

On the Sunnier Side

Volume 5, Issue 1

2018

Brain Injury Association Quinte District



In the middle of every difficulty
lies opportunity!

Albert Einstein

Presidents Note



With this issue, we turn our clocks forward and hopefully, welcome spring. The warmer weather means many of us come out of hibernation and begin to enjoy the outdoors. As you experience your many springtime activities, remember "Think before you act!" - wear a helmet, follow the safety rules whether on the road, on the playground, at the lake or in the back yard, and always calculate the risk before trying new ventures! Good decision-making prevents accidents!!!

A special thank you to all who supported our inaugural Comedy Night - special thanks to Kris Bonn and Bonn Law, Apollo Applied Research, and Allevio Pain Management for their support in assisting with organization. If your organization has an idea to assist us with fund raising, please share with Jennifer or a member of our Board.

The Brain Injury Association continues to be a hub of activity. If you are a person with lived experience, a family member or a friend, we encourage you to experience our programs at the Brain Injury Association. The office is open daily from 9 to 3 so come and explore what we have to offer. If you have an idea for a new program, fundraising projects, or improvements to the office, please share these with Jennifer or a Board Member. Our goal is to make our Association as user friendly as possible and the voice from the grassroots is important to us.

Respectfully submitted

Mary-Ellen Thompson
Past-President, BIAQD

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4TH Annual **RALPH KITCHEN MEMORIAL RIDE**

Trade Fair - Show n Shine -
Product Demonstrations

Sunday May 27, 2018



2 hour ride in beautiful Centre Hastings area

Full day of activities

9 am registration & breakfast - 10 am ride start

9 am - 4 pm ongoing events at

Madoc Community Centre

15651 Hwy. 62 North of Madoc

All Bikes Welcome

One of Ralph's great passions was motorcycle building, riding and sharing his enthusiasm with others. Anywhere, anytime was riding time. Ralph Kitchen was regional director for Harley Owner's Group of Southern Ontario, a role he embraced wholeheartedly. On May 27 join us as we celebrate his legacy by riding some of his favourite roads in the Marmora/Havelock/Narwood areas. Check out the Facebook Page: Ralph Kitchen Memorial Ride for updates

All donations in Ralph's Memory will support

The Brain Injury Assoc. Quinte District

BIAQD 613-967 2756 or Marg 613-472-1353

info@biaqd.ca www.biaqd.ca

223 Pinnacle St., Core Centre, Belleville, Ont.

Canada, K8N 3A7



BIAQD Artistic Expressions

The Brain Injury Association runs an Artistic Expressions program every Wednesday afternoon from 1:00 - 3:00 pm at our office. This program is free of charge and available to all of our members.

Activities include painting, drawing, sculpting, sewing, and pottery. We are always looking for new ideas and things to try. If you have an idea or suggestion for our Art Group please feel free to contact the office.



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Understanding Your Brain After Injury

Frontal Lobe



Located behind the forehead, the Frontal Lobes are the largest lobes of the brain. They are prone to injury because they sit just inside the front of the skull, and near the rough bony ridges. These two lobes are involved in:

- Planning and organizing
- Memory and attention
- Controlling behaviour, emotions, and impulses.

The left frontal lobe plays a large role in speech and language.

Problems after injury

Injury to the frontal lobes may affect:

- Emotions and impulses
- Language
- Memory
- Social and sexual behaviour

Parietal Lobe



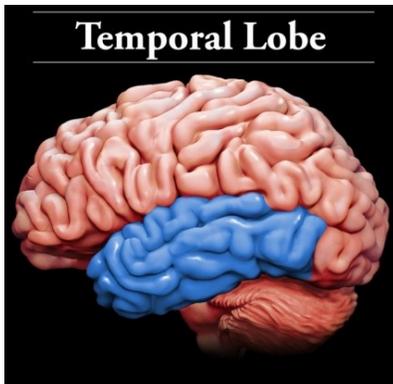
Located behind the frontal lobes are the Parietal Lobes. They are responsible for:

- Integrating sensory information from various parts of the body
- They contain the primary sensory cortex, which controls sensation (touch, hot or cold, pain)
- Tell us which way is up
- Help us to keep from bumping into things when we walk

Problems after injury

Damage to the parietal lobes may result in:

- An inability to locate parts of your body
- An inability to recognize parts of your body



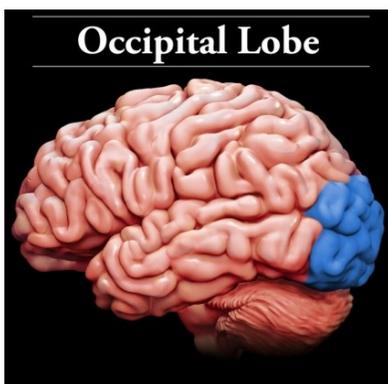
The Temporal Lobes are located on the sides of the brain under the parietal lobe and behind the frontal lobes at about the level of the ears. They are responsible for:

- Recognizing and processing sound
- Understanding and processing speech
- Various aspects of memory

Problems after injury

Damage to specific parts of the temporal lobe may result in:

- Hearing loss
- Language problems
- Sensory problems, like the inability to recognize a familiar person's face



The Occipital Lobe is located at the lower back of the head. This lobe is responsible for:

- Receiving and processing visual information
- Contains areas that help in perceiving shapes and colours.

Problems after injury

Damage to the occipital lobe can cause:

- Visual Field defects
- Distorted perceptions of size, colour, and shape.



Mary-Ellen Thompson, Ph.D.

Practice in Speech, Language and
Cognitive-Communication

Registered Speech-Language
Pathologist in the Province of Ontario

What is Stroke?

Strokes are the leading cause of neurological disability. Stroke can result in *aphasia*, *dysarthria*, *apraxia*, or a combination. There are 300,000 Canadians living with stroke today. 40% of stroke patients are living with severe disabilities and 38% of stroke patients have aphasia.

Aphasia = *loss of language*. It affects how we understand language and how we transmit ideas

Dysarthria = *slurred speech*. It often results in speech that is difficult to understand

Apraxia = *motor planning difficulties*. Often results in speech that is difficult to understand

The Role of Speech-Language Pathologists in Stroke Rehabilitation

A speech-language pathologist will assess strengths and weaknesses of those who have experienced strokes to develop a comprehensive treatment plan to improve communication, improve quality of life and help those with lived experience reintegrate into the community.

7C Cameron Street, Belleville ON, K8P 273

Office: 613-961-1719

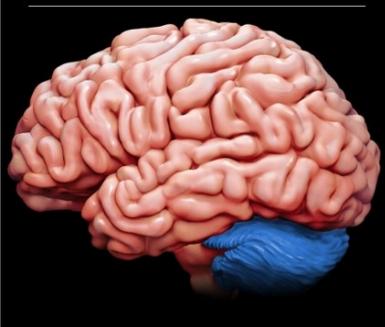
Fax: 1-866-748-6319

Website: www.metphd.ca

Email: met@metphd.ca

Understanding Injury cont.

Cerebellum



Located at the back of the brain the Cerebellum controls:

- Balance
- Movement
- Coordination

The cerebellum also allows us to:

- Stand upright
- Keep our balance
- Move around

Problems after injury:

Damage to the cerebellum can cause:

- Uncoordinated movement
- Loss of muscle tone
- An unsteady gait

Brain Stem



Located at the base of the brain, the brain stem is composed of the midbrain, the pons, and the medulla. It regulates basic involuntary functions necessary for survival such as:

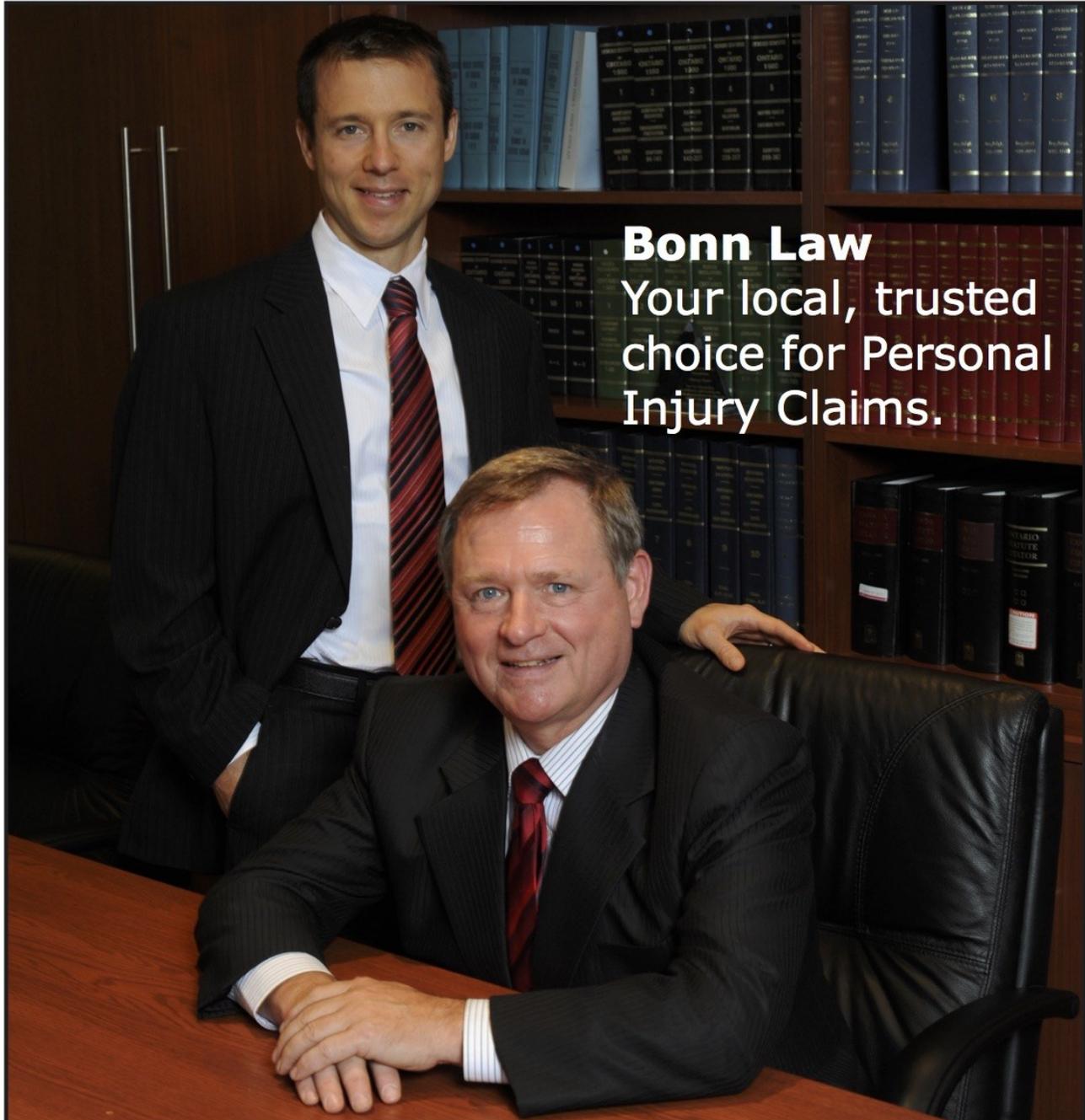
- Breathing
- Heart rate
- Blood pressure
- Swallowing

It also plays a role in alertness and sensation

Problems after injury:

Injury to the brainstem can disrupt basic functions so that they are no longer regulated automatically. These functions can include:

- Heart rate
- Breathing
- Swallowing



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BRAIN INJURY ASSOCIATION

QUINTE DISTRICT

-Casino Royale-

Come Join us for a Night of Fun
and Excitement

If you are interested in sponsorship opportunities for BIAQD Casino Night please contact Jennifer at the BIAQD office, 613-967-2756 or info@biaqd.ca, or Margaret at Bonn Law, 613-771-0600 or Margarettourney@bonnlaw.ca



Friday May 11, 2018
The Belleville Club
7:00 – 11:00 PM
Tickets \$25.00

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New Laws for Distracted Drivers in Ontario

New rules that will mean automatic driver's licence suspension for convicted distracted drivers in Ontario will soon take affect.

The fines for distracted driving would increase from a maximum of \$1,000 to up to \$2,000 on a second conviction and up to \$3,000 for third or subsequent incidents, as well as six demerit points for multiple offences.

Offenders would also see their licence suspended for three days on a first offence, seven days after two convictions, and 30 days for third and further convictions.

However, officers won't be able to seize a driver's licence at roadside. A judge would have to order it suspended only after the driver is found guilty.

