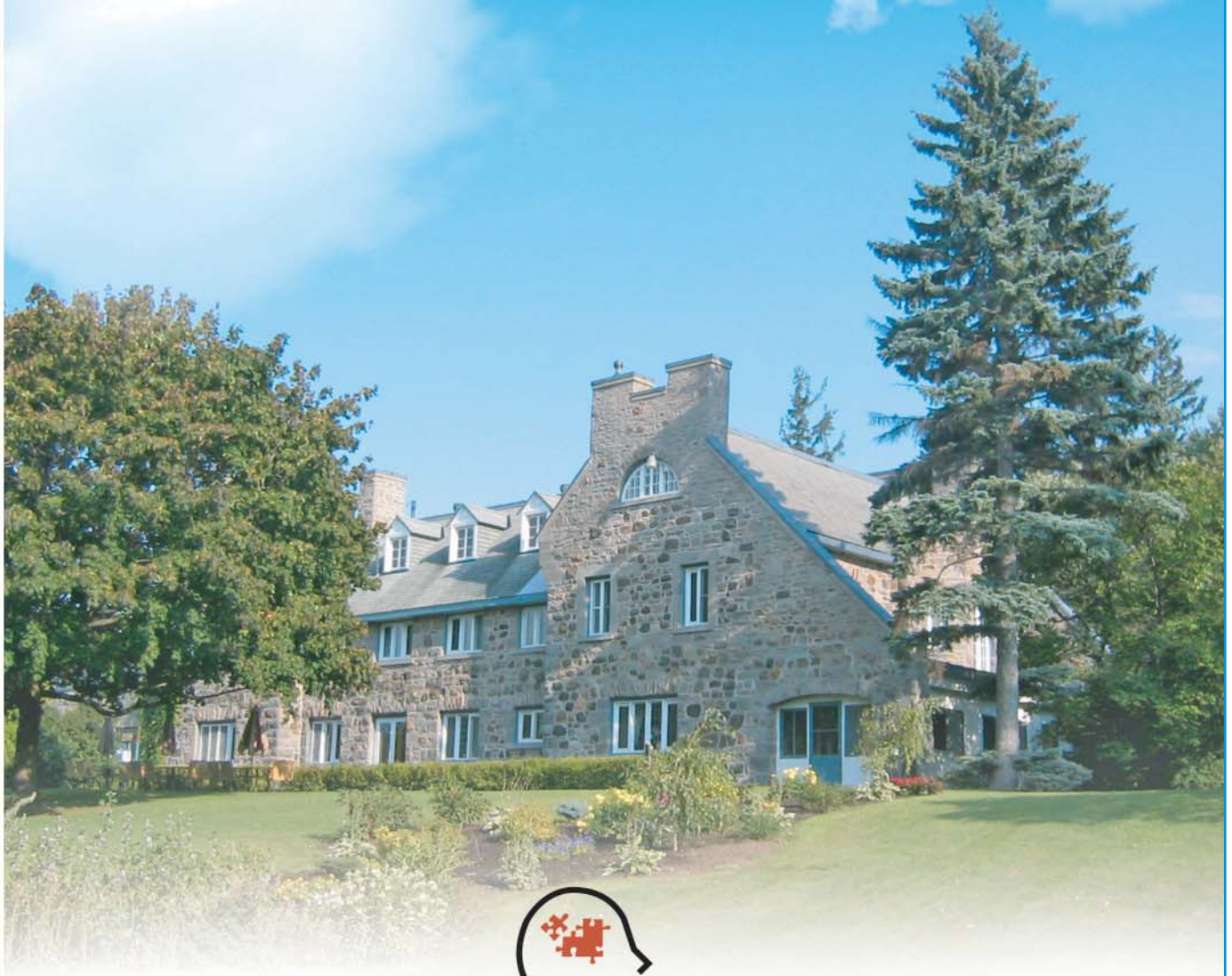


5<sup>th</sup> Annual AGM/Conference

# The Squeaky Wheel Gets The Grease: Getting What You Need

Villa St. Martin, Pierrefonds, Québec | July 11,12,13, 2008

conference brochure & agenda



Brain Injury Association of Canada  
Association canadienne des lésés cérébraux



## Message from the President

It is my pleasure, on behalf of the Board of Directors of the Brain Injury Association of Canada, to welcome you to our 5th Annual Conference at Villa St. Martin. It is our hope that you will be provided with a time to learn, relax, make new friendships and renew old acquaintances.

