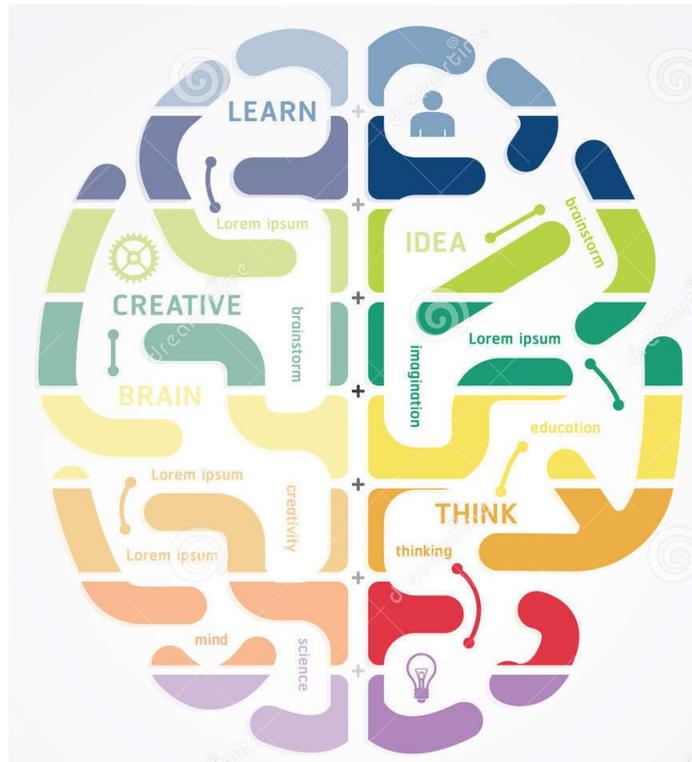


On the Sunnier Side

Volume 6, Issue 1

2019

Brain Injury Association Quinte District



Believe in yourself! You are braver than you think, more talented than you know, and capable of more than you imagine.

Roy T. Bennett

Presidents Note



As winter comes to an end, the members are gearing up for a very busy spring, and are very excited about all of the upcoming activities, projects, and fundraisers that we have lined up. We are very proud to be a part of such an amazing association, and all of the accomplishments that happen every day.

We have some great activities planned for the next few months. To celebrate my 45th birthday, I will be doing a 24 run challenge around Mary Ann Sills track in Belleville on April 19-20. I will start running at 5:00 pm on Friday April 19th and will continue running straight until 5 pm on Saturday April 20th. My goal is to raise \$15,000 for our Association. Everyone is welcome to attend and show your support for BIAQD.

On May 2nd we will be hosting our 2nd annual Comedy Night Fundraiser at Sans Souci here in Belleville. The evening will feature the very talented comedian Rob Bebenek, one of the brightest new voices to come out of Canada. Tickets are available now at the office and are only \$25. Last year the Comedy Night was sold out so be sure to get yours before they are gone.

The members have been busy preparing for and organizing their 2nd annual Craft/Vendor/Bake Sale. This will be held on May 4th at 223 Pinnacle St. Belleville from 10:00 am - 4:00 pm. There is sure to be something there for everyone. Stop by and get a one-of-a-kind gift for that someone special in your life.

The Kitchen Family will be hosting the 6th Annual Ralph Kitchen Memorial Ride on Sunday May 26th at the Madoc Community Centre from 9:00 am - 4:00 pm. Join us as we celebrate the memory of Ralph, and his love for motorcycles. Riders will enjoy travelling Ralph's favourite route through beautiful Centre Hastings followed by a BBQ lunch.

On June 1st Board Member Christine Milligan and her family are hosting the 2nd annual Colour Run at Proctor Park in Brighton to honour Cassidey Ouellette. The proceeds from the run are being donated to BIAQD. Please come out and support the event. The run starts at 10 am and registration starts at 8:30 am.

We are always looking for ways to enhance the supports and services that we offer to the members of our community. We couldn't do what we do without the support of our community, volunteers, sponsors and supporters. If you would like to become a sponsor, volunteer, or have an idea for a fundraiser please contact the office.

