

Brain Injury Association Quinte

“On The Sunnier Side”

April



Coming Soon

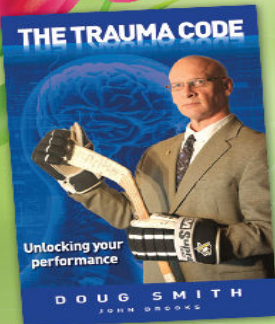
BRAIN INJURY ASSOCIATION QUINTE DISTRICT PRESENTS THEIR FIFTH ANNUAL

DINNER & AUCTION

Featuring Guest Speaker

Doug Smith

One of the best hockey prospects ever to emerge from Ottawa. Doug was taken second overall in the 1981 NHL draft, but his pro career was turbulent and ended in tragedy with a broken neck. But Smith is not a man easily defeated.



FRIDAY, APRIL 19th, 2013

Belleville Banquet Centre, 1 Alhambra Sq., Belleville, Ontario K8N 4T2

TIME: 5:00 pm for cocktail hour Individual tickets \$50 • Diamond ring box \$20 Purchase 2 tickets in advance for \$125 and receive 2 ring boxes

EVENING INCLUDES

Buffet Dinner, Cash Bar & Silent Auction

For more information, please call the BIAQD at 613-967-2756 or come visit us 281 Front Street in Belleville K8N 2Z6, Monday to Friday, 9 am to 2 pm

www.biaqd.ca • email: biaqd@bellnet.ca



One ring box will contain a diamond ring!



Hosted by The Brain Injury Association Quinte District which is a not-for-profit organization dedicated to supporting individuals with acquired brain injury, their families, and their communities by promoting awareness through education, information, and outreach services.

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Fax

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Toll Free:

1-866-894-8884

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Belleville Brain Tumour Support Group

Meets 2nd Wednesday of every month
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If you or a loved one have been affected by a brain tumour, you're invited to share your experiences and journey in this confidential, supportive environment.

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Presents:

Brain Basics

A Training Program for Health Care Workers, Caregivers and Survivors of Acquired Brain Injury

Program Modules

- Module 1: Parts and Functions of the Brain
- Module 2: ABI: Types and Causes
- Module 3: ABI: General Strategies
- Module 4: ABI: Consequences & Strategies: Physical
- Module 5: ABI: Consequences & Strategies: Cognitive
- Module 6: ABI: Consequences & Strategies: Behavioural/Emotional
- Module 7: Support Roles: Team and Family

Date: Wednesday, April 10th & Thursday, April 11th, 2013

Location: Holy Trinity Lutheran Church
516 Victoria Avenue, Belleville, ON K8N 2G5

Time: 8:30am - 4:30pm (Daily)

Cost: \$250.00 (Includes Lunch and Refreshment Breaks)

To reserve your seat, please register by March 27, 2013, as space is limited.

For further information please call

1-866-894-8884 (Toll-Free) or Email: biaqd@bellnet.ca
OBIA at 1-800-263-5404 (Toll-Free) or Email: obia@obia.on.ca



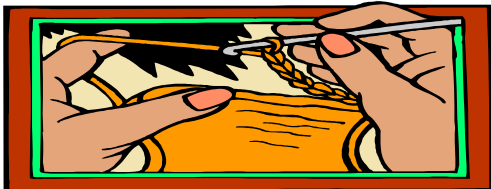
Join The Crochet Gang

Would you like to learn how to crochet?

If so, join the crochet gang every

Wednesday at 1pm starting April 17th.

All you need is a ball of yarn and a crochet needle that can be purchased at any dollar store.



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



Hosted by The Brain Injury Association Quinte District which is a not-for-profit organization dedicated to supporting individuals with acquired brain injury, their families, and their communities by promoting awareness through education, information, and outreach services.

Registration is \$20.00 or FREE with \$100.00 or more donations
All donations must be collected and submitted before Ride begins

Ride starts at Belleville Sport & Lawn Ltd.