You, as the driver have to decide, is answering that text message or making that phone call going to be worth it when you can't buy your way out of this anymore. You will receive a licence suspension and you will receive a substantial fine.

Based on preliminary data from 2016, distracted driving was to blame for 7,435 crashes in Toronto. Of those collisions, eight were fatal, 2,642 resulted in injury and 4,785 caused property damage.



<http://www.680news.com/2018/01/15/ontario-distracted-driving-laws/>

An Early Morning in July

What started out as a beautiful Saturday morning on July 28th, 2001 quickly became the hardest day of my life. I left my house at 5:30 am and I was headed to work at Esco, where I had worked as a machinist for 33 years. I was driving my newly redone Harley Davidson 1200 Sportster proudly down the 401. I couldn't wait to show the guys at work all the detail on the gas tank, and the new exhaust pipes that I had installed. They were going to love it!

I had only been on the 401 for about 10 minutes when I looked in my mirror and noticed a car approaching me. As I was driving along, I noticed that the car was getting closer and closer to me. This wasn't an unusual situation. Cars passed me all the time. I didn't think this time was any different. I just assumed he was going to go around me.



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

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

Lorraine Thomson *Licensed Paralegal*

Advice and Counsel to Trust

An Early Morning in July cont.

Before I knew it, the car had hit me from behind. He didn't pass me, he just ran right into me! He hit me with such force that my Harley was jammed right in the centre of his car.

I later found out from tests that the police did that the car was travelling 152 km/h. Because the car was going so fast, when it hit me it knocked me right off me Harley, and I hit the windshield which caused it to shatter from one end to the other. I ended up going up and over the car and landed on the 401. Unfortunately the impact of hitting the windshield caused my helmet to fall off, and I smashed my head off the pavement. This is what caused my brain injury.

The guy that hit me pulled over to the side of the 401 with my bike still in the front of his car. There was a transport coming down the road, and he saw that there was an accident and he pulled over. He dragged me off the road, on to the shoulder. He called 911 and reported the accident. Then he got back into his truck and drove away.

Since I was unconscious I don't remember any of this, I just know what people tell me. The firefighters were the first to arrive on scene. They closed down the Westbound lanes. Then the OPP arrived, and later the paramedics arrived. The police got my information from my license and they drove to my house to notify my wife that I had been in an accident.

The paramedics got me in the ambulance and took me to Coburg Hospital. They weren't sure if I was going to make it and when my wife and two daughters arrived they were waiting for the helicopter to come and take me to Sunnybrook Hospital.

When the helicopter arrived, there was a young guy that wasn't as severe as me but since they thought that I wasn't going to make it they took him instead.

I was still hanging in. Then the helicopter came back to get me, so they transferred me to Sunnybrook in Toronto. Once I got there, they rushed me into the room. They were leary that I would even make it. They put me into a medically induced coma.

The doctors were trying really hard to fix me up. They removed a part of my skull on the left side of my head, right above my ear to allow room for my brain swelling. This helped it heal faster.

Once they got my brain looked after, they went to work on my leg. They put it back together, and it has healed up nicely.

They moved me to a special room where they could keep a close eye on me, and take good care of me. The doctors explained to my wife and my 2 girls that I might not make it through the next 5 days. Luckily I made it through those 5 day. Praise the LORD!

I stayed at Sunnybrook for the next three weeks. At that time, the doctors felt that I was good enough to be transferred to a rehabilitation hospital. My wife and children talked it over with the doctors and they felt is was best that I go to Hotel Dieu Hospital in Kingston.

I was there for quite a few months. Each day I spent time with 6 different rehabilitation specialists. We worked together so that I could relearn how to walk, talk, and do my daily activities independently again. My favourite part of the recovery program was woodworking. I made 2 truck while I was there. I gave them to family members as gifts.

At Christmas time we had a big meeting with my family, and the doctors at the hospital and they decided that it was time for me to leave the hospital and go back home. This was one of my favourite days.

In January 2002 I met my speech therapist. She was top of the line. Her name is Mary Ellen Thompson. She would come to my house 3 times a week and work with me so I could regain my speech. She worked with me for a year, and since I was making great improvements she transferred my file to another worker that met with me once a week. Mary Ellen still met with me one every 3 months for the next 6 years.