Brain Injury can happen to anyone, at anytime. Together we can make a difference!

Respectfully submitted,

Kristian Bonn
President, BIAQD

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Peer Support Program

For people living with the effects of an acquired brain injury (ABI)



Funding for the Provincial Peer Support Program is provided by:



Development Sponsors:



Get Connected with Peer Support

OBIA's Provincial Peer Support Program connects persons with lived experience (the Mentor) with an individual who is living with the effects of acquired brain injury and who requires support (the Partner). The program is available to survivors, family members and/or unpaid caregivers.

82% of Mentors say that being a Mentor improved their quality of life!

90% of Partners recommended the Peer Support Program.

Mentor/Partner matches are time specific and are made based on similar experiences, needs and personal interests. The program is coordinated through local brain injury associations across Ontario, making it possible for people to be "matched" province wide.

For more information on the program, or how to become a Mentor or Partner please contact the Brain Injury Association Quinte District's Peer Support Coordinator.

Jennifer Sharp
223 Pinnacle St. Belleville, ON
613-967-2756 1-866-894-8884
info@biaqd.ca



MENTOR

Why be a Mentor?

As a Mentor, you have the opportunity to help others by sharing your experiences and by providing support and information to your Partner who has similar lived experience. If being a Mentor is of interest to you, you will undergo comprehensive training in your own community prior to being matched with a Partner.

Why be a Partner?

As a Partner in the program, you have the opportunity to learn from someone "who has been there" and can offer you guidance and support based on their own personal experiences living with ABI. Support is provided to you via the telephone or internet, based on your preference. This allows you to participate in the program from the comfort and privacy of your home.



PARTNER

Therapy Dogs

How they can help with ABI

What are Therapy Dogs?

It's important to note therapy dogs are not service dogs. A service dog is an assistance dog that focuses on its owner to the exclusion of all else. A therapy dog might be trained to provide affection, comfort and love to people, a service dog has to undergo extensive training so they can make a disabled person's life a little easier. Whereas you can pet a therapy dog, you shouldn't pet a service animal because it could prevent them from fulfilling their job correctly.

Therapy dogs have different responsibilities, which are to provide psychological or physiological therapy to individuals other than their handlers. These dogs have stable temperaments and friendly, easy-going personalities. Some therapy dogs travel around to places like schools, and hospitals, although some therapy dog will work in an establishment exclusively. Therapy dog services help improve the quality of life for those in need. They provide comfort, stress relief, and distraction from pain. As well, a therapy dog can help increase social engagement, get people participating more, talking more, and most importantly smiling more.

Research suggests that interactions with therapy dogs can increase oxytocin levels (responsible for bonding) and dopamine (responsible for happiness) while lowering levels of cortisol (that comes from stress).

Therapy dogs must: be well tempered, not shed excessively, well socialized (exposed to many environments) and love to cheer others up! The presence of the therapy dog helps people to take their minds off of problems.

Benefits of therapy dogs

Animal assisted therapy can:

- Teach empathy and appropriate interpersonal skills.
- Help individuals develop social skills
- Be soothing and the presence of animals can more quickly build rapport between the professional and client
- Improve individual's skills to pick up social cues imperative to human relationships.
- Provides a non-judgemental "friend" for the individual when they need it most

What does the therapy dog at BIAQD do?



When I come to the office and I am met by Jersey, my stress level decreases and I have a much better day when she is part of it. - Leslie

Jersey makes me laugh, and she is a great cuddle buddy. - Kate

When I see Jersey I can't help but smile. I look forward to being with her when I come to BIAQD. Spending time with her makes my day better. - Cindy

It is nice to be greeted by Jersey when I walk in the door. She brings a calming effect to the office. It is really great to have her as part of the family. - Juanita

THURSDAY MAY 2nd

Comedy Night

Fundraiser

**Featuring Comedian
ROB BEBENEK**

Tickets \$25

(Must be purchased in advance)

