



Sep  
Oct  
Nov  
2011

# Sky Hi Review 25yrs

Head Injury Association of Fort Erie

649 Niagara Blvd., Fort Erie, On L2A 3H7

Office 905-871-7789 Fax 905-871-7832 hiafeadmin@bellnet.ca

Charitable Registration No 12704 9484 RR0001 Partially funded through Fort Erie Bingo



HIAFE Centre Fort Erie  
649 Niagara Blvd

## Did You Know??

25 years ago, HIAFE identified six individuals in the Fort Erie area dealing with injury to the brain. The number of individuals involved in HIAFE programs averages 300-400 per month. HIAFE averages 1,000 contacts each month. This year, to date 14 new members have been registered.



**\*\*\* Annual General Meeting** will be held at the HIAFE Ctr. **Wed. Sept. 14<sup>th</sup>**. 6: pm. Guest Speaker will be **Wayne Redekop**, former Mayor of Fort Erie for 3 terms.

Wayne has been a board member, constant advisor and supporter of HIAFE for many years. Light Refreshments.

Please RSVP by **Sept 9<sup>th</sup>** if you plan to attend.

## Are you moving?

Please do not forget to send us your new address.

We support the goals of **Ontario Brain Injury Association.**

Is your membership current?

HIAFE Board Members

hiafeadmin@bellnet.com

Julie Anthony

Shirley Athoe

Eryn Breton

Sandy Carson

Barry Douglas

Diana Demers

Marla Lyons

Jasmine Montana

Scherri Teal

Steven Cox-Consultant

HIAFE Staff

hiafeevents@bellnet.ca

Donna Summerville

Becky Porter

Contract Staff

Hiafeadmin@bellnet.ca

Janine Whittaker

Coop staff

Niagara College students

Amanda



**\*Purchase tickets In advance from HIAFE.** Donations for HIAFE Bake Sale can be left at the HIAFE office on Thur, before 3: pm.

## Pasta Dinner- Italo Hall Ft Erie

Thursday Sept 8<sup>th</sup> 2011

4:30 – 7:30 pm. All you can eat.

Pasta, meatballs, salad, rolls, coffee.

Tickets \$8.00 per person Door \$9.

Take out \$7.00 Children 5-12 \$4.50

Call the office for tickets

Free \$10 voucher for Fort Erie Slots

Plus HIAFE Bake Sale

## Garage Sale & BBQ

Sat, September 10, 2011

8:am – 1 PM

HIAFE Ctr, 649 Niagara Blvd

Donations appreciated



## Holiday Home Tour

Will be held Sunday, Nov. 27

Details TBA.

HIAFE is looking for homes

Please contact the office.

Tickets for "31 Chances" available until Aug 31<sup>st</sup>

Draw begins September

**HIAFE could not survive without the staff and board members that go above and beyond the call of duty.**

## ARTS & CRAFTS



Beginning, Wed morning, Sep 14<sup>th</sup>, 10 am. Cost - \$8.00 to cover expenses, This will be a 12 week session, using a variety of mediums. Class will be taught by Amanda, Niagara College Student. Contact Becky by Sep. 7<sup>th</sup> to register for this program.

**Don't miss out! Check your calendars –  
Register for all HIAFE programs and events in advance**



**SKATEBOARD PARK:** During the Grand Opening of the new Skateboard Park in Fort Erie, HIAFE was present to encourage the use of helmets in sports. To celebrate HIAFE's 25th year a draw was held to give 25 free helmets to youngsters. **If you would like to support this cause please forward your donation to HIAFE.**

Income Tax receipts will be issued for all donations.



**2<sup>nd</sup> Annual Euchre Night** was enjoyed by all. Thanks to Selina & friends for organizing this event. Special thanks to all those who donated prizes and goodies. If you are interested in playing euchre on a monthly basis at HIAFE Centre. Call the office and get your name added to the list.

