SCI-AB | September 2026 Peer Newsletter

SCI-AB Summer Recap:

BBQ's, Sunshine, and Memories to Last a Lifetime

Thank you to everyone who came out to our summer BBQ events across the province! It was a great chance to connect, celebrate and enjoy some sunshine. Thank you to all our sponsors, collaborators and volunteers that made the events possible!

September is Spinal Cord Injury Awareness Month!

September is Spinal Cord Injury Awareness Month

September is Spinal Cord Injury (SCI) Awareness Month—a time to raise awareness, celebrate the strength and resilience of people living with spinal cord injuries, and recognize the many different experiences within the SCI community.

The lime green ribbon is a symbol of spinal cord injury awareness. Throughout September, wearing or displaying lime green is a simple way to show your support, spark conversations, and help bring greater visibility to the realities of living with an SCI.

There are many ways to commemorate the month: wear lime green, share information or personal stories, learn more about accessibility and inclusion, recognize the achievements of people with SCI, support an SCI organization, or take time to reflect on the barriers and opportunities within your own community. Most importantly, use the month as an opportunity to listen, learn, connect, and help create a more accessible and inclusive world for everyone.

This September, let's shine a little brighter in lime green and celebrate the SCI community! 💚

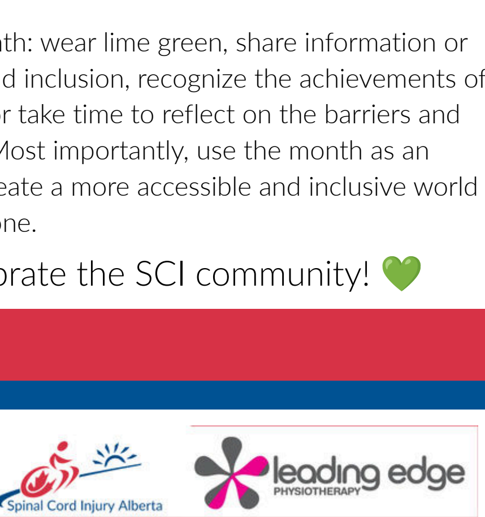
SCI-AB September 2026 Events:

Upcoming SCI-AB Events in September:

Edmonton:
- Sept 15: Coffee and Peers at the Glenrose
- Sept 18: Top Secret Collaboration Event (lunch included)
- Sept 24: Pizza + Peers at the Glenrose
- Sept 25: Edmonton Comedy Show in Support of SCI-AB

Virtual Events:
- Sept 9: Virtual Education Session: Save Your Shoulders
- Sept 18: Top Secret Collaboration Event
  (see the reveal later on in the newsletter!)

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



Spinal Cord Injury Alberta
leading edge PHYSIOTHERAPY

Virtual Education Session: Save Your Shoulders

Shoulder Health 101: Understanding overuse injuries in wheelchair users and aging with a disability

Prevent Pain: Posture, positioning, and strengthening strategies that work

Stay Strong: Mobility, shoulder stability, and smart activity balance

Live Q&A: Get your questions answered by a physiotherapist

Presented By: Jason Daoust, Physiotherapist

September 9th from 6-7pm

RVSP to Kendra at kendra.erhardt@sci-ab.ca

SCI-AB Peer Community Summit in YEG | October 21st

Spinal Cord Injury Alberta
Life Reimagined
The SCI Alberta Community Summit
Wednesday October 21st
EDMONTON
REGISTRATION NOW OPEN!

The SCI Alberta Community Summit is coming to Edmonton!

Join us on October 21, 2026 at the Evario Events Centre for Life Reimagined — a full day of inspiration, connection, and community from 10:00 AM to 5:00 PM.

This is more than a conference. It is a gathering of people who understand what it means to rebuild, adapt, and move forward. Whether you are living with a spinal cord injury, supporting a loved one, or working alongside this community as a caregiver, healthcare provider, or advocate, this day is for you.

Our Keynote Speaker Brad Bartko, Founder and CEO of Disability Accessible by Design, will be sharing his powerful vision for building a future where accessibility is not an afterthought. It is built in from day one.

Your ticket includes a full day of presentations, an inspiring speaker series, vendor showcase, networking opportunities, and lunch — all for just $60!

Early bird pricing will be in effect until September 30th, tickets are only $30 each! Bring a friend, family member, or caregiver and experience the day together.

Registration Now Open!

