

## Intro + Last Month's Recap

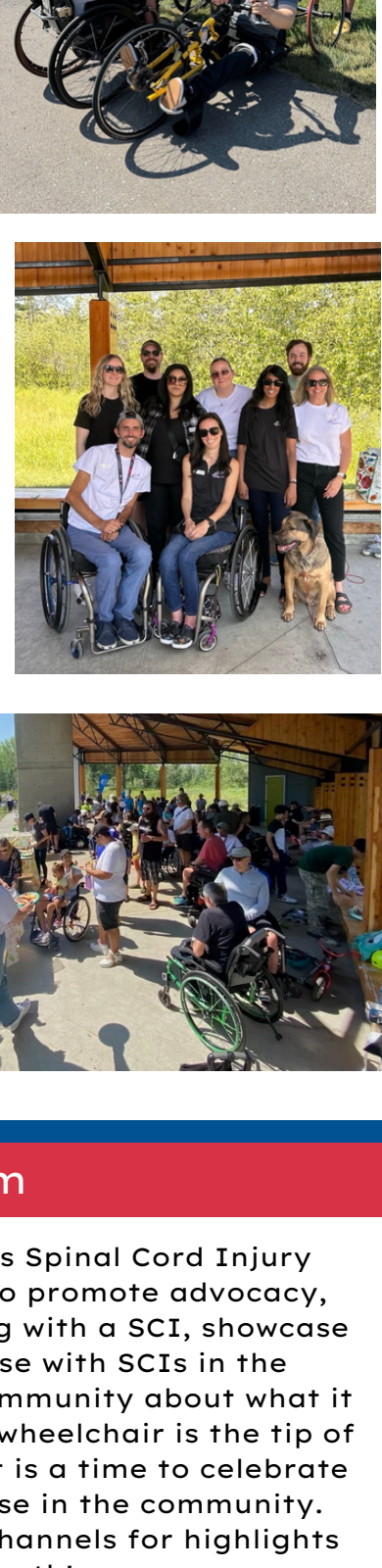


First and foremost, thank you to everyone who came out to our SCI-AB BBQ events in Calgary and Edmonton! It was great to see so many people come out and support the community!

For the YYC BBQ: Thank you to Hallister for donating the food! Thank you to Rocky Mountain Adaptive, Ultimate Para Sports, Permobil, National Seating and Mobility, and PADS Service Dogs for showcasing your awesome organizations with our clients!

Thank you to our YEG Sponsors: Red Plaid Developments for the amazing food, drinks and grill skills! Thank you to Coloplast, Permobil and Home Health Store for making it an afternoon to remember! Shoutout to the 102.5 Now Radio Truckle, for the sweet treats on a sunny summer day. As well as to Catherine McMillan for the amazing of caricatures everyone! Thank you to Voice of Albertans with Disabilities and the Commute Van for spending the day with us to promote advocacy in our community, and for the cold beverages on a hot day!

And most importantly, thank you to everyone who came out to enjoy a day of sunshine, smiles and shenanigans! It was amazing to get the community together and to celebrate the summer!

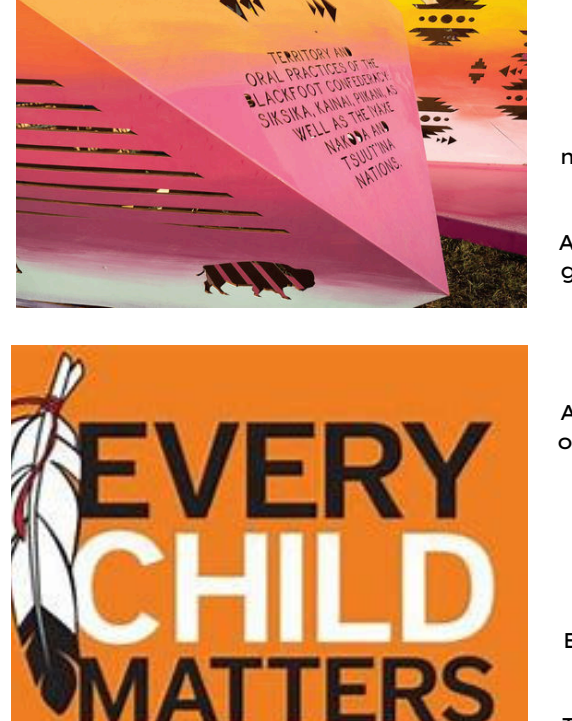


Check out video montages of all the fun at the events on our social media page, by clicking the links below:

[Calgary](#)  
[Edmonton](#)



## SCI Awareness Month - Green Ribbon Symbolism



Did you know that September is Spinal Cord Injury Awareness month? It is a time to promote advocacy, reflect on the experience of living with a SCI, showcase organizations supporting those with SCIs in the community, educate the wider community about what it means to live with a SCI (using a wheelchair is the tip of the iceberg!), most importantly it is a time to celebrate the successes and stories of those in the community. Stay tuned to our social media channels for highlights over the next month!

P.S. It isn't too late to submit your stories to [kendra.erhardt@sci-ab.ca](mailto:kendra.erhardt@sci-ab.ca) or [terry.tenove@sci-ab.ca](mailto:terry.tenove@sci-ab.ca)

These features will show how those in the community have Adjusted, Adapted, and Thrived!

## SCI-AB September 2024 Events:

### Upcoming SCI-AB Events in September:

Sept 2 - Offices Closed for Labour Day  
Sept 3 - [Virtual Ladies Chat](#)  
Sept 4 - [Online Peer Chat](#)  
Sept 4 - [YYC Peer Dinner](#)  
Sept 10 - [Coffee + Peers at the Glenrose](#)  
Sept 11 - [YYC Lunch](#)  
Sept 18 - [Online Peer Chat](#)  
Sept 24 - [Virtual Ladies Chat](#)  
Sept 24 - [YEG Peer Dinner](#)  
Sept 25 - [Pizza + Peers at the Glenrose](#)  
Sept 25 - [YYC Peer Dinner](#)

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

## National Truth and Reconciliation Day - Sept 30th



From September 23-30, Canada observes National Truth and Reconciliation Week. It culminates on September 30 with National Truth and Reconciliation Day. This is intended as a time of reflection on the impact of residential schools and the thousands of children who never made it home to their families.

Here are some ways to reflect and support indigenous communities and organizations. There are lots of different in person and virtual events taking place across the province:

Reconciliation garden opening on September 29 at 1pm at the East Lawn, Legislature grounds in Edmonton. The garden is named 'Kitsiy Maskliw / Askakmo' which is Cree and Blackfoot words meaning sacred medicine / save many people. The garden features a large stone monument by Cree sculptor Stewart Steinhauer. This monument is a direct response to the Truth and Reconciliation Commission's 82nd Call to Action. Alberta will be one of the first provinces to complete this action. The garden surrounding the monument includes traditional plants and elements to represent the children who did not make it home.

National Centre for Truth and Reconciliation (NCTR), APTN-TV, and the Anishinaabe Algonquin Nation will organize a nationally televised gathering on Parliament Hill. This cultural and commemorative event will take place at noon PDT (1pm EDT) and be broadcast by most Canadian media.

Check out a full list of events in your community here: <https://www.alberta.ca/day-for-truth-and-reconciliation>

Even if you aren't attending any events, you can wear orange on the 30th to show your support for reconciliation. You can read about the legacy of residential schools. You can read the summary of the Final Report of the Truth and Reconciliation Commission of Canada. You can watch films online about people's experiences at residential schools. You can learn about First Nations, Métis and Inuit cultures. You can visit a Friendship Centre. You can visit the Royal Alberta Museum and learn about the local indigenous cultures.

This can also be a time to reflect personally, outside of a group setting, perhaps by checking out local indigenous art featured in your community, or by supporting local indigenous businesses.

