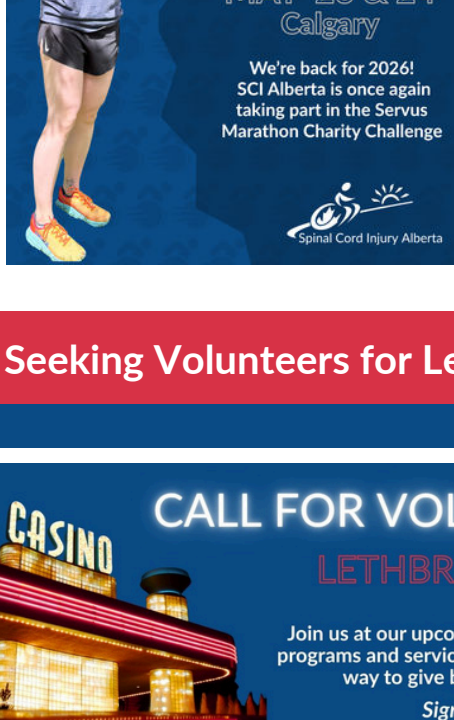


Servus Calgary Marathon 2026 | May 23 + 24



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.

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/10C0545ADAC2BAAFFC07-62197588-sciab/>
 Please feel free to forward this information to your contacts who may be interested. Thank you for your support!

Mark Your Calendar and Save the Dates! BBQs, YEG Peer Summit, and more!

June 20 th <u>Red Deer Wheelchair Rugby Try It Day</u>	July 12 th <u>YEG BBQ at Hawrelak Park</u>	August 2 nd <u>YYC BBQ at Fish Creek Park</u>	August 23 rd <u>Lacombe BBQ + Waterski Event</u>	October 21st <u>YEG SCI-AB Peer Summit</u>

Ticket links and details to come soon!

SCI Canada Scholarships Open Until May 31 (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.

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 Rowlie 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!

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



SCI-AB May 2026 Events:

Upcoming SCI-AB Events in May:

- Edmonton Events:**
 May 15: Afternoon Bowling at Splitsville
 May 19: Coffee + Peers
 May 20: Peer Dinner (Sherlock Holmes Sherwood Park)
 May 28: Pizza + Peers
- Calgary Events:**
 May 23 + 24: Servus Calgary Marathon
- Virtual Events:**
 May 26: Virtual Ladies Chat
- Holiday Closures:**
 May 18: Victoria Day (May long weekend)



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

SCI-AB Peer Summit in YEG | October 21st

Life Reimagined
 The SCI Alberta Community Summit
 Mark your calendar

This is more than a conference—it's a gathering of people who understand what it means to rebuild, adapt, and move forward when life takes an unexpected turn. Whether you're living with a spinal cord injury or other disability, supporting a loved one, or working alongside this community as a caregiver, healthcare provider, or advocate—this day is for you.

Life Reimagined is about redefining what life can look like after injury or diagnosis. It's about building a life that is full, connected, and meaningful, even when the path looks different than expected. It reflects the strength of a community that continues to adapt, support one another, and move forward together—sharing experiences, exploring new possibilities, and shaping a future where everyone can thrive.



SAVE THE DATE
 Wednesday
 October 21st
 EDMONTON

Save the date for the 2026 Peer Summit!

This year's event will take place on Wednesday, October 21st at the Evario Event Centre in Edmonton.

Join us for a day exploring innovation and empowerment for those with SCIs and other disabilities! There will be vendor/community member tables, local research spotlights, speakers, panel discussion, prizes, and more!

Stay tuned for details!

Check out clips from last years event in Calgary:
<https://youtu.be/1EDw7j4gb3U?si=hOASpK9Bd0biGGJf> (2025 Peer Panel Clip)
<https://www.youtube.com/watch?v=xTbpBMoEV8E> (2025 Speaker Highlight)

Peer Program Evaluation Study | Closes May 15th! | \$35 Compensation

SCI Alberta is inviting you to complete an evaluation of our Peer Support Program. This year, our team has, in collaboration with McGill University, developed a national survey which will be used to evaluate Peer Support programs throughout Canada.

