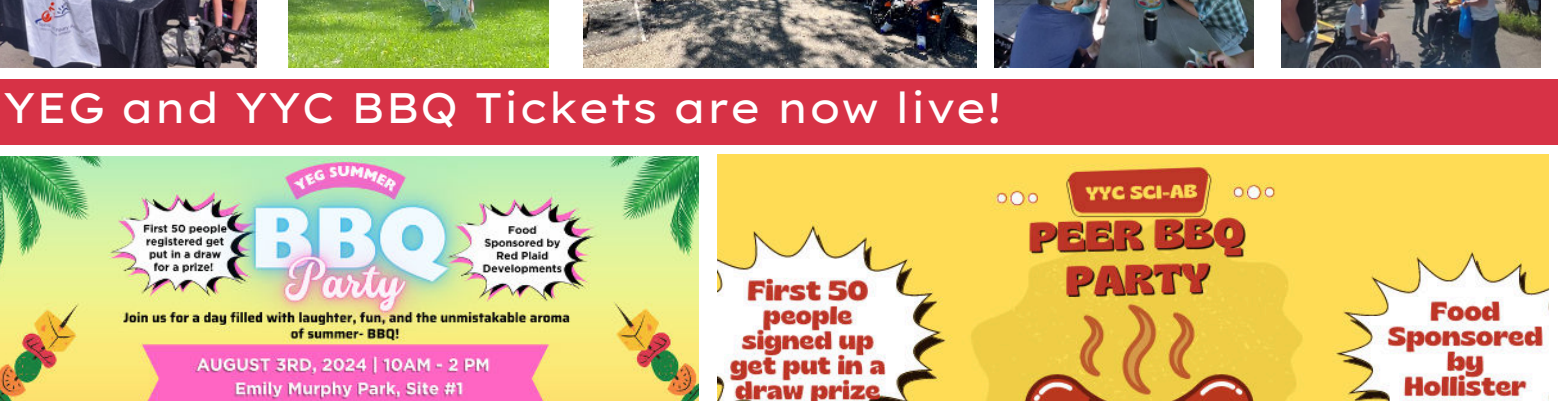
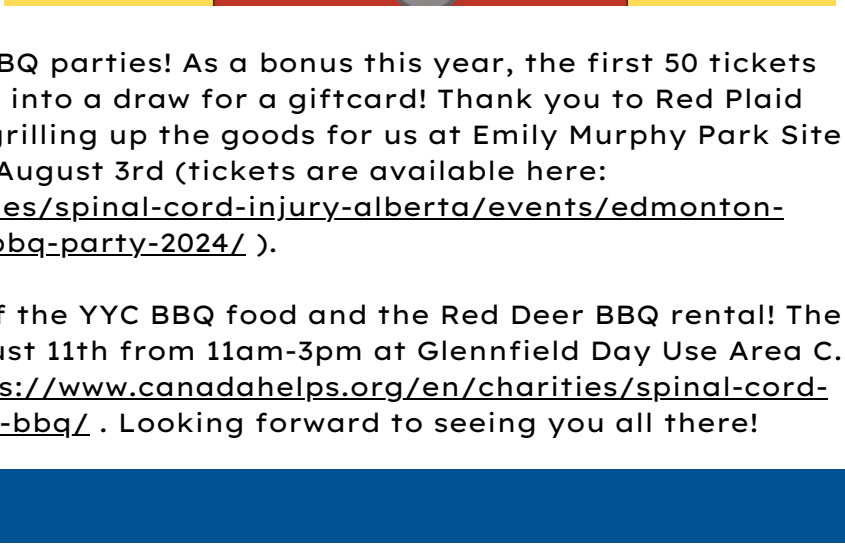


Intro + Last Month's Recap | Red Deer BBQ

The first Red Deer BBQ at the Rotary Park was a roaring success! It was great weather, great food and great company. It was awesome to be able to connect with those from the community. Thank you to Hollister for sponsoring the food and for the donors who contributed to make this event the best it could be. Thank you to the Red Deer Indigenous Dance troupe for coming and performing several dance numbers for us. It was a fantastic afternoon, and we are looking forward to the next one!



