



# COMOX VALLEY HEAD INJURY SOCIETY JANUARY/FEBRUARY 2008

The Comox Valley Head Injury Society provides services to individuals who have an acquired brain injury, their family members and the community at large in 4 Core Areas:  
Advocacy, Education, Skill Development & Community Reintegration

**Office Address:** 1211 Ryan Road Courtenay, B.C. V9N 3R6  
**Phone:** (250) 334 - 9225 **Fax:** (250) 334 - 9269 **Email:** [cvhis@telus.net](mailto:cvhis@telus.net)  
**Office Hours:** Monday to Thursday 10 am - 3 pm  
[www.cvheadinjury.com](http://www.cvheadinjury.com)

**Tuesday Lunch Drop In 11 am - 1 pm (Courtenay Legion). Members only:** Survivors: \$1  
Family Members: \$2 Prof. Caregivers: \$3 Closed to the general public.

\* Please use ramp off back parking lot only

## COMOX VALLEY HEAD INJURY SOCIETY BOARD OF DIRECTORS

**President:** Warren Fietz

**Vice President:** Carole McAloon

**Past President & Secretary:**  
Diane Fietz

**Directors:** Gordon Johnson  
Katherine McPhedran  
Cathy Silversides

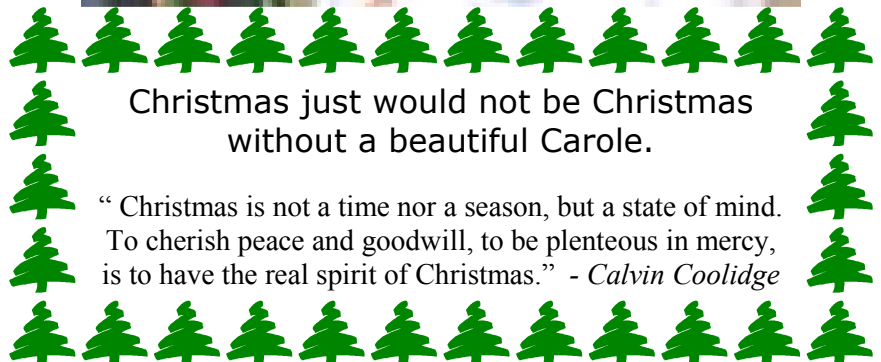
### **STAFF:**

**Executive Director:**  
Deborah Joyce

**Client Services Coordinator:**  
Colette V.

**Office Coordinator:**  
Janet Martyn

**CVHIS works with an  
Empowerment Service Model**



Christmas just would not be Christmas  
without a beautiful Carole.

“ Christmas is not a time nor a season, but a state of mind.  
To cherish peace and goodwill, to be plenteous in mercy,  
is to have the real spirit of Christmas.” - Calvin Coolidge

