
Above & Beyond May Newsletter

Anthony Frisina <aboveandbeyond.anthony@gmail.com>

Fri, May 1, 2026 at 8:00 AM



NEWSLETTER

May 1, 2026 (17th Edition)

Transformation marks a new era, changing how we tackle challenges and seize opportunities. At this moment, the changing landscape calls for us to adapt. This sustained process is reshaping our future and inspiring new possibilities.



MOHAWK

A Fond Farewell After 21 Years at Mohawk College

After two decades at Mohawk College, it's time for a new chapter. While it's challenging to encapsulate 21 years filled with growth, challenges, and cherished memories, I want to express my heartfelt gratitude to everyone who has been part of this incredible journey.

I've had the honor of collaborating with dedicated colleagues and learning from countless students, who consistently reminded me of the importance of this work. Although Mohawk has evolved over the years, the essence of this place—the people, the teamwork, and the commitment to making a positive impact—has remained unchanged.

As I embark on my next adventure, I take with me the invaluable lessons, friendships, and experiences that have shaped my journey. Highlights such as my involvement with Rick Hansen Wheels in Motion from 2007 to 2011 and being named Alumnus of Distinction in 2013 are just a glimpse of the countless memories I will cherish.

I'm looking forward to what lies ahead, but I will always reflect on my time at Mohawk College with gratitude and pride.

This isn't a farewell—just a “see you later.” Thank you for 21 unforgettable years.

What's Next?

Just watch me! Together, we will soar to greater heights! If you want to move quickly, go alone; if you want to go far, bring others with you! Will you join me?

“When there's a win for accessibility and inclusion, there's a win for everyone.” Thank you, Mohawk College!

Excited to join the Team at AccessNow, Ramudden, WSP, in Accessibility Solutions Consulting with Technology, Infrastructure, and more.



Ramudden



April 17th, 2026 - I set out on an exciting new journey, joining fresh organizations, meeting new faces, and reconnecting with some familiar ones! This role perfectly aligns with my passions. I was contracted in Toronto to participate in an intentional focus group—a gathering of diverse individuals with disabilities sharing their personal experiences regarding mobility in Canada’s largest city. This initiative gave city officials clear insights into what works and what needs improvement, especially in technology and infrastructure. With AccessFest and the FIFA World Cup just around the corner, there's so much more to look forward to! I can hardly contain my excitement! A heartfelt thank you to everyone who has allowed me to be part of this incredible team!

Join Us for the 2nd Annual *Roll With Us*: Hamilton Disability Challenge



Last year, on May 30th, we launched the inaugural “Roll with Us” Hamilton Disability Challenge, and we’re thrilled to announce that we’re doing it again this year!

Event Details

Get ready for the 2nd Annual Roll With Us: Hamilton Disability Challenge. Join us for A Day in the Life of Wheelchair Users, to kick off National AccessAbility Week, beginning May 31st. We welcome all to join us on May 30th at Newlands Park, to experience both visible and hidden gaps in Hamilton’s infrastructure while using a wheelchair. These barriers can include, but are not limited to:

- Navigational challenges
- Physical obstacles
- Visual impairments
- Auditory difficulties

While this experience offers only a small glimpse of these barriers, the impact is significant, and urgent action is needed!

Community Engagement

Numerous discussions will also address additional daily barriers faced by individuals with disabilities. This event aims to inspire others with disabilities to advocate, organize their own initiatives, and mobilize their communities for a call to action!

Currently, 30% of Hamilton's population lives with a disability, and a disability can affect anyone at any time. We must shift from a reactive approach to proactively making change. Preaching patience only grants permission to procrastinate. The time for change is now.

To register, RSVP by May 20th, with the link below:

[Hamilton Disability Challenge Registration](#)

Donations and Sponsorships are also welcome and will support The Catholic Youth Organization's 1-on-1 Program.

Light snacks and refreshments will be provided.

I could not be more excited for May!

Here's what else is happening!

A Brand-new Episode of Above and Beyond Returns to CABLE 14 on May 4th!



