



headline

BRITISH COLUMBIA'S VOICE FOR THE BRAIN INJURY COMMUNITY

Summer 2014

Wendy Duke Wins Award

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Cyndee Macleod

Story Page 12



The Rainbow Effect A Book on TBI Rehabilitation Story Page 10



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Message from the Editor

Janelle Breese Biagioni

Greetings!

Sunshine and flowers are here so enjoy the good weather whenever you can!

In British Columbia June is Brain Injury Awareness. Many organizations are hosting open houses, picnics, golf tournaments and other significant events to raise awareness and funds to support ongoing services and programs. Do what you can to get out in your community to either volunteer, make a donation, or to drop by your local organization and say thank you for the work they do in serving the individuals and families living with the outcome of brain injury. Remember... a thank you is free and it goes a long way.

This issue of Headline has some tasty rhubarb recipes, which promise to get your saliva glands working and taste buds excited. Who doesn't remember as a child, snapping off a piece of rhubarb in the garden and dipping the end into the sugar bowl? Sweet and sour at its best!

We have some inspiring stories in this summer issue. One is told from the perspective of a parent and another piece shares the accomplishment of a small group who are making a difference in their community by cooking a meal with love to share with neighbours.

Get out into the back yard with a glass of iced tea and relax while completing the Sudoku and Take a Break challenges. It's the small breaks where you can be quiet and turn your face to the sun which will rejuvenate you after the long, dreary winter.

In closing, I wish you all a happy and fun filled summer. Take the time to live, love, laugh, and to make memories!

Cheers,
Janelle Breese Biagioni

Sudoku

The rules of Sudoku are simple. Place a digit from 1 to 9 in each empty cell so every row, every column, and every 3 x 3 box contains the digits 1 to 9.

	9		1		3	6		4
1	5			8		7		
			4		9	1		8
		6			7	3		1
9								6
4		1	3			8		
2		5	9		6			
		9		1				6 5
9		7	5		4			8

Solution on page 20



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HEADLINE welcomes letters and relevant articles for publication, and reserves the right to edit any accepted submissions for clarity and length. A signature, address, and telephone number are required. Please contact Janelle Breese Biagioni for copy deadlines.

Mike Rossiter and HEADLINE editors take no responsibility for, nor do they necessarily agree with, the opinions contained in articles, letters or advertising.

Contact Janelle Breese Biagioni at 250-592-4460 for information.



CHANGE OF ADDRESS?

We would like to keep our mailing list up-to-date!

If you have moved or would like to be on the mailing list, please contact Mary Lou at: 604-274-5478 or email her at: headlinemag@gmail.com
(Please put **HEADLINE** in subject line of email)

Government Resources

Regional Health Authority's ABI Coordinators:
Fraser Health - Acquired Brain Injury Program-604-520-4175
Interior Health Authority-250-870-4664,
Contact Name: Deborah Preston
Acquired Brain Injury Program, Northern Health
Call 250-565-7393

Vancouver Coastal Health Authority-604-714-4159
Vancouver Island Health Authority- 250- 370-8699,
Contact Name: Judith Armstrong
Enquiry BC-to locate Provincial Government Departments
• Lower Mainland 604-660-2421
• Outside Lower Mainland 1-800-663-7867
• Victoria 250-387-6121

Ministry of Advanced Education, Training and Technology:
Open Learning Information:

• In and Outside Lower Mainland 1-800-663-1633

Student Loan Information:

• Lower Mainland 604-660-2610
• Outside Lower Mainland 1-800-561-1818- select 1 then 5

Public Guardian & Trustee of British Columbia:

• 700-808 West Hastings St. Vancouver, BC V6B 3L3

Victim's Info Line:

• 1-800-563-0808

Adult and Youth Addiction Services:

• Lower Mainland 604-660-9382

• Outside Lower Mainland 1-800-663-1441

Community Resources

BC Coalition of People with Disabilities
Advocacy Access Program for assistance with provincial and federal disability benefits

Lower Mainland 604-872-1278

Outside Lower Mainland 1-888-663-1278

Bus Pass for Persons with Disabilities and Seniors

Lower Mainland 604-682-0391

Outside Lower Mainland 1-888-661-1566

Tim Readman, Executive Director

Stroke Recovery Association of BC

Phone: 604-688-3603 Toll Free: 1-888-313-3377

www.strokerecoverybc.ca

Cerebral Palsy Association of BC

Lower Mainland Voice and TTY 604-515-9455

Outside Lower Mainland 1-800-663-0004

Community Brain Injury Program for Children & Youth in BC

Toll Free 1-877-451-5511

www.brainonline.ca

Epilepsy BC

Lower Mainland 604-875 6704

Outside Lower Mainland 1-866-374-5377

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604-875-6381



www.brainstreams.ca

**June is Brain Injury Awareness Month
Get involved!**

**Attend the Annual General Meeting of the
The British Columbia Brain Injury Association**

*Working together with partners and the brain injury
community to improve the lives of people living
with brain injury in British Columbia.*

**Thursday June 26, 2014 4:00 p.m. - 5:30 p.m.
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**Come and hear about BCBI's focus
for the next year!
Share your ideas! See you there!**

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I N T E R N E T

Resources

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Campbell River Head Injury Support Society
www.crhead.ca

Fraser Valley Brain Injury Association
www.fvbia.org

Brain Trust Canada
www.braintrustcanada.com
www.protectyourhead.com

Nanaimo Brain Injury Society
www.nbis.ca

Powell River Brain Injury Society
www.braininjurysociety.ca

Prince George Brain Injured Group Society
www.pgbig.ca

Brain Injury Resources
www.braininjuryresources.org

Ontario Brain Injury Association
www.obia.on.ca

Brain Injury Association USA
www.biausa.org

North Okanagan Shuswap BI Society
www.nosbis.ca

South Okanagan Similkameen BI Society
www.sosbis.com

Victoria Brain Injury Society
www.vbis.ca

The Perspective Network
www.tbi.org

The TBI Chat Room
www.tbichat.org

G.F. Strong Rehab
www.gfstrong.com

BC Epilepsy Society
www.bcepilepsy.com

Headway Centre

Howe Sound Rehabilitation Services Society
www.howesound.net

Northern Brain Injury Association
www.nbia.ca

www.parachutecanada.org

Wendy Duke

Recognized for Outstanding Contribution in the Field of Speech-Language Pathology and Audiology

Wendy Duke, founder of Columbia Speech & Language Services Inc., believes in doing what you love and loving what you do when it comes to work. Her unwavering dedication to improving communication in people's lives spans over three decades. Last fall the British Columbia Association of Speech-Language Pathologists and Audiologists (BCASLPA) recognized Wendy with an award for her "outstanding commitment to speech-language pathology and or audiology in education, research, organizational services, administration and other areas deemed appropriate." Considering that BCASLPA represents over 1200 speech and hearing professionals throughout British Columbia, this recognition is to be applauded.

