



On the Sunnier Side

Volume 1, Issue 2

June 2014

Brain Injury Association Quinte District



**June is Brain Injury
Awareness Month!**

Inside this issue:

Celebrating June	2
Celebrating Volunteerism	4
Member in the News	6-7
Remembering Roger	9
From Our Student	11
Peer Support	12
Celebrating Our Amazing Brain	14-15
D.O.N.T. Campaign	17
The "Brain" in the News	18-19

The month we all anticipate every year is almost here! June is Brain Injury Awareness month – a month when we celebrate the successes of our members and spread awareness of this invisible injury throughout our communities. This year, in conjunction with the Ontario Brain Injury Association, we are expanding our D.O.N.T. campaign. Remember distracted driving leads to death and disability – please be safety conscious and take the time to pull over before you talk or text! **The facts are scary – imagine driving blind half way across a football field – that is exactly what you are doing when you look at a text!** Please refer to the article featured later in this issue to learn more.

There are many exciting events in June. The kickoff for Brain Injury Awareness month is our Vigil on June 3rd. Please join us in remembering all those whose lives have been

Celebrating June

touched by Acquired Brain Injury. This year, we are excited to be taking part in the CABI walk in conjunction with Regional Community Brain Injury Services and Pathways to Independence. As well, stop by the Belleville Public Library during the month of June to enjoy the many talents of our members. For those of you who enjoy golf, don't forget our Annual Golf tournament for members. This day is a wonderful celebration of the camaradery and friendship shared by the community.

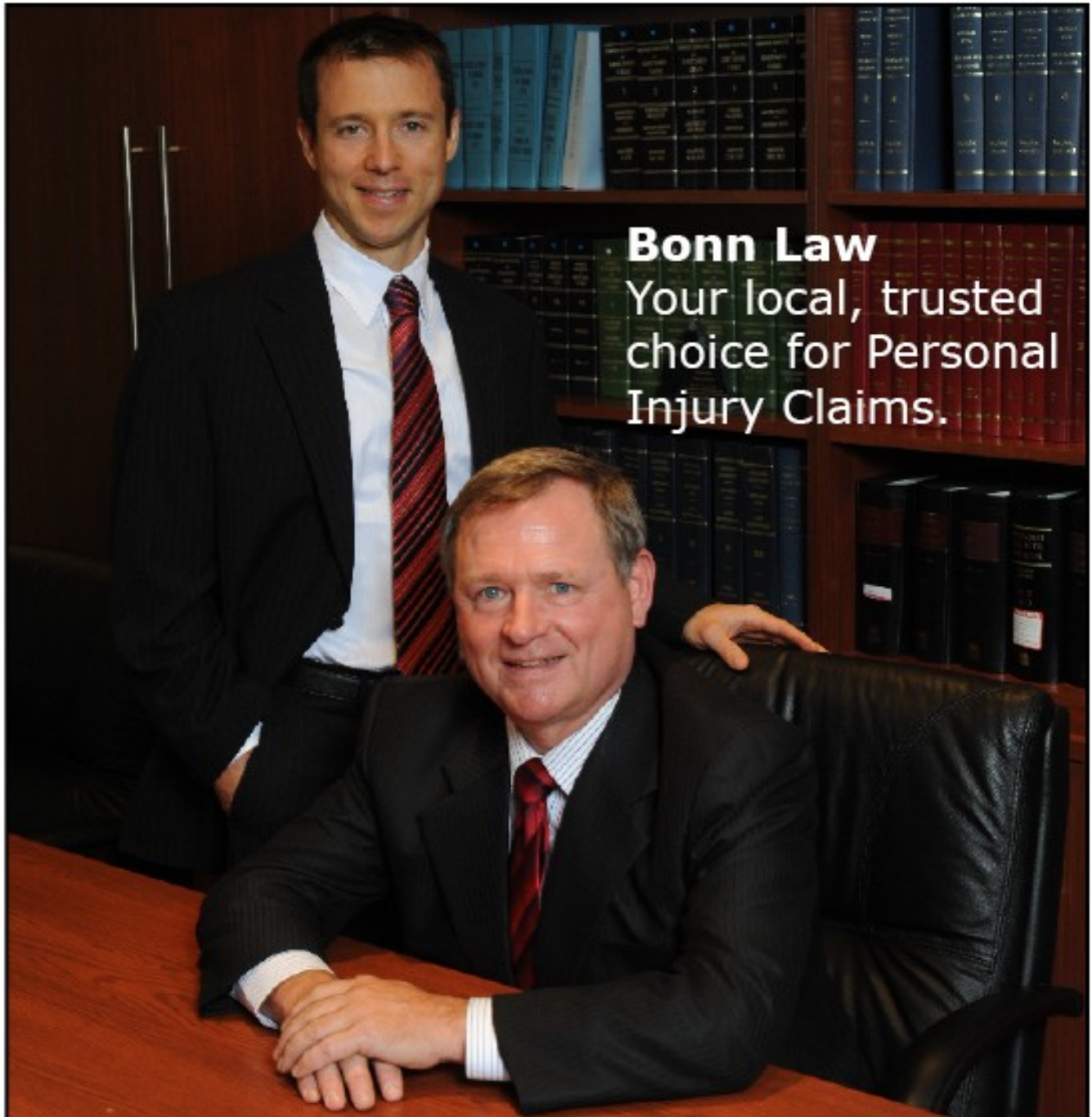
As well, our annual meeting for members will be held on September 17th and we invite all our members to attend. We are trying to design programs to meet your needs within our limited financial means but we need your input. We are constantly searching for new ideas and new ways to serve our community of brain injury survivors and their families. Bring your positive energy and

