



BRAIN INJURY

ASSOCIATION OF WINDSOR/ESSEX COUNTY

Step Ahead!

Spring 2010

PASTA FUNDRAISER



JUNE IS BRAIN INJURY AWARENESS MONTH!

WEDNESDAY, JUNE 9, 2010

5:00 P.M. - 7:30 P.M.

MR. BIGG'S SPORTS BAR AND EATERY

405 NOTRE DAME, BELLE RIVER

TICKETS \$10.00

ALL YOU CAN EAT PASTA, ROLLS, SALAD, TEA & COFFEE

DOOR PRIZES TO BE WON!



BRAIN INJURY
ASSOCIATION OF WINDSOR/ESSEX COUNTY

CALL 519-259-1813

PURCHASE YOUR TICKETS BEFORE JUNE 4!!!

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FJD Disability Management Consulting
1690 Huron Church Rd. Suite #120
Windsor, Ontario N9C 0A9
Tel 519-253-7779
Fax 519-253-8886
E-mail: frankd@mnsi.net

FJD Disability Management Consulting is a fully certified company which provides Social Work and case management services for both catastrophic and non-catastrophic injuries resulting from motor vehicle collisions and/or personal injuries caused by negligence of other persons. Our specialty is the rehabilitation therapy and case managing of persons suffering from Acquired Brain Injuries. The company president, Frank J DiPierdomenico, possesses his Level 1 Brain Injury Certification, which he acquired through Brock University in 2000.

Company Highlights:

- ✓ Twenty years case management experience
- ✓ Registered Social Worker (RSW) with OCSWSSW
- ✓ Key Community Partnerships/Network
- ✓ Competitive Hourly Rate
- ✓ Serving from two locales: Windsor and Port Elgin, while comprising Essex County, Kent County, London, Sarnia, and the Bruce Peninsula
- ✓ Services available in English, French, Italian and Blind-Deaf Sign

Company Services:

- Case management
- In-home individual and family counselling
- Social work services, which includes but is not limited to Assisting disabled clients in accessing various governmental services and benefits such as preparing and filing applications for CPP Disability Benefits, Ontario Disability Support Program (Income Supports), Trillium Drug Plans, and following through with appeals (if warranted).
- Medical-legal social work assessments

Please call today!!!

President's Report

Dear Readers:

I read an interesting quote the other day. It said "Set yourself on fire with enthusiasm and they'll come for miles to watch you burn." Watch out because the Brain Injury Association of Windsor/Essex County is on fire!

The Provincial Conference held October 28-30, 2009 was extremely successful. We've already signed on for the 2011 conference to be held November 2-4 in the Niagara region.

Our second Pasta Fundraiser held November 4, 2009 at the Rack and Roll was another smashing success. We sold just over 150 tickets and raised another \$1,000.00! Our next Pasta Fundraiser is June 9, 2010. Thank you to our volunteers and door prize sponsors!

The University of Windsor business students raised \$3,000.00 in their fall semester project.

The Chrysalis Day Club made a request to the board for new computers and brain injury software. The board has approved \$4,000.00 to purchase 4 new computers and software. These computers will be used daily by survivors at the Day Club.

Martin and Theresa Wunder have made a generous donation of \$4,000.00 towards Helmets on Kids. 344 helmets were delivered to the Children's Safety Village and are ready to be distributed and fit by our partners in the Windsor Essex County Injury Prevention Coalition. There is enough money to buy another 320 helmets later in the summer. The need for helmets is huge and we will continue to fundraise for this worthy cause.

Caregiver and survivor support groups are growing. Check our website for topics. Meetings are the second Tuesday of each month.

At the board level we've been busy bees. We've submitted a Trillium Grant Application for a part-time executive director to assist with the implementation of our strategic plan. Nancy Nicholson and Cheryl Henshaw worked many hours on this application. Keep your fingers crossed!