It's not often a professional openly declares they are as excited about a career choice today as when they made it some thirty years ago; however, that's exactly how Duke feels. "With the light shining on neuroplasticity and the advancement of technology, this is a very exciting time to enter the field of speech-language pathology," she states. "I would strongly urge young people to consider this as a career choice."

Who knows what career Wendy would have embarked on had her friend not convinced her to attend vocational testing at the University of British Columbia (UBC). Wendy scored high for SLP so she checked out prerequisite courses in Linguistics – she was so fascinated by this field of studies she never looked back! After completing her masters in speech pathology, Wendy worked in various hospitals including G. F. Strong, Surrey Memorial, Vancouver General, and the George Pearson Centre. She has also taught related courses at Douglas College, at the UBC Faculty of Education and at UBC's School of Audiology and Speech Sciences (of which she is an alumnus).

In 1980, during Wendy's first practicum at G. F. Strong, the importance of helping people improve communication following an injury struck close to

home. A patient at G.F. Strong turned out to be someone she knew from childhood. A young male in his early 20's who participated in a risky behaviour suffered a severe brain injury. It was this young man who taught Wendy an important lesson, "I learned from him that brain injury can and does happen to anyone." Wendy found it fascinating that this young man could remember the most intricate details of happenings when they were children but didn't have any recollection of what they did in a speech therapy session from the day before. "He remembered my dad giving him 'heck' when he was in grade six for chasing us girls with snowballs and being too rough. Yet, he could not tell you what we had worked on in his session from the day before."

In 1987, Wendy established a private speech & language therapy clinic in Vancouver, BC. The clinical team provides speech therapy to people throughout the province. Assessments and/or treatment are performed at the clinic, in clients' homes, schools, or the workplace. Clients include children and adults with a wide range of communication difficulties, including individuals living with the outcome of a brain injury. When her award was given out at the most recent BCASLPA convention, the accolades from her peers included that she "set the gold standard" for private practice and that she has been "a pioneer" in the field of brain injury rehabilitation.

"I have seen tremendous changes in the field of brain injury since beginning my career," states Wendy. "We are seeing shorter stays in acute care, therefore; patients are entering rehabilitation at G.F. Strong much sooner. The stay at G.F. Strong has also declined over the years. When I began it would not be unusual for a patient to stay for 10 months as an in-patient and up to two years as an out-patient. Today the stay would be more in the line of 12 weeks; which means individuals are going home sooner. Many positive changes have also happened; evidence-based practice in the field of SLP services for brain injury has improved dramatically. Also, there is a wider recognition of the need for and value of SLP services for people with cognitive-communication disorders from brain injury", says Duke. "Cognitive communication disorders", she adds "are those communication problems, such as having trouble knowing what to say and when to say it, that are rooted in impaired cognitive skills. Symptoms include going off on a tangent when talking, failure to get the "gist" of what is being said, repetitive speech,



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poor verbal memory, failure to understand or express humour, and being disinhibited in what you say. These problems are often the ones that prevent people from returning successfully to work and to social roles; luckily, there is an explosion both in the techniques we use to treat these problems and also in the recognition from referral sources of the benefit of SLPs in treating these problems". Further "we are recognizing the value of treatment years after the initial injury – what we were taught 30+ years ago about a limited window of opportunity simply isn't true. We now know that people can continue to benefit years after their injury with appropriately focussed and practical treatment."

Wendy notes that the number of individuals requiring services significantly rose in the 1980s following seatbelt legislation. "Seatbelts have saved lives. The advancement in ER treatments and the earlier identification of problems have also contributed to the number of people requiring services." As the number of people surviving catastrophic events rises so too, does the need for intervention with community-based services. This is paramount to the person returning to live and work in his or her community successfully. "There is an increasing body of literature to support that the recovery of an individual is directly related to the dosage of treatment received." Wendy adds, "Agencies like ICBC and WorkSafe BC are now recognizing the complex community needs of injured individuals and making those referrals –

30 years ago, this wasn't the case."

Outside of her private practice, Wendy is helping to shape future professionals who are entering the speech-language profession. She is a honorary clinical assistant in the Faculty of Speech Sciences of the University of BC and a sessional instructor where she teaches graduate students a course about language disorders, such as aphasia and cognitive communication disorders, which can follow from traumatic brain injury and stroke. "This is a cutting-edge time to be entering the field of speech pathology. I am excited to have a hand in teaching the next generation of professionals."

Individuals seeking a speech and language assessment or a related service can refer themselves or a concerned family member, friend, doctor, fee payer, teacher, lawyer, or rehabilitation professional can also refer them.

Duke credits her success to her amazing team saying, "If I deserve an award for anything it's for surrounding myself with great people"!

For more information on Columbia Speech & Language Services Inc. visit the website: www.columbiaspeech.com or telephone (604) 875-9100.

The BCASLPA will be hosting its annual conference on October 24th & 25th at the Vancouver Marriott Pinnacle Hotel. For more information, visit www.bcaslpaca.com.



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Who's Who in This Family Now

By Rosemary Rawlins

It happens without warning.

One person takes the hit, the bullet, or the fall, while loved ones witness the wreckage. When traumatic brain injury strikes a family, everybody suffers.

TBI survivors awake in a fog that slowly gives way to bewildering awareness of limitations, deficits, and a new way of living. Family members wait out the initial hours and days following the injury in cliffhanger mode, clinging to the high cliff of hope.



One family life ends, and another begins.

Depending upon which family member is injured: father, mother, child, sister or brother, roles flip, responsibilities shift, and stress can mount. Until the extent of the injury is known, and healing begins, remaining family members take on what

added responsibilities they can, and learn to do without—without the counsel, connection, and comfort of someone they once relied on.

In my case, my husband Hugh, was hurt. On April 13, 2002 a car hit him as he rode his bicycle home from an afternoon workout. He was 46 years old, athletic, smart, and seemingly invincible. To his children, he was “Huperman,” the dad who would always protect and defend. He was the main breadwinner in our household.

After two emergency brain surgeries in three days, Hugh lay in a coma. In the space of those first few hours, I became a single parent. Being in charge of his medical care felt like a monumental task to handle alone, but I also had to communicate with his employer, pay our bills, manage our insurance policies, my part-time job, the house, and two distressed daughters.

Hugh was sent home within thirty-three days wearing a helmet on his head (a chunk of his skull had been removed to relieve brain swelling). I held tight to the gait belt strapped around his waist for balance. His deficits were numerous, and some had not even revealed themselves yet.

