

The Monarch

December 2005

**BRAIN INJURY
ASSOCIATION
OF LONDON
AND REGION**

Board of Directors
& Staff

President:

Peggy Stewart

Vice-Presidents:

Shauna Brock-Howard
Jim Mays

Treasurer:

Gary Phelps

Secretary:

Kathleen Hodgins

Directors:

Bob Holt
Diane Schumacher
Kelly Benn
Mary Carter
Sharon Tychoniak
Lana Rossi
Shari Shatil

**Interim Executive
Director:**

Donna Boulianne

Seasons Greetings

In This Issue

Volunteers Needed	see page 3
2006 OBIA Lottery Calendars Now Available	see page 4
Vice Presidents Report	see page 5
Ask A Lawyer	see page 8
Camp Dawn	see page 15
4 th Annual Brain Injury Golf Classic A Great Success	see page 22
Upcoming Conferences and Training	see page 23



Thank you to everyone who collects tapes from both stores. Some tapes get delivered; some get mailed in. They all help. Thanks to your contributions of tapes during 2005, we will be receiving a donation of \$1,000.00 from A&P. Please continue to send in your tapes.

The **Monarch** is published by the *Brain Injury Association of London and Region*. Opinions expressed are those of the authors and do not necessarily reflect the opinion of the Board of Directors.

Submissions to the *Monarch* are welcome at any time, but should consist of not more than 325 words. When you send in an article from a paper/magazine, please include the date and name of publication. Please include a cover letter with your name and telephone number.

Published letters can be anonymous, but the editors must verify the information and obtain permission to reprint the letters, as well as have a contact for questions and responses. Advertising rates are available on request.

The publication of an advertisement does not imply support of the advertiser by the Association. All submissions must be received by the first Wednesday of the month prior to publication, at the office located at: 307-111 Waterloo St., London, N6B 2M4

Phone: (519) 642-4539
 Fax: (519) 642-4124
 E-Mail: braininj@skynet.ca
 Editors: Donna Boulianne,
 Adriana Hurst
 The Newsletter Committee
 Layout & Design: Advance Imaging

ADVERTISING IN THE MONARCH

There has been no change to the rates for advertising in *The Monarch*. Cost per insertion:

Full page:	\$400	Half page:	\$200
Quarter page:	\$100	Business card:	\$50

Discount of 15% for four or more insertions.

Circulation is 1200 per issue.

For details, please contact the office. We thank our advertisers for their support. If you contact them, please mention that you saw their ad in *The Monarch*.

Membership Application

Memberships are an important source of revenue. A charitable receipt will be sent to you. Please make cheques payable to The Brain Injury Association of London and Region. Change of Address: Please advise the office if you change your address. This will ensure that you continue to receive *The Monarch*. It will also save us unnecessary postage.

Membership Registration / Change of Address

\$20.00/year general, \$40.00/year professional

Name
Address
City, Province, Postal Code
Phone Number
Email Address

Please submit applications or address changes to:
 307- 111 Waterloo St. London, Ontario N6B 2M4



Trendy Bracelets Now Available



The Association is currently selling bracelets to raise funds for our organization. The bracelets have the logo ONE BRAIN 4 LIFE, are orange and black and they glow in the dark. They are available for \$4.00 each. Anyone interested in purchasing some or assisting with the sale of these trendy bracelets, please call 642-4539 and leave a message.

OUR ASSOCIATION IS GROWING AND WE NEED VOLUNTEERS

Our Association is growing and we need volunteers to assist us in many areas. In addition to London, we serve the five counties of Middlesex, Elgin, Oxford, Perth & Huron and welcome volunteers from any of those areas. If you would like to get involved, please complete the volunteer application form below and mail, fax or email it to our office.

VOLUNTEER APPLICATION

Name: _____

Address: _____

Phone: _____ Fax: _____

Email: _____

Brain Injury Association of London & Region

111 Waterloo Street, Suite 307

London, On. N6B 2M4

Phone: 519 642-4539 **Fax:** 519 642 4124

Email: braininj@skynet.ca

Area(s) of Interest:

- Office Assistance
- Support Group Assistance
- Community Awareness
- Fundraising/Event Planning
- Newsletter Publication
- Website Redevelopment
- Conference Planning
- Guest Speaker

Other Interests _____

Canada Post Publications Mail

Agreement Number 40790545

Return undeliverable

Canadian addresses to :

307-111 Waterloo Street

London, ON N6B 2M4



The Monarch



The 2006 Ontario Brain Injury Association Lottery Calendar

Featuring the Art, Photography and Poetry of people living with ABI

\$2,500.00 IN CASH TO BE WON



Weekly draws every Friday

Prizes of \$25, \$50 or \$100

Only \$25.00 each

Order yours today!!!

Makes a great gift for friends, family, colleagues and clients.

Proceeds of the OBIA Lottery Calendar will be used for Province Wide Awareness of ABI

Lottery Licence #M481418

Ontario Brain Injury Association Lottery Calendar Order Form

Send me _____ OBIA Lottery Calendars @ \$25.00 each. Total \$ _____

Payment Cash Cheque Visa MasterCard American Express

Card Number _____ Expiry _____

The calendar is for myself.

The calendar is a gift (attach a list, if necessary).

Purchaser's Name:	Send Calendar to:
Address	Address
City Postal code	City Postal code
Phone:	Phone:

Mail Your Order to **Ontario Brain Injury Association**
Box 2338

St. Catharines, ON L2R 7R9

Brain Injury Association of London & Region
will receive \$5.00/calendar sold when you check
this box!

Call and Order Today **1 800 263-5404**

or

Fax Your Order to **1 905 641-0323**

We appreciate your support of the Ontario Brain Injury Association (OBIA). We treat your personal information with respect. We do not rent, sell or trade our mailing lists. The information you provide will be used to contact prize winners, where applicable, and keep you informed of other events and fundraising opportunities in support of OBIA. If at any time you wish to be removed from our list, simply contact us by phone at (905) 641-8877 or via e-mail at obia@obia.on.ca.

Lottery Licence #M481418



Vice Presidents Report

We have had a very interesting month in both the executive suite and on the BIALR Board!

At the commencement of the October 5, 2005 meetings, we received the resignation of our long-serving Executive Director, Gary Davies. Gary has been with our organization for over 11 years. He has been a source of stability and knowledge, not only for the members and clients, but for the numerous Board Members throughout that time. Gary is moving to fill a position at Brainworks and we wish him well.

We had more surprises in store at the October 5th meeting; Donna Boulianne, President and long-time Board Member, indicated that she wished to be considered for the position of Executive Director. Understanding that she was creating a conflict of interest between her expressed intent to become an employee of the Board and her then current position as President of the Board, she tendered her resignation as both President and Board Member.

Bereft of both Executive Director and President in about a 30 minute period caused a few of our Board Members to be somewhat wide-eyed with concern. So our first order of business that evening was to properly constitute our Board. I agreed to fill the role of President on a temporary basis and Shauna Brock-Howard agreed to act as temporary Vice President. Both Shauna and I have significant demands upon our time, both professionally and personally. We simply cannot do either position justice over the long-term. We were therefore very grateful to Peggy Stewart who accepted a very late night telephone call from both Shauna and I. Without hesitation, she agreed to our request to return to the Board and sit as President. Many will remember that Peggy acted as our President for many years in the past. She is intimately familiar with our goals and history and thus, a perfect individual to help guide us over the next few months.

Pursuant to our Constitution, Peggy was appointed to the Board by a unanimous vote of the Board on November 2, 2005. She then accepted the nomination, again by unanimous motion of the Board, to act as President. Shauna Brock-Howard and I have agreed to share the role of Vice President.