Since the fall we have approved a Privacy and Confidentiality Policy, Code of Ethics and By-Laws. All of these are on our website. Speaking of the website, it is **brand new** and more informative and interactive than ever. A very special thank you to Dennis Radman for the development of this new website. Check it out at www.biawe.com.

Dr. Carol Franklyn has resigned from the board after 8 dedicated years. She was a founding director in 2001. We are thrilled that she remains the Chair of the Taste of the Caribbean Gala.

We are pleased to welcome new board member Dr. Anne McLachlan. Dr. McLachlan is a psychologist at Windsor Regional Hospital and brings a unique perspective to the board.

Sincerely,

Melanie Gardin

Board President

Deborah Crowe, RRP, RCSS
Recipient of the
**2008 CCAC Caregiver
Recognition Award** (Middlesex County)



*Offering education on benefits
if you or a loved one have been
injured in a motor vehicle accident.*

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1140 Frances St. Suite 4 London, ON N5W 5N5

Glutathione (GSH) - What is it?

Why it is so important for individuals who have sustained an acquired brain injury

Written by Deborah Crowe, RRP, RCCS

WHAT IS GLUTATHIONE (GSH)?

Glutathione is a small molecule made up of three amino acids, which exists in every cell of the body. However, glutathione must be generated within the cell from its precursors before it can work effectively in the body.

The presence of glutathione is required to maintain the normal function of the immune system. It is known to play a critical role in the multiplication of lymphocytes (the cells that mediate specific immunity) which occurs in the development of an effective immune response.

Furthermore, the cells of the immune system produce many oxiradicals as a result of their normal functioning, resulting in a need for higher concentrations of antioxidants than most cells. Glutathione plays a crucial role in fulfilling this requirement.

WHAT DOES THIS MEAN TO YOU AND ME?

Did you know glutathione is the most powerful, prevalent antioxidant in your body? Increasing your glutathione level will naturally increase your energy, detoxify your body and strengthen your immune system.

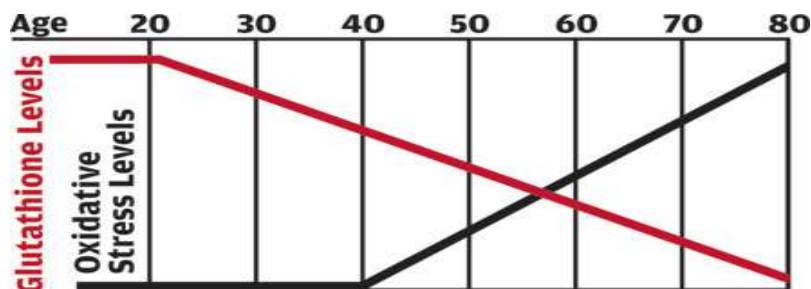
To sustain a healthy, vibrant life free of illness and disease, glutathione is crucial. Our bodies stop producing glutathione at the age of 20 and continue to deplete every decade between 8 to 22%. (See chart below).

When Glutathione levels are high you feel good and look good. You fight off minor illnesses quickly, have plenty of energy, and feel mentally and physically alert.

RESEARCH ON GLUTATHIONE

Dr. Robert H. Keller, MD, MS, FACP. Dr. Keller is a Board Certified Immunologist, Oncologist and Hematologist.

Dr. Keller has completed extensive research on glutathione and has created a patented formula that increases Glutathione levels naturally in your body. Glutathione inhibits and neutralizes the harmful affects of brain injury and trauma, stress, aging, overexertion, illness, infection, toxins, radiation, chemicals and pesticides, loss of energy, and diseased states in the body.



Increasing Age and Other Factors Reduce the Body's Production and Utilization of GSH

Glutathione (GSH) – What is it? (continued from page 5)

Research completed by Dr. Robert Keller has shown that individuals who have low levels of glutathione are susceptible to chronic illness. Research shows that GSH levels decline by 8% to 12% per decade, beginning at the age of 20. Levels of glutathione are further reduced by continual stress upon the immune system such as illness, trauma (brain injury), infection, and environmental toxins. As we now know, a lowered immune system can bring about illness and disease. This is a ferocious cycle. While you need glutathione for a productive immune system, a weakened immune system hampers the production of glutathione.