YEG and YYC BBQ Tickets are now live!



Tickets are now live for our YEG and YYC BBQ parties! As a bonus this year, the first 50 tickets reserved at for each event will be entered into a draw for a giftcard! Thank you to Red Plaid Developments for sponsoring the food and grilling up the goods for us at Emily Murphy Park Site #1 from 10-12pm on Saturday, August 3rd (tickets are available here: <https://www.canadahelps.org/en/charities/spinal-cord-injury-alberta/events/edmonton-summer-bbq-party-2024/>).

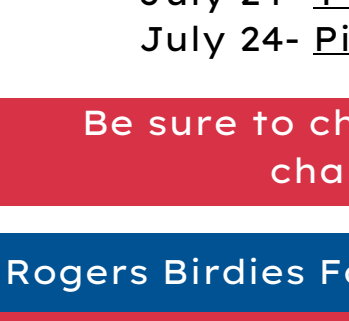
Thank you to Hollister for the sponsorship of the YYC BBQ food and the Red Deer BBQ rental! The Calgary BBQ will take place on Sunday, August 11th from 11am-3pm at Glennfield Day Use Area C. Tickets for Calgary are available here: <https://www.canadahelps.org/en/charities/spinal-cord-injury-alberta/events/calgary-summer-bbq/>. Looking forward to seeing you all there!

Meet the New Staff!

Dallyn Wirachowsky has joined the Spinal Cord Injury Alberta Client Coordinator team as of Spring 2024. Dallyn completed his Social Work Diploma in 2018 and experienced working in many different demographics such as addictions, unhoused individuals, special needs, at risk group home and family work. He is looking forward to complimenting his skillset with new experiences from this role, with the aim of providing quality care for SCI-AB clients. On a personal note, Dallyn is an avid fan of any types of sports or activity but specialized in instructing of Jiu Jitsu, Kickboxing and MMA. He is also a passionate fan of music and will share a conversation about different music at any times and is always looking for recommendations.



An Update from our CEO



I am rounding the corner to completing my first year as CEO for SCI-AB. It has been a full year and I feel privileged to have been able to meet so many members within this community. I have learned so much, I have met many incredible leaders who are supporting persons with spinal cord injuries across our nation and have been honoured to meet and work alongside of people who are helping to create a better, more accessible world for their peers. Very soon, our 2023-2024 Annual Report will be available, and I hope that when you receive the link, you will be able take the time to read about our highlights from the past year. Ultimately, I would like to extend my gratitude to each one of you for supporting SCI-AB. Your financial gifts and your gift of time have significantly impacted the work we have been able to do in our province. Your continued encouragement and willingness to donate to SCI-AB will help us with achieving some of the goals we have for the future. You make a difference and I thank you for choosing SCI-AB and making a difference in the lives of persons with spinal cord injuries and other physical disabilities.

SCI-AB June 2024 Events:

Upcoming SCI-AB Events in June:

- July 1- Canada Day (Offices are closed)
- July 9 - Virtual Ladies Chat
- July 10- Coffee Afternoon at Glenrose
- July 10- YYC Coffee Group
- July 17- Online Peer Chat
- July 23 - Virtual Ladies Chat
- July 23 - Riverhawks Baseball Day
- July 24- YYC Peer Dinner
- July 24- Pizza Evening 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!

Rogers Birdies For Kids Presented by AltaLink for SCI-AB

Do you want to make a tangible difference in a child's life?

Please consider making a gift to SCI-AB through Rogers Birdies for Kids presented by AltaLink. Your gift will be matched up to 50% through Rogers Birdies for Kids presented by AltaLink.

Your matched gift will support clients through these essential programs:

- Peer Support - clients are paired with a peer who has lived experience and who can pave the way for a smooth transition.
 - Client Service Coordinators - clients will receive the support they need to enable them to adjust, adapt and thrive in their homes.
 - Neuro-Rehabilitation Centre - Clients will work together with an exercise physiologist to increase strength, mobility and flexibility.
- Your donation can make a tangible difference in the lives of children and youth with a spinal cord injury or other physical disability.

Head over to sci-ab.ca/donate and click on the link for Rogers Birdies for Kids presented by AltaLink to make your donation today.

