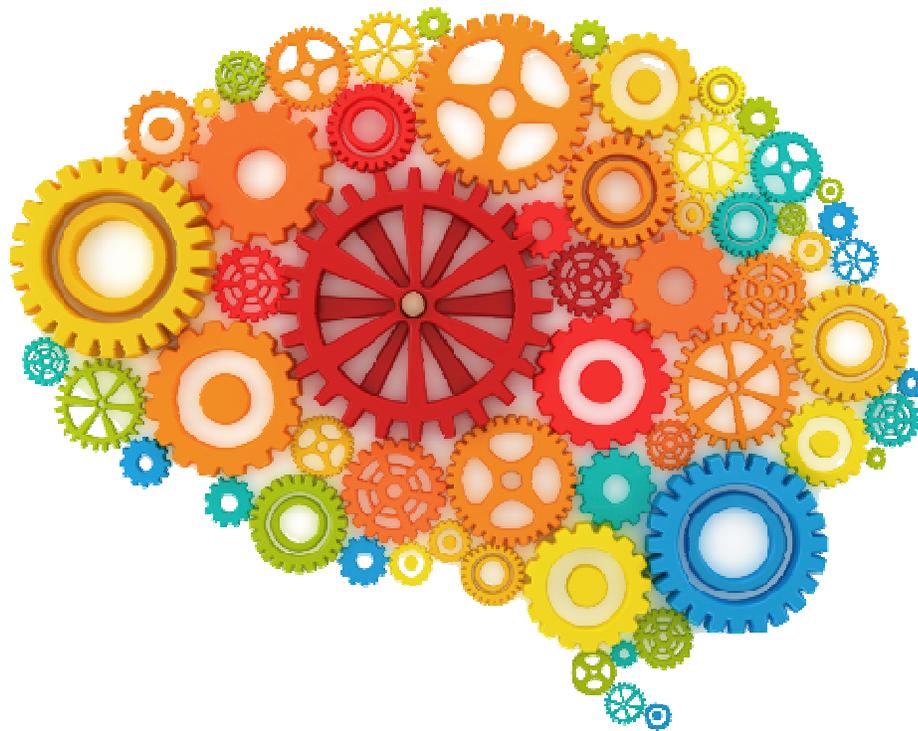


# On the Sunnier Side

Volume 3, Issue 1

Winter 2016

Brain Injury Association Quinte District



"The secret of change is to focus all of your energy, not on fighting the old, but on building the new."

- Socrates

## Presidents Note



Happy New Year! This issue features many of the comings and goings of BIAQD. Please review the programmes currently being offered at BIAQD and feel free to join us. The funds that support these programmes have all been raised by our community of friends. A special thank you to our sponsors for their ongoing support and thanks to all who contributed to Uncorked from the County. As well, our Bingo volunteers are essential to our organization and I would like to personally thank Joe, Heather and Bill for their many hours of service. Also, thanks to Ken and Leona for helping with the New Year's eve bingo. Carole continues to provide many hours of volunteerism as our Peer Support Co-ordinator, a program that brings valuable funds to our association. The Provincial conference of OBIA was held in Niagara Falls last November and our association will receive a share of the proceeds of this conference based on our affiliation agreement. I am a member of the Program Committee and read many abstracts to develop the program for that conference. As well, we provided volunteers during the conference - thanks to Jennylee for her participation.

Inside this issue	
Presidents Note	2
Uncorked from the County	4-5
Holiday Party	7
Youth Workshop for ABI Families	8-9
Concussion Story	10-11
Fall Programs	12-16
Harvest Festival	18
No Law on Safety	20-22
Our Sponsors	23
Save the Date	24

We are excited to present our "Child and Youth Workshop for Families Affected by ABI." Caron Gan and Kathy Gravel, two well-respected therapists from Bloorview kids will facilitate this workshop. We are very fortunate to have this event in our community! If you have children or grandchildren, please register them for our event. For more details, review the information in the magazine or contact the office.

As well, I would like to draw your attention to Adrianna's story. Although we hear about concussion in the news on a daily basis, her story gives a face to concussion.

Finally, a special thank you to our office staff and all the volunteers who keep the BIAQD office a happy place! Many of our members volunteer time to assist with office duties, recycling, cleaning, etc.

May 2016 open new doors for all of you!

