

# On the Sunnier Side

Volume 5, Issue 4

2018

Brain Injury Association Quinte District



Anyone who has never made a mistake, has  
never tried anything new.

Albert Einstein

## Presidents Note



As we come to the end of another year, we tend to reflect on what we have done and where we are headed for the year to come. We have had a productive year at BIAQD, which included the following programs, events and activities:

- Belleville Senators Game Night Out for our members
- Comedy Night Fundraiser
- Casino Night Fundraiser
- Unmasking Brain Injury at the Quinte Mall
- Celebrating Success of our members
- Ralph Kitchen Ride
- Candlelight Vigil
- Attending local bike rodeos and helping hand out helmets to children
- Cassidey Ouellette Memorial Colour Run
- Members Golf Tournament
- Paint Nights
- Hot Dog selling
- Walk-A-Thon
- Craft and bake Sales
- Art Show
- Helmet Lending Program
- Uncorked Fundraising Night
- Members Holiday Party

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We could not have accomplished what we did without the dedicated service of our volunteers, board members and members, the financial support of our volunteers and Jennifer's tireless work at the office. Thank-you.

We look forward to a short holiday break and coming back fully refreshed in January with a full slate of programs.

All the best to our members, volunteers, board members and Sponsors.

Keep well and always strive to be better.

Kristian Bonn  
President, BIAQD

# Peer Support Program

For people living with the effects of an acquired brain injury (ABI)



Funding for the Provincial Peer Support Program is provided by:



Development Sponsors:



## Get Connected with Peer Support

OBIA's Provincial Peer Support Program connects persons with lived experience (the Mentor) with an individual who is living with the effects of acquired brain injury and who requires support (the Partner). The program is available to survivors, family members and/or unpaid caregivers.

**82%** of Mentors say that being a Mentor improved their quality of life!

**90%** of Partners recommended the Peer Support Program.

Mentor/Partner matches are time specific and are made based on similar experiences, needs and personal interests. The program is coordinated through local brain injury associations across Ontario, making it possible for people to be "matched" province wide.

For more information on the program, or how to become a Mentor or Partner please contact the Brain Injury Association Quinte District's Peer Support Coordinator.

Jennifer Sharp  
223 Pinnacle St. Belleville, ON  
613-967-2756 1-866-894-8884  
info@biaqd.ca



MENTOR

### Why be a Mentor?

As a Mentor, you have the opportunity to help others by sharing your experiences and by providing support and information to your Partner who has similar lived experience. If being a Mentor is of interest to you, you will undergo comprehensive training in your own community prior to being matched with a Partner.

### Why be a Partner?

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



PARTNER

# Winter Sports With the Highest Rate of TBI

The Brain Trauma Foundation reports that TBI is the leading cause of death and disability in individuals between the ages of 1 and 44. Sports-related injuries, along with motor vehicle accidents and falls from heights, are three of the most common causes of TBIs. Approximately 52,000 people lose their lives each year as a result of a TBI, and an estimated 1.6 to 3.8 million sports-related traumatic brain injuries occur each year.

Downhill skiing, snowboarding, sledding, tubing, snowmobiling, ice hockey, ice skating, cross-country skiing and ice climbing are some of the main winter sports and activities for which Colorado is known. Many of these winter activities have high rates of TBI. In fact, winter sports are listed among the Top 10 head injury categories for adults and children (ages 14 and younger).

Here are some facts about winter sports and TBI:

- Ice hockey actually has a greater rate of head injury than football, as reported by the Foundation for Education and Research in Neurological Emergencies (FERNE). It is estimated that up to 7 percent of all ice hockey players will sustain a concussion or other type of TBI during the course of a single season.
- Downhill skiing is considered to have the highest rate of catastrophic head injuries, claiming at least 32 lives each year. TBI is among the most critical of injuries sustained in ski slope accidents.
- Snowboarding is another winter sport with a high rate of TBI. Beginning snowboarders are far more likely than beginning skiers to sustain serious head trauma. One study put the rate of head injury (requiring a visit to the emergency room) for snowboarders at 6.5 per 100,000.
- Tubing, tobogganing and acrobatic freestyle skiing account for between 11 and 15 head injuries each year.
- Snowmobilers are at risk of TBI primarily due to the speed at which they are traveling, weather conditions, visibility and whether they are wearing protective head gear.

