



Spinal Cord Injury Manitoba
Lésions Médullaires Manitoba

**2022-2023
ANNUAL
REPORT**



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Nature and Purpose

The mission of Spinal Cord Injury Manitoba is to assist persons living with spinal cord injury to achieve independence, self-reliance, and full community participation. We are a charitable, non-profit organization representing more than 1,000 Manitobans living with spinal cord injury. We provide professional rehabilitation counselling, information, and advocacy services, supplemented by a dedicated group of peer volunteers.

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: (1) recovery and rehabilitation, (2) reintegration, (3) community participation and growth, and (4) 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.

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.

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.

Board of Directors

Corrine Deegan*
Linda Godin-Sorin - Vice President
Lyll Hallick - President
Keith Klaassen*
Ron May

Barbara Rapson
Leonard Steingarten*
Adam Terwin - Treasurer
Mark Wherrett*

*living with spinal cord injury

Report from the President and Executive Director

Another year has flown by and it's time again to reflect on the successes and challenges during the year, and to look forward to the opportunities that lie ahead.

In 2022-23, SCI Manitoba continued providing essential, life-changing support to our members across the province through rehabilitation counselling, advocacy, and information services. Although services were delivered remotely again this year, in April 2023 the office reopened and the counselling team resumed in-person interactions internally and with members. This was a major achievement in the wake of the COVID-19 pandemic, following three years with the office closed and all staff working from home.

Another important success was finalizing our strategic planning process with a report prepared by an external consulting firm, based on feedback from current and former staff, board directors, members, and external stakeholders. The top three priorities identified through this process - scope and manner of service delivery, financial sustainability, and succession planning - will help focus our collective work and resources over the next three years.

Additionally, a sub-committee has been created by the board to explore how SCI Manitoba can better support our Indigenous members and work collaboratively with other community groups to ensure the full scope of their service needs are considered and addressed. This work will involve a number of outreach events to solicit important feedback from our Indigenous members and their supporters, so that their voices are heard loud and clear.

On the personnel side, we must acknowledge the enormous impact our longest-serving employee, Darlene Cooper, has had on this organization and our members. After more than 35 years of faithful service, Darlene retired in March 2023, and we wish her good health and much happiness in the years ahead. With Darlene's retirement, we were quite fortunate to be able to fill vacancies from within our team - Gail Burnside has moved into the Director of Rehabilitation Services role, Natasha Schreyer has moved into the Hospital Services position, and Artem Dolia has move into the Transitional Services position.

From a financial perspective, we continue to enjoy strong and productive relationships with our funders, and we thank them sincerely for their generous and longstanding financial support (see page 5 for all the financial details). We also thank our donors for the kindness demonstrated by their charitable gifts during the year (see page 7). Without the aid of our funders and donors, Manitobans living with spinal cord injury would be severely disadvantaged.

And finally, to our staff, volunteers, and board directors, whose efforts consistently put our members' needs at centre stage, we deeply appreciate all the time, energy, passion, and devotion you put forward. You are truly making a difference in the lives of our members!

As we close the book on fiscal year 2022-23, we look forward with excitement about discovering new and meaningful ways to engage with our members and stakeholders.



Lyall Hallick
Board President



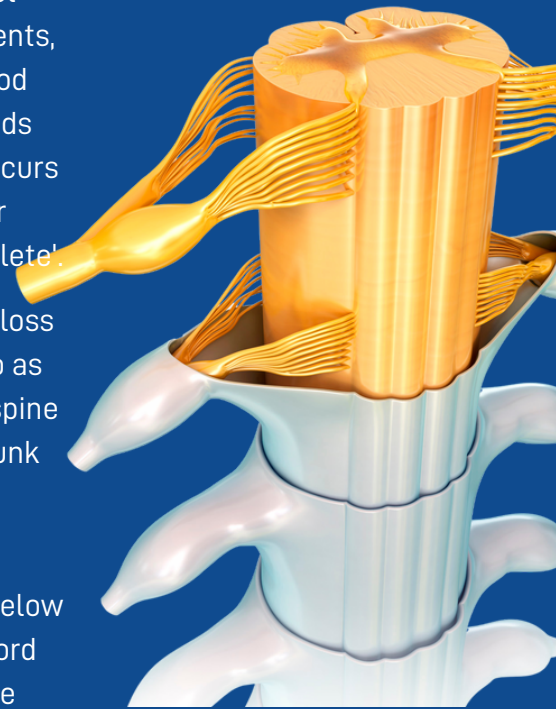
Dan Joannis
Executive Director

What is spinal cord injury?

