

On the Sunnier Side

Volume 4, Issue 1

Winter 2017

Brain Injury Association Quinte District



However difficult life may seem,
there is always something you
can do and succeed at.

Stephen Hawkin

Presidents Note



As this newsletter arrives, spring is just around the corner! This is an exciting time for BIAQD as we prepare to celebrate our 25th anniversary. Fortunately, Aaron Dann has supported this event and we invite all our community partners, members and friend to join us in this celebration. We plan to have a wonderful afternoon at Farmtown Park in Stirling on June 11th. From this newsletter, you can see that BIAQD is a busy place with many events happening on a weekly basis. Jennifer, our ED, welcomes your phone calls and will help you navigate the association.

I am especially proud of the initiatives of our members. Congratulations to Leslie for initiating the Peer Navigation group. As members, this is your opportunity to meet together and help the Board, your families, caregivers, and community understand your needs and develop programs within the walls of BIAQD to support you.

Lastly, I would like to thank our sponsors for their continued support of this association. We are a totally non-profit agency with no government funding so we rely on our benefactors in the community. Please help our members sell raffle tickets for our 25th celebration. As well, please mark May 12th on your calendar and join us for Casino Royale at the Belleville Club. It is a fun evening with the opportunity to donate to our association and try some new Casino games. We hope to see you there.

Respectfully submitted,
 Mary-Ellen Thompson
 President

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WE BELIEVE *the right support* can make a world of difference

| CLIENT TESTIMONIAL |

I am the mother of a brain injury survivor.

I have experienced a wave of emotions — those incredibly dark days when you feel there’s no hope of overcoming the devastation that has hit your family. I was scared for my son, for myself.

Gluckstein Lawyers offered my family their support, guidance, patience and love. Under their watch, my son wasn’t just another statistic. When they believed in him, I realized that together we could conquer brain injury.

— Anita Sloetjes and Family, Ontario

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Trenton's Side Walk Sale

This summer BIAQD participated in the Trenton Sidewalk Sale. Our members, staff and volunteers were able to raise awareness within the community about brain injury, helmet safety, and accident prevention. We are looking forward to participating in next years event!



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BIAQD Walk-A-Thon

What an Amazing Event! The members did a fantastic job collecting sponsors for their walk. They raised money to support the programs offered at BIAQD for individuals living with ABI.

The Warm Up with Vicky Legate from Pure Energy Fitness



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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.

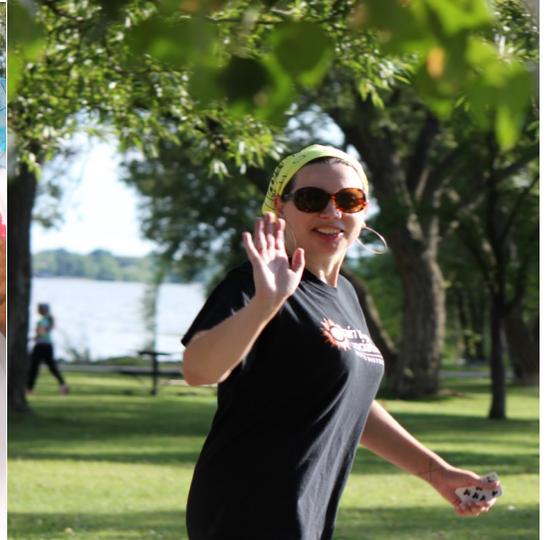
Designed to cater to the unique needs associated with ABI, our **fully accessible and expert support staff** enable people with ABI to experience a greater sense of independence in a relaxing and enjoyable environment. This ideal retreat has proven to be restorative for both the cottager and family members.

We offer:

- A fully accessible cottage suitable for people with physical challenges such as spinal cord injuries
- 24/7 expert support staff
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To discuss our Cottage Getaway and how to make an application contact: **Ruthann Clark** at (705) 342-9750 or rclark@commsolltd.com or info@commsolltd.com
www.communitysolutionsltd.com

Making their way around the 5K trail !



