

**COFFEE
GROUP
HOSTS**

Ulivan Garcia

vgarcia@sci-bc.ca



778.707.5058

rsharma@sci-bc.ca

Randeep Sharma

You're Invited!

ਆਉ ਅਤੇ ਗਰਮ ਗਰਮ ਚਾਹ ਦੇ ਨਾਲ ਆਪਣੇ
ਵਰਗੇ ਹੋਰ ਮਿਤਰਾਂ ਦੇ ਨਾਲ ਸਮਾਂ ਬਿਤਾਓ।

Warm up with a cup of Joe and some friendly conversation with like-minded peers at our monthly coffee group. Swap SCI stories. Share laughs. Connect with old friends. Make new ones. Get support. Encourage others. Come on your own, or with family and friends. Grab a coffee or tea, and a bite to eat. Our treat!

SCIBC Surrey Bean There
Coffee Group February 2019Next Meeting Feb 6th
1:00 pm – 3:00 pmSurrey City Centre Library
in the READ Ability Lounge

WHAT HAVE WE BEEN CHATTING ABOUT LATELY? THIS IS OUR SNAPSHOT

Last month we covered goals and plans for 2019. This newsletter focuses on: connection, The SCI BC January 24th, Taste of the New Year Cooking Class; CPP and life hacks.

SCI BC PEER SUPPORT PROGRAM

**The Peer Support
Program****What is the Peer Support
Program?**

Spinal Cord Injury BC's Peer Support Program helps people with spinal cord injuries and those with related disabilities, overcome the challenges of living in a wheelchair by building communities of support throughout British Columbia.

**Events throughout British
Columbia**

Spinal Cord Injury BC hosts more than 300 Peer events throughout British Columbia each year, ranging from laid-back BBQs, to more adventurous sports like adaptive kayaking, trail riding, paragliding and bungee jumping.

**Weekly and monthly coffee
groups**

Our Peer staff and volunteers host coffee groups on a weekly or monthly basis in 11 communities throughout British Columbia. Your first drink is on us!

[Check out our event calendar.](#)

Peer Matching

If you would like to meet with a Peer one-on-one, we will connect you with someone who lives in your area who has gone through similar challenges as you as a result of their injury or disability. Peer Matches are with volunteers and meetings typically last for two hours. *Peer matches are one-time encounters.*

[Contact your local Peer Program Coordinator to apply.](#)

Peer Mentoring

If you would like to develop a long-term relationship with someone who really knows what you're going through, our Peer Mentoring service is for you. We will match you with a trained Peer

IN THIS ISSUE: JUST ENOUGH

Mentor who has a similar background as you. Peer Mentors will meet with you on a monthly basis for at least one year.

[Contact your local Peer Program Coordinator to apply.](#)

Website:

<https://sci-bc.ca/what-we-do/peer-support-program/>

PSYCHOLOGY TODAY

Psychology Today

**Connect To
Thrive***Social Connection**Improves Health, Well-Being & Longevity***By Emma M. Seppälä Ph.D.****Posted Aug 26, 2012**

We all know the basics of health 101: eat your veggies, go to the gym and get proper rest. But how many of us know that social connection is as important? Social connection improves physical health and psychological well-being. One telling study showed that lack of social connection is a greater detriment to health than obesity, smoking and high blood pressure. To read the article: <https://www.psychologytoday.com/ca/blog/feeling-it/201208/connect-thrive>

MACDONALD'S HOME HEALTH CARE



On March 6th, Eduardo Jimenez Service Coordinator from Macdonald's Home Health Care, a sponsor of SCI BC, is going to join the SCI BC Surrey Bean There Coffee Group to discuss wheelchair maintenance. He will be bringing a chair and some parts to show.

