



BRAIN INJURY ASSOCIATION
SUDBURY & DISTRICT

REFLECTIONS



Brain Injury Association Sudbury & District
2750 Bancroft Drive, Sudbury, Ontario
Phone: 705-670-0200 Fax: 705-222-2427
www.biasd.ca, info@biasd.ca

WINTER 2017

BIASD

Board of Directors

Daniel Ross

Joe-Ann Vandeligt

Julie Wilson

Lynda Flintoff

Farrell Flintoff

Bobbie-Lee Brushett

Michelle Larose

Meaghan Polowich

Lindsay Tulloch

Sandra Desjardins

Robert Durante

Bob Batchelor

Stéphanie Léveillé

Office Coordinator

Laura Bresee



Hi readers,

Can you believe that 2017 is almost over? It has been a successful year for BIASD with lots of changes and additions.

Since our last edition BIASD has been busy planning and hosting many activities for our members and the community. Here is a chance to relive some of the great moments we had this summer and fall. This article will include:

- *20th Annual Charity Golf Tournament.. (page 4-5)*
- *Killarney Excursion.. (page 8-9)*
- *Annual General Meeting.. (page 10)*
- *Brain Basics Training Program (page 13)*
- *Halloween Murder Mystery Escape Room (page 16-17)*

The Brain Injury Association is comprised of thirteen volunteer Board of Directors. Each director enhances our programming and services with their diverse background and experience.

We would like to thank Joe-Ann Vandeligt for serving two years as President. Joe-Ann will continue to work with the Board as Past President. Daniel Ross was voted as President in September. Dan became a board member in 2014 and is looking forward to leading the team.

We would like to thank Maggie Beighton and Emilie Labelle for their hard work and wish them the best of luck in their future endeavors.

I hope you enjoy this issue of Brain Waves. We are always looking for survivors stories and suggestions for future articles. Don't be shy, shoot me an email. I can be reached at membership@biasd.ca.

Bobbie-Lee Brushett, Editor

Welcome OUR NEW TEAM MEMBERS



Hi! I'm Laura Bresee. I began working as Office Coordinator in October. Since then, I have had brief discussions with a selected few during the Support Group and Murder Mystery Halloween Party. In the future, I am sure we will have the pleasure of meeting and making small chat. One of my roles will be calling members to provide reminders of upcoming activities. If you miss my call, don't worry! I will be updating our voicemail to correspond with events not to mention operating the BIASD email. I hope to be a familiar face to you as you walk into "Our" building, call in or answer your phone for upcoming reminders! I am in the office Mon-Thurs 10:30-1:30 pm.



Hi I am Stéphanie Léveillé. I am a bilingual Speech Language Pathologist employed with Trac Group. In November, I became the newest Board Of Director. I have had an opportunity to meet some of our members at the November Support Group. As a director I will be assisting with community education educating schools, and businesses about brain injury prevention and the importance of wearing a helmet. I am sure we will get a chance to meet at the Holiday Gala.



Hello there! My name is Natalie Mullin-Bélanger. I am fortunate to be this year's Leaders on Board intern for the BIASD board. I applied to the Leaders on Board program with the hopes of gaining improved leadership and organizational skills to bring back to the committees that I currently chair, yet it has also inspired me to become a more active and effective volunteer within the Sudbury. With that, I was excited to have been matched to the BIASD board for a variety of reasons. First, as an individual who has undergone multiple sports related concussions from my days as a varsity wrestler, I am passionate about all preventative measures pertaining to brain injury, as well as, about ensuring individuals struggling with acquired injuries have access to all the services and resources needed to live a full life. Second, as a neuroscience and psychology student at Laurentian University I recognize the value in providing brain-related education to our community at large. In addition to potentially decreasing the number of brain injuries taking place, education and awareness are key to creating an accepting, inclusive society. Recently, I have had the opportunity to engage in this type of inclusivity as an employee of March of Dimes which successfully serves individuals with brain injury throughout our district.

CELEBRATING



On Thursday July 13, we were privileged to host our 20th Annual Charity Golf Tournament. As a charity, BIASD receives no governmental funding to support our programming. We rely on donations and fundraisers to keep a float.

We have been blessed the last 20 years to have the support of our community and business sponsorships. Our sponsors are not only local, we have sponsors from Timmins, Sault Ste. Marie, Midland and Barrie,

For our 20th we promised a bigger and better tournament ! We pulled out all of the stops including changing venues to Timberwolf Golf Club.

