

A Helping Hand to a New Beginning



BIANS

Brain Injury Association of Nova Scotia

NEWS

Issue 68

September 2010

17th Annual Bowlathon



October 30
Woodside Bowlarama, Dartmouth

October 23
Fairlanes Bowling Centre, New Minas

A "fun"draiser
In support of the

Brain Injury Association of Nova Scotia

For more information, contact

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& 542-4289 for New Minas

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

Metro Bowlathon Proudly Presented by:



Mission Statement

"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."

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<i>Ruth Duggan</i>	<i>Joe Lively</i>
<i>Dr. Wayne MacDonald</i>	<i>Susan Muise</i>
<i>Virginia Palango</i>	<i>John Zeggil</i>

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Mary Bourgeois (family member)



STRATEGIC PLAN UPDATE

At the **May 15, 2010 Annual General Meeting** of the Brain Injury Association of Nova Scotia, the membership adopted a new strategic plan for BIANs that will be implemented over the next three years. Within this new strategic plan is a new mission and vision as well as four strategic goals.

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.

Led by new board member and the strategic plan volunteer facilitator **John Delaney**, an ad hoc committee of the provincial board was struck. Over the course of the next few months, the committee will further develop the activities and components under each of these four strategic goals.

Note: the opinions expressed in BIANs NEWS are those of the respective authors and advertisers and not necessarily those of the Brain Injury Association of Nova Scotia. BIANs will not be liable for any damages or losses howsoever sustained, as a result of the reliance on or use by a reader or any other person of the information, opinion, or products expressed, advertised or otherwise contained herein. Where appropriate, professional advice should be sought.

IN MEMORIAM

BIANs has received donations in memory of:

Murray Bezanson
Lena Fortunato
Bob Muise
Irene Pearl
C. Edna Ross



Sincere condolences to their families and friends.

2010-2011 elected Board of Directors

Debbie Adams (professional). Debbie is new to BIANs. She is Coordinator of Resident Care, CHS, an organization which runs community-based housing and currently has one brain injury survivor as a resident.

Joel Armah (professional). Joel is new to BIANs. Joel is currently taking his Master of Public Administration at Dalhousie University. Along with his studies and work in policy, organizational operational structure and finance, he has completed an internship with the Policy Office of the Finance Department at the Halifax Regional Municipality (HRM) as a Fiscal Policy Analyst. His interest in BIANs is to use his education, knowledge and skill to strengthen the organization's current infrastructure.

John Delaney (professional). As Manager of Strategic Priorities, COS Branch MARLANT, Department of National Defence, John is highly skilled and experienced in strategic planning, implementation and evaluation. Although new to BIANs, John volunteered his time to be our strategic planning facilitator this past fall and was a member of TEAM BIANs during the Scotiabank Group Charity Challenge of the Bluenose Marathon.

Dr. Ben Doane (professional). A long-time board and committee member, Ben has dedicated his professional and volunteer life to improve life for survivors and their families.

Ruth Duggan (professional). New to BIANs, Ruth is an Occupational Therapist and co-founder of Cornerstone Occupational Therapy. As a professional, she is dedicated to providing education and consultation to employers and insurers, and community-based rehabilitation for individual clients throughout Nova Scotia. Her occupational therapy interests lie in working with groups and individuals to promote health and prevent disability, including ergonomics, vocational rehabilitation, and life care planning as well as volunteering a few weeks each year to provide occupational therapy services with a Canadian rehabilitation team in Haiti.

Alberte LeBlanc (family member). As a family member, Alberte joined BIANs in 2009 and has served as Interim Secretary since October 2009. In her professional life, Alberte is a special events planner who owns her own business, Compart Event Management.

Joe Lively (survivor). A long-time board member, Joe is a brain injury survivor well known for his dedication to survivors and their families and for his strong commitment to the prevention of brain injury through education with a special focus on youth.

Dr. Wayne MacDonald (professional). Wayne joined the board of directors in 2009. As a neuro-psychologist, Wayne worked at the IWK and is now in private practice. He has always had a professional interest in ABI survivors. Wayne was a member of TEAM BIANs for the Scotiabank Group Charity Challenge during the Bluenose Marathon.

