

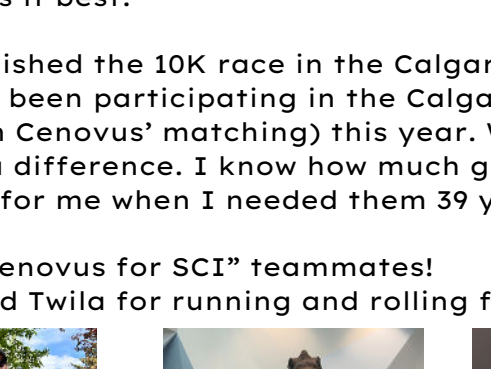
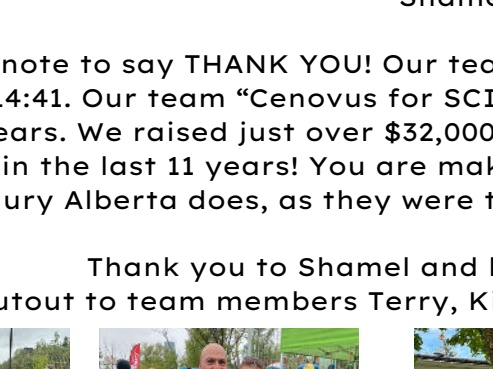
Intro | National Indigenous History Month

June marks National Indigenous History Month. As an organization Spinal Cord Injury Alberta acknowledges that what we call Alberta is the traditional and ancestral territory of many peoples, presently subject to Treaties 6, 7, and 8. Namely: the Blackfoot Confederacy – Kainai, Piikani, and Siksika – the Cree, Dene, Saulteaux, Nakota Sioux, Stoney Nakota, and the Tsuut'ina Nation and the Métis People of Alberta. This includes the Métis Settlements and the Six Regions of the Métis Nation of Alberta within the historical Northwest Métis Homeland.

We acknowledge the many First Nations, Métis and Inuit who have lived in and cared for these lands for generations, and the harm and suffering they have endured. We are grateful for the traditional Knowledge Keepers and Elders who are still with us today and those who have gone before us. We make this acknowledgement as an act of reconciliation and gratitude to those whose territory we reside, and wish to take actions towards authentic allyship. This issue will reflect our mission.

Last Month's Recap

The SCI Canada Executive Directors Council met in Calgary for strategic meetings on May 14/15. The continued focus for the network is to enhance the impact of our collective provincial services. The SCI Canada EDC welcomed the Peer Support Working Group (PSWG) to join the meetings in Calgary for May 16/17. The PSWG is working toward developing a National Peer Support Framework that will define common outcomes and a framework for evaluation that can be used to strengthen peer services across Canada. More on that in the feature piece below! It was great to be able to collaborate in person, looking forward to our next virtual and in person meet ups!



National AccessAbility Week ran from May 26 to June 1. This year's theme was "Forward Together: Accessibility and Inclusion for All." Let's join forces to help make Canada a barrier-free country. May 26th marked day one of National Accessibility Week, so what a better way to start off the week than by teaming up and racing in the 60th annual Servus Marathon in Calgary! Huge shout out to all racers, families, friends and supporters! Thank you for rolling, for running and for raising awareness to showcase the amazing work our organization does, and have some fun along the way! As always a huge thank you to Shamel's fundraising and racing team.

Shamel says it best:

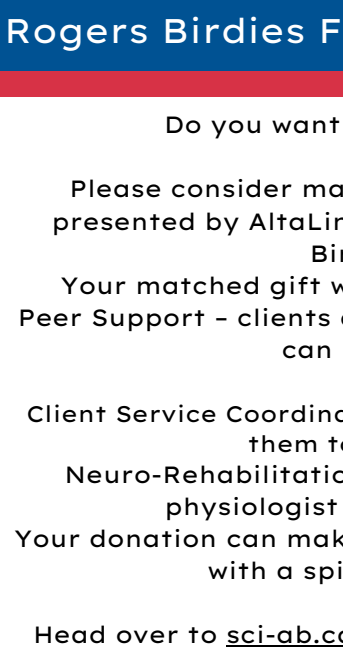
"Just a quick note to say THANK YOU! Our team finished the 10K race in the Calgary Marathon this morning in 1:14:41. Our team "Cenovus for SCI" has been participating in the Calgary Marathon for over 11 years. We raised just over \$32,000 (with Cenovus' matching) this year. We have raised over \$375,000 in the last 11 years! You are making a difference. I know how much great work Spinal Cord Injury Alberta does, as they were there for me when I needed them 39 years ago."

