



# MOVING FORWARD



Spinal Cord Injury BC

# MESSAGE TO OUR SUPPORTERS

**More than 12,000 British Columbians live with a spinal cord injury, with 500 new injuries occurring each year. We know that an SCI can happen to anyone at any time and that no one should go through it alone.**

Although proud of our past, we've always been an organization focused on moving forward. Forward, after all, is what we are all about. We are constantly advancing our services, which are focussed on helping people with spinal cord injury (and related disabilities) and their families move forward in their life journeys. We are also focused on helping move accessibility and inclusion forward throughout BC. And, we continue to partner with ICORD and other SCI researchers to move forward research into practice.

Be it through new information resources, like our Newcomers Guide; new peer support programming, like our health coaching, aging with SCI, and adaptive cycling services; and new accessibility initiatives, like our Access BC accessibility assessment app, we are innovating and working in partnership to keep moving forward to our vision in which all British Columbians with spinal cord injury (and related disabilities) and their families have the support and knowledge they need to live well and be active participants in their communities.



**Chris McBride**  
Executive Director



**Edward Milligan**  
Board Chair

## OUR MISSION

“To help people with spinal cord injury (and related disabilities) and their families adjust, adapt, and thrive as they deal with a new injury or struggle with the ongoing challenges of living and aging with a physical disability.”

## SCI BOARD OF DIRECTORS (2022/2023)

Edward Milligan\* (Chairperson)  
Scott McCloy (Vice Chair & Treasurer)  
Jennifer Leyen  
Harry Hole

Bernard Fahy  
Don Danbrook\*  
Anthony Ariganello  
*\*living with spinal cord injury*

# IMPACT 2022/2023 HIGHLIGHTS

## We supported...

...**2,981 members** with SCI and related disabilities, as well as their families and friends.

## We expanded...

...our SCI BC staff with **11 new positions** to increase our impact. We strengthened our team in the Peer Program and InfoLine Services, including new roles to support peers aging with SCI and to help strengthen peer support services across the country.

## We renewed...

...our commitment to hiring people with SCI and related disabilities. Of the 31 SCI BC staff members and 12 volunteer peer mentors, **74%** are people living with an SCI or other disability.

## Our dedicated volunteers...

...donated **2,317 hours+** to support SCI BC programs, services and events.

## We congratulated...

...our very own **Heather Lamb**, who during National Social Work Month and BC Social Work Week this past March received the Canadian Association of Social Workers (BC) Distinguished Service Award! We're so proud to have Heather as SCI BC's InfoLine Services Lead!

## We continued...

...the **Adaptive Cycling Program** after a successful first year to ensure more people with SCI are able to experience an inclusive form of recreation.

## We promoted...

...participation in more than **20 research studies** about advances in SCI research at ICORD and around the globe.

## We're grateful...

...for the provincial government's ongoing commitment to the BC SCI Network and the additional **\$2M funding** it provided us during National AccessAbility Week.

## We welcomed...

...**Richard Peter** as the first Indigenous Liaison for the BC SCI Network. Within this new role, Richard will help enhance relations between the network and Indigenous communities.

## We raised...

...more than **\$56,000** through the 2023 Charity Challenge. The SCI BC team was 68 members strong and claimed the number two spot for leading fundraising charity organizations.

## We created...

...a **welcome guide for newcomers with disabilities** to the province. Wherever newcomers with disabilities go in BC, SCI BC has information and support to help them adjust, adapt, and thrive.

## Welcome Guide for Newcomers with Disabilities



What newcomers with disabilities need to know about living in BC with a physical disability



## MEET SANDY & BRUCE

On a beautiful sunny day, Sandy's favourite activity is to go for a bike ride. But what if you have a spinal cord injury? Adapted bikes are expensive and local stores don't usually carry them. Can Sandy still enjoy the outdoors?

Sandy is all too familiar with the challenges that a spinal cord injury brings. It's been eight years since a skiing accident at Whistler changed her life. "I fell headfirst, and I ended up breaking my neck. It left me an incomplete quadriplegic."

The next four and a half months were a scary time. Sandy had to relearn everything. Simple things that most of us take for granted. Sandy and her husband, Bruce, feared they would have to give up the active lifestyle they love so much.

The North Vancouver couple were thrilled to hear about our new Adaptive Cycling Program. It's a great way for people with a spinal cord injury to find the right bike, learn how to cycle and explore nearby trails on group rides.

