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MAGAZINE

WINTER 2020



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Hockey is for EveryBODY

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WELCOME

Big numbers are impressive and impactful. But arguably, there is nothing more impressive than the impact that any of us can have on just one.

ParaSport® Ontario saw some big numbers in 2019, with our individual and organizational partner membership combining to top 100,000. We welcomed over 17,000 participants to our TRY Me sessions at events, conferences and shows. We shared parasport news with over one million Ontarians through our print, online and social media reach. We worked with the Ontario Volleyball Association to recruit over 4,200 participants in sitting volleyball, the fastest growing, most accessible and inclusive of all parasports.



But it is individual stories that populate the 2019 highlight reel for us. Holland Bloorview Kids Rehabilitation Hospital and Grandview Children's Centre formed sitting volleyball teams – their first-ever facility teams and the very first time many youth with disabilities were actually able to be part of a team... complete with their own team jackets to proudly parade at tournaments.

There was Yaw Korsah, an African hand-cycling champion struggling to stay in his sport in his new country of Canada. "I want to be a Canadian champion too," Yaw avowed, as he received his new hand-cycle as one of the first recipients of adaptive sport equipment from ParaSport® Ontario's Play to Podium Fund.

And John McNamara, who sustained a spinal cord injury that ended a lengthy recreational hockey career. But not to be forgotten, his beer league buddies rented sledges for the entire team for a Wednesday night game that included their long-time teammate. ParaSport® Ontario had a sledge designed to accommodate John's quadriplegia.

And then there is the Char-Lan Skating Club's first sledge skater Molly McCrae... and one little girl's impact on a rural Ontario community, and likely many more. With help in acquiring her own sledge from ParaSport Ontario, Molly joined her skating mates in CanSkate, Skate Canada's flagship learn-to-skate program. "Seeing the joy on Molly's face is what it's all about," said Skate Canada's president Pina Gilmour. "It's letting kids like Molly know that they are equal."

Char-Lan Skating Club has caught the attention of other clubs for its inclusivity, which are looking to Char-Lan to help them implement similar inclusive programs in their communities, reported *Sports Energy, Cornwall's Community Sports Newspaper*. One piece of adaptive equipment, one club, and one little skater are making an impressive impact.

Jeff Tiessen, Executive Director

ParaSport® MAGAZINE

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CANADA'S NEWEST FORM OF HOCKEY

VOLT HOCKEY

Played in a Danish-designed Sport Chair, manipulated by only a joystick, Volt Hockey has become a game-changer in sport, breaking down barriers for youth with physical disabilities.

"Volt equalizes the game of hockey for kids with disabilities."

Sofia Caldwell from YMCA Middlesex

varietyvillage.ca/volt-hockey/

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Community NEWS



(L-R) Boris Perez, Harriet Lahman, Juliane Kennedy

BOCCIA FOR ALL

In 2018, Vibrant Healthcare Alliance received funding from the Ontario Trillium Foundation to expand boccia and stretching programs for people with physical disabilities.

The goal of the program is to foster more active lifestyles and promote safe, inclusive, fair and fun programs for more than 1,700 people in the community.

The program includes eight weeks of free recreational activity that is

based on the Long Term Athlete Development (LTAD) Plan from experienced coaches, trained volunteers and attendant care providers. The customized curriculum was designed by partner organization, the Ontario Cerebral Palsy Sport Association.

Within the program, National Coach Certification Program (NCCP) training is offered to volunteers, family members or anyone who desires to contribute, at no cost.

Interested in getting involved with Boccia for All?
Visit www.vibranthealthcarealliance.ca to learn more.



PARAPAN AMERICAN GAMES

From August 23 – September 1, 2019, a total of 151 athletes from Canada competed in the Parapan American Games in Lima, Peru. It was an action-packed schedule with nail-biting competitions, tough defeats and record-setting wins. Canada walked away with an impressive medal count and many hopefuls for the Tokyo 2020 Paralympic Games.



60 medals in total: 17 gold, 21 silver and 22 bronze.

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Legacy of the Durham Region 2019 Ontario Parasport Games



(L-R) Games Organizing Committee Co-Chair Emmy Iheme, Regional Chair and Chief Executive Officer John Henry, Games Program Manager Lori Talling and Co-Chair Don Terry

The Durham Region hosted one of the most successful Ontario Parasport Games in the province's history in 2019, and brought over \$784,000 of economic impact to the Region.

Even more impressive is the Legacy Fund of \$112,000 that will continue to grow the impact of parasport in the community.

The Region of Durham has also planned a number of initiatives that will be used to raise awareness and create opportunities for participation in parasport and adaptive sport in the community.

"The initiatives represent the success of the Durham Region 2019 Ontario Parasport Games," said Lisa MacLeod, Minister of Heritage, Sport, Tourism and Culture Industries. "Thanks to the hard work and dedication of the organizers, and the passion and presence of fans and athletes, the community will benefit from new programs that will help persons with disabilities get involved in sports. Congratulations again to everyone who was involved in making these games such an incredible success!"

Char-Lan Skating Club



Skaters of all levels and abilities are welcome at the Char-Lan Skating Club, a small rural club in Glengarry County. This message became clear when the club welcomed its first sledge user, Molly McRae, into the inclusive CanSkate club last year.

CanSkate is a learn-to-skate program designed for beginners of all ages. It focuses on fun, participation and basic skill development. The program welcomes anyone who wants to learn to skate.

Molly is having a great time on the ice learning to skate and socializing with her peers alongside the team of instructors, coaches and volunteers at the Char-Lan Skating Club.

The sledge was donated as part of ParaSport® Ontario's Play to Podium Fund with the help of Unique Inventions Inc. Thanks to this sledge the club can welcome many more new participants to skating and hopes to grow the program even bigger in the community. This project also hopes to encourage clubs in surrounding areas and across the province to continue to adapt programs and welcome skaters of all levels and abilities into the sport of skating.



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IN THE ATTEMPT.

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ROTARY CLUB OF WHITBY PARASPORT FESTIVAL



Paralympic Sitting Volleyball player, Jolan Wong.

