

Sharing your story could be the best thing you ever do



Above (left to right): Emily, Laura, Christopher and Brian Mino.

and family who are always there to make sure Christopher's able to participate," says Brian.

Sharing your story and becoming connected to others with similar experiences can be difficult, especially right after a new diagnosis. However, the support that follows can be transformative.

"If I could share one piece of advice with other parents or individuals affected by neuromuscular disorders, it would be to share your story, it just might be the best thing you ever do," says Brian. "I was really worried the first time I was asked to talk about our journey with others, but the more often I share our story the more it helps."

"It is so comforting to meet individuals who have thrived and accomplished so many of their goals. It gives us such hope and encouragement for Christopher. Meeting others through events like Walk4MD is a wonderful way to feel connected and supported."

The more we share stories and experiences, the more aware our communities will be! We are all in this together and we can all support each other, no matter our differences.

Your gifts to Muscular Dystrophy Canada make a difference. Thank you!

Online: muscle.ca/donate
 By phone: 1-800-884-6322
 Mail in the included donation slip.

After months of tests, doctor's appointments and referrals, Christopher Mino was diagnosed with Duchenne muscular dystrophy at 4 years old. Now, Christopher is 14 and has just started his first year of High School.

"The scariest part about all of this for us is the fear of the unknown. Christopher is still walking and is able to do all of the things he loves like playing the drums and video games with his friends. The thought of never knowing when his abilities may change is very scary for the whole family," says Brian Mino, Christopher's father. "Thankfully we are surrounded by so many wonderful, supportive and caring individuals like Muscular Dystrophy Canada staff and volunteers, Christopher's school community, friends



Above: Christopher and Brian at the 2013 Walk4MD.

"It's not life ending. Just life changing," says Brian.

To learn more about how you can get involved and connect with others, visit **muscle.ca**.

WHEELCHAIRDARE!

COME ON, WE DARE YOU!



Imagine waking up every morning knowing that today will be another day of facing challenges while doing things most of us take for granted, such as jumping on a bus or the subway, walking our children to school, or playing our favourite sport. For many individuals, these are simple actions. For people living with muscular dystrophy and using a wheelchair, it is a whole different world.

"After being in a wheelchair for just one day, we were astounded by how many things were not accessible to anyone with a mobility limitation," says Nancy Cumming, past Wheelchair Dare participant and past MDC Board member. "Things that you wouldn't normally think of - such as the placement of a coffeemaker, the height of hand dryers in washrooms, sloped or uneven floors, high light switches - suddenly became large obstacles interfering with your ability to do your job or complete everyday tasks."

We are daring you to take the challenge and organize a work team who will raise funds in support of Muscular Dystrophy Canada. Spend a day in a wheelchair to gain a deeper understanding of accessibility issues that affect many of our community members. Muscular Dystrophy Canada provides all the supplies you need! The funds raised help Muscular Dystrophy Canada provide essential programs and services for Canadians living with neuromuscular disorders, their families and caregivers.

"This is such an eye-opening event. It really is an experience that sticks with you and starts many important conversations around the workplace, home and community - conversations we don't have nearly enough," continues Nancy. "Wheelchair Dare is a very effective way to raise more awareness about accessibility issues that affect so many individuals on a daily basis. It is a humbling experience that will definitely change your perspective of neuromuscular disorders and accessibility."

Do you dare? Register now! Visit muscle.ca/wheelchardare.

Highest Rooftop Campout in Canada

On September 21-23 Toronto Fire held the highest Rooftop Campout event in support of Muscular Dystrophy Canada! Their passion and dedication is truly inspiring as they are determined to be the top fundraising department in Canada this year. While they have some very tough competition, such as the Edmonton Fire Department who raises an average of \$110,000 a year, they are determined to raise more this year to support Muscular Dystrophy Canada and all those affected by neuromuscular disorders.

"It's important for us to be involved as it's been a longstanding tradition to help Muscular Dystrophy Canada and we're big on tradition. We have a goal in mind this year. We want to be the top fundraising department in Canada and to reach that goal we decided to do the highest rooftop campout," says Gerlando Peritore, Muscular Dystrophy Chairperson



Above: Toronto Fire Fighters on top of the Tridel building during the campout

for the Toronto Professional Fire Fighters Association. "We're excited to reach this goal and very thankful to partners, like Tridel, who helped us get there."

