



# Vivian's Corner

Warm up with a cup of joe and friendly conversation with Peers. Join us the first Wednesday of every month.



**Contact: [vgarcia@sci-bc.ca](mailto:vgarcia@sci-bc.ca)**

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



**We have a speaker from the Library at 1:30 pm during our April 3<sup>rd</sup> SCI BC Surrey Bean There Coffee Group. Learn more about online library services including downloading e-books and e-audio – you will learn how to use some of Surrey Libraries online resources and how to download e-books and e-audio to your devices.**

## MACDONALD'S HOME HEALTH CARE



On March 6<sup>th</sup>, Eduardo Jimenez, Service Coordinator from Macdonald's Home Health Care, a sponsor of SCI BC, joined the SCI BC Surrey Bean There Coffee Group to discuss wheelchair maintenance. He brought some manual wheelchairs and some parts to show. We looked over some bearings, and talked about batteries, smart wheelchairs and different types of frames along with other items.

■ A participant wanted to charge his ½ filled batteries during our meeting. We discussed how surface charging is not a good idea in regards to the life of batteries.

*This Blog gives a good overview on batteries: **Guide to Mobility Batteries: Installation, Charging, Storage, and More** August 24, 2016*  
<https://macdonaldshhc.com/blog/mobility-batteries-guidelines/>

*We talked about electronics and how they can work with a power wheelchair joystick to pair with Bluetooth to use computers, video games, etc.*

SCIBC Surrey Bean There Coffee Group April 2019

**Next Meeting April 3<sup>rd</sup>  
1:00 pm – 3:00 pm**

Surrey City Centre Library  
in the READ Ability Lounge

IN THIS ISSUE: TECH & ADVOCACY

*Afterwards, Eduardo sent this: Following our conversation yesterday here's the link to learn a bit more about Q-logic 3 joysticks, see Bluetooth features and videos on the top.*



**Quantum Electronics**  
Q-Logic 3

**Advanced Drive Control System**

<https://www.quantumrehab.com/quantum-electronics/q-logic-3-advanced-drive-control-system.asp>

**A few Quantum Videos available on the website below:**

- Switching Between Bluetooth® Devices Using Q-Logic 3
- How to Connect Bluetooth® to a Windows Computer or Tablet
- Bluetooth to Android Device
- How to Connect Bluetooth® to an iPhone or iPad
- Q-Logic 2 - Assistive Technology for Quantum Rehab® Power Chairs

<https://www.quantumrehab.com/quantum-rehab-videos/>

## SCI BC INFOLINE RESOURCES



## Heather Lamb

### Spinal Cord Injury BC InfoLine

#### *Shares information on advocacy.*

*We have a couple of general advocacy documents on our database.*

*The document below provides a good basic overview. I suggest people figure out which level of government is responsible for the issue they want to advocate about and then try to set up a meeting with the appropriate local representative (eg. council member, MLA, etc. or write a letter outlining the situation. Eg. parking issues would go to the local city council whereas PWD issues would go to the province. People should find out what the current situation is (eg. any laws or rules that govern what is currently happening) and what other jurisdictions do for the same issue. Then outline the problem AND potential solutions*

## Advocacy: How to get your voice heard

By [Heather Lamb](#)

Posted [June 4, 2013](#)

In my position as Information Resource Specialist at SCI BC I have met many people who are experiencing significant challenges in living with spinal cord injury and accessing the system. One of my roles is to know the system and to help people find ways to get their needs met through existing social, health, and other support services.

To read the rest of the article: <https://sci-bc.ca/advocacy-how-to-get-your-voice-heard/>

*I'm happy to talk to people about how to direct their efforts for particular topic areas. I can discuss this in more detail with anyone who wants more direction or needs help with the fact-finding portion of it (eg. finding the right laws, or stats to back up how many people are impacted by the problem). -- HL*

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](mailto:info@sci-bc.ca).

## BABYLON BY TELUS

From Amit Sharma



## Healthcare in your hands.

Introducing Babylon by TELUS Health, a mobile app that allows you to check symptoms, see a doctor\* and easily access your clinical records all through your phone.

Doctor video consultations (BC only), in which doctors can see patients about:

- Cold and flu symptoms
- Headaches and nausea
- Digestive symptoms such as heartburn
- Diarrhea, constipation, and other gut health issues
- Sports Injuries
- Lifestyle advice

And more!

