

Community

THE SPIRIT OF SPINAL CORD INJURY ONTARIO

**#peeforfree
Campaign
Launched at
Queen's Park** *pg 36*

**RollUP Solutions
Inc. – Delivering
Affordable
Mobility Devices** *pg 14*

**The 19th Annual
Ski & Snowboard
Day** *pg 20*

**Building a
More Accessible
Toronto** *pg 30*

**Chris Channon's
Incredible Story of
Determination**

pg 10





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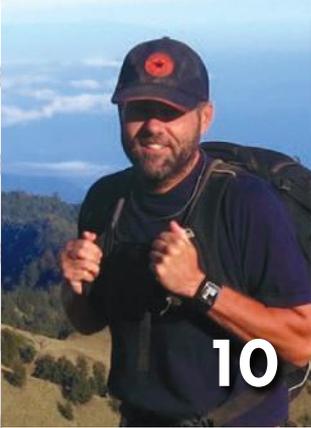
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COVER STORY: Four years post injury, Chris Channon has regained his purpose and meaning in life. He is active in the SCI community serving on many advisory boards and projects. He says his greatest fulfillment comes from being a peer support volunteer at SCIO and hopes that his story and resilience will inspire many to never give up and to fight courageously in their own battle.

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By Stuart Howe

ONTARIO IS CHANGING

Under our new government, Ontario is changing, from drinking hours to funding structures. If the province is 'a place to grow', as our licence plates will announce next February, we want to make sure that's true for everyone.

We're taking our place at the table where it counts, representing our community and the need for inclusivity and equity. Here are a few examples of how we're doing that:

- Our Queen's Park Day on March 18, in partnership with March of Dimes, was a positive and well-attended event, with MPPs from four key parties confirming their support of more comprehensive funding for people who rely on catheters. Our #pee4free campaign was launched in style and has caught the attention of those who can change and improve legislation. See more at sciontario.org/pee4free
- We continue to engage MPPs through our extensive Ontario SCI Alliance work and through individual outreach via our Your Move, Ontario campaign. See more at sciontario.org/ontarioalliance and sciontario.org/yourmoveontario
- We made three submissions in preparation for the 2019 Ontario budget consultations: *Improving Hallway Medicine Through Better Home and Community Care Supports in Ontario*; *Ending Hallway Medicine through Neurotrauma Pathways*; *Building an Affordable and Accessible Ontario for All*. Read submissions at sciontario.org/ontarioscialliance
- The AODA standards development committees will soon be back to work and we sit on the Health Standard, Education Standard and Employment Standard committees.
- In March, we hosted with Ontario Telemedicine Network a Primary Care web conference on Neuropathic Pain that was certified by the College of Family Physicians of Canada and the Ontario Chapter. This is part of our strategy to engage more physicians in Ontario who can treat people with SCI.

These are just some of the ways we're helping to amplify our community's voice. You can use your own voice by participating in our campaigns, sharing information with your network, becoming a donor, volunteer or activist - or getting involved in our own governance. You'll note on page nine that we're hosting our Annual General Meeting (AGM) on June 19. You can attend online or in person. There's a call for nominations to round out our Board of Directors, so why not give some thought to applying as a new board member or prompting someone you know to do so?

SCIO's fiscal year ended March 31 and, as always, it's a busy time of year as we wrap up initiatives and budgets across the organization. It's also a time to reflect on the past year's challenges and achievements. Look for our 2018/19 Annual Report, published for our AGM, as a formal review but, in the mean-



Stuart (right) and new Board member Omar Ha-Redeye with our #pee4free poster at Queen's Park Day, March 18, 2019.

time, I want to express my great thanks to everyone in our community - that's our volunteers, staff, clients, family members, donors, partners, vendors and friends - for taking that extra step to make SCIO what it is today. The more we listen to each other, collaborate on shared goals and stay positive and committed, the more we can accomplish. I see this happening across the board - in our ability to serve more clients, partner with more like-minded organizations and engage more individuals who believe in our goals. I am very proud of SCIO and know we can continue to make this province a more inclusive and equitable place to grow, and thrive.

I thank all contributors to this issue of *Community* magazine and hope you enjoy it. As always, please call on me to discuss our work.

Dr. Stuart Howe
CEO, Spinal Cord Injury Ontario



Our great thanks and appreciation to Dr. Sheila Thompson, who has retired from SCIO after more than five years as Team Lead, Decision Support. A textile artist, Sheila created an intriguing work of art to display at our recent Queen's Park Day. In her words: "I was intrigued by the SCIO advocacy project around the issue of intermittent catheters - why are such catheters not more affordable for those who need them? I wanted to help draw attention to this issue and since I am a fibre artist I thought making a textile that could be used by advocates was one way I could contribute. I wanted to create something eye catching and kind of crazy, with a touch of humour to draw people into the issue and get them talking about it."

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BELIEVE THIS
HAPPENED
TO ME.**

**WILL I EVER
WALK AGAIN?**

**HOW WILL I EVER
SUPPORT MYSELF?**

**WILL EMPLOYERS
LOOK AT ME
DIFFERENTLY?**

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WHAT I'M GOING THROUGH?**

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By Joanne Smith



Sweet Exposure

Oh, how we love sugar. It tastes great, makes us feel good and gives us an extra kick to help get us through the day. But be careful!

We just can't get enough of it. The World Health Organization recommends that we consume no more than 5-10 teaspoons of added (processed) sugar a day, but people on average are eating 19 teaspoons a day.

That adds up to about 60 lbs. a year! Think what 60 lbs. looks like – that's A LOT of sugar – and it has absolutely no nutritional value or benefit to your health.

All that excess sugar is associated with weight gain/obesity, type 2 diabetes, atherosclerosis, inflammation, weakened immune function, decreased bone health, depression, fatigue and sleep difficulties. Interestingly, these are all conditions people with SCI are at increased risk of developing. So if you're eating and drinking more than the recommended amount every day, it is critical that you reduce your sugar intake and help reduce your risk of these

serious health complications.

Part of the problem is many people are over consuming sugars without even knowing it. There are at least 61 different names for sugar listed on our food labels and many of them sound healthy so we don't think twice about eating them;

- Cane juice
- Corn syrup
- High fruit concentrate
- Malt syrup
- Palm sugar
- Beet sugar
- Brown rice syrup

Here are four simple tips to help you reduce your daily sugar intake and stay healthy.

1. READ FOOD LABELS CAREFULLY

- On the Nutrition Facts – always choose foods that have five or less grams of sugar per serving (this is just over 1 tsp.).
- On the Ingredients List – items are listed from most to least. If sugar is one of top three ingredients it's too much – don't eat it.

2. ELIMINATE COMMON FOODS WITH HIGH SUGAR CONTENT

- Pop (has approximately 40 grams per serving)
- Sports Drinks (approximately 30 grams per serving)
- Iced Tea
- Cookies
- Cakes
- Donuts
- Candy bars
- Processed muffins
- Processed cereals
- Canned fruit
- Low fat products (sugar is added to make these foods palatable)
- Condiments such as BBQ sauce and ketchup (you'd be surprised how much sugar is packed into just one spoonful)

continued on page 8

fruitful elements

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Reduce bladder infections • Improve bowel function • Increase circulation • Help prevent pressure sores and decrease healing time • Increase energy level & endurance • Reduce joint inflammation • Boost immunity • Maintain healthy weight • Improve sleep • Increase calcium intake for better bone health • Improve overall sense of well-being...

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PEER SUPPORT CALENDAR OF EVENTS

Peer Connections: Summer in the City – York

The perfect way to uncover the city's best summer spots is to share ideas and experiences. Let's get together to explore some exciting things to do in the city, figure out the best way to get there, and learn what discounts are available to you.

Date: Wednesday, May 29

Time: 5:30 – 7:00 pm

Location: Coloplast Canada, 1380 Creditstone Road, Unit 6 & 7, Concord, ON L4K 0J1

For more information contact:

Charlie Warriner (T) 416-550-4148 or

(E) charlie.warriner@sciontario.org

Celebration Dinner HAMILTON

On Thursday, June 20, SCIO will be hosting a Celebration Dinner in Hamilton at The Waterfront Banquet and Conference Centre. Sponsorship opportunities are still available to showcase your company's support as we honour those who have given back to our community.

Date: Thursday, June 20

Time: 6 pm Reception; 7 pm Dinner and Presentations

Location: The Waterfront Banquet and Conference Centre 555 Bay Street North, Hamilton, Ontario L8L 1H1

For more information about these dinners and opportunities

for involvement, please contact: Nicole Jacobs at (E) nicole.jacobs@sciontario.org or (T) 1-877-422-1112 ext. 221

Peer Connections: Bowel and Bladder Management HAMILTON

Join us for a conversation about bowel and bladder management. We will discuss topics including:

- How can I manage my bladder and bowel after my SCI?
- How to choose the right product
- Find out how peers manage after their injury

Date: Monday, May 27

Time: 12:30 – 1:30 pm

Location: Hamilton General Hospital 237 Barton Street East, Boardroom, McMaster Wing Hamilton, ON L8L 2X2

For more information contact:

Ron Rattie, (T) 905-383-0216 ext. 2 or

(E) ron.rattie@sciontario.org

Sweet Exposure

continued from page 6

3. EAT NATURAL SUGARS

- Fruits
- Pure maple syrup
- Honey

4. REPLACE ARTIFICIAL SWEETENERS

- Aspartame
- Sucralose
- Maltodextrin
- Saccharin

These sugar substitutes are found in products such as NutraSweet, Equal, Splenda and Sweet N' Low. They may be convenient and have zero calories, but they can also have negative side effects.