As a person whose family has been tremendously affected by acquired brain injury for the past twenty years, I have found myself having to advocate on a continual basis for those things that many of us take for granted. By increasing knowledge, by creating bigger networks and by working together we can make a difference.

This is an event to share, to exchange, to learn, but – more than anything – it is a Conference to listen, to reflect, and to question. At the plenary presentations and at the parallel sessions you attend, please reflect on the questions that you are left with at the end. What are those questions, the questions that if you could answer, would make you better able to advocate for you or someone important to you who can't advocate for themselves. This Conference allows to meet and to network with excellent people who can turn into valuable resources for each of us. What we discuss and reflect upon here will have implications for us as we continue to move towards improving the lives of all Canadians affected by acquired brain injury in Canada. Let's work together to ensure every person living in Canada understands the effects of brain injury and how to prevent it.

Shirley Johnson  
President  
BIAC



## Message from the Chair Meloni Lyon R.N

On behalf of the Steering Committee, it is my great pleasure to extend a warm welcome to all the delegates to the Brain Injury Association of Canada Conference 2008. Our goal for this conference is to afford all attendees opportunities to learn, grow, network and be empowered to move toward the future with renewed enthusiasm and optimism.

I invite each one of you to participate in developing a movement across Canada that will make this invisible epidemic not only visible but up close and personal for all Canadians. It is only through a united voice that we can effect change for those living with brain injury, increase community awareness and inclusion and to promote injury prevention.

I hope you will find the conference thought provoking, challenging and rewarding. May the Brain Injury Conference of Canada enhance the sharing of tools and insights and inspire us in our transition toward the future, together.

Sincerely Yours,

Meloni Lyon R.N  
Vice-President, External Affairs  
Conference Steering Committee Chair

C'est avec plaisir que nous souhaitons la bienvenue dans notre région aux conférenciers et participants à la 5<sup>e</sup> Conférence annuelle de l'Association canadienne des lésés cérébraux.

La Villa Saint-Martin est un lieu propice à l'atteinte des objectifs de votre conférence. Cet endroit magnifique est un joyau de notre arrondissement. Nous espérons que votre arrêt à Pierrefonds-Roxboro sera fructueux et riche en développements afin de venir en aide aux familles et victimes de traumatismes crâniens.

Nous profitons de l'occasion, au nom de notre communauté tout entière, pour remercier les intervenants et bénévoles qui œuvrent au sein de votre Association. Bravo pour votre engagement et votre contribution.

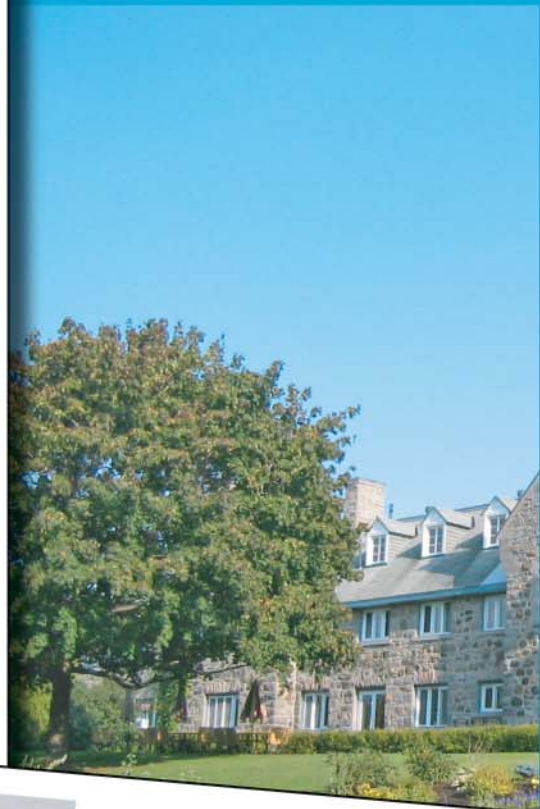
I am pleased to extend a warm welcome to all speakers and participants of the 5th Annual Conference of the Brain Injury Association of Canada visiting Pierrefonds-Roxboro.

