

SPRING 2020

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Community

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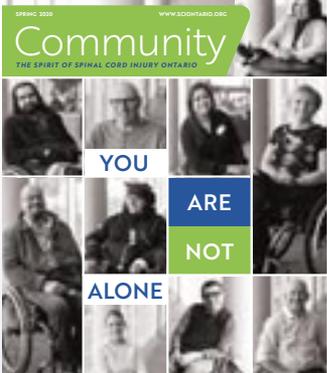


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COVER STORY: Our cover sends the clear message that "You are not alone" during this pandemic and that SCIO staff and peer mentors are here to help. The photo features staff and community members who attended CSCIRA's 2019 National SCI Conference in Niagara Falls: (from top right) Ruth Dilao, Oda Al-anizi, Bob Asham, Lubna Aslam, Julie Sawchuk, Ivan Rendulic, Anthony Viao, Kristen Cameron, Peter Athanasopoulos, John Chernesky.

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www.sciontario.org/community

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By Stuart Howe

STRENGTH IN THE FACE OF ADVERSITY

COVID-19 has crystalized, for me, both the vulnerability of our community, and its strength.

In the face of devastating health risks, I've seen great evidence of resilience, expertise and passionate problem-solving from those with spinal cord injury who've helped steer our response to the virus. And I've seen the same in all staff and volunteers who've reacted with great agility in changing the way we work.

With the announcement of the pandemic, we set out to reinforce access to our services and support in every possible way. And we did so with the active engagement of our staff members across the province, our SCI network across the country and our alliance of health care clinicians who understand our community so well. We also reached out to government to inspire important changes to policy around mobility vendors and medical supplies.

Living with an SCI has transformed in profound and positive ways since our founding in 1945 (our 2020 75th anniversary celebrations are delayed to later in the year when it's safe to gather). Over our history, our community may never have faced such a potentially dangerous scenario as the coronavirus pandemic. But in all those years, a foundation of strength was being built, making today's response as effective as it needs to be. As PhD research student **John Shepherd**, our 2019 Patti Dawson Activist of the Year award recipient, said in a recent COVID-19 information session,

"People living with spinal cord injury, typically we've been through a lot, and the fact that we're here means that we've been able to cope with a lot. We've proven our resilience. And I think that resilience will really help us deal with this new situation. I would go so far as to say that we can be helpful to the world around us in modelling that resilience. And I think we could also be of service to the world and to each other."

John's positive take reflects the kind of man he is, and the kind of people we are lucky enough to know and work alongside every day. In the early days of the pandemic, John brought to our national network the very stark data showing just how serious the risks are to people with SCI. It's that

combination of truth and strength that I witness regularly, and that our Board and leadership team try to embody as we respond to this crisis.

In this issue of *Community*, you'll read a lot about our response to COVID-19 and the importance of staying connected. Not surprisingly, we're all experiencing a high level of stress and fear as we try to keep ourselves and our families healthy in body and mind. I hope SCIO's support systems, which you can now access online, by phone and email, can help you manage that stress and maintain your vibrant health. I appreciate all members of the SCIO community who have come together for each other during this very challenging time.

Dr. Stuart Howe
CEO, Spinal Cord Injury Ontario



University of Toronto Rehabilitation Science PhD student John Shepherd. See John in our #PeeforFree video at sciontario.org/peeforfree and COVID-19 and SCI video at sciontario.org/covid-19-update

SAFE@HOME
SCIO's staff and peer mentors have always met face-to-face to serve our community. But how can we do that now? When the very act of helping is a risk? When getting close is the last thing we should do, instead of the first? Our answer is **Safe@Home**: our investment in a diverse mix of services and support we've compiled to meet urgent needs.

- VRACI
- ADVOCACY & RESOURCES
- EMERGENCY SUPPORT

Our approach is not face-to-face. Right now, it's better to talk and to communicate. Funding is needed for these critical **Safe@Home** initiatives and we thank you for any contribution you can make. **DOUBLE YOUR IMPACT!** SCIO volunteer Board of Directors will match the first **\$75,000** in donations.

Donate online at SCIONTARIO.ORG/GIVE

Our Board of Directors are matching donations to our Safe@Home campaign to fund our response to COVID-19.

See more on page 31 and sciontario.org/give



Ignore the distractions.
Focus on the drive.
Get home safe.

#likelife

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Responding to a Crisis

Since the World Health Organization (WHO) declared the coronavirus outbreak a global pandemic in early March, SCIO has responded by working to ensure the safety and well-being of our clients, staff, volunteers and wider community regarding risks associated with COVID-19.

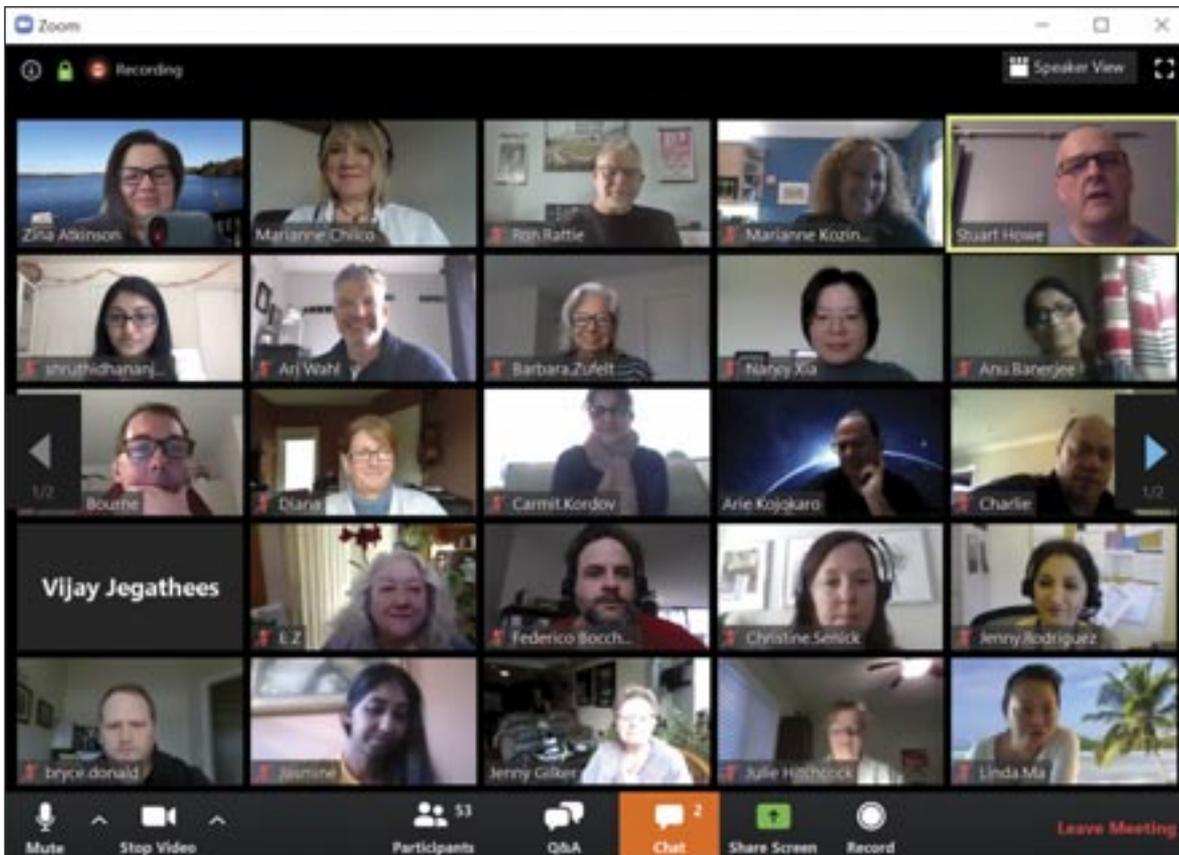
Here are some highlights from SCIO's recent activities:



For the SCIO Community:

- We posted an information resource webpage on COVID-19, featuring links to reliable and relevant sources. sciontario.org/covid-19-update
- We helped build an emergency guideline for COVID-19 with our national partners. sciontario.org/covid-19-guidance-for-sci-community
- We closed our offices and established alternative methods of service delivery, including regularly calling our clients to troubleshoot day-to-day issues and launching our VIP4SCI virtual platform to provide online services and support to SCIO clients and family members. Access at sciontario.org/vip and read more on page **22**.
- We set up an emergency strategy with medical supply manufacturers and assistive device companies.
- We worked with distillery companies to bottle much needed hand sanitizer.
- We updated our Cortree Disability Education Centre to be free to all. Access at sciontario.org/cortree and learn more on page **32**.
- We created a video information session on how people with SCI can protect themselves and others during the COVID-19 pandemic, featuring U of T PhD student and SCIO community member John Shepherd. Access at sciontario.org/covid-19-update.
- We're working with government to improve policies at this critical time:
 - We ensured assistive devices vendors were on the essential services list.
 - We worked with ODSP to make access to funding for medical supplies easier.
 - We are working with disposable glove companies to meet the needs of our clients.