Tracy MacIntyre (family member). Tracy joined BIANs and became its Interim Treasurer in August 2009. An employee of the Department of Health, Tracy is also continuing her post-secondary education in business and has strong interest in finance and fundraising.

Susan Muise (survivor). Susan joined the board in the late 90s. She served on the Education Committee and is instrumental in the organization of the BIANs' annual golf tournament including chairing the Golf Committee the past couple of years and speaking at the event.

Virginia Palango (survivor). Originally from Ontario, Virginia is a survivor who sustained her injury as a child. She recently returned to university to study psychology after a career in corporate sales. She is interested in helping BIANs in any capacity and has experience in fundraising.

Don Sullivan (family member). As a family member, Don got involved in BIANs a few years ago on the Advocacy Committee. Prior to being elected as President last year, Don was previously Vice-President of BIANs.

John Zeggil (family member). John and his wife have previously been involved with BIANs with the Metro Inroads Program. In his professional life, John is Manager of Commercial Credit, TD Commercial Banking.

Susan Muise Keyring

I'm very excited to share a story with you about my cousin and what she does. Before doing so, let me introduce myself. For those of you who don't know me, my name is Susan Muise and I am a traumatic brain injury survivor. I am also a member of the BIANs Board of Directors and the chairperson of this year's golf tournament.

The story that I want to share with you is about my cousin, Shauna Prudhomme and the skeleton key jewelry and necklaces she makes. Ten years ago, Shauna fought a long and hard battle with Lyme disease. While recovering from the disease, she began to make her jewelry. The Passage Keys she uses for her jewelry are named for the various "doors" one is forced to pass through to reap the reward of getting their life back. She says that the understanding and transformation that come from our darkest moments can sometimes be a gift. Since recovering from the Lyme disease she has noticed that many of us struggle with the same obstacles that stood in her way, not just from illness but from everyday life.

The skeleton keys Shauna uses in making her jewelry are named after the stages she went through while recovering from the Lyme disease. They include patience, acceptance, forgiveness, courage, wisdom and enlightenment. She tells me that the passage through these "doors" has provided her with peace and she wants her skeleton key jewelry to inspire people to wear their triumphs and to keep striving to eventually open those "door". More can be seen on her website, www.keyelementjewelry.com.

The most exciting part of my story is about the birth of the Susan Muise Keyring. After learning about Shauna's jewelry I asked her if she could make one for me with charms that symbolized the "doors" that I have come through since my brain injury. The keyring is now complete and includes charms that represent my life before the accident and "doors" I have come through since the accident. There is a moon charm, which represents the drug-induced coma I was in, a withered face charm representing difficulties with depression, a treasure map charm for the difficulties I have finding things because of a sustained attention deficit. There is also a

memory charm, which represents my memory problems, and a lock charm for the many doors I had to unlock. The keyring also includes plenty of hearts and charms that represent love for the support I have had as I live my life as a brain injury survivor, and finally the feather of life charm, which represents how fortunate I was to survive the injury.



Here is a photograph of the Susan Muise Keyring I wear it proudly, and I have told many people about the "doors" that I faced after suffering the brain injury and how with love and support of family and friends and the help of many doctors I have come through the "doors" and got my life back.

Shauna tells me that in the near future she will be adding a page to her website which will include a photo of me, the story of my accident and my life as a survivor. I am very excited about this because of the awareness it will give to people about brain injuries and what it is like to face every day as a survivor. She also says that 20% of sales of the Susan Muise Keyring will be sent as a donation from her to BIANs.

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

18 Holes for Hope 2010

By Susan Muise, Chair

On Monday, June 21, the 15th annual BIANs golf tournament, 18 Holes for Hope, was held. Approximately 100 golfers were welcomed to Brightwood Golf and Country Club by C100, our radio sponsor. Like the butterfly which is part of the BIANs logo, the name of the tournament recognizes the role that hope plays in the lives of survivors post-injury. Like a butterfly emerging from its cocoon, the survivor hopes to gain strength and courage to overcome the results of the brain injury in order to live a full and productive life.