Thank you to Shamel and his "Cenovus for SCI" teammates!
And shoutout to team members Terry, Kim and Twila for running and rolling for SCI-AB!



Finally, on May 28th, the Edmonton Peer Dinner was able to attend the Edmonton Community Foundation's Donor and Volunteer appreciation event. It was a DINO-mite event!

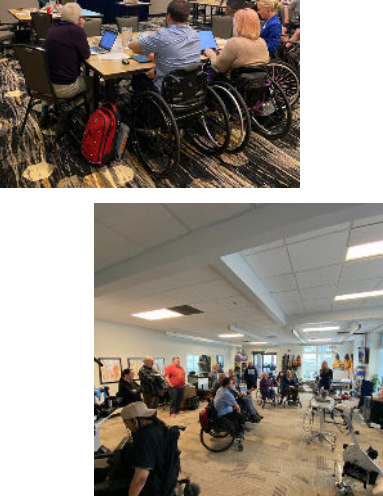
Red Deer BBQ | June 22 | Reserve Your Tickets Today



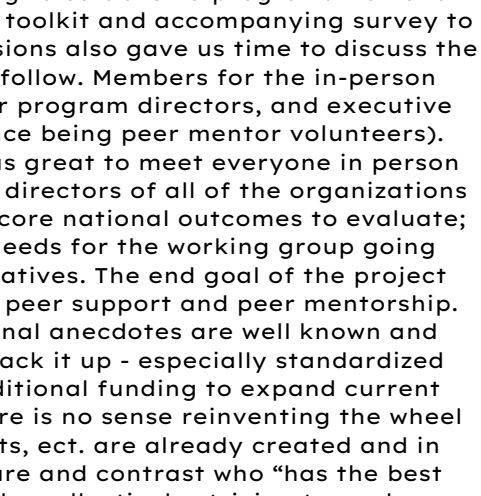
Join Spinal Cord Injury Alberta, community partners and peers for an afternoon of food and fun! Festivities will take place at the Rotary Park Picnic Shelter on Saturday, June 22 from 11am-2:30pm. Friends and family are welcome to attend as well! There will be outdoor adaptive try it opportunities such as a triallider, and much more! It will also be a great opportunity to connect with community partners to learn about all the accessible activities and resources available in central Alberta! Last but not least, there will also be a special performance by the Indigenous Dance Troupe Red Deer in the afternoon! Stay tuned for more details and the event schedule! Can't wait to see you there! Reserve your tickets here: <https://www.canadahelps.org/en/charities/spinal-cord-injury-alberta/events/red-deer-bbq-party/>

SCI-AB June 2024 Events:

Upcoming SCI-AB Events in June:



- June 5 - Online Peer Chat
- June 11 - Virtual Ladies Peer Chat
- June 12 - YVC Coffee Group
- June 18 - Coffee Afternoon at Glenrose
- June 19 - Online Peer Chat
- June 21 - Permobil Wheelchair Raffle Day
- June 22 - Red Deer BBQ
- June 25 - Virtual Ladies Peer Chat
- June 26 - YVC Peer Dinner
- June 26 - YEG Peer Dinner
- June 26 - SCI-AB AGM Meeting
- June 27 - Pizza + Peers + Boccia at 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.

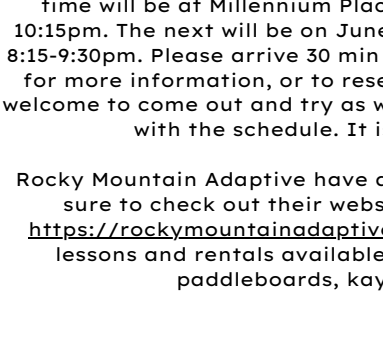
Your donation can make a tangible difference in the lives of children and youth with a spinal cord injury or other physical disability.

