

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



2025 PEER CONFERENCE

Living Beyond Limits

LAST CHANCE TO REGISTER SEPTEMBER 10TH



Thursday
September 18th
CALGARY

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.

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

Get your ticket today!

Meet your Speakers



Dr Ian Rigby
Physician, Emergency & Obesity Medicine

KEYNOTE SPEAKER



Riccardo Baldini
Pianist, Innovator, & Entrepreneur.



Adam Arsenault
No Limits Collective
Inclusive Housing

WestJet Gift of Flight Raffle and September Peer Conference

Spinal Cord Injury Alberta invites you to join us 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 September 2025 Events:

Upcoming SCI-AB Events in September:

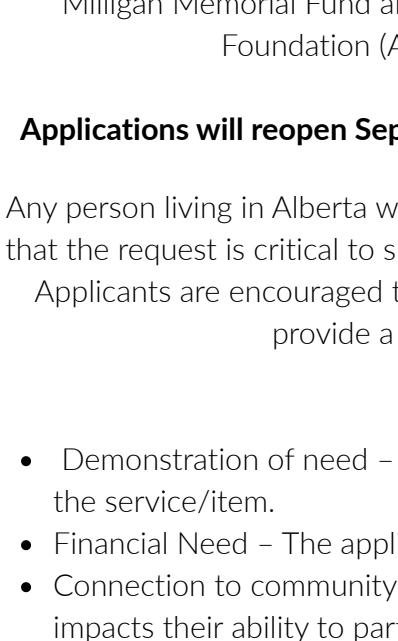


- Sept 1:** Labour Day (Offices Closed)
- Sept 9:** [Virtual Ladies Peer Chat](#)
- Sept 11:** [YEG Peer Dinner \(Shoyu Sushi\)](#)
- Sept 13:** [ClimbYEG Dry Tool Climbing](#)
- Sept 16:** [Coffee + Peers at the Glenrose](#)
- Sept 18:** [SCI-AB Peer Conference in YYC](#)
- Sept 23:** [Virtual Ladies Peer Chat](#)
- Sept 23:** [YEG Peer Meet Up](#)
- Sept 25:** [Pizza + Peers at the Glenrose](#)
- Sept 29:** [Degenerative Disabilities Peer Chat](#)

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



Staff Farewells | Wishing You All the Best in Retirement Roswitha !



With a heavy heart I have to say I am retiring after almost 29 years with CPA/SCI Alberta. I have enjoyed every minute of my job and the people I have worked with. I have worn many hats in the organization from accounting, reception, peer coordinator, fund development helping organize big fundraising events, assisting the CEO & Managers from all the programs and wherever needed. The most rewarding for me has been my position as the Community Access Coordinator helping people with disabilities residing in long-term care homes helping them getting out into the Community, helping making their life a little better a couple times a month for me that was my dream job. The smiles on their faces just to see that was the most rewarding time of my life and truly priceless. The thank you's from the clients including facility staff and from the most amazing companions we truly where a great team could not have done it without everyone on the CAPCC team. I can truly say I will Miss Everyone. CPA/SCI thank you for the opportunity.

Alberta Paraplegic Foundation Accessibility Fund Applications open on Sept 15

Accessibility Funding is an open application focused on supporting persons with a spinal cord injury anywhere in Alberta who are experiencing financial hardship, and who have a significant need for support to adapt and adjust in their community. This fund was established in 2024 through the R. Vance Milligan Memorial Fund and is administered by The Alberta Paraplegic Foundation (APF) in partnership with SCI-AB.



