



# On the Sunnier Side

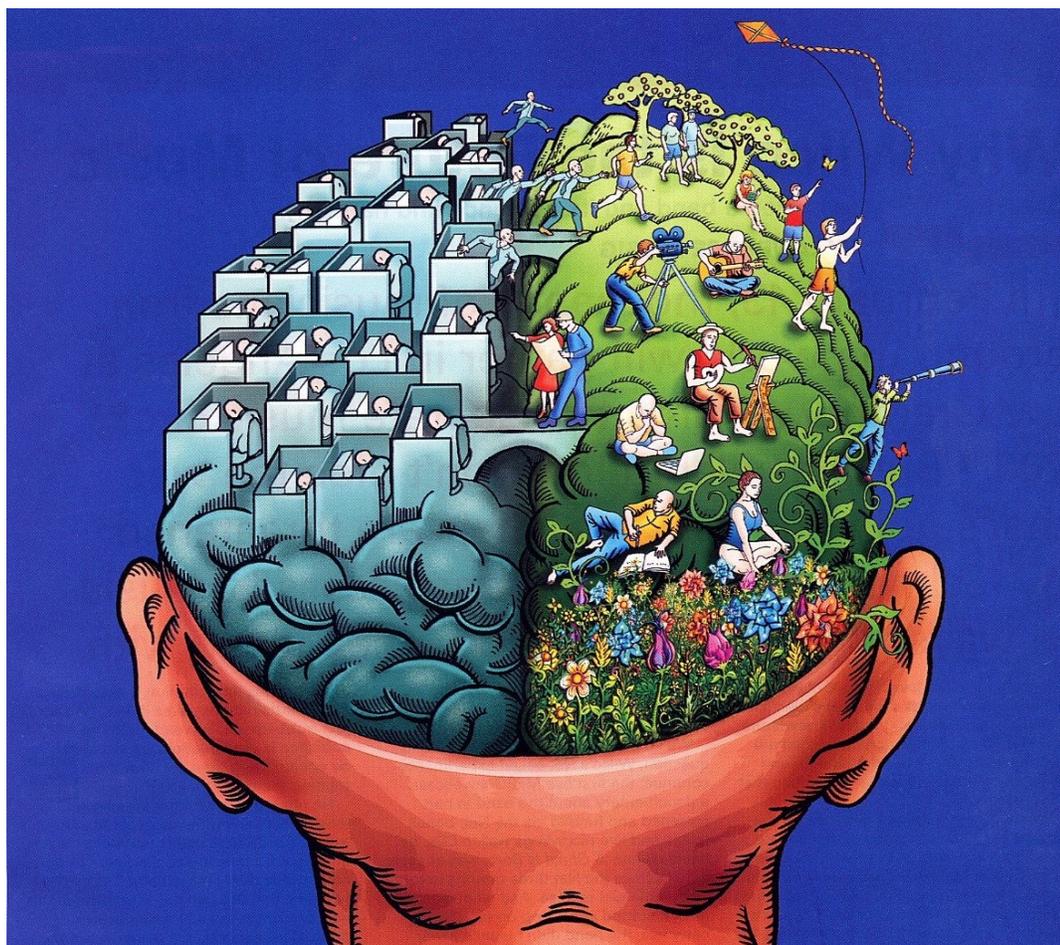
Volume 1, Issue 1

March 2014

**Brain Injury Association Quinte District**

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*“If the human brain were so simple that we could understand it, we would be so simple that we couldn’t.”*

*- Emerson M. Pugh*

## Welcome to the Revised Version of “On The Sunnier Side”

Welcome to our inaugural edition of the revised “On the Sunnier Side.” During the past few months, our Media Committee has worked tirelessly to develop a new template for our now quarterly publication. I would like to offer a special thanks to them: Monique, Sarah, Cindy and Sylvin. The Committee welcomes your suggestions and looks forward to providing you with updates about the Association on a quarterly basis. We have developed a regular feature where we introduce members of our Association. If you would like to be featured in this section, please contact our office. As well, we welcome your submissions. Space constraints often require some editing but we will attempt to preserve the intent of your message.

As many of you are aware, the Brain Injury Association Quinte District found a new home in the fall of 2013. We have redefined our role

based on our mandate, the perceived needs of the community and our funding resources. Our Association has become more program based, offering opportunities for members and their families to participate in activities that offer socialization and community reintegration. Many of these programs are featured in this publication. Please feel free to attend any of these programs or call the office if you would like more information..

