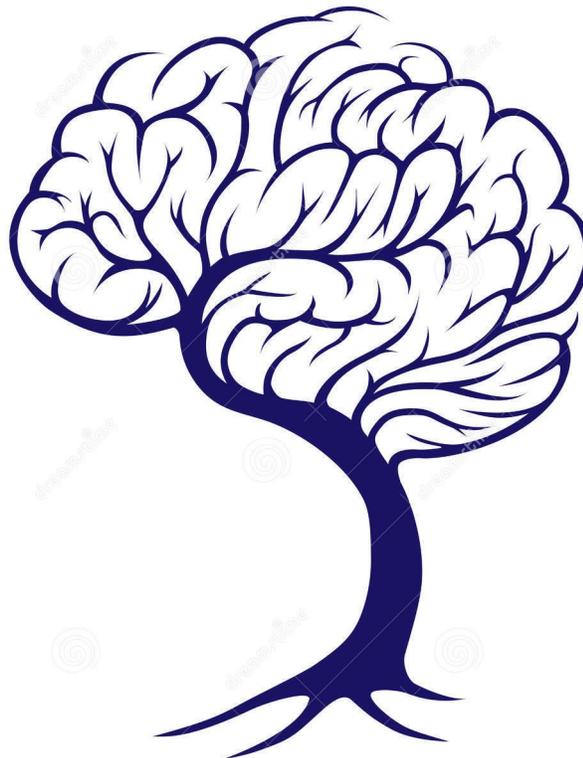


# On the Sunnier Side

Volume 4, Issue 3

Fall 2017

Brain Injury Association Quinte District



Every day may not be good.....  
But there is something good in every day

Author unknown

## Presidents Note



Congratulations to our staff and members at BIAQD. During the past few months, our Association has risen to the challenge and surpassed many milestones.

Our talented artists entered their quilt at the Quinte Exhibition and it won! Our quilt won first prize in its category and first prize in the Canada 150 Theme category, with special congratulations certificates from Neil Ellis, MP and Todd Smith, MPP. This is just another example of the "I can" approach that is successfully launching many of our members with lived experience into many new experiences and opportunities.

As well, I wish to congratulate our Music group. The fruits of their labour will be shared at the OBIA conference in Niagara Falls in a talk entitled "Making Music: Developing a Performance Group within the TBI Community." By Jennifer Sharp and Dan Washburn.

Through our Unmasking Brain Injury project, we have developed an initiative that has been embraced by the entire brain injury community across Ontario. Special thanks to Mallory Terry, one of our summer students, who presented this project for us at the OAC meeting in June. Next June, we will be unveiling this project across the province. If you haven't made a mask and would like to participate, please contact the office.

Finally, a special thank you to our summer students, Autumn Ouellette and Mallory Terry, who assisted with programmes, bike rodeos, and increased our visibility in the community through our hot dog sales on Fridays at local supermarkets.

Respectfully submitted,

Mary-Ellen Thompson

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The logo features a stylized face composed of colorful geometric shapes (green, blue, purple, black) on the left, with a white oval cutout for an eye. To the right, the text "unmasking" is in a light teal color and "braininjury" is in a grey color, both in a sans-serif font.