Our twin daughters, Anna and Mary, once the center of our universe, were now left off to the side or enlisted as caregivers. “Can you stay with Dad while I go out to the store?” I’d ask. “Remember to be sure

A close-up photograph of a hand pointing towards a control panel. The panel features several buttons and switches, including a prominent yellow circular button labeled 'EMERGENCY STOP'. The background is slightly blurred, focusing attention on the hand and the control panel.

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he keeps his helmet on.” They both chipped in, but I know it was hard—hard to see their father disabled, hard to care for a parent who used to care for them, and hard not to complain about it, because there were so many competing emotions: sorrow, loss, guilt, anger, and fear.

Children are forced to grow up fast after a parent suffers a TBI. Their needs will not come first and may not even seem important. But over time, the experience will have taught family members lessons about love, commitment, patience, and overcoming adversity. Our family made it through the hardest first two years, and looking back, here’s what helped us:

Structure: Keeping the children on schedule for school and extracurricular activities so there was a continuation of familiar past activities. This requires family and friends to chip in with driving and other tasks.

Support System: Relying on emotional support and help from family, friends, church, teachers, therapists, and doctors.

Surrogate Parents: Close family and friends stepping in to give children needed attention and help when parents are overwhelmed.

Open Communication: Being honest and open with each other’s feelings—venting, laughing, and crying together as a family.

Reasonable Expectations: Letting kids be kids. Asking only age appropriate caregiving help from children, and only when absolutely necessary.

Using our Strengths: Anna was great at helping in the kitchen. Mary liked to stay up late, so she helped out when the night nurse was off duty.

Accepting: Acknowledging that life was different, but we’re all in this together.

Jeff Boniface, OT

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Encouragement: Bolstering each other’s spirits during hard times.

Reaffirming: Telling each other we loved each other often.

Staying flexible: Understanding that last minute changes might happen, and that roles would continually shift and change as Hugh’s health improved.

Life for families will be different and often difficult after one member sustains a TBI. But, in the long run, some families may grow closer than they ever dreamed possible.

Ten months after his injury, Hugh earned his driver’s license back, and one evening, he drove himself to the gym to work out. A while later, a Fireman called the house to tell us that Hugh had suffered a seizure. Mary and Anna swung into action. “I’ll come to the hospital with you, Mom,” Anna said.

“It will be okay,” Mary said, rubbing my back, and I knew it would, as long as we all had each other.

Rosemary Rawlins is the author of Learning by Accident, a Caregiver’s True Story of Fear, Family, and Hope, and a caregiving blogger for BrainLine.org. You can learn more about Rosemary at www.rosemaryrawlins.com

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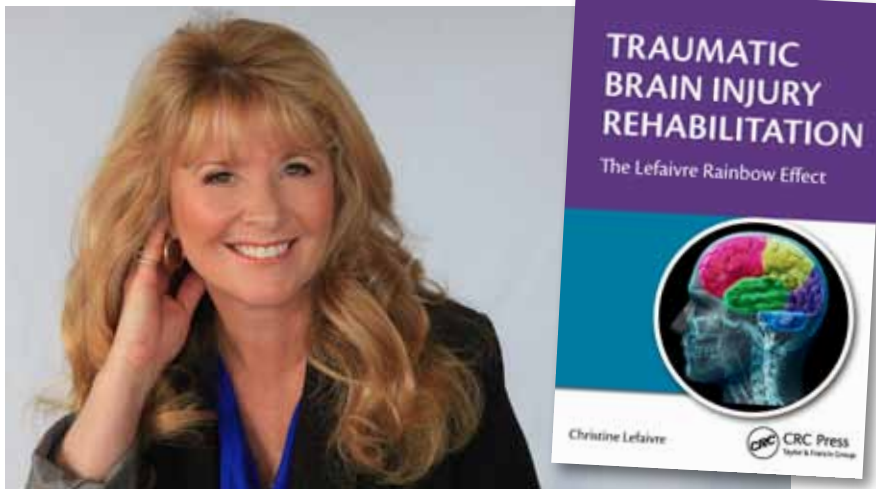
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Groundbreaking Book For University Students, Health Professionals,
And Community-Based Service Providers To Be Released July 7, 2014

TRAUMATIC BRAIN INJURY REHABILITATION: THE LEFAIVRE RAINBOW EFFECT

(CRC Press)



Christine Lefavre, a well-known Okanagan-based Occupational Therapist is receiving international critical acclaim from medical professionals for her soon to be released book, *Traumatic Brain Injury Rehabilitation: The Lefavre Rainbow Effect*. This trailblazing book is born from Lefavre's personal experience of sustaining a spinal injury as a teenager and her more than two decades of experience of supporting families and individuals living with the devastating outcome of a brain injury.

Christine Lefavre has spent more than 25 years perfecting and implementing a unique treatment strategy for the traumatically brain injured as they return to their homes and communities. Lefavre's clinical practice provided consulting services throughout most regions in Canada and parts of the United States and France to third-party funders, such as litigators, insurance companies, and workers compensation boards. Lefavre hired many clinicians who were required to complete a comprehensive in-house training program lasting up to a year on the topic of the rainbow effect.

At the time of the writing of this book Lefavre was instructing a tutorial in neuroanatomy and neurorehabilitation to second year master's level students at UBC. Her alma mater recognized her achievements with the University of Alberta Alumni Honor Award for her groundbreaking work with the traumatically brain injured and she has twice been named British Columbia Female Entrepreneur of the Year in the "quality plus" category. Lefavre has been a consultant, lecturer, keynote speaker, member of advisory committee, and workshop leader on brain injury

related topics and courses, workshops, and conferences in Canada, the United States, and Europe.

The intent of this book is to educate students entering the field of brain injury; however, as in all of Christine's work, it promises to tap into the human spirit and give a sense of hope to not only the individual living with a brain injury, but also for his or her family. Christine explains, "The purpose of this book is to share my 26 years of clinical experience with the traumatically brain injured; my hope is that more specialized training will be delivered at an educational level to any student who will eventually work with brain-injured survivors. I hope that this model will contribute to this need. Once understood, this method is simple and easy to carry out at little cost other than manpower. It is not bound by politics, religion, economics, or culture. It has been rewarding to review worldwide research, which generally culminates in a conclusion that standards of care and practice need to be established for more and improved universal standard service delivery for the traumatically brain injured. I would like this text to contribute to this discussion."

Lefavre holds a degree in occupational therapy from the University of Alberta and is a Clinical Assistant Professor in the Faculty of Medicine, Department of Occupational Science and Occupational Therapy at the University of British Columbia.