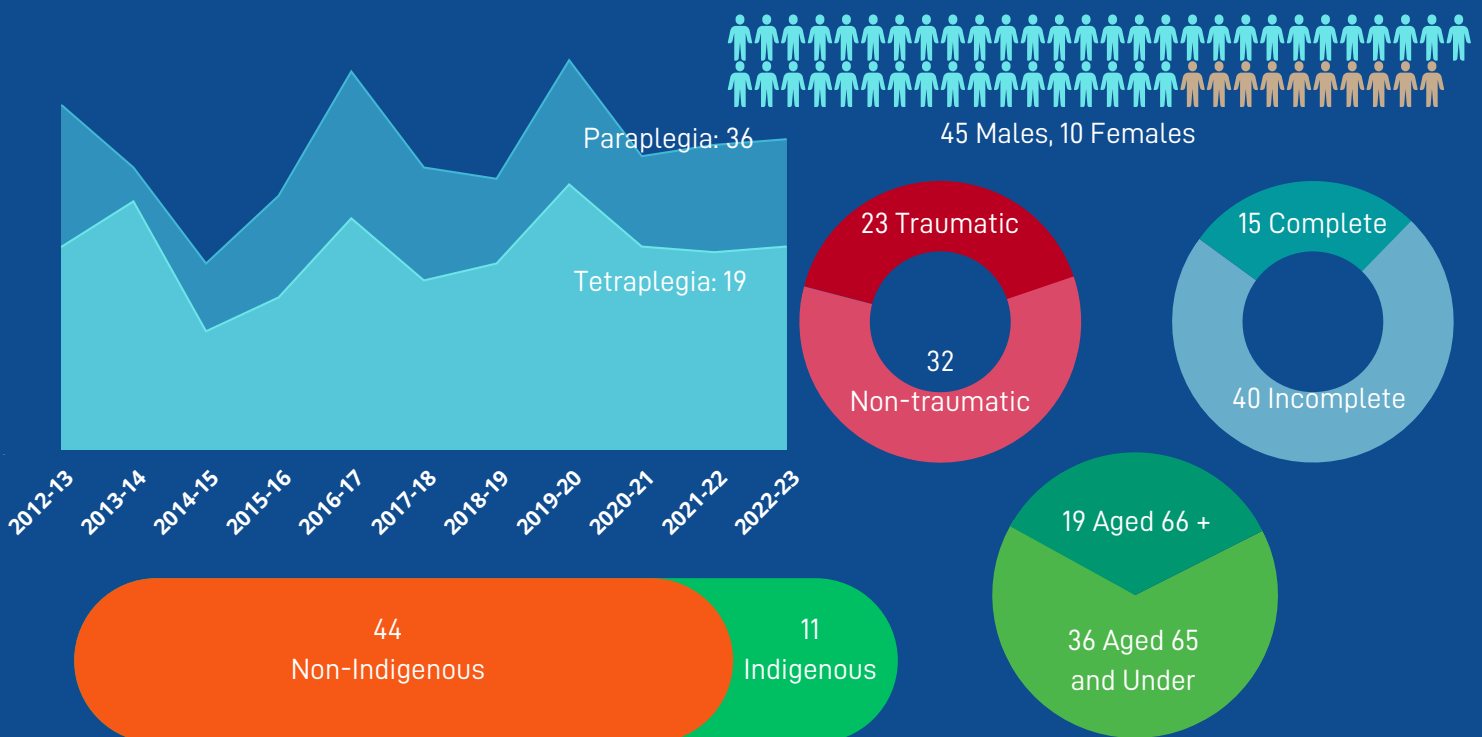
A spinal cord injury is damage to the spinal cord that causes paralysis of muscles, loss of sensation, and changes in autonomic function. The most common causes of spinal cord injury are trauma (for example car accidents, sports injuries, and falls) and disease (such as tumours and reduced blood flow 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 produces 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, incomplete injuries are becoming more common.



