

75 Spinal
Cord
Injury
Manitoba
1946 - 2021

Proud History | Vibrant Future



2020-2021 ANNUAL REPORT

www.scimanitoba.ca | 204.786.4753 | info@scimanitoba.ca



1.800.720-4933 (within Manitoba only)

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*(L-R) Alain, Lydia, Yvette,
Adriel Cenerini, and Jasper in front!
(see page 9)*

Spinal cord injury (SCI) can happen to anyone, at anytime, so we make sure every person touched by SCI in Manitoba is **NEVER ALONE.**

Any review and commentary about this past year must begin by acknowledging the human, social, and economic devastation caused by the COVID-19 pandemic. Its profound and widespread impacts continued to ripple across the globe in the closing months of fiscal year 2020-21, and although SCI Manitoba was certainly not immune to those pressures, we are pleased to report that our work in support of Manitobans living with spinal cord injury was largely, though not entirely, uninterrupted.

The pandemic's impact on our members cannot be overstated. Changes in daily routines, diminished availability of medical supplies, varying levels of support from home care service providers, increased isolation, changes in employment status with associated loss of income, and more, were all significant challenges. For many, striking a healthy, sustainable balance between protective measures (isolation and physical distancing in particular) and personal safety, was elusive. Yet, we moved quickly and deliberately by contacting our entire membership to ensure they were equipped with the information and resources necessary for maintaining health and independence at home. This considerable effort revealed a need to provide additional support for members aged 65 years and older, so we recruited a small team of volunteers to add the necessary capacity for these services.

Indeed, our organization responded to unprecedented challenges with an inspired combination of professionalism, dexterity, and resolve while simultaneously delivering services of the highest quality. Principally, this was the result of our employees' unflappable commitment to supporting our members through a difficult time. Our rapid transition to remote work in 2020 was accomplished with relative ease, and while face-to-face interactions remained suspended at year end, contact with members by phone, email, and regular mail throughout the year proved mostly adequate substitutes in the short term.

Similarly, our volunteer board of directors quickly shifted away from in-person board and committee meetings to videoconferencing technology in order to continue fulfilling the governance role so essential for SCI Manitoba's operations. Their benevolence and kindness were severely tested this year, with lengthy meetings and unending issues demanding their attention, but we are thankful for their energy, enthusiasm, and generosity.

A more talented and committed group of employees and directors has rarely been assembled to leverage its collective wisdom for a common purpose.

In the fog of all the work and challenges encountered over the past year, it would be easy for signs of progress to escape notice. However, one positive development that warrants special mention is the recognition by our main funder, Manitoba Economic Development and Jobs, of our expertise in providing vocational rehabilitation services. As a designated agency, SCI Manitoba has been

providing vocational rehabilitation services to our members on behalf of the provincial government for many decades, and this past year we were part of a small group of service providers invited to provide meaningful input in the creation of a training manual for the Employability Assistance for People with Disabilities (EAPD) program. The confidence demonstrated by involving SCI Manitoba in creating this important resource is a testament to the strong relationships we have built with other designated agencies and our partners in government.

Conversely, one area of concern this last year has been our inability to provide in-person support to patients admitted to the Spinal Cord Injury Unit at the Rehabilitation Hospital because of COVID-19-related restrictions. We know this is a critical period for engaging with these individuals and their families, so our absence during this important time has the potential to result in long-lasting consequences related to health, adjustment, discharge planning, service coordination, education and employment, and more. Naturally, we will be making every possible effort to connect with these individuals in the year ahead so that we can readily identify and remedy any gaps in service needs.

Looking ahead to 2021-22, SCI Manitoba will embark on a critical process to identify priorities that will guide our work over the next three years, and set clearly articulated goals to ensure accountability. As well, we will continue to monitor the pandemic and follow public health guidelines with the hope of re-opening our office as soon as it is safe to do so. Finally, we will be celebrating 75 years of service in Manitoba, with a special virtual event taking place on November 3, 2021. So be sure to watch for more details about this event on our website, our Facebook page, and in an upcoming special commemorative edition of our newsletter, ParaTracks.

As we begin to emerge from the pandemic with a renewed sense of resilience and optimism, there is a deeper appreciation for the unshakable support we receive each year from our funding partners and donors. Without their very generous financial contributions, the important work we do assisting people living with spinal cord injury in Manitoba would not be possible.

