

The “B-B-Q King”

“No doubt about it. A permanent spinal cord injury will depress you... but you have to work through it and realize that life goes on and still has a lot of wonderful surprises for you.”

Frank Nunnaro



Frank Nunnaro is a regular guy with a real talent for barbeque cooking. He was a produce manager at an Orillia IGA when he had a terrible car accident that damaged his spinal cord and left him a paraplegic.

After intensive rehabilitation at Lyndhurst Hospital, and with the loving help from his wife Vicky, Frank has gone on to become one of the great BBQ hosts of the century. Every year in the middle of the summer, Frank and Vicky host an amazing barbeque party at their Wasaga Beach home. Frank likes to think of it as a real celebration of life. We like to think of it as a testimony to the human spirit.

We are honoured to have represented Frank Nunnaro in his lawsuit and to count Frank as a friend and one of the many everyday heroes we have been able to help.

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Email: info@braininjurylondon.on.ca **Website:** www.braininjurylondon.on.ca

Registered Charitable: 139093736RR0001

Reminder:

Membership Renewals are now due!

Dual Memberships now available
with Ontario Brain Injury Association
and the Brain Injury Association
of London and Region.

See OBIA.BIALR Dual Membership
Application Inside

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EXECUTIVE DIRECTOR'S REPORT



It is estimated that there are currently 500,000 people living with the effects of acquired brain injury in the province of Ontario. Many of those seek support from their local or provincial Brain Injury Associations. The Community Support Network (CSN) is made up of 22 local Associations along with the Ontario Brain Injury Association.

Each Association responds to the need in their geographical area and is unique in the services offered. Some provide advocacy, education or support groups, while others offer day programs and clubhouses. To commemorate Brain Injury Awareness Month, the Editorial Committee invited submissions of articles from members of the CSN to highlight their programs or recognize survivors who have made a difference in their community. The content of this issue of the Monarch is truly from 'Across the Province'.

As always, June is shaping up to be another busy month with promoting Brain Injury Awareness Month. Plans are well under way for our 13th annual conference, 'Brain Injury GPS..Navigating Through the Recovery Process, followed by our Annual General Meeting. We also have several helmet fitting clinics and educational presentations lined up for the summer months. The Helmets on Kids campaign kickoff is set for June 17, 2010 at Blessed Sacrament School. Thanks to the fundraising efforts of the Ontario Trial Lawyers Association, we will be able to distribute 1,200 helmets to kids.

The Community Awareness Committee is completing their work of developing a new paediatric publication that will be ready for release at our conference. 'The Monarch Junior' is a compilation of articles that are intended for parents of children who have sustained a brain injury.

The fundraising committee took a short break following the successful 'Take a Chance' event and are now gearing up to assist with the MDM Reporting 3rd Annual Casino Night. Thanks to our dedicated sponsors, I continue to host The Brainwaves Show on AM980. We are always seeking ideas for the show and welcome suggestions for future shows.

We are currently negotiating a partnership with Dale Brain Injury Services to provide a weekly Social Leisure Group in Stratford. The Local Health Integrated Network (LHIN) has approved Dale to receive funding to increase access to Acquired Brain Injury Outreach Services in the southwest LHIN. Dale will be providing the staffing for the initiative.

The Golf Committee is soliciting major sponsors, hole sponsors, silent auction prizes and golfers for the London Brain Injury Golf Classic co-hosted by H.A.B.I.T. and our Association.

Plans for Camp Dawn 2010 are well underway. The Camp will be held September 16-19, 2010 at Rainbow Lake. Registration forms are available online at www.campdawn.ca.

Thank you to Maia Bent, Karen Hulan and Doug Bryce for sponsoring and presenting at the SABS Workshop. The information provided by special guest David Hollman from Compas Research on Registered Disability Savings Plans was especially relevant for many of our members.

We hope you find this issue from 'Across the Province' interesting and wish you a safe, healthy and happy summer.

Donna Thomson



Cornerstone Clubhouse

"A day and evening program for adults living with the effects of an acquired brain injury."

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- The opportunity for meaningful relationships

"Supporting Success"





"The Brainwaves Show"

Hosted by Donna Thomson

Tune in to AM980 every Sunday at 1:30 p.m. for a half hour of information about the hidden disability that is brain injury. Host, Donna Thomson will be joined by experts to discuss various issues surrounding brain injury. The show is also available on podcast on the www.am980.ca website under 'Hosts and Shows'.

Thank you to the following sponsors for their generous support of the show over the past year:

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Brain Injury Can Happen to Anyone

ONTARIO BRAIN INJURY ASSOCIATION



Ontario Brain Injury Survey

Dear Friend:

We are pleased to announce the launch of the new Ontario Brain Injury Survey. This survey replaces our former Caregiver Information and Support Link (CISL) Questionnaire which OBIA has been using since 1989. This new survey will be used to provide valuable information annually to researchers, service providers and government policy makers.