55 New Spinal Cord Injuries in 2022-23



Spinal Cord Injury Manitoba Inc.

Summary Statement of Financial Position

As at March 31, 2023

	2023	2022
Assets		
Cash - operating	254,002	445,063
Cash - restricted for computer reserve	25,034	21,108
Accounts receivable	59,820	12,406
Advances to Manitoba Paraplegia	125,338	32,471
Investments	69,322	-
Prepaid expenses	6,849	8,113
Trust assets	-	66,408
Capital assets	18,280	22,269
	558,645	607,838
Liabilities		
Accounts payable and accrued liabilities	118,433	129,005
Due to Achieving Manitoba's Priorities	-	5,034
Deferred revenue	73,226	37,891
Canadian Emergency Business Account	40,000	60,000
Trust liabilities	-	66,408
	231,659	298,338
Net Assets		
Unrestricted	199,960	176,123
Investment in capital assets	43,314	43,377
Internally restricted	83,712	90,000
	326,986	309,500
	558,645	607,838

A complete set of the audited financial statements and Auditor's report may be obtained from SCI Manitoba.

Summary Statement of Operations and Changes in Net Assets For the Year Ended March 31, 2023

	2023	2022
Revenue		
Grants and contracted revenue	1,010,254	539,601
Amortization of tenant inducements	2,686	6,729
Donations	12,458	115,482
Fees for service	56,000	30,000
Miscellaneous	35,961	35,585
Vocational training	26,224	43,013
	1,143,583	770,410
Expenses		
Amortization	10,823	7,643
Bad debts	1,270	-
Information services	20,905	40,115
Office	22,185	15,458
Professional fees	55,983	46,146
Quality of life grant	-	1,170
Rent	72,363	40,672
Salaries and benefits administration	241,048	138,237
Salaries and benefits rehabilitation	651,482	286,853
Telephone and internet	11,247	6,333
Travel	12,390	12,663
Vocational training	26,401	44,840
	1,126,097	640,130
Excess of revenue over expenses	17,486	130,280
Net assets, beginning of year	309,500	179,220
Net assets, end of year	326,986	309,500

Treasurer's Report

On behalf of the Board of Directors, I am pleased to report SCI Manitoba continues to provide services of the highest quality to Manitobans living with spinal cord injury, which is only possible with the continuing support of our funders and the professionalism of our staff, who continued to work remotely throughout the year.

Beginning April 1, 2022, all revenue and expenditures have been recorded directly under the accounts of SCI Manitoba, whereas in previous years we were required to separately record revenue and expenditures related to transitional, Indigenous, and health promotion services under the Manitoba Priorities program. For this reason, overall revenue and expenses reflected on the Statement of Operations and Changes in Net Assets are significantly increased in comparison with the prior year. However, when comparing current year figures against combined revenue and expenditures for SCI Manitoba and Manitoba Priorities in 2022, total revenue was \$1,143,583 (\$1,189,640 in 2022) and total expenses were \$1,126,097 (\$1,059,218 in 2022). For the year ended March 31, 2023, the Excess of Revenue over Expenses was \$17,486.

Our contracted revenue was consistent with the prior year thanks to the continuing support of our funding partners – Manitoba Economic Development, Investment, and Trade, Manitoba Health, United Way Winnipeg, Winnipeg Regional Health Authority, Workers Compensation Board of Manitoba, Manitoba Paraplegia Foundation, SCI Canada, and Coloplast Canada. We are also grateful for generous gifts received from donors, who contributed \$12,458 in support of our work during the year. Overall revenue was reduced by \$46,057 compared with the prior year, though the change is largely because of a substantial bequest received in 2021. Overall expenses increased by \$66,879 this year, owing primarily to technology upgrades and increased costs in salaries/benefits, office supplies, and professional fees.

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, Neil Okumura, for his diligence and dedication, and to MNP LLP for their services in the preparation of our Audited Financial Statements.

