



In this issue

- **New Staff Introductions**
- **Volunteering**
- **Ask a Counsellor - Income Tax Credits**
- **New Horizons - Doug Ingram**
- **Desensitizing Air Travel for the Disability Community**
- **Food Banks and Special Diets**



The truth is:
Not all coatings
are the same.

Anthony
Toronto, ON

All SpeediCath® catheters come with a unique hydrophilic coating, featuring our **Triple Action Coating Technology™**. It consists of three strongly bonded elements, designed to protect the urethra in three ways:



Stays bonded for an even coating without dry spots.



Stays smooth, reducing friction on the urethra¹.



Stays hydrated so it's instantly ready to use.

Request your free* SpeediCath® catheters with **Triple Action Coating Technology** today:



[visit.coloplast.ca/Free-Catheters-SCIMB](https://www.coloplast.ca/Free-Catheters-SCIMB)



Scan QR code to order free samples*



*Limitations apply

1. Compared to uncoated catheters.

Anthony has received compensation from Coloplast to share his information. Each person's situation is unique so your experience may not be the same.

Talk to your healthcare provider about whether this product is right for you.

Prior to use, please refer to product 'Instructions for Use' for intended use and relevant safety information.

[Ostomy Care](#) | [Continence Care](#) | [Wound & Skin Care](#) | [Interventional Urology](#) | [Voice and Respiratory Care](#)

Coloplast Canada, 2030 Bristol Circle, Suite 117 Oakville, ON L6H 0H2 www.coloplast.ca PM-24135

The Coloplast logo is a registered trademark of Coloplast A/S. © 2023-10 All rights reserved Coloplast A/S, 3050 Humlebaek, Denmark



**ParaTracks is a publication of
Spinal Cord Injury Manitoba**

825 Sherbrook Street
Winnipeg, MB R3A 1M5

T 204.786.4753

F 204.786-1140

Toll-free 800.720.4933

(within Manitoba only)

info@scimanitoba.ca

www.scimanitoba.ca

Facebook @scimanitoba

With financial support from
Manitoba Paraplegia Foundation Inc.

ParaTracks is published three times each year and past editions are available for viewing and downloading from the SCI Manitoba website.

Circulation: 1,200 copies
Estimated readership: 2,500

Editor: Dan Joannis
Layout: Adrienne Conley and Dan Joannis

Advertising rates for photo-ready copy:

Full page \$160.00

Half page \$87.00

Quarter page \$55.00

Business card \$33.00

Classified advertisements are free for members of SCI Manitoba

Letters to the editor, submissions, suggestions, and comments are greatly appreciated and can be sent by email to info@scimanitoba.ca or by post to the mailing address above.

Canada Post

Publication Agreement #40050723

Board of Directors

Corrine Deegan*

Linda Godin-Sorin - Vice-President

Lyall Hallick - President

Keith Klaassen*

Ron May

Barbara Rapson

Leonard Steingarten*

Adam Terwin - Treasurer

Mark Wherrett*

*living with spinal cord injury



Spinal Cord Injury Manitoba
Lésions Médullaires Manitoba

Contents

New Staff Introductions.....	4
Staff Contact Info.....	7
The Power of Volunteering.....	9
Ask a Counsellor - Income Tax Credits.....	13
News from Manitoba Paraplegia Foundation.....	16
New Horizons - Doug Ingram.....	17
Stress Rehearsal.....	21
Food Banks and Special Diets.....	25
Travelling as a Wheelchair User.....	26

ON THE COVER

*SCI Manitoba member Doug Ingram riding his new Envo Flex hybrid trike at Birds Hill Provincial Park
(see Doug's article starting on page 17)*



**Thank you to the
Manitoba Paraplegia
Foundation for their
continued financial
support of ParaTracks
and Manitobans living
with spinal cord injury.**

New Staff Introductions

My name is [Alina Rose Babu](#) and I joined the SCI Manitoba team in July 2023 as a Rehabilitation Counsellor – Transitional Services. This is my second job in Canada since immigrating in the year 2022. I feel a deep sense of accomplishment when I mention that I work for SCI Manitoba, where I can support people with spinal cord injuries and I hope to become a part of their successful transition into the community.

I have worked for various organizations and institutes in different roles. I started my career as an Assistant Professor in psychology. Then focused more on supporting people who were struggling with their mental health. I also worked as a community support worker. I completed undergraduate and graduate degrees in clinical psychology from India and obtained the Canadian equivalency for same. I also did a lot of training and volunteer programs in the mental health field. In all the different fields where I have worked, my main focus has been to make a positive impact in people's lives and I have witnessed people transition into a better and more meaningful life through my career journey. That makes me feel happy and motivates me to stick with the helping profession. I look forward to continuing my journey with SCI Manitoba.



My name is [Terra Coulter](#). I was newly hired by SCI Manitoba as a Rehabilitation Counsellor - WCB Services position, and have more recently stepped into the Hospital Services position working with patients on the unit at RR5. I am a recent graduate of the Applied Counselling program at the University of Manitoba, and have been a board member and volunteer with the Spina Bifida & Hydrocephalus Association of Manitoba for many years. My lived experiences have led me to pursue a career in the helping profession. As a parent of a child with spina bifida, I have experience navigating the services that may be relevant for persons with disabilities and am familiar with the struggles that go along with that. I am thrilled to be working with the team at SCI Manitoba and look forward to connecting with you.



New Staff Introductions

My name is **Jill Newbury** and I am the newest member of the team as a Rehabilitation Counsellor – Indigenous Services. I graduated with a Bachelor of Health Sciences Degree from McMaster University in May 2021. I have worked all over the province as a doula and midwife student. During the pandemic lots changed for everybody especially in health care. What drew me to that profession and lifestyle was the desire to return birth and essentially health care back to rural and Indigenous communities. After the pandemic I broadened my career goals and looked at health care access, health promotion and harm reduction for more than just catching babies. We need healthy communities and dedicated allies and advocates to help support the needs of the people no matter where they live. I have since then worked in setting up mobile clinics to run in rural Manitoba, worked in immunization clinics across the province. As a descendent of settlers, I have been privileged and honored to have been welcomed into a few communities and attended ceremony and sweats. I have volunteered for over 20 years helping set up tipis and do different activities with all folks of all ages, and with my youngest helping her explore her culture and celebrate what her ancestors could not. I look forward to using my clinical and life experiences to advocate and support those living with spinal cord injury across Manitoba.



