

Presidents Note



This issue highlights the wonderful events that have happened at BIAQD during the past few months. Our 25th anniversary year continues to be a year to celebrate the success of our members. Special thanks to all who participated in the 25th Anniversary Celebration at Farmtown Park in Stirling and a special thank you to the Dann-Kemp family for all of their support

There are many wonderful examples of the activities of our members, including the wonderful display of art at Celebrating Success. Our members are busy preparing for a craft sale in the fall. As well, please support our members when they solicit pledges for our annual Walk-A-Thon on August 16th. Please feel free to join them on their walk and enjoy a BBQ afterwards. The only money this Association receives is through the generous donations of our sponsors - we thank all of you for your support!

Respectfully submitted,
Mary-Ellen Thompson

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BIAQD Celebrates 25 Years



BIAQD Celebrates 25 Years



A Big Thank You goes out to Aaron Dann and his family for their support of this Association. Although Aaron wasn't able to join us in the celebration, his mother Laura was able to attend on his behalf. We are truly grateful for everything that the Dann-Kemp family has done for BIAQD.



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PERSONAL INJURY LAWYERS

Peer Navigation Explores Essential Oils

Essential Oils
By Neeta McKee

The use of essential oils can empower you to become more active in your family's health. Pure essential oils are those that have been distilled from all around the world to get the best quality of oil for safe use. They can be used internally by the way of a veggie capsule, in food, or under the tongue. They can be use topically on your skin, or you can aromatically diffuse them. These methods bring the pure essence of health to your home, family, and life. The most common ones a first time buyer will purchase are lemon, lavender and peppermint.

Lemon has many benefits. It cleanses and purifies the air and surfaces. It naturally cleanses the body and aides in digestion, and supports healthy respiratory function. As well, it promotes a positive mood and cognitive ability.

The primary benefits of Lavender are its calming and relaxing qualities. It sooths occasional skin irritations and helps skin recover quickly when cut or bruised, and it eases muscle tension.

Peppermint has many benefits too. It promotes healthy respiratory function. It is energizing and has a cooling aroma. It is used in toothpaste and chewing gum for oral health, and it helps alleviate occasional stomach aches.

Essential oils can be used to inspire a positive emotional state of well being. They can help you rediscover peace, balance, and joy.

Essential oils can also enhance your physical well being. Our lifestyles don't always create optimal conditions for physical wellness. We have poor diets, lack of exercise and live in a world of an overabundance of environmental toxins. Essential oils offer weight management supplements, dietary vitamins, and oils to help you feel revived every day.

Essential oils also help purify your home. You don't have to use harsh chemicals to clean. You can use the oils to clean countertops, windows, bathrooms, and to have clean laundry.

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- A fully accessible cottage suitable for people with physical challenges such as spinal cord injuries
- 24/7 expert support staff
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To discuss our Cottage Getaway and how to make an application contact: **Ruthann Clark** at (705) 342-9750 or rclark@commsolltd.com or info@commsolltd.com
www.communitysolutionsltd.com

You can also refine your beauty routine. Essential oils offer great personal care products that promote great complexion, soften aging appearance, and promote healthy-looking hair.

As well you can use essential oils in the great outdoors. Use them to protect yourself from the elements of nature itself. Bug sprays, tick protection, and sun protection are just a few things you can use the oils for., so there is no worry about getting outside to enjoy the fresh air at any time of the year.

Make essential oils a part of your life. Enjoy greater health and rediscover a beautiful lifestyle for you and your family. Take advantage of all the useful ways they can enhance your life without the toxic dangers we face today.

Summertime Essential Oil Usage

SPIDER-AWAY SPRAY



1 cup rubbing alcohol
10 drops Peppermint Essential Oil

Combine in an 8-ounce glass spray bottle. Lightly spray weekly on baseboards and Problem areas. Can also be used to repel mice. For silverfish, substitute lavender oil for the peppermint.

TICK REPELLENT



Ingredients:
20 drops Lemongrass Essential Oil
20 drops Eucalyptus Essential Oil
4 ounces of water
Add all ingredients in a spray bottle.
Shake well!
Spray on shoes, socks, and pant cuffs.

Safe for humans and dogs!

BUGS-AWAY SPRAY



In a glass bottle or high quality plastic bottle add:
15 oz. water
1 tsp. Epson salt
25 drops of Peppermint Essential Oil
Shake and spray around baseboards, door frames, windows, cracks and along outside foundation.

