

Celebrating Another Great Marathon!

Servus Calgary Marathon 2026



Thank you to everyone who supported this years charity challenge marathon, we raised over \$45000 this year!

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

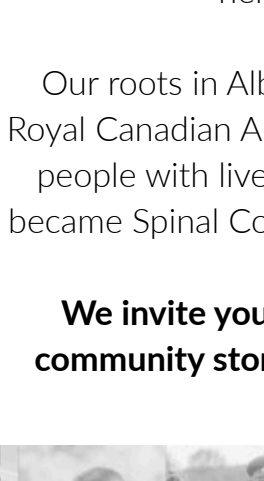
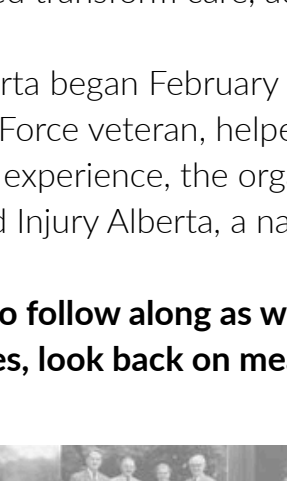
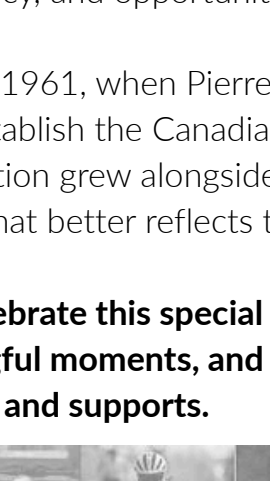
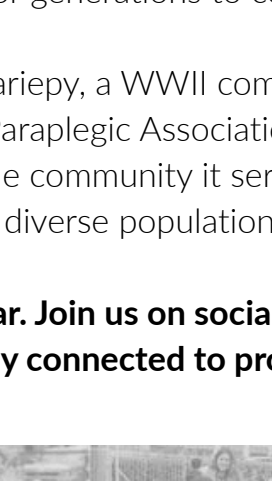
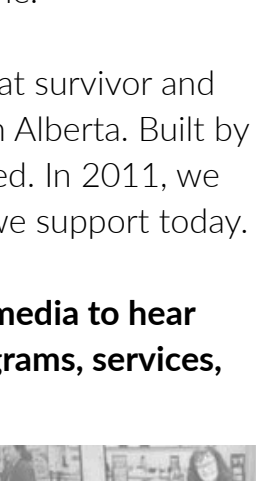
CALL FOR VOLUNTEERS
LETHBRIDGE

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

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 20th Red Deer Wheelchair Rugby Try It Day	 July 12th YEG BBQ at Hawrelak Park	 August 16th YYC BBQ at Fish Creek Park	 August 23rd Lacombe BBQ + Waterski Event	 October 21st YEG SCI-AB Peer Summit
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Ticket links and details to come soon!

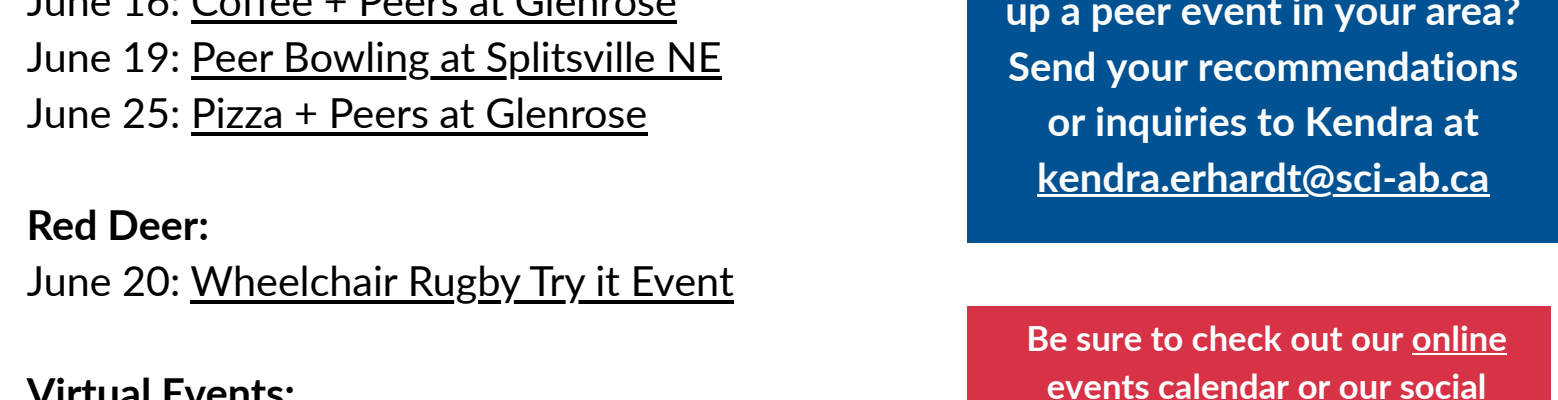
Check it out! | SCI-CA Newsletter Updates + 65th anniversary year