SCI Manitoba extends its sympathies to the families of the following loved ones who recently passed away:

*David Boese
Douglas Cauldwell
Harriet Chicago
Anthony Coe
Barry Erenberg*

*Brian Fuller
Roger Gaida
Melvin Goodwin
Sandra Harder
Harvey Janzen
Allan Lewis*

*Lorenzo Nelson
Carol Scherpenisse
Brian Surman
Dennis Walker
Stjepan Zokvic*

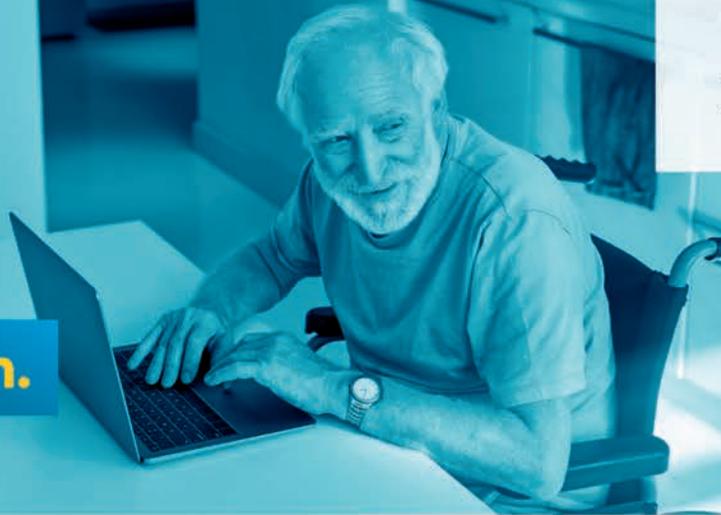


SHIFT
ACCESSIBILITY CONTRACTORS

Safety.

Quality.

Professionalism.



Inclusive Accessibility Renovations & Home Modifications

We want to help you live in your home and lead a comfortable and independent lifestyle.



get in touch



204-816-8699



info@shiftaccessibility.com



accessiblerenovation.ca



**GO ORDERLY'S SERVICES
HELP YOU ACHIEVE YOUR GOALS**

HOME OR ON THE ROAD PERSONAL CARE ANYWHERE!

BOOK NOW! 204-783-7881

- DIALYSIS TRANSPORTATION
- MEDICAL APPOINTMENTS
- SAFE PATIENT DISCHARGE
- ACCESSIBLE VEHICLES AVAILABLE FOR SALE

Goorderly@gmail.com

Goorderly.ca

**> Wheelchair services
> Transportation vouchers accepted**



Accredited with: MPI, Wpg Rehab Hospital, BBB, WCB, Medavie BlueCross, EIA

STAFF EMAIL ADDRESSES AND PHONE EXTENSIONS

204.786.4753 or toll-free in Manitoba 800.720.4933

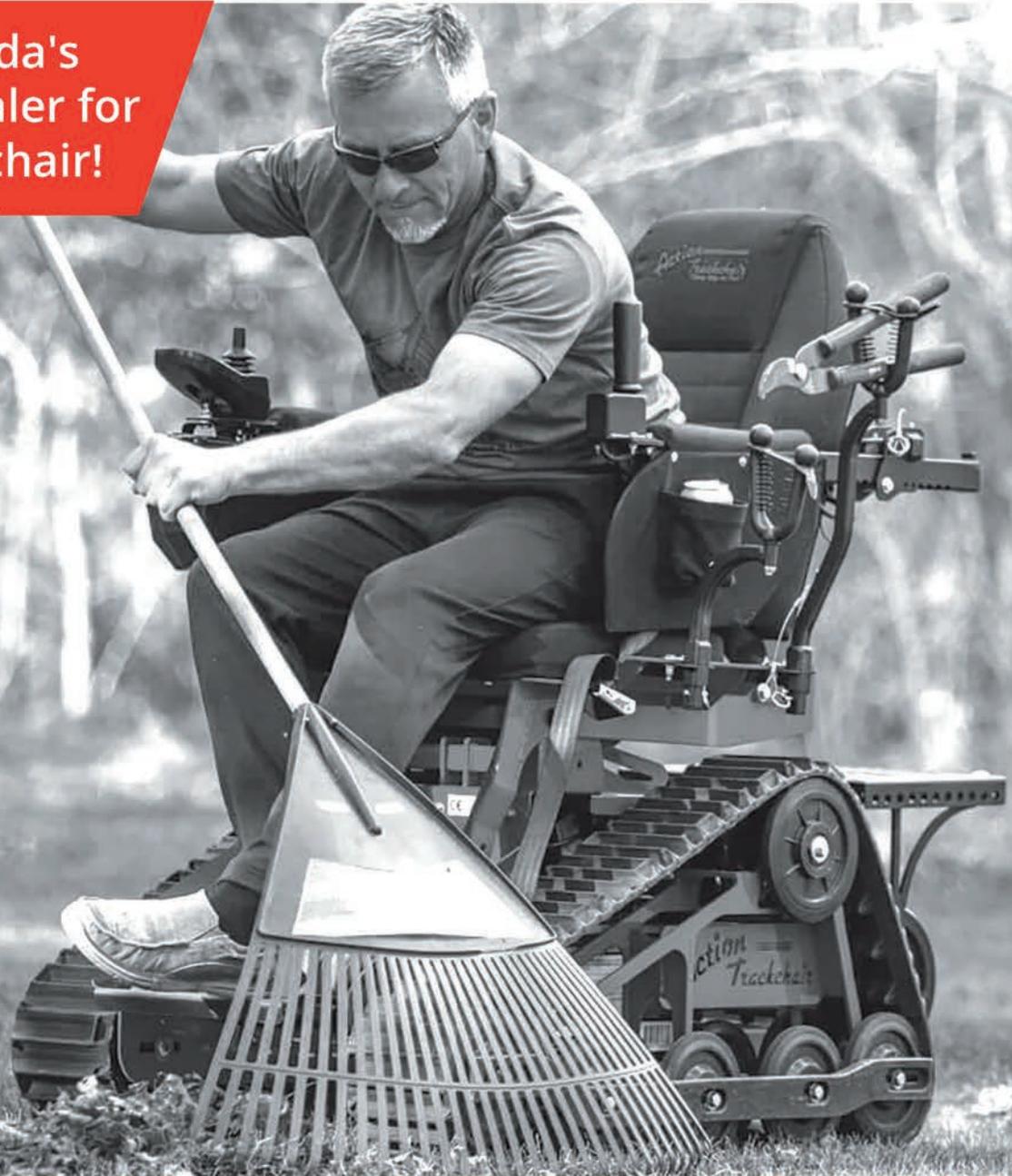
Alina Rose Babu Transitional Services	arbabu@scimanitoba.ca	235
Gail Burnside Director of Rehabilitation Services	gburnside@scimanitoba.ca	229
Jill Newbury Indigenous Services	jnewbury@scimanitoba.ca	228
Adrienne Conley Executive Assistant	aconley@scimanitoba.ca	222
Artem Dolia Transitional Services	adolia@scimanitoba.ca	230
Laurence Haien Vocational Services (Senior)	lhaien@scimanitoba.ca	234
Darell Hominuk Vocational Services	dhominuk@scimanitoba.ca	226
Dan Joanisse Executive Director	djoanisse@scimanitoba.ca	224
LéAmber Kensley Health Promotion Services	lkensley@scimanitoba.ca	231
Neil Okumura Accounting Officer	nokumura@scimanitoba.ca	221
Annika Onosson Indigenous Services	aonosson@scimanitoba.ca	223
Terra Coulter Hospital Services and WCB Services	tcoulter@scimanitoba.ca	225

Participate more fully in all aspects of daily life

Medical products and solutions for people with spinal cord injuries and related disabilities so they can have more control of their day-to-day.

