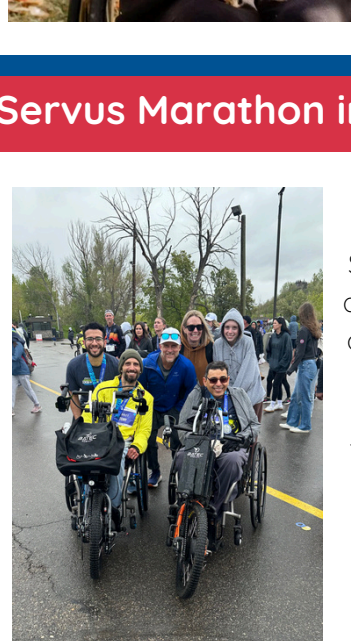


## Intro + Last Month's Recap



**It's not an April Fool's joke: April 2025 marks the return of the peer newsletter!**

We were also able to get the ladies virtual peer chats back up and running last month, and the YEG peer dinners are back in rotation as well! April 7th marks World Health Day – a day to reflect on what wellness and health mean to you while living with an SCI. We know that health isn't just about doctor visits—it's about movement, community, and access to the right support. Whether it's staying active with adaptive equipment, connecting with peers for mental well-being, or advocating for accessible healthcare, SCI-AB is here with you all the way!

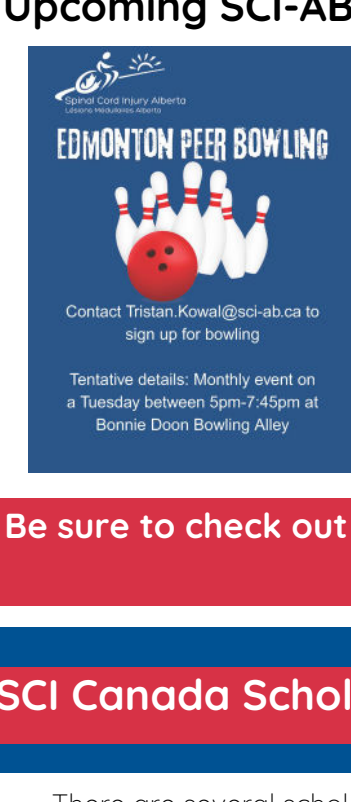


April 11 marks National Pet Day, a purr-fect way to celebrate our furry family members. Earth Day is marked on April 22, and this year is the 55th anniversary of the movement, this year's theme is "Our Power, Our Planet"; it is an opportunity to reflect and take action.

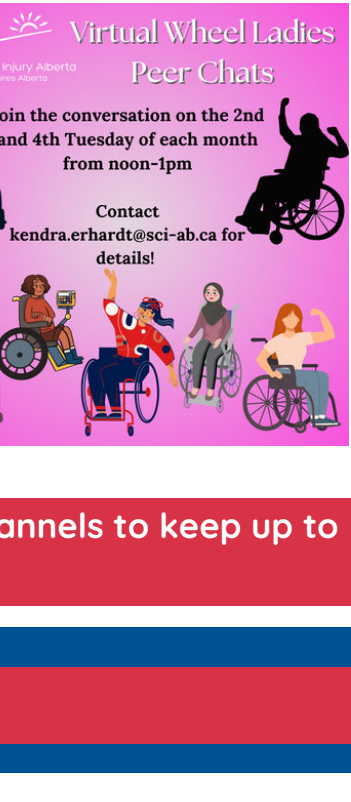


Finally, April 28th marks National Superhero Day! This is a fun way to celebrate the superheroes in our lives, whether that is doctors, nurses, health professionals, family, friends, volunteers, or anyone else who is making the world a better place one day at a time!

## Servus Marathon in Calgary



Spring is in the air and it means that one of the most anticipated events of the year is just around the corner – the Servus Calgary Marathon! You can create your own team, join an existing one, or donate to support. Once again, peer mentor and powerhouse Shameil Elsayed, is racing and fundraising on behalf of SCI-AB and his co-workers at Cenovus.