KARLI BOURQUE
Therapeutic Recreationist
Ron Joyce Children's Health Center

[AboveAndBeyond.Anthony](#) www.AnthonyFrisina.ca [AboveAndBeyondMedia](#)

Episode 4 of Season 7 airs on CABLE 14 beginning **Monday, May 4th!** (Note: due to a potential scheduling conflict, the debut may air Monday, May 11th)

Karli Bourque is a Therapeutic Recreationist at the Ron Joyce Children's Health Centre. She has been practicing in the field since 2022. In this role, she provides client-centered, evidence-informed recreational interventions that support participation, well-being, and quality of life for children and youth

within an interdisciplinary healthcare setting. She holds a diploma from Mohawk College and a degree from the University of Waterloo, both in Therapeutic Recreation.

Currently, an active member of the Hamilton Accessible Sports Council, contributing to collaborative initiatives that aim to advance accessibility and inclusion across community and healthcare-based recreation. Her professional experience also includes work with The Walt Disney Company, which has helped inform a creative approach to inclusive engagement, program design, and participant experience.

They are committed to ongoing professional development as a lifelong learner and thrive on making new professional and community connections as part of the learning process, valuing what can be learned from one another. She is currently learning more and supporting inclusion as an HHS Equity, Diversity, and Inclusion Champion.

Her career highlights to date include receiving the 2023 Best Demonstration Poster Award at the AACPD Annual Meeting in recognition of work completed with colleagues on re-developing the Developmental Pediatrics and Rehabilitation intake process, as well as successfully running the large-scale iCan Bike program in 2024.

Watch for Karli Coming Up on Above & Beyond in May!

.Thank you, Persephone!

Thank you, Persephone, for joining me on the show this April and sharing your incredible insight, passion, and vision for what true inclusion can look like in our communities. Your dedication to making recreation and healthcare more accessible for children and families is not only inspiring — it's reshaping the way systems think about equity, navigation, and lived experience.

Hearing you speak about your journey as a fourth-year Bachelor of Health Sciences Honours student at McMaster, your specialization in Child Health, and the heart behind your work made it clear just how deeply you care about the families you serve. The creation of Map2Care is such a powerful example of what happens when research, compassion, and community partnership come together. You've built something that doesn't just map programs — it maps possibilities for families who have long faced barriers to participation.

Your collaboration with the Ron Joyce Children's Health Centre and the Hamilton Accessible Sports Council, among others, shows how committed you are to ensuring that Map2Care is not just innovative but genuinely useful, patient-centered, and grounded in real needs. The way you amplify lived experience, listen to families, and work alongside clinicians and community partners is exactly the kind of leadership that drives meaningful change.

Thank you for bringing your voice, your expertise, and your heart to the conversation. You reminded us why inclusion matters, why accessibility must be intentional, and why systems need people like you pushing them forward. I'm grateful for the time you spent with me, for the clarity and passion you brought to the discussion, and for the empowerment you continue to bring for children and families across Hamilton.

Your impact is already being felt, and I can't wait to see how far Map2Care — and your advocacy — will go in the years ahead.

All new episode's air at the beginning of each month, and replays of past episodes of Above & Beyond on CABLE 14 can be found on demand here: [CABLE 14](#)

2026 All Abilities Fashion Show



May 2nd, 2026 -I am beyond thrilled to serve as the Correspondent at the 2026 All Abilities Fashion Show, courtesy of the event host, [Living Life to the Maks](#) – Melissa. I look forward to interviewing VIPs about their experiences at this incredible event!
CFL is back baby!



May 23rd 2026 - It's time to get back to football and throw my full support behind my cherished Hamilton Tiger-Cats! Following a tough 2025 season that tested our team's resilience and spirit, we're eager to dive back into action with renewed vigor and enthusiasm. Our home preseason matchup against our fierce rivals, the Argos, promises to be an exciting kickoff to what we hope will be a successful season.

I'm particularly excited to see how our new draftees and emerging talents perform on the field, as they have the potential to make a significant impact. I truly believe that 2026 is going to be our year to shine and reclaim our glory! Kickoff is scheduled for 4 PM, and we'll be there, loud and proud, to cheer for our team and create an electrifying atmosphere!

