



Spinal Cord Injury Manitoba
Lésions Médullaires Manitoba



2023-24 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

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

*living with spinal cord injury

Report from the President and Executive Director

In 2023-24, Manitobans living with spinal cord injury (SCI) were again able to receive essential, life-changing support from SCI Manitoba in six core service areas: rehabilitation counselling, peer support, service coordination, education and employment, information, and advocacy. With the office reopening and resumption of in-person services in April 2023, counsellors began seeing members at the office and in the community, ensuring our services were of the highest quality.

During the year, we received 62 new injury and community referrals, compared with 55 in the prior year. The demographic trends in this group continue to reflect increasing numbers of incomplete spinal cord injuries, non-traumatic causes, a rising incidence of paraplegia vs. tetraplegia, and an older average age at onset. On the service delivery side, SCI Manitoba rehabilitation counsellors provided more than 12,000 services (9,345 direct, 2,940 indirect) during the year, and once again, more than half of all direct services were related to health and wellbeing (5,522 services or 59.09%).

SCI Manitoba undertook cybersecurity and business technology assessments in fiscal year 2023-24 and, with the results of these assessments, subsequently made significant investments in the areas of network security and information technology, with major upgrades to most of the office's network infrastructure, thanks in part to the support of the Manitoba Paraplegia Foundation. As well, a new video collaboration system was purchased and installed in the boardroom, thanks to generous funding received from United Way Winnipeg and the Richardson

Foundation.

SCI Manitoba was also involved, through its partnership with the SCI Canada network, in advocacy efforts directed at (1) the newly established Canada Disability Benefit to help lift Canadians with a disability out of poverty, and (2) introducing an amendment to the medical assistance in dying (MAiD) legislation to lengthen the waiting period, which currently allows eligible Canadians with a non-terminal diagnosis (including SCI) to access MAiD after two weeks. Additionally, a national working group has been meeting monthly since fall 2023 to develop a peer support framework that each network partner will be able to use to help build, enhance, and manage peer services across Canada.

On the financial side, SCI Manitoba made a decision to eliminate the accounting officer position, effective at the end of February 2024, in favour of retaining an outside firm, Balncd Inc., to provide all accounting and bookkeeping services and support. Although the transition is not yet complete, we are pleased with the progress to date (see page 5 for the summarized audited financial statements for fiscal year 2023-24).

Relationships with our funders, donors, and supporters remained strong and productive throughout the year, and we want to express our sincere thanks for their continued support. To the staff, volunteers, and board directors of SCI Manitoba, your efforts and devotion to providing the essential services and supports our members need is a constant source of inspiration - THANK YOU!



Lyall Hallick
Board President



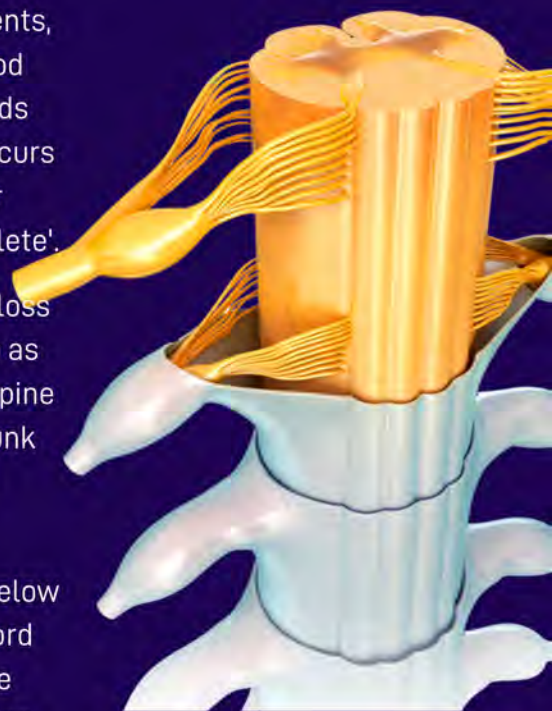
Dan Joannis
Executive Director

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.