## In the Community + Across the Province:

With fall here comes the start of different adaptive recreation programs in the community. Sledge hockey season kicks off and runs until March, find a local club in your area here: <https://wheelchairsportsalberta.com/our-sports/para-ice-hockey/>

There is also a sledge hockey season para kick off event in Red Deer on September 14-15, at the Gary W. Harris Canada Games Centre in Red Deer, Alberta. This is a great way to meet other players, build a good foundation coming into the season for new players, or shake off the off season rust for veteran players. More details and registration can be found here: <https://www.hockeyalberta.ca/players/para-hockey/>

Wheelchair Sports Alberta will also have the wheelchair rugby season starting up! Find a local club here: <https://wheelchairsportsalberta.com/our-sports/rugby/> and play the only full contact wheelchair sport (it isn't called murderball for nothing).

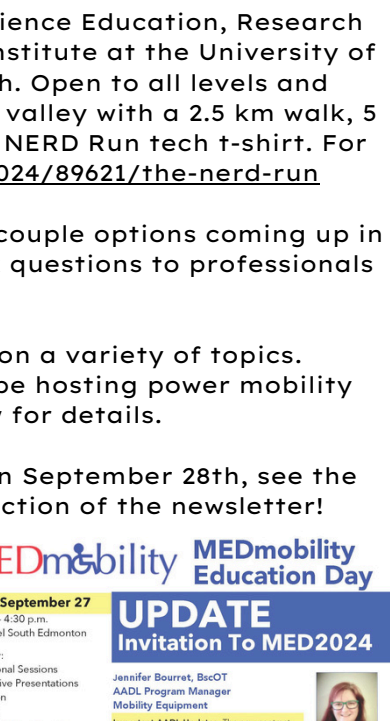
WSA also has try it days every Thursday evening from 6:30-8pm in the Glenrose main gym, there will be opportunities to try basketball, rugby, tennis, curling, roller sledge and much more on a rotating schedule.

The Alberta Cerebral Palsy Sports Association also has bocce try it days on Wednesday evenings from 5:30-7pm in the Glenrose Main Gym. Bocce 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.

The Alberta Cerebral Palsy Sports Association powerchair soccer program is also running until December, so it isn't too late to try it out and get involved! More info can be found here: <https://www.acpsa.ca/powerchair-soccer-programs>

The regular season for wheelchair basketball is starting up as well. Find a local club here: <https://wheelchairsportsalberta.com/our-sports/basketball/> and give it a go!

The Paralympics sports association offers several programs beginning in September. There are integrated spin classes on Mondays (<https://www.parasportsab.com/we-offer/fall-integrated-spin-mondays-102/>) and Wednesday (<https://www.parasportsab.com/we-offer/fall-integrated-spin-wednesdays-101/>) evenings. There is bowling on Friday afternoons in the Bonnie Doon Lanes (<https://www.parasportsab.com/we-offer/bowling-91/>). There is also adaptive floor hockey on Wednesday evenings (<https://www.parasportsab.com/we-offer/wheelchair-floor-hockey-89/>). They also have an adapted Taekwondo classes on Saturday mornings (<https://www.parasportsab.com/we-offer/adapted-taekwondo-24/>). For a full list of Fall/Winter programs, be sure to check out the PSA website! (<https://www.parasportsab.com/we-offer/categories/fall-winter-programs-10/>)



Rocky Mountain Adaptive will be making a trip up north to Edmonton, to showcase their awesome adaptive equipment! They will be hosting a variety of skill building days and try it camps. There will be an equipment demo day at the Glenrose on September 13th from 11am-4pm. There will be a paddle sport skills camp on September 14 and 15 (<https://rockymountainadaptive.com/book/912/>). There will be a bike skills camp from September 17-19th (<https://rockymountainadaptive.com/book/914/>) and there will be a multisport try it camp on September 20th (<https://rockymountainadaptive.com/book/911/>). All camps are FREE to attend, they just require a deposit to confirm your spot, but this deposit can be used as a credit for future adventures with RMA! Check out a full overview of their organization and program offerings on their website: <https://www.rockymountainadaptive.com/>