Use these healthy low calorie sweeteners instead;

- Stevia (Made from the leaves of the stevia plant. Comes in liquid or powder form)
- Monk fruit (Made from the South Asian fruit. Comes in liquid or powder form)
- Swerve (Contains the natural sweeteners, erythritol and oligosaccharides) ●

Proud to support the Peer Support Program, Hamilton Region

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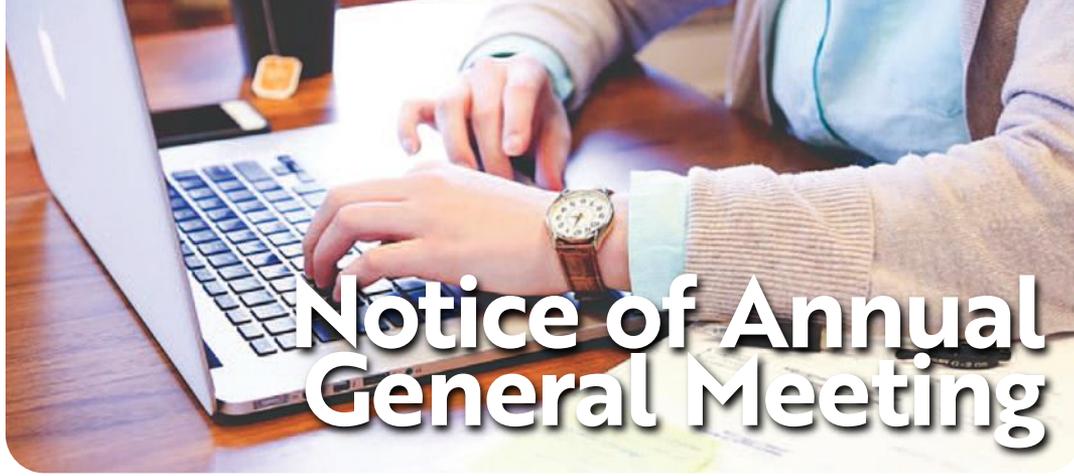
Proud to support the Peer Support Program, Kingston Region

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Proud to support the Peer Support Program, London Region

LEARNERS

Personal Injury Lawyers



Notice of Annual General Meeting

Spinal Cord Injury Ontario's Annual General Meeting (AGM) will be held June 19 at 2:00 p.m.

This year, we are pleased to host a virtual AGM, where members can participate from the comfort of their home.

The meeting will be webcast using Zoom Video Conferencing. All you need is internet access to listen and vote online through the web-based interactive program – no camera or microphone is needed.

More information will be shared

closer to the date through **FYI on SCI**, the digital newsletter sent to all SCIO members.

If you aren't yet a member and would like to be, please sign up (it's free!) at www.sciontario.org/join. ●

JOIN OUR COMMUNITY

"I like what you're doing."

This simple thought built our community these past 74 years. And it's the thought that continues to strengthen our work - and resolve – to expand our reach and impact. We invite you to join our inspired group of change-makers – all it takes is a word from you that you want to stay in touch on our initiatives to **support, serve and advocate** for and with people with spinal cord injury. It's the thought that counts for vital change.



Chris Rice, Peer Support Volunteer, and his sister Felicia.

STRENGTH IN NUMBERS

If you are aligned with our mission and vision, you are a welcome member of our community. There's no membership fee to pay or application to complete – just let us know you're interested and we'll connect with you about our work, while we honour your privacy and communication preferences.

If you want to expand your involvement with SCIO, there are lots of ways to do that – volunteer, donate, become an advocate – and if you want to lend your support simply by **becoming a member of our e-community** or engaging with us on **Twitter**,

Facebook or **Instagram** – that's meaningful too. It's all about expanding the number of people who believe in what we do, which demonstrates and deepens the impact we have on those living with spinal cord injury.

We are proud to count among **our powerful community** all those who give flight to our work:

- people with spinal cord injury and other physical disabilities
- families and friends of people with SCI and other disabilities
- health care professionals (including



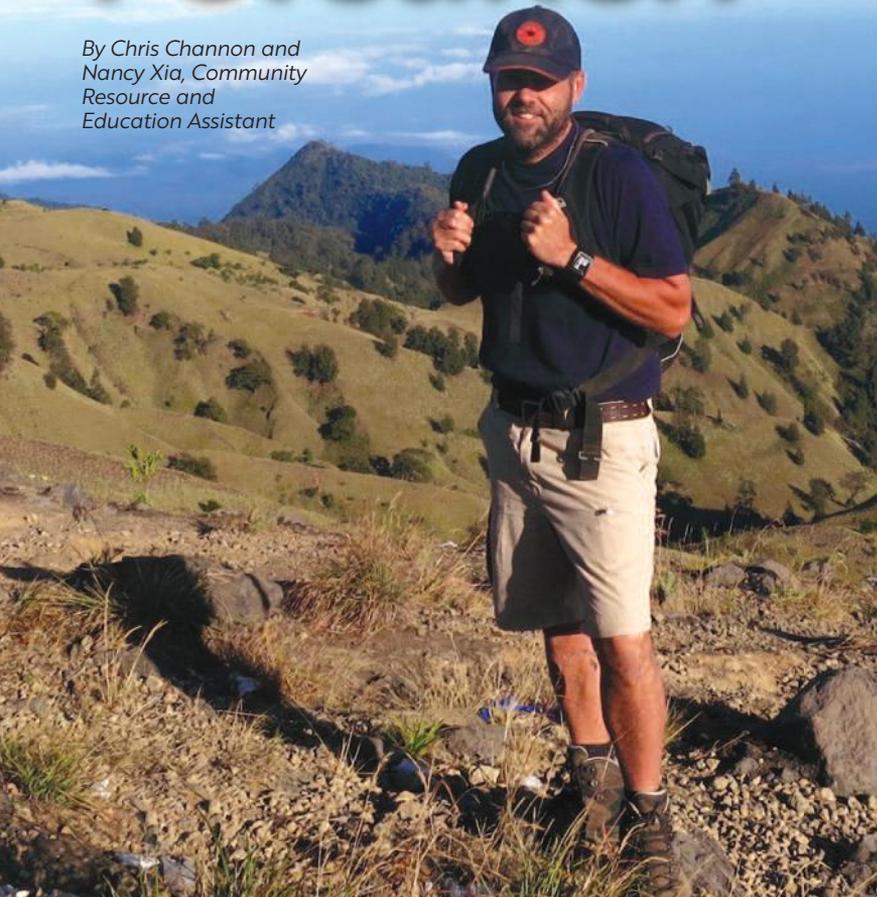
MDs, RNs, NPs, PSWs, SWs, OTs, PTs and RTs)

- government staff whose work supports our advocacy efforts
- businesses that want to engage their staff in a dynamic charity or want to partner with us as sponsors or employers
- interested members of the public looking for awareness, education and a sense of community
- our vendors – people and businesses that help us deliver our programs
- our staff and volunteers
- our donors

For more on how you can join our community, please visit www.sciontario.org/join. ●

Not Forsaken

By Chris Channon and Nancy Xia, Community Resource and Education Assistant



I was once a successful business owner with two construction companies, living a comfortable life for more than 30 years. My three beautiful children were my pride. A few years ago, I decided to devote my life to humanitarian work serving in Africa and Southeast Asia. My background in construction enabled me to help the local people build schools and hospitals. While working with such a large number of refugees, I experienced humanity to its greatest extreme. I witnessed poverty, brokenness, oppression and even genocide. I evacuated from Africa when the nearby river was overflowing with bodies of innocent civilians.

In 2014, I took a break and planned a three-month trip in Asia. This dream trip would take me on an adventure of exploring, scuba diving and mountain climbing. It would end after visiting the Great Wall of China. After six amazing weeks in Manila, Bali and Kuala Lumpur, I made the untimely decision to go to Thailand. I went to a pristine island called Koh Lipe located near the southern coast of Thailand. It was an absolute

paradise. In fact, it was so beautiful that I decided to stay for two more days than I had planned.

On that fateful morning of August 14, 2014, I went to the local ATM to withdraw a large amount of cash for an upcoming diving excursion. I remember having an eerie feeling that I was being watched as I withdrew my money, but I quickly brushed it off. I spent the rest of the day enjoying the sun, sand and surf. After dinner at a popular seafood restaurant, I finished the day and was on my way back to the hotel. As I entered an unlit section of the beach, a local man suddenly came from behind; he reached out to grab my wallet. I tried to push him away and that was my last memory before everything went dark. Later the local police told me that they had found a lead pipe and my empty wallet discarded on the beach. Around the same time, two other tourists were robbed and killed in nearby area.

I opened my eyes and saw a galaxy of stars blinking like the purest diamonds. The sound of the surf was really soft without the noise of the day. For a few seconds, the beauty of the night made me forget where I was or how I got there. When stabbing pain shot through my lower back I remembered the tide; was it coming or going? Sheer terror and panic gripped me as I envisioned the water getting closer and drowning me. I tried to get up, but my legs and arms were completely unresponsive. I screamed and screamed, but only creatures of the dark echoed my cries. I had never felt so lonely and hopeless. I cried and begged God to rescue me. My faith was what carried me through all these years. I thought it had already gone through enough trials to prove its depth. But the true test had just begun.

As the dark sky turned a shade lighter, the surf receded. The stars dimmed as if they closed their eyes to shun the next scene. Crabs, thousands of them came from the shallow for their breakfast, along with the mosquitoes and fire ants. They soon discovered that they had an exotic item on the menu – me. I was freshly seasoned by the saltiness of the sea. For hours, they feasted on me. It was fortunate that I could no longer feel the rest of my body. But the pinches and bites on my face were razor sharp. The horror of being slowly eaten alive was worse than death itself. I pleaded with God again, how could he keep on watching this when even the stars took pity on me.