Traumatic Brain Injury Rehabilitation: The Lefavre Rainbow Effect (CRC Press) will be available worldwide. To review the contents of the book and/or to order the book, visit www.christinelefavre.com.

It Takes GUTS to Move Forward in Life

By Janelle Breese Biagioni

Throughout life there are many opportunities for change. Sometimes we choose to make the change (e.g. weight loss, relocating, employment etc.). Other events that we may not choose also happen in life (e.g. death of a loved one, loss of employment, divorce etc.) and these force change. At some point, we then choose to move forward and that may initiate even more change. Whether it is personal development, resolving differences, or healing our own wounds, it takes G.U.T.S. to heal and move on.

G.U.T.S. stands for: Grace, Understanding, Truthfulness, and Self-Confidence

Grace – being trusted and respected; a polite respect
Grace can be a movement or a prayer. When people say someone is “in a state of grace” or they are “full of grace” I believe the definition above applies. Being trusted and respected by others is an admirable goal and is one that I personally strive to achieve and maintain. However, we also need to trust and respect ourselves. We may not handle every situation in the best possible way. We may not live up to the expectation of others. We may even be disappointed in our own efforts, or lack of. It doesn't mean that we should become bitter and cynical and give up on ourselves or anyone else. Instead, seek forgiveness for yourself and others, trusting that generally people are doing the best they can do at the time. Begin trusting and respecting “you” today – others will follow.

Understanding – the way you look at a situation; awareness of other people's feelings

One of my favourite prayers is St. Francis of Assisi. The verse, “O Divine Master, grant that I may not so much seek to be consoled as to console; to be understood as to understand; to be loved as to love,” offers tremendous support when resolving differences with others. If we seek to understand where the other person is coming from or how they feel, rather than ensuring they understand our position first, we may gain a different perspective on the situation and find it easier to resolve. This, of course, is a “two-way street” – the other party needs to seek to understand first as well, rather than to be understood.

Truthfulness – accurate; true to life

Being truthful with oneself isn't easy; however, to bring about lasting change in one's life you have to be completely honest with yourself. What do you need to do to move forward? What have you done, or are you doing that is holding you back or sabotaging

your efforts? What limiting belief are you using for an excuse to not go after what you really want? How have you contributed to the situation at hand? Are you stone-walling a resolution to differences with others? Look in the mirror... be honest, forgive yourself and move on!

Self-Confidence – trust in your own abilities and judgement

When we suffer a tragedy in life (i.e. death of a loved one) or something difficult takes place (i.e. loss of job), it's not uncommon to lose confidence. The world as you knew it shifted and the foundation you built may not feel so solid anymore. It takes strength and courage to rebuild a life, but it is worth doing. We all came here for a purpose and we all have the right to live fully and in joy. It doesn't mean, however, that we can expect to go throughout life without feeling pain, sadness or sorrow. Do whatever it takes to rebuild your confidence. Begin today to trust your abilities and judgement. Take small steps if you need to, but keep working at it and soon you will feel and look confident. Others will see the confidence in you and will support your efforts to move forward in life.

Repeat this often: “I am the master of my fate; I am the captain of my soul.”

(William Ernest Henley)



2014 ANNUAL CONFERENCE

The Brain Injury Association of Canada is pleased to announce it will host the 11th Annual Conference on September 24, 25, 26, 2014 at the Crowne Plaza Hotel, in Gatineau, Quebec.

This conference offers education and professional sessions for the following themes:

- Survivor & Caregivers
- Prevention & Scientific
- Health Care Professional Research
- And, Keynote Plenaries

Call for abstracts are open & closes on May 31, 2014. Notification of acceptance will be June 30, 2014.

For more information on Call for Abstracts or to register, visit <http://biac-aclc.ca>

The Long & Rocky Road from Recovery to Renewal A New Independence after a Severe Brain Injury

By Nathaniel Daggett

Cyndee Macleod's life forever changed, in an instant, after a horrific car accident that left her in a coma for almost three weeks; she spent over two years in the hospital. Cyndee was thrown from her convertible car on Westside Road in West Kelowna, seconds before the car plunged down a 250 foot embankment. Cyndee lay undiscovered for almost an hour when a passing motorist, who happened to be a doctor, stopped and found her unconscious several meters from where the car went over the embankment. Cyndee was rushed to Kelowna General Hospital where she spent four months in recovery then was taken back to her home town in Thunder Bay to spend another year and a half at St. Joseph's Hospital.

After leaving the hospital in Thunder Bay, Cyndee went into a transitional, assisted living centre where she had to relearn how to cook, clean, buy groceries and to keep house. "Since my early 20's I was always on the go and owned several businesses." She adds, "After the accident I couldn't even balance a cheque book."

At the age of 32, the formerly independent business woman and single mother was in an instant, reduced to wearing diapers, had to learn to speak, to walk, read and write all over again. Being an active and successful business woman before the accident, it was difficult for Cyndee to leave the hospital in a wheelchair and be at the mercy of others. This definitely made her more determined than ever to walk again and re-build her life. "They said I'd never walk or talk again...and here I am walking and talking," Cyndee says with a quip.

It's been over 20 years since that fateful night. There were times that Cyndee was angry and frustrated with herself. "I think the hardest thing to adjust to, was not being able to do the things I used to just take for granted. Everything was so difficult," she says. "I was quite bitter for some time, mostly at myself and the choices I made," she adds. There have been many challenges and struggles that Cyndee would have to "move" through, and many hurdles and set-backs she had to endure to get to a good and comfortable place once again. "Each hurdle was worth the struggle, they



Cyndee with Premier Christy Clark at the support agency CMHC in 2013

helped me move closer to the independence I so desired," reports Cyndee.

After leaving the assisted care living centre in 1994, Cyndee got her own apartment where she lived for seven years. It was conveniently located close to her family so they could keep an eye on her and be readily available to help her if needed. Needless to say, the family was concerned whether or not Cyndee would do well on her own as her "motor control" was still quite shaky and unstable.

Because of this, Cyndee was unable to secure her driver's license. She even attended Young Drivers and they still said she would never be able to drive again. Since coming to Kelowna she again attended young drivers and now has acquired her licence to drive.

This and many other new challenges Cyndee had faced caused her to become depressed. She started taking Prozac to stave off the depression and to help her sleep. Cyndee soon realized that taking drugs was not the solution so she replaced it with her strong faith in God, sheer determination, and the help of a life coach. Cyndee, with the help of her coach soon started the long process of relearning simple tasks such as balancing a cheque book, learning how to operate kitchen appliances and even opening a can of soup. Many of the simplest tasks we take for granted had to be relearned. "Because my dexterity was so bad, I did not cook; I used Meal on Wheel for years," Cyndee shares.

