SCI-AB | November 2026 Peer Newsletter

SCI Canada PSWG and ED Meetings in Calgary

Thank you to everyone who was able to attend the 3rd Annual **SCI Canada National Working Group Meetings** last week in Calgary!

Both the **Executive Director and the Peer Support Working Group Meetings** were engaging, productive, and insightful! Thank you to everyone for all the great work you do all across the country! See further on in the newsletter for an advocacy call to action!

Accessibility Fund Applications Last Chance! (Deadline is Monday, Nov 2)

Accessibility funding is now open through The Alberta Paraplegic Foundation. This fund is made possible by the legacy of R. Vance Milligan.

Learn more here: https://paraplegicfoundation.org/accessibility-funding-faqs/

The Foundation provides financial assistance to Albertans living with spinal cord injuries to help improve accessibility, independence and quality of life. If you or someone you know could benefit, now is the time to apply. Applications are open until November 2 at 4pm

Apply here: https://secure.sci-ab.ca/accessibility-fund

Get Your Tickets Now for the Year End Holiday Parties! December 2026

Have a Holly Jolly Sixties Soiree

We will be celebrating the holidays - 60s style!
We're throwing it ALL the way back to the '60s to celebrate our 65th Anniversary — and baby, it's gonna be a party!

EDMONTON December 10 6pm-10pm

GRANDE PRAIRIE December 4 4:30pm-7:30pm

CALGARY December 6 11am-2pm

Stay tuned, cool cats! More groovy details are coming your way soon.

SCI-AB November 2026 Events:

Upcoming SCI-AB Events in November:

Edmonton:
Nov 17: Coffee + Peers at the Glenrose
Nov 18: Peer Brunch at Pur & Simple Kingsway
Nov 26: Pizza + Peers at the Glenrose

Calgary:
Nov 17 : Lunch at Prairie Dog Brewery

Virtual Events:
Nov 24: Virtual Ladies Peer Chat with Brandice

Office Closures:
Nov 11: Remembrance Day

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

Joseph Sask Scholarship Fund! (closes on November 16th)

Spinal Cord Injury Alberta is pleased to share the Joseph Sask Scholarship Fund! ❤️💙

One eligible SCI-AB client will receive $700 toward Winter 2027 tuition to help support their educational and career goals!

✨ Eligibility requirements:
- Be a current SCI-AB client living with a spinal cord injury.
- Be enrolled in an accredited post-secondary school, trade school, or certification program (online or in person).
- Be able to provide proof of registration.

Whether you're pursuing a degree, learning a trade, or working toward a certification, we encourage you to apply!

Interested? **Apply now!**

Please share this opportunity with anyone in the SCI-AB community who may benefit. ❤️

Breaking Barriers: Penhold Leads the Way in Wheelchair Rugby in Central Alberta

The **Penhold Multiplex in Central Alberta** is showing what true inclusion looks like! The facility recently demonstrated its **recognition of wheelchair rugby as a sport—just like any other sport—by permanently painting the lines required to play wheelchair rugby on its gym floor.**

This seemingly simple change makes a meaningful statement: wheelchair rugby belongs on the court, and athletes with disabilities deserve the same access to quality sport facilities as everyone else.

The Town of Penhold, along with the dedicated staff at the Penhold Multiplex, deserves recognition for taking action to break down barriers and create a more inclusive community. Their commitment is a great example of how municipalities can make accessibility and inclusion part of everyday recreation.

Thank you, Penhold, for recognizing wheelchair rugby, supporting adaptive sport, and leading the way!

Hollister VaPro Catheters

SCI-AB Community Summit 2026 | Thank you!

SCI-AB Year End Fundraising Campaign

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 Terwilleger 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/

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

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

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.

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. For moe information please contact lloydparahockey@gmail.com

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

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! Or fill out the google form to get more information: https://docs.google.com/forms/d/e/1FAIpQLScDQIu7N7p669CNhqdcDpVbL4C7nMsAFOQZi5D5jpRGL4dKfA/viewform

Participate in MedManageSCI Research: Help Improve Medication Self-Management

The University of Toronto's MedManageSCI research team is seeking participants to evaluate a digital health toolkit designed to support medication self-management for people living with spinal cord injury (SCI) or spinal cord dysfunction.

Participants will engage with the MedManageSCI online modules and complete a series of surveys. An optional follow-up interview is also available for those interested in sharing more about their experience. The research aims to explore how digital tools can better support medication management and health self-management following SCI.

Who can participate?
Adults aged 18 and older who live in Canada and:
Have a traumatic spinal cord injury or non-traumatic spinal cord dysfunction.
Are less than five years post-injury.
Live in inpatient rehabilitation or in the community.
Can read and communicate in English.

Interested in participating?
To learn more or take part, complete the online survey at this link.
For questions, contact the research team at medsci.study@utoronto.ca.
Your participation can help researchers better understand how digital health resources can support medication self-management and improve health experiences for people living with SCI.