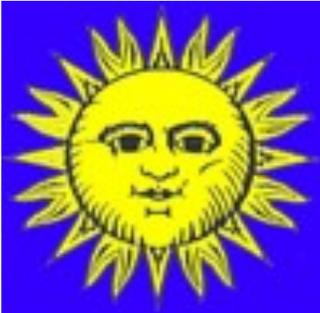
As I read the feature story on our current Board members, I was overwhelmed. We are so lucky to have such a talented and dedicated group of volunteers willing to provide leadership to this Association. It was also exciting to review the stories on our past events. We had so much fun listening to music, touring the Ameliasburg Museum, making scarecrows and enjoying chili together at the Harvest Festival in September. Even though

the weather did not cooperate, we had a wonderful day together. As one person said, “The ABI community has survived so much – what is a little bad weather?” The Silver Bells Gala was also a wonderful community event that brought the joy of the season to all members.

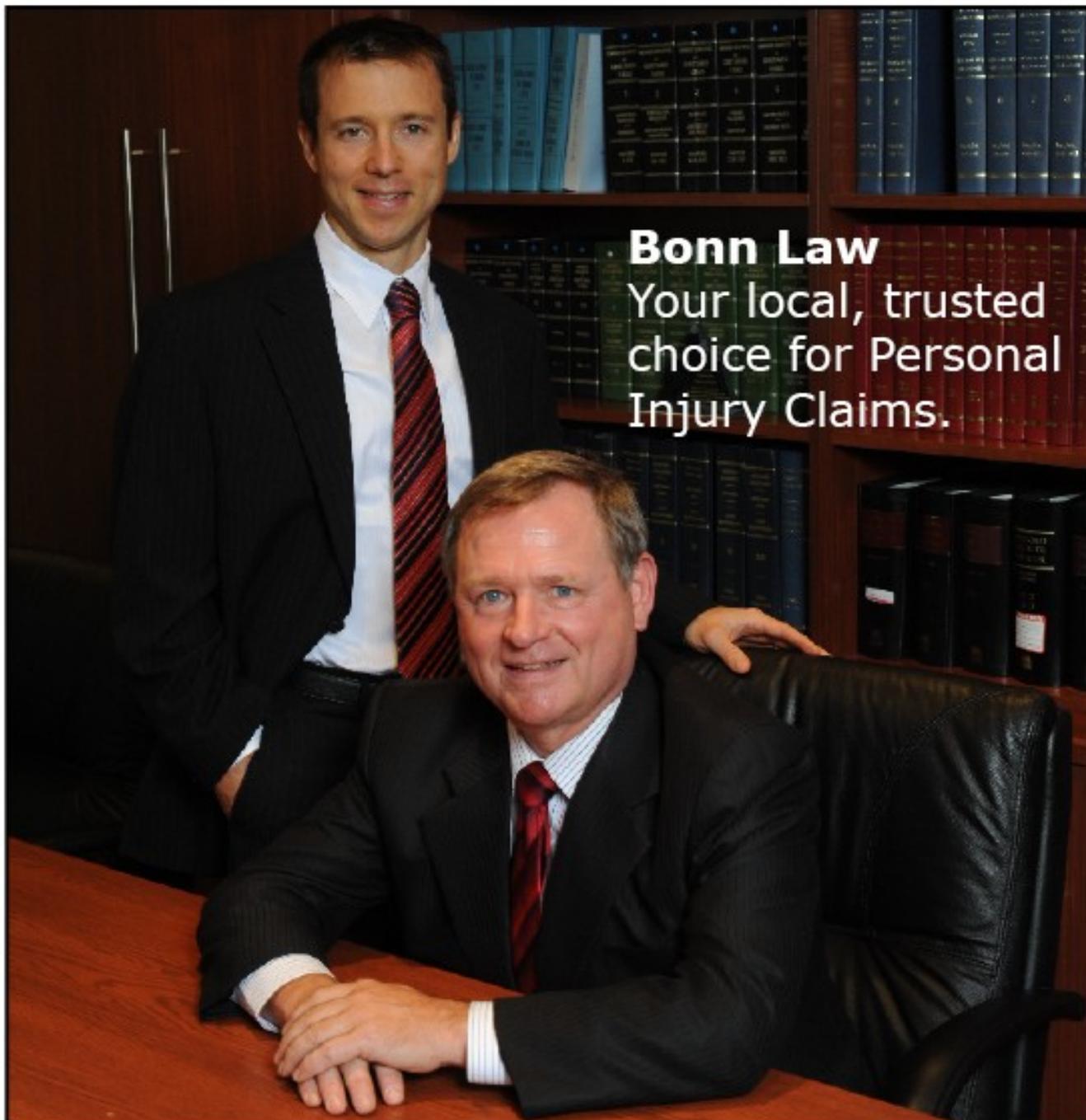
We are excited about our upcoming conference on May 15th “ABI: A Unique Journey”. We are still accepting abstract submissions so you may wish to be a presenter. As well, please consider joining us for this educational and inspiring event.

Remember that June is Brain Injury Awareness month. We will have many events and we look forward to sharing these with you in our next publication of “On the Sunnier Side.”

