



**BRAIN INJURY  
ASSOCIATION  
OF LONDON  
AND REGION**

**Board of Directors  
& Staff**

**President:**

Donna Boulianne

**Vice-President:**

Shauna Brock-Howard

**Treasurer:**

Gary Phelps

**Secretary:**

Kathleen Hodgins

**Directors:**

Bob Holt

Jim Mays

Diane Schumacher

Kelly Benn

Mary Carter

Sharon Tychoniak

Lana Rossi

Shari Shatil

**Executive Director:**

Gary D. Davies

# The Monarch

September 2005

Brain Injury Association of London & Region - London Middlesex, Huron, Perth, Oxford and Elgin  
Tel: (519) 642-4539 Fax: (519) 642-4124 E:Mail: braininj@skynet.ca  
website: www.braininjurylondon.on.ca Registered Charitable 139093736RR0001

## In This Issue

### Conference Reports

Making a Team Work

see page 6

Moving Ahead Together

see page 16

Donna Boulianne Remains President:  
Annual General Meeting Report

see page 8

Camp Dawn September 14th to 17th  
-a few spots left (maybe)

see page 9

Helmets on Kids Another Success

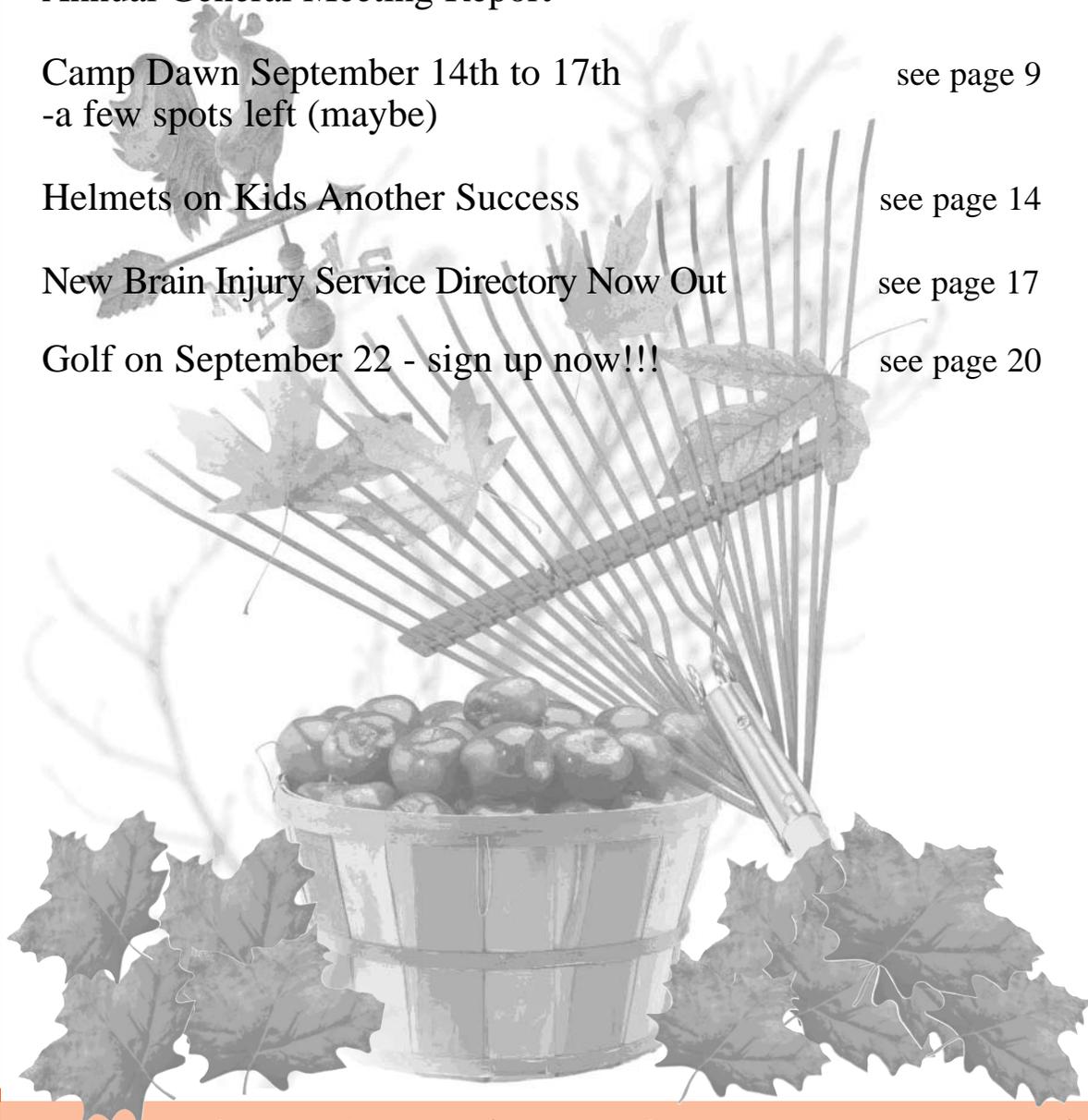
see page 14

New Brain Injury Service Directory Now Out

see page 17

Golf on September 22 - sign up now!!!

see page 20





Thank you to everyone who collects tapes from both stores. Some tapes get delivered; some get mailed in. They all help. Cornerstone Clubhouse members do our counting which is also a great help. We will continue to save until our current saving year ends in December.