your ideas for the future. More specific details will follow in the next edition of "On the Sunnier Side", but save the date.

As this edition went to print, a provincial election was announced in Ontario. Please use the statistics scattered throughout this magazine to approach your prospective candidates. It is time for us to put Acquired Brain Injury on the agenda of the Ministry of Health. With over 18,000 new brain injuries in Ontario, every year, our politicians need to address this population. Our survivors, family members, caregivers and professionals working in the field need to be recognized by the Ministry of Health.

Respectfully submitted,
Mary-Ellen Thompson,
Ph.D.

President, BIAQD



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

Since 1972, Bonn Law's team of professionals has been a client-focused, results-oriented, and most importantly, a caring, empathetic group who have helped hundreds of people receive fair compensation for their serious injuries, including: Traumatic Brain Injury, Wrongful Death and Injury, Motor Vehicle Collisions, Slips and Falls, Disability Claims and Auto Accident Benefits. Bonn Law has built a solid reputation for being compassionate and diligent in their approach to obtaining compensation on their clients' behalf. If you or a family member have been seriously injured, call Bonn Law for a free consultation. For most cases, no payment is required until damages have been recovered.

80 Division Street, Trenton & 199 Front Street, Belleville
613.392.9207 or 1.888.BONN LAW www.bonnlaw.ca

BONN
LAW OFFICE

Here for you, when you need them the most.

**Volunteers
are paid in
six figures...**

S-M-I-L-E-S

-Gayla LeMaire

June is Brain Injury Awareness month: a month when we celebrate those within our organization who have made a difference. The Brain Injury Association Quinte District could be described as a grassroots organization and we thrive on the participation of our members. In June, we celebrate those that spend countless hours volunteering for our Association.

As Aristotle famously said, there are two types of joy: the selfish pleasure of enjoying a chocolate sundae or a binge movie watching weekend, and the pleasure that comes from helping others – the kind of joy that comes from a life well lived. Recent research indicates that contributing to your community not only helps others, but is criti-

cal for recovery and community reintegration. A study of adolescents demonstrated that those that were engaged in generous activities that supported family and friends had higher scores of healthy well-being.

At this time, I would also like to recognize the volunteerism of our Board members. For many years, Carole Vincent, has been recognized by her former employer in the form of a monetary donation, for her many hours of volunteerism. Thank you to Carole for submitting her hours. I encourage any of you who have a similar program in your place of employment to submit your hours so that we, as an Association, may benefit from your generous donation of your time.