We look forward to working collaboratively with all stakeholders in 2021-22, and while the pandemic's future is uncertain, our purpose remains in clear focus: continue providing essential, life-changing services and supports to Manitobans living with spinal cord injury!

Stay safe and be well.



Darlene Cooper
Acting Executive Director



Dan Joannis
Board President

Nature and Purpose

The mission of Spinal Cord Injury Manitoba is to assist persons with spinal cord injuries to achieve independence, self-reliance, and full community participation. We are a non-profit organization representing people living with spinal cord injury and the people in their support networks in Manitoba. We are recognized as a designated external agency working collaboratively with the provincial government, and we engage professional staff, committed volunteers, and create peer-linkages to represent and support people living with spinal cord injury in Manitoba.

Board of Directors

Corrine Deegan*
Linda Godin-Sorin
Jeannette Gougeon
Lyall Hallick - Vice President
Dan Joannis* - President
Gary Magorel
Ron May
Audrey McIlraith*
Richard Pound
Barbara Rapson
Leonard Steingarten*
Adam Terwin - Treasurer
**living with spinal cord injury*

Our Six Core Services

SCI Manitoba operationalizes its mission through a rehabilitation services framework and the delivery of six core services. This transitional approach focuses on four phases: recovery and rehabilitation, reintegration, community participation and growth, and sustainability.

Rehabilitation Counselling

Professional counselling services assist individuals in their return to an independent life in the community. We provide continuous support, information, community links, and follow-up.

Service Coordination

A unique framework ensures overall coordination for the rehabilitation process, from onset through community reintegration.

Peer Support

"Someone who's been there" can act as a mentor and role model to encourage and sustain others through the challenges they face.

Education and Employment

These services assist individuals to identify vocational options and obtain employment consistent with their values, skills, abilities, and interests.

Community Advocacy

We strive to create a society based on inclusion. These efforts involve identifying, reducing, and working with others to eliminate barriers to full community participation, including leadership in preventative measures.

Information Services

We provide comprehensive and relevant information for all stakeholders - Manitobans living with spinal cord injury, their families, employers, community agencies, funders, insurers, and governments.

Adjust, Adapt, and Thrive

Five years ago, Kellea had a busy family life with her husband and two boys, and was working full time as an Area Director for Probation Services with Manitoba Justice. But her world came to a sudden halt when she was involved in a motor vehicle accident that caused a serious back injury. Despite the excellent medical care she received and successful surgery to repair and fuse her damaged spine, Kellea was left with an incomplete T-12 spinal cord injury.

When she returned home following a brief stay in hospital, and as more and more time passed without further recovery, Kellea grew increasingly frustrated with the lingering effects of her spinal cord injury - severe back pain, extreme fatigue, and impaired balance. From the outside, she appeared to have regained full function, but it was quite a different story on the inside. Able to walk? Sure, but with a cane for short distances, and only on flat, even surfaces. For longer outings, an electric scooter was needed. The unwavering limitations began to slowly chip away at her confidence, opening the door to self-doubt, and severely testing her resilience. And equally distressing was that she still hadn't been able to return to work - it's more than a job after all, it's a defining part of her identity, a career that began at 22 years of age, as a Correctional Officer at Headingley Correctional Centre.

Kellea is quick to share that her husband, Clint, and sons, Evan and Liam, have been exceptionally supportive, but the possibility of never returning to work combined with ever-present pain and fatigue took an enormous toll on her mental health, so she reached out for help and began seeing a psychologist, who has been a big help.



The Small Family: Liam, Clint, Kellea, and Evan

A similar shift in perspective happened during Kellea's first meeting with a Rehabilitation Counsellor from Spinal Cord Injury Manitoba - she remembers feeling as though the lights had suddenly been turned on for the first time since the accident.

"With SCI Manitoba there's a sense of peace and belonging that was missing for a long time, and understanding that I wasn't alone on this journey allowed me to start thinking about things differently. They help people like me see that everything will be OK again, even if they're not the same as before."

Kellea now helps provide peer support to other members of SCI Manitoba, acting as a resource for people experiencing similar difficulties, something she finds incredibly powerful and rewarding. There are still challenges, but Kellea has come a long way and with the help of her family, friends, and SCI Manitoba, she is continuing to **ADJUST, ADAPT, AND THRIVE.**

What is spinal cord injury?

