

Intro | Happy Canada Day!



As the red and white flags wave and fireworks light up the sky, Canada Day offers a moment for all of us to reflect on what makes our country special—and why we're proud to call it home. From breathtaking natural landscapes to the deep sense of community that unites us coast to coast, there's a lot to celebrate. So whether you're firing up the grill, soaking in some Tragically Hip classics, or rewatching Schitt's Creek for the hundredth time (because why not?), it's the perfect time to reflect on what makes the Great White North so proudly Canadian.

For Canadians living with spinal cord injuries this day is also a time to recognize the progress we've made in accessibility, inclusion, and advocacy. Whether it's the growing number of barrier-free spaces, the support of strong peer networks, or the spirit of resilience that lives in our community, there's so much to be proud of—not just as Canadians, but as people who continue to redefine what strength and independence look like.

We're proud to live in a country where accessibility is becoming a bigger part of the national conversation, where universal design is shaping public spaces, and where stories of strength, independence, and community—like ours—are worth celebrating every bit as much as hockey wins or Tim Hortons runs.

Happy Canada Day!



New Survey Roll Out for SCI-AB Program Review


We have worked hard with our colleagues across Canada to develop an evaluation tool for the Peer Program. We are happy to be launching it now and would appreciate your responses. You are a valued member of the SCI-AB peer program and your feedback will assist us with understanding how your involvement with the program has impacted you and where improvements can be made.

You will be entered into a draw to win a gift card for completing the survey.

The links to complete the surveys are below:

Peer Program Survey

Client Services Coordination Survey



2024/25 SCI-AB AGM Report



Spinal Cord Injury Alberta had our Annual General Meeting (AGM) on June 25th and the report from last year is now available to the public, [check it out by clicking here](#)

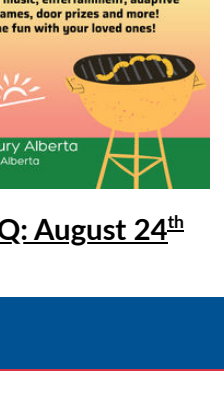
Or on our website at: <https://sci-ab.ca/annual-report/>

SCI-AB June 2025 Events:

Upcoming SCI-AB Events in July:


July 1st: Canada Day (Offices Closed)
July 3rd: YEG Muttart with Peers
July 8th: Virtual Ladies Peer Chat
July 8th: YEG Peer Bowling
July 9th: YYC Peer Dinner
July 15th: Coffee + Peers at the Glenrose

July 16th: Virtual Peer Chat with Terry
July 16th: YEG Peer Dinner
July 19th: Red Deer BBQ at Rotary Park
July 20th: K-Days Peer Meet Up
July 22nd: Virtual Ladies Peer Chat
July 28th: Degenerative Disability Peer Chat
July 30th: YYC Coffee Meet Up
July 31st: Pizza + Peers at the Glenrose

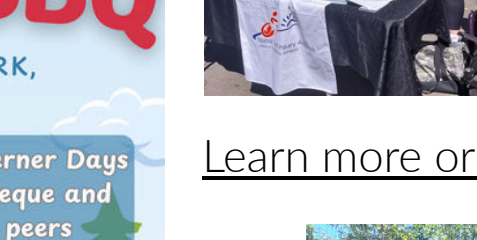


Be sure to check out our [online events calendar](#) or our social media channels to keep up to date on upcoming events!

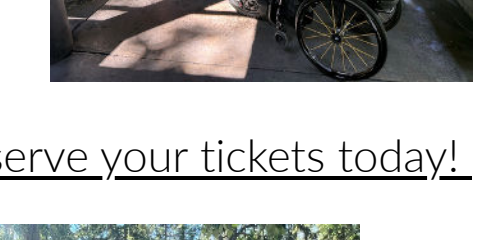
Get Your Tickets Now for the Upcoming SCI-AB BBQs !



