

A Helping Hand to a New Beginning



BIANS

Brain Injury Association of Nova Scotia

NEWS

Issue 65

September 2009

Join Us for the **16th Annual Bowlathon**



October 24, Woodside
Bowlarama, Dartmouth

October 31, Fairlanes Bowling
Centre, New Minas

A "fun"draiser
In support of the

Brain Injury Association of Nova Scotia

Woodside Bowlarama, Dartmouth

Session 1: 8:45 to 10:45 am

Session 2: 11:00 to 1:00 pm

Session 3: 1:15 to 3:15 pm

Session 4: 3:30 to 5:30 pm

Fairlanes Bowling Centre, New Minas

11:00 am to 1:00 pm

Featuring Prizes, Raffle, 50/50, Pizza and Lots of Fun!

Also, unleash your creativity all in the name of fun – paint your face, wear a funny hat or wig – it can be all about the accessories or come in costume – the choice is yours!

For more information, contact

473-7301 for Dartmouth & 542-4289 for New Minas

Come out and support programs and services for
the thousands of Nova Scotians touched by brain injury.

Proudly Presented by:



and



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Animated discussion between President Don and newly elected Board member Wayne

AGM May 9, 2009



Board members for the 2009-2010 year were elected and welcomed.

Thank you to **Dr. Bev Butler** and **Carol Chute** for their informative morning and afternoon sessions.

To top of the day everyone wished Birthday Congratulations to BIANs Board member **Dr. Benjamin Doane!**



Jane wishes Happy Birthday to Ben



WE ARE HERE

HELPING WHILE YOU HEAL

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8 Myths of Traumatic Brain Injury Claims:

- Mild traumatic brain injury isn't serious
- You have to be knocked out to suffer a brain injury
- You have to hit your head to suffer a brain injury
- A Normal MRI means no brain injury
- Effects of brain injury can be identified immediately
- Children recover quickly from brain injury
- Mild traumatic brain injury isn't permanent
- Mild traumatic brain injury isn't disabling

To learn the FACTS call for your **Free** copy of

The Survivor's Guide to Traumatic Brain Injury Claims: How to prove the invisible injury and get fair compensation.

1 - 877 - 682 - FACTS
jmckiggan@apmlawyers.com

JOHN MCKIGGAN

FIRST ANNUAL BIANS BRIDGE FUNDRAISER



On Saturday afternoon, April 25, over \$1250 was raised for the Brain Injury of Nova Scotia in a single afternoon. Steve Anderson and Jill McCormick organized the game under the auspices of Kathy MacNab and the Bridge Studio in Halifax, N.S. Both Jill and Steve teach and direct at the Bridge Studio.

Steve has been a longtime supporter, former board member, volunteer, fund raiser, and past president of BIANS since his wife's car accident in 1990, which left her brain injured for life. Marion is currently under care in Hamilton Ontario, because there are no appropriate facilities for her rehabilitative care in Nova Scotia. Steve continues to advocate for BIANS in efforts to assist and support other brain injury survivors and their families in NS, and to help raise public awareness.

Steve and Jill's plan for the fundraiser on April 25th, 2009 was to host a social afternoon of bridge with the emphasis on fun and social interaction.

Kathie MacNab, who runs many duplicate bridge games and lessons every week, generously donated the premises and facilities. Also, she and her partner, Bill Halliday, voluntarily assisted with advertising and promoting the event, as well as the running of the game.

A fundraising event coupled with bridge seems to generate an awesome amount of energy and enthusiasm from people for different reasons. A couple who had not attended a game at the Bridge Studio for several months were contacted personally. An hour later their response was received saying "We'll be there! It's a great cause, save us two tickets." Another couple who just took their first bridge classes in January came out to this event as their first "real" game ever. They made a raft of new friends and were sincerely welcomed into the bridge community. At the other end of the experience spectrum, two of Atlantic Canada's highest masterpoint holders, Myrtle Moulton and Joe Currie graced us with their fine table presence and bridge expertise.

A number of people could not attend this event but made contributions to BIANS in the form of donations and purchases of raffle tickets. Others, who are not ordinarily big fans of "duplicate" bridge, came out Saturday afternoon anyway to support BIANS recognizing the worthiness of the cause.

The wonderful support, the contributions, the donations of food for pot luck, and the friendly atmosphere generated by all the participants made this event a huge success.

THANK YOU ALL!

Steve Anderson

WOMEN, Writing and Able

A four-week series of poetry workshops for women living with a disability

Facilitator **Anna Quon** is a creative writer and writing group/workshop facilitator who has self-published five collections of poetry and whose novel **Migration Songs** will be released by Invisible Publishing in October.