CVHIS is a member of the C. V. United Way





**Comox Valley Head Injury Society**  
www.cvheadinjury.com

**BC Coalition of People with Disabilities**  
www.bccpd.bc.ca **NEW**

**Bicycle Helmet Safety Institute**  
www.helmets.org or www.bhsi.org

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

**Brain Injury Association of Alberta**  
www.biaa.ab.ca

**Brain Injury Association of Queensland**  
www.biaq.com.au/facts.htm

**Brain Injury Resources Links Site**  
www.braininjuryresources.org OR  
www.headinjury.com

**Campbell River Head Injury Support Society**  
www.crhead.ca

**BC Centre for Ability (children & youth)**  
www.centreforability.bc.ca

**G.F. Strong** www.vch.ca/gfstrong/

**The Perspective Network** www.tbi.org

**Provincial Fuel tax rebate**  
www.sbr.gov.bc.ca/ctb

**The TBI Chat Room** www.tbichat.org

**TBI Survival Guide**  
www.tbiguide.com

**Vancouver Island Head Injury Society**  
www.biasvi.org

**Neuroscience for Kids**  
www.faculty.washington.edu/  
chudler/neurok.html

**International Brain Injury Association**  
www.internationalbrain.org

**Brain Trust Canada**  
www.braintrustcanada.com

## Community Resources

**Advocacy Centre** 338-4694 **NEW**

**Alano Club** 338 - 0041

**Adult Probation / Family Court Services**  
334 - 1125

**BC Coalition for People with Disabilities**  
1 - 800 - 663 - 1278

**Bus Pass Program** 1 - 800 - 665 - 2656

**Community Living Services** 334 - 1370

**Court House / Registry** 334 - 1115

**Crisis Line** 334 - 2455 (24 hrs)

**CV Food Bank** 338 - 0615

**Family Justice Centre** 897 - 7556

**John Howard Society** 338 - 7341

**Mental Health & Addictions** 338 - 9777

**Ministry of Human Resources** 703 - 2400

**Services for Students with Disabilities**

**N. I. College** 334-5079 or 334-5080

**Smoker's Helpline** 1 - 877 - 455 - 2233

**Special Needs Rec. Program** 338-5371

**Transition Society** 897 - 0511 (office)

338 - 1227 (emergency)

**Wheels for Wellness Society** 338-0196

**Victim Assistance Program**

1 - 866 - 660 - 3888

**Victim Services Program C.V. RCMP**

334 - 5979

### Quotations for Life

*If I were to wish for anything, I should not wish for wealth and power, but for the passionate sense of the potential, for the eye which, ever young and ardent, sees the possible ... what wine is so sparkling, so fragrant, so intoxicating, as possibility! - Soren Kierkegaard*

*I want to be all that I am capable of becoming. - Katherine Mansfield*

*I always knew I wanted to become somebody when I grew up. Now I realize I should have been more specific. - Lily Tomlin*

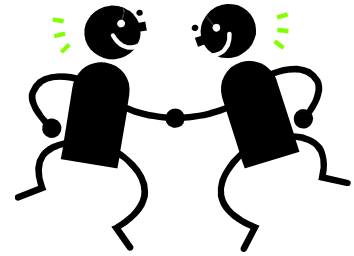
**New Biweekly Group  
at the  
The Comox Valley Head Injury Society**

**“Women Supporting Women”**

The start date is: **Tuesday, January 15, 2007**

Time: **1:30 to 2:30**

Location: **CVHIS, 1211 Ryan Road, Courtenay  
250-334-9225**



**This group is held every second Tuesday and is starting Tuesday January 15th 2008.**

**The group focus will be:  
confidence building  
women’s health  
self-care  
relationships  
and many more issues impacting women’s lives.**



**Please contact the office for more information 334-9225**

**Memorial Donations ...**

**A kind and thoughtful way to help individuals living with  
brain injury and to honor and remember your loved one or friend.**



# THANK YOU



To all the businesses and individuals who donated to our annual Christmas Party.

Quality Foods  
Home Depot  
Ricky's All Day Grill  
Jo Klassen's Grill  
The Romance Shop  
Fountain Tire  
Little Ceasar's Pizza  
Blackfin Pub  
Sieffert's Farm  
La Cabana De Marcos  
Carole Mc.  
Teresa H.

Thrifty Foods  
The Head Shed  
Smitty's Restaurant  
Canadian Tire  
Komox Grind  
Quizno's Classic Subs  
Pizza Hut  
Crown Isle Resorts  
Park Café  
Diane Mc.  
Janet M.



Let us know when your birthday is.



Please let the office know if you have a change of address. 334 - 9225 or [cvhislib@telus.net](mailto:cvhislib@telus.net)

## Caregiver Support Group

1st Wednesday of the Month



Next meeting  
Feb. 6 th  
12:30 - 1:30

Comox United Church  
250 Beech, Comox



# THANK YOU



To Carole McAloon and all her kitchen elves and set up crew for the fantastic Christmas Lunch.

Diane Mc.  
Dave H.  
Nancy R.  
Barry W.  
Amy  
Lana R.  
Dianne F.  
Hilda M.



Marg H.  
Rick C.  
Allen R.  
Peter Mc.  
Pat R.  
Warren F.  
Joan R.  
Gina W.



David Doig has been a long time supporter of CVHIS and the annual brain injury conference.

**Thank You David!!**

David H. Doig & Associates  
Suite 1450  
1188 W. Georgia Street  
Vancouver, B.C. V6E 4A2

## THORNS AND ROSES

### Bouquets of beautiful red roses go out to

all the volunteers who helped out at our Christmas "Lunch": Diane Mc., Dave H., Nancy R., Allen R., Peter Mc., Amy, Pat R., Lana R., and Warren F. And especially to Marg H., Rick C., Barry W. and Carole Mc. It would never happen without the time and caring you put into the day.