During the day, we once again held a silent auction. Thank you to Bob Smye who was our auctioneer of a Neil Stuart painting donated by the artist, and to Gordon Proudfoot for arranging the donation and having it framed. Thank you to our 50/50 winner Sara Scott from Stewart McKelvey who gave her winnings back to BIANs as a donation.

The highlight of the evening was our guest speaker. This year we were very fortunate to have Dr. Richard Braha speak to us about new outpatient services implemented through Capital Health and the next steps in the continuum of care for survivors.



Tournament Winner	Manulife
Closest to the Hole Gents	Rob Roy
Longest Drive Ladies	Kendra Cody
Longest Drive Gents	Craig MacLean
Closest to the Circle	Ray Souchereau
The Most Honest Team	Ritch Durnford

Our Teams

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Burchell Hayman Parish - C100 - Cox and Palmer - Intact Insurance

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Marsh Adjustment Bureau Limited - McInnes Cooper - McKesson Canada
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Ritch Durnford - Royal & SunAlliance - Friends of BIANs - Sovereign Insurance
Stewart McKelvey - Subway - TD Canada - The LYBs - Wagner & Associates

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Our Volunteers

John Abbass	Joel Armah
Bryan Collicutt	Margo Dauphinee
Alice Dean	Sheila Hardman
Lyle Howe	Joe Lively
Tracy MacIntyre	John McKiggan
Marguerite MacNeil	Anthony Martin
Jean McKenna	Meg Muise
Robert Muise	Susan Muise
Cindy O'Keefe	Virginia Palango
David Parker	Jane Warren

Race to the Clouds

by Bryan Fader

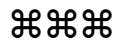
Saying that running up Mount Washington was hard is like saying liquid nitrogen is cold. Not only is it obvious but it's a huge understatement. In June I had the privilege and honour to run up this mountain on behalf of BIANs to raise money and awareness. In doing this, I experienced something I will never forget. It was 30 degrees, which added distance and incline to the mountain that day but there were a few things awaiting me at the top that pulled me ever closer to my goal.

My daughter Gabrielle Fader who is 11 was already at the summit. Knowing that she was waiting for her dad to come around that last corner was a great inspiration. Seeing her face and knowing she was proud of her dad was one of the highlights of my trip. My family back home, my wife Andrea and my older daughter Olivia, and their support for my goals was a huge joy to have with me and I regret that they too weren't there to see me cross that line.

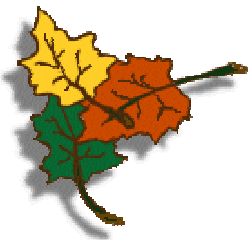
The involvement with BIANs was another great motivator. The faith that they had placed in my ability to finish, the pledges that people had already made and the interviews on CBC and in the Halifax Herald all told me, screamed at me, and whispered to me that I had to finish, that there were people pulling for me and that they had expectations of me helped a great deal.

The last and most important thing that pulled me up that mountain on that hot summer day was Susan Muise. Not only her story of survival and subsequent recovery, but it was something she said to me not long before I left to go to New Hampshire. She spoke of her accident that occurred on Feb. 10th of 1995 and there was a new look in her eye. She looked, dare I say, peaceful about her accident, like it had taken on a new meaning, a better meaning than it had ever had before. The look on her face and her words spoke to me in a way that I knew, that if she could survive what she had been through and not only prevail but become an inspiration in the way that she has to others, that if she could redefine what an accident means to a person, actually use it to help people, then I could put one foot in front of another for 2 hours and 23 minutes until there wasn't any hill left to climb. Her mountain was and is so much higher than the 6228 feet of Mount Washington.

My involvement so far with BIANs has been awesome and I hope to continue helping in any way I can....