A spinal cord injury is damage to the spinal cord that causes paralysis of muscles, loss of sensation, and changes in autonomic function. The most common causes of spinal cord injury are trauma (for example car accidents, sports injuries, and falls) and disease (such as tumors and reduced blood flow to the spinal cord). The extent and severity of functional loss depends on two main factors: first, the location where the spinal cord damage occurs (generally, damage at higher levels of the spinal cord produce a greater loss in function), and second, whether the injury is 'complete' or 'incomplete'.

When damage to the spinal cord occurs in the cervical spine (neck), the loss of function extends to the arms, hands, trunk, and legs, and is referred to as **tetraplegia**. When the damage occurs in the thoracic, lumbar, or sacral spine (upper, mid, and lower back), the functional loss affects the legs (and trunk in some cases) and is called **paraplegia**. There is no cure for spinal cord injury - damage to the spinal cord is permanent.

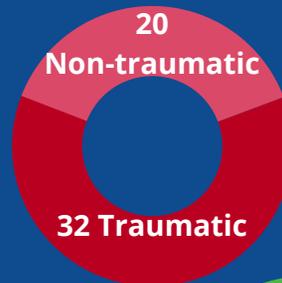
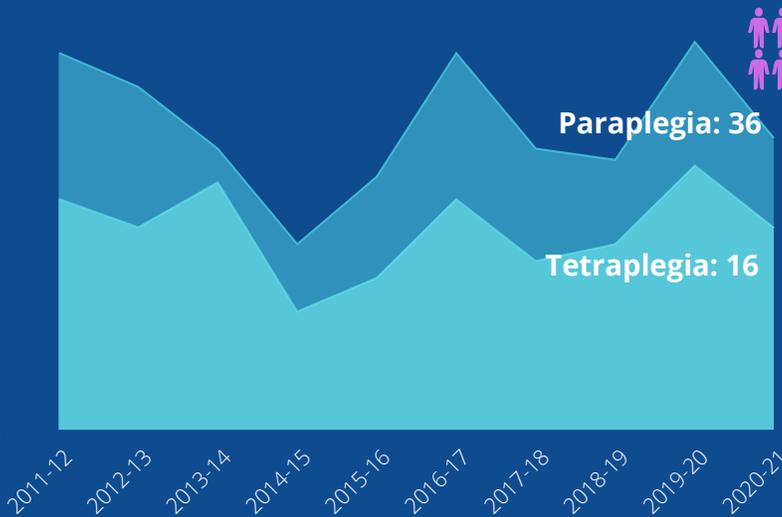
In a **complete spinal cord injury**, there is no sensation or motor control below the level where the spinal cord was damaged. In an **incomplete spinal cord injury**, there is some sensation and/or motor control remaining below the level of injury. Because of improvements in acute care for people who sustain spinal cord injuries, incomplete injuries are becoming more common.



52 New Spinal Cord Injuries in 2020-21



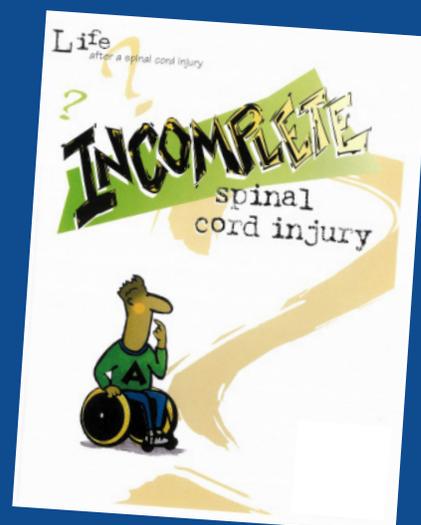
38 Males, 14 Females



Service Outputs for 2020-21

INFORMATION SERVICES - SCI Manitoba's provincial newsletter ParaTracks is published three times annually and our website is maintained by member George Tataryn. In addition, SCI Manitoba offers several information resources, including:

- *Life After Spinal Cord Injury* manual
- *Life After Incomplete Spinal Cord Injury* manual
- *Life Interrupted: For Youth with a Spinal Cord Injury and their Families* manual
- *Guide to Pressure Ulcer Prevention* manual
- *So Dad Uses a Wheelchair* children's book
- *STEP-UP Stakeholder Training and Education in Pressure Ulcer Prevention* program
- Various brochures, articles, and videos about spinal cord injury
- Targeted education sessions