Applications will reopen September 15th and close on October 15th, 2025

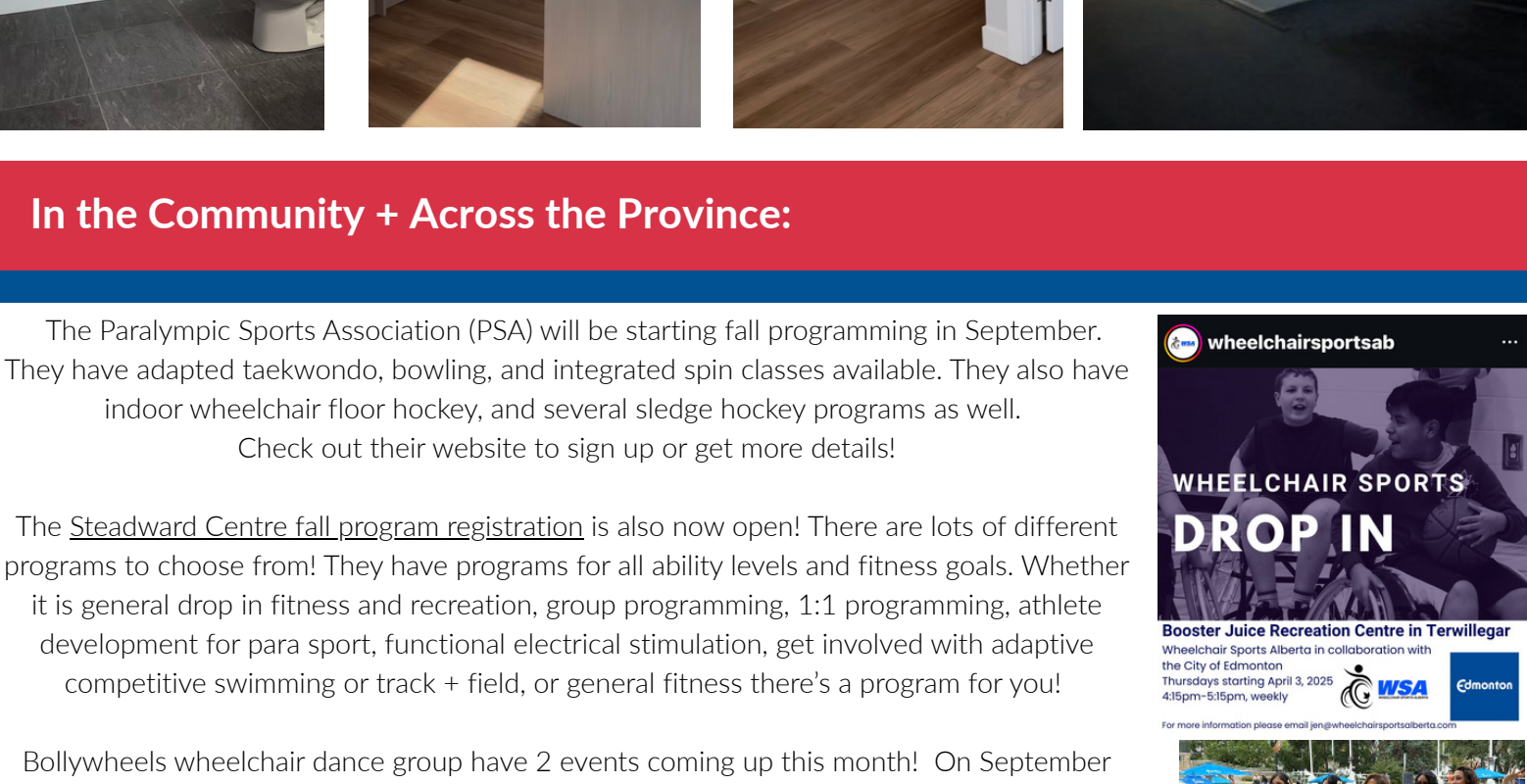
Any person living in Alberta with a spinal cord injury or related physical disability who can prove financial hardship and that the request is critical to support the individual with adapting, adjusting and ensuring inclusion in their community. Applicants are encouraged to apply for the amount that will support their need. Each funding cycle is expected to provide a total of \$50,000. Funds may be split between multiple applications.

- Applicants must show:
- Demonstration of need – A personal impact statement has been included demonstrating a compelling need for the service/item.
 - Financial Need – The applicant has provided ample evidence of their financial need.
 - Connection to community inclusiveness – The applicant has clearly expressed how this item/service positively impacts their ability to participate with their community.
 - Description of item/service is clearly connected to the demonstration of need.
 - Financial Need – The applicant has provided ample evidence of their financial need.
 - Alignment with funding priorities
 - Sustainability – This is a one-time project and if ongoing, the applicant demonstrates how the need will be sustained.

