Spinal Cord Injury Manitoba
Lésions Médullaires Manitoba

PARATRACKS

Winter Issue | March 2024

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MPF

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CONTEST

SCI Manitoba is offering a cash prize of $150.00 to the winning entry in an art contest for a new graphic on the wall located immediately beside our offices on the second floor at 825 Sherbrook Street in Winnipeg.

The current artwork dates back to approximately late 1990s or early 2000s and features our old name, old logo, MPF logo, and several overlapping wheelchair symbols in red and blue.

To refresh the exterior office graphic, we're interested in design ideas that depict themes of **independence, autonomy, dignity, diversity, equality, inclusion, combined with elements that represent our Indigenous members**. We're also interested in moving away from the wheelchair symbol because a significant number of Manitobans (and Canadians) living with SCI do not use a wheelchair for mobility.

The space is considerable and includes two walls separated by an interior 90-degree angle (see photos). The art can either be painted directly on the wall or mounted on the wall (canvas, banner, or other).

Entries and design ideas/concepts can be submitted by email to info@scimanitoba.ca. Submissions will be evaluated by a committee of SCI Manitoba staff and board directors, and judged by the extent to which they reflect the themes noted above.

Please contact Dan Joanisse at (204) 786-4753 ext. 224 or by email at **djoanisse@scimanitoba.ca** if you have any questions.

The NEW Canada Disability Benefit Act and the Canada Disability Benefit

On June 22, 2023, Parliament passed Bill C-22, the Canada Disability Benefit Act, legislation intended to reduce poverty and support the financial security of persons with disabilities by establishing the Canada Disability Benefit.

Enacting this new legislation was a significant achievement, but it was only made possible because of longstanding advocacy efforts by Canadians with disabilities and a national coalition of organizations who provide services and support to the disability community across Canada. Without this groundswell of support, the legislation might still be mired in the halls of Parliament.

It's no secret that living with a disability in Canada, and elsewhere, comes with added financial burdens. The employment rate for Canadians with disabilities is substantially lower than the overall rate, and people with disabilities are twice as likely to live in poverty. One in seven Canadians accessing food banks rely on provincial disability income supports. Moreover, Canadians with disabilities are not immune from the financial pressures created by the high cost of living - increasing costs for housing, transportation, food and other necessities add further financial strain. And too often, Canadians with disabilities face the crushing dilemma of having to choose between paying bills or buying food, medications, and medical supplies.

As noted by Neil Hetherington, CEO of Daily Bread Food Bank, in a recently published open letter in the Globe and Mail addressed to Prime Minister Trudeau and the Government of Canada, "This **HAS** to change."

As much as passing the Canada Disability Act was a critical breakthrough, much work remains if we are to finally help lift Canadians with disabilities out of poverty. Spinal Cord Injury Canada (SCI Canada) and its network of provincial organizations have been working alongside many other stakeholders to keep up the momentum by pushing the Government of Canada to work with the disability community in co-designing a robust Canada Disability Benefit in federal budget 2024 that is **fully funded, barrier free, recognizes all types of disabilities, supplements existing disability supports, and is safe from all clawbacks**.

We're asking the government to fund the Canada Disability Benefit and establish the regulations, which will define the eligibility criteria and the benefit amount, so that Canadians with disabilities living in poverty can get the help they need **NOW**.

SCI Canada and its network will continue pressing forward, but every Canadian has a role to play in making the Canada Disability Benefit a reality.

Please help us petition the Government of Canada to create the regulations and fund the Canada Disability benefit in 2024 by **taking action today** - see the adjacent page for details on how to get involved.

Dan Joanisse, Executive Director

Urgent Action Needed Today:

Help Secure Funding for the Canada Disability Benefit

At a time when Canadians are facing historically high cost of living, Canadians living with disabilities are facing additional costs and barriers that contribute to a disproportionately higher poverty rate.