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](mailto:braininj@skynet.ca)

Editors: Gary Davies,  
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

Please submit applications or address changes to:

307- 111 Waterloo St.

London, Ontario

N6B 2M4



## Cause of Brain Injury and Resulting Disability Types

The Ontario Brain Injury Association's Caregiver Information and Support Link (CISL) is a project that assists persons dealing with the effects of injury to the brain. The 1-800 Helpline provides support, access to information and advocacy to individuals with brain injury and their families.

CISL has prepared a questionnaire used to gather data about the individuals with brain injury and their families who use the helpline.

Results from the questionnaires have been used to create the charts below which detail the causes of brain injury reported by CISL participants. The majority of brain injuries were sustained in a motor vehicle collision (MVC). The total percentage of brain injuries that were attributable to some form of motor vehicle collision (i.e., automobile colliding with another automobile, a motor-cycle, or a pedestrian) was 61% of adults and 45% of

children with brain injury.

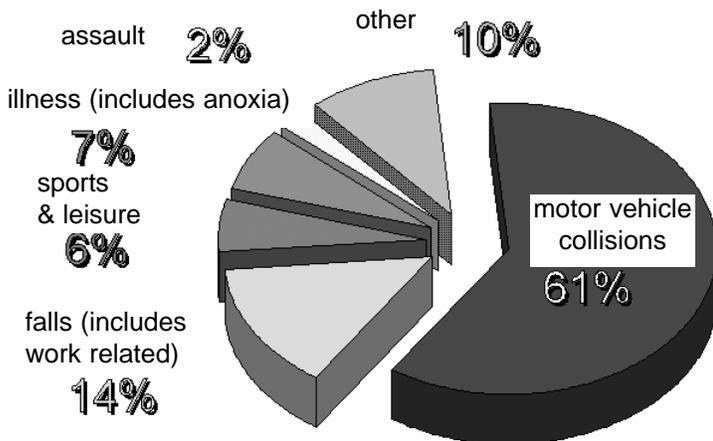
Eight percent of adult traumas were work related. For children the #2 cause of sustaining a brain injury was bicycle related.

### Type of Disability

Also using the data from the questionnaire the CISL developed the *Type of Disability* chart below. (Refer to Figure 1) The majority of participants report having at least some level of disability for each of the types listed. The adults especially report cognitive problems, physical, socially inappropriate behaviour and emotional difficulties. The children especially report cognitive problems and socially inappropriate behaviour.

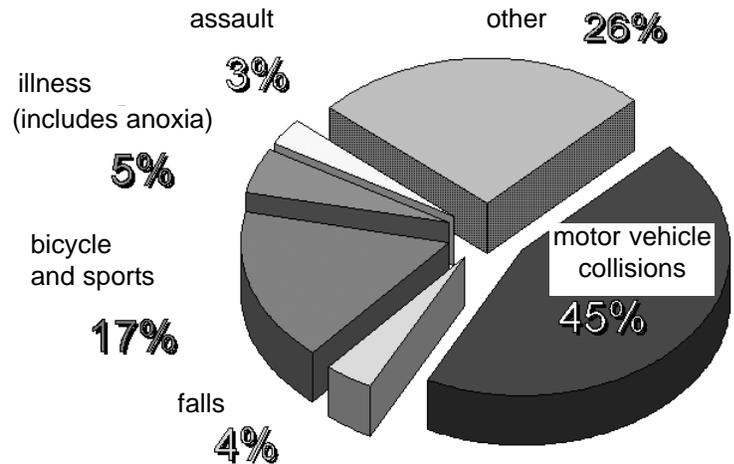
Visit <http://braininjurylondon.on.ca/> for more information on this and other related topics.