Respectfully submitted,  
Mary-Ellen Thompson,  
President



**We are excited about our upcoming conference on May 15th “ABI: A Unique Journey”.**



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Mary-Ellen Thompson

**Volunteers do not necessarily have the time; they just have the heart!**

**-Elizabeth Andrews**

## Mary-Ellen Thompson — President

Mary-Ellen grew up in the Quinte area and attended Centre Hastings Secondary School. She attended McMaster University, McGill University and the University of Toronto. Currently, she is a registered speech-language pathologist in the Province of Ontario, and a member of the College of Audiologist and Speech-language Pathologists of Ontario.

She holds a Certificate of Clinical Competence registration with the American Speech-language

Hearing Association.

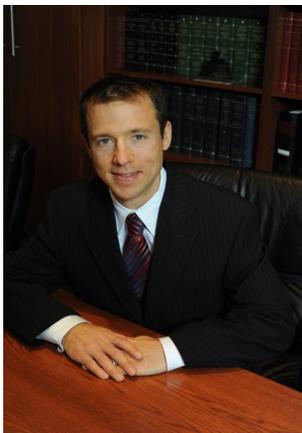
Mary-Ellen is currently the president of the Brain Injury Association Quinte District and volunteers on behalf of the Association on the ABI Network and as a member of the Programme Committee for the Acquired Brain Injury Provincial Conference sponsored by the Ontario Brain Injury Association.

In 2010, Mary-Ellen was awarded the Professional of the Year award by the Ontario Brain Injury Association for “outstanding

contributions to improving the lives of those living with the effects of acquired brain injury”.

Mary-Ellen has been chosen by CASLPA as the 2012 recipient of the St Elizabeth Rehab Clinical Research grant. Mary-Ellen, along with co-investigator, Fahmida Pardhan are completing a project entitled "Moving Forward After Traumatic Brain Injury: Maximizing Potential by Sharing Experiences and Strategies."

## Kris Bonn — Vice-President



Kris Bonn

Kris was born and raised in Trenton and has strong roots in the local community. Kris graduated from St. Paul's Secondary School in Trenton. He attended Queen's University in Kingston . Kris went on to obtain his law degree from the University of Toronto.

After working a couple of years in Toronto, Kris returned to the Quinte Area to work with his father at Bonn Law Office.

Kris focuses on helping people who have suffered serious personal injuries, car crash victims and long-term disability claims. Many of his clients suffer trau-

matic brain injuries. The experiences in working with his clients who suffer from brain injuries are the reason Kris became involved in the Brain Injury Association Quinte District. Kris has been a board member at BIAQD for over 5 years. He is currently the Vice-President.

## Carole Vincent — Past-President

Hi, my name is Carole Vincent and I am Past President of BIAQD. I have been married for 48 years and we have one son, a daughter in-law and two grandsons who are nine and six years old.

I worked for Bell Canada as a supervisor in the Long Distance Department for 31 years, and then took an early retirement package.

I have been around the BIAQD since DAY 1-which

was in 1992. My interest in getting the Association started was because my son had been in a car accident and had sustained a brain injury. There was absolutely no place for me or my son to get any support, to get any information of what was normal for someone suffering from a brain injury, no one to talk to, and nowhere for my son to go to be with others going through what he was going through. I decided then that if my life ever

straightened around, I would try and help other parents and survivors, so they didn't have to go through what my family had been through.

Although there is always room for improvement, and the Association has been through some ups and downs, I feel that my goal of having something available to support survivors and their families has been achieved.

## Lisanne Mitts — Secretary

Lisanne Mitts was born and raised in Toronto and also lived in British Columbia before making the Quinte area her home with her husband and three children. She studied General Arts with a focus in the Humanities and Developmental Services Worker at Loyalist College and Majored in Political Science with a minor in Philosophy at Trent University.

Lisanne has worked in both the private and public sectors in relation

to Acquired and Brain Injury rehabilitation for almost 20 years as a Case Manager, Rehabilitation Counsellor, Group Facilitator and Certified Coach Practitioner. Today she is the Director of Urban Wisdom, affording her the opportunity to combine her many years of knowledge and experience designing and facilitating rehabilitation programs, cognitive behaviour therapy, the brain and its physiology, with a holistic approach to bal-

anced living. Lisanne serves as the Secretary on the Board of Directors at the Brain Injury Association of Quinte District and oversees the programs offered at the association. "I am excited about the new projects and changes we have made to our association and am looking forward to watching it grow in the future as we continue to service our community"

**"I am excited about the new projects and changes we have made to our association and am looking forward to watching it grow in the future as we continue to service our community"**

## Josh Furlonger

Josh Furlonger has been a board member with the Brain Injury Association of Quinte District since September 2012.