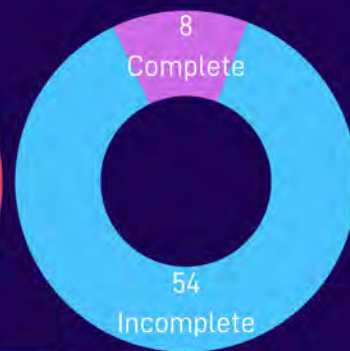
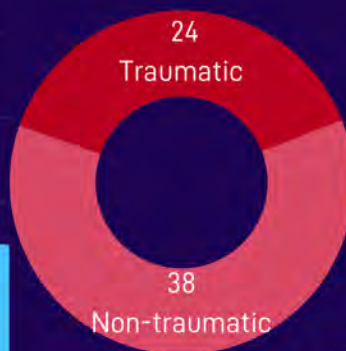
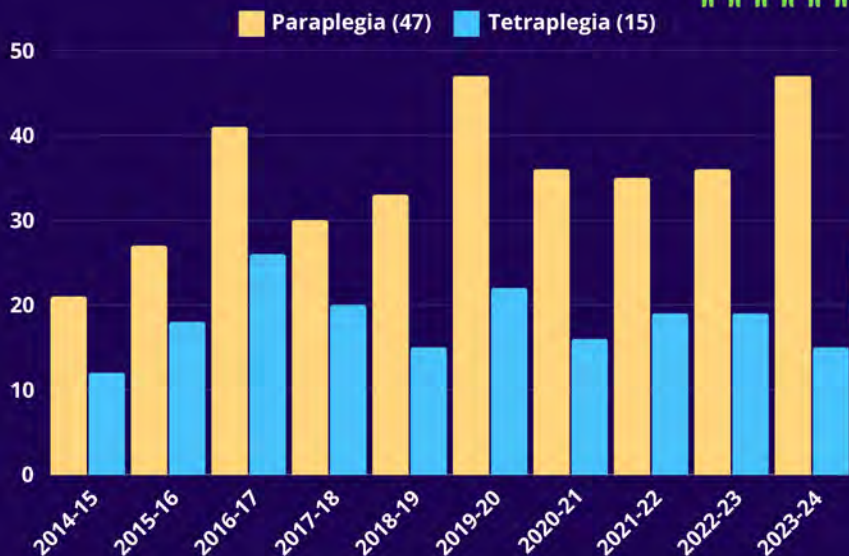
In a complete spinal cord injury, there is no sensation or motor control below the level where the spinal cord was damaged. In an incomplete spinal cord injury, there is some sensation and/or motor control remaining below the level of injury. Because of improvements in acute care, incomplete injuries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



62 New Spinal Cord Injuries in 2023-24



19 Females, 43 Males,



Spinal Cord Injury Manitoba Inc.

Summary Statement of Financial Position

As at March 31, 2024

	2024	2023
Assets		
Current		
Cash – operating	288,408	254,002
Cash – restricted for computer reserve	25,693	25,034
Accounts receivable	46,978	59,820
Advances to Manitoba Paraplegia Foundation Inc.	33,354	125,338
Investments	104,837	69,322
Prepaid expenses	2,425	6,849
	501,695	540,365
Capital assets	51,191	18,280
	552,886	558,645
Liabilities		
Current		
Accounts payable and accrued liabilities	126,412	118,433
Deferred revenue	81,344	73,226
Canadian Emergency Business Account loan	-	40,000
	207,756	231,659
Net Assets		
Unrestricted	185,215	199,960
Investment in capital assets	76,884	43,314
Internally restricted	83,031	83,712
	345,130	326,986
	552,886	558,645

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

As at March 31, 2024

	2024	2023
Revenue		
Grants and contracted revenue	929,290	1,010,254
Amortization of tenant inducements	3,928	2,686
Donations	13,573	12,458
Fees for service	20,000	56,000
Miscellaneous	47,510	35,961
Vocational training	25,131	26,224
	1,039,432	1,143,583
Expenses		
Amortization	16,484	10,823
Bad debts	-	1,270
Information services	21,016	20,905
Office	9,812	22,185
Professional fees	77,941	55,983
Rent	80,181	72,363
Salaries and benefits administration	211,438	241,048
Salaries and benefits rehabilitation	552,484	651,482
Telephone and internet	9,610	11,247
Travel	16,709	12,390
Vocational training	25,613	26,401
	1,021,288	1,126,097
Excess of revenue over expenses	18,144	17,486
Net assets, beginning of year	326,986	309,500
Net assets, end of year	345,130	326,986