### Cause of Brain Injury - Adult



\*Ontario Brain Injury Association 1997

### Cause of Brain Injury - Children



\*Ontario Brain Injury Association 1997

**Figure1**

Type of Disability	Adults	Children
physical disability	85%	77%
difficulty in activities of every day living (ADL)	67%	67%
cognitive disability	92%	94%
socially inappropriate behaviour	84%	80%
emotional disability	84%	68%

### Canada Post Publications Mail

Agreement Number 40790545  
 Return undeliverable  
 Canadian addresses to :  
**307-111 Waterloo Street**  
**London, ON N6B 2M4**



## Community ABI Reintegration in Southwestern Ontario

By Jill Bowen, Regional Coordinator, ABI Programs, Parkwood Hospital

*Editor's note: The following notes were prepared by the author based on her speech at the Association's annual general meeting on June 15, 2005.*

One of the greatest challenges of coordinating services for individuals with complex needs is that they are frequently excluded from access to specialized services if there is a secondary diagnosis or disorder. Many individuals living with the consequence of an acquired brain injury may also have a mental health diagnosis and/or substance use issue. Although expertise in ABI, mental health and addictions exist, they often do so exclusively, and a bridge between the programs is nonexistent. Unfortunately, many of the individuals with multiple

and complex needs fall through the cracks. As a result, a key role of the Regional Coordinator is to build formal linkages with service providers in the community to meet the needs of ABI clients and their families.

When there are multiple service agencies involved in providing support to one individual, there is often the risk of fragmentation and duplication of service. The Regional Coordinator addresses the potential for fragmentation and duplication of service by enhancing coordination of services and facilitating community integration.

### Barriers to Community Reintegration

#### Housing

One of the biggest barriers faced by individuals living with the consequence of an acquired brain injury is non-availability of suitable community based housing. Unfortunately, long-term care facilities (LTCF) are frequently identified as the only alternative. Often due to the level of physical and cognitive impairment, families are not capable of providing the level of care-giving responsibility that is required to meet their loved one's



**Cohen Highley**  
LAWYERS

#### 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](http://www.cohenhighley.com)



need. The prospect of placing a family member in a LTCF is often a very distressing situation for clients and their families, as the majority of facilities are designed to serve an older population.

## Meaningful Daily Activity

Outcome studies have repeatedly shown that the majority of people who sustain a moderate to severe brain injury are unable to return permanently to the workforce, and many become socially isolated.

Research shows that daytime involvement in productive activity is a significant predictor of community integration. The reasons for the importance of productivity in community integration include the idea of making a contribution, having a sense of purpose, having some structure to one's day, economic reward, and receiving respect from others.

In larger cities throughout Southwestern Ontario (London, Windsor, Chatham), day programs specifically for individuals with an ABI have been created as a venue to provide meaningful daily activity. These programs offer opportunities to engage in meaningful work and provide an opportunity to

develop peer relationships. However, in rural areas, social isolation and issues of loneliness continue to be a tremendous challenge.

## Meaningful Relationships

Many individuals experience issues of loneliness and isolation following an acquired brain injury. Maintaining old and establishing new friendships following a brain injury can be difficult because of behavioral challenges, lack of



insight and awareness, and memory impairments. Inter-personal relationships, especially marital relationships, can be severely strained by the changes in personality and behaviour experienced by many people with an ABI. Consequently, family members often become responsible for pro-

viding social interaction and organizing social activities if friendships have dissipated.

The purpose of community integration, and certainly one of the key functions of the Regional Coordinator role, is to remove barriers to allow individuals living with the consequence of an acquired brain injury to re-engage in a variety of activities and relationships that comprise ordinary daily life. Due to the many challenges, it is the development of partnerships that appears to be the most viable solution to removing barriers to community integration, ultimately enhancing the quality of life of the individuals. There is an ever-increasing need to build partnerships because of the multiple and complex needs, scarcity of resources, and the recognition that one agency or program cannot do it all. While coordinating

services for hard to serve ABI clients, many agencies have been willing to partner to provide a piece of the service needed to optimize opportunities for individuals to actively live in their communities. This is the start of capacity building in our communities.



**MOVING TOWARDS WELLNESS LTD.**  
Disability • Vocational • Return to Work

- Disability/Catastrophic Case Management •
- Return To Work Services • Vocational Consulting •
- Ergonomic Assessments •
- Job Site - Home Assessments •
- Workplace Wellness/Training Programs •

Mary Hansen-Webb, R.R.P., C.C.R.C., Pres./Senior Consultant  
Tel: (519) 482-7181 Email: mhw.mtw@hurontel.on.ca

Serving Huron/Perth, Grey/Bruce, Lambton/Middlesex Counties



**StressArt Services**  
Art Therapy Support

Counselling with a creative advantage

- Brain Injury
- Medical Issues
- Learning Difficulties
- Refugee Concerns
- Trauma, PTSD
- Life Stress
- Loss
- Alzheimer Support

**Mind Work...** Make it part of the picture.

Jane Neilly Mallay, BA, Dipl.AT  
Professional Member, OATA

(519) 542-6678  
Email jananm@ebtech.net



## Making a Team Work

Over 125 people participated in our 8th annual conference on June 24. The second edition of our Association's Brain Injury Services Directory was launched and Legate & Associates was honoured for its contributions to The Monarch and Helmets on Kids (see photo to the below left). We would like to thank everyone who attended, including our 17 exhibitors. As well, we are grateful to our sponsors for their support: ( see facing page for list of sponsors)

