

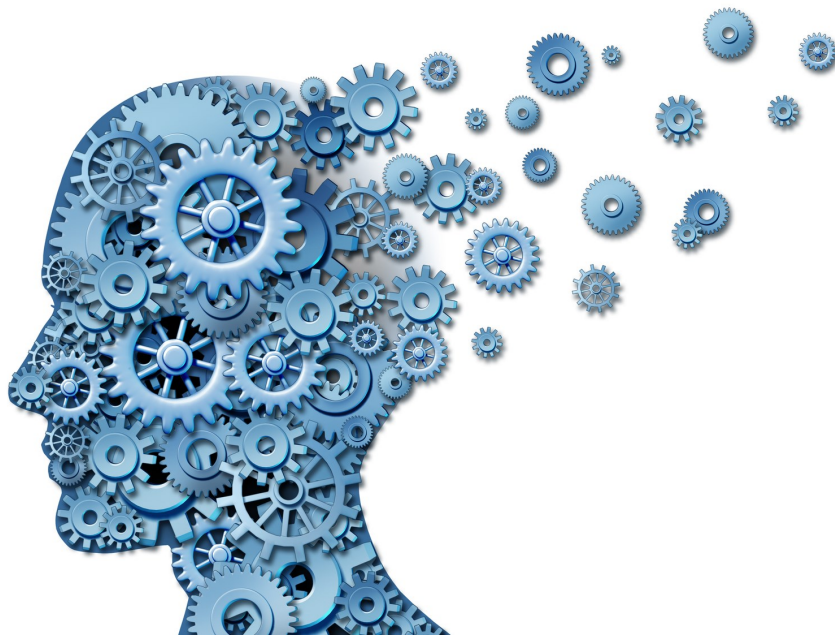


On the Sunnier Side

Volume 4, Issue 4

Fall 2017

Brain Injury Association Quinte District



The key to being Happy is knowing that you
have the power to choose what to
accept and what to let go!

Dodinsky

Presidents Note



Happy Winter - hopefully you are enjoying the snow and tolerating our extreme fluctuations in temperature! Please review our tips on safe sledding before heading out with family and friends - prevention is key!

A special thank you to all who supported Uncorked 2017! It was a fabulous evening and the proceeds help support our Association, which receives no government funding! Many people worked tirelessly to pull this evening together and our members truly appreciate what you do so that we can offer programs. As well, please note that our Comedy Night is fast approaching! Please reserve your tickets now and join us for a fun evening of laughter and friendship. As well, we look forward to seeing you at Casino Night in May. This is always a fun evening. While the stakes are not too high, there are fabulous prizes to be won and an amazing silent auction.

You will note that the Brain Injury Association has been a busy place with lots of activities. Please feel free to drop in and observe any of our programs. We try to offer something for everyone and welcome your suggestions.

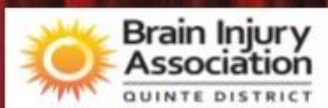
Respectfully submitted
Mary-Ellen Thompson
Past-President, BIAQD

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TUESDAY FEBRUARY 13th

★ Comedy Night Fundraiser



BIAQD Comedy Night
Fundraiser
Tickets \$25 (613-967-2756)
6:30 pm Cocktails
7:30 pm Show Starts

Featuring Comedian JEFF MCENERY

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The Comedy Network
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2015 Comedy Awards

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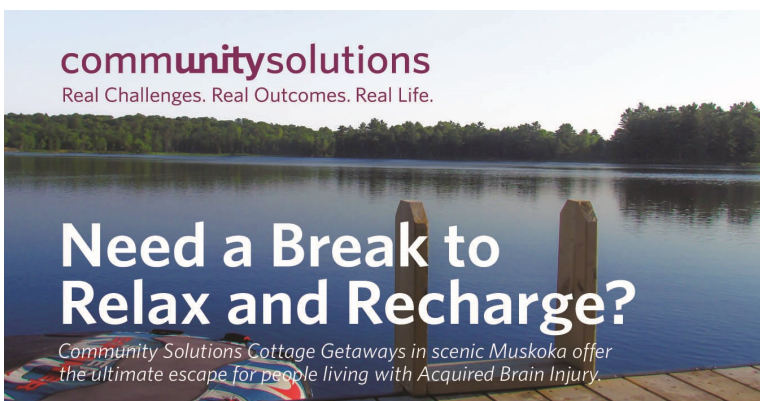
BIAQD Health and Fitness

The Brain Injury Association runs a Fitness Group every week on Wednesdays from 11:15—Noon. This group is facilitated by Pure Energy Fitness Studio's owner and Fitness Instructor Vicky Legate.

