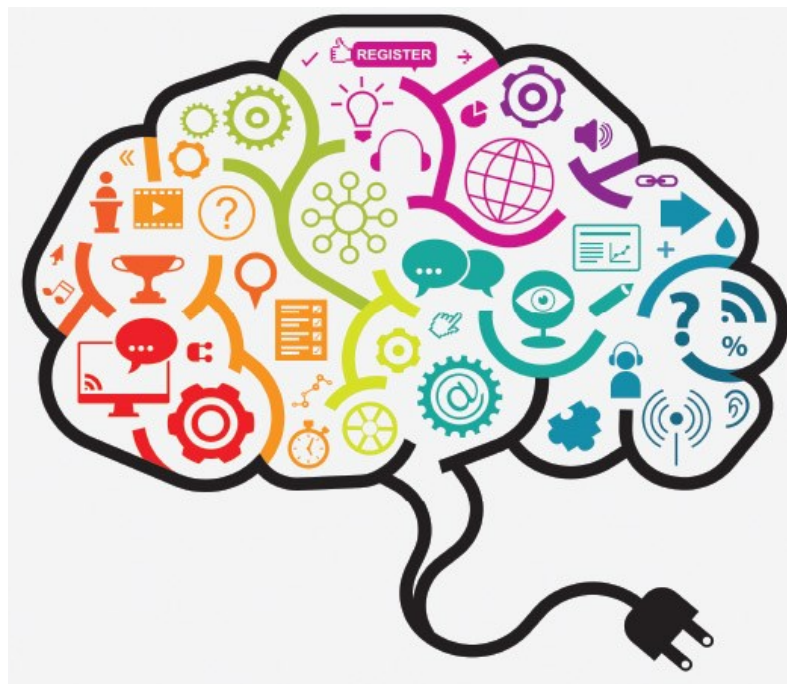


On the Sunnier Side

Volume 5, Issue 2

2018

Brain Injury Association Quinte District



Once you replace negative thoughts with positive ones, you will start having positive results!

Willie Nelson

Presidents Note



In June, we celebrate Brain Injury Awareness month in Canada. I am so excited to announce that our little Association actually suggested the theme for this year's event in Ontario. Last year, we encouraged our members to make masks as part of the Unmasking Brain Injury project, which was started by Hinds' Feet Farm in North Carolina. We shared the fruits of their labors at the June 2017 meeting of the Ontario Brain Injury Association Advisory Council. Everyone was excited about the strength of the messages of the masks, and the Ontario Brain Injury Association decided to adopt this project with unveiling in June 2018. Congratulations to our members for making a difference in Ontario. It is exciting that our masks will be displayed at the Quinte Mall on June 1st and I invite everyone to attend and share the excitement. As well, our Candlelight Vigil will be held at the Mall on June 1st at 5 pm and this will give us a unique opportunity to "Make the Invisible Visible" and educate others about brain injury. Our masks will also be on display the week of June 11th in the gallery at 223 Pinnacle with a celebratory reception on June 13th at 5 pm. Please join us as we share the powerful messages of these masks.

Our other exciting celebration occurs on May 31 when we have the opening reception for Celebrating Success at the John M. Parrott Art Gallery. This is an opportunity to view the many artistic talents of our members and to congratulate them on their artistic achievements. We have so many members with extraordinary talents!

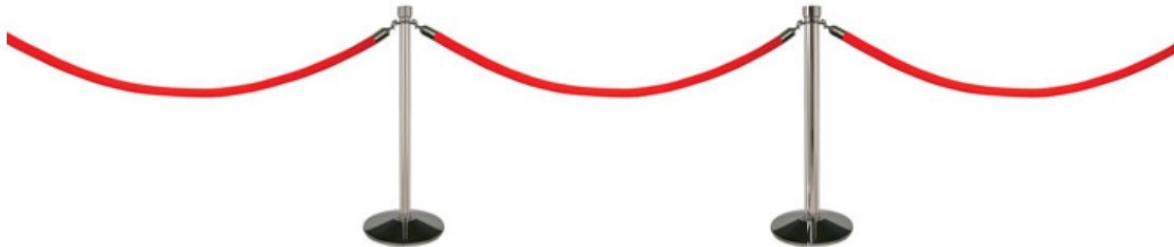
As well, we welcome all caregivers to the Association for an Open House on June 12th. We know that our caregivers provide invaluable support for our members and we encourage them to participate in this group to reduce the burden of caring for a loved one in isolation.