**\*Doctor consultations for BC residents are covered under the Medical Services Plan (MSP).**

Website:

[https://www.telus.com/en/bc/health/personal/babylon?linktype=subnav&fbclid=IwAR0-dTTsFe0M6lxTct17KOuZpDL49R5k1R1yySQDXGACV9DC5ChgQpFOV\\_g](https://www.telus.com/en/bc/health/personal/babylon?linktype=subnav&fbclid=IwAR0-dTTsFe0M6lxTct17KOuZpDL49R5k1R1yySQDXGACV9DC5ChgQpFOV_g)

Download the App on your smart phone from the App Store

*Read the fine print. --vg*

## GOVERNMENT OF CANADA



## E-petitions

Have you looked at your government lately and voiced anything?

They have Petitions that may interest you at this

website. <https://petitions.ourcommons.ca/en>

[/Home/Index](#)

### How to use this web search:

- 🔍 Scroll down the page and click on:
- 🔍 View all petitions.
- 🔍 Look on the right side of the page to
- 🔍 Refine your Search
- 🔍 Scroll under Status
- 🔍 Choose: Open for signatures

Then you will find less than 70 petitions that can be signed now over a few webpages. Have a read through.

*I was looking at e-1954 on affordable housing.*

*Check some of them out. -vg*

Signing is easy.

Remember to confirm on the link the website sends to your email inbox to check that you are not a bot.

## 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.*

## GIRLS ON WHEELS



## Wheelchair Maintenance: Cleaning Casters

### Girls on Wheels

Published on Jul 12, 2016

It's a very common problem getting hair and bits stuck in between your casters, so it's very important to clean and lubricate them from time to time. I'm going to show just how easy it is to do and what a difference it makes to lubricating them.

4:06 minute video:

<https://www.youtube.com/watch?v=DfeLVNAFJA>

## YOUR ALS GUIDE



## How To Get the Most from Your Power Wheelchair Battery

Published on Oct 22, 2018

Following best-charging practices—such as charging your battery for longer intervals—will help ensure that you don't get stranded.

2:28 minute video:

<https://www.youtube.com/watch?v=BdzMDiSUHEI>

## SCIRE COMMUNITY



## Wheeled Mobility

From the video transcript:

Prevention of falls is a priority for health care providers and care givers in hospital settings...

**5 situations most commonly cause falls: Transferring into or out of a wheelchair, poor body positioning, wheelchair changes or set-up, terrain, and someone else moving the chair.**

To watch the videos:

<https://scireproject.com/community/videos/wheeled-mobility/>

## SPINAL CORD INJURY

## Family Matters

A virtual conversation for family members living with someone who sustained a spinal cord injury.

April 4<sup>th</sup> 6:30 – 7:30 PM

Email [tthorson@sci-bc.ca](mailto:tthorson@sci-bc.ca) for details

**Family Matters!**

A virtual conversation for family members living with someone who sustained a spinal cord injury.

When: First Thursday of every month  
Time: AB: 7:30-8:30PM BC: 6:30-7:30 PM

To register in Alberta contact: Guy Coulombe 587-410-2427  
guy.coulombe@sci-ab.ca  
To register in BC contact Teri Thorson: TThorson@sci-bc.ca

Website: [https://sci-bc.ca/event-detail/family-matters/?event\\_rdate=20190404183000,20190404193000](https://sci-bc.ca/event-detail/family-matters/?event_rdate=20190404183000,20190404193000)

## REACH OUT VIRTUAL PEER



## Reach Out! Virtual Peer with Brandy

◆ New Date ◆

April 15th, 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](mailto:tthorson@sci-bc.ca) or Brandy [bstiles@sci-bc.ca](mailto:bstiles@sci-bc.ca), for more details.

Website: <https://sci-bc.ca/event-detail/reachout-virtual-peer-brandy-nd/>

## SPINAL CORD INJURY BC



## Tax Tips for People with

## Disabilities

Use this information to find out tax information specific to people with disabilities. Not all of these tips will apply to you; for more specific information regarding your situation, please see a tax professional who can help you assess your circumstances and the best way for you to file your tax return. **The tax tips document has been updated for the 2018 tax year.**

To read the document: <https://sci-bc-database.ca/wp-content/uploads/2011/10/Tax-Tips-for-People-with-Disabilities.pdf>

## SURREY LIBRARIES EVENTS



## Disability Alliance of BC Income Tax Consultations

Every other Tuesday | 9:30 am - 5:30 pm  
[City Centre Library](#)

Are you a person with disabilities? An advocate from the Disability Alliance of BC can

- help you complete and file your income tax forms
- identify tax credits you can claim
- identify other services and benefits you can access

You must be receiving the Persons with Disabilities (PWD) benefit or the Persons with Persistent and Multiple Barriers (PPMB) benefit to use this service.

