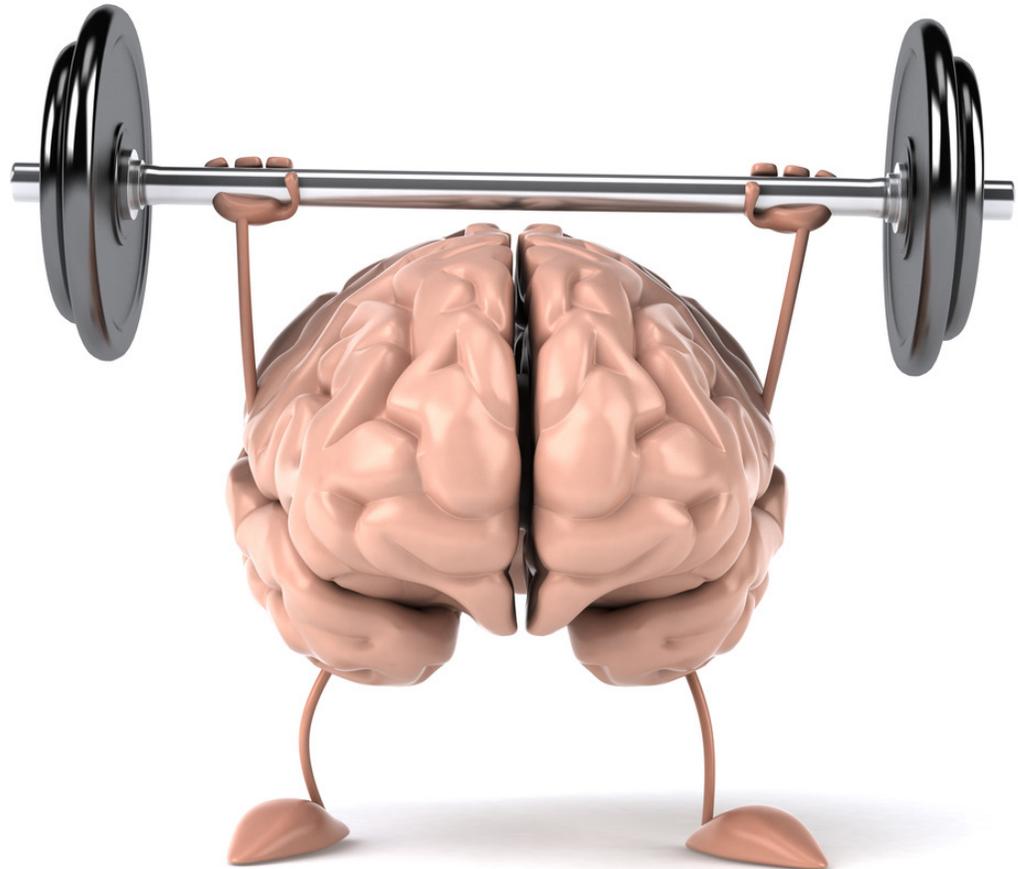


# On the Sunnier Side

Volume 2, Issue 3

September 2015

Brain Injury Association Quinte District



"Strength doesn't come from what you can do. It comes from overcoming the things you once thought you couldn't."

-Rikki Rogers



## Presidents Note

As I write this, I wonder "Where did the summer go?" It seems that each fall brings changes to BIAQD. This summer, we have said good bye to Monique Chartrand, our office manager. Luckily, our amazing summer student, Kurtis Wright, was able to continue to provide support at the office and assist with programming over the summer. We are now turning a new leaf and the office will be open 5 days per week this fall. Our new office space is taking shape and we invite you to come in and explore. Please consider joining us for our conference "Empower Your Rehabilitation: Yesterday, Today and Tomorrow". This is an excellent day to meet new friends and acquaint yourself with old friends. As well, please help us celebrate fall at our Fall Festival—a great way to get in the Thanksgiving Spirit! Lastly, BIAQD is a community and on September 16, I invite you to join our community as we celebrate our year at our Annual General Meeting and make plans for our upcoming year. If you have ideas or suggestions for our Association, please share them with our office staff or our Board members.

Inside This Issue	
Presidents Note	2
Candlelight Vigil	4
The Wall of Hope & Encouragement	5
Potluck Art	7-8
Knitting Group	9-10
Walk-A-Thon	11
Peer Mentor Support	12
The Summer Student Experience	13
Good Bye & Good Luck	14
Ontario Neural Trauma Fall Statistics	15
Ontario Neural Trauma Pediatric Concussions	16-17
Distracted Driving Legislations	18
BIAQD Conference	20-22
Annual General Meeting	23
Celebrating Success	24-25
Uncorked From The County	26
Harvest Festival	27
Ralph Kitchen Memorial Ride	28
Holiday Party	29
Service Providers	31
Save The Dates	32

Respectfully submitted

Mary-Ellen Thompson  
President



**Bonn Law**  
Your local, trusted  
choice for Personal  
Injury Claims.

Since 1972, Bonn Law's team of professionals has been a client-focused, results-oriented, and most importantly, a caring, empathetic group who have helped hundreds of people receive fair compensation for their serious injuries, including: Traumatic Brain Injury, Wrongful Death and Injury, Motor Vehicle Collisions, Slips and Falls, Disability Claims and Auto Accident Benefits. Bonn Law has built a solid reputation for being compassionate and diligent in their approach to obtaining compensation on their clients' behalf. If you or a family member have been seriously injured, call Bonn Law for a free consultation. For most cases, no payment is required until damages have been recovered.