Over 115 athletes participated in the Rotary Club of Whitby ParaSport® Festival in November 2019, and were introduced to sitting volleyball by talented Athlete Ambassadors like Ottawa-based Paralympian Jolan Wong.

In conjunction with the Festival, more than \$8,000 worth of adaptive sport equipment will be donated to individuals and community groups, thanks to the phenomenal support of the Rotary Club of Whitby, the Ontario Volleyball Association, Ontario Power Generation, Stuttering John's Smokehouse and Flash Automotive Repair Inc.

The support and passion for inclusive parasport opportunities in the Durham Region was inspiring. More than a dozen teachers from the Durham District School Board and the Durham Catholic District School



Winners of the inaugural Rotary Club of Whitby ParaSport Festival Cup.

Board participated in the event to learn more about adaptive sports like boccia, sledge hockey, sitting volleyball and more. And many more people in the community are now inspired and empowered to keep building opportunities.

A special thank you to the Rotary Club of Whitby for supporting this event and to our guests from Grandview Children's Centre.

Thank you to CKDO Radio for sharing the event and promoting

adaptive sports in the Durham Region, and to sponsors from Unique Inventions Inc., Sunrise Medical and Durham Medical for assisting with the adaptive sport equipment for the community.

ParaSport® Ontario extends our sincere appreciation to those who attended and the support given by the Durham Adaptive Sport Collective, our volunteers and incredible Board members who all believe that there is a sport for everyBODY.

PLAY TO PODIUM FUND

For many athletes with disabilities, the will, determination and talent is all there to participate in the sport of their choice. Unfortunately, one monumental barrier to participation can be the high cost of adaptive equipment. ParaSport Ontario is grateful to be able to help remove this barrier for some through our Play to Podium Fund so these athletes can have the chance to reach their potential.

"I'm so very appreciative to have been given this wheelchair basketball chair," thanks Fund recipient Sooni Hassan Mohammed. "My aspiration for wheelchair basketball is to play for the national wheelchair basketball team."



Yaw Korsah



'Soonie' Hassan Mohammed, with his mother, Samia Ali



Paige Nèvestuk

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The Farabloc Stump Sock – For Amputees Experiencing Phantom Limb Pain

Systematic Reviews

- Two systematic reviews found evidence to support Farabloc as an effective treatment for management of PLP (Halbert et al., 2002; Stanndard, Kalso, & Ballantyne, 2010).
- The 2002 review on the optimal management of acute and chronic PLP, documented that Farabloc research was only one of three studies to score the maximum of five points for a quality assessment. For late PLP (greater than 2-week post operatively), this review agreed that there is evidence suggesting that Farabloc is an effective treatment.

(The Clinical Journal of Pain, 18:84-92 © 2002 Lippincott Williams & Wilkins, Inc., Philadelphia. "Evidence for the Optimal Management of Acute and Chronic Phantom Pain: A Systemic Review").



- The findings were affirmed in the second review, listing Farabloc as an intervention supported by evidence for the management of PLP (Stanndard et al., 2010).

(Nikolajsen, L. (2010) Phantom Limb Pain,

in Evidence-Based Chronic Pain Management (eds C.F. Stanndard, E. Kalso and J. Ballantyne), John Wiley & Sons, Ltd., West Sussex, UK).



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ParaSport in Action

ParaSport® Ontario is proud to offer an incredible TRY Me program, bringing adaptive sport equipment into the community through schools, festivals, networking fairs, exhibitions and more. Our adaptive equipment and talented Athlete Ambassadors who deliver the program encourage thousands of Ontarians to get more active each year.


TRY Me is unlike any other adaptive sport or community program. We welcome everyBODY to try the equipment and a variety of sports to help participants find and connect with clubs across the province to continue to stay active and play the sport of their choice.

(Below, L-R) Jeff Tiessen, Talli Osborne, Robert Hampson, Cheryl Hampson and Guide Dog Spokane, at the Niagara ParaSport® Festival.





(Below, L-R) President and CEO of Variety Ontario, Karen Stintz, The Honourable David C. Onley, John Willson, Bernard Gluckstein, Q.C., MPP Dolly Begum, Scarborough Southwest, ParaSport® Ontario Executive Director, Jeff Tiessen, at the Access Expo, Variety Village.






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Para Pro-Am GOLF TOURNAMENT

ParaSport® Ontario Pushes Paragolf toward Paralympics

By: Jeff Tiessen

Building on the success of the 2018 Para Pro-Am Golf Tournament, ParaSport® Ontario and ParaGolf Ontario, with the support of the Professional Golf Association of Canada (PGA), showcased excellence in the sport of paragolf again in 2019 at the Angus Glen Golf Club in Markham, Ont.



As part of the RBC PGA Scramble tournament series, a competitive Para Pro-Am field competed for the opportunity to represent ParaSport Ontario at the RBC PGA Scramble Regional Final at Coppinwood. At the same time, players of all abilities were encouraging more participation in this game for all.

ParaSport Ontario sets the standard for inclusion for everyBODY to participate and play in the sport or activity of their choice. The 2019 Para Pro-Am Golf Tournament welcomed over 300 guests, including more than 25 paragolfers and 20 PGA pros.

This one-of-a-kind golf event hosted the most diverse community of golfers ever assembled in Ontario, with 25+ golfers with disabilities varying in nature, and competing alongside professional PGA players and corporate sponsors.

Youth and young adult teams were part of the special day, participating in a PARAMazing Challenge before tee-off. Teams tried five adaptive sports including boccia, sitting volleyball, adapted golf, sled hockey and wheelchair basketball, led by Paralympic athletes, sport heroes and ParaSport Ontario athlete ambassadors. Over 120 participants took part, many par-

ticipating in these sports for the very first time. They represented Holland Bloorview's Kids Rehabilitation Hospital, Cruisers Sports, Variety Ontario, Unionville Milliken Soccer Club High-5 All Abilities Team, the City of Toronto summer camps program and the Niagara Penguins.

