
Above & Beyond
NEWSLETTER

March 3, 2025 (3rd Edition)

Thank You!

Thank you to everyone who continues to read, follow, and provide feedback on the newsletter. We appreciate your support.

Above & Beyond

March is a significant month. March 1st is International Wheelchair Day! During my surgery in 1992, I never could've imagined or fathom the thought of using a wheelchair for the rest of my life. But now, over 30 years later, I embrace it as a vehicle of freedom.

Catholic Youth Organization: Children's Fundraiser

The 40th Annual Catholic Youth Organization's Children's Fundraiser was an overwhelming success.

This organization has meant so much to me. I am very proud to say that in 1993 and 1994, I was honoured to be named the C.Y.O.'s honorary camper, making me the only child ever to receive this honour two times. This experience has greatly shaped who I am today. The evening is a celebration of the past year's accomplishments, the introduction of the Greater Horseshoe Athlete of the Year, and celebrating Hamilton Sports Hall of Fame's inductees.

Here's to March! A Month to Thrive! This March, we recognize and honour dates dedicated to raising awareness, fostering inclusion, and supporting important causes. Here's what we're highlighting:

- **Disability Day of Mourning & International Wheelchair Day - March 1st**
- **World Teen Mental Health Day - March 2nd**
- **World Hearing Day - March 3rd**
- **Breast Implant Illness Awareness Day - March 8th**
- **National Women and Girls HIV/AIDS Awareness Day - March 10th**
- **World Kidney Day - Every 2nd Thursday of March**
- **National Trisomy 18 Awareness Day - March 18th**
- **World Down Syndrome Day - March 21st**
- **World Tuberculosis Day - March 24th**
- **U.S. National Cerebral Palsy Awareness Day - March 25th**
- **Purple Day for Epilepsy - March 26th**
- **Amniotic Fluid Embolism (AFE) Awareness Day - March 27th**

Weeks & Months

- **Cerebral Palsy Awareness Month**
- **Colorectal Cancer Awareness Month**
- **Deep Vein Thrombosis (DVT) Prevention Awareness Month**
- **Developmental Disabilities Awareness Month**
- **Endometriosis Awareness Month**
- **Essential Tremor Month**
- **Kidney Month**
- **Multiple Sclerosis Awareness Month**
- **Self-Injury Awareness Month**
- **Brain Injury Awareness Month**
- **National Trisomy Awareness Month**
- **World Glaucoma Week - 2nd full week of March**
- **National Eating Disorders Awareness Week - Last week of February or the first week of March**

Let's use these opportunities to educate, support, and amplify voices that need to be heard. Together, we can foster understanding and drive change!

Catch *Above & Beyond* This Month on Cable 14!

Don't miss *Above & Beyond* airing on Cable 14 and streaming at www.cable14.com.

Thank you to Matisse Hamel Nelis for coming on *Above & Beyond*.



**SEASON 6
EPISODE 5**
of *Above & Beyond*

Cable 14 & Cable14.com

Monday at 9 pm
Tuesday at 1 am & 2:30 pm
Saturday at 1:30 am & 8 am
Sunday at 12:30 pm

With Special Guest(s):
Chris Briscoe & Dallas Lombardi

Subject to Change:
[Cable 14 - Guide](#) - for more

A Chance to Dance

CABLE 14

@AboveAndBeyondAnthonyFrisina @AboveBeyond4u @AboveAndBeyondMedia

This month, we're excited to welcome special guests Dallas Lombardi and Chris Briscoe, the founders of A Chance to Dance Canada!

Don't miss our new episode, airing on March 17th at 9 pm on Cable 14. I'll be chatting with Lindsay Bray, Alex Thersidis, and Mike Berube from the Ron Joyce Children's Health Center about some exciting news!

Above & Beyond airs weekly:

- Mondays: 9:00 PM
- Tuesdays: 1:00 AM & 2:30 PM
- Saturdays: 1:30 AM & 8:00 AM
- Sundays: 12:30 PM

(Schedules are subject to change. For more information click here: [Cable 14 - Guide](#))



Premieres
March 17 2025
9:00pm

ABOVE & BEYOND TV ON CABLE 14 & CABLE14.COM

LINDSAY BRAY, MICHAEL BERUBE
& ALEX THERSIDIS
Ron Joyce Children's Health Centre
Ron Joyce/Robotics/Volt Hockey

@AboveAndBeyondAnthonyFrisina @AboveBeyond4u @AboveAndBeyondMedia

Rygiel AGM

Last year I was fortunate enough to be asked to join such a prestigious board with so many notable names and changemakers in our community. To be considered one of them is a duty I take on with honour and integrity. Our AGM is March 4th in person and I can't wait to bring lived experience feedback.

Sport Hamilton AGM

Last year, I got the fantastic chance to join the board at Sport Hamilton, and I jumped at it right away. Including people with disabilities in sports—from planning to teaching—has been something we've overlooked for a long time. As a para-sport athlete, I really understand what this means. We have our annual meeting on March 5th, and I'm excited to share a lot of ideas and insights from our community.

ICF (Intelligent Community Forum) Smart21 Summit

March 6th, 2025 - Hamilton Convention Centre.

Moving people throughout a community efficiently and sustainably is a challenge for all communities and traffic is often cited as a frustration. To solve this problem, communities worldwide build multimodal transit networks, but delivering in an efficient, affordable, and equitable manner means planning as a system. Hear from community leaders on the systems of transportation that provide the freedom and safety that promote a quality of life.

I am thrilled the organizing committee has reached out to me to take part in a panel discussion at this event so at 2:15 PM on the 6th, I am pleased to be a panelist for Panel 4: Transit Oriented Development alongside Andrea Nemtin, CEO, Social Innovation Canada, <https://sicanada.org> and Cristina Requena, CEO of Las Rozas Innova, <https://lasrozasinnova.es/> moderated: by Craig Cassar, Councillor, City of Hamilton.

To learn more about the event in its entirety or to register follow the link provided here: [ICF 2025 Smart21 Summit - Hamilton, ON - March 6, 2025 Registration & Information](#).

PSW Talk at Mohawk College



March 11th 2025- I am honoured to be asked to speak to students in the Personal Support Worker Program at Mohawk College - I'll be there to share my story, talk about the importance and safety of transferring clients, and give the students hands-on experience. I've been doing this for many years now and I can't wait to get back there again!

All Abilities Allstars enters March with a little bit of a pivot, but as a person with a disability, our livelihoods are all about adapting to change. Currently stationed at Huntington Park, which will be closing March 16, as it undergoes maintenance and repairs. Our new location will be at Westmount Recreation Center. Follow us at @AllAbilitiesAllstars on Facebook and Instagram or our website at www.loveyteam.ca for updates.

Please keep your feedback coming: e-mail me at aboveandbeyond.anthony@gmail.com
Updates can also be found on my website www.anthonyfrisina.ca.

With love and kindness, always

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

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