Research for the past 30+ years has been ongoing and completed with over 70,000 published articles on Pub Med on Glutathione (specifically on the brain).

When brain cells break down this leads to several medical problems. Every cell in the bottom is responsible for producing its own GSH. GSH is rapidly consumed by stress, fatigue and illness.

Depletion of GSH is caused by prescription medication, poor diet, radiation (microwaves, cell phones), chemicals, pesticides, injury and trauma (i.e. brain injury).

All of the other antioxidants in your body depend on the presence of GSH in your body to function properly.

GSH is the body's master antioxidant.

GLUTATHIONE & TOXINS

Toxins are everywhere – your house, your work environment, the air you breathe. Just because you feel well does not mean your not getting exposed to free radicals that are affecting your brain cells.

Glutathione is the only protector for our bodies. GSH can push the population of the world to a level of nutritional wellness and being.

The limiting factor is that you need to have GSH available – naturally. GSH is the most important nutrient for your body.

GSH is the main source of detoxification through the liver in the body. This happens as the liver is where the body concentrates the most GSH. GSH must circulate throughout your whole body.

Glutathione is literally the “iPod™” of Health & Wellness. It will become a common household word and part of our daily nutritional regime in the near future.

Dr. Keller found a formula of natural precursors that every cell recognized and used way to get GSH into the body's cells naturally and without it getting lost in the digestive barrier. The most powerful way to raise GSH is when the body reproduces its own.

It has been researched, tested and a patented method and formula developed. It is a pre-cursor for GSH production in the liver to send to all of the body's cells.

GSH is the brain's master antioxidant. Science has verified this. When you add a cell permeable GSH it increases neuronal GSH by 250%. Individuals with an acquired brain injury require high amounts of GSH due to the compromise of injury and trauma to their brain cells.

Research has found that GSH through supplementation is needed. Aging and oxidative stress and free radicals deplete GSH. To have strong immune systems we need to have high levels of GSH. Diseases that are related to aging are directly links to low GSH levels.

GSH is the #1 antioxidant to neutralize free radicals and assisting the various medical conditions that we know of now.

