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ON THE COVER: SCI Manitoba member and elite para-triathlete Leanne Taylor is heading to Paris this summer representing Canada at the 2024 Paralympic Games.

Photo by Canadian Sport Centre Manitoba



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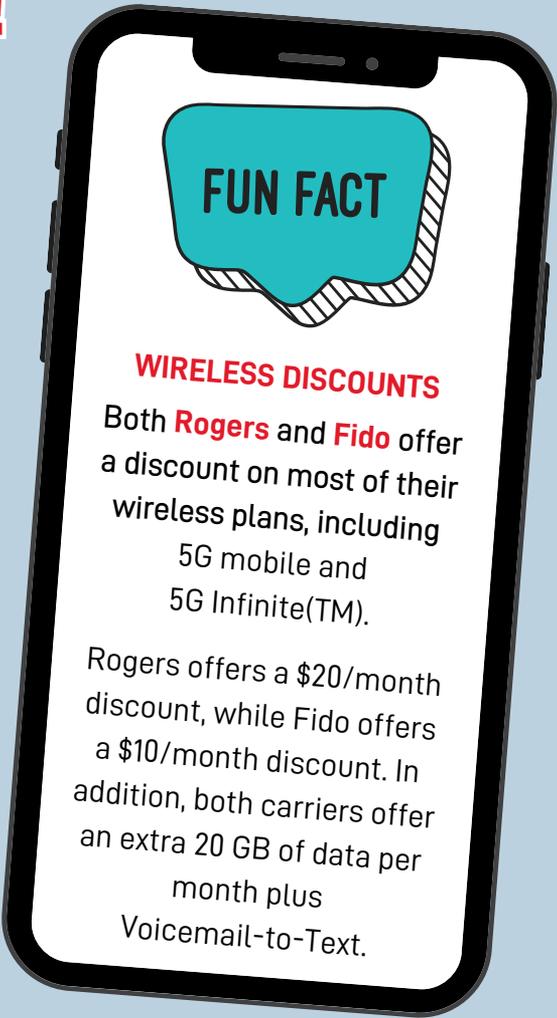


ANNOUNCEMENTS!!



SCI Manitoba member Willie Penner and his wife, Lena, welcomed the birth of their first child, Jeremiah, on March 14, 2024. Congratulations!

If you have news to share with SCI Manitoba and the readers of ParaTracks, please contact us at info@scimanitoba.ca.



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- Evelyn Wasney*

Introducing Alexandria Toews . . .

My name is Alexandria, and I joined Spinal Cord Injury Manitoba in late February 2024 as a Rehabilitation Counsellor in Vocational Services. I have trained in Mindfulness-Based Chronic Pain Management from the University of Toronto and graduated with a B.A Honours Psychology degree from the University of Winnipeg with an undergraduate thesis in 2023. My thesis focused on chronic pain couples and their life and relationship satisfaction when utilizing mindfulness. I am passionate about managing chronic pain based on my academic interests and lived experience.

I have worked for another non-profit organization helping with reunification of families. I have more than ten years of

experience volunteering to help the community through family unification, peer counselling, and preparing support for those needing

housing and jobs. I aim to impact peoples' lives positively by calming self-doubt and readjusting self-concept. My lived experience and academic interests led me to pursue helping professions, and I am excited to have the opportunity to do so at SCI Manitoba. I look forward to connecting with you!



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Taylor knows she belongs with the best

Oak Bluff para-triathlete having breakthrough season in run-up to Paris Paralympic Games

By Joshua Frey-Sam | Reproduced with permission from the Winnipeg Free Press / July 11, 2024

Leanne Taylor now knows she can outduel the best para-triathletes in the world.

Recently met with the ultimate sense of self-belief, the Oak Bluff resident is on a roll heading into her first Paralympic Games and has become a real threat to medal in Paris this summer.

"I am the kind of person who needs to see the same thing multiple times to believe it," Taylor told the Free Press on Thursday, a day after officially being named to the Canadian team.