Sandy and Bruce came out to one of our cycling clinics at Trout Lake. They were amazed by the variety of adapted bikes they could try and Sandy discovered that a recumbent style is best for her level of disability. Sandy says that being outdoors, riding alongside Bruce, makes her feel like a "regular person" again. But it's not only about biking. Taking part in our group rides on the local trails has opened up a new circle of friends.

"One of the big benefits from all of this is the social aspect. It gives us an opportunity to meet people who are going through a similar situation. You get together and have all kinds of conversations. You know, not just issues of disability, but conversations about everything just like regular folks."

Sandy and Bruce are in a good place now and we couldn't be more pleased to see one of our peers like Sandy to be able to enjoy her passion once again.



# SCI BY THE NUMBERS

## FACTS, FIGURES & IMPACT OF SCI IN BC AND CANADA



**86,000**

... people are living with an SCI in Canada.



**121,000**

... Canadians are projected to be living with an SCI by 2030.



**500**

... new injuries occur in BC every year.



**\$3.6B**

... is the estimated annual economic cost of traumatic SCI in Canada.



**\$1.6 - \$3M**

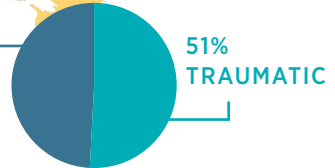
... is the estimated average lifetime cost of living with an SCI in BC.



**12,000**

... British Columbians are living with an SCI.

49%  
NON-TRAUMATIC



**49%**

... of people with an SCI are aged 60 or older.



**Over 80%**

... of people with an SCI are men.

## A LASTING LEGACY

Leaving a gift in your will is one of the most significant and simple ways to create a lasting legacy that will support SCI BC in its mission to help people with physical disabilities and their families adjust, adapt and thrive — not only today but in the future as well. Learn more about the importance of legacy giving and how these incredible donations make a powerful impact on people with SCI:

[sci-bc.ca/support-our-work/legacy-giving](https://sci-bc.ca/support-our-work/legacy-giving)

# KNOWLEDGE IS POWER

## CONNECTING PEERS WITH CRITICAL INFORMATION

### SCI BC Peer Program

**9,067** Total direct service contacts

**3,362** Attendance at our **381** online and in-person Bean There coffee groups and peer events

**2,774** Attendance at our **335** Reach Out Online Peer Group Sessions

### Website/Online Community\*

**174,051** Total website sessions

**345,352** Total page views

**12,722** Number of people in our online community

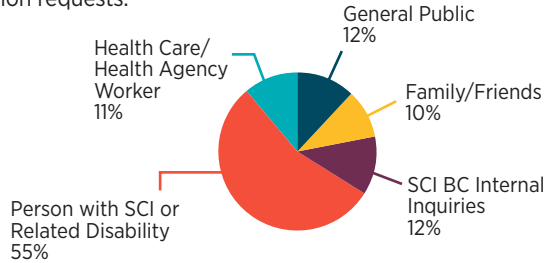
\*Includes sci-bc.ca, scisexualhealth.ca, and livingwithsci.ca

### SCI BC InfoLine

The SCI BC InfoLine responded to **1,669** phone calls and **1,612** emails for a total of **3,359** information requests.

#### Top 5 InfoLine Requests

1. Accommodation (14%)
2. Health (11%)
3. Equipment (10%)
4. Counselling (8%)
5. CSIL (6%)



### The Spin Magazine

**16,000** Number of readers per quarterly issue

"I really look forward to the arrival of the latest issue of *The Spin*...The magazine is polished and professional looking. The articles are well-written and well-proofed...it is consistently full of up-to-the minute information and research news of immediate value to people in the SCI community."



## HIRING MORE PEOPLE WITH SCI!

New funding means we have been able to add many new staff members with SCI to our programs. This means that of the 31 staff members at SCI BC, 65% are people with an SCI or other disability! And this doesn't even include our 12 incredible volunteer peer mentors. Recent hires include (1) Rob Shaw, National Peer Program Lead; (2) Duncan Campbell, Peer Support Specialist, Vancouver; (3) Sonja Gaudet and (4) Scotty James, Peer Program Coordinators, Okanagan; and (5) Heather Ryan, InfoLine Agent. We've also welcomed Peer Coordinator, Marta Pawlik, and three new peer health coaches: Barry Arana, Olivia Rey, and Mary-Jo Fetterly.



