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The Brain Injury Association of London and Region acknowledges the generosity of Legate & Associates as sponsors of this publication.
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Executive Director: Donna Thomson
Support Services & Volunteer Coordinator: Joe Zablocki

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Spring is typically a time that is thought of as a rebirth or time of renewal. With this issue of the Monarch, we have tried to capture this type of theme. We are just three months into this New Year and there are already so many exciting initiatives underway at the Association. January marked the introduction of two new support groups in London/Middlesex and Perth County, which you will learn more about in the article authored by Joe Zablocki.

With the tremendous amount of interest shown by sponsors, donors and early ticket sales for our fundraising event 'The 70’s Rock & Roll to Disco' we are looking forward to an evening filled with fun!

Our Peer Support Mentoring Program now has five peer mentor matches. Please contact the office if you would like to be a peer mentor or are in need of support.

The Fanshawe Multimedia Students have been working very hard at filming and editing the promotional video. The final product will be completed in time for viewing at the March 3rd event. In addition, we welcomed two additional students completing Public Relations Internships from UWO and Fanshawe College.

On June 15th, 2007 our 10th Annual Conference 'Only Two Problems Please'..Secondary Symptoms of ABI will be held at The Four Points Sheraton Hotel. The conference brochure is located in the middle insert of this issue of The Monarch. For your convenience, you will be able to register either by sending in the registration form along with a cheque, or register on-line at www.braininjury-london.on.ca. We are currently seeking those interested in sponsoring this conference and exhibitors.

While on the topic of conferences, I must mention two other important events that the Association will be involved with this year. Plans for the MAT 3 conference are well underway. Our contribution to this amazing conference is to help promote the event. You will find the MAT 3 registration forms available in this edition of The Monarch. I am looking forward to providing support at the conference by volunteering my time.

Our Association has signed a Shared Activity Agreement with OBIA and the Community Support Network to be involved in the upcoming Provincial Conference ’Coming Together: Quilting the Pieces After Brain Injury on October 25, 26 in Kitchener. What this means for our organization is that we will provide support to OBIA and the hosting Brain Injury Association of Waterloo Wellington and in return, we stand to gain from a small portion of the profits generated at the conference.

Watch our website in the next few months for details on our new Respite Care Program and information about a fun Brain Injury Awareness event at East Park Golf Gardens. In addition to purchasing event tickets, you will soon be able to pay your membership fees, register for conferences and make charitable donations on-line.

The Association is saddened at the resignation of Diane Schumacher from the Board of Directors. During her years of service, Diane contributed so much to the improvement of the support groups and was instrumental in obtaining the Trillium Grant. We will miss her greatly.

As you can see, there are many great things happening here. The success of this Association is a reflection of the tremendous efforts put forth by our dedicated volunteers. I would like to extend my heartfelt thanks to all who give their time and talents.

Donna Thomson
Sustaining an acquired brain injury is a life-altering event not only for the survivor, but also for family members and friends of the survivor. It's not like a person new to ABI can ask questions, seek help and advice, and express his or her frustrations about the new life they have unfortunately embarked upon with just anybody.

The answers aren't always so simple, and can be quite complicated. That's why they need to talk to somebody who has personal experience with an ABI and has been on the same or similar path that they may be traveling right now.

The Brain Injury Association of London and Region in conjunction with the Ontario Brain Injury Association is proud to offer the Peer Support Mentor Program for people living with the affects of ABI. The purpose of this exciting new program is to reach out and support others who are living through the same difficult issues that the mentors have experienced in the past.

The mentors are all volunteers that have had experience with an ABI and have undergone specific training to equip each one to adequately listen and share insights with his or her partner to ultimately offer support and understanding. The trained mentors range from fellow survivors, parents, siblings, and spouses.

Mentors are partnered with an individual whose life has been altered by the devastating affects of ABI to provide social and emotional support, reduce the feelings of isolation, and instill hope for the future.

If you know of somebody who is having a hard time adjusting to life after sustaining a brain injury and might benefit from a mentor in assuaging the frustrations and fear of the unknown certainty of living a fulfilled life after an ABI, or are interested in becoming a mentor yourself, please call the Brain Injury Association at (519) 642-4539 to apply.
April 15 to April 21, 2007 has been set aside as National Volunteer Week and we will be celebrating the many contributions volunteers make to our association, our members and our communities.

Without volunteers we could never carry on the multitude of programs and activities sponsored by the Brain Injury Association of London and Region.

Volunteers from all walks of life, age groups, nationalities, and life experiences are a cornerstone of society. As each individual shares their hands, time, experience, knowledge, finances and expertise with their organizations of choice society become stronger and individual lives and communities are enriched.

Volunteers are good neighbours, reaching beyond their own walls, homes, comforts and families to assist another individual or group. This spirit of volunteering contributes countless hours and millions of dollars to Canadian society each year. It is reported that in 2000, Canadians contributed over one billion volunteer hours to thousands of causes.

The sacrificial giving of these individuals provided for services and programs programs and services that made a difference and that as a society we could never pay for. In a recent quote actress, Susan Sarandon, had this to say about making a difference; To know that once you decide to look at life outside of the narrow limits of just your world and start to understand that you can make a difference in very simple ways - in volunteering and all the way up to bigger world problems.