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.

SCI-Canada | Peer Support Working Group Meeting Feature | May 16-17th, 2024



All of the provincial SCI organizations all began as volunteer peer to peer initiatives, with individual programs expanding and growing different ways depending on funding and capacity. As a working group have been meeting over zoom since the summer of 2023, working to standardize and build up peer programs across the country. As a group we complete consensus surveys and have group discussions regarding procedures and share resources to provinces currently looking to establish a program. We have been working to develop a peer support evaluation toolkit and accompanying survey to be administered by each faction. The in-person sessions also gave us time to discuss the Peer Support Framework Model for programs to follow. Members for the in-person sessions included a mix of peer coordinators, peer program directors, and executive directors (as well as several people with experience being peer mentor volunteers). While a lot of work has been done over zoom, it was great to meet everyone in person and be able to have discussions with the executive directors of all of the organizations as well. We were able to solidify consensus for the core national outcomes to evaluate; as well as, prioritize the resource and research needs for the working group going forward. These are listed below as the future initiatives. The end goal of the project would be able to quantitatively show the benefits of peer support and peer mentorship.



While the qualitative benefits and positive personal anecdotes are well known and documented, having solid data and numbers to back it up – especially standardized across the country – will be used to apply for additional funding to expand current programs or modify/improve service delivery. There is no sense reinventing the wheel so to speak, when policies, procedures, documents, etc. are already created and in place elsewhere. Finally, the idea is not to compare and contrast who "has the best program"; rather it is to uplift all the programs by collectively striving towards a common goal. Looking forward to the next stage of working group initiatives!

In the Community + Across the Province:

The ACSA boccia program will have three communities facing off against one another on June 9. Athletes in Calgary, Edmonton and Medicine Hat will be having their own activities/gameplay at their respective locations and join up with each other virtually at 100pm for a province-wide skill challenge. In Edmonton we will be meeting up at Winnifred Stewart Association at 12:30pm on June 9, join and meet our fellow boccia players in the other provinces virtually, do the skills challenge at 1pm, followed by our own mini tournament! No matter your knowledge or skills in the game, this is a fun opportunity to learn and play! Invite your family, friends, they are all welcome to participate! Registration for this event: <https://forms.gle/2dXANL6UbcCP8G> (please note registration closes on June 3).

If you are in the Edmonton area and would like to give Boccia a try another time, there will be a combined Pizza+Peers and Boccia try it event at the Glenrose on June 27, pizza is from 4-6pm in the atrium on unit 3B, and boccia will be in the main gym starting at 7pm, hope to see you there!

The countdown to the Summer Paralympics is on! Join the Calgary Adapted Hub Seminar regarding the history of paralympic sport. There will be features from athletes and coaches. It will take place on Tuesday June 4 from 12-1pm MDT. It is available on zoom for free by [registering here](#).

Who else is excited for waterski season? The first give-it-a-go QAO will take place on Saturday, June 8, 2024 from 5:00pm-8:00pm at Predator Bay, Foothills City, AB T0L 0A0. Cananda, Splash Adaptive is offering GIVE IT A GO 2.0 to disabled athletes who have already "given it a go" at our previous clinics. Everyone is welcome, any age, any ability. Hope to "ski" you there! There are also upcoming try it days on: June 25th in Lethbridge area (Stafford Lake); June 29th in Calgary (Predator Bay); June 29th in Edmonton (Wizard Lake); June 30th in Lacombe (Schacres Lake). Visit: www.wswa.ca/adapt/roll-program for more information.

Recovery Spinal Recovery Centre will be hosting their Walk/Run/Roll Fundraising Event on June 8 at Sir Wilfred Laurier Park site #7 in Edmonton with registration starting at 10am and ending at 11am. Lunch is included with registration, sign up here: <https://raceposter.com/events/2024/86867/51km-walk-run-and-roll-with-rev-june-2024>.