Central Canada's
Exclusive Dealer for
Action Trackchair!

Ask us about how
to customize a chair
for you **TODAY.**



Daily-Living Aids • Medical Supplies • Mobility & Lift Equipment

**THE
ACCESS STORE**

We Understand, Personalize and Deliver

 **204.589.8955**

www.theaccessstore.com

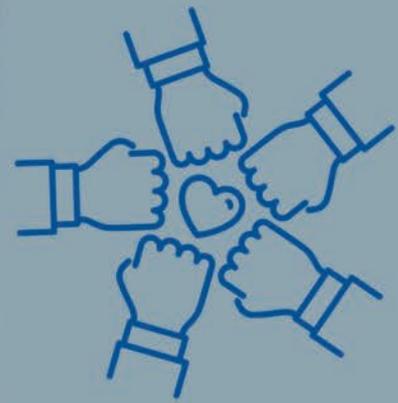
324B Keewatin St. Winnipeg, Manitoba

Toll Free:

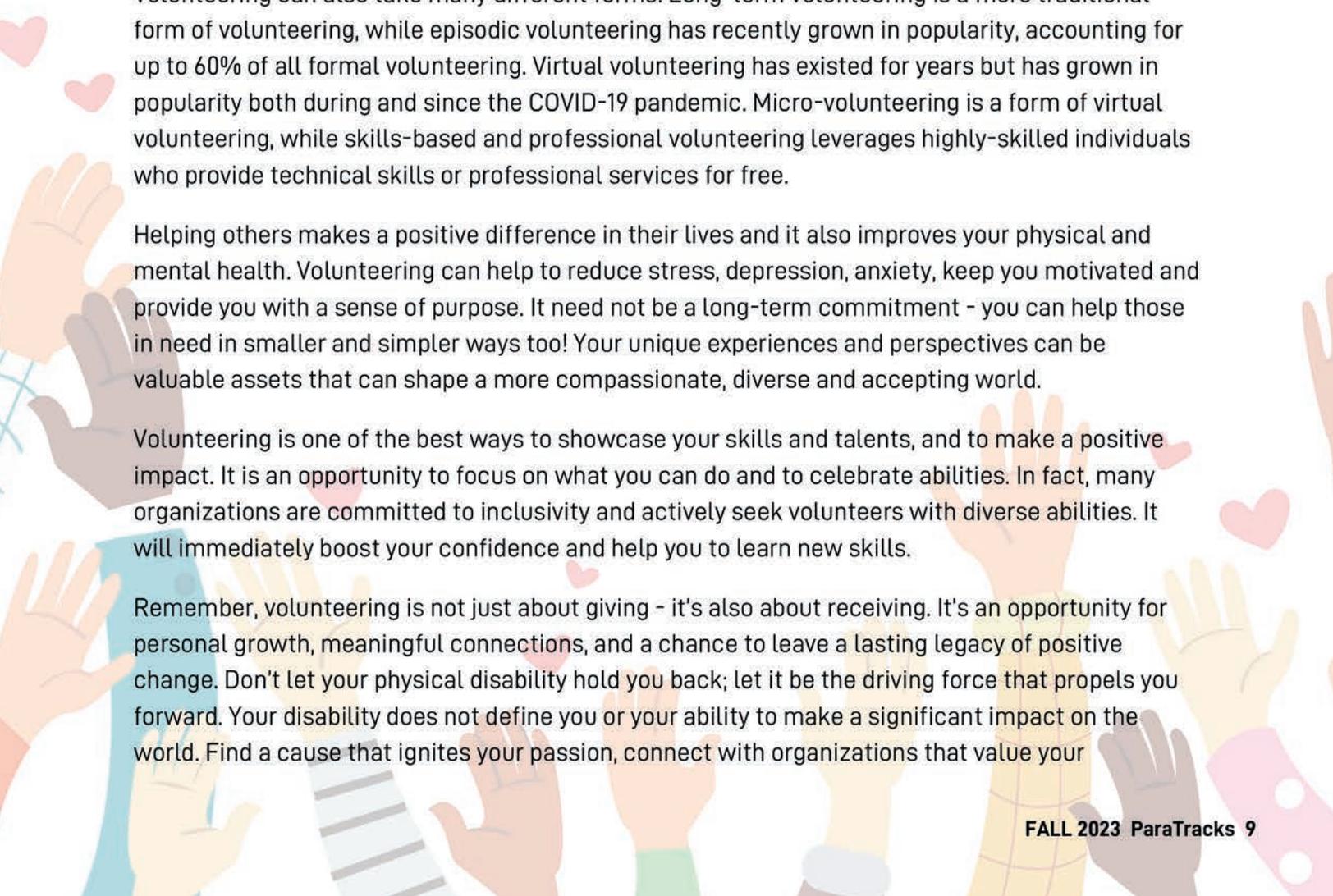
1-800.670.1670



THE POWER OF VOLUNTEERING



Have you ever thought about the benefits of volunteering? Some of us have already experienced its benefits through our volunteering journey. But some don't recognize its inherent value, believing it's just a waste of time where you devote your personal time and effort but get nothing in return. It's partly true - you are not remunerated for volunteering, but it doesn't mean you get nothing in return. Volunteering can be an exciting and enjoyable experience. The right selection can help you to connect with your community, build new relationships, learn new skills, upgrade your existing skills, advance your career, and even make you feel happier and healthier than before. Volunteering plays a crucial role in shaping a compassionate and interconnected society.



Volunteering can also take many different forms. Long-term volunteering is a more traditional form of volunteering, while episodic volunteering has recently grown in popularity, accounting for up to 60% of all formal volunteering. Virtual volunteering has existed for years but has grown in popularity both during and since the COVID-19 pandemic. Micro-volunteering is a form of virtual volunteering, while skills-based and professional volunteering leverages highly-skilled individuals who provide technical skills or professional services for free.

Helping others makes a positive difference in their lives and it also improves your physical and mental health. Volunteering can help to reduce stress, depression, anxiety, keep you motivated and provide you with a sense of purpose. It need not be a long-term commitment - you can help those in need in smaller and simpler ways too! Your unique experiences and perspectives can be valuable assets that can shape a more compassionate, diverse and accepting world.

