

New Ambulatory Services Offered at Capital Health

These past few months have witnessed the introduction of some exciting and innovative programs at Capital District Health Authority (CDHA). Our vision at Capital Health is to provide coordinated, integrated, and comprehensive services for individuals with acquired brain injury. In an effort to achieve this vision utilizing best practice models, two new interdisciplinary teams were established in addition to ambulatory care services that are already offered from the Nova Scotia Rehabilitation Centre (NSRC) in Halifax, NS. In November, 2009, an Outreach Team and Day Program Team were established. As well, an Acquired Brain Injury Navigator position was created, whose focus is to provide a single point of entry for coordination of services for ambulatory care services.

The Outreach Team has been providing services since January, 2010. They are gradually evolving their service, and at this time are accepting referrals by health providers from the Stroke and Traumatic Brain Injury Clinics, and from inpatient and outpatient staff at the NSRC for clients who reside within a 20km radius of the rehab centre. The team is based in the community and provides services to individuals who require rehabilitative therapy, in order to remain in their community. Outreach Team members will assist in developing strategies to meet an individual's particular needs (behavioural, social, vocation, family, leisure) and navigate through health and community systems towards a goal of supportive independence.

The Day Program Team should be initiating its service in April of 2010. The Day Program will accept referrals for individuals who experienced an Acquired Brain Injury and whose needs are best addressed through an in-house day program. Treatments will be primarily group-based supplemented with individual sessions. Treatment goals will be identified through a comprehensive integrated team assessment. The program will offer treatment for survivors who experience difficulties in one or more of the following areas: social skills; motivation; mobility; upper extremity management; leisure education; memory; organization; attention; problem solving; self-care skills; money management; household management; grief and loss; lifestyle change; anxiety, fear and depression; sleep; nutrition; caregiver programs; assistive devices; pre-academic and pre-vocational programs. Referrals to the Day Program are accepted from health providers across Nova Scotia.

Stay tuned for future updates.

Lindsay Dickson
Acquired Brain Injury Navigator
Acquired Brain Injury Program

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BIANS 2009 ANNUAL GENERAL MEETING

Saturday May 15, 2010

Bethune Ballroom, Bethune Building
1276 South Park Street, Halifax, Nova Scotia

As we get ready to hold our Annual General Meeting there are some reasons to be optimistic. There appear to be some changes in the winds for ABI survivors and their families. BIANS has also been working hard to get our own house in order, so as to be better prepared to deal with the issues that affect us. The AGM is an important time to gain some insights into these issues and to be a part of them. Come spend a few hours meeting, listening, learning and talking and leave having a better idea about what is going on. This works two ways, as we need your support as we move forward for another year. **Don Sullivan**, BIANS President

- | | |
|---------------------|--|
| 9:00 am | Registration and Ice Breaker |
| 9:30 am | Annual General Meeting – Session One |
| 10:45 am | Annual General Meeting – Session Two
Strategic Planning – John Delaney
followed by small group Q&A prior to voting |
| 11:45 am – 12:30 pm | Luncheon sponsored by
Desmond Cahill CLU CHFC EPC
Chartered Financial Consultant
Investment Planning Counsel of Canada
&
BMO Guardian Group of Funds |
| 12:30 pm | Presentation on Registered Disability Savings Plan (RDSP)
Bank of Montreal and Desmond Cahill |
| 1:15 pm | Survivors' Forum - Sharing our Success Stories
Caregivers and Family Members - Small Table Discussions on a variety of
topics including communication |
| 2:15 pm | Development of ABI Outpatient Program - Dr. Richard Braha |
| 2:45 pm | Chapter Presentations <ul style="list-style-type: none">○ South Shore Chapter○ Halifax Chapter○ Valley Chapter○ Truro Chapter |



For up-dated information, call 473-7301 or email: bians1@ns.sympatico.ca.

All are welcome to attend but only paid members are entitled to vote.

Attention: Memberships will not be processed after May 1 (2 weeks prior to or on the day of the AGM).

BIANS News

Editor - Mary Bourgeois

We invite submissions: poetry, rehabilitation articles,
personal interest, profiles, etc.

Advertising rates per issue:

Business Card - \$50

¼ page - \$100 ½ page - \$150

⅔ page - \$200 full page - \$300

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IN MEMORIAM

BIANS has received donations in memory of:

Eric Bayne Hodgson
Beverly Anne Schofield
Elizabeth Andrews
Clinton Boudreau



Sincere condolences to their families and
friends.

