

Brain Injury Association Quinte
“On The Sunnier Side”
January 2013

**2013 Acquired Brain Injury
 Conference**

**Travelodge, Belleville, Ontario
 May 15, 2013**

**The Amazing Brain:
 Resilience in the Face of Adversity**

Deadline for Submission of Abstracts: January 30, 2013

The Brain Injury Association Quinte District is proud to announce their 2013 conference to be held at the Travelodge, Belleville, Ontario on May 15, 2013.

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 quality of content, originality and relevance.

All abstracts must be submitted to BIAQD on submission forms no later than January 30, 2013. Submission forms available at BIAQD website or contact the office.

If you have any questions about abstract submissions, please e-mail Pam Ferrill at biaqd@bellnet.ca



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Mr. Zed's

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Brain Basic Course

April 10th & 11th

Contact BIAQD office for more info

Check next months newsletter for details

NEW HOURS OF OPERATION !!

CLUB ABI— BELLEVILLE

MONDAY	-	CLOSED	
TUESDAY	-	9a.m to 2p.m	In house activities will be run by Kristy Matthews
WEDNESDAY	-	8a.m. to 4p.m	Community activities will be offered this day
THURSDAY	-	8a.m. to 4p.m	In house activities will be run by Kristy Matthews
FRIDAY	-	9a.m to 2p.m	Community activities will be offered this day

THESE CHANGES WILL GO INTO EFFECT JANUARY 7th 2013



OBIA Review

The OBIA Review is seeking stories from persons with a brain injury or their family members/caregivers for their March edition. If you or anybody you know would be willing and interested in sharing their personal experience in the Review, please contact BIAQD office.

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HAPPY NEW YEAR

BRAIN
CHEEKS
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EYEBROWS
EYELIDS
EYES
FOREHEAD
GUMS



HAIR
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LARYNX
LIPS
MOUTH
NAPE
NECK
NOSE
NOSTRILS
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PHARYNX



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TASTE BUDS
TEETH
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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**.

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- 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;
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- 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



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Ice skating, sledding, and tobogganing are fun ways to stay active during our cold Canadian winters but you and any children in your care can be seriously injured by falling and hit your head, run into an object or another person, or fall through ice into open water.

To avoid getting hurt, take these safety precautions.

- Check equipment each season to make sure it still fits and is in good condition.
- Wear proper safety gear, especially a helmet. For hockey, the helmet should be [CSA-certified](#) and replaced every 5 years.
- Don't sled near roads, parking lots, rocks, trees or fences.
- Never skate near open water. Make sure ice is at least 10 centimetres (4 inches) thick.
- Dress children warmly and in layers. Watch for frostbite on cold days.
- Put sunscreen on exposed skin.
- Children can strangle on cords, drawstrings and scarves. Use a neck warmer instead of a scarf, and remove drawstrings and cords from clothing.