Volunteering is one of the best ways to showcase your skills and talents, and to make a positive impact. It is an opportunity to focus on what you can do and to celebrate abilities. In fact, many organizations are committed to inclusivity and actively seek volunteers with diverse abilities. It will immediately boost your confidence and help you to learn new skills.

Remember, volunteering is not just about giving - it's also about receiving. It's an opportunity for personal growth, meaningful connections, and a chance to leave a lasting legacy of positive change. Don't let your physical disability hold you back; let it be the driving force that propels you forward. Your disability does not define you or your ability to make a significant impact on the world. Find a cause that ignites your passion, connect with organizations that value your



contributions, and be the change you wish to see in the world. As a bonus, your engagement in volunteering challenges stereotypes and misconceptions about individuals with disabilities, promoting a more inclusive and understanding society. Be a source of inspiration for others.

Here are some useful volunteering resources:

Winnipeg Humane Society: The Winnipeg Humane Society is dedicated to protecting animals from suffering and promoting their welfare and dignity. They also offer a Special Needs Volunteer Placements program for people with disabilities.

Address: 45 Hurst way, Winnipeg, MB, R3T 0R3

Volunteer services phone number: 204.982.2043

Main phone: 204.982.2021 / Fax: 204.663.9401

Harvest Manitoba: Harvest Manitoba is a food bank that supports a network of other food banks across the province that cater to local community needs. You can sign up for volunteer opportunities by contacting Manitoba Harvest at volunteer@harvestmanitoba.ca.

Address: 1085 Winnipeg Ave. Winnipeg, MB, R3E 0S2

Volunteer services phone number: 204.982.3582

Main phone: 204.982.3663

Siloam Mission: Siloam Mission is a Christian humanitarian organization that alleviates hardships and provides transition opportunities for those experiencing homelessness in Winnipeg. Contact Siloam Mission at volunteer@siloam.ca.

Address: 300 Princess street, Winnipeg, MB, R3B 1M3

Phone number: 204.956.4344

Volunteer Manitoba: This is the central agency for volunteering in Manitoba. Find volunteer opportunities, training, and other activities on their website www.volunteermanitoba.ca.

Address: Suite 511-428 Portage avenue

Winnipeg, MB, Canada, R3C 0E2

Phone: 204-477-5180

NEEDS Inc: Newcomers Employment & Education Development Services is a non-profit, charitable organization that assists newcomers with integrating into Canadian life more easily. They have both in-person and virtual volunteering opportunities for people with all abilities. You can find more information on their website at www.needsinc.ca or by emailing volunteers@needsinc.ca.

Address: 251-A Notre Dame Avenue, Winnipeg, Manitoba, Canada, R3B 1N8

Volunteer services phone number: 204-940-1279 / Main phone: (204) 940-1260

Alina Rose Babu, Rehabilitation Counsellor - Transitional Services

Sources:

www.helpguide.org/articles/healthy-living/volunteering-and-its-surprising-benefits.htm

www.habitat.org/sites/default/files/documents/Value-of-Volunteering-EvidenceBrief.pdf



Addressing the Housing Needs of People with Spinal Cord Injury / Dysfunction

**WE ARE LOOKING FOR PEOPLE WITH
SPINAL CORD INJURY / DYSFUNCTION
(SCI-D), FAMILY MEMBERS &
PROFESSIONALS TO TAKE PART IN A
STUDY EXPLORING HOUSING NEEDS.**



This qualitative study is asking members of the

SCI/D community to take part in a 1 hour interview or focus group to discuss:

- acquiring housing post-SCI/D;
- challenges being experienced with housing;
- strategies & solutions to optimize housing.

This project is part of a larger initiative to develop a Tool-Kit to help people with SCI/D optimize their housing.

WHAT IS INVOLVED?

Interviews or focus groups over the phone or Zoom.



TO LEARN MORE, PLEASE CONTACT:

Kirstin Yuzwa, Research Associate
+1 (416) 226-6780 x57605 or HousingStudy@sunnybrook.ca

Funding for this study is provided by the Craig H. Neilsen Foundation

PRINCIPAL INVESTIGATOR: Dr. Sander L. Hitzig, Senior Scientist

Phone: +1-416-226-6780 x 57177

Email: sander.hitzig@sunnybrook.ca

This study has received ethics approval from the
Sunnybrook Health Sciences Centre.





VaPro Pocket™ catheters now provide more options for 100% No Touch Protection.

Now available with or without an integrated collection bag. The protective tip and sleeve of VaPro™ catheters have been tested and have been shown to prevent the transmission of bacteria that may cause UTIs.¹



Scan to visit website

Request a sample today!
Visit www.Hollister.ca/en-ca/VaProPlusPocket
or call 1.800.263.7400

1. Hollister data on file, ref-00814, July 2018

Prior to use, be sure to read the Instructions for Use for information regarding Intended Use, Contraindications, Warnings, Precautions, and Instructions. Hollister, the Hollister logo, VaPro, VaPro Plus Pocket and VaPro Pocket are trademarks of Hollister Incorporated. © 2023 Hollister Incorporated.

VaPro Pocket™
No Touch Intermittent Catheter

VaPro Plus Pocket™
No Touch Intermittent Catheter



Making a difference in the journey of life.

Ask a Rehabilitation Counsellor



In our last edition of ParaTracks, we responded to a member's question about employment, financial supports and resources following the onset of a spinal cord injury. Much was shared about human rights, Employment Insurance, employee benefit plans, Canada Pension Plan Disability, and Manitoba Supports for Persons with Disabilities. In this issue, we continue the conversation with a focus on tax relief. There are several benefit programs offered by the Canada Revenue Agency (CRA) and Government of Manitoba, so we will be highlighting key programs most relevant to people living with spinal cord injury and their primary caregivers.

The [Disability Tax Credit](#) (DTC) is a non-refundable federal tax credit that helps people living with disabilities reduce the amount of income tax they may have to pay in a given year. This is claimed on your income tax return. You or the supporting family member must meet certain requirements for eligibility. If you have a severe and prolonged impairment, you may apply for the credit. If you are approved, you may claim the credit at tax time.

There are two parts to complete on the T2201 application. You or your representative completes Part A. Your medical practitioner completes Part B. These can be mailed or completed digitally and submitted online. While the application can be submitted at any time during the year, it is recommended you avoid a possible delay and submit your DTC application before you file your tax return. Tip: always keep copies of the documents before you submit. The CRA will send you a Notice of Determination within 8 weeks of receiving it. It is worth noting that the CRA bases their decision on the information given by the medical practitioner, so it is a good idea to ensure your medical practitioner is familiar with the impairments related to your spinal cord injury. You don't need to re-apply every year unless the CRA asks you to submit a new application. Being approved for the DTC also opens doors to other federal and provincial programs.

