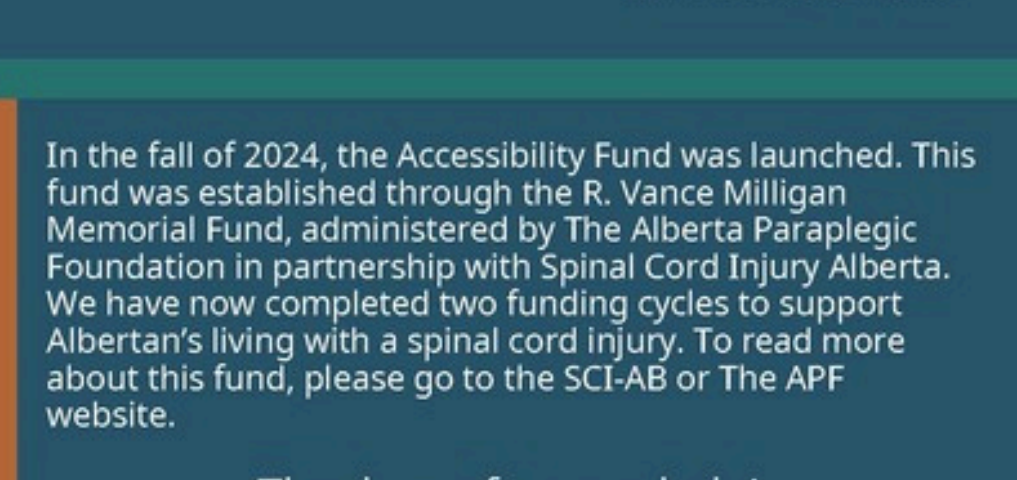


Accessibility Fund Applications are Open!



GRANT INFORMATION

Applications Open:
March 16 - April 15, 2026

QR Code for Application:



FOR MORE INFORMATION

Please visit one of the websites:

The APF
www.paraplegicfoundation.org
587.415.7285

SCI-AB
www.sci-ab.ca
1.888.654.5444

In the fall of 2024, the Accessibility Fund was launched. This fund was established through the R. Vance Milligan Memorial Fund, administered by The Alberta Paraplegic Foundation in partnership with Spinal Cord Injury Alberta. We have now completed two funding cycles to support Albertan's living with a spinal cord injury. To read more about this fund, please go to the SCI-AB or The APF website.

Thank you for your help!

As you know, there are many people with needs that are unmet due to financial constraints, or gaps in services available in their community. Your assistance with sharing information about this fund has helped 20 Albertans receive funding for projects and services that support their independence, quality of life, and access to their communities.

On March 16, 2026, the application link was opened up to begin accepting applications for the Spring 2026 funding cycle. The APF board has a strong desire to ensure that people living in rural communities know about this fund while continuing to support the needs of people living in larger cities.

You can help by sharing this letter and the information included in the column to the left with everyone you know who could benefit from this fund.

Vance's dream was to provide people living with Spinal Cord Injuries an opportunity to increase their independence an connection with their community. Your support will help build on his Legacy.

Thank you for your support and for sharing this information.

Sincerely,
Brenda Kinnie
Executive Director, The APF
brenda.kinnie@apf-ab.ca
403-228-7417

SCI Canada Scholarships are Re-Open (Previous Recipients May Apply Again!)

Are you starting or returning to college or university? Do you have a spinal cord injury?

You may be eligible for a scholarship from **Spinal Cord Injury Canada** valued at up to **\$2,500 each** for the **2026-27 academic year.**



Deadline to apply is Sunday, May 31, 2026.
For full details and to apply online, please visit:
<https://sci-can.ca/scholarships>

The **Copnick Hilliard Scholarship** is open to any post-secondary student with a spinal cord injury who is a Canadian citizen or permanent resident. One scholarship, worth \$1,500, is available. This scholarship is granted annually in memory of the late Morton Copnick and Craig Hilliard.

The **Sun Life Financial Scholarship** is open to any post-secondary student with a spinal cord injury who is living in Canada and who is also a peer support volunteer with one of the SCI Canada network partners. There are up to two scholarships worth \$2,500 each.

One Kirby Rowe Scholarship of \$1,000 is available annually to a student with a spinal cord injury to pursue post-secondary education in fields related to management and leadership. You are required to submit a letter addressing the following items: Your personal history and leadership experience to date; career aspirations as a leader; identification of an inspirational leader, and as well, highlight the qualities of that leader you aspire to develop.