Back to the October 5th meeting, after properly constituting our Board, we struck a search committee for a new executive director. Shauna Brock-Howard and I along with Patti Carter, an experienced manager at the ING Insurance Company constituted the committee. Subsequently, an advertisement was drafted and placed where appropriate. We are accepting resumes and applications up to November 15, 2005. We are happy to tell you that we have received many interesting applications in just the short time we have been advertising. It is our hope to be able to announce to you early in the coming year that a new executive director has been found.

However, in the interim, the business of our organization must continue. Donna Boulianne offered to act as temporary Executive Director. Given Donna's knowledge of our organization, we accepted the offer. Donna will staff the office on average three days per week and will be engaged in continuing our services and community work.

So, after a big breath, I am happy to report that the business of the Brain Injury Association of London and Region continues. We do not expect any interruption of our services or community work. Given the quality of the resumes received to date, it is our firm expectation that we will find a highly qualified and dynamic executive director with whom we can continue to grow and expand. On behalf of the Board of Directors I wish a safe and happy holiday season to all!

Jim Mays
Vice President

Donna Boulianne
REHAB THERAPY SUPPORT SERVICES

(519) 476-2105

Email donna.boulianne@sympatico.ca

PO Box 43020 London, Ontario N6C 6A2

ST. MARYS COMMUNITY REHABILITATION

268 Maiden Lane, Suite 209, P.O. Box 219
St. Marys, Ontario N4X 1B1
Tel: (519) 284-0904 Fax: (519) 284-0870
stmarysphysio@bellnet.ca

Services

Physiotherapy at clinic & in home • Certified Acupuncture
Kinesiology at clinic, in home & at community gyms
Physical Demands Analysis • Functional Ability Evaluations
Orthotics • Assistive Devices Program





Introducing the Peer Support Mentoring Program

by Kevin MacGregor

The Brain Injury Association of London and Region has teamed up with the Ontario Brain Injury Association to provide a positive new Peer Support Mentoring Program for ABI survivors and caregivers. Such a program promises to improve people's ability to cope with living with the effects of brain injury.

I remember my early years of living with the effects of brain injury. I felt so isolated and alone, living on the outskirts of society. I recall sitting on the front steps of my apartment watching people go about their lives: rushing to work, meeting friends, going on dates, playing around with friends. I felt

so distant from their reality.

Even when I got to meet new people I felt I had to fake my way through the moment as I saw these people could never understand me. I needed to hide who I was and pretend to be a happy and inspirational person.

One day, by complete coincidence, (if you still really believe in coincidence) I got to meet a man who was my age and was living with a brain injury. Sitting down and having a talk was so self validating that it helped me learn that it was ok to be who I really was, to really feel the things I was feeling. I was not a freak outcast, I was a normal human living with the

effects of a traumatic brain injury doing the best I could to cope.

Over the years I have endeavored to find ways of bringing people with brain injuries together so that we can learn from each other's experiences and feel comfortable with whom we really are. This has included chairing two survivor conferences, mentoring survivors one-on-one, and doing mentoring projects at the Cornerstone Clubhouse. Now I have the honour of coordinating the new Peer Support Mentoring program for the Brain Injury Association of London and Region.

In this new program veterans of living with brain injury will be



Cohen Highley^{L.P.}
L A W Y E R S

Suffered a serious personal injury?

Contact one of our specialized Personal Injury Lawyers.

Vicki J. Edgar
(edgar@cohenhighley.com)

John W. Makins
(makins@cohenhighley.com)

Lucy Lee
(lee@cohenhighley.com)

Bradley W. Stone
(stone@cohenhighley.com)

Karen A. Wigmore
(wigmore@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.

While compensation is available when the injury is the result of the negligence of another, the path to it can seem daunting. We quickly determine who the at fault party is and quantify the compensation to which you are entitled. We provide answers to your questions and ensure that you receive the appropriate medical care, rehabilitation, assistance in return to the workplace, counseling and wage loss benefits.

One London Place
255 Queens Ave., 11th Flr.
LONDON, ON N6A 5R8

Tel. (519) 672-9330
Fax. (519) 672-5960

Website: www.cohenhighley.com



matched with individuals with similar life experience who are seeking peer support. Mentors are screened with an interview then put through a training program. Mentors provide a confidential and consistent support that is able to listen with interest, accept the partner as they are, be honest, and have a clear concept of personal boundaries. The program is not limited to survivors but also includes families and caregivers.

The Peer Support Mentoring Program has been given to us from our friends of the Brain Injury Associations of New York and New Jersey. They have spent years evolving and tweaking their program.

According to a study on the American experience partners find

they have an increased knowledge of brain injury; enhanced coping with the consequences of brain injury; decrease in negative mood; improved quality of life; and increased support from family and friends.¹

Support for mentors is provided by the Peer Support Coordinator, who is supported by OBIA's Peer Support Program Manager. This strong organization allows us to network with other coordinators and mentors across the province. If a good match cannot be found in London then one may be found in Ottawa, Windsor, or elsewhere in the province. Financial support for the program is provided by the Ministry of Health, Sibley & Associates, Gluckstein & Associates, and

Henderson Structured Settlements. Thanks a lot sponsors!

The London Peer Mentoring Program is currently looking for individuals who would like to be mentors. Mentors must be experienced survivors or caregivers who are interested in helping others surviving the effects of brain injury. If you would like to become a mentor or would like more information please contact the office of the Brain Injury Association of London and Region. We are currently aiming at having the program fully running by June of 2006.

1. Hibbard et al. (2000) Peer support in the community: Initial findings of a mentoring program for individuals with TBI and their families. *Journal of Head Trauma Rehabilitation*, 17 (2), 112-131



Brown Beattie O'Donovan LLP BARRISTERS & SOLICITORS

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.

Andrew G. King, Q.C.

***In practice since 1970
Free initial consultation***

**Telephone: (519) 679-0400
Fax: (519) 679-6350
E-mail: aking@bbo.on.ca
Website: www.bbo.on.ca
1600-380 Wellington Street
London, ON N6A 5B5**



Ask a Lawyer

Barbara Legate

If you have been involved in a car crash in Ontario, you know a lot more about dealing with insurance companies than perhaps you would care to. The paper work, phone calls, additional visits to health professionals, and just generally the number of people poking around in your life seems endless and overwhelming at times. It probably occurs to you from time to time that you, or in the case of a trusted caregiver, someone on your behalf, could do just as good a job administering the fund of money available for your rehabilitation as could an even well-intentioned claims examiner. If you are receiving income benefits, you may wish to avoid the constant fear that they will "cut you off", or that you are being watched by surveillance cameras, investigators, or you may just grow tired of constantly being called upon to justify your entitlement.

Believe it or not, many insurance companies would like to give you the right to manage your benefits.

What is Cashing Out?

Simply put, the insurance company pays you a lump sum of

money and stops paying any other benefits. The lump sum is intended to represent an estimate of the amount of money that would be needed to fund the replacement of the benefits. If you cash out, it is like settling a lawsuit. It is a one-time once-and-for-all payment; you do not get any more money from the insurance company for the benefits you have cashed out.

Settlement is regulated by the Insurance Act regulations which do not permit the settlement of an accident benefits claim until one year after the car crash.

How does it come up?

The issue is raised either by you or your insurance company, or by your lawyer if you have one. It most often comes up in one or some of these situations:

- You have received benefits for a long time and everyone can comfortably agree that you will continue to do so.
- You are in a dispute with the insurance company and some form of legal process to resolve the dispute has been started.
- A significant medical opinion

about your level of disability or need has been provided which prompts an evaluation of your future needs and entitlements.

- The insurance company has an internal policy that prompts it to desire to close down the file and avoid the costs of keeping it open.

When should I consider doing this?