80 Division Street, Trenton & 199 Front Street, Belleville  
613.392.9207 or 1.888.BONN LAW [www.bonnlaw.ca](http://www.bonnlaw.ca)

**BONN**  
LAW OFFICE

Here for you, when you need them the most.

# Candlelight Vigil

These are some of the sayings that our members wrote down at the Candlelight Vigil

My journey is a long road,  
 However I'm not alone. I  
 walk hand in hand with  
 those who have survived  
 and those who love me. It's  
 my second chance in life.

Light a candle for those you love	...they're baby steps... but I see God at work	Have patience
Inspiration and Respect	Where one book ended a new chapter began	Full Hearts
This is my Fight!	We all have a story. You haven't finished writing yours	Clear Eyes
I can do it!	- Time is your friend	Can't Lose
	- Life offered you a second chance	
	- Let what you do today mean something	
Freedom	Everyday is a second chance	AT A TIME
	If opportunity doesn't KNOCK, Build a door	BUT KEEP
	Have a "I Can" Outlook. ABI will not defeat you	
	DO what you can, with what you have, where you are.	Don't Worry, Be Happy
Trust	Take Baby Steps there is always a light at the end of the tunnel	Be Kind, for everyone you meet is fighting a hard battle
	If you think you can't... You <b>can't</b> .	Take just one day at a time
Pride	If you think you can ... You <b>CAN</b>	My encouragement is that everyone I have met at the Think Pink group is such an inspiration with a whole lot of encouragement for anyone going through recovery. Perseverance and love and acceptance are words I would write.
	I'm selfish, impatient and a little insecure. I make mistakes. I am out of control and at times hard to handle. But if you can't handle me at my worst, then you sure as hell don't deserve me at my best	Thank You
	Everyday may not be good	Perseverance
	But there is good in everyday	Live, Laugh, Love...
	Be Strong	Always Dare to be different
Support	Love	Remember to be proud of everything that you can accomplish

# The Wall of Hope & Encouragement

With the help of some regular attendees at the Art wall program and the Pot-luck Art program, we transformed the reception area into a master piece



**Mary-Ellen Thompson, Ph.D.**

CCC(SLP), SLP(L), Regd. CASLPO

*Practice in Language, Speech and Cognitive Communication*

1 Bridge Street East, Suite 300, Belleville, ON K8N 5N9

Phone: (613) 961-1719, Fax: 1-866-748-6319

[www.metphd.ca](http://www.metphd.ca)

email: [met@metphd.ca](mailto:met@metphd.ca)

# YOUR ADVANTAGE, *in and out of the courtroom*



With a longstanding record of successes combined with a genuinely caring attitude, the personal injury team at Thomson, Rogers will always make sure that things are well taken care of.

To find out more about how we can protect you or someone you love, visit: [www.thomsonrogers.com/personal-injury-litigation](http://www.thomsonrogers.com/personal-injury-litigation). Or call us today for a free consultation and a copy of our Personal Injury Information Kit.

**THOMSON ROGERS**  
PERSONAL INJURY LAWYERS

## Potluck Art

The art group came to life as a result of us doing Art Journals. Quickly, it was noted that everyone had a different style that was unique to each. When journaling was over, it was decided to create an "Art" day. And so it was the art group was formed. With skills and knowledge from each member, we had no problems coming up with projects. The group has enjoyed painting in various mediums and scrapbooking in different ways- pages and cards. We have enjoyed one of the members, Marion, who taught us from start to finish, how to paint a forest scene in Acrylic paints. At this time, we are creating cards, such as Birthday, Anniversary, Holiday, etc... to sell at the September conference. This will provide the group with additional funds to continue with our future projects.



## Brain Injury Association Quinte District

Date: Wednesday's starting July 22nd, 2015

Time: 10am—12pm

# POT LUCK ART



- Peer Mentoring and fellowship
- Planning and time management
- Increase verbal communication and listening skills



The Core Centre, 2nd Floor  
223 Pinnacle Street  
Belleville Ontario  
K8N 3A7

Phone: 613 967 2756  
Fax: 613 967 1108  
Email: [biaqd@bellnet.ca](mailto:biaqd@bellnet.ca)

The first projects the program will be focusing on are making sellable items for our upcoming conference in September.