The **Thomas O. Parker Scholarship** supports a person who has applied for entry into a program or course with a Canadian post-secondary educational and/or training institution. The program or course must promote your career development. The financial assistance is for anticipated expenses associated with your participation in the program or course. Applicants must have a spinal cord injury, be a resident of Canada, and have officially and successfully graduated from a secondary school or equivalent. The scholarship is \$1,500.

There are also other scholarships listed here!

SCI-AB April 2026 Events:

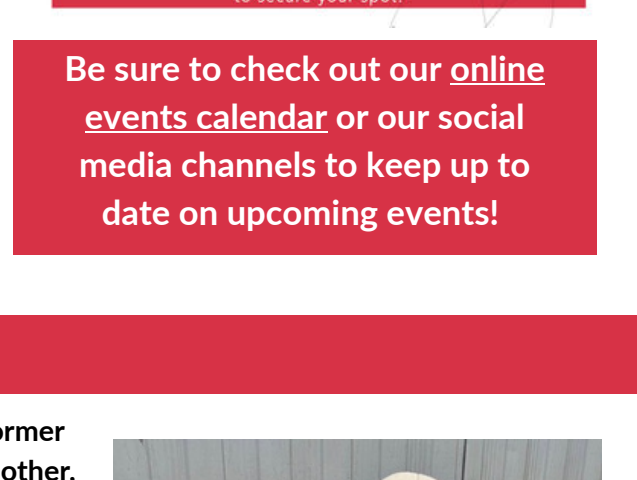
Upcoming SCI-AB Events in April:

Virtual Events:
April 8: [Virtual Peer Chat with Max](#)
April 9: [Concetric SCI Education Day](#)
April 28: [Virtual Ladies Peer Chat](#)

Edmonton Events:
April 10: [Colour Cafe Painting Event at West Ed](#)
April 13: [YOG Peer Dinner | Olive Garden \(Gateway\)](#)
April 23: [Coffee + Peers at Glenrose](#)
April 30: [Pizza + Peers at Glenrose](#)

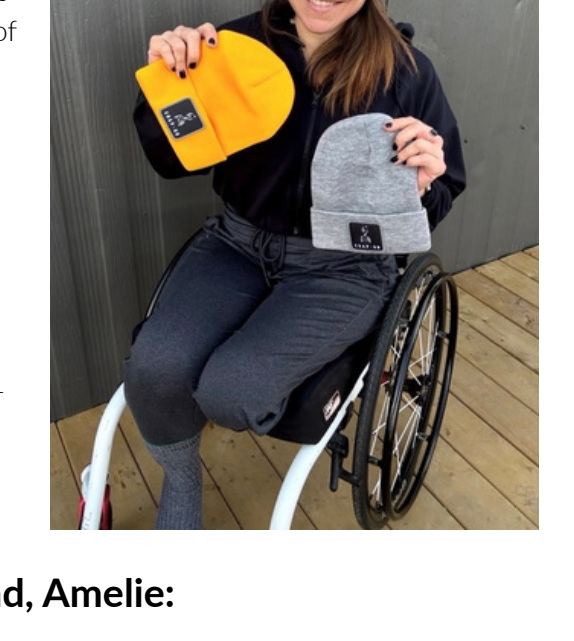
Calgary Events:
April 16: [YYC Peer Dinner | Lina's Italian Cucina](#)
April 23: [Bowling with Peers \(Splitville Bowl Highfield\)](#)

Holiday Closures: April 3rd and 6th for Good Friday and Easter Monday



Community Entrepreneur Spotlight: CHAP-OH

Chap-Oh is a Canadian headwear brand founded in 2025 by Amelie, a former Canadian Armed Forces supply technician, Invictus Games competitor, mother, and fierce advocate for inclusion! Based in Alberta, Amelie created the brand after a life-changing accident in 2019 that resulted in the loss of her leg. Rather than letting adversity define her, she transformed the experience into a mission-driven business focused on resilience, empowerment, and community. Each Chap-Oh hat is designed to symbolize unity and pride; reflecting the founder's values of strength, perseverance, and inclusivity.