Vicky has been working with the BIAQD members for a number of years. With a keen desire to help others and a constant drive to learn, Vicky is a natural motivator and will inspire you to work out to the best of your ability. She believes you can have fun while learning about your body and will challenge you physically to be the best you can be. Vicky understands ABI and how it affects everyone differently. She modifies each movement to the individual needs of our members.

If you are looking for help with diet and nutrition, Vicky is the person to ask! She has helped many of our members find the balanced diet that is right for them.

If you or someone you know would like to participate in this amazing group, and benefit from everything that it has to offer, please contact the office for more information 613-967-2756 or info@biaqd.ca



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www.communitysolutionsltd.com



My Journey With ABI

It was a day just like any other. I went to the farm right after work to spend some much needed time with my horse Maggie Mae. We were in the riding ring, practising her jumps and just as she pulled to a walk I have been told that my eyes rolled back into my head, and I fell off my horse.

I don't remember any of this, but people tell me that the ambulance was called, and that I was taken to Belleville General Hospital. When I got there the Doctors assessed me, did x-rays, and an MRI. It was concluded that I had suffered a brain injury, broken bones, and they believe I had a stroke.

The doctors told my husband that they had to transport me to Kingston to due to the severity of my brain injury. They did not set my broken bones because they were more concerned with reducing the swelling of my brain first. I went to Hotel Dieu where I was in the care of the most amazing doctors.

I was in a medically induced coma for ten days. After that they did surgery on my arm to repair the broken bones, and insert a metal rod. A week later they were still concerned with the swelling of my brain, and they decided not to repair the broken bones in my face.

The next few weeks were a little tough for me. I was transported to St. Mary's of the Lake. The staff were very good, however I felt that I didn't belong there because I thought I could recover at home. I didn't see myself as being severely injured and needing 24-hour care with one on one support.

Thankfully I had a supportive family, that encouraged me to stay and get the therapy and help that I needed. I received therapy every afternoon. They worked on teaching me how to walk again, talk again, fine and gross motor skills, and social skills. I basically had to relearn everything I had ever learned to do up to this point in my life.

I couldn't shower on my own, I couldn't cook, I couldn't even pick up a phone and call family or friends. My new life was devastating for me. I wasn't sure how I was going to cope with the "new me".

The next three months was a lot for me. I worked hard every day and I was able to re-learn enough skills to go home. On my last day there, they sent me to an eye specialist.

It was then that they confirmed that my brain injury had left me legally blind. It still hadn't sunk in that I was never going to live the life that I was used to. I was never going to drive again, I was never going to be able to work again, and I was never going to be the "old Cindy" again.

Looking back, I am actually glad that the new reality of my life hadn't sunk in, because I might not have worked so hard at recovery. I would like to take a minute to thank my husband! Peter was my main caregiver, my main supporter, and the reason that I have come so far in my recovery. He was and still is today my ROCK!



After months of hard work, I thought I was ready to return to my job. I was desperate to get a bit of my "old life" back. This quickly became the lowest point in my recovery.



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

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My Journey With ABI cont.

I was told that I could not preform my duties they way that they needed me to, and I was told that I no longer had a job.

This almost destroyed me. I became severely depressed. I wouldn't leave my house, I wouldn't visit with friends or family, and I felt that I had no real reason to get up in the morning. "If I couldn't work, what was the point"?

Peter decided that it was time for us to move. He packed up our house, put it on the market, and moved us from Prince Edward County to the City of Belleville. He thought that I would better access to the services that he thought I needed. As it turns out he right. I started attending programs at the Brain Injury Association Quinte District. I was able to volunteer, and write the monthly newsletter for the Association.

Moving to Belleville also got me closer to Maggie Mae. I got a scooter, and was able to get to and from the barn on my own. Maggie has been, and always will be a great form of therapy for me. She is my go to when ever I am having a bad day. She can comfort me, and relax me better than anyone or anything.

Life sure has been different after my accident. I have had to learn to adjust with the new reality that is my life. It has given me a different look on life, and allowed me to see things from a different perspective. It has given me the opportunity to explore, and participate in activities that I would never have dreamt of trying before my accident.



I enjoy participating in the Art, Fitness, and the Peer Navigation Groups at BIAQD every week. I also enjoy bowling every other Friday with my CNIB girls. I like to volunteer at community events with BIAQD whenever I can. It makes me feel good to give back to my community, since my community has helped me with my recovery. I have met a lot of new people, and made some really great friends as a result of my injury. It kind of makes my accident bitter sweet.