To add to the excitement we planned interactive activities at four holes including longest drive, hockey stick putting and water gun golf ball shooting. The fun did not stop there! We offered team photo booth, BBQ lunch, silent auction and bicycle raffles.

After a fun-filled 18 holes of golf we celebrated together and enjoyed a delicious buffet meal. In total, 100 golfers participated in the tournament, raising an impressive \$14 000.00

While the day was spectacular, we know that the tournament is not possible without the commitment of our sponsors. Thank you for your support. See you next year.



20 YEARS



Tournament Sponsors



IT'S SIMPLE - WEAR A HELMET

Have you heard about BIASD Helmet Awareness Campaign?

Our Helmet Awareness Campaign features "Coupons" that are distributed to the general public featuring a \$15.00 off discount to be used toward the purchase of a new helmet. Coupons can be redeemed at local "Community Partners" noted on the back of the coupon. To date over 1000 helmet coupons have been redeemed since its inception in 2011.

The program was launched in memory of Mr. Stephane Blais, a 17 year old from Sudbury who succumbed to his injuries as a direct result of not wearing head protection.

The three (3) main objectives of the campaign are:

1. To increase the use of helmets in the Greater City of Sudbury to reduce head injuries due to sporting accidents.
2. To increase awareness & knowledge about the need for helmets in preventing head injuries and death in children.
3. To increasing the number of helmets purchased in the Greater City of Sudbury.

How does it work?

It's simple. We currently have 5 supporting retailers who are proud to promote and redeem our coupons. Simply provide the retailer your coupon at the time of purchase to receive \$15 off the cost of ANY sport related helmet.

We believe that education and our Helmet Awareness Program is an essential service to the community.

Are you a retailer or business that would like to support our efforts to raise helmet awareness? Email us info@biasd.ca to find out more. This is a chance to be part of something great!

Protect your head. Wear a helmet!
Protégez votre tête. Portez un casque!

\$15 Purchase of any sport helmet. Coupon has no monetary value.
Achat de tout casque de sport. Ce coupon n'a aucune valeur monétaire off/rabais



 **BRAIN INJURY ASSOCIATION**
SUDBURY & DISTRICT

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BRAIN INJURY ASSOCIATION
SUDBURY & DISTRICT



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Toonie Lunch, Celebratory Dinner, Raffle, Silent Auction and more!

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JULY 12, 2018

TIMBERWOLF GOLF CLUB



Killarney Excursion

There is nothing like sunshine, great food, good friends and breathtaking scenery on a warm summers day. For the past three years BIASD and MODC have partnered to host a trip to Killarney, Ontario.

Killarney is a municipality located on the northern shore of Georgian Bay approximately 1.5 hours from Sudbury. It is the home to the beautiful Killarney Provincial and Herbert Fisheries.

Herbert Fisheries started its humble beginnings selling freshly caught fish and chips from a food truck. In the last two years they have upgraded the facility to a fully operational and accessible restaurant right on the waterfront.

On August 16, 2017 we filled two buses and headed to Herbert Fisheries. It is no small feat to cater lunch for over 40 people in addition to local patrons. We would like to thank the owner Jennifer Herbert and the dedicated staff who provided excellent customer service and amazing food.

This year we were able to fish directly off the dock. Although, the fish we caught were smaller than the fillets served at Herbert's we all had a great time. We would also like to acknowledge the Greater Sudbury Library for lending us fishing rods and tackle.

We look forward to next year!





*We didn't realize we were making memories
We just knew we were having fun!*



ANNUAL GENERAL MEETING



On Tuesday September 19, 2017 we held our Annual General Meeting which reflected on January to December 31, 2016.

Here are some of the highlights:

*Nikki Sage, Peer Mentoring Coordinator spoke with members about the Peer Mentoring Program. She is actively recruiting new mentors and partners.

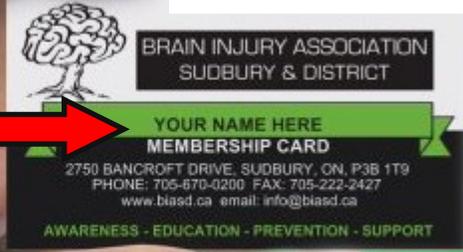
*In 2016, BIASD created the Quality of Living Bursary which allocates funding to support our members to access activities of enjoyment, personal growth and well being. Applications are reviewed by a committee and funds are allocated based on funds available and number of applicants. Rolly Paquette was the 2016 recipient.