Please see George's message below and if you have any questions at all about the survey, or have any technical difficulties completing the survey, reach out to us and we will work to assist you. Thank you for your time and for your anticipated participation in our evaluation.

SCI ALBERTA PEER SERVICES EVALUATION SURVEY
 We want to know more about your SCI Alberta peer support experience!

- | | |
|---|---|
| WHO WE ARE?
• We are collaborating with researchers at McGill University.
• Through this survey, we want to know the impact of peer support programs.
Phone: 403-238-3003
Email: Max.Merland@sci-ab.ca
George Shi: zhongyang@sci-ab.ca
Rob Shier: robshier@sci-ab.ca
Chris Medeiros: cmc@sci-ab.ca
Prof Shane Sweet: shane.sweet@mcgill.ca | WHO ARE WE LOOKING FOR?
• You have participated in peer support services of SCI AB in the past five years.
• Age above 18. |
| ARE YOU INTERESTED?
If you are interested in doing the survey, please contact us:
Phone: 403-238-3003
Email: Max.Merland@sci-ab.ca
George Shi: zhongyang@sci-ab.ca
Rob Shier: robshier@sci-ab.ca
Chris Medeiros: cmc@sci-ab.ca
Prof Shane Sweet: shane.sweet@mcgill.ca | WHAT YOU'LL DO?
• Complete a 30-minute survey via an online survey about your experience with SCI AB peer services.
• Receive a \$35 compensation upon completion. |

Hello,
 My name is George, and I am a researcher at McGill University. Our team is interested in your experiences with your local peer support program. We would be grateful if you would consider participating in our research and sharing your experiences and expertise and help us better understand this topic.

If you decide to participate in this study, you will be asked to complete an online survey through Microsoft Forms that will be about 30 minutes long. You also have the option to complete the survey over a phone call with our team.

As compensation for your participation in the study, **you will receive a total of \$35 if you complete the study.** Let it be known that participation in this study is completely voluntary and your data can be withdrawn up to two months following the survey.

If you think you may be interested, please read over the **Consent Form** by clicking this link or scanning the QR code below:
<https://forms.office.com/r/1wrkffs9gg>. There you will find more information about participation, confidentiality, benefits, and possible risks. If you have any questions or if you would like to participate, please contact me at zhivang.shi@mcgill.ca or the supervisor of this research, Dr. Shane Sweet at shane.sweet@mcgill.ca.

Thank you,
 Zhiyang (George) Shi, Ph.D.
 McGill University

Peer Support Evaluation SCI Alberta

In the Community + Across the Province:

There is a brand **new para swim program launching in Edmonton!** Mathew Mossey previously coached the Steward 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@ksc.ca

The **Paralympic Sports Association (PSA)** has lots of great programming across the province! Check out their [list of programming in Edmonton, Medicine Hat and Hinton](#). They are also now accepting volunteers for events and programming!

The **Edmonton Adaptive Sports Association** will be holding summer ice throughout the sledge hockey off-season. This ice times are free to attend, and equipment will be provided if needed. Reach out to Sharon Veemenaar (780.721.7071) if planning to attend or if you would like more information. Summer ice times are generally twice a month and no previous experience is necessary. For the month of May practices will take place at **Millennium Place in Sherwood Park on May 6th from 9:15-10:30pm and on May 13th from 8:30pm-9:45pm. Please arrive 30-45min before to get equipment sorted and ready to get on the ice for start time.** Friends and family are welcome to attend and play as well! Please contact Sharon if wanting to attend to determine sledge type and equipment needed prior to practice.