Volunteers understand that they are making a difference in both small and large ways and it is for this reason that the army of Canadian volunteers grows each year.

Volunteering is very much a two-way street and volunteers who give to enrich the lives of others often find their own lives enriched through; new friendships, acquired skills, business and work contacts, self confidence, and the overall feeling of personal satisfaction.

Research has shown that people who volunteer live longer, are happier, have increased self confidence and have a more positive outlook on life. Volunteering exposes individuals to challenging task, meaningful service and diverse communities. To quote Gillian Anderson, “Be of service. Whether you make yourself available to a friend or co-worker, or you make time every month to do volunteer work, there is nothing that harvests more of a feeling of empowerment than being of service to someone in need.”

In my 30+ years of working with volunteers I have found that in most cases volunteers are the busiest people I have ever met.

They have careers, families and hobbies yet...
they give countless hours to various community groups and causes. I once heard it said, "If you want something done, ask a busy person." This is a true statement, for many of the volunteers I have met that are making a difference in their communities are very, very busy people.

At the Brain Injury Association of London and Region we have dozens of volunteers who weekly give hundreds of hours to our association.

These volunteers serve as members of our Board of Directors, serve on committees, are peer mentors, provide training and assist with fundraising, support services, communication, promotion and office administration.

Our volunteers go above and beyond the call of duty and selflessly give of themselves to improve the lives of others.

The hours given by these individuals provide services that could never be provided by the part-time staff of the association. Volunteers are our backbone and a thank-you does not seem adequate to show our appreciation but thank-you is what this article is intended to convey.

So to our many volunteers we say Thank-you:

Thank-you for your time
Thank-you for your service
Thank-you for your support
Thank-you for your caring
Thank-you for your experience
And
Thank-you for the smiles, both yours and the smiles you bring to those we serve.

---

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Fax: 519-645-6195

Email: (Ike) elindenburger@yahoo.ca  
Email: (Carl) carlrlokko@rogers.com

Supporting people to gain healthy functioning
The Board of Directors of Camp Dawn cordially invite you to attend the First Annual General Meeting of Camp Dawn Saturday, April 14, 2007 at 11:00 a.m. At the Cornerstone Clubhouse 781 Richmond Street, London Lunch will be served Please RSVP to Gary Davies at 519 657-1180 ext 104 Email: gary.davies@brainworksrehab.com

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  - Finding joy in accomplishments of all kinds
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One day, a father of a very wealthy family took his son on a trip to the country with the firm purpose of showing his son how poor people live. They spent a couple of days and nights on the farm of, what would be considered, a very poor family. On their return the father asked his son: "How was the trip?" "It was great, Dad" the son answered. "Did you see how poor people live?" the father asked. "Oh yah," said the son.

"So tell me, what did you learn from the trip?": asked the father. The son answered: "I saw that we have only one dog and they have four; we have a pool that reaches to the middle of our garden and they have a creek that has no end; we have imported lanterns in our garden and they have the stars at night."

He continued...

"Our patio reaches to the front yard and they have the whole horizon; we have a small piece of land to live on and they have fields that go beyond our sight; we have servants who serve us, but they serve others; we buy our food, but they grow theirs; we have walls around our property to protect us, they have friends to protect them."

"Thanks, Dad, for showing me how poor we are."

The boy's father was speechless.

In the story the father took his son to see how poor people live. He thought his son would understand this from his perspective, or point of view.

Instead, his son showed him a completely different perspective, on that he did not see himself.

Webster's Dictionary defines the word perspective as; "The art of picturing objects so as to show relative distance, depth, position and sense of proportion."

This month, in case you have not yet figured it out, I want to talk about perspectives or points of view.

Welcome to April.

When I was a child the saying was 'April showers bring May flowers'.

Spring officially arrives on Sunday March 20 at 7:45am.

Looking outside over the past few weeks, as adults we may say that 'April snow makes May blow!'

We, the members of the acquired brain injured community have a different perspective and point of view on the world around us, especially how we are perceived.

Our bodies and brains many not be able to work the same as they did before our injuries but you would be just as surprised as the father from story was with what we are capable of accomplishing. There are no wrong perspectives though perhaps some are better than others such as those of a child.
We are currently seeking nominations
to our Board of Directors

The Brain Injury Association of London & Region will be holding their Annual General Meeting in June 2007. During that meeting, potential candidates for the Board will be presented to the general membership by the nominating committee for approval. The nominating committee is currently seeking candidates for various positions on the Board of Directors. Nominations will be accepted until May 15, 2006.

Duties of the Board:
- Oversee the operations of the organization
- Determine goals and objectives
- Ensure all financial matters are handled properly & all legal requirements are met
- Establish policies, guidelines and limits for agency operations
- Long range planning and development of strategic directions for the organization
- Authorize programs sponsored by the agency
- Evaluate the results of the organization

We welcome all nominations, including those with experience in the following areas:
- Library work
- Strategic planning
- Family member of a person with a brain injury
- Fund development/fundraising
- Event planning
- Cultural diversity
- Marketing
- Medical
- Member of the general public

Potential candidates must recognize that the expectation of serving on this Board includes:
- Regular attendance at all monthly meetings
- Each Board member must chair or serve on at least one committee
- Participation in all fundraising activities is mandatory

Please submit nominations in writing with the following information:
- Name of nominated individual
- The date the nomination was submitted
- Explanation of why you feel this person is a good candidate for this position
- Indicate whether candidate is aware of the nomination.