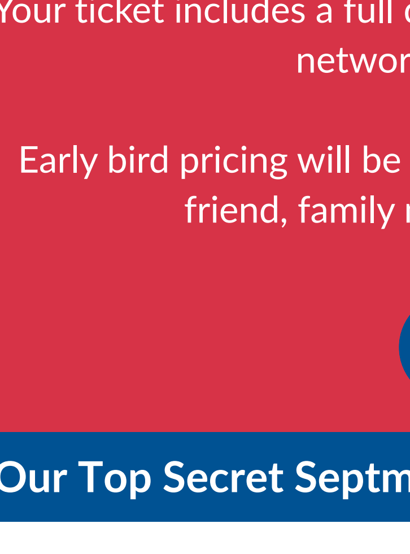
Our Top Secret Septmeber 18th Collaboration Revealed:

Hello there SCI-AB community!

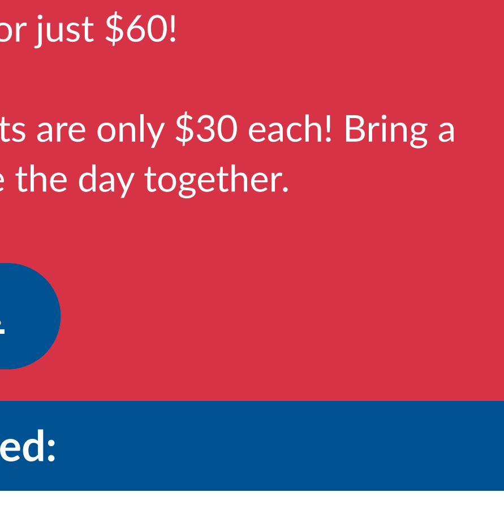
What barriers or friction have you encountered living with a disability that could be alleviated by technology? No question is too big or too small, we are looking for input leading up to the first of its kind powerhouse collaboration event on September 18th in Edmonton (but the event will be hybrid for those wanting to join virtually).

We will be co-hosting and coordinating a session to explore the use of AI and technology to solve them. The first event in the series will be a "prompt-a-thon" where individuals will learn how to effectively use AI in their day to day lives, to solve problems or make things more efficient. Then once the foundation is set we will be setting up a "hack-a-thon" style event in order to try to tackle some of these bigger issues faced.

The goal will be to empower those with disabilities to use technology to make their lives easier and create visibility about problems faced in community that could be addressed. But as a starting point, what would you consider some major problems in the disability sector that need solving?



Different examples to explore could include:
-Accessible Housing Finder
-Funding Availability
-AADL Allowances
-Tracking Health Conditions
-Systems Navigation + Barrier Reduction
-Bureaucracy Translator
-Peer/Community Connection
-Resource Finder
-Use of AI in day to day tasks
-Scheduling care aids
-Real time accessible route finders (i.e. construction, snow, or damaged sidewalk)

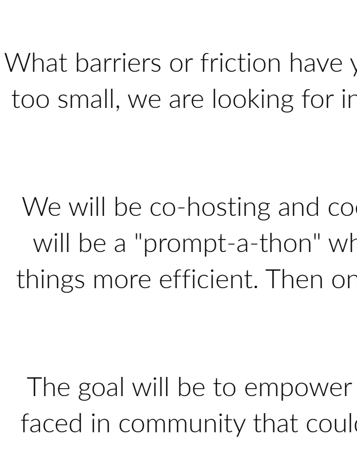


Check out some proof of concept tools that have already been developed:
-Accessible Housing Map
-AI Health Records
-DATS Bus Booker
-311 Line Reporter

Submit your topics for feedback here: https://forms.cloud.microsoft/r/b8iqYqiuQM

Save the date for Friday, September 18th for the in-person (with virtual options) event!

Voices Without Barriers | Accessible Music Festival | September 26, 2026


VOICES WITHOUT BARRIERS
THE FIRST FULLY ACCESSIBLE MUSIC FESTIVAL OF ITS KIND IN WESTERN CANADA.
TICKETS ON SALE JUNE 15 2026
More to come...
BROUGHT TO YOU BY VOICE OF ALBERTANS WITH DISABILITIES
THE WESTIN EDMONTON DOWNTOWN

VAD Society is preparing for Voices Without Barriers — Alberta's first fully accessible music festival and inclusive community event experience!

This event is being developed to celebrate accessibility, inclusion, disability culture, music, art, employment, and community connection in a way that has never been done before in Western Canada. Learn more here!