Using Zoom to meet virtually, we captured a snapshot of some of the 60+ staff members who join our weekly Town Hall meetings online.

For SCIO Staff:

- We transitioned to a fully operational home-based organization during COVID-19 and made the decision to cancel or postpone all SCIO meetings and events involving staff and community until at least August 31.
- We shared with staff our stringent health and safety policies with the expectation of extra diligence in upholding them.
- We increased access to and expectations of use of online meeting applications, such as Zoom.
- We're hosting weekly online town hall meetings with all staff to stay connected, supported and help each other solve daily challenges.

Need SCIO support?

Reach out to the Peer Program Co-ordinator or Regional Services Co-ordinator in your area. See contact info at sciontario.org/contact or email us at peerconnections@sciontario.org.

(Bell Canada is having problems providing service for our toll-free number: 1-877-422-1117. You can use 416-422-5644 and, if the call is long distance, we'll be happy to return your call.)

For the most up-to-date health information on COVID-19, refer to your local public health unit, Public Health Ontario and the Public Health Agency of Canada.

Thoughts from our staff

During our weekly staff town halls, which we participate in online, SCIO staff share our challenges, solutions and stories on how we're making it through this crisis. The ability to support our clients has been the top priority and topic of conversation. It's usually an emotional chat; evidence of how much we rely on and support each other to move forward. Here's a sampling of quotes from staff over the last few weeks.

- *For us as Regional Services Co-ordinators, and those working on the front lines, it's tough when we can't see clients face-to-face.*
- *We are brainstorming short-term and long-term ideas because sometimes when we go through adverse situations, we come up with great solutions that have long lives.*
- *We are opening up ourselves to listening. Our clients have expressed that they are really thankful for having our undivided attention.*
- *We're really grateful that corporate partners are stepping up and helping us out in big ways.*
- *Our community as a whole has really come together, doing the best that can be done to serve our clients.* ●

Hand Hygiene for People with Spinal Cord Injury

PREVENTING COVID-19

HAND HYGIENE BASICS

1

- Soap and warm water: **20 seconds, all parts of hand** (front & back, under nails, between fingers, wrists), or
- Sanitizer (60% alcohol): cover **all parts of hand** (front & back, under nails, between fingers, wrists).
- Take care when you dry your hands; use single-use paper towels in a public place or a clean towel at home.
- **Avoid touching your face**; keep track of where you put your hands and clean those items/surfaces regularly.

The coronavirus (that causes COVID-19) can live for **hours or even days** on a variety of materials; be especially careful of **surfaces in public areas** that are touched by many people (elevator/door buttons, keypads, handrails, touchscreens, etc.).



MANUAL WHEELCHAIR USER

- **Wash your hands** frequently and whenever you enter your living space.
- Remove **gloves** first and clean them with a non-damaging cleaning product.
- After you wash your hands, be **careful about touching your tires**; if you need to transfer, you may want to use paper towels or cloths to cover your tires.

2a

- Clean your **pushrims** as well, since you're constantly touching them... anything that gets on your pushrims is very likely to get on your hands.
- Clean your **brake handles, push handles** and any other parts of your wheelchair that anyone touches with their hands.
- Clean your tires regularly, and try to **avoid making contact** between your hands and your tires when you're pushing.



POWER WHEELCHAIR USER

2b

- **Wash your hands** frequently and whenever you enter your living space.
- If you're not able to wash your hands, get **someone to help you** clean them with soap and water or sanitizer.
- Clean your **joystick** and any other **controls** (while taking care not to damage the electronics)
- Clean your **armrests, tray**, and any other parts of the wheelchair that your hands touch.



This advice is meant to address the COVID-19 pandemic. Certain supplies may be limited but you can still protect yourself and prevent infection using the cleaning products you have; soap and water is always better than nothing.



EVERYONE

3

- Clean your **cell phone** or other mobile device, and any parts of a **bag or backpack** that you touch.
- Clean your **keys, wallet**, and any **cards** you use in public places.

OTHER ASSISTIVE DEVICES

4

- Clean all parts of any **splints, cuffs, braces, or reachers**, or any other assistive device that you touch with your hands.
- Clean the handles of your **cane or crutches**.
- Clean the **handgrips and brakes** of your walker or rollator, and any other part that you touch (such as a **storage compartment**).



USING YOUR MOUTH

5

- If you have limited hand function, you may typically use your **mouth** to grasp and hold all kinds of things. Although it may be more difficult, it's a good idea to find **other strategies** (including **asking for help** if necessary) so you can avoid using your mouth, **ESPECIALLY** with any object that **someone else** may have touched.



These measures may seem difficult and time-consuming, but it is **EXTREMELY IMPORTANT** for people living with SCI to prevent infection by the coronavirus. During the current emergency, taking **every possible measure** to protect yourself will help you stay healthy.

More information on COVID-19 and people living with SCI:
www.sciontario.org/covid-19-update

MOVING ON

By Sarah Mueller

“Moving on doesn’t mean you forget about things; it just means you have to accept what happened and continue living.”

– Erza Scarlet (Fairy Tail)

I am writing this on Tuesday, March 10, 2020. Wow, I cannot believe that 35 years ago today my life changed in the blink of an eye.

One minute I was on the front yard swing, toeing the ground and the next minute I was on the ground. An hour later, as I tried to get out of the bathtub, I found I couldn’t.

At first my parents thought I was playing around, as children are wont to do but I wasn’t playing. My dad lifted me out of the tub and placed me on the bathmat. I crumpled to my knees like a ragdoll. “Sarah, stop playing,” I remember Dad saying. I assured him that I wasn’t playing games and he could see the effort I was putting forth, trying to stand. He wrapped me in a towel and carried me into my room where my mom was waiting. He placed me on my feet again and again, my knees buckled, and I went down to the floor. Dad put me on the bed where Mom helped me into my pajamas and then he went to start the car.

I was seven-and-a-half years old.

Thus, started my three-decade adventure through the ups and downs of living with a spinal cord injury.

Most of my friends have freaked out over the years when they’ve hit certain age milestones: 25, 30, and 40 seem to have rocked most of their worlds the hardest. Age has never bothered me. For me, the hardest milestones have been years in my chair: 1, 5, 10, 21, 25.

It’s hard to explain to people how March 10th affects me. Most people tell me to just “move on” and that “it’s just another day”. The problem with that, though, is that it isn’t just another day. It’s the day that my “normal” childhood disappeared and my “new normal” life of hospital visits, inaccessible places and flat tires began. I am not saying that growing up with a disability was an awful experience; quite the opposite. I loved trying to find a million different ways to play tag and hide-and-seek with my friends. Instead of bicycle races, my sister and cousins would use one of my old wheelchairs and we’d race up and down the driveway. I am grateful that I didn’t have the additional tasks of trying to re-learn how to do “adult” things such as laundry and dating and cooking.



March 10th used to find me very melancholy and isolated at times, lost in my thoughts of “what if?”. Most of the time now, it sees me feeling more reflective and mostly positive. Sure, there are times when I still think about that moment when things changed, and I wonder if there was anything I could have done differently. But then, I think about everything positive that has happened since that fateful day: meeting Princess Anne and Rick Hansen, serving as Chairperson of the Simcoe County District School Board’s Accessibility Advisory Committee, volunteering at and now working for Spinal Cord Injury Ontario. I realize that I have touched many lives and take quiet pleasure in knowing that I have opened people’s eyes and minds about what life is like with a disability. I look at how things have changed in terms of accessibility and attitudes and, while I know there is still a lot of work to be done, I am pleased to see what has been accomplished.

