

SCI-AB | March 2024 Peer Newsletter

Intro | Happy Almost Spring!

"spring ahead" but at least we get seemingly longer and lighter days out of it! Be sure to wear your green on March 17th (and maybe even enjoy a green beverage or two), and celebrate St Patrick's Day. After St. Patrick's Day, the countdown to spring is on! The official first day of spring is on March 19th, warm(er) weather, and spring flowers are just around the corner. Finally, since Good Friday falls on March 29th this year, the SCI-AB offices will be closed, and will re-open on April 2.

All it takes is a moment for your life to be forever changed. When you experience a spinal cord injury or any other Crowdfunding Campaign physical disability it means facing a shift, in your entire

affecting their well being, overall health and independence. It throws them into a reality that they never expected. By contributing to SCI-AB you enable persons with a spinal cord injury to receive support from Client Service Coordinators. These coordinators assess each client's unique needs and then together with the client, connect them with

essential resources like food and healthcare. The future for anyone with an SCI following discharge from a hospital may be uncertain. One thing is clear; with the support of SCI-ABs Client Services program, individuals will adapt to a new way of being, they will learn to adjust to

ultimately thrive.

their new reality and find their place in the world and Your donation makes a difference in the lives of people with an SCI: Funds raised through this Crowdfunder Campaign will support the Client Service and Coordination Program. So, how can you help? 1. Donate! - Hit that donate button and give someone with an SCI the opportunity to thrive.



Alberta







2. Share – your impact is so much greater than what you can give .. it's about who you inspire. All donations are eligible for a tax receipt and are received with great appreciation. Gifts made through this platform will be eligible to receive 50% match funding, up to a maximum of \$2,500 from the Government of Alberta. Donate here: https://fnd.us/c2Liac?ref=sh 1D07e8 sh 0toj5PdKiAX0toj5PdKiAX Please share this campaign with your friends and family to maximize your impact. Thank you!

accommodation availability. You can bring family, friend or caregiver. If you are interested in attending please fill <u>out this info survey</u> 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

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

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

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

<u>pricing details here.</u> 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 to get all the activities you want! There is also the option for funding support through a specific scholarship fund and grant, so if you would like to be considered for this, let me know

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.

(Kendra at Kendra.erhardt@sci-ab.ca). There is room for 5 wheelchair users on the accessible transportation van,

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! I just wanted to send out an email to keep everyone in the loop, registration for the camp will close on March 25th, please note that there are limited activity spots available, so be sure to sign up ASAP when registration opens!

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/TTgBMDzqPq) 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

permobil

SCI-AB March 2024 Events:

Mar 5: Virtual Ladies Peer Chat

Mar 13: <u>Calgary Coffee Group</u>

Mar 6: Online Peer Chat with Terry

Mar 12: <u>Coffee + Peers at the Glenrose</u>

official day of summer! We can't think of a better way to kick off Enter for your chance to win the sunny season than with a new set of wheels. a Tilite Manual Wheelchair at Entries can be obtained at each in-person peer event attended until every SCI-AB Peer Event you the draw date. Please note that to enter your name in the draw you attend! must be in attendance at the peer event, be a wheelchair user, and

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

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!

Mar 19: <u>Virtual Ladies Peer Chat</u>

Mar 27: <u>Calgary Peer Dinner</u>

Mar 20: Online Peer Chat with Terry

Mar 27: Pizza + Peers at the Glenrose

Ski

Playground

Mar 14: <u>YEG Peer Dinner at Thai Avenue</u> Mar 29: Good Friday (SCI-AB offices are closed) Be sure to check out our <u>online events calendar</u> or our social media channels to keep up to date on upcoming events!

March is generally the last month of winter programming and activities, so be sure to check out the following events before it's too late!

There are elevators and ramps that connect to the underground Library Parkade that has accessible stalls available. For more information check out their website. For more information, check out the City of Edmonton Stanley A Milner Library <u>event page for all the</u> <u>different events they host!</u> To put the new snowfall to good use, the Strathcona Wildneress Centre east of Edmonton will be hosting a drop in snow playground event on March 9th from 10am-2pm. There will be a chance to try AM-2:00 PM cross country skiing, biathlon, learn about ski jumping and nordic combined. The Strathcona Wilderness Centre will be offering Wednesday evening adaptive ski training program, you can get more info or register online at:

https://reconline.strathcona.ca/STRATHCONA/public/booking/Cours

eDetails/31261

province!

Wheelchair Rugby practices Sunday afternoons at the Penhold Multiplex from 1:30-3:30pm. Come to watch or play, we have chairs and equipment and are looking for new players! Contact Wanda Seifried at wanda.seifried@sci-ab.ca for additional info.