Sans Souci

256 Front St.

Belleville, ON

**Dinner and drinks
available for purchase**

Cocktails at 6:30 pm

Show Starts at 7:30 pm

This is an Age of Majority Event - Adult Topics and Language may be Possible



Contact the Brain Injury Association for
more information
613-967-2756 or info@biaqd.ca



Comedy Night Fundraiser

Sponsorship Packages

Corporate Sponsorship - \$1,500.00

- 6 complementary tickets
- ¼ page Ad in On the Sunnier Side Magazine for 6 months
- Advertising on Event Poster
- Advertising on Social Media
- Company Signage on table
- Option to do a 5 min. stand-up routine
- Recognition by emcee: Opening & Closing remarks

Table Sponsorships - \$400.00

- 4 complementary tickets
- Advertising on Event Poster
- Advertising on Social Media
- Company Signage on table

Warning: This is an age of majority event. There might be adult language during stand-up routines.

Contact the Brain Injury Association for
more information
613-967-2756 or info@biaqd.ca

Stress, Anxiety & Brain Injury

Stress is part of everyday life and a natural reaction to change and adjustment with a major life change.

Stress also occurs in response to ongoing daily hassles such as traffic, noise or inconsiderate people. The body responds to stress with the 'flight or fight' response in the central and peripheral nervous system. This involves a series of chemical changes which prepare people for a stressful event.

Imagine the body's reaction to the sound of a loud siren late at night outside a person's home. During this stressful event the body becomes mobilized into action via the brain's messages. Changes may include increased heart rate and blood pressure, sweating, dilated pupils and extra sensitive senses such as hearing and vision.

While the 'flight or fight' response is vital for survival, if this occurs too often to the body as a result of chronic stress, there can be negative effects such as reduced protection from disease and infection, hypertension, heart, liver and kidney conditions and psychological disorders.

Stress is Much Worse with a Brain Injury

In the vast majority of cases people find it much harder to deal with stress after a traumatic brain injury or similar brain disorder. Coping with stress uses many different cognitive functions of the brains such as recognizing the symptoms, identifying causes, formulating a coping strategy, maintaining control of emotions appropriately and remembering these techniques. A brain injury can dramatically affect each of these areas resulting in very little ability to cope with the normal stresses of everyday life. Family members can find this hard to realize and believe a person is simply whining, being overemotional or immature.

A brain injury has been likened to having a couple of lanes closed down on a six lane highway. While the traffic is light there is little disruption to the normal flow. But once the traffic reaches a critical point those closed down lanes suddenly result in traffic at a standstill backing up for kilometers. The same applies for a person with a brain disorder such as a traumatic brain injury - they can often handle a light load of stress, conversation, noise or workload, but at a critical point they can no longer cope and the stress sets in.

Understanding and Managing Stress

The first step a person can take to reduce stress is to become aware of the major sources of stress that exist in their life. The person may like to keep a stress awareness diary for a few weeks that lists the date, time, event, severity, symptoms, and coping strategies they used to ease the situation. The second step is to categorize different stressful situations as follows:

Controllable/Uncontrollable Important/Unimportant

This can help a person to stand back from their situation in order to view it more clearly and objectively.

Four Skills for Managing

These are Awareness, Acceptance, Coping and Action skills. Some skills may be more useful in certain situations. Each skill may be explained better using a situation which people are often faced with after brain injury. To illustrate these skills, let us use the example of a person who is stressed because they have an appointment for a neuropsychological assessment.

Awareness skills

This is getting a clearer understanding of the situation and how it affects the person.

Example: finding out what a neuropsychological assessment involves and the purpose of the assessment.

Acceptance skills

Acknowledging the stress and being realistic about how it affects a person's lifestyle e.g. what aspects are controllable/uncontrollable or important/unimportant.

Example: Recognize that the assessment needs to be conducted and that it will probably be quite tiring and demanding. The person may not be able to control when and how long the assessment is but they can manage their thoughts and reactions to the assessment.

Coping skills

Prepare to cope with the stressful situation by learning various strategies. Identify what changes a person can make to control the situation and reduce stress levels.

Example: Using Self-Talk to develop a constructive outlook towards the assessment.