Your local brain injury associations is assisting OBIA with this project. By completing the attached Survey Release of Information Form you are agreeing to have a representative from OBIA contact you to provide you with more information about the Ontario Brain Injury Survey. Then, with your consent we will mail a copy of the survey to you with a postage paid return envelope. In appreciation of your time to complete the survey we are offering you a free dual membership to OBIA and a local association of your choice. For every survey completed the local association will receive \$15 to assist them in providing programs and services.

Benefits of Membership

- ✓ Survivor ID and Dual Membership Card
- ✓ Quarterly issues of the OBIA Review Newsletter
- ✓ Access to our Resource and Lending Library
- ✓ Discounts on training courses

As always information provided to OBIA will be kept strictly confidential.

If you have any questions about our Ontario Brain Injury Survey or the membership programs, please do not hesitate to call OBIA at 1-800-263-5404.

The attached consent form can be completed and sent back to OBIA via fax, email or by regular mail. Thank you for your support!

PO Box 2338, St. Catharines, ON, L2R 7R9, Tel: (905) 641-8877, 1-800-263-5404, Fax: (905) 641-0323
E-mail: obia@obia.on.ca Website: <http://www.obia.on.ca>
Registered as a Canadian Charitable Organization. Registration #10779 7904RR0001



Ontario Brain Injury Survey Release of Information

Name: _____

Please specify: Survivor Caregiver

Age of survivor: Adult (16 yrs+) Child/Youth (under 16 yrs)

Address: _____

City: _____ Postal Code: _____

Area Code & Telephone: (_____) _____

Association/Service Provider: _____

I give the Ontario Brain Injury Association (OBIA) permission to contact me regarding the *Ontario Brain Injury Survey*. All information provided to OBIA will be kept strictly confidential.

Signature of Survivor/Caregiver

Witness Signature

Date

Date

*Completed forms can be sent back to OBIA, via email, fax or regular mail.

PO Box 2338, St. Catharines, ON, L2R 7R9, Tel: (905)-641-8877, 1-800-263-5404, Fax: (905) 641-0323

E-mail: obia@obia.on.ca Website: <http://www.obia.on.ca>

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Peer Support Mentoring Program for People Living with ABI

By Jamie Fairles
Peer Support Coordinator

To commemorate brain injury awareness month, this issue has the theme of Across the Province and it highlights what some of the other community associations are doing to improve the lives of people affected by brain injury.

The Peer Support Mentoring Program was the first of many shared activity programs that the Ontario Brain Injury Association (OBIA) offers as part of the Community Support Network (CSN).

As many may already know, Ontario is the only province in Canada that offers the Peer Support

Program, and as I mentioned in my last Peer Support Coordinator's Report, the participating Community Associations work together to provide support to other people across the province.

This cohesiveness of thirteen of the seventeen community associations demonstrates how the people of the many cities and towns work together as a whole to achieve a singular goal and that goal is to provide the support and answers that people new to brain injury are searching for.

If you feel you can provide comfort and support to others who may be facing similar challenges, or if you are looking for support and comfort yourself, please don't hesitate to call the office for more information on how you can take advantage of this truly remarkable program.

Phone: 519 642-4539

Toll Free: 1-888-642-4539

Restore yourself.

If you've been seriously injured, Judith Hull & Associates can help. Our focus is on your needs – there's no reason to go through a major trauma alone. When your future is at stake, trust Judith Hull & Associates.

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Monthly Support Groups

All of the monthly support groups are taking July and August off for the summer with the exception of the 18-30 Social Support Group
Cornerstone Clubhouse
First Thursday of each Month
from 6:00 p.m. to 8:00 p.

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If you or someone you know has suffered a serious injury, timing is of the essence. Call our injury help line at 1.800.263.5583 (London) or 1.888.742.1113 (Toronto) promptly after an accident has occurred.

Hospital or home visits available - Free consultation

London Office
519.872.4510
85 Dufferin Avenue
P.O. Box 2335
London, ON N6A 4G4

Toronto Office
416.867.3276
130 Adelaide Street West
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Toronto, ON M5H 1P5



The Ontario Brain Injury Association
&
Brain Injury Association of London & Region

You Can Now Belong to Both Associations for One Low Fee!!

Program Highlights

Membership in both the Ontario Brain Injury Association (OBIA) and the Brain Injury Association of London and Region (BIALR). Individual members shall be entitled to one vote at both BIALR and OBIA's Annual General Meeting. Family members shall be entitled to no more than two at both BIALR and OBIA's Annual General Meeting.