# DISABILITY AND EMPLOYMENT

Misconceptions exist around people with SCI and related disabilities in the workplace. As a result, many face adversity in the labour market. At SCI BC, we are actively breaking down barriers for job seekers with a disability.

We partnered with Neil Squire's Creative Employment Options program to support people with disabilities on their career path. We found our Access BC Coordinator, Emily Wiebe, through the Program and she's been an excellent fit! Emily has ADHD and a sensory disorder, but she has triumphed over her challenges and has proven to be a valuable team member. "I've struggled with isolation for years because the outside world is generally too loud, bright, and fast for me. I'm now able to work full-time, use my skills to help others, and manage my sensory challenges."

The InfoLine team regularly takes in phone calls about employment to provide answers, resources and support related to SCI and living with a disability. "A lot of calls are along the lines of 'I'd like to get back to work but I need a wheelchair, a home, a doctor etc'... so we work on the pre-employment needs," says Heather Lamb, SCI BC's InfoLine Services Lead. "We tend to refer most employment calls to Neil Squire...[but] I also ask people a few questions to get them thinking about their skills and aptitudes to help them narrow down their search."

There's also an extensive wealth of information available at our website, and an online visitor agrees as our site "[makes] it easier for people to get the correct information they need." Our SCI Info Database contains over 800 resources, which includes topics on volunteering and employment programs and services. We know this information is useful for the community as the SCI Info Database is often one of our top three frequently accessed webpage.

Our successful partnerships, dedicated staff members and the abundance of information resources have given many people with disabilities a chance to thrive. We're here to ease the transition back to the workforce and beyond so that people with SCI and related disabilities can once again live a fulfilling life.



*Emily Wiebe, Access BC Coordinator*



*Heather Lamb, InfoLine Services Lead*

## A WORD FROM OUR PEERS



“These online groups give us a sense of community, belonging and mutual support that are hard to quantify or measure.”

“I feel that I owe SCI BC a ton so I would like to repay in volunteering my time here in Kelowna.”







**“Everything was tailored to enabling us to have experiences that put smiles on our faces.”**



**“I can surround myself with others with similar abilities. We are able to help each other problem solve and share our life experiences.”**



# FINANCIAL SUMMARY

APRIL 1, 2022 - MARCH 31, 2023

## SUMMARY OF OPERATIONS

REVENUE	2023	2022
BC Paraplegic Foundation donations	\$525,318	\$305,280
Government grants	522,092	706,217
Donations & fundraising projects	520,381	619,316
Fees for service	287,651	216,072
Gaming grants	250,000	250,000
Community groups & United Way donations and grants	217,052	104,542
Other	79,461	62,929
Membership fees	320	480
Bequests	-	3,103,822
	<b>\$2,402,275</b>	<b>\$5,368,658</b>

EXPENSES	2023	2022
Programs	1,650,857	4,724,669
Fundraising	204,171	171,574
Administrative and support services	549,034	472,876
	<b>2,404,062</b>	<b>5,369,119</b>
<b>Surplus (Deficit)</b>	<b>-\$1,787</b>	<b>-\$461</b>

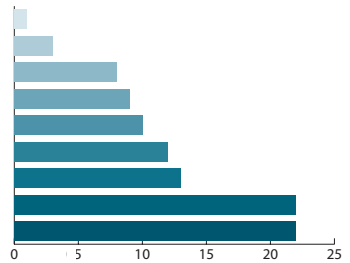
## SUMMARY OF FINANCIAL POSITION

ASSETS	2023	2022
Current assets	\$1,011,888	\$1,148,490
Restricted cash	250,500	250,260
Capital assets	34,254	29,609
	<b>\$1,296,642</b>	<b>\$1,428,359</b>

LIABILITIES AND NET ASSETS	2023	2022
Current liabilities	\$598,094	\$726,114
Deferred contributions	3,820	5,730
Net Assets	694,728	696,515
	<b>\$1,296,642</b>	<b>\$1,428,359</b>

Complete financial statements, audited by Manning Elliott LLP, as well as the auditors' reports on those financial statements, are available upon request by calling (604) 324-3611 or by emailing [info@sci-bc.ca](mailto:info@sci-bc.ca).