Get your tickets here: https://www.eventbrite.ca/e/voices-without-barriers-albertas-first-fully-accessible-music-festival-tickets-1991483850807

In the Community + Across the Province:

There is a **new para swim program** launching in Edmonton! Mathew Mossey is the coach of the new para swim program at the Keyano Swim Club. They will be swimming out of the downtown YMCA on Tuesdays and Thursdays, and currently have 22 swimmers registered, 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 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 programing! They offer bowling, sledge hockey, floor hockey, adapted twakwondo and more!

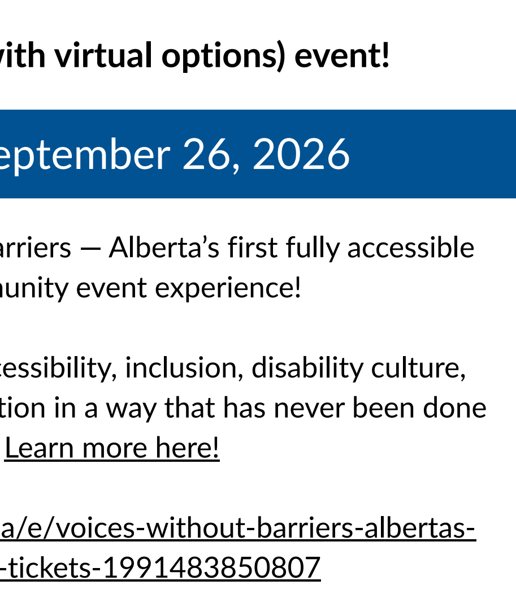
The **Steadward Centre in Edmonton** at the University of Alberta offers a wide range of programming for all levels of fitness goals! Mark your calendars, as their Fall 2026 Program registration is open! They have their **Adult Fitness and Recreation program** which allows individuals to customize a 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 offer **FES (Functional Electric Stimulation)** programs designed for individuals with paralyzed muscles. The FES program also includes general access to the gym. Registration for fall sessions is now open! Learn more here: https://www.ualberta.ca/en/steadward-centre/programs-and-registration/index.html

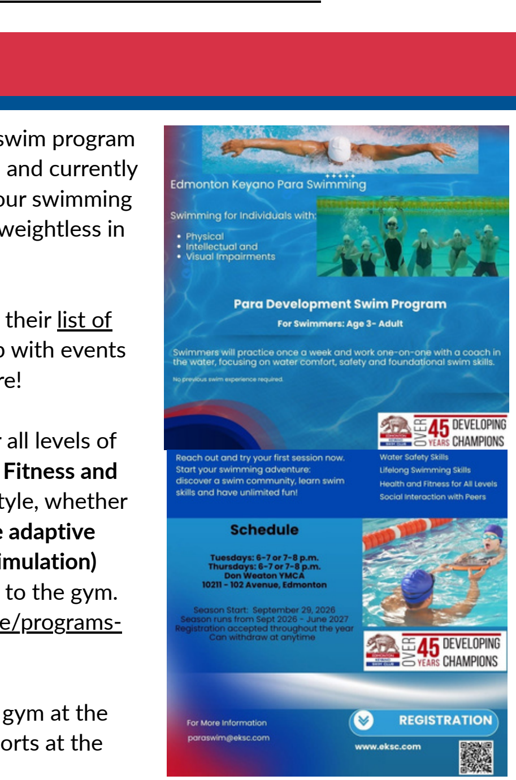
Wheelchair Sports Alberta (WSA) has an adaptive sports try it opportunity every Thursday at the main gym at the Glenrose from 2-3pm, there is a rotating try it schedule. There is also now the option to try adaptive sports at the Terwillegger Recreation Complex on Thursdays from 4:15-5:15pm every week!

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 boccia. 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! Check out their website for more info! https://rockymountainadaptive.com/

The **Calgary Powerchair Hockey League (CPHL)** is an inclusive adaptive sport program offering individuals with physical disabilities the opportunity to participate in fast-paced, team-based powerchair hockey. Open to players ages 11+ and volunteers, the league runs Saturdays from October to April at the VIVO Centre in Calgary, with games at 12:45 p.m. and 2:45 p.m. Players can use a freehand stick or a stick attached to their powerchair, and the game follows rules similar to floor hockey. With 35 current players, including several individuals with spinal cord injuries, CPHL is looking to welcome new players and volunteers. Registration is $50 for players, and participation provides opportunities for physical activity, teamwork, and social connection. To learn more, visit powerhockey.ca or share the program with anyone who may be interested in adaptive sport.