Membership in Community Support Network/Reseau De Soutien Communautaire (CSN/RSC) is available to individuals and families who support the aims and objectives of participating community associations and OBIA. Corporations, associations, partnerships, or other types of organizations are welcome to support participating community associations and OBIA by listing or advertising in the online ABI Directory of Services, but may not hold CSN/RSC membership.

Members will receive a one-year subscription to OBIA Review and The Monarch newsletter.

Members may participate in the Peer Support Mentoring Program for People Living with ABI.

Members will have free access to OBIA's resource library and be eligible for a \$25.00 discount on most of OBIA's training programs.

All membership fees are equally divided between OBIA and BIALR

OBIA & BIALR Dual Membership Application Form

Name: _____

Address 1 _____

Address 2 _____

City: _____ Postal Code _____

Home Phone: _____

Work Phone: _____

Email: _____

Yes! I wish to purchase a Dual Membership and I understand that I will hold membership to both Ontario Brain Injury Association and the Brain Injury Association of London & Region.

Annual Membership Fees:

Individual \$30

Family \$50

Subsidized \$5

Please make cheque payable to Ontario Brain Injury Association or pay using:

Visa

MasterCard

American Express

Card Number: _____ Expiry _____ / _____

Ontario Brain Injury Association

PO Box 2338

St. Catharines, ON L2R 7R9

obia@obia.on.ca

Registered as a Canadian Charitable Organization, Registration #10779

7904RR0001





HELMETS ON KIDS

a Community Partnership

**IS PLEASED TO ANNOUNCE THEIR 9TH ANNUAL
HELMETS ON KIDS CAMPAIGN KICKOFF EVENT**

June 17, 2010 9:30 a.m.

Blessed Sacrament School
1063 Oxford Street East, London Ontario

Thanks to the fundraising efforts of members of the Ontario Trial Lawyers Association we are putting over 1,200 helmets on the heads of children to promote their safety.

The Helmets on Kids Community Partnership will again distribute bicycle helmets to children through the Thames Valley District School board and the London District Catholic School board.

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Fax: 519-645-6195

Email: (Ike) elindenburger@yahoo.ca

Helena: 519-280-5196

Email: (Helena)

helena.wood@sympatico.ca

Supporting people to gain healthy functioning





Ask a Lawyer

Carrie L. Simmons

Changes to Accident Benefits

If you are injured in a car crash, you can apply for accident benefits. This article will highlight some changes happening to these benefits on Sept. 1, 2010.

Catastrophic, Non-Catastrophic and Minor Injury

There will be three levels of impairment: CAT, Non-CAT and Minor Injury. The benefits you can receive, depend on your level. Optional benefits will continue to be available, but there are changes to what you can buy.

There are different ways a person can be found CAT. For brain injury, this is the Glasgow Coma Scale, Glasgow Outcome Scale and

Evaluation of Permanent Impairment. Now, only a physician or neuropsychologist can evaluate permanent impairment due to brain injury.

Medical Rehab pays for things like counseling, medication, or job training.

	OLD	NEW
CAT	\$1,000,000 Lifetime	No change No change
Non-CAT	\$100,000 10 yrs or until 25	\$50,000 No change
Minor	N/A	\$3,500

Cost of assessments will be paid from Med Rehab (except accounting reports and insurer exams). Case management will only be available for CAT, unless optional benefit is purchased.

Attendant Care pays for help with things like dressing, or preparing meals.

	OLD	NEW
CAT	\$1,000,000 (\$6,000/mos) No time limit	No change No change No change
Non-CAT	\$72,000 (\$3,000/mos) To 104 wks	\$36,000 No change No change
Minor	N/A	None

Under the Old SABS, the helper could be a paid professional, or family member or friend. A new definition of "incurred" means family and friends must lose income before they are reimbursed. This affects all benefits where expenses must be incurred.

Now only OTs and Nurses can complete the form (Form 1) to apply for this benefit.

Housekeeping and Home Maintenance pays for help around your home to a weekly maximum of \$100 for your lifetime (if CAT). If you are Non-CAT, you can only receive this if you buy the optional benefit.



Enhancing Community Inclusion and Participation

Specializing in Acquired Brain Injury and Spinal Cord Injury
InCare provides Case Management, Rehabilitation Therapy, Vocational Rehabilitation, School and Community Reintegration, Conflict Resolution, Team Building, File Reviews and Discharge Planning Services. InCare provides rehabilitation services throughout Southwestern Ontario, with special interest in areas north of London, including Grey Bruce Peninsula

Mission Statement

Focusing on specific and identified individual needs, InCare aims to improve the quality of life of persons with a disability

For further information on our services please visit our website at www.incarehealth.com. or contact us at

InCare RR 1 Lucan Ontario N0M 2J0
Phone 519 227-0389 Fax 519 227-1723

Maureen Nagle mnagle@incarehealth.com
Joe Zablocki jzablocki@incarehealth.com



Income Benefits

You have to choose one of three kinds of benefit. Under the Old SABS, you could make choices for different periods of time. Now, you can only choose once.