The Government of Canada is currently designing the Canada Disability Benefit, which would provide income support for low-income, working-age Canadians living with disabilities. To have a meaningful impact on people living with disabilities at a time when support is needed more than ever, we need to call on government to fully fund this benefit now.

We invite you to use your voice to advocate for a fully funded Canada Disability Benefit that is designed with input from the disability community to ensure the program is adequate and barrier-free.

The federal government will release their budget in only a few short weeks, so we need you to take action today by sending a letter to your Member of Parliament at:

fundthebenefit.ca

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ANNOUNCEMENT!!

Congratulations to SCI Manitoba member, Connor, his wife Colleen, and their son, Julius, who welcomed the newest addition to their family, Elijah, in January 2024.

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

Deborah Braun
Thomas Commer
Gary Davlut
Nellie Ewasiuk
Lolita Quiogue
William Sedo

Travel and Dialysis

Embarking on a journey while undergoing dialysis may present challenges, but with adequate preparation and the right information, achieving your travel goals is indeed possible. Here are key considerations to ponder when taking this significant step.

For travel within Canada, whether on hemodialysis or peritoneal dialysis (PD), individuals must provide at least six to eight weeks' notice to the dialysis unit at their destination. Treatments at dialysis units within Canada incur no additional cost. Health care teams are responsible for completing the necessary paperwork to ensure seamless transitions. Many dialysis units offer standard care like that provided in Manitoba.

For international travel, a minimum of 3 months' notice is required. Individuals must initiate contact with dialysis centres to schedule treatment dates. Transfer forms should be completed, and various tests may be necessary, so allow ample time. Unlike in Canada, fees are the individual's responsibility, so consider confirming rates in advance. Note that individuals must bear all dialysis costs initially, with reimbursement from Manitoba Health for a predetermined amount. It's recommended to research the visiting centre's practices, especially regarding equipment reuse, and to obtain additional supplies from your health care team, if necessary.

Peritoneal Dialysis Considerations

Arrange for PD supplies delivery to your destination well in advance, coordinating details with suppliers. Manitoba Renal Program patients are entitled to two deliveries per year within Canada and one delivery per year for US destinations. Delivery timelines and associated fees are as follows:

- Within Canada: four weeks' notice, minimum $200 fee
- Within the US: six weeks' notice, minimum $250 fee
- International delivery: three months' notice, minimum $350 fee

Inform suppliers before booking the trip, ensuring necessary supplies are available. You should also request a medical letter from your health care team detailing the purpose for carrying medical supplies, especially when crossing borders.

Emergency Assistance for PD Clients

Baxter offers a 24-hour phone line (1-800-387-8399) for PD clients facing problems or equipment issues during travel.

Post-Trip Procedures

Individuals must submit the original invoice to the Out-of-Province Claim section at Manitoba Health within six months of receiving care. The invoice, in English, should be from the dialysis centre at the travel destination, specifying the treatment received and the cost per treatment in the currency paid.

Out of Province Claims
300 Carlton Street
Winnipeg, MB R3B 3M9
Phone: 204-786-7303
Email: outofproviceclaims@gov.mb.ca

Manitoba Renal Program
2PC08 Seven Oaks General Hospital
2300 McPhillips Street, Winnipeg, MB R2V 3M3
Phone: 204-632-3607
Email: kidneyhealth@sharedhealthmb.ca

Annika Onosson, Rehabilitation Counsellor – Indigenous Services

Manitoba Paraplegia Foundation (MPF) News

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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 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 potential 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.

MPF has approved several requests for financial support during the past several months. Since the last issue of ParaTracks, financial support totaling $1,369.40 has been granted. Some of the highlights follow:

- Funding was provided for the purchase of seating equipment for an SCI Manitoba member. This equipment will assist in preventing pressure ulcers.

- Financial support was provided to help cover the cost of a prepaid cell phone card for an SCI Manitoba member. This will help support the member's independence upon discharge from hospital and allow for easy communication between the member and SCI Manitoba.