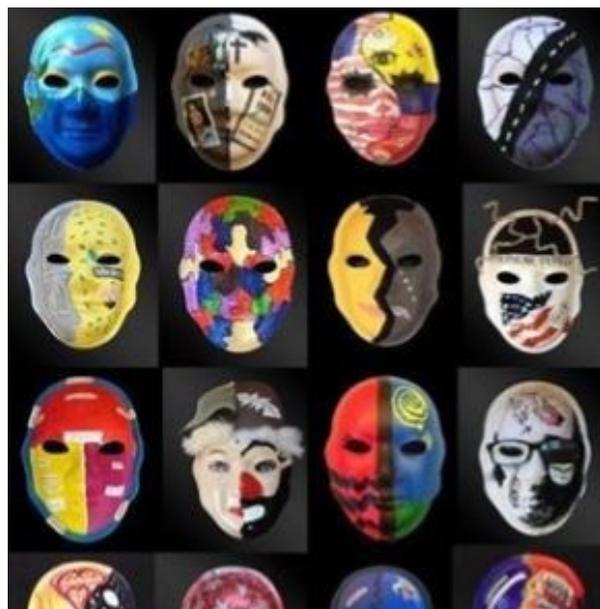
# unmasking braininjury

## **Come join BIAQD in Unmasking Brain Injury!**

The purpose of the Unmasking Brain Injury project is to promote awareness of brain injury; to give survivors a voice and the means to educate others of what it's like to live with brain injury; to show others that persons living with a disability due to their brain injury are like anyone else, deserving of dignity, respect, compassion and the opportunity to prove their value as citizens in their respective communities.

Create a mask that tells your individual story! This will become part of our June Brain Injury Awareness activities in June 2018. we will be joined by other Associations across the province to promote brain injury awareness.

If you have any questions or want to set up a time to make your mask call or email the BIAQD Office at 613-967-2756 or [info@biaqd.ca](mailto:info@biaqd.ca)  
223 Pinnacle St. Belleville, ON K8N 3A7



## BIAQD Gets Musical

The Brain Injury Association runs a Music Group every week on Thursdays from 10:00 am - 11:30 am. This group is facilitated by singer and songwriter, Dan Washburn.

Currently the group "The Overcomers" is made up of four members. We have a guitar player - Randy V., a pianist - Sylvin P., and two vocalists - Melinda C., and Shannon R.

In addition to their weekly jam sessions the group prepares for performances in the Community. They have performed at the Celebrating Success Opening Reception, as well as at the BIAQD 25th Anniversary, where they were accompanied by the Dan Washburn Band. They also enjoy performing at the many holiday parties held at the BIAQD office.

The group is eager to learn the new songs that they have picked out for this coming year, and performing them for the Community, and BIAQD families and members at this years scheduled events.

If you or someone you know would like to become a part of this amazing group, please contact the office for more information 613-967-2756 or [info@biaqd.ca](mailto:info@biaqd.ca)



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

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

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



# Back to School Means Back to Sports for Some Kids

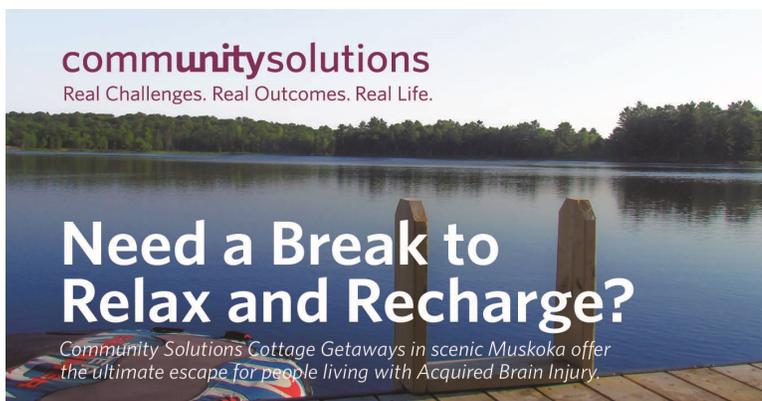
Every September when the summer is over, parents get their kids ready to go back to school. They spend weeks gathering up the supplies on their lists to make sure they are successful for the academic year ahead.

In addition to all the learning that they will be doing, some kids will be spending as much time on the field as they do in the classroom. Did you remember to get the supplies needed for sports too?

From soccer and volleyball, to rugby and football, protective equipment for sports is just as important as everything else you purchased for your child's school needs.