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 made possible with the ongoing support of our funders - Manitoba Economic Development, Investment, Trade and Natural Resources, Manitoba Health, Seniors, and Long-Term Care, United Way Winnipeg, Winnipeg Regional Health Authority, Workers Compensation Board of Manitoba, Manitoba Paraplegia Foundation, SCI Canada, and Coloplast Canada. We were also grateful for the generous support of our donors, who contributed \$13,573 during the year.

Overall operating revenue and expenses at yearend resulted in a modest surplus of \$18,144. Total revenue was reduced by \$104,151 this past year (\$1,039,432 in FY24 vs \$1,143,583 in FY23), while expenses were down by \$104,809 (\$1,021,288 in FY24 vs \$1,126,097 in FY23). Personnel changes throughout the year, including temporary vacancies in three positions, were the principal reason accounting for diminished revenue and expenses. However, lower than expected costs in professional development, vocational training, insurance, IT helpdesk support, and rehab travel were also factors.

I wish to express my sincere gratitude to our funders, members, and donors for their continued support of our programs and services, and to the SCIM staff for their professionalism. Thank you also to our former Accounting Officer, Neil Okumura, for his diligence and dedication, to the team at Balncd for their guidance and perseverance during the transition to an external bookkeeping and accounting services provider, and to MNP LLP for their services in the preparation of our audited financial statements.

— Adam Terwin, Treasurer

SERVICE TYPE	# DIRECT SERVICES PROVIDED	% OF DIRECT SERVICES
ACCOMMODATION	496	5.31%
EDUCATION	899	9.62%
EMPLOYMENT	969	10.37%
EQUIPMENT	582	6.23%
FAMILY/RELATIONSHIPS	147	1.57%
FINANCIAL	445	4.76%
HEALTH & WELLNESS	5,522	59.09%
LEGAL	38	0.41%
RECREATION/LEISURE	57	0.61%
SEX AND FERTILITY	30	0.32%
TRANSPORTATION	160	1.71%
DIRECT SERVICES	9,345	76.07%
INDIRECT SERVICES	2,940	23.93%
TOTAL	12,285	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 - Vocational Services

Maria Cabas/Jill Newbury | Rehabilitation Counsellor - Indigenous Services

LéAmber Kensley | Rehabilitation Counsellor - Health Promotion Services

Artem Dolia* | Rehabilitation Counsellor - Transitional Services

Natasha Schreyer - Rehabilitation Counsellor - Hospital Services

Annika Onosson* | Rehabilitation Counsellor - Indigenous Services

Darell Hominuk/Alexandria Toews | Rehabilitation Counsellor - Vocational Services

Alina Rose Babu | Rehabilitation Counsellor - Transitional Services

Terra Coulter | Rehabilitation Counsellor - Hospital/WCB Services

**living with spinal cord injury*

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 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!



Elisha Watanabe

Thank you to our donors and supporters in 2023-24

Janice Becking
Stephen Bilan
Bradley Boisselle
Fred Boyko
Alonza Chase
Dennis Dart
Corrine Deegan
Bishop Noël Delaquis
Sandra Doerksen
Marjorie Dyck
Gregory Erlendson
Exchange Income Corporation

Irene Gendron
Ed Giesbrecht
Walter Gross
Lyllal Hallick
Armand Langan
Derek Legge
Larry Maguire
Barbara McCannell
Audrey McIlraith
David Meyrowitz
William (Bill) Neill
Dr. Lindsay Nicolle
Guy Reeve

James Richardson
Darlene Ronald
George Silar
Clare Simpson
Sheila Sims
Kellea Small
Leonard Steingarten
Nestor Talledo
Ten Ten Sinclair Housing
Adam Terwin
June Thomson
Scott Young

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.