Mary-ellen Thompson, President  
BIAQD



**Bonn Law**  
Your local, trusted  
choice for Personal  
Injury Claims.

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.

80 Division Street, Trenton & 199 Front Street, Belleville  
613.392.9207 or 1.888.BONN LAW [www.bonnlaw.ca](http://www.bonnlaw.ca)

**BONN**  
LAW OFFICE

Here for you, when you need them the most.

# Uncorked from the County 2015

Brian Injury Association Quinte District hosted the second annual Uncorked from the County fundraiser on December 11th, 2015 at Sans Souci Banquet Centre in downtown Belleville. The evening included a dinner with wine pairings, auctions and live music by The Shadows. We would like to thank everyone that came out and made the event a success! A special thank you goes out to many local businesses in Belleville, Trenton and beyond for donating a wide variety of gifts to our live and silent auctions.

Our M.C. for the fundraiser, Orlena Cain did a wonderful job and we thank her and Quinte Broadcasting for their continued support of our association. The Shadows put on a great performance and filled our dance floor.

Thank you to everyone that made this event a success. We appreciate the ongoing support that our association has been showed in our local community and beyond!



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

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

*Practice in Language, Speech and Cognitive Communication*

1 Bridge Street East, Suite 300, Belleville, ON K8N 5N9

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

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

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

# Thank you to Our Sponsors

## Uncorked from the County 2015

Special thanks to everyone who participated in our evening and we hope to see you next year. As well, we would like to formally recognize and thank our sponsors.

Wine Sponsor: TCL Economic Valuation Experts

Safeway Home Sponsor: McKellar Structured Settlement Inc.

Raffle Sponsor: Qualicare

Appetizer Sponsor: Sans Souci

Broadcasting Sponsor: Quinte Broadcasting

Table Sponsors: Aaron Stiller

DMArebability

Eric Reynolds Chartered Account

Mary-Ellen Thompson, Ph.D.

McDougall Insurance

Mindworks

Rehabilitation Management Inc.

Wilkinson & Company LLP



# YOUR ADVANTAGE, *in and out of the courtroom*



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](http://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**

# Holiday Party at BIAQD

The Board of Directors hosted their annual Holiday Party for members and families of BIAQD at our office on December 18th. The evening included a turkey dinner, crafts, music and lots of holiday spirit!

Gilmour's meat and shop did a wonderful job providing our turkey dinner and a special thank you to Sharon Hopkins for making pies for our holiday party. United Way of Quinte for their generous donation of gifts and Santa.

A special thanks to the BIAQD music group who put on a wonderful performance. Their practice and hard work paid off and we all enjoyed listening to their music.

We hope everyone had a happy holidays and wish you the best of luck in 2016!



# Skating Helmet Lending Program

In late 2012 with the assistance of an Ontario Grants, the Brain Injury Association Quinte District partnering with the Hastings & Prince Edward Health Unit, Queen Elizabeth School, Wellington Home Hardware, Bonn Law, and Prince Edward Minor Hockey - 83 hockey helmets were purchased to be loaned out to those who don't have a helmet. The goal of the program is to promote safe skating practices, and the proper fitting of a helmet.

The programs prime target area was for the children of Price Edward County - but are available on a first come first serve basis to anyone who would like to borrow them; pamphlets with proper fitting instructions are included when borrowing the helmets. Anyone wishing to take advantage of this program can call BIAQD at 613-967-2756 or e-mail [info@biaqd.ca](mailto:info@biaqd.ca)

The Stark Family Fund, Brain Injury association Quinte District & Holland  
Bloorview Kids rehabilitation present

# Child & Youth Workshop for Families Affected by ABI



**February 4th, 2016**

A one day workshop will be hosted by BIAQD and facilitated by Caron Gan and Kathy Gravel, both noted Marriage and Family Therapists of Holland Bloorview Kids Rehabilitation, to provide support to children who have a family member recovering from Acquired Brain Injury (ABI). The workshop aims to bring support to this group of youth who are experiencing a new reality with a parent, grandparent, or sibling who has changed due to ABI. The workshop will run from 10am-3pm at the Emmanuel Baptist Church in Bloomfield, Ontario. Lunch and snacks will be provided for all participants throughout the day. The day will include a survivor panel, breakout groups, discussions of daily challenges and finding creative solutions to these problems. For more information, please contact BIAQD office.

