

Brain Injury Association Quinte

“On The Sunnier Side”

May 2013



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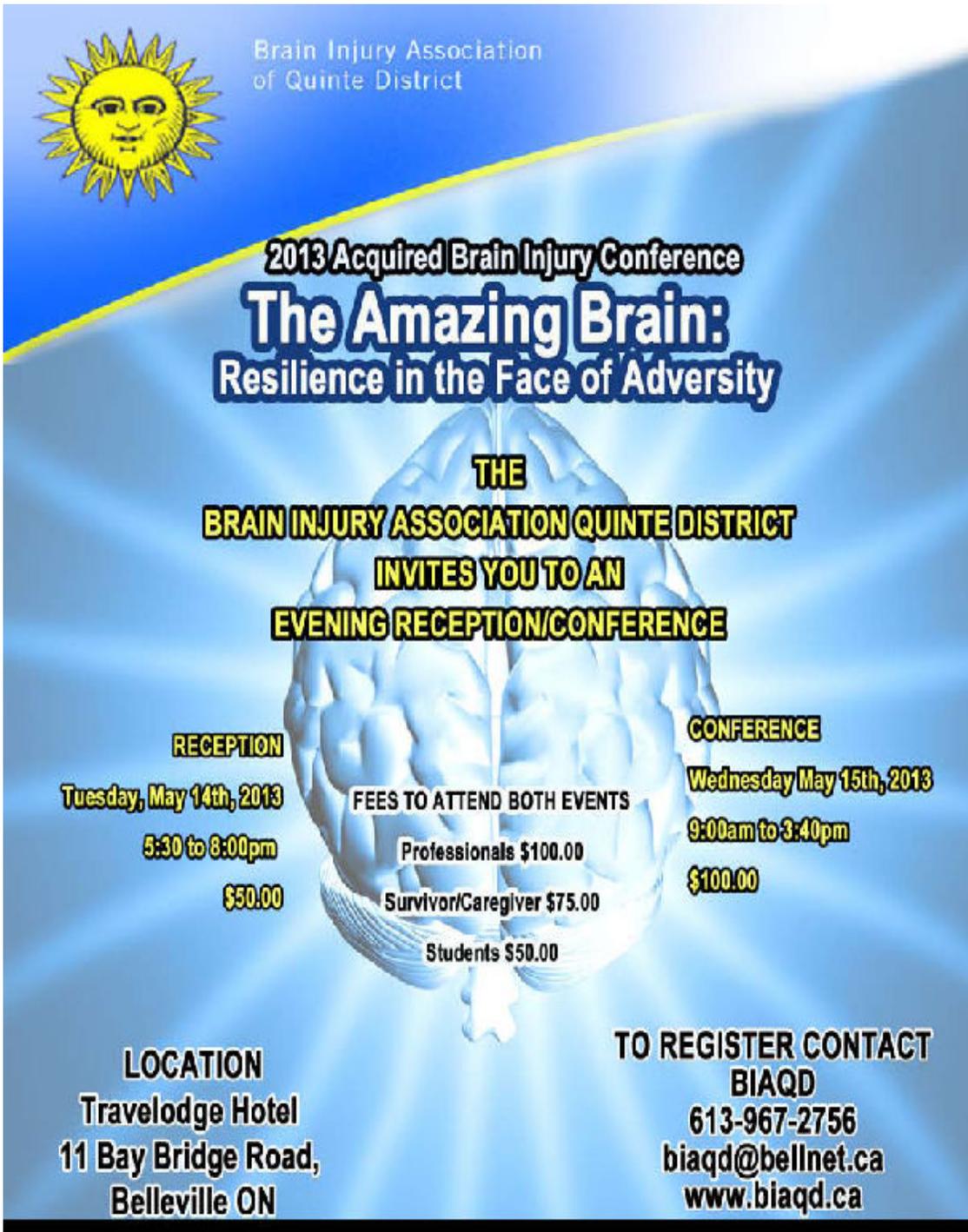
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Brain Injury Association of Quinte District