In the year 2000 Cyndee decided to move back to Kelowna which she had called home many years past. Her family was concerned about this but accepted her decision. She immediately got in touch with BrainTrust Canada in Kelowna to assist her in getting back on her feet. No wheelchair for this girl. Even though she may be a little slower, Cyndee walks everywhere she goes now (Ok, with a little help from the motorized shopping carts at The Superstore).

No one realizes how the life we take for granted can all change within seconds. One wrong turn, one

misjudgement or one wrong step can change your life forever. For Cyndee it was a major turning point in her life, but through it all, it has made her a much more independent person today. She gives thanks to the grace of God and so many “coaches” and friends that have helped her in so many ways.

After all the pain and suffering you have to find the strength to pick yourself up again and again. After the anger and the frustration had subsided, Cyndee accepted her new walk in life and is now in a good and comfortable place. Cyndee has found a deep, inner peace that gives her the will and the empowerment to keep moving forward day by day and becoming an active member of our society.

“Gone are the days of living on a bit of the wild side” says the still attractive, 54 year old blonde. “My party days may be over but I still have “my thrive to be alive”. She says, “I am older and wiser now but, if there is any one thing I’d like to share it is this – please everybody, appreciate the beauty all around you, be thankful for your good health and treat each day as a gift that’s not to be taken for granted.” Very wise words, Cyndee.

Cyndee has been involved in a variety of different volunteer organizations that help those suffering from the outcome of a brain injury. She has also participated in Pastoral Care offering help and encourage-

ment to the elderly and the housebound. As well Cyndee has spoken for the United Way on behalf of BrainTrust Canada and all those suffering from brain injuries.

According to BrainTrust Canada, brain injury is often called the silent epidemic because the changes are cognitive in nature and therefore, often invisible on the outside to the average person. It is extremely prevalent, and it is likely everyone knows someone who has been affected in some way. Braintrust Canada is a progressive agency dedicated to being a leader in brain injury prevention and maximizing independence for persons with brain injury. For further information, please visit: www.braintrustcanada.com.

Cyndee now resides in beautiful Kelowna, B.C., with her partner in life and her number one supporter, Nathaniel Daggett. Together they are building a fun and comfortable life together. Nathaniel has been in the limousine service business for years so looking after and serving people is second nature for Nathaniel. “Looking after Cyndee is easy and besides, I believe we look after each other.” He says with a smile. “I love having Cyndee hold onto my arm...and why not, she’s pretty darn cute.” Cyndee first met Nathaniel in 2011 when he drove her home in a limo from Easter Sunday service at Evangel and they have been together ever since.



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Support Systems are Important for Everyone

By Janelle Breese Biagioni

We often need the support and loyalty of our family and friends. This holds true, perhaps even more so, when an individual and their family endures an injury, illness, death or other life transition.

A key element in healing physically, emotionally, and even spiritually is that we need to activate a support system. Our personal network of support includes friends, family, extended family, co-workers and acquaintances. They rally around us to offer their company, food, help, and good wishes when we need it.

We would like to believe family and friends will be there for us – forever! It doesn't always work out that way. I also haven't met one person who wanted their family and friends to remain in the supporting role. They looked forward to the day when they could just be friends again – hang around together, go to the movies, or out for a meal.

Take a moment to reflect on your own life or someone else's. Have you experienced your circle of support becoming smaller? Or have you been pulled away from participating in a friend's circle of support due to your own commitments? It's tough on either

side of the coin. Nonetheless, the reality is that when an individual's support system falls away it is an additional loss and it can be devastating. Having said that, it is never too late to turn things around and either re-enter someone's support system or enlarge your own.

The following suggestions are a few things to consider when supporting an individual or family member or when you are person who has required or requires support:

THOSE IN A SUPPORTING ROLE

1. If you are re-entering someone's support system, have an open and honest conversation about the time that has spanned from when you last saw them. Be sure to listen to their feelings and to express your own. Use "I" messages, such as "I have not seen you for a long time and I have been feeling terrible about it." It's even okay to admit, "I just didn't know how to help or what to do for you." The key is to accept responsibility for your actions and to assure the other person it wasn't something they did.

BRAIN INJURY GROUP



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2. Don't beat yourself up because you had to leave someone's support system. Life is hard enough without piling on the guilt, which only makes you feel worse. Perhaps leaving was the right thing for you to do in your life at that time. That's okay. Now things have changed and you feel you can be of support again.
3. Are you needed as a support person or do you need to be needed as a support person? Perhaps the situation has changed and you no longer are needed for support. Could you return to the relationship as an equal peer? If so, great! If not, then you should probably spend some time reflecting on the reasons behind your decision.
4. Respect that while your life has changed, the life of the person you were supporting has also changed. They may or may not accept you back into their circle of support. Again, don't beat yourself up about this. Life is fluid and ever changing. Find acceptance for their decision and move on with your life. Most importantly, forgive yourself and them, and learn from the experience.

THOSE REQUIRING SUPPORT

1. Forgive those who have moved out of your life. There is probably a multitude of reasons why it happened and they may or may not have anything to do with you. Holding on to any resentment over the situation will only do you more harm. Accept that life is ever changing and there may be an opportunity to invite that person back into your life. Know that it is okay if you choose not to invite them in again – it is your decision – just be sure you are saying no for the right reasons.
2. Surround yourself with others who have similar interests and experiences. Not only will you bring balance into your life by having someone to share new experiences with, but you will likely become a support for one another.
3. Understand that someone can support you for even a brief period in your life. Not everyone

needs to be a long-life friend – it's nice if it works out that way, but it's not necessary.

4. Are there individuals in your support system that you could encourage to move from a supporting role to a non-supporting role? This is a great opportunity to learn from one another. It doesn't mean that they cannot be a support to you in the future.
5. Remember – it's a given that those who are supporting you will have situations arise in their life which requires some support. Be on the lookout for opportunities to switch your roles. Even the smallest gesture is a gift.
6. Keep an open door and an open mind – invite your friends and extended family to introduce you to their friends. Join clubs, talk to the elderly lady working in her garden, say hello to your neighbours and smile, smile, smile. There is nothing more inviting than a happy person!

Take a Break

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Teach A Man To Cook And He Will Happily Feed Others



Robin, Mark, Kerry

Mark Connelly is not only a loving father and grandfather, but he is also an enthusiastic graduate of The Cridge Community Kitchen program. Mark has a knack for cooking, telling stories, and making people happy. He has taken his leadership skills, love for cooking, and the concept of the Community Kitchen to a new level. He has combined all three to create the Rosewood Community Kitchen in his apartment building which feeds over one dozen individuals every Sunday.