Taylor, 31, has risen to No. 3 in the world after a pair of wins and two more podium finishes in her last four races.

She was inspired after her first international victory at the Americas Paratriathlon Championship in Miami, Fla. in March — which secured her spot in Paris — but remained uncertain about where she stood among the sport's top athletes. A runner-up effort at the World Triathlon Championship Series (WTCS) event in Yokohama, Japan, and a win at the WTCS in Swansea, Wales, brought even more excitement.

"The races that are the most valuable to show where you're at are the ones that have your best competition, and Japan had a lot of my best competition," she said.

It was a narrow second-place finish at the WTCS in Montreal last weekend that finally left her fully convinced that she belonged with the best.

"After Montreal was when I was willing to say, 'Every single time, I'm in this position, so that must be where I rank amongst my competitors,'" said Taylor, who now owns 11 podium finishes in 25 career races.

"I think it's been a big breakthrough season, so it's really exciting, and I think the best part about it is to be going into the Games looking at that podium and looking at that No. 1 spot and being serious about the possibility of landing on it.

"I think a lot of people are concerned, and I would've been too, that that would add a lot of pressure but I think it's just the feeling that I have right now..."

Taylor, who will race for Canada on Sept. 2, is using the next six weeks to iron out every wrinkle before she leaves for the French capital.

Next week, she flies to Flagstaff, Ariz. where she will train for two weeks at 2,000 metres above sea level, then return home for a final tune-up.

Taylor was invited to race on the Paris course last year, so she understands what she's up against. The track, she said, will have a lot of u-turns, so she's been practising ways to maintain a high speed during turns.

"We're working on really specific prep for this particular course and for what the Games is



Photo by Paul Clawson | Leanne Taylor of Oak Bluff is ranked No. 3 in the world among female para-triathletes.

going to be like. The course in Paris is quite unique in that we're actually swimming in the Seine river, so we've been swimming in rivers in Manitoba to get used to that feeling of swimming into the current," she said.

The terrain will also be different during the handcycle and (wheelchair) run portions of the competition.

"Obviously, it's an old city, so about half of the bike course is going to be on (cobblestone). So, we've been trying to prepare to make sure we can keep the cadence really high so that we can maintain momentum while we're bouncing around a bit on the cobble."

In many ways, it's still unbelievable to Taylor that she'll soon be an Olympian, given where she came from.

Her life was knocked off course a little more than six years ago when she was biking through the Bison Butte Trail in southwest Winnipeg. Despite riding a familiar trail, she hit an unexpected bump



Photo by Bernard Brault | Leanne competing at a para-triathlon event in Swansea (UK) in June 2024.

and gripped her brakes, which threw her over the handlebars.

An awkward landing caused a dislocation between the 10th and 11th thoracic vertebrae in her spine and left her paralyzed from the waist down.

Two months after her accident, while still being treated at Health Sciences Centre, Taylor was convinced by Paralympian Colin Mathieson to take a spin in a racing chair.

She was intrigued by the challenge of a triathlon and quickly latched onto the sport during a trying time.

"I think it's so rare that you say you're going to set out to do something and it comes into play exactly the way that you had imagined," Taylor said. "That's kind of how I feel going into these Games is that all of the pieces have really fallen together at the right time and in the way that we imagined.

"So, as much as I'm nervous and excited to compete, I think the most exciting take home is we set out to do this and everything that we wanted has so far come true."



Photo by Bernard Brault | Leanne displays her silver medal after success at the 2024 World Triathlon Para Series event in Montreal in June 2024.

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2024 E. Arthur Braid SCI Manitoba Merit Award

This year's recipient of the E. Arthur Braid SCI Manitoba Merit Award is Elisha Watanabe. Elisha's relationship with SCI Manitoba and our members began many years ago, initially as a staff occupational therapist and later in a senior leadership role in the Occupational Therapy Department at the HSC Rehabilitation Hospital, where she provided critical inpatient and outpatient rehabilitation services to Manitobans living with spinal cord injury. However, over the last three years, Elisha held the position of Manager, Health Services - Rehabilitation at HSC Winnipeg, where she effectively managed and led the interdisciplinary team that works daily with patients in the various rehab programs under her purview.

