

IMPACT

PATHWAYS AHEAD

Brain Injury Association of Canada
Association canadienne des lésés cérébraux

HAPPY HOLIDAYS FROM THE BRAIN INJURY ASSOCIATION OF CANADA

2009 BIAC Bursary Winner Receives Award

On September 17th, BIAC bursary recipient **Akira Peters** took a brief break from her studies in Saskatchewan to accept an Award of Courage on behalf of the Glenrose Rehabilitation Hospital in Edmonton, Alberta. For the first time, the Glenrose Foundation presented the award to more than one patient so Akira was one of six recipients of the 2009 Awards of Courage.

Akira was nominated for the award by a team of Glenrose staff including her neuropsychologists, social worker and recreation therapist. Akira felt that accepting this award was a huge honour and she and her parents travelled to Edmonton to celebrate the event.

As a means of celebrating the award in true “Akira-style”, Akira arranged an after-party reception at a local brain injury activity centre called Networks Activity Centre, a place she feels was vital to her rehabilitation. She wanted to have the opportunity to celebrate with all the survivors she had met throughout her rehab and Networks offered a very safe and fun environment for all.

BIAC wishes to congratulate Akira and wish her many more successes.



Akira with mom Gayle Hanson and dad Lance Peters.



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I would like to begin my message by congratulating **Richard Kinar**, safety advocate and chair of our Helmet Safety Committee, on receiving the 2009 Dr. Tom Pashby Sports Safety Award. You will find an article about this award in this newsletter.

As you will also see there continues to be much happening in the world of acquired brain injury. We, at the Brain Injury Association of Canada, are very excited to see a Helmet Safety Guide in the December issue of Canadian Living magazine. As the ski hills open and hockey season is in full swing we encourage everyone to enjoy winter sports but we want you to do so safely. Please make certain that you and your family have appropriate and properly fitting safety equipment.

The holiday season is quickly approaching and with that the end of the year. We ask that you consider the Brain Injury Association of Canada as you are making your list of charities for holiday or year-end donations. Our organization depends entirely on the generosity of our donors and sponsors. We get no funding from any level of government and in order to continue our work in advocacy, education and prevention we need your support. Our successes are entirely due the generosity of our friends and community partners to whom we are most grateful.

Most importantly, the Board of Directors and Staff of the Brain Injury Association of Canada wish you and your loved ones a happy and safe holiday.

Shirley Johnson, President



Message from the Editor - Barb Butler

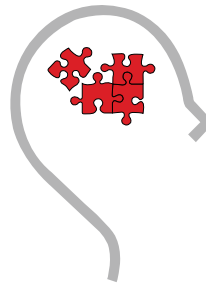


Welcome once again to this edition of **Impact** as we close the door on 2009. I find December, as no doubt you do too, to be a month that moves very quickly as we are busy with holiday preparations. Amidst the hustle and the bustle of this time I would like to thank all of the readers of this publication and its predecessor "The Brain Train" for your time, your comments and your contributions.

I would like to thank Steve Walters of Profile Direct Marketing for his talent, patience and superb work ethic. I would also like to thank the association's executive director Harry Zarins for his hard work, vision and dedication, our board president Shirley Johnson for her perseverance and friendship and each and every board member and provincial representative for their contributions throughout the year. 2010 promises to be another exciting year for BIAC.

May you have a beautiful Holiday, wrapped in warmth, touched with wonder and filled with love. Travel safe.





Brain Injury Association of Canada
Association canadienne des lésés cérébraux

To make a donation to the
BRAIN INJURY ASSOCIATION OF CANADA

1. Fill in the form below and mail it with your cheque or credit card number to
Brain Injury Association of Canada
155 Queen Street, Suite 808, Ottawa ON K1P 6L1
2. Call 613-762-1222 to make a credit card donation.
3. Make an online donation through www.canadahelps.org

Charitable donation receipts will be issued for income tax purposes for all donations over \$20.00.

If you wish to make a gift donation for someone we will be happy to arrange this.

Name: _____

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Please issue a receipt in their name my name

From the Desk of the Executive Director, Harry Zarins



Harry Zarins

As 2009 draws to an end, we should reflect and celebrate our accomplishments and let me list just a few: our Hawaiian Oyster Odysseys continue to grow in numbers, participation and in creating awareness of Acquired Brain Injuries among politicians and the public; BIAC has appeared before two parliamentary committees representing all those with acquired brain injuries and promoting its prevention; our website continues to be a source of information with our viewing from the public tripling in 2009; our Annual Conference reached capacity at the Villa St. Martin with just over 100 people attending double from previous years; the Brain Injury Association of Canada is called upon by the media to provide opinions on a number of topics and this has been recently recognized in the December issue of Canadian Living; great efforts on promoting prevention of brain injuries and advocating for those inflicted with brain injuries is occurring in our provinces across Canada with a special kudos going to Prince Edward Island and the great work of Ken Murnaghan and the list just keeps on growing. Dr. Hedy Fry continues to tirelessly on our behalf and thanks to Ian Young for bringing awareness to acquired brain injury through his Cross Canada Train Ride.