The Glenrose and the U of A have 2 events coming up in September that put the "fun" in fundraising! Firstly, the Glenrose Courage ride will take place on September 7th! It will take place at Pigeon Lake, which supports the world-class rehabilitation healthcare at the Glenrose Rehabilitation Hospital. A 58.5K fondo, the Courage Ride invites cyclists from beginner to avid to share in a morning filled with cycling, inspiration, and motivation. As part of your event registration, you'll enjoy a light breakfast, rider swag, and a post-ride bite. Fundraise individually or a join a team today! For more information or to sign up: <https://glenrosefoundation.com/event/2024-courage-ride/>

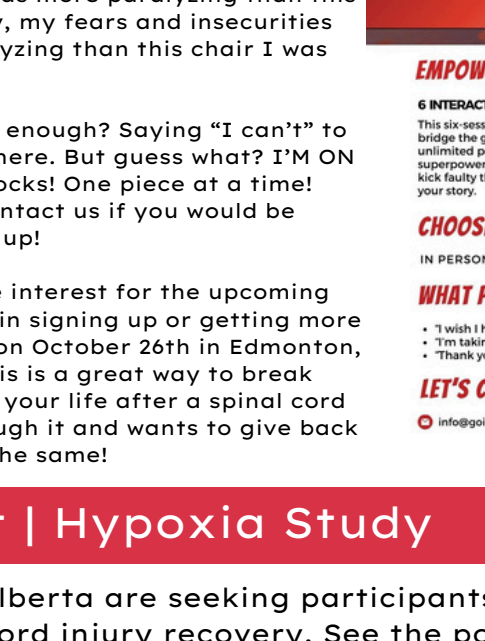
On September 14th, the University of Alberta will host The NERD Run (Neuroscience Education, Research and Discovery). It is a fun run organized by the Neuroscience and Mental Health Institute at the University of Alberta that raises awareness and support for brain and mental health research. Open to all levels and abilities, the race begins in Kinsmen Park and traverses the scenic Edmonton river valley with a 2.5 km walk, 5 km walk/run, or 10 km run. Register before August 30 and receive a free exclusive NERD Run t-shirt. For more information, or to sign up, please visit: <https://raceposter.com/events/2024/89621/the-nerd-run>



If you are looking for more education regarding your mobility devices there are a couple options coming up in September! These are great opportunities to expand your knowledge base and ask questions to professionals in the field!

Medmobility will be hosting an education day on September 27 and will focus on a variety of topics. Registration can be found here: <https://www.mmrhab.ca/Events/> Permobil will be hosting power mobility education days virtually on September 3 and 19th. See poster below for details.

Finally, there will be Accessibility Rallies taking place in Edmonton and Calgary on September 28th, see the poster above for more details, and learn more about the initiative in the last section of the newsletter!



## I am the Hero of My Story Empowerment Course - October 26th

Details on Vahen King's upcoming 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?

When I was first paralyzed, this "I can't" mentality, my fears and insecurities consumed me, and to be honest was more paralyzing than this chair I was sitting in. This limiting 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! One piece at a time! Does this sound like a course for you? Contact us if you would be interested in signing up!

We are helping to spread the word to gauge interest for the upcoming course, let us know if you would be interested in signing up or getting more info! There is an in-person course scheduled on October 26th in Edmonton, but there will be virtual options as well. This is a great way to break through limiting mindsets so you can rebuild your life after a spinal cord injury, spoken by someone who has lived through it and wants to give back to others so they can do the same!

**I AM THE HERO OF MY STORY!**

Introducing a transformative course that has the ability to empower you to conquer life's toughest challenges. Join me in a life-changing experience where your unique challenges become your superpower strengths.

**EMPOWER YOUR JOURNEY**

**KEY CONCEPTS**

- Disruptive size content!
- Interactive engaging & fun
- Strategies
- Ongoing support network

**CHOOSE YOUR EXPERIENCE**

IN PERSON ZOOM ONLINE COURSE

**WHAT PEOPLE ARE SAYING...**

- "I wish this didn't exist and was free!"
- "Thank you for creating a safe place."

**LET'S CONNECT**

#Empowermentjourney #IAMHERO

For more empowerment visit us at [www.ginglifter.org](http://www.ginglifter.org)

## Research Spotlight | Hypoxia Study

Researchers at the University of Alberta are seeking participants for a study investigating the effects of hyperoxia on spinal cord injury recovery. See the poster below for full inclusion criteria and details.