Red Deer BBQ: July 19th





Calgary BBQ: August 10th



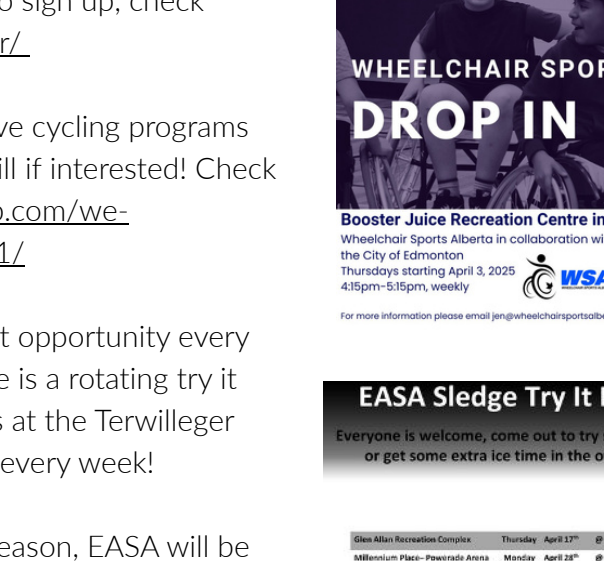
Edmonton BBQ: August 24th

Red Deer Summer BBQ | July 19th 11am-2:30pm





[Learn more or reserve your tickets today!](#)



In the Community + Across the Province:

The Paralympic Sports Association (PSA) adaptive golf program is now in full swing and looking for participants. It will take place at the Victoria driving range in May and June. For more information on PSA program offerings or to sign up, check out: <https://www.parasportsab.com/we-offer/>

July marks the start of both the adaptive kayaking and adaptive cycling programs through PSA in Edmonton. There may be a chance to sign up still if interested! Check out all the programs here: <https://www.parasportsab.com/we-offer/categories/spring-summer-programs-11/>

Wheelchair Sports Alberta (WSA) has an adaptive sports try it opportunity every Thursday at the main gym at the Glenrose from 2-3pm, there is a rotating try it schedule. There is also now the option to try adaptive sports at the Terwilliger Recreation Complex on Thursdays from 4:15-5:15pm every week!

For those looking for extra ice time in the sledge hockey off season, EASA will be hosting free ice times over the spring/summer. Please contact Sharon (780-721-7071) if planning to attend, and if you need any equipment. No experience is necessary, and family/friends are welcome to come and play/try as well! See the poster for all spring/summer ice times. For July, the ice times will be on July 14th from 8:15pm-9:30pm and on July 21st from 9:15pm-10:30pm at Millennium Place Chev Area in Sherwood Park.

Rocky Mountain Adaptive has lots of awesome things coming up this summer. From camps, to lessons, or equipment rentals, they will have something you will love! They have adaptive mountain bikes, accessible paddleboards, kayaks and more! Between biking, hiking and paddling, it is a great way to enjoy the mountains during the summer months!

Ultimate Para Sports will be starting up an [adaptive scuba program](#) out of Cochrane at the SLS Center. The try scuba nights will be free on Tuesday evenings, and then it is \$550 if you want to complete your open water certification!

Nothing says summer like waterski season! Come try out adaptive waterskiing at one of the try it days scheduled across the province! See the poster for details, for more details check out: [Waterski Wake Alberta](#)



Community Advocacy | WAV Calgary App Update

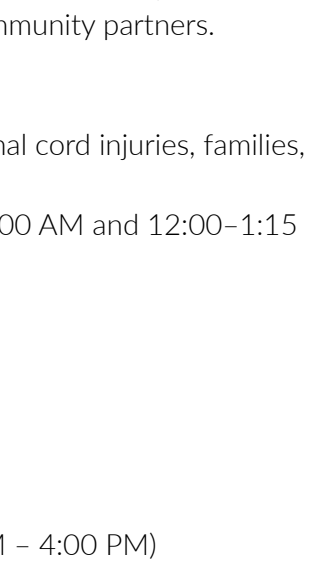
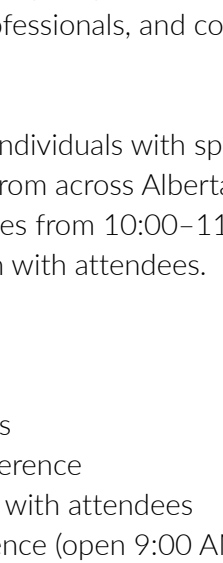
Do you use the WAV Calgary application to book an accessible taxi? Or do you know anyone that does? Then this will be of interest to you.

Anyone using this app will find out it no longer works, nor does the current App from Checker Cabs. There was no notice supplied to any of the users about this, either.

Here's what you have to do: uninstall your existing app (there is no update for it), then go to your Google play store or Apple App Store and install the the identically named out to the new developer.

The icon should be the same. This note applies to many Access Calgary users, but they refuse to communicate on this as they say it's not their app. And the City of Calgary says it's an Access Calgary issue so they won't communicate about it either!

-Stewart Midwinter



Upcoming Peer Conference (Sept 18th) - Get Your Tickets Today!