SERVICE TYPE	# SERVICES PROVIDED	% TOTAL SERVICES
Accommodation	309	3%
Education	1,154	11%
Employment	902	8%
Equipment	638	5%
Relationships	177	2%
Financial	415	4%
Health & Wellness	6,815	63%
Legal	115	1%
Recreation/Leisure	128	1%
Intimacy	43	1%
Transportation	116	1%
Direct Services	10,812	76%
Indirect Services	3,375	24%
TOTAL:	14,187	100%

CLIENT SERVICES - SCI Manitoba's computerized database system tracks program activities (outputs) and program indicators are derived through analysis of these outputs. In 2020-21, rehabilitation services staff completed 14,187 client service outputs for 975 clients, including 1,326 initial phone calls to members related to the COVID-19 pandemic between April 19 and May 15, 2020 (see table).

COMMUNITY ADVOCACY SERVICES - SCI Manitoba was involved in a wide variety of community advocacy activities this past year, which makes possible the exchange of relevant information on priority issues for Manitobans living with SCI. This year, we collaborated with 79 external agencies and committees to ensure the collective voice of our members is heard loud and clear (*see the full list on pages 10-11*).

Staff

Darlene Cooper - Acting Executive Director

Gail Burnside - Rehabilitation Counsellor / Acting Co-Director of Rehabilitation Services

Kelly Tennant - Rehabilitation Counsellor / Acting Co-Director of Rehabilitation Services

Adrienne Conley - Executive Assistant

Denise Balliet - Accounting Officer

Laurence Haien - Senior Rehabilitation Counsellor

Maria Cabas - Rehabilitation Counsellor

Melanie White - Rehabilitation Counsellor

Bernie Gaudet - Rehabilitation Counsellor

LeAmber Kensley - Rehabilitation Counsellor

Artem Dolia* - Rehabilitation Counsellor

**living with spinal cord injury*

SPINAL CORD INJURY MANITOBA INC.
(Formerly Canadian Paraplegic Association (Manitoba) Inc.)
Summarized Financial Statements
March 31, 2021

**Report of the Independent Auditor on the Summary Consolidated
Financial Statements
To the Members of
Spinal Cord Injury Manitoba Inc.**

Opinion

The summary financial statements, which comprise the summary statement of financial position as at March 31, 2021 and the summary statement of operations and changes in net assets for the year then ended (collectively referred to as the "financial statements") are derived from the audited financial statements of the Spinal Cord Injury Manitoba Inc. (formerly Canadian Paraplegic Association (Manitoba) Inc. (the "Organization").

In our opinion the summary financial statements are a fair summary of the audited financial statements.

Summary Financial Statements

The summary financial statements do not contain all the disclosures required by Canadian accounting standards for not-for-profit organizations. Reading the summary financial statements and the auditor's report thereon, therefore, is not a substitute for reading the Organization's audited financial statements. The summary financial statements and the audited financial statements do not reflect the effects of events that occurred subsequent to the date of our report on the audited financial statements.

The Audited Financial Statements and our Report Thereon

In our report dated September 27, 2021, we expressed an unmodified audit opinion on the audited financial statements.

Management's Responsibility for the Summary Financial Statements

Management is responsible for the preparation of the summary financial statements.

Auditor's Responsibility

Our responsibility is to express an opinion on whether the summary financial statements are a fair summary of the audited financial statements based on our procedures, which were conducted in accordance with Canadian Auditing Standard (CAS) 810 Engagements to Report on Summary Financial Statements.



Chartered Professional Accountants

September 27, 2021
Winnipeg, Manitoba

**Summary Statement of Financial Position
March 31, 2021**

	March 31, 2021	March 31, 2020
Assets		
Cash	\$ 154,507	\$ 131,389
Accounts receivable	221,941	141,897
Prepaid expenses	9,137	7,643
Fixed assets	12,833	17,327
Trust assets	66,311	156,625
	\$ 464,729	\$ 454,881

**Liabilities and Net Assets
Assets**

Accounts payable and accrued	\$ 53,264	\$ 26,568
Accrued vacation pay	68,139	45,372
Deferred revenue	37,795	52,794
CEBA Loan	60,000	-
Trust liabilities	66,311	156,625
Net assets	179,220	173,522
	\$ 464,729	\$ 454,881