Our relations with members of the Acquired Brain Injury community in Quebec continue to grow, thanks to the efforts of Yvan Teasdale and Guy Lemieux, Director General of the Quebec Brain Injury Association.

What does 2010 hold for us? As an association we have to continue to grow, as do our provincial associations. We have to grow financially

and grow with supporters. To grow financially, we cannot depend on Government; we have to create awareness among our politicians locally, provincially and federally. As I look into the crystal ball, I would like to see all acquired brain injury survivors, caregivers and advocates on Tuesday, June 1st, 2010 gather at their provincial legislatures to meet their health ministers and inform them of the challenges facing survivors. I see a group meeting with the Federal Health Minister and finally that there be an article on Tuesday, June 1st in every major paper in Canada talking about acquired brain injury. There is a lot more on the horizon and our successes will depend on involvement from volunteers and financial support across Canada.

2010 will see our Annual Conference taking root in Regina, September 30, October 1 & 2, 2010. Plans are well underway and we are looking at setting a new standard. A special thanks has to go out to Saskatchewan Health for their tremendous support of this initiative.

As the Holiday Season begins let me wish each and every one of you all a healthy and happy holiday season and prosperous new year and beyond.

Finally to all our sponsors, foundations, donors, volunteers and supporters thank you and all the best for the holiday season and the new year.

GOD BLESS YOU ALL!



BIAC Submits Brief to Standing Committee on Finance Pre-Budget Consultations 2009

By Yvan Teasdale

On November 5th, BIAC was represented by Harry Zarins, Executive Director and Yvan Teasdale, Chair Government Relations and Public Affairs Committee, who delivered a brief to the Standing Committee on Finance Pre-Budget Consultations 2009. The brief promoted programs aimed at improving the quality of life for all Canadians affected by acquired brain injury and also promoted its prevention.

The brief identified national health reports with the common theme that an investment in prevention programs will reduce the long term health costs of caring for those who

have acquired a preventable brain injury.

BIAC's brief asks the federal government to demonstrate a leadership role in endorsing the following:

- create and implement a National Sport Helmets Standards Certification Program;
- support a National Education Program on helmet safety;
- build and fund a comprehensive National Data Base on Brain Injury;
- develop a plan for Housing of Brain Injury Survivors;
- develop a National Concussion Management Program that will educate

parents, athletes, coaches, sports leaders and medical personnel about the short and long term effects of repetitive concussions, and inform how concussions can be prevented through certified equipment, rule changes and enforcement.

BIAC's message was well received by Committee members. It is an important step in promoting the cause of acquired brain injury and its prevention to our decision makers.

You can read the whole brief by consulting our website at www.biac-aclc.ca.

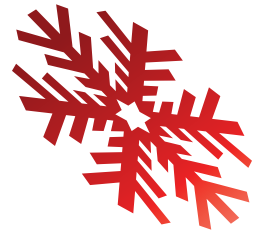


REGROUPEMENT DES ASSOCIATIONS
de Personnes Traumatisées Cranio-Cérébrales du Québec

Casse-toi pas la tête!



Quebec News



Guy Lemieux RAPCCQ

First of all, I would like to thank BIAC for adding French content to Impact, and for inviting me to write for it.

On a more personal note, I have been working with the Regroupement des associations de personnes traumatisées craniocérébrales du Québec (RAPCCQ) since March 2009. In a certain way, I keep the Regroupement together; and now you know all about me!

For this first article, I want to offer you a quick overview of the organization in Quebec and the services they provide for people living with traumatic brain injury (TBI) from a community point of view.

As a non-profit organization, the Regroupement defends and promotes the rights and interests of people living with the effects of cranial trauma and their families. Added to these responsibilities are prevention-first awareness activities.

The RAPCCQ consists of 13 regional non-profit associations, whose mission is to offer services to people with cranial trauma and their families throughout Quebec.

These associations were designated by the Quebec Health Network & Social Services as being the leaders in social integration and support measures for victims of traumatic brain injury (TBI). They also form an essential part of the network of care and services integrated in traumatology that the Ministère de la Santé et des Services sociaux du Québec has created.