Cindy R.

YOUR ADVANTAGE, *in and out of the courtroom*



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Helmet Lending Program



The Brain Injury Association Quinte District provides the use of helmets to children in our catchment area so that everyone can safely participate in winter sports.

For more information on the program or to donate please contact the office at 613-967-2756 or info@biaqd.ca

Lost & Found: What Brain Injury Survivors Want You to Know

- **I need a lot more rest than I used to. I'm not being lazy.** I get physical fatigue as well as a "brain fatigue." It is very difficult and tiring for my brain to think, process, and organize. Fatigue makes it even harder to think.
- **My stamina fluctuates, even though I may look good or "all better" on the outside.** Cognition is a fragile function for a brain injury survivor. Some days are better than others. Pushing too hard usually leads to setbacks, sometimes to illness.
- **Brain injury rehabilitation takes a very long time; it is usually measured in years.** It continues long after formal rehabilitation has ended. Please resist expecting me to be who I was, even though I look better.
- **I am not being difficult if I resist social situations.** Crowds, confusion, and loud sounds quickly overload my brain, it doesn't filter sounds as well as it used to. Limiting my exposure is a coping strategy, not a behavioral problem.
- **If there is more than one person talking, I may seem uninterested in the conversation.** That is because I have trouble following all the different "lines" of discussion. It is exhausting to keep trying to piece it all together. I'm not dumb or rude; my brain is getting overloaded!



