

On the Sunnier Side

Volume 1, Issue 5

March 2015

Brain Injury Association Quinte District



Every story has an ending.
But in life, every ending is a new beginning..

Unknown



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Dear friends:

Well, it's almost spring! I know that this has been a cold, difficult winter for many. But if we "look at the glass half full", we have had some wonderful sunny days, we have watched snowflakes fall magically from the sky, we have had star filled nights where you could hear the sounds of nature for miles, and we have had picture perfect frosty mornings with beautiful magical trees. This winter has reminded me that it's all in your perspective. The same is true of brain injury. Although the consequences of brain injury are devastating, many people have recreated themselves by looking at their strengths and giving back to the community. Our brain injury community is to be applauded for their resilience and their perseverance. This is definitely a com-

Presidents Note

munity that embraces the "glass half full" mentality! Enjoy what is left of our winter and look forward to the many activities of spring!

Speaking of spring, please review the information about bike helmet safety! There is an interesting testimonial by an adult that was wearing a bike helmet and survived a devastating crash - he is a strong advocate for bike helmets for individuals of all ages. As well, the recent data from the Bicycle Helmet Safety Institute reminds us that you do not necessarily have to spend a lot of money to purchase a safe bike helmet, and the most important thing is to wear your helmet correctly! If you have questions about how to wear a helmet or would like BIAQD to participate in a bike rodeo or safety event, please contact our office.

Respectfully submitted
Mary-Ellen Thompson



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Uncorked in the County Fundraiser

On November 14th, 2014, friends and families joined together at Casa Dea Winery in Wellington, Ontario to raise funds for BIAQD. Over 100 people enjoyed an evening of food, festivities and music. Casa Dea Winery donated their venue and participants were treated to a wine pairings menu featuring the selected wines of Casa Dea Estates; 2011 Pinot Gris, 2010 Pinot Noir and 2013 Oriana. As well, special thanks to Chef Jeremy Taft for providing an amazing array of appetizers. Em's County Kitchen provided delicious apple strudel and ice cream for dessert which was complimented by the cheese of the County, donated by the Prince Edward County Milk Producers Association.

Our MC for the evening was Orlena Cain of Mix 97. Orlena assisted Dean O'Hare with the auctioning of several items. As well, there were over 40 items in the silent auction and an array of items in the Penny Auction.

Musical entertainment for the evening was provided by The Shadows, a 50's, 60's and 70's rock and roll and county band who play classics from a wide variety of artists. Special thanks to band members: Danny Wallace, Vicki Wallace, Jennifer Scott, Kenn Mills and Steve Wilson.



Mary-ellen Thompson, Ph.D.

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

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Special Thanks to

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.

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Holiday Party

On December 12, 2014, the Board of BIAQD hosted a holiday party for members, their families and friends. Approximately 75 people enjoyed a holiday turkey dinner with all the trimmings, including a choice of delicious pies for dessert. Special thanks to Carole, Wayne and Randy Vincent for arranging and transporting the food to the office. As well, thanks to all current and former Board members who assisted with decorating and serving food for this festive occasion.

A social time was held prior to the meal. Approximately 20 children enjoyed decorating gingerbread houses prior to dinner. Thanks to Dan Washburn and Mary-Ellen Thompson for construction of the gingerbread houses. Congratulations to everyone who created a masterpiece that evening.

Andy Forgie provided musical entertainment for the evening. Many participated in his sing along. Then, we heard some jingle bells and the special man arrived. Santa distributed gifts to all the children. As well, the adults were treated to special gifts. Special thanks to Carole Vincent for organizing an amazing holiday celebration!