Every year, millions of Canadian children get hurt from playing sports or participating in recreational activities, and one of the leading causes of injury is concussion. A concussion is defined as a brain injury that is caused by a jolt, bump or blow to the head or a hit to the body that causes the brain to move around quickly in a back and forth motion inside the skull, causing damage to the brain. A concussion can happen to anyone, boy or girl, in any sport. It is important to remember that you do not have to lose consciousness or be "knocked out" to sustain a concussion.

The brains of children and teens are not fully developed. Therefore, the time that it takes for them to recover from a concussion is usually longer than that of an adult. Although recovery times may be slow, and signs and symptoms may be present for a few days, or last months or longer most, children recover with no permanent damage.



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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
- 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)

Post Concussion Syndrome or PCS occurs when the symptoms of a concussion last for months. Researchers and doctors do not know why some individuals are able to recover within a week or two, and some take significantly longer. What they do know is that if your child returns to play before they have fully recovered from a concussion, the chances of sustaining another, and most likely worse concussion are much greater. The second impact can cause the symptoms to last longer, and possibly cause "second impact syndrome". This is caused from the brain receiving a second injury before it has healed from the first injury.

**Signs and Symptoms of a concussion may include:**

Thinking/ Remembering	Physical / Emotional	Mood	Sleep
Difficulty thinking clearly	<ul style="list-style-type: none"> <li>• Headache</li> <li>• Fuzzy or blurry vision</li> </ul>	Irritability	Sleeping more than usual
Feeling slowed down	<ul style="list-style-type: none"> <li>• Nausea or vomiting (early on)</li> <li>• Dizziness</li> </ul>	Sadness	Sleeps less than usual
Difficulty concentrating	<ul style="list-style-type: none"> <li>• Sensitivity to noise or light</li> <li>• Balance problems</li> </ul>	More emotional	Trouble falling asleep
Difficulty remembering new information	<ul style="list-style-type: none"> <li>• Feeling tired, having no energy</li> </ul>	Nervousness or anxiety	

If your child has sustained one concussion, their chances of sustaining another one increases. The signs and symptoms, along with recovery time are much greater with each subsequent injury.

If you suspect that your child has a concussion, or a sports related injury, you should seek care from a medical professional.

**REMEMBER..... When in Doubt—Sit it OUT!**

# **UNCORKED 2017 FUNDRAISER DINNER**



## **Fundraiser Dinner / Holiday Party**

Join the Brain Injury Association Quinte District for a fantastic Evening filled with great food, musical entertainment, live and silent auctions, dessert auction, and more. Tickets are \$75.00 each. All proceeds go to Programming, and Supporting Individuals in our Community living with the effects of Acquired Brain Injury.

Sponsorship Packages Available

**Friday December  
1, 2017**

**Belleville  
Armouries**

**6:00 – Social Hour**

**7:30 – Dinner**

**Live & Silent  
Auctions**

**Musical  
Entertainment**

**Specialty Cakes  
& Dessert  
Auction**



**Brain Injury  
Association**  
QUINTE DISTRICT

223 Pinnacle St.  
Belleville, ON  
K8N 3A7  
613-967-2756  
[info@biagd.ca](mailto:info@biagd.ca)

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# Helmet Lending Program



The Brain Injury Association Quinte District provides the use of helmets to children in our catchment area so that everyone can safely participate in winter sports.

For more information on the program or to donate please contact the office at 613-967-2756 or [info@biaqd.ca](mailto:info@biaqd.ca)

# BIAQD Quilt Wins 1st Prize

The quilting group at BIAQD entered their Canada 150 themed quilt in this year's Quinte Exhibition Art Show. There were many lovely submissions ranging from paintings, photos, sculptures, quilts and many more. We are very excited to announce that our Quilt received many ribbons, and acknowledgements. The quilt won 1st prize for the category "A Quilt Made by a Group", as well as 1st prize in the category for "Canada 150 Theme". It also won 1st prize "Quilt - Fair Level". BIAQD was also presented with certificates from both Todd Smith MPP, and Neil Ellis MP for achieving 1st place at the Quinte Exhibition, and portraying Canada's 150th with such creativity.