- Reflection -

April 2026

Walk (and Roll) 30-4-30



April 1st, 2026 - Many members of the Sport Hamilton Board and the local community gathered at Hamilton Stadium to launch the Annual Walk 30-4-30 Challenge. As I participated, it was truly uplifting to emphasize the importance of movement and exercise. We united to enhance our strength and supported the fantastic initiative with KidSport Hamilton.
Mountain Kidz Klub Easter Egg Hunt



April 3rd, 2026 - Kathy Archer and Mountain Kidz Klub have been making a remarkable impact for those in need within our community for many years! Recently, our family had the privilege of volunteering at the annual Easter Egg Hunt, where we shared countless laughs and smiles. Everyone was thrilled to meet the Easter Bunny! It truly was a fantastic event. Additionally, Kathy has been honoured as one of the newest inductees into the Order of Hamilton! Congratulations, Kathy! Who are WE! FORGE FC!



April 4th 2026 - So, while at the Walk 30-4-30 at Hamilton Stadium, I met a new friend. Amar Lal - Ticket Executive for the Forge FC. We chatted, and he convinced us to go to my second, my girlfriend's first Forge FC game. What a great game! Hamilton won 2-0! I really love this city and all it has to offer! Here's to many more Forge games in the future! This game led us to many discussions on accessibility, and let's be honest, he chose the right guy to have it with! BUT! what came out of our discussions... Exciting News: Embracing Accessibility at Matchday!

ACCESSIBLE SEAT GIVEAWAY

Presented in
collaboration with



We are committed to making matchdays with the Forge FC more inclusive than ever before! For the entire season, we will provide accessible seating at every Hamilton Forge FC home game. This initiative allows more fans to immerse themselves in the energy, community, and excitement at Hamilton Stadium.

Giveaway Details

The first giveaway took place for the Forge FC Match on April 18th.

To enter for a chance to win accessible seats:

- Follow our pages on Facebook and Instagram
- Like the post
- Tag someone who you would like join you

Winners will be selected at random through a spin of the wheel and will be notified 2 days before Match Day. Keep your eyes on Above & Beyond socials to get your entries in to win!

Let's ensure every supporter has the opportunity to cheer for the boys in orange throughout the season! Speaking of...

ACCESSIBLE SEAT GIVEAWAY

Presented in
collaboration with



We're honoured to once again collaborate with the Hamilton Tiger-Cats this season, giving away accessible seats once again this season

Here are the giveaway details

- Follow our pages on Facebook and Instagram
- Like the post
- Tag someone whom you would like to join you

Winners will be selected at random through a spin of the wheel and will be notified 2 days before the game.

The first game is the pre-season opener May 23, at **3 pm against the Toronto Argonauts at Hamilton Stadium** - watch my social media as more information becomes available.

CABLE 14 - Volunteer Appreciation Gathering



April 22nd, 2026 - I was completely taken by surprise! During the CABLE 14 Volunteer Appreciation Games Night, Stephanie Marino, our volunteer coordinator, handed me an envelope that revealed *Above & Beyond* has been nominated for both the "Community Impact Award" and "Outstanding Social Media Production." I'm still in disbelief and struggling to find the right words. The awards ceremony will be held at the Westdale Theatre on June 17th. While I continue to host and produce *Above & Beyond* virtually, it's wonderful to return to CABLE 14 Studios and celebrate everyone's achievements! CABLE 14 has played a vital role in my growth and experiences, highlighting the hard work that goes into

producing a show both behind the scenes and in front of the camera. Reaching seven seasons is a personal milestone for me, but it's our collective accomplishments that truly make CABLE 14 and this community remarkable.

SPORT Hamilton Volunteer Awards Gala



April 23rd 2026 - The Sport Hamilton Volunteer Awards Gala is always an extraordinary event, bringing together a community of dedicated individuals who contribute tirelessly to the world of sports in Hamilton. This year's gala held a special place in our hearts as we had the privilege of honoring two exceptional individuals, Jim Galvin and Helen Downey, who have made remarkable contributions to our community. Their dedication and passion for fostering sports and volunteerism have been truly inspiring, and it was a moment of immense pride to see them recognized for their hard work and commitment. The evening was filled with joy, camaraderie, and a deep sense of appreciation for all the volunteers who consistently go above and beyond. These individuals are the backbone of our sports community, and their selfless efforts ensure that the spirit of sportsmanship and teamwork continues to thrive. The gala was not only a celebration of these incredible volunteers but also a reminder of the positive impact that dedicated individuals can have on their communities.