Learn more here!

SCI-AB Summer Peer Events Recap

Thank you to everyone who came out and made our BBQs (and other peer events) great successes this summer!

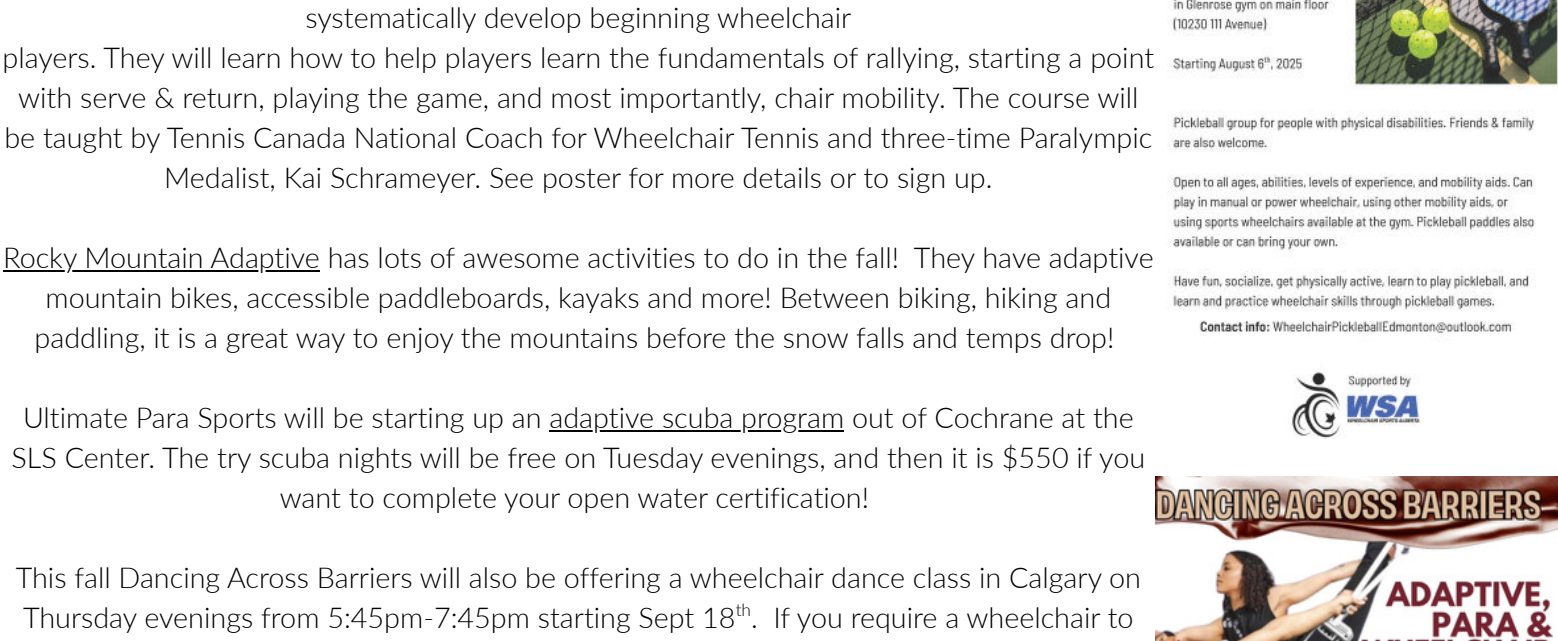


Red Plaid Developments - Al's Cozy Cabin Update + No Limits Collective

Barrier free living : A Reflection from a Peer

It's been eight months since my return to Spruce Grove. It's been a difficult journey, but it's all been made much easier because of Adam and his team at [Red Plaid Developments](#) and the [No Limits Collective](#). My barrier free home was built with 5 foot turning radius as a design feature, Giving me wide open spaces and no pinch-points in the home. As well as all light switches are only 36inches off the floor (my two year old grandson loves that one) roll under countertop for the sink and stove. A kitchen island/table with accessible microwave. Pull down shelves in kitchen cabinets.

My bathroom is large and spacious with the roll in roll out shower with lots of room for all my stuff. Roll under sink, mirror and loads of shelving. Even my bedroom has pull out hanger system for easy access. These features allow me to live independently and comfortably with my spinal cord injury!