At the Brain Injury Asso-

ciation Quinte District, we celebrate our volunteers each year with the Volunteer of the Year award. These volunteers contribute significantly to the health and well being of our organization. Our past winners include Kreg, George, Nicole, Jean, Randy, Ashley and Melinda. To be eligible for this award, you must be nominated by a member of the association. Please contact the Brain Injury Association office if you would like to nominate someone for this award.

A sincere thank you to all the amazing volunteers of the Brain Injury Association Quinte District – you keep the wheels of this association in motion! Your contribution to this Association is cherished and working together, you help lighten the load for all of us!

Barbara Claiman

M.A., R.R.P., M.C.V.P.
Director, Client Services



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

**TIM DAVIDSON
HEARING SERVICES**

For all your hearing requirements
Registered ADP, WSIB, DVA

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

Association of hearing instrument
practitioners of Ontario

timdavidson@bellnet.ca

CONQUER ABI

(acquired brain injury)

1 in 26
Canadians are living
with a brain injury.

Many of them are
our neighbours.



June 28th
WALK WITH US
Zwicks Park, Belleville
www.RaceRoster.com/2524



ABI System Navigation
of Southeastern Ontario



BRAIN INJURY ASSOCIATION
VENUE: MISSISSAUGA

Member in the News: Kate Woods



Kate Woods' high school graduation photo, June 2012.

Kate Woods has successfully completed her first year at Loyalist College. She is a strong advocate for the TBI community and her story has been published nationally. We applaud her for her courage and determination, and feel lucky to have her as a member of our association. This is part of her story.

Excerpt from Communiqué:

In the words of Mary-Ellen Thompson, Ph.D.

For the past 13 years my life as a speech-language pathologist has been enriched by the challenges of providing services to an amazing client: Kaitlyn Woods.

Kate was injured in 1999 at the age of four. She was in a coma for over a month. She returned home after spending four months in acute care and inpatient rehabilitation in Toronto. Kate's prognosis was very guarded.

...She learned to talk again but her speech was mostly unintelligible due to severe ataxic dysarthria. I soon realized the potential she had. This was the beginning of the challenge of working with Kate, a child with average intelligence, an acquired brain injury (ABI), severe dysarthria and limited intelligibility of speech (>20%).

Kate returned to school very gradually, first with her walker and then for many years, wearing her helmet. In the school system, we met many teachers with hearts of gold but it was challenging to teach a child with limited intelligibility of speech, slow response time and poor motor control. It was even more difficult to accurately assess a child like Kate. She was often placed in the lowest academic groups because very few knew what she was saying or writing. Even by grade 8, Kate's intelligibility of speech was only 50% but she succeeded academically. Still, it was difficult to make long-lasting friends. Some students openly expressed jealousy because they felt that she received too much attention – *would they really want to trade places with Kate?*

...Together, as her rehabilitation team, we presented the **Model for successful high school integration of a student with ABI** in 2009 at the Ontario Brain Injury Association (OBIA) and at the Brain Injury Association of Canada (BIAC) in 2012.

This article features excerpts from the Summer 2013 edition of Communiqué – a magazine produced by Speech-language and Audiology Canada – as well as from an article featured in the Ottawa Citizen in September of 2012.

Excerpt from the Ottawa Citizen:

By: Andrew Duffy

So you think your first day of high school was tough?

On her first day as a Grade 9 student, Kaitlyn Woods of Napanee, Ont., stood in front of a school assembly to tell her new classmate about her brain damage.

... As part of a concerted effort to improve on her elementary school experience, Woods told the entire school body of Quinte Christian High School about her brain injury, its effects, and how they should deal with it during the next four years.

"I was a new kid in a new school. It was a scary experience," Woods told the Brain Injury Association of Canada annual conference in downtown Ottawa this week. The association wrapped up its three-day conference Friday.

... "But I am a normal teen who likes to shop, go to movies, watch TV," she said. "So please communicate with me."

She equipped them with some strategies.

Woods told her classmates not to talk to her like a child, but like any other high school student. Ask questions, she said, and don't pretend when they don't understand the answer. Ask her to repeat the answer and please have the patience to listen.

Her first-day presentation helped pave the way for a rich high school experience. Woods joined the track team, a woodworking club and even studied drama, despite her difficulty with speech.

She repeated her presentation each year to new students who entered the school.