2013 Acquired Brain Injury Conference

The Amazing Brain:

Resilience in the Face of Adversity

**THE
BRAIN INJURY ASSOCIATION QUINTE DISTRICT
INVITES YOU TO AN
EVENING RECEPTION/CONFERENCE**

RECEPTION		CONFERENCE
Tuesday, May 14th, 2013	FEEES TO ATTEND BOTH EVENTS	Wednesday May 15th, 2013
5:30 to 8:00pm	Professionals \$100.00	9:00am to 3:40pm
\$50.00	Survivor/Caregiver \$75.00	\$100.00
	Students \$50.00	

LOCATION
Travelodge Hotel
11 Bay Bridge Road,
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Brain Injury Association
of Quinte District

2013 Acquired Brain Injury Conference
The Amazing Brain:
Resilience in the Face of Adversity
May 15, 2013
Travelodge, Belleville, Ontario

AGENDA—Wednesday, May 15, 2013	
8:30	REGISTRATION + Light Breakfast
9:00	Welcome
9:15	“ Neuroplasticity: The Ever Changing Brain ” Keynote Speaker—Dr. Joanna Hamilton
10:30	NETWORKING AND NUTRITION BREAK
11:00	“ How To Give Bad News: Supportive Interventions and Strategies For Moving On ” Barbara Claiman —Community Solutions; Dr. Joanna Hamilton
11:30	“ Rehabilitation and Legal Issues: The Rural Challenge ” Leonard Kunka—Thomson Rogers Barristers And Solicitors
12:00	LUNCH
1:00	Rapid Podium
	<ul style="list-style-type: none">• Community Living in its Best Form! Jan Ashley & Jason Sinclair, Pathways To Independence• Tools for Care Providers—Providing Insurers with Objective Evidence of Brain Injury Joelle Briggs-Sears, Bonn Law Office• Fighting Back after Severe Traumatic Brain Injury: The Keys to Success Gary Scott, Laura Dann & Mary-Ellen Thompson• Translating Research into Policy: Towards a Comprehensive Strategy to address Concussion in Canada Sandhya Mylabathula & Swapna Mylabathula
2:00	“ Neuroplasticity and Mindfulness Therapy: Its Impact on Traumatic Brain Injury Rehabilitation ” Andrew Wong—Kingston Internship Consortium in Clinical Psychology
2:30	NETWORKING AND NUTRITION BREAK
2:45	“ The Earth’s Creative Mind Connection, Journey to Belief ” Shaman Tracey Kennedy
3:10	“ 8:30 on a Wednesday Evening ” Randy Vincent
3:40	CLOSING REMARKS

Registration Form
Available on BIAQD Website
www.biaqd.ca

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Meat Loaf opens up about onstage health problems

Veteran singer MEAT LOAF has blamed his stage blackouts on past concussion injuries, he has secretly suffered with the

However, he passed out backstage at a show just days later, and the star has now confessed he suffers with "equilibrium" issues, revealing on The One Show, "I've had 18 concussions and for the last three or four years they've been flaring up."

He adds, "After 18 concussions I knew something had to come around, sometime. My equilibrium is off. The last few years I on stage, I will wobble a bit and stumble, and you see them (the audience) right out there (saying), 'He was drunk up there!'. No mam, I wasn't. They just assume because they've heard so many rock stars are drunk onstage, I was (sic)."

Meat Loaf is said to have cheated death on numerous occasions, having crashed in a car which rolled over, been hit on the head with a shot put, and being struck by Wolff-Parkinson-White syndrome. In October 2006, his private jet had to make an emergency landing at London's Stansted Airport after his plane's forward landing gear failed.

We are NOT alone...