Edmonton Keyano Para Swimming
Para Development Swim Program
For Swimmers: Age 3+ Adult
Schedule
REGISTRATION
www.eksc.com

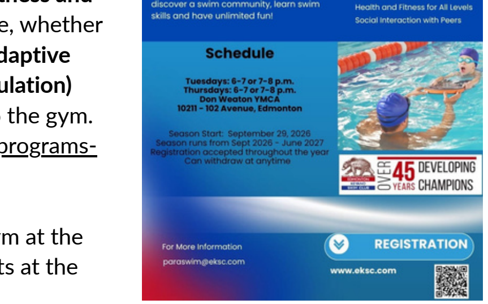

SEPT 12, 2026
GRAND REOPENING NISKU
CAR & SCOOTER SHOW
ALL MOBILITY EQUIPMENT, STREET REGISTERED, PERFORMANCE, AND CLASSIC VEHICLES
PRIZES • FOOD TRUCK • TEST DRIVES
BURN OUT PIT

Mobility Equipment Services will be hosting a grand reopening event at their Nisku location on September 12th! They will be hosting a car and scooter show complete with prizes, food trucks and test drives! Do you have a cool vehicle, scooter, or mobility equipment to display? Register your ride below. Just coming out to enjoy the show, food, prizes and test drives? RSVP as a spectator. Register here: https://www.mobilityequipmentservices.ca/contact-8

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 opportunites. For more info contact: (403) 816-7000 or calgaryrollers@gmail.com

Freedom Adaptive Scuba hosts 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 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



Join **Leading Edge Physiotherapy for two comedy shows on September 25 at 7:30 p.m. and 10:00 p.m. as part of the Edmonton Comedy Festival,** with 100% of ticket sales donated to selected charities—including SCI-AB this year! Tickets are $50 each and the shows will take place at the Westbury Theatre. Tickets are expected to sell out, so SCI-AB members, staff, family, and friends are encouraged to purchase early. For tickets, contact Leading Edge staff or SCI-AB staff and let them know which show and how many tickets you would like. See the poster below for more details. For more information, visit www.yegcomedy.com and review the venue's accessibility information.

The **Edmonton Steel Wheels Rugby Club** presents the **Capital City Showdown 2026 Wheelchair Rugby Tournament**, taking place **September 18–20** at the St. FX Sports Centre in Edmonton. Come out and support athletes as they showcase the speed, strength, heart, and determination of wheelchair rugby! Stay tuned for more updates closer to the event for team schedules and try-it opportunities during the weekend.

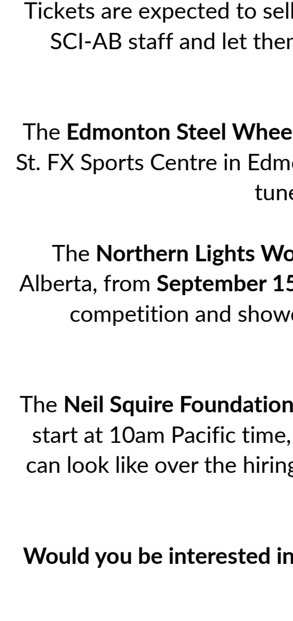
The **Northern Lights Women's National Camp brings elite women's wheelchair rugby athletes** from across Canada to Servus Place Gym in St. Albert, Alberta, from **September 15–17** for intensive training. Community members are welcome to come watch the athletes train as they prepare for international competition and showcase the skill, determination, and spirit of women's wheelchair rugby. See poster below for details! There will also be a try it oppourtunity from 2-3pm if you want to give wheelchair rugby a go!

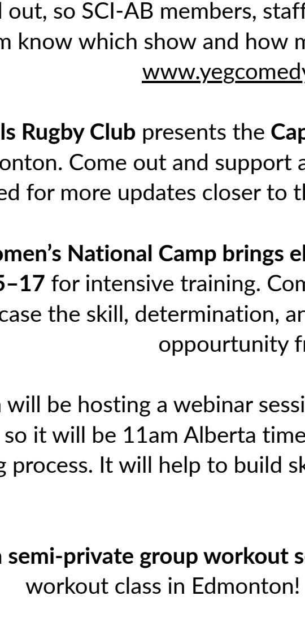
The **Neil Squire Foundation** will be hosting a webinar session on **September 8th** regarding disclosing your disability to a potential employer. The webinar will start at 10am Pacific time, so it will be 11am Alberta time. It will go over if, when and how to talk to an employer regarding disability, and what disclosure can look like over the hiring process. It will help to build skills and confidence in a practical way. Registration can be found here: https://ow.ly/fuyI50ZFKIY

Would you be interested in semi-private group workout sessions tailored to those with SCI? We are gauging interest in starting a newly weekly accessible workout class in Edmonton! If interested, email Kendra at kendra.erhardt@sci-ab.ca for details!