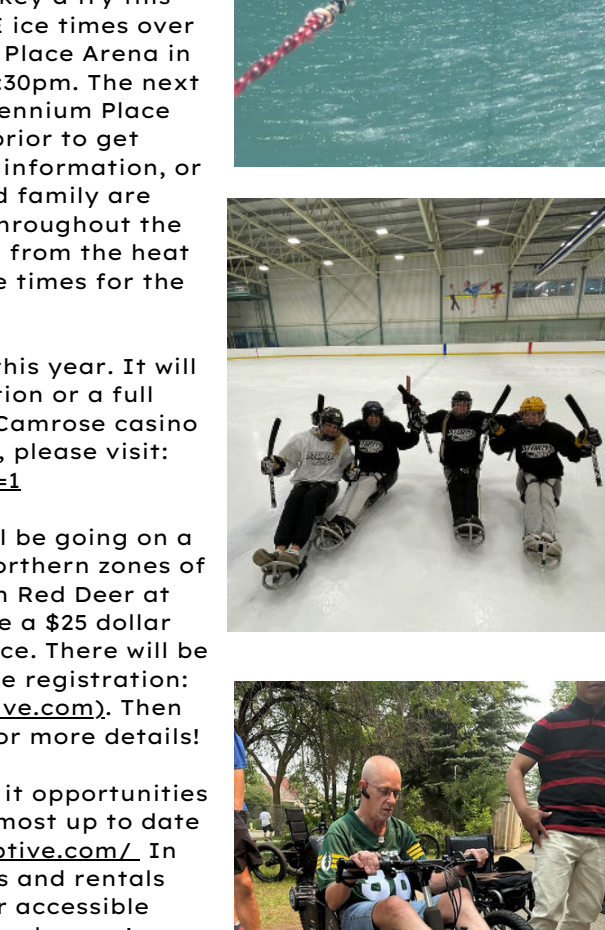


Permobil Wheelchair Raffle Draw Winner!

After many months of deliberation and lots of excellent peer events... the moment we were all waiting for came on June 21. What a better way to kick off the first official day of summer, than by drawing for a brand new TiLite manual wheelchair courtesy of Permobil!

Jon and Leigh, were able to meet us to make the draw official. Huge congratulations to our winner Cliff from Calgary! Thank you to Permobil for the continued support of our peer program and organizations initiatives! Also be sure to check out the newly established [Permobil Foundation](#) to help cover equipment upgrades and funding.

Check out the video of our draw on Instagram here: https://www.instagram.com/reel/C8fQGBvNPMJ7?utm_source=ig_web_copy_link&igsh=MzRlODBiNWFlZA==



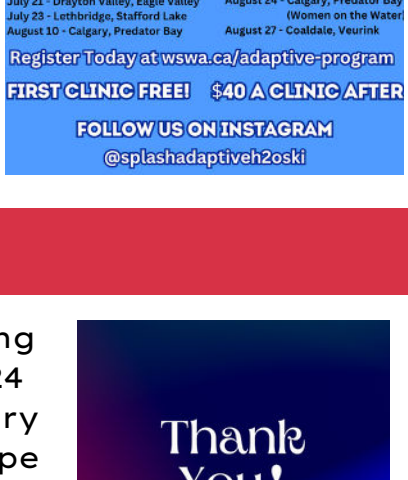
In the Community + Across the Province:

Who else is excited for waterski season? Check out the Splash Adaptive Waterski Poster for waterski try it events coming soon to a lake near you! Everyone is welcome, any age, any ability. Hope to "ski" you there! There are also upcoming try it days on: July 6th in Calgary, July 8th in Lacombe, July 20th at Wizard Lake, July 21st at Eagle Valley Lake, July 23rd at Stafford Lake in Lethbridge. Visit: www.wswa.ca/adaptive-program for more information. Registration can be found here: <https://www.wswa.ca/wswamembership>

See the poster for a full schedule of events across the province.