The Commute Crash Story

Author: Anonymous

The commute crash. Back on May 13th of 2014. I chose to commute to work largely because of a torque converter failure on my car and because the weather had finally started to act like spring. That day I awoke to a foggy fine mist but certainly nothing bad enough to keep one from riding a bike a little over six miles to work. I had packed a backpack with a rolled up pair of blue jeans, dry shirt and street shoes to change into upon my arrival to work. I'm blessed to live in Wisconsin, a great cycling state. We have the Old Plank Trail in Sheboygan County and a portion of that trail was to be part of my commute route this day. I left home at about 7:15 and rode down a few neighboring streets before turning onto the Old Plank Trail heading west out of Plymouth, WI. The first section of trail I was on that day started with about a quarter mile decent down towards the Sheboygan River. There is a bridge at the bottom of this decent and I slowed as I went up and over the bridge and then took a right turn to follow the trail under highway 23. About 50 yards after crossing the bridge I was beginning to accelerate and was a bit out of the saddle. One of my tires hit something sending a jar to the handlebar that was enough for my right hand to slip of the bar. I remember sitting up just a bit as my right hand left the handlebar, quickly looking down and noting that with only my left hand on the bars I had begun to veer to the right. I got my right hand back on the bars just as I left the trail and began descending the 18 sized rocks of the river bank towards the river. I don't remember exactly what I did but I must have hit the brakes hard just feet before going into the river, probably more front brake than rear. I went over the bars forward very hard and landed on these large rocks head down. Upon landing I was still clipped into my pedals and the one thing I remember is that I could wiggle my fingers and turn my legs to click out of my clip less pedals. I knew immediately that I had not been paralyzed but I was in a huge amount of pain. I felt a tingling in my neck and a sharp pain on my upper left shoulder. After clicking out of my pedals I managed to remove the back pack and just sat there in pain for a few minutes trying to rationalize what had just taken place. I felt stupid, ashamed and disgusted from such a freak accident and wondered why me? I promise you that you never expect that something like this will ever happen to you but I assure you that it's a risk we take in daily life every day that we awake and head out our doors into the world. It was just that a freak accident.

If it happened almost anywhere else on the trail or route to work that morning I may have gotten a bit of road rash or even landed more softly in a grass ditch. Because of the location and surroundings at that moment.....riding along a large stone lined river bank I suffered an injury that quite frankly was the worst in my 54 years on earth. After a few minutes of sitting on the stone lined river bank I rose and attempted to lift my leg and walk up the bank but could not. The pain I experienced in my neck from just trying to look up the river bank was nasty. I turned around and sat back down and pushed down on the rocks and lifted my body and used my legs to push myself up the stone lined river bank one rock at a time. It took a few minutes but I was soon seated on the asphalt trail that I had left 5-10 minutes earlier...only to be disgusted with myself as I looked down near the river where my back pack laid with my most important possession that morning, a cell phone. I was forced to work my way back down the stones and then flung my back pack back up onto the trail and again lifted my body and pushed with my legs as I backed up the river bank one stone at a time to again reach the trail, At that point I reached into the back pack and called a co-worker, who was a quick six minute drive away and then I also called my wife. When my co-worker Dale arrived he did a quick assessment. He stated to me that because of the pain you are in and the unknown extent of your injuries I think it's best to call an ambulance. It didn't take but three-four minutes for the ambulance to arrive. The paramedics attempted to fit a rigid collar on my neck but the pain was just excruciating as they tried to force the collar under my chin. They loaded me onto a backboard and headed for Sheboygan Memorial. This comment is addressed to the City Fathers in Sheboygan. I can assure you that you need to waste no dollars on a street superintendent because with the pains I felt as the ambulance struck every nasty frost line and pot hole I can tell you exactly where to focus your street repair manpower and dollars. The people and staff at Sheboygan Memorial were excellent in their treatment of my injuries which were later diagnosed as a C2 vertebrae fracture and separated left shoulder. I need to stop at this point and tell you that I went into surgery about 6pm that night and was fitted with a halo with four titanium screws threaded into my skull to stabilize my neck in the correct healing position I was lucky and know without a doubt that I wouldn't be typing this if I hadn't been wearing a helmet given to me 19 years earlier as a gift from a bicycle industry vendor. There is no doubt, after looking at what remained of the helmet, that the helmet absorbed much of the energy of a 200lb male going over the bars with downward force as he decelerated from a 16mph ride speed. The helmet broke in a number of locations and had inward crush dents from the impact and forces involved in the accident.

