

Monday, April 13, 2026 at 4:27:18 PM Eastern Daylight Time

Subject: Above & Beyond April Newsletter

Date: Wednesday, April 1, 2026 at 8:01:43 AM Eastern Daylight Saving Time

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NEWSLETTER

April 1, 2026 (16th Edition)

The winds of change are upon us

Back in January, I declared my word for the year as “Transitional,” but never in my wildest dreams did I think it would be an entire 180-degree turn. Here we are, and I am ready for it.

What’s your word for 2026? [Let me know!](#)

“Roll with Us” Hamilton Disability Challenge is

back for 2026!



Last year, on May 30th, we rolled out the first “Roll with Us”, Hamilton Disability Challenge. We’re doing it again this year!

We’re so excited to announce the 2nd Annual Hamilton Disability Challenge: Roll With Us: A Day in the Life of Wheelchair Users

Kicking off National AccessAbility Week, which begins May 31st, join us in Hamilton on May 30th as we invite members of government, business owners, and the community to experience seen and unseen barriers in Hamilton’s infrastructure by using a wheelchair. These barriers include, but are not limited to, navigational, physical, visual, and auditory obstacles. Although it’s a small sample at Newlands Park (137 Lynbrook Drive), the barriers are significant, and the call to action is urgent!

Many discussions will also focus on other daily barriers faced by persons with disabilities. This day also aims to inspire others with disabilities to act as allies, organize their own events, and rally their communities to create change.

Currently, 30% of Hamilton's population has a disability. Furthermore, disability is the only demographic that can impact anyone, at any time. It's time to move from reacting to proactively making changes.

Register, sponsor, or donate by May 20th by clicking below:

[Hamilton Disability Challenge Registration](#)

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

Light snacks and refreshments will be provided.

Above & Beyond turns 10!



2026 marks 10 years for Above & Beyond, and for those who don't know how ***Above & Beyond*** got started, I'd love to share the Coles Notes version.

For those who don't know how Above & Beyond got started, let me share a brief

overview.

Years before Above & Beyond ever existed, I began writing a book—not with the intention of publishing it, but simply to capture stories from my life that I wanted to remember for myself. During that time, my mom often reminded me that proving things to myself would always matter more than proving anything to anyone else. I also recall hearing similar encouragement at McMaster, where doctors advised me that expectations were merely the minimum standard—encouraging me to go Above & Beyond.

In 2016, I found myself at a crossroads. My mom had just passed, and I was navigating one of the most challenging periods of my life. She was my rock, supporting me in ways only a mother can, and for that, I will be eternally grateful.

In the years that followed, I auditioned on The Showcase on Cable 14. A show dedicated to subject matter that is of interest to you that may generate an audience on Cable 14. In 2018, Above & Beyond was greenlit for a pilot, and shortly after, we began producing season one after another.

I will, I did, and I do. I hope you'll continue to join me on this journey—and when someone tries to set the standard, remember to go Above & Beyond, for yourself and for others.

Thanks, Mom, I love you!



Happy April! There's a lot to look forward to!

We have some exciting things happening over the next few months! Stay tuned!

Under the Lights at Hamilton Stadium!

APRIL 1-30, 2026

SportHamilton is proud to launch the **3rd Annual Walk 30-4-30 Challenge** to get you started on a regular exercise program. We encourage **everyone** – children, youth, teens, adults and older adults – to **get moving.**

WALKING 30 CONTINUOUS MINUTES EVERY DAY FOR 30 CONSECUTIVE DAYS.

STARTS APRIL 1 – APRIL 30 AND JUST KEEP ON GOING... MAKE THIS A HEALTHY HABIT OF MOVING EVERY DAY.

Register for **FREE** at www.sporthamilton.com/walk30

- Track your daily progress
- Have a chance to win **weekly prizes!**

JOIN OUR WALK-OFF EVENT

WALKING UNDER THE LIGHTS
APRIL 1 • 7:00 PM – 8:00 PM

- Hamilton Stadium
- 64 Melrose Ave North, Hamilton
- Premium Entrance
- Free parking in the north endzone parking lot, Balsam Ave. N parking lot and street parking.

