

Ringin 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:

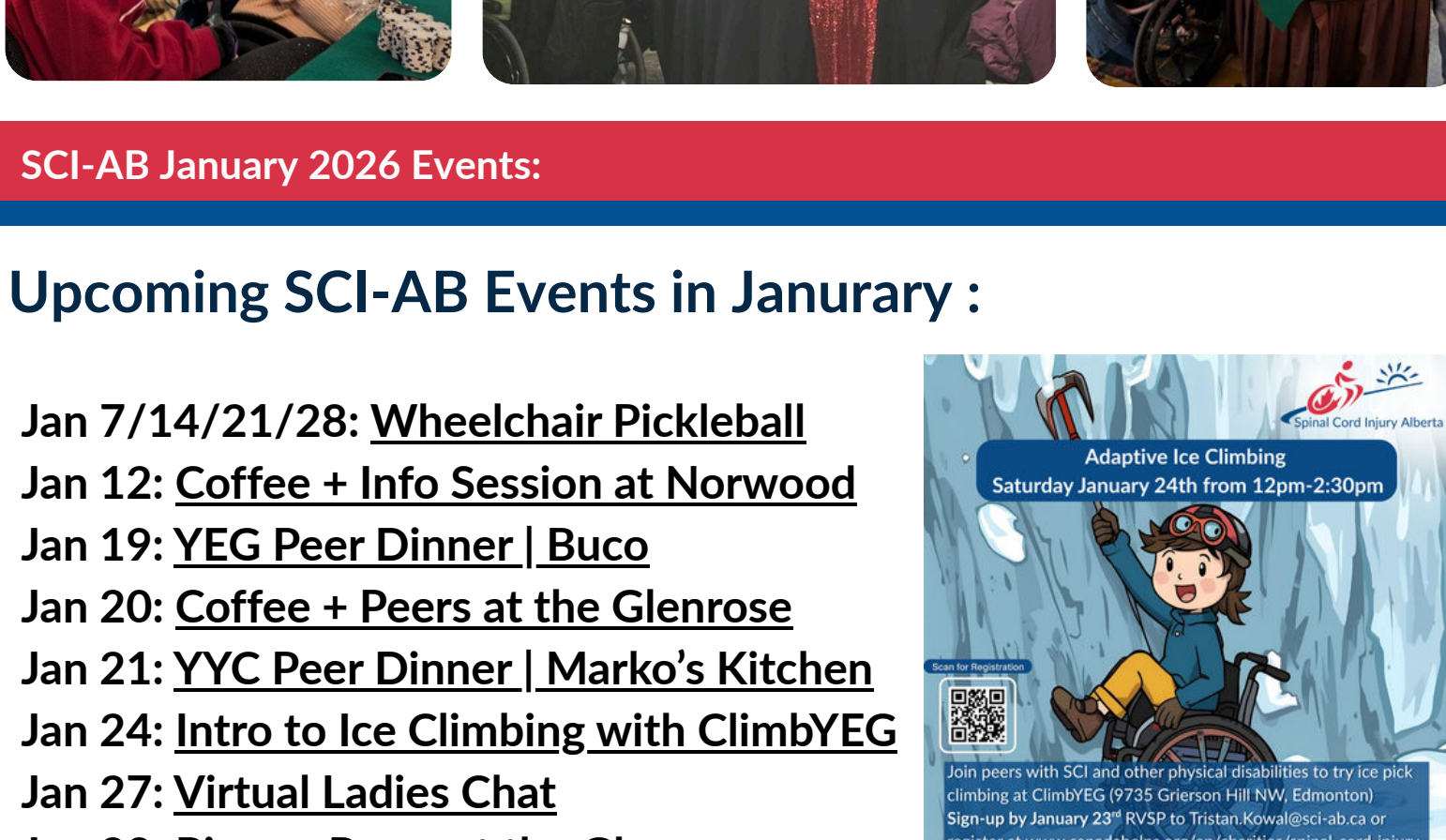
Viva Las Holidays | YYC December 7th



Viva Las Holidays | Viva Las YEGas December 14th



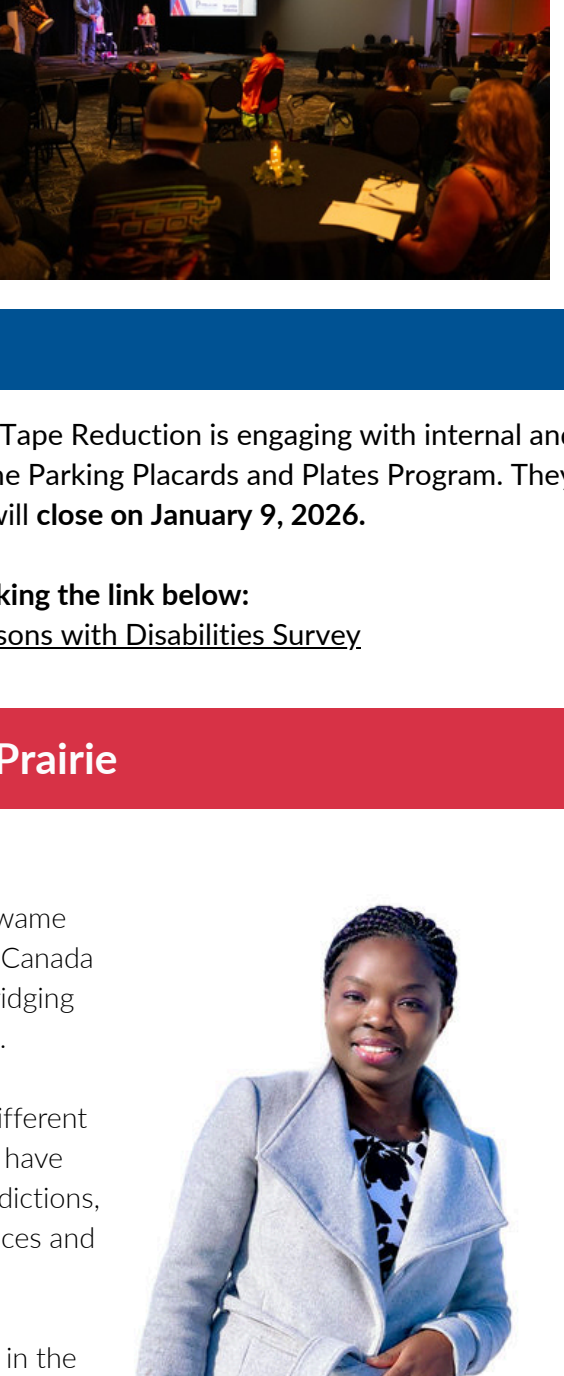
Viva Las Holidays | Red Deer December 20th



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 | Buco**
- 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**



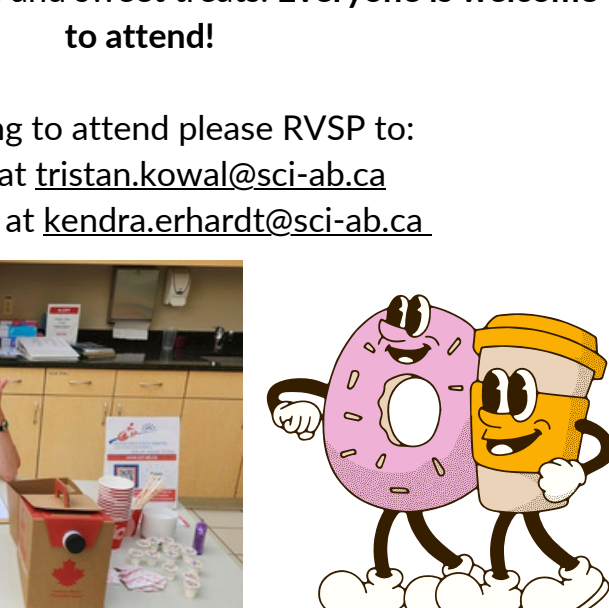
Be sure to check out our [online events calendar](#) or our [social media channels](#) to keep up to date on upcoming events!

Interest Poll for Edmonton SCI-AB Peer Conference

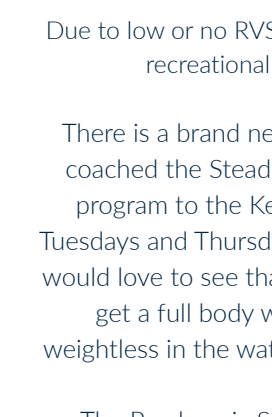


We are conducting a **short interest survey** to decide whether or not a peer conference will be held in Edmonton similar to the one that was recently hosted in Calgary September 2025. (You can check out videos of the event on our [youtube page here](#)). Let us know what you think!