An Early Morning in July cont.

Even after all the work and therapy that I did to get better, they still told me that I would never drive again. A doctor told me that due to my brain injury, they would have to revoke my license. This was very upsetting for me. I stayed in bed for 3 days. I had been driving since I was a young kid. This was not fair!

About a year and a half later, there was a new law that came out for people like me. It allowed me to take a test to see if I could get my license back,

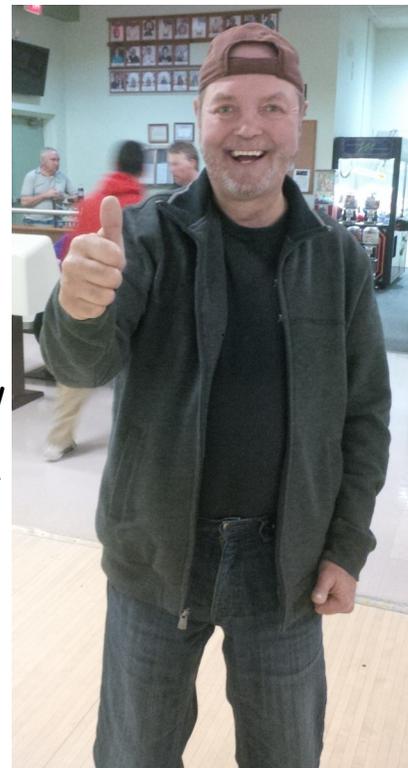
I went to Toronto and I took the test. They said that there were a few things that I needed to work on. I worked on those things, and a man took me out for a road test. I did really well on the test and I was able to get my license back.

It has been 17 years since my accident and my life has changed quite a bit. I am living with my wonderful daughter and her family. I am unable to work due to my injury so I enjoy spending my days doing odd jobs with my son-in-laws, and attending groups at the Brain Injury Association.

On Wednesdays, I attend an evening Recreation Group. We do all sorts of things at this group. We go bowling, which I am pretty good at. We play pool at the local billiard hall. I've been known to win a game or two. We also do some woodworking. I really like woodworking, and making things.

I just try to live every day the best that I can. I try to have a positive attitude, and make the best out of every situation. I am lucky to be where I am today. I have my family, my friends, and all the support workers that have helped me along the way to thank.

Gary S.