New Programming for Individuals with Acquired Brain Injury



The **Acquired Brain Injury (ABI) Day Program** is a new program at the Nova Scotia Rehabilitation Center. It is an interdisciplinary program for adults with ABI and their families or caregivers. The program consists of group sessions that cover a variety of topic areas including memory strategies, fatigue management, goal setting, substance use, depression, breathing and relaxation exercises, fall prevention, sexuality, and medication management. It is open to individuals across the province; however participants are responsible for accommodations and transportation. Referrals are accepted from all healthcare professionals. To make a referral to the program or to receive more information please contact Lindsay Dickson, Acquired Brain Injury Navigator at 473-1186.



The beginning of a wonderful program was founded on August 13, 1989 by brain injury survivors Charlie Deveau and Elizabeth Andrews. Elizabeth Andrews was one of the earliest members of BIANs, then known as NSHIA (The Nova Scotia Head Injury Association). The first “head on” meetings were held in the comfort of her home joined by Berit Pittman, Wayne Harvey and Charlie. They strongly saw the need for a peer support group for those who had acquired brain injury. The **Head On** support group for brain injury survivors meets at the Veteran’s Memorial Building at the QEII every 2nd and 4th Wed. between 7 and 9 in Rm. 1613.



Charles Deveau

Thank you, Charlie, for 21 years of continued support and compassion – for always putting other survivors first - and you taking the last seat in the room!

Volunteer Corner



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Ansley C. Simpson

JOHN MELANSON
1956 – 2010



BIANS was saddened to learn of the death of John Melanson on August 9. For ten years John was Program Manager and Executive Director of Aiseirigh House, the residential home for ABI survivors. Many BIANs and later MINDS staff, residents, families and volunteers who worked and associated with John over those years came to know him as a loving and caring man. His passing is a great loss to his family, friends and the wider community.

TEAM BIANS – RUNNING TO SUCCESS IN THE 2010 BLUENOSE MARATHON!

TEAM BIANS sprinted passed its fundraising target of \$5,000, smashing it completely by raising over \$17,000, -- and, of course, running over 300 km during the Scotiabank Group Charity Challenge in the Bluenose Marathon on May 22 – 23, 2010! Due to the great effort from our volunteers and donors we won the prize award for being the third top fundraising team.

Isai Estey kicked things off for the 37-member strong team on Saturday morning with his participation in the Youth Run. The remainder of the team showed up bright and early the next day and hit the 5 km, 10 km, half and full marathon courses. Congratulations to everyone!

Participating in the Bluenose Marathon distances was only component of the Charity Challenge. The other was raising funds for BIANS – and considering the outcome, a job well done by all!

Congratulations to our top 3 fundraisers:

Heather McNally who raised over \$7000 and received one night's accommodation for 2, courtesy of the Delta Barrington and a one-hour therapeutic massage courtesy at Massage Addict, Dartmouth Crossing.

Phil Chapman who raised over \$2000 and received a six-week Nubody's membership and a \$25 gift certificate, courtesy of Walmart.

Bryan Collicutt who raised over \$1000 and received a \$100 gift card, courtesy of the Five Fishermen Restaurant.

Heather McNally and **Anita Conrad** received their registration fee reimbursed for registering and raising over \$200 by the end of March. Heather also won the early bird fundraiser which was a six-week membership to Nubody's as well as the "keep stridin" fundraiser which consisted of gift certificates from First Choice and Empire Theatres and a footstool from Sunset Industries.

Our wonderful team members (some of whom are pictured below):

Alexandra Aubrecht

Julia Chapman

Anita Conrad

Susan Delaney

Margot Ferguson

Neena Gandhi

Natasha Haas

Ginette LeBlanc

Tanya MacDonald

Connie McGrath

Ellen Parker

Tim Roberts

Ken Buchholz

Philip Chapman

Margo Dauphinee

Teresa DiQuinzio

Dale Fougere

Alice Giles

Anne Jollimore

Jeff Lloyd

Wayne MacDonald

Heather McNally

Eileen Pease

Tracy Smith

Stacey Canning-Lively

Bryan Collicutt

John Delaney

Isai Estey

Isabelle French

Dennis Gillis

Dewi Jones

Anna MacDonald

Tracy MacIntyre

Janet Mooney

Carlo Quattrociocchi

Danna Schaubel-Quattrociocchi

Steve Wagner



We thank the team members from Ritch Durnford and AMEC Black and MacDonald as well as Danna and Carlo for flying in from Toronto to be on our team! Special thanks to Wayne MacDonald and Joe Lively for their organizational work.