Timing:

- When your prognosis is clear and you can logically determine what you will need in future.
- When you are in a position of strength vis a vis the insurer, for example if item 3 above occurs.
- When you are in a significant dispute resolution process with the insurer
- When approached by the insurer

These are just some of the times you would consider cashing out. There may be others. And considering cashing out does not mean doing it. Rather, considering means just that. Consider it carefully and get advice.

Keep reading:

Personal Circumstances

You should be able to manage money. If you are not, you should

EST. 1994

EDUCATIONAL HELP CENTRE INC.

ONE-TO-ONE TUTORING
TEACHERS CERTIFIED, EXPERIENCED & CARING

- ELEMENTARY → UNIVERSITY
- 25 SPECIAL ED. SPECIALISTS
- LEARNING CHALLENGES OUR SPECIALTY
- 300 TEACHERS IN SOUTH-WESTERN ONTARIO
- IN OFFICE OR IN HOME
- COMPLETE COURSES TAUGHT
- E.A. ASSISTANCE IN SCHOOLS AVAILABLE



LONDON	HURON COUNTY	ST. THOMAS	PERTH COUNTY	OXFORD COUNTY
652-0252	235-4507	633-2373	273-8178	673-5694
1-866-618-8867		www.educational-help.com		



Cornerstone Clubhouse

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

781 Richmond Street North
London, Ontario N6A 3H4

- * A place to come and belong
- * The opportunity for meaningful work
- * The opportunity for meaningful relationships

Tel: (519) 679-6809
Fax: (519) 679-6988
Email: cornerstoneclubhouse@rogers.com
Website: www.cornerstoneclubhouse.com

"Supporting Success"



seek the advice of an investment counsellor who can assist you in building in safeguards. More about that in a minute. If you are the caregiver of a person who cannot manage his/her own money, you should see a lawyer. This is simply unavoidable. The legal process that is involved is very complicated and requires court approval. You will need a lawyer.

When should I avoid cashing out?

If you think you just can't cope with the insurer any more, and just want to get rid of them, you may not be thinking properly. That may not be a good time to act. If you don't yet have a lawyer, you should not proceed in those circumstances without one.

If the insurer is making the offer early on in your rehabilitation, and you do not yet fully appreciate what your needs will be, or cannot make an educated estimate, then be very careful about considering a cash out. Why take a small sum when there are many years left in your entitlement?

Some insurers use threats. In effect they will say: take this settlement or we will send you to doctors, refuse everything you submit and make you jump through all the hoops we can conjure. Do not cash out in those circumstances. Again, get a lawyer because you will need one.

If you are involved in a lawsuit as a result of your car crash, you simply cannot cash out without first getting legal advice. Your entitlement to benefits is intricately interwoven into your claims for compensation in the lawsuit. You can negatively affect the lawsuit if

you make the wrong move with the accident benefit settlement. Once again, you cannot avoid getting competent legal advice in this circumstance.

How is the right number determined?

This can be a complicated process, or very straightforward, depending on your circumstances. An experienced lawyer, that is one who deals with statutory accident

benefits as a significant part of his or her practice, will be able to give you good advice about how to approach this process. Avoid paralegal services. In my experience they do not have the sophistication to provide the advice about when and in what circumstances you should cash out, and do not provide the appropriate evaluations.

continued on page 10



Trust
makes the difference

Your health, your home, your peace of mind.
You can trust ParaMed with everything
that means the most to you.

PARAMED
Home Health Care • Soins de Santé à Domicile
makes the difference

Call today to find out about ParaMed services in London-Middlesex
at 519-439-2222 or visit www.extendicare.com

ParaMed is proudly Canadian and a division of Extendicare

EXTENDICARE



The Monarch

Ask a Lawyer

Continued from page 9

Some of the factors that go into the evaluation are these:

- Your prognosis (to give us an idea of what you will need in the future)
- What you have used in benefits to date
- The type of impairment and how that impacts the characterization of the injury for benefit level (catastrophic or not catastrophic)
- What is your income benefit payment
- How old you are and what your life expectancy is

- Future care plans
- Actuarial or Structure Annuity quotes on the value of future benefits
- An assessment of what your legal entitlement to particular benefits may be
- The costs of fighting with the insurer
- The insured's competence
- Factors relating to the lawsuit against third parties if any

What advice should I get?

Given the factors outlined above, it is very clear that you will need:

- Legal advice. I am mindful of the number of times I have made reference to seeing a lawyer in this

article. While it may seem like promotion of my profession, in this case it is very critical. You are giving up potential rights, on into the future, and are negotiating with a highly trained insurance professional with all sorts of resources available to him or her. The imbalance is significant, and the importance to you is greater and potentially more far reaching, than it is to the insurer.

- Medical. Your health practitioners are key advisors. How can you cash out without some idea of what the future holds for you?

- Investment. Once the fund is received, you will need to know how to invest it to best ensure your needs are met.

What is the process? Are there any protections for me?

The Insurance Act takes this seriously. A special Regulation was passed to deal with this situation. Particular information has to be disclosed to you, and a cooling off period of two business days is provided for. You can change your mind about any settlement within that time frame. You must give notice to the insurer and it must be in writing. If the insurer fails to comply with the Regulation, the settlement may not be considered valid. The Courts have ruled, in one case, that the Regulation does not apply, and that is when you are involved in a lawsuit with an insurer and sign a settlement agreement.

Because of the cooling off period, most insurers will not pay out the settlement until you have signed all the papers, they are returned to the insurer, and the two business days have passed.

**THE
DOWNTOWN CLINIC**
Physiotherapy & Health
Counselling

115-1135 Adelaide St., N. London, ON N6H 2G4
Bus: 519-434-2795 Fax: 434-8661
Email: info@downtownclinic.ca

- ◆ Neuro-Logic Programs
- ◆ Chronic Pain Programs
- ◆ Vestibular Rehabilitation
- ◆ Therapeutic Golf Rehabilitation
- ◆ Personalized Fitness Programs
- ◆ Medico-legal Consultations

If you have been injured in an automobile accident, treatments may be covered all or in part by your Extended Health Benefits or Motor Vehicle Insurance, ask us for details.

No Physician Referral Necessary!

*Call us today to book your
appointment:*

(519) 434-2795

www.downtownclinic.ca



REALIZE YOUR POTENTIAL!

Regular exercise is important when living with brain injury. Annual consults with a physiotherapist will keep your program manageable and up to date.

Maintain and improve your physical and functional status.

The Physiotherapists at THE DOWNTOWN CLINIC can help you reach and surpass your goals.



Realistic
Goals...

Realistic
Solutions!



REHABILITATION FOR ACQUIRED BRAIN INJURY IN THE RURAL COMMUNITY

THE CHALLENGES AND THE REWARDS

Providing rehabilitation services to people recovering from brain injury in rural communities comes with challenges that vary from those presented in urban settings. We deal with the distance we travel to our clients, and the travel for our clients to the urban setting to see their specialists.

We deal with the sparsity of services. We deal with the unique nature of employment in the multi-task nature of farming. This article's goal is not just to provide some insight into those challenges, but to also tell you our rewards in

working in the rural community.

Our center is located in Listowel, in Perth County. We are able to provide physiotherapy, occupational therapy, counseling, kinesiology, and tutoring to people recovering from brain injury in the surrounding area. Since we are located in a rural center we are fortunate to have knowledge of many of the challenges that present themselves. Farming has evolved into a complex mechanized big business. It requires both a high level of physical and cognitive function. Living and working in this community gives us a familiarity with the occupation

and home of many of our clients. We are able to match our treatment programs to the needs of our clients as we go into their homes and work places. It is not unusual for farmers to have off farm jobs. This adds an additional layer of demand on the client and their family.