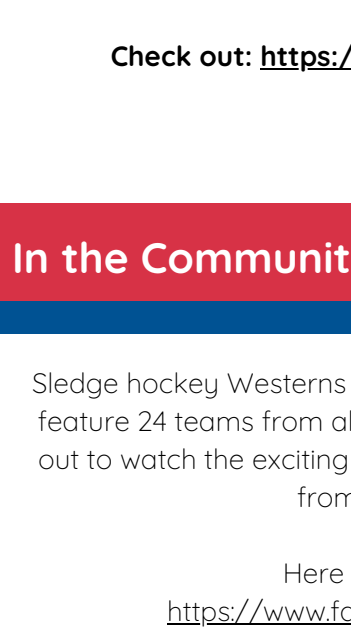


Thank you for everyone for your support, and we hope to see you on race day! **The event can be done in person, or virtually as well, so it can be done from anywhere in the province!**

Sign up here: <https://raceroster.com/events/2025/88010/servus-calgary-marathon-2025/pledge/team/737999>

## SCI-AB April 2025 Events:

### Upcoming SCI-AB Events in April:



- April 3 – YEG Pizza + Peers at the Glenrose
- April 8 – Virtual Ladies Chat
- April 15 – YEG Coffee + Peers at the Glenrose
- April 16 – Online Peer Chat with Terry
- April 17 – YEG Peer Dinner
- April 18 – Good Friday (Offices Closed)
- April 21 – Easter Monday (Offices Closed)
- April 23 – YEG Peer Dinner
- April 22 – Virtual Ladies Chat
- April 24 – SCI Education Day (Virtual Event)



Be sure to check out our [online events calendar](#) or our social media channels to keep up to date on upcoming events!

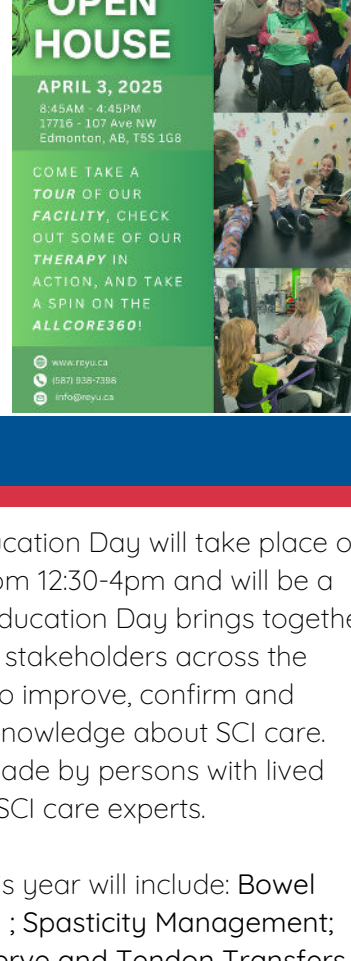
## SCI Canada Scholarships Available

There are several scholarships available to those with SCIs in Alberta, but the deadlines are coming up quick!

- Copnick Hilliard Scholarship (\$1,500)** – For Canadian students with a spinal cord injury.
- Sun Life Financial Scholarship (\$1,500)** – For peer support volunteers (letter from corporate member required).
- Kirby Rowe Scholarship (\$1,000)** – For students in management and leadership, honoring William Kirby Rowe's legacy.
- Thomas O. Parker Scholarship (\$1,500)** – For students pursuing career development after high school.

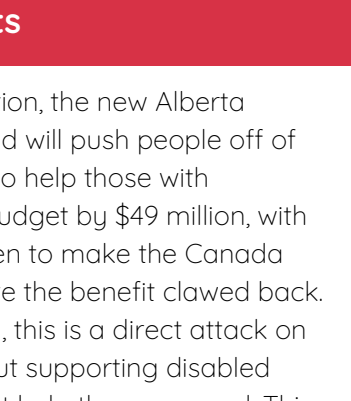
Apply today and take your next step toward success!