If you are in Red Deer, join us June 8th, 2024 for the first Annual Community Better June Walk-Run. Challenge yourself or join as a group with co-workers, family, or friends. We hope to see all ages and abilities moving and having fun at the event! There is FREE Registration for EVERYONE! Choose your distance: Walk or Run or roll 5km/7.5km or 5km. Enjoy a BBQ with donations supporting the [Black Box Medical Studio](#). Raffle to Wellness, Prizes, & More! As an added bonus, the Red Deer Peers are hosting a "Wheelchair Passby try it event" in conjunction with the Community Better PARTICIPATION Challenge from 11am-4pm in the RDP Main Gym!

Register here: <https://redcap.albertahighlightservices.ca/surveys/?s=RTNTHWKNDXELL1973>

There is a kayaking try it event put on by the Paralympic Sports Association at Rundle Park in Edmonton. Try it times on June 10th are from 6:00-7:15pm and from 7:30-8:45pm. The try it day on June 15th is from 1:00-3:00pm. You can register online at <https://www.parasportsab.com/wn-offer/categories/spring-summer-programs-11/> or by emailing parasportsab@parasportsab.com.

Permobil will be hosting equipment showcase days across Alberta. They will be in Edmonton on June 11, and Calgary on June 13. Register here: <https://form.iottform.com/240994710832258>.

Adaptive Sport Discovery Day will take place on June 15th at the Alberta Sports Hall of Fame in Red Deer from 10am-4pm. There will be multi-sport try it opportunities, such as goal ball, wheelchair basketball, sitting volleyball and roller sledge hockey. Check out the full schedule at albertasportshall.ca.

There will be an event on June 20th at 11:45am for Indigenous Peoples Day at the street level floor of Edmonton City Centre (next to the Delta hotel). There will be singing, dancing, as well as bannock and jam to enjoy! There will be an Aboriginal Awareness week event in Calgary on June 22 from 9am-6pm at Enmax Park at the Calgary Stampede Grounds. See poster for details!

There will be a wheelchair fencing try it opportunity on June 28th at the MNP Community and Sport Centre in Calgary. For more information, or to register, please email info@arsfencing.ca.

The Paralympic Sports Association's adaptive golf program is now in "full-swing"! The program is held at the Victoria Driving Range, for more information or to register, please visit: <https://www.parasportsab.com/wn-offer/categories/spring-summer-programs-11/>.

If you are in the Edmonton region and would like to give sledge hockey a try this summer, the Edmonton Adaptive Sports Association (EASA) has FREE ice times over the summer. For the month of June the ice time will be at Millennium Place Area in Sherwood Park and will take place on June 11 from 9:00pm-10:15pm. The next will be on June 19th from 9:15pm-10:30pm. Finally, there will be ice time on June 25th from 8:15-9:30pm. Please arrive 30 min prior to get equipment sorted. Contact Sharon Veeneman 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!

Rocky Mountain Adaptive have a variety of camps and try it opportunities upcoming for the summer, be sure to check out our 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!



Seeking Participants for a Focus Group for Caregivers of those with SCI

We are currently seeking some Care Givers of persons with SCIs join a focus group. In this group, we will be looking at a Care Giver's survey which is intended to be used along with the "My Experience Survey". The purpose is to gather information to make improvements to hospital transitions for care givers who are supporting loved ones/persons with SCI. Please note: it does not matter how long the person has been a care giver. This focus group will be given the draft survey and asked to complete it. Then we will have an open discussion for feedback/improvements - total time commitment will be about 1.5 - 2 hours.

We are looking for 7-8 people to join and there are gift cards to compensate for time. Please contact brandice.lorch@sci-ab.ca or zahra.bhatia@sci-ab.ca for more information, or to participate in the study!

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/>

Indigenous Support Line | 1-844-944-4744

This toll free phone service connects indigenous callers with indigenous listeners. The support line aims to help people receive better, quicker and easier AHS healthcare. It also aims to connect patients, families, and communities to the networks of support available. This support line is for individuals as well as family members. It was set up as a step towards reconciliation and improving the health care experience of indigenous peoples. The line is open from noon-8pm Monday through Friday. You never have to make your healthcare journey alone! Call: 1-844-944-4744

For more information visit ahs.ca/isl or email: indigenouswellnesscare@ahs.ca

Baseball night info

Spinal Cord Injury Alberta will be one of the community member showcases at the Tuesday, July 23rd Edmonton Riverhawks Baseball Game against the Naimaka 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! Let's go Riverhawks!