**Brain Injury Association Quinte  
District**

223 Pinnacle St,  
Core Centre  
Belleville, Ontario  
K8N 3A7

Phone: 613-967-2756  
Fax: 613-967-1108  
E-mail: [info@biaqd.ca](mailto:info@biaqd.ca)



# Child & Youth Workshop for Families Affected by ABI



## February 4th, 2016

Presented By: Brain Injury Association Quinte District

**\*\*Space is limited**, please register early.

### Registration Information Please Print Clearly

Registration will be confirmed (by email where possible).

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone: \_\_\_\_\_ Ext: \_\_\_\_\_ E-mail: \_\_\_\_\_

### Please indicate the attendees below

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Relationship to person with ABI: \_\_\_\_\_

Food allergies or dietary restrictions: NO YES If yes, please specify: \_\_\_\_\_

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Relationship to person with ABI: \_\_\_\_\_

Food allergies or dietary restrictions: NO YES If yes, please specify: \_\_\_\_\_

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Relationship to person with ABI: \_\_\_\_\_

Food allergies or dietary restrictions: NO YES If yes, please specify: \_\_\_\_\_

*\*Please contact office for accessibilities and personal support needs for workshop*

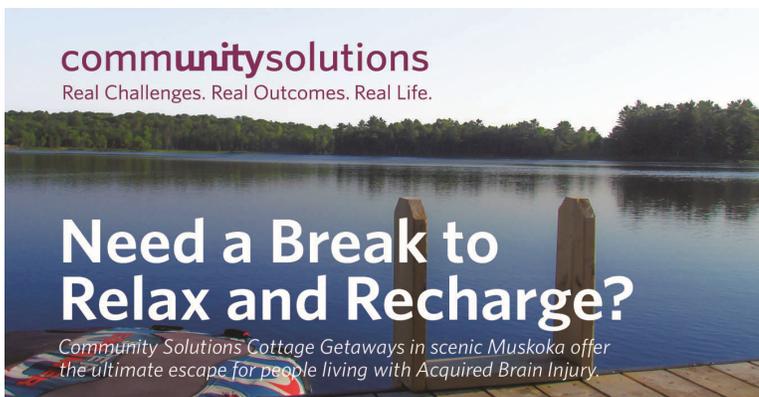
## A Concussion Story—Adrianna

I had my first concussion when I was in 7<sup>th</sup> grade. I played rep hockey as a defender and I wasn't very big compared to my peers. The play had stopped and I was in front of the net and while facing an opponent she shoved me backwards causing me to hit the back of my head on the ice. I immediately felt dizzy and "spaced out." I came off the ice and sat on the bench, something just felt different and my head was aching. I told my coach that I had a headache and I was told that I was no longer to go back on the ice until I was cleared by a doctor. In terms of my recovery for this concussion, I spent the next 2 weeks' home from school and barely left my house. Having a concussion is very exhausting! I would often sleep for 12-14 hours at night and nap during the day. Digital screens were not good to focus on for longer than 20 minutes at a time. At the beginning screens would lead to an immediate headache. Those weeks mostly consisted of sleep. I had a loss of appetite over those weeks that I gradually gained back. After I went through a week of no headaches, I was able to attempt physical activity. If I felt a headache coming on, I had to wait another week without headache. I was lucky to be able to complete this low level of activity. After that week of low level activity I was able to return to practice but without contact. After I was able to complete practice at a regular intensity, I was able to practice regularly with contact. Then, finally after that I could return to play! Throughout my years of hockey, I always wore a mouth guard if I didn't wear a mouth guard I can't imagine what my concussion experience would be but I am thankful that I never went on the ice without one.

Unfortunately, this wasn't the end of my concussion experiences. I got my next concussion when I was in 10<sup>th</sup> grade. It was in the middle of high school basketball season and we were playing against a college team just to get some practice. There was a free ball on the ground and I went to pick it up. A girl on the opposing team also went for the ball and her knee came into contact with my head very firmly. Since I knew what it felt like with my past concussion, I immediately had the same feeling. I felt dizzy, I had a headache, and felt very out of it. I didn't go on to play for the remainder of that game. The road to recovery for this concussion was much quicker than the previous concussion. I had headaches for a few days and I quickly began to feel more and more like myself.