Congratulations to all the winners and nominees who made the evening so delightful and memorable. Each award recipient exemplifies the true spirit of volunteerism, and their contributions are invaluable to the ongoing success and vibrancy of sports in Hamilton. Here's to another year of remarkable achievements and the inspiring work of our volunteers!

Autism Acceptance Month



April 25th, 2026 - Hamilton once again joined in its annual celebration of Autism Acceptance. The Autism Acceptance Carnival, organized by the Hamilton-Wentworth District School Board, lined up several activities. They have collaborated with numerous organizations, including Hamilton's very own Hammerhead Ron Joyce Cheer Squad and Choir. Although I have transitioned to alumni status with the squad, I have committed to being there in a supportive capacity. I am looking forward to what promises to be an incredible day filled with celebration, unity, and awareness.

Mayor's Breakfast 2026



April 28th, 2026 - I am absolutely thrilled to represent an incredible organization like Rygiel at the annual Mayor's breakfast. This event has been on my bucket list for Hamilton, and now it's a dream come true! The conversations sparked many things, including an abundant need to include accessibility in event planning and in a more meaningful way in Hamilton Hamilton Tiger-Cats Draft Party!



April 28th, 2026 - What better way to wrap up a fantastic day than with some excitement? We're celebrating alongside the amazing fans of the Hamilton Tiger-Cats, the players, and alumni, as we welcome our newest core of athletes donning the black and gold! A warm welcome to the Tiger-Cats and to the City of Hamilton! Training camp is just around the corner....
All Abilities Allstars



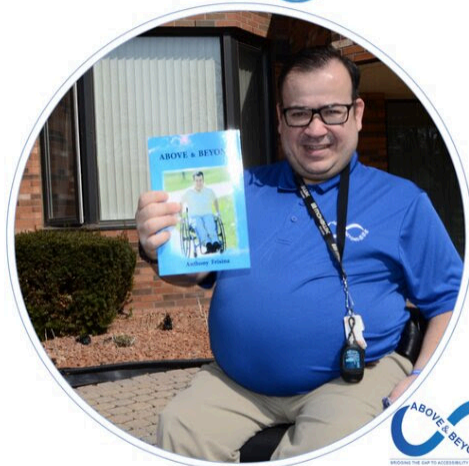
April with All Abilities Allstars was a thoroughly enjoyable experience, offering a wide range of activities and events that were both engaging and entertaining. We would like to extend our gratitude to the Westmount Recreation Centre for their commendable support and resources that greatly contributed to the success of the event. As we look ahead, we are filled with anticipation for the upcoming festivities in May, which promise to be just as exciting and memorable.

Get your copy of "Above & Beyond"

My journey told through short stories about life and determination as a disabled person.

As seen and heard on:

CABLE 14



**Empowering Stories From Lived Experiences Inside:
Above & Beyond**

Grab your copy from me for \$20 dollars

[f @AboveAndBeyond.Anthony](https://www.facebook.com/AboveAndBeyond.Anthony) www.AnthonyFrisina.ca [i @AboveAndBeyondMedia](https://www.instagram.com/AboveAndBeyondMedia)

I wanted to share 2 powerful messages I received about my book
"Above & Beyond - Anthony Frisina"

They write:

"I recently came across your book *Above & Beyond*, and I was struck by both its spirit and depth. The way you've transformed personal hardship into a story of tenacity, humor, and advocacy is deeply inspiring. What stood out most to me was how you present your journey not as something to be pitied, but as a testament to strength and perspective, a reminder of how one life, when lived with courage, can impact so many others. That balance of vulnerability and determination makes your book feel not only moving but transformative for readers." - Anonymous

Despite life's circumstances, you can still influence others positively. A Hamilton for All will manifest when the time is right. We can no longer afford to be hasty in our choices; it is essential to involve everyone in the decision-making process. Together, we will reach that goal one day. - Anonymous

My book is available for purchase from my [website](#) via Amazon. Also, if you're interested in obtaining a personally signed copy, feel free to contact me. Cash and e-transfer accepted

Disability Days of Celebration in May

These are the disability-related days of celebration for the month of May. If I've overlooked any, please feel free to mention them proudly!