This year, Spinal Cord Injury Alberta proudly celebrates 65 years of community, connection, and support for individuals living with spinal cord injuries.

In 1945, the Canadian Paraplegic Association was founded in Toronto to support soldiers returning from war with spinal cord injuries. At a time when options were limited and survival was uncertain, this work helped transform care, advocacy, and opportunity for generations to come.

Our roots in Alberta began February 13th 1961, when Pierre Gariépy, a WWII combat survivor and Royal Canadian Air Force veteran, helped establish the Canadian Paraplegic Association Alberta. Built by people with lived experience, the organization grew alongside the community it served. In 2011, we became Spinal Cord Injury Alberta, a name that better reflects the diverse population we support today.

We invite you to follow along as we celebrate this special year. Join us on social media to hear community stories, look back on meaningful moments, and stay connected to programs, services, and supports.




65 Years
Adjusting Adapting Thriving

SCI-AB June 2026 Events:

Upcoming SCI-AB Events in June:

Edmonton:
June 10: Peer Dinner | Wing Snob (Oliver Square)
June 16: Coffee + Peers at Glenrose
June 19: Peer Bowling at Splitsville NE
June 25: Pizza + Peers at Glenrose

Red Deer:
June 20: Wheelchair Rugby Try it Event

Virtual Events:
June 15: Accessible Air Travel Forum
June 30: Virtual Ladies Chat

Do you have any ideas or suggestions for the next peer event? Or do you want to start up a peer event in your area? Send your recommendations or inquiries to Kendra at kendra.erhardt@sci-ab.ca

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 prizes, local recreation 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)

Register Today! June 20th in Red Deer

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

Join the Red Deer Reapers and Spinal Cord Injury Alberta for an inclusive Wheelchair Rugby Try-It Event at the Alberta Sports Hall of Fame.

Join Us for the Red Deer Reapers Wheelchair Rugby Try-It Day!
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.

The first 100 registered participants will receive complimentary admission to the Alberta Sports Hall of Fame along with a meal ticket for the event.

Register here: <https://www.eventbrite.ca/e/red-deer-reapers-wheelchair-rugby-try-it-event-tickets-1289391839545?aff=oddtcreator>

In the Community + Across the Province:

Join VAD in celebrating National AccessAbility Week (NAAW) at their BBQ & Silent Auction on June 6, 2026, from 12 pm - 3 pm at Borden Park, Site 6. This community event will bring people together to recognize the importance of inclusion, accessibility, and connection for all. SCI-AB will be there, and we look forward to celebrating with you there through great food, fun activities, and support for accessibility!

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 next season, but they would love to see that number grow! This is a great way to take your swimming to the full level, get a fully 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 across the province! Check out their [list of programming in Edmonton, Medicine Hat and Hinton](#). They are also always looking for volunteers to help with events and programming! They have an adaptive golf program and kayaking program in Edmonton that is free to try for your first session, see the summer ice details!

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 Veneman (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 participants will take place at **Millennium Place in Sherwood Park on Tuesday June 9th from 9pm-10:15pm and on Tuesday June 23rd from 7:15pm to 8:30pm. 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.

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.steadward-centre.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 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! There is **para soccer, powerchair soccer and bocci**. For more information check out: <https://www.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 Para Sports will be starting up an **adaptive scuba program** out of Cochrane at the SLS Centre. The **try scuba certifications 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 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

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 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 of 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 like employment, 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:
• Kendra Erhardt
Email: kendra.erhardt@sci-ab.ca
• Vanessa Mossey
Email: vanossey@ualberta.ca

Other Research Opportunities:

<p>UNIVERSITY OF ALBERTA SCHOOL OF MEDICINE & DENTISTRY</p> <p>PARTICIPATE IN A RESEARCH STUDY: Abdominal electrical stimulation to improve bowel health in people with spinal cord injury</p> <p>Do you have a spinal cord injury and you take a long time to complete your bowel routine? We are testing if an 8-week program of abdominal electrical stimulation could speed up bowel movement and improve your bowel health.</p> <p>WHO MAY QUALIFY FOR THIS:</p> <ul style="list-style-type: none"> 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 <p>PARTICIPATION INVOLVES:</p> <ul style="list-style-type: none"> 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 each) Keep a log at home for a total of 8.5 months You will receive a cash compensation for each lab visit <p>INFORMATION & LOCATION: Dik Veneman veneman@ualberta.ca 780-493-3796 11307 87 Ave University of Alberta Heritage Medical Research Centre, Room 511 11307 87 Ave Edmonton, Alberta T6G 2G6 Phone: 780-493-3366 Ext-2024</p>	<p>UNIVERSITY OF ALBERTA FACULTY OF KINESIOLOGY, SPORT AND RECREATION</p> <p>Now Recruiting People with Physical Disabilities who have been Pregnant</p> <p>You are invited to participate in a study examining physical activity during pregnancy and health in people with physical disabilities</p> <p>Participants must be 18+ years of age, have a physical disability, and be currently pregnant or pregnant within the past 5 years</p> <p>Click the survey link to participate Or Scan the QR code</p> <p>program@ualberta.ca @kinesiologyresearch 780-492-0542</p>	<p>UNIVERSITY OF ALBERTA SMART</p> <p>Do you want to participate in a research study?</p> <p>Functional electrical stimulation training to restore arm and leg function after spinal cord injury or stroke</p> <p>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</p> <p>You can participate if you are an adult with a spinal cord injury (C4-T10, AIS B, C or D)</p> <ul style="list-style-type: none"> This study involves training with FES assisted cycling 1 hour / day for either 12 weeks (C or D) or 45 (AIS B) 3 Pre, 1 Post, and 1 6-month follow-up assessment will be completed <p>Parking expenses are covered and remuneration for your time is provided periodically throughout the study For further information please contact:</p> <p>Monique Yeats, Research Coordinator Phone: 780-492-4227 Email: monique@ualberta.ca</p> <p>Dr. Vivian Mushahwar, Professor Phone: 780-492-4219 Email: vmushah@ualberta.ca</p>
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Check out the all of the current research study opportunities here!
<https://sci-ab.ca/research-opportunities/>

New ADAP and AISH Updates :

Understanding the New AISH and ADAP Changes

Starting in July 2026, Alberta will introduce the new Alberta Disability Assistance Program (ADAP). This means many current recipients of the Assured Income for the Severely Handicapped (AISH) program may see changes to how their benefits are assessed and delivered.

What You Need to Know

AISH will continue for people whose disabilities permanently prevent them from working. Many current AISH recipients may transition to ADAP, which is designed for individuals who may be able to participate in some level of employment with support.

Current AISH clients who transition to ADAP will receive a temporary transition benefit intended to maintain their current payment amount until the end of 2027. ADAP will allow higher employment income exemptions for some individuals before benefits are reduced.

New medical review and appeal processes may apply under ADAP.

Who May Remain on AISH Automatically?

According to Alberta's current information, individuals who are:
60 years or older,
receiving PDD supports,
living in continuing care, or
living with terminal or palliative conditions
may automatically remain on AISH unless they choose to move to ADAP.

Learn More and Explore Your Options

Several helpful tools and articles are available if you would like to better understand how these changes may affect you:
[Alberta AISH & ADAP Benefit Estimator](#)
[AISH to ADAP Explained - Zachary Weeks](#)
[ADAP Calculator - Zachary Weeks](#)
[What the New ADAP Letters Really Mean](#)
[Official Alberta ADAP Information](#)

If you receive a letter regarding your eligibility or transition status, it is important to review it carefully and seek clarification if needed. Client service coordinators at SCI-AB, support workers, advocacy organizations, and Alberta Supports may also be able to assist you in understanding your options, or supporting you through the process.

Accessible Gynecological Care Clinic at the Glenrose

Accessible Gynecological Care
AT GLENROSE REHABILITATION HOSPITAL

- Runs every second month
- Wheelchair accessible with lift
- Staff available for transfers, clothing, and positioning

To self-refer, call 780-735-6290

Glenrose Rehabilitation Hospital is offering accessible gynecological care designed to better support individuals with mobility needs.

The clinic runs every second month and features wheelchair-accessible equipment, including a lift, with staff available to assist with transfers, clothing, and positioning during appointments.

Individuals can self-refer by calling 780-735-6290 to learn more or book an appointment.

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>