Unique in Canada, the member associations of the RAPCCQ have an agreement with the Quebec Automobile Insurance Association to offer services to victims of road accidents who suffer moderate or severe TBI after their stay in a rehabilitation centre.

Quebec Week of people living with ABI

For the last eight years, in the 3rd week of May, the RAPCCQ and the 13 associations involved hold a Semaine québécoise des personnes traumatisées craniocérébrales. In 2010, this week will take place from May 16th to 22nd.

Throughout the week, regional associations organize various awareness activities aimed at the public in general, and youth in particular.

Through emotional testimonies from people suffering from TBI, we focus on prevention and concentrate on the serious consequences of risky behaviours on the roads, in sports and elsewhere.

We also present activities like cultural expositions that emphasize the potential of people living with a TBI as well as highlighting the crucial role played by the associations helping them.

Important fact: a good number of these activities are done in collaboration with other partners.

For its part, RAPCCQ will hold a press conference to highlight the Semaine Québécoise and to speak about the issues that concern people affected by traumatic brain injuries.

Links to the BIAC

Over the last few months, the Regroupement has intensified its efforts to weave bonds with various partners. There is a French maxim we extol: « Tout seul, on va plus vite ; ensemble, on va plus loin. » (Alone, we go quicker; together, we go farther)."

In this vein, through the mediation and initiative of Mr. Yvan Teasdale, strong links have been created between the BIAC and the RAPCCQ.

Up until now, there have been two meetings and many emails exchanged between the two organizations, and we are looking at possible collaborations depending on means and availability.

For example, that the BIAC supported the position of the RAPCCQ toward the bicycle helmet file (visit the BIAC website: www.biac-aclc.ca).

Harry (Zarins) and Yvan never miss an occasion to inform us on what is happening at the Canadian level. We appreciate it.

Because if the culture, language and how the methods of doing things are different from one organization to another, we all remain united in our concerns for people with traumatic brain injury.

And we point out that the experiences of one (whatever they are) always benefit the others.

Until the next time!

If you have any comments, do not hesitate to write to me: info@rapttcq.com. I read English very well; but I don't speak it so well...

Harry Zarins Meets with Trevor Greene, Debbie Lepore and Capt. Kevin Schamuhn



Trevor Greene with Governor General, Michaëlle Jean.

On Sunday, November 8th, our Executive Director, Harry Zarins had an hour long meeting with Trevor Green, Debbie Lepore and Capt. Kevin Schamuhn at the Lord Elgin Hotel in Ottawa. During that time the group discussed a variety of topics ranging from rehabilitation to neuroplasticity to BIAC to increased awareness about acquired brain injury survivors, prevention, CSA standards for armed forces helmets and housing for survivors. We all agreed that there is much to do to make the public aware of the challenges facing survivors and their families and caregivers.

Towards the end of the hour, Harry issued an invitation to Trevor and Debbie to speak at our National Conference in Regina in October of 2010. They both agreed that all things being equal they will attend.

On Monday, November 9th, Trevor was awarded the new Sacrifice Medal from the Governor General along with a number of colleagues and family members of fallen Canadian soldiers. On behalf of the Brain Injury Association of Canada, we would like to thank Trevor

for his service to Canada and congratulate him on receiving this medal.

Trevor recently achieved a physical goal, in that, he is now able to stand and with the assistance of Dr. Norgrove

Penny from Victoria, British Columbia who

performed surgery on his tendons around the ankle, he will soon be able to take a few steps and eventually walk.

It was a moving meeting and certainly gave new meaning to the words hope, courage, determination, and love.



Trevor Greene with Captain Kevin Schamuhn

Brain Injury Association of Nova Scotia: Advocacy in Nova Scotia

In the fall of 2005, the Brain Injury Association of Nova Scotia (BIANS) initiated a Needs Assessment for ABI persons and their families which was paid for by a grant from the Nova Scotia Department of Health.

Upon its completion in the summer of 2007, it was given to the Continuing Care Branch of the Department of Health. In January, 2008, the BIANS Executive, with the assistance of Dr. Richard Braha, Advisory Board member, formally presented the report to Keith Menzies, the Executive Director of the Continuing Care Branch, Department of Health, and his staff.

BIANS followed up this presentation with a request to make this report public. The Department of Health responded by both allowing and encouraging us to put the report and its recommendations into the public domain. The Needs Assessment can be accessed through our website at www3.ns.sympatico.ca/bians1.