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Proudly Supporting the Brain Injury Association Quinte District

Over **500,000** Ontarians are living with the effects of an acquired brain injury

## ABI is.....

**15** times more common than spinal cord injuries

**30** times more common than breast cancer

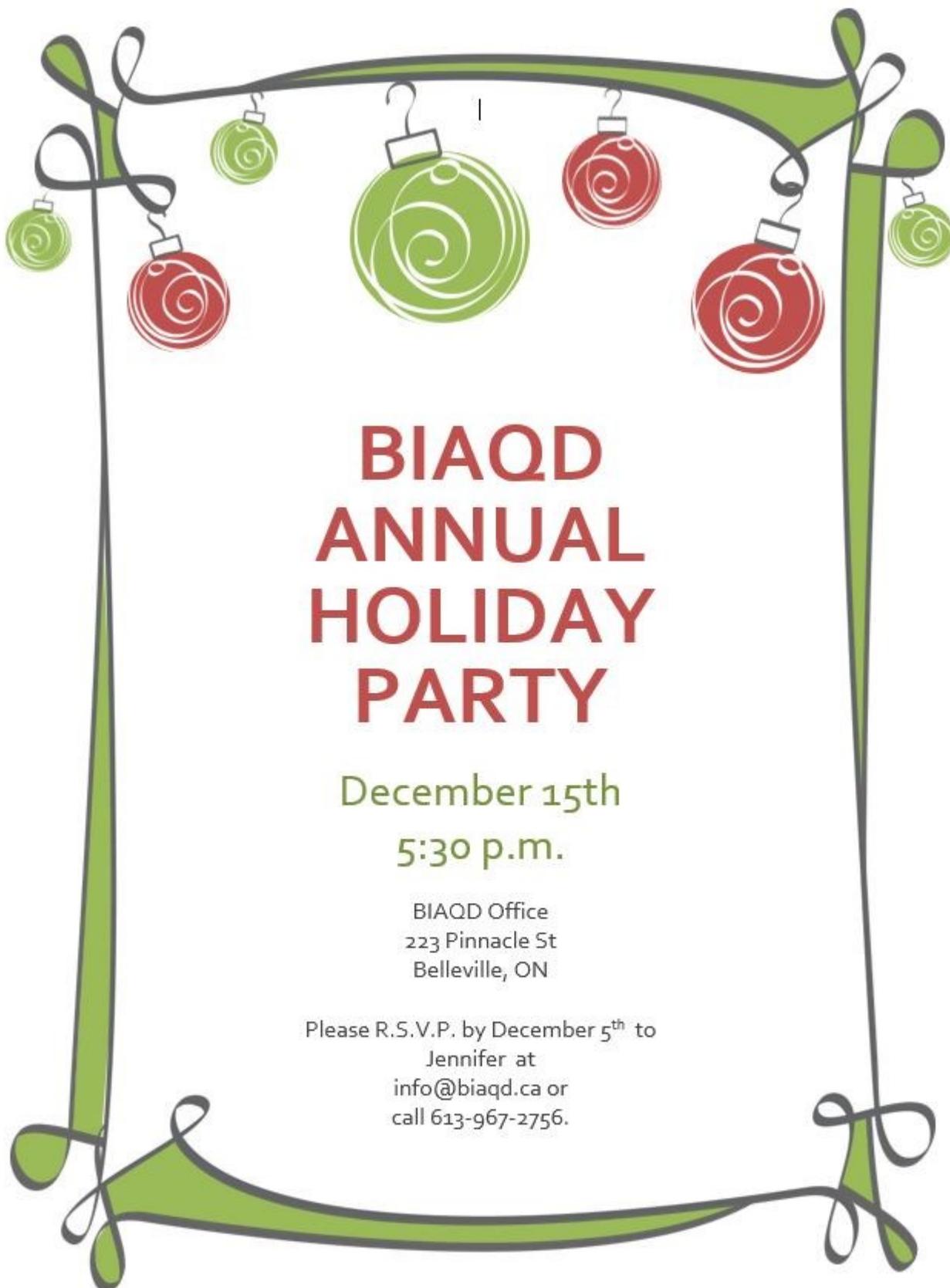
**400** times more common than HIV/AIDS

It is estimated that there are **27,000** children with acquired brain injuries in Ontario's schools