There is a strong Mennonite community in this area. The culture of this community is unique, with its own strong internal support system. Their expectations from the care providers may differ from those of other clients we work with. We work with them to develop treatment programs that best meet the client's medical needs within their culture. We will often see the therapist's role move to that of more of a consultant, as members of their community take on the role of rehabilitation therapist.

continued on page 12

OVERWHELMED?

JUST CAN'T COPE?

UNDERSTAND YOURSELF MORE

PERSONALIZE YOUR EXACT NEEDS WITH

- IQ Testing • Reading, Spelling and Math • Personality Characteristics • Basic Interests
- Learning Style • Planning Ability
- Memory Skills

*CONFIDENTIAL INDEPENDENT ASSESSMENTS
AND THERAPY FOR ADULTS AND CHILDREN*

**DR. ALVIN HARVEY SHAPIRO,
PSYCHOLOGIST**

**(519) 642-1505
370 Oxford Street East**



**BRAIN INJURY
ASSOCIATION
OF LONDON
AND REGION**

*Our support, information, awareness
and advocacy programs improve the
quality of life of people who live with the
effects of brain injury.*

**BRAIN INJURY CAN HURT FOREVER
YOUR LEGACY GIFT CAN HELP FOREVER**

**BRAIN INJURY ASSOCIATION
OF LONDON AND REGION**

307-111 Waterloo St., London, ON N6B 2M4

(519) 642-4539

www.braininjurylondon.on.ca

braininj@skynet.ca



The Monarch

continued from page 11

In assisting with school reintegration, team meetings are often with teachers we are familiar with. Communication with the school is improved, which assists us in helping the child or teenager gradually reintegrate into the classroom.

Travel for families to urban settings for review is often a full day event when they live in rural areas. We have been fortunate to have PABICOP provide clinics throughout the year at our center. Children and their families do not need to drive to London to be reviewed, which decreases the

child's fatigue, and the time off work for the parents. The advantage of the outreach clinic, both at this center, and the others in the surrounding area, is evident when speaking with these families.

Providing care for clients recovering from brain injury in our rural community has its challenges, but it certainly has its rewards. Our familiarity with the rural occupations and unique cultures helps us to assist our clients in meeting their goals.

*Submitted by June Williamson,
B.Sc.(P.T.)
Physiotherapist and Owner
New Horizons Rehabilitation*

Fundraising Committee Services Inc.

At the time of writing, the fundraising committee is in the early planning stage of a Big Event in March 2006. Watch for further details as they unfold!



PARKWOOD HOSPITAL Driver Assessment Rehabilitation Program Ministry of Transportation Approved Driving Assessment Centre

Driver rehabilitation services provided by experienced Occupational Therapists and licensed driving instructors. We specialize in driver assessment and rehabilitation services for:

- ◆ persons whose changed health status due to trauma, illness and natural aging
- ◆ persons with physical disabilities who may require equipment and/or modifications
- ◆ person wanting to learn how to drive who need special instruction or vehicle adaptations

We Provide:

- | | |
|--|---------------------------------------|
| ◆ Clinical Assessment | ◆ Vocational Driving Assessment |
| ◆ On Road Assessment | ◆ Equipment and Vehicle Modifications |
| ◆ Passenger Assessment | ◆ In car driver training |
| ◆ Driving refresher program for healthy elderly driver | |
| ◆ Psychology services to assist with anxiety and post traumatic stress issues relates to driving | |
| ◆ Full certificate driver education program for new drivers with physical and/or learning disabilities | |

Call Us At:

Phone: (519) 685-4070 Fax: (519) 685-4576

Our Address

801 Commissioners Road East
London, Ontario
N6C 5J1



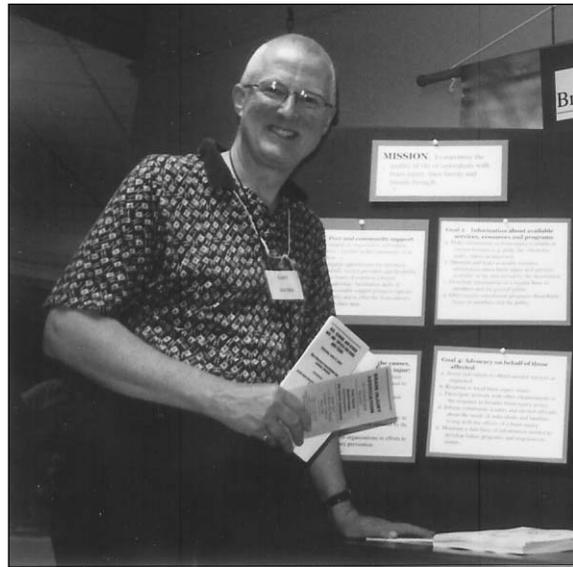
Au Revoir from Gary

By the time you read this I will have stepped down from the Executive Director's chair after eleven and a half years in this position, or over half the official life of the Association. Much water has passed under the bridge since I came to a very small office on York Street in May 1994. It is hard to summarize in this space the many accomplishments the Association has achieved in its life. You've read about many of them in the pages of this publication and at my remarks in our annual reports.

The future bodes well, but will require your full support in the transition to my successor. In the coming months you will read about new programs being launched by the Ontario Brain Injury Association, perhaps plans to observe our 20th Anniversary, improved service to our territory outside London and other initiatives. I will have to leave it to the Board of Directors and the new director to see which way the Association goes in the future.

In my new position at Brainworks (the office is two floors up from the Association so my car doesn't have to learn a new route to work!!) I hope to maintain contact with many of you. I will be watching from suite 501 with great interest how the future unfolds below in suite 307. My last request is that you give what you can to support the Association in its mission. Your leaders at the Association need it, so, too, do the many people who live with the effects of brain injury. Thank you for the opportunity to serve the Association and best wishes.

Gary



Gary Davies leaves Brain Injury Association after over 11 years as Executive Director

Service Directory

Copies are still available at the Association office. Contact the office at 519 642-4530 or by email to obtain your copy. The Services Directory is also available at www.thehealthline.ca, following the Health News link or go to our listing on that website.

Personal Rehabilitation Counselling Services

"Helping people regain healthy functioning"

IKE LINDENBURGER
M.Div., M.S.W., C.C.R.C., C.Ht.

**Mail: 769 Southdale Rd.
Box 37088
London, ON N6E 3B0**

**Office: 190 Wortley Rd.
London, ON N6C 4Y7**

**Phone: (519) 645-7393
Fax: (519) 645-6195**

Assessment and Adjustment Counselling:
Acquired Brain Injury
Spinal Cord Injury
Other significant life-altering injuries
Pain Management
Individual/Marital/Family Therapy
Capacity Assessment, Province of Ontario
(Substitute Decisions Act, 1992)



The Monarch

I can't wait till next year so I can go again!!

I've only been attending 'Camp Dawn' for the last two years. I do have to say I love that camp! The camp counselors are just so helpful. When I first went, I was a little afraid that I would be treated like a child, because almost everywhere else I've been, people treat me as a child. When I went to camp, the counselors treated me like a normal person, just with a wheelchair. They treated me kind of like a friend.

When you needed help it wasn't just the counselors that would offer to help you, fellow campers offered too. For example, when I was trying to handle the food line, I had a fellow camper offer to carry my plate and help me load it up,

then take it back to my table. The food there was great, especially since they had a vegetarian meal for those who were vegetarians.

They also had a lot of different activities, crafts, board games, and even cards for people to use. For activities we had a high rope course, canoeing and even hiking. For crafts, which is my personal favorite, we had scrap book making and even jewellery making. We had board games to play like Sorry, chess or checkers. We even had Karaoke one night where a lot of people joined in and a couple of people danced.

Personally, I had a blast and would definitely recommend this. I can't wait till next year so I can go again!!