For me, March 10th will never be “just another day”. For me, it’s like the anniversary of a loved one’s passing: the loss of that person is still felt on that day no matter how long they’ve been gone, the pain just eases, and the memories remain.

On March 10th, I mourn the child that I was: the one who went to dance class every Saturday morning and had just learned to skip double Dutch and ride her bike.

On March 10th, I also celebrate the strong woman that I have become and continuing my life to be the very best me that I can be. ●

Sarah Mueller is a Regional Client Services Assistant with SCIO in Barrie, Ontario.



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THE IMPORTANCE OF BEING CONNECTED

Research and personal experience tell us that people living with a physical disability experience greater social isolation than the general population.

With a health threat like COVID-19, isolation increases even further. This can add mental strain as we worry about our health and that of our friends and community.

It's perhaps unfortunate that "social distancing" is the term being used to describe the physical distancing that keeps us safer at this time. We're wired for and thrive on human connection, so the last thing we want to do is disconnect socially from family and friends.

So, for your mental health, the number one priority is to stay connected. Use whatever methods of communication you have to maintain and even broaden your relationships. Set up daily phone or video calls with people you know well and even with neighbourhood acquaintances who could use a little more human contact. A strong sense of community is a baseline for mental wellness.

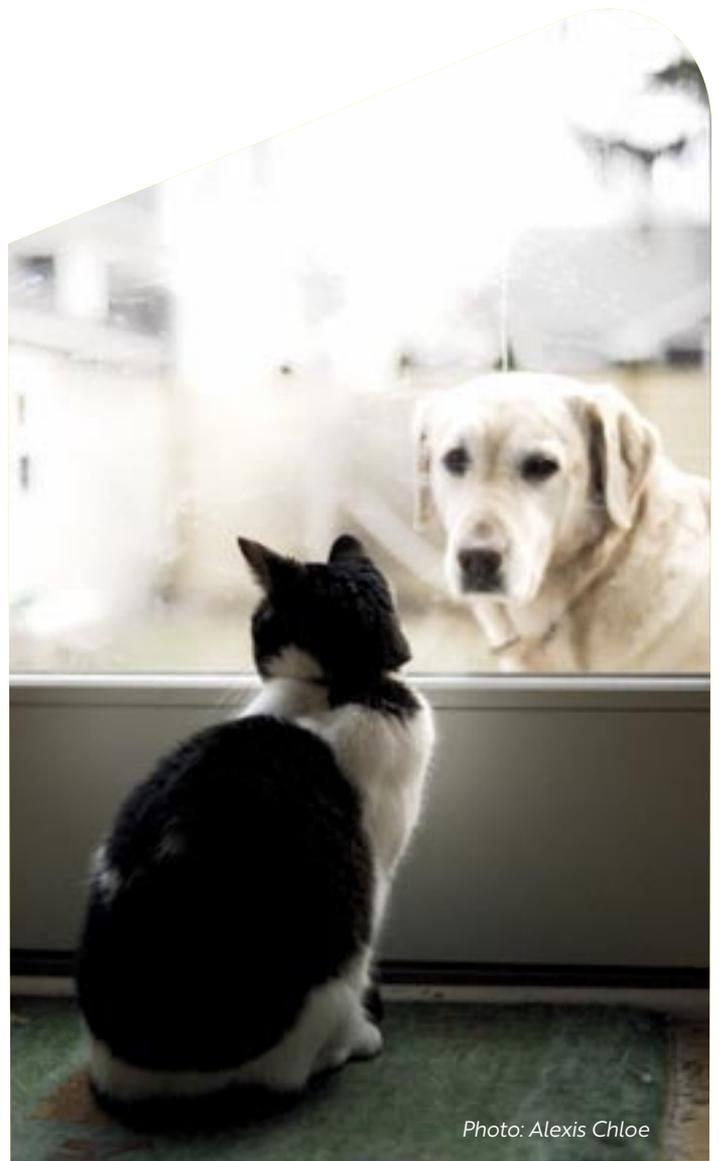


Photo: Alexis Chloe

HERE ARE SOME ADDITIONAL TIPS FOR MAINTAINING YOUR MENTAL HEALTH DURING SELF-ISOLATION.

- 1 **Put structure into your day.**
Set up a dedicated workspace if you're working from home, get dressed, make to-do lists and set up a daily schedule. Structure will bring both normalcy and productivity to your life.
- 2 **Take care of your body.**
If you have an exercise routine, stick to it or modify it for indoor living. If you don't, find one online you can follow or even join an online class. Also, stay focused on getting enough sleep and eating healthily.
- 3 **Take care of your mind.**
Mental stimulation energizes and balances us. What engages you? You could start a book club with friends, research an interesting topic, try a meditation app or take an online course. SCIO's own Cortree Disability Education Centre offers a range of online courses and are being offered for free for everyone in response to COVID-19.

4 Offer to help others. Helping others provides meaning and purpose in our lives. What can you offer? Check in on a neighbour. Tutor someone while their schooling is disrupted. Volunteer from home. Look for online volunteer opportunities that make our world a better place – proofreading, being a pair of eyes for those who are blind or have low vision, recording audiobooks, writing letters, identifying birds and so on.

5 Focus on the positive. These are trying times but remember that self-isolation is a good deed in itself, as it helps keep our community safe and healthy. Also, while staying informed, consider limiting your consumption of news or other media if it impacts your mental wellness. Seek out positive stories and events, like the Toronto Symphony's recent concert performed in isolation. Share good news with others.

These are trying times but remember that self-isolation is a good deed in itself, as it helps keep our community safe and healthy.

6 Have fun. Laughter is a good antidote to stress. Start watching a comedy you've heard good things about – maybe at the same time as a friend so you can chat and laugh together. (Netflix Party on a Chrome browser facilitates this.) Send notes to neighbours across the way by posting giant messages in your windows. Consider organizing a Google Chat or Meet group event. Get creative. And have fun thinking up new ways to connect safely online.

Finally, keep in mind that if you need support and information, connect with us by phone, email and VIP4SCI. COVID-19 resources are available on our website: sciontario.org/covid-19-update. We're all in this together and we should all be making our mental health a priority. ●

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- Eric Mukendi, Founder

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ALL AROUND ONTARIO

We've always relied on the enthusiasm and generosity of our community to host or participate in fun-filled events that support our important programs. Unfortunately, we've had to cancel or postpone events we planned for this spring and summer, due to COVID-19. Thanks for your patience as we reschedule for a time that's safe to, once again, come together in person.



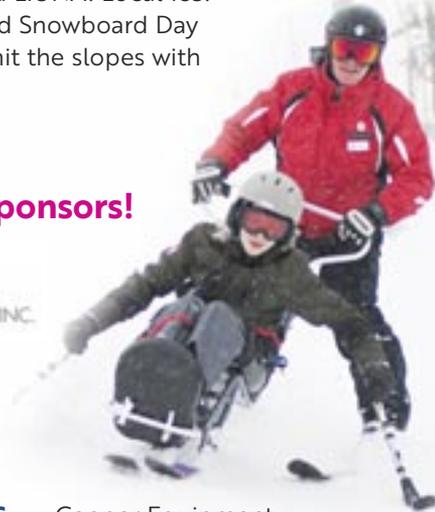
SKI DAY 2020 Twenty Years. Together.

On February 13, the annual Ski and Snowboard Day turned twenty years old. At SCIO, we have been so touched and privileged to welcome you and thousands of caring supporters to our special day. Year after year, you have made a permanent and powerful impact on the lives of people living with a spinal cord injury. Thank you!

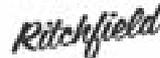
Ski Day has become a compelling reminder of the power of adaptive sports – of the joy and thrill that is brought back into people's lives after sustaining such a significant injury. The big-hearted contribution of our sponsors and skiers enables the work of our front-line workers who serve, support and advocate for and with people living with an SCI.

Alongside our powerhouse sponsors, we marked the special day with a birthday cake reception at the spectacular hills at Craigeleith Ski Club. We continue to be blown away by the generosity and commitment of our lead sponsors. Thank you to Lerner's, The MBTW Group and LiUNA! Local 183.