If your application is denied and you disagree with the decision, you have several options. You can call CRA to discuss, request a review, submit new information or file an objection.

In 2022, the base disability amount for applicants 18 years and older was \$8,870. Individuals 17 years and younger can also claim \$8,870 plus \$5,174 (supplement for children) for a total of \$14,044.

The [Canada Caregiver Credit](#) is a non-refundable federal tax credit for people supporting a spouse or common-law partner, or a dependent with a physical or mental impairment. The amount you can claim depends on your relationship to the person you are claiming this credit for, your circumstances, the person's net income, and whether other credits are being claimed for that

person. For instance, you may be able to claim your spouse or common-law partner for an amount of \$2,350 in the calculation of line 30300 on your tax return. You may also be able to claim an amount up to \$7,525 on line 30425.

You do not need to submit any documents when you file your tax return. However, it is always a good idea to keep all documents should the CRA ask to see them later. Remember that the CRA will already have Form T2201 (DTC).

The [Home Accessibility Tax Credit](#) is a non-refundable federal tax credit for people making a home accessible. You qualify if you are eligible for the DTC at any time in the year or if you are 65 years of age or older at the end of the year. You are eligible if you are a spouse or common-law partner, or family member who has claimed the amount for an eligible dependent.

The renovation must allow the qualifying individual to gain access to, or be mobile or functional within, the dwelling, and/or reduce the risk of harm to the qualifying individual within the dwelling or in gaining access to the dwelling.

If you do the work yourself, eligible expenses include building materials, building plans, permits, etc. However, your labour or tools cannot be claimed. Work performed by a family member is not eligible unless that person is registered for goods and services tax.

Generally, paid work completed by a professional (such as an electrician, plumber, carpenter or architect) qualifies as an eligible expense. Tip: If you're planning to hire a contractor to do work on your home, get it in writing!

You can claim up to \$20,000 per year in eligible expenses. To claim home accessibility expenses, complete the chart for line 31285 using your Federal Worksheet and enter the result on line 31285 of your return.

The [Medical Expense Tax Credit](#) is a non-refundable federal tax credit that you, or your spouse or common-law partner can use to reduce the tax that you paid or may have to pay. You can claim eligible medical expenses on your tax return if you, or your spouse or common-law partner paid for medical expenses for 2022. You can claim all amounts paid, even if they were paid outside Canada. Some eligible medical expenses include braces for a limb, lifts, catheters, rehabilitative therapy, mobility devices, travel expenses, etc. Visit the CRA website for a more comprehensive listing of eligible medical expenses.

You can claim eligible medical expenses on line 33099 or line 33199 of your tax return. You can then claim the total of the eligible expenses minus the lesser of \$2,479 or 3% of your net income. Tip: do not send receipts and prescriptions with your tax return - CRA recommends keeping them in case they ask to see them later.

The [Manitoba Primary Caregiver Tax Credit](#) provides recognition and financial support to individuals who serve as primary caregivers for more than 90 days during the year. Only one primary caregiver may claim a flat tax credit of \$1,400 per year for providing the unpaid care to the care recipient. This refundable tax credit is not income tested, which means you can claim it even if you do not have taxable income. The credit helps to cover your caregiver expenses such as shopping, transport, outings and respite.

To be eligible, both the primary caregiver and care recipient must be residents of Manitoba. The primary caregiver may be a spouse, other relative, neighbor, or friend who provides care without payment. The care recipient must be assessed by Manitoba Home Care as requiring Care Levels 2, 3, or 4 while living at home.

Eligible applicants can download the Registration Form from the Government of Manitoba Finance website. The completed form is then mailed or emailed to the Manitoba Tax Assistance Office. It is recommended that you claim the Primary Care Giver Tax Credit on your personal income tax return beginning in the year of registration. Tip: Keep original copies of all relevant documentation in case it is requested by Manitoba Finance or the Canada Revenue Agency to substantiate your claim.

The [Manitoba Pharmacare Program](#) is a drug benefit program for Manitobans, regardless of age, whose income is seriously affected by high prescription costs. Pharmacare coverage is based on both your total family income and the amount you pay for eligible prescription drugs. The total family income is adjusted to include a spouse and the number of dependents, if applicable.

Each year you are required to pay a portion of the cost of your eligible prescription drugs. This amount is your annual Pharmacare deductible. Pharmacare sets your deductible based on your adjusted family income. The total income is determined from line 150 of your 2021 CRA Notice of Assessment and added to the total income of a spouse (if applicable). \$3,000.00 is subtracted from the total income for a spouse and each dependent under the age of 18 years. This amount is the Adjusted Total Family Income which is multiplied by the corresponding percentage rate in the Pharmacare Chart to determine the Pharmacare deductible. For instance, if the Adjusted Total Family Income is less than \$15,000, the Pharmacare Deductible Rate is 3.23%. If the household income is \$75,000 or greater, the deductible is 7.28%. It is worth noting that the minimum deductible for Pharmacare is \$100. A time payment plan is available to help you pay your deductible in instalments. The program is called the Deductible Instalment Payment Program for Pharmacare – it allows you to pay your deductible interest free as an additional amount on your monthly Hydro bill.

This article is only a snapshot and provides a current overview of the federal and provincial tax relief credits and considerations for individuals living with spinal cord injury and their caregivers. If you have any questions, feel free to contact your rehabilitation counsellor.

Darell Hominuk, Rehabilitation Counsellor - Vocational Services

Manitoba Paraplegia Foundation (MPF) News

MPF Trustees

Doug Finkbeiner, K.C. (President)

Dr. Kristine Cowley (Vice-President)

James Richardson Jr. (Treasurer)

Lyall Hallick

Dr. Lindsay Nicolle

Leonard Steingarten

John Wallis

MPF funds go to work in four main areas that are not supported by any other sources in Manitoba: special projects, product testing, research, and direct aid to Manitobans living with spinal cord injury who do not have the necessary financial resources for equipment and/or services. All requests for direct aid are initiated through SCI Manitoba. Individuals must provide information on their finances, explain why they cannot meet the expense within their own budget, and identify any other potential sources to support the request, including potential for contribution from family.

SCI Manitoba thanks MPF for its continued support and commitment to improving the quality of life of Manitobans living with spinal cord injury.