Natalie Molinaro at Camp Dawn 2005

Announcing...
A new addition to the Continuum Team...
Cheryl Scollard, D.S.W., RRP
Account Sales Representative Servicing Southwestern Ontario

Ms. Scollard will focus on:

Identification and implementation of services and/or programs to meet your client's rehabilitation needs
Early Intervention

- ~ Delivery of professional Quality Services and products
- ~ Meeting individual customer service needs

Ms. Scollard would be more than pleased to meet with you to discuss your service need requirements. You may reach her at:
519-434-9814 Ext.14 or e-mail: cscollard@commrehab.com





Sixty Campers and thirty leaders enjoyed nearly perfect weather at Rainbow Lake, the site of this year's third season for Camp Dawn, held in mid-September. Boating, campfires, high ropes adventures, workshops, crafts, games and lots of socializing kept everyone busy from Wednesday late afternoon to Saturday after lunch.

Several campers and leaders displayed their musical talents. Hiking in the rain around the camp prop-

erty, just north of Simcoe, Ontario, was enjoyed by a small group. It was fun to watch others go canoeing in the rain too. Later, the sky dried up and an unplanned hike took place around the lake, during which one camper recalled his days in the area as a young child.

Many people also enjoyed a scrapbooking workshop, bead crafts and indoor games. Everyone went home with a souvenir T-shirt and a small booklet crammed with autographs and other memories.

Some of the agency directors whose staff help to plan Camp Dawn, visited over the dinner hour on Friday. A presentation of a photo of Brent Peters, signed by many campers and leaders, was made to his mother, Mary Ellen and sister, Kayla, that same evening. Brent died suddenly in June and was a camper last year. His wonderful recollection of camp was published in last December's Monarch.

The Camp Dawn Committee has submitted an application for incorporation to the Ontario Government. Watch for news of next years Camp Dawn in the Monarch and at the camp website, www.campdawn.ca.



Photo Above: The Camp Dawn Planning Committee took a break from their duties to pose for the photographer: left to right: front row-Maryann Stoker, Pam Kraemer, Tracey Kibble, Christine Barnes. Back row: Carl Lokka, Gary Davies, Justin Kline, Jim Kennedy, Absent: Arden McGregor

Photo Below: Some campers braved a very rainy day to explore the camp property during a two hour hike. **Photo on Right:** High rope climbing was a very popular activity.



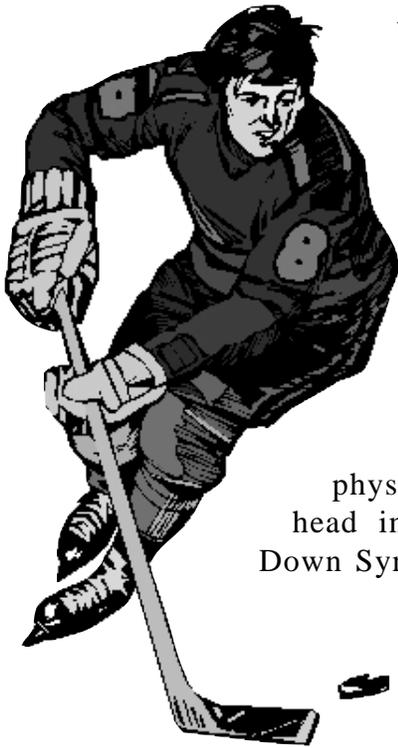


The Monarch

Everyone Can Play Hockey with the George Bray Sports Association for Children with Special Needs.

The George Bray Sports Association is a hockey league for children with special needs. Since 1968 the league has provided thousands of children the opportunity to play the game they love at their level of play.

The league was started by 2 parents George Bray and Isabel Dann. George had been coaching minor hockey for many years in London and came across some parents who had children with special needs that were told that their children were no longer welcome to play hockey because their ability levels were not up to par with other players.



George and the other parents decided to start their own league just for children with special needs. Those special needs include intellectual and physical disabilities, head injuries, Autism, Down Syndrome, ADHA, ADD, Bipolar, behaviour and anger management, physically

and sexually abused, and any students on individual education plans or receiving special education help in school. Any child who requires special considerations to play the sport of hockey is welcome to apply.

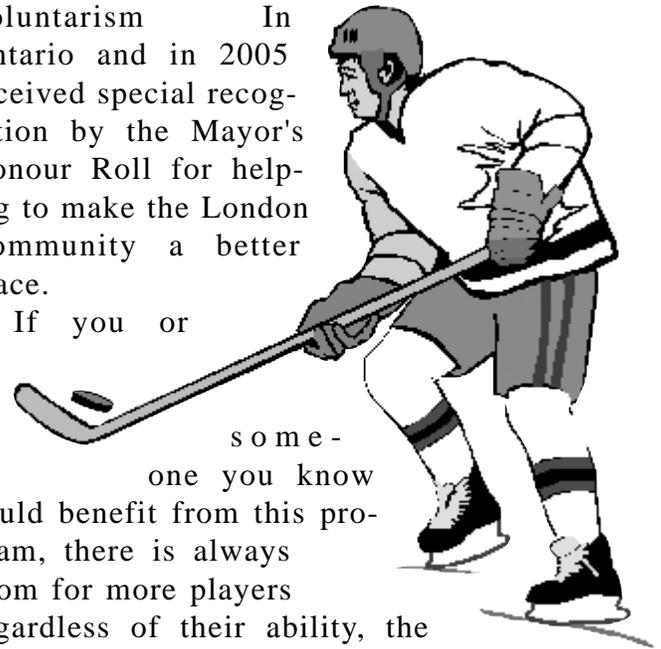
G.B.S.A. started with 2 teams and 18 players and has now flourished to 13 teams and over 165 male and female athletes. There are over 60 dedicated volunteers who help to keep the games

flowing smoothly every Saturday and Sunday at Silverwoods arena.

We have 6 teams in our Junior division 7-12 yrs old, 4 teams in the Intermediate division 13-17 yrs old and 3 teams in the Senior division 17 and older, our oldest players are 36 years old. Along with the weekly games there are other activities such as a weekly learn to skate / hockey school, team pictures, skate-a-thon, silent auction, and the ever popular year end banquets, were every player receives special recognition and their own trophy to show the success of their hard work.

In 2003 the George Bray Sports Association was the proud recipient of the Outstanding Achievement Award for

Voluntarism In Ontario and in 2005 received special recognition by the Mayor's Honour Roll for helping to make the London Community a better place.



If you or someone you know could benefit from this program, there is always room for more players regardless of their ability, the only requirement is that the player has the ability to stand on skates, some players even use walkers until they get their balance. Before you know it they are all over the ice and chasing that puck.

Don't say no until you check us out, for more information please check our website at www.georgebrayhockey.ca or contact Murray Howard President George Bray Sports Association Email murrayhoward@execulink.com Phone 519-685-3392



Folks

I, who am re-blooming, after my brush with death in the eighties, was just interviewed for a proposed TV show. Following are the interview's dramatic questions and answers. I would like this published wherever possible, as my journey is inspiring. If you can help this happen, I'll be humbly grateful.

Marilyn Macmillan

80 Ridout St. S., London, Ontario, Canada N6C 5H7 E-mail: marilynsmusing@execulink.com

WHAT CAUSED YOU TO EMBARK ON ACT TWO OF YOUR LIFE?

I have inadvertently taken so many crossroads in my life that it's hard to label my 1988 trauma as only Act 2. However, the crossroads I took in 1988 was as a result of hitting black ice on the 401. The Jaws of Life said I'd be a vegetable when they hauled my wreckage to the hospital. They were right. After all, I'm an asparagus! More significantly, I am a survivor. I have many defunct senses and difficulty retrieving anything from my brain. More importantly, I can look ahead and am being as good as I can be each minute. I am becoming!