- **Amy Davis** - Miss Utah 2004 (Cheerleading accident -2001) Frontal Lobe Damage; balance, coordination, depression, focus. Chosen brain injury education, prevention and support for her main goal as Miss Utah.
- **Barbara Mandrell** - Country Singer (Car Accident - 1984) Head trauma; confusion, agitation, rage.
- **Bob Woodruff** - ABC News Correspondent(Roadside Bombing Iraq - 2006) Head Trauma, Bob Woodruff Family Fund for TBI - a fund to assist servicemen and women and their families affected by the war in Iraq and Afghanistan.
- **Della Reese** - singer /actress (massive hemorrhagic stroke 1979 on 'The Tonight Show') misdiagnosed for 2 weeks with a drug problem before discovery of an aneurysm burst in her brain. Holds yearly Stroke Galas in Hollywood. Spokesperson for the National Stroke Association
- **Dick Button** - commentator- 2 time Olympic gold medallist- figure skating (Head Trauma - 2000- fall on the ice) memory loss, violent outburst. National Spokesman for the Brain Injury Association of America
- **Ernie Ivan** - NASCAR Driver (suffered 2 TBI in racing accidents in 1994 & 1999) member BIA of MichiganIvan formed a non-profit foundation called Race2Safety and works with the Association to educate the public about TBI prevention and help spearhead development of next-generation head protection safety equipment for children.
- **Gary Busey** - Actor / Comedian (motorcycle accident 1988) works for helmet awareness
- **Natasha Richardson** - actress (skiing accident - died 2009 epidural hematoma) wife of Liam Neeson
- **Brett Michaels** - singer / entertainer (brain hemorrhage/ stroke - 2010) also suffers from Type 1 Diabetes, Hyponatremia, a lack of sodium in the body, which leads to seizures, and Cardiac issues. Suffers from headaches memory loss, fatigue, motion issues.
- **Merrill Hoge** - Former NFL runningback / ESPN analyst)(multiple concussions) suffered 2 concussion within weeks of each other, stopped breathing & had to be resuscitated. Forced to retire due to brain injuries 1994. Also a Cancer survivor - Non Hodgkins Lymphoma
- **George Clooney** - Actor cerebral/spinal fluid leakage 2006 'Syrianan') surgery to repair the Dura membrane from the base of the brain to the end of the spine. Suffers from daily headaches.
- Betty Clooney Foundation Rehabilitating Persons with Traumatic Brain Injury - TBI The Betty Clooney Foundation for Persons with Traumatic Brain Injury has been serving the needs of persons with Traumatic Brain Injury (TBI) since 1983. The Foundation was named in memory of Betty Clooney. Betty was Nick Clooney and Rosemary Clooney's younger sister, and the aunt of George Clooney. Betty died of a brain trauma caused by an aneurysm.

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



What to Expect in the Initial Days after the Injury

Initially, your survival may be the key issue. Doctors will try to reduce brain swelling, stop any brain bleeding, and keep your heart rate, breathing, and blood pressure stable.

As you regain consciousness you may be agitated and confused. Chances are you will not remember this part of your recovery.

If you are dealing with a brain-injured loved one, you need to steel yourself to deal calmly and patiently with the patient so that he or she will

not become more agitated. Speak slowly, in short sentences. Realize that the patient may not understand what you are saying; this is normal in the first stages of recovery and does not mean that this is a permanent condition. This condition is sometimes hard for family members to grasp, since the brain-injured patient may seem to be speaking normally.

Sometimes touching the patient can make them agitated; in other cases, a comforting touch may be exactly what is needed. Your loved one's reactions

will be your best guide.

Talking with the patient's doctor can help you understand what is going on at this stage. It is also important to talk with the nurses and physical therapists; these professionals may be better able to explain the patient's condition than the doctor can, since doctors are frequently in a rush and may not have time to deal with all of your questions. In addition, nurses and therapists are more involved in the patient's day to day care routine and so may have excellent insights.



Can Recovery be Predicted?