In the Community + Across the Province:

The Paralympic Sports Association (PSA) will be starting fall programming in September. They have adapted taekwondo, bowling, and integrated speed classes available as well. They also have indoor wheelchair floor hockey, and several sledge hockey programs as well. Check out their website to sign up or get more details!

The [Steward Centre fall program registration](#) is also now open! There are lots of different programs to choose from! They have programs for all ability levels and fitness goals. Whether it is general drop in fitness and recreation, group programming, 1:1 programming, athletic development for para sport, functional electrical stimulation, get involved with adaptive competitive swimming or track + field, or general fitness there's a program for you!

Bolloywheels wheelchair dance crew have 2 events coming up this month! On September 3rd from 1-2pm at Macewan University and Norquest College, Bolloywheels will be performing for Student Welcome week to raise awareness about diversity and inclusion. On September 6th at Rundle Park, Bolloywheels will be celebrating diversity, roots, and connection using a small performance. After the show, we held a workshop where everyone could join in and feel the joy of moving together. Come by, check it out and learn some new moves for the dance floor!

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! Finally, [Wheelchair Pickleball](#) will start on Wednesday evenings on August 6th at the Glenrose main gym from 6:30-8pm

There will be a wheelchair tennis instructor workshop and wheelchair tennis try it day on September 6th from 9am-4pm at the Saville Community Sports Centre put on by Tennis Canada. The course is designed to provide interested people (currently certified instructors and coaches, school teachers, recreational therapists, etc.) with the knowledge to teach introductory wheelchair tennis. Participants will learn how to adapt their coaching to systematically develop beginning wheelchair players. They will learn how to help players learn the fundamentals of rallying, starting a point with serve & return, playing the game, and most importantly, chair mobility. The course will be taught by Tennis Canada National Coach for Wheelchair Tennis and three-time Paralympic Medalist, Kai Schrameyer. See poster for more details or to sign up.

[Rocky Mountain Adaptive](#) has lots of awesome activities to do in the fall! They have adaptive mountain bikes, accessible paddleboards, kayaks and more! Between biking, hiking and paddling, it is a great way to enjoy the mountains before the snow falls and temps drop!

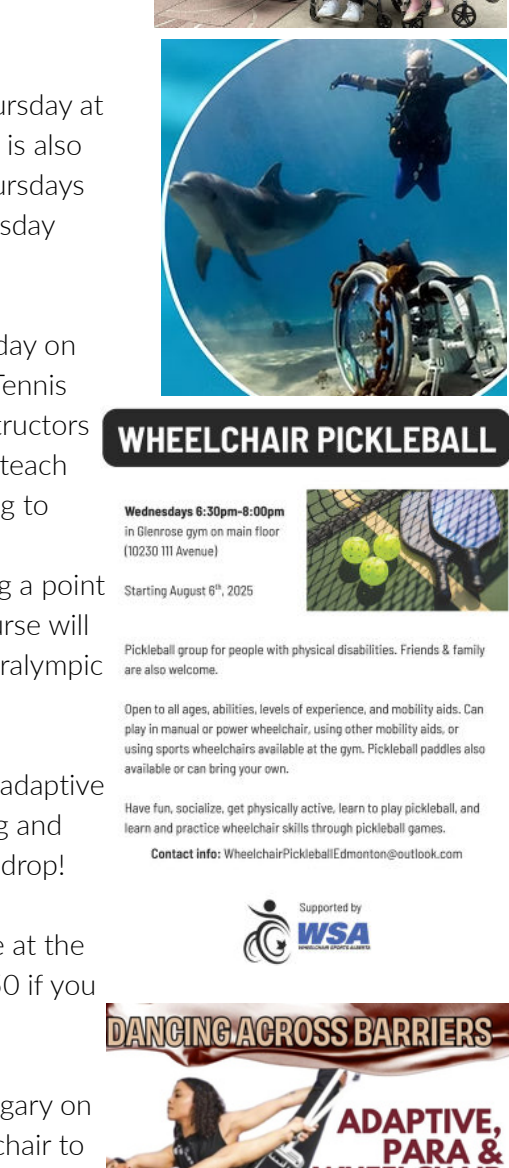
Ultimate Para Sports will be starting up an [adaptive scuba program](#) out of Cochrane at the SLS Center. The try scuba nights will be free on Tuesday evenings, and then it is \$550 if you want to complete your open water certification!

