



BRAIN INJURY

ASSOCIATION OF WINDSOR/ESSEX COUNTY

Step Ahead!

Winter 2010

a taste of the **CARIBBEAN**

A night of fun in support of the
Brain Injury Association

of Windsor & Essex County

SAVE THE DATE
- APRIL 2, 2011 -

Caribbean Buffet · Dancing · DJ and Steelpan by E. Man · Caribbean Dancers
No Speeches · No Raffles · No Silent Auctions
Partial Charitable Receipt Available

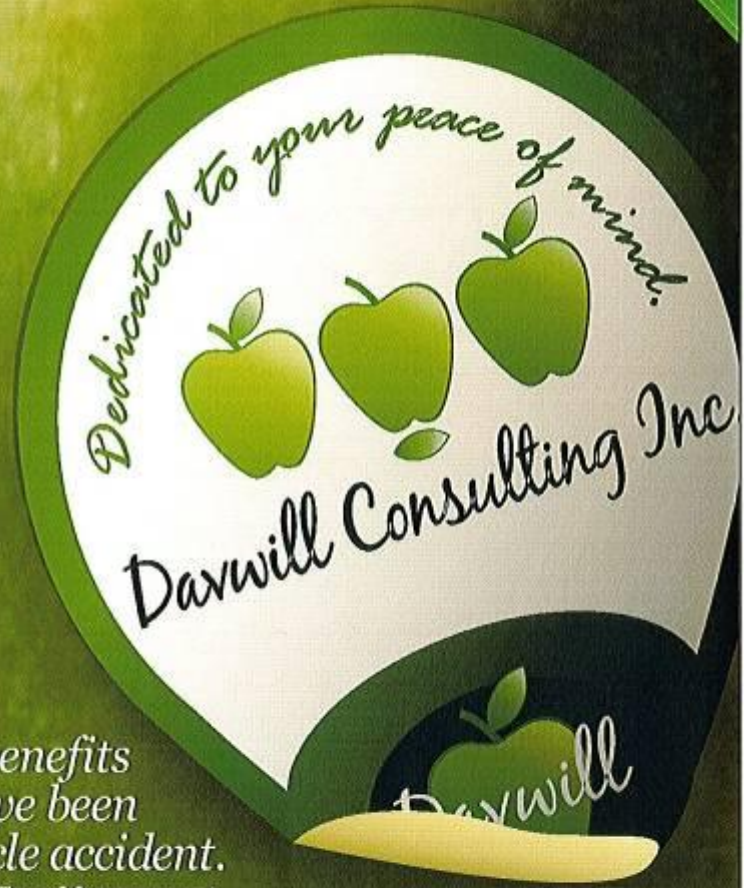
Casual/Caribbean Attire Encouraged
Cocktails at 6 p.m. · Cash Bar · Dinner Begins at 7 p.m. · Tickets: \$100



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



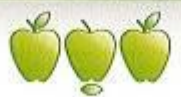
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President's Report

Dear Readers:

To borrow a quote from Pablo Picasso "Action is the foundational key to all success". There has been so much action at the Brain Injury Association of Windsor/Essex County since our last newsletter!

Let's talk about the most exciting news first!!! For those of you who were at the Annual General Meeting or who go on our website or Facebook page this is old news to you. Our Trillium Grant was successful and we have a grant of \$91,800 to hire an Executive Director part-time for the next two years. The Human Resource Committee of Amy Abruzzese, Renee Cantarutti, Cheryl Henshaw and Paul Finlay reviewed resumes and held interviews. Ultimately a unanimous recommendation was made to the board. Many thanks to this committee for their hard work. We are pleased to announce that Laura Kay will join us as our new Executive Director!

Our Taste of the Caribbean event held May 1, 2010 was a resounding success. Plans are underway for a venue change to the Yacht Club for **Taste of the Caribbean on April 2, 2011**. Mark your calendars!