A line-up of special guests brought a wealth of parasport experience to the event. Tess Trojan, a 17-year-veteran of Special Olympics and gold medalist in golf at the 2019 World Special Olympics Games in Dubai, led a team from the Niagara Region. Greg Westlake, a four-time Paralympian in Para Ice Hockey who most recently captained his team to the silver medal at the PyeongChang 2018 Paralympic Winter Games, left teammates in awe of his skills on the golf course as well. Multi-sport athlete Ed Urquhart, a national-level canoeist, powerlifter, golfer, and former professional motorcycle racer who lost his legs in a crash, powered his team to the tournament's best score in 2018. And Bobby Fox, octogenarian and Welland football legend, was the "poster boy" in the "golf for life" category remaining active and competitive into his 80s and motivating others to play golf too –

a sport that can include everyBODY.

Canadian professional golfer and international advocate for paragolf, Todd Keirstead, was on hand to demonstrate how golf can be adapted for any disability. Todd's passion for the accessible side of the game escalated during the Invictus Games in Toronto in 2017 while working with Soldier On, Wounded Warriors and ParaSport Ontario. Todd led a demonstration on the driving range before the start of the tournament and offered tips to all players throughout the day. Add to that, Josh Williams, 2013 National Amputee Golf Open Champion, James Dunn, 2019 IPC World Para Hockey Champion, and Steve McCowan, North American One-Armed Golf Champion.

Funds raised from the Tournament supported programs that saw over 10,000 Ontarians with a disability participate in parasport sessions or events in 2019 (many for the first time). And over 100,000 more learned about sport opportunities and other physical activities for better health and independence through *ParaSport Magazine* and *Para e-News*. "There is a sport for everyBODY."



Meet Jamie Ganpat – a rising star at the Para Pro-Am Golf Tournament.



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Play to Podium FUND

For many athletes with disabilities, the will, determination and talent is all there to participate in the sport of their choice. Unfortunately, one barrier to participation can be the high cost of adaptive equipment. ParaSport Ontario is grateful to be able to help remove these barriers to participation through our **Play to Podium Fund** to give athletes the chance to reach their potential.

Over \$36,000 of adaptive sport equipment was donated to these deserving athletes and clubs at the Para Pro-Am Golf Tournament in 2019:

Niagara Penguins – *Racing wheelchair*

Char-Lan Skate Club – *Sledge*

Variety Ontario LINKS and Milestones Programs – *Boccia sets*

Yaw Korsah – *Handcycle*

Chris Pinto – *Prosthetic running leg*

Sooni Mohammed – *Sport wheelchair*

Thank you to Sunrise Medical, Durham Medical, Unique Inventions Inc., Ossur Canada and Prosthetic Energy Inc. for supporting the Play to Podium Fund.

Award WINNERS

ParaSport® Ontario Athlete Ambassador of the Year – *Tiffany Gaudette*

Community Impact Award – *Derek Wasser – The Food Dudes*

Dr. Robert W. Jackson Award of Distinction – *Joe Millage*



Regional CHAMPIONS

The 2019 Para Pro-Am Golf Tournament's winning team also claimed top spot at the RBC Scramble Regional Championship which earned them an all-expenses-paid entry to the RBC PGA Scramble National Championship at Cabot Links in Cape Breton. And what a day they had there, claiming fourth spot overall.



Team members from left to right: Greg Westlake, Piero Poletto, Phillip Palmer, Jordan Assaraf, Bernard Gluckstein.



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Photos courtesy of Ontario Curling Association

Curling ROCKS

By: Erin O'Sullivan

One of the most popular and fastest-growing adaptive sports across Ontario is wheelchair curling. The sport has taken off as more curling clubs get a modern take on accessibility. Grants and community support are helping these older facilities include ramps and elevators to make clubs and wheelchair curling accessible to the entire community.

Currently, there are approximately 280 curling clubs in Ontario, but only 15 of those are accessible. The more the sport grows, the higher the demand will be for accessibility for all to play.

A lot of things make wheelchair curling a great sport and social activity for people with physical disabilities. The sport has captured the hearts of many Canadians over the years, with origins dating as far back as the

16th century in Scotland. Wheelchair curling is played very similarly to the able-bodied counterpart with few rule changes other than the addition of an assistive device, known as a delivery stick, to help make the shot from a chair. Another difference is that there is no sweeping.

"It's a very integrative sport," says Jon Thurston.

Jon was introduced to wheelchair curling when his spinal cord injury story was shared in his local newspaper. Jon fell from the roof of a house he had been working on during a

storm in 2008 and was on the road to rehabilitation. A local curling coach connected him through his physiotherapist – opening the pathway to parasport for Jon.

Until that point it was a sport that Jon had never actually seen or even heard of before.

The members at the Peterborough Curling Club, where Jon first began, were already familiar with the rules of wheelchair curling. The sport is very inclusive, meaning able-bodied players practice and compete with wheelchair curlers and train together, including

"Get out and try it!"

Jon encourages anyone interested in trying wheelchair curling to give it a shot.



Jon Thurston shooting with a delivery stick.



mixed teams of men and women.

Since 2012 Jon has enjoyed learning to curl and playing at a higher level. Now his career has exploded as he qualified for a spot on Team Canada at the 2019 World Wheelchair Curling Championship in Wetzikon, Switzerland. He enjoys travelling internationally to compete at high-performance and challenging competitions among the best wheelchair curlers in the sport.

"Playing at that level really lit the fire under me," Jon explains. "It's an unbelievable level of curling and amazing to see how all that hard work has paid off. It was a pretty amazing moment, something I've worked so hard for."

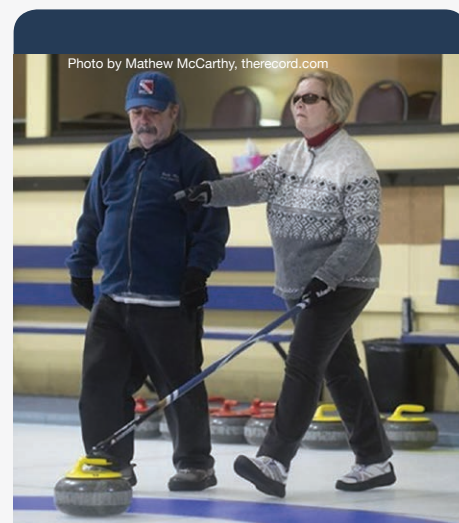
After earning his spot at the World Wheelchair Curling Championship he looks forward to continuing his training, hoping to compete at the 2022 Paralympics in Beijing, China.