Global Powerchair Sport Access Study

Researchers are conducting an international study to better understand access to powerchair sports and the experiences of people with physical disabilities around the world. They are looking for survey responses from both current powerchair sport participants and adults with physical disabilities who do not currently participate.

The study aims to better understand the barriers, challenges, and experiences that influence access to powerchair sports and help ensure that people with a range of mobility limitations are represented in research.

Who can participate?
-Adults aged 18 and older who currently participate in powerchair sports.
-Adults aged 18 and older living with a physical disability or mobility limitation who do not currently participate in powerchair sports.
-Organization representatives who can share their perspectives.

The survey takes approximately 10–15 minutes to complete. Participation is voluntary and anonymous, with no identifying information collected. Responses will be reported in aggregate.

Take the survey here:
https://uleth.qualtrics.com/jfe/form/SV_78qrdTZXWQ7kWyy
Everyone's experiences matter. By participating, you can help researchers better understand the barriers to participation and support more inclusive opportunities in powerchair sports worldwide.

Help Test a New Assisstive Technology App

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

Happy Healthy Awesome Project | Brittney Neunzig Empoweredpara

Build a life you're excited to live!

The **Happy Healthy Awesome Project** is an online community helping people with disabilities build healthy habits, find connection, and work toward meaningful goals.

Created by Alberta wheelchair user and **EmpoweredPara** creator **Brittney Neunzig**, the community offers live adapted workouts, nutrition education, accountability calls, and relaxed hangouts. It's a supportive place to celebrate wins, navigate challenges, and take small steps forward alongside people who understand life with a disability.
Whether you're adjusting to life with a spinal cord injury or looking for fresh motivation, you're welcome here!

Learn more and join: https://www.skool.com/happyhealthyawesomeproject/about

Advocacy: Help Spinal Cord Injury Canada with Impact Statements to Health Canada

Dear SCI Canada Community,
Across Canada, people with spinal cord injuries and other disabilities continue to face significant barriers to accessing essential medical supplies and assistive devices, including intermittent catheters and specialized wheelchairs.
These are not luxuries. They are essential to maintaining health, dignity, independence and quality of life.

Yet coverage remains inconsistent across the country, leaving many individuals facing substantial out-of-pocket costs for products they rely on every day.

It's time to change that. And we need your voice.

Spinal Cord Injury Canada and its provincial partners are launching a national campaign calling for a pathway to **100% coverage of clinically necessary intermittent catheters and specialized wheelchairs in all provinces in Canada.**

As we begin this important work, we're asking individuals, families, caregivers, health care professionals, clinicians, researchers, and community partners to share their perspectives.

How would 100% coverage impact you or the people you support?
Would it ease financial pressures? Improve health and independence? Create greater opportunities to participate in everyday life? Your impact statement will help us demonstrate the real-life consequences of coverage gaps and strengthen our efforts to make changes with government decision makers.

Spinal Cord Injury Canada and its provincial partners have developed a position statement with recommendations to engage Health Canada. You can use the position statement to inform your testimony.

Read the position statement here and Share your impact testimonial here

Together, we can work toward a Canada where access to essential medical supplies and assistive devices is determined by need, not the ability to pay.

We look forward to working as a community and finding a solution that can better the lives of everyone in Canada.
Essential medical supplies shouldn't be a financial burden. It's time for change. We need to act now.

Sincerely,
Peter Athanasopoulos, Government Relations Lead, SCI Canada

Access Psychological Services Through ARCH Psychological Services Inc.

ARCH Psychological Services Inc. provides psychological services to Indigenous individuals, families, and communities, with coverage potentially available through several federal and provincial programs.

Eligible individuals may be able to access counselling, psychological assessments, therapy, and emotional or cultural supports through programs including Non-Insured Health Benefits (NIHB), the Indian Residential Schools Resolution Health Support Program, the Missing and Murdered Indigenous Women, Girls, and 2SLGBTQI+ People Health and Cultural Support Program, the Federal Indian Day Schools Health and Cultural Support Program, Jordan's Principle, Bigstone, and the Métis Nation of Alberta Psychology Benefit Program.

Coverage and eligibility requirements vary by program. Some programs provide up to 22 hours of counselling per calendar year, while the Métis Nation of Alberta Psychology Benefit Program offers eligible citizens up to 12 sessions, with coverage of up to $225 per session.

ARCH may also offer flexible fee arrangements and pro-bono services in appropriate circumstances.
ARCH welcomes opportunities to collaborate with Indigenous organizations, health and social service providers, schools, and community partners to help improve access to psychological services.

For more information about services, eligibility, or referrals, contact:
Phone: 780-428-9223
Email: arch@archpsychological.com
Website: www.archpsychological.com

If you or someone you support may benefit from these services, contact ARCH directly to discuss available options and confirm eligibility.

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

"Save the dates for the year end holiday parties!"
- Kendra + Kevin