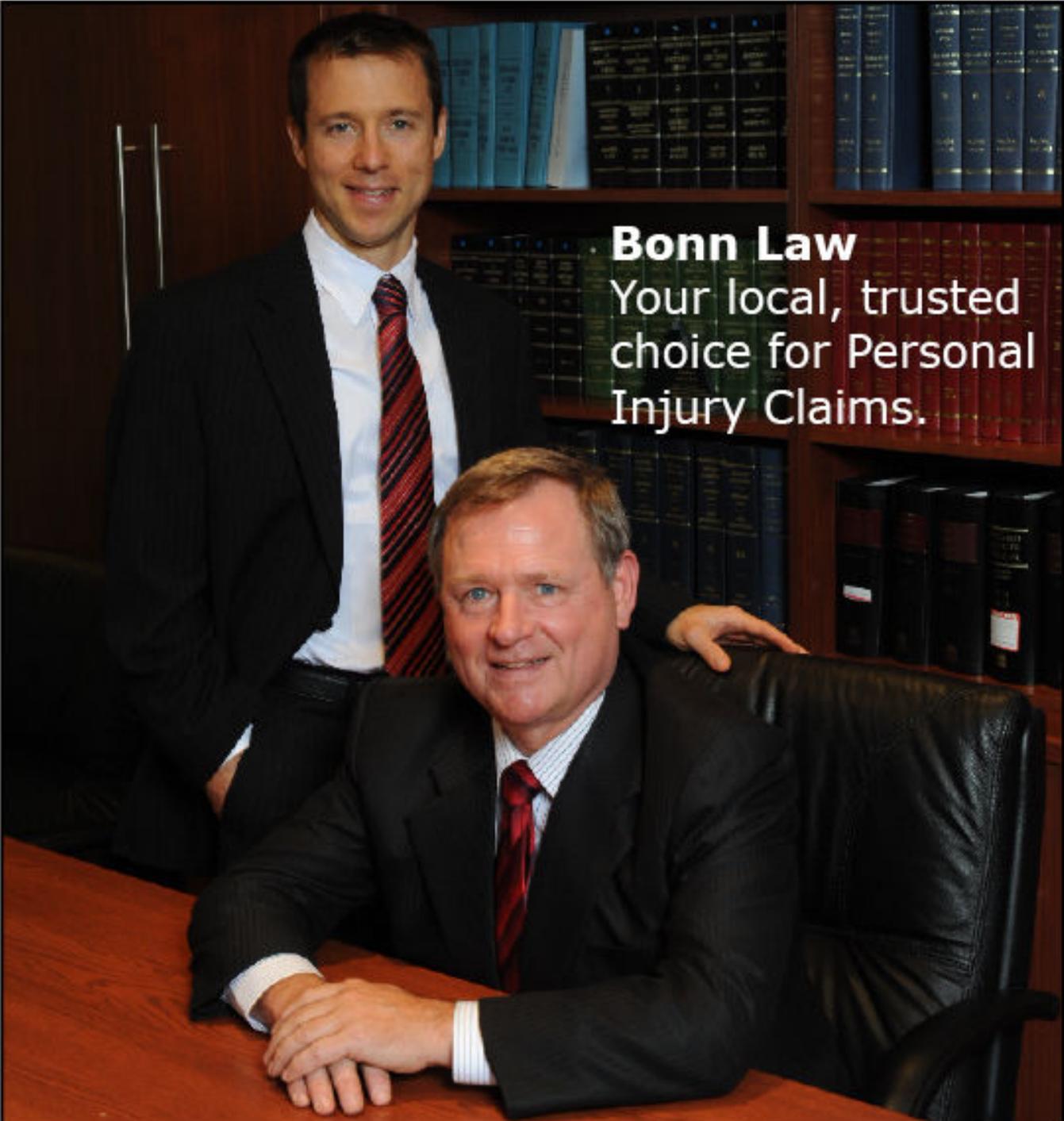
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Lunch Program Update

December 21st the board room was full with holiday cheer!!!!

Everyone enjoyed fresh chicken breast with fries and coleslaw from Dewey's that Kreg picked up for us.

Jean brought delicious pie and Nicole provided pumpkin cake....very yummmie!!!!

Phil did a wonderful job cleaning up.

JEANNINE'S FAMOUS POTATO AND CORN SOUP



Peel 5 large potatoes

Wash and cube

Place in pot of water on stove to cook

Add bag of frozen corn niblets to boiling potatoes

Boil potatoes until done

Add 4 tablespoons of chicken stock to water

Make sure all potatoes are in small cubes in the water

Thicken the potato water with flour and water

Then thin it out with milk and make it creamy

Chop 8 slices of bacon and fry until crispy

Pour 1/2 of the bacon grease into the soup along with the crispy bacon

Add salt and pepper to taste

ENJOY!!!!!!!!!!!!

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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*

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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

in partnership with community based professionals and specialists.

Our services include:

- 24 hour Supported Homes
- Supported Independent Living
- ABI Day Programs
- Employment Supports



"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

"We believe that the ABI program is his life now and for that we are grateful beyond measure."
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".
"B.D". Supported Client at Pathways to Independence

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

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Brain Injury and Making New Year's Resolutions

With the start of a new year I hear people asking one another a similar question, “What is your new years resolution?” As I heard this question being asked, I reflected upon what answer I would give if I was asked, “What is your new years resolution?”

As I reflected, several thoughts and quotes came to mind. These thoughts and quotes remind me that I can restart my day over at any time. These thoughts and quotes help me to look at my circumstances and experiences in a different light. These thoughts and quotes encourage, inspire and give me focus.

May you also be encouraged and inspired by these thoughts and quotes.

In life I need to remember that there is no such thing as a happy victim.

Happiness is an inside job. When I look out side of myself — for happiness — I set myself up to be disappointed. I am responsible for my own happiness.