For more information please contact: Anna Quon at 405-3445 or anna.quon@gmail.com

Funded by ChebuctoWest Community Health Board and sponsored by Independent Living and Healthy Minds Cooperative

IN MEMORIAM

BIANS has received donations in memory of:

Annie May Schurman
Ian Grant Kirk
Bill Jones
Eric Bayne Hodgson
Shirley Montgomery



Sincere condolences to their families and friends.

Making Decisions after Acquired Brain Injury

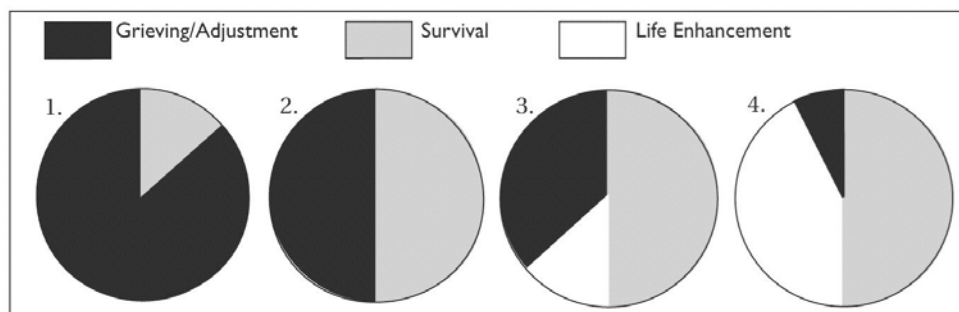
Frances asks, "We were planning to move out of the house, but then I had the car accident. Should I put my place up for sale now, or wait a while?" Bert says, "The kids are encouraging me to go to Florida with them, for a holiday. Is that a good idea?" Heidi tells me, "Since Kaz had his stroke, I have been so exhausted, yet my friends tell me to volunteer at the church, because it will get my mind off my stress. What do you think?"

My response to all of these people is the same. "Let me teach you a model for decision-making during times of healing. Then, you will feel empowered to make your own decision, rather than needing your counselor, or doctor, or pastor, or family member, or friend, to take control of your choice.

First, a few definitions. Loss is any experience that restricts us, from the concrete - bereavement or chronic condition, to the more nebulous - shattering of a dream or expectation. Grief is the process of healing loss. It has physical, mental, emotional, and spiritual dimensions.

The Energy Management Model I developed in 1982 is based on the fact that our energy needs change significantly during our grieving process. "Energy" is just the force that allows us to be and think and do. Viewed as a circle, some folks normally have bigger circles than others, but for everyone, energy is finite. People with Acquired Brain Injury often find their energy circle has shrunk. We can't just "grab" more energy out of the "ether." Exceeding energy limits means needing more rest later.

When we are adjusting to a loss in our lives, our energy is strongly impacted.



Circle 1

When a loss is first experienced, most of our energy is used for grieving. We eat, breathe, sleep, our loss. A much smaller slice is used for survival activities - ranging from breathing to caring for ourselves and others. Initially, we usually need help with some survival activities. For example, if food is put in front of us, we may eat, but we have no energy or interest in meal preparation.

Circle 2

As time and grief move on, we reach a point where all energy needed for survival is available. I have arbitrarily shown survival as taking up half our energy 'pie.' Some people find survival needs take more or less of their available energy. Very frequently, people with ABI's or family members, find their survival "slice" takes up much more than half their available energy, at least in the first months of adjustment.

In this circle, we still have a lot of energy taken up with grieving. People often feel discouraged at this time because they think they are stuck or regressing, "I feel worse now than I did weeks (or months) ago." During the first months after a loss, it is common to experience waves of numbness, difficulty concentrating, and poor memory. These symptoms make it difficult or impossible to monitor our progress. Now, in this circle, we can think more clearly, and so our grief may appear stronger.

Circle 3

Many grieverers tell me energy for life enhancement starts almost overnight. Bob wakes feeling lighter in spirit and instead of looking out the window and thinking, "it's a beautiful day and I have a brain injury", his statement is, "It's a beautiful day." His brain injury no longer colours Bob's whole world. It is not possible to look at another, though, to determine if they are now in this circle. For example, in the days after my mother's death, I ignored my personal appearance, while my adolescent daughter was always impeccably groomed. At her age, looking good is a psychological survival need.

Circle 4

The process continues until there is only a small slice of grieving energy. This slice never leaves, yet it is not restrictive. In fact, tapping into it can bring warm memories and feelings of connection.