Registration 9am-10am

Bikes Ride 10am Sharp

FREE bbq ticket for after ride and draw for FREE prizes
Plus silent auction after Ride

For more information, please call the BIAQD at 613-967-2756 or come visit us
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Brain Injury Association
of Quinte District

2013 Acquired Brain Injury Conference
The Amazing Brain:
Resilience in the Face of Adversity

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

RECEPTION

Tuesday, May 14th, 2013

5:30 to 8:00pm

\$50.00

CONFERENCE

Wednesday May 15th, 2013

9:00am to 3:40pm

\$100.00

FEES TO ATTEND BOTH EVENTS

Professionals \$100.00

Survivor/Caregiver \$75.00

Students \$50.00

LOCATION

Travelodge Hotel
11 Bay Bridge Road,
Belleville ON

TO REGISTER CONTACT

BIAQD
613-967-2756
biaqd@bellnet.ca
www.biaqd.ca

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BOGOROCH & ASSOCIATES

Choosing a Personal Injury Law Firm

Injured victims and their families face many hardships and obstacles. Not only must they cope with the profound pain and loss resulting from their injury, but often they and their families **must navigate** through a **complex** and **confusing** maze of legal and insurance-related issues. One of the most **important tasks** is choosing the **right law firm**.

At **Bogoroch & Associates**, we are **dedicated** to helping our clients through these difficult times by offering **effective, caring, and compassionate legal representation**. Our **commitment** to you is simple. We will handle your case **efficiently**, provide you with **excellent service** and work hard to achieve the **best settlement for you and your family**.

Richard M. Bogoroch has over 23 years of experience and is certified as a **Specialist in Civil Litigation** by the Law Society of Upper Canada.

- We provide a **free initial consultation**;
- **We will wait to get paid** when your case is concluded, and generally, **we only get paid if we win or settle your case**;
- We provide you with **regular status reports** on your case, as well as **copies** of all significant **documents** and reports;
- We **return your telephone calls** within **24** hours or less;
- We will provide you with a **litigation plan** and a **timetable** when events in your case will be completed;
- We **pay for parking** or alternatively we are happy to **arrange transportation** to our office;
- We **arrange appointments with leading physicians and experts** to help prove your case;
- If you are **unable to attend our office due to being hospitalized**, we will be pleased to meet with you at the hospital;
- We provide an **interpreter** if required.

Founded by Richard M. Bogoroch, **Bogoroch & Associates is a Toronto-based law firm** of 8 lawyers and 23 support staff **that specializes in civil litigation**. The firm concentrates on **serious motor vehicle accident cases including brain injury and spinal cord litigation, medical malpractice litigation, wrongful death litigation, products liability and disability claims litigation**.

For more information, or to receive our **free** brochure 'What to do in Case of a Car Accident', please email us at info@bogoroch.com.

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Dedicated to Improving the Lives of Injured Victims and Their Families

If you are unable to travel to Toronto, we will be pleased to meet with you at your home.

“...He made the darkest period in our lives a great deal brighter... Tremendously gifted as a lawyer, possessing a fighter's spirit with the compassion of all decent human beings, Richard Bogoroch is one in a million; he changed our lives.”

*Mr. J.F.
Toronto, Ontario*

“After a short meeting with Richard and Heidi my mind was quickly put at ease. Together they laid out the events.....and filled me with every confidence that my case would be resolved to my satisfaction. As a team Bogoroch & Associates delivered. From the beginning to the end I was treated with the utmost respect.....My medical needs, my rehabilitation and reintegration into the work force were all supported and accounted for.....Because of all of you, I have been able to continue to enjoy my life and all it offers....THANK YOU.”

*Mrs. D.Z.
Orangeville, Ontario*

“Not only were you (Richard and Linda) incredibly diligent in your pursuit for justice following my motor vehicle accident, but your ethics in your practice are second to none....I truly believe, the outcome of this case was due to the tremendous effort and persistence you placed into achieving a specific result, making my life better and producing a settlement that was not only substantial in the amount of the reward but also gave me piece of mind....I am and always will be grateful to you....”