Respectfully submitted

Mary-ellen Thompson
Past-President, BIAQD

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Celebrating Success 2018



A Display of Art Work by Brain Injury Survivors

John M. Parrott Art Gallery

May 31st - June 25th, 2018

Opening Reception on Thursday May 31st from 5:00 - 6:30 p.m.

Please Join us in Celebrating the Success of Our Local ABI Artists

Belleville Public Library
254 Pinnacle St. Belleville



Recreation Program

The Social Recreation Group meets every Wednesday at 5:30 for an evening filled with fun! The group is led by Domenic Lombardi. He has been working with members of our Community with ABI for the past 30 years.

This energetic group enjoys doing things such as fishing, woodworking, bowling, going to the local billiard hall, golfing, and much more. They have also enjoyed attending Belleville Senators games and a Harlem Globetrotters game.

If you are interested in meeting new people, and getting out into the community and wish to join the Rec Group, contact the office and let us know.

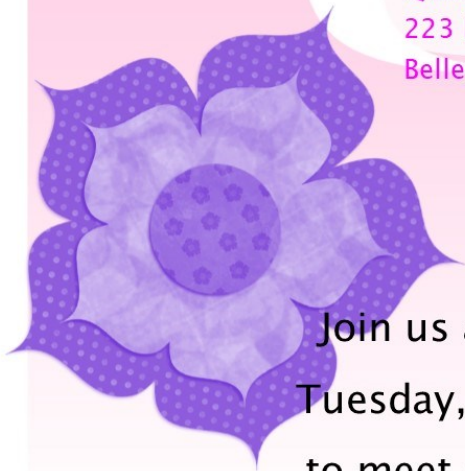


CareGivers

Open House

June 12th 1-3 pm

Brain Injury Association
Quinte District
223 Pinnacle St
Belleville, ON



Join us at the BIAQD office on Tuesday, June 12th for a chance to meet other Caregivers, learn about the group and enjoy some treats.



RSVP
Jennifer 613-967-2756
Tim 613-968-8888 ext 2

The Day My Life Changed Forever

When I woke up on the morning of June 7, 2009 I had no idea that my life was going to change forever. The day started out just like any other. I got up and had my usual cup of coffee, and I was planning on spending my day off relaxing. Half way through my coffee, my phone rang. It was my boss. He needed me to come into work because they were short staffed, and there was a wedding happening that day.

When I got to work it was already busy. Everyone was rushing around to make sure that everything was perfect for the wedding. I quickly jumped in to help and got right to work. The elevator wasn't working so I grabbed a tray of dishes and headed for the stairs. I remember leaning on the railing and walking down the stairs when the railing broke, and I fell down about 15 stairs. I don't remember but people tell me that I hit my head really bad and I cracked my skull open. I was unconscious and someone called 911, and the ambulance came and took me to Kingston General Hospital.

The doctors put me into a medically induced coma for 4 days to help me recover. When I woke up I was happy to see the familiar faces of my family there. That's when they told me what happened to me. When I fell not only did I hit my head, but I also suffered a severe neck injury. There was significant bleeding in my brain, and my family and the doctors weren't sure if I was going to recover. I knew right then that I was determined to survive, and make the best of what had happened to me.

It was a long recovery. I spent a lot of time in the hospital, and a lot of time with physiotherapists, speech therapists, and occupational therapists. I have a lot of memory loss, hearing loss, vision loss, and that is when I found out that I also have diabetes. This was a lot for me to deal with, but I was lucky to have the support of my family to help me through it.

I am no longer able to work. I sometimes struggle with this because I really enjoyed working, and talking to the people at work was a big part of my life.

Since I don't have work friends to talk to anymore, I have made new relationships at the local Brain Injury Associations. I enjoy spending time at the clubs, and programs that they offer. I love to paint, and write poetry.