Eduardo is originally from Mexico. He immigrated here 12 years ago right after he finished University where he obtained an Engineering degree in Communications and Electronics, which translates excellently with what he does at Macdonald's Home Health Care. He started with Macdonald's Home Health Care in 2012 as a Service Technician when they were a small company of only five employees. Over the last seven years the company has grown incredibly in the community and internally. Eduardo learned everything he knows about the industry from Macdonald's. Currently, he is the Service Coordinator/Lead Tech; his knowledge in the industry ranges from ADL's too high-end electronics.

SURREY LIBRARIES



Income Tax Clinic @ Surrey Libraries

Yearly income tax clinic for low income residents of Surrey. Typically held between late March and then through April. Ask at your local branch in early March for details.

CITY OF SURREY



Driverless Shuttle Rides in

Civic Plaza

The future of driving is coming to Surrey! If you've been wondering what it's like to ride in a driverless vehicle, here is your chance to be one of the first people to experience the driverless shuttle ride in Surrey.

Rides will be offered at the Surrey Civic Plaza on **February 1-4, 6, 9-10, and 14-17 between the hours of 10am and 4pm**. Rides take approximately five minutes.

Meet ELA



It may look like it's something straight out of the future, but ELA – The EZ10 Driverless Shuttle is already being used in several countries around the world. ELA – short for ELectric Automation – is a **fully-accessible**, 100% electric vehicle with a battery life of up to 14 hours. It holds up to 12 passengers and will travel at about 12 km/h during the demo but has a maximum travelling speed of 40 km/h. Contact: webteam@surrey.ca Cost: Free Presented by: City of Surrey, City of Vancouver and Pacific Western Transportation Website: [Experience ELA: The Driverless Shuttle](#)

Book your ride:

<http://www.ridewithela.ca/book-ride/>

Note: You will be re-directed to ELA's booking site, which is hosted in the United States. Any information gathered during your visit to this site will be transmitted and stored outside Canada. If you are unable or do not wish to register via ELA's website, please visit the shuttle site in person during operating hours to find a ride time.

For more information:

https://www.surrey.ca/culture-recreation/28432.aspx?utm_source=Festivals+%26+Events&utm_campaign=Festivals+%26+Events+%7C+January+2019&utm_medium=email

SOCIAL MEDIA

How to make new friends,

a list from people on FB:

- Love yourself first
- Be vulnerable; yet wise
- Be yourself
- Be nice, smile
- Be agreeable
- Be brave
- Relax
- Be the first person to talk
- Ask questions
- Be informed about something; so, you have something to talk about
- Share time, information or a story
- Invite them to meet again somewhere open, like a coffee shop, another game, a dog park – if you have dogs; somewhere casual and public

Meet through Peers, mutual friends, work, common places such as classes, a coffee group, club, a bus stop, places you frequent, hobbies, the gym, and events.

There are apps for this.

Practice.

--vg

SCI BC INFOLINE RESOURCES



Heather Lamb
Spinal Cord Injury BC
InfoLine sent this:

Canada Pension Plan

CPP disability provides disability benefits to people under 65 who have made enough contributions to the Canada Pension Plan and who are disabled and cannot work at any job on a regular basis. It's a taxable monthly payment. At 65, people transition to regular CPP but can then also qualify for Old Age Security and, for people who below a certain income level, GIS (Guaranteed Income Supplement).

Canada Pension Plan is a public pension plan that most Canadians and their employers pay into during their working years. It is available at 65 but people who retire early can opt in at 60 and receive a smaller amount per month.

You can find out more here:



Government of Canada
 Gouvernement du Canada

Canada Pension Plan Disability Benefits - Overview

<https://www.canada.ca/en/services/benefits/publicpensions/cpp/cpp-disability-benefit.html>

and if you have questions about how to apply, please contact the InfoLine.

You can call our InfoLine toll-free from 9:00 am to 5:00 pm, Monday to Friday at 1-800-689-2477. You can also reach us via email at info@sci-bc.ca.

How can I add balance to my life?

I hear this same concern from a lot of people, especially as people get older (whether or not they have a disability), that people use up a lot of energy on the good days, doing too much, and then have to rest for several days.

