



# SCI-AB | January 2026 Peer Newsletter

## Ringing In 2026! Happy New Year!

We hope you had a great holiday season and were able to celebrate and make memories with family and friends. Thank you to everyone who came out to our holiday gatherings: this year's theme was "Viva Las Holidays" and we added a bit of Vegas style flare! With gourmet lunches, glitz, glitter and prizes galore! Thank you to our sponsors: Peterson Walker, National Seating and Mobility, Pipella Law, Vivenda Group, Stephen and Joanne Hughes, HUB and Sharc Door Controls and all of those in the community who support the work that we do. Thank you to the volunteers, who make days like this and our other events throughout the year go so smoothly. Finally huge thank you to the SCI-AB staff who put so much time and effort into making this day the best it could be! Thank you to all of our clients, family, friends and supporters, for coming out. It is always a special of year when we can get together to celebrate!

Below are some photos from the events:

## Viva Las Holidays | YYC December 7th



## Viva Las Holidays | Viva Las YEGs December 14th



## SCI-AB January 2026 Events:

### Upcoming SCI-AB Events in January :

#### Jan 7/14/21/28: Wheelchair Pickleball

#### Jan 12: Coffee + Info Session at Norwood

#### Jan 19: YEG Peer Dinner | Bucos

#### Jan 20: Coffee + Peers at the Glenrose

#### Jan 21: YYC Peer Dinner | Marko's Kitchen

#### Jan 24: Intro to Ice Climbing with ClimbYEG

#### Jan 27: Virtual Ladies Chat

#### Jan 29: Pizza + Peers at the Glenrose



## Coffee + Info Session at Norwood 1<sup>st</sup> Floor Cafeteria

### Coffee & Info Session with Spinal Cord Injury Alberta

Monday January 12<sup>th</sup> at 2pm-4pm

Join us for free Norwood & donuts to learn about SCI-AB, connect with peers

Spinal Cord Injury Alberta, connect with peers

and independence and community participation.

For more info see website: [spinalcordinjuryalberta.ca](http://spinalcordinjuryalberta.ca)

Join us for an afternoon of learning about what SCI-AB has to offer and the different facets of our programming while enjoying some coffee and sweet treats. Everyone is welcome to attend!

If planning to attend please RSVP to:

Tristan at [tristan.kowalewski@sci-ab.ca](mailto:tristan.kowalewski@sci-ab.ca)

Kendra at [kendra.erhardt@sci-ab.ca](mailto:kendra.erhardt@sci-ab.ca)

Fill out the survey by clicking the link below:

[Parking Placard and Plates for Persons with Disabilities Survey](https://www.surveymonkey.com/r/2L8XH2P)

## Meet Our Newest Staff Member Mercy in Grande Prairie

Meet our newest team member Mercy in Grande Prairie

I completed Bachelor of Arts degree in Sociology and Social Work from Kwame Nkrumah University of Science and Technology in 2010, Ghana. I moved to Canada in 2011 and went to Toronto Metropolitan University to do a certificate bridging program in Canadian Social Work Practice which I completed in 2013.

I moved from Ontario to Alberta in 2014 and since then I have worked in different capacities in the human and social service sector. Some of the key areas I have worked include working with people with mental and physical disabilities, addictions, child protection, shelters (homelessness), employment guidance, family services and generally working directly with vulnerable population.

I am super excited about this role and cannot wait to utilize my knowledge in the field making positive impacts and helping people achieve their goals.

I am a happy bubbly person and I get very excited about little things. I love to keep active and love to meet people. I love being creative and doing new things.



## Servus Calgary Marathon 2026 | May 23 + 24

### Wheelchair Pickleball at the Glenrose Wednesday Evenings 6:30-8pm

Weekly Drop-in | Main Wednesday 6:30pm-8:30pm

October 2<sup>nd</sup> & November 5<sup>th</sup>, 12<sup>th</sup> & 19<sup>th</sup> 2026

Gene Zwoesky Norwood & donuts to learn about

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Team SCI-AB is ready to go! Whether you run, walk, or roll, this weekend is all about movement, community, and having fun while making a difference.

By joining our Charity Challenge team or making a donation, you're supporting programs and services that connect and empower people living with spinal cord injuries and Alberta. Every step and every roll helps build awareness, inclusion, and stronger communities.

Best of all, Team SCI-AB is back and aiming to break our fundraising record! Grab your friends, cheer us on, or support from the sidelines.

Registration – 2026 Servus Calgary Marathon – Race Roster – Registration

Visit <https://www.servuscalgarmarathon.ca/> and if you have not done so already, pledge your support.

Your voice matters, so please share your stories about the barriers you have faced to help amplify the experiences of the disability community. You can do that on our website <https://www.barrierfreealberta.ca/copy-of-photo-campaign/>

For more information, please contact [barrierfreealberta.ca](mailto:barrierfreealberta.ca)

Facebook: [barrierfreealberta](https://www.facebook.com/barrierfreealberta) Instagram: [barrierfreealberta](https://www.instagram.com/barrierfreealberta/) LinkedIn: [barrier-free alberta](https://www.linkedin.com/company/barrier-free-alberta/)

Visit <https://www.barrierfreealberta.ca/> and if you have not done so already, pledge your support.

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## Research Study Spotlight | SCI-BC Peer Health Coaching Program Study:

SCI-BC is partnering with the University of Toronto on a research study to deliver an online peer health coaching intervention to people newly injured with a spinal cord injury. Participants will meet with a trained peer coach in a series of semi-weekly online

sessions to help develop skills in problem solving, goal setting and action planning so people can manage their weekly more effectively. Eligibility criteria is below and participants will receive a gift card.

- Be 18+ years old

- Have an SCI for 3 years or less

- Be discharged from initial hospital admission

For more information or to register, email [SCIandHealth@utoronto.ca](mailto:SCIandHealth@utoronto.ca) SCI-BC's Peer Health Coach, Marley Arana, is the Peer Health

Coordinator who can answer questions about the study. Program participants will be up to date on the latest research and will receive a gift card.

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

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