I participate in the Celebrating Success Art Show that is held every June in Belleville. This allows me to show people that even though I have a brain injury, I am still able to make beautiful works of art. I use my brain injury as my inspiration, and I love that I can share this with the members of my community.

I also like to volunteer. I look forward to the Christmas season so that I can do the Christmas Kettles for the Salvation Army. This makes me feel good that I can contribute to my community and even though I can't work anymore I can still give back. I also volunteer at the Salvation Army Church, and participate in their cooking class. The food that we cook is then given to people in our community that need it.

Another of my favourite things to do is read. I like to borrow books from the library at the Brain Injury Association Quinte District. They have a great assortment of books. Some of my favourites are "The Dark Series", "In Search of Wings", and "A View from the Bedpan". Maybe someday I will write book of my own.

My life had definitely changed, but I thank God everyday that I am alive, and here to make memories with my friends and family, and spread awareness about Brain Injury.

Barry Day

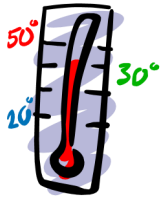


Summer Safety Tips

Summer is a time for family road trips, outdoor fun in the sun and hopefully lots of great weather.

Here are some simple reminders to prepare for safe summer days:

Stay cool in the heat: Keep cool and hydrated and minimize your time in the sun between 11:00 a.m. and 4:00 p.m. Drink plenty of water, find shade, visit cool buildings, slow down, bathe in cool water, and wear light-coloured clothing. Never leave children or pets inside a parked vehicle. When the outside air temperature is 23°C/73°F, the temperature inside a vehicle can be extremely dangerous - more than 50°C/122°F



Wear the right helmet: Everyone is encouraged to wear a helmet when cycling, inline skating, and skateboarding. The additional cushioning in a helmet could save your life. In bicycle mishaps, the forehead usually makes first contact with the ground. With skateboarding, falls are more common and helmets are specifically designed to protect more of the back of the head. Unlike bicycle helmets, skateboard headgear is also designed to protect against multiple falls, whereas bicycle helmets should be replaced after one crash.

When thunder roars, go indoors: Stay inside for at least 30 minutes after the last rumble of thunder. If you can hear thunder, you can get hit by lightning. Take shelter immediately in a sturdy, fully enclosed building with wiring and plumbing. If no solid building is available, you can take shelter in a metal-roofed vehicle.



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Phone: (613) 961-1719, Fax: 1-866-748-6319
www.metphd.ca email: met@metphd.ca

Stay safe while camping: If strong winds, hail, or a tornado is developing while you are camping in a tent or tent-trailer, move to the closest building or a hard-topped vehicle. Make every effort to get to a suitable shelter. If no shelter is available, seek refuge deep in a thick stand of trees in the lowest-lying area.



Avoid the bugs - and their bite: Avoid being outdoors at dawn or dusk, when mosquitoes are most active. Keep in mind that ticks are often found along trail edges, mostly in wooded areas or tall grass. Light-coloured clothing is less attractive to mosquitoes and allows you to see ticks more easily. Registered insect repellents containing DEET can be used safely when applied as directed. Health Canada's last review of DEET products was supported by the Canadian Paediatric Society.

Pack an emergency kit: You may have some kit items already, such as a flashlight, a wind-up radio, food, water, and a manual can opener. Make sure they are organized and easy to find in case you need to evacuate your home. Make a kit to go in a backpack. Whatever you do, don't wait until a disaster is happening to make a kit.



Keep food fresh: Chilling food properly is one of the most effective ways to reduce the risk of food-borne illness. Leftovers should be chilled promptly, but remember to throw them away if they have been out at room temperature for more than two (2) hours. Keep the fridge at 4°C (40°F) or below and use an appliance thermometer to check the temperature.

Make a (safe) splash: Never leave a child unattended in water, not even for a second. Pick the best time of the day to swim and avoid swimming at night and in stormy weather. The Canadian Red Cross offers tips for all kinds of water activities such as water parks, backyard pools and hot tubs.



Stay safe on the roads: Canada has nearly 900,000 kilometres of road — enough to circle the globe 22 times! Transport Canada is our resource on road safety, especially when travelling with children. Every year in Canada, about 10,000 children (from infants to 12-year olds) are hurt or killed on the roads. Make sure your children are always buckled-up properly while in the car, even for short trips. And remember, the back seat is always the safest place for your children.