For more information please contact:
Donna (Boulianne) Thomson  Phone: (519) 642 4539
Email: london.braininjuryassoc@bellnet.ca
New Acquired Brain Injury Support Groups

Have you experienced an Acquired Brain Injury?

Do you care for a person with an Acquired Brain Injury?

Does a family member have an Acquired Brain Injury?

Would you like the support of others?

If you answered yes to any of these questions you may benefit from attending our newly established support groups. This group will meet monthly and offers people who live with the effects of brain injury the chance to meet to discuss common issues and problems.

Great Canadian Superstore – 2\textsuperscript{nd} Floor Community Room
Oxford Street East and Gammage St
London, Ontario
Meeting Time - 7-9PM
Last Thursday of each month
Wheelchair Accessible

Zehrs Markets - 2\textsuperscript{nd} Floor Community Room
865 Ontario Street
Stratford, ON
Meeting Time - 7-9PM
Last Tuesday of each month
Wheelchair Accessible

For information on Support Groups or any of our services please contact us at our London office or by e-mail london.braininjurysupport@bellnet.ca

This is a free service of The Brain Injury Association of London and Region
In partnership with

THE ONTARIO TRILLIUM FOUNDATION
LA FONDATION TRILLIUM DE L’ONTARIO
Is your Membership Up to Date?

If you haven't marked the date in your calendars yet, now's the time to do it! Remember that on April 1, 2007 all memberships to the Brain Injury Association of London and Region are due for renewal. Memberships are an important source of revenue to fund the many services the Association provides. Membership includes a yearly subscription to The Monarch and you receive a charitable receipt.

Keep an eye on our website for the option to pay membership fees online, or simply complete the Membership Application on page 2 and send it in with your payment!

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For this article I have decided to scrape the prose and dive right into the basic information you will need to attend the Moving Ahead Together Survivor Conference.

First off, there is a copy of the conference brochure in this newsletter. If not then you can find a copy on the website of the Cornerstone Clubhouse (www.cornerstoneclubhouse.com) and click on upcoming events. One section of the brochure is a registration form. Notice that more than one person can register on one form.

If you are coming from out of town then there is a bed included for you with your registration. If you would prefer to bring a tent or park a trailer in the parking lot then feel free. Your bed will be available for you the night before the conference starts. This allows you to use Monday June 4th as a travel day.

Bring spending money to the conference. If you are coming the night before you will need money for supper. There will also be several interesting items on sale at the conference such as MAT3 hats, books from Terry Evenshen, Racheal Oliver, and Greg Noack (all ABI survivors) and some other products produced by ABI survivors.

This conference includes family members. We even planned three session for families only: Cutting the Apron Strings, Stop Rescuing, and Can You Love them as They Are?

We have an excellent line up of speakers for the conference. CFL hall of Famer Terry Evenshen will be our keynote speaker. Rock and Roll Reggie, of Camp Dawn fame, professional musician and survivor, will be leading a workshop on the healing qualities of music; Racheal Oliver, published cartoon author, will be running a workshop on humour; and the steering committee has convinced me to team up with Melissa Felteau, of the ONF, to run a session on Brain Injury as Part of a Life's Journey. We have also found two survivors who now work as rehabilitation therapist! They will be talking about Practical Strategies for Everyday Coping.

Even with such an exciting line up it is important to remember that it may change, people get sick and others have babies. Also, remember that the idea of the conference is to learn from each other, it may happen in line for lunch, during yoga, sitting by the campfire, or even during a session. The power is in Coming Together.

If transportation is a problem then contact your local Brain Injury Association and see how they can help. For MAT2 the people from Ottawa and Peterburgh car pooled and the people from Sudbury traveled in a van together. Some associations may even look at getting a van rental sponsored.

Safe travels! I am looking forward to this great gathering of the ABI Survivor Community that we are all building Together.

Kevin MacGregor
Survivor and Conference Chair
Parkwood Hospital (part of St. Joseph’s Health Care in London) will be hosting a series of weekly sessions on topics of interest for persons recovering from an acquired brain injury and their family, friends and caregivers. The purpose of the eight-week series is to provide practical information.

The series will be broadcast by videoconference to reach an audience outside of London. This will allow people to go to local hospitals to view the series on a large screen television and interact with the speaker, without having to drive to London. For the Spring 2007 series the following sites have already confirmed: Blue Water Health in Sarnia, Grey Bruce Health Services in Owen Sound, South Bruce Grey Health Center, Walkerton & Hotel Dieu Grace Hospital in Windsor. Several other sites are still considering joining. If you are interested in finding out if a hospital in your area if to be connected then call the contact person at the end of this notice.