"I was accepted by all the school community," Woods told the Ottawa conference.

She graduated this spring and, at 18, is now preparing for college, where she intends to study interior design.

Woods's journey through high school was made easier by the help of a teaching assistant and the rest of her "team", which included a speech pathologist and rehab

In Kate's own words:

"I was in a car accident. I have a brain injury. I have ataxia throughout my body but predominantly on my right side. I also have trouble speaking, but if you think I'm going to let that stop me from living my life, you are sorely mistaken. I wouldn't trade my life with anyone for anything. My parents would have liked this to not have happened, but I wouldn't change a second of my life. I wouldn't have met half the people I've met without my injury. I've made lots of friends that I wouldn't have made, and I wouldn't have had this chance to tell you my story."



SAC member Mary-Ellen Thompson, S-LP(C), and Kate Woods at The Brain Injury Association Conference of Canada in Ottawa, September 2012

Excerpt from Communiqué summer 2013:

As an S-LP, this is what the last 13 years have taught me:

Kate has enriched my professional and personal life and taught me many things about rehabilitation and recovery. The model we have developed has allowed Kate to participate in volunteer jobs and co-op placements. We have also placed a version of her story on her iPad using a text-to-speech app. As she looks forward to college, we will once again share her message and successful communication strategies with her colleagues and professors.

While our goals have changed during the past 13 years, we have never wavered from our long-term goal of making Kate the best she can be!

YOUR ADVANTAGE, *in and out of the courtroom*



With a longstanding record of successes combined with a genuinely caring attitude, the personal injury team at Thomson, Rogers will always make sure that things are well taken care of.

To find out more about how we can protect you or someone you love, visit: **www.thomsonrogers.com/personal-injury-litigation**. Or call us today for a free consultation and a copy of our Personal Injury Information Kit.

THOMSON ROGERS
PERSONAL INJURY LAWYERS

Remembering Roger Pennell

December 25, 1951 – November 8, 2013



Roger Pennell was a valued member of the Brain Injury Association Quinte District who volunteered many hours in support of fundraising activities. Roger came to our Association after hearing a chance interview on the local radio station. Roger's first words at our association were "That interview described everything that has changed in my life." On my first meeting with Roger, he asked how people find value in life after brain injury. Roger seemed to find a home at the Brain Injury Association Quinte District and his beloved Harley was often seen parked out front. Roger helped organize the Ride for Brain Injury and was integral to this fundraising effort. Roger was a kind, compassionate, thoughtful man with a gentle nature. He was always willing to lend a helping hand and became a true friend to many. He will sadly be missed but his words will stay with us. Roger left us with a legacy of writings, poetry, short tales, and musings. In Roger's words.....

Life is about what it can do for you

But life is about what you can do for it

Life respecting nature and what it has to offer

And what you can do to protect its beauty.

Life is about loving and hurt and shame

And life is about when we do things wrong and accept the blame.

Life is about helping others, and helping to show the way

Life is about waking up and making the most of our day

Life is about being happy in everything we do

And when we screw up, life is about forgiveness too.

So if you're full of life and show you are

It'll not only spread within, but to everyone, which you care

And love and happiness, and everything you do

Will help you in the bad times, to help you make it through.

So live life to the fullest, it'll make you a better woman or man

Because life is not a single hard rock but like a million grains of sand.

TAZ

Roger lived life to its fullest and left us all with many memories. He will always be remembered for his dedication to BIAQD and we wish him peace.

Baldwin Law

BARRISTERS & SOLICITORS *Professional Corporation*

54 VICTORIA AVENUE • P.O. BOX 1537 • BELLEVILLE • ONTARIO • K8N 5J2
 Phone: 613-771-9991 WWW.BALDWINLAW.CA Facsimile: 613-771-9998

Ian W. Brady *B.A., LL.B.*
 Matthew A. Page *B.Sc., LL.B.*

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

Theresa Van Luyen *B.A., LL.B.*
 J. Keenan Sprague *B.Sc., LL.B.*

Lorraine Thomson *Licensed Paralegal*

Advice and Counsel to *Trust*



Lack of insight
Memory Loss
Fatigue
Sensory Loss
Seizures

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

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

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

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

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



Pathways

to Independence
Acquired Brain Injury Services

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

Pathways ABI programs and services are tailored to accommodate client needs and provide a continuum of care. Pathways works closely with every client to develop a service plan that supports a person's rehabilitation and reintegration to the community following a brain injury. In addition to assisting with activities of daily living, Pathways employees actively work with the client to access social networks and community partners to develop and support the implementation of a person's individualized service plan.