This service is available every other Tuesday at City Centre Library.  
Feb 26 – June 25th

**For an appointment, EMAIL:**  
[myung@disabilityalliancebc.org](mailto:myung@disabilityalliancebc.org)



## SCI BC INFOLINE RESOURCES



## Simply Smart: Creating the Smart Home of Your Dreams



By *Spinal Cord Injury BC*

Posted June 25, 2018

In *News & Blog, Tech & Innovation*

Home automation technology, such as the Amazon Echo Dot, can make your home more accessible without breaking the bank. Here's a quick glance at some of the possibilities to help you realize the smart home of your dreams.

Imagine controlling your home's lights, appliances, temperature, and more...all with simple voice commands. It's intriguing, isn't it? But until recently, this type of home automation has been expensive—not to mention a little complicated. Enter the [Amazon Echo Dot](#) and other similar home assistants such as the [Google Mini](#), along with a host of complementary devices that connect to them.

**Suddenly, a basic, easy-to-set-up, voice controlled smart home could cost you less than \$500.**

Keep in mind, this is not a manual or guide. It's simply a glance at the possibilities; something to pique your interest and make you realize that the smart home of your dreams might now be within your reach.

What about setting it all up? We think if you're comfortable with all the nuances of your

smartphone, you won't have a problem setting up the Echo Dot in combination with other gadgets. There are plenty of online guides and accompanying instruction manuals.

A final caveat: this is addictive stuff. What we've described here is basic; it has the bare essentials you can easily and affordably get in order to create a voice activated smart home.

But in researching for this story, we discovered two things.

**First, there are many directions you can expand a basic system like this.** For example, you can add a powered Alexa-compatible deadbolt to your front door, and home security systems. You can integrate your home theatre. You can add outdoor smart plugs and irrigation system controls. You can even control iRobot's newest robot vacuum, the Roomba 690. **Second, people who write about this type of home automation are enthusiastic about the subject.** And they seem to have one thing in common: when it comes to automating their own homes, most have started off small and modest... but have ended up going much, much bigger. You've been warned!

To read the Blog: <https://sci-bc.ca/simple-smart-creating-the-smart-home-of-your-dreams/>

## WIKI.EZVID.COM



Wiki.ezvid.com  
The World's Video Wiki

## The 9 Best Smart Pill Dispensers

Updated February 11, 2019

by Misty Alder

We spent 28 hours on research, videography, and editing, to review the top options for this wiki.

To read the list: <https://wiki.ezvid.com/best-smart-pill-dispensers>

## CBC GEM



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## Home Hack

How safe are your high-tech home security devices? From lights and locks to curtains, cameras and TVs, we reveal hidden dangers and show you how easy it can be to break into your home.

To watch the documentary

(a few commercial breaks included)

<https://gem.cbc.ca/.../season-46/episode-2/38e815a-00f81a65a83>

22:31 minute video

## PC MAGAZINE



## The Best Smart Home Devices for 2019

- By Alex Colon and Eric Griffith
  - January 24, 2019 11:15AM EST
- Whether you're looking for a connected light bulb, security camera, or thermostat, start with the best smart home devices we've tested for every room in the house.
- To read the article: <https://www.pcmag.com/article/303814/the-best-smart-home-devices-for-2019>  
Updated from our March 7<sup>th</sup>, 2018 newsletter

## BUSINESS WIRE



## Smart Home Technology Offers Disabled Veterans Greater

### Independence in Their Homes

Disabled U.S. Air Force combat controller gains life-changing level of freedom

4:14 minute video

<https://www.businesswire.com/news/home/2017110005113/en/Smart-Home-Technology-Offers-Disabled-Veterans-Greater>

## TECH WITH BRETT



## Tech With Brett How to Build a Smart Home 101

Published on Dec 18, 2018

Turning your home into a smart home is easier than you think!

You may even have some products that are already compatible. Through this video I will let you know what devices you need to get from start to finish to build your smart home.

Click on SHOW MORE for all of the product information.

19:08 minute video

[https://www.youtube.com/watch?v=jyMC\\_HAlzp\\_g](https://www.youtube.com/watch?v=jyMC_HAlzp_g)

## THE SCIENCE TIMES

## The Science Times

### Electronic tattoos can be made through graphene and silk

By Sieeka Khan

Mar 13, 2019 12:59 PM EDT

E-tattoos, electronic tattoos or epidermal electronics are a thin form of electronics that are wearable. They are soft and lightweight, which allows them to be mounted intimately on human skin for high-fidelity and noninvasive sensing. E-tattoos are touch-sensitive buttons for controlling your smartphone and they can be applied as a stick-on dosimeter to measure UV exposure, graphene-based skin biosensors or lab-on-skin for wearable health monitoring.