Income Replacement: if you were working for the past year or part of the past year. For the first two years, you have to be unable to do your job. After two years, you have to be unable to do any job for which you are reasonably suited. This benefit is calculated differently for people 65+.

	OLD	NEW
First two years		
CAT	80% of net to a max of \$400	70% of gross to a max of \$400
Non-CAT	Same as above	Same as above
Minor	N/A	Same as above
After two years		
CAT	80% of net (min \$185; max \$400)	70% of gross (min \$185; max \$400)
Non-CAT	Same as above	Same as above
Minor	N/A	Same as above

Non-Earner: if you were a student, or do not qualify above. This benefit is not payable for six months or until you are 16. You must be completely unable to carry on a normal life.

	OLD	NEW
CAT	\$185 per week (\$320 after two years if student or graduated)	No Change
Non-CAT	Same as above	No Change
Minor	N/A	\$185 per week

Caregiver: if you were the primary caregiver and living with a person in need of care. Pays for expenses incurred to provide care you are unable to provide to maximums below.

	OLD	NEW
CAT	\$250 per week (first); \$50 (each additional)	\$250 per week (first); \$50 (each additional)
Non-CAT	Same as above	Not available
Minor	N/A	Not available

Community based
 Rehabilitation Support Services
 for children and adults
 who have an
 acquired brain injury

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Please call or e-mail Tish Byrne to inquire about Rehabilitation Services in London & surrounding areas.

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Procedural and Other Changes

- Treatment and Assessment Plans vs. Treatment Plans
- No Future Care or Life Care Plans.
- Fees for assessments limited to \$2,000 except Form 1 and Disability Certificate.
- Cost of accounting reports to \$2,500.
- Other technical limitations on fees payable.
- Rebuttal examinations eliminated.
- Adjuster discretion to deny benefits, assessments or treatment plans without requiring insurer exam.
- Can give 15 days notice of request for updated Form 1.

Do the changes apply to people already receiving benefits?

The New SABS only applies to people injured on or after September 1, 2010. However, there are some changes that will affect you. This is because benefits will be paid under the New SABS, in an amount determined under the Old SABS.

For example, assessment or exam costs will be limited to \$2,000. It seems, as under the New SABS, these costs will be paid from your Med Rehab limits. We do not yet know if the definition of "incurred" will apply to benefits under the Old SABS.

If you are injured before September, but do not apply for benefits until later, you will apply under the New SABS – many of the procedural sections will no longer apply. Your treatment providers will complete Treatment and Assessment Plans for Med Rehab benefits. When applying for Attendant Care, the Form 1 will be completed under the New SABS. You will be found CAT under the New SABS.

The Brain Injury Association of London and Region, and experienced personal injury lawyers throughout London and Region, can assist in navigating the New SABS.

Serious injury requires care

... delivered by specially trained caregivers

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London Brain Injury Golf Classic

Proceeds benefit Brain Injury Treatment and Awareness

Thursday, September 23, 2010

Greenhills Golf Club, London Ontario

Breakfast & Registration 9:00 a.m. to 10:15 a.m.

10:30 a.m. Tee Time

Presented by:

H.A.B.I.T. (Helping Acquired Brain Injury Treatment) and
The Brain Injury Association of London & Region

If your company/business would like to Sponsor a hole or donate a prize, please contact us at 672-4942.

I'd like to come for dinner only

Yes, I would like to golf

Name- _____

Address- _____

Phone- _____

E-mail- _____

Yes, I would like to sponsor a hole

Name to appear on
sponsorship sign-- _____

For further information or
registration forms contact:
Lisa c/o H.A.B.I.T 672-4942
or habit@rogers.com

Registration fee includes fees, entry into
"On-The-Green" Contest, cart, lunch and dinner
\$200.00 per participant prior to August 1st
\$225.00 per participant on or after August 1st
\$ 50.00 for dinner only
\$200.00 for hole sponsorship

Total Owing- _____

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Please make cheques payable to H.A.B.I.T. Brain Injury Golf Classic.



s have flown Honey I'm still Take a chance on me We can be dancing we can be walking as

Chance

Dance and Silent Auction



*nt Honey I'm still free
s my very best and it ain't no lie
me try Take a chance on me*



ask of you honey)



*You've put me to the test
a chance, take a chance
baa ba-ba Honey I
me to the test, take a chance on me (take a chance, take a chance,
take a chance on me) I you change your mind I'm the first in line*



*Honey
let me k
If you
alone w
Take a
If you
do my r
a chanc
Ba b
Honey
Take a
me take*

your mind, I'm the first in line Honey I'm still free. Take a



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I*

free' Take a chance on me Gotta put me to the test, take a chance



Thank You

The Brain Injury Association of London & Region would like to thank the following organizations for their financial support or In-Kind donation during the 2009-2010 fiscal year. Without your generosity, we would not be able to provide programs and services offered by our association.