Can brief exposure to hyperoxia improve function after chronic spinal cord injury?

**Who is involved in the study?**

Dr. Jennifer Yang  
Principal Investigator  
Faculty of Rehabilitation  
University of Alberta

Dr. David Bennett  
Professor of Neuroscience  
University of Alberta

Dr. Yan Wang PhD  
Postdoctoral Researcher  
University of Alberta

**To participate in this study, contact:**

Michelle Barnes, PT  
(780) 802-4858  
carn@ualberta.ca

Ana Lucia Oima  
(780) 278-8274  
luciano@ualberta.ca

Project approved by:  
University of Alberta  
Human Research Ethics Board  
PH00001817

**Can brief exposure to hyperoxia improve function after chronic spinal cord injury?**

**What are we studying?**

We will examine whether treatment with high concentrations of oxygen (hyperoxia) improves recovery of motor function in a rodent model of chronic spinal cord injury.

**How will we do this?**

If you are interested in participating, we will arrange for you to be able to receive brief hyperoxia (50% oxygen) for a limited period of time (2-3 weeks). We will monitor your recovery of motor function using standardized tests of motor function before and after the intervention.

**Who can participate?**

Therapies (12 weeks) (2024) (2025) (2026) (2027) (2028) (2029) (2030) (2031) (2032) (2033) (2034) (2035) (2036) (2037) (2038) (2039) (2040) (2041) (2042) (2043) (2044) (2045) (2046) (2047) (2048) (2049) (2050) (2051) (2052) (2053) (2054) (2055) (2056) (2057) (2058) (2059) (2060) (2061) (2062) (2063) (2064) (2065) (2066) (2067) (2068) (2069) (2070) (2071) (2072) (2073) (2074) (2075) (2076) (2077) (2078) (2079) (2080) (2081) (2082) (2083) (2084) (2085) (2086) (2087) (2088) (2089) (2090) (2091) (2092) (2093) (2094) (2095) (2096) (2097) (2098) (2099) (2100)

**What do you can expect?**

You will be asked to participate in a series of tests to assess your current motor function. There will be an additional series of tests conducted during the hyperoxia intervention.

**What are some potential benefits?**

There is no known harm from participating in this study. The results of this study may help to determine whether hyperoxia is a useful treatment for improving recovery of motor function after chronic spinal cord injury.

**How much time does it take?**

Before starting the study, a physical therapist will collect your information about your medical history and your current motor function. You will be asked to participate in the study for 2-3 weeks. This includes 2 sessions of therapy with 20% hyperoxia (breathing 100% oxygen) for 2-3 hours per session, 5 days per week for 2-3 weeks.

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

## Insist on less, and get more from your catheter!

With less preparation, **SpeediCath** catheters with **Triple Action Coating Technology** provide less friction, less risk of harming your urethra, and less worry about UTIs.

Get a **FREE** cupholder for your wheelchair when you sample a **SpeediCath** Catheter!

To request a **FREE** catheter sample scan the QR Code or visit the link: [www.coloplast.ca/FreeSpeediCathSample](http://www.coloplast.ca/FreeSpeediCathSample)

## 2024 Paralympics in Paris | Cheer on Team Canada

The 2024 Summer Paralympics will be held in Paris from August 28th to September 8th. This will be the first summer Paralympic games hosted by France and the first ever games in Paris.

There will be over 500 events in 22 sports! Sports include: archery, athletics, badminton, badminton, canoe, cycling (road and track), equestrian, football, goalball, judo, para-boccia, para-atriathlon, powerlifting, rowing, shooting, sitting volleyball, swimming, table tennis, taekwondo, wheelchair basketball, wheelchair fencing, wheelchair rugby and wheelchair tennis! For the first time, Olympic Broadcasting Services will provide live telecasts for all 22 Paralympic sports (increased from 19 in Tokyo). Coverage will also be broadcast on Channel 4 television and Channel 4 Sport on youtube. There are lots of Canadian athletes to celebrate and cheer on!