Predicting recovery from a traumatic brain injury is tricky. In the first days after the injury, doctors will use a standardized scale such as the *Glasgow Coma Scale (GCS)* to classify the serious of the injury. The higher the number on the *GCS* the milder the injury is and the greater the chances of a full recovery. A rating of thirteen or over indicates a mild brain injury. A rating between nine and thirteen indicates a moderate injury and rating of eight or below indicates a severe brain injury. Ratings on the *GCS* scales and other standardized scales are useful, but only to a point; they cannot predict the rate at which an individual person will recover.

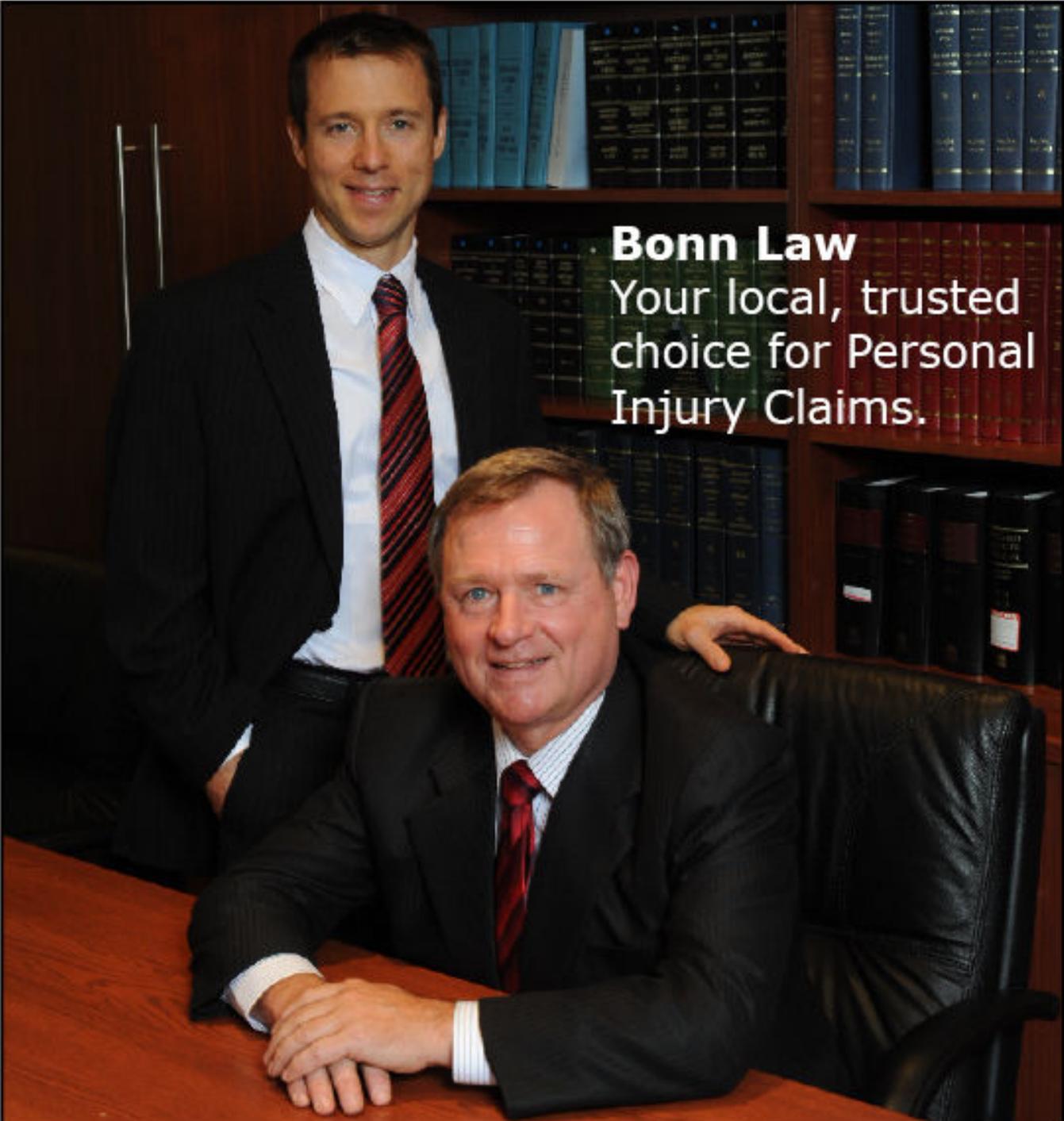
The location of the injury is also a factor, since different areas of the brain control different bodily functions. Some areas of the brain are more able to recover than others are. Scientists still do not understand all the factors contributing to recovery from brain injury. Brain injury kills some of the neurons (nerve cells) of the brain, but it is believed that in some cases the neurons may simply be injured; if these neurons are able to recover, the brain will be likely to regain more function. In some cases, other neurons which were not injured may take over the function of the damaged or dead neurons.

