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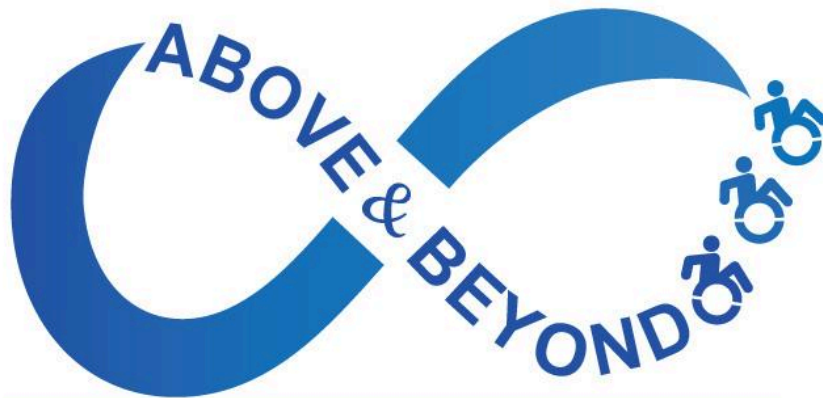
*Above & Beyond*  
**NEWSLETTER**

November 3, 2025 (11th Edition)

**Thank You!**

Eternally grateful for everyone's support. Cannot be more excited for the next chapter. Thank you to everyone for making Above & Beyond what it is and continues to grow to be..

**Above and Beyond Returns to CABLE 14 in 2026!**



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BRIDGING THE GAP TO ACCESSIBILITY AND INCLUSION

Pleased to share that Above & Beyond will return to CABLE 14 in 2026 with Season 7, full of brand new episodes. Stay tuned in the coming months for more details!

## Coming in December!

The theme for the 2025 International Day of People with Disabilities is "Highlighting the Leadership of People with Disabilities for a More Inclusive and Sustainable Future." This means shining a spotlight on how people with disabilities are taking the lead in making the world more welcoming and eco-friendly. To celebrate, we'll be sharing a special three-part show on International Day of People with Disabilities on CABLE 14 from 5:30 pm to 7 pm. I'll be featuring three of my favorite episodes from the first six seasons. Stay tuned to CABLE 14 and my social media pages for more updates!

### **CABLE 14 - Annual Christmas Toy Drive with Kiwanis Boys and Girls Club**



CABLE 14 partners again with Kiwanis for the toy drive. This year, please consider inclusive gifts—toys reflecting diverse backgrounds and sensory or learning needs. With 30% of Hamilton's population having disabilities, inclusion matters. Let's ensure every child feels valued and has fun this holiday. Details at [www.cable14.com](http://www.cable14.com). Join me on November 10th at 7 pm on CABLE 14 for Kiwanis TV Bingo, where I will call the first ball.



## Hamilton For All

A Hamilton For All means a city where everyone feels welcome, engaged, and empowered to thrive. My lifelong commitment to disability rights and inclusion fuels my drive to foster lasting, positive change in our community. Hamilton needs leadership that listens, stands with people, and champions sustainable, long-term solutions. I invite you to join me in advocating for inclusive leadership and building a city that truly reflects our diversity and strength. Attend local meetings, volunteer, or get involved in initiatives that build inclusivity—together, we can create real, lasting change.

Our vision for Hamilton includes:

- **Safe and Accessible Transportation:** We must address the inadequacies of accessible cabs, public transit, and paratransit services to meet the needs of all residents, including seniors and individuals with disabilities. A strengths-based approach is needed to ensure transportation equity across the city.
  - **Roadway and Pedestrian Safety:** Investing in well-maintained roads, safer intersections, and pedestrian-friendly infrastructure will create a more livable and accessible city for everyone. We must ensure money is available when repairs are necessary, rather than when it's their turn.
  - **Public Washrooms in Open Spaces:** The pandemic highlighted the need for accessible washroom facilities along trails and public spaces, benefiting all residents, including transit and paratransit operators.
- **Affordable and Accessible Housing:** As the cost of living rises, we must take urgent action to expand affordable and accessible housing options to meet the growing needs of Hamiltonians.
- **Accountability in City Spending:** Taxpayer money must be used effectively. Too often, resources are wasted due to poor planning and costly do-overs. For instance, the recent redevelopment of the city swimming complex saw costs overrun by 25% due to mismanaged contracts, and the installation of new streetlights downtown was redone twice in one year, leading to a substantial financial burden on taxpayers. I am committed to ensuring fiscal responsibility and strategic investment in our city's future by learning from these missteps and promoting transparency in all city spending.
- **Inclusive Recreation and Parks:** The current administration has planned an accessible swing for Ward 8 this summer—an initiative I wholeheartedly support. However, we need to ensure that accessible play structures and recreational opportunities exist in all parks citywide.

*Though I was not successful in the recent by-election, I remain committed to and I assert reinforced dedication to advocacy and fostering a culture of belonging. I will not stop. Together, let's embrace the mantra: 'Unity Drives Progress.'*

**“Where there’s a win for accessibility and inclusion, there’s a win for everyone”.**

# Above & Beyond

Hello November! Let's see what's in store

## The Hamilton Tiger-Cats are in the Eastern FINAL!

This is not something I normally share in this part of my newsletter, and chances are I'll share it again later on as you read on. But is it November 8th yet! We don't know who we are playing, but we're hosting the Eastern Final at Hamilton Stadium on November 8th at 3 pm, and I'll be there. Will you join me for the "blackout" game?