2010 MEMBERSHIP FEES



**Mail to: Brain Injury Association of Nova Scotia
P.O. Box 8804
Halifax, NS B3K 5M4**

	Category		
	Survivor	Family/Friend	Professional
<input type="checkbox"/> \$10.00 Individual Membership			
Name: _____	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> \$15.00 Family Membership			
Name: _____	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>
Name: _____	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>
Name: _____	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>
Name: _____	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> \$20.00 Business Membership			
Name: _____	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>

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Donations Welcomed

\$25 \$50 \$75 \$100 Other

Note: Voting members must be 18 years of age. Memberships expire on December 31. Renewal memberships are due within 45 days of the beginning of the fiscal year (January). Memberships are not processed in the 2 weeks prior to or at the Annual General Meeting.

Member Authorization (please check preference)

___ I agree to have my contact information forwarded to my local chapter/affiliate

___ I **DO NOT** agree to have my contact information forwarded to my local chapter/affiliate

BIANS respects your privacy. We protect your personal information and adhere to all legislative requirements with respect to protecting privacy. We do not rent, sell or trade our mailing lists. Your contact information will be used to provide tax receipts, to contact prize winners where applicable and keep you informed and up to date on the activities of BIANs, including programs, services, special events, funding needs, opportunities to volunteer or to donate, open houses and more through periodic contacts from BIANs and/or your local chapter/affiliate.

If at any time you wish to be removed from our contact list, contact us by phone at 902-473-7301 or email at bian1@ns.sympatico.ca and we will gladly accommodate your request.

18 HOLES FOR HOPE

**BIANS Golf Classic 2010
Brightwood Golf & Country Club**



June 21, 2010

Registration 11:00 am Tee Off 12:30 pm

\$ 200/person or \$800/4 member team

Deadline for registration: May 28, 2010

Call 902-473-7301

**Enjoy 18 holes of golf and end
your day with dinner and silent auction**

Be an Event Sponsor. Put in a team. Be part of the fun.

***Help support programs and services for
thousands of Nova Scotians affected by brain injury***

What's Happening in 2010

April 17 **Halifax Chapter Meeting - 7 pm - Room 1613, Veterans Memorial Bldg. Halifax**

Speaker: Dr. Beverly Butler - neuropsychologist

Topic: Causes and Effects of Acquired Brain Injuries

May 15 **BIANS Annual General Meeting - Bethune Building, QEII, Halifax**

May 21-23 **Scotiabank Blue Nose Marathon**, the biggest annual race weekend in Atlantic Canada



In 2010, for the first time, BIANS is entering a team in the Scotiabank Group Charity Challenge. Anyone who wishes to run, walk or donate can contact the BIANS office at 473-7301.

Join the fun! Get involved!

June 21 **BIANS GOLF CLASSIC** – Brightwood Golf & Country Club, Dartmouth

JUNE **BRAIN INJURY AWARENESS MONTH**

October **BIANS BOWLATHON** – Dartmouth

October **BIANS BOWLATHON** – New Minas

National Conference

7th Annual conference of the Brain Injury Association of Canada www.biac-aclc.ca
in conjunction with the Brain Trust of Saskatchewan Health

Dates: September 30, October 1, 2, 2010

Location: Regina, Saskatchewan

Plotting a Strategic Road Map for the Future

By Margo Dauphinee, BIANs Executive Director



As mentioned in the last newsletter, the Brain Injury Association of Nova Scotia recognized a pressing need to address the future of BIANs. Members of the provincial Board of Directors and the Advisory Committee gathered in late fall of 2009 to participate in four, three-hour strategic planning sessions facilitated by John Delaney, Manager of Strategic Priorities, COS Branch MARLANT, Department of National Defence.

During these sessions, the members reviewed, brainstormed, discussed and debated the future of BIANs. Mission and Vision statements were generated and the organization's strengths and concerns were identified and prioritized. It was recognized that BIANs' key strength is its highly capable and committed membership who possess a variety of highly skilled members among its ranks. Top concerns included the lack of sustainable funding, that the organization's staff and volunteer human resources were spread too thin and the requirement for a realistic focus. The high level of respect, collaboration and, dare I say, even a sense of fun was evident throughout the sessions.

From these sessions, a new vision, a new mission statement, goals and objectives were developed to be voted on by the members at the upcoming AGM. The overall goal of this strategic plan is to focus and guide BIANs over the course of the next three years (from 2010 to 2013).