The Calgary Inferno, in partnership with Wheelchair Rugby Canada, is hosting a free **Women's Wheelchair Rugby "Have a Go" session on May 3 from 2:00-4:30 PM at the MNP Community & Sport Centre in Calgary.** This beginner-friendly, women-led event invites women with physical disabilities to experience the excitement of wheelchair rugby—no prior experience needed, and all equipment is provided. Participants can learn more scanning the QR code on the poster below!

Steward 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/steward-centre/programs-and-registration/index.html>

The University of Alberta will also be hosting the **Alberta Adapted Physical Activity Summit from May 7th-9th** Community members are eligible for a reduced ticket rate to check in and out there are virtual options still available! Learn more here:
<https://sites.google.com/ualberta.ca/aapasmposium26/home>

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!

The Alberta Cerebral Palsy Sports Association has programming across the province! They have several programs available for all ability levels! Check out **para soccer, wheelchair soccer and bocce**. For more information please contact:
info@acpsa.ca

Rocky Mountain Adaptive has lots of awesome activities to do from biking, to trailriders, adaptive paddleboards, kayaks and more! Registration for their summer camps, programs and rentals is now live! Don't delay, spots fill up fast! Check out their website for more info! <https://rockymountainadaptive.com/>

Ultimate **try scuba nights** will be starting on 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>

wheelchairportsab
WHEELCHAIR SPORTS DROP IN
 Boostie Juice Recreation Centre in Terwilliger wheelchair sports Alberta in collaboration with the City of Edmonton
 Thursday starting April 2, 2025
 4:15pm-5:15pm, weekly

DANCING ACROSS BARRIERS
ADAPTIVE, PARA & WHEELCHAIR TAP DANCE
 HAVE WEEKLY SESSIONS
 BOOSTIE JUICE RECREATION CENTRE
 403-238-3003
 BOOK HERE: www.wheelchairportsab.com/

WOMEN'S WHEELCHAIR RUGBY HAVE A GO
 Get ready for monthly drop-in sessions that will be a part of the excitement!
 This free, beginner-friendly opportunity of equipment is provided, and no experience is needed. Open to women with a physical disability.
 Please RSVP in advance: wheelchairrugby@mcgill.com or from the QR code

Research Study Spotlights | Lots of Great Local Projects to Get Involved With!

SCI-AB and University of Alberta: Peer Support Priorities Study

Spinal Cord Injury Alberta is inviting adults across Alberta who are living with a spinal cord injury or disorder (SCI/D) to take part in a Peer Support Priorities Survey aimed at strengthening future programs and services.

This quick 3-5 minute survey is open to individuals aged 18+ and asks about key areas such as time since injury, gender, and the most important peer support topics at different stages of recovery—ranging from navigating healthcare and employment to relationships, accessible living, and mental wellbeing.

Participation plays an important role in shaping how peer support is delivered across the province. The insights gathered will directly inform program development, ensuring services better reflect the real needs, challenges, and priorities of the SCI/D community.

By sharing your experience, you help guide more responsive, inclusive, and effective supports for others on similar journeys.

As a thank you, participants will have the **chance to win a \$100 Amazon gift card**. To take the survey, visit: <https://redcap.ualberta.ca/surveys/?s=3WAFHAWYYR8KLEDW>

Peer Support Priorities Survey
 Help improve peer support programs for people living with spinal cord injury in Alberta.

WHO CAN PARTICIPATE
 Adults who:
 • Live in Alberta
 • Have a spinal cord injury or disorder (SCI/D)
 • Are 18 years of age or older
 The survey takes 3-5 minutes to complete.

WIN A \$100 Amazon Gift Card

WHY PARTICIPATE
 Your responses will help identify which peer support topics are most important to different stages of spinal cord injury. The findings will help improve SCI Alberta peer support programs and guide future services.

WHAT WILL YOU BE ASKED
 The survey includes questions about:
 • Time since injury
 • Gender
 • Your top three peer support priorities
 Topics include things like navigating healthcare, employment, relationships, accessible living, and mental wellbeing.