Many readers will remember that until a few years ago, SCI Manitoba enjoyed a much closer relationship with the HSC interdisciplinary team, with one of our rehabilitation counsellors physically present on the SCI rehab unit fulltime. Although we have remained connected to the interdisciplinary team to varying degrees during the intervening years, it was not until Elisha's arrival on the unit as manager three years ago that this critical relationship began to evolve into a more beneficial resource for patients and the team.

In this exceedingly difficult role, one that surely placed her in the middle of competing interests at times, Elisha proved to be a highly competent



Elisha Watanabe, 2024 E. Arthur Braid SCI Manitoba Merit Award recipient.

manager, tireless advocate, and formidable ally. Under her leadership and steady guidance, Elisha quickly earned the respect of the many professionals she worked alongside, including physiatry, nursing, physical and occupational therapy, social work, home care, unit and clinic staff, and undoubtedly many others within HSC Winnipeg, Shared Health, and the Winnipeg Regional Health Authority.

What is most impressive, however, is Elisha's unshakable commitment to prioritizing patient needs and employing a collaborative approach rooted in the understanding that each person is unique and deserving of interventions that fully consider all dimensions of the human experience. This foundation, shaped and polished by her academic and professional achievements, shares much in common with the work SCI Manitoba has been doing for more than 75 years - services tailored to individual needs.

While Elisha recently left her position to take on new challenges, she leaves behind for her successor a more stable and efficient rehab program, new resources and workflows to help patients better prepare for the transition back to the community, and an enhanced relationship between SCI Manitoba and the SCI rehab program.

Thank you, Elisha, for all your efforts over many years, and for your deep devotion to supporting Manitobans living with spinal cord injury. It is our great pleasure to present you with the 2024 E. Arthur Braid SCI Manitoba Merit Award!



Dan Joannis presenting the 2024 Merit Award to Elisha with daughter Emi, husband Shawn, and son Owen at her side during SCI Manitoba's annual general meeting on June 25, 2024.

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Rural Living and Home Care Services

As many readers will already know, the provincial home care program has experienced staffing challenges in recent years, due in part to low wages for workers. This is happening, of course, in the context of rising costs for everyday expenses. Low wages for homecare workers acts as a disincentive for some people considering entering the home care field and can push otherwise qualified and genuinely passionate helpers to find higher paying jobs elsewhere. Unfortunately, this leaves people who need home care support in a difficult position: move to an assisted living facility where there is far greater staffing stability or remain in the community with homecare support and enjoy greater independence but risk not always having enough care and support.

These options can be incredibly difficult for anyone to contemplate, but if you live rurally, you can expect to encounter additional challenges. This article will focus on rural living and the options for in-home support. According to Statistics Canada, as of 2021, 25% of Manitobans were living rurally.

Living in an assisted living facility is a predominant option for those needing daily assistance and can be suitable for many. For others who may be younger, not wanting a structured daily routine, or not wanting to live in a "clinical" environment, the provincial home care program is preferred because they can remain in their home and maintain a stronger, more direct connection to their community.

In addition to the better-known provincial



home care program, the WRHA also offers two lesser-known options: **self-managed care** and **family-managed care**, each of which features the WRHA handing over funds, based on assessed needs, so that the individual or family can manage all aspects of the services and supports they need, including recruiting, hiring, training, directing, and paying workers. To find out more, visit www.wrha.mb.ca/home-care.

With self-managed-care, individuals enjoy greater control and autonomy by taking responsibility for managing their own care and supports, and many SCI Manitoba members report having improved independence and quality of life as a result. Family-managed care is similar to self-managed care, except that it's the individual's family who accepts full responsibility for their family members' needs, including coordinating, managing, and directing services.