To read the rest of the article:

<https://www.sciencetimes.com/articles/18598/20190313/electronic-tattoos-made-through-graphene-silk.htm>

Tech up-date from March 7<sup>th</sup>, 2018 newsletter.

The video is all ads, skip that bit -vg

## SKIIN



## SKIIN Keep an Eye Out

### for These Smart Clothing Trends in 2019

Another year has come and gone and while your determination to lose weight, sleep more, and spend less might wane by the time we hit February *no judgment, we're all in the same boat here*, the rise of smart fabrics and wearables shows no such signs of stopping.

Smart clothing as a whole has been in its infancy for a while now, but 2019 just might see it sprout into the industry equivalent of an awkward teen—still dealing with some growing pains but finally starting to come into its own. **The market for smart textiles is projected to hit a whopping \$1.8 billion by 2021**, so this year should bring about some exciting first steps in that direction.

We're no psychics, of course, but we thought it might be fun to take a look at some of the most buzzworthy smart clothing trends set to make waves in the market this year. So, without further ado, let's get to forecasting!

To read the rest of the article:

<https://skiin.com/keep-an-eye-out-for-these-smart-clothing-trends-in-2019/>

## SCI BC SURREY BEAN THERE NEWS

### Note from Vivian

*I have a new writing program. If you have trouble with any of the links in this newsletter just copy and paste them into your internet toolbar.*

*Also, if you want to add to our upcoming newsletter(s) send me an email, [VGarcia@sci-bc.ca](mailto:VGarcia@sci-bc.ca) -vg*

## MEDICAL WEARABLE SOLUTIONS



## EyeForcer

EyeForcer is a patented smart

eyewear that prompts the user to maintain his or her head upright while using a mobile device thus taking the strain off his or her neck and preventing diseases such as tech-neck and gameboy disease.

For details:

<https://www.medicalwearablesolutions.com/>

## NEIL SQUIRE SOLUTIONS



## Tap Wearable Keyboard

Written by Priyanka Mehta  
on March 14, 2019.

Posted in News

Tap is a wearable, Bluetooth enabled keyboard and mouse that allows users to input text using any surface, with just one hand.

More Information:

<https://www.neilsquiresolutions.ca/news/tap-wearable-keyboard/>

## TED X EVENT

## TED Ideas worth spreading Simple hacks for life with Parkinson's

TEDx Delft |  
February 2015

Mileha Soneji shares accessible designs that make the everyday tasks of those living with Parkinson's a bit easier.

6:58 minute video

[https://www.ted.com/talks/mileha\\_soneji\\_simple\\_hacks\\_for\\_life\\_with\\_parkinson\\_s?referrer=playlist-designing\\_for\\_disability&fbclid=IwAR3uo\\_oQj7NVBQ5KdGSrMaDD0Vt1DiTpuYnNGL47nMn42RkINRv4fKY24](https://www.ted.com/talks/mileha_soneji_simple_hacks_for_life_with_parkinson_s?referrer=playlist-designing_for_disability&fbclid=IwAR3uo_oQj7NVBQ5KdGSrMaDD0Vt1DiTpuYnNGL47nMn42RkINRv4fKY24)

## NAUTILUS - NEURAL LACE



## FACTS SO ROMANTIC ON BIOLOGY

### Will This "Neural Lace" Brain Implant Help Us Compete with AI?

POSTED BY KIKI SANFORD  
ON APR 04, 2018

**Beyond brain implantation, what other applications do you envision?...**

The other thing that we have some really neat results on is that you can inject this directly between vertebrae across the spinal cord and not damage the spinal cord. The obvious point is that you could use this, then, as an interface in cases where there is traumatic injury. To read the article: <http://nautil.us/blog/-will-this-neural-lace-brain-implant-help-us-compete-with-ai>  
Updated from our March 7<sup>th</sup>, 2018 newsletter

## SCI BC INFOLINE RESOURCES



**Heather Lamb**  
Spinal Cord Injury  
BC InfoLine sent

this from our website:

GoAbroad.com

- **A Guide to Cell Phone Plans for Traveling Abroad**

by LAUREN KUBIK - Published May 28, 2018 © Copyright 1998 - 2019  
GoAbroad.com ®

You scroll through your phone daily tapping away at your favorite apps. It's so easy to stay connected. Your phone seems even more important during international travel. Cell phones allow you to chat with family and friends back home, post travel photos on social media, and search for top reviews while abroad. You get lost, maps! You need to communicate, translate! You are unsure of a price, currency converter! Cell phone plans for traveling abroad are a wide range, and it can be a bit overwhelming right off the bat.