MPF has approved several requests for financial support totaling \$12,996 since the last issue of ParaTracks, including:

- Financial support was provided to help cover expenses for an SCI Manitoba member to relocate to an accessible apartment. The member and their spouse had been living in an inaccessible apartment for the past eight years and moving to an accessible apartment at a different location will help decrease stress, reduce anxiety, improve safety, and optimize daily independent functioning.
- Funding was granted for home modifications for an SCI Manitoba member. These modifications include washroom renovations which will provide the member with the opportunity to use the washroom independently for their daily routines. As a result, the member's skin will be healthier due to independent access to the shower and toilet as they will no longer have to rely on assistance from family members. This will not only increase the member's independence, but also improve their mental health, self-efficacy and self-esteem.
- Funding was provided for the purchase of a manual wheelchair, backrest and cushion for an SCI Manitoba member for their continued independence in the community. The member's primary means of mobility is a motorized wheelchair but they have maintained their independence by having a manual wheelchair which can be loaded into the trunk of their customized vehicle. This will allow the member to continue to drive to medical appointments, business and community events, and to visit family members at their homes.

Visit MPF's website for more information at www.scimanitoba.ca/mpf. Information about applying for assistance is available by contacting SCI Manitoba by email at info@scimanitoba.ca or by phone at 204-786-4753 (toll-free 800-720-4933 within Manitoba).

New Horizons

Balancing the need for exercise with optimal function and mobility

BY: Doug Ingram, SCI Manitoba Member

In 1979, I was 16 years old. Young and stupid, I was playing around the pool doing some shallow diving until one dive went horribly wrong. If you are reading this in ParaTracks, then you know the rest of the story. Very fortunately for me, the injury was an incomplete spinal cord injury and I was able to walk again. There was some residual impact on my gait and my left hand, but for the most part, I was doing well. I thought this would be a steady state for my future, but it is all catching up with me now. About fifteen years ago, I began to notice that my balance was less steady and my gait was deteriorating. Today, walking feels like wearing heavy boots while going through waist deep water on a very windy day. I can't walk without using hiking poles and, even with the poles, I can't walk very far.

So, what to do? Readjusting my self concept, four years ago I bought a travel mobility scooter (I chose a Smartscoot). That has been marvelous for helping me get out and expanding my horizons. The scooter is lightweight, nimble, and very portable. However, its capabilities are only good for hard surfaces. Driving on grass quickly drains the battery, while sand or snow stops me dead.

Overall, the scooter worked pretty well but it was a passive ride. So, I started exploring options for not only increased capacity, but also for something more active. Riding a stationary bike at home was the only exercise I was able to do; but even so, I could not pedal hard or in full rotations. I needed to find exercise options to get me out of the house.

Three years ago, I bought a used Schwinn Meridian adult trike. Using it was very informative, it showed me that an adult trike was the way to go, but I realized I did not have the physical capacity to peddle a fixed-gear bicycle very far, so I started to research electric assist options.

I soon discovered that electric trikes (e-trikes) are expensive. It was around this time that I reconnected with Spinal Cord Injury Manitoba, and while having conversations with my counsellor, we came to the topic of funding options. This eventually lead me to apply for funding and my request was partially approved by the [Manitoba Paraplegia Foundation](#). For that I am very thankful!

SCI Manitoba asked me to write about my experience with the e-trike, but since I've only had it a few weeks, I will divide my report into two pieces: first, the research and selection process (this issue), and second, the riding/impact on my life (next issue).



Bowhead Reach Trike



Ethnic Folding Trike



Liberty Trike

There are so many products to choose from and an ever-increasing range of options. The cost is highly dependent upon the engineering involved, the type and size of the battery, the type and power of the motor, and quality of other components such as the derailleurs and the electronics. Here's a description of the basic options to consider:

Local Shops - A quick review of local bike shops shows plenty of retailers, but only a small number offer adult e-trikes for people with mobility issues. I have had conversations with Prairie Velo (www.prairievelo.ca) and EBike Winnipeg (www.ebikewinnipeg.ca), both of which offer trikes and other mobility-enabling products:

Conversions - The most economical option is to buy the components yourself and to add them to an existing trike. This works out to about \$1200, about half the cost of buying a complete unit, but it does require knowing what components are needed and the knowledge to assemble them properly.

Standard vs Reverse Trike - A standard trike has one front wheel for steering and drive, and two wheels at the back, just like when we were kids. A reverse trike has two front wheels for steering and a single back wheel for drive. The advantage of a reverse trike is significantly increased stability when executing a turn because of the wheel configuration.

Upright vs Recumbent - Trikes are offered in two basic configurations: upright seating and recumbent. Both can work well but you should consider how easily you are able to mount and dismount the trike.

Folding vs Non-Folding - Some trikes have a hinge just forward of the pedals that allows folding the frame for easy transport in a van, truck, or SUV. If you plan to transport the trike in a vehicle, consider getting one that folds. Other options for transport include a hitch-mounted cargo shelf or a small trailer. I found only one folding e-trike, the Etnnic folding trike (www.etnnic.com). However, Etnnic is made in Spain with no local distributor, and it is costly with a price tag of about \$7,000.

Step-Through Frame - Many trikes are designed with a step-through frame, so if your ability to lift your leg and put it to the other side of the frame is an issue, consider this aspect carefully.

Hub vs Mid Drive - Motors are either built into the wheel hub and drive the wheel directly, or are centrally mounted and drive the chain directly. Hub drives are best for conversions, while a mid drive has more torque, which means you can utilize the trike's gearing to a greater advantage.

Battery Capacity - Batteries are expensive, especially high capacity batteries, due to the materials used in their fabrication. But remember that you only need as much battery capacity as you are likely to use for any given journey, so instead of buying the highest capacity battery, consider purchasing the standard battery. You can always purchase a spare battery later if needed. Also, lower capacity batteries are safer for transportation.

Motor Power - Motor power is described in watts. Lower power motors are typically 250 watts; 500 watt motors are average, while 750 or 1,000 watt motors are considered high power.

Hybrid Scooter Trikes - This is my name to describe a category of trikes that are essentially a crossover between a higher capacity mobility scooter and a pedal-assist trike. They have larger wheels than a scooter but smaller than a regular trike. The battery capacity, motor, and speed are limited compared to other trikes. Liberty (www.libertytrike.com), Lectric (www.lectricebikes.com), and Rad (www.radpowerbikes.com) are the leaders in this category.

Mid Range or Cargo Trikes - There are a lot of trikes in this category. They typically have larger wheels and tires than hybrid trikes, as well as larger motors and higher capacity batteries. As a bonus, they are often equipped with generous cargo baskets. These trikes are in the \$3,500 range.

Adventure and Custom Trikes - Yes, there are custom builders who are able to fabricate really amazing trikes tailored to individual needs and preferences. Bowhead is one company that produces adventure trikes capable of exploring backcountry trails, but you can expect to pay upwards of \$15,000 USD for their custom trikes (www.bowheadcorp.com).

So, with all of that, what did I choose, and why? First of all, let me acknowledge that there is no perfect solution. Everyone has their own particular circumstances of need and resource that direct decision making.