*Legate & Associates honored for role in Helmets on Kids and The Monarch. A plaque was presented by President Donna Boulianne to Legate staff at the conference on June 24. Left to right, Nicole Gallant, Donna Boulianne, Chris Jackson, Sheryl Johnstone*



*Conference speaker Rolando Del Maestro (above right) with conference chair Jim Mays*

# 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](http://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



We are grateful to the following sponsors for their support:

**Personal Rehabilitation Counselling Services, Inc. (Ike Lindenburger)**

**Legate & Associates**

**Dr. Emilie Newell**

**Bayshore Home Health**

**Parkwood Hospital ABI Rehabilitation Program**

**TSSC Structured Settlements**

**Brainworks**

**Neurologic Rehabilitation Institute of Ontario (NRIO)**

**Susan Waymouth Rehabilitation Consulting Services**

**Future Care Cost Associates**



*Photo above: Conference speaker Tim Feeney (right) with conference chair Jim Mays. Photo on right: Making a Team Work Conference Panel. Conference Chair Jim Mays meets with panel members (left to right) Corey Asberg, Cindy Galbraith, Jill Bowen, Rollie Pilon, who discussed the role of case managers at the Association's June 24 conference.*



**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](mailto:aking@bbo.on.ca)  
Website: [www.bbo.on.ca](http://www.bbo.on.ca)  
1600-380 Wellington Street  
London, ON N6A 5B5**



## Donna Boulianne Re-elected President: Annual Meeting Report

Following the annual general meeting on June 15, the Board of Directors re-elected Donna Boulianne as President for the upcoming year. Shauna Brock Howard remains Vice President and Kathleen Hodgins will continue as Secretary. Klaus Weiser retired as President and was replaced by new Board member Gary Phelps, a London accountant.



Other retiring Board members were Rod Dale, John Barber, Peggy Stewart and Jacki Flood, all of whom were presented with gifts and certificates in thanks for their involvement.

Other new Board members are: Kelly Benn, a London psychologist; Mary Carter, a London community relations manager, Sharon Tychoniak, a factory worker from Stratford who is also leader of the Stratford Support Group and has a son who has a brain injury; Lana Rossi, a clinical consultant from London; Sari Shatil, a London physiotherapist. Welcome to all!!!

Guest speaker Jill Bowen, the Regional Coordinator of ABI Services at Parkwood Hospital, gave a report on her first year on the job. Notes from her speech will be found in this issue of The Monarch beginning on page 4 .

As support group leaders, Sharon Tychoniak, Bonnie Miller, Bob Holt, Joanne Osborne and Mickey Gurbin were all singled out for their contributions and plaques were presented to those in attendance.

We would like to thank Cornerstone Clubhouse for providing their lovely space for the meeting and for the tasty refreshments.

**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](http://www.rehabilitation.ca) e-mail: [info@rehabilitation.ca](mailto: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.*



**Top Photo:** New Board members: Front row, left to right, Sharon Tychoniak, Mary Carter, Sari Shatil and Lana Rossi were elected new Board members at the Association's annual meeting June 15. President Donna Boulianne and Executive Director Gary Davies are in the second row. Kelly Benn and Gary Phelps were absent for the photo. **Photo Above:** President Donna Boulianne (left) greets Jill Bowen, the guest speaker at the Association's annual meeting June 15.



This Year's Camp will be held from  
Wednesday, September 14,  
to Saturday, September 17, 2005,  
at Rainbow Lake

At the time of writing, the deadline to register for the third Camp Dawn was still over two weeks away, but already 30 registrations had been received. By the time you receive this, some spaces may still be available. See the Camp's website, [www.campdawn.ca](http://www.campdawn.ca) for a registration form.

## **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**

## **News Briefs**

### **Local Health Integration Networks (LHIN's)**

Ontario's network of district health councils has been replaced by LHIN's, whose role will be to plan, integrate and fund local health services. The Ontario Government recently named the Board Chairs and CEO's of the 14 LHIN's. In Southwestern Ontario, Norm Gamble will be Chair. Tony Woolgar is the new CEO. Paul Huras, formerly Executive Director of the Thames Valley District Health Council, is now CEO of the LHIN in Belleville.

### **Development Chair appointed Dean at Dalhousie University**

Dr. William Webster, who, for the past few years, was Chair of the Association's Development Committee, has left London to become Dean of the Faculty of Health Professions at Dalhousie University in Halifax. Will was very helpful in developing the Association's program performance objective and indicators. We will miss him in London but wish him well in his new position.