This next part was the highlight of my entire journey. However, you might argue that I was delusional and hallucinating, but to me, it was more real than anything I could physically see or touch. I heard a deep and firm voice from above or from within that said, "I will never leave you nor forsake you." It was one of the most assuring promises of God that I always meditated on. After hearing it, I was embraced by a wave of peace that stopped me from fearing. Shortly after this, a pack of stray dogs came out of the bushes. Just when I thought they were joining in the feast, they rubbed their furs against my wretched body, they licked my face and they swept the little monsters away. For the next while, they just leaned on me like they were my pets. Their warm bodies covered me like a blanket. I soon passed out or perhaps I fell asleep.

A squeaky scream woke me up. I saw a local man with his dog from a distance. Just when I wanted to call for help, "my dogs" got up and went towards the man. He threw rocks at them and then ran away frantically. The dogs left me for good. My hope reignited as I saw the sun climbing up on the horizon, that I would eventually be rescued as more people come to the beach. A few minutes later, another local man discovered me. When I called out to him, my voice was so hoarse that I didn't sound like a human anymore. In his eyes, I saw a reflection of my gruesome and disfigured body. I could understand why he

Crabs, thousands of them came from the shallow for their breakfast, along with the mosquitoes and fire ants. They soon discovered that they had an exotic item on the menu – me. I was freshly seasoned by the saltiness of the sea. For hours, they feasted on me.



too ran away in terror. My survival depended on the mercy of a Good Samaritan. A couple from New Zealand taking a mid-morning stroll on the beach spotted me and came to investigate. I used my last bit of energy to beg them for help. Thankfully I could communicate with them and convince

them that I did not come from the sea. The husband took off to find help while his wife stayed to guard me. She managed to pour water into my mouth. I can still remember clearly how refreshing and sweet that water was; it tasted better than the morning dew.

When the local police officers showed up on the beach, they could only speak Thai. They did their best to figure out what happened to me. Meanwhile, I was surrounded by a bunch of curious and gossipy bystanders. Everyone had their own theory of who I was or what I was. After what seemed like hours, they placed me on a sheet of plywood and balanced me on the sidecar of their motorcycle. They took me to the local clinic. The nurses on duty had no idea what to do with me. They placed me on a cold steel table and did their best to comfort me. I looked at the clock; it was 12:00 noon. The local police continued to interrogate me and I was questioned for more than two hours. Even though I had no idea what they were saying, I think they suspected me of being a drug dealer, they probably thought my paralysis was due to some kind of drug or horse tranquilizer.

The decision was made to send me to the mainland. A local fisherman was hired. Four hours later, I was carried to



his boat. As I was being loaded, they dropped me. I believe it was the first time in my life that I have ever passed out from pain. The waves were treacherous, and with every bump I was a step closer to the gates of heaven. It took well over an hour to reach the mainland. When we arrived, I was loaded into the bed of an old pickup truck and taken to the city hospital in Pak Bara. The doctors did their best to assess my injury. I was sent for x-rays. My poor body was being tossed and twisted on the table for at least two dozen times before I was told that the x-ray machine did not have film in it and they had to redo the whole frigging thing!

I was then loaded into an old ambulance and taken to a bigger hospital in the city of Hat Yai. On arrival, I was quickly assessed and after receiving both an MRI and CT Scan, it was determined that my 4th cervical vertebrae had been shattered; my C5 and C6 were compressed together. FINALLY, a C-collar was placed around my neck. I needed emergency surgery to assure my best chance of recovery, but I was worried that they did not have the best neurosurgeon for the job. Coincidentally, a top neurosurgeon from United States was in town giving a lecture that day! He played a big role in directing my surgery and ultimately, it was a success.

I remember waking from surgery gagging on the intubation tube placed in my throat and thinking at least I was alive. The doctor asked if there was anyone he could call for me and, soon after, I was finally connected with my family. Obviously frantic with worry and concern, they began making arrangements to get me home. The doctors decided to transfer me to Bangkok. Two weeks into my recovery, I was propped up in my bed; and for the first time I was able to wiggle my big toe. I cried like a baby and made the bold statement that I would walk

again. After four weeks, I was finally well enough to travel home to Toronto. I was immediately taken to Sunnybrook where I spent eight days, and then I was admitted to Toronto Rehab-Lyndhurst Centre for 16 weeks of rehab.

As tough as my rehab was, going home was by far the toughest war I had ever faced. The physical challenges were overwhelming, but the mental and emotional obstacles were even worse. I went through all the stages of grief, as well as dealing with loss of dignity, invasion of personal space, loss of control, loneliness, regret, and pity. Fighting and defeating these battles took the greatest amount of strength and faith I could muster.

I am now four years post injury. What slowly and gradually turned my life around was reaching out to my peers and being active in the SCI community. When I realized that I could still give and serve, I regained my purpose and meaning in life. Among the many advisory boards and projects that I am involved with right now, my greatest fulfillment comes from being a peer support volunteer at SCIO. I surely hope that my story and resilience will inspire many to never give up and to fight courageously in their own battle.

Sometimes I still think about the magnificent stars on the night when I lied on that beach. It was the dark sky that made their twinkles shine so bright.

In addition to currently being a SCIO Board Director, Chris is a volunteer with UHN's Patient Partner Program doing whatever he can to help bring his message of patient support and awareness. He is collaborating as a member of the Fitness Centre Refresh Steering Committee at Toronto Rehab-Lyndhurst Centre working towards integrating patients back into the community. Chris holds a bachelor's degree in Theology and has three children. ●

I am now four years post injury. What slowly and gradually turned my life around was reaching out to my peers and being active in the SCI community. When I realized that I could still give and serve, I regained my purpose and meaning in life.



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***Although many patients benefit from the use of this device, results may vary.**

RollUP Solutions Inc.

DELIVERING AFFORDABLE MOBILITY DEVICES



By Megan MacKay, Founder and President, RollUP Solutions Inc.

*I was contacted by SCIO and spoke at length with SCIO staff in the London office who thought this would make a great story for **Community** magazine, and would be of benefit to their clients.*

I was told, "Besides being a creative business plan by young entrepreneurs focused on issues related to people with disabilities, this is another great equipment resource for our staff and clients, and perhaps in the future, could have partnership potential." I am glad to share our story with the readers of *Community* magazine, and do hope that some of you will access our services.

RollUP is a social enterprise that strives to remove social and physical limitations by making mobility affordable for everyone. We collect gently-used wheelchairs from the community, work with our partners at Goodwill Commercial Solutions to refurbish them, and then sell or donate the devices back to community at a 95% discount.

RollUP Solutions was founded in July 2017 by students at Western University. It continues to be run by students at Western University to this day, in partnership with the Enactus chapter on campus. When we founded RollUP, we knew we wanted to start a business that benefitted the community. After learning that over 630,000 Canadians currently go without a wheelchair because they cannot afford one, we saw an opportunity to take action. We started collecting donated mobility devices from the London community and we currently accept manual devices like wheelchairs, walkers and rollators – no power chairs yet.

Next, we partnered with Goodwill to refurbish the mobility devices. We developed a process with local experts that ensures that every refurbished device meets our safety and quality

standards, meaning we clean the device thoroughly, ensure all mechanical parts are working, and replace anything porous like the seats and handle grips. Finally, all of our inventory is posted to our online store at rollupsolutions.ca. Customers can simply log on, browse our inventory of devices and purchase the device online. We are able to ship these devices right to your door or arrange for pick-up at our warehouse facility. All of our devices retail for less than \$150, so everyone who needs a device can access one. Additionally, we are launching a Sponsor a Device program, whereby individuals or companies can donate funds to RollUP and we will connect someone in critical need with a wheelchair for free. A \$100 donation equates to one donated wheelchair.

Our goal with RollUP is to provide value at every single step. First, we divert waste by refurbishing gently-used wheelchairs that would otherwise end up in storage or the landfill. Next, through our partnership with Goodwill we are able to create meaningful employment opportunities for individuals facing barriers to work or social circumstances. Finally, by selling or donating our devices at an extremely low rate, we can make buying a wheelchair a reality for many Canadians. Finally, RollUP has actually been studied by the Ivey Business School and is now a mandatory component of the foundational business curriculum at Western, meaning thousands of students will learn about this critical issue and be exposed to social entrepreneurship as a result.

MORE INFO CAN BE FOUND HERE:

<http://www.epicentreuwindsor.ca/rollup-solutions-inc>

<https://www.innovationworkslondon.ca/blog/rollup-solutions-uses-innovation-grow-local-mobility>

We currently operate in London, Ontario. If a person would like a device delivered by RollUP, they need to be in this service area. However, we can always arrange for a pick-up at our warehouse if someone lives outside of the London area. Finally, anyone anywhere can sponsor a device through our website.

RollUP is currently operated by me and Leanne McKinnon. We are fourth year students at Western University. I am pursuing an Honours Business Administration degree from the Ivey Business School, and Leanne is pursuing an Accounting degree through the Bachelor of Management and Organizational Studies (BMOS) program. Leanne and I are actively involved in the social entrepreneurship community at Western and in London, and lead the Enactus Western team on campus. We have received awards and recognition for our work with RollUP including winning the Spin Master Business Plan Competition and the 3M Best Project Solution Award, being chosen as one of the Top 15 Business Plans in the country through the Queens Entrepreneurs Competition, and competing in countless pitch competitions. Upon graduating in Spring 2019, Leanne will join the audit team at PwC, and I will begin working in the Global Partnerships division at Maple Leaf Sports and Entertainment. We will both remain active as advisors and members of the Board of Directors for RollUP, and day-to-day operations will continue to be run by students at Western University and Goodwill. ●

Consider a Corporate Partnership with Spinal Cord Injury Ontario

In very good company...

Businesses that choose to align themselves with SCIO are forward-thinking organizations that see the good they can do in this province. There are endless opportunities to match your business goals with our mission and activities. The result? A strong, creative partnership that changes things, for the better.

CHOOSE YOUR PARTNER

The great benefits for your company in partnering with SCIO include exposure to a dynamic community of over 30,000 clients, families and friends from across the province and Canada.