In the fall and early winter of 2008, BIANS met with members of the provincial caucuses of the Progressive Conservatives (who were then the provincial government), Liberals and NDP. At these meetings, we explained the woeful state of care for ABI persons and their families and presented the Needs Assessment. At these meetings, we also started to push for proper planning for an ABI strategy for Nova Scotia as a first step in addressing the needs of the brain injured and their families.

A few years previous to the Needs Assessment, the Nova Scotia Department of Health developed a Long Term Continuing Care Strategy for the province that states in Year Four the needs of the brain injured were to be addressed. April, 2009 marked the beginning of Year Four.

With this in mind, BIANS requested a meeting with then Minister of Health

Karen Casey for an update on where things stood. We were directed by the Minister to meet again with Keith Menzies, Executive Director of the Continuing Care Branch. A meeting was held in the spring prior to the June provincial election. At this meeting, it was indicated that nothing had been done to start to address ABI needs by the department. However, all that was required was the direction to start the process. BIANS indicated our belief that an appropriate ABI strategy was the first step and we offered our assistance to help develop it.

Within weeks of that meeting, a new NDP government was formed. We requested a meeting with the new Minister of Health Maureen MacDonald to discuss our concerns and the new government's approach in starting to address the needs of ABI persons and their families. BIANS Executive Director, Margo Dauphinee, myself and Dr. Braha, Program Manager for ABI Services for Capital Health District, met with Minister MacDonald in October, 2009. Again, we stressed the need for an ABI strategy for Nova Scotia and offered our assistance in helping to develop it.

As a result of that meeting, BIANS believes the minister has a comprehensive grasp of the issues and the needs associated with them. There was a willingness to move forward and to consult with BIANS as that happens.

Early in November, 2009, BIANS made a presentation to the Standing Committee on Community Services which is a tri-party legislative committee – once again stressing the need for the development of an ABI strategy for the province as the first step in beginning to appropriately address the needs of the thousands of Nova Scotian families living with the daily impact of brain injury.

Stay tuned.

Don Sullivan, President, BIANS



Don Sullivan, President of the Brain Injury Association of Nova Scotia



Richard Kinar Receives Award



Richard Kinar receives the Dr. Tom Pashby Safety Fund Award

On Saturday, November 14th, 2009, Richard Kinar of West Vancouver received the sixth Dr. Tom Pashby Safety Fund Award at a presentation luncheon at West Vancouver Community Centre, Vancouver, B.C. This award is given to a Canadian who has made an outstanding contribution in the prevention of catastrophic injuries (one that leaves a person with a permanent impairment, usually affecting the eyes, brain or spinal cord) in sports and recreation.

The Dr. Tom Pashby Sports Safety Fund was formed in 1989 to make sure the ideals and passion for safety of the Toronto Ophthalmologist would continue forever. He died in 2005 but The Fund carries on his work. The Award will be on display at Canada's Sports Hall of Fame.

Mr. Kinar, Board Member of the Brain Injury Association of Canada (BIAC) and a member of the CSA Helmet Ski Committee, is the sixth person to receive the award which includes a \$10,000 prize. While not promoting safety on the Ski Hills, Kinar works as a receiver and spends his spare time promoting his message including the documentary "Wipe Out". The film shows the long term social and economic effects of preventable head injuries on three skiers and is available through the BIAC office.

"Richard is very passionate about head protection and is a worthy recipient," says Dr. Pat Bishop who chairs the Canadian Standards Association Committee on safety

equipment and was the first winner of this prestigious award.

"He was most influential in getting the ski helmet standards passed," Bishop said. "He convinced the politicians in British Columbia to provide the funding for the CSA to develop the CSA Standard."

"Education is the first step in prevention," is a quote from the late Dr. Pashby who was the volunteer who collected data on eye injuries in hockey and racquetball sports. He led the way for hockey players to wear helmets and facemasks. He also worked tirelessly to reduce spinal cord injuries and concussions in recreational sport.

Kinesiologist Dr. Pat Bishop, Neurosurgeon Dr. Karen Johnston, sport medicine physician and Chief Medical Officer of Hockey Canada Dr. Mark Aubry were the first three recipients. In 2007, Kevin Stubbington, a Windsor Minor Hockey Association volunteer, won it for his inventive idea of using a STOP (Safety Towards Other Players) Sign on the back of sweaters to make an opponent think before hitting another player. Last year Toronto Star journalist Randy Starkman was recognized for his extensive work in educating the public on the existence and problems surrounding catastrophic injuries in sports.

Further information on this award can be found at www.drpushby.ca or at www.biac-acl.ca.