A community kitchen is an arrangement where people come together and pool their resources and talents in order to prepare food for themselves. Community kitchens provide participants with access to nutritious and delicious food and an opportunity to learn and socialize with others in their community. At the Rosewood Community Kitchen, Mark has enlisted the help of two other graduates, forming The Three Amigos. Mark Connelly, Robin Bienvenu, and Kerry Baskin are all survivors of brain injury and graduates of The Cridge Community Kitchen Program. Each week they develop a menu, shop, and prep food for those in the building.

Mark explains how the idea came about. "The first New Year's Eve I lived here I made appetizers and took them downstairs into the common lounge. Nobody showed up. I was shocked. I was even more shocked when I walked around the building outside and saw how many lights were on in the individual apartments. People were home and all alone. I decided this has to change. There had to be a way to get people out of their apartments to come together for food and fun. This was it!"

The Three Amigos have received numerous notes from residents who happily pay \$5 for the meal. It has made a tremendous difference to their quality of life. They now have friends, a place to be, and a guaranteed delicious meal once a week. Mark

believes this idea could and should be transferred to other buildings where seniors and individuals living with a disability are isolated and not getting out and/or enjoying good food.

Everyone has his or her own work for the Sunday meal. Mark, who is hearing impaired from

his injury, is an avid shopper. He loves to sift through flyers and go store-to-store for the best bargain. Kerry and Robin are there to help prep, cook, and serve. Both Robin and Kerry are deemed legally blind as a result of their injuries; however, they do not shy away from washing and chopping foods and doing whatever else is needed to get the meal on the table. Robin and Mark live in the same building, but Kerry takes two buses to meet them. She takes one bus on her own and Robin waits for her at the second bus and rides with her back to Rosewood. It's a team effort all the way.

The Three Amigos do not give up easily. They are so intent on ensuring the residents enjoy at least one healthy, delicious meal each week that they deliver to individual apartments for those who are too shy to join the group, or to those who are not feeling well enough to come to the common lounge.

The Cridge Community Kitchen continues to thrive as well. Robin, Mark, and Kerry also meet every Wednesday with this group to cook and share a meal. The innovative cooking program expanded in recent years to include a community garden. This year the garden is ALL KALE. The Cridge is undertaking a feasibility study to determine if growing kale and developing a product suitable for night street markets is a viable future employment opportunity for survivors of brain injury.

So Hail Kale and Hat's Off to The Three Amigos for reaching out to others and ensuring they have a healthy meal at least once a week.

Everything Is Possible When You Believe

My name is Michael Coss. I was in a motor vehicle accident on May 18th, 2006, which resulted in me being in a COMA for 6 months. I've had to re-learn everything again step by step, and inch by inch like how to eat again, dress myself, and use a washroom again. Doctors told my family members after my injury that I would never speak, eat, or walk ever again.

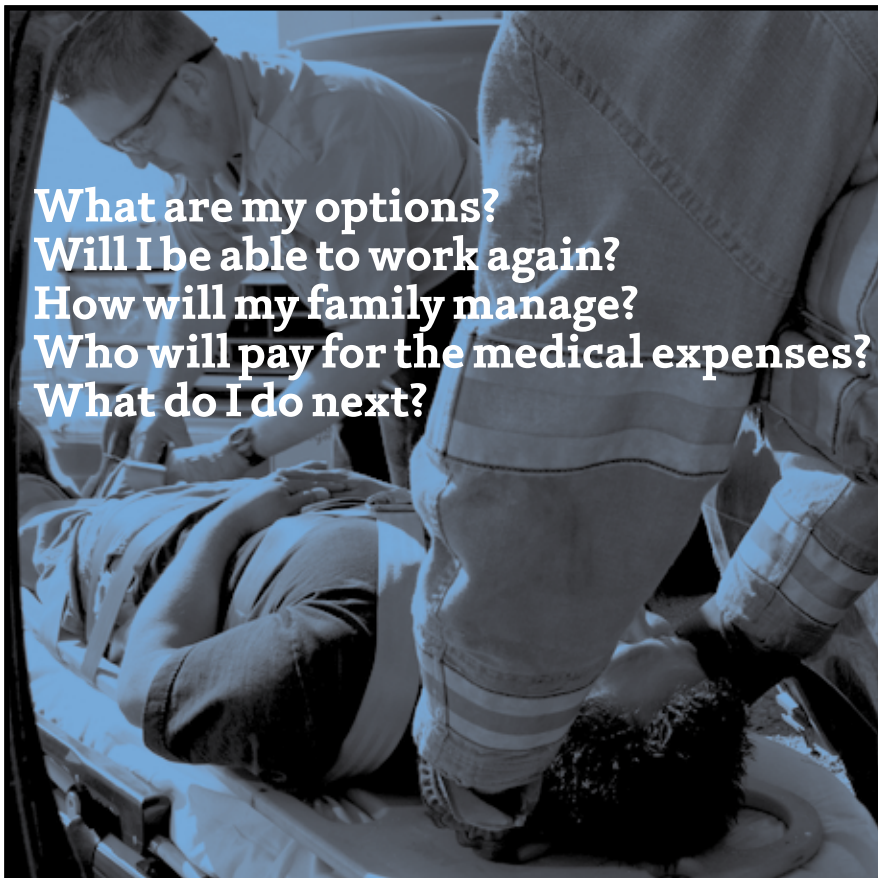
My physiotherapist has set some aggressive, but realistic goals for me to achieve in my recovery and rehab, such as to walk 1 km in the annual Terry Fox run 3 years ago, and to walk 2.5 km in The Vancouver Sun Run 2 years ago in a time of 2.5 hours, and to climb 749 stairs for The BC Lung Association a time



of 37 minutes and 58 seconds. Here is some info about the annual event which was on March 16th, 2014 in The Sheraton Wall Center Hotel in Vancouver BC.

Climb the Wall: the Stair Climb for Clean Air is Vancouver's most unique event, featuring more than 500 participants on a marathon stair climb up the entire 48 floors of the 490-foot Sheraton Vancouver Wall Center Hotel. It is an opportunity for participants to challenge themselves and support the BC Lung Association in its fight against lung disease.

My next goal will be to walk 5 km around Stanley Park in June of this year.



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Reflections

By Janelle Breese Biagioni

*“Dare to reach out your hand into the darkness,
to pull another hand into the light.”*

~Norman B. Rice

Each of us has our own personal development work to do. Each of us has our own emotional and spiritual healing to do. Each of us has a path in life and we are individually responsible for creating our own happiness. However, I also believe that when we heal and move forward in life following a loss through death, divorce, catastrophic injury, or illness that we should extend a hand to the person coming down the path behind us. In fact, I believe we are obligated to do so.