Projects Include:  
Cards for any occasion  
Spa Packs  
Etc.

Ideas and Suggestions Welcome!

## Knitting Group

The knitting group is the brain child of several members of the 'Think Pink' group. We were sitting together throwing ideas out when knitting came up. Although there were only two knitters sitting in the group that day, the others were very interested to learn how. And so we began... a few people brought in needles, yarn and a few patterns to start us up. We all began different projects with a lot of advice/help from each other. It was fun times... even if the talk got silly, we bonded and had a common goal.

Several interesting results were created and some were put down to try again another time. It has slowed in the summer months, but we are sure to pick up again soon.

Recently, we have taken on the project that was suggested by Marion... newborn knit hats for the local hospital. The material was supplied to us with no time frame (thank heaven's). This is a group of people with similar issues and we all find it a place to go and be ourselves. Thanks to BIAQD, we have found a place that gives us a venue to be ourselves without fear of what others think or say.

**DATE: MONDAY'S STARTING JULY 27TH, 2015**  
**TIME: 10AM—12PM**

# Knitting Group

***Brain Injury Association Quinte District***

- Helps to improve fine motor skills
- Peer Mentoring and fellowship
- Sense of giving back to the community

**We're making Cuddle Caps for the babies at the hospital!**



The Core Centre,  
2nd Floor 223 Pinnacle  
Street Belleville ONT.  
K8N 3A7

Phone: 613 967 2756  
Fax: 613 967 1108  
Email: [biaqd@bellnet.ca](mailto:biaqd@bellnet.ca)

  
**BIAQD**

## Walk-A-Thon

This summer, the BIAQD held its first ever 'Poker' themed walkathon. Organized as a 'survivor based' fundraising project, we were a HUGE success! Various donated prizes were won including a coffee machine, various gift cards and Blue Tooth 'water speakers'.

Our final numbers have been tallied, and we have generated over \$1200 to be used for member events and programming.

A sincere thanks goes out to all who helped, who donated prizes and to those members who went out into the community to increase the awareness of BIAQD.

With a special thanks to those who helped, Vicki Legate, our evening began with stretches and an 'I Can' mindset. Thanks also goes to Kurtis, Lianne, Carole, Christine Hobbs and all the family members who helped make the night fantastic!

The money raised will be used to allow our organization to continue offering Acquired Brain Injury survivors and their families, a safe environment wherein they can attend various programs and events.

We are already planning our 2nd annual Poker Walkathon!

## Dragon Boating

The Quinte Dragon Boat Centre hosted a great program for BIAQD this summer. The program was well attended and everyone had fun and are looking forward to next year's dragon boating.



If this is something you would be interested in, please call BIAQD at 613-967-2756.

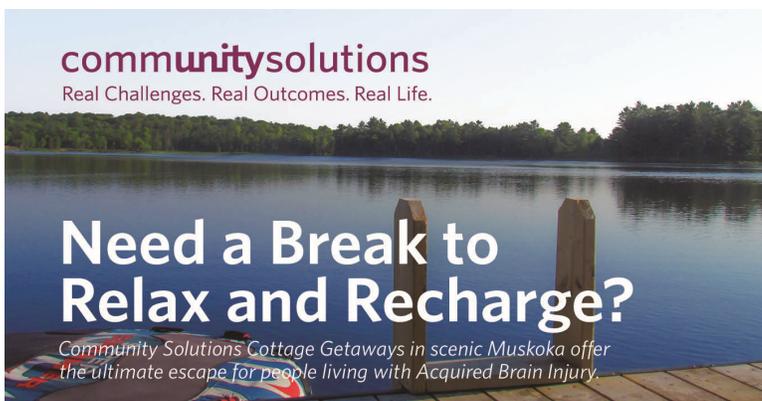
## Peer Mentor Support

On Behalf of the Brain Injury Association Quinte District, I, as Coordinator of the Program would like to express a thank you to all the Mentors and Partners who have and are continuing to participate in the Peer Support Program.

The Peer Support Mentoring Program is for people living with ABI (Acquired Brain Injury), and connects an individual who is a veteran in living with the effects of ABI with a partner who is coping with similar ABI-related situations. This program is a great way to support efforts toward recovery, and compliments professional services.

The Program is available to survivors, family members, or unpaid providers of care and is always open to accept new Members and Partners.

For further information please contact:  
 Brain Injury Association Quinte District  
 Carole Vincent, Peer Support Coordinator  
[peersupportquinte@xplornet.ca](mailto:peersupportquinte@xplornet.ca)  
[info@biaqd.ca](mailto:info@biaqd.ca)  
 (613)-967-2756  
 Toll Free at 866-894-8884



**communitysolutions**  
 Real Challenges. Real Outcomes. Real Life.

**Need a Break to Relax and Recharge?**

Community Solutions Cottage Getaways in scenic Muskoka offer the ultimate escape for people living with Acquired Brain Injury.