Natural Bug Bite Relief



Ingredients:
2 tablespoons carrier oil
4 drops Melaleuca (tea tree) essential oil
6 drops Lavender essential oil
Both Melaleuca and Lavender have antiseptic qualities, and Lavender promotes healing as well. Apply the oil mixture twice a day, and the bites clear up in just two days.

Healthy Lifestyles



Wednesdays @ 10:45 AM



This program includes different topics every week that promote healthy living! Come enjoy the summer weather while staying healthy ☺



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"8:30 on a Wednesday Evening"

They say everything happens for a reason! I have to admit I do have a problem accepting this theory, but on the other hand, perhaps my accident was the reason that this Association is celebrating 25 years of success.

For the past 25 years, I have made a difference in my community. My original path through life was changed on a night that I do not remember, but a night I will never forget. Although this is not the original path, the new path is different but things are good. After the trauma and shock of the crash caused by a woman who made the decision to drink and drive, months of hospitals and lots of rehab, I returned to my community in rural Ontario to pick up the pieces. I not only survived, I thrived.

Early in my rehab, my mother recognized the lack of services in rural Ontario and became the driving force behind the creation of the Brain Injury Association Quinte District. In many ways, I grew alongside the Association. Today, I remain an active member, participating in programs and volunteering for many events.

Like many survivors, I faced the challenges of learning to walk again, learning to talk again, and learning to live with my family, friends, and community, as a totally different person. Through rehabilitation, I climbed many mountains and conquered many goals. However, what is important is what I did after formal rehab ended. In many ways, my story is the story of embracing the community, finding opportunities, and continuing rehabilitation after the therapists had left. My story of lifelong learning continues until this day- I recently learned to tune my own guitar!

I have an active family life. I am the proud father of two young boys, aged 12 and 9 years; a devoted husband to Michelle for 14 years as well as a loving son. Like all families, my family has learned to live with the cards we have been dealt - we make a good life enjoying time together, especially family vacations. The effects of my brain injury have affected my family, but they have learned to live a life of the glass half-full. We enjoy life's journey together.

I am a valued volunteer supporting the local conservation authority for over 21 years, a placement that began with rehab and continues to this day. As well, for the past 19 years, I have canvassed for Heart and Stroke Association. I have shared my message of hope, my secrets to success, and the lessons learned in my life's journey with several service clubs, fellowship groups, etc. As well, I shared my story several times with the P.A.R.T.Y. program, an alcohol and risk-taking prevention program for high school students, - as I speak, you could hear a pin drop in the room - the students taking it all in!

I have also become a leader in my community. I have embraced several executive positions in my local Elks lodge and I currently hold the position 2nd Vice-President of the Ontario Elks Association. As well, I have been an active peer support mentor.

I was dealt a different hand than I expected in life, I trust I have made a difference. In spite of my brain injury, I still live a productive, constructive and meaningful life. My brain injury has not gone away - and never will go away - but I take just one day at a time and do my best to work around my disabilities. Going back to the title "8:30 on a Wednesday Evening" is a night I don't remember, but a night I will never forget.

I hope you never have to use our Association, but I am sure glad we have such a viable Brain Injury Association in the Quinte District available to survivors and their families.



BIAQD Bike Rodeos



BIAQD participates in Bike Rodeos in our Community. Thanks to the Generosity of the Ontario Trial Lawyers Association, we are able to provide helmets to any child or adult that requires a bicycle helmet in the Quinte area. For more information call or email the office today. info@biaqd.ca 613-967-2756



613.707.3915

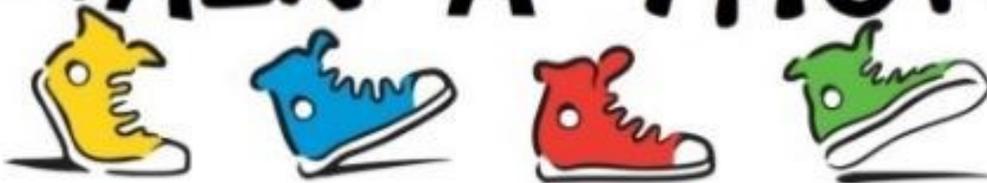
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WALK-A-THON



- WHO:** BIAQD Members and Family
- WHAT:** 3rd Annual Poker Themed Walk-A-Thon
- WHERE:** Tom Gavey Pavilion, Zwicks Park, Belleville
- WHEN:** Wednesday, August 16th 2017 at 5:00 pm
- WHY:** To raise money for BIAQD Programs