Check out: <https://sci-can.ca/application-scholarship> for more information or to apply!



## In the Community + Across the Province:

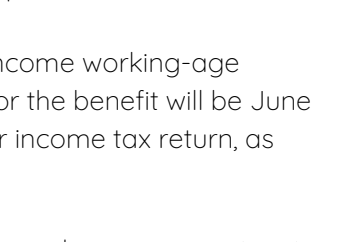
Sledge hockey Westerns will take place in Calgary at Winsport, from April 4-6th and will feature 24 teams from all over Western Canada at both the Jr and adult level! Check it out to watch the exciting game, and check out the try it opportunity event on Saturday from 11:15am-12:30pm to give it a go yourself!



Here is a link to the tournament facebook page: <https://www.facebook.com/share/14fr5NNwCl/2mbextid-wxWlfr>

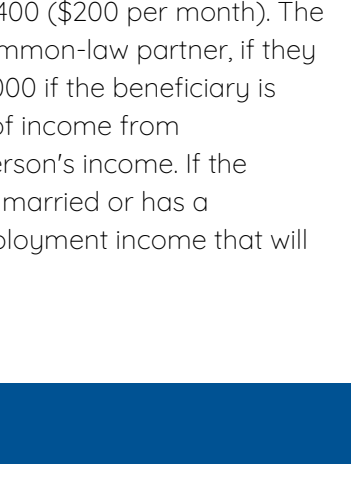
This will have up to date schedules and results. There will also be a large silent auction and raffle taking place over the tournament. So be sure to check it out for some sweet deals!

In celebration of Rey's 8th birthday they will be hosting an open house this year! It will take place on Thursday, April 3rd, 2025 from 8:45am-4:45pm at the ReYu Paralysis Recovery Centre. This will be a day to celebrate ReYu and explore their programs and offerings, be sure to check it out! For more information about their organization, check out their website at: <https://www.reyu.ca/>



Rocky Mountain Adaptive (RMA) has their annual Shredability camp on April 12, for more information or to register, visit: <https://rockymountainadaptive.com/event/shredability/>

Great news that boccia programming will be returning to Edmonton this month. Boccia is a fun, challenging, and inclusive sport that is open to all ages. Check out the poster or contact ACPSA at [edmonton@acpsa.ca](mailto:edmonton@acpsa.ca) for details.



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

## 4th Annual SCI Education Day - April 24th

4th Annual Spinal Cord Injury Education Day 2025  
Thursday, 24th April 2025  
12:30pm - 4:00pm

Discussion Topics:  
• Bowel Management  
• Spasticity Management  
• Wheelchair Seating  
• Nerve and Tendon Transfers

REGISTER NOW!  
Registration is free.  
www.eventbrite.com/e/4th-annual-spinal-cord-injury-education-day-2025-tickets-1237985480899

The 4th annual SCI Education Day will take place on Thursday, April 24th from 12:30-4pm and will be a virtual event. The SCI Education Day brings together spinal cord injury (SCI) stakeholders across the province and beyond to improve, confirm and further entrench their knowledge about SCI care. Presentations will be made by persons with lived experience of SCI and SCI care experts.

Topics of discussion this year will include: Bowel Management after SCI ; Spasticity Management; Wheelchair Seating; Nerve and Tendon Transfers.