*Ms. M.G.
Peterborough, Ontario*

“....to have someone like you (Richard) looking after all the legal aspects of this case made the rehabilitation period much easier for our family....to have someone like you who looked after our requirements in a professional, caring manner made what could have been an extremely stressful period of time much easier on our entire family. The dedication, precision and humane manner in which you handled this case, while establishing excellent rapport with our family, was exemplary.”

*Ms. R.M.
Georgetown, Ontario*

To read more client testimonials, please visit our website at www.bogoroch.com





JUST A REMINDER
ON YOUR
MANNERS WHEN EATING



TABLE MANNER DO'S

- Sit properly (and straight) in your chair
- Talk about pleasant things
- Place your napkin on your lap
- Wait until everyone is seated before starting to eat
- Watch others, or ask, if you're not sure how to eat something
- Ask someone to pass the food, rather than reach across the table
- Chew with your mouth closed
- Don't talk with your mouth full
- Use a knife and fork to cut your meat
- Say "excuse me" or "I'm sorry" if you burp
- Say "no thank you" if you don't want a certain dish or are full
- Say "may I please be excused" before leaving the table

TABLE MANNER DON'TS

- Don't talk about gross things
- Don't ask for or take seconds before others have had firsts
- Don't take more than your fair share
- Don't overload your fork or plate
- Don't gobble your food
- Don't chew with your mouth open
- Don't talk with your mouth full
- Don't play at the table
- Don't hum or sing at the table
- Don't tip your chair or lean on the table
- Don't eat with or lick your fingers
- Don't push your plate away when you're finished




April Birthdays



- 4-2 MARVIN GAYE (MOTOWN SINGER)
- 4-3 DORIS DAY (ACTRESS)
- 4-5 BETTE DAVIS (ACTRESS)
- 4-7 BILLIE HOLIDAY (JAZZ SINGER)
- 4-9 WC FIELDS (ACTOR)
- 4-13 THOMAS JEFFERSON (PRESIDENT)
- 4-14 LORETTA LYNN (COUNTRY SINGER)
- 4-16 CHARLIE CHAPLIN (ACTOR)
- 4-19 JAYNE MANSFIELD (ACTRESS)
- 4-23 WILLIAM SHAKESPEARE (WRITER)
- 4-26 CAROL BURNETT (ACTRESS)





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Program Update

Lunch Program

March 22nd, fourteen members got together for the lunch program. We enjoyed hamburgers from Jeannine's Backtalk Café and hotdogs which Barry cooked on the bbq—great job Barry!!! Kreg provided us with a home baked carrot cake—very good!!!

Nicole's Aunt joined us today, wonderful to meet Aunt Sue. It was also great to have Mary join us and Mary did a great job cleaning up. Gary also vacuumed the carpet after we were done eating.

Thanks Everyone For Helping and Making The Program A Success!!!

Next lunch program is scheduled for April 26th, please reserve your seat as space is limited.

Second helping. At a formal affair a multicourse menu is served that precludes the need to offer second helpings. However, at an informal meal, the menu is simpler and second helpings are encouraged. If the hostess does not offer second helpings, do not ask for them. Instead, take a modest serving the first time and wait for the hostess to suggest more.

How large a portion to take from a platter. When a platter of presliced food is presented, and each slice is an ample size, take one serving. But if the slices are small, and it looks as if there are enough servings for each guest to have two, take two for yourself. As a courtesy to the last guest, make sure to leave enough food on the platter so he or she has a choice from several portions.

Liberty Tax Service

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

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

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

Lorraine Thomson *Licensed Paralegal*

Advice and Counsel to *Trust*

Pathways to Independence

When you need help to be who you are after an acquired brain injury, reach out to us. Share your journey with other adults living with an acquired brain injury in a supported home, or be supported in your own home. Fully participate in your community and live your life based on your choices and goals.