**Summary Statement of Operations and Changes in Net Assets
For the year ended March 31, 2021**

	2021	2020
Revenue		
Grants and contracted revenue		
Province of Manitoba Family Services	\$ 319,400	\$ 319,400
United Way of Winnipeg	133,255	133,255
Winnipeg Regional Health Authority	57,897	57,897
Workers Compensation Board of Manitoba	25,000	20,000
Rick Hansen Foundation Quality of Life Grant	4,440	10,635
Flooring replacement	3,469	3,469
	543,461	544,656
Fees for service	20,000	20,000
Miscellaneous	47,003	27,153
Recovery of equipment & training costs from/on behalf of paraplegi	46,243	74,254
Total revenue	656,707	666,063
Expenses		
Amortization of fixed assets	4,494	9,951
Rehabilitation Services Program	465,470	433,359
Advocacy/Information Program	131,826	126,950
Vocational assistance	44,779	74,254
Quality of Life Grant	4,440	10,635
Total expenses	651,009	655,149
Excess of Revenue over Expenses	5,698	10,914
Net Assets, beginning of year	173,522	162,608
Net Assets, end of year	\$ 179,220	\$ 173,522

A complete set of financial statements and Auditor's Report may be obtained from the Organization

Treasurer's Report

On behalf of the Board of Directors, I am pleased to report SCI Manitoba continues to successfully deliver much needed services to Manitobans living with spinal cord injury. This is made possible by the consistent support of our funders, and the dedicated effort from our staff. The organization's ability to deliver these critical services was especially important this year because our members have been managing through additional complications resulting from the COVID-19 pandemic.

For the year ended March 31, 2021, the Excess of Revenue over Expenses was \$5,698. Our revenue was consistent with the prior year thanks principally to the continuing support of our funding partners. The only notable change was a small decrease in revenue of \$9,356 due to lower recovery of equipment and training costs, which is tied directly to reimbursement of these expenses by our funders.

Overall expenses were down \$4,140, even with higher expenditures in our Rehabilitation Programs and Advocacy Programs associated with changes in staffing levels throughout the year. However these were offset by lower expenses for Vocational Assistance.

I wish to express my sincere gratitude to our funders, members, and donors for their continued support of our programs and services.

Thank you also to our Accounting Officer, Denise Balliet, for her hard work and dedication, and Deloitte LLP for their services in the preparation of our Audited Financial Statements.

—Adam Terwin, Treasurer

On the cover: As a young high school student, Yvette Cenerini was in no rush to decide what she would do with her life, but a devastating accident left her with a spinal cord injury and an uncertain future. Fortunately, Yvette received excellent support from her family, friends, and Spinal Cord Injury Manitoba, and thirty years later, she is living a full and rewarding life as a wife, mother, educator, and accomplished artist. Check out Yvette's artwork at www.yvettecenerini.com.