My recollection of that accident is restricted to:

- My wish that I'd killed the animal I tried to avoid when my car flipped on back ice.
- My shock that it meant I'd be late to work because of a key meeting I'd called for 9 a.m.
- That trauma was awesome.
- Because I sustained a massive brain injury, I live in a void.
- I quit my job without notice.
- I had instant empty nest syndrome as my children were 10 and 12.
- I was expatriated to Texas for rehabilitation.
- I had sudden nicotine withdrawal as I couldn't smoke there.
- I became homeless and went through menopause

- Institutionalization was so demeaning, it made me know I was a nonentity.

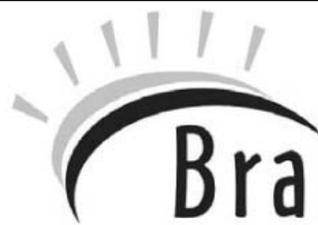
WHAT DID YOUR LIFE "LOOK LIKE" BEFORE THE ACCIDENT?

- I had power, respect, talents and I knew how to meet challenges cheerfully.
- I was mother of two sons and a Montessori volunteer teacher.
- I had been an unwed mother in 1967 and gave up the baby for adoption at birth.

- My job was as a highly paid Employee Benefits Consultant for a large national firm. This job meant I dealt with benefit plan design, costing, communication and administration. I had routine dealings with actuaries, lawyers, Boards of Directors, DNR tax regulators, and John Doe.

In my highly paid job, I actually installed the disability plan that pays me. As a permanently disabled person, I benefit from my ability of having advised retirees on how to follow

continued on Page 18



Brainworks

- REHABILITATION THERAPY
- VOCATIONAL SERVICES
- SOCIAL WORK
- PSYCHOLOGY

Arden McGregor, M.A., C.Psych.Assoc., CBIT
Psychological Associate / Director

Phone: (519) 657-1180 ext. 102

Fax: (519) 657-1182

arden.mcgregor@brainworksrehab.com

111 Waterloo Street, Suite 501
London, Ontario N6B 2M4



The Monarch

their own nose when their day's no longer structured by work.

DO YOU REMEMBER WHEN YOU FIRST CAME AWARE OF WHAT HAPPENED TO YOU? WHAT WAS THAT LIKE?

I knew, after my coma, that I had lost all power. I was in diapers, had a feeding tube in my neck, couldn't remember for a second, was physically insensitive and had no life. I was also delusional. Besides feeling completely responsible for my accident, life wasn't worth living. I had come from being a real person to less than nothing.

Initially, I felt my state must have resulted from my having had a lobotomy.

Then, I thought I'd been made

'it' in a game of tag. Thus, I would hit random people, including family, as hard as I could to make them 'it'.

This sense then evolved to having a firm belief that I was in hell. I couldn't, of course, remember my sin, so I prayed constantly.

My next evolution was to a belief that I was in jail for a crime I couldn't remember.

Some years later, I believed I was asleep having a night mare. That buoyed me up because I knew I would wake up once sent back to Canada. When I did return to Canada, I found my life WAS a nightmare!

These delusions made me suicidal. However taking my own life was impossible except by holding my breath long enough. I tried in vain for years, but felt I was too

disabled to even accomplish that!

YOU USE THE TERM RIDING CHAOS FOR WHAT YOU HAD TO DO TO SURVIVE. WHY DO YOU CALL IT THIS?

Unlike most people, I absolutely know I can ride chaos. I have got a massive brain injury, was institutionalized, have two exes who are alcoholics, was physically assaulted by a man I shackled up with, have a son who got pscyzo-phrenia which relegated him to a psychiatric institute, have another son get briefly hospitalized from an epileptic attack, been incapacitated by a knot in my neck, developed high cholesterol which means I can never enjoy a good meal, and had a reunion with the daughter I gave up

continued on page 19

Don't get hurt twice!

Everything you need to know is in our new Personal Injury Information Kit

Are you eligible to seek compensation for your injuries?

When someone has been injured, there is often great stress for both the injured person and their family. Their thoughts are not necessarily focused on their legal rights. However, the laws in Ontario are complicated and you need to be aware of your rights and obligations in pursuing a claim.

Thomson, Rogers has been a trusted leader in personal injury litigation since 1936. We offer free consultation without obligation to people who have been injured in accidents, their family and friends. We will explain your rights, the legal process and the role of your lawyer in simple, clear language.

Don't get hurt twice. Our new, informative Personal Injury Information Kit can help you know and understand your rights. Download the kit at www.thomsonrogers.com or contact Thomson, Rogers today at 416 868 3100.



We're here to help

THOMSON, ROGERS, BARRISTERS AND SOLICITORS SUITE 3100, 390 BAY STREET, TORONTO, ONTARIO M5H 1W2 FAX: 416 868-3134 TEL: 416 868-3100



for adoption in 1967 where the honeymoon was quickly over.

My father was my sustenance and hero. He died of emphysema after I got back from Texas. I had the benefit of saying goodbye to him by giving his eulogy to a large crowd. When my Dad met my daughter after our reunion, he told her that I was great at falling into shit, but I always came up with a diamond in my mouth.

I lost freedom because I always needed to escape from my home because of those spousal alcoholics. Yet I became immobile because of falling flat on my face with no warning. I have overcome that loss of freedom from fear of its repetition by using a walker and a door to door delivery service.

I accomplished two divorces which didn't have the result of depleting money from the successful lawsuit I had against the government for my accident.

I recently went on a Caribbean cruise that was so tortuous, elation struck me as I turned the key in my apartment door. I knew I could not only ride that cruise ship, I could ride chaos even when doing that!

I will say that some Leonard Cohen words kept me going through Texas. Those words were 'I am not lost any more than leaves are lost, or a buried vase. I would only give you second thoughts. You know how to call me hunter though I have wasted my blood in aimless love. Blood like that never won an inch of star. Neither of us can forget the steps we danced or the words you stretched to call me out of the dust.'

WHAT HAVE YOU BROUGHT FROM YOUR OLD LIFE - WHAT HAVE YOU LEFT BEHIND?

Obviously, I can only refer to what I know about. I have brought my wit, my ability to write, my need to share in a kind way, my wonderment about religion, my gregariousness, my ability to orate, my successful ability to problem solve, creativity, my work ethic, my appreciation of time-worn adages and my need to fulfill my truncated motherhood. I'm lucky that my life is governed by the adage: 'if you've got a lemon, make lemonade.' I'm further blessed by the knowledge that it's better to be lonely on your own than lonely with some-

one else. More practically, I have always known that a pencil makes the best memory, so my memory is supported by constant lists for what I plan to say and what I plan to do. Such 'lists' are ironic because I have no balance!

I left the ability to work at a job that mattered to me. I left never having to rely on psychological crutches, and left my senses like smelling, tearing, peripheral vision, tasting, balance and appetite. I used to have confidence and strong self-esteem; I've left my knowledge that my view was highly significant to people. I am still unforgettable though!

continued on page 20

When you can't see the forest for the trees, call us.



**REHABILITATION
MANAGEMENT INC.**

Solving the rehabilitation puzzle

Providing vocational rehabilitation, case management, occupational therapy services, and Cost of Care Analysis. Specializing in brain injury, emotional disorders and spinal injuries following personal injury and trauma, since 1987.

CCHSA accredited, serving Ontario and British Columbia with Canadian Certified Rehabilitation Counsellors and Regulated Health Professionals.

www.rehabilitation.ca e-mail: info@rehabilitation.ca

Phone (416) 365-0010 1-800-265-6579 Fax (416) 365-1176 Toll Free 1-877-426-8276

*A Canadian Company, Ms. Barbara Baptiste, Owner
Consultation services provided nationally and internationally.*



The Monarch

I've always looked at my cup as half full rather than half empty. My accident made that talent an utter challenge for years. I met that challenge.