More than just a fashion brand, Chap-Oh is built around giving back. Those living with disabilities know how expensive mobility equipment can be! The company actively supports the disabled community by helping fund mobility equipment for individuals who need assistance to live more independently. Through purchases and ongoing initiatives, the brand channels its profits into direct community support, including financial contributions that help people obtain essential adaptive equipment. By combining fashion with purpose, Chap-Oh aims to raise awareness, celebrate resilience, and create tangible impact. Proving that a small business can also serve as a powerful platform for social change, where we can do good and look good doing it!

Be sure to check out our online events calendar or our social media channels to keep up to date on upcoming events!

Meeting the mind behind the brand, Amelie:

What inspired you to start Chap-Oh, and where does the name come from, and what was the moment you realized you wanted to turn your story into a brand?

CHAP-OH was inspired by my journey after becoming an amputee in 2019, but also by my experience at the Invictus Games, where I met so many incredible people living with disabilities and facing similar daily challenges. That really opened my eyes and pushed me to want to do more. The name "CHAP-OH" comes from "chapeau", which means hat in French, as a nod to my roots in New Brunswick. The turning point was when I realized the lack of disability representation in clothing and fashion.

Was there a turning point where you felt the brand's mission become bigger than just selling hats?

Yes, at first, I planned to set aside 10% of the profits to give back, but I quickly realized I wanted to do more. I didn't just want to run a business—I wanted to make a real impact. That's when the mission grew bigger than the products, and I decided to dedicate 100% of the profits toward supporting the disabled community and expanding our initiatives.

Giving back is a core part of your business, why was supporting the disabled community important for you to build into the business?

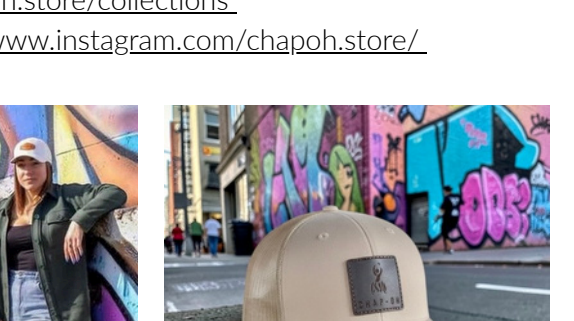
Because I live it every day. I know how expensive mobility equipment can be and how limited access can affect someone's quality of life. I was fortunate enough that my work covered all of my mobility equipment, and I know that's not the case for everyone. That's a big reason why I'm trying to help people who may not have had the same opportunity. Supporting the disabled community isn't an add-on for me—it's the foundation of everything CHAP-OH stands for.

Can you share a story or example of someone who benefited from the mobility equipment support initiative?

We've already seen how impactful this initiative can be. One of our first recipients was able to get new batteries for his powered wheelchair—something he had been putting off because he simply couldn't afford it. He was extremely grateful. Another recipient needed a battery for a SmartDrive, which is a power assist that makes it much easier to get around in a wheelchair. Our third recipient is very young and will be accessing specialized rehabilitation treatments. Right now, that support is more important for his development than mobility equipment.

What advice would you give to other people who want to start a purpose-driven business?

Start before you feel ready, and stay true to your "why." People connect with authenticity, not perfection. If your mission is real and comes from your own experience or passion, people will feel that. And don't be afraid to talk about it—your story is your biggest strength.



What are your business goals in the next year?

My main goal is to scale CHAP-OH so we can give back even more—more hat donations to students across Canada and more funding toward mobility equipment. I also plan to expand our reach, grow our online presence, and continue building a strong, supportive community around the brand. Long-term, I want CHAP-OH to become a recognized name in both fashion and disability awareness!

Check out the online shop here: <https://www.chapoh.store/collections>
Follow along and support the movement on social media: <https://www.instagram.com/chapoh.store/>

In the Community + Across the Province:

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, and 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.ca



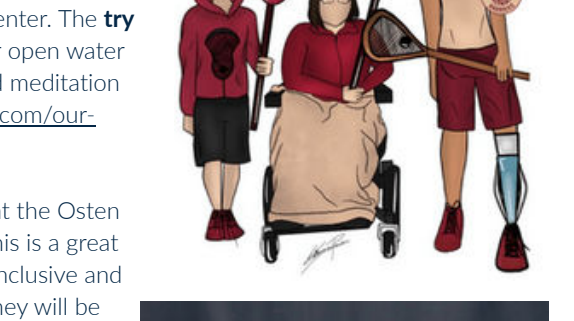
The Paralympic Sports Association (PSA) has lots of great programming through the winter months in Edmonton! There is **adaptive taekwondo, integrated spin classes, bowling, wheelchair floor hockey, and several sledge hockey programs!** Check out their website for a full list of program details and contact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



