

Brain Injury Association Quinte

“On The Sunnier Side”



June 2013



News from Harry Zarins, Executive Director of the Brain Injury Association of Canada

I just want to keep you in the loop on some important things out of Ottawa AND also provide you with information on Brain Injury Awareness Month and other developments.

Statements in Provincial Legislative Houses and City Halls

Below you will find a Sample Standing Order Statement / Proclamation that you can use when speaking to provincial and / or civic leaders. Please feel free to tailor it to your area and location to have a local or provincial leader read in the appropriate government house, provincial or civic.

Mr. Speaker, Today June 1st and during the month of June throughout Canada, the Brain Injury Association of _____ and the Brain Injury Association of Canada designates June as National Brain Injury Awareness Month to highlight awareness on the effects and causes of acquired brain injury across Canada.

As incredible as this may sound, brain injury in Canada is a silent epidemic. In Canada, brain injury is the number one killer and disabler of people under the age of 44. Statistics further indicate that incidences are two times greater within the male population.

Mr. SPEAKER, acquired brain injury is defined as a non-degenerative and non-congenital insult to the brain that may result in a diminished or altered state of consciousness, and result in impaired cognitive, physical, emotional and/or behavioural functioning.

The social, emotional and economic consequences of brain injury are in fact devastating not only to the survivors themselves, but to family members, caregivers, support workers and the community at large - everyone involved with working towards neuro-rehabilitation and recovery .

And currently, there are no drugs or techniques that can cure a brain injury. Automobile accidents, sports injuries, cycling accidents, falls, strokes, tumours, aneurysms, and other non-degenerative conditions are all leading causes of acquired Brain Injury in Canada.

I encourage all members of this House to become involved with grassroots brain injury associations and to listen to survivor stories and family members speak about the support and guidance they have received. Their true life stories will fascinate you. Their courage and determination is really quite remarkable.

Brain Injury

Help Others Understand

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Belleville Brain Tumour Support Group

Meets 2nd Wednesday of every month
7:30 - 9:00pm

Eastminster United Church
432 Bridge Street East (at Herchimer)

LEAN ON US

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If you or a loved one have been affected by a brain tumour, you're invited to share your experiences and journey in this confidential, supportive environment.

For more information:
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FOURTH ANNUAL RIDE FOR BRAIN INJURY

QUINTE DISTRICT

SATURDAY JUNE 22, 2013

BELLEVILLE SPORT & LAWN CENTRE LTD. 128 Church Street, Belleville, Ontario



Hosted by The Brain Injury Association Quinte District which is a 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.

Registration is \$20.00 or FREE with \$100.00 or more donations
All donations must be collected and submitted before Ride begins

Ride starts at Belleville Sport & Lawn Ltd.

Registration 9am-10am

Bikes Ride 10am Sharp

FREE bbq ticket for after ride and draw for FREE prizes

Plus silent auction after Ride

For more information, please call the BIAQD at 613-967-2756 or come visit us
281 Front Street in Belleville, K8N 2Z6, Monday to Friday, 9am to 2pm
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**BRAIN INJURY ASSOCIATION
QUINTE DISTRICT
4th ANNUAL**

GOLF

**TOURNAMENT
FOR SURVIVORS**

June 27th, 2013



**IF YOU ARE A
SURVIVOR AND**

JUST WANT TO HAVE FUN

REGISTER TONIGHT OR CALL BIAQD

613-967-2756

BAYVIEW GOLF COURSE

Sponsors Welcomed 10-12:00PM

WITH BBQ TO FOLLOW

June is Brain Injury Awareness Month

Celebrating Success

A Display of Artwork by

Brain Injury Survivors

June 1st—June 27th

Photography...Paintings...

Jewellery...And more

Meet the Artists

at an Opening Reception

Thursday June 13th

4-6pm

John M. Parrott Art Gallery—Belleville Public Library

Corridor Gallery 3rd Floor

254 Pinnacle Street, Belleville



*Brought to you by the
Brain Injury Association Quinte District
Providence Care Regional Community Brain Injury Services
Pathways To Independence*



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Recently there have been several accidents with the E-Bikes around Belleville. Here are some tips for riders

Electric bicycles, or e-bikes, are classified as bicycles under the Highway Traffic Act and as such, they can be operated on City roadways and recreational paths. As with the rules for bicycles, e-bikes are not allowed on sidewalks, **and those operating an e-bike must be over the age of 16.**

An e-bike is a bicycle that:

- Has a maximum weight of 120 kg (includes the weight of bike and battery)
- Has steering handlebars and is equipped with pedals
- Is designed to travel on not more than three wheels in contact with the ground
- Is capable of being propelled by muscular power

E-Bike Rules:

- All operators and passengers must be at least 16 years of age.
- All operators and passengers must wear an approved bicycle or motorcycle helmet. There are no age exemptions.
- No driver's license, vehicle registration, vehicle liability insurance is needed to operate an e-bike.
- E-bikes are not allowed on sidewalks, 400 series highways or any municipal roads where bicycles are prohibited.