*We are pleased to announce Charles Tossell was the successful applicant of the 2017 QOLB. Charles participates in all BIASD events. He actively promotes our services in the community and is interested in enhancing public speaking abilities. Charles requested BIASD to fund the cost of toast masters membership.....

*Members voted in the newest Board Of Director: Bob Batchelor.

*Board of Directors are pleased to announce Daniel Ross will fill the role of interim President. Joe-Ann Vandeligt will fill the role of past president.

*Membership is growing! We currently have 70 members which is comprised of survivors, caregivers and supporters. If you are interested in joining the BIASD family contact us!



JOIN TODAY!

SUPPORT GROUP MEETINGS

Survivor and Caregiver support groups meet the LAST Tuesday of every month. The support group's purpose is to provide reassurance as well as resources to survivors, family members and caregivers. Each meeting features a topic related to ABI along with time to share stories, provide information and resources.

No referral is necessary and there is no cost for attending. Meetings are open to anyone (18 years of age & older) who is interested and are held on a drop-in basis.

In the new year, are planning presentations regarding various issues surrounding acquired brain injuries and the impact on the lives of those with ABI. We will feature speakers to discuss topics such as cognitive communication strategies, stress reduction and financial management.

Based on membership feedback our future goal is to hold support group meetings designed specifically for caregivers to provide them with much needed assistance as well as an opportunity to unwind.

We are now pleased to announce that we will be offering complementary cab services from BIASD to the Downtown depot after our monthly meetings.

For more information about our support groups, please contact our office coordinator at (705)670-0200.

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COMMUNITY



Oatley Vigmond

ONTARIO'S PERSONAL INJURY LAW FIRM

On Wednesday, October 25th, 2017, Oatley Vigmond presented “Working with Traumatic Brain Injury: Voices from the Field” to over 90 Sudbury-area health care professionals. Partners Jim Vigmond, Robert Durante, and Brian Cameron were in attendance to present the Brain Injury Association of Sudbury & District with a cheque for \$5,300.00, representing the conference registration proceeds.

The conference offered many informative sessions for health care professionals which included:

- Joining disciplines to Establish Catastrophic Impairment
- Returning to Sport After Concussion
- Convincing the Jury
- Neuroplasticity: History, Concepts and Mechanisms
- A Survivor's Story: The Importance of a Strong Team which featured BIASD member Candice Kirbrkbride.

EDUCATION



BIASD hosted another successful Brain Basics Training Program on September 27th and 28th. Participants from Sudbury, and as far away as Guelph, Sault Ste. Marie, and North Bay could be found at the Caruso Club soaking in the animated teachings of John Kumph.

The Brain Basics Training Program is a two-day course that is designed to provide an understandable introduction into the world of Acquired Brain Injury (ABI). Since an ABI is anything but simple and straightforward, OBIA has put this program together for those

Interested in an opportunity to learn about the nature and complexity of an ABI along with strategies that may help someone with an ABI.

The program is designed for all community members. This year we had over 35 participants ranging from frontline Health Care Workers, Support Workers, ABI Survivors and Caregivers.

A big THANK YOU goes out to **Oatley Vigmond** and **Comfort Keepers** who sponsored two days of Caruso Club Buffet Lunch to all who took part in the program.



GET CONNECTED

WITH PEER SUPPORT

You're not alone!

Peer Support Program

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 who requires the support (the Partner). The program is available to survivors, family members and/or unpaid caregivers.

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

82% of Mentors say that being a Mentor improved their quality of life!
90% of Partners recommend the Peer Support Program.

Want to learn more about our Peer Support Program?

Contact Nikki Sage,
Peer Mentoring Coordinator
peermentoring@biasd.ca



A·pha·sia | noun | [uh-fey-zhuh]

Aphasia is a language disorder that happens when you have brain damage. Your brain has two halves. Language skills are in the left half of the brain in most people. Damage on that side of your brain may lead to language problems.

Aphasia is most often caused by stroke. However, any type of brain damage can cause aphasia. This includes brain tumors, traumatic brain injury, and brain disorders that get worse over time.

Aphasia may make it hard to understand, speak, read, or write. **It does not make you less smart.** Brain damage can also cause other problems along with aphasia. You may have muscle weakness in your mouth, called dysarthria. You may have trouble getting the muscles of your mouth to move the right way to say words, called apraxia. You can also have swallowing problems, called dysphagia.