Please mark your calendars for the 21st Ski and Snowboard Day on Thursday, February 21, 2021. We can't wait to hit the slopes with you again!



Thank you to all our 20th Anniversary Ski and Snowboard Day Sponsors!



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- Marbridge Construction
- Roma Fuels
- Stephenson's Equipment Rental
- UCC Group

PEER CONNECTIONS

If you're looking for our monthly Peer Connections events, we've had to cancel the in-person sessions, but we're working on ways to connect online. You'll hear about a few creative solutions directly from your Peer Program team members.

SCIO is grateful to our Provincial Partner, IBC.



JOIN US FOR OUR AGM!

Spinal Cord Injury Ontario's Annual General Meeting (AGM) will be held June 24 at 1:00 pm.

All registered community members of SCIO are invited to join our AGM. This year, we are pleased to host a virtual AGM, where members can participate from the comfort and safety of their homes. The meeting is usually about an hour in length and will feature:

- 2019-20 Year in Review by Chair of the Board Bob Nigol and CEO Dr. Stuart Howe
- Announcement of SCIO Awards Recipients
- Financial Report
- Voting on Motions presented by the Board of Directors

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.

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

Please register online for the AGM by June 18 at [sciontario.org/agm](http://www.sciontario.org/agm)



HAMILTON RELAY

The 2020 Hamilton Wheelchair Relay event, originally planned for June 6, will be moved to later in the year. We look forward to the community coming together again soon and our thanks for your continued support. Please stay tuned for a new date!

COMEDY NIGHT 2020 Laughing Out Loud

Two hundred elegantly dressed supporters filled the beautiful Ada Slight Hall inside Daniels Spectrum for SCIO's Fifth Annual Comedy Night – a fabulous evening of laughter and philanthropy. Hosted by a dynamic group of young leaders who make up our Young Professionals Committee, the evening was a spectacular success.

We were thrilled to be joined by some funny local luminaries. Thanks to **Martha Chaves, Patrick Hays, Aliya Kanani, Roddy MacInnes** and **Dom Pare** for injecting an electrifying energy into the room. Their wonderful performances touched hearts and ignited big belly-laughs!

And, of course, events like these are made possible through the generosity of our corporate partners. We are enormously grateful to McLeish Orlando, our Event Sponsor, for their continued support. Their leadership has had an enormous impact on the lives of countless people living with a spinal cord injury in Ontario.

We'd also like to thank our generous Comedian Sponsors: Motion and McIntyre Consulting. We can't wait to laugh with you again!



SCIO's Lali Mohamed (left) with the Pesant-Kastner family



The comedians were a hit!

LONDON ROLL 'N BOWL

On Tuesday, March 3, 2020, the London community came together and once again enjoyed a night of bowling at Spinal Cord Injury Ontario's 10th Annual London Roll & Bowl.

Because of the community's amazing support, we raised an outstanding \$20,600! This brings the amount raised over the past ten years to more than \$200,000. These last 10 years have been made possible by the commitment and dedication of our wonderful London and area community.

We would like to recognize our generous Strike Sponsors **McKenzie Lake LLP** and **Stride Rehabilitation Services Inc.**, along with our media sponsors, **Country 104** and **Rogers TV**. Sincere thanks to: **Bayshore Home Health, Cohen Highly, DMA Reability, Foster Townsend LLP, FunctionAbility, Lerner LLP, Wright Rehab, Dan Harvey Photography and Voyago**. This event would not be possible without their financial and in-kind support!

A huge shout out to our volunteer planning committee, event night volunteers, the students from **Fanshawe College** and staff from **Palasad South** for making the evening such a success.

Matt Weaver, from Country 104, once again did an amazing job as our MC and Bill Paul was back delighting our young and young at heart bowlers with his balloon creations.

CONGRATULATIONS TO OUR PRIZE



Best Team Theme – King Pins, DMA Rehab



Top fundraising team – Social Butterflies

WINNERS!

Top Individual Fundraiser – **John Barry, Pursuit Health Management** - \$825

Top Fundraising Team – **Social Butterflies from Pursuit Health Management** - \$4,005

Best Team Theme – **King Pins, DMA Rehab**

We look forward to your continued support in the future – please join us next year on Tuesday, March 2, 2021!



Leading ladies – Leads Employment



OTTAWA SKI DAY

SCIO's "Team Ottawa", together with the incredible volunteers from **Canadian Adaptive Snowsports (CADS)**, hosted another tremendous SCIO-Connect Ski and Snowboard Day on February 19th. Our clients and their families came out to join us for a fabulous day of adapted skiing fun on the slopes of Sommet Edelweiss. CADS volunteers worked with SCIO clients to ensure they had appropriate equipment, understood the basics of adapted skiing and had a safe, exciting and enjoyable experience on the hills. Our lunchtime speaker, **Jonathan Wheatcroft**, shared his story of catching the sit ski bug at last year's event and how he has become an active participant in the CADS program. A special shout out to **Jeff Boucher**, the CADS Program Co-ordinator at Edelweiss. Thank you for all that you do, Jeff!

HOMAN-HOGAN CHARITY BONSPIEL

On the Button!

Marshall Hogan, a former client of Spinal Cord Injury Ontario, 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 got **Mark Homan**, former provincial junior men's and provincial mixed curling champion on board. Next, the kind people of the **Smiths Falls**

Curling and Squash Club made their facility accessible and then the good people of Smiths Falls stepped up and showed what a generous community they are.

In February 2020, the Homan-Hogan Charity Bonspiel was held at the Smiths Falls Curling and Squash Club. Sixteen teams came together for a weekend of curling, good laughs, tasty food and to raise funds for SCIO. The generosity of the people of Smiths Falls was on the button and the event was a smashing success, raising more than \$7,000, including over \$600 raised through a toonie fundraiser at Andress' **Your Independent Grocer**. This brings the six-year total for the Homan-Hogan Charity Bonspiel within laser measurement range of \$50,000 raised for essential programs and services for people with spinal cord injury.

Our sincere thanks go to an amazing group of dedicated volunteers, sponsors and donors, who gave their time, energy and money to make the Homan-Hogan Bonspiel a success:

The wonderful volunteers: **Rick McGrath, Paul Vaillancourt, Dan Andress, Wanita Andress, Ann McGahey, Marshall Hogan, Brian Hewson, Ron Kerfoot, Tim Lee, Lois Leblanc, Greg Purcell** and many others from the Smiths Falls Curling Club.

Major Sponsors: **Andress' Independent and Smiths Falls Curling and Squash Club** for their generosity.

Sponsors: **Boston Pizza, CIBC, Jim Noble RBC Health Mgmt., 4 Degrees Brewing.**

Live Auction and Silent Auction Donors: **Andress' Independent, RCL, Paul Vaillancourt, The McGarths, Mars Canada, Frito Lay – Pepsico, Rob Garvin – Remax, Lois Leblanc, Club House Spices, Ann McGahey and Coca-Cola Canada.**

Teams: All the members of the 16 teams, with special thanks to Team Homan, Team Andress, Team McGarth and Team Vaillancourt for their outstanding generosity in donating their prize winnings. We really appreciate your support.



Of course, Ottawa Ski and Snowboard Day could not take place without the generous support of our friends and partners at **Burn Tucker Lechaîne**, Personal Injury Lawyers. We are so pleased to have such an engaged and active sponsor for this event. Beyond their sponsorship, the great people at Burn Tucker Lechaîne bring their smiles and helpful hands to the event each year. We offer a heartfelt thank you for helping to make the day a great success.



Save the Date

to Celebrate our
75th Anniversary
November 5, 2020
Learn more at
sciontario.org/nov5

BACK STAGE ACCESS



*Eric Howk on stage with Portugal. The Man. at Coachella 2018
Photo Credit: Maclay Heriot*

Eric Howk plays guitar for Grammy Award-winning band, Portugal. The Man, and spoke with SCIO in late 2019.

Q Tell us about your love of music and where it all began?

A I grew up in Wasilla, Alaska. My parents were both heavily into music, so it was immediately part of my life. My Mom even named me after British musician, Eric Clapton! I started playing instruments in our garage the minute I was old enough.

Q How did you get involved with Portugal. The Man?