“It is not what happens to you, but how you react to it that matters.” Epictetus

“I am only one, but still I am one. I cannot do everything, but still I can do something; And because I cannot do everything I will not refuse to do the something that I can do.” Helen Keller

“I have not failed, I’ve just found 10,000 ways that won’t work” Thomas Edison — inventor of the light bulb and many other inventions

“Opportunity is missed by most people because it is dressed in overalls and looks like work.” Thomas Edison

“Enjoy the little things, for one day you may look back and realize they were the big things.” Robert Brault

“It’s choice—not chance—that determines your destiny.” Jean Nidetch

“There are two ways of spreading light; to be a candle or a mirror that reflects it.” Edith Wharton

“What lies behind us, and what lies before us, are tiny matters compared to what lies within us.” Ralph Waldo Emerson

“Courage does not always roar, sometimes it is a quiet voice at the end of the day, saying “I will try again tomorrow.” Mary Ann Radmacher

“Regardless of your lot in life, you can build some thing beautiful in it.” Zig Zigler

Life Happens
Things Change
Carry On
You Can Do It

What do you get when you cross a snowman with a vampire? ?

Frostbite

Why did tiger stick his head in the toilet?

He was looking for pooh!!!!

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Cooking Tips After a Brain Injury

Step 1: Organize Your Kitchen

Use the Kitchen Layout List from your Planner Pages. Prepare some small pieces of paper, about 1 or 2 inches square. Number the pieces of paper. If you prefer, you can use 1- or 2-inch pieces of masking tape. These will be your kitchen tags.

We recommend that you begin on the LEFT side of your kitchen and "tag" cabinets and drawers as you move around to the right. You may even want to add a note to your Kitchen Layout List that you numbered from left to right.

Some of you will not want to put the tags on the outside of the cabinet or drawer for all the world to see. If you place your tags out of sight, your Kitchen Layout List will give you an idea which is Tag 1, Tag 2, and so forth.

Put tag 1 on a cabinet or drawer, and write on your Kitchen Layout List the basic items in that cabinet or drawer. It might be Big Pots or it might be Corning ware or skillets.

Go around the kitchen until you have "tagged" all cabinets and drawers and completed your Kitchen Layout List. Now you should be able to find all the cooking utensils as well as the plates, glasses and silverware you'll use later.

Step 2: Let's Cook

There are three items you should have: your Meal Planning List and your Meal Preparation List from the Planner Pages and a recipe. (We will be adding many recipes to this site that you can use.)

The Meal Planning List provides a way for you to organize the entire meal and to know what ingredients, utensils and cookware you will need for each food item. The Kitchen Layout List should tell you where those items are located.

The Meal Preparation List should contain all the food items from your Meal Planning List. It will also tell you where to prepare each food items. Does it go in the oven? Do you cook it on the stove? Or, microwave? Or, are you using an outdoor grill?

The Meal Preparation List also has the amount of time you should cook the item as well as a column for you to write in the time you began cooking each item. You should not leave the kitchen while cooking unless you set a timer to sound an alarm.

You certainly do not want to go outside the house. You also do not want to go anywhere you cannot hear your alarm.

Using the lists and a few simple tips should have you cooking to your heart's content. The more you do it, the better you will get at it.



Joy Beazley
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Rehabilitation Case Manager
1063 Lincoln Drive
Kingston, ON K7M 4Z3
V: 613.384.9736
F: 613.384.9317
E: Joy.beazley@sympatco.ca



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

18 Princess Dr.
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office@brainchildnetworks.com
 www.brainchildnetworks.com



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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.

Jan. 8 Jan. 15 Jan. 22 Jan. 29

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.

Jan. 10

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.

Jan. 17

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.

Jan. 25

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

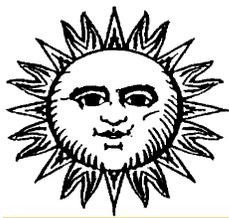
The Peer Support Mentoring Program for people living with ABI connects an individual who is a “veteran” in living with the effects of Acquired Brain Injury (ABI) with a “Partner” who is coping with a similar ABI-related situation and is in need of support from a knowledgeable friend. The program is available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

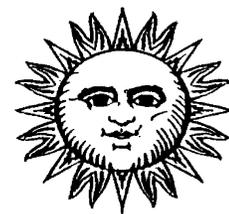
The Peer Support Mentoring Program for people living with ABI can be a great way to support efforts toward recovery, and complements professional services. Mentors and Partners talk by phone or email so they can arrange a convenient time and can participate **from their own homes.**

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”



January 2013



Happy New Year Happy New Year

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Happy New Year	2	3	4	5
6	7	8 Recreation Program Bowling 5pm	9	10 Caregivers Mtg 1pm RCBIS office	11	12
13	14	15 Recreation Program Wellness Centre 5pm	16	17 Info/Support Mtg 5pm	18	19
20	21	22 Recreation Program Pool at Mr. Zeds 5pm	23	24	25 Lunch Program 12:00 noon Must RSVP	26
27	28	29 Recreation Program Movies 5pm	30	31		