Spinal Cord Injury Alberta invites you to join us as a for the **2025 Peer Conference** on Thursday, September 18th at TELUS Spark in Calgary. This year's theme, Living Beyond Limits, celebrates resilience, independence, and connection in the spinal cord injury and disability community. The Peer Conference brings together individuals with spinal cord injuries, other physical disabilities, families, caregivers, healthcare professionals, and community partners.

Vendor Registrations:

Showcase your products or services to a passionate, engaged audience of individuals with spinal cord injuries, families, caregivers, professionals, and community partners from across Alberta.

The event runs from 10:00 AM to 3:00 PM, with dedicated trade show times from 10:00–11:00 AM and 12:00–1:15 PM to maximize vendor exposure and interaction with attendees.

Vendor Booth Includes:

- One 6-foot table
- Admission for two representatives
- Lunch and full participation in the conference
- Opportunity to engage in sessions and network with attendees
- Opportunity to explore TELUS Spark before or after the conference (open 9:00 AM – 4:00 PM)
- Vendor Pricing: \$400 Early Bird

Individual Registrations:

Attendees will have the opportunity to learn from engaging presentations, take part in panel discussions, and connect with others who are passionate about accessibility, inclusion, and innovation. Attendees will also have access to the vendor showcase. The event runs from 10:00 AM to 3:00 PM, with dedicated trade show times from 10:00–11:00 AM and 12:00–1:15 PM

Participant Registration Includes:

- Admission to all sessions and activities (10:00 AM – 3:00 PM)
- Access to the vendor showcase
- Complimentary lunch and refreshments.
- Opportunity to explore TELUS Spark before or after the conference (open 9:00 AM – 4:00 PM)
- Opportunities to network and build community.
- Participant Pricing: \$25 Early Bird

Research Study Spotlight: Rear Anti-tip Devices for Manual Wheelchairs

The Wheelchair Research Team at Dalhousie University is seeking feedback from English-speaking wheelchair service providers through a short survey about rear anti-tip devices (RADs) for manual wheelchairs.

This 20-minute survey focuses on a new design, the Arc-RAD, that the team hopes to refine and commercialize. Your insights could directly influence the next generation of RADs and ensure that they truly meet the needs of riders and providers alike. We also hope that you will find the survey interesting and informative.

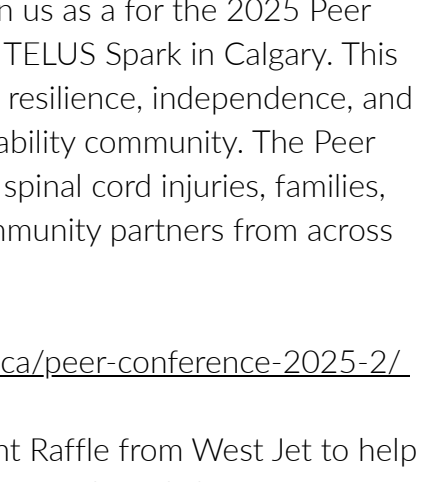
🔗 survey link (<https://redcap.its.dal.ca/surveys/?s=LEFENLHN97MALWAM>)

Your answers will be strictly confidential. If you've already completed the survey or received this from another source, thank you and please feel free to forward it to others in your network.

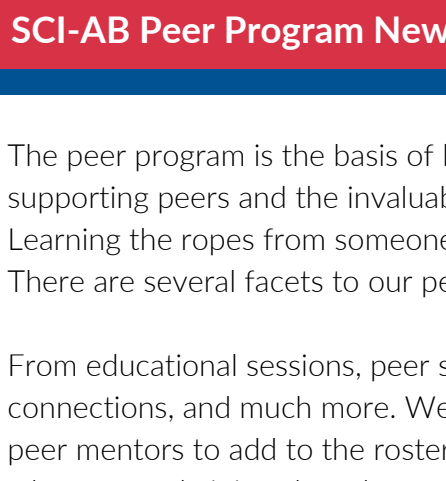
Questions? Reach out to the research team at wsp@dal.ca

Thank you for supporting better mobility solutions for our community!

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



WestJet Gift of Flight Raffle and September Peer Conference



Spinal Cord Injury Alberta invites you to join us as a for the 2025 Peer Conference on Thursday, September 18th at TELUS Spark in Calgary. This year's theme, Living Beyond Limits, celebrates resilience, independence, and connection in the spinal cord injury and disability community. The Peer Conference brings together individuals with spinal cord injuries, families, caregivers, healthcare professionals, and community partners from across Alberta.