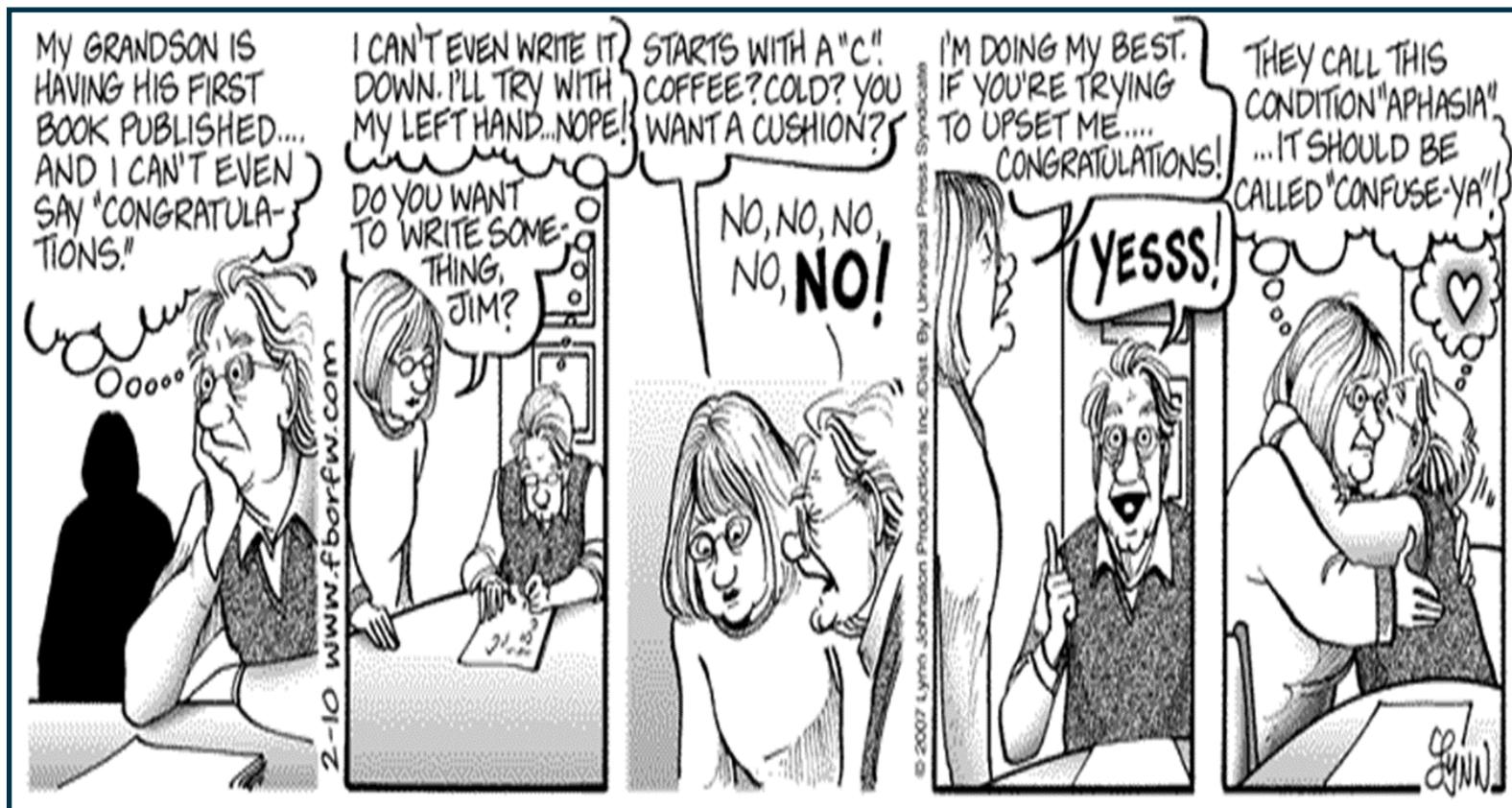
Signs of Aphasia



Aphasia can lead to a number of different problems which can include trouble talking, understanding, reading, and writing.

Talking

- Word finding difficulties
- Saying the wrong word. May say something related, like "fish" instead of "chicken." Or using an unrelated like "radio" for "ball."
- Switch sounds in words. For example, wish dasher" for "dishwasher."
- Use made-up words.
- Have a hard time saying sentences. Single words may be easier.
- Put made-up words and real words together into sentences that do not make sense.



Understanding

- Not understand what others say. This may happen more when they speak fast. Difficulty understanding longer sentences.
- Difficulty understanding conversations in groups

Reading and Writing

- Reading forms, books, and computer screens.
- Spelling and putting words together to write sentences
- Using numbers or doing math. For example, it may be hard to tell time, count money, or add and subtract.