Stress, Anxiety & Brain Injury Cont.

Action skills

Actively making changes to counteract or reduce the level of stress.

Example: Following through with the anxiety management plan and monitoring stress levels. After the assessment the person can find a relaxing and enjoyable activity to wind down.

Some Coping Strategies for Managing Stressful Situations

Progressive muscle relaxation

A person learns to identify muscle groups and the difference between tension and relaxation in the muscles.

Focus upon 4 main muscle groups:

- hands, forearms and biceps
- head, face, throat and shoulders
- chest, stomach and lower back
- thighs, buttocks, calves and feet

Tense muscles for 5-7 seconds and relax for 10-15 seconds.

Time to master: 1-2 weeks, 2 x 15 minute sessions per day.

Slow breathing techniques

Proper breathing habits are essential for good mental and physical health. First, a person needs to focus upon their breathing pattern. They need to identify whether they breathe mainly through the chest or through their stomach. Short, shallow and rapid breaths from the upper chest should be avoided. The aim is to breathe deeply and slowly through the nose. A person should feel greater movement in the stomach than the chest as they inhale and exhale. Practice breathing exercises everyday.

Learn to apply slow breathing as needed e.g. when feeling stressed, angry or anxious.



Visualization

A person uses imagination e.g. pleasant daydreams or memories to will him or herself into a relaxed state, by:

- Getting comfortable, scanning the body for tension and relaxing the muscles
- Selecting a favourite peaceful place which is real or imagined
- Focusing the imagination using all 5 senses
- Using affirmations such as repeating 'I am letting go of tension'; or 'I am feeling peaceful'.

Practice using visualization three times a day for a few minutes or longer. This is usually easiest for the person in the morning and at night in bed. Eventually, with practice a person can use visualization in everyday situations when feeling uptight. The effectiveness of whatever strategies are used to manage stress will be improved if after each strategy is used, it is evaluated. This can be done by:

- Noticing the physical, mental and behavioural signs of stress
- Selecting a coping strategy for reducing stress
- Evaluating whether or not the strategy worked by reassessing the level of severity
- Maintaining the use of the strategy.

<https://synapse.org.au/information-services/stress-and-acquired-brain-injury-fact-sheet.aspx>