For more information i.e. other locations to view the series, confirming topics and speakers, and to reserve a seat, please contact Wendy Dorau, Program Assistant, at 519-685-4064 or call toll-free 1-866-484-0445. http://www/sjhc.london.on.ca/parkwood/programs/rehab/abi.htm

The sessions will run Tuesday evenings from 6:30 - 8:30 p.m. The Spring 2007 schedule is as follows:

- **March 27, 2007**: Dr. Margaret Weiser, psychologist - Brain & Behaviour.
- **April 3, 2007**: Dr. Rod Balsom, psychologist - Stress Management
- **April 10, 2007**: Bob Lomax, Social Worker - Role Changes Following a Brain Injury
- **April 17, 2007**: Dr. Emily Newell, physician - Cognitive Fatigue
- **April 24, 2007**: Kathleen Murphy OT & Amy Prevost SLP - Practical Strategies for Coping with Everyday Life.
- **May 1, 2007**: Two Lawyers from Legate & Associates - Talk on auto insurance, WSIB, private insurance and gov’t options.
- **May 8, 2007**: Dr. Gail Delaney, physician - Help in Understanding Why All the Tests and Joan Conlon, pharmacist - Knowledge is the Best Medicine.
- **May 15, 2007**: Presentation on Peer Mentoring and a Survivor tells their story.
TENTH ANNUAL BRAIN INJURY CONFERENCE

TWO PROBLEMS ONLY PLEASE
Secondary Symptoms Post ABI

KEYNOTE SPEAKER:

Dr. Barry Willer

Also featuring:

Dr. Charles George
Mr. Terry Evanshen
Dr. Paul Cooper
Ms. Sari Shatil

FRIDAY, JUNE 15, 2007

FOUR POINTS SHERATON
LONDON, ONTARIO, CANADA
**Featured Speakers**

**Dr. Barry Willer, Ph.D.**, is a Professor in the Department of Psychiatry at the State University of New York at Buffalo and Adjunct Professor in the Department of Psychology at Brock University in St. Catharine's. Dr. Willer has worked in the field of brain injury for over 20 years and has been an active supporter of brain injury associations in Canada and many other countries. He was principal in the development of the level one and level two courses for the Ontario Brain Injury Association which are now offered on a regular basis at Brock University in Ontario and at Massey University in New Zealand. Dr. Willer authored the "Whatever it takes" model for community based rehabilitation and the Community Integration Questionnaire (CIQ) which is commonly used to assess rehabilitation outcome.

Terrence Anthony "Terry" Evanshen (born June 13, 1944 in Montreal, Quebec) had an outstanding career as a receiver in the Canadian Football League and was inducted into the Canadian Football Hall of Fame in 1984. In 1988 Terry's life was nearly ended when a car ran a red light crashing into his Jeep. Against great odds Terry survived, But when he awoke from a coma a month later he had no memory of his life. At age 44, Terry would be starting all over again. He had to re-train himself on how to think, how to speak, even re-learning something as basic as how to shave. Today Terry is the official spokesperson for the Ontario Brain Injury Association/Community Support Network's Peer Support Mentoring Program for People Living With ABI.

**Dr. Paul Cooper, Ph.D.**, is a general neurologist who has been in practice in London for 25 years. He has a special interest in the area of headache and is the director of The Dr. John H. Kreeft Headache Clinic at South Street Hospital, London Health Sciences Centre.

**Dr. Charles George MD FRCPC** is a Professor of Medicine, serves as Chair in the Division of Respirology at the University of Western Ontario as well as the Director of the Sleep Laboratory at London Health Sciences Centre.

**Sari Shatil, PT, MSc**, has been practicing physiotherapy since graduating from McGill University with a BSc PT degree in 1993. She has assisted persons living with brain injury to achieve their physical goals along all phases of recovery including Intensive Care, Acute Care, Rehabilitation, and Community Re-integration. She is the primary therapist for Continuum's Vestibular Rehabilitation Program. Sari holds Lecturer status at The University of Western Ontario, School of Physical Therapy, and is a sought after speaker and a published author.

**SCHEDULE**

7:30 am: Set up exhibits, registration begins, continental breakfast
8:25 am: Welcome and opening remarks: Jim Mays, Conference Chair
8:30 am: Sleep Disorders & Brain Injury: Is there a connection? Dr. Charles George
9:15 am: Peer Support Terry Evanshen
10:15 am: Break and exhibits
10:45 am: Recognizing Emotions in Others: A Treatable Problem Following ABI Dr. Barry Willer
12:15 pm: Lunch, networking and visit exhibits
1:00 pm: Spinning out of Control: Dizziness and Vertigo after Traumatic Brain Injury Sari Shatil
1:45 pm: Post traumatic headaches- Dr. Paul Cooper
2:30 pm: Break and visit exhibits
2:45 pm: Treatment of Post Concussive Syndrome: We May Finally Have Some Answers Dr. Barry Willer
4:00 pm: Closing remarks: Donna Thomson, Executive Director, Brain Injury Association of London and Region
EXHIBITORS

You are invited to participate as an exhibitor at the conference. Space is limited. Register early. Average attendance at our conferences in the past six years has been 125 consumers and service providers. This is an excellent opportunity to let conference participants know about your programs. Draped tables are provided. Electrical outlets are available. To register as an exhibitor, please complete the registration form. Your fee includes one participant registration. Additional participants pay the individual rate.