Dr. Glen Johnson, clinical neuropsychologist and Clinical Director of the Neuro-Recovery Head Injury Program in Traverse City, Michigan explains that recovery from a traumatic

brain injury depends on a number of factors and may not be the same even for patients in similar general health and age with similar injuries. However, patient's overall health, physical condition and age will be one factor in trying to predict the rate of recovery. Younger people are more likely to recover fully from brain injury than older people are. Brain imaging scans are not always helpful in judging the extent of the injury; sometimes scans may show nothing wrong and yet the patient is clearly demonstrating signs of brain injury.

Johnson notes that the patient's IQ may play a factor in the extent of his or her cognitive impairment. For example, a person with an above average IQ will be less at disadvantage by losing ten IQ points than a person with a lower IQ will be. Johnson explains, however, that patients with higher IQs may also be more attuned to extent of their injury and thus may be more easily depressed or disheartened when their cognitive abilities do not return to former capacity.

Despite the uncertainty in predicting recovery from a brain injury, the good news is that doctors today have a far greater understanding of how to help the brain injured patient, than they did in the past. Even though you or your loved one may never completely recover from a TBI, there are ways to cope. Developing confidence that you can deal with your new limitations will help speed you on your way to the best possible recovery for your individual circumstances.



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Program Update

Lunch Program

March 22nd, fifteen members enjoyed hamburgers from Jeannine's Backtalk Café and hotdogs that Barry cooked on the bbq—another great job Barry!!! Kreg also provided us with a delicious carrot cake.

Nicole's Aunt Sue joined us this month, great to meet Aunt Sue!!!!

Next lunch program is scheduled for April 26th with shepherds pie and caesar salad.

We will not be meeting again till September.

Have a great summer!!!!



FOURTH ANNUAL RIDE FOR BRAIN INJURY
QUINTE DISTRICT
SATURDAY JUNE 22, 2013
 BELLEVILLE SPORT & LAWN CENTRE LTD. 128 Church Street, Belleville, Ontario

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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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.

RIDE SAFE & HAVE FUN!!



June

Is Brain Injury Awareness Month



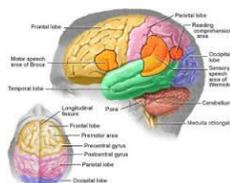
Candlelight Vigil and BBQ - kick off of Brain Injury Awareness Month. **May 31st, 5pm** at the back of BIAQD office (NO PARKING IN PARKING LOT).

Please RSVP by May 15th.

Survivor Art Show - June 3rd to June 28th.

Drop off items at BIAQD Office or contact before May 24th. Can include art, crafts, woodwork, poems etc.

Reception June 13th 4-6pm.



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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.

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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



"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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Find and circle all of the words that are hidden in the grid.
 The remaining 55 letters spell a secret message.

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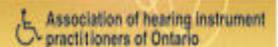
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Okay.... We did not have a story submitted this month so I thought I would share "moments" with you.