A I met John Gourley in elementary school and Zach Carothers in middle school. I had been off playing

with various bands for years but had always kept tabs on PTM and knew they were doing great things.

From day one it was clear to me that this band was big. To join them would mean fully committing to a very busy lifestyle and giving up everything else. But I was up for it. In 2007, the band I was in was winding down, so I started talking to the guys about joining them. It was around that time I was involved in an accident and sustained a spinal cord injury.



record some music with him. A few months post-injury, I was on stage, playing at a music festival.

Q Portugal. The Man. tour all over the world; what are the levels of accessibility like?

A I've learned to never take accessibility for granted, regardless of how forward thinking the country or city appears to be. Surprisingly, one of the worst I've experienced is Los Angeles. I've also noticed that access doesn't always translate to the situation backstage. You can look up a venue which claims to have full accessibility and get there to find steps up to the Green Room. I can forgive a 200-year-old theatre for not being geared up with ramps but there are some newer buildings that also fall short. Lack of access becomes very apparent at music festivals. When you're dealing with an area that was formerly a field and it's been transformed into a festival ground that has inaccessible areas, you know that it's been a conscious decision to make it that way. I've seen things change and it's starting to get better, but we've still got a long way to go.

Q Do you have a Top 5 list of accessible countries that you've visited?

- A**
1. Number one would probably be Canada, so thank you for that (*No problem, Eric, we got you! And we're getting better!*)
 2. Two is a place that really took me by surprise, Bogata in Columbia.
 3. Germany
 4. Switzerland
 5. And Barcelona in Spain is amazing!

Q Peer mentorship is one of our core services. What words of advice would you give to someone who is newly injured?

A The biggest thing I had to get over was fear. For a long time after sustaining my injury I was very nervous about leaving the house, I'd research everything to make sure it

was accessible. Now I love the challenge, I just get out there and embrace whatever comes, if a place isn't accessible, I'm more than happy to have that conversation and raise awareness for changes that would create a more inclusive environment. It's important to be mindful of your body, look after yourself and keep an eye out for pressure sores. The thing to remember is, you're still alive and you can still have your life back. ●



"The thing to remember is, you're still alive and you can still have your life back."

Q In the initial aftermath of sustaining your injury, how did you feel?

A I had to figure my life back out. I was lucky my injury was high enough that I still had full use of my hands, so I could continue playing guitar. It was complicated but I was part of a fantastic music community in Seattle and they really rallied around me, it was a beautiful thing. They didn't let me take time off, it wasn't an option, we just kept going. Even when I was still in the ICU, my friend brought recording equipment in and got me to

WHEELCHAIR FITNESS

Using a wheelchair every day can be physically exhausting with time and, without proper stretching and exercises, there is risk of complications such as diabetes, weight gain, joint pain or cardiovascular disease. That's why it's important to maintain a consistent routine, one you can benefit from long term.

Here are some arm exercises that can be done in a wheelchair or any sitting position, as recommended by Sylvia Cooper, a UHN Physiotherapist based out of Toronto Rehab's Lyndhurst Centre.

1 Shoulder Flexor Strengthening

Sitting upright in your wheelchair with your elbow and shoulder extended – that is with your arm positioned at the side of your body with your palm of your hand facing forwards, raise your arm up towards your head. Hold for a second or two and then return to the starting position. Ensure that your elbow remains as straight as possible throughout the movement.

Repeat. Perform 3 sets of 10 repetitions. To progress this exercise, a free weight can be used.

2 Shoulder Abductor Strengthening

Sitting upright in your wheelchair with your elbow and shoulder extended – that is with your arm positioned at the side of your body with your palm of your hand facing upward, raise your arm up sideways towards your head. Hold for a second or two and then return to the starting position. Ensure that your elbow remains as straight as possible throughout the movement.

3 Shoulder Extensor Strengthening

Sitting upright in your wheelchair with your elbow and shoulder extended – that is with your arm positioned at the side of your body with your palm of your hand facing inwards, raise your arm back behind you. Hold for a second or two and then return to the starting position. Ensure that your elbow remains as straight as possible throughout the movement.

Repeat. Perform 3 sets of 10 repetitions. To progress this exercise, a free weight can be used.

4 Elbow Flexor Strengthening

Sitting upright in your wheelchair with your elbow and shoulder extended – that is with your arm positioned at the side of your body with the palm of your hand facing forwards, bend your elbow bringing your hand towards your shoulder. Hold for a second or two and then return to the starting position. Ensure that your elbow remains close to your body throughout the movement.

Repeat. Perform 3 sets of 10 repetitions. To progress this exercise, a free weight can be used.

5 Elbow Extensor Strengthening

Sitting upright in your wheelchair with your elbow over your shoulder and your elbow bent such that your hand is positioned behind you. The palm of your hand can face backwards or sideways. Extend your elbow such that your hand reaches up above your head. Hold for a second or two and then return to the starting position. Ensure that your elbow remains over your shoulder throughout the movement.

Repeat. Perform 3 sets of 10 repetitions. To progress this exercise, a free weight can be used. ●





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Exciting New Technology Connects the Entire SCIO Community

With VIP4SCI, clients across Ontario can access people and services from their own homes.

After a two-year development period, Spinal Cord Injury Ontario’s recent launch of our new online platform couldn’t be better timed for clients. Of the many challenges that have arrived with the COVID-19 pandemic, maintaining optimal health in increased isolation is one of the most pressing. Now, people living with SCI and their families can access SCIO staff, mentors, health care resources and support services from their own home through VIP4SCI – the Virtual Integrated Platform for Spinal Cord Injury.

Project Manager and Provincial Intake Co-ordinator **Susan Willis** describes the new online resource as highly secure and completely customized for the SCI community.

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VIP4SC

"VIP puts the client at the centre of their own care. No matter where someone lives, it provides self-directed tools and equal access to SCIO people, programs and services. Because it's online, VIP eliminates the need for travel while offering face-to-face communication through videoconferencing. That allows more of our clients to live independently while receiving the care, support and personal contact they need."

In addition to videoconferencing with medical experts, service providers and peer mentors, clients and family members can also access valuable planning and communication tools: messaging, calendar scheduling, goal setting, a journal, educational videos, and a community board forum.

"VIP doesn't replace anything that SCIO offers," says **Chris Bourne**, Regional Services Coordinator for Ottawa. "It expands our reach by adding new options and providing greater access. For one, it addresses isolation issues – and not just those imposed by our current pandemic – by eliminating the need for travel and bringing people together through technology. In addition, many client needs, like finding equipment, returning to work or attending a health care consultation, can be fulfilled virtually. It's a win-win."

Before becoming available this past April, VIP was thoroughly researched and tested, with 50 members of the SCIO community in different regions of Ontario providing user feedback to further refine the platform. At the end of the testing period, 100% of clients involved in the pilot project said they wanted to continue using it.

Now, it's just a matter of community-wide adoption.

"My vision is to see all of our clients sign on," says Chris. "This is a truly unique and progressive resource available at an important time."

Susan agrees that the new platform is both innovative and highly responsive to client needs. In addition to improving accessibility and bringing together all that SCIO offers in one place, she is perhaps most excited about the collaborative and community-building aspects of VIP.

"Anything that joins us closer together is a good goal in itself," she says. "Increasing access, supporting independence and filling gaps in service are important. So is feeling connected to others and working together to improve quality of life. For example, we can now offer one-to-one peer support across the entire province by eliminating the barrier of distance. We all benefit from belonging to a strong community. VIP makes that more possible for all Ontarians living with an SCI."

Visit <https://sciontario.org/vip> to sign up for this free online resource. ●





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ENABLED GARDENS

By Jeffrey Kerr

“Half of the interest of a garden is the constant exercise of the imagination.”

Mrs. C.W. Earle, Pot-Pourri from a Surrey Garden: The Classic Diary of a Victorian Lady, 1897



Mrs. Earle was correct in that gardening is a constant exercise of the imagination, but it’s so much more. Doctors have long praised the benefits and health advantages of gardening which include:

- Being outside – exposure of Vitamin D
- Decreases dementia risk
- Mood-boosting benefits
- Helps combat loneliness
- Reduces stress
- Better sleep

My wife is an avid gardener. She has created a vegetable garden in one corner of our back yard, a flower bed in the other. Her favourites are the containers dotted around the house, from fragrant herbs and tomatoes to strawberries and flowers that bloom from spring to fall.