My last concussion was my worst and most emotionally difficult. I got my last concussion while playing basketball. It was in 2015 (this year), my last year of high school, 12<sup>th</sup> grade. My rep basketball team, the Belleville Spirits, were in a try-meet and it was our first game. I was on the court and my teammate had just shot the ball.

**Continues on next page**



**communitysolutions**  
Real Challenges. Real Outcomes. Real Life.

**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)

After she released her shot, a player on the opposing team aggressively boxed me away from getting the rebound while swinging her arm around and hitting her forearm to the middle of my head with extreme force, knocking me on the ground. I stood up and for a few seconds I couldn't see anything. I immediately walked off the court. After sitting on the bench for a few seconds, I felt nauseated and knew I was going to get sick. This was an easy indicator that I had a concussion. The other symptoms from my previous concussions were present as well (dizziness, headache, and fatigue). For this concussion, over that day and the next 2 days I didn't leave my bed. I slept for hours on end and was woken up and given some food, although I wasn't hungry. I was out of school for a month of my second semester of grade 12. This was very hard due to the amount of school work I knew I was missing and I had planned to attend university in the fall. I fully recovered and was able to return to school fulltime and play basketball after 2 months. I had planned on playing a post-secondary sport in either soccer or basketball but after I received this last concussion I was unable to play at the level of sport that I had played before. Not only did it physically affect me, but it emotionally affected my game. I had to deal with many feelings of frustration towards myself while returning to play, I was constantly expecting more from myself than I could perform due to being out of play for so long. It was very stressful to catch up in school and miss out on some memories that my friends shared in our last year of high school. I returned to play basketball at the end of the season, but I was never able to play at the level on intensity that I did before and have not reached it yet today.

My concussion history had a large impact on my life! As negative an experience as it was, it has changed who I am today. Something my mother has always told me is that everything "builds character." After these unfortunate situations lots of character was built. I grew as a person from being able to overcome these obstacles and am now attending university.

*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](http://www.bayshore.ca)



**Bayshore**  
Home Health

# New Programs!

In the fall of 2015, BIAQD expanded our services through the addition of many new programs being held in our local BIAQD office. These programs range in variety to meet the many interests of the BIAQD members. We are excited to bring back previous programs including yoga classes, Friday lunch program, and Tuesday afternoon movies. We have also introduced many new programs, including Computer classes, Music classes and Artistic Expression. Many of these programs are run weekly, and we are excited to report a growing turnout. We have a wonderful group of facilitators for our programming who have many years of experience and love sharing their passion with our members! We are pleased to introduce our facilitators to you:

## Artistic Expression: Featured Artists

Weekly Program, Wednesdays from 1:00pm-3:00pm

Feature's local artists for six weeks

## Computer Class: Peter Ferguson

Biweekly, Monday from 1:00pm-3:00pm

Have questions about your electronics?

## Music Program: Jeff Durish

Weekly, Thursday 10:00am- 11:30am

Learn a new instrument or come sing along

## Fitness: Vicki Legate

Weekly, Wednesday 10:45am

Yoga and Pilates, adapted to your skill level and ability

## Social Recreation Program : Dominic Lombardi

Weekly, Wednesday 5:30pm

Variety of activities in the community

**TIM DAVIDSON  
HEARING SERVICES**

For all your hearing requirements  
Registered ADP, WSIB, DVA

Bay View Mall  
470 Dundas Street East  
Belleville, Ontario, K8N 1G1  
t: 613.966.6653  
tollfree: 1.866.608.9990

Association of hearing instrument  
practitioners of Ontario

timdavidson@bellnet.ca

**Barbara Claiman**  
M.A., R.R.P., M.C.V.P.  
Director, Client Services



P.O. Box 811,  
Cobourg, ON  
K9A 4S3  
Tel: 905-349-2020  
Fax: 905-349-3862  
bclaiman@commsolltd.com  
www.commsolltd.com

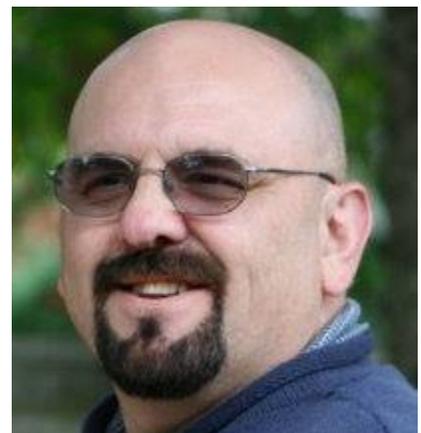
# Local Artists

BIAQD is excited to be hosting an art class featuring a range of artists from the Quinte area. Each artist partakes in six sessions with our members to teach them about art techniques. These artists offer watercolor, sculpting, 3D art and much more. Our members are enjoying this new program and look forward to learning from a variety of artists. If you or someone you know is a local artist that would like to share your passion with our members, please contact the BIAQD office.