# The Gathering

***If you plan it***

***They will come***

***Called in by healing drums.***

***They arrive***

***By land and air***

***Making their way to a waylaid wooded Eden***

***Raising voices***

***As one mighty chorus***

***In this accessible wilderness***

***In remembrance***

***For those who couldn't be here***

***For those who didn't make it,***

***And so that no one will be alone in a crowd any longer,***

***Singing out***

***A sweet esoteric song of survival,***

***"we did survive***

***and we live again."***

The anonymous author of *The Gathering* attended Moving Ahead Together, the survivor conference held at Woodeden Camp June 1-2, 2005

## EDUCATIONAL HELP CENTRE INC. EST. 1994

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

Tel: (519) 679-6809

Fax: (519) 679-6988

Email: [cornerstoneclubhouse@rogers.com](mailto:cornerstoneclubhouse@rogers.com)

Website: [www.cornerstoneclubhouse.com](http://www.cornerstoneclubhouse.com)

\* A place to come and belong

\* The opportunity for meaningful work

\* The opportunity for meaningful relationships

**"Supporting Success"**



### Memorial Donations

Over the last couple of months we have received donations in memory of Hazel O'Quinn, Jordan Doxtator, Josh Heckler and Brent Peters. We extend our sympathy to their family members and friends and thank everyone who made donations to our Association.



**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](http://www.extendicare.com)

ParaMed is proudly Canadian and a division of Extendicare




**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](http://www.braininjurylondon.on.ca)  
[braininj@skynet.ca](mailto:braininj@skynet.ca)



# The Monarch

## Support Group News

Most groups were inactive during the summer months. A notable exception was Perth, which held its annual silent auction on July 16 and raised over \$2500.

Oxford's group had a guest speaker at its May meeting. Keith Thompson spoke about getting along with friends and family. Oxford's annual June barbecue was held at Bonnie

and Ray Miller's home on June 28.

London bid farewell to leader Mickey Gurbin at its annual potluck supper on June 8.

Maitland members were busy

in June 15 with a brain gym session and, in late July, went to the zoo and had a pool party. Maitland produces its own newsletter which we have reproduced in this issue of The Monarch (see facing page).

Groups are now gearing up for fall meetings and some are looking for new leaders. Anyone interested should contact Gary at the office.



### **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



# STEPS

## Maitland Brain Injury Support Group

c/o A. Joanne Osborne  
 P.O. Box 399  
 TEESWATER, ON  
 N0G 2S0  
 res: (519)392-6944  
 fax: (519)392-8461  
 e-mail: [ajob@wightman.ca](mailto:ajob@wightman.ca)



*Maitland Brain Injury Support Group is affiliated with Brain Injury Association London and Region*

contact: Gary Davies, Executive Director  
 tel. 510-642-4539  
 fax: 519-642-4124  
 WWW.braininjurylondon.on.  
 Email: [braininj@skynet.ca](mailto:braininj@skynet.ca)

# SUMMER 2005

## BRAIN GYM

### WE ARE NOT ALONE

About a dozen members AND friends learned exercises that will help improve their brain function.

Margie Bates led us in Brain Gym exercises on June 15, when we met at the Wingham Adult Day Centre.

We had some new members joined us for the evening of



FUN & learning. We hope to see you again, Julie, Vicki & Elaine!

*Our new member, Julie Pestell is a certified driving instructor and says she can and will help brain injury survivors 'get back on the road again'. Anyone wishing help with their driving can call Julie in Atwood at*

519- 356-2322

## ZOO & POTLUCK SUPPER



**Saturday,  
 30 July, 2005  
 1:00 p.m.**

Maitland Brain Injury Support Group members AND FRIENDS will visit the Bervie Zoo

Fees to see the animals at the Bervie Zoo are as follows:

\$8/adult  
 \$4/ child 12years under

### DIRECTIONS TO BERVIE ZOO

The Bervie Zoo is located on the north side of Highway 9, west of Bervie and east of Bruce County Road 7.

From Ripley, travel north on Bruce County Road 7 to Highway 9. Turn east onto Highway 9. The Bervie Zoo is a couple kilometers east of the intersection.

## POTLUCK SUPPER WITH POOL OR BEACH PARTY

Bring your bathing suit AND FAVOURITE summer potluck dinner for a social after ENJOYING your VISIT to the Bervie Zoo.

After the zoo tour, we'll go for a pool party and potluck supper at the home of Lloyd, Dee Dee & Adria Graham, OR we'll travel to Harvey & Joanne Osborne's "cottage" for a swim in Lake Huron and potluck supper.

**BRING YOUR GOOD MOOD FOR THE WHOLE DAY!**



## !FAREWELL! !PAT!

Our founding facilitator, Pat Pietrek, has moved on to new things.