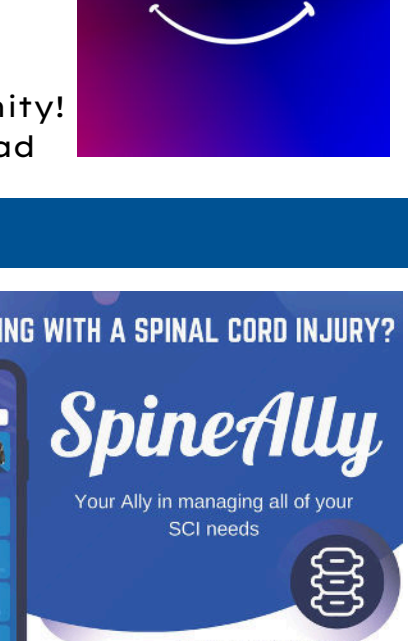
If you are in the Edmonton region and would like to give sledge hockey a try this summer, the Edmonton Adaptive Sports Association (EASA) have FREE ice times over the summer. For the month of July the ice times will be at Millennium Place Arena in Sherwood Park and will take place on Monday July 15th from 8:15pm-9:30pm. The next practice will be on Monday, July 22 from 9:15pm-10:30pm also at Millennium Place Arena in Sherwood Park, east of Edmonton. Please arrive 30 min prior to get equipment sorted. Contact Sharon Veenneman at 780-721-7071 for more information, or to reserve your space. No experience is necessary, and friends and family are welcome to come out and try as well! There will be other try it days throughout the summer, see the poster with the schedule. It is a great way to escape from the heat on a hot summers day! Check out the poster below for a full list of ice times for the summer.



Nordiq Alberta will be hosting their roller ski camp in Camrose again this year. It will run from July 26th to July 28th. There are options for day registration or a full weekend of skiing! Affordable accommodations can be booked at the Camrose casino for those staying the weekend. For more information or to register, please visit: <https://zone4.ca/register.asp?id=3580&qln=16&artlevel=1>

Rocky Mountain Adaptive summer activities are in full swing! They will be going on a roadtrip to bring adaptive equipment to those in Edmonton and the Northern zones of the province. Rocky Mountain Adaptive will be having a Try-It day in Red Deer at Great Chief Park on July 6th. The event itself is free but does require a \$25 dollar deposit that is put towards future events or refundable after attendance. There will be opportunities to try the Bowheads & paddlesports. Here is a link to the registration: [Camps: SCI Try It Camp - Red Deer - 1.5 Hours \(rockymountainadaptive.com\)](https://rockymountainadaptive.com/). They will be in Edmonton in mid-July at various locations. Stay tuned for more details!

In addition, Rocky Mountain Adaptive have a variety of camps and try it opportunities opening for the summer, be sure to check out their website, for the most up to date resources! Check out their website here: <https://rockymountainadaptive.com/>. In addition to camps and try it days, they also have equipment lessons and rentals available. There are adaptive Bowhead mountain bikes, wheelchair accessible paddleboards, kayaks, all terrain wheelchairs, hand cycles, and much more!



Wheelchair Sports Alberta summer programs are in full swing! They also be try it days every Thursday evening from 6:30-8pm in the Glenrose main gym, there will be opportunities to try basketball, rugby, tennis, curling and roller sledge.

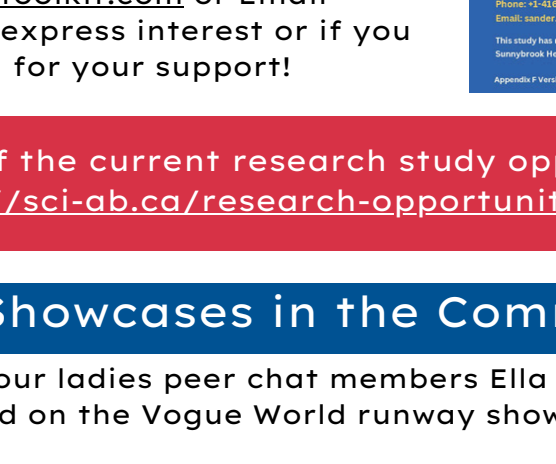
The ACPSA also has bocia try it days on Wednesday evenings from 5:30-7pm in the Glenrose Main Gym. Bocia is a Paralympic sport that involves throwing, kicking or using a ramp in order to propel a soft leather ball towards a target. Assistive equipment is available to make the sport accessible to all. dates for July include: July 10th, 17th, 24th and 31st.