REGISTRATION FORM

Please send completed registration form WITH cheque payable to:
Brain Injury Association of London and Region, 307 – 111 Waterloo Street, London ON N6B 2M4

OR

You may APPLY ONLINE at www.braininjurlondon.on.ca

Receipts for conference fees will be issued at the conference (one receipt for group payments).

NO registration on the day of the conference.
NO refunds after June 8, 2007, but substitution allowed.
Fees include pre-conference reception, materials, continental breakfast, lunch and breaks.

PLEASE USE A SEPARATE REGISTRATION FORM FOR EACH PERSON ATTENDING.

CONFERENCE FEES

Professionals and service providers $165
Survivors, family members, caregivers: $50
Students $60

Exhibitor Space (includes one registration): $300. Check here if electric outlet needed  

MEMBERSHIP FEES

If you are not a member of the Brain Injury Association of London and Region and would like to join, please check the appropriate category below and add the payment to your conference fee:
Professionals and service providers: $40  
General members: $20

You will receive a charitable receipt for membership fees.

Total payment: $  

Individual Name:  
Organization Name:  
Address:  
City:  Postal Code:  Phone: ( )  
Email address:  

PRIVACY CONSIDERATIONS

1. A list of conference participants will be issued. Please check here if you do NOT wish your information to appear on the list  

2. May we contact you from time to time regarding other programs of the Brain Injury Association?  

YES _____ NO _____
ABOUT THIS CONFERENCE

The Brain Injury Association of London and Region is holding its tenth annual conference on June 15, 2007. Two Problems Only Please Secondary Symptoms Post ABI will provide service providers with the education and support for understanding and dealing with secondary symptoms of Acquired Brain Injuries. The conference will include such topics such as sleep disorders, vestibular difficulties, post-concussive syndrome and post traumatic headaches following an Acquired Brain Injury (ABI). As always, informative exhibits and networking opportunities will be on hand.

CONFERENCE LOCATION

Four Points Sheraton
1150 Wellington Road South
London, Ontario
(519) 681-0600
Take Wellington Road North exit off Highway 401

CONFERENCE COMMITTEE MEMBERS

Jim Mays, Chair
Cheryl Hartridge
Lisa Jadd
Jacki Flood
Linda Guindon
Maia Bent
Donna Thomson

BRAIN INJURY ASSOCIATION OF LONDON AND REGION

307 - 111 Waterloo Street
London ON N6B 2M4
Phone: (519) 642-4539
Toll free 1 888 642-4539
Fax: (519) 642-4124
E-mail: london.braininjuryassoc@bellnet.ca
Internet: www.braininjurylondon.on.ca
Thanks to the support of our Sponsors, Our 7th Annual Dinner and Dance was a GREAT Success!

Thank you to our major sponsors for their support in making our 7th Annual Dinner, Dance, & Silent Auction Gala 'The 70's...from Rock & Roll to Disco' a huge success! Proceeds from the event help the Association meet its objectives of providing support, information, awareness and advocacy to persons living with the effects of brain injury.

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ING Insurance Company of Canada

Watch for photos and a full listing of contributors to this event in the June edition of the Monarch!
Recreational Activities, Waivers and the Right to Sue

It is a situation that many of us have experienced: we go to the local ski hill, arena, horseback riding stable, amusement park and so on and are asked to sign a piece of paper waiving our right to sue if we are injured.

Unfortunately there are times when people are injured after signing one of these waivers. In many circumstances the waiver will be upheld in court; however, depending on the particular facts involved, there may be cases where the waiver was not sufficient.

In Ontario, a person who is an "occupier" of a premise has a duty to take care to ensure that it is reasonably safe for people who enter it. The term "occupier" can mean the owner of the property or a person who has control of the property, and there may be more than one occupier.

For example, where the owner of a baseball diamond rents it out for a tournament, both the owner and the renter could be occupiers. The meaning of what is "reasonably safe" will depend on the circumstances and does not mean that an occupier has to make the premises absolutely risk-free.

A ski hill operator, for instance, could not be expected to remove all natural hazards from the hill since it would be almost impossible to do so.

The governing legislation in Ontario, the Occupier's Liability Act, allows occupiers to limit their duty to others and often this is done by having participants sign waivers. A waiver is a legally binding contract where the users of a premise agree not to hold the occupier responsible for injury to them or damage to their property.

The waiver can take different forms, such as a separate piece of paper that the participant is asked to sign or information printed on the back of an admittance ticket. The effect of the waiver is to absolve occupiers of legal liability even if they failed to keep the premises reasonably safe. However, the occupier has an obligation to bring to the participants' attention the impact that the waiver will have in the event of injury.

Courts will look at whether the waiver is clear and unambiguous that the participant is giving up their legal right to sue and whether the party that seeks to rely on the waiver took reasonable steps to bring the terms of the waiver to the participant's attention.

It is important to have a careful assessment of the content of the waiver and the circumstances under which it was signed in order to determine its validity.

Injured persons may want to consult a lawyer for an opinion in situations where they signed a waiver.