For the first time the Canadian Paralympic Committee (CPC) has unveiled the IGNITE the Light virtual seats fundraising initiative. This will allow for Canadians across the country to show their support for athletes by purchasing virtual seats that will fill a virtual stadium of support and encouragement. The seats are \$25 each, and each donor will receive a customized personal seat graphic to be able to share on social media. This will allow Canadians to be a part of the Paralympic movement. Funds will go towards ensuring that athletes have essential resources they need for years to come to achieve their dreams and to showcase the power of inclusivity in sport. Funds will also go towards athletes at all levels of sport across the country. From helping out with the cost of adaptive sport equipment, help to gain access to Paralympic sport programs and coaches, and to learn from specialized training and competition opportunities. To learn more about this initiative, check out: <https://paralympic.ca/foundation/ignite/>

Here's a look at the diverse range of events you can expect:

**Athletics:** This category includes track and field events like sprints, middle-distance races, and field events such as javelin, discus, and shot put. Athletes compete using wheelchair, prosthetics, or other adaptive technologies.

**Wheelchair Basketball:** This fast-paced sport mirrors able-bodied basketball but with players using wheelchairs. Teams of five compete to score points by shooting a ball through the opponent's hoop, emphasizing teamwork, strategy, and skill.

**Wheelchair Rugby:** Known for its physical intensity, wheelchair rugby is a contact sport where athletes use specially designed wheelchairs to play a version of rugby. Teams aim to carry the ball across the opponent's goal line, navigating a blend of strategy and physicality.

**Para Swimming:** Para swimming features a range of events including freestyle, backstroke, breaststroke, and butterfly. Athletes with various types of impairments compete across different classifications, showcasing speed and technique in the pool.

**Para Cycling:** Athletes compete in road races and time trials, using handcycles, tandem bikes, or specially adapted bicycles. The sport highlights endurance, speed, and strategic racing across varied terrain.

**Para Rowing:** Rowers with physical impairments participate in single and double sculls, racing over set distances. The sport emphasizes strength, coordination, and teamwork in specially designed boats.

**Para Judo:** Adapted from the traditional sport, Para judo includes athletes with visual impairments competing in weight categories. The goal is to throw, pin, or submit the opponent, relying on technique and tactical skill.

**Sitting Volleyball:** Played on a smaller court with a lower net, sitting volleyball features teams of six competing to send the ball over the net. Athletes must maintain a sitting position, emphasizing agility and coordination.

**Para Ice Hockey:** In this ice sport, players use sledges to move and handle the puck. The game closely resembles able-bodied ice hockey but is adapted for athletes with lower limb impairments, featuring high-speed action and tactical play.

**Para Taekwondo:** This martial art involves athletes competing in weight categories to score points through controlled strikes and kicks. The sport is adapted for athletes with physical impairments, focusing on technique and precision.

**Para Archery:** Archery for athletes with physical impairments involves shooting arrows at targets from a set distance. Competitors use adaptive equipment as needed, demonstrating precision, focus, and skill.

**Para Sailing:** This sport allows athletes with physical impairments to compete in sailing events using specially designed boats. It highlights navigational skills and teamwork on the water.

**Boccia:** Boccia is a precision ball sport similar to boules, played indoors. Athletes with severe physical disabilities use ramp systems or assistive devices to roll or throw balls towards a target, aiming for accuracy and strategy.

**Goalball:** Played by athletes with visual impairments, goalball is a team sport where players use bells in the ball to locate it by sound. Teams aim to score by rolling the ball into the opponent's goal, emphasizing teamwork and auditory skills.

Each of these sports not only showcases the athletic prowess of competitors but also the diverse ways in which athletes with physical disabilities excel in their respective disciplines. The 2024 Paralympic Games will be a celebration of resilience, skill, and the spirit of competition, offering a platform for these extraordinary athletes to shine.

The games will be streamed for free on the Paralympic YouTube Channel and CBC Gem, so don't miss any of the action!

There are several Alberta athletes that will be competing in Paris: Nik Goncin, Chad Jassman, Reed De'Aeth, and Arinn Young in wheelchair basketball; and Zak Madell in wheelchair rugby.