Ice climbing is a winter sport that can be very dangerous, particularly for inexperienced climbers. There are no exact statistics on the number of TBIs sustained in this type of winter activity, but falls from heights clearly present a serious risk.

The Johnny O Foundation: January 2015: National Winter Sports Traumatic Brain Injury Awareness Month

Brain Trauma Foundation: TBI Statistics

Foundation for Education and Research in Neurological Emergencies: Winter Sports-Associated Traumatic Brain Injuries: Epidemiology and Pathophysiology



Over **500,000** Ontarians are living with the effects of an acquired brain injury

## ABI is.....

**15** times more common than spinal cord injuries

**30** times more common than breast cancer

**400** times more common than HIV/AIDS

It is estimated that there are **27,000** children with acquired brain injuries in Ontario's schools

**76%** of survivors have trouble with depression some or most of the time

Brain injury is the number one cause of death and disability for Canadians under the age of

**45**

# ★ May 2, 2019 ★

## ★ Comedy Night Fundraiser ★

Join the Brain Injury Association Quinte District on Thursday May 2nd for an evening of fun and entertainment.

The comedy show will feature a very funny and talented Yuk Yuk's Comedian.

Tickets are \$25 each and will be available for purchase at the BIAQD Office.

There are a limited number of tickets so be sure to get your soon.



**Brain Injury  
Association**  
QUINTE DISTRICT

# Comedy Night Fundraiser

## Sponsorship Packages

### Corporate Sponsorship - \$1,500.00

- 6 complementary tickets
- ¼ page Ad in On the Sunnier Side Magazine for 6 months
- Advertising on Event Poster
- Advertising on Social Media
- Company Signage on table
- Option to do a 5 min. stand-up routine
- Recognition by emcee: Opening & Closing remarks

### Table Sponsorships - \$400.00

- 4 complementary tickets
- Advertising on Event Poster
- Advertising on Social Media
- Company Signage on table

**Warning:** This is an age of majority event. There might be adult language during stand-up routines.

Contact the Brain Injury Association for  
more information  
613-967-2756 or [info@biaqd.ca](mailto:info@biaqd.ca)

# Skiing & Snowboarding Safety Tips

- Children should take lessons from a certified skiing or snowboarding instructor. Be mindful that a child's coordination is not fully developed until 10 years of age.
- Young children should never ski or snowboard alone.
- Equipment should be checked every year for proper fit and condition. Bindings should be checked annually by a qualified technician.
- Children should always wear a helmet with side vents so they can hear. Earphones should never be worn when skiing or snowboarding.
- Children should watch for other skiers, snowboarders, and other obstacles on the slopes.
- Wrist guards should be worn when snowboarding to reduce the risk of wrist injuries.
- Goggles should be worn to protect eyes from bright sunlight and objects, like tree branches.
- Children should always control their speed when skiing or snowboarding. Many injuries result from losing control. Stunts and fatigue can also lead to injuries.
- Icy hills should be avoided. The risk of falls and injuries increases in icy conditions.
- Children should always stay in open ski areas and on marked trails.
- **Always remember to be safe and have fun!**