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

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

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

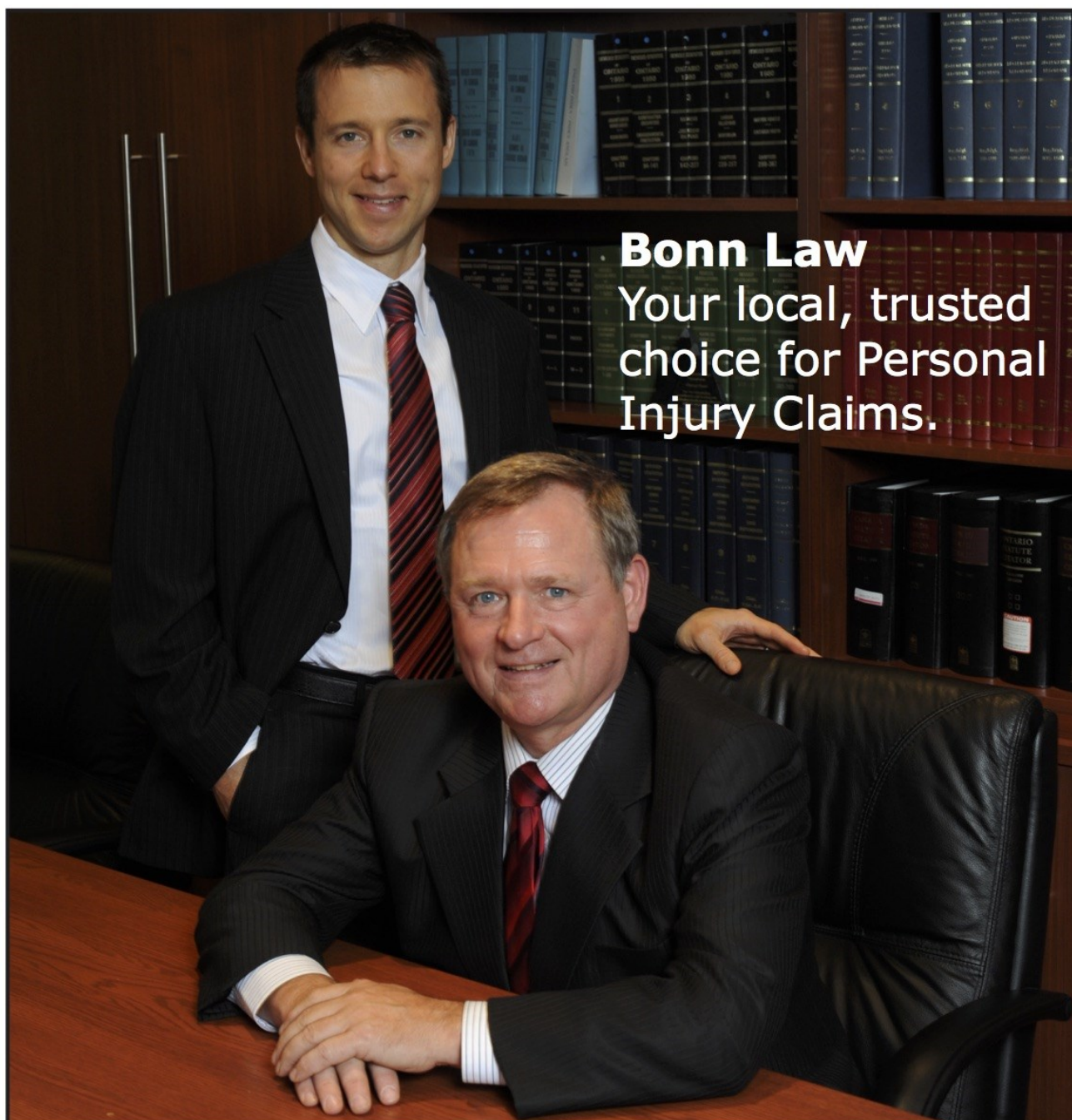
Gregory Parker *R.A.(Hons.), J.D.*

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

Lorraine Thomson *Licensed Paralegal*

Advice and Counsel to Trust

- **If we are talking and I tell you that I need to stop, I need to stop NOW!** And it is not because I'm avoiding the subject, it's just that I need time to process our discussion and "take a break" from all the thinking. Later I will be able to rejoin the conversation and really be present for the subject and for you
- **Try to notice the circumstances if a behavior problem arises.** "Behavior problems" are often an indication of my inability to cope with a specific situation and not a mental health issue. I may be frustrated, in pain, overtired or there may be too much confusion or noise for my brain to filter.
- **Patience is the best gift you can give me.** It allows me to work deliberately and at my own pace, allowing me to rebuild pathways in my brain. Rushing and multi-tasking inhibit cognition.
- **Please listen to me with patience.** Try not to interrupt. Allow me to find my words and follow my thoughts. It will help me rebuild my language skills.
- **Please have patience with my memory.** Know that not remembering does not mean that I don't care.
- **Please don't be condescending or talk to me like I am a child.** I'm not stupid, my brain is injured and it doesn't work as well as it used to. Try to think of me as if my brain were in a cast.
- **If I seem "rigid,"** needing to do tasks the same way all the time; it is because I am retraining my brain. It's like learning main roads before you can learn the shortcuts. Repeating tasks in the same sequence is a rehabilitation strategy.
- **If I seem "stuck,"** my brain may be stuck in the processing of information. Coaching me, suggesting other options or asking what you can do to help may help me figure it out. Taking over and doing it for me will not be constructive and it will make me feel inadequate. (It may also be an indication that I need to take a break.)
- **You may not be able to help me do something** if helping requires me to frequently interrupt what I am doing to give you directives. I work best on my own, one step at a time and at my own pace.
- **If I repeat actions,** like checking to see if the doors are locked or the stove is turned off, it may seem like I have OCD — obsessive-compulsive disorder — but I may not. It may be that I am having trouble registering what I am doing in my brain. Repetitions enhance memory. (It can also be a cue that I need to stop and rest.)
- **If I seem sensitive,** it could be emotional lability as a result of the injury or it may be a reflection of the extraordinary effort it takes to do things now. Tasks that used to feel "automatic" and take minimal effort, now take much longer, require the implementation of numerous strategies and are huge accomplishments for me.
- **We need cheerleaders now,** as we start over, just like children do when they are growing up. Please help me and encourage all efforts. Please don't be negative or critical. I am doing the best I can.
- **Don't confuse Hope for Denial.** We are learning more and more about the amazing brain and there are remarkable stories about healing in the news every day. No one can know for certain what our potential is. We need Hope to be able to employ the many, many coping mechanisms, accommodations and strategies needed to navigate our new lives. Everything single thing in our lives is extraordinarily difficult for us now. It would be easy to give up without Hope.



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Did You Know?

Slips, Trips and Falls are a major cause of Brain Injury! The number one location for falls is the home.

Prevent Slips, Trips, and Falls

- Schedule frequent hazard assessments/ inspections
- Insure that all areas are well lit and unobstructed
- Prevent spills, and clean them up immediately when they occur
- Use non-slip strips on stairs
- Use non-slip floor mats
- Use non-slip floor surface materials
- Use proper non-slip footwear

Be Aware of Potential Dangerous Spots and Conditions

- Wet floors in kitchens and bathrooms
- Freshly washed/ mopped floors
- Transition areas (doors, ramps, etc.)
- Unexpected changes in environment (rain or snow for instance)
- Distractions or poor visibility
- Contaminants such as oil or grease
- Poor lighting
- Temperature changes
- Boxes, loose electrical cords and other clutter in walkways
- Carrying more than you can handle
- Unable to see where you are going when carrying large items.
- Using a chair or crate to reach high items instead of a stepladder



Activities at BIAQD



Weekly Programs

- Aqua Fit
- Walking Club
- Potluck art
- Fitness
- Artistic Expressions
- Social Rec Program
- Music - A Performance Group
- Computers
- Lunch Program



Come out and join any program that interests you. There is no extra cost to participate in these programs. Call, email or visit the office today for more information.