Tara Pollitt
Legate & Associates Professional Corporation

NOTE:
This article is provided for general information only and is not intended to be considered legal advice.
New Support Groups

In January we began two new support groups for survivors, family members and care givers, in London/Middlesex and Perth Counties. These groups are in community rooms of local supermarkets and each are wheelchair accessible.

The Stratford group meets at the Zehr’s Market community room at 865 Ontario Street, Stratford the last Tuesday of every month from 7-9 PM. The group is lead by Kim Pigott and Tish Byrne. Tish has extensive experience in acquired brain injury through her employment with Barthimaeus Rehabilitation Support Services and is excited about sharing her knowledge and experience with residents of Perth County. Kim’s brother suffered an acquired brain injury in a motor vehicle accident and as a primary caregiver has invaluable experience to share with others.

In London the group held its first meeting at the London East Superstore Oxford Street East on January 25th. This group will continue to meet the last Thursday of each month from 7-9PM.

The leaders of the London group are Irene Fairles and Nokyoung Xayasane. Irene is a Master of Social Work and has a son who has incurred two acquired brain injuries; both her professional training and her experience as a parent bring tremendous insight to the London group. Nokyoung is a student at University of Western Ontario and begin volunteering with the Brain Injury Association of London and Region in late 2006.

The new groups join existing groups in Huron and Oxford counties.

All of the support groups of the association are driven by the needs of the participants and include opportunity for survivor stories, special speakers, peer support and open discussion.

Groups are open to anyone wishing to learn more about the affects of acquired brain injury or requiring the support of a group of peers and/or professionals. Funding received from the Ontario Trillium Foundation has assisted with the establishment of and operation of our support groups.

We are also actively recruiting individuals who would be willing to help lead a group or be a guest speaker.

If you or someone you know would be interested in volunteering please contact us at 519 642-4539 or london.braininjury-support@bellnet.ca.

Addition support is also being offered through the Parkwood Family Education Series and information and schedule is located in this issue of the Monarch.
In February of 2006 I decided to make some changes in my life. One of the most important changes was to give my own health a higher priority. I joined a gym and hired a personal trainer. Almost immediately I began to feel better - I was more lighthearted, had much more energy, and was sleeping better.

I continued with my personal trainer and exercise program faithfully - doing 30 minutes of cardio and one hour of weight training three times per week and one hour of cardio three times per week. I was quickly becoming a gym rat. People were noticing the changes in me. My clothes became looser, leading to a rather embarrassing incident where my pants began to slide off of me while I was walking my dogs! Luckily I caught them in time.

During the summer of 2006 I decided I needed a more concrete goal to aim for. Getting to my "goal weight" was a bit overwhelming, so I thought aiming for an activity to conquer would be a bit less daunting. The five-kilometer AIDS Walk was happening in September. I decided to challenge my sponsors to challenge me. If I completed the walk in less than one hour, they would have to double their pledge. If I completed the walk in less than 45 minutes, they would have to triple their pledge. That meant that my goal was to get in shape to jog five kilometers in less than 45 minutes. Imagine my surprise when I completed it in 37 minutes!

I've continued with my training program and now I have a new goal. I am preparing to compete in a triathlon in September in Wasaga Beach. It's not the ironman for sure - it will be a 400m swim, 10k cycling, and 2.5 k run, but it will still be a challenge to complete it.

In order to help motivate me, I would like all of you to help, as well as to raise funds for the Brain Injury Association of London and Region. I would like you to sponsor me. But here's the deal...

If I just complete the triathlon you will give whatever you pledged. If I win the top in my age category, you must double your pledge. If I win the overall event, you must triple your pledge. How's that for a challenge?

If you are interested in sponsoring me (and that includes corporate sponsors), simply send me an email to chrisjackson@rogers.com, with your name, address, phone and amount of your base pledge. I won't collect any money until after the event on September 8, 2007, so I can tell you how well I did.

I'm writing this after my latest training session. In the first 30 minutes of my workout I completed 300 squats and ran up and down a flight of stairs 50 times. Yes, I'm serious, so don't pledge whatever you can't afford to triple, because I'm determined to do it!

Are you up for a Challenge?

Chris Jackson
Let us introduce you to Hanna: at the age of 19 Hanna attempted to take her own life by overdosing on insulin that had been prescribed for her diabetes. As a result she suffered an anoxic brain injury. Over the next few years Hanna was admitted to numerous hospitals and ABI programs. While in these programs,

Hanna continued to attempt to take her own life, refused to manage her diabetes, and refused to participate in any social activities. Hanna continued to experience low self-esteem and poor self image. During this time she was not able to maintain employment in the community nor was she able to finish high school.

As a result of her brain injury Hanna also exhibited several cognitive, psychological, and behavioural issues. These included short term memory loss, difficulty with initiation and problem solving, difficulties with medication management, impulsivity, distractibility, reasoning, and academic deficits. She was verbally and physically aggressive at times towards others and objects and exhibited self-injurious behaviours. Hanna’s initiation challenges also made it difficult for her to complete household management tasks.