Save the Date for the Upcoming YVC and YEG Summer BBQ's!

It's the best time of the year, BBQ season! If you are unable to make it to the Red Deer BBQ on June 22nd, there are other opportunities to enjoy some food, fun and sun at the other BBQ events throughout the province!

The Red Deer BBQ will take place on Saturday, August 3rd at Emily Murphy Park Site #1 from 10am-2pm. Calgary will be hosting their BBQ on August 11th from 11am-4pm at the Glennfield Day Use Area.

Save the dates, ticketing platforms will open soon!

Did You Know? | Telus for Good Program

Telus is committed to ensure that everyone has access to technology and healthcare, including marginalized groups, such as those with disabilities. There are several facets of the "Connecting for Good" programs. The "Mobility for Good" program offers free or low cost pre-loved smartphones and plans to low income seniors. The "Internet for Good" program offers low-cost connectivity for those with disabilities, low income seniors and youth aging out of care. "Tech for Good" offeres customized training and assistive technology for people with disabilities who face barriers using smartphones, tablets, computers and laptops. The "Health for Good" program provides improved access to primary and mental health services, and supporting low-income older adults to safely age in place with confidence. For more detailed information about any of these programs or to apply, visit their website at: <https://www.telus.com/en/social-impact/connecting-canada/connecting-for-good-programs>

Cultivating Safe Spaces

Cultivating Safe Spaces (CSS) is an educational initiative that equips individuals and organizations to cultivate environments that are inclusive, respectful, and safe. Through a comprehensive framework, CSS offers training, workshops, and resources aimed at promoting emotional safety, inclusivity, and empowerment. Its mission extends globally, with the goal of certifying one million leaders to impact one billion people across various sectors, nurturing spaces where everyone can feel connected, supported, and valued.

Cultivating safe spaces training helps people who are struggling to understand what decolonizing looks like in practice go from insecure and overwhelmed to being focused and empowered so they are able to communicate and contribute effectively to transforming systems

For more information check out their website at: <https://www.cultivatingthespaces.com/>

Advocacy | National Air Travel Accessibility Summit

On May 9, 2024, Canada's Chief Accessibility Officer, Stephanie Cadieux addressed attendees at Canada's first-ever National Air Accessibility Summit. The following statement summarizes her remarks:

"Mobility aids are extensions of the human body and need to be treated as such. Full stop. People with disabilities are passengers. Period. We are people, not machines, but right now, regulators and the sector are still willing to accept that many people with disabilities cannot access lavatories on planes. If the lavatory was out of service for everyone else, the plane simply wouldn't fly. But it is still considered acceptable for passengers with disabilities to go without. The inaccessibility of air travel goes beyond the issues faced by passengers with mobility issues. And many of those other concerns were voiced by members of the disability community in attendance yesterday. We've all heard the downright atrocious, inhumane experiences people with disabilities have endured during air travel, some resulting in serious injury, all causing deep emotional harm. We are talking about nothing less than the human dignity of each traveler. [...] This is a global issue. In some areas, Canada is leading the way, and we should be proud of that, but we should be much farther ahead. I also welcome the important legislative and regulatory tools introduced in the last five years, such as the Accessible Canada Act (ACA) and the Accessible Transportation for Persons with Disabilities Regulations (ATPDR). But progress overall is slow. People with disabilities are rightly fed up. Rights are not being respected, they are being "accommodated" in haphazard, often disrespectful ways, and when something goes wrong, remedies are inconsistent, time consuming, and physically and emotionally stressful for the person affected. We need concrete changes. Quickly. [...] Treating people with disabilities with dignity is not something that can be regulated by government. It is part of organizational culture, starting at the top. We need senior leadership to get vocal, be visible, and make it clear that providing accessible service is nonnegotiable. This is just a beginning, and a long overdue one. Above all, as laid out by the Accessible Canada Act, consultation with people with disabilities must remain constant and transparent. It simply has to be part of the way the sector does business."

Thank you Stephanie Cadieux for being a voice for all travellers with disabilities!

Happy June! - Kendra + Terry