## Hamilton Accessible Sports Council

The Hamilton Accessible Sports Council is back! We present to you an event designed for collaboration and community connection!  
Here are all the details

**Date: 5:30 PM on Thursday, November 20**

**Location: Ron Joyce Children's Health Centre - 325 Wellington Ave N. Room 1-014 A&B**

Join us for an evening of connection, collaboration, and celebration of accessible sport and recreation across the Greater Hamilton area!

Whether you're part of a local adaptive/para sport organization, an accessible leisure and recreation program, adaptive physical activity/education, or simply passionate about inclusive play, this is your chance to:

- ✓ Meet fellow community champions
- ✓ Learn about upcoming initiatives and partnerships
- ✓ Share your organization's programs and goals
- ✓ Enjoy light refreshments, great company, and a few surprises!

Let's build a stronger, more connected, accessible sport and recreation community-together.

**RSVP by Friday, November 7, 2025**

✉ [hascinformation@gmail.com](mailto:hascinformation@gmail.com) | 🌐 <https://forms.office.com/r/hyDqGjQcRC>

Parking and other details to follow. Follow me on social media for updates

## Reflection

October brought some really wonderful moments and memories with Above & Beyond.

### ITS Canada Education Summit - York University



Beyond thrilled to reconnect with Intelligent Transportation Systems on Day One of the 3-day education summit at York University on October 15th. Coming from Hamilton, it's definitely more of a trip for a person with a disability than it really should be, attending at 1 pm and leaving at 8 am. There has to be a better way. The day was packed with so much information sharing, where Inclusion, Diversity, Equity, and Accessibility is ingrained in the DNA, not an afterthought! Thank

you to Janneke, Roger, Frank, Omar, and everyone for once again having me share lived experience insights on accessibility, travel, and technology. Big changes are happening here in 2026! Can't wait for the next one! Thanks to Kara for joining me on this amazing experience!



### Ontario Physical Literacy Summit 2025

October 24th - What an honour it was to return to my old high school! I remember gracing those walls from 1994 - 1998 and honestly, this was my first time back. I presented "Person First Mentality" A real life snapshot of what is needed to ensure authentic accessibility and inclusion in our communities, beyond mandates. Huge Thank you to Helen Downey for the invitation and the entire planning team with the Ontario Physical Literacy Summit.

## The Hamilton Tiger-Cats - October Lookback



So many tense moments in Hamilton for the Tiger-Cats in October. Hamilton looked to have solidified first in the East, but after a couple of tough losses, we finally came through in front of the home fans on October 24th. What a special night, being able to participate with the Ron Joyce Cheer Squad at half-time. A well-deserved bye on November 1st takes us

to hosting the Eastern Final on November 8th! See you all there!

## All Abilities Allstars Returns



Oct 26 2025 - Excited to be back with All Abilities Allstars running a program for all ages and abilities. Also excited to bring an adult program in partnership with Options for Independent Living and Development.

Join us every Sunday from 2:30 pm to 5:30 pm at Westmount Recreation Center free! #LoveMyTeam

## Accessible Seat Giveaway 2025! - Thank you!

Accessible



# GIVEAWAY

For Home Games at  
Hamilton Stadium

Courtesy



&



[f @AboveAndBeyond.AnthonyFrisina](#) [t @AboveBeyond4u](#) [i @AboveAndBeyondMedia](#)

To everyone who has followed along this season, everyone who has entered and participated in the draws throughout the season. Thank you. To the Hamilton Tiger-Cats, for allowing me to spearhead such an important initiative.

Looking forward to returning in 2026! Until then, we'll see you on November 8th, Hamilton! Oskee wee wee!

Let's demonstrate genuine kindness and empathy by educating ourselves, supporting one another, and amplifying the voices of those who are marginalized. Together, we can foster understanding and drive meaningful change toward a more inclusive future.

Here are disability days of significance for November:

NOVEMBER



**MONTH & WEEK LONG CELEBRATIONS:**

COPD Awareness Month  
 Dercum's Disease (Adiposis Dolorosa) Awareness Month  
 Diabetes Awareness Month  
 Epilepsy Awareness Month  
 Lung Cancer Awareness Month  
 Pancreatic Awareness Month  
 Movember  
 International Stress Awareness Week - Every 1st week of November

**DAYS TO CELEBRATE:**

International Stress Awareness Day - November 2nd  
 Aicardi Syndrome Awareness Day - November 8th  
 World Usability Day - November 11th  
 Veterans Day - November 11th  
 World Pneumonia Day - November 12th  
 World Pancreatic Cancer Day - Every third Thursday of November  
 World Diabetes Day - November 14th  
 World Ohtahara Syndrome Awareness Day - November 15th  
 World COPD Day - Every third Wednesday of November

NOVEMBER

Please keep your feedback coming by replying to [aboveandbeyond.anthony@gmail.com](mailto:aboveandbeyond.anthony@gmail.com). All updates can be found on my website [www.anthonyfrisina.ca](http://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

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