Celebrating Passion, Dedication and Leadership



Above: Richard playing the guitar.

Richard Quan is many things. He is a musician, volunteer, philanthropist and he is also this year's recipient of the Dr. Katie Manders Courage to Inspire Award. Richard is relentless in his willingness to support others who are also living with neuromuscular disorders. His latest fundraiser, Blues for Muscular Dystrophy takes place October 20, 2018. This benefit concert will raise much needed awareness and funds for Muscular Dystrophy Canada. To purchase tickets, please visit muscle.ca/Blues4MD.

"Being part of Muscular Dystrophy Canada is like being part of a big community," says Richard. "I get to make connections with other people and families that are also living with muscular dystrophy, and I know that I am not alone. It makes me feel more encouraged and hopeful that we will be able to find a cure one day!"

Richard is a wonderful representative of the group of individuals who make up the 2018 Nationwide Award Winners this year. They are an outstanding group of people, departments and organizations who have a fundamental impact on Muscular Dystrophy Canada. We are very proud to present them with these awards and we are grateful to each and every volunteer, donor, client, researcher, healthcare provider and community member who dedicate their time and effort to support Muscular Dystrophy Canada.

The full award listing is featured in our **2017-2018 Annual Report** which was just released. To see the full award list and read about each of the winners and their impact, please visit muscle.ca/about-us/annual-reports.



Above: The cover of the 2017-2018 Annual Report

Upcoming events:

October 27 – British Columbia Volunteer Leadership Conference and presentation of Nationwide Awards
November 24-25 – Atlantic Caregiver Retreat

Interested in joining the Wheelchair Dare? Visit muscle.ca/wheelchardare to register!

To stay up to date on all upcoming events, please visit muscle.ca/events.

Connect with Muscular Dystrophy Canada on social media!



Global Duchenne Muscular Dystrophy Patient Group Award

Muscular Dystrophy Canada is pleased to announce that we have received one of the sought-after Strategies to Realize Innovation, Vision and Empowerment (STRIVE) Awards, created by PTC Therapeutics, Inc. to support the Duchenne muscular dystrophy (DMD) community.

"We are thrilled to have won this STRIVE Award, which will help us make a real difference to the lives of people affected by Duchenne muscular dystrophy," said Barbara Stead-Coyle, CEO of Muscular Dystrophy Canada. "The grant will help us to run the Personal Empowerment Program which helps people with Duchenne to live more independently, be more socially active and involved in the community, and better informed about managing their condition."

Muscular Dystrophy Canada and seven other organizations are the recipients of the 2018 STRIVE Awards. To learn more, please visit muscle.ca.

We Couldn't do it Without You!



Thank you to our valued supporters! We are so grateful for your continued dedication to Muscular Dystrophy Canada and our mission to enhance the lives of those affected by neuromuscular disorders by continually working to provide ongoing support and resources while relentlessly searching for a cure through well-funded research.

We want to take this time to say thank you to some of the funders who have recently supported Muscular Dystrophy Canada:

- **City of North Vancouver**
- **Colleen Kiers Memorial Fund at the Niagara Community Foundation**
- **Danbe Foundation Inc.**
- **Moffat Family Fund at the South Saskatchewan Community Foundation**
- **Shoppers Drug Mart Life Foundation**
- **The Harold E. Ballard Foundation**

More than \$300,000 Raised by Walk for Lysa Event

The Fraser Valley Chapter of Muscular Dystrophy Canada has led a Walk for Lysa event for more than 16 years in honour of Lysa and her family. Lysa Erin Terpstra from Smithers, B.C. was diagnosed with muscular dystrophy at the early age of one and a half. Lysa worked hard to help others with the same disease. Not only did she help others by participating in events, she was also an example of how to live with strong hope and experience life to the fullest. Because she touched so many lives, the Chapter chose to honour her memory by hosting this event in her name each year. This year, the event raised more than \$25,000! Over the past 16 years, they have raised more than \$328,980! Thank you to everyone who has been involved in making this event such a success. We are very grateful for your continued support.



Above: Participants at the Walk for Lysa event.

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