Villa Saint-Martin represents a choice location conducive to achieving the objectives set by the conference. The property is a magnificent patrimonial building of our Borough. We hope the outcome of your visit to Pierrefonds-Roxboro will lead to helping families and victims cope with brain injuries.

We take this opportunity, on behalf of our whole community, to thank the workers and volunteers of your Association. Congratulations for your commitment and generous contribution to this important cause.



Monique Worth  
Maire de l'arrondissement / Borough Mayor



Au nom des Montréalaises et des Montréalais, j'ai le plaisir d'accueillir à Montréal l'Association canadienne des lésés cérébraux pour sa 5<sup>e</sup> conférence annuelle.

La qualité de vie des personnes vivant avec un traumatisme crânien est trop souvent lourdement affectée. Le moindre geste quotidien peut alors prendre des dimensions immenses. Depuis sa fondation en 2003, les membres de l'ACLC se sont donné une mission des plus courageuse : aider les familles à surmonter le traumatisme crânien.

La conférence de cette année, dont le thème est *Ça ne tournait pas rond – on a tenté d'y voir; obtenez ce que vous avez besoin*, regroupe des spécialistes, des aidants et des survivants pour les amener à identifier les formes de soutien et de services qu'il faut préconiser et développer dans le futur. Soucieuse que tous ses concitoyens puissent jouir de leur vie sans contrainte, l'administration montréalaise est très fière d'offrir son support à l'ACLC.

Bon séjour à Montréal.

Gérald Tremblay  
Maire de Montréal  
Mayor of Montréal

On behalf of all Montrealers, I am delighted to welcome to Montréal the Brain Injury Association of Canada for its 5<sup>th</sup> annual conference.

The quality of life of individuals living with brain trauma is much too often heavily overburdened. The smallest everyday gesture can cause a ripple effect and take on vast dimensions. Since its creation in 2003, BIAC and its members have taken on a very brave mission: helping families to overcome brain injuries.

This year's conference, entitled *"The Squeaky Wheel Gets the Grease; Getting What You Need"*, will bring together specialists, care providers and survivors in the hope of helping them identify the types of support and services that need to be promoted and developed in the future. Out of a concern to try to make sure that all citizens can enjoy a life without pressures, our Montreal administration is very proud to lend its support to the BIAC.

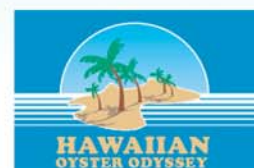
Have a wonderful stay in Montréal.



# Friday July 11, 2008

## DAY 1

- 8:00 – 9:15**      **Breakfast**
- 9:30 – 9:45**      **Welcome Address**  
(in chapel)      **Meloni Lyon – Conference Chair**  
Shirley Johnson – President
- 9:45 – 10:45**      **Opening Plenary**  
(in chapel)      **Dr. Jeffrey S. Kreutzer, Ph.D. – Return to Work After Brain Injury**  
The presentation will conclude with a description of practical suggestions and steps to help people with brain injury move ahead in their personal search for productive and meaningful lives.
- 10:45 – 11:00**      **Refreshment Break**
- 11:00 – 12:00**      **Plenary Session**  
(in chapel)      **Self Advocacy – Lissette Coulling, Barb Butler, Larry Carlson**  
The presenters will lead survivors and family members through verbal presentation, discussion, and worksheets designed to provide those attending a basic foundation for self advocacy as outlined above. At the end of the session attendees will be given a manual for future reference and structure.
- 12:00 – 1:00**      **Lunch**
- 1:00 – 2:00**      **Concurrent Session One**  
Room A      A) **Carmela Hutchison and Jane Warren** – DisAbled Women’s Network Canada – An exploration of common and different needs of brain injured women.  
Room B      B) **Sharice Billett Niedermayer** – “Through the Years” Raising a Child with an Acquired Brain Injury – Sharice will share the struggles and successes of raising, advocating, and getting help and information for a child that suffered an ABL at age three, 15 years ago.
- 2:00 – 2:15**      **Refreshment Break**
- 2:15 – 3:15**      **Concurrent Session Two**  
Room A      C) **Robin Slater** – You may not get what you WANT, but I’ll show you how to get what you NEED – When we get tangled in unnecessary expectations, we forget to listen to the small voice that’s telling us what we NEED. Being overwhelmed with society’s vision of image and lifestyle can make us doubt the value of our own perceptions and experiences.  
Room B      D) **Faith Jahelka** – For more than 12 years Faith Jahelka has been an unrelenting advocate for survivors of brain injury and their caregivers.
- 3:15 – 3:45**      **Refreshment Break**
- 3:45 – 5:00**      **BIAC Annual General Meeting followed by Day One closing remarks**  
(in chapel)
- 5:00 – 5:30**      **BIAC Recognition Awards Ceremony**  
Help us celebrate the success of our volunteers and supporters.
- 6:30**      **Hawaiian Oyster Odyssey**  
Join us as we celebrate the success of our fundraisers all across Canada. Hawaiian dress is fun but optional. We’ll provide the leis. We will recognizing our National sponsors TD Bank Financial Group, the Insurance Bureau of Canada, Diageo Canada Inc., Bombardier, Apotex and Air Canada.  
**The trip for two airline tickets to Hawaii courtesy Air Canada will be drawn.**