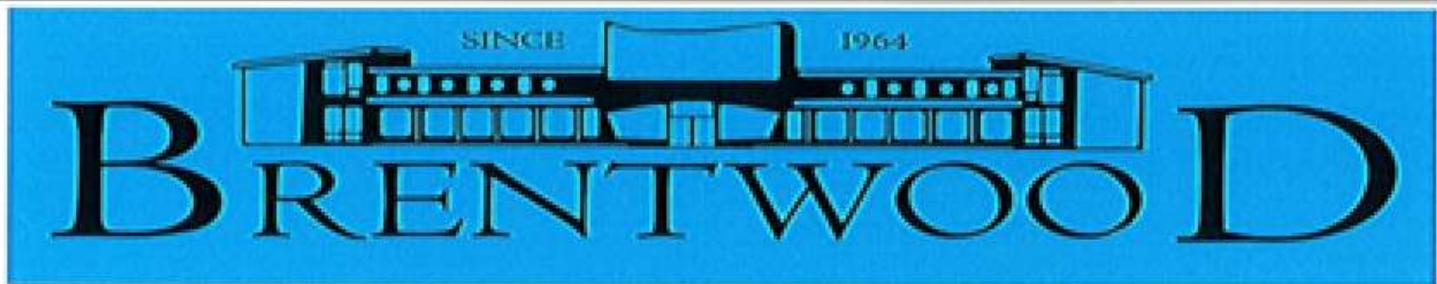
GLUTATHIONE OVERVIEW

- 1) Supplementing GSH naturally has been scientifically proven to work. You can take a BLOOD TEST and not only verify but quantify the rise in glutathione levels in every cell in your body in less than 30 minutes after taking the precursor developed by Dr. Keller.
- 2) Glutathione -- GSH -- is the master antioxidant of the body and is the body's antioxidant of choice in all situations where an antioxidant is called for.
- 3) According to Dr. Keller, medical research has shown that all other antioxidants are used by your body to help with glutathione production or use.
- 4) Dr. Keller completed a double blind, placebo controlled, crossover study that proved that taking a natural precursor supplement that it will increase the sustained levels of GSH in a healthy body by 250%.
- 5) The study also showed that people using a precursor for GSH production were, as a group, happier.
- 6) Dr. Keller's precursor formula has been issued a composition patent and this is only the 16th time in the history of the US patent office that that has been done with a nutritional substance.
- 7) Dr. Keller has said that in every named disease he has investigated, glutathione levels are always low.
- 8) Dr Keller also said that all diseases begin with inflammation.
- 9) Naturally giving your body the precursor of GSH enables your body to do or have 4 things:
 - a) It helps your body have more energy
 - b) It helps your body have clean cells
 - c) It enables your body to reduce inflammation
 - d) It helps improve cell function
- 10) I ask every Doctor I talk to this question: can you name any disease or condition that is not made better by your body having 1) more energy 2) clean cells and 3) the reduction of inflammation? The answer is always the same -- they can't think of any.
- 11) When we are young our body reuses the Glutathione it produces up to 9 times. As we age, we lose that capability. Supplementing production of GSH jumps starts that function. Your body will recirculate, rejuvenate and reuse the Glutathione that it produces -- making the process more efficient.
- 12) A precursor of natural GSH helps you sleep better among many other things. When you are having a deeper level of sleep, your body is healing itself.
- 13) GSH helps detoxify your liver.
- 14) GSH makes other nutrients in the body work better, so you need less because it raises the energy in the cell, of the ATP.

"When health is absent, wisdom cannot reveal itself, art cannot manifest, strength cannot fight, wealth becomes useless, and intelligence cannot be applied."

Herophilus (Father of Scientific Anatomy)

If you would like more information and references for research please contact Deborah Crowe at deb.crowe@sympatico.ca or at her office (519) 659-8799 Ext. 22.



"WHERE PEOPLE NEED PEOPLE"

Brentwood is a Recovery Home committed to providing compassionate care and treatment in a residential setting for persons whose primary problem is alcohol and drug abuse while providing non-residential support for their families.

Located in the heart of Windsor Ontario, Brentwood is a non-denominational Recovery Home that has served over 20,000 Men and Women primarily from Windsor and Essex County. It is not the quantity of people that have recaptured their lives that measures our success. We recognize and respect the fact that recovery is a life long process that requires ongoing support and care so that each person has the opportunity to continually enhance his/her self confidence, self worth and personal growth.

Need help? Call 519-253-2441

Can you help us help others? We are always grateful for your support.

For more information call 519-946-3115 or email mlennox@brentwoodrecovery.com
www.brentwoodrecovery.com Charitable Registration No. 11885 0130 RR0001

In Memorandum

Wendy Walker

James Chase

Dale Ladouceur

Board of Directors

Melanie Gardin, President

Lois Caldwell, Vice-President

Nancy Nicholson, Treasurer

Cheryl Henshaw, Secretary

Amy Abbruzzese

Renee Cantarutti

Deborah Crowe

Joseph Farah

Elsie Galbraith

Cheryl Harris

Anne McLachlan

Dennis Radman

Julia White

Kathy Worotny

There is 1 vacancy on the Board of Directors. If you are interested, please submit a letter outlining what special skills or experience you can offer the board. All submissions will be considered at the next board meeting. Letters can be faxed to 519-259-1832.

Across the Province - OAC Review of 2009

On November 13, OAC held its final meeting of 2009. Representatives from across the province spent some time reviewing the role and purpose of OAC and talked about how they can strengthen the communication and flow of information from you, the members of our associations, with the leadership of their local association, with the OAC and with OBIA. Over the past year, OAC reps have increased their knowledge through workshops on Fund development; Legal aid services; Income maintenance programs (i.e. ODSP, CPP, Long Term Disability, OW)

Participation in these workshops help increase the knowledge of community resources so that your association is better able to share information with you.