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Forest City Occupational Therapy
Neurotraumachab at Parkwood Hospital
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MEDIA SPONSOR

Astral Media

A very special thank you to Vanessa Breakwell of MDM Reporting Services for her support of the Brain Injury Association by hosting the Annual Golf Tournament and Charity Dinner and Casino Night.



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LAWYERS

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Lucy Lee

(lee@cohenhighley.com)

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(stone@cohenhighley.com)

Shawn R. Macdonald

(macdonald@cohenhighley.com)

Our experienced team of specialists provide effective and innovative solutions to the problems arising out of a serious injury. We recognize the issues and stresses that can affect an entire family when someone is injured and are sensitive to the need for a timely and effective resolution.

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THE JOURNEY NOT CHOSEN

*By Connie Scott , An ABI Spouse
Brain Injury Association of Quinte & District*

As Brain Injury Awareness Month draws near, I've given much thought to the subject. Most of the general population has no concept of what "Brain Injury" really means. Not only is the life of the person with the brain injury, irrevocably altered, but also the lives of his or her whole family, as well as every existing relationship they have, is changed.

A catastrophic, life altering brain injury is an invisible disability, which occurs by various means. A stroke causes brain injury, as can a coma, an epileptic seizure, an accident involving head trauma or even something as simple as falling off a bicycle and landing on the pavement.

The brain is a very complex organ in the human head, which controls every movement, thought, sense and emotion we experience. Many intelligent professionals have studied the human brain, exten-

sively, but there is still relatively little understanding of what a severe brain injury means to a sufferer and his/her family.

With that one cataclysmic event, the journey begins. Nine years ago, my husband suffered a horrific motorcycle accident on highway 401 which left him with an acquired brain injury (ABI). Gary spent five months immediately following the accident in the rehabilitation hospital, undergoing physical therapy and struggling to regain his cognitive abilities. Reading, writing, spelling, vocabulary, sequencing events and communication skills, in general, are still a struggle nine years later. He works hard each day to retain his progress because to relax his efforts, means losing hard-won ground.

We are intensely blessed as a family. Immediately following the accident, we were referred to an excellent law firm, which specializes in cases of personal injury and then through our lawyer, we received only the best people, in their fields, to work with Gary. Our insurance provider quickly and willingly acknowledged Gary's disability and approved the necessary funding to supply the help he needs. Our church family stood behind us and prayed, faithfully all along the journey. They still do.

None of this made those first years easy. We cried. We fought. We went through all the steps of grieving because someone did die that day. Gary is not now, and never will be, the same person he was before the accident. Our whole way of life as a family is forever distorted. When someone suffers ABI, time becomes defined by, before or after the event.

Those years were excruciatingly painful for our family, even though the administrative process went smoothly. Unfortunately, that is not the case for the majority of ABI victims.

As life began to settle into a pattern as normal as it's ever likely to be for us, we began to become



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more familiar with the ABI community. What I have discovered sickens and angers me. When it comes to giving support and funding to people suffering from ABI, our system is seriously flawed.

The expediency of Gary's journey through the system is extremely rare. Most people who suffer an acquired brain injury are in for the battle of their lives just to successfully access the vital resources required to live out the remainder of their lives with some facsimile of comfort.

The first two years after an ABI has occurred is widely believed to be the optimum time for recovery. However, it often takes longer than two years to convince insurance providers to arrange the assessments necessary to provide proof of a disability in order to get funding approval for therapy to facilitate that recovery. This precious window of opportunity is often forfeited because of bureaucracy.

Meanwhile these families have incomprehensible stress caused by the uncertainty of getting help for the patient, worrying over how to pay the bills, keep

a roof over their heads and put food on the table. While struggling to cope with unthinkable life changes, they are also dealing with the added stress of altered or lost friendships and family relationships; and no idea of where to access the tools or peer support that could help make their load more bearable. It's not uncommon for a family dealing with ABI to sacrifice property and financial security to this silent, invisible disability. ABI routinely strips families of every sense of peace and stability. The majority of marriages are not strong enough to survive the challenges of living with a spouse or child with ABI.

Silent? Invisible? Yes, quite often but it is a journey nobody chooses and it's the journey nobody gives much thought to... until it happens to them or their loved one, so next time you hear about someone who has suffered ABI, just stop for five minutes and really think about what that means to the lives in question.