Steadward Centre in Edmonton at the University of Alberta offers a wide range of programming for all levels of fitness goals! They have their Adult Fitness and Recreation program which allows individuals to customize a plan that works best for them and their lifestyle, whether it's custom program design, 1:1 training sessions, group fitness, or access to the gym space to use the adaptive equipment, they will find a plan that works best for you! Finally, they also offer Functional Electrical Stimulation (FES) programs that is designed for individuals with paralyzed muscles. The FES program also includes general access to the gym. Registration for spring sessions is now open! Learn more here: <https://www.ualberta.ca/en/steadward-centre/programs-and-registration/index.html>



Wheelchair Sports Alberta (WSA) has an **adaptive sports try it opportunity every Thursday** at the main gym at the Glenrose for their 9th year in schedule. There is also now the option to try adaptive sports at the Terwillegger Iceplex on Thursdays from 4:15-5:15pm every week!



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 **U Can Try it day camps** again this season! Check out their website for more info! <https://rockymountainadaptive.com/>



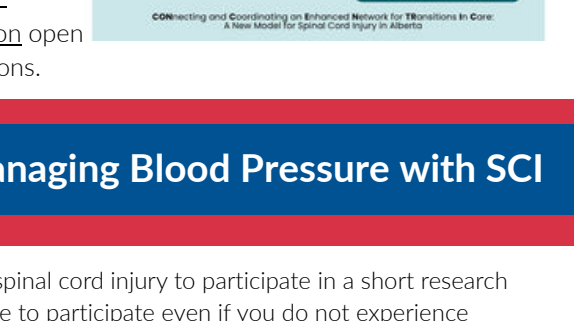
Ultimate Para Sports will be starting up an **adaptive scuba program** out of Cochrane at the SLS Centre. The **try scuba nights will be free on Tuesday evenings**, and then it is \$550 if you want to complete your open water certification! Ultimate Para Sports also offers para-cycling programs at various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



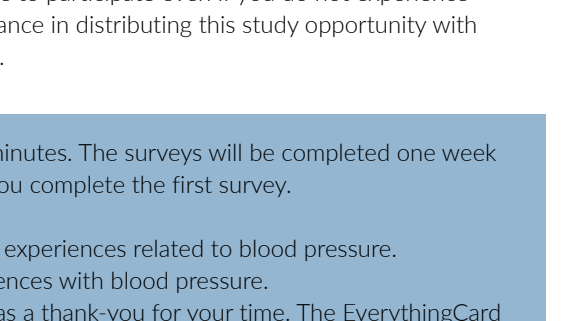
There is a free **wheelchair tennis try it out event in Calgary** on April 12 from 2:30pm-4:30pm at the Osten and Victor Alberta Tennis Centre. To register for the session call reception at: 587-393-1600. This is a great opportunity to discover wheelchair tennis, connect with others, and experience the sport in an inclusive and accessible environment for individuals with physical disabilities. Beginning September 2026, they will be launching a structured Wheelchair Tennis Program, on the weekends.



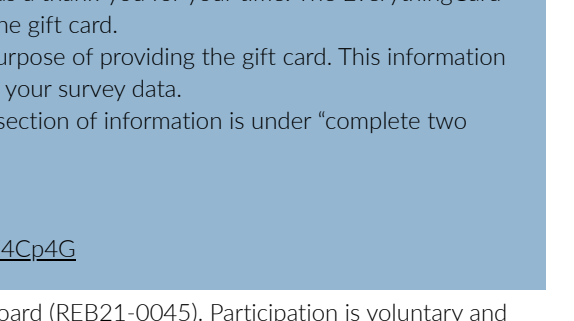
The **Calgary PowerHockey League (CPHL)** is dedicated to providing a quality adaptive hockey program for all persons 12 or older who require the use of an electric wheelchair for daily mobility. Their season runs from fall-spring. For more information check out: <https://www.powerhockey.ca/>