Donations can be made, and Pledge Forms are available at the BIAQD Office. 223 Pinnacle St. Belleville, ON K8N 3A7

613-967-2756



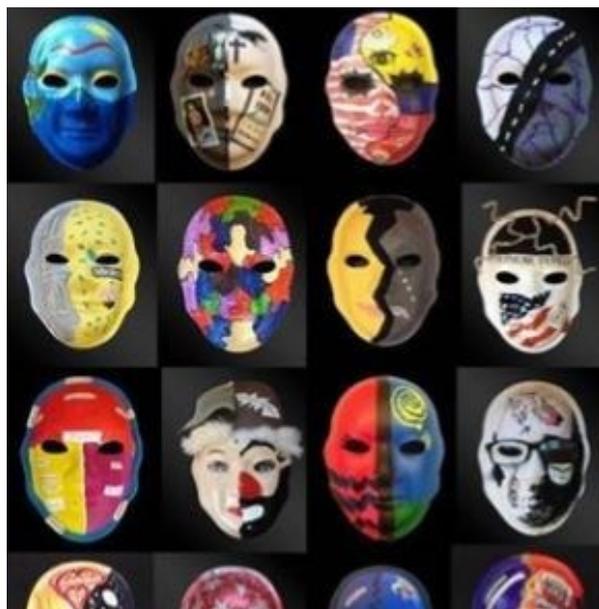


Come join BIAQD in Unmasking Brain Injury!

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!

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
223 Pinnacle St. Belleville, ON K8N 3A7



4th Annual Ralph Kitchen Ride



Thanks to the Kitchen Family for their continued support for BIAQD. This year the riders had the best weather yet, and the turnout was fantastic. This is such a fantastic way to remember Ralph and his love for riding, and bring awareness to Brain Injury and the services that BIAQD has to offer.

Early Detection of Brain Damage in Athletes - Just Listen to Them!

Professional athletes in many contact sports such as football or boxing often suffer brain damage as a result of repetitive hits to the head over their careers. This form of brain trauma is formally called chronic traumatic encephalopathy (C.T.E.). Unfortunately however, there is no reliable test that can detect C.T.E in its early stages, and proof of the injury can only be confirmed on autopsy. Therefore, many professional athletes and other individuals that experience repetitive head traumas may experience debilitating symptoms such as memory loss or confusion, without knowing the cause or treatment options.

A recent study by researchers at Arizona State University found promising results for an early, non-invasive E.T.C. detection. Lead author Dr. Visar Berisha and his colleagues at Arizona State tracked the words spoken spontaneously by players, coaches, and executives of 11 National Football League (NFL) teams. The researchers analyzed transcripts of 10,000 pregame and postgame interviews and news conferences from 2007-2015. Specifically, Berisha and colleagues only selected those that met the criterion of speaking at least 30,000 words in the interviews, leaving them with 28 individuals. The researchers used two measures of verbal ability: the first involved the ratio of the number of verbs, nouns, adjectives, and adverbs to the total number of words spoken, and the second included a ratio of the number of distinct words spoken to the total number of words spoken.

Conversation requires a series of mental steps, in which the brain arranges words in a recognizable order before speaking them. As neurologically healthy individuals age, the complexity of their vocabulary remains stable or even increases until their mid-70s. However, Berisha and colleagues found a distinct difference in language changes when comparing groups of players, coaches, and executives over time. Specifically, the researchers discovered that the NFL players in their study demonstrated a steeper decline in vocabulary size and other verbal skills, when compared with the coaches or executives who had never played professional football. This study is the first successful attempt to establish a linguistic test capable of recognizing the early symptoms of C.T.E. Although future research is necessary to determine the validity of the test, it could someday be used to detect and monitor a variety of neurological disorders such as those at risk for Alzheimer's disease that do not show typical symptoms.