What I really wanted was a trike that was more capable than my little scooter, that could manage different surface conditions, go further, operate in winter, and be an active ride for exercise. I wanted an upright position because I find it nearly impossible to get up from a low position. In the end, I chose the Envo Flex (www.envo-drive.com/products/envo-flex-trike). Envo is a Canadian company so they have local dealerships and I felt their engineering was better suited to our climate. I've only had the trike for a few weeks so I'll be back in the next issue to report on how the e-trike has impacted my life.



Doug Ingram riding his Envo Flex Trike at Birds Hill Provincial Park

Interview Participants Needed



University
of Manitoba

A First Look at the 1967 Paraplegic Games: Exploring Impacts on Local Para Sport and Educational Resources

This research project is to learn about the inaugural Paraplegic Games (Pan American Wheelchair Games) that took place in 1967 in Winnipeg Manitoba. Interviews will be between an hour to an hour and a half.

Fall 2023

INTERVIEW PARTICIPANT CRITERIA:

- You attended the 1967 Paraplegic Games as a coach, athlete, administrator or spectator
- You know someone who attended the games as a coach, athlete or administrator

Principal Investigator: Colleen Moyer
moyerc@myumanitoba.ca

Research Supervisor: Russell Field
russell.field@umanitoba.ca

Please email Colleen Moyer for more information or if you are interested in participating at:

moyerc@myumanitoba.ca

STRESS REHEARSAL



Winnipeg airport's tour program takes the guesswork out of flying

By: Eva Wasney | Reproduced with permission from the Winnipeg Free Press / August 12, 2023

Flying can be a stressful venture. For travellers with disabilities, the journey from check-in to boarding can come with an additional set of concerns.

In 2020, the Winnipeg Richardson International Airport introduced a new passenger rehearsal program to give local fliers a better sense of the process that awaits them when they arrive at the terminal. Over the last three years, airport staff have conducted nearly 75 specialized tours for individuals and families.

"We're here for anyone that wants to have a familiarity before they travel," says Christina Redmond, director of terminal operations with the Winnipeg Airport Authority (WAA). "What we have seen is that the demographic of those that experience travel barriers are more interested in the program because it gives them that bit of research before they show up."

When it was launched, the rehearsal program was the first of its kind in Canada. Similar initiatives have since been rolled out at airports in Vancouver and Victoria.

The Free Press recently followed along on a mock passenger tour with staff from Inclusion Winnipeg, a local disability advocacy group and a member of the airport's accessibility advisory committee.

"It's grounded in human rights," Janet Forbes, executive director of Inclusion Winnipeg, says of the airport's overall accessibility efforts. "If you can't travel because no one's going to take care of your needs, that's a really discriminatory approach."

Luke Armbruster is an administrative assistant with Inclusion Winnipeg and a wheelchair user. While he's travelled extensively with his parahockey team, it can be a nerve-wracking experience to check his wheelchair and anticipate the barriers that might arise during the trip.

"It does help out having some prior knowledge of what you're going into," Armbruster says. "Personally, I've always travelled with family or teammates, but having the option (to tour the



MIKAELA MACKENZIE / WINNIPEG FREE PRESS

WestJet employee Angelo Templo checks in Luke Armbruster, administrative assistant with Inclusion Winnipeg, during a passenger rehearsal program tour at the Winnipeg Richardson International Airport.

airport) if I were travelling individually is really important."

The rehearsal program tours are tailored to each passenger's needs and offer step-by-step instruction on the airport experience, from parking to check-in to security to boarding.

"The journey touchpoints are always the same," Redmond says. "But the conversation is often very different because we individualize it to whoever's in front of us and whatever barriers they're going to face."

Redmond recommends reaching out to the airport three months in advance of a booked trip, but accommodations can be made on a tighter timeline. The goal is to mirror an impending itinerary as closely as possible.

During the tour, which starts at the info booth on the arrival level of Richardson International, Redmond points out various adaptive amenities throughout the building, such as the locations of accessible washrooms, elevators, visual announcement boards and Braille signage.

The airport is also navigable via smartphone applications MagnusCards and Aira, which are designed for users with cognitive disabilities and visual impairment, respectively.

Last year, the WAA unveiled a fleet of six autonomous wheelchairs for pre-boarding use, and green floral identification badges are available through the Sunflower Lanyard program for passengers with hidden disabilities who may require additional assistance. Free sensory kits are in the works.

"We're always working towards better instead of perfection," Forbes says, adding that the airport has made significant accessibility strides in recent years. "When I'm talking to people who come from other places... they often talk about how easy it is to access information here."

Rehearsal tour members are given faux documents, including a passport and boarding pass, to better mimic interactions with ticketing agents and security personnel.

While the WAA oversees operations at the airport, there are many different airlines and businesses with differing sets of accessibility standards occupying the facility, which means snags can arise. In an effort to streamline the passenger experience, Transport Canada now requires airlines and airports to publicly share their internal accessibility plans.

"Airlines have had very similar expectations for years around staff training, their familiarity with assistive devices and how they interact with someone who might be facing a barrier," Redmond says. "As of June 1, they've had to officially put (those expectations) into writing."

At security, tour participants are allowed to approach the portal and observe the screening process. Redmond describes how outerwear might need to be removed, what kinds of items are allowed in carry-on luggage and how pat-downs are conducted for passengers with limited mobility. Getting used to the sights and sounds of metal detectors and security machinery can be helpful for those with sensory differences.

In the departure lounge, tour groups are able to practice travelling up and down the bridge and onto a plane, if one is available. Redmond demonstrates the assistive devices airline staff can employ to help mobility aid users board and transfer into their seats, such as a narrow aisle wheelchair or an automated lift.

While the passenger rehearsal program is an opportunity for visitors to learn about the amenities available, it's been an equally enlightening experience for the airport authority.

"We learn a little something from every rehearsal," says Redmond, adding that user feedback is often discussed during the organization's accessibility committee meetings.

Rehearsal tours can be booked by sending an email to info@waa.ca or calling 204-987-9402. Visit waa.ca for more information on the airport's accessibility features.



GO Orderly

ACCESSIBLE VEHICLES FOR SALE

LOOKING TO BUY OR SELL ACCESSIBLE VEHICLES?

- ASK US ABOUT HAND-CONTROLLED OPTIONS
- SIDE ENTRY OR REAR LOADING VEHICLES
- WHEELCHAIR VEHICLES FOR SALE
- TRANSPORTATION SERVICES AVAILABLE

CALL NOW! 204-783-7881

Goorderly@gmail.com

Goorderly.ca

Drive yourself or call us to book our transportation services

Accredited with: MPI, Wpg Rehab Hospital, BBB, WCB, Medavie BlueCross, EIA

FREEDOM TO CHOOSE



URO
Medical Supplies

Specializing in products and services for people with spinal cord injuries, spina bifida and other physical disabilities.