In addition, your company earns a reputation as a caring and generous corporate citizen who makes a difference in your community. Your employees are buoyed by your commitment to an exceptional cause and are energized to help improve accessibility and support services in our province.

We will work with you to create a customized corporate engagement plan, which can include sponsorships, cause-related marketing programs, participation in fundraising events, corporate and employee volunteering, and workplace giving.

As a small grass roots non-profit, we guarantee that your corporate participation will have great impact for people living with a spinal cord injury

in your community and across the province, and satisfy your business partnership needs.

PARTNERSHIP OPTIONS

The following partnerships offer many benefits including enhanced brand awareness, community reputation and employee spirit.

Philanthropy

As a registered Canadian charity with over 73 years of history in Ontario, we will provide you with tax benefits, a tax receipt and recognition for your financial support. You also receive peace of mind from knowing your investment in SCIO directly impacts the services, support and advocacy we provide to strengthen our community.

Sponsorship

Here are a few dynamic and engaging sponsorship opportunities to consider:

- Promote a strong presence of your company at popular community events in Toronto and across the province.
- Outline your business offerings on a relevant topic within the Living with an SCI section of our website (give us your logo, ad and a link to your content and we're good to go!)
- Become a go-to company for our community by getting listed. Your brand on our popular online business directory is a smart match.
- Get your workforce up to speed on expert disability awareness training for your HR department and staff. Online or in person, our training is developed and often delivered by those with lived experience.

Cause-related marketing

Harness the brand equity of SCIO by creating a special promotion that is mutually beneficial, advertises your company's brand and supports a cause close to the hearts of your customers and employees.

Corporate teams

Form a corporate team to participate in fun activities-based events such as golf, curling, snowboarding or lawn bowling. There's always something exciting going on at SCIO.

Gifts in kind

We accept gifts of goods, products, services and used vehicles – items our community is always in need of, and highly appreciative of receiving. Your gift will be evaluated in accordance with our gift acceptance policy.

Employee engagement and volunteering

Getting involved with SCIO is a fantastic team-building and volunteer opportunity that will motivate and unite your employees. On your company employee volunteer day, consider coming to work for us. We can customize an opportunity that helps you to meet your business and social responsibility goals while raising your company's profile in the community.

Event hosting

Raise awareness for your company by organizing a fundraising event or golf tournament on our behalf. Our team will guide you through the process of creating a successful event.

Matching gifts

Maximize and encourage employee giving by matching your staff's charitable contributions or create a corporate matching challenge.

Workplace giving

Start an employee fund drive offering workers the opportunity to make a one-time gift or spread out payroll deductions over the course of a year.

Advertising in Community Magazine

Our quarterly magazine reaches about 12,000 consumers. You can broadcast your corporate logo and unique messaging, and receive recognition from SCIO for your generous support.

Board and committee roles

Do you have a specialized skill set? Or a depth of knowledge about living with an SCI or disability? There are committee and board roles across the province with your name on them.

CAN WE TALK?

We'd love to chat with you on any of these opportunities. Please connect with Ari Wahl, 416-422-5644, ext. 264 or philanthropy@sciontario.org ●

The Florida Papers:

A PARAPLEGIC IN PARADISE

One of SCIO's former job seekers, Ara Sagherian, is now an award-winning writer and filmmaker.

Ara commented, "I worked with SCIO extensively throughout 2011. They were an invaluable asset for me and helped me network and break through an often very exclusive film community. Errol Cyrus (an SCIO Employment Counsellor) in particular was helpful; a kind, empathetic man who backs it up with tangible results. To this day, he reaches out a few times yearly to check in on me. He's become more than an advocate; he is a friend."

The Florida Papers: A Paraplegic in Paradise is Ara's inaugural literary work. He credits his love for story to childhood cartoons. He is a spokesman for individuals living with physical disabilities.

The Florida Papers: A Paraplegic in Paradise has had some great reviews.

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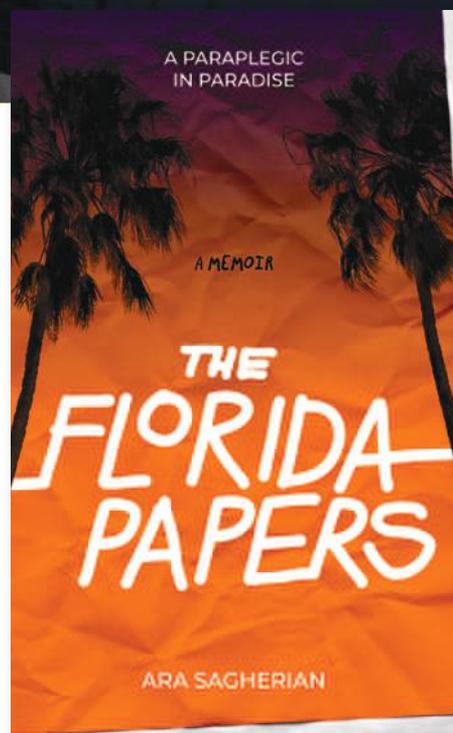
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TOPICS YOU'LL FIND INSIDE:

- love
- overcoming adversity
- life after catastrophic loss
- finding meaning
- father/son relationship
- lifelong friendships



READER TESTIMONIALS:

"I laughed out loud, and felt my eyes well up in this heart-felt story. Highly recommend!"

"This was such a well written piece, reminded me of Hemingway's prose. A succinct representation of the hardships of a man who has been through so much."

For more on Ara's book, please visit <https://www.amazon.ca/Florida-Papers-Paraplegic-paradise-ebook/dp/B07N8HVN9/ref.> ●



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Five Tips to Get Through Your Midday Slump

By Eudene Harry, MD

We have all felt it. After lunchtime, you're lethargic, tired, and constantly checking the clock waiting for the day to be over. But, fear not! Your day will no longer be ruined by the afternoon lull. Here are some quick tips to avoid the midday slump and allow you to end your day rejuvenated!

Spend 5 Minutes in Nature

According to a study published in the *Journal of Positive Psychology* in 2019, just five simple minutes sitting in nature, improves mood, decreases negative feelings and increases your sense of awe and wonder at being a part of something bigger than yourself. If you have more time, combine being in nature with exercise. This can reduce your heart rate and improve your ability to recover from stressful events.

Bring the Outdoors In

Feeling overwhelmed and can't leave the building? Hang paintings of nature scenes on the walls, look out a window or at a nature scene on your video device. It seems that even the picture of nature had the potential to reduce feelings of stress.

Break Out That Adult Colouring Book

Can't absorb any new information? Take a break and take out the adult colouring book you have not taken the time to use. This distraction gives the brain the space it needs to tackle the

problem while you focus on the joy of choosing the colours that make you feel better. Pro tip: Choose yellow and other bright colours if you need a pick-me-up.

Incorporate Natural Mid-Afternoon Boosts

Grab some green tea. It is high in antioxidants, contains a small amount of caffeine and also has an ingredient that can help create a sense of calmness. If you combine this with a little aromatherapy, either peppermint or lemon for a quick lift or lavender to keep the calm going, you might find yourself feeling better after a quick ten-minute break.

Quick Exercises to Do at Your Desk

Here are two quick exercises that help to release stress and restore a sense of calm while improving mood. Do any exercise that helps bring the heart rate up a little bit to get blood pumping while also releasing the energy of frustration. First, do some quick tricep extensions using a chair. Then follow with a stretch that helps to relieve the tension. Shrug shoulders up to your ear and gently rotate forward then backwards. Follow this with an open arm stance, open wide and slightly raised as if to open yourself up to receive warmth, love and support. Then simply cross your arms around your shoulders and give yourself a hug. Cross your arms until you feel the muscles in your upper back gently stretch to start relieving some of that built up tension. After all,

we do tend to carry a lot of stress in the upper back and neck. Bonus, hugs help to relieve stress and improve mood.

Laugh and Breathe

It is as simple as laughing. It decreases cortisol levels and improves mood. A simple way to do this is to watch a funny video clip or even more simple, record a baby's laughter and listen to it. That sound of pure joy and wonder can bring a smile back to your face and do wonders for your mood. Lastly, practice stopping and breathing. Four counts in, hold for four and release for four. Do this about four times and feel the stress slowly ebb away.

Eudene Harry MD is the medical director for Oasis Wellness and Rejuvenation Center, a wellness practice devoted to integrative holistic care. She is a veteran physician with more than 20 years of experience. Dr. Harry earned her medical degree and performed her residency at Thomas Jefferson University.

Dr. Harry is the author of three books designed to empower individuals to get started on their path to optimal health. She has published extensively on the topics of reducing stress, healthy lifestyle choices, and regaining youthfulness. Her most recent book, *Be Iconic: How to be Healthy and Sexy at Any Age* is now available on Amazon. She regularly contributes to television and radio shows nationwide.

To learn more about Dr. Harry visit, www.drharrymd.com. ●



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On February 14, a beautiful sunny Valentine's Day, SCIO hosted the 19th Annual Ski and Snowboard Day at Craigleith Ski Club in Collingwood.

The day was filled with freshly powdered slopes, sunny skies and more than 250 enthusiastic participants. The incredible supporters of the day helped raise more than \$108,000 for SCIO.

We were thrilled to have 20 guests sign up for sit-skiing; some trying the adaptive equipment for the first time. It was wonderful to have Forterra bring out more than 60 employees to use our event for corporate team building. One of our returning sit-skiers, Bob Pesant, described his feelings about the day; "The thrill of the hill and the freedom it gave me while participating in Ski and Snowboard day last year was my enticement for wanting to return this year. Sit-skiing is exhilarating and allows me new movement that challenges my abilities. It is an extremely unique, fun and safe experience affording me an opportunity to try a new sport, meet new friends while having lots of volunteers to give participants all the support they need to have an awesome day on the slopes, while enjoying good food and fellowship in the chalet."