With all the physical and mental benefits, it is possible to find happiness in the dirt. But what can an individual do when their body faces challenges that prevent kneeling, stooping and squatting that’s necessary in traditional gardening?

Gardening with Disabilities

Gardening has long been considered therapeutic. Spending time in a natural landscape can assist in relaxation, meditation, as well as providing peace and beauty. Those who love to garden are passionate and already have a strong connection to nature and shouldn’t lose this.

Horticultural therapy, which uses nature as therapy, dates back to 1812 and has been shown to help those who are physically disabled as well as those with mental health challenges. It can be an important part of recovery and care.

Enabled or Raised Gardens

An enabled or raised garden allows people with limited mobility to grow vegetables, herbs and flowers. The bed can be raised to a height that’s comfortable for the gardener.

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A quick internet search for raised beds gives suggestions for the best types of wood if you want to construct it from scratch. For some, it may be just as easy to buy a kit. I've found kits that range from very affordable, to some that are high-end and positively decadent looking. There are some available for every budget at your local Home Depot, or online at Amazon, Lee Valley or even Wayfair.

What To Use In Your Garden

Rocks and stones can be used at the bottom to allow for drainage as excess moisture can damage the roots of delicate plants. I've discovered a "lasagna method" works well over top of the rocks—a mixture of leaves, grass clippings and other organic material such as wood chips with a layer of cardboard. This will break down into a nice compost over time.

On top of this, add a mixture of topsoil, compost, and organic material such as manure to give plants a nutrient-rich soil.

As for planting—whatever you like! What's your favourite vegetable?

The challenge will be to space out the plants since overcrowded plants tend not to fair well because of competition for water and nutrients, not to mention root space. The location of certain plants is important; for example, try not to have the more delicate lettuces beside the sprawling cucumber. Stakes, ladders, and cages can help make the garden more manageable as well as give a neater appearance.

Also, beds can be planted with durable plants with different textures and smells for blind gardeners.

If maintaining multiple beds, create a wide, level pathway between them to allow for wheelchair access. And remember to make the centre of the bed accessible for watering and weeding.

Not only do raised gardens eliminate many of the physical tasks that come with caring for large garden plots, making them beneficial for those with disabilities, they are a plus for every gardener.

- Plant earlier: container soil warms easier and earlier in the year
- Better soil: you're starting from the best
- Fewer weeds

Along with raised beds, there are a wide range of extendable and adaptive tools available. Or your tools can be a DIY project; foam tubes can be placed over handles to give added length or better grip or arm splints can be added for extra support. Even pipe insulation and hockey tape can quickly help with the grip on trowels and pruning shears.

Tools can be painted with bright colours to stand out among the browns and greens, and ribbons or cords can be attached to handles to prevent dropping or misplacing tools.

Thanks to the growing trend of raised or enabled gardens, gardening can be done standing or sitting. You can continue to enjoy your gardening hobby regardless of your challenges. ●

An enabled or raised garden allows people with limited mobility to grow vegetables, herbs and flowers. The bed can be raised to a height that's comfortable for the gardener.

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ROADMAP TO RECOVERY

Welcome to your Roadmap to Recovery! We are thrilled to introduce you to this new guide for people who are newly injured and their families.

We are grateful to the Ontario Trillium Foundation for their generous funding of this publication and to author Julie Sawchuk for her extraordinary skills and commitment to the well-being of her peers. We also appreciate our community members with SCI, their supportive families and our health care partners for sharing what they know to ease the journey and strengthen the outcome of those who find their way to the book.

SOME INITIAL READER FEEDBACK:



Such a comprehensive look at all aspects of SCI. I like the conversational tone and the honest experiences shared by so many people.

Was a great general guide with many important and relevant subjects addressed. Easy to read and understand. A lot of valuable info! Wish it had been available when I had my injury.

As a parent of someone who has suffered a spinal cord injury, we had to navigate this change in our lives on our own. Glad to see that someone wrote a playbook to try to assist others. I enjoyed the honesty and straightforward writing.

As we await the printed books, we invite you to review the online version at sciontario.org/roadmap.

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LET'S HANG OUT (When we can.)

By Sara Camilleri

Charles Camilleri was born in Mosta, Malta, and, in December 1955, when he was 10, his family immigrated to Canada.

From an early age Charles was engaged in the community, delivering newspapers and flyers, and working in a bowling alley. He was an altar boy at St. Paul's Catholic Church, volunteered at bingos and rented time at the local YMCA to organize family social evenings, playing volleyball, basketball and floor hockey.

Due to serious health issues, operations and procedures since the age of 21, Charles has limited movement and, since 2003, has used powered wheelchair. However, his disability did not stop him from being active in the community. He was inspired by Rick Hansen, as he too is driven by a passionate desire to make a difference.

Over the past 17 years, Charles organized indoor bocce games for seniors, taught chess at the library, helped with hosting Winterfest for the City of Vaughan and sat on the Accessibility Advisory Committee, advocating for the rights of people with disabilities. Among his many community contributions, he co-founded the Hangin' Out Together program with **Maria DiCenso**. Maria's son, **Anthony**, was involved in a car accident at the age of 15, which left him with an injury that required the use of a wheelchair for mobility. Anthony attended a program in Maple that was expensive and non-stimulating (and required payment even when he did not attend). After he stopped attending the program, Maria approached Charles and told him her story. Charles was committed to finding a solution, which was the birth of Hangin' Out Together. It's a free social drop-in and excursions program for people with disabilities. Excursions have included Ripley's Aquarium, Niagara Falls Butterfly Observatory, Bird Sanctuary, 30,000 Islands cruise from Penetanguishine, McMichael's Art Gallery, Reptillia and Splitsville Bowling. Program participants support each other. In 2018 and 2019, three members each received a cheque of \$1,000 to deal with the challenges in their lives.



Charles has received many awards for his volunteer work from the mayor of Vaughan, The Hon. Maurizio Bevilacqua. In 2017, he was presented with the Community Leader Award by Francesco Sorbara, MP Vaughan-Woodbridge. On September 16, 2019, Charles was awarded the Sovereign's Medal for Volunteers by the Governor General, which recognizes the remarkable volunteer achievements of Canadians who demonstrate a caring dedication and exemplary commitment to helping others. Charles received a certificate of appreciation from the Vaughan-Woodbridge PC MPP **Hon. Michael Tibollo** and from Premier **Doug Ford**.

Charles looks at his disability as the ability to simply do things differently and lives by his motto, *Please Aspire to Inspire before we Expire*.

- The Program:** Activities to stimulate the body and the mind in a safe and inclusive environment
- Days & Times:** (when lockdown ends) Tuesdays and Fridays 10 am – 1 pm, mid-September to mid-June
- Members:** 16 years of age and older
- Location:** Father Ermanno Bulfon Community Centre 8141 Martin Grove Rd. Woodbridge, Ontario
- Contact::** Maria DiCenso at 416-902-7107 or email mariacenso@gmail.com
Charles Camilleri at 416-904-6171 or email camilleri29@rogers.com ●

SAFE @ HOME

SCIO's staff and peer mentors have always met face-to-face to serve our community,

But how can we do that now? When the very act of helping is a risk? When getting close is the last thing we should do, instead of the first.