Highlights of the Strategic Plan:

New Mission: To enhance the quality of life for survivors and their families. BIANs focuses its work on advocacy, education, prevention, support and partnering for the creation of inclusive and accessible policies, programs and services.

New Vision: To be a resource and a catalyst in a network of partners working for the benefit of those affected by brain injury.

Four Strategic Goals:

1. To secure funding to ensure sustainability, credibility and future growth
2. To advocate government, the health system and other strategic publics, to address unmet needs of survivors and their family members and affect positive change
3. To raise awareness and understanding of brain injury issues among key strategic publics in order to garner their commitment and support
4. To develop and maintain a strong provincial network of chapters, affiliates and support groups.

At the May 15, 2010 AGM, BIANs' members will have the opportunity to learn more about the plan during small group question and answer sessions prior to voting. The exciting aspect of the strategic plan is that it becomes a living document of the provincial Board of Directors to implement with the assistance and support of the BIANs members. Those who were involved in the development feel that this is a plan that with everyone working together is achievable and will have positive outcomes to all current and future brain injury survivors and their families.

As someone who enjoys the strategic planning process including the debates and discussions, thank you to the following who donated their time, energy, enthusiasm and commitment to BIANs during these four sessions: Jane Warren, Don Sullivan, Alberte Leblanc, Tracy MacIntyre, Jake MacDonald, Chris Wentzell, Joe Lively, Dr. Wayne MacDonald, Harriet McCready, Dr. Richard Braha and especially – John Delaney, our awesome facilitator for all his additional hours of preparation and reporting after each session!



APHASIA

Aphasia is a communication challenge that results following some kinds of brain injury. Every year in Canada, approximately 50,000 people will suffer a stroke – and of those, 10,000 will have some type of aphasia. Additionally, each year 2-3,000 people suffer some type of traumatic brain injury that results in aphasia.

The ability to communicate is often something that we take for granted, until that ability is lost or impaired. Aphasia may affect the ability to understand language, speak, read and/or write. When someone has aphasia, the condition affects not only the individual, but all of his/her communication partners. Aphasia can be a very isolating condition.

The Aphasia Clinic at the Dalhousie University School of Human Communication Disorders has been offering services for individuals with aphasia since 1987. Various programs are available:

Aphasia Communication Group: a weekly “aerobics for the brain” session that targets speaking, reading, writing, problem solving and conversational skills. The “Friday morning” group is the longest running group treatment program for adults with aphasia in the Atlantic Provinces, offering continuous services since 1987. While many people who attend the Friday group are from the Halifax area, participants have attended from the Valley, South Shore and Central areas of Nova Scotia as well. Sessions are held September to April.

Aphasia Book Club – a weekly session highlighting reading and verbal skills in a small group setting. The Aphasia Book Club was started in 2007 to support individuals who have reading challenges because of their aphasia. The group meets weekly on Tuesday afternoons. Sessions are held September to April.

InterACT – Intensive Residential Aphasia Communication Therapy – an intensive month long summer residential program providing over 100 hours of speech and language therapy, as well as group physiotherapy and Recreation Therapy. The program, which was launched in 2002, is unique in Canada. It has participants each year from across North America and also has had participants from Europe and Japan. The program continues to grow each year, and plans are underway to offer the program beyond the summer schedule. www.AphasiaAction.com

When someone is interested in services, an assessment is arranged at the School to determine whether a program is “right” for an individual. The program fees vary. Graduate students from the School of Human Communication Disorders are involved in facilitating all of the aphasia programs, under the guidance and supervision of Speech-Language Pathologists. Student involvement benefits the students – who have an excellent opportunity to learn about aphasia through these programs – and it also benefits the participants – as they are able to receive “customized” evidence-based treatment from energetic, motivated interns who are eager to provide cutting edge therapy.

The Dalhousie Aphasia Clinic also affords individuals with aphasia other opportunities: to participate in research, to “present their stories” to graduate students in academic classes, and to help students in practicing clinical exercises.

The Aphasia Clinic provides a unique educational environment which supports and enhances communication abilities and quality of life for individuals with aphasia.

To schedule an appointment, or to find out more about our programs, please feel free to contact us!