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

- ❖ 24 hour Supported Homes
- ❖ Family Homes
- ❖ Respite Services
- ❖ ABI day programs
- ❖ Employment Supports
- ❖ Behaviour Management

- ❖ Psychological & Psychiatric Services
- ❖ Legal Services
- ❖ Medical and Wellness Support such as Physiotherapy, Speech Therapy, Occupational Therapy, Nursing, Dietician

Reach out to us to find out more about Pathways ABI Services :
 289 Pinnacle St., Belleville, ON K8N 3B3 T 613.962.2541 F 613.962.6357
 356 D Woodroffe Ave., Ottawa, ON K2A 3V6 T 613.233.3322

www.pathwaysind.com

A Message from Sarah

(Loyalist DSW Placement Student)

Page 11



For those of you who I did not get to meet, Hello and for the many that I did, thank you. Thank you for your kind words, encouragement and laughter. I learned so much from each of you.

The BIAQD was my twelve week final placement for the DSW program. I'm officially a graduate and am glad that the BIAQD was part of my learning. I enjoyed spending time in the kitchen baking goodies for after yoga and then relaxing with everyone while we learned how to twist our bodies into yoga positions. Although there wasn't a great turnout for Media committee those members that came were positive and steadfast and I always felt that it was important for them so I made it important. I learned a lot about websites, twitter and creating a magazine. The ThinkPink ladies always brightened my Wednesdays and I commend each of you for your hard work and wish you good luck with the SoulSpa.

I would like to give a special thank you to Monique and commend her for her hard work. You are doing an awesome job! I really enjoyed working with her and working together to prioritize and get things done. She taught me a lot about an office while figuring it out for herself.

You will not be seeing me around as I have moved out of town and soon will be moving out of province. Thank you again for this great experience and for possibly leading me down a career path that is not typical.



Better care for a better life

Better care for a better life

Canada-wide serious injury care with a local "touch"

BAYSHORE HOME HEALTH delivers a wide range of nursing and attendant care to people with serious injuries, helping them regain their daily lives and reintegrate into their communities.

Our nurses are specially trained to deal with clients who need advanced clinical care, while our personal support workers perform many delegated tasks for individuals with catastrophic and non-catastrophic injuries. They are supported by internal clinical experts and our National Care Team – a convenient, central contact point for workers' compensation boards, insurers and government care programs, providing standardized client reporting and timely service.

With 40-plus offices across Canada, we also offer a local "touch" when it comes to professional care for people with serious wounds, fractures, amputations and spinal cord/acquired brain injuries.

To learn more, please call **613.962.7229** or **1.866.986.0097**.

www.bayshore.ca





Peer Support Program

Page 12

The Peer Support Program is a Provincial Program through the Ontario Brain Injury Association, which connects persons who have lived the ABI experience (the Mentor) with an individual who is living with the effects of an acquired brain injury and who requires support (the Partner) . The program is available to survivors, family members, and unpaid caregivers. Mentor/Partner matches are on average one year, and are based on similar experiences, needs and personal interests. As the program is a province wide, it makes it possible for people to be matched from anywhere in the province. Funding for the program is provided by the Ministry of Health funnelled through the Hamilton Niagara Haldimand Brant Local Health Integration Network . The program was evaluated by independent professionals contracted through the Ontario Neurotrauma Foundation (ONF). The evaluation documented that 82% of Mentors

said that being a Mentor improved their quality of life and that 90% of Partners recommend the Peer Support Program.

In 2006, the Peer Support program was brought to Ontario from New York and New Jersey. Gluckstein Personal Injury Lawyers, Sibley & Associates and Henderson Stuctured Settlements provided financial assistance to get the Peer Support Program up and running in Ontario.