How would you cope if, the rug were yanked out from under your family by ABI and you were forced to embark on the journey not chosen?

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BIA Niagara to Launch Inspirational book called “Winds of Change”

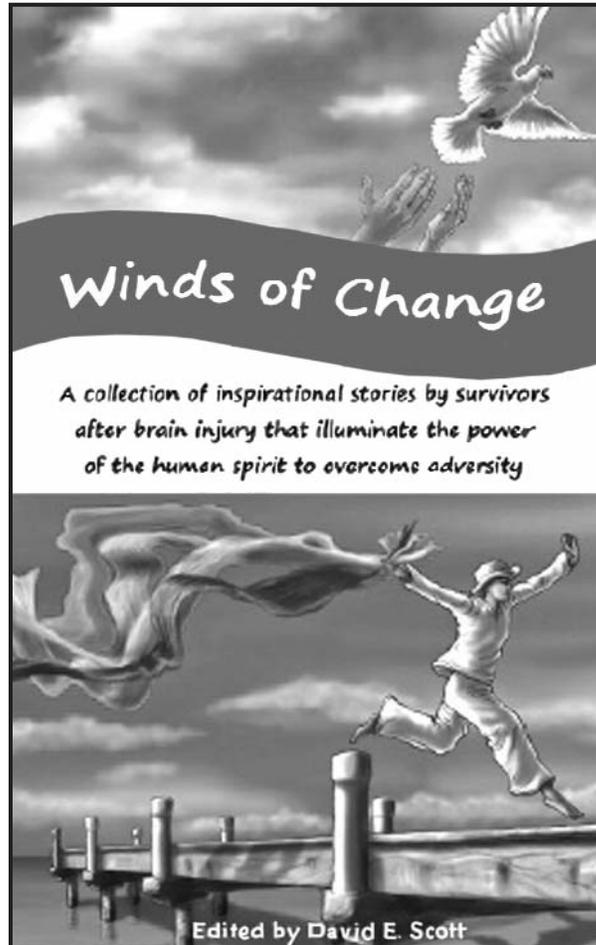
“*The Winds of Change*” is a collection of stories from survivors after brain injury that illuminate the power of the human spirit to overcome adversity”

Brain Injury Association of Niagara has just published a book consisting of an anthology of 31 inspirational stories by survivors titled, “*Winds of Change*: a collection of stories from survivors after brain injury that illuminate the power of the human spirit to overcome adversity” and will be available for sale from our web site after June 15, 2010. Cost: \$19.95 plus GST.

Funding for the book was provided courtesy of the Ontario Trillium Foundation, and we are currently in negotiation with Chapters/Indigo to have the book available through stores in Canada, and through independent distribution via our publisher DESPUB in Ontario, New Brunswick and Nova Scotia.

Our theme for our October conference entitled, “A Hero’s journey: Tragedy, Transitions and Thriving” will feature 3 survivors who will share a brief synopsis of their story, also there will be a collaborative team/client presentation that pertains to one of the survivors featured in the book, in addition to keynote presentations and other workshop sessions.

Dr. Abe Snaiderman, *Neuropsychiatrist, Director Neuropsychiatry, Neurorehabilitation Program, Toronto Rehabilitation Institute, Depts. of Psychiatry and Medicine, University of Toronto* will be one of our keynote speakers for this conference, and he also



wrote the foreword for our book. The book also includes testimonials from:

Dr. Rob van Reekum,
Neuropsychiatrist, Assistant Professor, Department of Psychiatry, Associate Scientist, Institute of Medical Sciences, University of Toronto;

Dr. Jane Gillett,
Neurologist, Medical Director, ABI Program, Hamilton Health Sciences

Dr. Michael D. Cusimano, *Neurosurgeon and Professor of Neurosurgery, Education and Public Health, St. Michael's Hospital, University of Toronto, and*

John Kumpf, *Executive Director, OBIA.*

The stories were composed by survivors through a

series of workshop with support from BIAN staff, and SLPs who volunteered their services for this project, and in association with Dr. Sherrie Bieman-Copland.

Our official launch for the book will take place in conjunction with our Annual General Meeting, June 15, 2010.

Cost: \$19.95 plus GST.

If you require further information please do not hesitate to contact:

Pat Dracup, *Program Director
Brain Injury Association of Niagara
111 Church Street, St. Catharines, ON L2R 3C9
Phone 905 984-5058 Fax: 905 984-5354*



An Interview with Deb Pell

Deb Pell has been a Brain Injury Survivor since the winter of 2004. Before Deb's accident she was a reporter for the Timmins Daily Press, the local newspaper and never thought that retirement would come so soon in her life.