- Funding was granted for seating equipment for an SCI Manitoba member. This equipment, which includes a backrest, will help the member continue to maintain their independence at home and in the 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).

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Ask a Rehabilitation Counsellor

In this issue, we continue the conversation with a focus on tax relief for people with disabilities by discussing the Registered Disability Savings Plan (RDSP), the Disability Tax Credit, and the Canada Caregiver Credit. Questions for future issues of ParaTracks can be submitted through your counsellor or anonymously through our website: scimanitoba.ca/ask.

The **Registered Disability Savings Plan (RDSP)** is a long-term savings program designed to help individuals with disabilities and their families save for the future. It was introduced by the Government of Canada in 2008 to provide individuals with disabilities a way to save tax-free money until they need it.

There are several compelling reasons for considering an RDSP if you or a family member have a disability:

- Financial Security: An RDSP provides a tax-efficient way to save money for the future. The tax benefits, including tax-free growth and tax-free withdrawals, can help your savings grow faster compared to other savings or investment accounts.
- Government Contributions: The government provides matching contributions through the Canada Disability Savings Grant (CDSG) and the Canada Disability Savings Bond (CDSB), effectively increasing your savings without requiring additional contributions from you. These contributions can significantly boost your savings over time.
- Long-Term Planning: By opening an RDSP, you can start planning for future expenses related to your disability, such as medical care, assistive devices, housing modifications, education, and other support services. Having a financial plan in place can provide peace of mind and help you achieve greater financial independence.
- Flexibility in Withdrawals: RDSPs offer flexibility in how funds can be withdrawn. Depending on your needs and financial goals, you can choose to receive lump sums or periodic payments. This flexibility allows you to tailor your withdrawals to meet specific expenses or address unforeseen financial challenges.
- Quality of Life: Having financial resources available through an RDSP can enhance your quality of life by providing access to additional services, therapies, recreational activities, or other experiences that may not be covered by government benefits or insurance. Financial security can also reduce stress and improve overall well-being for you and your family.
- Estate Planning: RDSPs can be integrated into your estate planning strategy to ensure that you have financial resources available even after your caregivers or family members die. This long-term perspective can help secure your future financial stability and meet your needs as you age.

To apply for a Registered Disability Savings Plan in Canada, you'll need to follow these steps:

1. Eligibility Check: Ensure you meet the eligibility criteria for opening an RDSP. To be eligible, you must have a valid Social Insurance Number (SIN), be eligible for the Disability Tax Credit (DTC), be a Canadian resident, and be under 60.

2. Choose a Financial Institution: Decide which financial institution you want to open your RDSP with. Banks, credit unions, trust companies, and other financial institutions offer RDSP accounts. Compare the features, fees, and investment options to choose the one that best suits your needs.

3. Gather Required Documents: Collect the necessary documents for opening an RDSP, including your SIN, proof of eligibility for the Disability Tax Credit (DTC), and any other identification or documentation required by your chosen financial institution.

4. Contact the Financial Institution: Contact your chosen financial institution to initiate the application process. Depending on the institution's procedures, you can typically apply for an RDSP in person at a branch, by phone, or online.

5. Complete the Application Form: Fill out the RDSP application form provided by the financial institution. You may need to provide personal information, contact details, and information about your disability and eligibility for the Disability Tax Credit (DTC).

6. Submit Documentation: Submit the required documents and your application form. This may include copies of your SIN, DTC, and any other supporting documentation requested by the financial institution.

7. Open the RDSP Account: Once your application is processed and approved, your RDSP account will be opened, and you'll receive confirmation from the financial institution. If eligible, you can then start contributing to your RDSP and receive government grants and bonds.

8. Choose Investment Options: Decide how you want to invest your RDSP funds. Most financial institutions offer a range of investment options, such as mutual funds, guaranteed investment certificates (GICs), or savings accounts. You can choose the investments that align with your risk tolerance and financial goals.