Movie Night on August 20, 2010 was a success! Thanks to Tim Brady and Shoppers Drug Mart at Ottawa and Walker Road for allowing our charity to benefit from this drive in movie series.

We held a Pasta Fundraiser at Mr. Bigg's Sports Bar and Eatery where we donated \$2,000 to Marilyn and Ted Szalay and Jason Patterson towards the Soft Touchwand. This valuable tool is being used by neurosurgeons at Hotel Dieu Grace Hospital to help them find tumors in the brain during operations.

The Bill Johnson Memorial "Thumbs Up For Golf Tournament" raised \$11,000 for our association. This was the first year for this event and we wholeheartedly extend our thanks to the Johnson family and Dennis Radman from our board who helped organize this event.

The Ambassador Street Ride and Party chose the brain injury association to receive the net proceeds from their event held in Belle River in September. A total of \$3,689.23 was raised. TD Canada Trust sponsored \$1,000 towards this event. The Optimist Club in Belle River sponsored \$300. Thanks to Al and Kelly Fazio who organize this event.

Not only have we raised funds but we've spent some too! We finally have our brochures printed in Arabic, Spanish and French. We also sent 4 survivors to Camp Dawn this September. We plan to do this every year and increase the number of survivors we send.

After 9 long years of dedicated service as a founding director, past president, treasurer and bookkeeper Nancy Nicholson is taking a break from the board of directors. She continues to serve as a Director and on special committees for the Ontario Brain Injury Association and represents Windsor well. I can't say enough positive things about the work Nancy has done and continues to do for brain injury. Thank you!!!

We welcomed a new board member last month. Mariola Galla is a Certified General Accountant and she has graciously agreed to join our board as our new Treasurer and bookkeeper.

Sincerely,

Melanie Gardin

Board President

Board of Directors

Melanie Gardin, President

Lois Caldwell, Vice-President

Mariola Galla, Treasurer

Cheryl Henshaw, Secretary

Amy Abbruzzese

Renee Cantarutti

Deborah Crowe

Joseph Farah

Elsie Galbraith

Cheryl Harris

Dr. Anne McLachlan

Dennis Radman

Julia Vanier

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.

Do you suffer with
brain injury, chronic pain
sleep disturbance
or depression?

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

 www.facebook.com/BrainworksRehab  twitter.com/BrainworksRehab

Direct services available throughout Southwestern Ontario & the Muskoka region.
Case management, consultation & education service capabilities throughout Ontario.

Music Changes Lives

Music Changes Lives

Ever heard Victor Hugo's saying "Music expresses that which cannot be put into words and cannot remain silent"?

Music has fundamental qualities that can positively influence communication, emotional processes, muscle movements, memory, learning, attention, and creativity...just to name a few. When implemented by accredited music therapists, music can not only facilitate change, but also motivate individuals to positively transform their own lives.

What is Music Therapy?

Music therapy is the skillful use of music and musical elements by an accredited music therapist to promote, maintain, and restore mental, physical, emotional and spiritual health. Music has nonverbal, creative, structural, and emotional qualities. These are used in the therapeutic relationship to facilitate contact, interaction, self-awareness, learning, self-expression, communication and personal development.

Canadian Association for Music Therapy / Association de Musicothérapie du Canada

Music and the Mind

The auditory system forms early on in fetal development and the ear is actually the first sensory organ to develop brain connections. From their very first weeks in the womb, infants begin to process sound and by the time they are born can recognize familiar tunes and distinguish between their parents voices (England, 2008).



Music not only engages several areas of the brain, but also has multiple effects on the mind. At the Tokyo Metropolitan University of Health Sciences, researchers have discovered that although the "left-brain" may be important for language and the "right-brain" for music, both singing and speaking share a common neural network that includes many areas of the brain. These findings may allow for the development of more effective methods of rehabilitation for people recovering from injuries that affect the brain.



Tune into Music Therapy!