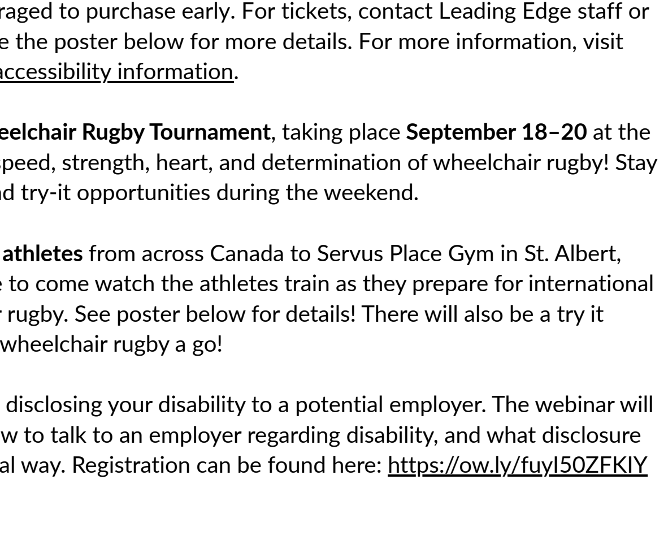
There is a new **sledge hockey team in town in Lloydminster!** The **Lloydminster Lynx** will be kicking off their inaugural season with practices on Friday evenings from 6:45pm-8:15pm at the Cenovus hub of the Co-op Arena, all equipment is provided and no experience is necessary! All ages and abilities are welcome to play, and it is a great sport for friends and family to play together. Registration for the season is $100 and runs from September -April. There will be a registration night on Wedesday, September 2nd from 4-8pm at the Mike's Fieldhouse at the Servus Sports Centre. or else you can register via email by contacting: lloydparahockey@gmail.com

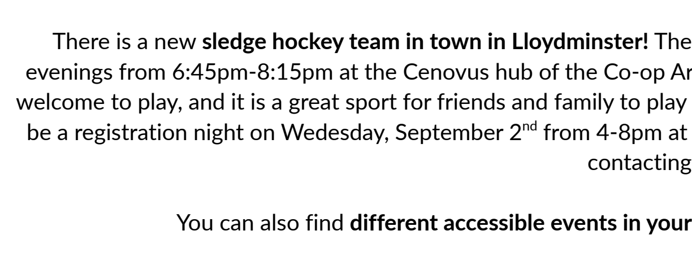
You can also find **different accessible events in your community** using the AccessEvents Website: https://accessevents.org/



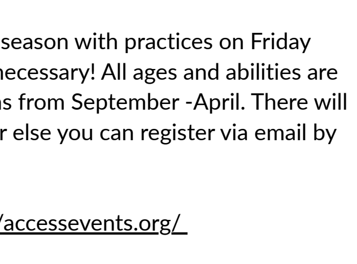


EDMONTON STEEL WHEELS RUGBY CLUB PRESENTS...
CAPITAL CITY SHOWDOWN
WHEELCHAIR RUGBY TOURNAMENT 2026
SEPTEMBER 18-20
ST. FX SPORTS CENTER