Mark Newton, Para-Alpine Athlete and Sport Development Manager, Alpine Canada, joined us again for the day to promote the development of sit-skiing on a national stage. Canadian Adaptive Snowsports (CADS) Adult Disabled Downhill Skiing (ADDS) and the Ontario Track 3 Ski Association provided thirty trained and eager volunteers to assist with sit-skiing.

More than a dozen volunteers worked in the lodge to make sure that the day ran smoothly. A special thanks to our emcees Joanne Smith and Rich Vanderwal and to our auctioneer Rip Riopelle for their entertainment and for creating much

excitement for participants during the day. We were grateful to have Mark Wilson along with his team as the musical entertainment, as well as Mark Grice who live painted a gorgeous picture throughout the day that was later auctioned to support SCIO. Thanks to Thornbury Craft Beer and Biosteel for providing a sampling station with their tasty beverages, keeping our guests happy throughout the day. Rob Blakley and a team of students from Durham College captured the day in photos.

The annual PGA Masters Golf raffle winner was Grant Desjardine, and we can't wait to hear about his experience!

This day would not be possible without our outstanding volunteer committee. A sincere and heartfelt thank you to our co-chairs Kevin Holmes and Tom Scanlan, Alan Cogill, David Litwin, Domenic Marchese, Duncan Sinclair, Marc Marrone, Paul Higgins and Tom Opara.

During the past 19 years of staging this event, we have raised more than \$1.3 million for SCIO.

Make sure to mark your calendars for our 20th Ski and Snowboard Day on Thursday, February 13, 2020, at Craigleith Ski Club in Collingwood. ●

Look online for more.*

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The 19th Annual SKI & SNOWBOARD DAY

Comedy Night

A night filled with laughter and friends was the perfect way to break up the winter season!

Our Young Professional's Board, a group of dedicated individuals who want to raise awareness for SCIO, helped raise funds leading up to and during our 4th Annual Comedy Night. This year's event took place at the YWCA in Toronto and was filled with three hours of laughing-so-hard-your-face-hurts with our hilarious group of comedians including Adrienne Fish, Courtney Gilmour, Desiree Walsh, Michael Harrison and Ron Josol.

This year's Comedy Night raised more than \$9,000 which goes to directly supporting our clients. The evening attracted friends, families and corporate groups who were greeted by our vibrant volunteers for the evening.

A special thanks to our Young Professionals Board members who put in countless hours to make the evening happen: Aaron Andrews, Anthoneil McIntosh, Ben Kwarteng, Chris Stigas, Darrell Booker, Emily McIntyre, Jennifer Rochefort, Karen Vigmond, Kiran Navaratnam, Leigh Armstrong, Niki Cheng and Shehbaz Hussain.

Many thanks to everyone who attended the evening and to our generous sponsors. Together we can make a difference to bring the mission and vision of SCIO to life! ●

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London Roll and Bowl



On Tuesday March 5, we hosted our 9th Annual London Roll and Bowl at Palasad.

As teams arrived in full themed outfits, we knew the evening was going to be a great time! Matt Weaver from Country 104 was our wonderful MC for the evening and kept everyone entertained when they weren't focused on the pins.

The night was packed with friendly competition, team building, great food, unique costumes and some incredible prizes.

The wonderful team of London area volunteers assisted greatly in raising around \$18,000 leading up to and throughout the two-hour event. A special thank you to our event co-chairs Anna Szczurko and Lindsay Campbell, and the entire London Volunteer Committee including Julie Willsie, Kelly Ravenek, Andy Rady, Paul Shamon and Chris Dawson.

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The Homan Hogan Charity Spiel Rocks On

Marshall Hogan, a former client of SCIO, was looking for a way to give back and help others following his recovery.

Dan Andress, Marshall's brother-in-law, proposed a charity bonspiel, Marshall liked it and soon Dan had Mark Homan, former provincial junior men's and provincial mixed champion were on board. Next, the good people of the Smith's Falls Curling and Squash Club undertook to make their facility accessible, and with the crucial addition of wonderful volunteers they created a model event.

This year the generosity of the people of Smith's Falls was called upon for a fifth time, and once again, it was on the button. Thanks to the hard work of a group of people committed to community, generosity and fun, and thanks to the teams and supporters who joined in, the 5th annual Homan Hogan Charity Spiel was a success. \$9,000 was raised this year in support of people living with spinal cord injury bringing the total raised since the inception of the event to more than \$42,000.

Our sincere thanks go to those who so generously gave their time and energy to make the event a success:

The Homan Hogan Charity Spiel Organizing Committee: Wanita Andress, Dan Andress, Ann McGahey, Rick McGrath, Louise McInnis, Jeff Murphy, Greg Purcell, Paul Vaillancourt.

Our volunteers:

Bonspiel Ambassador: Marshall Hogan; **Event Managers:** Wanita Andress, Dan Andress

Ice: Brian Hewson, Ron Kerfoot; **Auction:** Kim Sumara, Angie & Greg Purcell, Steve Akeson

Raffle: Steve Akeson, Wanita Andress

Bar: Richard Burroughs, Kathy Deutekom, Ann McGahey;

Food: Louise McInnis, John Steven, Sharon Lesniowska, Jim McVeety,

Draw Master: Rick McGrath

Music: Jeff Murphy, Joe Murphy, John Murphy, Chris Murphy.

Team Homan and Team Plaster for their outstanding generosity in donating their prize winnings.

Major Sponsors: Andress' Independent, 4^o Brewing Company and Smiths Falls Curling and Squash Club

Sponsors: CIBC, Brokerlink, Impression Printing, Healey Glass, Andress' Independent Grocer, Jim Noble - RBC Wealth Management, Hometown News, Pickled Pig, Guy Saumure & Sons, Lake 88.1, Hinton Auto Group, Smiths Falls Ford and Smiths Nissan.

Live Auction and Silent Auction Donors: Juanita Swerbrick,



Pictured left to right some of the wonderful volunteers: Marshall Hogan, Bonspiel Ambassador; Dan Andress, Paul Vaillancourt and Rick McGrath representing the organizing committee, and SCIO's Chris Bourne.

Sam Bat, Lake 88.1, Rob Roy's Pub, Remax; Smiths Falls Community Hospital Auxiliary, Paul Vaillancourt, Dale Gifford, Pepsi, Rideau Winery, Mars Canada, Mountain Path, Andress' Independent, RCL, Jackie & Dennis Staples, Silly Goose, Frito Lay, Kellogg's, Christies, Kraft, Pickled Pig, Brew Bye You, Wild Wings.

Thank you for supporting excellence in service, support and advocacy for and with people with spinal cord injury. ●

Calendar of Events

2019 Hamilton Wheelchair Relay

Date: Saturday June 1
Time: 11:00 am Registration; 12:00 pm Relay Race
Location: Pier 4 Park
64 Leander Dr., Hamilton, ON

For registration and sponsorship details, please contact Michelle Hanna at hannahmi@hhsc.ca.

For more information, please reach out to Nicole Jacobs at events@sciontario.org

Rolling Thunder Charity Golf Tournament, Flamborough

Team up with us to play a round of golf together at the Rolling Thunder Charity Golf Tournament (RTGT). In partnership with Brian Campbell, SCIO is thrilled to be hosting the first ever RTGT, where we will be raising funds for people with spinal cord injuries and other disabilities.

continued next page



This inaugural event will be held at Flamborough Hills Golf and Country Club where Brian Campbell and the RTGT Team will launch this tournament to give back to the organization that has given so much to him and his family.

Make sure to register your team today at: <https://sciontario.org/rollingthundergolf/>.

EVENT DETAILS:

- Date:** Thursday, May 23
- Location:** Flamborough Hills Golf & Country Club
71 Highway 52 North, Hamilton, ON L0R 1J0
- Schedule:** 10:30 am Registration
11:00 am BBQ Lunch
1:00 pm Tee off
6:00 pm Dinner

For more information, please reach out to Nicole Jacobs at events@sciontario.org



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Calling all Rollers, Walkers and Runners!

Run Ottawa: Tamarack Ottawa Race Weekend

Join Cole's Crew

Last year, Cole Ferguson rolled the 10K event joined by his family and friends; together they raised more than \$12,000 in support of SCIO. In fact, our organization won third prize overall for the charity with the largest average amount raised per fundraising runner, earning us an additional \$1,500!

This year we would like to see more of the spinal cord injury community come out to roll, walk or run along with us! You can participate in any of the races to qualify.

Registration is Simple

Simply go online at <https://www.runottawa.ca/torw/charities/2019-participating-charities> and click on Spinal Cord Injury Ontario. From there, click on Register to Run and follow the

Saturday, May 25

Ottawa 2K – 3:00 pm
Ottawa 5K – 4:00 pm
Ottawa 10K – 6:30 pm

Sunday, May 26

Scotiabank Ottawa Marathon – 7:00 am
Scotiabank Ottawa Half Marathon – 9:00 am
(Race start/finish locations to be announced)

steps. Make sure you select SCIO as your charity of choice. You will be able to set up your own fundraising page where your family and friends can sponsor you! Registration is open now and fills up fast so, sign up today to save your place on our team!

Direct donations can also be made at this link by clicking on Donate (and then on Donate Now on the next page). You can leave a message in support of our rollers and runners as well.

Become a Sponsor

There are opportunities for you to support our team by becoming a corporate sponsor as well. For more information on sponsorship opportunities, contact Wendy Hough at wendy.hough@sciontario.org or at 1-877-422-1112 ext. 800. ●



The Ottawa region's Peer Connections hit the slopes at Les Sommets Edelweiss on February 7. Although Mother Nature did her best to change our plans, she could not stop the fun!

Led by the incredible **Jeff Boucher**, volunteers from **Canadian Adaptive Snowsports (CADS)** teamed together to bring a day of

their time and joined us for this amazing day. We would also like to thank our sponsors who made our Ottawa Ski Day possible; a big shout out to **Burn Tucker Lachaine LLP, Personal Injury Lawyers** for their support. A special thanks to their crew **Valerie Phillips, Susan Lepine, Deborah Davis and Éliane Lachaine** for helping out. The hand warmers were also greatly appreciated! Thanks to the folks from **Bushtukah** who are always ready to support outdoor fun and provided buffs for the participants!