Summer Safety Tips cont.

Connect with care: Don't mention going away on vacation in your social networking status updates. You may also want to delete messages from friends who mention these things to avoid the possibility of someone robbing your home while you're away. Avoid geotagging photos. Most smartphones and many digital cameras automatically attach the exact location where a photo was taken - and when you share it online, the geotag can give away your address or let criminals know that you're on vacation, which could make your home a target for break-in.



<https://www.getprepared.gc.ca/cnt/rsrscs/sfttps/tp201407-eng.aspx?rss=true>



Pathways to Independence specializes in providing services and supports to adults with an acquired brain injury (ABI). These services could be a place to call home or day services designed to support a person living with a brain injury to reintegrate into their community.

Pathways Service Plan supports a person's rehabilitation and reintegration to the community following a brain injury. In addition to assisting with activities of daily living, Pathways employees actively work with the person to access social networks and community partners to develop and support the implementation of a person's individualized service plan.

Pathways ABI programs and services are tailored to accommodate individual needs and provide a continuum of care.



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

- ❖ Physiotherapy
- ❖ Occupational Therapy
- ❖ Behaviour Management
- ❖ Speech Therapy
- ❖ Dietician
- ❖ Nursing
- ❖ Adult Education, Vocational Training or Upgrading
- ❖ Legal Services
- ❖ Family support

1 in 26
Canadians are
living with a
brain injury

Brain injuries
can be a non
visible
disability

There will be
18,000 new
brain injuries
this year

Men
experience
brain injuries
twice as often
as women

ABI is damage
to the brain
that occurs
after birth

ABI is not a
developmental
disability or
autism

ABI affects
cognitive,
emotional,
behavioural, &
physical
functioning

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

289 Pinnacle St., Belleville, ON K8N 3B3 T 613.962.2541 F 613.962.6357
356 D Woodroffe Ave. Unit 202, Ottawa, ON K2A 3V6 T 613.233.3322

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Cassidey Ouellette Memorial Colour Run

.....
SATURDAY JUNE 9, 2018

PROCTOR PARK, BRIGHTON

Registration 8:30 AM
.....

Registration Now Open

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2.5 or 5 K

Walk or Run



Adults \$50

Children 12 and

Under \$25



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Cassidey Ouellette Memorial Colour Run

Rowan's Law

Ontario has passed the ground-breaking concussion safety legislation named after a 17-year-old Ottawa girl, who died after sustaining multiple concussions.

Rowan's Law received third and final reading on March 6, 2018 at Queen's Park. It's named after Rowan Stringer, who died in 2013 after suffering a concussion while playing rugby.

The new concussion safety bill establishes mandatory requirements for removal-from sport and return to sport protocols if an athlete is suspected of having sustained a concussion. It also sets up a concussion code of conduct to set out rules of behavior to minimize concussions while playing sport.

The bill also makes the last Wednesday in September "Rowan's Law Day" in Ontario.

A Coroner's Inquest into Rowan's death in 2015 delivered 49 recommendations, including calling on Ontario to adopt "Rowan's Law." Other recommendations included requiring students and parents to take a mandatory concussion awareness and management session before playing high risk sports.

The Ontario Government says Rowan's Law makes Ontario a national leader in concussion management and prevention. Ontario is the first jurisdiction in Canada to pass concussion safety legislation, setting a precedent for sport legislation across the country.

If you or anyone you know needs information about concussion and prevention, contact our office at 613-967-2756 or info@biaqd.ca

Concussion Signs & Symptoms

Physical	Headache Migraine Dizziness	Blurry Vision Nausea Vomiting	Fatigue: Cognitive & Physical	Phonophobia Photophobia
Sleep	Sleeping More Than Usual	Sleeping Less Than Usual	Trouble Falling Asleep	Trouble Staying Asleep
Emotional Mood Behavior	More Emotional	Sadness	Anxiety	Irritability
Thinking Remembering	Feeling Slowed Down	Difficulty Thinking Clearly	Difficulty Remembering New Info	Difficulty Concentrating



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WWW.BALDWINLAW.CA

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Ian W. Brady *R.A., LL.B.* Gregory Parker *R.A.(Hons.), J.D.*
 Christopher Robertson *R.A., M.A., J.D.* S. Daniel Baldwin *B.H. Sc., J.D.*

Lorraine Thomson *Licensed Paralegal*

Advice and Counsel to Trust

Brain Facts

Brain Fact #1

New Brain Connections Are Created Every Time You Form a Memory.