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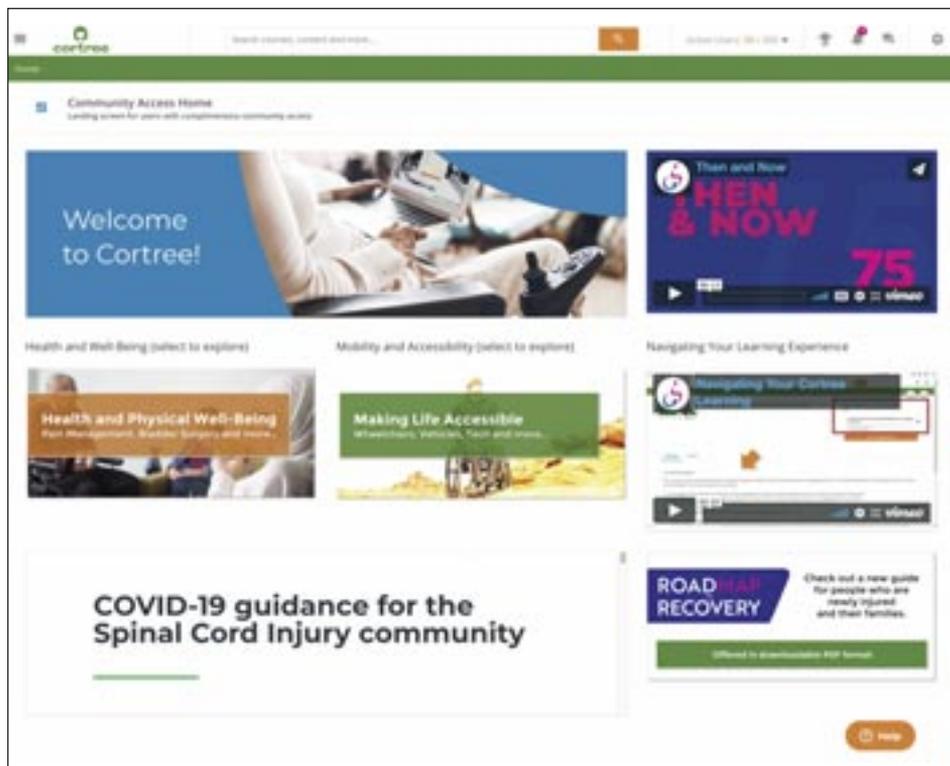
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TAPPING THE SOURCE

Exploring SCIO's Cortree Disability Education Centre

By Nancy Xia

After a number of years of research and development, Spinal Cord Injury Ontario officially launched our Cortree Disability Education Centre in 2019.



The vision was to produce relevant, reliable and accessible information on issues related to living with an SCI and other physical disabilities, as well as disability training for clinicians and businesses. Course content is curated by SCIO with contributions by peers, health care professionals and industry experts. As one of the peers chosen to participate in the production of a Cortree course, I can say this program is just what the doctor ordered!

In fact, I wish Cortree had been available at the early stage of my injury. At the time when I was an inpatient in 2003, I do not recall attending education sessions during my rehab. It was offered here and there but, like many inpatients that were new to the trauma, we were not in the right state of mind to learn anything, especially when educational products were not conveniently available. I went home without knowing what a pressure sore is, what neuropathic pain is, how to prevent and manage a UTI, etc. As a result, I learned everything the hard way by having to experience all these dangerous medical complications. Among them, having a pressure sore because of an ill-fitting wheelchair was

definitely something that could have been prevented if I knew better. Like me, many of our users are finding the information they need and are enthusiastically recommending Cortree.

Topics and course content are chosen as a result of research with our own community and other leaders in the field. "We understand that knowledge and education are keys to living a healthy and active life," says **Tory Bowman**, Director of Knowledge Exchange for SCIO and Managing Director of Cortree. "We wanted Cortree to be a place where the community's voice was heard loud and clear, where people could find resources they can trust and that would protect their health and strengthen their lives."

The first Cortree course designed and launched was Choosing a Wheelchair, which features my own videotaped story. A properly fitted wheelchair is the most fundamental device that affects someone's quality of post-injury life. We understood that many newly injured people were passive participants in getting a custom-made wheelchair because they weren't quite ready to make such an important decision. As a result,

some would end up with a wheelchair that wasn't ideal for them, which they were then stuck with for at least five years. This Cortree course features stories and tips shared by peers and information provided by an occupational therapist with years of experience in this area. Course users have shared that the concrete information and storytelling by those who've been there have helped them play an active role in the wheelchair prescription process.

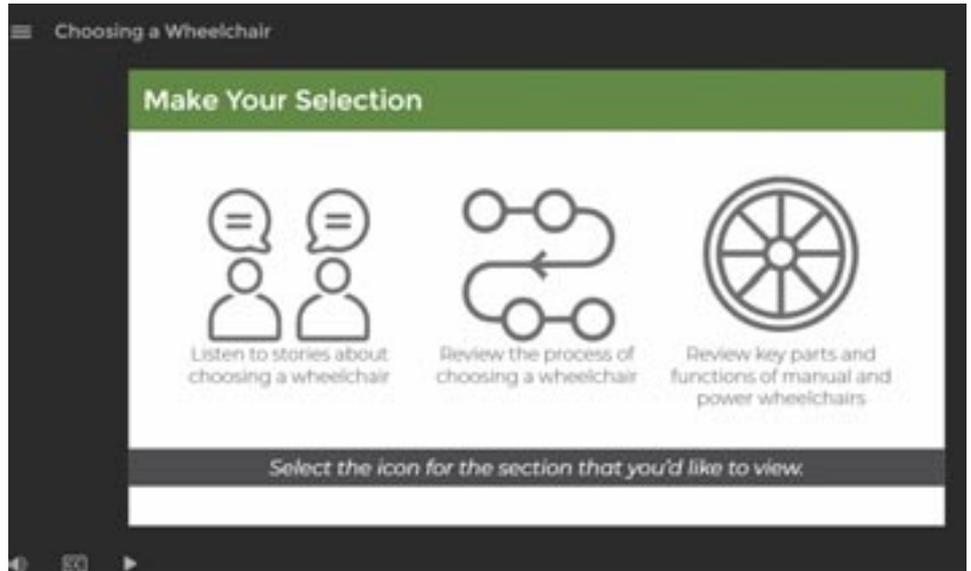
Subsequently, we developed eight courses with that same purpose in mind. Current topics in the Cortree catalogue include: *Accessible Technology, Bladder Surgery, Preventing and Treating Pressure Sores, Vehicle Modification, Sex and Disability, Nutrition and Kitchen Accessibility, Choosing a Wheelchair, Getting Back On the Road and Living with Chronic Pain*. The process is cyclical in that we take questions from our community through the Cortree platform or SCIO's Infoline and then offer answers to Frequently Asked Questions, including some recent submissions:

- What are the funding sources for equipment?

- How do I apply for subsidized housing?
- Where can I get free legal aid?
- How can I stay physically active?
- How do I build a temporary ramp?

New content for Cortree is being developed all the time according to the needs of our community and to generate income for SCIO's services and programs. Cortree has always been free to SCIO's registered community members with an SCI, their family members and program clients and, in response to COVID-19, is now being offered without cost to everyone.

The program offers a full package of disability training to business and clinician customers, and just recently produced a comprehensive training program for attendants working with people with SCI. Mediation services is a new offering that we'll promote as it develops. The Cortree team has expanded to keep up with the need and opportunities. Tory heads up a skilled and enthusiastic group: Project Manager **Susan Willis**; Manager,



Mediation and Training Services **Sharol Corder**; and Learning Architect **Marty Doupe**, as well as myself and **Oda Al-anizi**, Information and Resource Specialists.

SCIO's Board of Directors and CEO **Stuart Howe** set out three clear objectives in our 2017-2022 strategic plan: expand our impact across Ontario; amplify our community's voice; and

share knowledge. Cortree hits all three. "It's an honour to produce work that really meets a need," says Tory. "We can reach people wherever they are, on topics they want to learn about, with content that's been created with people who've lived that experience. It's a powerful package."

Visit sciontario.org/cortree to register or learn more. ●

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By Joanne Smith

Nutrition & COVID-19

Staying healthy, washing your hands and social distancing are on all our minds right now.



Over the past several weeks, I have been inundated with questions on what are the best foods and vitamins to help support the immune system. Immune support during this time is critical to our community. According to the Christopher Reeve Foundation, people with SCI are at increased risk of contracting the virus and having worse cases for a multitude of reasons, such as:

- **Immunosuppression** – as a direct result of our SCI our bodies do not respond to bacteria and viruses as strongly as they did pre-injury.
- **Secondary health complications** – we are at higher risk of having conditions such as diabetes, pressure sores and urinary tract infections, which place additional burden on our immune system.

- **Paralysis/weakness of abdominal muscles** – this decreases our ability to effectively cough and clear the lungs of debris.

Eating a balanced diet is not going to prevent you from getting COVID 19, but if you get it you want to have the strongest immune system possible to help yourself fight it. So, here are my top recommendations of nutrients to load up on to help optimize your immune function.