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

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

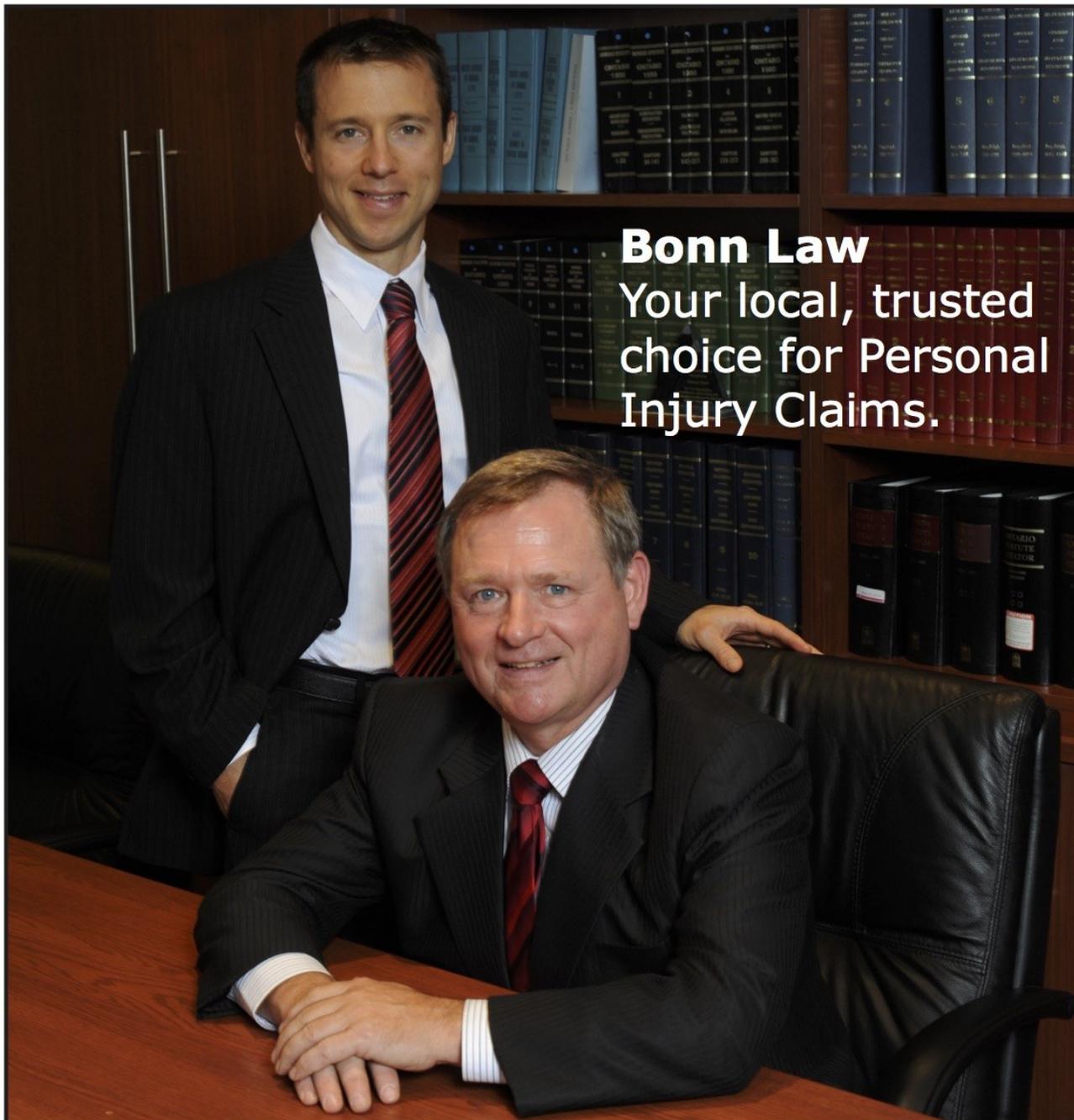
ABI is damage
to the brain
that occurs
after birth

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



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80 Division Street, Trenton & 54 North Front Street, Belleville
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LAW

Here for you when you need us most.

Did You Know ...

Every retina has a **blind spot** where the optic nerve exits the brain.

The brain recognizes some smells, such as rotting food, **at birth**.

Reflex responses, like a knee jerk, come from the **spinal cord**, not the brain.

Your brain uses about **20 watts** of power - similar to that of a household light bulb.

Both hearing and deaf people use the **left hemisphere** to process language.

The neurons you have **at birth** are all you will ever have.

Activities at BIAQD





**Brain Injury
Association**
QUINTE DISTRICT

**Craft • Vendor • Bake
SALE**

223 Pinnacle St. Belleville

May 4, 2019

10:00 - 4:00

**Tables are \$20 each
Space is limited**

**Contact the office for more information 613-
967-2756
info@biaqd.ca**

The Caring Role & Managing Stress

Caring for a family member with a brain injury is one of the most difficult challenges that can confront a family especially for those providing direct care.

Carers usually find life begins to revolve around the person with a brain injury. The workload often leads to stress and frustration, along with dramatic changes in lifestyle and roles as they access community services, provide health care and look after the family as well.

When the caring role is a long-term one, it is very important to manage stress as it can lead to health problems, depression, anxiety and reduce your capacity to be an effective carer.

You will probably use coping strategies that you have used for difficult times in the past. This is useful, but often the caring role is so difficult it makes sense to experiment with new ways of dealing with stressful situations.

Tips from other carers

Researchers have asked people how they have coped with a brain injury occurring within the family (Willer et al 1991). While every family member is different, here are some strategies that other family members have found helpful:

- Look after yourself
 - Find support groups either face-to-face or online
 - Maintain a sense of humour
 - Be assertive about your needs
 - Try to see things realistically
 - Be careful not to blame everything on the injury
- Redefine roles and responsibilities for yourself and the family.



Mary-Ellen Thompson, Ph.D.