Hanna came to Dale Brain Injury Services in 2005. When she was first admitted she lived in an apartment with staff support 24 hours a day Monday to Friday and she spent weekends visiting with her family. Although she was quite independent in many activities of daily living she required support to initiate a range of tasks, and in maintaining a safe and healthy lifestyle. She required support managing her money, accessing the community via public transportation, and participating in a structured daily schedule across rehabilitation environments. When she was contacted regarding this article Hanna stated that her biggest obstacle was learning to trust others and to make new social contacts. Other challenges for Hanna were maintaining a safe and healthy lifestyle and developing good working relationships with team members. She often dealt with problems using impulsive and unproductive methods such as self-injurious behaviours and thoughts of suicide. Hanna had little confidence in her ability to deal with life issues. Through Hanna’s hard work and the steadfast support of dedicated staff of Dale Brain Injury Services, she has faced and continues to manage her challenges.

To support Hanna with these challenges she had the support of a multidisciplinary team to discuss and devise more adaptive ways for car-

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ngoing with her life. Hanna has been able to develop more effective ways of managing her own behavioural and emotional responses to problems that she has to deal with. She continues to have weekly sessions with a social worker and has ongoing support of her team from Dale Services. Her level of staff support has been reduced to 10 to 15 hours a week. She attends school independently and completes class assignments in a timely manner. She is initiating more social contact with her peers and other community members. Hanna has exhibited fewer incidents of self-injurious behaviour.

She now manages her own medication and has not exhibited physical aggression for the past two years. Hanna is taking more responsibility for her own actions and has greater self-control over her impulsivity. Thus, she is engaging in effective problem solving and making more positive choices. She has begun to make positive comments about herself.

Currently, Hanna has progressed to more independence, working towards several goals including completing her Ontario Secondary School diploma, managing her medications, and becoming more independent at home and in the community. Hanna’s long term goal involves getting a job in the community. Hanna is on her way to achieving these goals, a long road to independence, but one that she is systematically navigating with the continued support of Dale Brain Injury Services and her family. Hanna continues to acquire and employ the tools that she needs to deal with the personal challenges that she faces.

Bravo Hanna!

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**WE CAN HELP**

If you or a family member are suffering the effects of a brain injury or other serious injury, contact Andrew King for advice as you may be entitled to benefits and compensation.

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Head and brain injuries are a very traumatic event in a person's life and can happen to anyone at anytime. Celebrities and other well-known persons are not immune to such injuries. Here then is a compilation of some famous head injuries and famous people with brain injuries. You'd be surprised at how many people in the world actually have a head injury of some sort in their life. All information has been taken from Wikipedia.com unless otherwise noted.

- Phineas P. Gage (1823-May 21 1860). Although Mr. Gage’s name is not known all that much, it was his injury that made him a pioneer of brain injury so to speak. Gage worked as a railroad construction forman and suffered a traumatic brain injury when a tamping iron accidentally passed through his skull, damaging the frontal lobes of his brain. Because of the frontal lobe damage, Gage’s social, emotional, and personal traits seemed to be impaired, which ultimately left him in a temperamental and unsociable state. It was Gage's case that doctors started to make the connections between a person's emotions, personality, and social abilities to the frontal lobe of the brain. It was because of Gage's case that a lot of pertinent and vital information that led to the learning how the brain's lobes function.

- Muhammad Ali (Professional Boxer) No surprise here. Professional boxing has its fair shares of brain injuries due to the nature of the sport's violent nature. Muhammed Ali had complained about tingling in his hands and had problems slurring his speech. An examination at the Mayo Clinic revealed that he had a hole in the membrane of his brain. However, Ali’s manager, Don King, withheld this information, and allowed Ali to continue fighting until his retirement. Ali was diagnosed with Pugilistic Parkinson's disease in the early 1980s. Doctor's disagreed that his condition was caused by his profession, or if it was degenerative.

- Howard Hughes (film producer/director/icon) Hughes' bizarre behaviour and delusions are believed to have been linked to the fourteen head injuries he suffered in plane and automobile accidents.

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Terry Evanshen (CFL Hall of Famer) In 1988 Terry's life was nearly ended when a car ran a red light crashing into his Jeep. His injuries were so serious that a priest was called to perform last rites. However, against great odds Terry survived. But when he awoke from the coma a month later he had no memory of his life before the crash. Terry's struggle with his brain injury has been documented in the June Callwood penned biography, The Man Who Lost Himself, which was recently made into a TV movie.

Janice Dickinson (ex-supermodel/TV host) Longtime model and television personality Janice Dickinson suffered a head injury in a frightening traffic mishap on a busy Los Angeles freeway. The website TMZ.com said Dickinson was a passenger in a car that was sideswiped by a hit-and-run semi-truck on I 405, causing her to smack her head into the windshield.

Dickinson's publicist said the star of Oxygen's "The Janice Dickinson Modeling Agency" suffered a concussion and was treated at a nearby hospital.

Harriet Tubman (African-American abolitionist) Harriet Tubman endured inhumane treatment from some masters, including an incident where an overseer who she had prevented from capturing a runaway slave hurled a two-pound weight at her, hitting her in the head. And gave her a traumatic brain injury. As a result of the severe blow, she suffered intermittent narcoleptic seizures for the rest of her life.