REGISTER FOR FREE NOW

MAKE A DONATION TO KIDSPORT HAMILTON
[HTTPS://KIDSPORTCANADA.CA/ONTARIO/HAMILTON/DONATE/](https://kidsportcanada.ca/ontario/hamilton/donate/)

WALK TO SCHOOL • WORK • SHOP • PLAY / EVERY MINUTE COUNTS

April 1st, 2026 - Excited to join my community along with Sport Hamilton at Hamilton Stadium, commencing the Annual Walk 30-4-30 Challenge. While I will be rolling, it's great to showcase the importance of movement and exercise.

Register for free [here!](http://www.sporthamilton.com/walk30)

Let's get stronger together and raise funds for an amazing initiative with KidSport Hamilton!

A Brand-new Episode of Above and Beyond Returns to CABLE 14 on April 6th!



Premieres
April 6 2026
9:30pm

PERSEPHONE MACKINLAY

Founder & Developer of Map2Play

Fourth-year Bachelor of Health Sciences Honours student
at McMaster University, specializing in Child Health

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Episode 3 of Season 7 airs on CABLE 14 beginning **Monday, April 6th!**

This is a conversation you don't want to miss! Persephone is paving the way for true inclusion in making the needs for recreation and the healthcare system truly available to communities.

Persephone MacKinlay is a fourth-year Bachelor of Health Sciences Honours student at McMaster University, specializing in Child Health. Her work focuses on accessibility and inclusion for children and families navigating recreation and health services. She is the developer and founder of *Map2Play*, a community-informed recreation map and emerging app designed to centralize and simplify access to inclusive recreation programs across Hamilton. In collaboration with Ron Joyce Children's Health Centre and the Hamilton Accessible Sports Council,

Persephone works closely with families, clinicians, and community partners to ensure *Map2Play* is patient-centered, practical, and responsive to real needs. She is passionate about making systems more navigable by amplifying lived experience and reducing barriers to participation.

Thank you, Claire!

Thank you to Claire Buchanan, who brought me back to my younger years by talking about parasport and its impact on someone in adulthood. The importance of disability representation was also a hot topic we discussed in the previous episode. Thank you for your message to our audience.

All new episodes 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](#)

Reflecting on the 2026 Paralympic Games in Milano-Cortina



The Paralympic Games are an important international sports event for athletes with disabilities. They happen every four years and include both Summer and Winter competitions.

The Games began on March 6th and were viewed on CBC & CBC Gem in Canada! Canada, you made us proud!

Canada claims 15 medals!

The Milano Cortina 2026 Paralympic Winter Games officially concluded on Sunday, March 15th, with Natalie Wilkie and Mark Ideson proudly representing Canada during the Closing Ceremony. The Canadian Paralympic Team wrapped up the nine days of competition with a total of 15 medals: three gold, four silver, and eight bronze.

On the last day of the Games, Kalle Eriksson and guide Sierra Smith added a third podium to their Games total, winning bronze in the men's visually impaired slalom. They leave Milano Cortina 2026 with one silver and two bronze medals in their first Games.



PHOTO: Canadian Paralympic Committee (CNW Group/Canadian Paralympic Committee (Sponsorships))

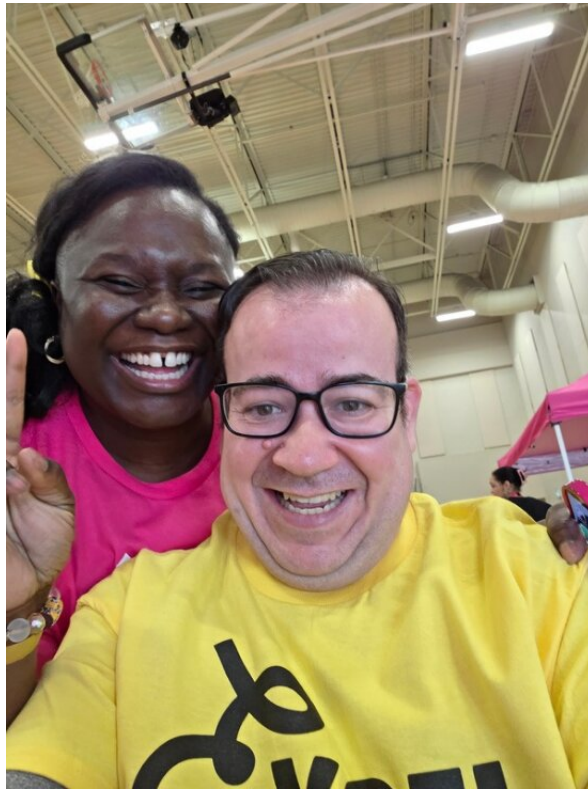
Canada's Para ice hockey team took silver for the third straight games, falling to the Americans 6-2 in the final. Down 1-0 after the first period, Canada tied it up early in the second, but following another U.S. goal a few minutes later, trailed the rest of the game. Liam Hickey scored both of Canada's goals.