Latest Products & Technologies

Superior Customer Service

Peer Support

Membership Rewards Program

Supporting The Community

Expedited Shipping



Official Canadian Distributer of MyoCycle Functional Electrical Stimulation Bikes



204.479.7588

| TOLL FREE: 1.866.657.3330 |

JARED@UROMED.CA

WWW.UROMED.CA

Food Banks and Special Diets

Community-based resources like food banks play a crucial role in supporting individuals who are facing financial hardships. Many people find themselves in a situation where they struggle to afford basic necessities like food, especially after paying rent and other bills. For some individuals, accessing nutritious food is essential for sustenance, while for others, it involves preserving cultural traditions and maintaining health.

Some may not know that the food bank they access, although limited, can support their needs.

If they have a special diet or are following cultural practices, their needs can be met. There are more than 30 organizations in Manitoba where emergency food can be accessed in times of need.

Harvest Manitoba supports a large network of food banks across Manitoba and serves approximately 108,000 individuals each month. They have donation-run churches that provide specific items to specific groups, and there are also many other sites operated under the Harvest Manitoba umbrella providing vital support to individuals who have specific food needs.

Because spaces are limited it's important for clients to call for an appointment. Harvest Manitoba distributes to 360 food banks and agencies in every region of the province. Some emergency sites provide breakfast, lunch, and dinner, while others may only offer lunch along with other necessities. Others may have a limited number of hampers that are available on a first-come, first-served service basis.

The first step in obtaining a hamper from Harvest Manitoba is to simply contact the food support assistance line, and then attend your scheduled appointment. You can register online or by phone. Returning members can call or email to resume services.

There are food banks that support individuals with special needs due to cultural or religious practices, and special diets related to food allergies. It's a simple matter of letting the food bank know what your needs are, and they will provide the information to the appropriate site that will cater to your needs.

With the number of individuals who need support from the food banks with special diets, it's important to keep calling for an appointment as spaces are limited. Their hours of operation are Monday to Friday from 9:15am to 3:15pm, and Saturday 9:15am to 12:15pm. New clients can call 204-982-3671, and returning clients call 204-982-3660. If living outside Winnipeg, call 1-800-970-5559. You can also find Harvest Manitoba online at www.harvestmanitoba.ca.

Annika Onosson, Rehabilitation Counsellor - Indigenous Services



Travelling as a catheter user



Being well prepared is a good first step for a carefree holiday! To help you get ready for your vacation, our friends at Coloplast have gathered some information and a few tips for you in this article.

These are general guidelines meant to help with a few commonly asked questions. You should always follow the specific instructions given by your healthcare provider.

Before going away

Order extra products and order them well in advance. That way, you'll be sure you have enough products in time for your trip.

It's a good idea to order some compact catheters to bring along. SpeediCath® Compact Set catheters are an all-in-one catheter and bag solution – perfect for travelling! They are discreet, instantly ready to use, and come in both male and female versions.

Compact catheters have three main advantages when you're on-the-go:

- Compact catheters are pre-lubricated and ready to use. This also reduces the chances of bacteria and thus UTIs (compared to non-lubricated catheters).
- They're discreet and clean. You can toss them in the trash or keep them in your pocket after usage.
- They can hide in plain sight!

Pack a kit with all the supplies to may need on-the-go. This could include a list of your products written down with you, just in case. Taking a picture of them to have with you on your phone may also be a good idea.

On the way

Keep in mind that temperature has an impact on your products, so think about how this might affect your packing plans. If applicable, keep some supplies in the glove compartment in your car and/or bring some in your carry-on luggage if travelling by plane.

Plan your visits to the bathroom. If you're travelling by airplane, catheterize as close to boarding as possible. Try to plan all other bathroom visits during your stay, allowing time before or after an event. Set a watch or phone alarm if you're worried that you might forget!

At your destination

Be sure to stay hydrated! When you travel in hot climates, you risk becoming dehydrated. Most people should aim to drink 1.5-2 liters of water per day unless your healthcare provider says otherwise. When it's hot outside, you need to drink even more water.

If you're not sure about the quality of the tap water, keep in mind:

- Use bottled water to brush your teeth
- Order drinks without ice
- Don't eat raw fruits or vegetables washed in tap water

How do you know if you've consumed enough water? One way to gauge your hydration level is to look at the colour of your urine. If you're well-hydrated, it will probably be pale, and you'll urinate regularly throughout the day.

Travelling should be a fun and exciting experience. With a little extra preparation and planning, you can have a worry-free vacation! Looking for more travel tips? Check out Coloplast's free travel guide for catheter users (www.coloplast.ca/en-ca/bb-landing-pages/ic-travel-guide)!

If you are interested to learn more about SpeediCath® catheters, get in touch with a Coloplast Care Advisor today at 1-866-293-6349 or email casupport@coloplast.com.





Proud History | Vibrant Future

MEMBERSHIP APPLICATION

YES!

Count me in as a member of Spinal Cord Injury Manitoba Inc. All members receive "ParaTracks" SCI Manitoba's newsletter and voting privileges at the Annual General Meeting.

Members also receive discounts at various health care supply stores.

Stevens Home Health Care Supplies (10% off supplies & equipment), The Access Store (10%), Northland Home Health Care (10% off medical supplies) and Fido Mobile (\$10 off monthly phone plan).

PLEASE ENTER MEMBERSHIP FOR:

NAME:

ADDRESS:

CITY: PROV:

POSTAL CODE: PHONE:

E-MAIL:
(PROVIDING YOUR E-MAIL ADDRESS WILL HELP SAVE ON MAILING COSTS)

SIGNATURE: DATE:

I wish to select the following category of Membership:

- MEMBER \$15 - \$24
- SUPPORTING MEMBER \$25 - \$99
- SUSTAINING MEMBER: \$100 - \$249
- CHARTER MEMBER: \$250 - \$499
- PATRON MEMBER: \$500 AND OVER

All Monies donated remain in Manitoba to support SCI Manitoba. An income tax receipt will be issued for any amount over \$15.00. Sustaining, Charter and Patron Members will receive recognition of their generous contribution in the context of events such as our Annual General Meetings or in the programs of other SCI Manitoba functions.

- _____
- NEW RENEWAL

*Make cheque payable to: Spinal Cord Injury Manitoba
Mail to: 825 Sherbrook Street, Winnipeg MB R3A 2M5*

IMPORTANT!

By signing above, you are consenting to the use of your personal information (name and address only) by SCI Manitoba for the purposes of sending out SCI's newsletters, membership cards and receipts, reminder notices and meeting notices. SCI Manitoba does not sell or trade personal information and does not rent out its mailing lists.

For more information: Phone: 204-786-4753 Fax: 204-786-1140 Email: info@scimanitoba.ca
Toll free within Manitoba: 1-800-720-4933