Travelling on the Recreational Path:

- Travel at a safe speed. The pathways are for recreational use; to ensure the safety and enjoyment of everyone, cyclists who wish to travel at faster speeds should use other routes.
- Yield to pedestrians at all times.
- Pass only on the left, after making sure that the lane is clear both in front and behind and calling out "Passing on the left". Never pass without warning.
- Travel in single file.
- Obey all traffic signs.
- Pull completely off the path if you need to stop.
- Wear a helmet. It's required for those under the age of 18 and it's a good idea for adults as well.



As you can see I have lots of things on my bike and myself to stand out. I had been driving since I was 16 and know the rules of the road...Please ensure you do as well before heading out.... Other drivers on the road will assume you will go by these rules so be aware!

Travelling in Groups:

- Ride in single file.
- Keep a minimum one metre distance between other e-bike riders in the group and keep several lengths apart when going downhill at high speeds.

Interacting with Vehicles:

- It is always important to remember that in any collision with a vehicle, the car or truck will fare better.
- Users need to operate their e-bikes with due care, and take efforts to ensure that motorists can see them and predict their behavior. The use of bright clothing and hand signals are both good ideas.

Traffic Signals:

- Signalling is a matter of law, courtesy, and self protection. Use these signals when stopping or turning:
- **Left turn:** Left hand and arm extended horizontally beyond the side of the e-bike.
- **Right turn:** Left hand and arm extended upward beyond the left side or the right hand.
- **Stop or sudden decrease of speed:** Left hand and arm extended downward beyond the left side of the e-bike.
-

Making Left-Handed Turns:

- There are two ways to make a left turn:
- **Like an automobile** - Look over your left shoulder for traffic behind you, signal, move into the left lane when safe, yield to oncoming traffic, and turn left. Complete the turn near the right curb.
- **Like a pedestrian** - Dismount from your e-bike and cross following pedestrian rules.
-

Driving at Night:

- E-bikes should have both front and rear facing lights in addition to reflectors on the wheels.
- Riders should wear light-coloured clothing and reflective stickers should be affixed to bike helmets to make them more visible.

Other Safety Tips:

- Always wear a helmet.
- Obey all traffic signs and regulations.
- Ride your e-bike near the right-hand edge of the road.
- Never carry another person on your e-bike.
- Never wear headphones while riding as they impair your ability to hear traffic.
- Always use hand signals when turning or stopping.
- Competing with high speed, heavy traffic is dangerous. Look for safer, less travelled routes.
- Be careful when checking traffic and when looking over your shoulder.
- Give pedestrians the right-of-way.
- All electrical sources must be completely covered.

BOGOROCH & ASSOCIATES

Choosing a Personal Injury Law Firm

Injured victims and their families face many hardships and obstacles. Not only must they cope with the profound pain and loss resulting from their injury, but often they and their families **must navigate** through a **complex** and **confusing** maze of legal and insurance-related issues. One of the most **important tasks** is choosing the **right law firm**.

At **Bogoroch & Associates**, we are **dedicated** to helping our clients through these difficult times by offering **effective, caring, and compassionate legal representation**. Our **commitment** to you is simple. We will handle your case **efficiently**, provide you with **excellent service** and work hard to achieve the **best settlement for you and your family**.

Richard M. Bogoroch has over 23 years of experience and is certified as a **Specialist in Civil Litigation** by the Law Society of Upper Canada.

- We provide a **free initial consultation**;
- **We will wait to get paid** when your case is concluded, and generally, **we only get paid if we win or settle your case**;
- We provide you with **regular status reports** on your case, as well as **copies** of all significant **documents** and reports;
- We **return your telephone calls** within **24** hours or less;
- We will provide you with a **litigation plan** and a **timetable** when events in your case will be completed;
- We **pay for parking** or alternatively we are happy to **arrange transportation** to our office;
- We **arrange appointments with leading physicians and experts** to help prove your case;
- If you are **unable to attend our office due to being hospitalized**, we will be pleased to meet with you at the hospital;
- We provide an **interpreter** if required.