— Adam Terwin, Treasurer

SERVICE TYPE	# SERVICES PROVIDED	% TOTAL SERVICES
ACCOMMODATION	832	6.38%
EDUCATION	839	6.44%
EMPLOYMENT	1,029	7.90%
EQUIPMENT	1,046	8.03%
FAMILY/RELATIONSHIPS	428	2.66%
FINANCIAL	656	5.03%
HEALTH & WELLNESS	7,634	58.57%
LEGAL	136	1.04%
RECREATION/LEISURE	138	1.06%
SEX AND FERTILITY	46	0.35%
TRANSPORTATION	249	1.91%
DIRECT SERVICES	13,033	81%
INDIRECT SERVICES	3,055	19%
TOTAL	16,088	100%

Staff

Dan Joannis* - Executive Director

Gail Burnside - Director of Rehabilitation Services

Adrienne Conley - Executive Assistant

Neil Okumura - Accounting Officer

Laurence Haien - Senior Rehabilitation Counsellor

Maria Cabas - Rehabilitation Counsellor

LéAmber Kensley - Rehabilitation Counsellor

Artem Dolia* - Rehabilitation Counsellor

Natasha Schreyer - Rehabilitation Counsellor

Annika Onosson* - Rehabilitation Counsellor

Darell Hominuk - Rehabilitation Counsellor

**living with spinal cord injury*

2023 E. Arthur Braid SCI Manitoba Merit Award

It is our great pleasure this year to present the E. Arthur Braid SCI Manitoba Merit Award to Yvette Cenerini, a longtime member of SCI Manitoba.

Although still a high school student at the time of her injury, Yvette made an immediate impression by continuing with her studies while fully participating in daily inpatient rehabilitation with a focused goal of graduating from high school with her classmates. To nobody's surprise, Yvette achieved that goal, and many others since then - she completed university studies in education and fine arts, has an impressive career, has become an accomplished artist, and has a beautiful family - husband Alain, son Adriel, and daughter Lydia.

Although she is focused on her family and career, Yvette always finds time when called upon to connect with other SCI Manitoba members for peer support - and this has not been infrequent over the years. Many of our members will know the value and power of peer connections - learning from the experiences of those who came before - and how impactful those connections can be in our own lives. It is not surprising to know that Yvette's name is often the first to come up when trying to find the right peer mentor for a member experiencing difficulty. In the words of Laurence Haien, Senior Rehabilitation Counsellor:



Peer support: Jeff Bobula and Yvette (2004)



Alain, Lydia, Adriel, and Yvette Cenerini (2021)

I would think that serving as a peer has put Yvette into situations where her own memories of being newly injured and coping with uncertainty and loss have been resurrected. In my mind, it takes an exceptional person to allow themselves to be vulnerable while providing emotional support and hard-won wisdom to lessen the fears and anxieties of those she serves.

Yvette probably does not realize the good that she has done for many SCI members over the years and the ways in which her words of support and encouragement have profoundly influenced or changed their lives, for the better. I think Yvette probably sees herself as a woman who is just living her life . . . I think those who have known Yvette as a mother, wife, family member, friend, fellow artist or co-worker would likely see her as a caring, talented, and dedicated person who has committed to living a full life and happens to be doing so with a spinal cord injury.

Thank you, and congratulations, Yvette!!

2022-23 Donors and Supporters

All Charities Campaign
Janice Becking
Stephen Bilan
Bradley Boisselle
Fred Boyko
June Buzahora
Yvette Cenerini
Alonza Chase
Myra Danielson
Dennis Dart
Pam Davis
Corrine Deegan
Sandra Doerksen
David Duncan
Marjorie Dyck
Gregory Erlendson
Dawn Fehr
Irene Gendron

Ed Giesbrecht
Walter Gross
Lyll Hallick
Dan Joannis
Douglas Kehr
Nathan Kramer
John Lane
Derek Legge
Norman Magnusson
Larry Maguire
Linda McGarva-Cohen
Audrey McIlraith
Carlos Miranda
Bill Neill
Dr. Lindsay Nicolle
Minerva Perez
Robert Pruden

Grant Prysiazniuk
James Richardson
Orisia Ross
Arnold and Orpha Schryvers
George Silar
Clare Simpson
Calvin Sinclair
Kellea Small
Leonard Steingarten
Gerald Teichrib
Ten Ten Sinclair Housing
Adam Terwin
June Thomson
Lynda Walker
Arthur Williams
John Wyndels
Nick Yacheson



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:

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