For more information on upcoming Peer Connection events in the Ottawa region, please contact Federico Boccheciampe at: federico.boccheciampe@sciontario.org or 613-723-1033, ext. 132. ●

fellowship and skiing to our SCIO Peer Connections participants, staff and sponsors. CADS is recognized nationally and internationally for its leadership in adaptive snow sports. They provide opportunities for people with disabilities to experience the joy of participating and competing in adaptive snow sports.

We are very grateful to all of the volunteers who so generously gave



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By Loretta Breuning, PhD

HOW DO WE KNOW WHAT MAKES US HAPPY?

Our desires are shaped by watching others more than we think

We want what others have. You hate to admit it, but when you see others take pleasure in something, you want it too. Not everything. Not material things, necessarily. But something you are pained to miss out on as others appear to enjoy it.

You can control this impulse when you understand its origin. Maybe you'd rather deny the impulse instead, but that will leave you powerless over those painful feelings.

The primal roots of social comparison are simple. A baby monkey relies on social comparison to learn to feed itself. It will starve to death unless it learns to find its own food before mother's milk is gone. The little monkey doesn't understand its nutritional needs. It just sees others focus intently on putting stuff in their mouths with great eagerness, so it imitates. Once the food is eaten, dopamine is released, which wires the young brain to seek more rewards in the same way. But the urge to have what others have gets things started.

Mirror neurons do the job

Research shows that the brain doesn't mirror everything it sees. Mirror neurons are activated when a primate sees another individual get a reward or risk pain. The primate brain evolved to meet its needs and avoid harm by observing the way others meet their needs and avoid harm.

Social comparison in history

Captain Cook saved lives with his insight into social comparison. He wanted to prevent scurvy among his sailors by feeding them the only available source of Vitamin C, sauerkraut. They were not interested in the stuff, so he put platters of it on the officers' table, and permitted the sailors to help themselves from those platters. Soon, everyone wanted it, and Cook's voyages were the first to wipe out the horrible disease of Vitamin C deficiency.

Social comparison in your life

When you offer cupcakes to children, it's common to see them frustrated to miss out on the cupcake that another child chose. That cupcake seems more valuable once another child has chosen it. When I was a mom, I tried to

avoid such tussles by making all the cupcakes look the same. Now I realized that I should have been teaching kids to manage this impulse in the long-run instead of just buying peace in the short-run.

Mate-choice copying in the animal world

Animals are more interested in mating partners that are seen with others. This fact feels so obvious, and yet so disappointing. We want to believe that the state of nature is pure and altruistic, and our society is to blame for the frustrations of social comparison. Alas, we have inherited a brain that learns from others. We can manage our brain better when we accept it. When you deny your true impulses, you can fill your verbal brain with fancy theories, but you still end up frustrated. Your verbal brain is skilled at blaming others for your frustration, but the bad feelings linger. Here's a better way.

Thinking the unthinkable

Social comparison can lead you astray. Some examples are obvious, such as those of materialism and of adolescence. But subtler examples exist. For instance, in Captain Cook's day, a sick person would be bled by a doctor if they had the money for the treatment. Today, we want treatments to be available to everyone without regard to money. So many people are getting unnecessary and even harmful treatments because they want "access" to what others have.

You have a choice

You can steer yourself away from social comparison when you recognize its power over your inner mammal. I have written extensively on how to do this in my book, *I, Mammal: How to Make Peace with the Animal Urge for Social Power*. Check it out at <https://www.amazon.com/dp/1941959008>.

Self-acceptance

It's hard to accept this fact of life. Indeed, it has become taboo to accept it. We are told that the state of nature is all love and altruism, and "our society" is the root of all frustra-

continued on page 29



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MOVIE REVIEW

Teddy Pendergrass: If You Don't Know Me

By Frank Pozen

Teddy Pendergrass was one of the most popular recording artists of the 70s, first as lead singer of Harold Melvin and the Blue Notes and then as a solo artist. His nickname was Black Elvis. But it all came crashing down after a 1982 car accident which left him with paraplegia.

This documentary *Teddy Pendergrass: If You Don't Know Me* tells his story. The film was produced by his family and his manager Shep Gordon for BBC Films and directed by Olivia Lichtenstein. It is airing on Showtime in the US and Crave TV in Canada.

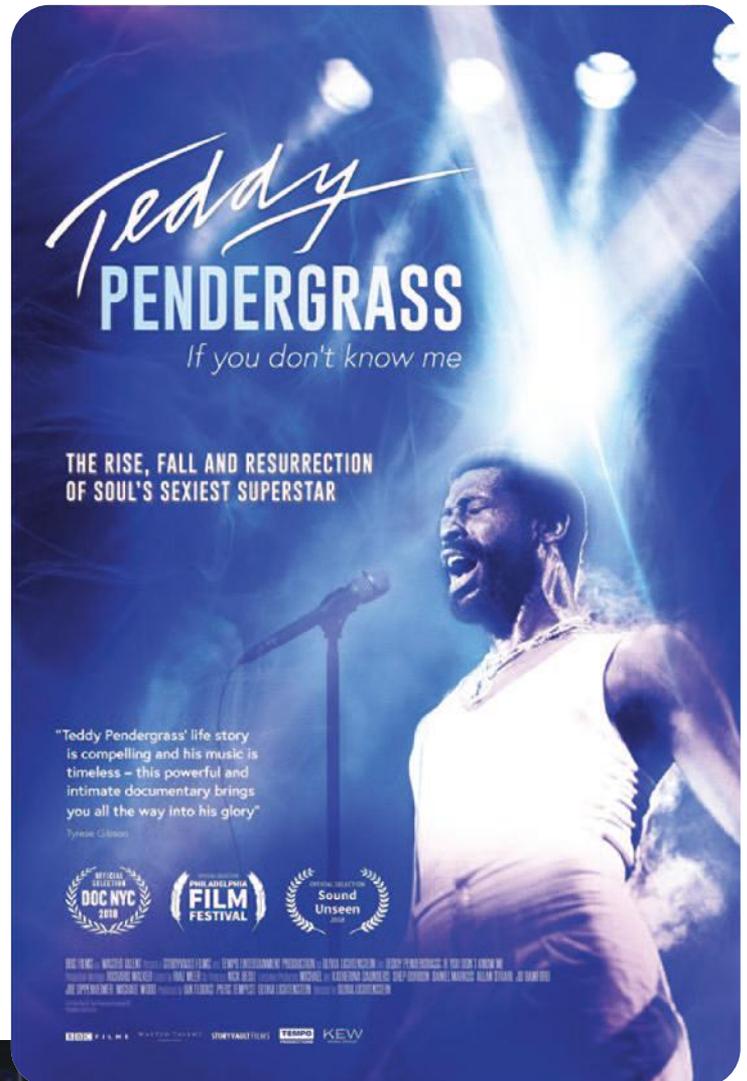


image from the documentary

"Pendergrass grew up singing in church and he was an ordained minister at age ten."

One of the interesting things about this film is that Pendergrass recorded a series of cassettes detailing his life in preparation for his 1998 autobiography. His voice is heard several times during the film. The film begins with a recreation of the 1982 car accident. Recreations are used a couple of times in the film but not to a great extent.

Pendergrass was born March 26, 1960, in Kingstree, South Carolina, and he was raised by his mother in Philadelphia. He grew up singing in church and he was an ordained minister at age ten. He sang with friends on street corners and took up the drums. The Blue Notes leader Harold Melvin hired Pendergrass as a drummer in 1970. But after Melvin heard him sing, Pendergrass was made lead singer. The Blue Notes signed with Philadelphia International owned by legendary producers Kenny Gamble and Leon Huff. They were supposed to be called The Blue Notes. But Melvin convinced Gamble and Huff to call them Harold Melvin and the Blue Notes. Gamble and Huff talk about this in the film. They had some big hits including If You Don't Know Me by Now.

But many fans didn't know that Pendergrass was actually the lead singer. Questlove of The Roots admits that he didn't know. This was a big problem for Pendergrass and he left to go solo in 1975. Pendergrass scored four straight Platinum albums and hit singles like Turn Out the Lights. And he was a major hit in concerts with female fans tossing undergarments on stage. He was not only a great singer but he had tons of charisma. His manager, Shep Gordon talks about this in the film.

On March 18, 1982, Pendergrass crashed his Rolls Royce and he sustained a spinal cord injury and paraplegia. During his recovery, Pendergrass left Philadelphia International for

Elektra Asylum. Bob Krasnow of Elektra Asylum is interviewed in the film. Pendergrass released an album in 1984, but he wanted to return to the stage. I won't spoil it by going into detail, but Pendergrass performed Reach Out and Touch with Nickolas Ashford and Valerie Simpson at Farm Aid, July 13, 1985. Valerie talks about this in the film. That's when the film ends. Pendergrass continued to record regularly until 1993. He performed a couple of times until he retired in 2006. After 2009 colon cancer surgery, Teddy Pendergrass died on January 13, 2010.

This film is worth checking out. It airs on Showtime in the US, Crave TV in Canada and the BBC in England. Go online to check out the trailer at:

<https://www.youtube.com/watch?v=BQQHO9w7Giw>.

On February 28, it was announced that Warner Bros. acquired the life rights of iconic Philadelphia-born R&B singer-songwriter Teddy Pendergrass, and is going forward with a Teddy Pendergrass biopic starring Tyrese Gibson in the lead role. Gibson is also producing with Empire creator Lee Daniels. These days Gibson is more actor than singer best known as a regular in the Fast & Furious series.