When he isn't wearing a maple leaf for Canada, Jon is making a splash in summer sports as well, earning a spot on the Para water-skiing team for Canada... no small feat for an athlete who already trains and competes for another National team. Jon has ambitions and goals in both sports and is motivated to work hard and train to accomplish those goals year-round.

"Get out and try it!" Jon encourages anyone interested in trying wheelchair curling to give it a shot.

Accessible curling clubs in Ontario can be found online at www.parasportontario.ca/clubs/wheelchair-curling and can be contacted for introduction sessions and trial nights to get started in the sport.

Interested in learning more about wheelchair curling and where you can play? The Ontario Curling Association has you covered. Contact CurlON at www.ontcurl.com.



Guiding the Stone BLIND CURLING

Curling consists of two teams with four players on each side throwing eight rocks along the ice. Teams alternate delivering the rocks until each team has thrown eight, known as an end (similar to an inning in baseball). Each curling game can have up to ten ends. The rock is thrown towards the centre (button) tee line of the house (circular rings) at the opposite end of the playing area. The goal is to get as many of your rocks closer to the centre button than your opponent.

In visually impaired or blind curling, players may also have a guide on the ice who describes the shot, advises players of the weight and turn of the shot, describes the desired outcome and assists the player to line up the shot. Teams consist of members of varying levels of visual impairment working together.

There are visually impaired curling teams available for those interested in getting involved. Visit www.parasportontario.ca or by visiting www.ontariocurlingcouncil.com.



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Photo courtesy of Canadian Amputee Hockey Committee

Hockey is for EveryBODY

By Erin O’Sullivan

When you think of the most popular sport in Canada, which one comes to mind?
Canada is known as a hockey nation coast to coast and it’s no different for people with physical differences. Adaptive hockey represents a number of versions of the sport played on or off the ice to make for hockey teams for all.

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Photo: Matthew Murnaghan/Canadian Paralympic Committee

The most well-known version of adaptive hockey is para ice hockey, which has a huge profile as a Paralympic sport and has existed for over 50 years. Although hockey has flourished in Canada since the late 1800s, the game of sledge hockey is relatively new to most Canadians, though no less fast-paced or exciting to watch.

But what about the other types of adaptive hockey? There are other popular versions of the great game being played in Ontario and across Canada.



AMPUTEE HOCKEY

Amputee hockey is for players with limb loss or limb mobility restrictions who want to experience the great Canadian sport regardless of age or ability on the ice.

"We're a cut above the wrist, I mean rest," smiles Canadian Amputee Hockey Committee (CAHC) President, Don Wade.

The CAHC boasts one of the strongest teams internationally, with five consecutive World Championship titles and shooting for another in 2020 in Las Vegas, Nevada.

CAHC hopes to continue to promote the sport for recreational purposes, increase participation for junior and senior levels and develop the National Team Program to represent Canada for years to come.

The CAHC encourages amputees to get involved today! Visit www.amputeehockey.com to find out more about how you can participate and play this great sport.



VOLT HOCKEY

Variety Ontario launched the first Volt Hockey League in Canada. Played in specially-designed hockey sport chair by those with a range of disabilities including cerebral palsy, muscular dystrophy, spina bifida, osteoporosis and dwarfism.

People with mobility issues rejoice over the use of this motorized vehicle, making the game fun and accessible for players of all levels and abilities.

To learn more about this growing accessible sport visit www.varietylvillage.ca/volt-hockey.



POWERCHAIR HOCKEY

Using an electric wheelchair to play hockey makes the game fast, accessible and fun for many players who love to shoot and score.

Powerchair hockey emerged by invention, with sticks being attached to electric wheelchairs to help those with severe mobility restrictions handle and maneuver the chair, stick and ball all at once. It has grown quickly as a sport played internationally with a growing number of teams dedicated to this great sport.

This game is played on a gym floor instead of ice and uses a plastic ball instead of a puck. Players with a limited range of movement are allowed to tape the plastic stick to their wheelchair. There are teams available at all levels, from competitive play to recreational fun.

Powerchair hockey is played by numerous clubs and teams. Check out the ParaSport® Ontario website to find a club near you – www.parasportontario.ca/clubs/powerchair-hockey.

And check out our Videos pages in this issue for a montage from PowerHockey Toronto showcasing this great adaptive sport.



BLIND/VISION IMPAIRED HOCKEY



The sound of blades cutting through the ice, sticks clashing and pucks being struck are familiar to any fan of hockey, but in blind/vision impaired hockey these are the sounds of the game that mean the most. Blind hockey is played by athletes who have varying levels of vision ranging from legally blind (approximately 10 per cent vision) to completely blind, using an adapted puck that makes noise and is bigger than a traditional puck.

The Canadian Blind Hockey Association provides sport and programming options to change the lives of children and youth with varying levels of vision impairment. Programming includes introductory or try-it sessions, development camps, regional and national competitions and support of the Canadian Blind Hockey Team.

The Toronto Ice Owls have been in existence since 1972, taking to the ice and playing games that are fun, fast and exciting to watch.

"For us, being vision impaired, we want people to know that hockey is for everybody," says Wayne St. Denis, President of the club. The Ice Owls welcome people to come out and test the sport for themselves, enjoy a game, talk to the players and get to know if the sport is right for them.

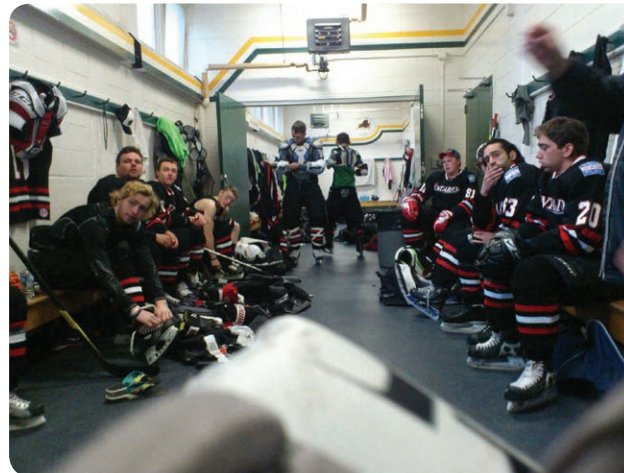
Visit www.iceowls.ca to find out more or e-mail wayne.st.denis@gmail.com to learn more.