Learn more, or buy tickets here: <https://sci-ab.ca/peer-conference-2025-2/>

We are grateful to have received a Gift of Flight Raffle from West Jet to help support the Peer Conference. You could win one roundtrip flight for two to any regularly scheduled and marketed WestJet destination. See the poster for details!

SCI-AB Peer Program New Mentor + Mentee Shoutout

The peer program is the basis of how SCI-AB came to be. Peers supporting peers and the invaluable lived experience perspective. Learning the ropes from someone who has been there and gets it. There are several facets to our peer program.

From educational sessions, peer social meetings, one on one peer connections, and much more. We are always looking for more peer mentors to add to the roster to help to connect with those who are newly injured, or those who have new questions as they move into a new stage of life.

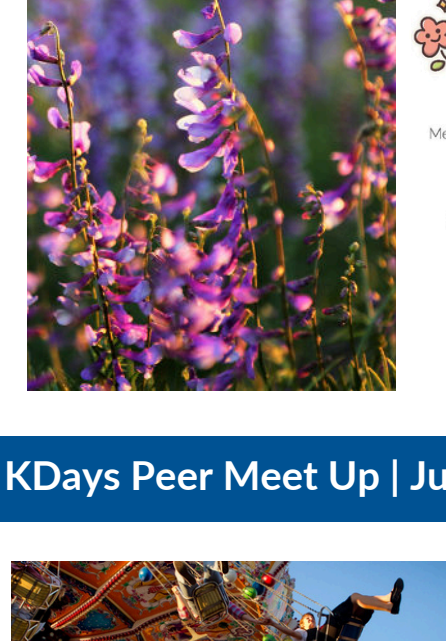
The peer mentor training consists of an online course that can be completed on your own time, as well as a peer mentor profile that will help make matches with those in the community who have requested support.

For more information on becoming a peer mentor, contact kendra.erhardt@sci-ab.ca

To sign up to be a mentor or mentee, complete this form: <https://forms.office.com/r/Vm4AMuLMHC>






New Upcoming Peer Program Offerings




Our new peer coordinator 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 for \$7/person (upcoming date this month: July 8th)**
- 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](#)



Pizza & Rock Painting with Peers | August 15th 6-8pm

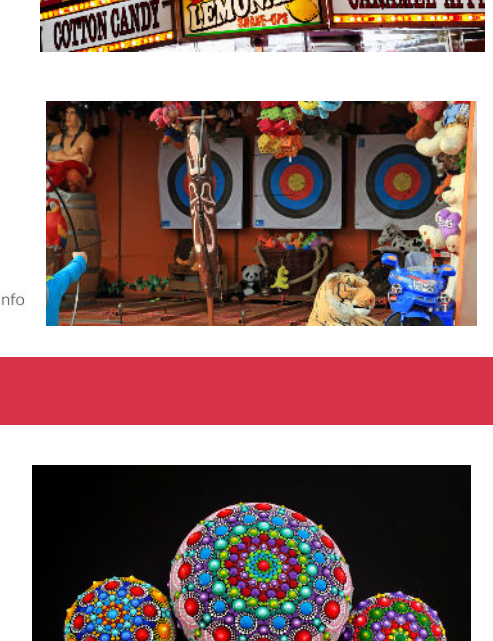
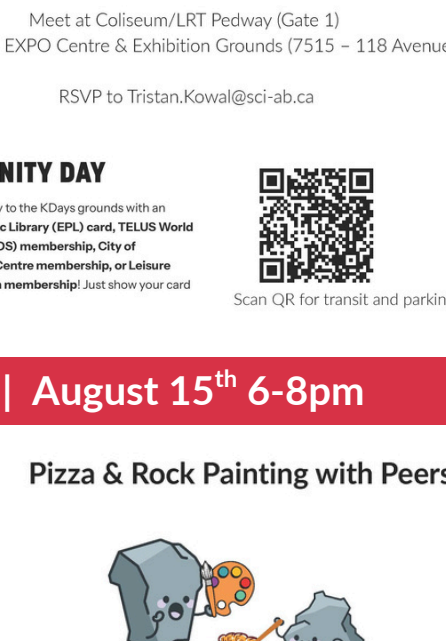


Pizza & Rock Painting with Peers

Eat pizza, paint rocks, and connect with peers who have spinal cord injuries and related physical disabilities. Friends and family are also welcome.

August 15th from 6pm-8pm at SCI Alberta Edmonton office on the 4th floor of the Hys Centre **400-11010-101**

RSVP to Tristan.Kowal@sci-ab.ca



Cruisin' through summer one smooth sidewalk at a time! Happy July! - Kendra + Terry + Tristan