WHAT ARE SOME OF THE NEW THINGS YOU'VE USED IN ACT 2?

Because of my condition, I don't know whether these items are 'new', but I know I value these thoughts.

a) **Oriental Healing:** This oldest civilization has some cures that have lasted for eons. Since Ontario can't prove how they work, these remedial natural pills are not covered by OHIP. I have learned that

Ginkgo pills are known for oxygenizing the brain. My brain benefits from being oxygenized. In addition, we all have a Yin Yang flow through our bodies. This flow is essential for our health. Reflexology is a technique that operates by manipulating one's feet so that the Yin Yang flow is kept unobstructed. Stories abound of its miraculous effect on psychological and emotional health.

b) **Philosophy is like a cure-all because our attitude affects our well-being.**

- The Twelve Step program leads to serenity. It also underscores the value of not reacting and of being indifferent to other's barbs.

- A personal philosophical attitude is that I was reborn from the time of my brush with death and I am now re-blooming.

- The Power of Positive Thinking is as good as penicillin.

- Joan Borysenkos's attitude towards healing our body by our mind is valid once it is tried.

- Our brain is a muscle and must be kept in tone. Such brain toning things are activities such as bridge, chess, education, math, cryptic crosswords, and memory work. Such activities can be called Alzheimer's Antidotes as they keep our brain muscle fit.

c) **Sharing is a curative activity.**

-I have shared by orations on such things as Memory to a university medical school.

- I produce a periodic Newsletter which is a way of sharing those things I've gleaned on my trek.

- I'm able to write articles for many publications which accomplish my aim of inspiration.

- Volunteer work is a way of helping yourself while you are helping others.

d) **Time-worn adages are alive for a reason.** Two that keep me going, among others, are 'If you've got a lemon, make lemonade.'

And 'It's hard to tap dance when your feet are nailed to the floor'. Adages provide a way of helping a person think outside the box. Since it is common knowledge that we find what we look for, let's look for the positive side of any personal issue. Since pencil makes the best memory, lists of what you plan to do and say are a god send. If you also don't have balance, a list is essential.

continued on page 21



is pleased to welcome

Gary D. Davies, MSW, MA, RSW

to the position of

Manager, Community and Professional Services / Social Worker

Gary will be responsible for a variety of special projects, community outreach, clinical support and consultation to Brainworks' staff. He will also be providing social work services to clients whose lives have been affected by brain injury.

You can reach Gary at

(519) 657-1180 ext. 104 or at

gary.davies@brainworksrehab.com

111 Waterloo Street, Suite 501
London, Ontario N6B 2M4



e) Mankind's greater power exists and can be used when needed.

- There is a Healing Sanctuary in England which focused your need so it can be picked up by souls that can help. I know that the absent faith healing of this operation carried me through my Texas days.

- Psychics also can make you know that a souls are at your shoulder. Your shoulders never have to bear the weight of your problems alone.

- Prayers should be used as a way of giving thanks. This makes your attitude find the bright side

f) Random thought that can be categorized can be mentioned.

Some are:

- If you head up a sheet of paper with 'I AM', then fill in the page over time, it forces an upbeat attitude and combats depression.

- Perspective can be gained on any woe by the ease with which you can find someone worse off than you.

- Do and be the best you can, with what you've got, each minute.

- Challenges bring out the best in me, so I don't shrink from them.

- I accomplish satisfaction of my work ethic by being manager of my own life. I am in control of me and I am what I am!

- My father's plaque for his ashes says a loud message to me. It says:

*They said it couldn't be done,
But I, with a chuckle replied.*

That maybe it couldn't

But I would be one

*Who wouldn't say no til I
tried.*

I constantly use the Serenity Prayer. It goes: "God grant me the serenity to accept the things I cannot change, the courage to change the things I can and the wisdom to know the difference."

To close, I'll admit that I am a miracle. I recognize that that is possibly because I share my birth sign with Christ! More rationally, though, it is because of my genes, my attitude and my capacity to make lemonade from a lemon.

"When my son was seriously injured, I didn't know where to turn. Lerner's listened. They understood, and got our family the help we needed."

— Diana Rock, London, ON

Motor vehicle accidents / Boating and recreational vehicle accidents
Slip and falls / Insurance disputes / Defective products / Occupiers liability
Long-term disabilities / Physical and sexual assaults / Class actions



Accident Hot Line 1.800.263.5583

Hospital or home visits available, references available
free initial consultation, free parking (London only)

LERNERS

Lerner's LLP
Barristers & Solicitors

80 Dufferin Avenue
London, ON N6A 4G4
Tel. 519.672.2032
Fax 519.672.2044

www.lerners.ca



The Monarch

4th Annual Brain Injury Golf Classic A Great Success!

The 4th Annual London Brain Injury Golf Classic, was held at Greenhills, on September 22 raising an estimated \$27,000 for our Association and Helping Acquired Brain Injury Treatment (HABIT).

Special thanks go to the organizing committee made up of HABIT volunteers (Nigel Gilby, Lisa Bradshaw, Jan King and Agnes Agnelli) and Association volunteers (Jim Mays, Lisa Frazer, Gary Davies and Donna Boulianne).

Many thanks are also given to the volunteers from the Cornerstone Clubhouse who assisted during the golf tournament at the Par 3 holes, as well as Dr. Lorie Saxby and Shauna Brock Howard who ran the putting contest.

In addition to the organizing committee and the golfers, whose participation is sincerely appreciated, many sponsors and prize donors helped to make the day a success and we would like to thank them also.

They were:

Major Sponsors

DMAREhability
Lerners LLP
McKellar Structured Settlements Inc.
Siskind, Cromarty, Ivey, Dowler LLP

Hole in one prizes

Huron Motor Products

Auction Prizes Courtesy of:

Clublink Corporation-Greenhills Golf Course
Human Interactive-Scott Kish
Dr. Ian Kohler

McCormick Canada
Dr. Jane GillettMay McConville
Insurance Brokers
Windermere Manor
Double Q Printing
Karen Stone-St. Josephs
Healthcare Centre
Continuum(a division of
Community Rehab)
Elaine Barrett
Pursuit Health Management
Therapy Supplies
McLeish Orlando
Kingsmills
Cognitive & Communication
Services
GBF Associates
The Grand Theatre
New Era Graphics
Changing Space
North London Physical Therapy
Clinic
David's Bistro

Hole Sponsors

Dr. Emilie Newell
Forecs Inc.
Truppe' Health Care Products and
Services
Personal Rehabilitation
Counselling Services Inc.-Ike
Lindenberger
Foster, Townsend, Graham &
Assoc.
Nancy Robinson Injury
Management
GBF Associates
Pursuit Health Management
Shoppers Drug Mart
Advance Imaging
Financial Horizons
Janet E. Stewart, Q.c.
Kellogs Canada Inc.
Rehabilitation Management Inc.
Pat Saunoris Consulting

The Professionals Choice
Rehabilitation Management Inc.
Link Advertising Inc.
Range of Motion Rehabilitation
Clinic

Golfer Sponsors

Personal Rehabilitation
Counselling Services Inc.-Ike
Lindenberger-foursome
Dr. Emilie Newell-individual

Prize Donors

Longest Drive
Dr. Jane Gillette
Davwill Consulting Inc.
Closest to the Pin
Marcus & Associates, Hoare
Dalton Option-Elle
Putting Contest
Legate & Associates
On the Green Contest
James J. Mays of Siskinds The
Lawfirm
On Site Massage
The Health Network

First Place Prizes contributed to by

Russell Food Equipment
The Professional's Choice
Rehabilitation Management
Roberts Restaurant
B Home
Shoppers Drugmart
Cognitive & communication
Services
Prim Canada
Kellog's Canada
Pilot Insurance
GBF Associates
Global Resolutions Inc.
Honest Lawyer
Canadian Tire
Thames Office Systems Ltd.
Checker Limousine



Upcoming Conferences and Training

January 13, 2006

Mild to Moderate Traumatic Brain Injury Current and Emerging Trends presented by Sunnybrook & Women's College Health Sciences Centre, Toronto
Contact June Woods at 416-366-3311 or email jwoods@mcleishorlando.com

February 14-17, 2006

Level 1 Home & Community Based Rehabilitation for Persons with Acquired Brain Injury
Contact OBIA at 1 800 263 5404

March 2006

Watch the next Monarch issue for details on our BIG FUNDRAISING Event.