# Computer Class with Peter

Peter Ferguson is an educator who has been empowering individuals and organizations with computer knowledge and implementation since 1995. Peter has experience training people from traditional students, teachers, principals to industrial, business and all levels of governmental employees. He has taught computers over the Internet while contracted with OntarioLearn as well as having taught at HPRCSSB, Clarke College, and Loyalist College. Currently, Peter is retired from the formal education field and volunteers at Quinte West Public Library teaching seniors basic computer skills and here at BIAQD. Peter Ferguson lives in Quinte West, Ontario.



# Music with Jeff

Jeff Durish owns and operates Qualicare Toronto South and Belleville. Qualicare is a full service home healthcare company that specializes in supporting families who are dealing with complex medical issues. We provide medical case management, attendant care, nursing care and therapeutic care in our clients home. Jeff came to Qualicare after a long career in the field of software development that culminated in roles as Senior Director of Research and Development for both Nortel and Avaya. Jeff is very involved in charity work and is currently serving on the board of the Track 3 Ontario Ski Association and the Brain Injury Association of Quinte District. Jeff is also an outdoor enthusiast who spends his spare time paddling Northern rivers, adventure racing, Dragon Boat racing and riding his bike. In his quiet moments, Jeff enjoys playing guitar and piano, and sharing his love of music.



# Fitness with Vicky

Vicky has been working as a certified Personal Trainer in the Quinte area since 1986 helping others to achieve their fitness and lifestyle goals.

Her philosophy on life and fitness centers around balance. This can sometimes prove to be a challenge, yet she derives great satisfaction from helping others strike a balance that will assist them in striving to reach their goals.

She has her advanced Pilates certification from Body Harmonics as well as a certification in Yoga Fit. She is teaching a class for us on Wednesdays from 10:45am to 11:30am. Her plan is to combine these disciplines as well as other fun forms of fitness to create variety that will be easily modified to suit everyone's limitations and interest. She looks forward to meeting you soon.



# Social REC Program with Domenic

Domenic specializes in supporting individuals with acquired brain injury to achieve personal and productive goals

He has many years working as a private rehabilitation strategist and part-time professor at St. Lawrence College

Domenic is known for his entertaining and engaging group programs to build friendships and foster social outings.

Join the recreation group on Wednesday evenings for 2 hours of fun activities in the community.



**Bergeron | Clifford** LLP

Personal Injury Lawyers



# Catastrophic injury

It's overwhelming.  
Doctors, specialists, therapists, insurance companies, bills.

Bergeron Clifford is a group  
of family-focused  
personal injury lawyers.

We help sort out the confusion.

**Bergeron Clifford**

1-866-384-5886 • [www.bergeronclifford.com](http://www.bergeronclifford.com)

OTTAWA › KINGSTON › WHITBY › PERTH

# Harvest Festival 2015

BIAQD enjoyed a fall afternoon together at the Ameliasburg Museum. BIAQD Members and their families spent the afternoon exploring the museum, participating in a fall craft and enjoying a meal together. Thank you for everyone that joined us. We had a wonderful afternoon!