Ultimate Para Sports and the [Paralympic Sports Association](#) have hand cycling programs in full swing. PSA also has adaptive kayaking and golf available.

EASA Sledge Try It Events

Everyone is welcome, come out to try sledge hockey or get some extra ice time in the off season!

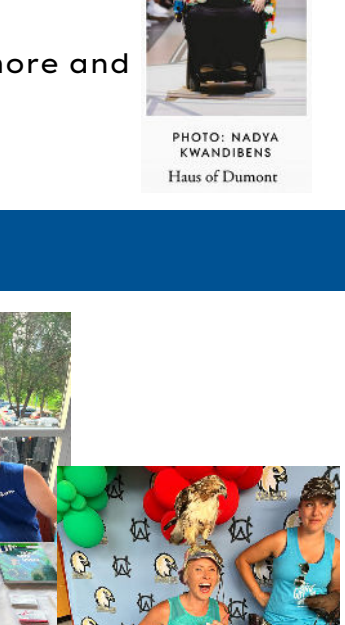
Check it Out! | SCI S



Run for Those Who Can't Challenge Shoutout

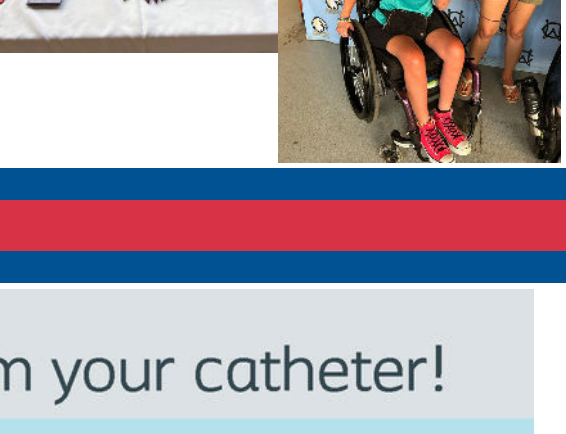
Huge shoutout to Chris Milne @acceptnolimit for his fundraising efforts towards SCI-AB. On June 15th, Chris and Shane spent 24 HOURS carrying a 30lb backpack in support of Spinal Cord Injury Alberta. They are fundraising to help raise support, provide hope for what is possible, and empower those with SCIs to regain their quality of life.

Thank you, thank you, thank you for initiating this selfless initiative and for your continued support of SCI-AB and community! Follow along on instagram at: @acceptnolimit and @cohens_dad



SpineAlly App

The SpineAlly application is now live in Alberta! Designed to be a one-stop-shop for the self management of your spinal cord injury, you can track symptoms, find resources and educational materials, participate in research, ask SCI related questions to a trained AI assistant, and much more! Check it out here! This amazing initiative will surely be a game changer to make self management of a spinal cord injury less overwhelming by having everything all in one place!



SpineAlly is a dual-purpose mobile platform to support people living with SCI and their caregivers. The first purpose of the app is to provide people living with SCI with evidence-based educational materials, extensive support tools, and a custom SCI chatbot to guide them in their individualized journey. The second purpose of SpineAlly is to provide a platform where people can track their health data, allowing researchers and people living with SCI to gain deeper insights into their real-world health outcomes to support the future development of novel technology and treatment strategies.

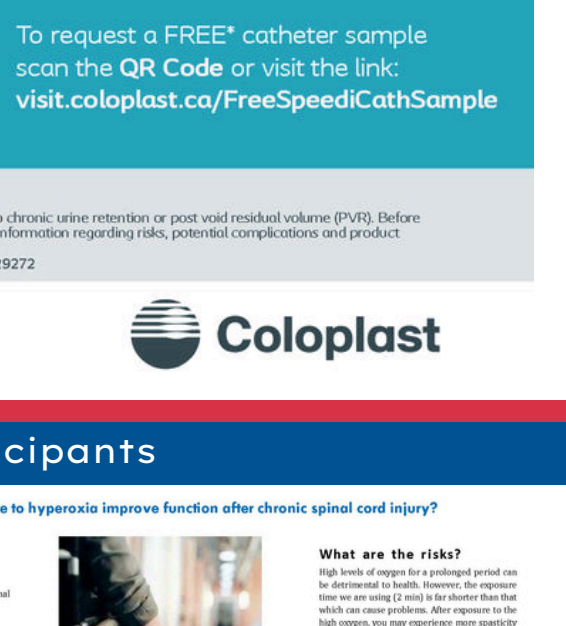
Check it out their website here: <https://spineally.ca/> Or download the app for [android](#) or [apple](#)