Whole Note Music Therapy Services provides private and group music therapy sessions for children, youth, adults and seniors in Windsor-Essex and surrounding areas.

We'd love to hear from you!

519-478-0060 | www.wnmusictherapy.com



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Greg
Monforton
AND PARTNERS

INJURY LAWYERS

Survivor Profile

Name: Matthew Brown

Age: 26

Injury:

On September 16, 2001 Matthew was 17 years old and invincible. He fell from a second story in a barn onto his head. He spent 36 days in a coma and had two brain surgeries. While Matthew was in his coma he could hear his friends voices offering him encouragement. He knew he was alive but didn't know what was going on. As he teetered between life and death his family planned his funeral. It's a miracle that he lived. Matthew underwent extensive rehabilitation at Parkwood and then in the community.



In his own words:

I was on a crash course of destruction. I had been kicked out of highschool and was working. I was young and stupid. I took a lot of risks. My accident has taught me a lot. During the school year I speak to graduating high school students through the PARTY program run by Hotel Dieu Grace Hospital. I tell teens not to do what I did and to make smart choices. I tell people that if I could change things I would take it all back in a second. I tell the students not to cross the stupid line. If you are going to drink arrange for a safe ride home, buddy up with someone, call your parents or call a taxi.

What's the hardest part about being a survivor?

It's wondering how my life would have turned out if I wasn't injured.

What motivates Matthew?

I feel that as a survivor I can reach out and help other people. I also try to remember that there is always someone worse off than me. So I don't put myself in a shell of security. I also try to live for the day and for the moment. You never know when it will be your last.



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!!!

Across the Province

An OBIA Advisory Council Update - October 1, 2010

The OAC met on September 25, 2010 in Toronto at the Miles Nadel Jewish Community Centre. At this OAC meeting, we saw great representation from local associations as well as representation from some newer groups across the province. Additionally, this was the first meeting of the OAC with Ruth Wilcock attending as the new Executive Director of OBIA.

The meeting began with a presentation of the “Helmets on Kids” program. Donna Thompson, OAC Co-Chair talked about BIA London’s early involvement with the program, while Linda Langston, Executive Director of the Ontario Trial Lawyer’s Association (OTLA) discussed OTLA’s ongoing execution and support of the program in communities across Ontario. More information about the program can be obtained through OTLA. Their contact information can be found at: www.otla.com.

The remainder of the morning and early afternoon focused on Support Groups across the province. In the morning, an open discussion took place where representatives at the table had the opportunity to talk about the Support Groups being offered through their respective associations. After lunch, there was a panel discussion, where representatives from various support groups across the province talked about what their group is currently doing and about support group ideas/plans for the future. Thank you to the following individuals for making up this dynamic panel:

Dennis Radman, (BIA Windsor and Essex)

Darrin Davidson, (Headwaters Acquired Brain Injury Support Group in Orangeville)

Jamie Fairles, (BIA London and District)

Donna Thompson (BIA London and District)

Near the end of the day, after the Support Group Panel, Co-Chairs Donna Thompson (BIA London and District) and Melanie Gardin (BIA Windsor and Essex) presented some minor changes to the Terms of Reference of the OAC. These changes were voted on and accepted by the OAC. The revised Terms of Reference will be attached to the OAC Minutes. Additionally, the Co-Chairs stated that the OBIA Board of Directors ‘Future Provincial Conferences’ Committee needed more OAC representation and took the names of those around that table that volunteered for that committee.

Ruth Wilcock talked briefly about the important role of the OAC and her expectations that OAC meetings not only allow for the sharing of information and best practices, but also facilitate building capacity among all of the brain injury associations and groups. Additionally, she confirmed that OBIA was successful with their funding application to Trillium and will be moving forward on a marketing project which involves re-branding and new logo development for OBIA. She also shared that the keynote speakers for the 2011 Provincial Conference had been confirmed.