There is also free sledge hockey try-it events on Thursdays from 4:30-5:30pm at the Dawe Centre (see poster for details).

schedule below!

At the end of the month Calgary will be hosting the Western Sledge Hockey Tournament which will see 24 sledge hockey

teams over 5 divisions! Be sure to stop by the Winsport Centre from March 29th-31st to come and watch this exciting game

and cheer on teams from across Western Canada!

In the Community + Across the Province:

For those who love to snack and read, there is a culinary book club at

the downtown Edmonton Library on Monday evenings from 6:30-8pm or

Friday afternoons from 1:30-3:30pm. There is a rotating series of books, and the snacks prepared will be based on the reading. This is a great way to get involved in the community, read some good books and learn some new recipes!

There is also the opportunity to have a complimentary, private fitting and ski lesson, for more information or to book your ski contact Mike at michael.neary@strathcona.ca for more information! Also be sure to check out the Parallel Para-Nordic Ski Club Instagram page more information about para-nordic skiing in our If you are in central Alberta, the Red Deer Reapers

Centre

Free event All ages and abilities

anyBODY

Sledge Hockey Try it Events

Starting October 12 at the

Use this Form to Sign up

Dawe Center

TEAM JIGGER

For those adverse to being out in the cold Ultimate Para Sports also offers a virtual cycling program that runs until March. Equipment can be provided! Program cost is \$50 plus \$25 membership fee, but they have a fee exemption program for those who may have difficulty affording these fees, for more information contact <u>info@ultimateparasports.com</u> Or check out the poster below!

The Paralympic Sports Association will be offering a Winter Integrated spin at the Van Vilet Centre at the University of Alberta in Edmonton. Classes are Monday and Wednesday evenings, which go from 7:00pm-7:50pm, and run until March 25 and April 3rd respectively. For more information or to sign up, please visit their <u>website</u>

or sit skiing. These sessions will take place at Sunshine Village in Banff. It includes a full day private lesson, lift ticket, rentals, and any necessary adaptive equipment for the participant. Also included is a discounted lift ticket or complimentary gondola pass for one parent or caregiver. The camp is free, but a deposit is required during booking. However, the \$60 deposit can be used towards future activities with RMA once the camp is completed. Participants are welcome to sign up for up to two separate camps. For more information, or to register <u>check it out here.</u>

> Come out to support the Zach Savage Concussion Awareness Blue T-shirt Event at Tawatinaw Valley Ski Hill on March 16th. There will be a concussion

awareness clinic at 9:30 am put on by the University of Calgary Sport Injury Prevention Centre.

Then there will be live music with burgers and beers at

noon, with the whole day to ski- Tawatinaw and support

the cause. Register for the event here. Funds raised

will support the CADS adaptive ski program.

THURSDAYS FROM 4:30-5:30

The Calgary Ignite Rugby Tournament will take place from March 15th to 17th at the Bishop Carroll High School – Main Gym (4624 Richard Road SW, Calgary, Alberta). There will be 5 teams competing from across the province. The games start at 7:15pm on Friday evening, and the championship game will take place at 1:45pm on Sunday! Check out the tournie

In Grande Prairie, the Wolverines

adaptive sports association has

wheelchair basketball on Thursday evenings at 7pm at the Eastlink Centre. Chairs are provided! Feel free to stop by for a drop-in session to try it out! Contact

info@gpwolverines.com for more information.

ACPSA will be hosting the Spring Thaw Training Camp for power wheelchair soccer from March

Cost is \$20 and players can expect to try out exercises and drills that will strengthen their soccer skills and of course plenty of time for games! It will run on Saturday from 10:30AM -

Snacks and lunch will be provided all weekend for the players. If you wish to get your own,

Reminder that an ACPSA membership is needed in order to be able to attend this event. Please email or text Adriana at edmonton@acpsa.ca or 780-267-1328 if you have questions

Finally, PSA will be offering FREE Women and Girls Sledge Hockey Development Sessions at the Meadows Community Recreation Centre on Mondays from 7:30pm-9:00pm until March 18th. For more details or to sign up check out their website Once again this year Rocky Mountain Adaptive will be offering a the U CAN Try-It Camps thanks to the Wim & Nancy Pauw Foundation's generous support. These one-day camps are open to any adaptive participants who have not tried skiing, snowboarding,

9-10th at the Dow Centennial Centre in Fort Saskatchewan, AB.

there are plenty of food options at a short driving distance of the venue.

regarding your membership. For more details or to sign up click here.

3:30PM and on Sunday from 9AM-1:30PM.