Designed to cater to the unique needs associated with ABI, our **fully accessible and expert support staff** enable people with ABI to experience a greater sense of independence in a relaxing and enjoyable environment. This ideal retreat has proven to be restorative for both the cottager and family members.

**We offer:**

- A fully accessible cottage suitable for people with physical challenges such as spinal cord injuries
- 24/7 expert support staff
- Outdoor activities such as hiking, exploring, boating and fishing are guided by our team of rehabilitation & personal support workers
- Week-long stays in the summer & long weekends in the spring and fall

To discuss our Cottage Getaway and how to make an application contact:  
**Ruthann Clark** at (705) 342-9750 or [rclark@commsolltd.com](mailto:rclark@commsolltd.com) or [info@commsolltd.com](mailto:info@commsolltd.com)  
[www.communitysolutionsltd.com](http://www.communitysolutionsltd.com)

## Summer Student Experience

As a Summer Student at the Brain Injury Association Quinte District, I have gained skills like perseverance and a new perspective of how the real world works and what the future could hold.

Over the summer I had many responsibilities some of which included:

- Organizing the Annual General Meeting
- Organizing the 2015 BIAQD Conference
- Creating this Magazine
- Creating the booklet for the AGM and Conference
- Answering incoming phone calls and e-mails

Overall, the job gave me a real sense of accomplishment as the tasks were completed. When I saw the end result of all my hard work, it was well worth it.

This job was a great experience and I would do it again if I had the chance. I would like to thank the BIAQD Board of Directors for giving me this great opportunity.

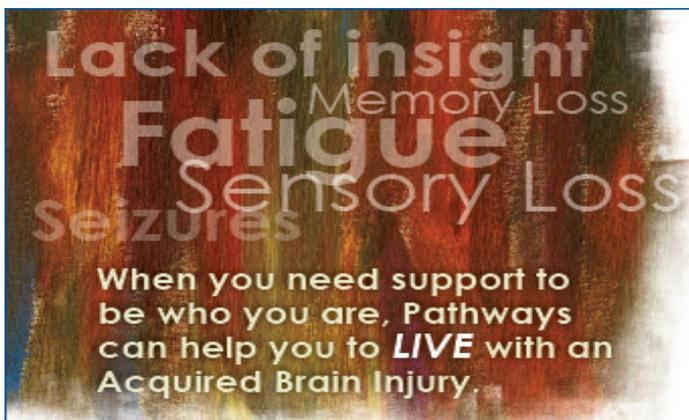
Kurtis Wright

Summer Student 2015



# Good Luck and Good Bye

Earlier this summer, we said "Good Bye" to Monique Chartrand. Monique, first started with our Association, as a student at Loyalist College. She had acted as Alternative Recreation Group Facilitator, and then took over as our Office Manager when we moved to the Core Centre in October 2014. Monique has helped our association grow and has facilitated many groups. She always has a friendly smile and brought laughter to many events. She has made friends with many members, and we appreciate her many hours of dedicated service to our Association. Monique was the mastermind behind the development of our new Quarterly magazine, and formatted this magazine. As well, we appreciate the countless hours she spent designing posters, booklets for fundraisers, tickets, etc— tasks that we had previously had to out source. I know that many of you will miss Monique. She has moved on to more permanent employment. We wish her well in all her future endeavors. She will hold a special place in our hearts and we are grateful for her many contributions to our Association.



**When you need support to be who you are, Pathways can help you to *LIVE* with an Acquired Brain Injury.**

“ I love being a part of this club. I love the shopping, theatre, and all the activities. I've met some of my very best friends here ”

—“K. B.” Supported Client in Pathways Family Home program

“ I like that I have a place to go where I feel safe and comfortable ”

—“B. B.” Supported Client at Pathways Club ABI



**Pathways**  
to Independence  
**Acquired Brain Injury Services**

Accredited by the Commission for the Accreditation of Rehabilitation Facilities (CARF), Pathways to Independence specializes in providing community based living services and programs to people living with an ABI.

Pathways ABI programs and services are tailored to accommodate client needs and provide a continuum of care. Pathways works closely with every client to develop a service plan that supports a person's rehabilitation and reintegration to the community following a brain injury. In addition to assisting with activities of daily living, Pathways employees actively work with the client to access social networks and community partners to develop and support the implementation of a person's individualized service plan.