Lastly, Tammy Falovo had the opportunity to introduce herself to the group and present on some of the activities she is involved in as Community Association Liaison, including recent trips to Sault Ste Marie and Thunder Bay. Tammy also presented on the Peer Support Mentoring program, outlining that Mentor training has occurred recently in Sault Ste Marie, and will occur in London on October 2 and in Thunder Bay in January 2011. Also, the Provincial Peer Support Coordinator’s (PSC’s) will hold their annual meeting in Toronto the day before the OAC Meeting in November.



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



FINANCIAL SERVICES INC.

bpfin.com

1 888 800 4966

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

- Concussion -

Written by Dr. Anne McLachlan, C. Psych

What is a Concussion?

A Concussion or Mild Traumatic Brain Injury occurs when a blow or jolt to the head disrupts the normal workings of the brain. Concussions can occur as a result of a fall, motor vehicle accident, an accidental blow to the head, an assault or sport injuries. A person has a concussion when they show a number of physical, cognitive, emotional and sleep-related symptoms. They may or may not have a loss of consciousness. Concussive symptoms are the result of metabolic changes in brain functioning that do not show up on CT-scans or MRI scans.

Signs & Symptoms of Concussion

- **Physical:** headache, nausea or vomiting (early on), balance problems, dizziness, visual problems, fatigue, sensitivity to light, sensitivity to noise, numbness/tingling
- **Cognitive:** feeling mentally “foggy”, feeling slowed down, difficulty concentrating, difficulty remembering new information, confused about recent events
- **Emotional:** irritable, sadness, more emotional, nervousness
- **Sleep:** drowsiness, sleeping less than usual, sleeping more than usual, trouble falling asleep

Treatment of Concussion

All organizations with guidelines on Concussion recommend that individuals who have symptoms of a concussion should see their family doctor as soon as possible for diagnosis and management. More immediate medical care should be sought if the person has a loss of consciousness, has a headache that gets worse and doesn't go away, has repeated nausea and vomiting, slurred speech, has a seizure, or becomes more confused, restless and agitated.

Rest from both physical and mental activity is vital to treating concussion. That means that individuals should not return to work, school or physical activities until they are symptom free and they should gradually increase their level of activity as long as they remain symptom free. These activities include playing video games, homework, sports, housework, riding a bike and driving. Individuals should get plenty of sleep at night, have rest breaks during the day, eat healthy foods, avoid alcohol and avoid overstimulation or multitasking.

Recovery from Concussion

With appropriate rest, most individuals (80-90%) will see their symptoms resolve in 7-10 days although children and adolescents may take a little longer. People who have had prior concussions, had a loss of consciousness greater than 1 minute, have a prior history of migraine headaches, or have a history of depression or other mental illness may take longer to recover.

Returning to Work, School and Sports


Individuals should return to their previous level of activity gradually and slowly. If symptoms come back, then the person should rest and spend more time recovering. This may mean returning to work part-time for only a few days a week at first. For students, it might mean attending classes only part-time, having extra times for tests and avoiding sports and sleepovers. *Think First Canada* has outlined a step-wise process for individuals returning to sports. The steps include doing light aerobic exercise before adding weight training, drills and regular game play.

Information in this article was obtained from the following sources:


Centres for Disease Control & Prevention www.cdc.gov/concussions

McCrory et al. (2009). Consensus statement on concussion in sport 3rd international conference on concussion in sport, *Clinical Journal of Sport Medicine*, vol 19, 185-200.

Think First Canada www.thinkfirst.ca



Case Management at Brainworks




Tami Nestor, BA, BScT, is a seasoned case manager, having spent the past decade as a rehabilitation consultant in clinical, third-party service provision, and disability insurance fields. With two highly relevant degrees and previous experience as a behavioural therapist, she has built on her specialized and intensive training in both behavioural science and psychology. At Brainworks, Tami provides case management services in the Southwestern Ontario region. Her strong connection to service providers throughout this region is an asset to our clients. Tami provides prompt coordination of care for clients who require individualized treatment plans with multi disciplinary intervention.