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

Practice in Language, Speech and Cognitive Communication

7c Cameron St. Belleville, ON K8P 2Z3

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

www.metphd.ca

email: met@metphd.ca

Learn to relax

Taking a few moments to relax can help you be more ready for the things you need to do. Learning to relax is not easy - even when you rest at the end of a long day, you are probably thinking about what you need to do tomorrow or how to solve a problem. Here are some techniques to train your body and mind to relax. Find the ones that work best for you.

Focused breathing: Your breathing becomes quick and shallow when you are stressed, instead of breathing deeply from your diaphragm (the muscle between the chest and abdomen). Taking full breaths from your diaphragm puts your body in a relaxed state. Try this exercise several times a day:

- Lie down on your back in a comfortable place
- Put your hands just below your belly button
- Close your eyes and imagine a balloon inside your abdomen
- Inhale fully (but not too deep), and imagine the balloon filling with air
- Exhale slowly, and imagine the balloon collapsing.

Muscle tensing & relaxing: This helps you to understand the difference between how your muscles feel when tense and relaxed.

- Lie down on your back in a comfortable place and close your eyes
- Curl and tense the toes of one of your feet as you breathe in
- Relax your toes as you breathe out and note the change in tension
- Repeat this with the toes of your other foot
- Repeat this exercise with other body parts.

Use a focus word or phrase: This clears your mind of negative thoughts and stress. Choose a focus word or phrase - it can be something with a positive meaning like "peace" or just a word that is easy to remember such as "one". Take full deep breaths from your diaphragm. Say the focus word to yourself each time you breathe out.

Visual imagery: Lie down and imagine yourself in a place where you feel calm and relaxed. It can be a real place you've visited, or somewhere you have imagined. For example, imagine yourself on a beach lying in the cool sand - feel the sun on your face, the sand against your skin, and listen to the surf.

The Caring Role & Managing Stress Cont.'

Developing a positive approach

We all respond differently to difficult situations - some people take in their stride while others will barely be able to cope. Much of this comes down to how we choose to see the situation, as irrational responses usually lead to stress.

For example, the person with a brain injury yells at us. A rational response would be "emotional outbursts are common after a brain injury so this could be due to fatigue, anxiety or feeling unable to cope".

An irrational response is "how rude, and after all I've done as a carer, I feel so unappreciated and don't deserve to be put down like this".

Irrational responses will lead to unpleasant emotions that prevent us from responding in a healthy way. Most of our irrational responses will stem from one of these attitudes:

- I must do well and win the approval of others
- Others should treat me the way I want them to
- People should be punished if they don't act the way I want them to
- I should get what I want quickly, easily, and without hardship
- The world is a horrible place and bad things keep happening to me.

Remember, learning new ways to think and cope takes time. Be kind to yourself, allow yourself the chance to make mistakes. Focus on your successes no matter how small. Coping effectively is like any other major challenge. It requires tenacity, endurance and commitment for change.



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<https://synapse.org.au/information-services/managing-stress-in-the-caring-role.aspx>



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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.

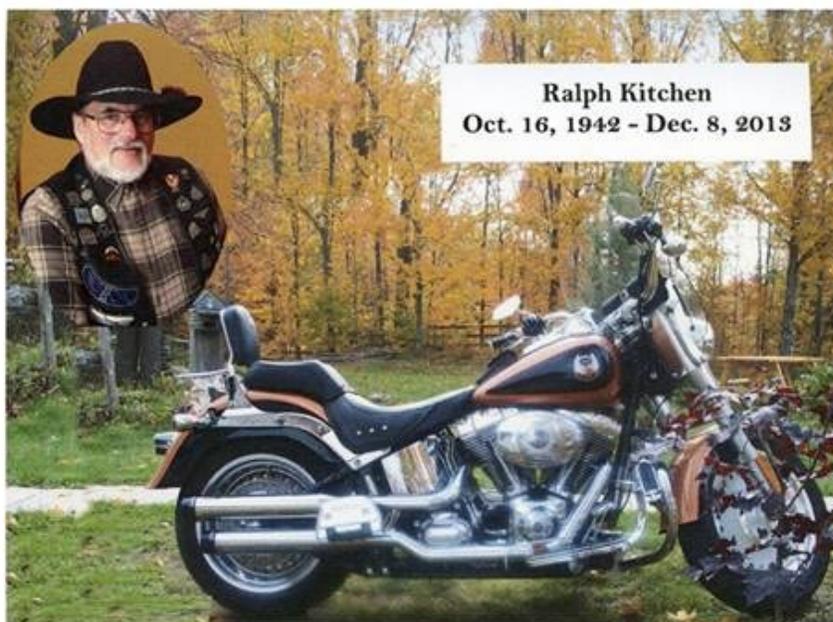
To find out more about how we can protect you or someone you love, visit: www.thomsonrogers.com/personal-injury-litigation. Or call us today for a free consultation and a copy of our Personal Injury Information Kit.