**Depending upon the nature of the brain injury, these supports may include:**

- ❖ 24 hour Supported Homes
- ❖ Family Homes
- ❖ Respite Services
- ❖ ABI day programs
- ❖ Employment Supports
- ❖ Behaviour Management
- ❖ Psychological & Psychiatric Services
- ❖ Legal Services
- ❖ Medical and Wellness Support such as Physiotherapy, Speech Therapy, Occupational Therapy, Nursing, Dietician

**Reach out to us to find out more about Pathways ABI Services :**  
 289 Pinnacle St., Belleville, ON K8N 3B3 T 613.962.2541 F 613.962.6357  
 356 D Woodroffe Ave., Ottawa, ON K2A 3V6 T 613.233.3322

**[www.pathwaysind.com](http://www.pathwaysind.com)**

# Ontario Neural Trauma

## Fall Statistics

Summarized by Kurtis Wright

When the ONF performed their data collection, they were anticipating the "older adult" category (65+) to have the highest number of falls. However the Table 1 shows that the "working age" (20-65) had the most falls.

**Table 2: Number and percentage who sustained at least one activity-limiting injury during the past 12 months, population aged 12 and over, Canada, 2009–2010**

	Total		Males		Females	
	Number '000	Rate (%)	Number '000	Rate (%)	Number '000	Rate (%)
<b>Canada</b>						
Total	4,272	14.9	2,414	17.1	1,859	12.8
Age 12-19	890	25.5	522	30.4	368	22.5
<b>Age 20-64</b>	<b>2,961</b>	<b>13.8</b>	<b>1,717</b>	<b>16.5</b>	<b>1,244</b>	<b>11.9</b>
Age 65+	421	8.9	175	8.7	247	10.1
<b>Ontario</b>						
	1,600	14.3	904	16.5	696	12.2

However what did not surprise the researchers was that as a person got older, the higher the risk of more serious injuries and some times death. For "older adults", the injury rate increases with age from 35 per 1000 population for people age 65- 69 to 76 per 1000 population for people age 80 and over.

The Ontario Injury Prevention Resource Centre had also broken down provincial injury statistics by regions in the province. Each region is composed of a cluster of municipalities in six areas of the province: Central East Region , Central West , Eastern Region , Northern , Southwest and Toronto.

**Table 1: ER Visits and Hospital Visits for Falls, By Region, 2007-2009, Ontario**

	Central East	Central West	Northern	South West	Eastern	Toronto
Emergency Room Visits	188,315	149,693	67,852 (2)	111,699 (2)	109,997	127,770
Hospital Visits	15,811	15,444	6,524	10,291	10,286	13,779
Deaths	1,036	1,028	337 (3)	645 (3)	699	1,045 (2)

# Guidelines for Diagnosing and Managing Pediatric Concussion

Zemek, R., Duval, S., Demattheo, C. et al. (2014). *Guidelines for Diagnosing and Managing Pediatric Concussion*. Toronto, ON: Ontario Neurotrauma Foundation



The Ontario Neurotrauma Foundation is a health research organization that focuses on the practical application of research to improve the lives of people with an acquired brain injury or spinal cord injury, and the prevention of neurotrauma injuries.

The guidelines that they have published in this reviewed document are meant to guide health care professionals, parents and schools in the diagnosing and managing of pediatric (children/adolescents aged 5 to 18 years of age) concussion. The guidelines can also be brought to the attention of health care professionals, but should not be used for self-diagnosis or treatment on its own.

Some of the barriers addressed in this document include the apparent lack of awareness by the general public, health care professionals, school staff, coaches, players, and parents/caregivers of:

- what a concussion is
- concussion symptoms
- initial identification and management, and ongoing management in the case of persistent symptoms

Included in the guidelines are recommendations for all parties regarding pre-incident awareness, what to do at presentation of a concussion (with regard to "red flags" to look for), instructions for discharge, interim assessment and re-assessment after one month.

# Guidelines for Diagnosing and Managing Pediatric Concussion

Unfortunately, there are no definitive numbers for pediatric concussion in Canada, although data collected from eight pediatric emergency departments show that one of every 70 visits is for concussion. In addition, the most common age for reporting concussion is 9-22 years, and 10-20% of hockey players (aged 9-17) report at least one head injury per year. Children/adolescents also seem to be more prone to persistent symptoms than adults, and because the original concussion may not be recognized, they may suffer for months or years.

After years of minimizing the impact of concussion, it is slowly being recognized as potentially serious. Persistent symptoms disrupt daily living and participation in school and activities and can lead to serious consequences in all aspects of the lives of children and adolescents. As such, and with the recent media focus on concussions sustained by well-known athletes, there is a strong rationale for this publication to be widely distributed and used to standardize the care and guide clinical practice based on the best available evidence. With such little current standardization of how to diagnose and manage pediatric concussion and persistent symptoms, the need for guidelines is clear.