Registration is free can be found here: <https://www.eventbrite.com/e/4th-annual-spinal-cord-injury-education-day-2025-tickets-1237985480899>

## Canadian Disability Benefit Update and Alberta Disability Program Cuts

In the past few months, the disability community has faced some significant challenges. In addition, the new Alberta Disability Assistance Program (ADAP) was introduced with few details and zero consultation, and will push people off of AISH into workplaces that are not accessible and cutting employment supports and programs to help those with disabilities find employment, and now the Alberta Government has reduced the 2025-26 AISH budget by \$49 million, with another \$22 million in 2026-27 and a further \$6 million in 2027-28. Furthermore, they have chosen to make the Canada Disability Benefit (CDB) non-exempt income, so AISH recipients who qualify for the CDB will have the benefit folded back. The Alberta government has once again made it clear that disabled Albertans are not a priority, this is a direct attack on the financial future and security for many Albertans. Zachary Weeks says it best: "This isn't about supporting disabled Albertans—it's about pushing them off social assistance while removing the very safety nets that help them succeed. This isn't just a policy shift—it's a disability rights crisis." As Albertans we need to raise awareness about the cuts and the potential harm they will do to vulnerable people. **Contact your MLA and ask why AISH and disability employment services are being slashed.**

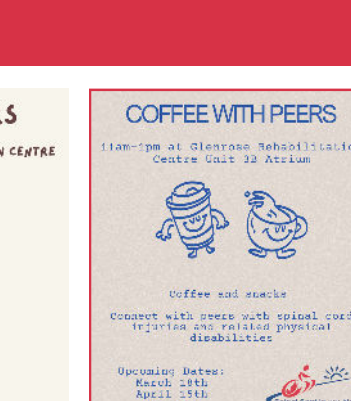
The Canada Disability Benefit will come into effect on May 15, 2025, with the first payments being issued in July. The payment is touted as a step forward to improve Canada's social safety net. It is meant to supplement existing federal, provincial, and territorial income support measures. Starting in June 2025, residents between 18 and 64 years old can qualify for the benefit if they have approved for the Disability Tax Credit (DTC) and meet the benefit's other eligibility requirements. The Canada Disability Benefit is a key commitment and is the cornerstone of Canada's Disability Inclusion Action Plan (DIAP), which is a blueprint for change to make Canada more inclusive for persons with disabilities.

The Canada Disability Benefit will be a new income-tested benefit providing low- and modest-income working-age persons with disabilities up to \$200 per month in financial support. The first month of eligibility for the benefit will be June 2025, and it is expected that payments will begin in July 2025. They also need to have filed their income tax return, as does their spouse or common-law partner if they have one.

The maximum amount of the benefit for the July 2025 to June 2026 payment period will be \$2,400 (\$200 per month). The amount a person can receive will depend on their income and the income of their spouse or common-law partner, if they have one. The benefit will be reduced by 20 cents for every dollar of income that is above: \$23,000 if the beneficiary is single or \$32,500 if the beneficiary is married or has a common-law partner. A certain amount of income from employment or self-employment will be exempted from (not counted in) the calculation of a person's income. If the beneficiary is single, the maximum amount that will be exempted is \$10,000. If the beneficiary is married or has a common-law partner, the maximum amount of the couple's combined employment or self-employment income that will be exempted is \$14,000.

## Technology Spotlight : SpineAlly App is now live!

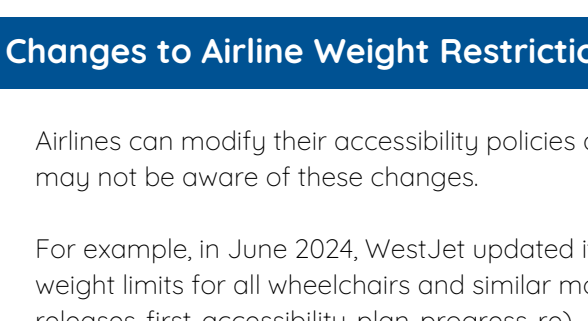
The SpineAlly app has been in development over the last few years by the Restore Network team at the University of Calgary. The app allows users to track specific health wellness markers that are important to them, such as catheterization schedule or volumes, mental health tracking, bowel routine tracking, mobility equipment renewals, and much more.



The app also has built in educational resources and links to current research studies to enroll in. Another cool feature is the built in chat bot that can help answer questions and direct to resources.