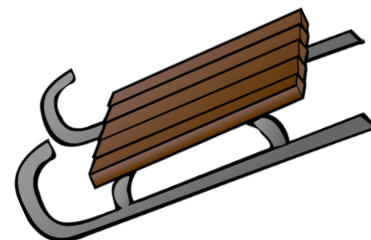
613-967-2756

info@biaqd.ca

223 Pinnacle St. Belleville

Sledding Do's and Don'ts

It's that time of year again! The snow is falling, and with the first big snowfall everyone is grabbing their toboggans and heading for the nearest hill. The quick, bouncy, bumpy, sometimes frightening downhill ride is one of the most enjoyed outdoor winter activities by youths and adults. Chances are if you live where there is snow, everyone in your family has done it one time or another.



Although sledding may seem like harmless fun, there are thousands of people injured in sledding accidents each year. One of the most common injuries is a head injury. This typically happens when there is a collision with a tree, rock, fence, or another person.

Here are a list of things to help keep you safe, as well as things to avoid while tobogganing this winter.

Choose the Right Hill

- Select a hill that is not too steep, and has a long flat area at the bottom to glide to a stop.
- Avoid hillsides that end near streets, parking lots, ponds, trees, fences or other hazards.



Mary-ellen Thompson, Ph.D.

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- Make sure the hill is free of obstacles such as jumps, bumps, rocks, poles, or trees before you begin sledding.

Get the Right Kind of Sled

- Choose a sled that has a steering mechanism, and brakes. This will help you to avoid accidentally hitting objects and causing a crash.
- Avoid sleds such as saucers, crazy carpets, tubes or plastic sheets. These can not be steered and can be easily pierced by sharp objects.

Sit in a Forward-Facing Position

- Sit on your sled with your arms, and feet inside the sled at all times and face forward.
- Avoid running and "belly flopping" on your sled, as this does not allow you to control of your sled.

Most Importantly Have FUN and Be Safe!



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Uncorked 2017

BIAQD would like to thank our Sponsors for their support of our Association, and contributing to such an Amazing Evening! Our guests enjoyed a great meal, provided by Jeff Courtland Catering. Music was provided by The Decades, and we were very fortunate that Frosty came with a prize wheel from Gluckstien Law.



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Have a Happier 2018

Here is a list of 30 things that you can do to help you have a happier 2018!

1. Be Kind
2. Eat well
3. Exercise
4. Meditate
5. Be honest
6. Dream BIG
7. Be patient
8. Judge less
9. Smile often
10. Love yourself
11. Forgive easily
12. Show gratitude
13. Think positively
14. Drink lots of water
15. Believe in yourself
16. Keep an open mind
17. Put your needs first
18. Don't make excuses
19. Speak well of others
20. Listen to understand
21. Choose faith over fear
22. Make the most of now
23. Exercise self-discipline
24. Look on the bright side
25. Avoid social comparison
26. See failure as opportunity
27. Don't take opinions to heart
28. Select friends that lift you up
29. Let go of what can't be changed
30. Have a healthy Sleeping pattern



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THANK YOU FROM BIAQD

We would like to give a great big thank you to Margie Phieffer from Just for Today; I am Creative. She has been a great inspiration to the members of our Association. Her compassion, understanding, and accepting personality has allowed her to fit in from the very first day!

Not only does Margie volunteer her time and knowledge with our art group, she also holds fundraiser Paint Nights in support of BIAQD.

If you are interested in participating in an Art Afternoon, or coming to a Paint Night Fundraiser contact the office today!
613-967-2756 or info@biaqd.ca



Service Providers* in our Community

Special thanks to the service providers of our community

Who support our local organization

Allied Health Professionals:

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

Lawyers:

Baldwin Law
Bonn Law Office
Thomson Rogers
Gluckstein Personal Injury Lawyers
Oatley Vigmond
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Upcoming Events

Save the Date!

Comedy Night Fundraiser

February 13th
Signal Brewery

Casino Night Fundraiser

May 2018
Belleville Club

Ralph Kitchen Ride

May 27, 2018

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



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to keep up to date between
magazines!
www.biaqd.ca

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