ONCUSSION AWARENESS CLINIC OF CALGARY SPORT INJURY PREVENTION

RESEARCH CENTRE STAFF & PhD STUDENTS SPECIAL GUEST: CURTIS ANDERSON

EVALLEY HALL)

JOE IRELAND BAND

GROUP PHOTO

JURGERS & BEER GARDEN

(TAWATINAW VALLEY SKI HILL)

BLUE T-SHIRT EVENT SCAN THE OR CODE TO REGISTER FOR ZS CONCUSSION AWARENESS EVENT & BE A PART OF SOMETHING EXTRAORDINARY T-SHIRTS ARE AVAILABLE FOR PURCHASE FOR \$25
All proceeds from the t-shirts will be donated to our local Canadian Adaptive Snowsports (CADS).

SCI-AB Update | Join Our Team Are you passionate about supporting persons with spinal cord injuries and other physical disabilities? You would be the perfect addition to the team at Spinal Cord Injury Alberta! We are currently looking to fill a variety of positions: a full-time client services coordinator position in Edmonton, volunteer board members, and peer mentor volunteers. For

Alberta SCI Research Updates | Recruitment Database

Research Spotlight | University of Alberta

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 the Glenrose Rehabilitation Hospital/University of Alberta at damico1@ualberta.ca.

> Researchers at the U of A are looking for volunteers for a study identifying neural correlates of arm function using robotic

technology. Participants must have a SCI above

T1; AIS C or D and be 18-65 years old. The study

will involve two 2-3 hour sessions, and remuneration for time and parking will be

provided.

For more information please contact Jane at

<u>japorter@ualberta.ca</u>

Check out the all of the current research study

opportunities here!

https://sci-ab.ca/research-opportunities/

more information, check out the join our team page on our website. We look forward to connecting with you!

> SCI Research **Database**

Robot-assisted Investigation of the Neural

Mechanisms Underlying Arm Function

For further information please contact:

(phone) 780-492-6227

(email) Japorter@ualberta.ca

Researchers in the SMART Network at the University of Alberta are looking for <u>volunteers</u> to participate in a study, aimed at identifying the neural correlates of arm function using robotic technology. During the experiment, arm reaching movements will be performed and the brain and muscle activity will be recorded using non-invasive surface electrodes.

You can participate if you are:

 An adult with a spinal cord injury (above T1; AIS C or D) (18-65 years old) This study involves 2 sessions that last

Parking expenses are covered and remuneration for your time is provided

after the completion of the study

Dr. Vivian Mushahwar, Professor (phone) 780-492-4519

(email) vmushahw@ualberta.ca

Save the Date(s) | RMA Spring Camps Save the date for some upcoming SCI specific camps coming up in the BRA next few months! There are several camps put on by Rocky Mountain Adaptive that will be partially subsidized by the Neilsen grant! They are MULTI-SPORT open to those with spinal cord injuries and other similar conditions. Registration is not quite open for all the events, but the dates will be: WMNS+ Camp: March 17-22 MARCH 24 - 29 SCI Camp: March 24-29 (registration open) YEG Ski Trip to Kananaskis: April 7-10 SCI Camp: May 26-31 Did you Know? | Q+A for Massage with an SCI

> Mark is a former Registered Massage Therapist, working between 2008 and 2022. He specialized in working with people with disabilities and is certified in deep tissue massage, cupping, Indian head massage and advanced TMJ (jaw) techniques.

1. What are the benefits of massage? Massage therapy has a number of benefits: the primary physiological benefits are increased blood and lymphatic flow, reduced hypertonicity (stiffness) in muscles, increased ROM (range of motion) in joints. Secondary benefits include relaxation, reduction in anxiety, reduction in pain, and much more.

2. Where to start when looking for a massage therapist with disability experience? A lot of people think that you can only get massages from massage spas. The truth is, RMT (registered massage therapists) operate out of many health facilities, including physiotherapy, chiropractic, and naturopathic clinics. When considering seeing a new therapist for yourself, make sure you are choosing a therapist who has been accredited with the requisite 2200 hours of clinical experience and is in good standing with their governing body (this would apply to any therapist working out of a physiotherapy clinic). Also take a look at their bio on the website. They should provide their experience and if they have any specific training or experience working with people who have disabilities.

3. How can getting a massage be made more accessible? Again, there is a misconception that every massage takes place on a massage table. While that is the easiest way to treat the whole body, it's not mandatory! I have treated many wheelchair users who were not comfortable transferring on to a massage table. There are great ways to get an effective treatment while seated in a wheelchair.