References

Altman, L. K. (2017, May 29). The earliest signs of brain damage in athletes? Listen for them. *The New York Times*. Retrieved from https://www.nytimes.com/2017/05/29/health/cte-brain-injuries-football.html?_r=3®ister=google



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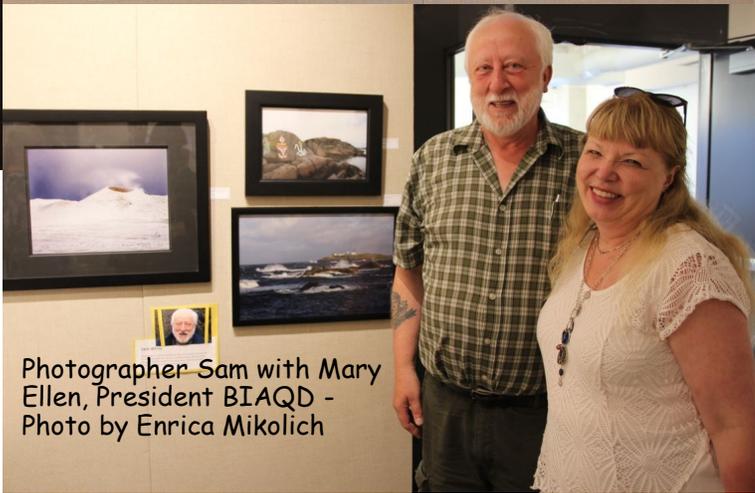
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Quilts made by BIAQD's Quilting Group.

Art from 2 of our very talented BIAQD Artists who sold their paintings. Good Job Guys!



Photographer Sam with Mary Ellen, President BIAQD - Photo by Enrica Mikolich



lisanne mitts

acquired brain injury case management
community rehabilitation supports
group facilitation and abi education

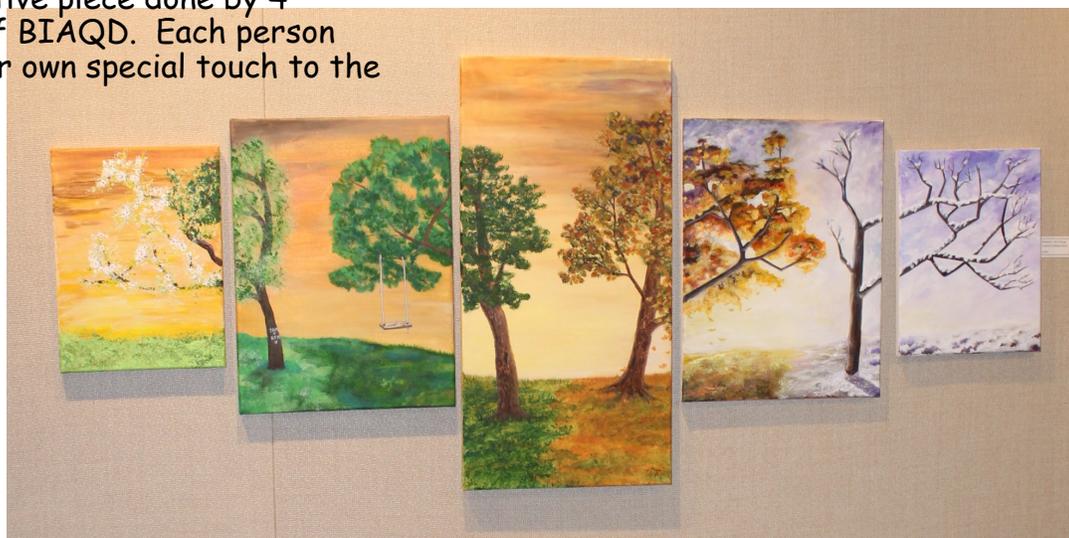
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by mail
18 princess drive
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5 Panel painting titled "Seasons" was a collaborative piece done by 4 members of BIAQD. Each person adding their own special touch to the piece.



On June 15, 2017 BIAQD members gathered at the John M. Parrott Art Gallery in Belleville, along with members from CBIS and Pathways to Celebrate their Success with Art. This is the 11th year that we have participated in the show at the Gallery during June to promote Brain Injury Awareness Month.



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
- ❖ 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

Activities at BIAQD



← Cindy R. teaching a Picton OPP Officer how to sew a quilt square.

Art Group making "Teacher" gifts for the craft sale.



Members gathering for the Candlelight Vigil



Some of our members at the 7th Annual Golf Tournament.