In 2009, we worked together on the Provincial Conference, Peer Support and the Dual Membership program. We had greater collaboration than ever before. Seventeen associations participated in the provincial conference hosted by the Brain Injury Association of Niagara (BIAN) and OBIA. Local associations contributed volunteers and door prizes and their presence was felt by those in attendance. Our collective efforts to promote the conference resulted in a sell-out crowd of 566 delegates.

In Peer Mentoring, we were happy to add the Brain Injury Association of Thunder Bay to the participating associations. There are now fifteen associations offering Peer Mentoring. In 2009, we hosted Mentor training sessions in Peterborough, London, Belleville, Mississauga, and we will finish the year with a Mentor training session in Toronto. With our collective efforts, we have been able to train 134 Mentors. 132 Partners have sought support through this program.

Across the Province - OAC Review of 2009

The OAC held its first meeting for 2010 on January 23. At this meeting, participants heard from Mark Blumberg about the legal requirements for charities. Mark is a lawyer who specializes in Charity Law, and came to us through the Charity Law Information Program (CLIP) at Capacity Builders. Though this topic can be dry, Mark kept our interest with his thorough knowledge and sense of humor. Information about CLIP is available at <http://www.capacitybuilders.ca/clip>

OAC representatives reviewed the Committees of OAC and have created a provincial Awareness Committee, which will create our key messages for awareness campaigns in the community to help make us more effective at reaching the public. Other OAC Committees include:

Standards - monitors the affiliation process for local associations

Resources - working on the creation of information resources for stakeholders

Showcase - creates opportunities for survivors to showcase their artistic talents

The OAC celebrated the success of the 2009 conference in Niagara Falls, and began to turn its attention to preliminary planning for 2011. Based on the sell out attendance at last year's conference and the great satisfaction with the venue, OAC recommended to the OBIA Board that the 2011 conference be held on Niagara Falls again. All local associations will have opportunities to participate in planning, promoting and volunteering at the conference. The OBIA board approved this recommendation at the board meeting on January 24.

At the meeting, representatives learned that John Kumpf will be retiring from his position of Executive Director on September 6, 2010. Over the past twelve years John's passion in bringing education, awareness and support to those living with the effects of brain injury has profoundly impacted survivors, family members and professionals alike. John's leadership and dedication will be sorely missed. The board is currently in the process of recruiting a new Executive Director. Applications are being accepted from within the organization as well as from external applicants. You can find out more by contacting your local association or OBIA.

Do you suffer with
brain injury, chronic pain
or depression?
We can help!



Psychology • Social Work • Vocational Services • Rehabilitation Therapy / Assistance
Psychovocational Assessments • Academic Support • Case Management



Call us for details!

London: (519) 657-1180 ext. 0 Windsor: (519) 970-9259

Huntsville: (705) 787-7500 ext. 0 Toll Free: (866) 394-6240 ext. 0

Website: www.brainworksrehab.com Email: info@brainworksrehab.com

Direct services available throughout Southwestern Ontario and the Muskoka region.
Consultation and education service capabilities throughout Ontario.

Announcing Case Management at Brainworks



Brainworks is pleased to announce the addition of Tami Nestor, BA, BScT, Case Manager / Rehabilitation Consultant, to our Windsor team of professionals. For the past decade, Tami has been a case manager serving Southwestern Ontario from her Windsor home base. Her strong connection to service providers throughout the region is an asset to our clients. Known for her client-centred, business savvy approach to case management, Tami provides professional and prompt coordination of care for clients who require individualized treatment plans with multi disciplinary intervention. Both Brainworks and Tami are excited about serving clients in the Windsor area together.