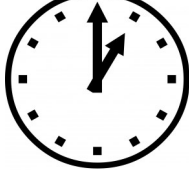

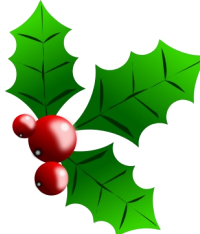
# Helmet Lending Program



**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](mailto:info@biaqd.ca)**

## Peer Navigation Group - Tips on Surviving the Holidays!

- **Keep your regular routine.** A change in routine can lead to additional stress. Try to exercise at your usual time, go to meetings that you normally go to, and stick to as normal a diet as you possibly can. 
- **Think moderation.** While it may be easy to drink and eat too much at parties and special dinners, we should try not to overindulge with food and/or alcohol. Remember, eating and drinking may feel like they temporarily "ease the pain" of the holiday blues, but they can also lead to feelings of guilt.
- **Be realistic, and try not to expect the "ideal" holiday.** So many of us have an idealized version of what the holidays should be like and are very disappointed when they don't live up to those expectations. Try to be realistic. Remember, nobody has a perfect holiday or perfect family.
- **Stay connected.** Make sure to leave time to spend with friends and/or family who value you. If they don't live close by, call them for a "reality check" or some "grounding." Remember to ask for support if you need it. 
- **Throw guilt out the window.** Try not to put unreasonable pressure on yourself to be happy, to rejoice, or even to enjoy the holidays. Likewise, try not to overanalyze your interactions with others. Give yourself a break this holiday season.
- **Don't be alone, if you don't want to be.** If you anticipate spending the holidays alone, try to volunteer somewhere, like in a soup kitchen, with children in group homes, or the elderly in various facilities. People will so appreciate that you may feel better about yourself, but more importantly, you'll have company. 



- **Focus on today, not yesterday.** There's something about being with family and old friends that makes us become who we were and not who we are. When you find yourself reverting to old childhood patterns with family members, try to walk away for a minute and remember who you are now. Also remember that it's not necessary to play the same role as you did when you were younger, even if others are encouraging you to do so by their behaviours. If there is someone at the get-together who knows what you are like today, make sure to reach out to them and draw them into the interactions. That will help to ground you.
- **Just say no.** It's OK to say no when you're asked to do more than you can. It's fine to say no to some invitations and fine to say no to those asking for favors. Remember this is your holiday too!
- **Ask for help.** Holidays are often a time for people to attempt to take on too much, or do too much on their own. It's OK to ask for help from family and friends. Whether for decorating, shopping, cooking, or a shoulder to lean on, ASK.
- **Be good to yourself.** If you're feeling blue, pamper yourself. Do what feels good, and what you want to do. Try to take a walk or spend time alone, if that's what you want. Remember, this is your holiday too, and you can be there for yourself just like you try to be for everyone else.



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



and services are tailored to needs and provide a continuum



**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



**Reach out to us to find out more about Pathways ABI Services :**

289 Pinnacle St., Belleville, ON K8N 3B3 T 613.962.2541 F 613.962.6357  
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## 2018 Volunteer of the Year



The Brain Injury Association Quinte District has chosen a very deserving recipient for the Volunteer of the Year Award for 2018.

This year's award recipient is a long time member of our Association. He is kind, funny, and enjoys participating in the programs, and activities at BIAQD.

Recently he volunteered to sell 50/50 tickets at one of our major fundraisers. That is when we realized that he had been keeping his talent hidden from us. He sold a 50/50 ticket to every person at the event. Even the staff from the venue bought some!

In addition to selling tickets, he can often be found helping others in the woodworking program. His love for antiques, and restoring vintage items has allowed him share his knowledge with the other participants. He is a real asset to the association.

Congratulations to the well deserving Gary Scott. Thank you for your time, and the expertise that you share with the members of our Association.

# *P.A. Day Paint Party*

**Hosted By, Just for Today; I am Creative**

**February 1, 2019**

**223 Pinnacle St. Belleville**

**2nd Floor**

**12:30 - 2:30**

**R.S.V.P**

**613-967-2756 or**

**[info@biaqd.ca](mailto:info@biaqd.ca)**

**Cost  
\$5**



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# Winter Driving Safety Tips

While Canada is seeing a slight decrease in the number of deaths, and serious injuries caused by motor vehicle accidents, this remains to be a significant contributing factor in the cause of ABI/TBI for Canadians.

Winter driving can sometimes be a daunting task, especially when conditions are snowy or icy. If road conditions are dangerous, consider making alternate travel arrangements or postponing your trip until conditions improve.

Follow these steps to keep yourself safe and collision free during the next few blustery winter months.

## Step 1: Make sure that your vehicle is prepared for winter driving.

Winter tires are a good option, as they will provide greater traction under snowy or icy conditions.

Keep a snow brush/scrapper in your car, along with possible emergency items such as a lightweight shovel, battery jumper cables, and a flashlight.

Make sure that mirrors, all windows, and the top of your vehicle, are free of snow or frost before getting onto the road.

## Step 2: Drive smoothly and slowly

Don't make any abrupt turns or stops when driving. Doing so will often cause your vehicle to lose control and skid.