AIR CANADA

# Saturday July 12, 2008

# DAY 2

- 8:00 – 9:30**      **Breakfast**
- 9:30 – 9:35**      **Welcome**
- 9:35 – 11:00**      **Opening Plenary**  
(in chapel)      **Survivors Forum**  
Robin Slater, Ian Young, Maddy Welton, Mike Seaborn, Cynthia Berger, Barb Johnson Shelly Wieser will facilitate the discussion.
- 11:00 – 11:15**      **Refreshment Break**
- 11:15 – 12:15**      **Plenary Session**  
(in chapel)      **Dr. Lindy Kilik – To drive or not to drive after ABI**  
There are key cognitive functions necessary for driving which are often affected following a brain injury. Dr. Kilik will demystify the medical and governmental processes involved in exploring whether an individual is safe to resume driving.
- 12:15 – 1:30**      **Lunch**
- 1:30 – 2:30**      **Concurrent Session Three**  
Room A      E) **Yvette Laviolette – Family Advocacy and Gaps in the System.** In May 2004, Yvette received a phone call that changed her life. She was told her brother had a serious brain injury. Thus began her journey through the “system”.
- Room B      F) **Glennis Easey and Claire Smith** – Glennis and Claire will inform service providers about Creative Hands, a site where clients can work on skills such as problem solving, executive function, visual perceptual, and hand eye coordination.
- 2:30 – 3:00**      **Refreshment Break**
- 3:00 – 4:00**      **Mike Seaborn – Fire Prevention for the Disabled**  
Room A      Listen as a brain injury survivor talks about a program he has developed that teaches the disabled how to escape a fire.  
– or – **Yoga on the lawn with Annette Stancel**
- 4:00 – 5:00**      **Taryn Marie Dezfulian, MS, LGMFT, Doctoral Candidate**  
**Managing Stress and Intense Emotions After Brain Injury**  
The presentation will conclude with a description of practical suggestions and steps to help people with brain injury and their family members reduce psychological distress and intense emotions.
- 5:30 – 7:00**      **Supper**

The evening is open to whatever you would like to do. We will be showing the film **“Wipe-out”** for those of you who wish to watch and then relax over some refreshments on site. This is a one hour documentary with voice work done by Canada’s Olympic Gold winning Snow-boarder Ross Rebagliati. The film is directed by one of Canada’s top Documentary film producers **Lionel Goddard**.

# Sunday July 13, 2008

## DAY 3

**8:00 – 9:30**      **Breakfast**

**9:30 – 9:35**      **Welcome**

**9:35 – 11:00**      **Opening Plenary**

(in chapel)

**Dr. Jeffrey S. Kreutzer, Ph.D.**

**All I Really Need to Know I Learned from Patients and their Family Members**

After neurological injury or illness, patients often face many daunting challenges. Dr. Kreutzer will discuss coping with loss and change, managing stress and intense emotions, and feeling good about oneself despite disability are commonly encountered challenges.