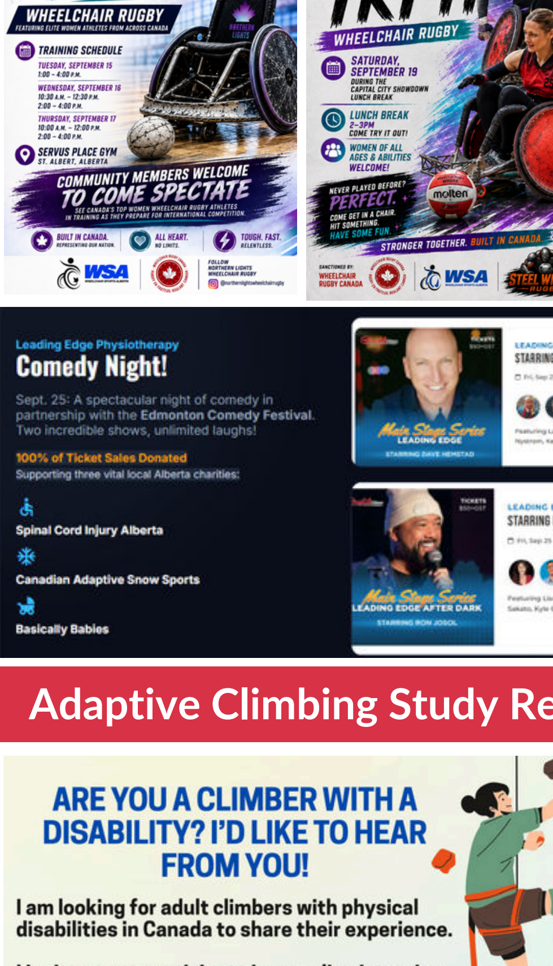

LLOYDMINSTER PARA HOCKEY CLUB
REGISTRATION NIGHT!
WEDNESDAY, SEPTEMBER 2, 2026
4PM-8PM
SERVUS SPORT CENTRE – MIKE'S FIELDHOUSE
LYNX
EVERYONE BELONGS HERE
WHAT TO EXPECT
PRACTICES
BUILDING COMMUNITY



Disclosure of a Disability: Who Needs to Know?
A Free Webinar for Job Seekers with Disabilities
September 8th
10am Pacific Time



Adaptive Climbing Study Recruitment Outreach



ARE YOU A CLIMBER WITH A DISABILITY? I'D LIKE TO HEAR FROM YOU!

I am looking for adult climbers with physical disabilities in Canada to share their experience.

I invite you to participate in an online interview to hear about how you got involved in climbing and what your experiences are today.

With this project, I want to center your experience with paraclimbing or adaptive climbing- the good and the bad. With this project, we can better understand the current reality of climbers with disabilities in Canada.

No matter whether you climb indoors or outdoors, recreationally or in competition, I would love to hear from you. If have a physical disability, have participated in paraclimbing at least 3 times in the last 5 years, and are of legal age, please contact me to schedule a confidential, one-on-one interview.

CONTACT ME NOW!

Sophia Konermann
sophia.konermann@unb.ca
Supervisors: Dr. Carmen Poulin (carmen@unb.ca),
Dr. Lynne Gouliquer (lgouliquer@laurentian.ca),
Dr. Ryan Hamilton (rhamilto@unb.ca)

UNB UNIVERSITY OF NEW BRUNSWICK

THIS PROJECT HAS BEEN REVIEWED BY THE UNIVERSITY OF NEW BRUNSWICK RESEARCH ETHICS BOARD AND IS ON FILE AS REB 2026-119

Climbers with Disabilities in Canada Recruitment

Are you a climber with a disability? I'd like to hear from you! I am looking for adult climbers with physical disabilities in Canada to share their experience.

I invite you to participate in an online interview to hear about how you got involved in climbing and what your experiences are today. With this project, I want to center your experience with paraclimbing or adaptive climbing - the good and the bad. With this project, we can better understand the current reality of climbers with disabilities in Canada. No matter whether you climb indoors or outdoors, recreationally or in competition, I would love to hear from you. If have a physical disability, have participated in paraclimbing at least 3 times in the last 5 years, and are of legal age, please contact me to schedule a confidential, one-on-one interview.

Sophia Konermann
Email: sophia.konermann@unb.ca

This project has been reviewed be the University of New Brunswick Research Ethics Board and is on file as REB 2026-119

Special Ballot Requests for Provincial Referendum on October 19

Alberta's next referendum will take place on October 19, 2026, and eligible Alberta electors now have the option to vote by mail using a special ballot. Elections Alberta announced that online applications for special ballots opened July 20, and you do not need to provide a reason to vote by mail. This option may be especially helpful for people who are unable to attend a voting location in person or who prefer the flexibility of voting from home.

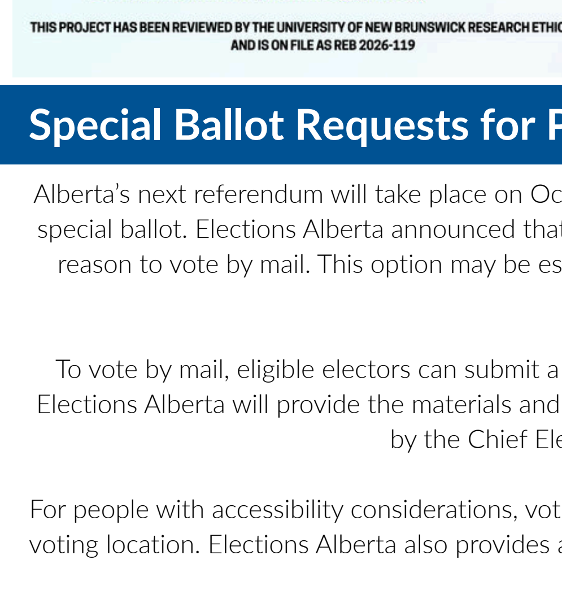
To vote by mail, eligible electors can submit a special ballot request online, by phone, or by email. Once your application is approved, Elections Alberta will provide the materials and instructions needed to complete and return your ballot. Special ballots must be received by the Chief Electoral Officer by 5:00 p.m. on Friday, October 16, 2026.