Thank you to our incentive donors (Nubody's Fitness Centres, Delta Barrington, The Five Fishermen, First Choice Haircutters, Walmart, Massage Addict, Empire Theatres and Sunset Industries).

A big thank you to Brenda Goodwin for all her help and Scotiabank for the opportunity.

Last, but never least, thank you to all our donors far and wide who donated by cash or cheque or online!



The **BIANS annual BBQ and picnic** was held on August 21 in Kingsport, NS. The event was hosted by the **Valley Chapter** led by President Jake MacDonald and his wonderful committee. The food was plentiful and delicious and the day was exceptional, including the weather. The Callow bus came filled with survivors from Halifax and members from the Lunenburg County Chapter were also in attendance. BIANs President Don Sullivan, Chapter Presidents Bev Butler and Chris Wentzell and Executive Director Margo Dauphinee were all there to enjoy the day. Ron Edmunds and his band entertained and were greatly appreciated by the large crowd who attended.



BIANS BBQ





BULLETIN BOARD

Brain Injury Association of Nova Scotia

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<http://www3.ns.sympatico.ca/bians1>

BIANS News Editor - Mary Bourgeois

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

Advertising rates: Business Card - \$50 1/4 pg - \$100

1/2 pg - \$150 2/3 pg - \$200 full page - \$300

Websites:

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.

Annapolis Valley Chapter

During the month of June several awareness and fundraising events happened in the Valley.

A butterfly campaign was held at six Pharmasave drug stores from Wolfville to Middleton. Raffle tickets were sold on a cribbage board and a fleece afghan. Three radio stations; AVR, Magic 97 and K-Rock broadcast 12 spots a day of brain injury survivors commenting on brain injury. A Classic Car Show was held in June - with 41 cars, and over 400 people attending.

Pharmasave and AVR sponsored the showing of a movie, along with helmet fittings and prizes. The Chapter participated in the Kentville Police Bicycle Rodeo. A canteen and information booth were set up at the Kingsport Gala Day and a booth at the Kingston Steer BBQ where donated prizes were given away. Ewes Pins - The "Ewes should wear a helmet like me" pins were handed out as a reward to children wearing a helmet.

Chapter members instructed the Apple Blossom Festival princesses how to fit helmets at Michelin's helmet giveaway and safety program. 400 helmets were given away by Michelin at this event.

During the Inroads Open House, Enterprise Car Rentals donated \$2,000 to the Valley Chapter. The Phyllis Holmes Awards were presented to **Connie Benjamin-Webster** (2007); the **Taylor family** (2008); **Kelly Ward** and **Stephanie Carey** (2009); and **Louise Dean** (2010).

Lunenburg County Chapter

The Chapter was busy, continuing to hold regular meetings throughout the summer months as well as meeting for a dinner in June. During the month of June, Brain Injury Awareness was promoted by the Chapter. Radio station CKBW aired awareness spots and the Bridgewater Bulletin published an article on Greg Van DeMooretele. Booth presentations were presented at both Michelin and Sobeys where brain injury information and concussion cards were distributed.

Halifax Chapter

We would like to acknowledge **Charlie Deveau** for 21 years of continued support and compassion since founding the Head On support group for survivors of brain injury. A special Head On meeting was held on August 11, 2010, where we surprised Charlie and celebrated with cake and extra special BEST WISHES!!



Charlie and Sandy Gaudet

To promote brain injury awareness month in June, the Halifax Chapter of BIANS held two special documentary viewings. On June 23rd '**Braindamaj'd take II**' was shown to a small crowd in the Royal Bank Theatre in the Halifax Infirmary. On June 29th the film '**Breakaway**' was shown and was followed by a discussion with the producer/director of the film, Mathew Welsh.

The Halifax Chapter would like to congratulate **Heather McNally** and **Eileen Pease** on their successful participation in the Scotiabank Group Charity Challenge in May.