I don't use apps myself (or have a smart phone either, ha, ha) but since lots of people do, here are a couple of articles about tools to help with planning one's life:

POPULAR SCIENCE

Seven apps and tools to organize your life

Restore order to your days.

By **David Nield** January 2, 2019

Between work, activities, appointments, and ever-growing to-do lists, many of us constantly feel rushed and anxious. And all too often, the distractions of our smartphones only make this busy pace more hectic. But phones can also simplify your life—it all depends on how you use them. Take these seven apps and tools, which help you track your time, build better habits, receive reminders, and more. Here's how they can turn your phone into a serious timesaver.

1. Google Keep
2. Cortana
3. Trello
4. Smarter Time
5. Todoist
6. Habit List
7. Pocket

To read the whole article. (Scroll over the ads):

<https://www.popsci.com/apps-tools-for-organization>

Lifehack

TECHNOLOGY

18 Best Time Management Apps and Tools (2019 Updated)

Kirstin O'Donovan

Certified Life and Productivity Coach,
 Founder and CEO of
 TopResultsCoaching
 Last Updated on December 30, 2018

No one can dispute the countless benefits technology has brought us. It's undoubtedly allowed us to connect, perform, improve and leverage our resources beyond what was once imaginable.

If you're not taking advantage of one of the hundreds of time management apps and tools out there, you're definitely missing a trick.

But with so many apps to choose from, how do you know which ones to use? Well, this will depend on your needs, but we've put together a list of 18 of the very best time management apps that can help you with the most common time management challenges.

To read the full article: Scroll for Mac hacks too
<https://www.lifehack.org/articles/technology/top-15-time-management-apps-and-tools.html>



I also really like the spoon theory

to help explain to people how energy is allocated or available for a person with a disability.

The Spoon Theory written by Christine Miserandino

Please take the time to read Christine Miserandino's personal story and analogy of what it is like to live with sickness or disability.

To read the article:

<https://butyoudontlookstuck.com/articles/written-by-christine/the-spoon-theory/>

PSYCHOLOGY TODAY

Psychology Today

Why You Need a Social Convoy

Improve your health and avoid loneliness by traveling through life in a group.

Posted Jun 30, 2018

Lydia Denworth, Brain Waves

Convoys are meant to provide protection. You might think of camels traveling through the desert, long-haul truckers, or navy ships banding together to ward off enemy submarines. But the concept can apply to people, too. Your social convoy is the core set of supportive relationships — close friends and family — that move with you through life.

To read the article:

<https://www.psychologytoday.com/ca/blog/brain-waves/201806/why-you-need-social-convoy>

TED X: GUY WINCH

Why we all need to practice emotional first aid

Guy Winch At TEDxLinnaeusUniversity

Editor's note: This talk was recorded at a TEDx event organized by volunteers; speakers are selected independently of TED.

We'll go to the doctor when we feel flu-ish or a nagging pain. So why don't we see a health professional when we feel emotional pain: guilt, loss, loneliness? Too many of us deal with common psychological-health issues on our own, says Guy Winch. But we don't have to. He makes a compelling case to practice emotional hygiene — taking care of our emotions, our minds, with the same diligence we take care of our bodies.

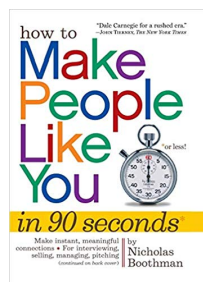
To watch the video:

https://www.ted.com/talks/guy_winch_the_case_for_emotional_hygiene?referrer=playlist-the_importance_of_self_care

HOW TO MAKE PEOPLE LIKE YOU

*When people get to a certain age, they may not make as many friends as they once did. The book **how to Make People Like You in 90 Seconds** is a good guide for refreshing your network for personal and working relationships.*

It is available to buy; it's free to borrow from most libraries & it is also available as a free audio book in Overdrive using your library card and your Library's eLibrary.



Look in Library2go (OverDrive).