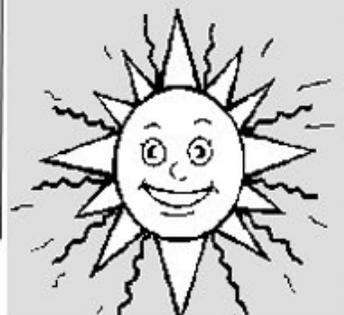
Pat helped Maitland Brain Injury Support Group get to where we are today.

We wish you HAPPINESS in your new life in the Kitchener area Pat!



## Your words

**Keep** your face to the sunshine and you cannot see the shadow  
 Helen Keller





# The Monarch



# HELMETS ON KIDS

*a Community Partnership*

Nine hundred twenty-one students at 40 schools in London and Middlesex County received helmets on June 15, following a kick-off event at Manor & Highland School attended by local school, health and law enforcement officials and members of the Ontario Trial Lawyers Association.

Under the leadership of Barbara Legate of Legate & Associates, the lawyers raised \$8,275 this year from the following donors:

- Brown Beattie O'Donovan*
- Lerners*
- McKellar Structured Settlements*
- Anne Marie Frauts*
- Global Resolutions*
- Thomson Mahoney Dobson Delorey*
- CAMI Automotive*
- Rehabilitation Management Inc.*
- Judith Hull & Associates*
- Robert McGill*
- Artery Studios*
- DSW Actuarial*
- Staff of Siskinds The Law Firm*

In addition to Ms. Legate, this year's Helmets on Kids Committee members were:

- Pamela Longworth (Middlesex London Health Unit)*
- Gary Davies (Brain Injury Association of London and Region)*
- Andrew Murray (Lerners)*
- Sylvia Hazenburg (Thames Valley District School Board)*
- Helene Diesbourg (London District Catholic School Board)*
- Bill Brock (Children's Safety Village).*

Thanks are also due to Leighanne Hayes, Brian Mason, Braden Matthews, Graham Gress, Nicole Gallant and Karina Allen who helped sort, pack and deliver the helmets.

In addition to the helmets distributed at the schools, an additional 125 were available at the Children's Safety Village. More helmets have been given to children through several community agencies serving children.

Helmets are still available from

our Association, as is a safety video produced last year, which agencies and community groups can use.

Executive Director Gary Davies received the following letter from six students at London's John P. Roberts Public School:

"Thank you for the helmets. We can't wait to use them. We liked the colours you chose for them. We really appreciated the helmets as we all like to ride our bikes and skateboards. We feel safe now while playing. Thank you again."

The letter was accompanied by a letter from the school's learning support teacher thanking Helmets on Kids for its investment in keeping children safe, healthy and happy and for providing such a useful video.

Thanks to all who made this year's Helmets on Kids day another successful one.

**Donna Boulianne**  
**REHAB THERAPY SUPPORT SERVICES**

**(519) 476-2105**

Email [donna.boulianne@sympatico.ca](mailto: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](mailto: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



At their annual pot luck supper at Cornerstone Clubhouse on June 8, London Support Group members wished Mickey Gurbin well on her retirement as leader of the group.



## BARTIMAEUS<sup>U</sup><sub>U</sub>

### REHABILITATION SUPPORT SERVICES

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

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.

Our *Services* provide:

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

For further information, please contact:

**Tish Byrne**  
Coordinator of Services

519-575-2002



# The Monarch

## Moving Ahead Together 2 Conference Report

*By Kevin MacGregor, Conference Chair*

I am honoured and delighted to provide this report on the proceedings of the Moving Ahead Together 2 ABI survivor conference held in London on June 1 and 2, 2005. I got to witness many very beautiful things at this event that I hope to see much more of in the future.

In my eight years of post injury life I have experienced a great deal of isolation and hopelessness because of my injury and the great challenge of healing. These challenges are exponentially complicated with insurance issues, legal issues and income issues. I have met many people with brain injury who find that recovering from ABI is more like fighting a great battle. The battle is against a segmented system that is driven by money, not driven by healing. The industry also has no cohesive vision. This lack of vision leaves people feeling as though there is no path through the woods, just a bunch of hazardous people running around with chain saws.

Our MAT2 conference was completely different. At the conference I saw the growth of a young community. I witnessed people

with brain injuries finding true healing from others with brain injury. It was like everyone was sick of fighting the system and decided to use that energy to help each other instead. I had people coming to me in tears giving thanks that they now had hope in their lives. Others told me that the conference provided a turning point in their path and they were inspired to continue on. I also heard ideas on rehabilitation that were an order of magnitude better than the most cutting edge therapy in hospitals.

We also have a community vision. During the conference ideas were brought together in writing that outlined the needs of the ABI community. This vision as well as some of the rehabilitation ideas will appear in a longer article in the next OBIA Review.