Tami can be reached at:

Windsor Phone: (519) 970-9259

Email: tami.nestor@brainworksrehab.com

Website: www.brainworksrehab.com

head office

London Fax: (519) 657-1182 79 Ridout Street South

London Toll Free: (866) 394-6240 ex. 0 London, Ontario N6C 3X2



Upcoming Fundraisers


BRAIN INJURY
ASSOCIATION OF WINDSOR/ESSEX COUNTY

IS HOSTING A DRIVE-IN MOVIE NIGHT
AT THE OTTAWA STREET MARKET PLACE PARKING LOT
FRIDAY, AUGUST 20, 2010
FEATURING THE DISNEY PIXAR FILM "UP"



DOORS OPEN AT 8:00 P.M.
MOVIE STARTS AT 9:15 P.M.
REFRESHMENTS AVAILABLE FOR PURCHASE




Ambassadors

MOTORCYCLE RIDE AND STREET PARTY
SUNDAY SEPTEMBER 26, 2010
MAIN STREET BELLE RIVER (Notre Dame St.) 1-7PM

BIGGS BACKYARD
BBQ
&
STREET PARTY

www.mrbiggs.ca for updates regarding
 charity ride and bbq dinner tickets.

Proceeds will benefit


BRAIN INJURY
ASSOCIATION OF WINDSOR/ESSEX COUNTY

The Johnson family & the


BRAIN INJURY
ASSOCIATION OF WINDSOR/ESSEX COUNTY

Cordially invite you to the

1st Annual Bill Johnson
Memorial Golf Tournament

www.ThumbsUpForeGolf.com


Thursday September 9, 2010



a taste of the
CARIBBEAN

A night of fun in support of the
Brain Injury Association
of Windsor & Essex County

Saturday, May 1st, 2010
 Hilton Great Lakes Room - 277 Riverside Dr. W.

Caribbean Buffet - Dancing - DJ and Steelpan by E. Man - Caribbean Dancers
 No Speeches - No Raffles - No Silent Auctions
 Partial Charitable Receipt Available
 Casual/Caribbean Attire Encouraged
 Cocktails at 6 p.m. - Cash Bar - Dinner Begins at 7 p.m. - Tickets: \$100

To Purchase Tickets Please Call
519-259-1813





*Better care
for a better life*

Our caregivers make the difference... *every visit, every time.*

OUR CLIENTS SAY it's the compassion and professionalism of our caregivers that makes the difference – and allows them to live with independence and dignity in the comfort of their own homes.

We also care for people in hospitals, long-term care facilities and retirement residences. Contact us today and find out how a personalized care plan can help you or your loved one.

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- Nursing
- Personal Care
- Home Support
- Companionship
- Funding Investigations
- Free Assessments
- Nurse Supervised Staff
- 24 Hour/7 Day Service



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Home Health

Bayshore Home Health has been enhancing the quality of life, dignity and independence of Canadians in their homes since 1966. Canadian owned and operated, we are the country's largest provider of home and community health care services, with more than 40 locations and 6,800 employees.

Poetry by Mike Ladoucer, Survivor

Who Am I?

I woke one morning.
I was alive and well.
I went to work.
And all was hell.
I had a bad accident.
That changed all I know.
A coma took over my life.
Much pain and confusion in tow.
I awoke to new faces.
Of people I once knew.
I tried to remember.
Even a few.
My brain was injured.
A new man I became.
Yet through the eyes of others.
The face remains the same.

Courage

Success is never final.
Failure is never fatal.
It's courage that counts
You need to see what happens.
As time goes by
Your courage should build
As this does happen
Bravery you will achieve.

Classifieds

A 47 year old ABI Survivor in Chatham is looking for a roommate to share his fully accessible home. Roommate would also have access to a wheelchair accessible van. Please call Frank DiPiedomenico, Case Manager. at 519-253-7779 or by email frankd@mnsi.net.

Facebook News

Add **Chrysalis Day Club** as your Friend on Facebook in order to stay up to date with all current news and events. Please visit <http://facebook.com/dayclub>.

Thanks to Jamie Fariles and Tammy Baskcomb Filiault, there has been a Facebook page created for **Supporting A.B.I. (Acquired Brain Injury)**. This page is filled with current information and supportive chat. So far, 3,697 people have added this group to their friends list.