**76%** of survivors have trouble with depression some or most of the time

Brain injury is the number one cause of death and disability for Canadians under the age of

**45**



# **BIAQD ANNUAL HOLIDAY PARTY**

December 15<sup>th</sup>

5:30 p.m.

BIAQD Office  
223 Pinnacle St  
Belleville, ON

Please R.S.V.P. by December 5<sup>th</sup> to  
Jennifer at  
[info@biaqd.ca](mailto:info@biaqd.ca) or  
call 613-967-2756.

# Did You Know?

- ◆ Approximately 160,000 Canadians sustain Brain Injuries each year! Incident (and reporting rates) continue to climb.
- ◆ Over 1 million Canadians live with the effects of Acquired Brain Injury
- ◆ Almost 50% of all Brain Injuries in Canada are from falls or Motor Vehicle Accidents.
- ◆ The Top Three causes of Motor Vehicle Accidents are.....
  1. Distracted Driving
  2. Speeding
  3. Drunk Driving
- ◆ Tips to preventing Brain Injury
  1. Always wear your seatbelt
  2. NEVER drive under the influence of drugs or alcohol
  3. NEVER text while driving



# Activities at BIAQD

Woodworking



Gardening



Hot Dog Sales



Painting



# Pottery

# Bike Rodeos



# Craft Sales

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**Ian W. Brady** *R.A., LL.B.*  
**Christopher Robertson** *R.A., M.A., J.D.*  
**Gregory Parker** *R.A.(Hons.), J.D.*  
**S. Daniel Baldwin** *R.H. Sc., J.D.*  
**Lorraine Thomson** *Licensed Paralegal*