Brain Fact #2

Your brain uses 20% of the total oxygen and blood in your body.

Brain Fact #3

When awake, the human brain produces enough electricity to power a small light bulb

Brain Fact #4

The human brain has the same consistency as tofu

Brain Fact #5

The smell of chocolate increases theta brain waves, which triggers relaxation

Brain Fact #6

Sleep deprivation affects the brain in multiple ways that can impair judgment and slow reaction

Brain Fact #7

When you learn something new, the structure of your brain changes

Brain Fact #8

We have more brain cells as a newborn baby than we will ever have again

Brain Fact #9

The human brain is composed of about 100 billion neurons plus a trillion glial cells

Brain Fact #10

At rest, your brain uses one-fifth of a calorie per minute

Brain Fact #11

You have about 70,000 thoughts a day

Brain Fact #12

The brain can't actually feel pain despite its billions of neurons

FUN FACT!

Activities at BIAQD




Quinte & District Rehabilitation Inc.

Dietetics
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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

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unmasking braininjury

Please join the Brain Injury Association Quinte District at the Quinte Mall Belleville on June 1, 2018 between 9:30 am and 9:00 pm for the unveiling of our Unmasking Brain Injury Project.

The masks will also be on display at the Core Gallery at 223 Pinnacle St. Belleville from June 11th - 15th. There will be a member celebration on June 13th from 4:30 - 6:00 pm. There will be light refreshments provided.

The purpose of the Unmasking Brain Injury project is to promote awareness of the prevalence of brain injury; to give survivors a voice and the means to educate others of what it's like to live with a brain injury; to show others that persons living with a disability due to their brain injury are like anyone else, deserving of dignity, respect, compassion and the opportunity to prove their value as citizens in their respective communities.



In addition to the masks we will also be holding our Candlelight Vigil at the Quinte Mall at 5:00 pm. Everyone is welcome to attend and participate in this event.



THANK YOU FROM BIAQD



A Natural Attraction

The Brain Injury Association Quinte District is excited to announce that, thanks to the support of the City of Quinte West, we are expanding our Helmet Lending Program to include the students and residents of Quinte West. We have purchased 80 new Bauer Hockey Helmets with face cages which will be delivered to three schools in Quinte West in the next month or so.

We at the Brain Injury Association Quinte District, along with the members of the Quinte West City Council believe that every student deserves to participate in winter sports safely! Our goal is to ensure that every child has the chance to participate in winter sports and activities with their friends, peers, and classmates by providing free helmets for them to use.

If you have any questions about this program please feel free to contact the BIAQD office at 613-967-2756 or info@biaqd.ca

Service Providers* in our Community

Special thanks to the service providers of our community

Who support our local organization

Allied Health Professionals:

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

Lawyers:

Baldwin Law
Bonn Law Office
Thomson Rogers
Gluckstein Personal Injury Lawyers
Oatley Vigmond
Bergeron Clifford

Rehabilitation Support:

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

Better care for a better life



Better care for a better life

Canada-wide serious injury care with a local “touch”

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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




Support Services for Brain Injury

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



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

Upcoming Events

Save the Date!

Celebrating Success

May 31, 2018
John M Parrott Art Gallery

Candlelight Vigil & Unmasking Brain Injury

June 1, 2018
Quinte Mall, Belleville

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

Cassidey Ouellette Memorial Colour Run

June 9, 2018
Proctor Park, Brighton

Caregivers Open House

June 12, 2018 1 -3 pm
BIAQD Office



Unmasking Brain Injury Members Celebration

June 13, 2018 4:30 - 6:00 pm
Core Centre Gallery

Members Golf Tournament

June 21, 2018
Bayview Golf Course

We're On the Web! Check us out
to keep up to date between
magazines!
www.biaqd.ca

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Belleville, ON

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