### A sweet smelling bouquet of red roses goes out to

the wonderful people who cooked the turkeys for our special celebration: Diane F., Joan R., Hilda M., Nancy R., and Gina W. Without you the day would have lost some of its flavor.

### A bunch of sunny yellow roses goes out to

Serge at the Courtenay Legion who was able to accommodate the last minute change in plans due to the snowstorm.

### A truckload of roses goes out to

Quality Foods, Thrifty Foods, Home Depot, The Head Shed, Ricky's, Smitty's, Jo Klassen's, Canadian Tire, The Romance Shop, Komox Grind, Fountain Tire, New Mexican Place, Quizno's, Little Caesar's, Pizza Hut, The Blackfin Pub, Crown Isle Resorts, Sieffert Farms, Teresa H., Carole Mc. and Diane Mc. The caring and generous businesses and individuals in our community genuinely reflected the giving spirit of the season.

### A bouquet of snow white roses goes out to

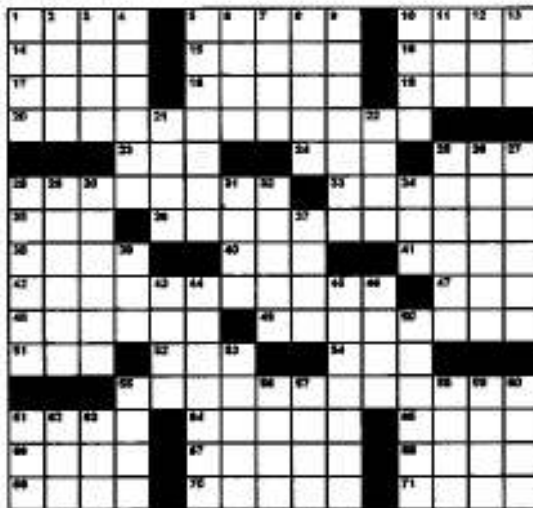
Allen R. and his creative woodworking skills reflected in the beautiful new coffee table he made for the group room at the office.



'Money Matters' Crossword by Dave Fisher

#### Across

1. Wound remnant
5. Biology 101 specimen
10. Spill the beans
14. \_\_\_ mater
15. St. \_\_\_ of Jerusalem
16. Napoleon's prison, e.g
17. Mary's follower
18. Squads
19. Garfield's foil
20. Cheap hams?
23. Wrath
24. Earlier in time than
25. Words of relief
28. John Fowles novel
33. Windbreaker
35. Eggs
36. Find a cheap place to park?
38. \_\_\_ qua non
40. "Brown" co.
41. Simpleton
42. Beach bum's wages?
47. Word on a wine bottle
48. More desert-like
49. Canine
51. Salon supply
52. Weeks in a Roman year
54. Chicken or small
55. Inexpensive footwear?
61. Proscribe
64. Spreads
65. It has a creamy filling
66. Highly excited
67. Quit
68. Iranian money
69. Durothy's doggy
70. Option on a farm, perhaps
71. Musician's submission



2. Scratch
3. Shells and such
4. Thumper, for one
5. Most intense
6. Talking bird
7. Idle of "Monte Python" fame
8. Please in Potsdam
9. Horse that doesn't win, place or show
10. Accounts of a lifetime
11. 60s drug
12. "The Greatest"
13. Line opener
21. Diaphragm
22. Supermodel Mero (aka Sable)
25. Musical recitative
26. Small community
27. Brief description
28. Israeli spy group
29. Bird sanctuary
30. Mary Poppins, for example
31. Spirit
32. Beatles' record label
34. Strange
37. Keyes' famous first words
39. Leno's announcer, Hall
43. Mark for omission
44. South American river
45. One at rest
46. Covered walk or colonnade
50. Dress shoe
53. Cove
55. Kind of stick
56. Oxie-dokie
57. Come second
58. Pennsylvania city
59. 20 quires
60. Stag
61. Container
62. It may be bruised
63. Kid

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Special Thanks to:  
**Brain Injury Program -  
 Vancouver Island Health  
 Authority**



**For their ongoing  
 financial support.**

**HELP US REDUCE OUR  
 CARBON FOOTPRINT**

If anyone would prefer to receive our bimonthly newsletter and calendar by e-mail rather than the regular postal system please e-mail me at [cvhis@telus.net](mailto:cvhis@telus.net) with your address and I will add you to the newsletter e-mail list.