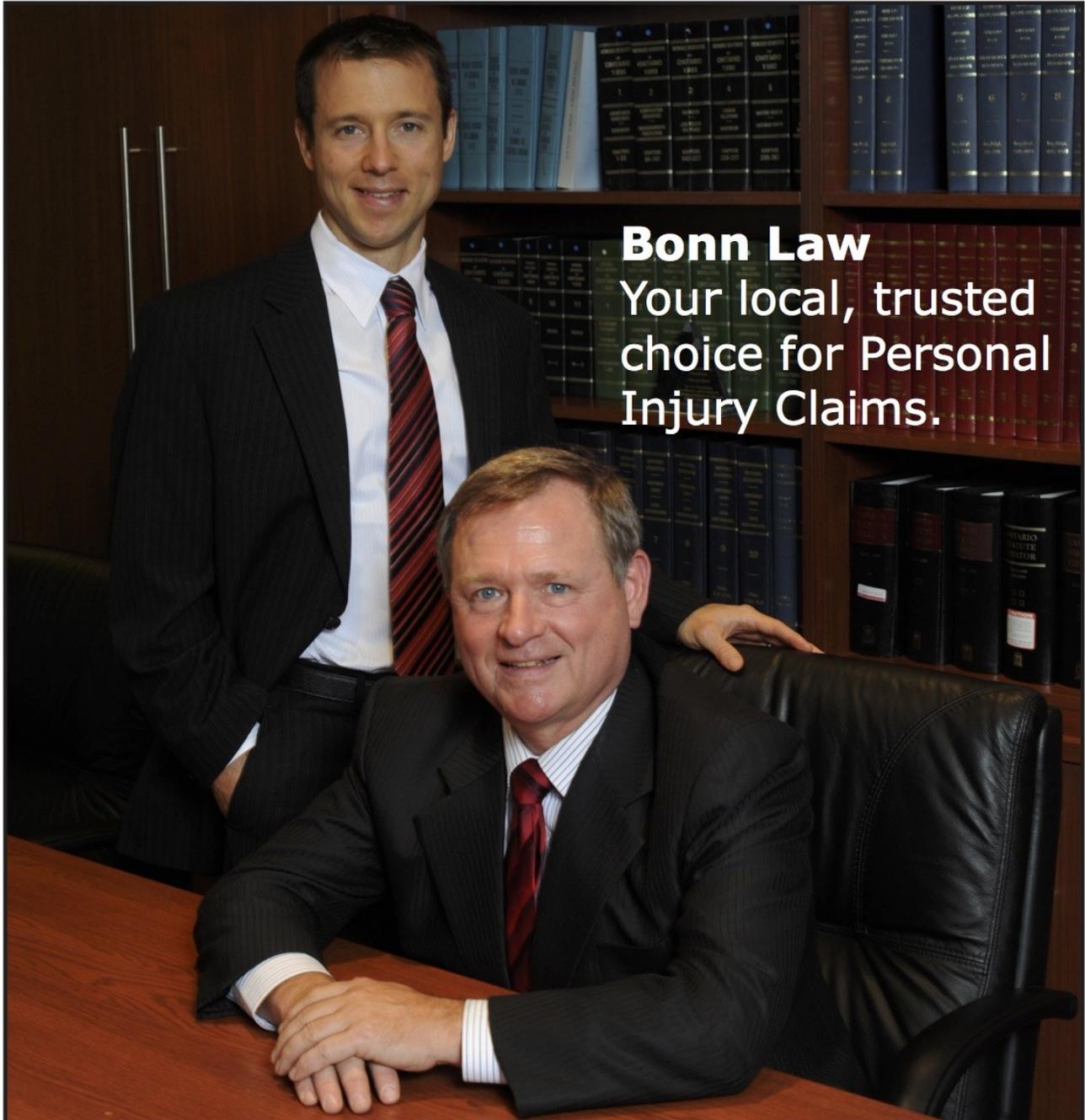



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Special thanks to the service providers of our community

Who support our local organization

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Mary-Ellen Thompson, Ph.D.,
Speech-language Pathologist

Lawyers:

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Bonn Law Office
Thomson Rogers
Gluckstein Personal Injury Lawyers
Oatley Vigmond
Bergeron Clifford

Rehabilitation Support:

Bayshore Home Health
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Better care for a better life



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**.

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Support Services for Brain Injury

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



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1-800-559-8323

Upcoming Events

Save the Date!

BIAQD Walk-A-Thon

August 16, 2017
Zwicks Park

Brain Basics Course

October 17 & 18, 2017
BIAQD Office

OBIA Conference

November 1-3, 2017
Sheraton on the Falls Hotel
Niagara Falls, Ontario

Uncorked 2017

December 1, 2017
Belleville Armories

If you are interested in any of the events please contact the office for further information!



We're On the Web! Check us out
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magazines!
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