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Activities at BIAQD



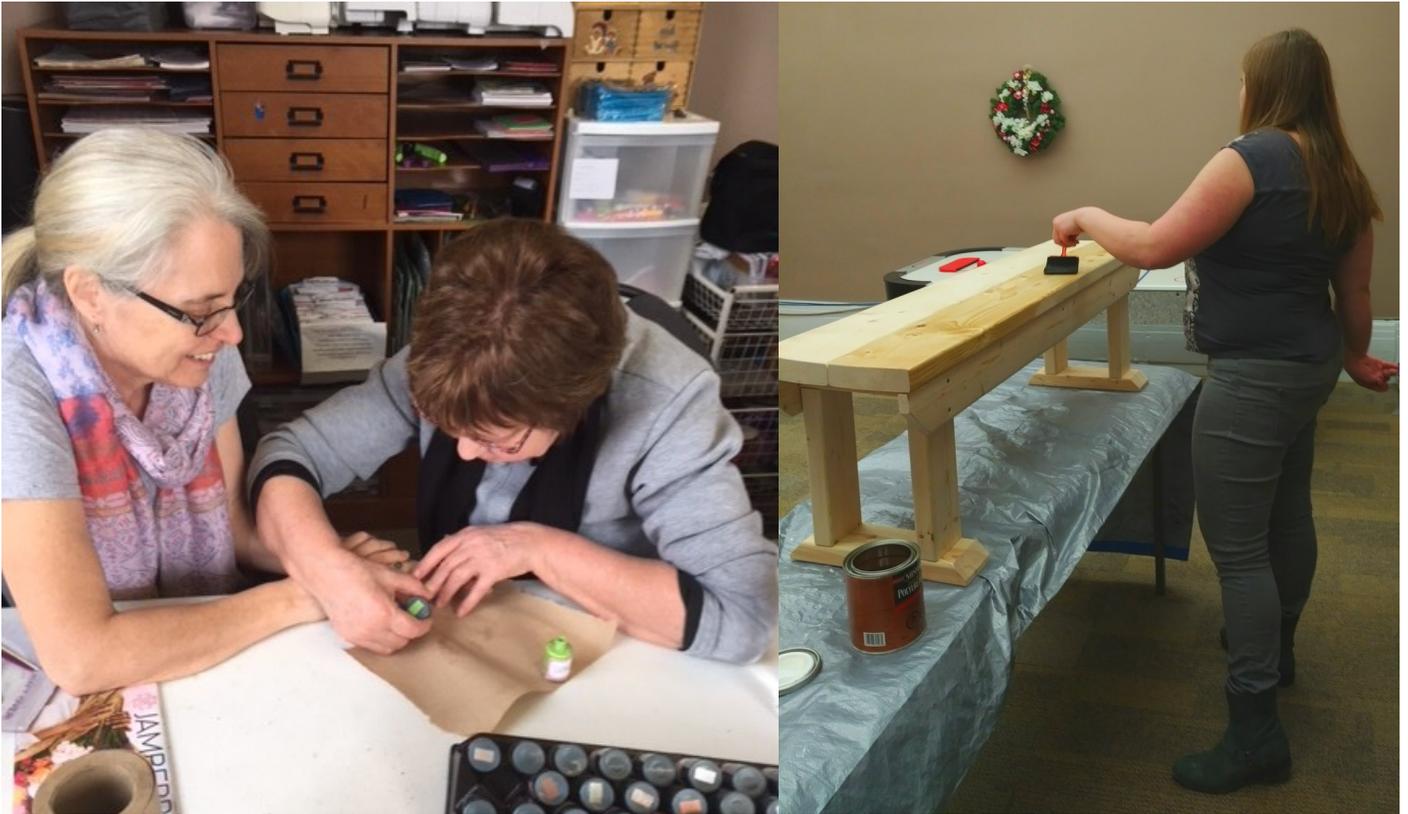
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Pathways to Independence specializes in providing services and supports to adults with an acquired brain injury (ABI). These services could be a place to call home or day services designed to support a person living with a brain injury to reintegrate 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.

Pathways to Independence Acquired Brain Injury Services

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
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A Child's Brain Develops Faster with Exposure to Music Education

A two-year study by researchers at the Brain and Creativity Institute (BCI) at the University of Southern California shows that exposure to music and music instruction accelerates the brain development of young children in the areas responsible for language development, sound, reading skill and speech perception.

The study of 6-7-year-old children began in 2012, when neuroscientists started monitoring a group of 37 children from an underprivileged neighbourhood of Los Angeles. Thirteen of them received music instruction through the Youth Orchestra Los Angeles Program where they practiced up to seven hours each week.

Eleven children were enrolled in a community-based soccer programme, and another 13 children were not involved in any training programme at all.

The researchers compared the three groups by tracking the electrical activity in the brains, conducting behavioural testing and monitored changes using brain scans.

The results showed that the auditory systems of the children in the music programme had accelerated faster than the other children not engaged in music. Dr. Assal Habibi, the lead author of the study and a senior research associate at the BCI, explained that the auditory system is stimulated by music and the system is also engaged in general sound processing. This is essential to reading skills, language development and successful communication.



THANK YOU FROM BIAQD

We would like to send out a great big thank you to the Sponsors of our Comedy Night Fundraiser.

It was such a great night. There were about 100 people that attended the event. The venue, Signal Brewery, was perfect for this event and the food and drink options were amazing.

The comedian, Jeff McEnery, definitely kept us laughing the entire night. His routine was entertaining, and certainly unique. We look forward to having him back at our future Comedy Night Fundraiser.



Our Sponsors



Providing the Quality Support You Need



Service Providers* in our Community

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

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Thomson Rogers
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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.

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Support Services for Brain Injury

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



www.mindworksgroup.ca

1-800-559-8323

Upcoming Events

Save the Date!

Casino Night Fundraiser

May 11, 2018
Belleville Club

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

Ralph Kitchen Ride

May 27, 2018

Candlelight Vigil

June 1, 2018

Cassidey Ouellette Colour Run

June 9, 2018

Caregivers Open House

June 12, 2018
1:00 - 3:00 PM



We're On the Web! Check us out
to keep up to date between
magazines!
www.biaqd.ca

223 Pinnacle Street, Core Centre
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