In addition to his work with BIAQD, Josh is the Rehabilitation Service Director for Barti-

maeus Inc in Eastern Ontario. Josh's work is centered around assisting individuals suffering from the effects of traumatic brain injury.

Josh currently lives in Kingston, Ontario with his wife and daughter where he also is an ac-

tive member of Think-First Kingston. Aside from his work in the field of Rehabilitation and Brain Injury, Josh enjoys playing volleyball and soccer as well as pretending to play the guitar.



## Lee Roy Swackhammer — Treasurer

Greetings my name is LeeRoy Allan Swackhammer a.k.a Lee. I am married to a wonderful woman named Dale Faria Swackhammer and we have seven children ranging in age from 6 to 16 years old, 4 boys and 3 girls. I am currently involved on the Board of the Prince Edward County Soccer Association, my main responsibility is referee coordinator. I am on the Ameliasburg Fair Board where I serve as the baby convener for our hometown fair. I am involved with our local Air Cadet Squadron 851 Prince Edward Count. I am the civilian instructor and I hold the position of supply officer. I am also a mem-

ber of Parent Involvement Committee of the Prince Edward and Hastings School Board. My responsibilities are to be a catalyst to get parents involved in their local elementary and high school activities and the welfare of our young student body. I am a personal support worker by trade and I have had many clients with a brain injury. In 2009 my wife had a brain tumor. Our life was changed, turned upside down and rearranged. As we became educated and supported both as the Survivor (Dale) and the Caregiver (Lee), we became involved with the Brain Injury Association of Quinte District. The Asso-

ciation was a key support in our finding our feet and surviving the initial shock, working hand-in-hand with Providence Care Regional Community Brain Injury Services. We have managed to keep our head above water as a family and we are thankful for all the support that we have received. In 2013, I was asked to submit my name for consideration to be a part of this great Association, and I currently serve as the financial officer. I look forward to working with each and every member of the Association.

**Volunteers are not paid—not because they are worthless, but because they are priceless**



Lee Swackhammer

## Leslie Lloyd

Hello and warm greetings to all recipients of this wonderful magazine. I know that it was a labour of love, and I am grateful for the masterminds behind its publication!

I'm Leslie and I welcome the opportunity to introduce myself. I am the mom of two energetic children aged 5 and 7 . . . and NO . . . child rearing does not become slower nor does it ever reach a more relaxed state as your children age.

For over a decade now, I've been living with a brain injury from which I inherited in a car accident. Prior to my accident, I worked as a youth correctional officer at a young offenders group home. I do think that the type of person I was is helping me live my new life as a survivor. I always attempted to look past the 'problems' and tried to understand

Pam joined the Board in 2013 when she relocated to Quinte West from Ottawa. She is an Occupational Therapist who brings her experience working with traumatic brain injuries and an interest in helping

how they ended up where they are. I try to have others get to know me and not have people judge me based on my speech or how I look. Honestly, I am constantly relearning how to do many things now, that I know I was once proficient at.

Throughout my life I've made the realization that family plays an enormous role in everybody's life. My family (including my in-laws) and the positive people that I choose to have within my life have all contributed to the person that I am attempting to be. All of these people have played a paramount role in my rehabilitation, and it is my hope that I live my life to make myself as well as all of them proud of me.

Perhaps it was my athletic upbringing being ingrained into my brain, but even after being told I'd never

## Pam Holmstead

others gain independence and increase their quality of life.

Pam is particularly interested in educational activities and is eager to become a valuable contributor. She is excited

walk again, I am walking. I've coached my daughter's soccer team and I've been downhill skiing. The motto of my new life is NOT to 'live broken', meaning I try to be the best possible person that I can be, and not let the opinions nor perceptions of others define what I can or can't do.

Presently I love cooking, taking walks and family related activities. Humour and laughter have played a huge part within my rehabilitation and recovery. I will never reach a 'plateau' because I choose to always learn and get 'better' at what I can already do. I am not in denial as I know that I can't do some things. I just choose to accentuate my abilities and surround myself with people whom hold the same outlook.

I am honoured to be a board member of your BRAIN INJURY ASSOCIATION of QUINTE DISTRICT.

about her new role as a Board member and looks forward to getting to know the clients and continuing to participate in BIAQD activities.



**If you focus on results, you will never change, if you focus on change, you will get results.**

## Christine Hobbs

It seems like a lifetime ago that I began the journey to figure out what I wanted to be when I grew up. After two years at Queens University in the Nursing Program, I decided I didn't want to do that. After three more years, I graduated from St. Lawrence College with a Behavioural Science Technology Diploma. After working for Ongwanda for seven years, I met a man (military at that, the one profession that I vowed to never get involved with) who promised me an adventure and what an adventure that has been...