The objectives of the guidelines focus on developing high quality, evidence-based recommendations that:

- standardize the diagnosis and management of pediatric concussion
- are relevant and useful for health care professionals
- improve the care of children/adolescents who have sustained a concussion
- Reduce the impact of concussion on the mental health, social engagement and academic participation of children/adolescents during their formative years
- identify knowledge gaps in the literature that require more research

This document aligns perfectly with the ONF's goal of funding practical, innovative and results-focused research that can improve quality of life and clinical practice, and prevent brain-related injuries. A number of tools are recommended, and included in the document, to assist in the recognition and treatment of pediatric concussion. In addition, education materials and handouts can be taken for use from the guidelines by health care professionals, school and community group leaders and parents/caregivers.

For more information see, <http://onf.org/>

# Tougher Penalties for Distracted Driving

- Cell Phones are the number one most common distracting object in a vehicle, in North America. (Virginia Tech Transportation Institute, 2010)
- 84% of distracted driving fatalities were caused by the use of a cell phone. (National Highway Traffic Safety Administration, 2009)
- Every time you look at you cell phone it takes a minimum of 5 seconds. If you are traveling at 88.5km/h (55 mph) that would be the length of a football field driven without looking.

("Texting and Driving Statistics." *Texting and Driving Statistics*. Web.)

- In 2011, more than 23%, or 1.3 million accidents, happened due to cell phones globally.

("Texting and Driving Statistics." *Texting and Driving Statistics*. Web.)

Distracted driving is not only a significant contributor to deaths on Ontario roadways, but driving while texting or talking on a cell phone can also lead to disability including traumatic brain injury. Accordingly, the Ontario Brain Injury Association supports tougher penalties for distracted driving, including the increase in distracted driving fines from \$155 to \$1000 + 3 demerit points (effective March 18, 2014). ("Tougher Penalties for Distracted Driving." *OBIA Ontario Brain Injury Association RSS*. Web )



**Bergeron | Clifford** LLP

Personal Injury Lawyers



# Catastrophic injury

It's overwhelming.  
Doctors, specialists, therapists, insurance companies, bills.

Bergeron Clifford is a group  
of family-focused  
personal injury lawyers.

We help sort out the confusion.

**Bergeron Clifford**

1-866-384-5886 • [www.bergeronclifford.com](http://www.bergeronclifford.com)

OTTAWA › KINGSTON › WHITBY › PERTH



# Empower Your Rehabilitation: Yesterday, Today and Tomorrow

September 28, 2015

## 2015 Conference

Presented By: Brain Injury Association Quinte District

### Keynote Speaker

Dr. Jonathan Wareham, B. Sc. M.Sc. O.D.

Pupils : Vision Development & Rehabilitation

### Guest Speaker

Forrest Willett; Author of Baseballs Don't Bounce

#### Fees to Attend

Professionals \$75.00

Survivor/Caregiver Members By Donation

Survivor/Caregiver Non-Members \$30.00  
(Includes a membership to BIAQD)

Students \$30.00

TO REGISTER CONTACT BIAQD

613-967-2756

[info@biaqd.ca](mailto:info@biaqd.ca)

Core Arts and Culture Centre

223 Pinnacle Street, Belleville ON

# Empower Your Rehabilitation: Yesterday, Today and Tomorrow

September 28, 2015

2015 Conference

## AGENDA—Wednesday, September 28th 2015

8:30	REGISTRATION + Light Breakfast
9:00	Welcome
9:15	"Looking Into Vision Rehabilitation" Keynote Speaker—Dr. Jonathan Wareham
10:15	NETWORKING AND NUTRITION BREAK
10:45	"I had to get out of my own way" Cassie Dixon & Cheryl Gronfors— Community Solutions
11:15	Ask A Professional— Ask a Lawyer— Joelle Briggs- Sears Ask a Health Professional— Mary-Ellen Thompson & Lisanne Mitts Ask about Attendant Care— Jeff Durish
12:15	LUNCH
1:00	Rapid Podium <ul style="list-style-type: none"><li>• "Social Media" Leslie Llyod — BIAQD</li><li>• "Tips and Tricks for Maximizing Rehab" Joelle Briggs-Sears &amp; Lindsey Logel— Bonn Law Office</li><li>• " Revitalizing Rehabilitation: A System Navigation Report Back to the Community" Rachel Henry— ABI System Navigation of Southeastern Ontario</li><li>• "Peer Support" Carole Vincent — BIAQD</li></ul>
2:00	NETWORKING AND NUTRITION BREAK
2:15	"A Survivor's Story" Forest Willett
3:00	CLOSING REMARKS

# Empower Your Rehabilitation: Yesterday, Today and Tomorrow

September 28, 2015

2015 Conference

Professionals \$75.00

Survivor/Caregiver Members By Donation

Survivor/Caregivers non-members: \$30.00

Students \$ 30.00

Presented By: Brain Injury Association Quinte District

\*All proceeds from this conference will be donated to the Brain Injury Association of Quinte District.

\*\* Registration cost for Conference includes printed material, certificate of attendance, continental breakfast, and lunch.