Whether selling, managing, applying to college, looking for a job-or looking for a

soulmate-the secret of success is connecting with other people. Nicholas Boothman shows exactly how to make the best out of any relationship's most critical moment-those first 90 seconds that make up a first impression. Armed with his program, readers learn how to establish immediate trust by synchronizing voice tone and body language; the power of a Really Useful Attitude; and how to get people talking and keep them talking. He discusses eye cues, the magic of opposites attracting, and sensory preferences-some of us are Visual people, others are Kinesthetic (responding most to the sense of touch), and a few are Auditory. So when you say "I see what you mean" to a Visual, you're really speaking his or her language.

This is a 3 hour & 8-minute audio book. I recommend it -vg

BC INDO-CANADIAN PEERS

**SCI BC Indo-Canadian Peers Coffee Group**

Next meeting: February 13th, contact Randeep Sharma for details: RSharma@sci-bc.ca

THE GUARDIAN

The Guardian Loneliness isn't inevitable – a guide to making new friends as an adult

Amy Sedghi

Mon 30 Apr 2018 08.00 BST

Striking up friendships can be tricky – and studies show millions of us are lonely. Here, four people who forged new connections explain how they did it.

Psychologist, Linda Blair's friendship tips:

- Build your self-confidence
- Find something you feel passionate about
- Put yourself out there
- Meet in a neutral place
- Ask questions
- Don't expect too much

To read the article:

<https://www.theguardian.com/lifeandstyle/2018/apr/30/how-to-make-new-friends-adult-lonely-leap-of-faith>

REACH OUT VIRTUAL PEER



SCI BC's Virtual Peer Program

**Coordinator, Teri
Thorson's advice on how
to make friends:**

- 📖 Be open about yourself
(as much as you are
comfortable with)
- 📖 Be open to accepting
others as they are
- 📖 Listen and ask questions
- 📖 Don't offer advice but
share your experience
- 📖 Be positive
- 📖 Smile!
- 📖 Don't take it personal,
some friendships are not
meant to be

Who I am:

*Peer Coordinator in Vancouver.
I work at the Spinal Cord Injury BC
Resource Centre in GF Strong
twice a week, and I run virtual
peer monthly.*

To reach Teri: tthorson@sci-bc.ca

REACH OUT VIRTUAL PEER



Reach Out! Virtual Peer with Brandy

**February 21st, 2019
3:00pm – 5:00pm**

For anyone that can't always
make it to our events in person,
this is for you! Call or log in using
a phone, smart phone, tablet or
computer.

Contact Teri tthorson@sci-bc.ca for more details.
https://sci-bc.ca/event-detail/reachout-virtual-peer-brandy-2/?event_rdate=20190221150000,20190221170000

SOUTH FRASER ACTIVE LIVING GROUP



**February 11th
1:00 pm – 3:00pm**
Come join
the **South Fraser
Active Living** coffee

group. Anyone with a spinal cord
injury or other mobility
impairment is welcome to join us
for a casual discussion. Join us
monthly for friendly conversation,
laughs, support & tips on getting
active and connected in Surrey &
Delta. We are a group of like-
minded people advocating for
more accessible options in our
community. Come out to meet
new, like-minded people! Feel
free to bring family and friends.

For information: Check out the
new [SFActiveLiving Facebook page](#) or
email: sfactiveliving@gmail.com.

New location: email for details

Website: https://sci-bc.ca/event-detail/south-fraser-active-living-coffee-group-2/?event_rdate=20190211130000,20190211150000

BC REHAB



BC Rehab Individual Grant Programs

Deadline is February 15th, 2019

Here you will find the BC Rehab
Individual Grant Application and
the associated program
guidelines. This application is
intended for individual funding
requests from persons with
physical disabilities.