Research Spotlight | SCI Housing

This research study is conducted on the housing needs and priorities of Canadian's with spinal cord injury. The research team is hoping to hear from people living in Alberta. Please have a look at the flyer and consider participating and sharing this opportunity within your network.

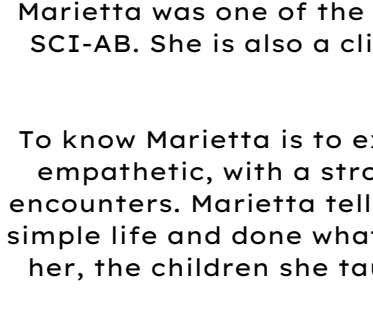
They are providing a \$50 gift card to those with spinal cord injury or family caregivers in the community who are eligible and complete participation in the study, which involves 1-1.5 hour time commitment with a zoom or phone interview and short online survey.

They are also looking to speak with professionals (healthcare, housing, advocacy) involved in building, designing, finding, and advocating for accessible housing. Visit www.homeaccessibilitytoolkit.com/ or Email housingstudy@sunnybrook.ca to express interest or if you have questions. Thank you for your support!



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

Check it Out! | SCI Showcases in the Community

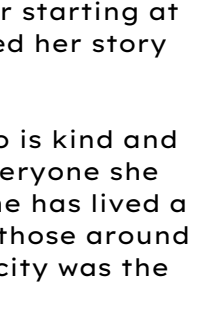


One of our ladies peer chat members Ella was recently featured on the Vogue World runway show in Toronto!

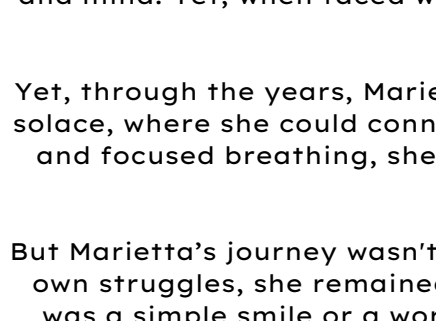
Check out the beautiful photos!

It is awesome to see disability being featured more and more in the fashion world!

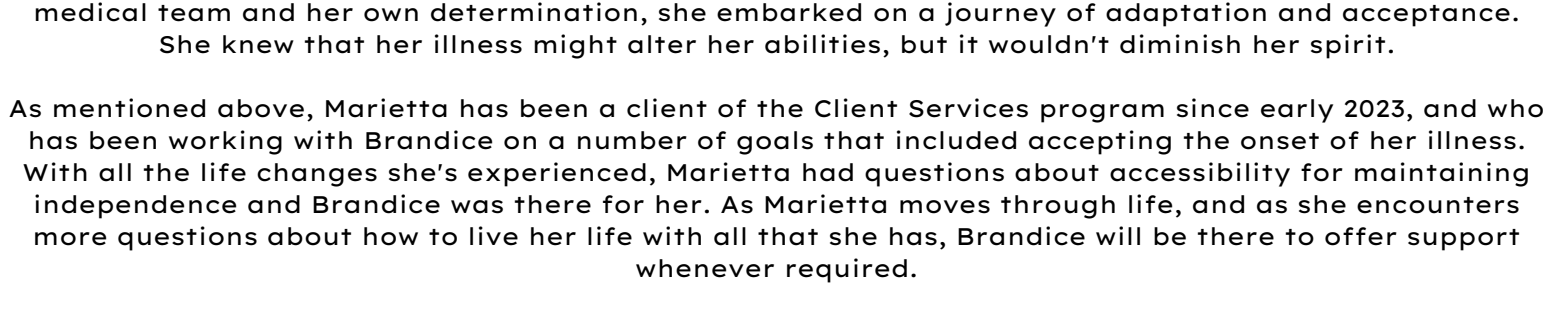
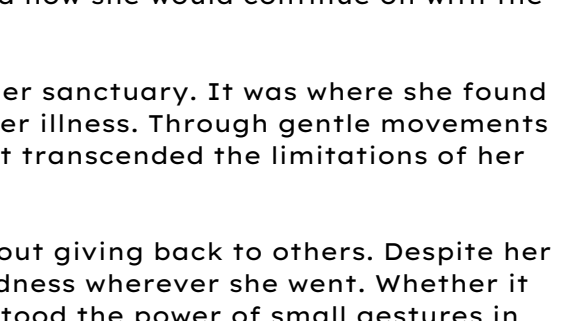
Thank you for sharing!