One important lesson I learned was to celebrate my achievements, even the smallest ones. In the past I spent a lot of energy beating myself up over not doing things well enough and not meeting my expectations. But at the conference I learned to recognize any achieve-

ment and be sure to celebrate it and be grateful. I recently traveled to Edmonton with my family. I was getting upset because I wasn't able to participate in all the activities people were doing. I started to get down on myself for what I could not do. Then I remembered that I had a lot to celebrate. I had made it to Edmonton hadn't I? I was able to attend some gatherings. I chose to celebrate what I achieved by giving myself the gift of a day off from the vacation and resting in our hotel room.

There is a community of ABI survivors across this province and beyond. All have great experience and insight. Currently we may be fragmented but we are growing and coming together. At MAT2 I witnessed how good we are for each other and how much we can achieve when we work together. I would like the ABI industry to take note that having great battles is not necessary. We can achieve much more as a community working together. When we come together we move ahead together.



**REHABILITATION THERAPY AND PSYCHOLOGICAL SERVICES**

Arden McGregor, M.A., C.Psych.Assoc., CBIS -CE  
Psychological Associate / Director

111 Waterloo St. Suite 501 London, ON N6B 2M4

Phone: (519) 657 -1180 ext. 102 Fax: (519) 657-1182

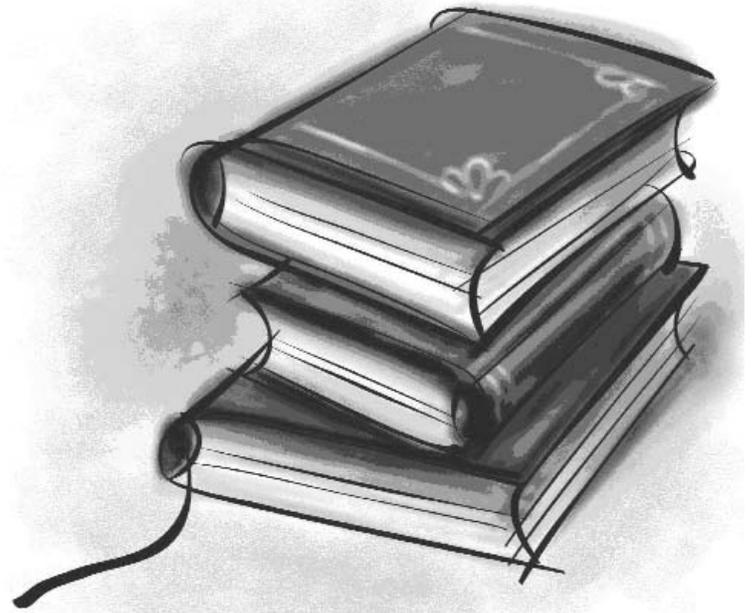
*We're growing!  
Employment opportunities  
available*



## Brain Injury Services Directory: Second Edition

Our second directory was launched at the June conference. This 64-page publication now has an expanded table of contents and an index. We hope eventually to have the directory on our website. At the moment it is available by mail or e-mail. Our thanks to Siskinds The Law Firm, who once again covered the printing costs and have indicated a willingness to do so for at least the next three editions.

All other work to produce the second edition was done by volunteers under the direction of Editorial Committee Chair, Jim Mays. Thanks to all who donated time to this project.



“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)

**LEARNERS**

**Lerner’s LLP  
Barristers & Solicitors**

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

[www.lerners.ca](http://www.lerners.ca)



## Deb Delorme Retires from Dale

Deb Delorme, long time Executive Director at Dale Brain Injury Services, retired in August and was honoured at a gathering at the Four Points Sheraton on August 18. Deb had served Dale for the past sixteen years, fourteen of them in the lead role. She plans to move to Western Canada. We wish her all the best in retirement and thank her for her contribution to brain injury services. Among other things, Deb was active in the Ontario Brain Injury Association and served a term as its President.



Sue Hillis, formerly with the Ministry of Health and Long Term Care, has been hired to replace Deb. We welcome her to this new role and look forward to working with her in the future.

### Notable Quotes

*If you lose hope, somehow you lose the vitality that keeps life moving, you lose that courage to be, that quality that helps you go on in spite of it all. And so today I still have a dream.*

*Martin Luther King, Jr.*

The world is full of suffering; it is also full of overcoming it.

*Hellen Keller*

Knowing others is wisdom, knowing yourself is Enlightenment.

*Lao Tzu*

Behold the turtle. He makes progress only when he sticks his neck out.

*James Bryant Conant*

### 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](http://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!



## Upcoming Conferences and Workshops

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

**September 28, 2005**

At Wolf Performance Hall, Central Library, Dundas Street, London. Presented by Legate & Associates. 8:30 am to noon. \$50. Proceeds to Brain Injury Association of London and Region. Registration [www.legate.ca](http://www.legate.ca), click on News/Registration. Information: 1-888-221-3043 or (519) 672-1953.