9. Monitor and Manage Your RDSP: Regularly monitor your RDSP account and review your investment portfolio to ensure that it continues to meet your needs and objectives. You can make changes to your investments or contributions as needed over time.

By following these steps, you can successfully apply for and open an RDSP to start saving for your future financial security as a person with a disability. If you need assistance or have questions during the application process, don't hesitate to contact your chosen financial institution for support. The Canadian government regulates RDSP accounts, and financial institutions offering RDSPs are subject to strict regulations and oversight to ensure the safety and security of account holders' funds. Financial institutions have robust privacy and security measures in place to protect

account holders' personal and financial information. This includes encryption protocols, secure online banking platforms, and strict access controls to prevent unauthorized access to RDSP accounts. RDSP account holders have recourse in case of any issues or concerns with their accounts. They can file complaints with the financial institution offering the RDSP and regulatory bodies such as the Financial Consumer Agency of Canada (FCAC) or provincial ombudsman offices.

An RDSP can empower you to save for the future, achieve greater financial independence, and enhance your overall quality of life. It's a valuable tool to help you plan for the unique financial challenges of living with a disability. You can find more details about RDSP by following the link below.

Disability Tax Credit

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 DTC (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. 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.

Canada Caregiver Credit

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.

Artem Dolia, Rehabilitation Counsellor - Transitional Services

Wheelchair Adventures Manitoba

Wheelchair Adventures Manitoba is dedicated to providing a comprehensive, online platform for individuals with mobility challenges, aiming to facilitate access to diverse resources, activities, and adventures in Manitoba. The inspiration behind the initiative comes from George Loewen's personal journey, marked by resilience and determination after a cycling accident resulted in incomplete tetraplegia.

Driven by a desire to maintain an active lifestyle and faced with a lack of accessible information post-hospitalization, George embarked on a quest to discover local opportunities. From exploring swimming pools to gyms, his pursuit evolved into a collection of invaluable resources aimed at helping the community of wheelchair users overcome daily barriers. Recognizing that others might be navigating a similar path, George transformed his extensive research into the Wheelchair Adventures Manitoba website.

The platform not only serves as a repository of information but also as a testament to the spirit of community and collaboration. George expresses gratitude to those who contributed to the website's creation, emphasizing the collective effort involved in making it a reality. Using a wheelchair may present challenges, but the website seeks to showcase the multitude of opportunities available, encouraging and inspiring accessible adventuring throughout Manitoba.

Above and below: SCI Manitoba member, George Loewen, enjoying the outdoors.

As an interactive space, Wheelchair Adventures Manitoba invites comments and suggestions from its users, fostering an inclusive environment where shared insights contribute to the ongoing enhancement of the platform.

In closing, George extends his heartfelt thanks to the community, acknowledging that the journey is made richer through collaboration and the collective pursuit of a more accessible and fulfilling life in Manitoba.

To visit the Wheelchair Adventures Manitoba website, point your web browser to:

wheelchairmanitoba.com

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Accessible lakeside cabin at Twin Beaches Lake on the east side of Lake Manitoba. Two separate units connected by above ground deck. Sleeps up to eight. An hour and fifteen minute drive from downtown Winnipeg on Highway 6. A beach wheelchair is on-hand to provide easy and direct access to the beach and lake. Indoor shower and flush toilet, along with standard amenities.

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REHAB UPDATES FROM RR5

The Importance of Attending Therapy While on RR5, and What is a PODS Meeting?

After sustaining a spinal cord injury in Manitoba, most patients are transferred to the Spinal Cord Injury Program on RR5 at HSC Winnipeg's Rehabilitation Hospital for inpatient rehabilitation. During the inpatient admission, patients have the opportunity to attend frequent sessions for physical, occupational, and recreation therapy. Each patient's rehabilitation potential and outcome depend largely on their commitment to attending these therapy appointments.