Accredited by the Commission for the Accreditation of Rehabilitation Facilities (CARF), Pathways to Independence



specializes in providing residential services and programs to adults with acquired brain injuries in South Eastern Ontario. Tailored to accommodate individual needs, we provide a continuum of care

in partnership with community based professionals and specialists.

Our services include:

- 24 hour Supported Homes
- Supported Independent Living
- ABI Day Programs
- Employment Supports



"Imagine the joy of just being who you are again. You look forward to the new week and seeing your new friends"
"S.L". Supported Client at Pathways to Independence

"We believe that the ABI program is his life now and for that we are grateful beyond measure."
Family members of a supported client at Pathways to Independence.

"Pathways is the place to be to help us to be independent with our lives. But most of all, Pathways is a place to be with all the help to get us back living the life we want to live".
"B.D". Supported Client at Pathways to Independence

www.pathwaysind.com

When you need support to be who you are, contact us at:

289 Pinnacle St., Belleville, ON K8N 3B3
T 613.962.2541 F 613.962.6357

356 Woodroffe Ave., Ottawa, ON K2A 3V6
T 613.233.3322

Animals



Write down the names of animals starting with as many different letters of the alphabet as you can, for example C for Cat.

A	N
B	O
C	P
D	Q
E	R
F	S
G	T
H	U
I	V
J	W
K	X
L	Y
M	Z



I have one! M...for
Maggie Mae—
Right???



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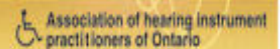
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What Happens to Relationships After Brain Injury?



Many survivors and family members describe changes in their relationships after the injury. They may not hear much from friends, co-workers, and extended family members. Others notice that their phone calls, emails, and letters are left unanswered. Some survivors find themselves feeling alone even when they spend much of their time with family members or friends. Here are some of the things people say about their relationships after brain injury. Do any of these statements sound like things you have said?

- I can't relate to other people. It's easier to be by myself.
- What happened to all the friends who came to visit me in the hospital?
- Other people don't want to be around me.
- People seem to avoid me.
- My wife threatens to leave me at least twice a week.
- I wonder why no one returns my calls.
- It seems like everyone at work has lost my phone number.
- I haven't talked to anyone in weeks.
- Nobody cares about me.
- I don't have any friends.
- Seems like nobody wants to talk to me.
- Nobody has any idea what I am going through. They don't understand me.

Why people feel lonely even when around family members or friends?

After injury, many survivors describe feeling lonely — even when they are surrounded by other people. This loneliness may arise for many different reasons.



- Difficulty talking to other people or understanding what others are saying are common problems survivors face after injury. Communication problems can make relating to other people and explaining your thoughts and feelings very difficult. These problems can lead to feeling misunderstood and isolated.
- Many survivors feel self-conscious after their injuries. They may worry about being different or less capable than other people. Self-consciousness can make it harder to spend time with other people or seek out new relationships.
- After injury, many survivors worry about what others will think of them and may feel nervous about being around other people. They may be afraid of being hurt or rejected by other people.
- Many survivors notice they are more irritable after their injuries. When irritated, they may say or do things they regret later on. Some survivors try to stay away from those they care about for fear of behaving poorly. Family and friends may also avoid you if they are worried about what you might say or do.
- Fatigue and low energy are common problems after brain injury. Survivors may not have the energy to do things they used to enjoy or to spend time with friends and family. Family and friends may also worry about tiring you out when they invite you to do something.
- Pain and other physical problems often make it harder for survivors to do things they used to enjoy. You may also have trouble leaving the house, traveling, or visiting other people. Injury-related limitations make it harder to nurture and build relationships.
- Many survivors are not able to drive or work after their injury. Lack of transportation and money may make it hard to visit others or do things you enjoy.
- People generally make friends through work or being involved in social or recreational activities. After injury, survivors often stop working and may not be involved in sports, church, and other activities. You may lose contact with friends and co-workers because you don't see them as much.
- Friends and family may feel uncomfortable because they don't know what to say, how to act, or how to help. Discomfort may make it harder for them to relate to you or spend time with you. Help them out by letting them know about your positive and negative feelings and what they can do to help you.