**Space is limited**, please register early.

## Delegate Registration Information *Please Print Clearly*

Registrations will be confirmed (by e-mail where possible) upon receipt of payment.

Please complete a copy of this form for each delegate.

Name: \_\_\_\_\_

Position: \_\_\_\_\_

Organization: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone: \_\_\_\_\_ Ext: \_\_\_\_\_ E-Mail: \_\_\_\_\_

Do you have any food allergies? NO YES If yes, please specify: \_\_\_\_\_

Confirmation Notice and Receipt: (if different from email provided above) \_\_\_\_\_

Please make cheque payable to:

**"Brain Injury Association Quinte District"**

Send payment and completed registration form to:

Brain Injury Association Quinte District

223 Pinnacle Street, Belleville, ON K8N 3A7

For **REGISTRATION INFORMATION** contact:

info@biaqd.ca or call :613-967-2756

**Cancellation Policy:** A refund will be provide for cancellations received in writing on or before 3:00pm on Wednesday September 16, 2015. No refunds will be provided after that date although registration substitution will be accepted.

# Annual General Meeting

**Wednesday September 16th, 2015 at 5:00pm in the BIAQD Office**

The Brain Injury Association Quinte District holds an Annual General Meeting to update the community of BIAQD activities and business matters. Everyone is welcome, however only paid members of the organization have voting privileges during the evening.

The Annual General Meeting gives the public the opportunity to meet and interact with Directors on the BIAQD Board and Members of the Association.

During the meeting, financial reports will be reviewed, as well as a presentation of reports from all of the separate committees of the Association.

A presentation will be made to give out the Volunteer of the Year Award.

Please ensure if you would like to have a vote that you are a current member of the Brain Injury Association Quinte District.

We invite and encourage everyone to attend!



## **lisanne mitts**

acquired brain injury case management  
community rehabilitation supports  
group facilitation and obi education

**phone**

613-848-4677

**email**

lisanne@urbanwisdom.ca

**online**

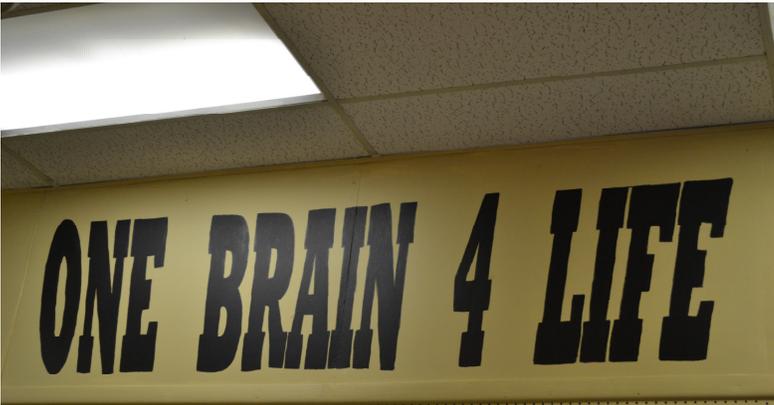
[www.urbanwisdom.ca](http://www.urbanwisdom.ca)

[www.facebook.com/urbanwisdomca](https://www.facebook.com/urbanwisdomca)

**by mail**

18 princess drive  
carrying place on kOk 110

# Celebrating Success





# Uncorked

From The County

Date: Friday, December 4th 2015

Tickets - \$75.00

**5:30pm—Social Hour**

**6:30pm—Dinner and Silent Auction**

**Sans-Souci**

**240 Front St. Belleville, ON K8P 5A9**

Brain Injury Association Quinte District

223 Pinnacle Street,

Belleville, Ontario

K8N 3A7



Music By  
**The Shadows**

Phone: 613-967-2756

Fax: 613-967-1108

Email: [biaqd@bellnet.ca](mailto:biaqd@bellnet.ca)



# Harvest FESTIVAL



- Free Harvest Lunch
- Pumpkin Crafts
- Harvest Games
- Tours of the Museum

RSVP to the BIAQD Office by September 16th 2015  
Call to reserve your Spot!

**Date: Saturday, September 19th, 2015**

**Time: 11am–2:30pm**

Ameliasburgh Muesum  
517 County Road 19,  
Ameliasburgh, Ontario  
K0K 1A0

Brain Injury Association  
Quinte District

223 Pinnacle Street,  
Belleville, Ontario  
K8N 3A7

Phone: 613-967-2756

Fax: 613-967-1108

Email: [biaqd@bellnet.ca](mailto:biaqd@bellnet.ca)

# 2nd Annual RALPH KITCHEN MEMORIAL RIDE

Saturday, September 12, 2015

Colour Tour of North Hastings

\*Registration and Breakfast 9am

Eldorado Community Centre

\*Ride starts at 10am Sharp

One of Ralph's great passions was motorcycle building and riding. Anywhere, anytime was riding time! Ralph Kitchen was regional director for Harley Owners Group of Southern Ontario, a role he embraced wholeheartedly. On September 12, join us as we celebrate his legacy by riding one of his favourite routes, this year east of Bancroft, through some beautiful rolling hills, then south on Hwy 41, and cross country back again above No. 7 Highway returning to Madoc in the afternoon. Check out the Facebook Page, 'Ralph Kitchen Memorial Ride' for updates.