As of October 2023, 1,500 Manitobans were registered for self and family-managed care. To qualify for home care, self-managed care or family-managed care, an individual must be a Manitoba resident, have a valid Manitoba Health registration card, require health

services and/or assistance with daily living, require services to safely remain in their home, and require more assistance than is otherwise available in the community. An assessment by a WRHA Home Care Case Coordinator will determine the amount of service needed according to the standards set by the program.

Some SCI Manitoba members living rurally have reported difficulty getting homecare where they reside. So, what can be done? Unfortunately, many rural and remote communities lack adequate infrastructure and resources to support individuals, but there are options.

One of those options is **Care Possible** (through Manitoba Possible), which helps those requiring self-managed care by allowing users to search an online platform to find verified care providers that best fit their needs. The website states that while certified home care workers are welcome to sign up, certifications are not required to join the Care Possible website. Care Possible recognizes the skills people have obtained by being a parent or providing care for an aging parent. Care Possible verifies workers' identities and completes criminal and abuse registry record checks. Qualifications and



experience will be listed on worker profiles on the Care Possible platform, and workers can also provide personal details about themselves, making it easier for users to choose workers who best match their needs. The website allows users to set the days and times they need a worker and the activities they require help with, such as household chores, personal care, meal preparation, shopping, and transportation. The site then notifies users when the tasks have been completed, and users sign off on the completed activity and confirm with the website. Users add funds to their accounts online, and Care Possible allows easy payment with its secure online payment system, which pays out the previously agreed-upon wage. If you are qualified for homecare reimbursement by the regional health authority, the website can provide reports needed to file your claims. You can find out more at www.carepossible.ca.

Another resource is the **Independent Living Resource Centre** (ILRC). ILRC serves Manitobans living with disabilities by promoting choice and providing resources. One of those resources is the Personal Attendant Community Education (PACE) program. PACE is a recognized curriculum designed to train individuals to become support workers, or Independent Living Attendants (ILAs), for people living with disabilities. The course is delivered by various instructors, some of whom also live with disabilities and provide unique lived experiences. PACE aims to promote consumer choice in daily care and living decisions. The curriculum costs \$517 and lasts five weeks, running Monday to Friday from 9 am to 4 pm. Six classes can be

delivered online, while the rest require in-person, hands-on training. ILRC recognizes that in-person classes may be impossible for rural Manitobans who want to participate in supporting their loved ones or community members, and can make available staff members who live or travel throughout Manitoba and are willing to accommodate the in-person training. Natalie Pirson, the lead instructor, says ILRC is open to accommodating those living rurally. ILRC also connects those who have completed PACE to those requiring care. Upcoming PACE training sessions are scheduled for August 12 – September 13 with registration

deadline of August 5, and September 30 – November 1 with registration deadline of September 23. To find out more, visit www.ilrc.mb.ca.

Despite the challenges, there are options to help empower individuals and their families to tailor their care to specific needs. By remaining optimistic and being creative, solutions can be found.

*Alexandria Toews, Rehabilitation Counsellor
- Vocational Services*

Version Date: November 13, 2023

RECRUITING INDIVIDUALS WITH SPINAL CORD INJURY, FAMILY CAREGIVERS, AND HEALTH CARE PROFESSIONALS FOR A RESEARCH STUDY

Study Title: Co-Designing Family Centered Care across the Care Continuum

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What the study involves:

- A 1-hour telephone interview exploring development of patient care plans in the context of families, collaboration between families and health care professionals, family contexts that influence care, procedures and policies to support families, educational needs, and strategies to coordinate care across the care continuum.
- Interviews will be conducted virtually using Zoom, Microsoft teams, or telephone

Eligibility criteria:

- 18 years or older
- Person with SCI/D is at least 6 months since time of spinal cord injury
- Family member assisting with at least 1 activity per week
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1. Hollister Clinical Study, CLR-00847, 2021 2. Hollister Clinical Study, CLR-00847, 2021 3. Hollister Data on File, TR-00643, 2023 4. European Association of Urology Nurses (EAUN), Evidence-based Guidelines for Best Practice in Urological Health Care – Catheterisation, Urethral Intermittent in Adults Dilatation, urethral intermittent in adults (2013), pages 25, 33, 47
5. Hollister Data on File, CL-001027 6. Hollister Data on File, CL-001015 7. European Association of Urology Nurses (EAUN), Evidence-based Guidelines for Best Practice in Urological Health Care – Catheterisation, Urethral Intermittent in Adults Dilatation, urethral intermittent in adults (2013), pages 25, 33, 47 8. Hollister Data on file, CL-001017

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- special projects
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- direct aid to Manitobans living with SCI

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 sources to support the request, including potential for contributions 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. Since the last issue of ParaTracks, MPF has approved grants totalling \$37,745, including:

- Financial support to help cover the cost of prepaid cell phone cards for two members, which will help support the members' independence upon discharge from hospital and assist with maintaining contact with SCI Manitoba for community follow-up.
- Funding for the purchase of a pressure-relieving wheelchair cushion for an active member, which will greatly decrease the likelihood of recurring skin breakdown.
- Financial support to assist a member and his family who were urgently evacuated from their home due to a wildfire, including funding for food, medications, and lodging.
- Funding for the cost of a criminal record registry check for a member who was required to provide a clear registry report as a condition of employment.
- Funding for the purchase of a shower commode wheelchair with tilt for a member whose home care bathing services were temporarily discontinued for safety reasons. This equipment allowed the member to continue to live independently in their home instead of having to move into a personal care home.
- Funding to purchase an elevating transfer seat and wheelchair lift for a member's vehicle, which will help alleviate shoulder strain and maintain their independence.
- Funding for an electric power-assist wheelchair attachment, lightweight wheelchair wheels, and an air compressor for a member, which will relieve upper extremity strains, prolong the use of a manual wheelchair, and facilitate access to transportation in their community.

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).

Transitioning from High School to University

By Allyah Real

As I look back on my life, I'm struck by the countless moments that have shaped me into the person I am today. From the quiet moments of solitude to the loud and bustling moments of chaos, each experience has left its mark – a scar or a stain that has become a part of my story, as a T-4 incomplete paraplegic. Pieces of my past, present, and future are slowly coming together to form the intricate portrait that is me. I've come to realize that despite my varied perspectives and personal experiences, we're all searching for the same thing: a sense of belonging, purpose, and identity. As individuals, we're trying to make sense of our own significance and how we fit in within the vast narrative of human existence. My name is Allyah, a 19-year-old girl studying human rights at the University of Winnipeg.

Over the course of the first 13 years of my childhood, I was in a series of activities, constantly on the search for the next rush and experiencing new interests. For several of those years, I took part in competitive cheerleading and dancing. When I wasn't cheering or dancing, I was honing my public speaking skills through poetry reading competitions, reciting my favourite pieces with confidence and composure. But perhaps the most surprising chapter in my early life was when I led my school's drum majorette squad. Yes, you read that right - a marching band majorette! I traded in my pom-poms for a pair of batons and learned how to swing them with precision and elegance. Those 13 years were a frenzy of creativity, energy, and self-expression. I was always on the go, always trying new things, and always pushing myself to be better. And although it was exhausting at times, it was also incredibly fulfilling. I was living life to the fullest, and it felt like nothing could stop me.

In grade 6, I was diagnosed with scoliosis that would require intensive surgeries to correct as I was already dealing with the physical limitations of scoliosis, a curvature of the spine that made everyday activities like running or even standing for long periods of time painful. But life had other plans for me. My first year of grade 7 was thrown off course when I learned that my scoliosis was too severe and would require one major surgery instead of the seven I originally anticipated. I underwent a major surgery to correct the curvature of my spine. The operation was meant to be a corrective measure, but it had an unexpected and devastating outcome: I woke up from the anesthesia without any sensation in my legs.