## Advice and Counsel to Trust

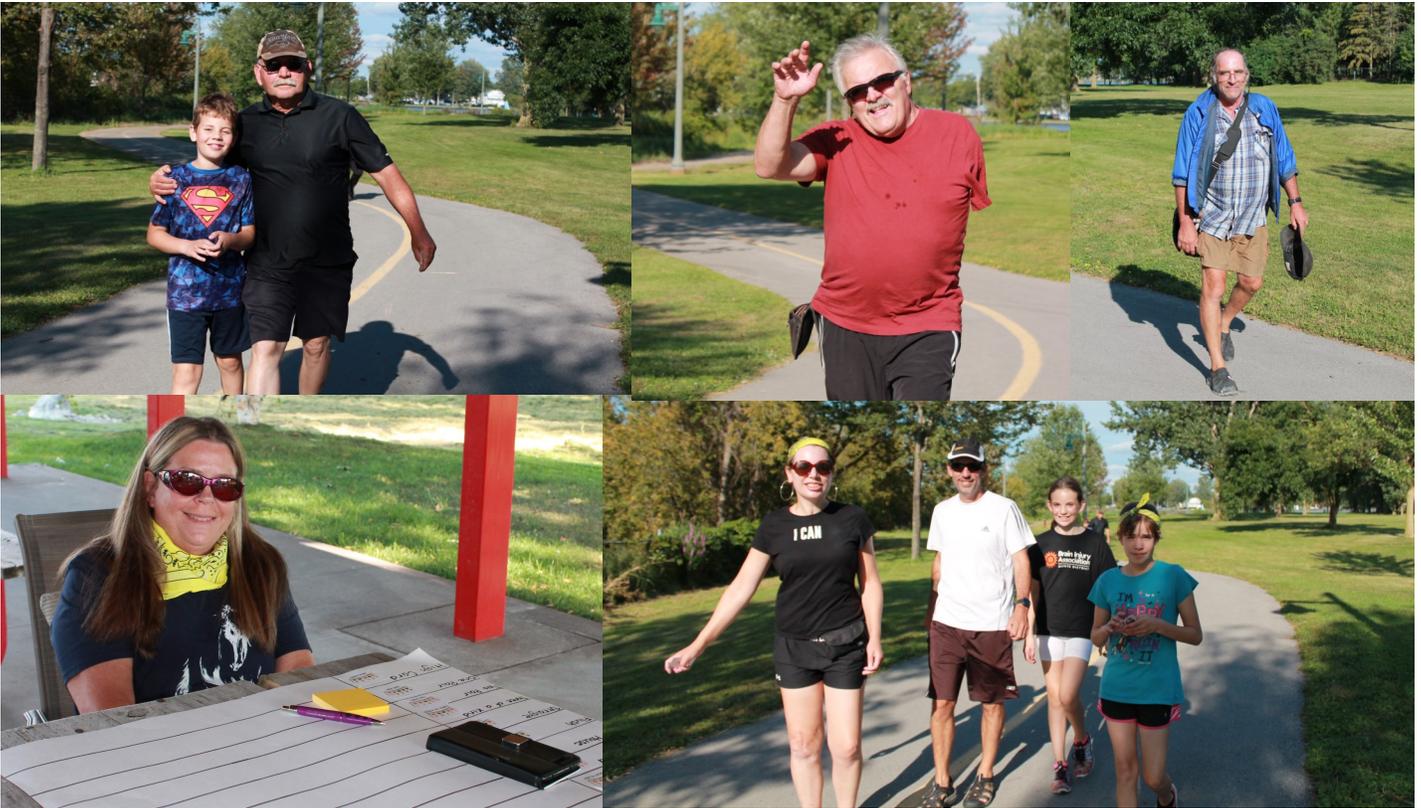
# BIAQD Walk - A - Thon 2017

This was an Amazing Event again this year! The members had a great time, and the weather was perfect. Many thanks goes to Leslie for her dedication and energy that she put into making this a successful event. Thanks to Lisanne and Jeff for bringing their BBQ, and cooking the food. The money raised by the members will go towards the programs offered at BIAQD!



Warm Up with Vicky Legate





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.

# Pathways to Independence

Acquired Brain Injury Services

## 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

# Volunteer of the Year

The Brain Injury Association Quinte District has chosen a very deserving recipient for the Volunteer of the Year Award for 2017.

This year's award recipient is a compassionate BIAQD member who continually offers encouragement to others.

Being a talented artist, she has entered some fantastic pieces of art in the Celebrating Success Art Show, and has provided many creative works of art for our Craft Sale.

She spends countless hours donating her time, and knowledge by presenting information at our Peer Navigation meetings, as well as baking delicious, nutritious treats to share with our members.



Her positive personality shines through her contagious smile, and she is sure to brighten your day when she sees you.

Congratulations to the well deserving Juanita Harrington.

Thank you for your time, and the positivity that you share with our Association.