The infographic is a blue-bordered box with a white background. On the left and right sides, the word 'MAY' is written vertically in large white letters. In the center, there are two white rectangular boxes. The left box is titled 'MONTH & WEEK LONG CELEBRATIONS:' and lists various awareness months and weeks. The right box is titled 'DAYS TO CELEBRATE:' and lists specific dates for various awareness days. At the bottom of each side, there is a small logo for 'ABOVE & BEYOND' with a circular graphic.

MONTH & WEEK LONG CELEBRATIONS:

- Mental Health Awareness Month
- Fibromyalgia Awareness Month
- National Asthma and Allergy Awareness Month
- ALS Awareness Month
- Apraxia Awareness Month
- American Stroke Month
- Arthritis Awareness Month
- Better Speech and Hearing Month
- Bladder Cancer Awareness Month
- Borderline Personality Disorder Awareness Month
- Brain Tumor Awareness Month
- Celiac Awareness Month
- Cystic Fibrosis Awareness Month
- Ehlers-Danlos Syndrome (EDS) Month
- Hepatitis Awareness Month
- High Blood Pressure Education Month
- Huntington's Disease Awareness Month
- Lupus Awareness Month
- Lyme Disease Awareness Month
- Mobility Awareness Month
- Multiple Sclerosis Awareness Month
- Myositis Awareness Month
- Older Americans Month
- Brain Tumor Action Week
- Face Equality Week

DAYS TO CELEBRATE:

- International 5p Syndrome Awareness Day - May 5th
- World Asthma Day - May 5th
- International Day for Osteogenesis Imperfecta - May 6th
- National Children's Mental Health Awareness Day - May 7th
- World Ovarian Cancer Awareness Day - May 8th
- World Red Cross & Red Crescent Day - May 8th
- Ependymoma Awareness Day - May 10th
- World Lupus Day - May 10th
- International Awareness Day for Chronic Immunological and Neurological Diseases (CIND) Day - May 12th
- International Mucopolysaccharidoses (MPS) Awareness Day - May 15th
- Global Accessibility Awareness Day - Every 3rd Thursday in May
- Global Accessibility Awareness Day - May 19th
- Mental Health Action Day - May 19th
- International Behcet's Disease Awareness Day - May 20th
- International Blue Cone Monochromacy Awareness Day - May 20th
- World Autoimmune Arthritis Day - May 20th
- International Day to End Obstetric Fistula - May 23rd
- National Schizophrenia and Psychosis Awareness Day - May 24th
- World Thyroid Day - May 25th
- World Multiple Sclerosis Day - May 30th

TONY'S MONTHLY TIP!

As May arrives, I can sense the warmth of the upcoming season. With that in mind, here's your sixth installment of Tony's Monthly Tip!

Tony's Monthly Tip!

It is important to be aware of physical contact, taking into account factors such as pain, balance, and potential post-traumatic stress concerns. It can help to check in before approaching, offer clear cues, and move slowly so the other person feels comfortable and in control.



www.AnthonyFrisina.ca



 @AboveAndBeyond.Anthony www.AnthonyFrisina.ca  @AboveAndBeyondMedia

Please keep your feedback coming by replying to aboveandbeyond.anthony@gmail.com. All updates can be found on my website www.anthonyfrisina.ca or on my social media on Facebook [Above & Beyond - Anthony Frisina](#) and Instagram [AboveAndBeyondMedia](#)

Wishing everyone an amazing month ahead, brimming with love, kindness, and countless moments of joy. May this month bring you opportunities to grow, connect with others, and cherish the simple pleasures in life. Embrace each day with positivity and gratitude, and let the warmth of these feelings guide you through the weeks to come. Always remember to spread love and kindness wherever you go.

Anthony Frisina

Anthony Frisina

Founder, Above & Beyond

Alumni of Distinction - Mohawk College 2013

Order of Hamilton 2020

Cable 14's Most Outstanding Community Advocate and Advocacy Program 2023



"When there's a win for accessibility and inclusion, there's a win for everyone" - **Anthony Frisina**