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 London, Ontario N6C 3X2



University of Windsor's Odette School of Business - Students Fundraise for BIAWE -

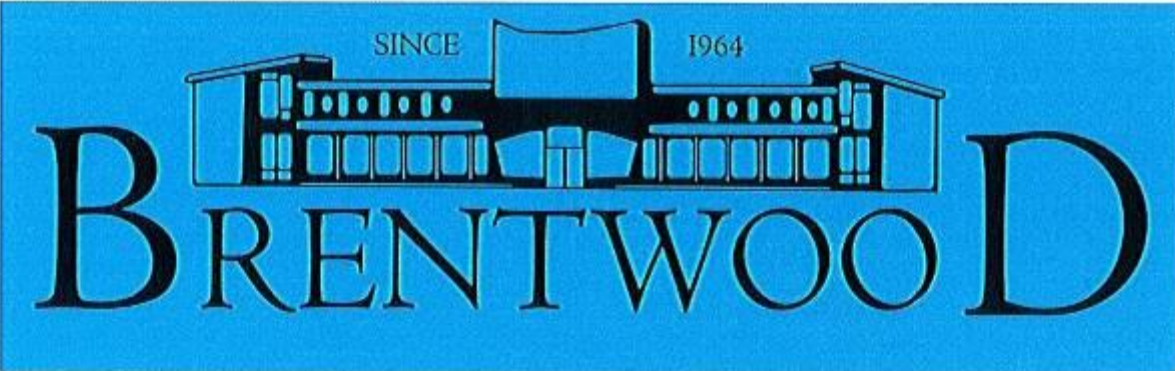
Six ambitious students from Dr. M.A. Reavley's Management of Organizational Life course set out to raise money for BIAWE during the Fall 2009 semester. During the months of October and November, the group held several events such as a BBQ at Lasalle's Price Chopper and a benefit concert at The Blind Dog in downtown Windsor. The group also managed to raise awareness, as well as funds, at two separate hockey events. They attended the home games of the Belle River Canadiens and LaSalle Vipers where fans learned how to properly fit a helmet, and when to re-enter sporting events after an injury. In addition to these great events, the group secured a very generous corporate donation from Sun-Brite Foods Inc. based in Ruthven, Ontario. In all, these students, Team WISDOM, were able to raise \$3,000.00. Our thanks to Michael Abbruzzese, Scott Chauvin, Sherpaul Gill, Fadi Haidar, Tyler Matton and Alexandra Passa. Great job!



Skating Fundraiser

On Sunday, November 14, 2010, University of Windsor business students, Rozzalynn Belanger, Paula Clarke, Vaiva Kuras, Matthew Lahoud and Michael Ruffolo organized and ran a Skating Fundraiser at the South Windsor Recreation Complex. This fundraiser raised \$1,263.50 and helped raise awareness for injury prevention and the importance of wearing a helmet when on the ice. Thank you!





"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 mlelnox@brentwoodrecovery.com
www.brentwoodrecovery.com Charitable Registration No. 11885 0130 RR0001

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/BIawe and join the over 70 people who have already logged on and became a fan of this page.



Across the Province

An OBIA Advisory Council Update - December 1, 2010

Tammy Falovo, Community Association Liaison, OBIA

The OAC met on November 13, 2010 in Toronto at the Miles Nadel Jewish Community Centre. At this OAC meeting, we again saw great representation from many local associations. The theme of today's meeting was "Fundraising: The Most Bang for Your Buck."

Ruth Wilcock provided an OBIA Executive Director's report. Her report was distributed to each association with the OAC Meeting Minutes.

Tammy Falovo shared that the annual Peer Support Coordinator's Meeting occurred on November 12, 2010 in Toronto. Nine participating associations attended this very productive meeting. One of the recommendations coming out of this meeting was the development of a Peer Mentoring Newsletter.