Riverhawks Baseball info

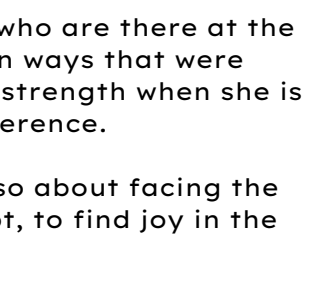


Spinal Cord Injury Alberta will be one of the community member showcases at the Tuesday, July 23rd Edmonton Riverhawks baseball game against the Nanaimo NightOwls. If you are interested in tickets please email kendra.erhardt@sci-ab.ca for more details! This is a great family friendly, accessible event, and the perfect way to spend a summer evening in Edmonton! And the only place in town you can get a picture with a hawk on your head! Let's go Riverhawks!



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Research | Hyperoxia Study Looking for Participants

Who is involved in the study? Dr. Jody Hwang, Professor of Rehabilitation Medicine, University of Alberta. Dr. David Bennett, Professor of Neuroscience, University of Alberta. Dr. Kim Weigand, PhD, Professor of Neuroscience, University of Alberta.

To participate in this study, contact: Michelle Barnes, PT (780) 492-4828, carroll@ualberta.ca. Ana Lucita Orma (780) 278-8474, lucita@ualberta.ca.

What are we studying? We will determine whether high oxygen levels (hyperoxia) improve function after chronic spinal cord injury. Hyperoxia is a treatment that involves breathing 100% oxygen for 24 hours.

How much time does it take? Before starting the study, you will undergo a baseline assessment. You will then undergo hyperoxia treatment for 24 hours. You will then undergo a follow-up assessment 2 weeks later.

What are some potential benefits? There are several potential benefits to participating in this study. The study will help us understand the effects of hyperoxia on the spinal cord and the brain. It will also help us understand the effects of hyperoxia on the recovery of motor and sensory function.

What are the risks? There are several risks to participating in this study. The most common risk is that you may experience side effects from the hyperoxia treatment, such as headache, dizziness, or nausea. There is also a risk that you may experience a respiratory infection or other complications.

How confidential is the study? Your participation is completely voluntary. Your data will be kept confidential and will not be shared with anyone else. You will be given a copy of the study protocol and a copy of the informed consent form.

Client Success Story Showcase

Marietta was one of the first clients from the Neuro-Rehabilitation Centre (NRC) I met after starting at SCI-AB. She is also a client of Brandice, Team Lead Client Services, and it is she, who shared her story with me.

To know Marietta is to experience a woman who desires a genuine smile on her face, one who is kind and empathetic, with a strong moral compass and a desire to do what is right and good for everyone she encounters. Marietta tells me that she has known happiness, and she has known sadness. She has lived a simple life and done what she wanted in a way in which she was able. She has given a lot to those around her, the children she taught, the adults she taught, her daughter and through it all, simplicity was the golden rule.

Marietta's journey is one of resilience, grace, and unwavering kindness. Her life took an unexpected turn when, in her younger years, she was diagnosed with Multiple Sclerosis (MS), but her spirit remained unbroken. As a yoga instructor, Marietta understood the profound connection between body, breath, and mind. Yet, when faced with the challenges of MS, she wondered how she would continue on with the life she knew.