## REVENUE SOURCES



- 1% Events & Projects
- 3% Other
- 8% Individual Donations
- 9% Community Organization
- 10% Gaming
- 12% Fees for Service
- 13% Corporations
- 22% Government
- 22% BC Paraplegic Foundation

### Spinal Cord Injury BC

780 SW Marine Drive  
Vancouver, BC V6P 5Y7

Charitable Business #11883 5024  
Registered under Canadian  
Paraplegic Association (BC)

(604) 324-3611  
[info@sci-bc.ca](mailto:info@sci-bc.ca)

[www.sci-bc.ca](http://www.sci-bc.ca)



## CELEBRATING OUR COMMUNITY

We could not do what we do at SCI BC without the commitment of our incredible donors. Donor support drives our success — it helps us elevate our peer events and programs. To show our gratitude, we'd like to celebrate some of our longstanding donors, who helped make our accomplishments possible.

### Macdonald's HOME HEALTH CARE

MacDonald's Home Health Care, a proud provincial sponsor of SCI BC since 2014, has been one of our most passionate and dedicated supporters over the years. Their inspiration for giving comes out of their belief that everyone deserves the opportunity to live a full and independent life, regardless of their physical ability.

“Being one of SCI BC’s sponsors is an honor for our organization. It means that we are committed to supporting the organization’s mission and helping them make a difference in the lives of people

with spinal cord injuries. We are proud to be associated with SCI BC and to play a role in their important work. Our team understands the importance of our work and you can see that in the attention and care they bring to work every day.” – **Patrick Zuccaro, Co-Founder of MacDonald's Home Health Care**



“ICBC is proud to support Spinal Cord Injury BC through our Community Grants Program and truly appreciate SCI BC’s contributions as a member of our Disability Advocacy Advisory Group. Seeing firsthand SCI BC’s exceptional engagement with and support for British Columbians living with a spinal cord injury has been one of the most meaningful aspects of my work.” – **Jared Huber, Senior Advisor, Community Engagement**

# THANKING OUR SUPPORTERS

We're grateful for the generous financial support that makes our programs and services possible.

## GRANTS

BC Gaming Commission, Ministry of Finance  
BC Paraplegic Foundation  
BC Parks  
BC Rehab Foundation  
City of North Vancouver  
City of Vancouver  
City of Victoria  
District of North Vancouver  
District of West Vancouver  
Insurance Corporation of BC  
Neil Squire Society  
Progressive Intercultural Community Services Society  
Province of British Columbia  
Provincial Employees Community Services Fund  
Sharon Martin Community Health Fund (SMART Fund)  
Shell NEBC Community Grant  
Spinal Cord Injury Canada  
United Way Central & Northern Vancouver Island  
United Way Southern Interior BC  
University of BC (ICORD)  
Vancouver Coastal Health  
Vancouver Foundation  
Victoria Foundation  
WorkSafe BC

## We were moved and grateful to receive gifts in memory of:

Brad Jacobsen	Mark Stenberg
Cody Tresierra	Mark Taylor
Howard Kwan	Max Winkler
Isabelle Helen Zapach	Roger Hogg
Kathy Green	Ronald George Allen
Martin Schmeig	Terry LeBlanc

## We were honoured to receive a gift from the estate of:

George Kennedy Tough

## DONORS & SPONSORS

### \$30,000 +

Chairstuff  
Hammerco Lawyers LLP  
Slater Vecchio LLP

### \$10,000 - \$29,999

Coloplast Canada  
The 1988 Foundation  
Nicola Wealth Private Giving Foundation  
West Shore Holdings Ltd.

### \$5,000 - \$9,999

Gift Funds Canada, Margo Ramstad Grant  
Macdonald's Home Health Care  
Vancouver Regional Construction Association

### Under \$5,000

All-Span Engineering & Construction Ltd.  
Andrew Mahon Foundation  
BC Fraternal Order of Eagles  
Enterprise Holdings Foundation  
The Fahy Family Charitable Trust  
Fraternal Order of Eagles – Cranbrook  
Jireh Stone Ltd.  
Kamloops Paddlewheelers Lions Club  
Knights of Columbus – Council #3478  
Lohn Foundation  
Mel and Geri Davis Charitable Trust  
Pipe and Piling Supplies Ltd  
Royal Canadian Legion Br 052  
Royal Canadian Legion Br 164  
Royal Canadian Legion Br 265  
Trotter & Morton Facility Services Inc.  
Western Water Associates Ltd.  
Vancity Community Foundation, Margaret Greenfield Accessible Housing Project Fund



We are grateful for the support of more than 1,600 individual donors, who are not listed out of respect for their privacy.