Germany, up north (where

I got my first and last taste of seal flipper pie), Winnipeg Manitoba, Gander Newfoundland and then to the forgotten land of Shilo Manitoba where I worked for Brandon Community Options and Children at Risk. Then back to Kingston and worked with Regional Community Brain Injury Services (RCBIS) as a PSW in their Supported Living Program. It was here that I started to think that I had figured it out...then off to Trenton/Belleville where I worked for the Red Cross making contact with some of the RCBIS cohorts again. After being with RCBIS for over seven years, I found

that I had figured it out but needed something to compliment my work as a Community Rehabilitation Counsellor (CRC). The thing I needed to figure out was what I was supposed to be doing something that had an impact and the motivation to affect change.

Enter, BIAQD...which I began because I was asked to apply to become a board member (which I felt to be an honour) and had a great respect for the founder Carole Vincent. Working with such a dedicated volunteer board has been not only a privilege but a very satisfying and rewarding experience.



Christine Hobbs

**I not only use all the brain that I have, but all that I can borrow.**

**-Woodrow Wilson**

## Tom Muir

Tom is originally from Montreal and graduated from McGill University in 1983. Tom is married with 2 daughters both of whom have graduated from University and now live in Toronto. Tom lived in Nassau Bahamas from 1989-2006 and worked with three not-for-profit organizations as well as being a member

of Rotary International. Tom has over 30 years experience in the financial services business. He moved to Belleville in December of 2005 from the Bahamas. Presently he is the owner of a Liberty Tax franchise in Milton Ontario and shareholder, officer and director of Disability Dreams Group Inc. Tom has

worked with individuals with Acquired Brain Injuries assisting them with their unique tax needs. Tom has been able to assist his clients to obtain the Disability Tax Credit and open a Registered Disability Savings Plans (RDSP). The RDSP allows those with a disability to save money for their future. Tom has also worked

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*Mr. J.F.  
Toronto, Ontario*

“After a short meeting with Richard and Heidi my mind was quickly put at ease. Together they laid out the events.....and filled me with every confidence that my case would be resolved to my satisfaction. As a team Bogoroch & Associates delivered. From the beginning to the end I was treated with the utmost respect.....My medical needs, my rehabilitation and reintegration into the work force were all supported and accounted for.....Because of all of you, I have been able to continue to enjoy my life and all it offers.....THANK YOU.”

*Mrs. D.Z.  
Orangeville, Ontario*

“Not only were you (Richard and Linda) incredibly diligent in your pursuit for justice following my motor vehicle accident, but your ethics in your practice are second to none.....I truly believe, the outcome of this case was due to the tremendous effort and persistence you placed into achieving a specific result, making my life better and producing a settlement that was not only substantial in the amount of the reward but also gave me piece of mind.....I am and always will be grateful to you....”

*Ms. M.G.  
Peterborough, Ontario*

“...to have someone like you (Richard) looking after all the legal aspects of this case made the rehabilitation period much easier for our family...to have someone like you who looked after our requirements in a professional, caring manner made what could have been an extremely stressful period of time much easier on our entire family. The dedication, precision and humane manner in which you handled this case, while establishing excellent rapport with our family, was exemplary.”

*Ms. R.M.  
Georgetown, Ontario*

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# Programs at BIAQD

## Drop-In

Monday mornings before Yoga Fit we are going to have a social time for people to come in and have a coffee or tea with a healthy snack! We are going to be making the healthy snack ourselves! As well we will have an interesting fact about food every time! Monday Mornings from 10-11:15am.

## Yoga Fit

YogaFit is yoga for EVERYBODY and EVERY BODY, designed to improve health, performance and mental acuity. Vicki Legate has offered us this exciting opportunity to learn yoga! Monday mornings from 11:15-12:15pm.

## Media Committee

BIAQD is going to be distributing quarterly magazines and building our social media community. To help aid in making this new fabulous magazine and be a voice for our social media campaign, we are inviting everyone who is interested to come out and participate. The Committee will be meeting every Tuesday from 12:30pm-3:30pm. Feel free to bring a snack. Coffee and Tea will be provided!

## Think Pink

BIAQD invites you to join this ongoing group especially for women survivors of Acquired Brain Injury. This is a great way to meet other women in the ABI community, make friends and learn something new! If you are interested please let us know! Wednesday Mornings from 10-12:30pm.

## Rec. Program



### Possible Rec. Ideas

- Pool at Zed's
- Bowling at Pro Bowl
- Movies at the Galaxy
- Swimming at Wellness
- Games night at BIAQD

Rebuild life skills, social skills, independence, confidence, self esteem, develop friendships, cognitive & social skills and increase physical activity in the community.



### A NIGHT OF FUN AND FRIENDS!

A supervised evening of activities for individuals with an acquired brain injury.

Activities can include dining out, movie night, playing pool, bowling, hiking and/or nature walks.