THOMSON ROGERS
PERSONAL INJURY LAWYERS

6TH ANNUAL RALPH KITCHEN MEMORIAL RIDE

Breakfast & Barbeque - Show & Shine -
Product Demonstrations - Trade Fair

Sunday May 26, 2019



Ride through beautiful Centre Hastings scenic roads and return to the Madoc Community Centre for a Barbeque Lunch put on by the Madoc Lions Club.

Full Day of Activities

9 am registration and breakfast - 10 am ride start

9 am - 4 pm ongoing events at Madoc Community Centre

16651 Hwy. 62 North of Madoc

All Bikes Welcome



**Brain Injury
Association**

QUINTE DISTRICT

All Donations in Ralph's Memory will support
The Brain Injury Association Quinte District

BIAQD 613-967-2756 or Marg at 613-472-4131

Info@biaqd.ca www.biaqd.ca

223 Pinnacle St., Core Centre, Belleville, Ontario
Canada - K8N 3A7

THANK YOU FROM BIAQD

On February 11th Michelle Vincent was able to come to the office and share her knowledge of the Instant Pot with us at our Instant Pot demonstration. She showed us the different features of the Pot and how to make delicious meals that are healthy and easy to make.

She supplied the participants with “How To & Useful Tips” booklets, as well as some amazing recipes.

If you own an Instant Pot or are thinking about getting one, and you are looking for information on everything that the Instant Pot can do, contact the office and inquire about joining an upcoming Instant Pot demonstration.

613-967-2756 or info@biaqd.ca



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
Mindworks
Pathways to Independence
Qualicare
Quinte & District Rehabilitation Inc.
Urban Wisdom

Better care for a better life



Better care for a better life

Canada-wide serious injury care with a local “touch”

BAYSHORE HOME HEALTH delivers a wide range of nursing and attendant care to people with serious injuries, helping them regain their daily lives and reintegrate into their communities.

Our nurses are specially trained to deal with clients who need advanced clinical care, while our personal support workers perform many delegated tasks for individuals with catastrophic and non-catastrophic injuries. They are supported by internal clinical experts and our National Care Team – a convenient, central contact point for workers’ compensation boards, insurers and government care programs, providing standardized client reporting and timely service.

With 40-plus offices across Canada, we also offer a local “touch” when it comes to professional care for people with serious wounds, fractures, amputations and spinal cord/acquired brain injuries.

To learn more, please call **613.962.7229** or **1.866.986.0097**.

www.bayshore.ca




Support Services for Brain Injury

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



www.mindworksgroup.ca

1-800-559-8323

Upcoming Events

Save the Date!

April 19 - 20, 2019

Kris Bonn's Mind Over Matter
24 Hr. Run for BIAQD
Mary-Ann Sills Track Belleville

May 2, 2019
Comedy Night
Sans Souci Belleville

May 4, 2019
Craft - Bake - Vendor Sale
223 Pinnacle St. Belleville

May 26, 2019
Ralph Kitchen Ride
Hwy. 62 North of Madoc

June 1, 2019
2nd Annual Cassidey Ouellette Colour Run
ENSS Brighton

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

223 Pinnacle Street, Core Centre
Belleville, ON

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