com>

Activities which we offer include:

- Game drives at Hluhluwe Game Reserve, South Africa's oldest Big Five Game Reserve
- Accessible Safari boat rides to see hippos, crocodiles, and birdlife such as Fish Eagles.
- Zulu Cultural Village to experience local culture and Zululand community.
- Elephant Interaction-meet elephants who visit from the wild.
- Cheetah Park with sightings as Caracal, Cheetah, and African Wild Cat
- Beach with beach chairs and visit to Durban Ushaka Marine SeaWorld.

Accommodations include Leopard Walk Lodge which is set in a Wildlife Sanctuary with beautiful accessible chalets in the Forest. These chalets all have an private outdoor Jacuzzi where guests relax under the stars. Each chalet includes accessible wet room with grabrails and shower seats.

Important:
• Hluhluwe is just 3 hours' drive from Durban Airport and is also in a non-risk area for malaria.
• Transport is in accessible wheelchair friendly vehicle with extra seating ramps and tie downs.
• Assistive equipment such as profiling beds, hoists and portable shower chairs are available.
• All tours can be accommodated to a wide spectrum of disabilities

We are currently running specials, should you inquire about these please use reference number - ADUPPUR44

Access2africa Safaris
www.access2africasafaris.com
Email: jenna@vodadmail.co.za
<https://www.facebook.com/Access2AfricaSafaris-122813524399833/?fref=ts>
Instagram - Access2africa_safaris
Cell +27 25854127, Po Box 159 Hluhluwe, Kwazulu Natal, South Africa

I am the Hero of My Story! Empowerment Course with Vahen King:

Details on Vahen King's upcoming virtual empowerment course, "I am the Hero of my Story":

HOW OFTEN DO YOU CATCH YOURSELF SAYING "I CAN'T"?

1. Never?
2. Once a week?
3. At least once a day?
4. Or to many times to count?

I use this fun analogy about me at physical therapy.. But let me take you back to me after being paralyzed. This I can't mentality, my fears and insecurities consumed me. To be honest was more paralyzing than this chair I was sitting in.

Saying "I can't" to opportunities because of insecurities? Been there. But guess what? I'M ON A MISSION TO CRUSH those mental roadblocks!

WHO'S WITH ME? JOIN ME: April 20th! FOR MY "I AM THE HERO OF MY STORY" empowerment course. Let's CRUSH LIMITING MINDSETS and transform fear into COURAGE, obstacles into RESILIENCE, and doubts into DETERMINATION! (THIS IS A VIRTUAL EVENT SEE LINK FOR MORE DETAILS)

<https://www.eventbrite.ca/e/i-am-the-hero-of-my-story-empowerment-course-tickets-838337398727?aff=oddtcreator>

Indigenous Spotlight | Tawatiná Bridge

The Tawatiná Bridge, located in Edmonton, spans the length of the North Saskatchewan River connecting the Cloverdale and Riverdale neighbourhoods. The name in Cree means "valley." The bridge was unveiled in 2021, making it a relatively new addition to the river valley trail system (fun fact: we have the largest interconnected trail system in all of North America!) The artwork of the bridge is thanks to David Garneau along with a team of First Nations, Metis, Black, Asian, and artists of European ancestry captured the beauty of Edmonton through its history and its varied seasons.

The ceiling of the bridge is adorned with over 500 individual pieces of art that tell the story of generations of people, plants and animals that have called this region home for thousands of years. The artwork is spectacular and varied, there is something new to see every time! It is truly a beautiful celebration of what makes living in Edmonton so unique and special, we are all part of the mosaic that we call home! A sentiment from artist Garneau: "It's really bridging two sides, two cultures. It's also a space in-between. There's a lot of nature, a lot of First Nations and Metis history, but it's all in fragments."

An added bonus: the bridge also offers excellent views of the downtown skyline!

Happy April! - Kendra + Terry