Thank you for helping us reduce paper and postage costs as well.

Janet Martyn  
 Office Coordinator



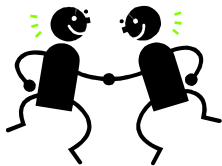
**New Monthly Group  
at the  
The Comox Valley Head Injury Society  
“Sharing the Wealth”**

The start date is: **Monday, January 28, 2008**

Time: **1:30 to 2:30**

Location: **CVHIS, 1211 Ryan Road, Courtenay  
250-334-9225**

**This group is held the last Monday of every month and is  
starting Monday January 28th 2008.**



**This group will enable survivors to “Pay it Forward”**

**To give back by sharing your knowledge, talents and  
experience with other survivors.**

**Please contact the office for more information 334-9225**



Financial thanks goes to  
the  
**Comox Valley  
United Way**



for their ongoing support  
of the  
Life Skills Program  
and the  
Daily Drop In Program.

Financial  
thanks goes to  
**The Province  
of B.C.  
Gaming Commission**

Shopping at Quality Foods?  
Give your points to  
“C.V. Head Injury Society”



Bring your pop bottles to  
CVHIS. We use funds from  
bottle returns for Community  
Reintegration.

Bring Thrifty receipts to the  
office for the Drop In.



Free Crosswords: Money Matters Crossword Puzzle Solution

S	C	A	R		A	M	E	B	A		B	L	A	B
A	L	M	A		C	Y	R	I	L		I	S	L	E
L	A	M	B		U	N	I	T	S		O	D	I	E
T	W	O	B		I	T	A	C	T	O	R	S		
					I	R	E				E	R	E	
					A	H	S							
M	A	N	T		I	S	S	A		A	N	O	R	A
O	V	A			S	T	O	P	O	N	A	D	I	M
S	I	N	E			U	P	S			D	O	L	T
S	A	N	D		D	O	L	L	A	R	S		S	E
A	R	I	D		E	R		E	Y	E	T	O	O	T
D	Y	E			L	I			P	O	X			
					P	E	N	N		L	O	A	F	E
V	E	T	O		O	L	E	O	S		O	R	E	O
A	G	O	G		C	E	A	S	E		R	I	A	L
T	O	T	O		O	T	H	E	R		D	E	M	O

Free Crosswords: "Money Matters" Crossword Puzzle  
Dave Fisher

"Money Matters" Crossword Puzzle

Valentine's Party  
At the  
Drop-In Luncheon  
on Tuesday  
February 12th



Wear a Heart

## GEORGE CARLIN'S VIEWS ON AGING

Do you realize that the only time in our lives when we like to get old is when we're kids?

If you're less than 10 years old, you're so excited about aging that you think in fractions.

"How old are you?" "I'm four and a half!" You're never thirty-six and a half. You're four and a half, going on five!

That's the key. You get into your teens, now they can't hold you back.

You jump to the next number, or even a few ahead. "How old are you?" "I'm gonna be 16!"

You could be 13, but hey, you're gonna be 16!

And then the greatest day of your life ... you become 21. Even the words sound like a ceremony ... YOU BECOME 21 ...YESSSS!!

But then you turn 30, Oooohh, what happened there? Makes you sound like bad milk. He TURNED, we had to throw him out. There's no fun now, you're just a sour-dumpling. What's wrong? What's changed?

You BECOME 21, you TURN 30, then you're PUSHING 40. Whoa! Put on the brakes, it's all slipping away. Before you know it, you REACH 50 ... and your dreams are gone.

But wait!!! You MAKE it to 60. You didn't think you would!

So you BECOME 21, TURN 30, PUSH 40, REACH 50 and MAKE it to 60. You've built up so much speed that you HIT 70!

After that it's a day-by-day thing; you HIT Wednesday! You get into your 80s and every day is a complete cycle; you HIT lunch; you TURN 4:30; you REACH bedtime.

And it doesn't end there. Into the 90s, you start going backwards; "I was JUST 92".

Then a strange thing happens. If you make it over 100, you become a little kid again.

"I'm 100 and a half!"

May you all make it to a healthy 100 and a half!!