DEAF/HARD OF HEARING HOCKEY

For players with hearing loss, this game is fast, intense and breaking down barriers and stereotypes of what players with hearing loss can do. The game plays under a similar ruleset as traditional standing hockey with a much stronger reliance on visual elements of the game to keep skaters on track and aware of what's happening.

The game is growing and not exclusive to a specialized team. Many skaters with hearing loss compete on able-bodied teams as well, relying on hearing aids, visual cues and sometimes sign language interpreters to help them compete. A willingness to be inclusive and skate hard is really all it takes.

Ontario Deaf Hockey can be contacted through its social media channels.



SLEDGE HOCKEY

Sledge hockey has existed since the 1960s, invented by two Swedish players who wanted to play while recovering in a rehabilitation centre. The sport took off internationally, and joined the Paralympic Games at the Lillehammer Games in 1994.

Better sledges, sticks and dedicated athletes have propelled this sport forward in recent years.

Ontario has had a huge surge in participation, now with more clubs and training opportunities in the province than ever. Hopes are high for the women's team, which is looking to break barriers and be included in the Paralympic Games and represent Canada on the world stage.

More information on sledge hockey in Ontario can be found through the Ontario Sledge Hockey Association at www.ontariosledge.com.

Support and learn about upcoming opportunities with the Women's Para Ice Hockey Team by visiting www.canadianwomensledgehockey.com.



Interested in one of these sports or clubs? Visit www.parasportontario.ca/clubs to learn more about the adaptive sports and teams near you and get started on your own parasport path.



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A NEED FOR SPEED

By Erin O'Sullivan



Ten months after waking up in the intensive care unit with life-changing news, Lonnie Bissonnette was flying again.

The extreme sports enthusiast, daredevil and adrenaline junkie didn't know exactly what life was going to look like living with a spinal cord injury, but he did have a few certainties. He knew himself well enough to know that his injury was not going to define who he was, what he was capable of, or hold him back from what he loved.

Lonnie was no stranger to taking risks. With over 15 years of experience jumping off of just about everything, including mountains, buildings and out of planes, not even the sky was the limit.

In 2014 Lonnie set out to capture a record-breaking jump in Idaho. The plan however, didn't go as expected and he was quickly wrapped up and caught in his chute. He awoke in the hospital with a broken neck and back, shattered femur and broken ribs.

Lonnie never believed his doctors when they said that he would not be able to jump again. "I'm sorry, but you



don't know who you're talking to," Lonnie told them.

The self-proclaimed 'hell on wheels' worked hard in his recovery and kept his mind focused on the future of what he could still do, not what he had lost.





Just ten months later he was strapped into his wheelchair for his first jump out of a plane since the accident, willing to risk everything to prove there really were no limits on him.

When asked if he was afraid, Lonnie didn't think much of it. "Everybody gets scared. Fear is the norm but it's a tool to use. Use that adrenaline to help you focus and concentrate on what you need to do."

That first jump back was a special moment for Lonnie, not only because it was his return to jumping after his injury, but because he wasn't jumping alone. His passion and enthusiasm for extreme sports seemed to be genetic, and for someone who had already made some sort of leap in the sky 1,500 times this was going to be a new experience beyond the use of a wheelchair. It was also his first jump accompanied by his then 15-year-old son.

"It made my heart melt," said the proud father, who had witnessed many rookie and novice jumpers face a moment of fear or hesitation before making their first jump. But both he and his son were fearless and excited to make that first jump together.

The jump was a success and kept the passion for the sport burning for Lonnie, who was determined to push himself as hard as possible to stay involved in the sport.

But jumping out of planes and off of the sides of mountains wasn't enough to keep this adrenaline junkie satisfied. Lonnie loves a diverse range of activities, including competing in Para bobsleigh internationally.

Para bobsleigh is an event unlike any other. Sliding down a tube of bumpy ice in a container barely big enough for one isn't a sport for everybody, but the sport does attract a certain type of personality.

"It's like a being on a roller coaster on steroids," laughs Lonnie.

The Para bobsleigh team for Canada so far consists of one extraordinary member, Lonnie himself, though the sport is growing globally and on the hunt for more talent in the sport community.

Coaches play a key role in the growth and development of the sport. Each and every athlete is unique, not just those with a disability. Adjusting on the fly, predicting problems and solutions, and adaptability in different situations, all contribute to success.

It wasn't something Lonnie had been searching for either, but it was a perfect match for him. The extremism of the sport, the fearlessness, the drive, the grit and pure determination to work and push through obstacles, all compelled him to pursue this adrenaline-filled sport. It was enough to get Lonnie hooked and now he spends most of his time training and preparing for international competitions and racing as much as possible.

When Lonnie isn't making a name for himself and Canada on the world stage he's enjoying one of his many other activities. On top of sky dives and BASE (Building, Antenna, Span, and Earth) jumps he is also busy as a father, husband and promotor of para sport around the world.

Lonnie encourages anyone seeking a way to get involved in the sport, or who simply wants to know more, to search him on social media and to not rule out what is possible for them.

"Go for it, if you want to do it, there is no reason for you not to," promotes Lonnie, which is his own philosophy for just about everything extreme or otherwise.

If you want to catch Lonnie in a race you'll have to keep a close eye and don't even think about blinking.

Lonnie is currently the World Champion and World Cup title-holder competing in the Para sport World Cup races. With a need for speed there seems to be no signs of slowing down for this extremist.

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MEET IRIS! Have a question about wheel-chair dance maybe? Advisory Team member Dr. Iris Kulbatski is Founder and Executive Director of WHEEL DANCE. She holds a PhD in Medical Science, with a specialization in spinal cord regeneration. She is grateful to be a part of the WHEEL DANCE community and for the opportunity to bring awareness to issues of accessibility and inclusivity. Her areas of expertise include Para DanceSport, classification, marketing, fundraising, events, grant-writing, outreach and social and competitive dance.