**11:00 – 11:15**      **Refreshment Break**

**11:15 – 12:15**      **Closing Plenary**

(in chapel)

**Dr. Lindy Kilik – Rhythms of the night...to sleep, perchance to dream**

This session will present information about what goes on in a typical night's sleep; the functions served by sleep, and how both can change following an ABI. The relationship between sleep and energy will be explored as well as effects of sleep on cognition. Finally, strategies to improve sleep and energy will be presented, including considerations in using pharmacological approaches.

**12:00 – 12:15**      **Group photo on the lawn**

**12:15 – 1:30**      **Lunch**

**1:30**              **Departure**



# Break-Out Sessions Speakers

## **Carmela Hutchison (Irricana, Alberta) and Jane Warren (Wolfville, Nova Scotia)**

### **DisAbled Women's Network Canada**

An exploration of common and different needs of brain injured women: the two women presenting are coming together from opposite ends of the brain injury spectrum, one severe and one with mild brain injuries. Carmela's injury is considered mild but has been impacted by multiple barriers. Jane's sustained a more severe brain injury and has had a very different recovery experience.

## **Sharice Billett Niedermayer (Moose Jaw, Saskatchewan)**

### **"Through the Years" Raising a Child with an Acquired Brain Injury**

Sharice will share the struggles and successes of raising, advocating, and getting help and information for a child that suffered an ABI at age three, fifteen years ago.

## **Faith Jahelka (Calgary, Alberta)**

For more than 12 years Faith Jahelka has been an unrelenting advocate for survivors of brain injury and their caregivers. She will take you through her journey and lessons that she has learned along the way to become a successful advocate.

## **Glennis Easey (Ottawa, Ontario) and Claire Smith (Merrickville, Ontario)**

### **Creative Hands: A site for executive function and social rehabilitation**

Glennis and Claire will inform service providers about Creative Hands, a site where clients can work on skills such as problem solving, executive function, visual perceptual, and hand eye coordination. It is also a community where clients gather and socialize with others who have experienced changes due to ABI. Glennis and Claire will give practical advice on setting up a similar program.

## **Yvette Laviolette (St. Albert, Alberta)**

### **Family Advocacy and Gaps in the System**

In May 2004, Yvette received a phone call that changed her life. She was told her brother had a serious brain injury. Thus began her journey through the "system".

SPEAKERS



5<sup>e</sup> AGA/conférence annuelle

**S'affirmer, se faire entendre  
et obtenir gain de cause**

À la Villa St-Martin, Pierrefonds, Qc | 11, 12 et 13 juillet 2008

# Plenary Speakers



## **Dr. Lindy Kilik (Kingston, Ontario)**

Dr. Kilik is a Registered Psychologist practising in the areas of Neuropsychology, Rehabilitation Psychology and Clinical Psychology. She received her Ph.D. from Queen's University and has worked in various brain injury settings including acute care, a rehabilitation hospital, community programs and Outreach. Currently Dr. Kilik works in the Geriatric Psychiatry program at Providence Care-Mental Health Services in Kingston, Ontario. She has a continued interest in ABI and also in the area of dementia. In addition to her clinical work, Dr. Kilik holds academic appointments in the Departments of Psychiatry and Psychology at Queen's University in Kingston, and is actively involved in both research and training of students. She has taught various courses at Queen's University and in the former ABI program at St. Lawrence College. Her current research includes development of cognitive behavioural screening tools and driving.



## **Dr. Jeffrey S. Kreutzer (Virginia)**

Dr. Kreutzer completed his doctoral degree in Psychology at Bowling Green State University in Ohio (1982). He is a tenured (Full) Professor with appointments in the Departments of Physical Medicine and Rehabilitation (PM&R), Neurosurgery, and Psychiatry at Virginia Commonwealth University's Medical College (VCUMC) of Virginia Campus in Richmond. He has developed and implemented a wide variety of clinical programs relating to cognitive rehabilitation, return to work, family support, and emotional recovery from trauma.



## **Taryn Marie Dezfulian, MS, LGMFT, Doctoral Candidate (Virginia)**

Taryn M. Dezfulian received her master's degree in Marriage and Family Therapy (MFT) from the University of Maryland, College Park (2003). Ms. Dezfulian has presented both nationally and internationally on topics related to mental health, brain injury, acquired disability, and the impact of these circumstances on family and couple relationships.



## **Lissette Coulling (Saskatoon, Saskatchewan)**

Is a social worker with thirty five years experience working with marginalized people, helping them gain control over the factors that affect their self determination and well being.