Founded by Richard M. Bogoroch, **Bogoroch & Associates is a Toronto-based law firm** of 8 lawyers and 23 support staff **that specializes in civil litigation**. The firm concentrates on **serious motor vehicle accident cases including brain injury and spinal cord litigation, medical malpractice litigation, wrongful death litigation, products liability and disability claims litigation**.

For more information, or to receive our **free** brochure 'What to do in Case of a Car Accident', please email us at info@bogoroch.com.

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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.”

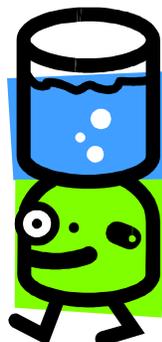
*Ms. R.M.
Georgetown, Ontario*

To read more client testimonials, please visit our website at www.bogoroch.com



11 Summer Safety Facts and Stats

1. Dehydration and heat stroke are two life-threatening heat-related illnesses. They cannot be ignored.
2. When you're thirsty, drink water. Even though an ice-cold soda sounds totally thirst-quenching, it won't keep you hydrated. Especially during a long, hot day at the beach.
3. Sunblock shouldn't be traded in for tanning oil... ever. Melanoma (a form of skin cancer) is the second most common form of cancer for young people ages 15 to 29.
4. Don't wait until you're at the pool to lather up. It takes 30 minutes for sunblock to fully soak in and protect you from the sun's harmful UV rays.
5. Summer is the peak season for underage drinking. If you're not into the idea of sweating alcohol (gross!), get ready to say "no thanks" pretty often.
6. Most first-time underage drinking occurrences happen in the month of July. We bet partying on the 1st has something to do with that... which is weird because fireworks are *obviously* most enjoyed with a tri-colour ice pop in hand... not a beer.
7. If you find yourself at a pool party where people are trading in pitchers of lemonade for pitchers of beer, stick to water and keep a close eye on your friends, because up to half of all recreational water deaths involve alcohol. Not only does alcohol dehydrate you, but your day drinking could turn into day drowning.
8. Young people spend an average of 7 or more hours per week driving in the summer compared to during the school year. We recommend you look both ways when you cross the street.
9. 23 percent of teen drivers are more likely to drive with 3 or more other teens during the summer as compared to the school year. A packed car with the radio on and windows down often leads to distraction for new drivers. Be smart and buckle up.
10. With more time on the road and more people in the car, teen drivers are at the highest risk in the summer. 7 of the deadliest days for teen drivers are in the summer.
11. Some teens who start drinking in the summer time will make the really dangerous and foolish decision to drive while drunk. Of all 15- to 20-year-old drivers killed in a car crash, 31 percent had been drinking. Don't be one of them.





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

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Tips on how to avoid heat-related illness:

- Drinks lots of water and natural fruit juices even if you don't feel very thirsty.
- If you don't have air conditioning, keep drapes drawn and blinds closed on the sunny side of your home, but keep windows slightly open.
- Fans alone may not provide enough cooling when the temperature is high.
- Go to air conditioned or cool places such as shopping malls, libraries, community centres or a friend's place.
- Spend some time near the lake or waterfront where it is cooler.
- Wear loose fitting, light clothing.
- Keep lights off or turned down low.
- Take cool bath or shower periodically or cool down with cool, wet towels.
- Avoid alcoholic beverages, coffee and cola.
- Avoid going out in the blazing sun or heat when possible. If you must go outside, stay in the shade as much as possible and plan to go out early in the morning or evening when it is cooler & smog levels may not be as high in the afternoon. Wear a hat.
- Avoid heavy meals and using your oven.
- Avoid intense or moderately intense physical activity.
- Never leave a child in a parked car or asleep in direct sunlight.
- Consult your doctor or pharmacist regarding the side effects of your medication

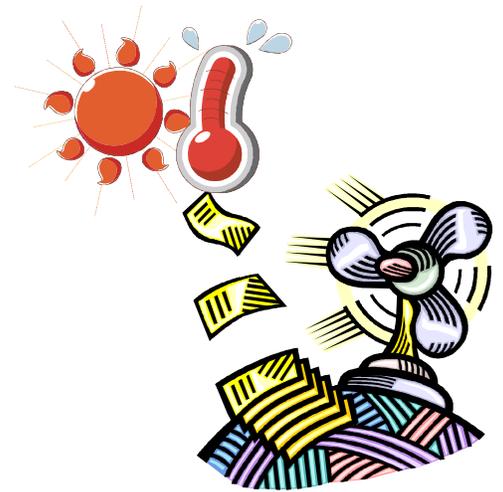
Summer Safety: Fan Facts

DO...