The Commute Crash Story Continued

I want to personally thank:

My wife Bonnie who has carried the extra load and been by my side through this entire ordeal and healing process and been my strength:

Dale Vinson, one of the best co-workers anyone could ask for The Plymouth Ambulance crew who even stopped in my room to check on me.

Dr. Pond and his staff at Aurora Medical: a wonderfully skilled man and great communicator.

My church family and friends for all your prayers and messages of positive support.

In closing I would just like to state that bicycle helmets were created for accidents just like the one that occurred to me. If you feel even the slightest need to swing a leg over a bicycle...Please start by buckling on a helmet. A freak accident like mine can happen to anyone, especially a small child. I have no doubts after talking with my doctor that without a helmet on my head back on 5/13/2014 I would have been paralyzed maybe even died. If you are a parent I beg you please....do not let your children ride without a helmet. They should be hanging on their handlebar during the riding season so that they must be touched before getting on a bike. Set an example for your kids and those around you and always wear your helmet.

From: Bicycle Helmet Safety Institute



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Presented By: Brain Injury Association Quinte District

Keynote Speaker

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Empower Your Rehabilitation: Yesterday, Today and Tomorrow

May 13, 2015

2015 Conference

Presented By: Brain Injury Association Quinte District

Deadline for Submission of Abstracts : March 31st, 2015

The Brain Injury Association Quinte District is proud to announce their 2015 conference to be held at the Core Centre, Belleville, Ontario on May 13, 2015.

The Education Committee of BIAQD is inviting interested professionals, survivors and caregivers to submit abstracts reflecting the theme. Possible presentation topics could include, but are not to limited to: Community Rehabilitation, Returning to an Active Lifestyle, Forming New Relationships, Moving Forward in Work, Life and Play.

We are inviting presentations for our 30 minute Podium Presentations and our 15 minute Rapid Podium Presentations. We encourage presentations that represent our Conference theme. We also encourage collaboration between professionals, survivors and caregivers.

All abstracts will be reviewed by the Education Committee for relevance and quality of content, originality.

All abstracts must be submitted to BIAQD on submission forms no later than March 31st, 2015. Submission forms available at BIAQD website or contact the office.

If you have any questions about abstract submissions, please e-mail Monique Chartrand at biaqd@bellnet.ca or call the office at 613-967-2756

Core Arts and Culture Centre

223 Pinnacle Street, Belleville ON

Empower Your Rehabilitation: Yesterday, Today and Tomorrow



May 13, 2015

Professionals \$75.00

Survivor/Caregiver \$ 50.00

Students \$ 30.00

2015 Conference

Presented By: Brain Injury Association Quinte District

*All proceeds from this conference will be donated to the Brain Injury Association of Quinte District.

** Registration cost for Conference includes printed material, certificate of attendance, continental breakfast, and lunch.

Space is limited, please register early.

Delegate Registration Information *Please Print Clearly*

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For **REGISTRATION INFORMATION** contact:

Cancellation Policy: A refund will be provide for cancellations received in writing on or before 3:00pm on Wednesday May 7th, 2014. No refunds will be provided after that date although registration substitution will be accepted.

New Program!

The Diner's Club

We will learn easy and cost effective recipes as well as some do's and don'ts and handy tips for in the kitchen!



**Date: Mondays
12:30-3pm**



**Injury Association
of Quinte District**

Brain

Diner's club will meet Mondays from 12:30 pm - 3pm

February 9th—March 23rd Six Week Program

Due to Family Day the Office is Closed

Space is Limited! Only 6 spots available!
Please Sign up by February 3rd for a Spot!