### OBIA Training Courses

**September 15-16, 2005**

Neurobehavioural disorders: their origin, nature and rehabilitation, level 2

**November 4-5, 2005**

Rehabilitation for children with ABI, level 1

---

## Parkwood Hospital Survivor and Family Education Series

This series will be of interest to survivors of brain injury and their families and friends.

The goal of the series is to provide education and information and opportunities to meet and support other people affected by brain injury.

The series will be in room A273 1-3 at Parkwood Hospital.

The dates for the series are Tuesdays, October 4, 11, 18, 25, November 1, 8, 15, 22 from 6:30 - 8:30 pm.

*Topics have not been finalized.*

For more information call Wendy Dorau at (519) 685-4292, ext. 44064.

**February 14-17, 2006**

Home and community based rehabilitation of persons with ABI, level 1

Information: Debbie Spaulding or Ruth Wilcock, 1-800-263-5404 or [obia@obia.on.ca](mailto:obia@obia.on.ca)

### 5th Interurban ABI Conference

Paddling the ABI Rapids: Strategies for Staying Afloat.

**October 19-21, 2005**

In Peterborough. *Information:* Four Counties Brain Injury Association, (705) 741-1172 or [fcbia@nexi-com.net](mailto:fcbia@nexi-com.net)

### **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

SEPTEMBER 22, 2005

Join us on the  
greens for

Team & Contest Prizes

Silent Auction

Door Prizes



The 4th Annual

# London Brain Injury Golf Classic

Proceeds benefit Brain Injury Treatment and Awareness

It is still not too late to register for the tournament at Greenhills, sponsored by our Association and HABIT. For details call our office 642-4539 or HABIT at 672-4942. A registration package can be emailed to you right away. Hole sponsors, silent auction items and prizes are welcome.



## 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**

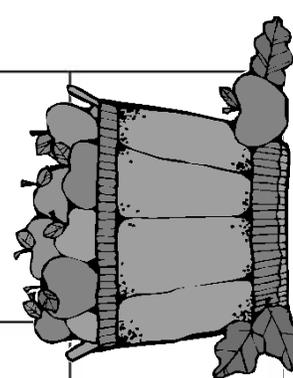
**Office**  
801 Commissioners Road East, London, Ontario  
Phone: (519) 685-4064 Fax: (519) 685-4066 Toll Free: 1-866-484-0445

# September

# 2005

## The Monarch



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 Labour Day	6	7	8	9	10
11	12	13	14 London Support Group 7:00 p.m. 	15 	16 	17 CAAC and SAC meetings in Toronto 
18	19	20	21	22 Charity Golf Classic at Greenhills	23	24
25	26	27	28 Breakfast Seminar on DAC's	29	30	

Regular Office Hours - Monday - Thursday, 8:30 a.m. to 4:30 p.m.  
Be sure to call ahead in case the Executive Director is out on an appointment: 642-4539

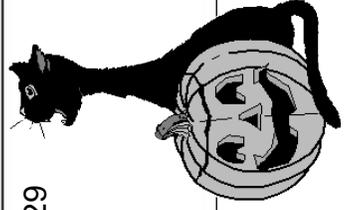
# October

# 2005



## The Monarch

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 Rosh Hashanah	5 Board of Directors 7:00 p.m.	6	7	8
9	10 Thanksgiving	11	12 London Support Group 7:00 p.m.	13 Yom Kippur	14	15
16	17	18 Succoth	19 Interurban ABI Conference in Peterborough	20 Interurban ABI Conference in Peterborough	21 Interurban ABI Conference in Peterborough	22
23	24	25	26	27	28	29
30  Clocks back one hour to Standard Time	31 Halloween	Regular Office Hours - Monday - Thursday, 8:30 a.m. to 4:30 p.m. Be sure to call ahead in case the Executive Director is out on an appointment: 642-4539				



# November

# 2005

## The Monarch



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 All Saints Day	2 Board of Directors 7:00 p.m.	3	4	5
6	7	8	9 London Support Group 7:00 p.m.	10	11 Remembrance Day	12
13	14	15	16	17	18	19 CAAC and SAC meetings in Toronto
20	21	22	23	24	25	26
27 Advent	28	29	30			



Regular Office Hours - Monday - Thursday, 8:30 a.m. to 4:30 p.m.  
 Be sure to call ahead in case the Executive Director is out on an appointment: 642-4539

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



**BARBARA L. 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 2002, 2003, 2004



**LEGATE**  
PERSONAL INJURY LAWYERS

LEGATE & ASSOCIATES PROFESSIONAL CORPORATION



**SEAN R. MACKINTOSH, LL.B.**



**MELINDA 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](mailto:admin@legate.ca) · Fax (519) 672-6689 · [www.legate.ca](http://www.legate.ca)

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



**BRAIN INJURY  
ASSOCIATION**  
OF LONDON  
AND REGION