Facilitated by Monique Chartrand

### A LITTLE MORE INFORMATION

**WHEN:** Every Tuesday 4:30-8pm

**WHERE:** Meet at the BIAQD office

**HOW:** Taxi to the activity location together

car. I love to coupon and start many craft projects! I also really enjoy listening to music, I mostly enjoy country but am up for learning new music genres. I do have some ABI experience, my grandpa has had a brain aneurism and my mother's friend has an ABI. I never knew that my grandpa had an ABI until I got the chance to do a placement at the BIAQD Office when I was in school. The members of the association taught me a lot of new things that I did not know about someone who has an ABI. I also found out that I am very interested in supporting people who have an ABI. I became very involved in the association both during my placement and after I was finished. I started as a call in Rec Supervisor. Then I was given this amazing opportunity! I think I will be a great asset to



Monique Chartrand

*Hello Everyone, I know many of you have not met me yet but, my name is Monique Chartrand. I am the new Office Administrator and Recreational Program Supervisor at the BIAQD Office. It is such a pleasure to be a part of this wonderful Organization! I recently graduated my Developmental Services Worker Program at Loy-  
the Deans List. I currently live with my mom, dad and brother. I tend to spend a lot of time with my grandparents as we are very close. I am a huge animal lover and have 5 cats at the moment! I have a few hobbies I enjoy doing in my spare time. They include reading lots of books like mystery or adventure. fixing computers or getting under the hood of a*

*the association because I have a fresh outlook on life and can offer an energized place to be! I also think the members of this association can teach me many things and I welcome this opportunity! I do have dreams of my own though and one day I hope I will get the chance to be a teacher!*



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**A Women's Group for those who happen to have a brain injury!**

**A discussion with facilitator Lisanne Mitts**

*Lisanne, can you share the idea behind starting this group?*

The idea evolved when I went to a conference and heard a woman speaking about the fact that the "fight or flight" theory was only tested on men. Typically in high stress situations, men tend to isolate themselves whereas women seek each other out and bond as a community. Rather than "fight or flight", women have a "mend and tend" reaction. It occurred to me we did not have any services in the area that gave women with acquired brain injuries the opportunity to come together and have the "mend and tend" experience.

*When was this group started?*

The pilot group was started No-

vember 4<sup>th</sup> to December 9<sup>th</sup>, 2013. We had eleven members in total and the response was overwhelmingly positive.

*Would you share some of the things the group has done?*

The focus of the pilot group was health and wellness so we had several guest speakers come in and we were able to offer a variety of activities with a whole health approach. Our guest speakers covered a variety of topics including: clean eating and cooking, how to create a home gym without purchasing any equipment, Yoga and meditation and we even had a medicine woman come in and guide the group through a Peruvian Despacho ceremony. This was coupled with arts and crafts, coffee drop in and discussion.

*What are some things you would like to accomplish?*

The group is completely participatory in the sense that our members are instrumental in all areas of the group including fundraising, budgeting and program design. Right now the ladies are in the process of learning about, and creating a brand for the group and planning a major fundraiser. The proceeds from the fundraiser will be used to run another intensive six week program with activities and speakers, the focus of which will be determined by the group.

If anyone is interested in joining Think Pink, or would like to become a sponsor please call the BIAQD office. Everyone is welcome!



"Imagine the joy of just being who you are again. You look forward to the new week and seeing your new friends"  
 "S.L". Supported Client at Pathways to Independence

When you need help to be who you are after an acquired brain injury, reach out to us. Share your journey with other adults living with an acquired brain injury in a supported home, or be supported in your own home. Fully participate in your community and live your life based on your choices and goals.

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"Pathways is the place to be to help us to be independent with our lives. But most of all, Pathways is a place to be with all the help to get us back living the life we want to live".  
 "B.D". Supported Client at Pathways to Independence

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# Acquired Brain Injury: A Unique Journey

May 15, 2014

## 2014 Conference

Presented By: Brain Injury Association Quinte District

### Keynote Speakers

Dr. Lucie Pelland, Queen's University

Dr. Alice Aiken, Director,  
Canadian Institute for Canadian Military and Veteran Health Research

**Exhibitors Welcome**

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Core Arts and Culture Centre

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Brain Injury Association  
of Quinte District

## 2014 Acquired Brain Injury Conference

Core Centre, Belleville, Ontario

May 15, 2014

### Acquired Brain Injury: A Unique Journey

***Deadline for Submission of Abstracts: March 31<sup>st</sup>, 2014***

The Brain Injury Association Quinte District is proud to announce their 2014 conference to be held at the Core Centre, Belleville, Ontario on May 15, 2014.

The Education Committee of BIAQD is inviting interested professionals, survivors and caregivers to submit abstracts reflecting the theme. Possible presentation topics could include, but are not limited to: Community Support, Returning to an Active Lifestyle, Fostering Old Relationships and Forming New Relationships, Developing a New Personal Identity, Moving Forward in Work, Life and Play.