More information or to download check out: <https://spineally.ca/>

## Did You Know? My Chart App



Another cool app that can help simplify health management for Albertans is the "My Chart App" this allows users to have access to test results, past visit summaries, appointment information, and a chat function to contact clinicians and health care providers. This is a great way to have all health information secure and in one place. Find out more information here: <https://myhealthconnect.albertahealthservices.ca/MyChartPRD/Authentication/Login>

## New Upcoming Peer Program Offerings

We are happy to announce a new member of our peer team in the Edmonton office Tristan Kowal! Tristan will be taking the lead on several new exciting peer initiatives. These programs are still in the works, but here is a sneak preview of what to expect:

- Peer Led Bowling Program** at Bonnie Doon Lanes on Tuesday Evening with Guy for \$7/person (see poster in the events section of the newsletter! above)
- Swimming program** for those with SCIs or related physical disabilities. This is a great opportunity to gain confidence and skills in the water in a safe and controlled setting. Complete the form via QR code or link on swim poster to get the program rolling. Or [fill the form here](#)

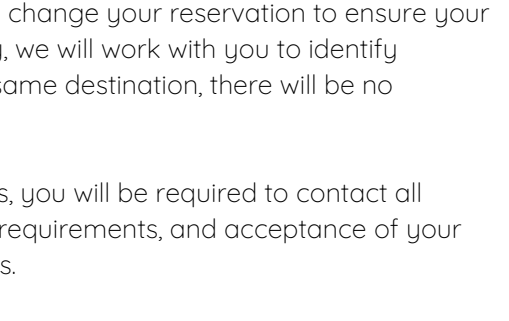
Help start a peer swim group in Edmonton by filling out this survey!

SCI AB Edmonton Peer Swimming Group

Scan the QR code to fill out the survey: <https://bit.ly/38888888>

## Alberta SCI Research Updates | Recruitment Database

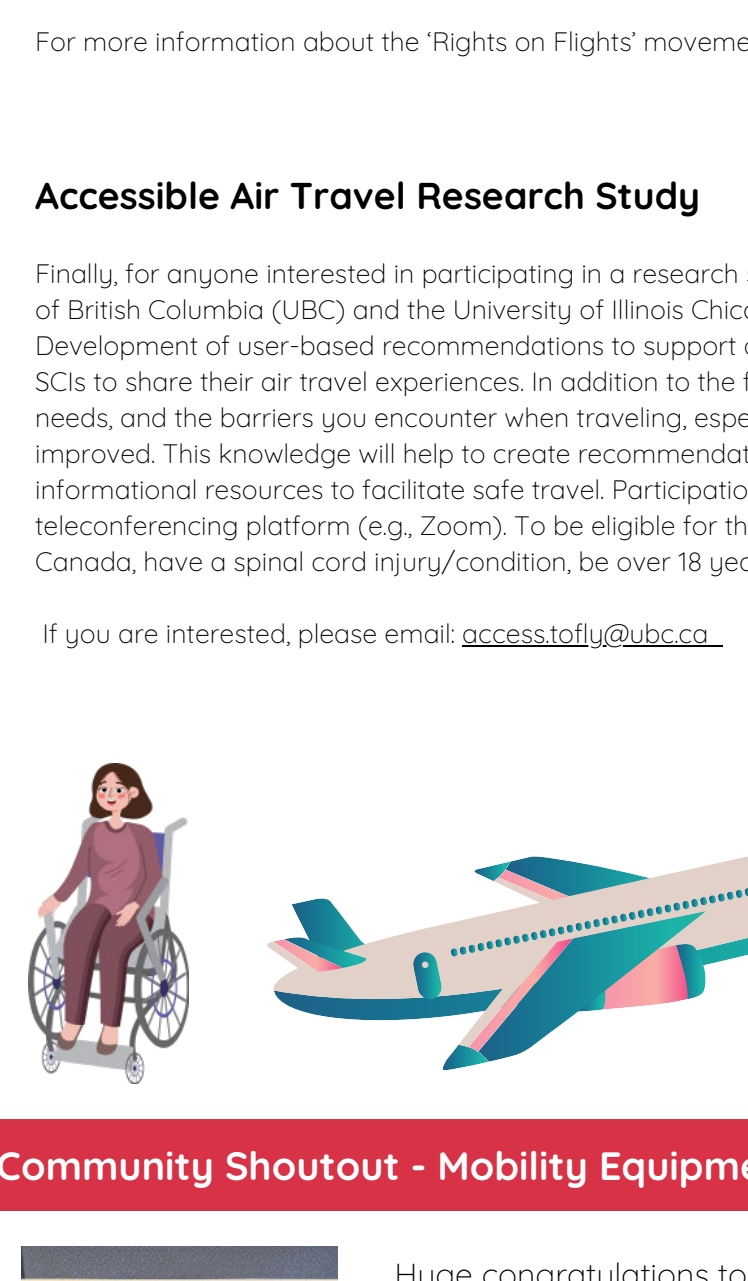
Spinal Cord Injury Research Participant Recruitment Database A new database to assist in informing individuals with SCI about potential research studies that are currently recruiting is now live at <https://redcap.link/SCIdatabase>.