Finish Line !



Randy V. was this years Poker Hand Winner. Congrats Randy!



Exercise and Recovery from Brain Injury

People who suffer from brain injuries have a long road to recovery ahead of them. It can take years, and in some cases it might seem like no progress is being made at all. However, there is hope for people with brain injuries to make progress. Multiple animal and human studies have been conducted over the years, looking into different ways to help speed up recovery. Many of these studies look into physical activity and exercise, and the positive effects it has on the recovery process, including effects on both the brain's physical and emotional health.

Quality of life studies by Wayne Gordon, PhD, surveyed people with brain injuries, asking them questions about personal health, how often they exercise, and their mental and emotional states (Gordon, 2013). People without brain injuries were also surveyed to serve as a control group. The results were then split into four groups, based on whether or not they had a brain injury, and whether or not they exercised.

The results were overwhelmingly positive, with every group that exercised reporting significantly less symptoms of depression and other mental disorders. This came as no surprise, as the link between exercise and good mental health has been known for a long time.

This is due to exercise releasing endorphins, endocannabinoids, and other brain chemicals that help us feel good. It also aids in reducing certain immune system chemicals that can raise the likelihood of mental disorders (Mayo Clinic, 2014). This can assist in both fighting and preventing the symptoms of many disorders, ranging from mood disorders like depression to memory related disorders like dementia.

However, Wayne Gordon's study also drew a link between exercise and changes in the cognitive function of people with brain injuries. This is actually the first study to observe such a link in humans. Due to these results, clinical trials are underway, to see if any regrowth of brain tissue or changes to the hippocampus can be observed over a long period of daily exercise (Gordon, 2013). The study is still in progress at the time of writing, but previous studies on animals and people without brain injuries can give us a little insight into what to expect.

When humans without brain injury were tested, it was discovered through MRI scans that blood flow to the hippocampus was heavily increased, which is a great sign for people with brain injuries. On top of that, studies on animals have shown that exercise plays a key role in neuro-regeneration of the hippocampus.

Continued on pg . 11

BIAQD Gets Fit !



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Exercise and Recovery from Brain Injury Cont'

Seeing as the hippocampus controls our capacity for memory, these results suggest that people who've experienced memory problems after receiving brain damage could potentially work through it and regain their capacity to retain information (Gordon, 2013).

In short, exercise is great for both the brain's physical and mental health, promoting both the regrowth of damaged brain tissue, and the release of natural chemicals that can prevent and help treat mental disorders. It's highly recommended that someone who's been through a brain injury does their best to exercise as much as they can.

References

Gordon, W. (2013, April). *How Exercise Can Help Heal the Brain After a TBI*. Retrieved from

<http://www.brainline.org/content/multimedia.php?id=4638>.

Mayo Clinic. (2014, October). *Depression and anxiety: Exercise eases symptoms*. Retrieved from

<http://www.mayoclinic.org/diseases-conditions/depression/in-depth/depression-and-exercise/art-20046495>

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BRAIN INJURY ASSOCIATION

QUINTE DISTRICT

-Casino Royale-

Come Join us for a Night of Fun
and Excitement

If you are interested in sponsorship opportunities for BIAQD Casino Night please contact the BIAQD office, 613-967-2756 or info@biaqd.ca, or Cristina at Bonn Law, 613-392-9207 ext. 110 or CristinaSeffini@bonlaw.ca



Friday May 12, 2017
The Belleville Club
7:00 – 11:00 PM
Tickets \$25.00

Poker
Black Jack
Crown & Anchor
And many more!
Buy Ins Available

Gourmet Hors D'oeuvres

Silent Auction

50/50

Exciting Casino Style
Entertainment

For more information,
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613-967-2756

Join Us for Our Anniversary Celebration



As an originating founder of the Brain Injury Association Quinte District, I would personally like to extend a warm welcome for everyone to join us to help celebrate the joyous occasion of BIAQD's 25th anniversary. Come for food, fun, socializing, kids' games, music and more. BIAQD started from nothing in 1992 and is now a very active, not-for-profit organization dedicated to supporting individuals with Acquired Brain Injury, their families, and their communities by promoting awareness through education, information and outreach services.