This fall Dancing Across Barriers will also be offering a wheelchair dance class in Calgary on Thursday evenings from 5:45pm-7:45pm starting Sept 18th. If you require a wheelchair to move, DAB 2025 is the tap dance program for you. If you have ever been curious or wanted to try wheelchair (tap) Dance, this program has what you have been looking for. Starting Thursday, Sept 18th, and hosted at Braesideyeg for nine weekly sessions, we will tap, skip, and roll toward celebrating all that is Adaptive, Para and Wheelchair Dance. To register: go to www.lacrossingbarriers.org

There's lots of cool stuff going on in the Central zone in September! Red Deer has a Short Story Vending Machine that is available all month beginning Tuesday, September 2 at the RDPL Downtown Branch—drop a dollar and enjoy a local tale! There will be a Community Drum Circle hosted on Sunday, September 7 from 2 PM-4 PM at Vin L Den (5 – 4919 49 Street). Drums provided—no experience needed! Various free art class sessions between September 8–12 at the Arts & Culture Services, Intermediate School (5205 48 Ave). For all skill levels! Terry Fox Run – Red Deer, on Sunday, September 14, from 8 AM–5 PM. Free community walk/run/wheel in support of cancer research! Mural Tours of Downtown Red Deer on Saturday, September 20 or Saturday, September 27 at 3 PM. Walking tour of downtown murals—meeting at the Cenotaph on Ross Street, ending at Ross Street Patio. Groove and Gather Family Dance on Friday, September 26, 6 PM–9 PM at Gaetz United Church Hall (4758 50 Street). Music, dancing, light snacks, and a kids' corner!

Camrose will be hosting a Big Block Party on Saturday, September 6h from 10am-6pm downtown Camrose. It will be a lively street festival with vendors, music, food trucks, and activities for all ages! There are also lots of great music acts to check out at the Music & Performing Arts at the Jeanne & Peter Loughheed Performing Arts Centre! Check out the schedule of shows here! If you would like more info about accessible events in the Central region contact Sarah Powell at sarah.powell@sci-ab.ca.

Come and give dry tool climbing a try on September 13th with ClimbYEG with something different? Come experience ClimbYEG and dry tool climbing. Join us at Canada's ONLY outdoor dry tooling and sport climbing facility. Dry tooling uses specialized ice tools and crampons on wooden walls and holds, building confidence and developing new skills in an outdoor environment. All required gear and instruction is provided as part of this program. RVSP and pay here: <https://www.canadahelps.org/en/charities/spinal-cord-injury-alberta/events/adaptive-dry-tool-climbing-with-climbyeg/>



Research Study Spotlight: Study on Mental Wellness, Resilience, and Stress

Researchers at the University of Lethbridge are aiming to understand the relationship between everyday experiences, such as physical activity, social support, and overall well-being, and biological health markers for those with physical disabilities.


- They are currently recruiting individuals across Southern Alberta who:
- Live with a physical disability (e.g., cerebral palsy, muscular dystrophy, spinal cord injury)
 - Are willing to participate in a home-based data collection visit
 - During the visit, a trained researcher will:
 - Assist with a few short questionnaires
 - Collect a urine and/or saliva sample
 - Record a heart rate for 15 minutes
 - Provide a wristwatch-style activity tracker to wear for one day

For those who participate in powerchair sports, there's also the option to track their heart rate during games and collect data before, during, and after participation in the sport.

Participation is voluntary, confidential, and designed to be as comfortable and flexible as possible. The findings will help improve future wellness supports and services for people with physical disabilities.

Sign up here: <https://forms.gle/f42vUvBkTKqeVas79>

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



RESEARCH PARTICIPANTS NEEDED FOR RESEARCH ON: Mental Wellness, Resilience, and Stress in Individuals with Physical Disabilities

ARE YOU:

- ☒ In a wheelchair?
- ☒ Have a physical disability?