Following the OBIA updates, Steve Cino from Revenue Canada, Charities Division attended and presented to the group on fundraising. His presentation was thorough and provided great information on fundraising do's and don'ts and proper charitable tax receipting. Materials were sent out following the meeting.

Following lunch, there was a roundtable discussion on fundraising. Each association was provided the opportunity to share what their association has done, or is doing, with regard to fundraising and fund development. In addition to sharing success stories, this discussion was also great opportunity for members to hear new ideas and bring these back to their organization for consideration. This particular discussion fit well with the intended purpose of 2010 OAC meetings, which is capacity building within brain injury associations.

The roundtable discussion was followed by Donna Thompson and Ruth Wilcock presenting framed OBIA affiliation certificates to 13 local community associations who have completed the affiliation standards process. Congrats to all!

Lastly, "Show and Tell" was incorporated into the meeting to allow each association to share their own news and/or events. This provided a great opportunity for the group to learn about what other associations are doing across the province. Reports included:

- ✓ BIA Ottawa recently received a Trillium Grant for their Step Up program; they also recently ran an awareness campaign on the city transit system
- ✓ BIA Windsor recently received a two year Trillium Grant to hire an Executive Director

The meeting was adjourned and the next OAC meeting was confirmed for Saturday, January 22, 2010. Location is to be determined.

Introducing BIAWE's New Executive Director



Please join us in welcoming Laura Kay as our new Executive Director. The Brain Injury Association of Windsor/Essex selected her based on her excellent qualifications, suitability and outstanding references.

Laura's main priorities are to maintain and expand existing programs, increase membership, referrals and participation in activities and to meet the needs of BIAWE.

In addition, Laura will work in a liaison capacity with the Windsor Essex County Injury Prevention Coalition and Mental Health Connections. She has many years of experience in the non-profit sector working as a staff liaison with boards and leading campaigns from their inceptions to completion.

Originally from Manitoba, she studied Marketing and Business Administration at the University of Winnipeg. She is a certified Volunteer Manager, is very knowledgeable and has many years experience working with volunteers. Her most recent position, as a Senior Fundraising Coordinator with the Canadian Cancer Society, spanned 8 years. During that time, she received several promotions while working with the Society and also won a provincial award for Fundraising in 2009. In addition, Laura worked with the Windsor and District Chamber of Commerce where she was in charge of the Challenge Cup, assisted with the After Business Events and played a key role in the Business Excellence Awards. She is also the proud owner of Icon Event Planners. She is an avid networker and currently volunteers with local Rotarians starting a new club in Windsor.

Personally, Laura's common law partner is Greg Masse. Her daughter Rebecca, is in Grade 12 at St. Joseph Highschool. During her free time, she enjoys spending time with family and her two small dogs. In the summer, you may see Laura running on the Ganatchio Trail, and in the winter, you may find her snow boarding in Michigan.

Thank you to the Human Resource Committee as well as the University of Windsor business students, Jessica Agnelo, Robb Barsevich and Mariljn Van de Camp who assisted in the hiring of our Executive Director.

BRAIN INJURY ASSOCIATION OF WINDSOR/ESSEX COUNTY

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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")



Future Events

February 16-17, 2011

After the Crash

Tickets are \$25.00 each

For tickets or more information contact OBIA

February 22-25, 2011

Neurorehabilitation Program

For registration or more information contact OBIA

April 2, 2011

Taste of the Caribbean

Tickets \$100.00

For tickets or more information contact 519-259-1813

June 2011

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.

November 2-4, 2011

Provincial Acquired Brain Injury Conference

Niagara Falls, Ontario

For registration and more information, contact OBIA



The Brain Injury Association of Windsor Essex is currently accepting applications for the following volunteer positions:

Peer Support Co-Ordinator

Newsletter Editor

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.

Home Health Care

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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.

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- Nurse Supervised Staff
- 24 Hour/7 Day Service



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Bayshore
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 6,000 employees.