This doesn't mean that I think you are responsible for each person you meet who is suffering in some way. It doesn't mean you need to rescue them or fix the situation for them. It doesn't mean you need to help them understand why whatever happened to them

did. You need only commit to extend your hand and walk with them on the journey.

One of my greatest lessons in supporting people through loss came from a conversation I had with my mentor, Dr. Alan Wolfelt. Alan was teaching our class about “going to the wilderness of the soul” and that as counsellors/helpers/supporters it was our job to help the person get there - to get to the dark painful place where they can fully examine the loss and explore his or her grief. I have to be honest. This freaked me out a little. I had this horrible thought that I may well get them to the wilderness of their soul but what if I couldn't get them back out. I was filled with fear that I may do more harm than good. When I asked Alan about this, I was surprised at his answer. He said, “It's your responsibility to get them there; it's their responsibility to do the work to get back out.” He was not inferring that I abandon the person either. He was saying the person had to commit to do the work of healing. I was merely a facilitator of the process.

You do not need to be a counsellor or mental health professional to reach into the darkness and take a hand. You can be a loving listener and friend too. The reason that you can be effective in this role is because you have a personal story and empathy for the other person coming behind you. It is in hearing the story of others and sharing in their pain and loss that the person finds hope and strength to go on. There is one important fact, however; and that is, you need to have done your own work to heal. If not, the suffering of the other person will pull you back into the grief like quicksand and you will be completely depleted before you can even start.

Do your work. Heal yourself first and then you can help others. It's the old oxygen mask analogy... you need to put yours on first.

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Fraser Valley Brain Injury Association Brain Injury Golf Classic

Join us for the Fraser Valley Brain Injury Association's
Annual Brain Injury Golf Classic
Thursday, July 10, 2014

This Texas Scramble event is always popular and will be held again at the beautiful Redwoods Golf Course in Langley, BC. (22011 88th Ave. Langley, BC). Join us at 10:00 am for registration and brunch. There are some great golfer prizes including genuine Coach Handbags, TaylorMade "Lethal" golf ball sets, luggage and tools so register now!

FVBIA golf tournaments have raised more than \$125,000 since 2002 to support our local drop in programs, art/photography classes, children's

camp, health programs and support groups for people with acquired brain injuries.

Please support us this year! Be part of the fun by sponsoring and/or golfing!

To help us improve our Annual Brain Injury Golf Classic, visit <https://www.surveymonkey.com/s/X2K-GMFV> and fill out a short 3minute survey.

10 am Registration & Tailgate Brunch (*provided*)

11 am Shotgun Start

5 pm Cocktails

5:30 pm Dinner & Presentations

For your convenience you can register and pay online through Eventbrite for a small extra fee by visiting: <http://www.eventbrite.ca/e/2014-brain-injury-golf-classic-registration-11255091281> or by contacting Fraser Valley Brain Injury Association at 604-557-1913, 1-866-557-1913 (toll-free) or info@fvbia.org. Looking forward to seeing you out there!

The exciting Mega Putt contest will take place just before the groups head out to their tee-off boxes at 11:00 am. The entire field of golfers will be shooting at a single hole at the same time during this exciting contest! Come join in the fun!



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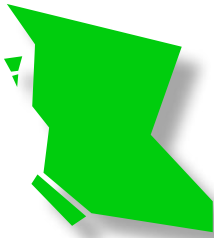
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Heads Up

WHAT'S HAPPENING AROUND THE PROVINCE

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BRAINTRUST CANADA

For more information on programs offered by BrainTrust Canada, please call (250) 762-3233 or visit www.braintrustcanada.com.

BULKLEY VALLEY BRAIN INJURY ASSOCIATION (BVBIA)

BVBIA offers case management services, and assistance with accessing rehabilitation programs, one-on-one emotional support, family support, and social and recreational activities. For more information, call 250-877-7723.

CAMPBELL RIVER HEAD INJURY SUPPORT SOCIETY (CRHISS)

CRHISS provides education, advocacy, support, and fellowship. For more information, call 250-287-4323. Fax number: 250-914-1120.

COMOX VALLEY HEAD INJURY SOCIETY (CVHIS)

CVHIS welcomes Cathy Stotts as the new Executive Director. CVHIS hosts a weekly drop in luncheon for a nominal cost to survivors and their families. For more information, call 250-334-9225 or visit, www.cvheadinjury.com.

EAST KOOTENAY BRAIN INJURY SOCIETY (EKBIA)

EKBIA IS LOCATED AT #202-20 23rd Ave. S., Cranbrook, BC, V1C 5V1. Lorraine Sweeney is the Program Manager.

FRASER VALLEY BRAIN INJURY ASSOCIATION (FVBIA)

FVBIA is located to #201 – 2890 Garden St., Abbotsford, BC V2T 4W7. For more information call 604-557-1913 or (toll free) 1-866-557-1913 or email info@fvbia.org.

HOWE SOUND REHABILITATION SERVICES SOCIETY

To receive more information on updates regarding details about programs and services call 604-936-9944 or email info@howesound.net. The contact person is Heather Hogenes.

KAMLOOPS BRAIN INJURY ASSOCIATION (KBIA)

KBIA offers many services and programs, including case coordination and life skills support. For more information, call at 250-372-1799.

NANAIMO BRAIN INJURY SOCIETY (NBIS)

NBIS offers rehabilitation and case management services, disability benefits assistance, and workshops focusing on issues ranging from trauma recovery to life skills strategies and anger management. For more information, call 250-753-5600 or visit their website at www.nbid.ca.

NORTH OKANAGAN-SHUSWAP BRAIN INJURY SOCIETY (NOSBIS)

NOSBIS provides many programs for ABI survivors and their families, including support groups, life skills, advocacy, and recreation programs. For more information, please call 250-833-1140 or email us at nosbis@shaw.ca. Check us out at www.nosbis.ca. Please note: Our email addresses have changed to: robyn.nosbis@shaw.ca and nosbis@shaw.ca. Please make the necessary changes in your address books. Contact us for information on programs and services.

MAPLE RIDGE BRAIN INJURY SUPPORT GROUP

The support group welcomes Nora Chambers as the new facilitator. You may contact Nora at 604-462-9392 or by email at nora-chambers@shaw.ca. New mailing address: P.O. Box 21114, Maple Ridge Square RPO, Maple Ridge BC V2X 1P7.

POWELL RIVER BRAIN INJURY SOCIETY (PRBIS)

Powell River Brain Injury Society has relocated to #101 – 7020 Duncan St. Be sure to stop in and check out the new digs! PRBIS www.braininjurysociety.ca provides support and services for persons with acquired brain injury, spouses, family members and caregivers included. For more information, call 604-485-6065 or toll free 1-866-499-6065.