We usually do not move, in order, from one circle to another. We grieve for the meanings and implications of a loss, and not just the fact of it. For example, we need to adjust to how an ABI affects our self esteem, our relationships to others, our roles in our family, and in the outside world, our financial situation and so on. Everyone has some implications that are unique to themselves. As a new meaning comes to our awareness, we will need more energy to deal with it. The slice of grieving energy will temporarily expand.

So, during grief, we will frequently move back and forth through the circles. Grieving couples and families may find members in differing places in their use of energy. We all have unique responses to the same experience. At significant times or situations, such as a birthday or upon reaching a certain age, we may experience strong surges of grief called anniversary reactions, which may take a great deal of our energy for a short period of time.

Using the Model

Deciding when to make a major change during adjustment to ABI can be difficult. Moving, entering a new relationship, participating in a course, travelling – all take tremendous physical, mental, emotional, and spiritual energy. Where do we get this energy? If we are in the first two circles, when we make a major change, the energy for the new activity, will be taken from grieving or survival, slowing our healing and usually having a negative impact on our self-esteem.

When some folks feel the first freedom of life enhancement, in circle 3, they assume the grieving is coming to an end. They may jump into a major change and soon find that their life enhancement energy has been all used up. Then, they feel trapped and resent that all their energy is now going to grieving, survival and the new activity.

Waiting until sometime between the third and fourth circles allows some life enhancement energy to remain, while still meeting survival and grieving needs. Miriam may find she reaches the third circle in three months, Tony might take a year, due to more difficult or complex implications that need to be grieved.

During grief, it is not possible to "fast-forward" to circle three, nor are we able to go into "hibernation" until we have life enhancement energy. By understanding the grieving process, we become "informed consumers" of grief. Then we can manage our energy to promote healing. Some folks draw the energy "pie" periodically, during their adjustment process, so that they can monitor their needs and know when it is the right time to take on more activities or to make another type of decision.



Dr. Nancy Reeves is a clinical psychologist in Victoria BC who has specialized in trauma, grief, and loss for over 30 years. She has worked extensively with people with ABI's and those who love them since 1985. The information for this article was taken from her book "A Path Through Loss: A guide to writing your healing and growth." Northstone 2001.

BIANS GOLF

Over 100 golfers converged at Brightwood Golf and Country Club on a beautiful late spring/early summer day for an afternoon of fun, camaraderie and golf during the 14th annual 18 Holes for Hope. Upon arrival at the club on June 15th, golfers were treated to refreshments from Tim Horton's and Subway before hitting the links at 12:30. Throughout the

course, there were contests and information on brain injury posted. For the first time this year, on Hole #7, golfers had the opportunity to let Ladies Amateur Champ Kathy Powers hit their tee-shot. Reports from Hole #7 indicated that many happily took advantage of Kathy's skill citing that Hole #7 was their best hole – golfing wise! Hmm, could Kathy have had anything to do with this?

A big thank you to our returning major hospitality sponsors, **Bayshore Home Health Care** and **Johnson Insurance**.

Congratulations to the following winners:

Closest to the hole Ladies: Sara Scott
Closest to the hole Gents: Chuck Ford
Longest Drive Ladies: Jenny Acres
Longest Drive Gents: Matt Stokes
Closest to the Circle: Bob Lawlor
Most Honest Team: Stewart McKelvey
Tournament winners: Manulife Financial



The WinnersManulife Financial

Special thanks to **Brightwood Golf and Country Club, Q104**, Hole-in-One sponsor **ING** and **Macdonald Chisholm Trask Insurance** plus all the hole sponsors, auction and prize donors, and golfers.

To the **Golf Committee**: Dave Emeneau, David Parker, Lyle Howe, Jean McKenna, John McKiggan, Laura Greening, Margo Dauphinee, Chair Susan Muise and the army of volunteers who turned out the day of the event: **Thank You!** Without you, the tournament would not have been the smooth-running success it was.

HOO 2009

Halifax Hawaiian Oyster Odyssey was a great success with over 65 people in attendance and over \$7,000 raised to support brain injury survivors and their families in Nova Scotia. Although the Hon. Karen Casey, Nova Scotia's Minister of Health was unable to attend, Deputy Minister Cheryl Doiron brought greetings from the minister. Ms.