After 3 1/2 years....

1. My first "walk". You will all understand the 2 persons help to the washroom in the hospital?! They do not count. I was home, semi upright and I walked to the end of the driveway...Peter helped me back to the house. I was so happy with that I felt better! Six months later I was walking with very little 'drag' on my right side. Now things are good as I can walk just fine and only have the 'drag' when really tired.
2. Getting **dressed** is different. I cannot wear things that I cannot stretch over my head as my arm just won't let me get it done. So after a year home I was dressing myself in my new stretchy wardrobe. I still needed help with shoes, zippers and coats...but now I can do these!
3. **Eyes**... what can I say is a good "moment"....this is a very sad spot for me.... I have learned to walk to the left to ensure I can remain on the sidewalk, I watch Peter's shoes to follow him , I look at the ground to try to see if there is anything that may make me stumble. If I know the area, I can usually remember the hazards. This is one thing that will not get better so I have learned to cope and I should think of this as a big accomplishment and I do but I am very sad about the loss.
4. A silly one is **sneezing** and it is crazy but I never did this for about 2 years! I did not miss it though ;}
5. **Maggie MaY**, what? You had to know I would mention her!! At first I stood with support and the girls would get her for me. I would touch her nose and that was it. Now at this time I am tacking her myself and riding her. We walk and trot well together. This year I hope to try cantering and be able to manage her and stay on the saddle! I hope to be comfortable doing this this summer!
6. Well it was clear to all I would never **drive** again....so I got a scooter. It did not take long and I was off to the barn on it. Peter went with me a few times so we could see any obstacles which was the best way. He did a great job as I go independently now.
7. Oh and a big "moment" for me was realizing I was **dreaming** again! It is so funny to wake up with a dream on your mind... was it really a dream, or did I do it? Ha ha I think I can figure it out, but if not there is always Peter to ask!!!



Well that is it for now.... I hope you see how important the caregiver is in your life to help get some "moments" for you.

Funny thoughts from the above

- Sooooo walking. When I was stepping across-boat to boat– Peter failed to mention the large gap of water, the result is funny now...
- While walking along I was looking to stay on the right path and smacked into a truck mirror face first, it is funny now...
- Dressing for the day and finding out when getting ready for bed everything is backward and no one tells you, it is funny now
- Tacking up Maggie and putting saddle pad upside down, it is funny now
- Toothpaste missing brush or on the wrong side...sigh... still happens, but funny....



Mentor Training



May 24th 9-2:30pm at BIAQD Office. If you are interested in becoming a mentor contact the office.

Come and help find those 'moments' for someone...

Keep working at it and smell the flowers along the way





Joy Beazley
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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

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- 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



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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

May 7 May 14 May 21 May 28

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.

May 9

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.

May 16

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.

Cancelled 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

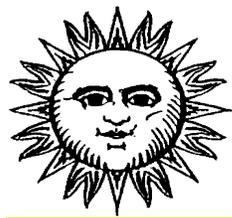
The Peer Support Mentoring Program for people living with ABI connects an individual who is a “veteran” in living with the effects of Acquired Brain Injury (ABI) with a “Partner” who is coping with a similar ABI-related situation and is in need of support from a knowledgeable friend. The program is available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



May 2013

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7 Recreation Program Movies	8	9 Caregiver Group 1 p.m.	10	11
12 	13	14 Recreation Program Bowling <u>BIAQD Reception</u> 5 p.m.	15 <u>BIAQD Conference</u>	16 Info & Support 5pm	17	18
19	20 Victoria Day Office Closed	21 Recreation Program Gym Night Wellness Centre	22	23 Last day for Art- work to Pam for the June Art Show	24 Mentor Training 9-2:30 BIAQ office	25
26	27	28 Recreation Program Walk to DQ	29	30	31 Candlelight Vigil and BBQ-5 p.m. The back of the BIAQ office	