## **Barb Butler (Regina, Saskatchewan)**

Is a brain injury survivor, President of the Saskatchewan Brain Injury Association and a firm believer that when God closes a door he opens a window.



## **Larry Carlson (Regina, Saskatchewan)**

Is a brain injury survivor, past president of the Saskatchewan Brain Injury Association and has over thirty five years experience in developing and delivering supports for people with disabilities.

# Survivor Panel Stories

## **IAN YOUNG (Edmonton, Alberta)**

In 2004, Ian suffered from Multifocal leukoencephalopathy, which affected his mobility, speech, and cognitive abilities. His past interests of Film, Music and Human Rights are prevalent in his daily life today. Ian also volunteers and is active in his quest to increase awareness of brain injury issues.

## **MADELEINE WELTON (Mississauga Ontario)**

Madeleine sustained a severe brain injury in 1993 in an MVA. Her Glasgow Coma Score was 3 and she remained in a coma for almost a month. Learning how to walk and talk and swallow again were challenging, compounded with two babies under that age of 2 at the time of the accident. Maddy has been a Director of BIAC for several years, and involved with the fundraising.

## **ROBIN SLATER (Calgary Alberta)**

Is a twenty year survivor of her Brain Injury and managed to succeed against all odds. Robin says, "Wheels are comprised of spokes and many times getting what you need requires a chorus of voices, singing in harmony, as we confront challenges as a community".

## **MIKE SEABORN (Marmora, Ontario)**

In August 1998, Mike had a traumatic brain injury. He was in a coma for almost six months and had to learn to do everything all over. He offers solutions and aids, for situations that people with such disabilities would experience.

## **CYNTHIA BERGER (Calgary, Alberta)**

Cynthia was born with an undiagnosed brain injury and had to rely on her own resourcefulness to get her through daily life. Cynthia is sits on many committees in Calgary and Alberta, and is continuing to look for meaningful employment. She has a Masters Degree from the Faculty of Environmental Design in Planning.

## **BARB JOHNSON (Winnipeg, Manitoba)**

Barbara suffered what is known as a mild traumatic brain injury, due to her consciousness at the time of her accident, Barb was unaware of her brain injury. It wasn't until she tried to continue with her life that she realized there was a problem. Now Barb is a professional advocate in the world of brain injury.



At the founding meeting in July 2003 in Montreal, Quebec, members from brain injury associations from coast to coast, representing survivors, their families, and professionals identified the need to create the Brain Injury Association of Canada.

Our mandate is to improve the quality of life for all Canadians affected by acquired brain injury and promote it's prevention. As well, BIAC is dedicated to facilitate post-trauma research, education and advocacy in partnership with national, provincial/territorial and regional associations and other stakeholders.

Lors de la réunion de fondation, en juillet 2003 à Montréal, Québec, les membres des associations de traumatisme crânien d'un océan à l'autre, représentant les victimes, leurs familles et les professionnels on pu identifier la nécessité de créer l'Association canadienne des lésés cérébraux.

Notre mandat est d'améliorer la qualité de vie de tous les Canadiens touchés par un traumatisme et d'en promouvoir la prévention. En outre, l'Association canadienne des lésés cérébraux est dédiée à faciliter la recherche post-traumatique, l'éducation et la sensibilisation en partenariat avec des organismes nationaux, provinciaux et territoriaux ainsi que les associations régionales et les autres parties prenantes.

## Thanks to our sponsors



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	Yvan Teasdale
	Jane Warren
	Madeleine Welton
	Marina White

## Planning committee

Meloni Lyon	Maddy Welton
Marina White	Barb Butler
Sarah Briggs	



Brain Injury Association of Canada  
Association canadienne des lésés cérébraux

28 Caron, Gatineau (Québec) J8Y 1Y7  
Toll free: 1-866-977-2492  
Local calls: (819) 777-2492  
Fax: (819) 595-2458  
E-mail: [info@biac-aclc.ca](mailto:info@biac-aclc.ca)  
Website: [www.biac-aclc.ca](http://www.biac-aclc.ca)

## Special Thanks To



All registered conference attendees will be entered in a draw for a return trip for two in Comfort Class on our Western Transcontinental Train The Canadian between any two points served by this train.