Donald De Line (Ready Player One) will produce via his De Line Pictures studio banner, along with Lee Daniels (Empire, The Butler, Precious), and Gibson via his Voltron Pictures. The studio has also tapped Little Marvin (creator of Amazon's upcoming event series Them) to pen the screenplay. Pendergrass' widow, Joan Pendergrass, is an executive producer. ●

For more from Frank, check out his blog at frankp316.blogspot.com. You can follow him on Twitter @frankp316 and his podcast Frank Pozen's Big Bad Podcast. Folks can subscribe to his podcast at Google Podcasts, iTunes and Spotify.

How Do We Know What Makes Us Happy?

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tion. This leads to the belief that fighting "our society" is the path to mental health.

What would happen if you acknowledge the power of the demonstration effect in your own life? Then you would have the power to monitor the frustrations you are causing in your own mind and choose a new thought to replace the painful thought loop.

The facts about social comparison are widely overlooked because they're uncomfortable. It exposes the central role of self-interest in our functioning. Self-interest has been condemned, and we are taught to invalidate core facts about our operating system. I am not saying self-interest is good. I'm saying self-interest IS, and those who deny it are promoting their self-interest by doing so.

You can have more sauerkraut and less bleeding if you learn to monitor the halos you produce in your brain's endless quest for serotonin. This is how critters learned to meet their needs before the invention of language and curriculum development experts. They do it without formal instruction and without the decades of "help" that human

babies get. They do it because they want what they see others getting. ●

LORETTA BREUNING, PhD, is Founder of the Inner Mammal Institute, which offers resources that help people rewire their mammalian brain chemistry to live happier, healthier lives. As Professor Emerita of Management at California State University, East Bay, her work has been featured in Forbes, Time, NPR, The Wall Street Journal, Psychology Today, Men's Health, The Dr. Oz Show, and many more nationally-recognized outlets.

Dr. Breuning's other books include Habits of a Happy Brain: Retrain your brain to boost your serotonin, dopamine, oxytocin and endorphin levels and The Science of Positivity: Stop Negative Thought Patterns by Changing Your Brain Chemistry. She is a graduate of Cornell and Tufts Universities.

Before teaching, Dr. Breuning was a United Nations Volunteer in Africa. Later, she volunteered as a Docent at the Oakland Zoo.

For more information on Dr. Breuning visit <https://innermammalinstitute.org/> and connect with her on Twitter, LinkedIn and Facebook.

Tame Your Anxiety is currently available on Amazon.



By Jeffrey Kerr

BUILDING A MORE ACCESSIBLE TORONTO

In the Summer 2015 edition of Outspoken! I wrote an article entitled Disabling Architecture. I felt now was a good time to circle back to that topic.



The introduction to that article read as follows... "The choices by architects, interior designers, landscape designers and urban planners either empower or disempower individuals, creating an environment of inclusion or exclusion."

I'm pleased to report that in the four years since I wrote that statement I have become personally involved with the City of Toronto's Seniors Strategy which is laying the ground work to create a more accessible, inclusive city. And I have seen positive change.

Toronto has been recognized as an Age Friendly City. This is a United Nations, World Health Organization program that was started in 2006. The premise is that if cities are designed inclusively for older adults then everyone, regardless of age or mobility will be able to actively participate in the community.

The seven key areas of focus are:

- Outdoor spaces and buildings
- Housing
- Transportation
- Social participation
- Respect and social inclusion
- Civic participation and employment
- Community support and health services

The City of Toronto's initiative is called "Toronto Senior Strategy 2.0" and I am on the advisory committee.

Toronto's commitment to become an age friendly city started in 2013 when City Council adopted the "Toronto Seniors Strategy: Towards an Age-Friendly City," also known as Version 1.0.

In 2016 the World Health Organization recognized Toronto as an Age-Friendly Community, and its status was renewed in 2018.

Version 2.0 starts out by recognizing the fact that for the first time in Toronto's history there are more people over the age of 65 than children under the age of 15. And the over 65 population is expected to almost double by 2041.

The City of Toronto Council has made a commitment to incorporate age friendly principles into its new official plan. The recommendations in Version 2.0 reflect a wide range of goals including:

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- Creating and funding more senior friendly (accessible) public spaces
- Funding home modifications (e.g., accessible entrance solutions and bathroom solutions)
- Improving the accessibility of city streets
- Making the TTC more accessible

In total, there are 27 recommendations. When implemented they will help to create a more accessible Toronto.

A more accessible city along with access to home modification funding will make it easier for people to stay in their homes and communities that they love.

This is called aging in place. The cost of retirement home living is high, especially considering the average life expectancy is growing. It often makes more economic sense for people to modify their home, so they can continue to live there safely and comfortably rather than moving.

And when it comes time to sell a modified home, the number of potential buyers looking for an accessible home will have increased – as a result of our aging population. In addition to these buyers, the home will also appeal to individuals and families with children with disabilities.

Toronto is not alone in creating an age-friendly city. There



are many cities in Ontario, across Canada, and throughout the world that are embracing age-friendly strategies. This is good news for people who will be looking to make a move in the coming years. The tide is turning for more inclusive and accessible living options.

I will post the full version of the Toronto Senior Strategy 2.0 on my website, under the NEWS tab. ●

*Jeffrey Kerr, Broker, Barrier Free Real Estate Specialist
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Evening exercise will not ruin sleep and might even reduce appetite

By Penelope Larson, Charles Stuart University, School of Exercise Science, Sport & Health, Australia

Must cook dinner. Need to pick the kids up from school. Have to catch up on my favourite TV series. Live too far from the gym. Any of these sound familiar?

With growing time demands, many middle-aged adults are finding time to engage in exercise increasingly difficult. For many, even the thought of fitting exercise in after a busy day at work can be as tiring as it is unappetizing.

The standing belief that high-intensity exercise should be avoided in the early evening due to its effect on sleep only serves to act as another barrier to exercise at this time. However, encouraging new research published in *Experimental*

wellness

Physiology has suggested that 30 minutes of high-intensity exercise performed in the early evening does not negatively affect subsequent sleep, and may also reduce feelings of hunger.

Researchers at Charles Sturt University in Australia recruited eleven middle-aged men to complete three experimental trials to investigate sleep and appetite responses to exercise performed in the morning (6 – 7 am), afternoon (2 – 4 pm) and evening (7 – 9 pm). Participants were required to perform high-intensity cycling involving six one-minute, maximal intensity sprints interspersed by four minutes of rest. Blood collections were taken prior to exercise and following exercise to examine appetite-related hormones, and multiple tests were performed during sleep to assess sleep stages.

The results not only showed that evening exercise did not have a detrimental impact on subsequent sleep, but also that afternoon and evening high-intensity exercise were associated with greater reductions of the hunger stimulating hormone, ghrelin. It is important to note that a single bout of exercise was not linked to reduced hunger, but nevertheless, the observations from this study support high-intensity exercise early in the evening as a viable time of day for exercise.

As this study's sample size was relatively small, the findings extrapolated to other population groups beyond middle-aged men may be limited, given that sleep and appetite regulation are influenced by sex and age.

Continued on page 37

“Dry Needling”

A USEFUL TOOL FOR SCI PAIN AND DYSFUNCTION

By Linda M. Rapson, MD, CAFCI, Assistant Professor, DFCM, University of Toronto Affiliate Scientist, Toronto Rehabilitation Institute, Medical Director, Rapson Pain and Acupuncture Clinic

You may have heard the term “dry needling” over the past few years and understandably wondered what the term means. The word “dry” indicates that there is no substance injected, just the insertion of a needle. In trained hands, it is a valuable form of treatment for myofascial pain caused by trigger points (TrPs) in muscle.

Since ancient times in China, it has been accepted practice to needle “Ashi” points (pronounced “aw-shee”), which are tender points, not on acupuncture meridian lines. Not surprisingly, they have also been called “ouch” points in English, because tenderness is pain provoked by touching. When Ashi points are needled with acupuncture needles, pain often disappears, or at least improves. These needles are well-suited to the task, since they are very thin, solid, flexible, made from stainless steel, available sterilized and packaged for single use. Unlike hypodermic needles, which have a sharp cutting edge, acupuncture needles are both sharp and rounded at the tip, allowing them to slide through tissues without creating damage. A good analogy is the insertion of a knitting needle into a ball of wool without damaging the wool.

A. Hand before IMS on Finger Flexors



Ashi points are usually in muscle and tender to the touch.¹ There is almost always a palpable “knot” in the muscle corresponding to the tender point. Using our knowledge of anatomy to determine the safest direction to insert a needle into the TrP, we can needle it briefly to decrease pain and increase range of motion. Yes, it can happen that fast, but usually several treatments are needed to get cumulative effects with long-lasting results.

Dr. C. Chan Gunn of Vancouver, developed what he called *Intramuscular Stimulation (IMS)* when he worked at the Worker’s Compensation Board of BC in the 1970s. I first heard him lecture in Vancouver in 1976 and was impressed with his theory of the roles that nerve and muscle play in the production of chronic pain that could not be otherwise explained. You can read about IMS at <http://www.istop.org/education.html>.

In a nutshell, Dr. Gunn makes the case that a lot of chronic pain is caused by shortened muscles following an injury or, for example, the sudden overloading of a muscle to prevent a fall when slipping on ice. The problem could also arise because of having a short leg, which requires muscles in the buttock on one side to work overtime; or it could happen after a spinal cord injury, related to muscle weakness and spasticity.

Dr. Gunn’s theory is based on a fundamental “law” of neurophysiology called **Cannon and Rosenbleuth’s law of denervation**: “When a unit is destroyed, in a series of efferent neurons, an increased irritability to chemical agents



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develops in the isolated structure or structures, the effect being maximal in the part directly denervated.² In simple terms, this means that when a nerve to a tissue (let’s say, a muscle) is destroyed or injured (denervation), the tissue the nerve supplies becomes sensitive to various chemicals, many of which are produced by our own bodies. The result is a tight muscle tugging on a nerve that is damaged in the process, resulting in the muscle becoming supersensitive. When you search for a tender point to massage when you have a pain in your neck, you are seeking a muscle that fits this description. Pressure on it can often relieve your symptoms.