The Dalhousie Aphasia Clinic
School of Human Communication Disorders – Basement level
5599 Fenwick St. Halifax, Nova Scotia B3H 1R2 902-494-5158 E-mail: interact@dal.ca

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David S. Parker

Daffodowndilly

She wore her yellow sun-bonnet,
She wore her greenest gown;
She turned to the south wind
And curtsied up and down.
She turned to the sunlight
And shook her yellow head,
And whispered to her neighbour:



"Winter is dead."

by A.A. Milne

Volunteer Corner

John Delaney -- Manager of Strategic Priorities, COS Branch MARLANT, Department of National Defence.

As mentioned in the article "Plotting a Strategic Road Map for the Future", John spent many hours in preparation as well as facilitating our four, three-hour strategic planning sessions – all volunteer. His involvement with BIANS continues as a member of TEAM BIANS in the May 23 Scotiabank Group Charity Challenge.

On John's Charity Challenge homepage, he states the following:



Running is a super way to keep healthy and build friendships. Furthermore, BIANS is comprised of highly dedicated people who have very unique experience necessary to help individuals (and their family members) who have suffered acquired brain injury. But to make a real difference to its clients BIANS needs a solid financial base from which to operate. This Fall I dedicated time to help the BIANS Team develop a Strategic Plan for the next three years. I have never worked with a more dedicated, compassionate group of individuals. They were so passionate that they encouraged me to fund raise - something that I am not particularly good at. However their energy and good will was very convincing. I decided to combine a passion of mine (running) with fundraising - to make a difference! Please support me in our endeavour to help those who need help - otherwise not available!! No donation is too small and it will all go to a very worthwhile cause!

Regards John



BULLETIN BOARD



Websites:

www.AphasiaAction.com Treatment for Aphasia (see page 6)

www.biac-aclc.ca Brain Injury Association of Canada

www.gov.ns.ca/just/pda Personal Directives Act enabling Nova Scotians to document their wishes regarding personal care decisions.



Halifax Chapter

The Annual General Meeting of the Chapter was held on January 17, 2010.

The new **Board of Directors, Halifax Chapter are: Beverly Butler, President; Robert Holmes, Vice-Pres.; Sean Layden, Treasurer; Ellen Day, Secretary; Members at Large: Vince Young, Pat McCaul, Chris Rafuse, John McKiggan, Adrian Pettipas, Sandy Gaudet, Tyler Walker, June Gour, Lorraine Shea, Eileen Pease, Heather McNally.**

The next Halifax Chapter Meeting will be held on April 14th at 7:00 pm in Room 1613 A&B, Veterans Memorial Building, Halifax.

Speaker: Dr. Bev Butler - neuropsychologist
Topic: Causes and Effects of Acquired Brain Injuries

The meeting will start with a chapter update from board members to be followed by an information session. Attendees are welcome to stay for Head On and Caregivers/Family Members meetings. Refreshments will be served. All are welcome.



IN MEMORIAM

James Shields, father of BIANs Past President **Douglas Shields**, passed away on March 20 in Newfoundland. Condolences are extended to Doug and all his family.

Annapolis Valley Chapter

The Chapter has had a successful and busy winter. The Valley Chapter's Inroads program has been continuing under the guidance of Judy MacMillan. Since October there have been regular support meetings in Middleton. On March 27, an evening of awareness, camaraderie and music with Nova Scotia Country Hall of Fame artists was held and was a very successful event.

Currently, the members are very active planning June Brain Injury Awareness events: the Valley Antique Auto Club is holding a fundraiser; the RCMP and Kentville Police in partnership with the Chapter are giving summer safety awards for people wearing helmets; AVR (Annapolis Valley Radio), Magic 97 radio and Pharmasave are sponsoring events during the month of June including a movie for children in conjunction with displays and helmet fitting. Presentations are scheduled for Kings Tech Community College. The Chapter will have a BBQ, music and bake sale during Gala Days in Kingsport on the last Saturday in June. Presentations and bike rodeos will be ongoing throughout the summer.

Lunenburg County Chapter

The chapter has been holding regular meetings throughout the winter and is planning projects for Awareness month in June. The usual group dinner will be held in June. President Chris Wentzell and Jane Welcher are in Florida for the month of April.

Donations to BIANs

As a charitable organization BIANs will issue tax receipts for all donations over \$10. When you make an In Memoriam donation, we will issue a receipt to the donor and send a card of acknowledgment to the family. Gift donations to BIANs can also be given in someone else's name giving them an income tax receipt.

Call BIANs at 473-7301