As a PARTNER in the program, you have the opportunity to learn from someone "who has been there" offering you guidance and support based on their own personal experience living with ABI. Support is provided to you via telephone or e-mail - based on your preference . This allows you to participate in the program in the comfort and privacy of your home.

Many partners have positive experiences and as one partner says, "This program has made me understand that I am not alone."

As a MENTOR in the program, you have the opportunity to help others by sharing your experiences and by providing support and information to your Partner who is living with a similar experience. Each and every Mentor in the program goes through a comprehensive screening and training process. The whole screening process is completed prior to you being matched with a Partner. One mentor stated, "I want to give back and help others who are trying to cope with their brain injury."

All information revealed by either a Mentor or a Partner during their Partnership is all kept confidential within the program.

If anyone is interested in being either a Mentor or a Partner , or for more information about the Peer Support Program please contact your local Peer Support Coordinator, Carole Vincent.

Brain Injury Association Quinte District
613 967 2756
1 866 894 8884
E-MAIL biaqd@bell.net
peersupportquinte@xplornet.ca

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



SINCE 1988

Knowledge Experience Choice

BARTIMAEUS
Caring for People... Everyday

- *Guest speakers*
- *Free mini spa treatments*
- *Spa market*
- *Vendors market*



presents

SOUL SPA

June 14th 2014

Core Centre, 2nd floor,
223 Pinnacle Street,
Belleville



Includes lunch
and snacks

For more information:
Tel: (613) 967-2756
Email: biaqd@bellnet.ca
or visit www.BIAQD.ca

Registration: 8:30am to 9am
9 am to 4pm

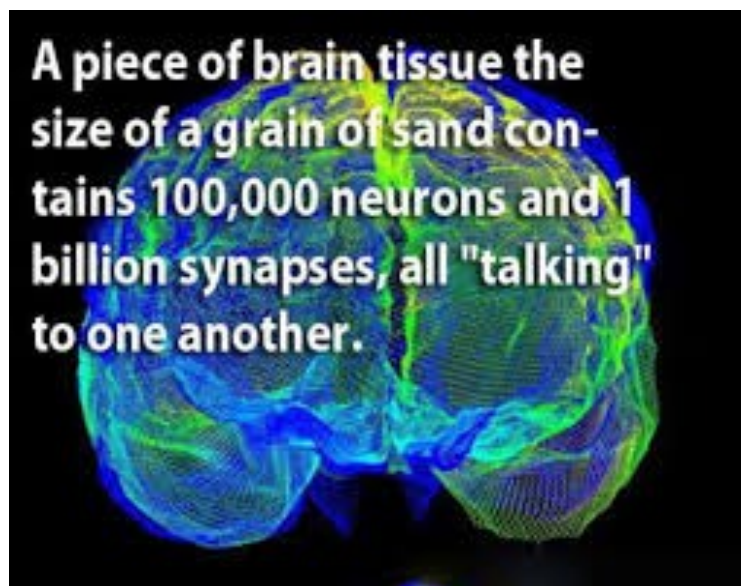
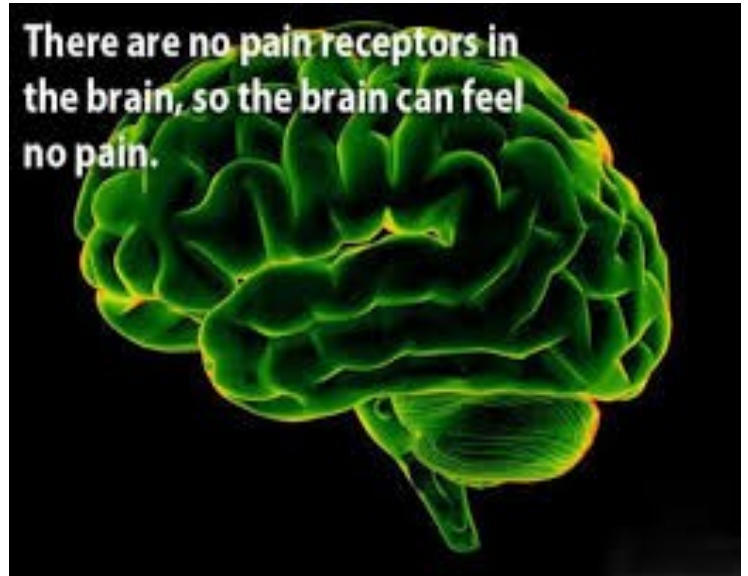
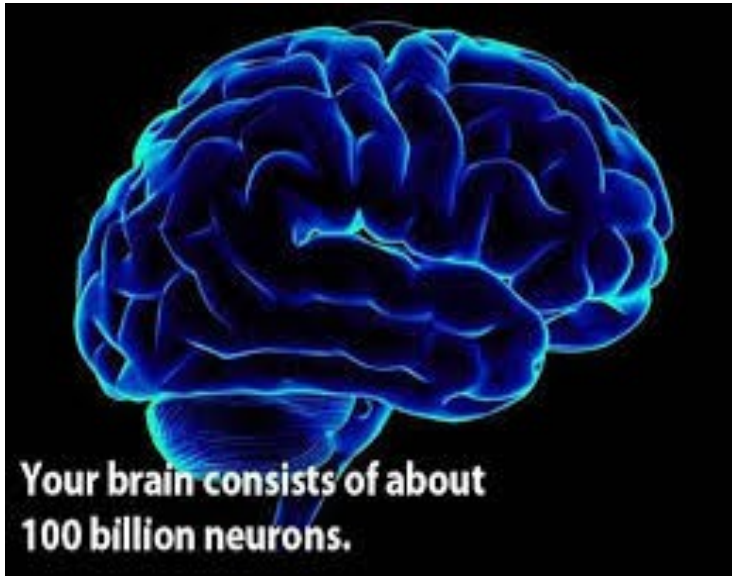
Speakers include:

- *Buddhist nun*
- *Shaman Tracey*
- *Lawyer*
- *Personal trainer*
- *And many more...*

Pampering the soul in a day's journey of self-discovery

A PART OF THE BRAIN INJURY ASSOCIATION OF QUINTE DISTRICT

Celebrating Our Amazing Brain





- One in 26 Canadians is living with an acquired brain injury
- 1.3 million Canadians are living with an acquired brain injury
- 1 in 10 people will know someone living with an acquired brain injury
- Within the next hour, 6 Canadians will suffer an acquired brain injury
- One in 5 sports related injuries is an acquired brain injury



Mary-Ellen Thompson, Ph.D.

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

Practice in Language, Speech and Cognitive Communication

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

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

www.metphd.ca

email: met@metphd.ca

Bergeron | Clifford LLP

Personal Injury Lawyers



Catastrophic injury

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

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

We help sort out the confusion.

Bergeron Clifford

1-866-384-5886 • www.bergeronclifford.com

OTTAWA • KINGSTON • WHITBY • PERTH

“Drive Only...Never Text” campaign helps create awareness on the dangers of texting while driving

Do you text when you drive? Here's a simple message: “D.O.N.T.”! June is Brain Injury Awareness month as mentioned earlier in this issue. In conjunction with the Ontario Brain Injury Association, our association as well as many others across Ontario are encouraging Ontarians to become more aware of the potential for brain injuries due to motor vehicle crashes caused by distracted driving. This includes driving while texting or talking on the phone.

Quick Facts

Approximately 18,000 brain injuries occur in Ontario each year (*Ontario Alliance for Action in Brain Injury*)

Brain injury is the leading killer and disabler of people under the age of 44 (*US Center for Disease and Control*)

Brain injury kills more people under 20 than any other causes combined (*US Center for Disease and Control*)

Acquired brain injury is 15 times more common than a spinal cord injury, 30 times more common than breast cancer and 400 times more common than HIV/AIDS (*US Center for Disease and Control*)

40% of Acquired Brain Injury survivors sustained their brain injury as a result of an automobile collision (*2012 OBIA Impact Report*)

In 30-50% of traffic collisions in Ontario, distracted driving is cited as a casual factor but due to under-reporting, it is probably much higher (*Ontario Provincial Police*)

In 2012, 83 people were killed in motor vehicle collisions within OPP jurisdictions in which distracted driving was a casual factor (*Ontario Provincial Police*)

Texting while driving is the same as driving blind for 5 seconds at a time (*VA. Tech Transportation Institute*)

To put the last statistic in perspective, in three seconds at 60 km per hour you travel 50 meters – that's the distance across half a football field (*Ontario Ministry of Transportation*)

Sadly, a traumatic brain injury is a lifelong condition with varying degrees of disability. Those experiencing a traumatic brain injury require immediate care at a trauma center, acute care in a hospital as necessary, intensive rehabilitation and often, long term follow up by professionals. With this in mind, next time you are driving, remember to pull over before texting or calling. For more information about the D.O.N.T. campaign or to take the D.O.N.T. pledge please visit www.idont.ca.