We are inviting presentations for our 30 minute Podium Presentations and our 15 minute Rapid Podium Presentations. We encourage presentations that represent our Conference theme. We also encourage collaboration between professionals, survivors and caregivers.

All abstracts will be reviewed by the Education Committee for relevance and quality of content, originality and relevance.

All abstracts must be submitted to BIAQD on submission forms no later than

March 31<sup>st</sup>, 2014. Submission forms available at BIAQD website or contact the office.

If you have any questions about abstract submissions, please e-mail Monique Chartrand at [biaqd@bellnet.ca](mailto:biaqd@bellnet.ca)

Phone: (613) 967-2756  
Toll Free: 1-866-894-8884  
Fax: (613) 976-1108  
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Brain Injury Association  
of Quinte District

223 Pinnacle Street,  
Belleville, ON  
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## 2014 Acquired Brain Injury Conference

Core Centre, Belleville, Ontario  
May 15, 2014

### Acquired Brain Injury: A Unique Journey

**Deadline for Submission of Abstracts: March 31<sup>st</sup>, 2014**

Main Presenter Name (Required)	Address 1
Other Presenters Name (if applicable)	Address 2
Institution/Company (if applicable)	City
Phone Number	Province
Email Address	Postal Code

Professional

Survivor

Caregiver

Title of Presentation:

---

Please state the purpose of your work below, in no more than two sentences.

---

---

Please state in a few sentences, how you believe your presentation relates to the 2014 conference theme "Acquired Brain Injury: A Unique Journey."

---

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Does your presentation target a specific population?

Adults

Survivors

Caregivers

Professionals

Children

Other specify: \_\_\_\_\_

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 Projector Screen Digital Projector Flip Chart Other specify: \_\_\_\_\_

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 30 minute presentation 15 minute presentation

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# Got Blades? Get a Helmet!



**Ice skaters are three times more likely to sustain a head injury than inline skaters**

In late 2012 with support from the Healthy Communities Fund of the Ministry of Tourism, Culture and Sport, the Brain Injury Association of Quinte District partnering with the Hasting & Prince Edward Health Unit, Queen Elizabeth School, Wellington Home Hardware, Bonn Law, and Prince Edward Minor Hockey, purchased 83 hockey helmets to be loaned out to those who don't have a helmet. The goal of the program is to promote safe skating

practices, and the proper fitting of a helmet.

The program's prime target area was for the children of Prince Edward County—but helmets are available on a first come first serve basis to anyone who would like to borrow them. Pamphlets with proper fitting instructions are included when borrowing the helmets.

Storage and cleaning of the helmets is provided by Queen Elizabeth School in Picton.

The promotion of the program continues to be carried out by the Hasting & Prince Edward Health Unit and the Brain Injury Association Quinte District.

At the end of January, 2014 for the 2013/2014 skating season, the helmets have been reserved on 16 different occasions with 630 helmets borrowed.

Anyone wishing to take advantage of this program can call BIAQD at 613-967-2756 or e-mail [biaqd@bellnet.ca](mailto:biaqd@bellnet.ca)



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

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## Harvest Festival—2013



Pictured is Barry Day, Harvest King and Mary-Ellen Thompson, President of the Brain Injury Association of Quinte District.

On Saturday September 21st, 2013, the Brain Injury Association Quinte District invited all members, past and present to the Harvest Festival and Reunion. Survivors, family and friends gathered at the Ameliasburgh Pioneer Village and Historic Museum for a fun filled day of harvest activities and friendship.

Despite the rainy day, participants enjoyed making scarecrows, churning butter, listening to live music and stepping back in time in the working

pioneer village. A wonderful chili lunch prepared and organized by one of our newest board members, Lee Swackhammer, was served in the old fashioned tea room in the heart of the village.

At the end of the day we crowned the Harvest King, Queen, Prince and Princess. The event was so successful many of our members have requested that we make it an annual event.

**Do more than belong: participate.**

**Do more than care: help.**

**Do more than believe: practice.**

**Do more than be fair: be kind.**

**Do more than forgive: forget.**

**Do more than dream: work.**

- William Arthur Ward



**“You have two hands. One to help yourself, the second to help others.”**

The Silver Bells Gala was held on Friday December 13th, 2013 at the new BIAQD Office in the CORE Centre in Belleville. Approximately 75 people attended the Silver Bells Gala. “Think Pink” decorated the hall and gave the setting a festive look. Think Pink is the women’s group which met every Monday before the gala and they made most of the decorations.

There was a live band called Stagecoach and they played a variety of musical selections. There was dancing to the band’s music with spot dances. Sylvin Pineau entertained on

the piano. Barry Day read his poems and Melinda Cairns sang some musical selections.