May 4-5, 2006

“Back to Basics: The Management of Challenging Behavior in ABI”
Visit Hamilton Health Sciences ABI Conference web page for more information or to submit an abstract.

June 2006

Plan on attending the 9th Annual Brain Injury Association of London and Region Conference. Check the March Editio of the Monarch for full details.

Thank You to McCormick Canada

The Association would like to acknowledge and offer thanks to the employees of McCormick Canada for their donation of \$322.96.

The employees raised money during their annual Charity Day event with the proceeds being distributed among charities.

Life and Practice After the Death of the DAC's: A Health Practitioner's Guide

Barb Legate and her Associates presented an informative half day seminar on this topic to an audience of 72 registrants at the Wolf Performance Hall, Central Library on September 28, 2005. The proceeds from this seminar of approximately \$4,000.00 was generously donated to the Brain Injury Association of London & Region. The Association would like to thank Legate and Associates for their continued support of our organization.

BARTIMAEUS^U_Z

Bartimaeus has been providing *Services* in London and South Western Ontario for the past 10 years.

Our *Services* provide:

- ✓ Community Rehabilitation Therapy
- ✓ In-School Rehabilitation Support
- ✓ Consultation
- ✓ Hospital Rehabilitation Support
- ✓ Post Settlement Support

REHABILITATION SUPPORT SERVICES

Our *Services* are flexible, client directed and reflective of the goals and objectives of the individual, family and other professionals involved in the rehabilitation process.

For further information, please contact:

Tish Byrne
Coordinator of Services

519-575-2002



The Monarch



SAY WHAT???

by Norm Shepherd - Cornerstone Clubhouse Member

Saying what you mean is a real skill. Most of us can get a little sloppy at times, mostly with people we know well like family and friends. This is especially liable to happen when someone is in a hurry or distracted.

I can remember my mother being notorious for substituting one word for another like: "Can you get me that whatchamacallit out of the closet?" This request was usually met with a glazed stare while the internal deciphering program went into action. Another favorite word of hers was "who-ja-dicky-micky"...I kid you not! Where she got it from no one knows.

Most of the time simple familiarity rescues us from each other. A few days ago my brother and I were going to get together for awhile and I asked him to meet me at my bank. He knew that 'my bank' was located at Cherryhill Mall so there were no problems.

With some folks you have to be almost clinically concise: "Let's meet at Dundas and Richmond at 2pm, on the north side, three and one-half paces from the lamp post".

With other folks you can hang loose: "Let's make plans sometime to have dinner somewhere or other". Chances are you'll both show up right on time in the right place.

Some people sweat the details, others don't and it all works out in the end!



Norm Shepherd-Clubhouse Member

Cornerstone Clubhouse will be having a Christmas Lunch on December 16, 2005 at the Harmony House. For more information contact the Cornerstone Clubhouse at 679-6809



PARKWOOD HOSPITAL TEACH Program

**Assessment ♦ Treatment ♦ Consultation ♦ Education and Training
Patient and Family Focused Rehabilitation Services Including**

- | | | |
|---|-------------------------------------|------------------------|
| Physiotherapy | Neuropsychological Assessments | Occupational Therapy |
| Case Management Services | Speech & Language Therapy | Vocational Assessments |
| Cognitive Therapy | "Choices" Interest/Aptitude Testing | Psychological Services |
| Social Work Services | Job Coaching | Rehabilitation Therapy |
| Assistive Device Assessments and Technology | | |

**Rehabilitation Specialists
Serving the 10 Counties of Southwestern Ontario
Bruce Elgin Essex Grey Huron Kent Lambton Middlesex Oxford Perth**

Office
801 Commissioners Road East, London, Ontario
Phone: (519) 685-4064 Fax: (519) 685-4066 Toll Free: 1-866-484-0445

December

2005

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7 Board of Directors 7:00 p.m.	8	9	10
11	12	13	14 London Support Group Potluck & \$5 Secret Santa Gift Exchange	15 Perth Support Group - drop in for Coffee and Christmas Cookies	16	17
18	19 Fundraising Committee 6:30 p.m.	20 First Day of Winter	21	22	23	24
25 Christmas Day	26 Boxing Day Hanukkah	27	28	29	30	31 New Years Eve

Be sure to call ahead in case the Interim Executive Director is out on an appointment: 642-4539
 Support Group Locations: **London** - Cornerstone Clubhouse, London **Perth** - Zehrs Community Room, Stratford
Oxford - Woodingford Lodge, Woodstock Call **519-642-4539** for further information

January

2006

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 New Years Day	2	3	4 Board of Directors 7:00 p.m.	5	6	7
8	9	10	11 London Support Group - Open Dialogue on Feelings	12	13	14
15	16 Fundraising Committee 6:30 p.m.	17	18	19 Perth Support Group	20	21 CAAC & SAC Meetings in Toronto
22	23	24	25	26	27	28
29 Chinese New Years	30	31 Oxford Support Group				

Be sure to call ahead in case the Interim Executive Director is out on an appointment: 642-4539
Support Group Locations: **London** - Cornerstone Clubhouse, London **Perth** - Zehrs Community Room, Stratford
Oxford - Woodingford Lodge, Woodstock Call **519-642-4539** for further information

February

2006

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Board of Directors 7:00 p.m.	2	3	4
5	6	7	8 London Support Group - Anger Management	9	10	11
12	13	14 Valentines Day	15	16 Perth Support Group	17	18
19	20 Fundraising Committee 6:30 p.m.	21	22	23	24	25
26	27	28 Oxford Support Group				

Be sure to call ahead in case the Interim Executive Director is out on an appointment: 642-4539
 Support Group Locations: **London** - Cornerstone Clubhouse, London **Perth** - Zehrs Community Room, Stratford
Oxford - Woodingford Lodge, Woodstock Call **519-642-4539** for further information

SERIOUS INJURY · NEUROTRAUMA · DEATH CAR CRASHES · MEDICAL MALPRACTICE · FALLS



BARBARA E. LEGATE, LL.B. 
Certified Specialist (Civil Litigation)

Certified by the Law Society of Upper Canada
as a Specialist in Civil Litigation.

Most frequently recommended lawyer (litigation)
in South Western Ontario**

In practice since 1981

**The Canadian Legal Expert® Directory 2000, 2001, 2004



LEGATE
PERSONAL INJURY LAWYERS

LEGATE & ASSOCIATES PROFESSIONAL CORPORATION



SEAN R. MACKINTOSH, LL.B.



MELINA J. BAXTER, LL.B.

COUNSEL: STEVEN KENNEY, M.A. LL.B. 
Certified Specialist (Civil Litigation)

672-1953
RESULTS with dignity

WE DO NOT REPRESENT INSURANCE COMPANIES

171 Queens Ave. Suite 700, London, ON N6A 5J7 - email: admin@legate.ca - Fax (519) 672-6889 - www.legate.ca

Brain Injury Association of London & Region
307-111 Waterloo Street, London, ON N6B 2M4