For people with accessibility considerations, voting by special ballot can provide another way to participate without needing to travel to a voting location. Elections Alberta also provides a range of accessible voting supports, including options for voters with visual impairments and other accessibility needs.

Want to learn more or request a special ballot? Visit Elections Alberta – Vote by Mail to learn about eligibility, how to apply, and how to complete your ballot. You can also visit Elections Alberta – 2026 Referendum Information for general information about the referendum and voting options.

Remember: Voting is your opportunity to have your voice heard. Take some time to learn about the referendum questions, consider the information available from reliable sources, and make a plan to vote in the way that works best for you.

Help Test a New Assisstive Technology App



Share Your Voice

RESEARCH PARTICIPATION INVITATION

Help Us Test an Assistive Technology App

We are testing a assistive technology app designed to support people with spinal cord injury during their recovery and transition home. Your input at this early stage can shape how it works for future patients.

WHO CAN PARTICIPATE
Adults with spinal cord injury

About 45-60 minutes, at a time that suits you

HOW IT WORKS

01 **We show you the app** A researcher walks you through it and gives you time to explore at your own pace.

02 **You share your thoughts** A few questions about what worked, what was confusing, and what you would change.

03 **You shape the future** Your feedback goes directly into improving the app before it is used more widely.

WHY PARTICIPATE
This assistive technology is still being developed. What you tell us makes it more useful for every patient after you.

Participation is entirely voluntary. You may withdraw at any time without explanation.

Interested? We would love to hear from you.
Contact the research team: **ymashaye@ualberta.ca**

GLENROSE REHABILITATION HOSPITAL · UNIVERSITY OF ALBERTA, EDMONTON · ETHICS ID PRO00167121

Adults with spinal cord injury are invited to participate in a research study testing an assistive technology app designed to support recovery and community involvement.

Participants will spend approximately 45–60 minutes exploring the app with a researcher and sharing feedback about what works, what could be improved, and what they would change. Your input will help shape the development of the app and make it more useful for those living with spinal cord injuries.

Participation is entirely voluntary, and participants may withdraw at any time.

Interested? Contact the research team at ymashaye@ualberta.ca

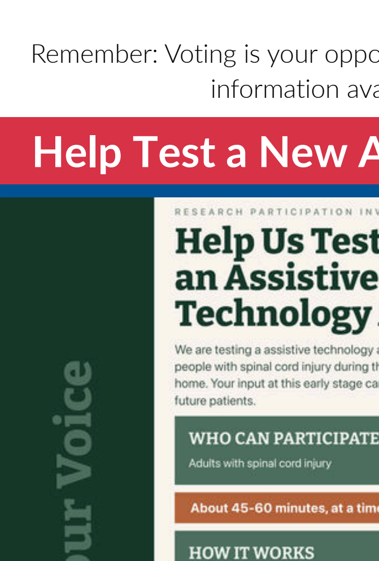
AISH to ADAP Transistion Stories - Alberta Ability Network

As of July 1, 2026, Alberta's disability income assistance system has changed with the introduction of the Alberta Disability Assistance Program (ADAP) and new regulations for AISH (Assured Income for the Severely Handicapped). The changes may affect how individuals qualify for benefits, how much they receive, and how employment income is treated. If you receive AISH or ADAP, it is important to understand how the changes may apply to you and your household. Alberta provides information about eligibility, benefits, and the transition process, as well as an AISH and ADAP Benefit Estimator to help individuals understand potential benefit amounts.

The **Alberta Ability Network is also collecting anonymous experiences from Albertans going through the transition.** Sharing your experience can help inform advocacy efforts and provide policymakers with a better understanding of how the changes are affecting people in the community.

Learn more:
Alberta Ability Network – AISH/ADAP Information & Experience Survey
Government of Alberta – ADAP
AISH and ADAP Benefit Estimator
Government of Alberta – Disability Income Assistance

Spinal Cord Injury Alberta 50/50 Raffle Now Open!