**Support Services
for Brain Injury**

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

MINDWORKS

www.mindworksgroup.ca
1-800-559-8323



Quinte & District Rehabilitation Inc.

Dietetics
Social Work
Physiotherapy
Occupational Therapy
Speech Language Therapy

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

Dedicated to clients reaching their goals

The “Brain” in the News

How Does the Brain Use Food as Energy?

Extracted from article written by UCLA professor Fernando Gomez-Pinilla

Although the brain makes up only 2 percent of the body’s weight, it uses more than 20% of its daily energy intake. For this reason, the foods we consume have a great impact on brain functions such as learning, memory and emotions. Similar to other cells in the body, the brain cells use a form of sugar called glucose as a source of energy. Glucose is delivered to brain cells through the blood stream.

The structure and function of the brain are greatly affected by the foods we consume over our lifetime. Omega-3 fatty acids found in fish are important for the transferring information between brain cells. They also provide the structural material needed to maintain brain cells. Recent studies indicate that lifestyle choices such as diet and exercise can be effective to counteract neurological and cognitive disorders.

Narrowing Down the Most Accurate Head Injury Smartphone Apps

Extracted from article written by Justin Caba

New research at the University of Otago in New Zealand has helped to determine the most effective concussion testing apps available for smartphones or tablets. The researchers downloaded 18 different English-speaking apps and analyzed each one for their accuracy in diagnosing a concussion. Recently, the American Academy of Neurology (AAN) released its own app of this nature entitled “Concussion Quick Check”. This app has information on the signs and symptoms of a concussion, what an athlete may act like when they have a concussion and a GPS that can direct the individual to the closest neurologist to seek medical care.

Although these apps are very useful, researchers stress the fact that they are not a “do-it-yourself” solution. Instead, the information should be used to guide a player to seek urgent medical care if they have a suspected concussion.

Off-season May Not be Long Enough for Football Players'

Brain Health

Research by Dr. Jeffery

Bazarian and his research team



Researchers from the University of Rochester School of Medicine and Dentistry have recently analyzed brain scans of football players and found interesting results. Compared to non-athletes, players' brain scans showed changes in white matter at the end of the season. White matter is the part of the brain responsible for carrying messages from one part of the brain to another. Changes in the white matter seemed to be related to the amount of hits to the head that athletes had received during the season. Even after six months of rest, the changes still appeared.

This is concerning because if the brain does not recover during the off-season, brain changes may begin to accumulate. This may contribute to the development of chronic traumatic encephalopathy (CTE). Symptoms of CTE include memory loss, aggression and dementia. Changes in the brain did not seem to impact performance on the field. However, the symptoms may set in years after the trauma. Many outside professionals agreed that the study was conclusive. However, this study was just an initial step to spark further research in the field.



lisanne mitts

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

phone
613-848-4677

email
lisanne@urbanwisdom.ca

online
www.urbanwisdom.ca
www.facebook.com/urbanwisdomca

by mail
18 princess drive
carrying place on kOk 110



Events for June

Candle Light Vigil

June 3rd at 5pm—BIAQD Office

Art Show

June 9th– 27th

Opening Reception Thursday - June 12th

From 4-6pm at the Belleville Public Library

Soul Spa

June 14th—BIAQD Office

Survivor Golf Tournament

June 25th—Bayview Golfing Centre

CABI Walk

June 28th—Zwicks Park

If you are interested in any of the events for June 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
Belleville, ON
K8N 3A7

Phone: 613-967-2756

Fax: 613-967-1108

E-mail: biaqd@bellnet.ca