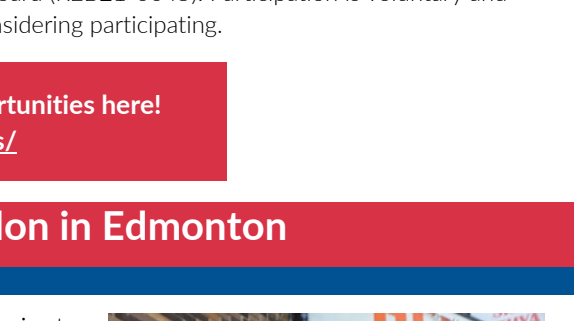
Dance Party - Rhythm and Groove at Wildflower Arts Centre in Calgary, Apr 7 1:00-3:00. (10 sessions, ending June 9). Inclusive dance classes available for varied mobility levels. This session's theme is 'Rhythm and Groove'. In these 10 weeks, we will try out different 'grooves' from various groovy styles and eras, and pair these with different music genres to explore different rhythmic responses to music.



Comedy For A Cause YYC, Tuesday, April 14, 6:00PM at The Laugh Shop
Join us on April 14, 2026 at 8:00pm for an awesome comedy show that supports the CPAA's vital programs and services in the disability community.



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 and sports groups to continue to expose the sport and give everyone the opportunities. **For more info contact:** (403) 816-7000 or calgaryrollers@gmail.com



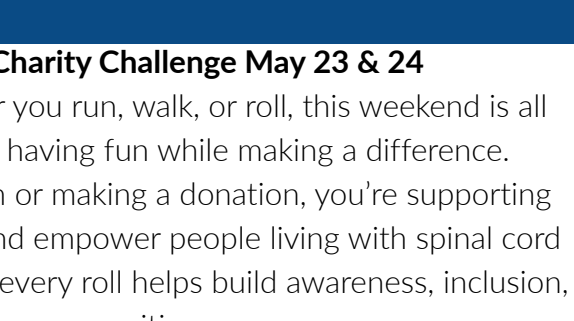
The **CONCENTRIC Project team** will be hosting the 5th annual **SCI Education Day** on April 9th from 12:30pm-4pm. This year's topics include Orthostatic Hypotension and SCI. Women's Health in SCI, Integration in Care after SCI and Complications after SCI including DVT/PE. Learn more or sign up here: <https://www.eventbrite.com/e/5th-annual-spinal-cord-injury-education-day-2026-tickets-19838976021337aff-orddtcreator>



Reyu Paralysis Recovery Centre will be hosting an open house for their 9th year in operation! They will be hosting an open house event on April 10th. There will be try it sessions from 10am-12pm, and demonstrations of therapy sessions from 1-4pm. For more info contact info@reyu.ca



Or fill out the **google form to RSVP**
They also have a **busycy program application** open for the month to cover the cost of sessions.



Research Study Spotlight | Knowledge and Experience Managing Blood Pressure with SCI

The RESTORE Network Spinal Cord Injury Team is inviting people with lived experience with spinal cord injury to participate in a short research study examining knowledge and experiences related to blood pressure. Anyone is welcome to participate even if you do not experience challenges with managing blood pressure. We are wondering if we may require your assistance in distributing this study opportunity with community members who may be interested.

Here is a description of the study:

Participation involves completing two short online surveys each taking approximately 5-10 minutes. The surveys will be completed one week apart. I will personally email you the second survey link one week after you complete the first survey.

Survey one: Includes a demographics section and questions about your health and experiences related to blood pressure.
Survey two: Includes the same set of questions related to your experiences with blood pressure.
Following completion of the second survey, you will be provided with a \$10 EverythingCard as a thank-you for your time. The EverythingCard allows you to choose where you would like to redeem the gift card.
Please note that your name and email address will be requested in the survey solely for the purpose of providing the gift card. This information will not be used for research analysis or be included as part of your survey data.
If you are interested in participating, please review the consent information. The relevant section of information is under "complete two additional short surveys".

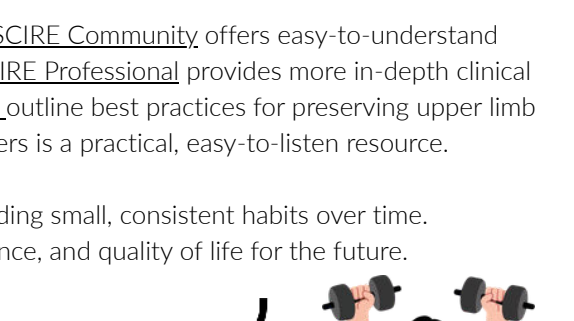
You may access the first survey at this link.
https://survey.ualberta.ca/fe/form/5V_0BSmI6x8F4Cn4G

This study has been approved by the University of Calgary Conjoint Health Research Ethics Board (REB21-0045). Participation is voluntary and you may stop at any time by closing the survey. Thank you for your consideration and participation.