People enjoyed a buffet dinner featuring snacks, sandwiches, veggies and dip, fruit, pizza and squares. There was also a selection of drinks including pop, coffee, water and punch.

The kids were entertained with a gingerbread house decorating activity. Meanwhile, the adults were bidding on prizes.

Special thanks to all the volunteers that helped with the event— Swackhammer chil-

dren, Charlie Smith, Adrianna Terry and Monique Chartrand. Also a special thanks to all Board members who assisted. Carole Vincent chaired the committee and did an excellent job. There was some excitement when the Board members managed to lock all their keys in the BIAQD Office! Luckily, they got the office opened before the end of the evening.

Submitted by Kaitlyn Woods



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## Phil Etty

### Tell me a bit about where you grew up?

*Born in Liverpool England lived there till I was 5 then London for a year then Dundee Scotland for six months. I came to Toronto in 1958. Toronto is too big now since amalgamation in the 90s and that's when I moved to Belleville. I was transferred here when I worked for Sears.*

### Where do you work or volunteer right now?

*I like to read books and watch tv. I worked for Sears from 1974-1991*

### Do you mind telling me about what happened to you?

*1979. I tried to drive from Toronto to Florida but I fell asleep at the wheel, when driving through Georgia, almost there. My friend died and I went through the windshield because I wasn't wearing my seatbelt. After two months, I was flown up to Toronto like a piece of luggage. I went up the ramp into the back of the plane. I wore a cast all the way down one leg. I had lots of therapy once I got out for about a year. Sears had a dance and the proceeds paid for all my help.*

### What have you learned about yourself since then?

*It takes a lot to bring me down.*

### Tell me about the goals you have for yourself?

*Survival! Live life day by day and have enough. I've learned to live with little.*

### Do you have any advice for caregivers or those giving support to someone with ABI?

*Be prepared.*

### How does the BIAQD serve you?

*I try to keep informed about what's available and use it.*

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Association of hearing instrument practitioners of Ontario

## Cindy Renaud

### Tell me a bit about where you grew up?

Born in New Brunswick and moved to Campbellford where I grew up. My dad was a teacher. We would swim across the river to our swimming lessons. Our neighbour had horses and dad bought one for my sister. We spent a lot of time over at the farm. I went to Loyalist College for MRC (now DSW). I met a lot of friends and worked at Prince Edward Heights. When it closed I went to ODSP in Belleville, which I really liked. I had to work my way up. When they moved my job to Toronto I retired after 31 years. And then I got Maggie Mae.

### Where do you work or volunteer right now?

I work with my friend at her office once a week. I do whatever I can for the BIAQD.

### Do you mind telling me about what happened to you?

I was working at Investors Group and visiting Maggie Mae every day. We were doing English riding when I 'fainted' and fell off. I had a stroke and now I only have half my vision. My husband and I had to stop working.

### What have you learned about yourself since then?

I can still ride. I learned that I like to be working and keeping busy. I'm still adjusting.

### Tell me about the goals you have for yourself?

I just take things day by day. I don't need a goal I just need to survive. Family is really important.

### Do you have any advice for caregivers or those giving support to someone with ABI?

Be patient. Don't insist that people make goals.



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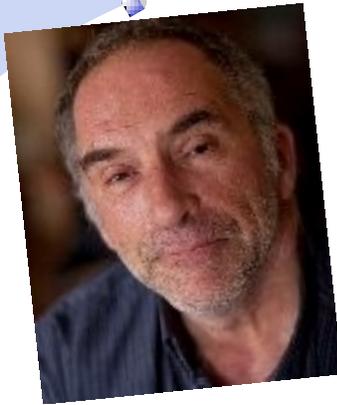
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# Meet our Member : Sylvin



## Sylvin Pineau

### Tell me a bit about where you grew up?

*Montreal.*

### Where do you work or volunteer right now?

*I play piano around the community at the Belleville and Trenton hospitals, three different churches, and Trent Valley Lodge.*

### Do you mind telling me about what happened to you?

*I went through the windshield at 80mph/hr because I was not buckled up. I was in a coma for a month. I was in the Kingston Hospital for two months and then I went home.*

### What have you learned about yourself since then?

*A lot!!!! I had to rebuild myself from a-z. Changed my view of life.*

### Tell me about the goals you have for yourself?

*I need a girlfriend!*



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*We're On the Web! Check us out to  
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During the Fall the BIAQD Office took a leap and moved to a an of-  
fice that offers more space for our  
new programs and events!

We would like to give a huge thanks  
to everyone at the Core Centre for  
making our transition to our new  
office space so smooth. Everyone is  
very helpful and caring and we look  
forward to sharing this amazing  
space!

## Acquired Brain Injury: A Unique Journey

May 15, 2014

2014 Conference

Presented By: Brain Injury Association Quinte District