Joy Beazley
B.A. Hons., B.Ed.
Rehabilitation Case Manager
1063 Lincoln Drive
Kingston, ON K7M 4Z3
V: 613.384.9736
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BrainChild Networks Inc.
Rehabilitation Consultants
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Lisanne Smith
 Director

Phone: 613-394-2412
 Fax: 613-394-5532

Tracy J. Kennedy
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18 Princess Dr.
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Program Schedule

Recreation Program

Supervised weekly Tuesday evening activities for individuals with an acquired brain injury. All participants are to meet at the BIAQD office by 5pm and return at 8pm. This program gives the opportunity to rebuild life skills, social skills, independence, confidence, self-esteem, develop friendships, cognitive & social skills and increase physical activity in the community. Activities can include dining out, movie night, playing pool, bowling, hiking and/or nature walks

April 2 April 9 April 16 April 23 April 30

Caregivers Group

Monthly Caregivers meetings are held on the second Thursday, 1pm at RCBIS office, Quinte Mall for caregivers and family members that are affected with brain injury individuals.

April 11

Information & Support Meetings

Monthly meetings are held on the third Thursday, 5pm at the BIAQD office for individuals with an acquired brain injury and caregivers/family members. There is opportunity to share stories, have group discussion, socialize. Occasionally a guest speakers will be scheduled. Pizza and refreshments are also provided.

April 18

Lunch Program

Nutritional monthly lunch program provided on the fourth Friday of the month at BIAQD, 12:00pm for individuals with an acquired brain injury. Participants should RSVP their attendance.

April 26

BIAQD reserves the right to restrict participants in any event, program and/or activity where deemed appropriate to do so.

All participants must also be a member of the Association.

PEER SUPPORT MENTORING PROGRAM

For people living with ABI

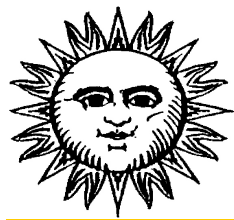
The Peer Support Mentoring Program for people living with ABI connects an individual who is a “veteran” in living with the effects of Acquired Brain Injury (ABI) with a “Partner” who is coping with a similar ABI-related situation and is in need of support from a knowledgeable friend. The program is available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

Mentor/Partner matches are based on similar experiences, demographics and personal interests. The program is offered through local brain injury associations all over Ontario, making it possible for people to participate wherever they live.

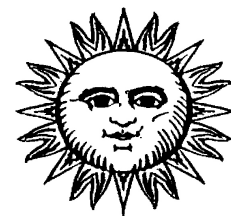
The Peer Support Mentoring Program for people living with ABI can be a great way to support efforts toward recovery, and complements professional services. Mentors and Partners talk by phone or email so they can arrange a convenient time and can participate **from their own homes.**

CONTACT

**Brain Injury Association Quinte District
Carole Vincent, Peer Support Coordinator
281 Front Street, Belleville, ON 613-967-2756 Email: biaqd@bellnet.ca**



“On The Sunnier Side”



April 2013

SUN	MON	TUE	WED	THU	FRI	SAT
	1 April Fools Day	2 Recreation Program Movies	3	4	5	6
7	8	9 Recreation Program Bowling	10 Brain Basics Seminar	11 Brain Basics Seminar Caregiver Meeting	12	13
14	15	16 Recreation Program Pool	17	18 Information and Support Meeting	19 	20
21	22	23 Recreation Program Dairy Queen	24	25	26 Lunch Program Must RSVP	27
28	29	30 Recreation Program Frisbee				