- **Vitamin A** is a natural antiviral and helps enhance activity of white blood cells.
- **Vitamin C** helps activate

neutrophils, powerful white blood cells that work on our frontline defense. It also increases the production of lymphocytes, the white blood cells that play important roles in antibody production and co-ordinating immune system functions.

- **Zinc** enhances immune function and the activity of white blood cells.
- **Vitamin D** is an immune modulator. More and more research shows it positively influences the immune system.
- **Probiotics** 70% of your immune system surrounds your gut. Ingesting probiotics (healthy bacteria) supports immunity.
- **Omega 3 Fatty Acids** is a natural anti-inflammatory. COVID-19 causes a cytokine storm. Cytokines are inflammatory molecules which can cause tissue damage, including the lungs where this virus targets.

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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...

Joanne Smith, BA, BRT Dip., CNP
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Given that we're limiting our trips to the grocery store, I suggest sticking to nonperishable basics in canned or frozen form. Frozen fruits and vegetables have almost equal nutrient levels as fresh, and canned legumes are an inexpensive and fantastic source of protein and fibre. Below is my recommended shopping list that contains the nutrients listed above:

- frozen berries
- frozen broccoli or other favourite frozen vegetables
- whole grain bread – sliced and frozen
- whole grain pasta
- lemons
- ginger
- garlic
- turmeric
- almonds
- canned chickpeas
- canned lentil soups
- frozen salmon
- frozen chicken
- pumpkin seeds
- protein powder
- mushrooms

- plain yogurt
- butter
- olive oil

Anti-inflammatory/ Immune-boosting Tea

- 6-8 cups of water
- 1 green tea bag
- 1 lemon, cut in half

- 1 tsp turmeric
- 1-2 tsp cinnamon
- 2 tbsp maple syrup
- 1 inch fresh ginger root

Add all ingredients to large pot of water, including lemon halves. Bring to boil, let simmer for minimum 10 minutes. Enjoy hot or cold. ●



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COLOUR YOUR WORLD

Patrick Hunter is a Two-Spirit Ojibway artist, graphic designer and entrepreneur from Red Lake, Ontario.



In 2011, he made the move to Toronto to pursue a career in the arts after completing the graphic design program at Sault College in Sault Ste. Marie, Ontario.

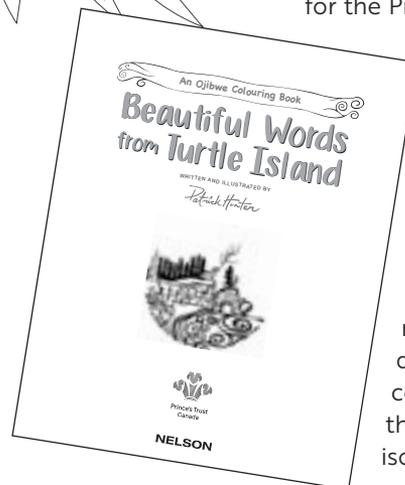
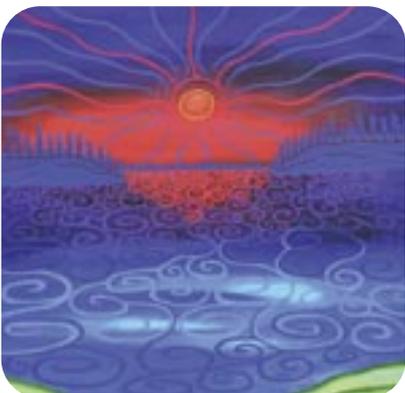
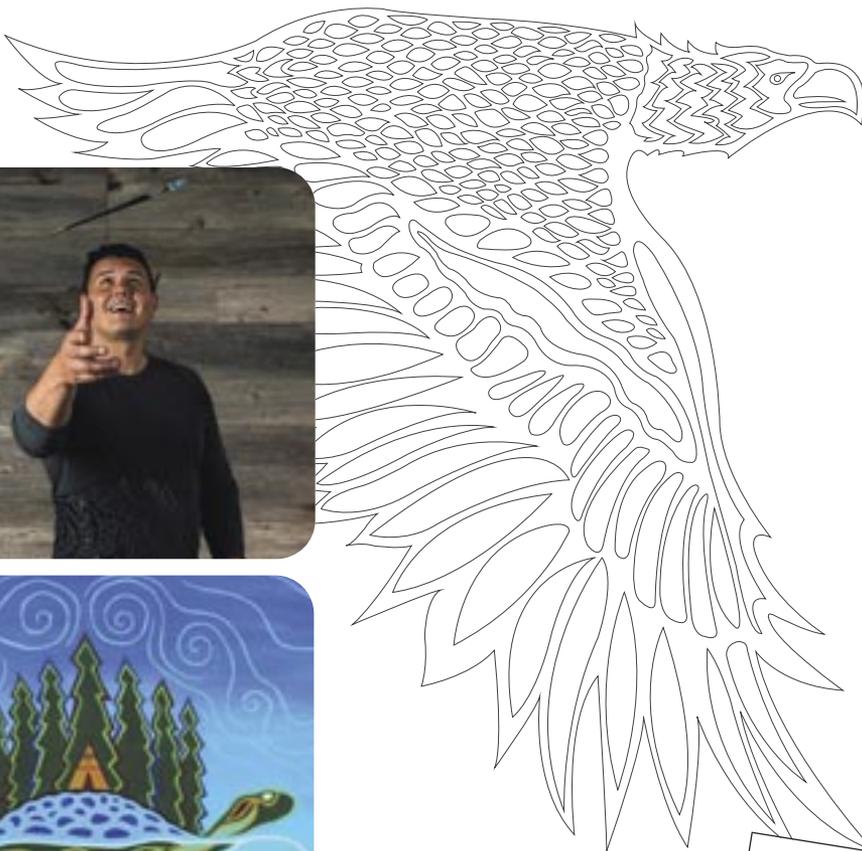
Working part time and contract-to-contract made it clear to Patrick that he'd need to make a major career decision. Knowing that his cultural background was an asset to his success, in 2014 he launched Patrick Hunter Art & Design. Specializing in fine and digital artwork and designs from his Ojibway roots, his work aims to create a broader awareness of Indigenous culture and iconography.

He is best known for his paintings in the Woodland art style but is also making a name for himself in the corporate world through artistic and graphic collaborations with RBC and BMO Banks, Ernst & Young, West Elm, Staples Promotional Products, eBay Canada, CTV and Global Affairs Canada, to name a few.

Patrick's dream to create a positive future for his people has led him to become the first Artist in Residence for the Prince's Trust Canada, a

Royal charity that aids in the reclamation of Indigenous languages in Canada.

Patrick kindly donated his art for auction at SCIO's recent Comedy Night in Toronto. And he has made available for free download his beautiful colouring book during these days of at-home isolation. ●

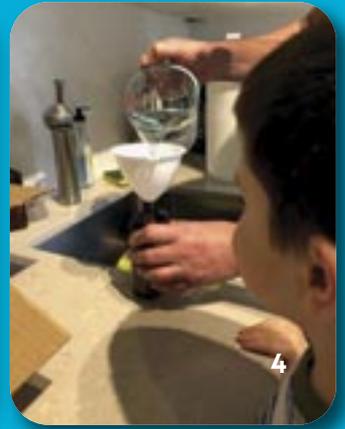


Download at <https://www.princestrust.ca/wp-content/uploads/2019/09/BEAUTII.pdf>
<https://www.patrickhunter.ca/>

A Good, Clean Community Effort

CEO Stuart Howe and his two young sons spent a fun day preparing much-needed hand sanitizer for our clients, thanks to contributions by our generous community.

1. Gabby and the amazing team from Dixon's Distilled Spirits in Guelph, Ontario, donated a 20-litre pail of hand sanitizer.
2. Edwin from One Medical Pharmacy in Don Mills sourced 80 x 250ml bottles for us.
- 3-4. Ronan and Callum volunteered to help their dad with bottling and labelling.
- 5-6. A short break to enjoy some 'volunteer appreciation' ice cream.
- 7-8. Then it was on to delivering 80 bottles to our clients.



Snapped!
Drop by our new online gallery to view photos of SCIO community gatherings and events (remember those?)

Find us at spinalcordinjuryontario.smugmug.com

COVID-19 Thank you

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