All donations in Ralph's Memory will support the  
Brain Injury Association Quinte District

Phone: 613 967 2756

Email: [info@biaqd.ca](mailto:info@biaqd.ca)

Website: [www.biaqd.ca](http://www.biaqd.ca)

Address: 223 Pinnacle Street, Core Centre  
Belleville, Ontario,  
Canada K8N 3A7



**MotoSport Plus**  
FEEL THE FREEDOM

**HAPPY HOLIDAYS**

**Friday December 18th, 2015  
Time: 5:30pm**

**BIAQD Family Holiday Party!**

Come bring your family and enjoy a  
complimentary evening

Dressy Casual

Craft table for our younger guests too!

- Turkey Dinner with all the trimmings
- Entertainment
- Meet a Special Visitor
- Presents for everyone

**To Attend Please Register by  
December 1st, 2015  
To the BIAQD Office**

**Core Building (BIAQD OFFICE)**

223 Pinnacle Street  
Belleville, Ontario  
K8N 3A7

Phone: 613-967-2756  
Email: [info@biaqd.ca](mailto:info@biaqd.ca)  
Fax: 613-967-1108



Quinte & District Rehabilitation Inc.

Dietetics  
Social Work  
Physiotherapy  
Occupational Therapy  
Speech Language Therapy

Harbourview Business Centre  
106—11 Bay Bridge Rd.  
Belleville, Ontario K8P 3P6  
Tel: 613-966-5015 or  
1-800-829-7076  
Fax: 613-966-6695  
[www.quinterehab.com](http://www.quinterehab.com)

*Dedicated to clients reaching their goals*

## Support Services for Brain Injury

*helping individuals  
living with the  
effects of brain  
injury achieve a  
better quality of life*

[www.mindworksgroup.ca](http://www.mindworksgroup.ca)  
• 1-800-559-8323

# MINDWORKS

# Baldwin Law

BARRISTERS & SOLICITORS

*Professional Corporation*

54 VICTORIA AVENUE • P.O. BOX 1537 • BELLEVILLE • ONTARIO • K8N 5J2  
Phone: 613-771-9991

[WWW.BALDWINLAW.CA](http://WWW.BALDWINLAW.CA)

Facsimile: 613-771-9998

Ian W. Brady *B.A., LL.B.*  
Matthew A. Page *B.Sc., LL.B.*

R. Steven Baldwin *M.A., LL.B.*

Theresa Van Luyen *B.A., LL.B.*  
J. Keenan Sprague *B.Sc., LL.B.*

Lorraine Thomson *Licensed Paralegal*

## Advice and Counsel to *Trust*

## Our Sponsors

Special thanks to service providers who support our association

### Allied Health Professionals:

Mary-Ellen Thompson, Ph.D., Speech-language Pathologist

### Lawyers:

Baldwin Law

Bergeron Clifford

Bonn Law Office

Thomson Rogers

### Rehabilitation Support:

Bayshore Home Health

Community Solutions

Tim Davidson Hearing Services

Laura Kemp

Mindworks

Pathways to Independence

Qualicare

Quinte & District Rehabilitation Inc.

Urban Wisdom



**TIM DAVIDSON  
HEARING SERVICES**

For all your hearing requirements  
Registered ADP, WSIB, DVA

Bay View Mall  
470 Dundas Street East  
Belleville, Ontario, K8N 1G1  
t: 613.966.6653  
tollfree: 1.866.608.9990

Association of hearing instrument  
practitioners of Ontario

timdavidson@bellnet.ca

# Save the Date!

## **Ralph Kitchen Memorial Ride**

Saturday, September 12th

## **BIAQD Annual General Meeting**

Wednesday, September 16th—BIAQD Office

## **Harvest Festival**

Saturday, September 19th—Ameliasburg Museum

## **BIAQD Annual Conference**

Monday, September 28th All Day Event—BIAQD Office

## **Uncorked from the County**

Friday, December 4th—Sans Souci

## **Members Holiday Party**

Friday December 18th—BIAQD Office

If you are interested in any of the events please contact the office for further information!

We're On the Web! Check us out to keep up to date between magazines!

[www.biaqd.ca](http://www.biaqd.ca)

223 Pinnacle Street, Core Centre  
Belleville, ON  
K8N 3A7

Phone: 613-967-2756

Fax: 613-967-1108

Email: [info@biaqd.ca](mailto:info@biaqd.ca)