## Support Services for Brain Injury

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

1-800-559-8323 • [www.mindworksgroup.ca](http://www.mindworksgroup.ca)

**MINDWORKS**

# Baldwin Law

BARRISTERS & SOLICITORS *Professional Corporation*

54 VICTORIA AVENUE • P.O. BOX 1537 • BELLEVILLE • ONTARIO • K8N 5J2  
Phone: 613-771-9991

[WWW.BALDWINLAW.CA](http://WWW.BALDWINLAW.CA)

Facsimile: 613-771-9998

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

**Ian W. Brady** *B.A., LL.B.*

**Christopher Robertson** *B.A., M.A., J.D.*

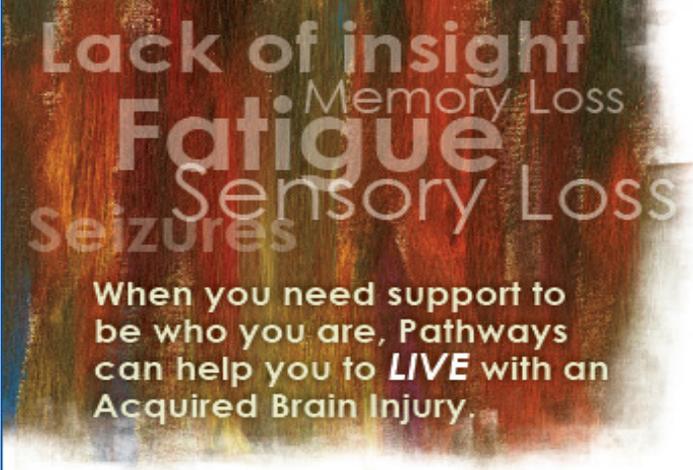
**Jordan Sewell** *B.A., J.D.*

**Gregory Parker** *B.A.(Hons), J.D.*

**S. Daniel Baldwin** *B.H. Sc., J.D.*

**Lorraine Thomson** *Licensed Paralegal*

## Advice and Counsel to *Trust*



**Lack of insight**  
**Memory Loss**  
**Fatigue**  
**Sensory Loss**  
**Seizures**

When you need support to be who you are, Pathways can help you to **LIVE** with an Acquired Brain Injury.

“ I love being a part of this club. I love the shopping, theatre, and all the activities. I've met some of my very best friends here ”

—“K. B.” Supported Client in Pathways Family Home program

“ I like that I have a place to go where I feel safe and comfortable ”

—“B. B.” Supported Client at Pathways Club ABI



**Pathways**  
to Independence  
**Acquired Brain Injury Services**

Accredited by the Commission for the Accreditation of Rehabilitation Facilities (CARF), Pathways to Independence specializes in providing community based living services and programs to people living with an ABI.

Pathways ABI programs and services are tailored to accommodate client needs and provide a continuum of care. Pathways works closely with every client to develop a service plan that 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 client to access social networks and community partners to develop and support the implementation of a person's individualized service plan.



**Depending upon the nature of the brain injury, these supports may include:**

- ❖ 24 hour Supported Homes
- ❖ Family Homes
- ❖ Respite Services
- ❖ ABI day programs
- ❖ Employment Supports
- ❖ Behaviour Management
- ❖ Psychological & Psychiatric Services
- ❖ Legal Services
- ❖ Medical and Wellness Support such as Physiotherapy, Speech Therapy, Occupational Therapy, Nursing, Dietician

**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., Ottawa, ON K2A 3V6 T 613.233.3322

[www.pathwaysind.com](http://www.pathwaysind.com)

# Imposter ski, snowboard helmets a concern

## No law on safety

By: **Tamsyn Burgmann** The Canadian Press Publish on Sun Oct, 18, 2015

VANCOUVER - Biomechanical engineer Alyssa De Marco is distressed Whenever she spots two nearly identical snow-sport helmets—with a sublet difference that could be life shattering.

Superior helmets are certified by an international standard organization, but in Canada there's no law on safety regulations for ski or snowboard headgear.

Imposter helmets are a big concern as Canadian prepare up for another winter sport season, said DeMarco, who leads the helmet-research team at MEA Forensic, a collision and injury reconstruction firm in Vancouver.

British Columbia coroner Timothy Wiles joined the perennial debate over helmet laws earlier this year, calling for their use to be mandatory.

Wiles wrote in a report into the November 2013 death of a 16-year-old snowboarder who suffered a traumatic brain injury that helmets may significantly reduce injury and mortality rates.

But in a snow-sport culture that has vastly accepted helmets, it's the danger of substandard products that worries DeMarco.



### **lisanne mitts**

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

**phone**  
613-848-4677

**email**  
lisanne@urbanwisdom.ca

**online**  
[www.urbanwisdom.ca](http://www.urbanwisdom.ca)  
[www.facebook.com/urbanwisdomca](https://www.facebook.com/urbanwisdomca)

**by mail**  
18 princess drive  
carrying place on kOk 110

## Impostor ski, snowboard helmets a concern Cont.

She's seen inadequate helmets at the Whistler Blackcomb ski resort many times and said it's hard for consumers to tell the difference.