- Use your fan in or next to a window. Box fans are best.
- Use a fan to bring in the cooler air from outside.
- Use your fan by plugging it directly into the wall outlet. If you need an extension cord, it should be Canadian Standards Association approved.

DON'T...

- Use a fan in a closed room without windows or doors open to the outside.
- Believe that fans cool air. They don't. They just move the air around. Fans keep you cool by evaporating your sweat.
- Use a fan to blow extremely hot air on yourself. This can cause heat exhaustion to happen faster.



Get help from a friend, relative or doctor if you have these symptoms of heat illness:

- Rapid breathing or difficulty breathing
- Weakness, dizziness or fainting
- More tiredness than usual
- Headache
- Confusion
- Nausea



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Matthew A. Page *B.Sc., LL.B.*

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

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

Lorraine Thomson *Licensed Paralegal*

Advice and Counsel to *Trust*

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.

Accredited by the Commission for the Accreditation of Rehabilitation Facilities (CARF), Pathways to Independence



specializes in providing residential services and programs to adults with acquired brain injuries in South Eastern Ontario. Tailored to accommodate individual needs, we provide a continuum of care

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- Employment Supports



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Family members of a supported client at Pathways to Independence.

"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".
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When you need support to be who you are, contact us at:

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T 613.233.3322

Canadian Fauna Word Search

See if you can find the names of these animals native to Canada.



E N N M T G O B E N I R E V L O W V
P A K N I K S F T R I U V Z S U W S
K Z J G X N Y L L S G G A B L P R X
L W A L R U S H W O U Q R E O L A A
I Q A B Z E K A E H W Z C R O E E Y
N I E T O Y O C I G A G T A N R B A
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- DEER
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- OTTER
- POLARBEAR
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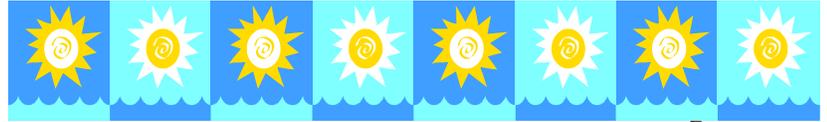
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Income Tax Services

**\$40.00 fee
for those on Social Assistant**

A Reminder... A Reminder...

The newsletter will not be available now until September. Everyone enjoy their summer!!



How do dogs help us?

They say that owning a pet (dog/cat/pot bellied pig/birds, etc.) can give us more years of life. A study was done on this and it's true. If we love our pets they are loyal, they accept us for who we are; our many mood swings, and we can be ourselves around them. They don't care if we are pretty, handsome, ugly, fat, disabled.

Dogs help in these ways:

- Children with brain injuries, ADD/AHD, Mentally Challenged children, etc., will relate much more quickly to a dog/cat than they will humans. Dogs mainly are used in this capacity.
- Seeing eye dogs allow the semi to permanently blind person to get out into society by being the owner's eyes. These dogs are trained of course.
- Some dogs are trained to know when a person is going to have a seizure or if a diabetic is going to have a 'reaction' even before their owner knows it.
- For the disabled some dogs are trained to fetch things; pick up things that their owner has dropped; open doors, trained to stay right next to the wheel chair when the person may go for a spin during the day. Some of these dogs are even trained to hit a specific button on the phone to call 911!!!
- Dogs are often mascots in nursing homes for the elderly. Even the more fortunate elderly who live at home wouldn't know what to do without their pet as the dog is great company for them and will protect them.

- Some dogs are trained to sniff out drugs, weapons at airports, etc.
- There are dogs being trained (and studied at present) to sniff out cancer cells in a human. Scientists are finding that the dogs are almost 100% correct.
- Dogs herd cattle and sheep.
- Some breeds of dogs are great hunters.
- Dogs will protect your family and your children.
- Newfoundland dogs were just not used to help people or herd, but also years ago they were used as 'nannies' for children and did a great job of it. They kept children safe.
- Dogs are trained in the Police Force.
- Dogs were used during WWII. The dogs would take messages from one area to another. Many dogs were given a medal of honor for their courage and many were killed. Both soldier and dog were inseparable.
- Last, but certainly not least, your dog just wants to be part of the family and is the best friend a family could want. Some dogs can be trained to surf; sky-dive; go hunting with their owner; love boats, car rides and will protect that vehicle with everything it's got (no matter how small the dog is.)