2020-21 Sustaining, Charter, and Patron Donors

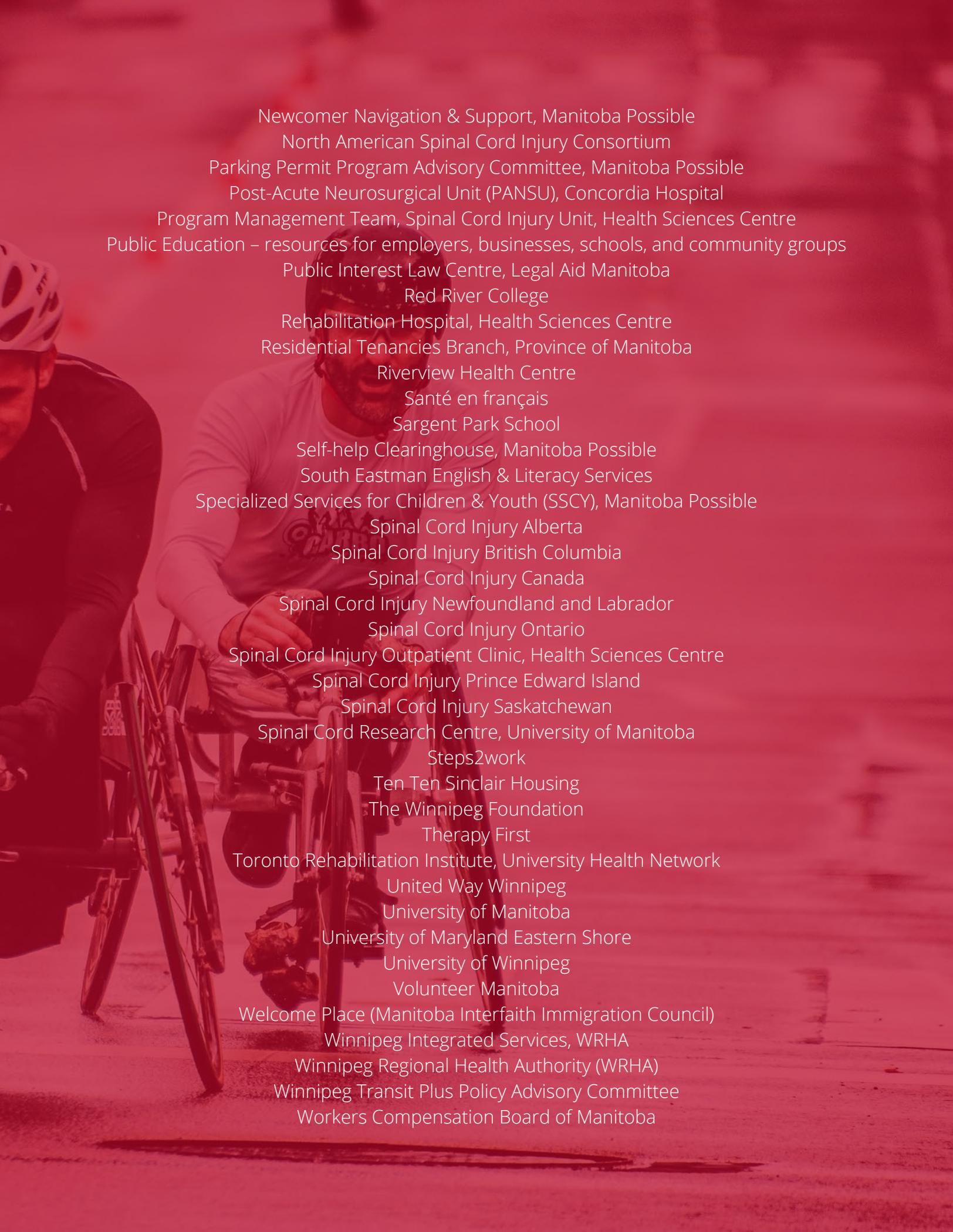
All Charities Campaign
Sandra Doerksen
Marjorie Dyck
Dr. Karen Ethans
Ed Giesbrecht
Andrew Hallonquist
Ernie Hasiuk
Dan Joannis & Liz Watson

Derek Legge & Kay Stewart
Barbara Millward
George Murphy
John Lane & Dianne Slimmon
Glen & Dawn Recknell
Arnie & Orpha Schryvers
George Silar

Clare Simpson
Calvin Sinclair
Spinal Cord Research Centre
Leonard Steingarten
Joseph Smithson
June Thomson
Robert Wroblewsky

Collaboration with External Agencies and Committees in 2020-21

Ability New Brunswick
Access Advisory Committee, City of Winnipeg
Acute, Tertiary & Specialty Care, Manitoba Health and Seniors Care
Addictions Foundation Manitoba
Assistive Technology Products & Services, Health Sciences Centre
Barrier-Free Manitoba
Behavioural Health Foundation
Canada-Manitoba Job Grant
Canada Pension Plan
Canada Pension Plan – Disability Services
Canadian Paraplegic Association Nova Scotia
Career Connections
Centre for Aboriginal Human Resource Development
Children's Hospital, Health Sciences Centre
Civil Service Commission, Province of Manitoba
Claimant Adviser Office, Manitoba Justice
Community Financial Counselling Services
COVID-19 Committee
Daniel McIntyre Collegiate Institute
Employment Preparation Centre, Manitoba Possible
Employment and Income Assistance, Province of Manitoba
First Nations and Inuit Health Branch, Indigenous Services Canada
Fokus Housing and Services, Ten Ten Sinclair Housing
Geriatric Mental Health Team, WRHA
General Hospital, Health Sciences Centre
Klinik Community Health
Legal Aid Manitoba
Legislation, Policy, and Coordination, Manitoba Conservation and Climate
Manitoba Accessibility Office
Manitoba Economic Development and Jobs
Manitoba Employment Equity Practitioners Association
Manitoba Farmers with Disabilities (dissolved In 2020)
Manitoba Health and Seniors Care
Manitoba Institute of Trades & Technology
Manitoba Paraplegia Foundation Inc.
Manitoba Possible
Manitoba Public Insurance
Manitoba Supported Employment Network
Manitoba Wheelchair Sport Association
Moelle épinière et motricité Québec