Please RSVP to Jennifer by June 1, 2017 at 613 967 2756 or info@biaqd.ca
Hope to see you all there,

Carole Vincent

Volunteer of the Year



This year the Volunteer of the year award was presented to Shannon Reiss. Shannon is involved in many of the programs, and activities that are offered at BIAQD such as Aqua Fit, Walking Club, Artistic Expressions, the Recreation Group, Music, and Computer Class.

She is eager to help out anyway she can with our community events, and fundraisers. When she isn't busy participating in the programs at BIAQD, she can often be found in the kitchen making delicious meals and snacks for the members to enjoy.

Baldwin



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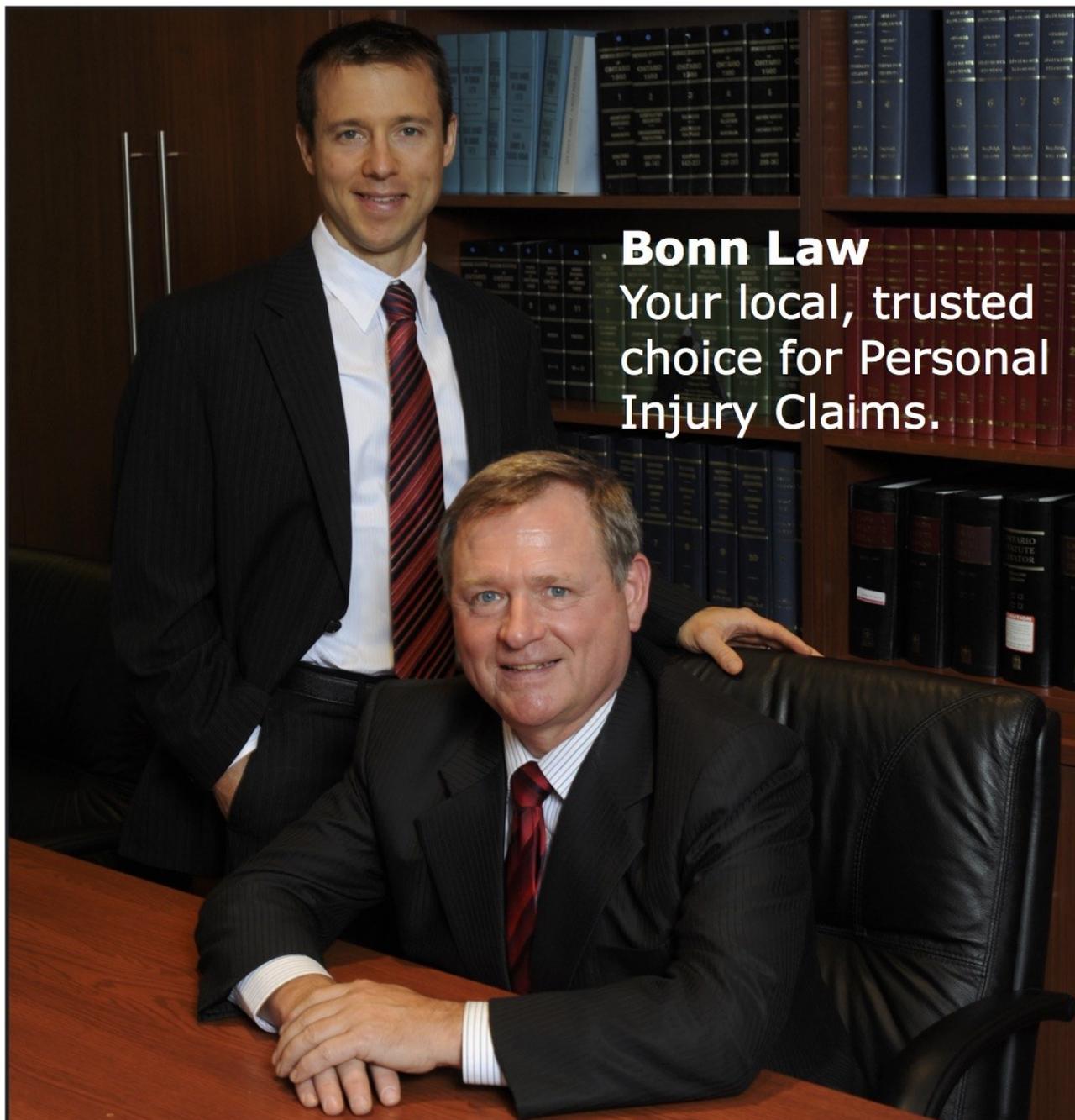
Helmet Lending Program