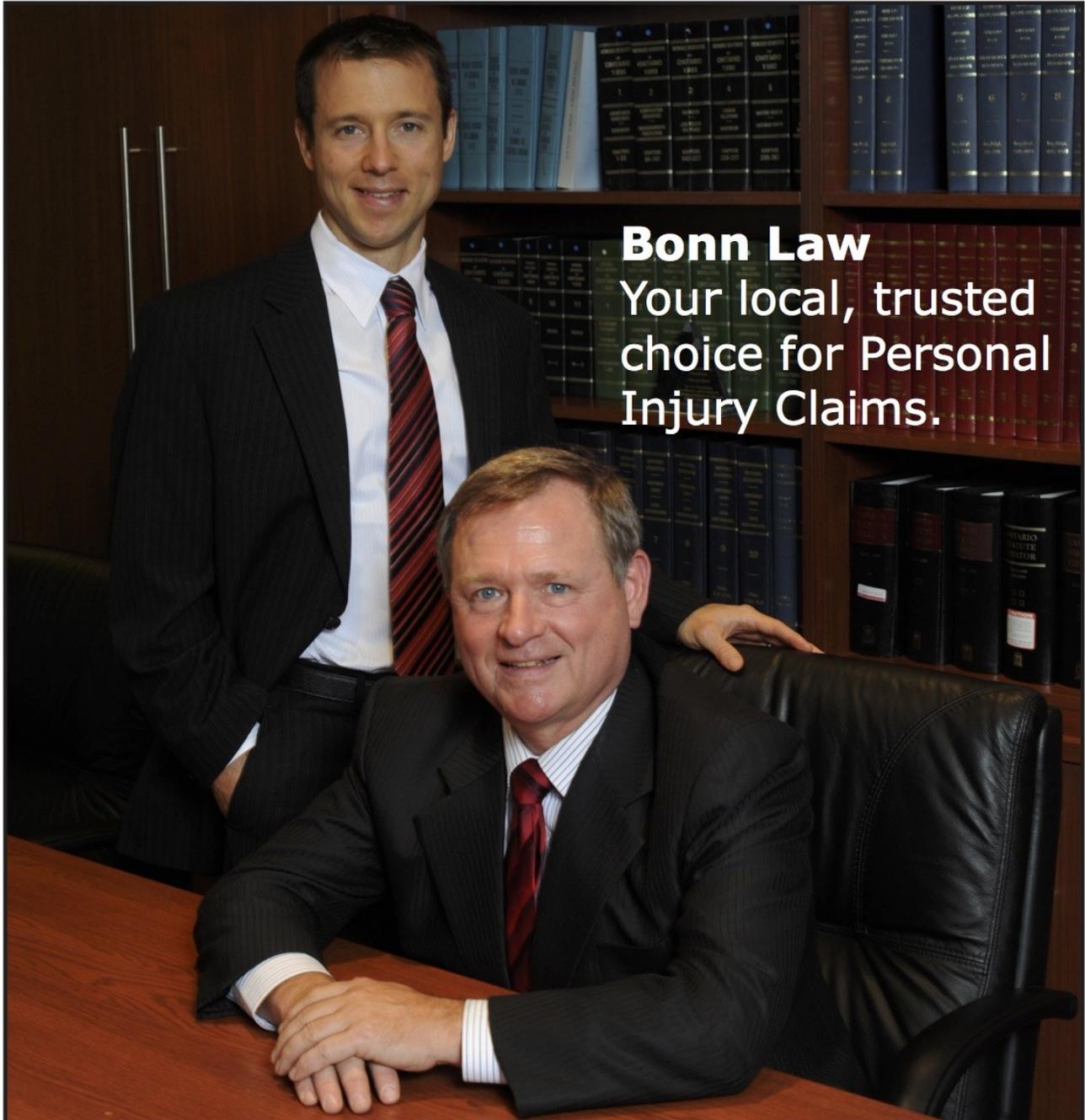


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# THANK YOU FROM BIAQD

The Brain Injury Association would like to thank the City of Quinte West for their generous donation of \$2,000.00 to our association. It is because of donations like these that the Brain Injury Association is able to offer supports and services to the individuals and their families in our Community that are living with the effects of Acquired Brain Injury.



A Natural Attraction

## 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

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*Better care for a better life*

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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](http://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](http://www.mindworksgroup.ca)

1-800-559-8323

# Upcoming Events

## Save the Date!

### Peer Support Conference

October 31  
Niagara Falls

### OBIA Conference

November 1-3  
Niagara Falls

### Uncorked 2017

December 1st  
Belleville Armouries

### Members Holiday Party

December 15th  
223 Pinnacle St. Belleville

### Comedy Night Fundraiser

February 13th

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  
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