Complete Survey Now



Alberta Disability Placard Program Survey



Parking Placards & Plates: Service Alberta and Red Tape Reduction is engaging with internal and external stakeholders to explore how to improve the Parking Placards and Plates Program. They created a stakeholder survey that will close on **January 9, 2026**.

Fill out the survey by clicking the link below:
[Parking Placard and Plates for Persons with Disabilities Survey](#)

Meet Our Newest Staff Member Mercy in Grande Prairie

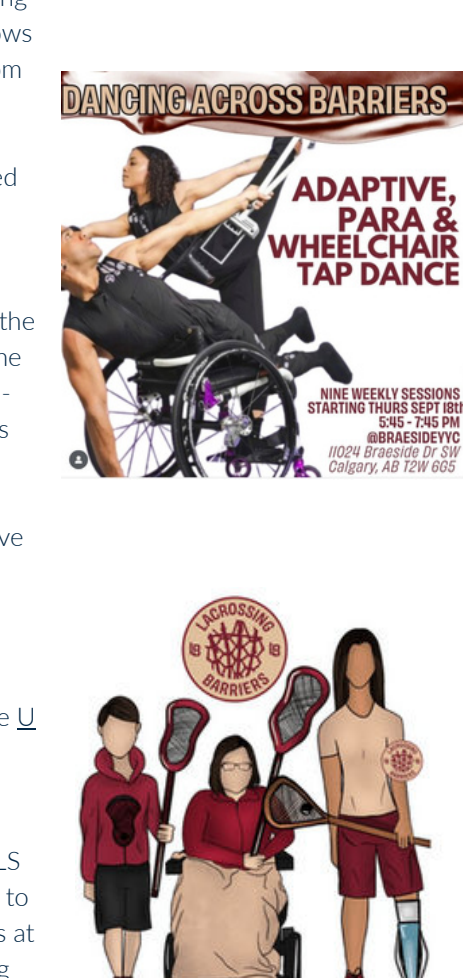
Meet our newest team member Mercy in Grande Prairie

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.

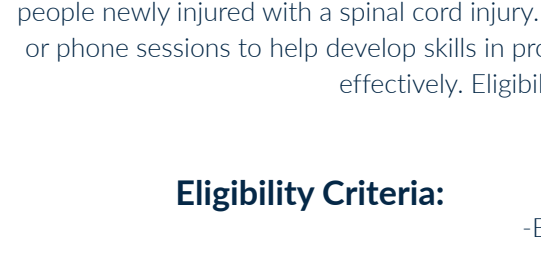


Coffee + Info Session at Norwood 1st Floor Cafeteria

Coffee & Info Session with Spinal Cord Injury Alberta

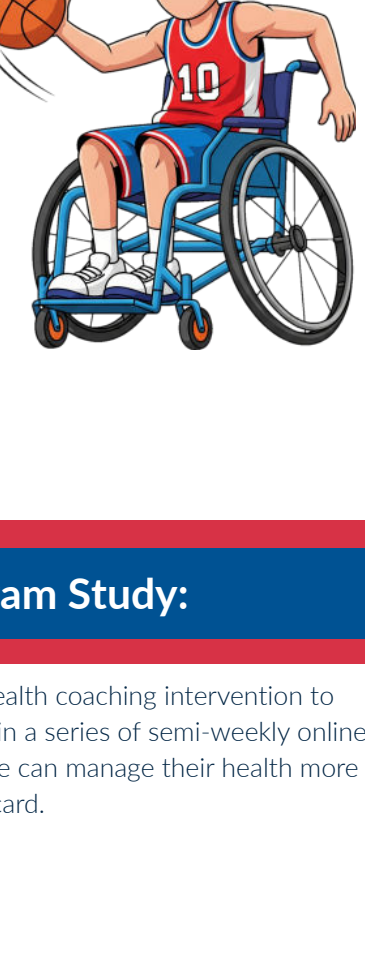
Monday January 12th at 2pm-4pm
Gene Zwodesky Norwood 1st floor cafeteria

Join us for free coffee & donuts, to learn about Spinal Cord Injury Alberta, connect with peers and disability navigation support.



SCI AB helps empower persons with spinal cord injuries and other physical disabilities to increase independence and community participation.