**Place: BIAQD
Office**

Visioning Day

On January 16, 2015, Board members of BIAQD gathered for our Annual Visioning Day. The goal of Visioning Day is to review the past year and set goals and objectives for the upcoming year. Our discussion was led by Mike Bonn of LMI Canada. We would sincerely like to thank Mike for donating his time to our association and encourage you to visit the website of LMI at www.imicanada.ca. The Board was pleasantly surprised when we reviewed the numerous activities that had occurred during 2014. Our Association is alive and well and thriving - we have many ideas but not always enough manpower to reach our lofty goals. Fundraising remains a key concern and we continue to search for new ideas and possible granting agencies. We have reviewed our Mission Statement. Although we believe it is an accurate reflection of our goals, we will be expanding it to include all activities in the Association. We have developed objectives for 2015 and have established our committees to reflect the current status of the Association. Special thanks to all Board members for their ongoing participation. Our committees for 2015 include:

Community Awareness: Mary-Ellen Thompson, Leslie Lloyd, Lee Swackhammer

Fundraising: Kris Bonn, Jeff Durish, Tom Muir

Programs: Lianne Mitts, Carole Vincent, Mary-Ellen Thompson

Operations: Jeff Durish, Susan Barrett

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Sensory Loss
Seizures

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Advice and Counsel to *Trust*

OBIA Advisory Council (OAC) Report

As an affiliate of the Ontario Brain Injury Association, BIAQD has two representatives that attend these provincial wide meetings, held in Toronto, 5 times per year. The purpose of these meetings is to provide input from survivors and community associations regarding local issues, and also to provide direction to the provincial association.

In 2014-2015, the meetings were/will be held on September 15, 2014; November 8, 2014; January 17, 2015; March 14, 2015; and June 20, 2015. Each meeting has a topic or guest speaker. The topics for each meeting are listed below. As well, an integral part of these meetings is "Across the Province" where members share news of their events, successes and failures as well as local issues.

Our Association is represented by Leslie Lloyd and Mary-Ellen Thompson. Mary-Ellen was elected Co-Chair in June 2014, and shares this position with Wendy Charbonneau of the Ottawa area. At the meetings, Leslie Lloyd shares information about the activities at BIAQD and presents a report to our Board meetings. The OAC discussions are a lively sharing of activities and represent the energy in the ABI community across the province.

The selected topics for this year include:

September -	Planning and Brain Storming
November -	Brain Injury Awareness Messaging: Using Social Media
January:	Life Care Planning: The Value of Provincial ABI Data
March -	Mental Health Services: Equity across the Province
June -	OAC Elections and OBIA Annual General Meeting

Service Providers* in our Community

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Cheap or Expensive Bicycle Helmets

Summary: We submitted samples of six helmet models to a leading U.S. test lab: three in the \$150+ range and three under \$20. The impact test results were virtually identical. There were very few differences in performance among the helmets. Our conclusion: when you pay more for a helmet you may get an easier fit, more vents and snazzier graphics. But the basic impact protection of the cheap helmets we tested equaled the expensive ones. Just look for a helmet that fits you well.

We are often asked if cheap helmets protect well. Bike shop sales people like to warn customers "buy a \$10 helmet for a \$10 head." A well-known, reputable US test lab agreed to test some very cheap and very expensive helmets for us to compare their performance in ASTM/CPSC testing at both regular drops and lower impacts. They also did testing with a bio-fidelic headform. To our surprise, the results were virtually identical for all the helmets.

Helmets Tested

Our cheap helmets came from Target and Wal-Mart. They cost \$9.96, \$9.99 and \$19.96 and were typical of helmets you would find in any big box discount store. Our expensive helmets came from a bike store, an Ebay seller and an Internet retailer. Two were made in China for US brands. One was Italian. The MSRP for them was \$149.99, \$174.99 and \$206.99. We found the first two discounted, but paid full price for the most expensive one. We submitted three of each model for testing.