To read the rest of the article:

<https://www.goabroad.com/articles/travel-cell-phone-plans>

## SCI BC ACCESSIBLE TRAVEL



## Accessible Travel

**Just because you have a physical disability doesn't mean your travel days are over. You just have to be prepared for the unexpected and plan things a little bit differently.**

That's why we created

an [Accessible Travel Guide](#) and an [Accessible Travel Video Series](#).

Find them here:

<https://sci-bc.ca/resource-centre/accessible-travel/>

## SCI BC INDO-CANADIAN PEERS



## SCI BC Indo-Canadian Peer Coffee Group

**April 10th, 2019**

**12:00 pm – 2:00 pm**

**Location: Tim Hortons**

(7288 King George Hwy)

**RSVP to Amit Sharma at**

**[amit626@hotmail.com](mailto:amit626@hotmail.com)**

Join us at the SCI BC Indo-Canadian Peer Coffee Group to share stories, gather information, develop a support system, and have a coffee on us!

This group meets on every second Wednesday of the month between 12pm and 2pm at Tim Hortons (7288 King George Hwy) near the Newton Rec Centre!

**Website:** [https://sci-bc.ca/event-detail/indo-canadian-peer-coffee-group-new/?event\\_rdate=20190410120000,20190410140000](https://sci-bc.ca/event-detail/indo-canadian-peer-coffee-group-new/?event_rdate=20190410120000,20190410140000)

## CANADIAN ASSISTED TRAVEL SOCIETY

## Canadian Assisted Travel Society Assisting disabled Canadians with their travel needs

Have you ever wondered what it would be like to travel to the East Coast of Canada or perhaps to Italy? Do you want to attend a conference, seminar or have an cultural experience? But you can't because you need an attendant to travel with you and the expenses are just too high. Well, check us out, we just might be able to help!

**Grant Application is now OPEN!**

**Deadline April 30, 2019**

**Website:**

<https://canadianassistedtravel.wordpress.com/>

## SOUTH FRASER ACTIVE LIVING GROUP



**April 8th, 2019**

**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](mailto:sfactiveliving@gmail.com).

**New location:**

## SCI BC COOKING WITH SHELLEY



## Cooking with Shelley

Sponsored by the City of Surrey

**April 23<sup>rd</sup> from 6-9pm**

**Chuck Bailey Recreation Centre**

**13458 107A Avenue, Surrey, BC**

To **RSVP** and for more

information,

**Contact Jenna**

[jwright@sci-bc.ca](mailto:jwright@sci-bc.ca)

[sfactiveliving@gmail.com](mailto:sfactiveliving@gmail.com)

## SCI BC PEER SURVEY

**From Jocelyn Maffin**

Manager, BC SCI Resource Centre



It's that time of year again when I ask for your feedback with our metro Vancouver peer program events funder. Any event you've attended within Vancouver including Whistler Weekend, the Learn to Camp event, Women of SCI, paddling, our AGM, Holiday Party, the SCI Forum, Multisport Day, Climbing, Nordic skiing, etc. INCLUDING the Virtual Peer Sessions with Teri and coffee groups in Vancouver and Richmond are funded by Vancouver Coastal health's SmartFund, and they want to hear from YOU about what you get out of our peer program.

**It will take you only 5 minutes,**

and the survey closes April 12 and we'll draw from the participants to win one of 2 Starbucks gift cards as a little thank you for sharing your thoughts.

You can click this link to fill out the survey:

<https://www.surveymonkey.com/r/VanPeerSurvey>

For more information contact Jocelyn: [JMaffin@sci-bc.ca](mailto:JMaffin@sci-bc.ca)

## SCI BC SFALG BOWLING EVENT



## South Fraser Active Living Group

The SFALG is planning to go bowling in early May.

Location: Scottsdale Lanes

To be added to the list of participants,

contact Marney Smithies at:

<https://www.facebook.com/SFActiveLiving/>

[https://www.instagram.com/sfactive\\_living/](https://www.instagram.com/sfactive_living/)

[https://twitter.com/sfactive\\_living](https://twitter.com/sfactive_living)

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



**Check the blog post for Eduardo's handouts on wheelchair maintenance tips!** [www.sci-bc.ca/vivians-corner](http://www.sci-bc.ca/vivians-corner)

**Eduardo Jimenez, E.C.E. (Engg)**

*Solutions Expert*

*Lead Technician & Service Coordinator*

**Macdonald's Home Health Care**

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**[www.macdonaldsHHC.com](http://www.macdonaldsHHC.com)**