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Official Journal of The American Academy of Orthotists and Prosthetists

JPO Journal of Prosthetics & Orthotics

October 2016 • Volume 28 • Issue 4 • p 154-164

ORIGINAL RESEARCH ARTICLES

Combining the Absence of Electromagnetic Fields and Mirror Therapy to Improve Outcomes for Persons with Lower-Limb Vascular Amputation

Houston, Helen MS, OTR/L; Dickerson, Anne E. PhD, OTR/L, SCDPM, FAOTA; Wu, Qiang PhD

EXCERPTS: PAGE 155



“There is evidence to support the absence of EMF as a treatment for PLP. Two systematic reviews found evidence to support Farabloc as an effective treatment for management of PLP.”

“In summary, there is emerging evidence that Farabloc therapy contributes to the healing process of amputations and subsequently to PLP.”



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Fruitful ELEMENTS

Tips for Health & Well-ness this Winter

Joanne Smith is a Certified Nutritionist who graduated with honours from the Institute of Holistic Nutrition in Toronto. She holds a degree in psychology from York University, as well as a diploma in radio & television broadcasting from Seneca College.

Her nutrition company Fruitful Elements specializes in providing services to individuals with disabilities, with specialization in neurological conditions such as spinal cord and brain injuries, multiple sclerosis and cerebral palsy.

Spice Up Your Life and Boost Your Immune System

The immune system is a complex collection of cells, organs and systems found throughout the body. This dynamic system is responsible for protecting your body against infection and disease. It is well documented that people with a spinal cord injury (SCI) have compromised immune systems and are at increased risk of bacterial and viral infections. Furthermore, studies show that people with quadriplegia or complete SCIs tend to have greater immune suppression than people with paraplegia or those with incomplete SCIs.

A recent trip to Puerto Vallarta, and many servings of salsa, reminded Smith of how incredibly healthy this Mexican meal accompaniment is for the immune system. While there are endless ways to make and enjoy salsa, there are a few key spicy ingredients that act to stimulate and support immune function.

1. CORIANDER, considered both a herb and spice, contains an anti-bacterial compound.

2. CHILI PEPPERS have a high content of beta-carotene or pro-vitamin A. Just two teaspoons of red chili peppers provide more than 10% of the daily value for vitamin A. Vitamin A helps maintain the mucosal surfaces of the gastrointestinal, respiratory and genitourinary tracts, which act as protective barriers to microorganisms.

3. ONION has sulfur-containing compounds that help provide anti-bacterial benefits.

4. PINEAPPLE has a very high content of vitamin C. Vitamin C is vital for the proper function of the immune system as it has both anti-bacterial and anti-viral properties. This vitamin is found in higher concentrations in white blood cells and is quickly utilized and depleted during an infection.

Studies demonstrate that vitamin C can help increase the circulation of certain antibodies in the body,

increase neutrophil functions, destroy bacteria, reduce the length of chronic illness and protect cell membranes from free radical damage. Vitamin C also helps to increase hormone secretions by the thymus gland and improve the integrity of the lining of the mucous membranes.

This yummy salsa recipe includes the above immune boosting nutrients – enjoy it with chicken, fish or on top of a salad!



Fresh Pineapple Salsa (Salsa de Piña)

2 cups finely chopped fresh pineapple
1/2 cup finely chopped cilantro
1/2 cup fresh lime juice
1 tsp. sea salt
4 serrano chiles, minced (optional)
1 small red onion, minced

DIRECTIONS

Place all ingredients in a large bowl, and toss until evenly combined. Let sit at room temperature to meld flavours, at least 30 minutes.



Cough it Up!

With cold and flu season upon us, coupled with the fact that people with high thoracic and cervical injuries are at increased risk of pneumonia and respiratory infections, means that we really need to support our immune system by eating foods rich in vitamins A, C and the mineral zinc. But what do you do if you get sick? People with quadriplegia for example experience varying degrees of paralysis of the respiratory muscles and this dysfunction can lead to difficulty coughing up phlegm. The natural approach to addressing respiratory infections includes stimulating the normal process that promotes expectorant (removal of mucous). Nutrition helps too.

1. Eat vegetables and herbs that act as expectorants.

Expectorants are foods and herbs that promote drainage of mucus from the lungs. They signal the body to increase the amount or hydration of secretions, resulting in clearer secretions, and as a by-product lubricate the irritated respiratory tract. Many of these expectorants

also have anti-viral and anti-bacterial activity, as well as promote the coughing reflex.

Expectorant vegetables and herbs include carrots, leeks, fennel, garlic, ginger, natural licorice, marshmallow root and thyme.

2. Drink 8 cups of water/herbal teas/soup/diluted vegetable juices a day.

The neurotransmitter histamine regulates water in the body and assists with bronchial muscle contraction.

Histamine also plays a role in anti-bacterial, anti-viral activity. When the body is dehydrated, histamine activity increases and actually constricts the lungs. Therefore, keeping well-hydrated is extremely important in managing respiratory infections. Water also helps to dilute the thick mucous lining in the respiratory tract which helps secretions to be released and expelled from the body. Chicken soup is very good for thinning the mucous and

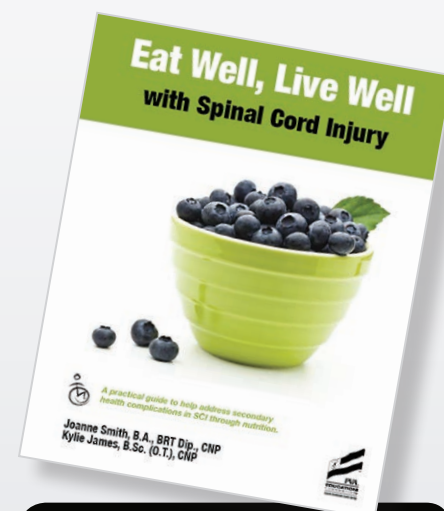
contains protein needed to help produce antibodies.

3. Avoid mucous-forming foods such as dairy, red meats and gluten foods.

Milk, cheese and other dairy products are the highest mucous-producing foods and should be limited or avoided.