For more info see website: [sci-ab.ca](#)



If planning to attend please RSVP to:
Tristan at tristan.kowal@sci-ab.ca
or Kendra at kendra.erhardt@sci-ab.ca

In the Community + Across the Province:

Due to low or no RVSPs SCI-AB peer swimming will be cancelled until further notice. If you are interested in trying swimming (or another recreational activity) 1-1 with a peer contact Tristan.Kowal@sci-ab.ca to set up a time and location convenient for you!

There is a brand new para swim program launching in Edmonton! Mathew Mossey previously coached the Steadward Bears para swim team, but this year they have moved the para swim program to the Keyano Swim Club. They will be swimming out of the downtown YMCA on Tuesdays and Thursdays. Currently have 22 swimmers registered for the fall session, but they would love to see that number grow! This is a great way to take your swimming to the next level, get a full body work out, meet new friends, and enjoy the therapeutic effects of feeling weightless in the water. For more information or to sign up please contact: paraswim@eksc.com

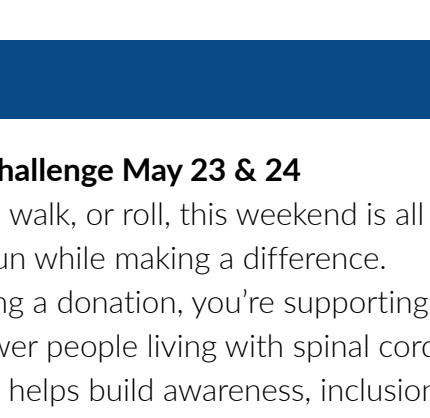


The Paralympic Sports Association (PSA) has lots of great programming through the winter months in Edmonton! There is adaptive taekwondo, integrated spin classes, bowling, wheelchair floor hockey, and several sledge hockey programs too! Check out their website for a full list of program details and contact info to sign up: <https://www.parasportsab.com/we-offer/categories/fall-winter-programs-10/>

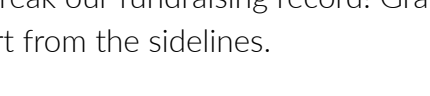


The Alberta Cerebral Palsy Sports Association has programming across the province! They have several programs available for all ability levels! There is para soccer, powerchair soccer and bocce. For more information check out: <https://www.acpsa.ca/>

Rocky Mountain Adaptive has lots of awesome activities to do in the winter! They have adaptive downhill skiing, cross country skiing and biathlon as well! They will also be hosting the Can Try it day camps again this season! Check out their website for more info! <https://rockymountainadaptive.com/>



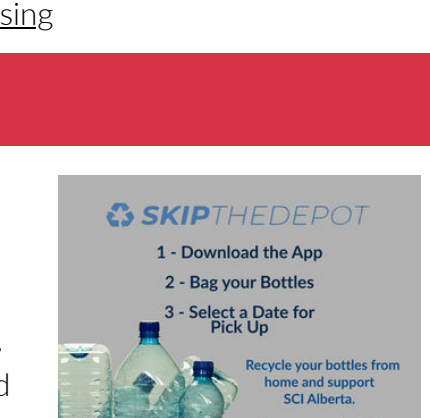
Ultimate Para Sports will be starting up an adaptive scuba program out of Cochrane at the SLS Center. The try scuba nights will be free on Tuesday evenings, and then it is \$550 if you want to complete your open water certification! Ultimate Para Sports also offers para-cycling programs at various levels, and guided meditation classes as well. Check out their full list of programming here: <https://www.ultimateparasports.com/our-programs>



The Calgary Power-Hockey League (CPHL) is dedicated to providing a quality adaptive hockey program for all persons 12 or older who require the use of an electric wheelchair for daily mobility. Their season runs from fall-spring. For more information check out: <https://www.powerhockey.ca/>

Between Friends is a pan-disability organization providing quality social, recreation and development opportunities. Our programs & services are designed for children, youth, and adults based on age group & interests. There are various locations around Calgary and Red Deer. Learn more here: <https://betweenfriends.ab.ca/>

Vivo offers an adaptive climbing program designed for all ages and abilities to experience the thrill of climbing in a safe and supportive environment. Their program runs from fall-spring. Learn more here: <https://www.vivo.ca/programs/climbing-lessons/>