TheCounty
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The Brain Injury Association Quinte District provides the use of helmets to children in HPEDSB so everyone can safely participate in winter sports

For more information on the program or how to donate please contact the office at 613-967-2756 or info@biaqd.ca



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Peer Navigation

The Peer Navigation Group is a member led group and is open to all BIAQD members. The group meets the first Monday of each month to discuss the needs of our ABI members in regards to services, information, that they require as well as barriers and difficulties that they face in their day to day life.

They work together to find strategies, and supports to help them thru their struggles by contacting community partners and exploring the different services that are available.

Another big part of the group is learning about new information and services that could improve their quality of life, and could provide different solutions for their individual needs. The group has enjoyed a variety of different presentations provided by our members of the community.

For more information on this program or how to become involved please contact the office at 613-967-2756 or info@biaqd.ca or Leslie at lesjay4@hotmail.com



lisanne mitts

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

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Peer Navigation Pictures

A presentation on Essential Oils



Pathways to Independence specializes in providing services and supports to adults with an acquired brain injury (ABI). These services could be a place to call home or day services designed to support a person living with a brain injury to reintegrate into their community.



Pathways Service Plan 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 person to access social networks and community partners to develop and support the implementation of a person's individualized service plan.

Pathways ABI programs and services are tailored to accommodate individual needs and provide a continuum of care.

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

- ❖ Physiotherapy
- ❖ Occupational Therapy
- ❖ Behaviour Management
- ❖ Speech Therapy
- ❖ Dietician
- ❖ Nursing
- ❖ Adult Education, Vocational Training or Upgrading
- ❖ Legal Services
- ❖ Family support

1 in 26 Canadians are living with a brain injury

Brain injuries can be a non visible disability

There will be 18,000 new brain injuries this year

Men experience brain injuries twice as often as women

ABI is damage to the brain that occurs after birth

ABI is not a developmental disability or autism

ABI affects cognitive, emotional, behavioural, & physical functioning

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. Unit 202, Ottawa, ON K2A 3V6 T 613.233.3322

Activities at BIAQD



Activities Continued



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THANK YOU FROM BIAQD

The Brain Injury Association would like to extend their thanks to The County (Prince Edward County) and the County Community Foundation for their support in our Helmet Lending Program. These two agencies funded the purchase of 55 new helmets that will be used by children in Prince Edward County. In addition there will be 45 helmets loaned to students at the York river Public School in Bancroft.



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Service Providers* in our Community

Special thanks to the service providers of our community

Who support our local organization

Allied Health Professionals:

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

Lawyers:

Baldwin Law
Bonn Law Office
Thomson Rogers
Gluckstein Personal Injury Lawyers
Oatley Vigmond
Bergeron Clifford

Rehabilitation Support:

Bayshore Home Health
Community Solutions
Laura Kemp
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Better care for a better life

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Upcoming Events

Save the Date!

BIAQD 25th Anniversary Celebration

June 11, 2017
Farmtown Park in Stirling

Brain Basics Course

March 7 & 8
BIAQD Office

Casino Royale

May 12, 2017
Belleville Club

Ralph Kitchen Memorial Ride

May 28, 2017
Madoc Community Centre

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!
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