10 Tips for Communicating With a Person with Aphasia



1. Get their attention before you start speaking.
2. Keep eye contact. Watch body language and the gestures used.
3. Talk in a quiet place. Turn off distractions.
4. Keep your voice and pace at a normal level. You do not need to talk louder unless asked.
5. Keep the words you use simple but adult.
6. Use shorter sentences. Repeat key words that you want understood.
7. Give them time to speak. Try not to finish their sentences for them unless asked.
8. Try using drawings, gestures, writing, and facial expressions. They may understand those better than words sometimes.
9. Ask them to draw, write, or point when they are having trouble speaking.
10. Ask "yes" and "no" questions. Closed ended questions are easier to answer.

Want to learn more?

- <https://www.aphasia.org/>
- <https://en.wikipedia.org/wiki/Aphasia>

Please Accept Me For Who I Am Author Unknown

My hair may not be in the latest style,
But if you needed help, I'd go the extra mile.
Please accept me for who I am.

My shoes aren't always the latest trend,
But if you would try me, I'd be a great friend.
Please accept me for who I am.

My clothes may not always be up to date,
But if you needed me, I wouldn't hesitate.
Please accept me for who I am.

Maybe I'm too short, too tall,
or not the right build,
But if you shared great news with me,
I would be thrilled.
Please accept me for who I am.

Maybe I have an accent and
don't talk the way you do,
But if you were having tough times,
I would help you through.
Please accept me for who I am.

I don't play sports,
I'm not athletic, or strong,
But if you need a shoulder,
mine is here for you to lean on.
Please accept me for who I am.

You see...you and I are a lot alike,
We want to be loved, and do what's right.
We both get up to start a new day,
We should accept one another;
this is the right way.

Please accept me for who I am.



HALLOWEEN MURDER MYSTERY



Annex Lamont was murdered at BIASD on Halloween. We called the worlds top investigators to help solve the crime. It was no easy task because there were 8 suspects who all had motive to kill the heiress.



To solve the murder members had to complete 4 missions which were comprised of puzzles and riddles. Hidden in these missions were codes which unlocked mission boxes. In the mission boxes groups received additional insight to motives and victimology.



Our club house was packed with so many unique, funny and scary costumes. Everyone had a great time working together to solve the mystery, having a pizza lunch and eating brains cupcakes.

Who do you think had the best costume?





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REHABILITATION

UPCOMING EVENTS

December 2017	January 2018	February 2018	March 2018
<p>Thursday Dec. 7th Holiday Gala</p> <p>No Support Group Meeting in December</p> <p>Office will be closed December 24-26th</p>	<p>Caregiver & Survivor Support Group meeting Tue. Jan 30th 6:00-8:00 pm</p>	<p>Caregiver & Survivor Support Group meeting Tue. Feb. 27th 6:00-8:00 pm</p> <p>Office will be closed Mon. Feb 12th (Family day)</p>	<p>St. Patrick's Luck of the Irish Porketta Bingo Fri. Mar. 10th 1:00-3:00 pm</p> <p>Caregiver & Survivor Support Group Meeting Tue. Mar. 27th 6:00-8:00 pm</p>
April 2018	May 2018	June 2018	July 2018
<p>Caregiver & Survivor Support Group Meeting Tue. April 24th 6:00-8:00 pm</p>	<p>Caregiver & Survivor Support Group Meeting Tue. May 29th 6:00-8:00 pm</p>	<p>Brain Injury Awareness Month Celebration (date to decided)</p> <p>Caregiver & Survivor Support Group Meeting Tue. June 26th 6:00-8:00 pm</p>	<p>BIASD 21st Annual Charity Golf Tournament Thurs. July 12th Timberwolf Golf Club</p> <p>No Support Group during July & August</p>

What do you call a group of unorganized cats? A **Cat**-astrophe!
 What disease do you get when you decorate for Christmas? Tinsel-itus!



BRAIN INJURY ASSOCIATION
SUDBURY & DISTRICT

To a joyful present
and a well remembered past.
Best wishes for a Merry Christmas
and a magnificent New year.



Happy Holidays



Brain Injury Association Sudbury & District
would like to thank our generous sponsors
for this years Holiday gala
Oatley Vignond
Source Rehabilitation
Bartineaus Rehabilitation Services.
Comfort Keepers
Trac group