Canada finished sixth in the standings by total medals and eighth by total gold medals.

- Reflection -

March 2026

Excel In Style



March 21st, 2026 - I can't say enough great things about Lohifa! We've known each other for a while and really saw each other's purpose during the 2025 Hamilton By-Election. It was so great to see her in her element - Excel-lerating! Excel in Style was a remarkable event. Excel In Style is a non-profit organization dedicated to empowering Black and Racialized youth through hair care education, styling, and community support. Powered by 60+ Hamilton-based textured hair experts, our mission is to create a safe and inclusive space where young people can embrace their natural beauty, gain confidence, and access essential styling services they might not otherwise afford. Can't wait for 2027!

**Intelligent Transportation Systems - Technology Innovation Forum
2026 - Hamilton!**



March 26th & 27th, 2026 - To be asked to speak to your passion is something I never take for granted. To be able to do it in your hometown for a North American audience is next level. Absolutely honoured and thrilled to have had the opportunity to speak at the Hamilton Transportation Innovation Forum at the Canadian Warplane Heritage Museum. So many connections made, eyes opened, and including people from all walks of life just makes the community better. Without “unity,” there is no community. Grateful to have had this opportunity in Hamilton

All Abilities Allstars



March with All Abilities Allstars was amazing! Thank you, Westmount Recreation Centre, for all your support! 3 great sessions, including a Valentine's Day craft. Can't wait to bring on the festivities in April!

Disability Days of Celebration in April

MONTH & WEEK LONG CELEBRATIONS:

- Autism Acceptance Month
- Cushing Disease Awareness Month
- National Donate Life Month
- Limb Loss and Limb Difference Awareness Month
- Parkinson's Awareness Month
- Sarcoidosis Awareness Month
- Stress Awareness Month
- Counseling Awareness Month
- Porphyria Awareness Week - April 10th to 17th
- Oral, Head, and Neck Cancer Awareness Week - April 11th to 17th
- World Primary Immunodeficiency (PI) Week - April 22nd to 29th

DAYS TO CELEBRATE:

- World Autism Awareness Day - April 2nd
- Hypoxic Ischemic Encephalopathy Remembrance Day - April 4th
- Bohring-Opitz Syndrome Awareness Day - April 6th
- World Health Day - April 7th
- Cushing Disease Awareness Day - April 8th
- Teal Day (for Counselors) - April 8th
- National Youth HIV & AIDS Awareness Day - April 10th
- Parkinson's Disease International Awareness Day - April 11th
- Functional Neurological Disorder (FND) Awareness Day - April 13th
- World Hemophilia Day - April 17th
- Congenital Diaphragmatic Hernia Action Day - April 19th
- World Meningitis Day - April 24th
- World Malaria Day - April 25th
- World Wish Day - April 29th
- International Guide Dog Day - Every last Wednesday of April

These are disability related days of celebration for the month of April. If I've missed one, it's not intentional, just shout it out proudly!

TONY'S MONTHLY TIP!

With April here, I can feel the signs of the warm weather on the horizon. With that said, this is your 5th installment of Tony's Monthly Tip!

Tony's Monthly Tip!

If individuals seek help in getting to a destination, inquire about how you can be the most supportive. Many may appreciate the option of holding your elbow or shoulder for guidance. As you walk together, be sure to inform them of any upcoming obstacles or changes in the terrain.



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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 a wonderful month ahead, 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