Gluten is a "glue-like" substance that holds molecules together. It requires the production of extra stomach acid for digestion which can lead to increased mucous production. Foods containing gluten are breads, pasta and baked goods.

To learn more, visit www.fruitfulelements.com for tips, recipes and information on health and well-being.



Ontario Cerebral Palsy Sports Association

Sport and physical activity help people of all abilities reach their full potential in life.

To support this philosophy, OCPSA, the governing body for the sport of boccia in Ontario, has developed the Boccia Bratz program.

Boccia Bratz is an 8-session program led by trained instructors. Teachers, coaches, volunteers or community recreation leaders can deliver this inclusive program... training session, lesson workbook and equipment kit included!

It's great for therapeutic settings, summer camps, schools, municipal programs and more!



Does the Boccia Bratz program sound right for you?! Visit www.ocpsa.com for more information and apply to get involved!



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LESSONS on Therapeutic Recreation

Adaptive Sport for Youth with Disabilities

An interview with Kristen English, Therapeutic Recreation Specialist, Adapted Sports and Recreation, at Holland Bloorview Kids Rehabilitation Hospital.

Q: What do you feel makes you a good therapeutic recreation specialist?

A: Beyond the professional practice skills, at the heart of therapeutic recreation (TR) is the relationship with our clients. Building trust, listening, and recognizing individual strengths, abilities and needs are essential to establishing rapport with clients and providing quality care. From the first interaction with a family, I want them to know that any goals and plans we establish will be collaborative and what I learn from or about them drives the work that we will do together. A good TR specialist listens to what is important to a client and their family, helps them to participate in meaningful recreation opportunities and advocates for his or her clients when those opportunities are not yet there.

Q: What surprised you most about the profession once you began working in it?

A: When I first started working in TR I was amazed by the resilience of the children and youth I met. Some of our clients endure tremendous challenges at such a young age, all while just trying to be a kid. Early in my career I worked with a client who was recovering from a motor vehicle accident. There was so much loss that she had experienced, including the loss of her independence, mobility and sense of self. Over the months we worked together, slowly, small changes grew into big milestones and accomplishments. She went from not wanting to even be near the gymnasium to playing wheelchair basketball, laughing and encouraging and mentoring others. I watched her change both physically and emotionally and ultimately restore her self-confidence and outlook on her future. While I might be less “surprised” these days, I am always admiring their resilience and potential. That motivates me to do better always and continue striving to push limits in the work I do.

Q: What has been your most challenging experience – physically or emotionally, or both – and how did you resolve it? What was the solution?

A: I think the most challenging experiences are when your client is motivated and has worked so hard to face a barrier that is completely external to them. Seeing clients build their confidence and competence in a specific activity, only to find there aren’t any accessible opportunities for them in their community can be really tough. I try to see these moments as opportunities and where the work is needed most. Community service providers are our allies and it’s a responsibility of TR professionals to work as partners to support and build community capacity. In some cases, being able to provide education to staff, ideas and simple modifications to existing activities or loaning of a piece of equipment is all that is needed to facilitate inclusion.

Q: Advice for parents or caregivers who are getting started on this journey in general?

A: Be open minded and take the time to explore what’s out there – visiting local community centres, attending special events, and reaching out to a children’s treatment centre can be great ways to meet other families, learn about and experience recreation opportunities. Ask questions and advocate – the possibilities may be beyond initial expectations. In addition to TR specialists, organizations like ParaSport® Ontario can be good “hubs” for information pertaining to your interests and can help navigate community programs and opportunities.

Q: Your most rewarding experience in the profession?

A: I love seeing clients years later who are continuing to thrive in all kinds of recreation, social and sport activities. It’s amazing to hear what they are

doing now, some of them now in their young adult years. I have had former clients return as volunteers in TR programs because their experience impacted their lives in such a way that they want to be a part of giving that experience to others. That’s pretty cool to see.

Q: What excites you about the future of therapeutic recreation?

A: I think over the last 10 years there’s been a noticeable shift in the value of holistic health and the concept of overall wellness. Mental health, stress reduction, taking time for yourself, mindfulness and connecting with people and things that make you happy are recognized as key determinants of health. It’s amazing to see this come into alignment with the TR profession that is rooted in these values. For example, an adapted sport program may be seen as equally effective in supporting a child’s mental health and/or social development as it is in supporting their physical skills. This has and will continue to open opportunities for support for new and exciting initiatives.

Q: What expectations do you have of your clients?

A: My best hopes for my clients are for them to find meaningful participation and a sense of belonging. In order to achieve this there’s always some vulnerability in putting themselves out there. I always hope that my clients have a willingness to try. Even if hesitant at first, or if it takes a few tries, the outcome is often worth it. The same can apply to parents as well. I remember a young woman who attended our sailing camp one summer whose par-

ents were very skeptical about how she would ever be able to sail given her disability. On the last day of the program we invite parents to attend and see the participants in action. Not only was she able to participate, she took her father out for a sail and was in total control of everything happening in the boat. I remember her mom saying to me “Wow – I can’t believe it. We didn’t know how she would do this but look at her go!”

Q: Most important job lesson, as it relates to your clients?

A: I feel like I still learn from my clients every day. If I had to identify the most significant job lesson it would probably be how important it is to hear your clients. Everyone has their own experiences, values, beliefs and motivations that influence their choices, personal goals and how they will define success. They challenge me to think differently with every interaction and remind me to think outside of the box when it comes to tailoring activities to meet their individual needs.

Q: What do you want your clients to know about you and your work?

A: I want them to know much they inspire me and they make my work so much fun!





Photo: Wheelchair Basketball Canada

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IMPACT Athlete

Nico 'Ironman' lemma

By: Joe Millage

Although only 11 years old and in grade six, this young athlete is already ramping things up in the boccia world.

When you first meet Nico 'Ironman' lemma, his passion for boccia is obvious. Boccia is a game of skill, focus and precision that can be made accessible for all. Unique to Nico is his path to get into sport. Locally there were few opportunities to practice or play boccia with a club, but Nico got to work and recruited his dad to help start one. Together they created the Boccia Busters program for athletes in Durham Region.