The transition was tough. But as the months passed, I began to realize that my life didn't have to be defined by my physical limitations. With the help of my loved ones and the healthcare team, I started to adapt to my new circumstances. I learned to navigate the world from a wheelchair and discovered a newfound appreciation for the



SCI Manitoba member Allyah Real enjoying the beauty and solitude of the natural world.

little things in life. As I adjusted to my new reality, I began to discover a newfound love for peace and calming silence. Reading became my escape, I devoured books of all kinds, from fantasy novels to literary classics. I also attempted to do knitting, sewing, crocheting, and pottery. The quiet moments became precious to me. It was in those quiet moments that I found peace. Not just any peace, but a deep sense of contentment and acceptance. I realized that being a paraplegic didn't define me – it was just one aspect of who I was. And as I looked back on those difficult years, I saw that they had been a catalyst for growth and discovery.

As I entered university, I knew that I wanted to pursue a degree that would allow me to make a difference in the world. I chose to study human rights, drawn to the idea of fighting for justice and equality for all people. As I delved deeper into my studies, I realized that my experiences as a paraplegic had given me a unique perspective on the world. As a paraplegic student, I had to navigate many challenges throughout my university experience. One of the biggest hurdles was adapting to the physical demands of campus life. I had to learn to navigate stairs, curbs, and uneven terrain in my wheelchair, which was physically exhausting. To cope with this, I made sure to take regular breaks and prioritize self-care. I also learned to advocate for myself and communicate my needs with professors and Accessibility Services.

One of the biggest differences I noticed between high school and university was the level of independence. In high school, everything was structured and organized, with clear expectations and rules. At university, it was more self-directed, and I had to take ownership of my learning and

time management. I had to learn to prioritize tasks, set goals, and meet deadlines. It was a significant adjustment, but I grew to appreciate the freedom and responsibility. To be honest, I was both excited and nervous about going to university. I was worried about fitting in and making friends, as well as navigating the campus and adjusting to a new environment. However, as soon as I arrived on campus, I felt a sense of tranquility. My first impression of the University of Winnipeg was overwhelmingly positive. The campus was beautiful. The people were friendly, and the accessibility features on campus were impressive, with ramps, and elevators.

One of the biggest challenges I faced during my first year was adapting to the new academic environment. I struggled with time management and prioritizing tasks, which made it difficult to keep up with coursework. However, I worked closely with Accessibility Services to develop strategies for managing my time and energy levels, which helped me stay on top of my work. Overall, my first year at the University of Winnipeg was a steep learning curve, but it was also an incredible opportunity for growth and self-discovery. As I look back on my first year at the University of Winnipeg, I'm proud of the progress I've made and the challenges I've overcome. I've learned to navigate the campus with confidence, even relying on the escort service to get to my classes on time. And as I look to the future, I'm excited to continue growing and evolving as a student and individual. I'm eager to take on new challenges, explore new opportunities, and make the most of the resources and experiences that this amazing university has to offer. As I continue to navigate this journey, I'm reminded that it's not just about finding my place in the world, but about helping others find theirs as well.

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Navigating Sex, Intimacy, and Dating with Intermittent Catheterization



Navigating a romantic relationship and maintaining an active sex life may feel daunting whether you're new to using intermittent catheters or have been using them for some time. You may worry that intermittent catheterization may interfere with your intimacy or dating life.

Although this concern is natural, it is important to remember that using intermittent catheters does not prevent you from experiencing fulfilling intimacy and a dynamic dating life [1].

This blog post aims to provide you with some tips to help you enjoy a close connection, a healthy sex life and dating while being an intermittent catheter user.

Here are some tips that can help you enjoy a rich intimate life with intermittent catheterization:

- **Understand your needs**

Explore your care needs and what you need from your partner when it comes to intimacy [2]. Discuss these needs with your partner to help them understand what they need to do to support you.

- **Talk to your partner**

Have an open, honest conversation with your partner about your intermittent catheterization and how it integrates with your intimate life [2]. This conversation allows both of you to share concerns, needs, and ways to support each other in nurturing a closer bond.