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James Brady (Assistant to the president and White House Press Secretary under Ronald Reagan) Brady was among those shot during John Hinkley Jr.’s assassination attempt on then-president, Ronald Reagan. Brady suffered a serious head wound that left him partially paralyzed for life and wheelchair bound. Brady retained the title of Press Secretary for the duration of Reagan’s two terms in office.

Bob Dole (American senator and former presidential candidate) - suffered a serious head injury while fighting in World War II in Italy.

Chris Irwin (Formula One race care driver). He participated in 10 grand prixs scoring 2 championship points. His career was ended prematurely by an accident when driving a Ford sports car during practice for the 1968 1000Km Nurburgring endurance race. He suffered severe brain injuries, but eventually recovered. However, the injuries prevented him from racing again.

Ernie Irvan (NASCAR driver) As evidenced with the former entry and this one, race-car drivers aren’t immune to head injuries. In fact it would seem they are more likely to suffer a head injury because of the high speeds the cars drive at and one wrong move could result in a horrific crash. After crashing his car during a practice run, emergency workers at the track worked frantically to extricate Irvan from the car, and he was immediately airlifted to Saint Joseph’s Hospital in Ann Arbor, MI. Diagnosed with critical brain and lung injuries and given only a 10% chance of surviving the night, Irvan clung to life for the first two days and then rallied to begin a very long road to recovery. By early September, Irvan was listed in “fair” condition and was removed from ventilator support. A few weeks later he was deemed well enough to be transferred to the Charlotte Institute of Rehabilitation in Charlotte, and only a few short weeks following the transfer, Ernie appeared and addressed the fans at the Charlotte Motor Speedway at the start of the UAW-GM 500.

Richard Hammond (BBC TV personality) While hosting the BBC’s Top Gear, Hammond was piloting a jet-powered car called the vampire dragster when it spun out of control and crashed leaving Hammond with a severe head injury.

Keith Richards (The Rolling Stones guitarist) While vacationing in Fiji, on April 27, 2006 Richards fell out of a coconut tree and landed on his head. The injury Richards sustained was moderate, but serious enough to delay his band’s touring schedule causing some dates to be rescheduled from 2006 to later this year.
For the new 2007 Camper Registrations Forms, please check the Camp Dawn website after March 31, 2007.

Please note:
The deadline for receiving camper applications for this years Camp is June 30, 2007.

As part of our Renewal, Rebirth section (beginning on page 22) we featured a story of Chris Jackson, who has been in rigorous training for the past year.

He is now preparing to participate in the Wassaga Beach Triathlon in September.

To read about the challenge that he has put forth to all readers, see page 22.
The Brain Injury Association of London & Region gratefully acknowledges the following people and businesses that have made a donation since the last publication of the Monarch.

It is this type of generosity that enables the association to maintain our commitment to maximizing the quality of life of individuals living with the effects of brain injury.

Special Thanks to the Following:

Anonymous Donor $3000.00
WSIB Staff Association Charity Trust
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Upcoming Conferences and Events

Moving Ahead Together 3
Acquired Brain Injury Survivor's conference with Keynote speaker, Terry Evanshen.
June 5 - 6, 2007
To be held at Woodeden Conference Centre, London, Ontario. For further information contact Cornerstone Clubhouse's website, www.cornerstoneclubhouse.com

Coming Together: Quilting the pieces together after brain injury
2007 Provincial Acquired Brain Injury Association Conference
October 24th – 26th 2007
E-Mail: obia@obia.on.ca
Phone: 905-641-8877
1-800-263-5404

“Two Problems Only Please”...Secondary Symptoms of ABI
Brain Injury Association of London & Region presents its 10th Annual Conference
June 15, 2007
E-Mail: london.braininjuryassoc@bellnet.ca
Phone: 519-642-4539

Annual General Meeting
Plans for the Annual General Meeting are underway for June. Please watch our website at www.braininjurylondon.on.ca for the details, or phone the office.

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After the Crash

Coming to London, a play about brain injury

Elliot is a young professional who has had a truly life-altering experience. Because of this experience, he is faced with the challenge of rebuilding his life and his relationships, and people around him play a very important role in his struggle towards recovery.

After the Crash is a play based on academic research about traumatic brain injury. It examines the intricate relationships between brain injury survivors, their family members and the health care providers they work with.

ST JOSEPH'S

When: Thursday May 10th, 2007 at 2:30 p.m.
Where: Parkwood Hospital, Parkwood Auditorium, 801 Commissioners Rd. East, London
Admission is Free. Parking is $4.00

For more information and to RSVP please contact:
Wendy Dorau
Program Assistant
519-685-4064
wendy.dorau@sjhc.london.on.ca

The intended audience is health care providers, students and managers with limited knowledge of traumatic brain injury.
This project is affiliated with the University of Toronto and Toronto Rehab, and is approved by the Ethics Boards at both institutions. It is funded through HCTP (a CIHR Strategic Research and Training Program) and The Change Foundation.

Co-Principal Investigators: Dr. Angela Colantonio and Dr. Pia Kontos.
Co-investigators: Dr. Julie Gilbert and Dr. Michelle Keightley
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