Doiron then spoke of the lack of programs and supports for brain injury survivors and family members in the province of Nova Scotia. The event's MC John Hancock, CBC Radio kept the evening flowing between speeches from Bill Adams, IBC who is a national presenting sponsor; Margo Dauphinee, Executive Director, Brain Injury Association of Nova Scotia who introduced brain injury survivor, the event's official photographer and entrepreneur Edwin Townsend and Harry Zarins, Executive Director, Brain Injury Association of Canada.

Congratulations to Connie and Tom Wheatley who won the draw to be the Halifax representatives in the national draw of two airline tickets to Hawaii courtesy of

Air Canada. Many thanks to the wonderful support from the insurance industry. The success of the event was in large part due to the strong committee comprised of Michael Brien and Paula McGinley, **Macdonald Chisholm Trask**; Bill Adams and Amanda Dean, **IBC**; Karen Slauenwhite, **IBANS**; and Phil Chapman and Margo Dauphinee, **BIANS**.



2009 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: _____ Name: _____ Name: _____ Name: _____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<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
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 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 of other events and fundraising opportunities in support of BIANS, and to keep you informed and up to date on the activities of BIANS, including programs, services, special events, funding needs, opportunities to volunteer or to give, 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 bians1@ns.sympatico.ca and we will gladly accommodate your request.



BULLETIN BOARD

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www3.ns.sympatico.ca/biانس1

BIANS News Editor - Mary Bourgeois
We invite submissions: poetry, articles on rehabilitation, personal interest, profiles, etc.
Advertising rates: Business Card - \$50. 1/4 page - \$100
1/2 page - \$150 2/3 page - \$200 full page - \$300

Websites:
http://www.gov.ns.ca/health/ccs/caregiver_allowance.asp
NS DOH has announced the Caregiver Allowance program.
www.medicalert.ca Paramedics in Nova Scotia will soon have access to a patient's MedicAlert Emergency Health Record while en route to the hospital. For more information, please contact or call toll-free 1-800-668-1507.
<http://biac-aclc.ca> Brain Injury Association Canada



From Ex. Dir. Margo
BIANS was once again fortunate to have access to a second-year law student through the Boyne Clarke Summer Student Program. **Tracy Smith** was with BIANS from the end of April to the end of July. As Chapter/Affiliate Development Officer, she researched like chapter/group infrastructures in Nova Scotia and other provincial brain injury associations; interviewed, consulted and met with the four existing chapter presidents; and completed drafts on supporting documentation which will ensure operations at the local community level meets with legal and insurance guidelines and coverage and as a way of developing best practices. This project begins the process of laying the foundation for BIANS future expansion of its local community support structure. BIANS wishes Tracy all the best in her semester studying in Singapore and in her final year at law school. Thank you **Tracy and Boyne Clarke**.



Halifax Chapter
The annual BBQ was held on Aug. 16 at Christ Church Hall in Dartmouth. Hosted by the Halifax Chapter, it was an afternoon of fun and entertainment. The ever popular **Ron Edmunds** performed and then **Peter Delefos** amazed everyone with his magic acts. The food was great and many thanks to President Sean Layden and the chapter board for a great afternoon.



Annapolis Valley Chapter

The **Annapolis Valley Chapter** had a very active June, July and August.

The chapter took the lead in organizing other groups to take part in Operation Headway and Noggin Knowledge. The program started the 1st of June and ended the 31st of August. The Noggin Knowledge part will be held on the 26th of September.

AVR/Magic 97 (radio) and Pharmasave supported us throughout June with PSA's, interviews, brain injury displays and a fund-raising movie. K-Rock radio also supported us with PSA's. ATV aired an interview with one of our survivors which was shown across Canada on CTV.

We have participated in two bicycle rodeos, two helmet-fitting events, a parade, a fund-raising BBQ and four talks about brain injury. We thank all the people and businesses who supported us over the summer.



Kelly Ward and Stephanie Carey of Cochrane's Pharmasave present a cheque to BIANS Valley Chapter President Jake MacDonald. Cochrane's June brain injury awareness campaign raised over \$2000.



Lunenburg County Chapter

Plan to attend the VARIETY SHOW on Saturday, October 10, 7 pm at St. John's Church Hall, New Germany. There will be 4 groups and 2 soloists entertaining. This will be a fundraiser for the Chapter and awareness for BIANS. Refreshments will be available. A fun evening for all. Contact **President Chris Wentzell at 624-8117**



IN MEMORIAM

Condolences to wife Anne and the family of Bill Flinn who passed away in August. BIANS remembers the dedicated work of Bruce and Past President Teresa.

Sympathy is also extended to Byron Fancy on the loss of his father earlier in the year. Byron has been a long time advocate for brain injury survivors.