## HOW TO STAY YOUNG

1. Throw out nonessential numbers. This includes age, weight and height. Let the doctor worry about them. That is what they are paid for.
2. Keep only cheerful friends. The grouches pull you down.
3. Keep learning. Learn more about the computer, crafts, gardening, whatever. Never let the brain idle. "An idle mind is the devil's workshop." And the devil's name is Alzheimer's.
4. Enjoy the simple things.
5. Laugh often, long and loud. Laugh until you gasp for breath.
6. The tears happen. Endure, grieve, and move on. The only person who is with us our entire life, is ourselves. Be ALIVE while you are alive.
7. Surround yourself with what you love, whether it's family, pets, keepsakes, music, plants, hobbies, whatever. Your home is your refuge.
8. Cherish your health: If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.
9. Don't take guilt trips. Take a trip to the mall, to the next city, to a foreign country, but NOT to where the guilt is.
10. Tell the people you love that you love them, at every opportunity.

AND ALWAYS REMEMBER:

Life is not measured by the number of breaths we take,  
but by the moments that take our breath away.



## NEW YEAR'S RESOLUTIONS: MAKING THEM WORK

Most of us have set New Year's resolutions for ourselves in the past and had the experience of not sticking with them. This year, try some expert tips to help you achieve your goals. Good luck!

### **Make your resolution 'SMART'**

A good resolution like any good goal is 'SMART'. That stands for:

- **Specific** — Instead of setting a vague goal such as lose weight or get fit, set a specific goal, such as 'I want to improve my health and I plan to do it through swimming 3 times a week and eating healthier meals'. People who set specific goals are more successful than those who don't. Make sure you write your goals down, and any smaller steps within your goal, as this will help you to define them.
- **Measurable** — Instead of 'I want to lose weight', set a goal like 'I want to lose 15 lbs. so I can achieve my goal weight of 150 lbs.'.
- **Achievable** — Do you have the skills and resources needed to complete the goal? If you want to enter an organized cycle ride in the future — do you have a bike to train for the ride? Can you ride during daylight hours? Is your goal practical? Does it fit in with your lifestyle and your family?
- **Relevant** — Is your goal relevant to your bigger picture goals? Does it fit with your long-term vision of your life?
- **Timely** — Make sure your goal has a deadline — and that you have set dates for individual steps within your main goal. For example, 'I'll be able to walk to the local shops and back by February'.

### **Know yourself**

If your resolution is to get fit and you hate going to the gym, don't plan on signing up for an expensive gym membership. Target other ways to increase physical activity, such as walking, or gardening, hiking and manual labour.

### **Take baby steps**

Running magazines often carry inspirational stories about people who've just completed their first 10 km run, half-marathon or even marathon — people who months earlier couldn't run around the block. These people all share something in common — Most of them started by walking!

By walking regularly they prepared their muscles and tendons for running, and started an exercise habit. Then by adding 15 seconds of light jogging into their walks here and there, they worked up to a point where they could walk and jog for a few minutes alternately. Next thing, they were lining up for their first fun run. Often it took months, but by setting small achievable targets, these people were always focused on a goal, and were rewarded when they reached it. Taking baby steps like this and setting smaller goals is a good way to move towards a big goal. Take the stairs when there's an option. At first you may huff and puff your way up there, but you'll soon get stronger.

### **Don't overtax your willpower**

Some experts believe that we shouldn't overwhelm our willpower and self-discipline by attempting to make too many lifestyle changes at once. Far better to start exercising your willpower in the way that you would start exercising your muscles — carefully and with small challenges — that way you can gradually develop inner strength.

### **Record your progress**

Keep a diary or a log of your progress — it will serve as a reminder of how far you've come and give you encouragement if you're feeling disheartened. Psychologists have shown that keeping a record can aid in many tasks, such as weight loss or fitness goals. Take time to review your goals and adjust them if necessary as you go. Make sure to reward yourself with something healthy when you achieve your mini goals.

### **Engage others**

Enlist the support of those around you. If family, friends and work colleagues are aware of your goals, they're much more likely to be supportive and to encourage you to stay on track when you're struggling. Find a workout mate or a buddy to quit smoking or lose weight with. You're more likely to keep a workout date if you're doing the activity with a friend, or you're a member of a club. Many quit smoking websites offer programmes with regular email newsletters or SMS inspirational messages to help keep you on track. For weight loss, there are many clubs that meet in person, that provide support and inspiration to help ease your journey towards your goal.

**Keep thinking 'S.M.A.R.T.'**