Also, be sure to check out the fan page for the **Brain Injury Association of Windsor Essex** and stay informed on all current events, articles, fundraisers and support seminars. Please visit www.facebook.com and join the 35 people who have already logged on and became a fan of this page.



BIawe Website

We have made changes to our website. Please log on to check out our new look at www.biawe.com. We update our information regularly. We will be offering advertising opportunities on our website.

If you would like us to add an article, poem, information or links to useful websites, please contact our office at 519-733-4900 or email us at biawe@cogeco.ca.



TREATMENT FINANCING *programme.*

Motor vehicle accident victims and their treatment providers have always been vulnerable to situations where benefits are exhausted or unreasonably denied by an insurer. This situation is about to get worse:

*On September 1, 2010, med/rehab accident benefit coverage limits will be cut by 50% for most claimants in Ontario.**

how we can help

Only BridgePoint Financial offers specific treatment financing solutions for personal injury claimants.

Our funding can ensure that accident victims have guaranteed and continuous access to treatment services while their claims are outstanding. Of equal importance, we work with claimants' counsel to ensure that all financing costs incurred are ultimately recoverable from the first party or tort insurer.

Visit bpfin.com to learn more about the BridgePoint Treatment Financing Programme.

Over the years, BridgePoint has been a valuable resource for our firm, assisting those clients who are facing serious financial pressure... I would certainly recommend their services.
Jim Vigmond of Oatley, Vigmond Personal Injury Lawyers LLP

 **BRIDGEPOINT**

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1 888 800 4966

*See new regulations under the Ontario Statutory Accident Benefits Schedule released March 2, 2010 by the Ministry of Finance.

BRAIN INJURY ASSOCIATION OF WINDSOR/ESSEX COUNTY

201-200 West Grand
Windsor, Ontario
N9E 3W7

Telephone:
519-733-4900

Email:
biawe@cogeco.com

Website:
www.biawe.com

MISSION STATEMENT

To enhance the lives of residents of Windsor and Essex County affected by acquired brain injury through education, awareness and support.

In association with the Ontario Brain Injury Association ("OBIA")



DISCLAIMER:

We invite submissions to this publication from survivors, family members, and those associated with this organization. In doing so, the views and opinions expressed within this newsletter do not necessarily reflect those of the Board of Directors.

Should you wish to submit an article or have any comments or suggestions for the newsletter, please contact Tammy Filiault at 519-733-4900.

The Brain Injury Association of Windsor/Essex County publishes Newsletters on a seasonal basis.

Future Events

May 1, 2010

Taste of the Caribbean

277 Riverside Drive West

Tickets \$100.00

For tickets or more information contact 519-259-1813

June 2010

June is **brain injury awareness month** across Ontario.

Please visit our website www.biawe.com for up and coming events for the month of June and beyond.

June 9, 2010

Pasta Fundraiser

Mr. Bigg's Sports Bar and Eatery, Belle River

Tickets \$10.00 each

For tickets or more information contact 519-259-1813

June 28 & 29, 2010

OBIA Training Course

Neurobehavioural Disorders: Their Origins, Nature and Rehabilitation – Level 2

Contact OBIA for more information

August 20, 2010

Movie Night

Market Square Parking Lot (Walker Road at Ottawa Street)

Tickets to be purchased on location.

September 9, 2010

"Thumbs Up Fore Golf" Tournament

Point West Golf Club

For registration information, contact (519) 728-2144 or visit www.ThumbsUpForeGolf.com

September 26, 2010

Ambassador Ride & Street Party

Mr. Biggs Sports Bar & Eatery, Belle River

For more information, visit www.mrbiggs.ca

November 5 & 6, 2010

OBIA Training Course

Children and Youth with Acquired Brain Injury

Contact OBIA for more information

***Proud Sponsor of the
Brain Injury Association of Windsor/Essex County***

**Greg
Monforton
AND PARTNERS**

INJURY LAWYERS