Like many parents, the lemmas knew their son liked sports but they didn't have experience in the world of athletes with special needs to get started or even know what was available. But one day while watching TV, Nico saw a commercial that promoted boccia. He immediately turned to his computer, looking up the sport online, and so began his pathway to boccia excellence... one that would uniquely include building a community-based club.

Boccia Busters quickly grew to seven members. When asked what made that happen Nico responded, "Give me my computer and let me get to work." Access to online resources and social groups has helped the program grow since its inception. Nico can use a special interface at home to help get full use out of his computer and it has greatly impacted the program's ability to grow.

One of Nico's favourite stories speaks to competing at the 2019 Ontario ParaSport Games in Durham. His entire class came out to cheer him on.

Nico and his father Patrick recently led the boccia program at the Rotary Club of Whitby ParaSport® Festival. There, they were recipients of the ParaSport® Ontario Play to Podium Fund and left with a new ramp and boccia set to help grow the Boccia Busters program.

This year, the Boccia Busters will travel to tournaments in Niagara,



"Nico and his dad ... have created a fun home practice program that resembles the custom of youth hockey players playing on backyard rinks."

Toronto, London and Ottawa, finishing the season with a big trip to Montreal to compete in the renowned Défi sportif, an annual competition that brings elite and up-and-coming athletes together for a variety of sporting events.

Their practice schedule is growing but the club is having difficulty finding a space to train. Currently their church is making space available and they continue to look for gym time in accessible schools and community centres. Nico and his dad source a lot of practice ideas online and have created a fun home practice program that resembles the custom of youth hockey players playing on backyard rinks. Boccia is Nico's passion and has taken control of his sporting interest by creating opportunities for himself and others.

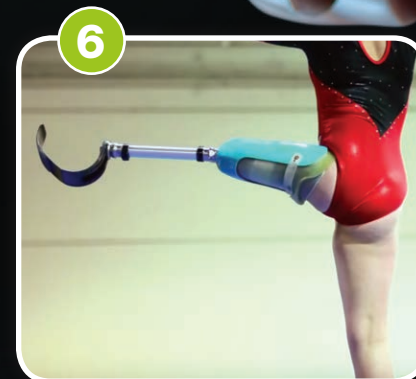
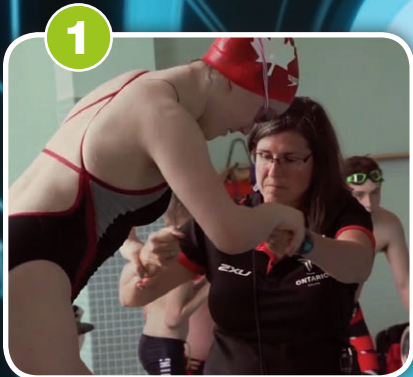
If you would like to support the efforts being made to fund adaptive equipment and wish to donate to the Play to Podium Fund contact ParaSport Ontario's Executive Director, Jeff Tiessen, at jeff@parasportontario.ca.

ParaSport Ontario is committed to sharing stories of community builders like the lemmas. To share your story contact our Communications Manager, Erin O'Sullivan, at erin@parasportontario.ca.

The fundraising goal in 2020 is to provide \$100,000 in adaptive equipment to community groups and individuals. Founding partners in the program include Sunrise Medical Canada Inc., Durham Medical, Unique Inventions, Ossur, Prosthetic Energy Inc., and the Para Pro-Am Golf Tournament.

10 VIDEOS

You Need to Watch



1. Championing Parasport Coaches (Search Parasport Coaches) Different coaches and athletes on display in their respective sport, showing the importance of physical activity.

2. Defining Bad Ass – Adaptive Athlete (Search Adaptive Athlete Lindsay Hilton) Rugby player Lindsay Hilton showcasing her skills and passion for wheelchair rugby and the different challenges she is taking on with CrossFit.

3. Female Amputee Surfer (Search Amputee Dani Burt) Amputee surfer shares inspirational message of facing your fears.

4. Unfinished Business (Search Sarah Reinertsen Ironman) Follow the story of Sarah Reinertsen, the first female above-knee amputee to complete the Ironman Hawaii.

5. Niagara ParaSport Festival (Search Niagara ParaSport Festival) Connecting thousands in one community to show there is a sport for everyBODY!

6. Amputee Gymnast (Search One-Legged Gymnast Overcomes the Odds) Kate Foster talks about her story of courage and determination to continue doing the sport she loves despite her limitations.

7. Renee's Story (Search ErinoakKids Kids Renee Story) Renee shares her story as an athlete with cerebral palsy committed to reaching for her dreams in track and field. Her pathway has taken her to the Parapan Am Games in Toronto in 2017.

8. Wheelchair Curling – Come be a Champion (Search Wheelchair Curling – Come be a Champion) Jon Thurston, featured in the story *Curling ROCKS*, in this issue, alongside his Team Canada teammate Carolyn Lindner, promotes the sport.

9. ParaGolf (Search Josh Williams 2014 Ontario Parasport Games) Amputee golfer Josh Williams has played in several national championships and has won the last three Canadian Championships.

10. PowerHockey Toronto (Search #PowerOnGameOn) PowerHockey Toronto is making an impact on the lives of Torontonians with disabilities and their families through the power of sport.

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ONTARIO BLIND SPORTS ASSOCIATION

The Ontario Blind Sports Association (OBSA) promotes and sanctions events and activities designed to assist the development of sports programs for blind/visually impaired athletes in Ontario

Programs and Activities

- OBSA Summer Sports Camp
- OBSA High Performance Camp
- Regionals Open Goalball Tournament
- Provincial/Eastern Canadian Goalball Championship
- Equipment Loaning Program
- OBSA Sports Days
- OBSA Outreach Programs



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– Todd Keirstead

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Photo by Michael Schneider. Golfer pictured is Edward Urquhart.



Photo by Michael Schneider



Photo courtesy: Durham Adaptive Sport Committee.

"When things get tough, push yourself to keep going and get through it. Don't give up. But most importantly, make sure you're having fun!"

Karl Ludwig, Sledge Hockey Athlete



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