Driving too quickly is the main cause of winter collisions. Be sure to drive slowly and carefully on snow and ice covered roads.



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**Step 3: Don't tailgate.**

Tailgating becomes much worse in winter weather. Stopping takes much longer on snowy and icy roads than on dry pavement, so be sure to leave enough room between your vehicle and the one in front of you.

**Step 4: Brake before making turns.**

Brake slowly to reduce speed before entering turns. Once you have rounded the corner you can accelerate again.

**Step 5: Learn how to control skids.**

When skidding, you actually need to go against your natural instincts and turn into the skid and accelerate. Doing so transfers your vehicle's weight from the front to the rear and often helps vehicles to regain control.

**Step 6: Lights On.**

Turn on your lights to increase your visibility to other motorists.

**Step 7: No Cruise Control.**

Never use cruise control if conditions are snowy, icy, or wet, because if your car hydroplanes, your car will try to accelerate and you may lose control of your vehicle.

**Step 8: Don't "pump" the brakes.**

If your vehicle is equipped with an anti-lock braking system (ABS), do not "pump" the brakes. Apply constant pressure and let the system do its work.

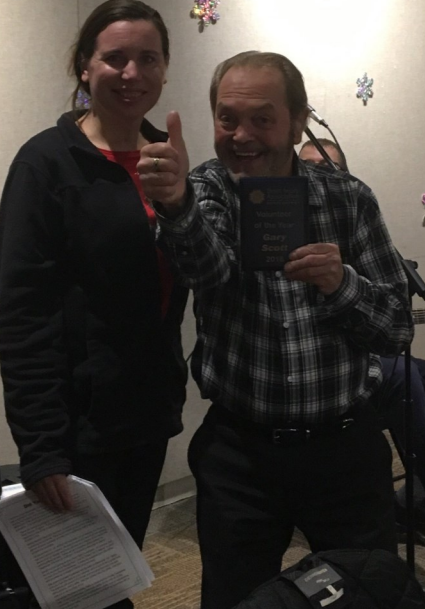
**Step 9: Pay attention.**

Manoeuvres are more difficult to make in the snow. Be sure to anticipate what your next move is going to be to give yourself lots of room for turns and stopping.

Sources  
[https://www.tc.gc.ca/media/documents/roadsafety/cmvtcs2014\\_eng.pdf](https://www.tc.gc.ca/media/documents/roadsafety/cmvtcs2014_eng.pdf)  
<https://canadasafetycouncil.org/winter-driving-tips/>



# Activities at BIAQD







**Mary-Ellen Thompson, Ph.D.**

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

*Practice in Language, Speech and Cognitive Communication*

7c Cameron St. Belleville, ON K8P 2Z3

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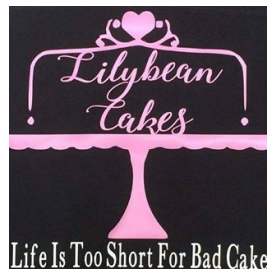
# Uncorked 2018



# THANK YOU FROM BIAQD

We would like to thank our Sponsors for helping us make Uncorked 2018 a success. It was a delicious meal that was paired with local wine from Sandbanks Winery. The entertainment was exceptional, and the guests had a great time catching up with old friends as well as meeting new ones.

The dessert auctions featured beautifully decorated, delicious cakes that were donated by some very talented bakers in our community.



Cakes By Tammy Baltimore

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## 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  
Bergeron Clifford

### Rehabilitation Support:

Bayshore Home Health  
Community Solutions  
Laura Kemp  
Mindworks  
Pathways to Independence  
Qualicare  
Quinte & District Rehabilitation Inc.  
Urban Wisdom

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*Better care for a better life*

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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](http://www.bayshore.ca)




### Support Services for Brain Injury

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



[www.mindworksgroup.ca](http://www.mindworksgroup.ca)  
1-800-559-8323



# Upcoming Events

## Save the Date!

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

February 1st  
P.A. Day Paint Party  
BIAQD Office 12:30 - 2:30

May 2, 2019  
Comedy Night



We're On the Web! Check us out  
to keep up to date between  
magazines!  
[www.biaqd.ca](http://www.biaqd.ca)

223 Pinnacle Street, Core Centre  
Belleville, ON

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