Also a shout out to Suzanna Tangen from Ultimate Para sports in Calgary who will be representing her home country Norway and competing in hand cycling at the games.

Finally shoutout to the commentators, Brian Hnatow and Michelle Salt who will keep you up to date will all the action!

Check out highlights from the amazing opening ceremony here: [https://youtu.be/50puJ3SPfEQ?si=KvpeLpcM\\_SrJ96fv](https://youtu.be/50puJ3SPfEQ?si=KvpeLpcM_SrJ96fv)

Fun fact it was the first Paralympic opening ceremony that took place outside of a stadium setting!

Let's go Team Canada!

## Advocacy | Barrier-Free Alberta (BFA) Accessible NOW Rally

Did you know that Alberta is one of the last provinces in Canada without an Accessibility Act?

In a world where inclusivity should be the norm, there remains a pressing need to address accessibility barriers that hinder the lives of thousands of individuals. On Saturday, September 28th, advocates, allies, and community members will gather for a pivotal rally aimed at championing accessibility legislation in Alberta. This event marks a significant step toward creating a more inclusive and equitable society for all.

**Why Accessibility Legislation Matters:**

Accessibility is a fundamental human right. Yet, countless individuals face obstacles on a daily basis that prevent them from fully participating in society. From navigating public spaces to accessing essential services, the challenges are numerous and varied. Effective accessibility legislation is crucial for dismantling these barriers and ensuring that every person, regardless of ability, can live with dignity and independence.

**Event Details:**

Date: Saturday, September 28, 2024  
Time: 1:30PM - 2:30PM

Edmonton: Alberta Legislature Building Front Steps  
Calgary: McDougall Centre 455 6 St SW, East Lawn

**Who Should Attend:**

Everyone! Whether you're a person with a disability, a family member, a caregiver, a healthcare professional, or an ally, your presence is vital.

**How You Can Support the Cause:**

Attend the Rally: Your presence is powerful. Join us to show your support and solidarity.

Spread the Word: Share information about the rally on social media using the hashtag #BarrierFreeAb. Encourage friends, family, and colleagues to attend.

Engage with Lawmakers: Contact your Member of the Legislative Assembly (MLA) to express your support for accessibility legislation. Personal stories and constituent voices can have a significant impact.

Share Your Barriers: Post photos or videos of the barriers you face to accessing public spaces or the essential resources you need. When sharing to social media, use hashtag #BarrierFreeAb!

**Looking Ahead:**

The Impact of Accessibility Legislation

Strong accessibility legislation in Alberta can lead to transformative changes, including:

- Inclusive Public Spaces: Ensuring that all public buildings, parks, and transportation systems are accessible to everyone.
- Employment Opportunities: Mandating workplace accommodations and inclusive hiring practices.
- Accessible Education: Guaranteeing that educational institutions provide the necessary support for students with disabilities.
- Comprehensive Healthcare: Improving access to healthcare services for all. Plus, much more!

By advocating for these changes, we are fostering a society that values and respects diversity in all its forms.

Join Us

Together, we can build a future where accessibility is a given, not a privilege. Join us on September 28, 2024! Let's make our voices heard and drive the change we wish to see. Together, we can create a more inclusive Alberta for all. To learn more and to read about accessibility stories, please visit the Barrier Free Alberta website: <https://www.barrierfreeab.ca/news>

**Accessibility NOW!**

Barrier-Free Alberta

Why You Should Attend

- Alberta is one of the LAST provinces without an Accessibility Act!
- Show your support and solidarity for a barrier-free province
- Share your stories and contributions of individuals with disabilities
- Make an active voice to ensure everyone has the opportunity to live the life they deserve

September 28, 2024

1:30 PM - 2:30 PM

Calgary  
McDougall Centre  
455 - 6 St SW

Edmonton  
Alberta Legislature Building  
100 St J Ave N

Strong and effective Accessibility Legislation will benefit all Albertans. ASL Interpretation available.

Happy Autumn! We'll be pumpkin you up with more updates soon. Until then, stay gourd-geous! - Kendra + Terry