<http://www.bcrehab.com/content/individual-grant-programs>

SURREY COOKING CLASS



Abilities Expo & Job Fair



Be our date this Valentine's day!
**ConnecTra's Abilities Expo and
Job Fair is back February 14.**
Our 2019 event features more
than 50 new and returning
exhibitors. Come enjoy
entertainment, food, and learn
about all the ways the community
is becoming more inclusive for
people with physical disabilities.
Guest speakers, fun activities and
a social atmosphere all under one
roof. This is the only event of its
kind in Vancouver for the variety
of information and activities.
Everyone is welcome!

Our Guest Speakers:

- ☺ Teri Thorson, from our
Speaker's Bureau, will share
her thoughts about *The
Importance of Self-Care*.
- ☺ Heather McCain, Executive
Director of Citizens for
Accessible Neighborhoods, will
offer a talk about
The Meaning of Community

DATE/LOCATION:

Thursday, February 14

11 am – 4 pm

Roundhouse Community Centre

181 Roundhouse Mews

(Davie & Pacific) Vancouver

Website: <http://connectra.org/abilities-expo-and-job-fair.html>

SCIENCE DAILY

Your disability may not be the cause of some of your secondary health issues. Sitting too much might be.

ScienceDaily®

Science News

from research organizations

Sitting for long periods increases risk of disease and early death, regardless of exercise

Date: January 19, 2015

Source:

University Health Network (UHN)

Summary:

The amount of time a person sits during the day is associated with a higher risk of heart disease, diabetes, cancer, and death, regardless of regular exercise, according to a review study published today in the *Annals of Internal Medicine*

<https://www.sciencedaily.com/releases/2015/01/150119171701.htm>

The Citations are at the bottom of it (scroll through the ads to read the whole article; they are at the end.)

NORTHWEST REGIONAL SCI SYSTEM



From Bert Abbott,
Peer Program

Manager, Spinal Cord Injury BC

Here is a really good resource for your newsletter. I subscribe to this programs reports. Every month they send out information. Much of it we add to our information database.

cheers,

University of Washington Rehabilitation Medicine
Northwest Regional Spinal Cord Injury System

Hello Northwest Regional Spinal Cord Injury System Subscribers,

Check out the new [Spinal Cord Injury Empowerment Project Health Guides](#) on 23 SCI-related health topics!

Produced with funding from the [Craig H. Neilsen Foundation](#), these health guides clearly summarize the most current evidence-based recommendations on managing health and wellness, and preventing medical complications, after SCI:

§ Adjustment and Depression

§ Autonomic Dysreflexia (AD)

§ Blood Clot Risk

§ Bladder

- [Neurogenic Bladder: Indwelling Catheters](#)
- [Neurogenic Bladder: Management](#)
- [Neurogenic Bladder: Urinary Tract Infections \(UTIs\)](#)
- [Transition from Indwelling Catheter \(Foley\) to Intermittent Catheterization](#)
- [Upper and Lower Urinary Tract Surveillance](#)

§ Bowel

- [Neurogenic Bowel: Common Problems](#)
- [Neurogenic Bowel: Health Surveillance](#)
- [Neurogenic Bowel: Management](#)

§ Bone Health, Osteoporosis, and Fractures

§ Cardiovascular Health

§ Equipment and Seating

§ Foot Care

§ Heterotopic Ossification (HO)

§ Orthostatic Hypotension

§ Pain

§ Preserving Your Shoulders, Arms, Wrists and Hands

§ Sexual Functioning and Reproductive Health

§ Skin Breakdown and Pressure Injuries

§ Sleep and Fatigue

§ Spasticity and SCI

Please take a minute to give us your feedback on these Health Guides by [taking our short survey](#).

Also, check out the **SCI Empowerment Project videos** at <http://sci.washington.edu/empowerment/videos.asp>.

Thank you.

Northwest Regional Spinal Cord Injury System
Department of Rehabilitation Medicine
University of Washington, Box 356490, Seattle, WA 98195

Phone: 206-616-2183; Fax: 206-685-3244;

Email: nwrcis@uw.edu

Website:

http://sci.washington.edu/empowerment/health_guides.asp

MEDIUM

M Medium

The Coming Plague of Technological Loneliness
Our reliance on consumption instead of connection is killing us.