Take the Survey
 Scan the QR code or use the link below.
 Survey link: <https://redcap.ualberta.ca/surveys/?s=3WAFHAWYYR8KLEDW>

Contact us for more information:
 • Live in Alberta
 Email: Endreka.Finlay@sci-ab.ca
 • Vancouver (Monday-9)
 Email: yveshuay@ualberta.ca

Other Research Opportunities:

UNIVERSITY OF ALBERTA
 FACULTY OF MEDICINE & DENTISTRY

PARTICIPATE IN A RESEARCH STUDY:
 Abdominal electrical stimulation to improve bowel health in people with spinal cord injury

Do you have a spinal cord injury and you take a long time to complete your bowel routine? Are you testing if an 8-week program of abdominal electrical stimulation could speed up bowel movement and improve your bowel health?

YOU MAY QUALIFY IF YOU:

- Are between 18 and 80 years old
- Have been living with a spinal cord injury for at least 1 year
- Take more than a half hour to have a bowel movement

PARTICIPATION INVOLVES:

- Applying electrical stimulation to your abdominal muscles for 30 minutes before every bowel routine, for a period of 8 weeks
- Keeping a log with the time it takes, to complete your bowel routine, stool consistency and other aspects related to bowel health
- Three visits to the lab (about 2 hours/visit)
- Keep a log at home for a total of 3.5 months
- You will receive a cash compensation for each lab visit

INFORMATION & LOCATION:
 Dirk Everaert | everaert@ualberta.ca | 780-492-3796
 University of Alberta
 Heritage Medical Research Centre, Room 511
 11207 87 Ave

Abdominal transcutaneous electrical stimulation to alleviate neurogenic bowel dysfunction in people with chronic spinal cord injury.
 Investigator: Dr. Chester Ho. Ethics: Pro00150346 6-Jun-2025

UNIVERSITY OF ALBERTA
 FACULTY OF SPORT AND RECREATION
PROGRAM FOR COMMUNITY HEALTH

Now Recruiting People with Physical Disabilities who have been Pregnant

You are invited to participate in a study examining physical activity during pregnancy and health in people with physical disabilities.

Participants must be **18+ years of age, have a physical disability, and be currently pregnant or recent within the past 5 years**

Click the [survey link](#) to participate
 Or
 Scan the QR code

pregnant@ualberta.ca
dmargiada@uavpport
 780-492-0642

PI: Dr. Margus Ojaveer
 Pro01162619

Do you want to participate in a research study?

Functional electrical stimulation training to restore arm and leg function after spinal cord injury or stroke

Researchers in the SMART Network at the University of Alberta are **looking for volunteers** to participate in a study, aimed at improving walking function after a spinal cord injury

You can participate if you are an adult with a spinal cord injury (C4-T10; AIS B, C or D)

This study involves training with FES assisted cycling 1 hour / day for either 12 (AIS C or D) or 48 (AIS B) weeks

- 3 Pre, 1 Post, and 1 6-month follow-up assessment will be completed

Parking expenses are covered and remuneration for your time is provided periodically throughout the study

For further information please contact:

Monique Yuan, Research Coordinator (phone) 780-492-6227 (email) monique@ualberta.ca

Dr. Vivian Mushahwar, Professor (phone) 780-492-4519 (email) vmushahw@ualberta.ca

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

RED DEER WHEELCHAIR RUGBY "TRY IT" EVENT

Join us in Red Deer on Saturday, June 20 for a Wheelchair Rugby Try-It Day and community connection event in partnership with Red Deer Reapers Wheelchair Rugby.

This is a great opportunity to learn more about wheelchair rugby, try the sport in a supportive and inclusive environment, and connect with others in the community. Whether you're new to adaptive sports, returning to activity, or simply looking to connect with others, this event welcomes all abilities and experience levels.

Come meet the team, build new connections, and experience the energy and excitement of wheelchair rugby firsthand. We look forward to seeing you there!

SATURDAY JUNE 20TH 11AM - 2PM

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>