Testing

The test lab donated their testing, and we agreed not to use their name or the exact helmet models to avoid possible complications that could be time-consuming for them.

The lab performed normal CPSC testing on each model. We limited the anvils to flat and hemispheric, eliminating the curbstone anvil, and they tested at ambient temperatures, eliminating the high temperature, low temperature and wet tests. That still represents a very high percentage of real-world impacts.

The lab crashed the helmets with a two meter drop on the flat anvil and a 1.2 meter drop on the hemispheric anvil (grapefruit sized ball). These are normal CPSC impacts. They also ran lower level impacts at half of the CPSC velocity, using drop heights of only .5 meters on the flat anvil and hemispheric anvil impacts at .3 meters to test lower level performance. We were looking to see if the harder foam in more expensive helmets might fail to crush enough in less-than-catastrophic impacts, possibly contributing to concussion risk. In fact, that did not happen.

Test Results

The surprise for us was that all six helmets performed virtually identically in all the tests. There were a few outlying readings below and above the norm in particular spots, but the averages for the two types of helmet were almost identical. Below is a summary of the [g levels](#), condensing many charts and numbers.

Average Test results in [g's](#)

Tests	Cheap Helmets	Expensive Helmets
Average for all impacts	101	104

Continued on next page



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Cheap or Expensive Bicycle Helmets Cont.

Low velocity tests

Average low velocity	65	69
Average low flats	86	87
Average low hemi	47	47

High velocity tests

Average high velocity	137	146
Average high flats	186	180
Average high hemi	91	113

Analysis

The numbers showed that the performance of the two categories was almost identical. In lab test terms there is no real difference in those g levels. The high velocity hemispheric anvil tests favored the cheaper helmets somewhat, but represent only a small percentage of real world impacts. Both we and the test lab examined pages of test records looking for distinguishing patterns. We finally concluded that all of the helmets in our sample were designed to meet the same CPSC impact standard, and there is little to distinguish their impact performance, regardless of price.

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The lab also recorded the coefficient of restitution of each helmet, representing how much the headform bounced after the impact, and the time interval in milliseconds that the g level exceeded 200g and 150g, a measure known as "dwell time" that supplements peak g readings. Both measures again yielded no significant performance differences. Finally, they tested each model on a different headform, a bio-fidelic NOCSAE headform that attempts to more closely replicate a human head than the magnesium CPSC headforms do. Again the numbers were close enough to be functionally identical.

Conclusion

The cheaper helmets in this testing did not outperform the more expensive ones, despite their smaller vents that usually mean more foam. Although there are probably at least some helmets out there with more or less than this uniform level of protection, we did not find any in this test. Neither the lab nor BHSI could find significant differences that would lead to individual brand recommendations. That is remarkable considering the \$10 to \$200+ range of prices.

The results are a testimony to the effectiveness of our legally-required CPSC helmet standard. Although our sample was small, the testing indicates that the consumer can shop for a bicycle helmet in the US market without undue concern about the impact performance of the various models on sale, whatever the price level.

The most important advice is to find a helmet that fits you well so that it will be positioned correctly when you hit.

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Upcoming Events

Save the Date!

BIAQD Annual Conference

Wednesday, May 13th All Day Event—BIAQD Office

Casino Night

Saturday May 23rd at 7pm—Belleville Club

Vigil

Monday, June 1st

Survivor Golf Tournament

Thursday, June 25th—Bayview Golfing Centre

Art Show Opening Reception

Thursday, June 11th from 4-6pm—
Belleville Art Gallery in the Belleville Library

BIAQD Walk

Tuesday, August 25th

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

223 Pinnacle Street, Core Centre
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K8N 3A7

Phone: 613-967-2756

Fax: 613-967-1108

Email: biaqd@bellnet.ca