Spinal Cord Injury Alberta
Lésions Médullaires Alberta

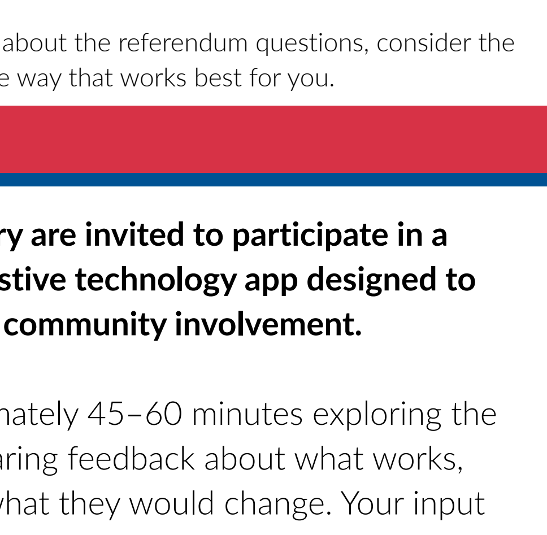
50/50 Raffle

Grab your 50/50 tickets today for your chance to win big while supporting Albertans living with spinal cord injuries!

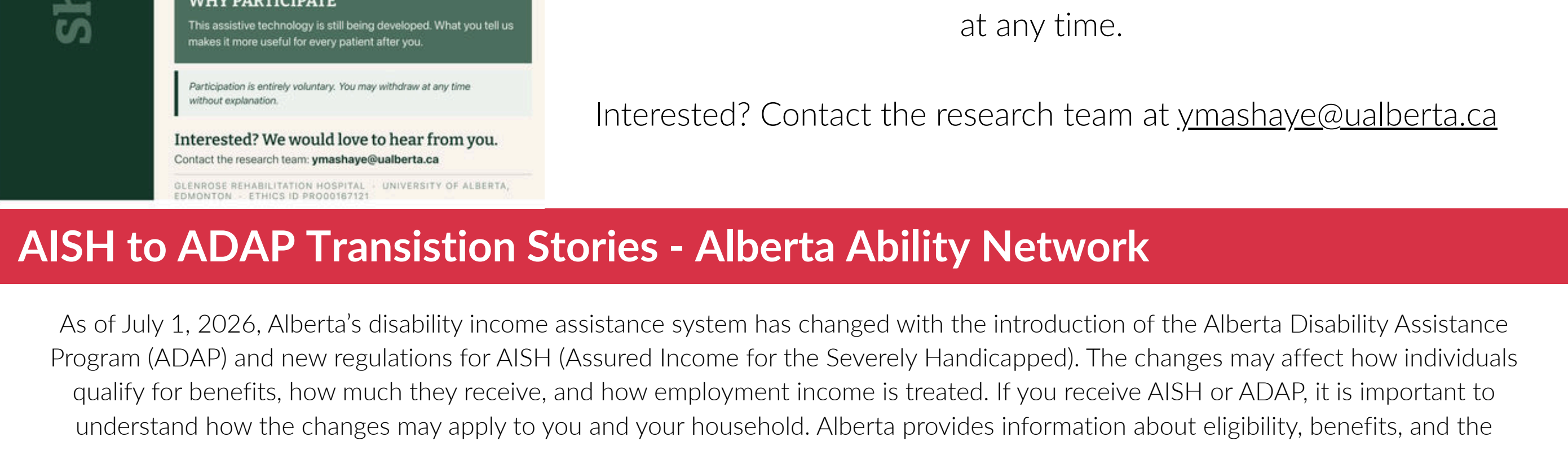
3 tickets for $10
10 tickets for $25
25 tickets for $50
100 tickets for $100

The more tickets you grab, the better your chances — and the bigger the prize!
Draw Date: October 21st

Get your tickets today!


Our 50/50 Raffle is NOW OPEN!
Spinal Cord Injury Alberta
Every Ticket Supports Albertans Living with Spinal Cord Injuries

Call for Volunteers October 10th and 11th in Grande Prairie


CASINO
CALL FOR VOLUNTEERS
Grande Prairie
Sign Up
Join us at our upcoming Grande Prairie Casino fundraiser and help support programs and services for people living with spinal cord injuries. It's a fun and rewarding way to give back, meet great people, and make a real impact.
Sign up today and be part of the action!
https://www.signupgenius.com/go/10C0545ADAC2BAAFEC07-64092665-sciab#/
Great Northern Casino
October 10th and 11th 2026

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

SKIPTHEDEPOT
1 - Download the App
2 - Bag your Bottles
3 - Select a Date for Pick Up
Recycle your bottles from home and support SCI Alberta.
It's as easy as 1, 2, 3!
Spinal Cord Injury Alberta

"Happy Spinal Cord Injury Awareness Month!"
- Kendra + Kevin