When Dr. Gunn published a book in 1996 about his explanation for the existence of chronic pain which appeared to have no cause, his use of the term “neuropathic” to define the pain seemed logical. At the time, “neuropathic pain” to describe pain caused by a nerve injury had not become widely used. While his theory makes sense, the terminology is a bit confusing.

How does this concept relate to SCI pains and dysfunction?

Understanding that tight muscles can restrict range of motion can be likened to *tight reins on a horse*. It sounds odd, but a case from the early days of our using acupuncture at Lyndhurst in 1992 defined this concept for me.

Our patient was a woman with incomplete quadriplegia in the early weeks after her injury. The degree of recovery she was going to have was not yet fully evident. We were able to help her pain, but she was worried that she could not grip with her right hand. We assumed that weakness of her flexor

muscles due to the SCI prevented her from flexing her fingers enough to grasp anything smaller than a tennis ball. She despaired of ever regaining the use of her hand.

I palpated the extensor muscles on the back of her forearm and found taut bands of muscle that were tender. After telling her that what I was going to do might hurt, I inserted an acupuncture needle into the tight muscles and after I did that several times, she successfully attempted to make a fist with her hand, then burst into tears of joy.

The problem wasn’t that she had lost the function of the hand; the tight muscles were restricting function that was intact. It was as though her fingers were being held back by tight reins. If one has the opposite problem of not being able to open their hand, needling the flexor muscles on the palmar surface of the forearm can assist in relaxing them to allow the fingers to extend enough to open the hand. Photos A and B show the hand of a patient who had spasticity after a cervical spine injury. The tight fist seen in A was reduced by IMS on the flexor muscles along with manual stretching of them. The result after a few treatments is seen in photo B.

I speak with personal experience when I admit that dry needling can be painful. However, I also speak with personal experience when I say that the relief of pain it can reliably bring, when muscle is the source, is nothing short of astonishing.

Dry needling alone does not produce all the beneficial effects that acupuncture itself offers, such as relaxation and improvement in mood, but it can relieve pain and increase range of movement. It is a very useful tool in our “toolbox”. ●

¹ <https://www.sciencedirect.com/science/article/pii/S100352571730003X>

² Adams RD, Victor M. Book: *Principles of Neurology 1981*, McGraw-Hill Book Company, p. 374.

Our **brains** indicate how well **depression** will **respond** to **treatment**

By Johannes Angerer, Head of Communication and Public Relations, Medical University of Vienna

According to the World Health Organization (WHO), depression is the commonest illness among adults and its treatment presents a huge challenge to medicine. Although effective antidepressants are now available, they fail to achieve the desired success in a significant percentage of patients.

Not every patient responds to treatment with antidepressants, drugs often have to be changed several times and so the process can often last for months before symptoms improve and the patient is fully recovered.

Being able to predict whether antidepressant treatment will work is a top priority in psychiatric research, particularly since there is currently a lack of suitable technical examination techniques.

Working with international partners, a MedUni Vienna research group has shown that imaging techniques carried out prior to treatment indicate the potential success of drug therapy in depressive patients. They showed that the activity of a region of the forebrain determines the potential success of treatment with antidepressants. This finding promises to significantly shorten treatment time for depressive patients in the future.

Brain activity determines success of treatment

In the study, the study team at MedUni Vienna's Department of Psychiatry and Psychotherapy (Head: Siegfried Kasper) treated 22 depressive patients with the drug Escitalopram over an eight-week period. This most commonly prescribed antidepressant causes a rise in serotonin in the neuron.

During the course of treatment, four high-resolution, functional MRI scans were performed at the High-Field MR Center of Excellence of MedUni Vienna/Vienna General Hospital. "Patients who had sufficiently strong forebrain activity responded to treatment with an antidepressant, while treatment was unsuccessful in patients who did not," says Principal Investigator Lukas Pezawas, summarizing the results. The study showed that this region of the brain supports the action of the antidepressant on emotional regions of the brain and its

activity is an essential prerequisite for success of the treatment.

The study highlights the fact that new imaging techniques can be used to predict success of a treatment. "These results inform our understanding of why an antidepressant is effective in some patients but not in others. This has far-reaching consequences for further medical approaches. It is also conceivable that, in future, it will be possible to use drugs or psychotherapy to further improve recovery rates achieved with currently available antidepressants," explains Pezawas.

The study, published in leading journal *"Translational Psychiatry"* from Nature Group, was financed by Austrian Science Fund (FWF) funding and was presented as the highlight at Europe's largest psychiatry congress, DGPPN, in Berlin. ●

(Service: Translational Psychiatry Prefrontal networks dynamically related to recovery from major depressive disorder: a longitudinal pharmacological fMRI study. Meyer Bernhard, Rabl Ulrich, Huemer Julia, Bartova Lucie, Kalcher Klaudius, Provenzano Julian, Brandner Christoph, Sezen Patrick, Kasper Siegfried, Schatzberg Alan, Moser Ewald, Chen Gang, and Pezawas Lukas <https://doi.org/10.1038/s41398-019-0395-8>.)

About the Medical University Vienna

Medical University Vienna (MedUni Vienna) is one of the most traditional medical education and research facilities in Europe. With around 8,000 students, it is currently the largest medical training center in the German-speaking countries. With 5,500 employees, 26 university hospitals and three clinical institutes, 12 medical theory centers and numerous highly specialized laboratories, it is also one of Europe's leading research establishments in the biomedical sector (www.meduniwien.ac.at)



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#peeforfree Campaign Launched at Queen's Park

On March 18, SCIO and March of Dimes Canada hosted a lively event at Queen's Park in Toronto to talk about the high cost of catheters.

Peter Athanasopoulos, SCIO Director of Advocacy, introduced SCIO CEO Dr. Stuart Howe and March of Dimes Canada CEO Leonard Baker, who shared words of welcome. We then heard from guest speaker Police Services Constable Edward De Norego, who spoke poignantly about the day he decided he would no longer let his pride keep him from asking for help. He asked for help of the MPPs in the room from all parties to work toward a medical supplies plan that would reduce the high cost of catheters.

We heard from panelists who expressed understanding and support of the need to reduce the enormous financial barrier facing people with spinal cord injury and other disabilities who require daily catheterization. On the panel were: MPP Robin Martin, Conservative MPP for Eglinton-Lawrence; MPP France Gélinas, NDP MPP for Nickel Belt, MPP Natalie des Rosiers, Liberal MPP for Ottawa-Vanier; and MPP Mike Schreiner, Leader of the Green Party of Ontario. Dr. Howe summarized the presentation with a strong statement that "Disability



Top photo: An enthusiastic group of SCIO community members gather with #peeforfree posters at the Queen's Park event. Bottom: SCIO Director of Programs Sheila Casemore stands with (l-r) Minister for Seniors and Accessibility Raymond Cho, CEO Ontario Neurotrauma Foundation and SCIO Board Member Kent Bassett-Spiers and SCIO Treasurer Mark Abraham

should never be a partisan issue".

Thanks to all panelists and community members who attended and those who tweeted out support of our **#peeforfree campaign**, including Mike Schreiner, SCIO Board member Omar Ha-Redeye, NDP MPP for Sudbury Jamie West, NDP MPP for Spadina-Fort York Chris Clover, Louise Russo and Dawn Campbell.

For more information on this important issue, visit **sciontario.org/peeforfree**. ●

Can we talk about the high cost of peeing?
#peeforfree

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London Roll and Bowl

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Best themed team: DMA Rehability for the DMA Bowling Ballerina's.

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Thank you everyone for your ongoing support and we are looking forward to the 10th anniversary of this outstanding event next year! ●



Top fundraising team: Pursuit Health Management.



Ari Wähl, SCIO Director, Development with the organizing committee.

Evening Exercise

continued from page 31

Penelope Larsen, lead author of the study commented, "In the future, we hope to conduct similar studies recruiting women, to determine whether sleep and appetite responses may be different depending on sex. Also, this study only considered a single bout of exercise; therefore, it would be beneficial to investigate long-term sleep and appetite adaptations to high-intensity exercise training performed either in the morning, afternoon or evening."

Interestingly, power output during the sprint efforts was higher for the afternoon and evening trials compared to the morning trial, indicating that participants were able to perform better during latter parts of the day. Therefore, time-of-day may also need to be considered when planning training schedules."

For the full paper, visit

<https://physoc.onlinelibrary.wiley.com/doi/10.1113/EP087455>. ●

For additional information:

1. *Experimental Physiology* publishes advances in physiology which increase our understanding of how our bodies function in health and disease (<http://ep.physoc.org>).
2. The Physiological Society brings together more than 3,500 scientists from over 60 countries. The Society promotes physiology with the public and parliament alike. It supports physiologists by organizing world-class conferences and offering grants for research and also publishes the latest developments in the field in its three leading scientific journals, *The Journal of Physiology*, *Experimental Physiology* and *Physiological Reports* (www.physoc.org).

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Troy Lehman loves football. When he isn't working on personal injury cases involving municipal liability and other complex issues, this busy lawyer plays quarterback on the flag football field. Playing quarterback is all about strategizing, getting the ball to your teammates and working to get to the goal line.

As a litigator, Troy knows that careful planning, teamwork and focusing on his clients' goals is the key to success. Troy is a litigation quarterback, planning the plays and involving the right experts to work in a tight formation. This approach keeps the case moving to the end zone.

There is one other thing you should know about Troy. Whether it is on the football field or in the courtroom, he can't stand to lose. In football, winning is about who scores the most points. In personal injury law, winning is about exceeding your clients' expectations. As a personal injury lawyer, Troy wins the game when he obtains compensation for his clients that will help them rebuild their lives in a meaningful way.

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