We would like to invite you to participate in a research study on how stress affects individuals with disabilities. All ages welcome to participate.

Participative in voluntary and confidential.

For this research, you will:

- Sign up and schedule your time
- Answer a few questions about yourself
- Provide urine, saliva, and hair samples

Click here to register for this study!



IF YOU HAVE ANY QUESTIONS PLEASE CONTACT US!

Dr. Patricia Hays | Dr. Patricia Hays | Dr. Patricia Hays | Dr. Patricia Hays
Research Assistant | Research Assistant | Research Assistant | Research Assistant
Research Assistant | Research Assistant | Research Assistant | Research Assistant

Give Your Feedback on the new Alberta Disability Assistance Program (ADAP)

A new support program is coming for Albertans with disabilities. Starting in July 2026, the Alberta government will introduce the Alberta Disability Assistance Program (ADAP). This new program is being developed alongside the current Assured Income for the Severely Handicapped (AISH) program—not to replace it, but to provide another option for people who may want to work and increase their income while still receiving support. ADAP is designed to be more flexible, allowing people to earn more money before benefits are reduced, and making it easier to stay employed without losing access to important health or personal supports.

ADAP will have a single application process that considers both programs at the same time. When you apply, the government will look at your situation to determine whether AISH or ADAP is the better fit for you. If you're already receiving AISH, nothing will change right away. You'll stay on AISH unless it's clear that ADAP would better support your needs. ADAP is expected to help people who have a disability and are able—or want—to work, but still need extra support to live independently and securely.

One of the biggest changes is how ADAP handles income and health benefits. Under ADAP, you may be able to earn more and your monthly payment ends, you will still keep access to health, dental, and personal supports until age 65. This is meant to help people ease into employment without suddenly losing the supports they rely on.

The Alberta government wants your input. From now until September 12, 2025, you can help shape the future of ADAP by sharing your thoughts. You can complete a [survey online](#), send in [written feedback](#), or join a telephone town hall. Your feedback is important to make sure the program works for real people with real needs. To learn more or get involved, visit: <https://www.alberta.ca/alberta-disability-assistance-program-engagement>

Did You Know? SCI Awareness Month Interesting Facts

There are **1 billion neurons** in the spinal cord.

The **spinal cord is fully grown when you are 4 years old**. After age four it stops growing (although the vertebrae and spinal disks continue to grow).

Nerve cells are the longest cells in the body, the axons can reach up to 1 meter in length for a single cell (and even longer in other species).

There are **different types of receptors and pathways for specific sensations and motor function**. Meaning if one of the pathways is damaged you may be able to perceive one type of stimuli, but not another. For example, you may be able to feel cold, but not heat or pressure.

The **spinal cord is responsible for regulating body temperature through the nervous system**. When the body becomes too warm it triggers blood vessels to dilate, and sweat glands to release fluids to cool down the body. Damage to the spinal cord can interrupt this process. After injury the body's temperature regulation is thrown off. Many people no longer sweat, or sweat way less. This can become particularly dangerous if one is unable to cool down, and can cause spikes in blood pressure or other serious conditions. So it is important to stay cool in the heat and keep warm in the cold.

Before the 1940's life expectancy after sustaining an SCI was only two years. Paralyzed WWII veterans were the first group of people to move forward and live full lives after injury. This is mainly because antibiotic use was not widespread and many died from infections from bladder, blood and skin issues.

If motor neurons are damaged there are no reflexes present. The classic example of this is the "knee-jerk" kicking reaction of the leg when the patellar tendon, located just below the kneecap, is struck. If there is motor neuron damage, this reflex is no longer present.

Take Action this September for Spinal Cord Injury Awareness Month!

There are many ways you can support Alberta's SCI community during awareness month:

- ✓ Become a peer mentor
- ✓ Share your story on social media with #SCIAlberta
- ✓ Make a one-time or monthly donation
- ✓ Wear a neon green ribbon (available for free in our offices!)
- ✓ Host a workplace awareness day

Together, we're building communities where all Albertans can thrive—regardless of ability.

➡ Get involved now: sci-ab.ca

"Rolling into September strong — thanks for helping us spread awareness during SCI Awareness Month!" - Kendra + Tristan + Max