SCI Manitoba's Hospital Services counsellor, **Terra Coulter**, recently spoke with one of the SCI Program's physical therapists, **Sava Jin**, for his insight into the importance of attending therapies regularly on RR5.

TC: **From your perspective, why is it important for patients on RR5 to attend therapies regularly?**

SJ: I would say from the physio portion of therapy, it's so important to come to physiotherapy to develop safe and effective strategies in regards to going home. When I first introduce myself to new patients, I often ask if they have any strategies or ideas about how they would be able to transfer from their wheelchair to their couch (for example). Most times, patients are unsure and this can frighten them. However, after coming down to physiotherapy and talking through these scenarios, practicing the transfer technique and training family and friends to help, patients gain confidence in their ability to transfer safely and can start thinking about going home and living their life outside of the hospital.

Additionally, coming down to physiotherapy provides a change of scenery and social interaction that many patients enjoy. Physiotherapy provides a break from the medical routine of white walls, medications, and call bells going off constantly on the ward. Instead, patients are able to build confidence and autonomy in their activities for daily living, as well as building strength and having fun, both socially and physically.

TC: **Is it important for patients to do exercises in their free time outside of physiotherapy?**

SJ: Yes doing exercise outside of physiotherapy time is also very important! Lots of times I give my patients some bands or weights upstairs to develop their strength outside of the gym setting. This enables that the patient is able to get more reps and exercise in which leads to shorter hospital times and faster healing. Additionally, this promotes the idea of the patient taking

autonomy for their body and by starting this routine in the hospital, it usually translates well to higher adherence rates in the community and in outpatient therapy as well!

Similarly, and equally important, we spoke with **Rodney**, a recent patient on RR5, to get his firsthand account and impressions about his time in hospital and the importance of actively participating in inpatient therapy.

TC: **Why is it important to attend OT/PT regularly during your time on RR5?**

Rodney: It was important to attend OT and PT to maximize my chance for rehabilitation of my injury, and learn the proper way of doing things, and not to cheat.

TC: **How do you feel attending therapies helped in your overall rehabilitation from your injury?**

Rodney: Well, it taught me the right way to do things, and they pointed out when I was not doing it correctly for my injury.

TC: **Did your therapists give you outpatient exercises to do at home?**

Rodney: The therapists gave me many exercises to do while I was in the hospital in the evening, in the morning, and when I went home.

TC: **Did you feel prepared to go home when you left RR5?**

Rodney: I definitely felt prepared when I got sent home. It definitely helped getting the weekend passes and sending me home two or three days at a time so I could figure out what I needed once I was at home permanently.

TC: **What would you like to tell new patients on RR5 about rehab?**

Rodney: Definitely stick to your physio and other therapies, listen to your therapists, and go in with an open mind. Never give up.

PODS

Typically, roughly two weeks before discharge, patients may attend a 'PODS' meeting with their SCI Manitoba rehabilitation counsellor, the RR5 charge nurse, and the outpatient nurse from RR2. PODS is an acronym for Patient Oriented Discharge Summary. At the PODS meeting, patients are asked what they have learned during their stay on RR5. This will provide an opportunity to identify any outstanding concerns or areas to focus on before discharge. Family and caregivers are encouraged to attend the PODS meeting, where the following will be talked about:

- How the SCI has impacted body functioning, including bowel and bladder function, skin and pressure management, dressing, and bathing
- Problem solving strategies and what to do when specific issues surface
- Who to contact with questions after discharge

It is a good idea for patients and families to prepare a list of questions to ask during the PODS meeting as this is a great opportunity to get answers.