Individuals who are interested in having researchers contact them about trials in Alberta that are of interest to them should please enroll using the link provided. You may indicate what types of studies interest you if you have any questions about this database, please contact Dr. Jessica D'Amico at the Glenrose Rehabilitation Hospital/University of Alberta at [damicoj@ualberta.ca](mailto:damicoj@ualberta.ca).

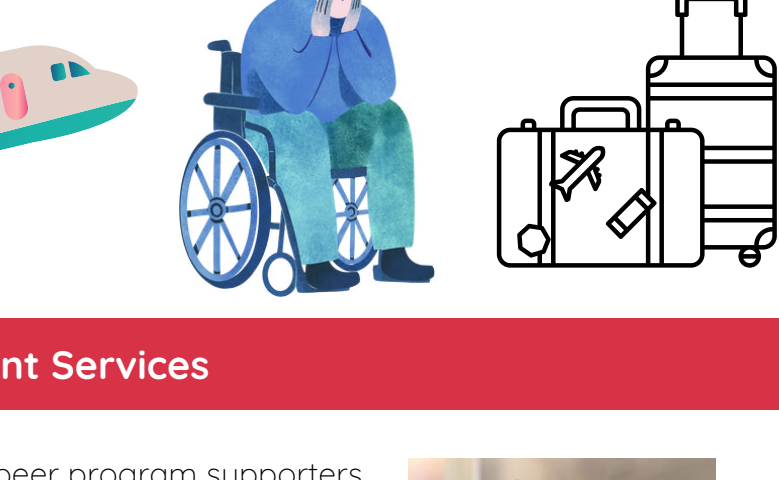
A new database to assist in informing individuals with SCI about potential research studies that are currently recruiting is now live at: <https://redcap.link/SCIdatabase>

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



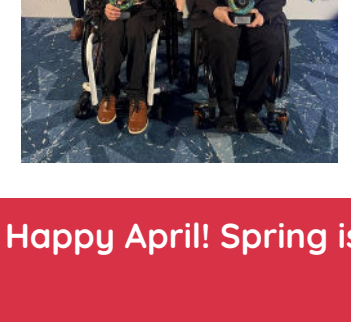
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## Community Shoutout - Mobility Equipment Services



Huge congratulations to peer program supporters **Mobility Equipment Services** for being recognized as the Diversity, Equity, Inclusion, and Accessibility Business of the Year at this year's Edmonton Chamber of Commerce awards.



Also, congratulations to their very own Amanda Emery on winning the "Young Business Leader of the Year! Amazing work! Looking forward to what the future holds!

## Happy April! Spring is just around the corner!

- Kendra + Terry + Tristan