Remember to take good care of any pet. Regular food and water, if outside ensure there is shade on hot days. Take your pet for outings and most of all Love your pet and it will love you.



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BrainChild Networks Inc.
Rehabilitation Consultants
 Specializing In Pediatric Acquired Brain Injury

Lisanne Smith

Director

Phone: 613-394-2412
 Fax: 613-394-5532

Tracy J. Kennedy

Services Coordinator

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**Community-based ABI
 Rehabilitation Support Services**

- Rehabilitation Assistants
- Community Support Workers
- Personal Support Workers/Attendants
- Social Worker/Family Counsellor
- ABI Support Groups

Call **1-800-430-6523** to discuss
 how **Community Solutions** can address your needs.



**Bartimaeus
 Rehabilitation Services**
 Because Experience Matters

Bartimaeus provides rehabilitation services to people who have experienced a severe trauma or brain injury due to a motor vehicle accident.

For more information please visit our website at www.bartimaeus.com or call us at 613.449.8589



SINCE 1988

Knowledge Experience Choice

BARTIMAEUS
 Caring for People... Everyday

Program Schedule

Recreation Program

Supervised weekly Tuesday evening activities for individuals with an acquired brain injury. All participants are to meet at the BIAQD office by 5pm and return at 8pm. This program gives the opportunity to rebuild life skills, social skills, independence, confidence, self-esteem, develop friendships, cognitive & social skills and increase physical activity in the community. Activities can include dining out, movie night, playing pool, bowling, hiking and/or nature walks

June 4 June 11 June 18 June 25

Caregivers Group

Monthly Caregivers meetings are held on the second Thursday, 1pm at RCBIS office, Quinte Mall for caregivers and family members that are affected with brain injury individuals.

June 13

Information & Support Meetings

Monthly meetings are held on the third Thursday, 5pm at the BIAQD office for individuals with an acquired brain injury and caregivers/family members. There is opportunity to share stories, have group discussion, socialize. Occasionally a guest speakers will be scheduled. Pizza and refreshments are also provided.

No Meeting Till September

Lunch Program

Nutritional monthly lunch program provided on the fourth Friday of the month at BIAQD, 12:00pm for individuals with an acquired brain injury. Participants should RSVP their attendance.

No Lunch Program Till September

BIAQD reserves the right to restrict participants in any event, program and/or activity where deemed appropriate to do so.

All participants must also be a member of the Association.

PEER SUPPORT MENTORING PROGRAM

For people living with ABI

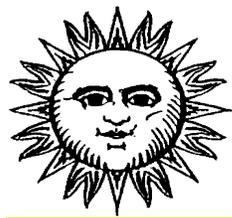
The Peer Support Mentoring Program for people living with ABI connects an individual who is a “veteran” in living with the effects of Acquired Brain Injury (ABI) with a “Partner” who is coping with a similar ABI-related situation and is in need of support from a knowledgeable friend. The program is available to survivors, family members or unpaid providers of care.

Mentor/Partner matches are based on similar experiences, demographics and personal interests. The program is offered through local brain injury associations all over Ontario, making it possible for people to participate wherever they live.

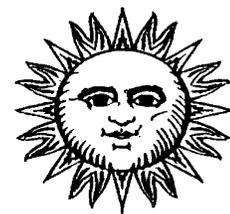
The Peer Support Mentoring Program for people living with ABI can be a great way to support efforts toward recovery, and complements professional services. Mentors and Partners talk by phone or email so they can arrange a convenient time and can participate **from their own homes.**

CONTACT

**Brain Injury Association Quinte District
Carole Vincent, Peer Support Coordinator
281 Front Street, Belleville, ON 613-967-2756 Email: biaqd@bellnet.ca**



“On The Sunnier Side”



June 2013

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3 Survivors Art Show June 3 to the 28th 	4 Recreation Program Movies	5	6	7	8
9	10	11 Recreation Program Picnic Park	12	13 Caregiver Group Art Reception 4-6 pm.	14	15
16	17	18 Recreation Program Bowling	19	20 BIAQD AGM 5pm	21	22 Ride for Brain Injury 10 am. SHARP 
23	24	25 Recreation Program Mini Putt	26	27 Survivor Golf Tournament	28	29
30	See You In September					