The Calgary Rollers Wheelchair Basketball Society offers opportunities to give wheelchair basketball a try. Wheelchair Basketball is a fully integrated sport - meaning anyone can play! They provide demos to schools, churches, sports groups to continue to expose the sport and give everyone the opportunity to play. For more info contact: (403) 816-7000 or calgaryrollers@gmail.com

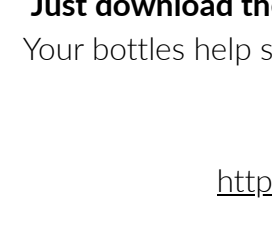
Research Study Spotlight | SCI-BC Peer Health Coaching Program Study:

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 health coach in a series of semi-weekly online or phone sessions to help develop skills in problem solving, goal setting and action planning so people can manage their health more effectively. Eligibility criteria is below and participants will receive a gift card.

Eligibility Criteria:

- Be 18+ years old
- Have an SCI for 3 years or less
- Have access to a computer or telephone
- Be discharged from initial hospital admission

For more information or to register, email SClAndUstudy@utoronto.ca. SCI BC's Peer Health Coach, Barry Arana, is a project coordinator who can answer questions about the study and help get folks signed up for it). Learn more about the [Peer Health Coaching Program](#) at SCI-BC [here](#)



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



Did You Know? | Barrier Free Alberta Campaign

Did you know that Alberta is one of the last provinces without accessibility legislation?

Barrier-Free Alberta (BFA) has launched a social media campaign called Accessibility More Than You Think (AMTYT). The social media campaign will run for 10 months, with each month highlighting a different pillar of accessibility. The goal is to raise awareness that accessibility goes far beyond physical features like ramps, elevators, and parking stalls.

Listen to BFA Steering Committee Member Kat Hedges explain how all the pillars intersect to create true accessibility and inclusiveness. Check it out here: <https://www.youtube.com/watch?v=Zn3ROQeT8nQ>

BFA social media is still relatively new, and we need support to increase followers and engagement. Follow, like, tag, and share AMTYT social media on Facebook, Instagram, and LinkedIn. Here is how you can get involved:

Facebook: [BarrierFreeAB](#) Instagram: [Barrier-free AB](#) LinkedIn: [Barrier-Free Alberta](#)

Visit <https://www.barrierfreeab.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.barrierfreeab.ca/copy-of-photo-campaign>

Servus Calgary Marathon 2026 | May 23 + 24



We're back for the Servus Charity Challenge May 23 & 24

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 across 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 Marketing](#) — [Fundraising](#)

Skip the Depot Fundraiser | Support SCI-AB

Got bottles lying around after the holidays?

Skip the trip to the depot and donate them to SCI Alberta using SkipTheDepot! Just download the app, schedule a pickup, and they'll come right to your door. Your bottles help support programs and services for people living with spinal cord injuries across Alberta, easy and convenient.

<https://app.skipthedepot.com/register?tab=customer>

Advocacy | Budget 2026 Consultation

The Ministry of Treasury Board and Finance is seeking feedback to help set the direction of the 2026 provincial budget: <https://www.alberta.ca/budget-2026-consultation>

You can get involved by completing the online survey: <https://www.alberta.ca/budget-2026-survey>

and/or providing a written submission:

<https://www.alberta.ca/budget-2026-submissions>

Submissions close January 15, 2026

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

WHEELCHAIR PICKLEBALL

Weekly Drop-In Wednesdays 6:30pm-8:00pm
Location: Glenrose Main Floor Gym - 10230 111 Avenue
Upcoming dates (October 2025-March 2026):
October 22nd & 29th, November 5th, 12th, 19th & 26th
December 3rd, 10th & 17th, January 7th, 14th, 21st & 28th
February 4th, 11th & 18th, March 4th, 11th, 18th & 25th
Contact Info: Tristan.Kowal@sci-ab.ca

Pickleball group for people with physical disabilities, or friends and family. Open to all ages, abilities, and levels of experience. Can play in manual or power wheelchair, using other mobility aids, or using sports wheelchairs available at the gym. Pickleball paddles also available or can bring your own. Connect with peers, get physically active, learn to play pickleball, and practice wheelchair skills in a fun way.

Pickleball is back for the new year!

Happy 2026 from SCI-AB!

"Wishing you all the best in 2026!"

- Kendra + Tristan + Max