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

Community Kindness Showcase | Weekly Trim True Salon in Edmonton

As part of a new Community Kindness Project, we would like to extend a heartfelt thank you to Craig and the incredible team at **Weekly Trim True** for their generous donation of a full hair appointment for one of our long term care residents.



This thoughtful act of kindness meant so much, not just in helping someone look their best, but in lifting their spirits and reminding them they are valued and cared for. Small gestures like this create meaningful moments and lasting impact.
Thank you Craig and the Weekly team for making a difference in our community!



Looking great Diane!

Servus Calgary Marathon 2026 | May 23 + 24

WE-AB is ready for the Servus Charity Challenge May 23 & 24
Team SCI-AB is back 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.

Learn more here: <https://raceroster.com/107196?aff=HGNM3>

Seeking Volunteers for Lethbridge Casino | July 4th + 5th

CALL FOR VOLUNTEERS LETHBRIDGE

Join us at our upcoming Lethbridge Casino fundraiser and help support programs and services for people living with spinal cord injuries. It's a fun way to give back, meet great people, and make an impact.
Sign up today and be part of the action!

Pure Casino July 4th and 5th 2026

We are currently seeking volunteers to support our upcoming casino in Lethbridge. This is a great opportunity to give back, connect with others, and help raise important funds for our organization. Volunteers are needed for a variety of roles. No previous casino experience is required—training will be provided. Your time makes a meaningful difference, and all proceeds from this event go directly toward supporting our programs and initiatives.

If you are interested in volunteering, please sign up using this link:
<https://www.signupgenius.com/go/10C0545ADAC2BAFFC07-62197588-sciab//>
Please feel free to forward this information to your contacts who may be interested. Thank you for your support!

Skip the Depot Fundraiser | Support SCI-AB

Got bottles lying around?

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>

Did You Know? | Supporting Shoulder Health with SCI

For people living with spinal cord injury (SCI), shoulder health is critical to maintaining independence. From wheelchair propulsion to transfers and daily activities, your shoulders take on increased demand every day. Over time, this can lead to pain or injury—but with the right strategies, much of this can be prevented and managed.

A great starting point is the recent "Shoulder Management after SCI webinar" presented by PRAXIS, you can watch it here: <https://www.youtube.com/watch?v=C2gmF-nYuU>

After SCI, the shoulders often become your primary source of mobility. Without proactive care, this increased demand can lead to overuse injuries, chronic pain, and reduced function over time. The key message from the webinar was clear: protecting your shoulders early helps preserve independence in the long term.

There are several practical ways to care for your shoulders in everyday life. Staying consistent with exercise—especially regular stretching and strengthening—can reduce pain and improve function. Using efficient movement techniques, such as proper wheelchair propulsion and safe transfer methods, helps minimize strain. It's also important not to ignore pain; addressing discomfort early can prevent more serious injury. Adapting activities or using assistive devices when needed can further support long-term shoulder health.

Exercise-focused resources are also widely available. The STOMPS Program (Strengthening and Optimal Movements for Painful Shoulders) is a proven, home-based program designed for manual wheelchair users and can be accessed here: <https://www.med.unc.edu/physrehab/wp-content/uploads/sites/549/2018/06/STOMPS-Protocol.pdf>

Additionally, SCI Action Canada offers practical tools to help individuals stay active safely in home and community settings. For those with limited hand function, Active Hands provides adaptive equipment that can make strengthening exercises more accessible.

There are also several excellent educational resources to support shoulder health. SCIRE Community offers easy-to-understand clinical guidelines and research evidence. The Paralyzed Veterans of America (PVA) Guidelines outline best practices for preserving upper limb function, and the MSKTC podcast on strengthening and protecting the shoulders is a practical, easy-to-listen resource.

All in all, protecting your shoulders doesn't require perfection; it's about building small, consistent habits over time. Taking care of your shoulders today helps protect your mobility, independence, and quality of life for the future.

"Happy Springtime!" - Kendra + Max