On February 13th 2004, after driving back from covering a story in the East end of town, Deb was involved in a car accident resulting in a severe brain injury. Deb says, "I feel like a walking miracle".

Timmins has not had an operational train system since the late 1980's. After Deb was forced into early retirement because of her injury, and several months of rehabilitation, she felt that she was ready to take on a new challenge in her life.

Deb remembers hearing the trains whistle as it passed through and has always hated that they shut down the railway to and from Timmins since then. Deb never had the time before her accident to research the reasoning of the closure in full detail but once she gathered all the information she needed, she decided that our prospering city needed to have an operational rail system again.

Deb was able to collect 7,500 signatures in 15 months with the help of a friend named Dixie. Deb has met with ONTC (Ontario Northland Transportation Commission) to inquire about future costs of the railroad and the reasoning behind the closure. Deb has had a lot of local recognition in the news and newspapers about her cause.

"In any given day, if I haven't made a difference in some way, it hasn't been a very good day" Pell says. "The world is my oyster".

Deb continues to try to have the railway system re-instated and continues to receive more signatures in support of her efforts.

Deb Pell is an amazing woman and thrives to make a difference in our community! For that, we believe that she is the highlight of our community.



"In any given day, if I haven't made a difference in some way, it hasn't been a very good day"

Deb Pell

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Chrysalis Day Club

Chrysalis is a member driven Day Club for people with an acquired brain injury which centers around meaningful work developing meaningful relationships. Every person has something to contribute which in turn makes us interdependent.

Chrysalis opened its doors in May 1994 with three members and now has 53 members.

The Club is located in central Windsor near the expressway and is easily accessible for bus routes.

We recognize that each person has skills and abilities that continue to develop; therefore, everyone's contribution is important to the Day Club.

The Club is open from Monday to Friday from 8:30 4:30. Members choose which days they attend and the length of time they choose to participate in the day.

Because we are member driven, what we do, how we shape up and what kind of events unfold, depends entirely on the goals, objectives, and motivations of the membership.

Staffing consists of three facilitators and one supervisor. Facilitators assist members to determine which goals they wish to attain through Club participation, therefore supporting the members to achieve these goals.

Members at Chrysalis are responsible for all areas of the Club. There are three areas of work; Clerical, Kitchen and Maintenance

With monies generated through various projects such as; grass cutting and lawn maintenance, baking and catering, recycling bottles and cans etc. the members can participate in outings, and different activities.

Chrysalis is holding their third annual Pig Roast for members and their families and friends.

Anyone wishing a tour please feel free to stop in.

Our address is 201 West Grand Blvd. Unit 200. Windsor Ont.



ANNOUNCEMENT!!!

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Talaal F. Bond



OBIA Across the Province

By Ruth Wilcock, Assistant Executive Director
Ontario Brain Injury Association

One of the main goals of the Ontario Brain Injury Association (OBIA) is to become a truly provincial organization by developing a cohesive, effective and sustainable network of community associations to better serve Ontarians living with the effects of acquired brain injury (ABI).

There are a number of projects which OBIA collaboratively engages in with local community association across the province. One of the projects is the Peer Mentoring Program underway in 15 local community associations.

The Peer Mentoring Program for people living with ABI connects an individual who is a “veteran” of a life experience involving acquired brain injury (the “Mentor”) with a “Partner” who is coping with a similar ABI-related situation and is in need of sup-

port from a knowledgeable friend. All mentors are trained before being matched with partners.

A second province wide initiative is that of our biennial Provincial ABI Conference. OBIA along with participating community associations work together to plan and carry out this project. Close to 600 people from across the province attended the last conference which was held in Niagara Falls, ON.

In addition to the OBIA/ Brock University Certificate Programs, OBIA offers a training program called Brain Basics. This program is taught through-out the entire province and offers another opportunity for OBIA to collaborate with the community associations while providing valuable training to health care workers and at the same time generating income that can be shared between the local host association and OBIA. The host association markets the program locally and sets up the venue and OBIA provides 2 days of instruction, a manual, and a certificate to successful candidates.

OBIA also hosts a province wide Directory of ABI services. Service providers who offer services to people living with the effects of ABI are listed. The proceeds from the Directory are split between OBIA and the participating community associations.

Lastly, in 2009 OBIA launched its new Ontario Brain Injury Survey. The survey is designed to provide accurate information on the long term outcomes for people who are living with the effects of acquired brain injury (ABI).

Data is collected from all people living in the province of Ontario and will be used to provide statistical reports that will be useful to health care policy makers, insurers and researchers who are investigating ways that people with ABI can be better served.



Building a future for someone with an Acquired Brain Injury (ABI) is as individual as each person who participates in our program. Our process and approach are designed to assist every individual to achieve his or her maximum potential for independence. A wide variety of programs and services help us to do this.