Michael K. Spencer

Jan 20, 2019 *Opinion*

If loneliness is part of the human condition, technology with mobile addiction is upgrading it. If loneliness is like a [primeval warning sign](#), social media addiction is making human connection like an endangered resource.

To read the 9 minute story:

<https://medium.com/futuresin/the-coming-plague-of-technological-loneliness-9f1b46774ca8>

SURREY COOKING CLASS

Taste of the New Year

Our first cooking class of the year was held on January 24th at the Chuck Bailey Community Centre. We had a small group guided by Jenna Wright and Terry Chen from Spinal Cord Injury BC.

**Recipes:****Minimalist Baker**
est. 2012**5-MINUTE VEGAN CAESAR DRESSING**

We would have used less lemon.

<https://minimalistbaker.com/5-minute-vegan-caesar-dressing/>

1-POT GOLDEN CURRY LENTIL SOUP

<https://minimalistbaker.com/1-pot-golden-curry-lentil-soup/>

**Banana bread bliss balls**

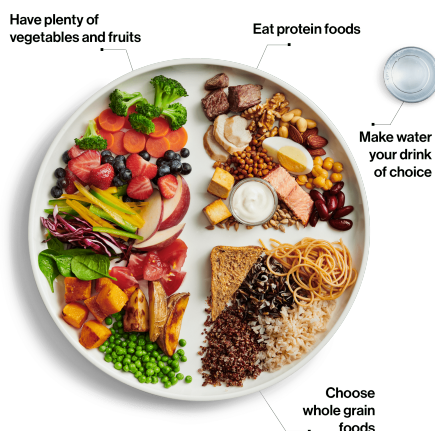
We did not think these needed the oil; and Amit is going to add raisins to his next batch. Randeep liked them with maple syrup.

Add in time for them to freeze. -vg
<https://www.healthymummy.com/recipe/banana-bread-bliss-balls/>

GOVERNMENT OF CANADA

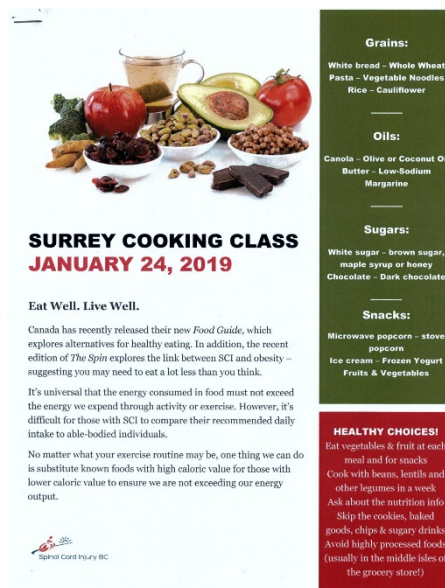
Canada's new Food Guide was published on-line on January 22, 2019. It has some new ideas.

Take a look:



Website: <https://food-guide.canada.ca/en/>

Jenna made a handout- below as a picture file. You can scroll or pick it up and read it in a document file or in your photos – if you save it. --vg

**The Spin Magazine**

We talked about TheSpin
Winter edition 2018, Calorie Crunch

SCI BC FEEDBACK FEBRUARY

**Feedback February from Jenna Wright**

I'm Jenna and I'm one of the new additions here at SCI BC. My role as the Provincial Peer Program Lead is overseeing the process behind the events we're offering around BC.

One way I'd like to involve our peers is by holding various forums for discussion. We're calling it *Feedback February*, and each week will have a slightly different focus on programming. These discussions will take place online so anyone can join around the province.



Not able to attend at this particular time, but still want to give us your feedback? Please feel free to email our new Provincial Peer Program Lead, Jenna at jwright@sci-bc.ca.