Terra Coulter, Rehabilitation Counsellor - Hospital Services

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"Not Your Average SCI Girl"

Kristie, SCI Manitoba member

Hi, my name is Kristie (she/her) and I acquired a C1-2 incomplete spinal cord injury (SCI) at birth. The most prominent parts of my body that have been affected by the injury are the right side of my body, my lungs, and diaphragm. For the first 15 years of my life, I had a tracheotomy tube, but now I only require a CPAP (continuous positive airway pressure) face mask for when I am sleeping or feeling unwell. On top of having a physical disability, I have also been diagnosed with autism and ADHD.

My SCI affects me in ways that are somewhat 'unconventional' compared to what most people understand about SCI. I can walk, drive, cook, and I still have use of my arms and legs, although some of these things have had to be adapted in my daily life. While I can drive, I use a spinner knob on the steering wheel and only drive with one hand. I use extra equipment and tools in the kitchen, but it can take me twice as long to cook. I pay others to do my cleaning and laundry so I can devote my energy and time to more meaningful activities. These kinds of tasks are also affected by my ADHD, so I just try to work smarter and not harder with these day-to-day chores. I try every day to balance expectations of my physical and intellectual disabilities.

Having both autism and ADHD means I am always at odds with daily tasks and this has impacted how I approach my work. For example, my work is repetitive and the lack of variety doesn't give me that surge of dopamine my ADHD brain likes. On the other hand, my work follows a set of daily rules that I need to follow faithfully. So, in order to prevent a clash between my disabilities, I use a checklist during my workday that provides structure for all the tasks I take on.

So, who am I aside from my disabilities? I was born and raised in Winnipeg and love reading, going to concerts, cooking, going on adventures with my friends, and playing challenging video games. Oh, I'm also a cat mom – but don't tell my cats that I almost forgot about them.

I have Spinal Cord Injury Manitoba to thank for assisting me through my post-secondary education. Thanks to my vocational rehabilitation counsellor, I was able to get sponsorship from the Employability Assistance for People with Disabilities (EAPD) program to complete the long journey of obtaining my Business Administration degree at RRC Polytechnic. Finding employment after I graduated wasn't easy, and the pandemic caused me to go on a work hiatus, but I am now permanently employed on a fulltime basis auditing engineering documents. I work from home, and yes, my cats love helping me as I work!

Outside of work, I volunteer by fostering cats, and I am also the Director of Accessibility for Pride Winnipeg. Volunteering for Pride Winnipeg has helped me become closer and feel more connected to my biggest identities, and it has opened doors I never thought were a possibility, including helping Pride festivals on an international level become more accessible. These volunteering endeavours bring me a lot of joy and the ability to connect with 2SLGBTQIA+ people that are a part of my identity, and I also get to make a difference in the communities I care about.

These two communities are a main part of my identity, and I want to do my part to bring these two communities together because everyone deserves to engage and connect with people who have shared interests.

There are many positives in my life, but I have encountered many barriers due to my SCI. Since I am still quite functional and can mostly do what others do, I struggled to get assistance because I failed to meet the criteria by not being 'disabled enough', including not qualifying for provincial disability benefits, which made my medical expenses harder to cover while unemployed. But I didn't let it stop me from getting to this place of independence, and I hope in the future to see changes to the criteria for what is considered 'disabled' so it is more inclusive.

Join us at our
'Meet Your Neighbour' event!

When: Saturday, March 23rd, 2024, 1-3:30 pm
Where: First Steps Wellness, 17 Muir Road
What: Information-sharing, social-style snacks, trivia, and great prizes!
Why: The CoHabit community starts NOW. Please join us for an afternoon of learning and fun- we need to meet all potential Neighbours!

RSVP TODAY!

RSVP to kelsy@cerebralpalsy.mb.ca
Learn more about us at cohabit.ca

Scan me with your phone

Join our
MAILING LIST

Sign up for our email list to receive periodic news and updates from SCI Manitoba.

Scan the QR code with your phone or go to https://rebrand.ly/scimanitoba-subscribe

Like and follow us on Facebook | www.scimanitoba.ca

Spinal Cord Injury Manitoba
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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