Newcomer Navigation & Support, Manitoba Possible
North American Spinal Cord Injury Consortium
Parking Permit Program Advisory Committee, Manitoba Possible
Post-Acute Neurosurgical Unit (PANSU), Concordia Hospital
Program Management Team, Spinal Cord Injury Unit, Health Sciences Centre
Public Education – resources for employers, businesses, schools, and community groups
Public Interest Law Centre, Legal Aid Manitoba
Red River College
Rehabilitation Hospital, Health Sciences Centre
Residential Tenancies Branch, Province of Manitoba
Riverview Health Centre
Santé en français
Sargent Park School
Self-help Clearinghouse, Manitoba Possible
South Eastman English & Literacy Services
Specialized Services for Children & Youth (SSCY), Manitoba Possible
Spinal Cord Injury Alberta
Spinal Cord Injury British Columbia
Spinal Cord Injury Canada
Spinal Cord Injury Newfoundland and Labrador
Spinal Cord Injury Ontario
Spinal Cord Injury Outpatient Clinic, Health Sciences Centre
Spinal Cord Injury Prince Edward Island
Spinal Cord Injury Saskatchewan
Spinal Cord Research Centre, University of Manitoba
Steps2work
Ten Ten Sinclair Housing
The Winnipeg Foundation
Therapy First
Toronto Rehabilitation Institute, University Health Network
United Way Winnipeg
University of Manitoba
University of Maryland Eastern Shore
University of Winnipeg
Volunteer Manitoba
Welcome Place (Manitoba Interfaith Immigration Council)
Winnipeg Integrated Services, WRHA
Winnipeg Regional Health Authority (WRHA)
Winnipeg Transit Plus Policy Advisory Committee
Workers Compensation Board of Manitoba



MPF MANITOBA
PARAPLEGIA
FOUNDATION INC.

"Thanks to the foundation, I'm able to transfer and drive independently again, and my health and quality of life are so much better now."

At age 59, Wojciech ('Voytek') Maliszewski sustained a complete T5 spinal cord injury that left him paralyzed and without feeling in his torso and legs. With intensive rehabilitation and an ultra lightweight manual wheelchair, Voytek was eventually able to regain independence in most areas of daily living.

Unfortunately, in the years that followed his injury, Voytek experienced significant health complications that involved prolonged periods of treatment and recovery. Although he was able to return to good health, Voytek had to learn to become extremely careful and diligent in his daily activities to avoid similar problems in the future, particularly when transferring to and from his wheelchair.

Vehicle transfers were of special concern, given the height difference between his wheelchair and the driver's seat of his minivan. After consulting with an occupational therapist, a plan was formulated that included recommendations for purchasing and installing a folding transfer board that raises and lowers the user between the height of the wheelchair and driver's seat, as well as a lift that automatically stows the wheelchair behind the driver's seat. Of course, a solid plan has little significance if it cannot be realized, and in Voytek's case, limited financial resources seemed an insurmountable obstacle. But when he discussed the need for the equipment with his rehabilitation counsellor at Spinal Cord Injury Manitoba, Voytek was encouraged to submit an application for funding



through the Manitoba Paraplegia Foundation, which can, in certain circumstances, provide direct financial aid to Manitobans living with spinal cord injury.

After gathering and submitting all the required information, the application was approved and now Voytek has the freedom to do all the things he needs to do, safely and without having to be accompanied when he leaves home. As Voytek recently explained, *"Thanks to the foundation, I'm able to transfer and drive independently again, and my health and quality of life are so much better now."*

The mission of the Manitoba Paraplegia Foundation is to support the independence, self-reliance and full participation of Manitobans with spinal cord injuries or disease, and to support projects for the cure or prevention of spinal cord injuries.