For more information: <https://sci-bc.ca/event-detail/feedback-feb-self-identified-women/>

IT'S ALL CUT AND PASTE

The SCI BC Surrey Bean There Coffee Group does not own the material shared in this newsletter, nor do they specifically support or agree with what is presented as content for Coffee Group Members. The content is all written by Peers or easily found on-line. It is copied in this format so you can access it to participate and maybe to learn something new. (Just follow the links.) In essence, it explores what we chatted about or may

talk about & gives us more background information through which we can make better decisions and have deeper conversations in the future.

180 MEDICAL BLOG

February is Heart Month. Have you made a date with your doctor to check your blood pressure and heart? There is much they don't know. --vg



Heart
Disease
Risk for
Individual

s with Spinal Cord Injury
**180 Medical Blog / SCI / Heart Disease
Risk for Individuals with Spinal Cord
Injury**

Why does a person who has suffered a spinal cord injury often become much more susceptible to heart disease?

A new study undertaken at the Heart and Stroke Foundation of Canada and the Christopher and Dana Reeve Foundation seeks to answer this question.

The answer may lie in a previously less emphasized area—autonomic nervous system pathways disrupted by spinal cord injury (SCI).

Website:

<https://www.180medical.com/blog/heart-disease-risk-for-individuals-with-spinal-cord-injury/>

SCORE Professional
SPINAL CORD INJURY RESEARCH EVIDENCE

Under Search:

Cardiovascular Health

There are many documents written for Professionals. Exercise seems to make a difference. -vg

Website:

<https://scireproject.com/>

**SCI Canada Exercise
Guidelines** (from H Lamb)

Website: <https://sci-bc-database.ca/recreation-and-leisure/fitness-and-exercise/sci-action-canada-physical-activity-guidelines/>



Heather Lamb
Spinal Cord Injury BC
InfoLine sent this:

Heart health is

indeed an issue after SCI, especially as people are living so much longer post injury. There haven't been too many studies yet because aging with SCI is relatively new, but here are some sites with good info:

University of Washington / Rehabilitation Medicine
Northwest Regional Spinal Cord Injury System

Spinal Cord Injury Update

Summer 2009: Volume 18, Number 2

SCI and the Risk for Heart Disease

By Joanne Lewin, ARNP, and
Cynthia Salzman, MHA

Contents

- **Heart disease in the SCI population**
- **What is cardiovascular (heart) disease?**
- **Risk factors for cardiovascular (heart) disease**
 - **Abnormal blood lipids (fats)**
 - **Smoking**
 - **Diabetes and metabolic syndrome**
 - **Physical inactivity**
 - **Overweight**
 - **High blood pressure**
- **Resources—Where to go for more information**
- **References**

Website:

http://sci.washington.edu/info/newsletters/articles/09_sum_heart.asp

UAB SCHOOL OF MEDICINE

Knowledge that will change your world

UAB Spinal Cord Injury Model System

Cardiovascular Disease

10 Articles can be found on this web page.

Website:

<https://www.uab.edu/medicine/sci/daily-living/managing-personal-health/secondary-medical-conditions/cardiovascular-disease>



COMMON CARDIOVASCULAR PROBLEMS AND SPINAL CORD INJURY

**Common cardiovascular
problems and spinal cord injury**

Posted by **AskNurseLinda** on
Jul 10, 2017 10:40 am

The cardiovascular system is a part of the body that consists of the heart and all of the arteries, veins and blood. The purpose of this system is to transport food, oxygen, essential nutrients and hormones to all of the cells of the body. It is also responsible for removing waste from the body. That is quite a job. To accomplish this huge goal, the cardiovascular system has to interact with all of other body systems.

The main organ of the cardiovascular system is the heart which is the power station. The beating of the heart occurs in a rhythmic motion of contractions and relaxations which forces blood to circulate through the entire circulatory system. The circulatory system are the arteries and veins. These are large and small, feeding every cell in the body.

The cardiovascular system is managed by the autonomic nervous system. This is the part of the nervous system that is automatic.

To read the Blog: <http://www.spinalcordinjury-paralysis.org/forums/viewtopic/11775/55141>

**We look forward to connecting
with you again.**