"They're the same price, the same look, similar boxes," DeMarco said. "You could very easily get confused and end up buying a hard-hat helmet, which is lacking what makes a helmet a helmet."

The major distinction is an energy-absorbing liner, she said, adding the deficiency would not exist if the federal government required only certified helmets to be sold.

Canada crafted its own regulation in 2008, under the Canadian Standards Association, but it's already outdated, DeMarco said. Policy-makers could instead turn to international standards developed in the United States and Europe, she recommended, primarily with the "ASTM 2014" or "CE" marking.

The mere use of helmets is no longer an issue, said David Lynn, president of the Canada West Ski Area Association.

He said on-mountain surveys of skiers and boarders show that helmets use skyrocketed from 32 per cent in 2003 to 86 per cent in 2015 and that it continues to climb.

The association encourages its members to sell only helmets conforming to existing international standards and said it would support such legislation.

"If it's a low-cost helmet and people buy it and they assume it meets some kind of standard, they're potentially exposed to a higher level of risk," Lynn said.

At Whistler Blackcomb, a policy making helmets mandatory was introduced about a decade ago for its highest-level terrain park. Staff enforce the rule, said spokeswoman Luran Everest, but the guideline doesn't distinguish between headgear.

Liberal candidate Hedy Fry, who represents a Vancouver riding, has made two unsuccessful bids since 2007 to introduce snow-sport helmet legislation.

**Continues on Next Page**

If re-elected, Fry said she will push again for helmets to require certification before they're approved for sale, import, or advertisement—either through legislation or an order-in-council.

Fry's bill were supported by Brain Injury Canada, the Alzheimer Society of Canada, the Insurance Bureau of Canada and the Canadian Medical Association—"who all call it a no-brainer," she said.

Blaine Hoshizaki, director of the Neurotrauma Impact Science Laboratory at the University of Ottawa, said advances in helmet safety to prevent concussions, for example, are being made

But that almost doesn't matter because manufacturers are not required to adopt safety standards, he said.

"Can there be better helmets? Yes. Has the technology moved forward? Yes. But Canada is not in that discussion."

Regardless of innovations, helmets still have limitations, said Prof. emeritus Jasper Shealey, with the Rochester Institute of Technology. He has been researching ski-related injury for more than four decades.

Not even the most advanced helmet is likely to save a life if someone slams into a tree or rock, Shealy said.

"You're going to need a lot more than anything the market can possibly provide."

Story retrieved from: Toronto Star, <http://www.thestar.com/news/canada/2015/10/18/impostor-ski-snowboard-helmets-a-concern.html>



**Quinte & District Rehabilitation Inc.**

**Dietetics  
Social Work  
Physiotherapy  
Occupational Therapy  
Speech Language Therapy**

**Harbourview Business Centre  
106—11 Bay Bridge Rd.  
Belleville, Ontario K8P 3P6  
Tel: 613-966-5015 or  
1-800-829-7076  
Fax: 613-966-6695  
[www.quinterehab.com](http://www.quinterehab.com)**

*Dedicated to clients reaching their goals*

# Our Sponsors

Special thank you to service providers who support our association

## **Allied Health Professionals**

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

## **Lawyers**

Baldwin Law

Bergeron Clifford

Bonn Law Office

Thomson Rogers

## **Rehabilitation Support**

Bayshore Home Health

Community Solutions

Tim Davidson Hearing Services

Laura Kemp

Mindworks

Pathways to Independence

Qualicare

Quinte & District Rehabilitation Inc.

Urban Wisdom

# Upcoming Events

## Save the Date!

### Child & Youth Workshop for Families Affected by ABI

February 4th, 2016—Emmunal Baptist Church, Bloomfield

### Loyalist Student Fundraiser

March 11th, 2016—Belleville

### Ralph Kitchen Memorial Ride

May 15th, 2016—Madoc

### Casino Night Fundraiser

May, 2016—Belleville

### Poker Walk-A-Thon

August 17th, 2016—Zwicks Park

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  
Email: [info@biaqd.ca](mailto:info@biaqd.ca)