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We build futures.



Acquired Brain Injury Survivor and Family Education Series Now Offered by Webcast

Information is key to helping survivors of a brain injury, their families, friends and caregivers cope with brain injuries. To keep them up-to-date on strategies to manage life after a brain injury, St. Joseph's Health Care London's Acquired Brain Injury (ABI) program at Parkwood Hospital hosts an annual eight-week videoconference education series each spring called the Survivor and Family Education Series. We recently wrapped up another successful series and on behalf of the organizing committee we would like to thank all of you who attended this series here in London or by videoconference at our far sites in Windsor, Sarnia, Grand Bend, and Goderich.

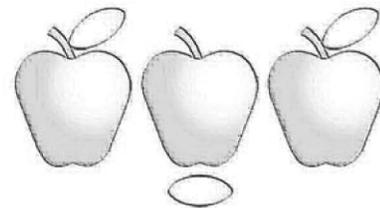
To make this education series available to even more people, we are now offering it via archived webcasts on the Ontario Telemedicine Network (OTN) website. The webcast format allows viewers to watch the series on the Internet when time permits, view it multiple times, and even pause it when they want to take a break. Currently there are archived webcasts available on the website from the 2009 and 2010 Survivor and Family Education Series. Following are the instructions for accessing the webcasts, if you are interested in viewing them.

How to Access Archived Webcasts for the Survivor & Family Education Series

1. Type this link into the address bar:
<http://webcast.otn.ca/archives.html>
2. You are now on the OTN Archived Events - Public Page.
3. Enter "Parkwood Hospital" in the search-box.
4. Click the drop down arrow beside the magnifying glass next to the search box and select "exact phrase". Press enter.
5. A list of sessions will appear, including sessions from the 2010 and 2009 series. Click on the session you would like to view.
6. If you experience difficulty accessing the webcasts please contact: Ontario Telemedicine Network Support at: 1-866-454-6861.



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As you are aware, after 12 years as Executive Director of OBIA, John Kumpf has decided to retire effective September 6, 2010. His decision has meant that the OBIA Board of Directors has had to initiate a

search for a suitable successor who will continue to ensure that OBIA remains an important voice for people living with the effects of brain injury and who will continue the work of building the Community Support Network of local brain injury associations and support groups across the province.

After conducting an extensive search, reviewing more than 50 applications and interviewing a number of candidates, the Board is pleased to announce that Ruth Wilcock will be the next Executive Director of OBIA, effective September 6, 2010.

Ruth brings a wealth of experience to her new role. Ruth has worked in the community services field for 24 years. She has a deep passion for serving those who are hurting, in need of support and especially those whose lives have been affected by brain injury. In addition to her six years at OBIA, four as the Assistant Executive Director,

Ruth served as the Executive Director of a social service agency for 13 years. It is our expectation that Ruth will facilitate a seamless transition for staff and stakeholders and at the same time enhance the effectiveness of OBIA with her own ideas and style of leadership.

I hope that you will all have the opportunity to welcome Ruth to her new role in the near future.



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Upcoming Conferences and Events

What: Children's Safety Village Birthday Party-Helmet Exchange
Where: Fanshawe Park London, On
When: June 6, 2010

Website: www.braininjurylondon.on.ca
What: Camp Dawn 2010
Where: Rainbow Lake, Waterford Ontario
When: September 16-19, 2010
Website: www.campdawn.ca

What: 9th Annual Helmets on Kids Campaign
Where: Blessed Sacrament School, 1063 Oxford St. E.
When: June 17, 2010, 9:30am
Website: www.braininjurylondon.on.ca

What: 9th Annual London Brain Injury Golf Classic
Where: Greenhills Golf Club
When: September 23, 2010
Website: www.braininjurylondon.on.ca

What: Brain Injury GPS: Navigating Recovery 13th Annual Conference
 Brain Injury Association of London & Region

What: M.D.M. Reporting Services 3rd Annual Charity Casino Night
Where: West Haven Golf Club
When: November 20, 2010
Website: www.braininjurylondon.on.ca

Where: Four Points Sheraton London, ON
When: June 18, 2010
Website: www.braininjurylondon.on.ca

What: 10th annual Brain Injury Awareness Event Hosted by The Brain Injury Society of Toronto
Where: Nathan Phillips Square, Toronto.
When: June 17th at from 12:00 - 2:00 pm
Contact: Julie Osbelt at 416-425-6220 ext. 3298

What: Annual General Meeting
 Brain Injury Association of London & Region
Where: Four Points Sheraton London
When: June 18, 2010 4:15pm

For a great reference of upcoming Brain Injury conferences around the world, mark this website as a favourite!
http://www.northeastcenter.com/brain_injury_conference_event.htm#top



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