Many therapists offer mobile treatments, where they would meet you in your own home. This can be a valuable alternative to having to travel to a clinic. (I can recommend someone who does this, can email mark.ellis@sci-ab.ca for more info)

4. What types of massage are best for those with SCI? People with spinal cord injuries can have many secondary complications that can be treated through massage therapy. For example, paraplegics often have sore and tight shoulders and necks from transferring and propelling their wheelchair. The repetitive movements of these activities often leads to soreness in the upper back, neck, and back of shoulders. Gentle, relaxation massage might be effective for those individuals who have trouble with spasms or clonus (repetitive muscle contractions due to an injury to motor nerves). The important thing is to communicate with your therapist what your main concerns are and make sure that you are both on the same page for treatment goals. Are you interested in managing pain? Or is reducing muscle tension your primary goal?

5. Are there any types of massage you wouldn't recommend? Massage therapy has many types. From conventional sports, relaxation and deep tissue, to the more esoteric Lomi Lomi (Hawaiian), bamboo and others. Every individual will experience these differently and what works for one doesn't work for all. An important thing to consider is how the massage will affect your body overall. Aggressive techniques like deep tissue work, cupping and acupressure massage may be over stimulating and cause pain or even trigger more severe symptoms like AD (autonomic dysreflexia). It's crucial that you listen to your body and understand what kind of approach would be most helpful for your condition. Again, communication between you and your therapist should be open and clear.

6. How often should you go for a massage? One of the most common questions I got asked was how often to go. Once again, one size does not fit all. However,

there are basic principles to think about. If it is a new injury or concern, it may be effective to see your therapist once every week or so for at least three visits. For more chronic or maintenance treatments, once a month is reasonable. 7. What extra precautions should be taken when getting a massage with a SCI? all our kidneys do for us!

Make sure your therapist is knowledgeable of your condition. Medication must be disclosed as well, as complications can arise from uninformed treatment (blood pressure changes, bruising, etc). Online Resource Spotlight | World Kidney Day World kidney day on March 14th, so we thought this would be the perfect opportunity to celebrate

Our kidneys do so much for our bodies: endocrine functions, controlling solutes and fluids, blood pressure control, metabolic waste excretion, drug metabolism and excretion. Kidneys remove waste products from the blood and produce urine. Kidneys control the levels of substances in the blood. Having a spinal cord injury or other neurological condition can put our kidneys into

What are the best things you can do to keep you kidneys in tip top shape? Be sure to stay hydrated, check blood pressure regularly, exercise and stay active, eat healthy and refrain from smoking and alcohol. Be aware of early stages of kidney distress such as high blood pressure, swelling in the hands or feet and frequent UTIs. Go to the doctor immediately if you see blood in your urine or are experiencing consistently low voiding volumes even when drinking adequate fluids.

For more tips on healthy kidney and bladder health check out our youtube video: https://www.youtube.com/watch? v=XYWDXw68QA8 I am the Hero of My Story! Empowerment Course with Vahen King: HOW OFTEN DO YOU CATCH YOURSELF SAYING "I CAN'T"? 1. Never?

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.

👱 Have you ever felt not smart enough or good enough? 🤔 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

<u>aff=oddtdtcreator</u>

People with disabilities deserve to thrive, not to live in a life of poverty due to circumstances out of their control.

• 27% of people in Canada are We need YOUR voice to push the government to establish disabled funding in the upcoming federal budget for the benefit. 1.4 million people with disabilities live in poverty You can help: The Canada Disability Benefit can · Send a letter to your MP today change this

#FundTheDisabilityBenefitNow The Canada Disability Benefit was passed in June 2023, but people with disabilities are still living in poverty.

doubts into DETERMINATION! EARLY BIRD TICKETS and "SUPER" fun bonuses till March 19th. (THIS IS A https://www.eventbrite.ca/e/i-am-the-hero-of-my-story-empowerment-course-tickets-838337398727? -Vahen King Advocacy | Canada Disability Benefit

overdrive due to increased medications/supplements, chronic dehydration leading to kidney stones, UTIS and bladder infections can quickly become kidney infections and can severely affect health.

Write your MP today. Click for on-line tool -> https://bit.ly/3HDzdoh

No one in Canada deserves to live in poverty! People with disabilities are disproportionally living in legislative

#FundTheBenefitNow

Giving Campaign | Donations Matched by the Government of Alberta A spinal cord injury can happen to anyone, any time, We need anywhere, any place. your help! Eligible for 30% match funding existence. from the Government of Alberta The impact of losing mobility is significant for individuals

Some upcoming days to remember this month: March 8th marks International Women's Day, so be sure to take time to celebrate all the lovely ladies in your life! Remember to mark your calendar to set your clock ahead at 2am on March 10th, it is the dreaded

Every person deserves a life of dignity. People with disabilities continue to struggle. An adequately funded CDB is the key to reducing disability poverty. Let's demand funding NOW!

Happy March! - Kendra + Terry

Sign the petition