Yet, through the years, Marietta's daily practice of yoga became her sanctuary. It was where she found solace, where she could connect with herself amidst the chaos of her illness. Through gentle movements and focused breathing, she cultivated a sense of inner peace that transcended the limitations of her body.

But Marietta's journey wasn't just about her own healing; it was about giving back to others. Despite her own struggles, she remained committed to spreading joy and kindness wherever she went. Whether it was a simple smile or a word of encouragement, Marietta understood the power of small gestures in making a difference in someone's life.

Despite the uncertainty, Marietta decided to face her diagnosis head-on. With the support of her medical team and her own determination, she embarked on a journey of adaptation and acceptance. She knew that her illness might alter her abilities, but it wouldn't diminish her spirit.

As mentioned above, Marietta has been a client of the Client Services program since early 2023, and who has been working with Brandice on a number of goals that included accepting the onset of her illness. With all the life changes she's experienced, Marietta had questions about accessibility for maintaining independence and Brandice was there for her. As Marietta moves through life, and as she encounters more questions about how to live her life with all that she has, Brandice will be there to offer support whenever required.

In the NRC, Marietta found kinship and support, a safe haven where she could embrace her journey without judgment. Surrounded by individuals facing their own challenges, she drew inspiration from their courage and determination, realizing that she was not alone in her struggles. Marietta is a firm believer in introducing herself to those around her.

'If you can say hello to someone by name, and you see a smile, they know they have been seen, and you know you are part of their smile.'

The NRC is its own social community and Marietta has gotten to know the people who are there at the same time as she is. Kim and Alex have helped Marietta strengthen her body in ways that were surprising to both her and her physicians. Marietta claims to feel a sense of inner strength when she is able to lift 5lbs weights. It's the small victories that make all the difference.

Marietta's resilience was not just about overcoming physical obstacles; it was also about facing the emotional and social challenges that came with her diagnosis. She learned to adapt, to find joy in the present moment, and to embrace the simple pleasures of life.

Through it all, Marietta remained true to the principles of yoga. She understood that the true essence of the practice lies not in achieving perfection but in embracing the journey, wherever it may lead. Just as she encouraged her students to start where they are, she applied the same philosophy to her own life and her condition.

The way I see it is this: in Marietta's story, the parallels between yoga and her journey with MS are evident. Both require patience, perseverance, and a willingness to embrace the present moment. And just as yoga teaches us to find strength and flexibility in the face of challenges, Marietta's journey with her condition serves as a testament to the resilience of the human spirit.

And while this is Marietta's story, it is also a story about you, our donors and supporters: it's a story about what you make possible every day. Your unwavering support empowers persons with spinal cord injuries and other physical disabilities to achieve independence and full participation in the community. And your care and concern for the well-being of our community is nothing short of inspiring.

For all that you do for the clients at SCI-AB, we thank you sincerely and wholeheartedly.

Peta Glazer
Senior Manager of Philanthropy

Hammer Injury Law | Donor Spotlight

Hammer Injury Law is honoured to be a sponsor of Spinal Cord Injury Alberta. The owner of Hammer Injury Law, Rick Mallett, has been practicing injury law in Alberta for 35 years.

For the first 10 years of his career Rick acted primarily as defence counsel for many of the major insurers in Alberta and Canada.

Rick founded Hammer Injury Law to focus on serious injury claims including spinal cord injury and class actions. Together with his office manager Christine Mallett and an amazing and experienced staff, Rick works to advocate for his clients who may be facing catastrophic injuries and significant legal challenges. The focus of the firm is to advocate for and support clients from the initial difficult times in hospital, through rehabilitation and then into the best future possible.

Rick says that "Being associated with SCI Alberta allows us to connect with a tremendous group of people working hard for the needs of the community in Alberta. It is real inspiration to see SCI Alberta at work empowering people each and every day and to see the real difference that effort makes. At Hammer Injury Law, we work hard to make difference for our clients and to give back to the community that inspires so many."

Rick is available to answer any questions you might have about a possible claim - do not hesitate to reach out for a coffee and a conversation!

Hope to see you at the BBQs! - Kendra & Terry