SOUTH OKANAGAN SIMILKAMEEN BRAIN INJURY SOCIETY (SOSBIS)

SOSBIS provides the following services: Case Management, Psycho-social Recreation, Peer Support – Cognitive Enhancement, Family Support, Stroke Recovery Support, Education, Personal Support, Women's Support and Prevention and Education. For more information, visit www.sosbis.com

TRI-CITIES BRAIN INJURY SUPPORT GROUP

Tri-Cities Brain Injury Support Group continues to meet on a monthly basis. Meetings are typically held every 1st Thursday of each month from 2:00-4:00 p.m. at Coquitlam Public Library - Poirier Branch on 575 Poirier Street. Group meetings have included guest speakers, curling, bowling, sailing and social activities for survivors, family members, support personnel and friends. As meeting dates can change, please contact Sandi Caverly at 604-916-5027, or by email at S.Caverly@shaw.ca or Martin Granger at martin_granger2007@hotmail.com for more information.

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a member of the Leonard Cheshire Disability Global Alliance

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Cheshire
Disability**



SHARE THE ROAD

Bike to Work week in British Columbia was held from May 26 – June 1. An estimated 20,000 plus cyclists were expected to participate. Although cycling is a year-round activity, Bike to Work week really kicks off the season for the entire family to get on their bikes and enjoy British Columbia's gorgeous sights and weather.

As in all activities, safety is paramount. Be sure to wear an approved bike helmet and one that fits properly. Enroll children in bike safety courses so they learn the proper rules of the road and how to stay safe while enjoying a fun exercise.

Everyone, including youngsters, should be aware of the three most common motorist-caused bicycle/ motor vehicle collisions, which are :

- An oncoming driver turns left in front of the cyclist.
- A driver on a cross street stops, and then pulls out directly in front of the cyclist.
- A driver barely passes the cyclist and then turns right.

Wear the proper gear, educate yourself on the rules of biking, and get out and have fun!

<http://www.bikesense.bc.ca/appendices.htm#common>
Retrieved May 27, 2014

- 4 cups cut-up rhubarb (1/2 inch)
- 4 cups sugar
- 1 can (14 oz) Crushed pineapple

Combine ingredients and simmer 20 minutes or until rhubarb is well cooked. Remove from heat. Add one package Strawberry Jello. Pour into sterilized jars and top with melted paraffin wax.

Rhubarb Cake

- 1 cup margarine
- 3 cups brown sugar
- 2 eggs
- 2 tsp soda
- 2 cups sour milk or cream
- 4 cups flour
- 4 cups rhubarb, chopped fine
- 1 tsp vanilla

Topping:

- 1 cup brown sugar
- 1 cup white sugar
- 2 tbsp margarine
- 1 tsp cinnamon

Mix topping and set aside.

Cream margarine, sugar and stir in eggs. Combine soda and milk or cream, add to flour. Stir in rhubarb and vanilla. Spread mixture into (2) 9 X13 pans. Sprinkle each with half the topping. Bake 35- 40 minutes at 350 degrees.

Image courtesy of Grant Cochrane / FreeDigitalPhotos.net

BC BRAIN INJURY ASSOCIATIONS & *Support Groups*

*This list updated Summer Issue, 2014

Abbotsford	Carol Paetkau	604-557-1913	TF 1-866-557-1913
Acquired Brain Injury Society of the Yukon	Anne-Marie Yahn	867-668-5283	
Alberni Valley Head Injury Society/Port Alberni	Linda Kenny	250-724-6772	
Barriere/Merritt	Terry-Lynne Stone	250-372-1799	
British Columbia Brain Injury Association	Deborah St. Jean	604-465-1783	
Brain Trust Canada	Laurie Denton	250-762-3233	
Brain Trust Canada - Vernon Contact	Marcie McLeod	250-307-6064	
B.R.A.I.N. (Brain Resource, Advocacy & Information Network) (New Westminister, Surrey, Richmond, Burnaby)	Tina Suter	604-540-9234	
Bulkley Valley Brain Injury Association	Michaela Slipp	250-877-7723	
Burnaby Chinese Brain Injury Support Group	Angela Kan	604-877-8606	
Campbell River Head Injury Support Society	Shelley Howard	250-287-4323	
Caribou Brain Injury Society	Courtney Mailhot	250-392-7772	
Chilliwack	FVBIA	604-557-1913	TF 1-866-557-1913
Comox Valley Head Injury Society	Cathy Stotts	250-334-9225	
East Kootenay Brain Injury Association	Lorraine Sweeney	250-417-6220	
Fraser Valley Brain Injury Association	Carol Paetkau	604-557-1913	TF 1-866-557-1913
Golden East Kootenay Brain Injury Association	Debbie Gudjonson	250-344-5674	
Kamloops Brain Injury Association	Terry-Lynn Stone	250-372-1799	
KBIA - Barriere/Merrit Contact	Terry-Lynn Stone	250-372-1799	
Langley/Aldergrove Brain Injury Support Group	FVBIA	604-557-1913	TF 1-866-557-1913
Maple Ridge Support Group	Nora Chambers	604-462-9392	
Mission	FVBIA	604-557-1913	TF 1-866-557-1913
Nanaimo Brain Injury Society	Mark Busby	250-753-5600	
New Westminister Headway	Heather Hogenes	604.520.0130	
North Okanagan Shuswap Brain Injury Society (Salmon Arm/Shuswap)	Robyn Coatta	250-833-1140	
Northern Brain Injury Association	Carmen Jose	1-866-979-4673	
Powell River Brain Injury Society	Deborah Dee	1-866-499-6065	
Prince George Brain Injured Group Society	Alison Hagreen	250-564-2447	TF 1-866-564-2447
Sechelt/Sunshine Coast Brain Injury Support Group	Susan Goddard	604-885-8524	
Semiahmoo House Society Acquired Brain Injury Services	Office	604-592-1006	Local 230
South Okanagan Similkameen Brain Injury Society	Dave Head	250-490-0613	
Terrace Brain Injury Support Group	NBIA	1-866-979-4673	
TriCities Support Group	Sandy Caverly	604-916-5027	
Vancouver Headway	Heather Hogenes	604.732.4446	
Vancouver Survivors Support Group	Lillian Wong	604-873-2385	
Victoria Brain Injury Society	Nicole Nelson	250-598-9339	
West Coast Support Network	Wanda McAvoy	250-726-7459	
West Kootenay Brain Injury Association	Kelly Johnson	250-304-1259	

*Please email name and phone number changes to headlinenews@shaw.ca to ensure this list is kept as up-to-date as possible.

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