- **Plan ahead**

When it comes to sex and being intimate with your partner as an intermittent catheter user, avoiding urinary tract infections (UTIs) can be a priority. Here's what you can do:

1. **Before sex:** Ensure your bladder is empty to reduce the risk of infections [3]. Also, clean your genital area from front to back and wash your hands before and after catheter use [4].
2. **During sex:** Keep water-soluble lubricant at hand to minimize friction and the risk of UTIs [3]. Also, consult with your healthcare provider on safe birth control options that won't heighten UTI risks, as some options, such as diaphragms and spermicides, can irritate the genital area and increase the risk of UTI [3].
3. **After sex:** Catheterize after sex to flush out any residual urine and bacteria [3]. Drink 2-3 glasses of water and empty your bladder when you feel the need. Also, clean your genital area after sex [4].

- **Be creative and experiment**

Penetration is only one way to have sex. Explore other forms of sexual activity with your partner to discover what brings you both joy [5]. Also, experiment with sex positions, aids like special pillows, sex toys, or different types of lingerie to widen your sexual experience [6].

Moreover, intimacy extends far beyond the physical act of sex [7]. Engage with your partner in deep conversations, shared hobbies, gentle touches, or even silent companionship to strengthen your bond [7]. Discover activities both of you find fulfilling, such as cooking together, learning a new skill, or any other activity as a pair. Embrace emotional and intellectual connections by sharing your feelings, thoughts, and dreams, which can be just as intimate as physical expressions.

Remember, intimacy is about closeness, trust, and understanding each other on multiple levels. Through creativity and experimentation, you can find numerous ways to nurture your connection.

- **Seek support**

You are not alone. Many communities and resources, such as Spinal Cord Injury Manitoba, are available for those using intermittent catheters. Connect with these communities and talk to people with similar experiences to gain insights, support, and encouragement [2].

Coloplast Care is a free product and lifestyle support program for catheter users. We offer support through free online resources on our website, phone support, and product guidance. Learn more and sign up [here](#) or call a dedicated Care Advisor at +1-866-293-6349.

If you experience recurring UTI or other challenges around sex, talk to your healthcare provider. They should be able to provide you with additional strategies and solutions to maintain a healthy intimate life.

- **Use the right catheter for you**

Choosing a catheter that fits your lifestyle may help with your overall confidence and comfort. SpeediCath® compact catheters are designed to



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be discreet, so your self-catheterization routine doesn't have to get in the way of your intimate life. They are also pre-lubricated and ready to use right out of the packaging! SpeediCath® compact catheters are available in both male and female.

Beyond the bedroom, dating with intermittent catheterization [2]

Your intermittent catheter is a part of you, just like any other trait. Embrace it. Prioritize self-care to boost your self-esteem and, when ready, communicate openly with your potential partners. Your catheter doesn't define your ability to have an active and exciting dating life.

Final thoughts on intimacy, dating, and catheterization:

With open communication, a little planning, creativity, and self-care, you're well on your way to a rewarding intimate and dating life.

Whether you're well-versed in using intermittent catheterization or just starting out, remember that

you can create a fulfilling romantic and intimate life with partners who trust and respect your needs.



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Children under 18 years old	Starting June 2024
All remaining eligible Canadian residents	Starting 2025

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For more details on the CDCP and eligibility criteria, visit Canada.ca/dental



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THANK YOU!

We want to acknowledge and thank **United Way Winnipeg** and the **Richardson Foundation** for accepting our application to the Essential Needs Fund, which allowed us to purchase and install a video collaboration system in the SCI Manitoba boardroom.

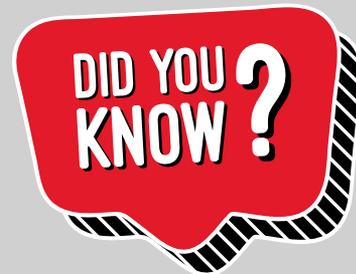
With the new Logitech Rally video collaboration system, SCI Manitoba staff, volunteers, and members can host or participate in virtual and hybrid meetings, the latter of which involves a mix of both in-person and virtual participants.



Item
4
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