**Garage Sales & BBQ:** Thanks to the volunteers, and cooks that helped with these sales and the families that donated so many articles. Another will be held in September 10<sup>th</sup>. We could use some "new" donations. Will need help from 7- 9 am to set up, and 1-2 pm to pack away.



**1<sup>st</sup> Annual Thunder Run** was organized recently by Mikee and Cheryl Anne. Watch for this event next spring. Thanks to all that supported this run.



**Sing along with Selina: A new Fund Raiser for HIAFE**

Dates to be announced. This promises to be lots of fun.



**Baseball Game** will be held on Sep 17<sup>th</sup> at the Eagles Hall. If you would like to join in, or sponsor a team, please contact the office. 905 871-7789. Prizes are also needed for this event.



**MEMBERSHIPS:** Plan on renewing your membership, if you haven't already. Forms will be available at the AGM. Support your Local and Provincial Associations. Memberships are important to keep you well-informed of what is going on within the Head Injury Movement. It also covers the cost of your newsletters and OBIA Review. To those, who would like to remain on our mailing list, and do not wish a full membership, we ask that you donate a small amount to cover this cost. We can also send news by e-mail. If you would prefer to have your name removed from our mailing list, please advise.

**Volunteers are WELCOME for any of our fund raisers and always NEEDED!**

### ST JACOBS TRIP – THURSDAY OCTOBER 13, 2011

**Need a break? Niagara & Toronto Tours offers a one day trip to St. Jacobs** There is a minimum requirement of 10 people in order to book the trip. Pick up at the Fort Erie Mall at 9 am. Includes two hour of shopping at the farmer's market and factory outlet stores. Lunch can be purchased before heading for a one hour country tour and river walk. Finally a two hour shopping time in the village. Cost is \$79. per person, seniors \$74. Plus taxes. Please contact Donna, 905 871-7789 to register.

**Paid registration is due by Thursday, September 15th.**

**Third year Student University of Western Ontario "Criminology"** My time at HIAFE has been an eye opening experience. This is my second summer with HIAFE and I feel very fortunate to have worked here. This year I have been able to realize, more in depth, the issues each client faces in their everyday life. Everyday is something new and exciting at HIAFE, staff truly cares about the people they are dealing with as well as working with. I was able to get involved with not only programs this summer but also learn about different organizations that deal with acquired brain injury and various social services that are available to those who have suffered an acquired brain injury. I also had the opportunity to work on community awareness and fundraising for their 31 Chances to Win draw that takes place in September. The experience has been like no other and I am sad that my time with HIAFE has come to an end. This organization's resources are used by so many people in the community and HIAFE is a staple for many of their members. The atmosphere was very fun and inviting. This is a great place to work!

Ashley McGuire

**Fort Erie High School:** My name is Nick Tobey and I am going into my final year of high school. I just finished my summer placement at HIAFE through the **John Howard Society Youth Program**. I found the atmosphere so friendly and relaxing. Even though I have only been here eight weeks I have learned about the differences that each individual member has even though they all suffered a brain injury. I have learned that a brain injury is so different for each person and everyone has different strengths and weaknesses. I am so amazed at how the members are able to play various card and board games such as trivial pursuit. The staff at HIAFE was very welcoming and made me feel comfortable and part of the team. I had an awesome summer placement and met a lot of really great people.

### **Caregiver Group Meetings**

Caregivers need support and should prioritize their own needs. All caregivers are encouraged to attend the monthly meetings held at the HIAFE Centre, to have an opportunity to bring their issues and concerns forward. A caregiver is the most important person to their loved one and often times is overlooked. The meeting provides an opportunity for caregivers to support one another. Each situation is unique, and individual needs are distinctive to each family. Call Becky for more information at 905-871-7789. Monday meetings are scheduled monthly at 6pm. Meetings are facilitated by Diane Thompson from BICR. Diane holds a Master Degree in social Work.

There has been much ado about donations in the media recently. New baby clothes and supplies sent to garbage dump because too many were received; donations of money dispatched that was never distributed; and offerings seized by officials and sold to the needy.

HIAFE is constantly requesting donations from families and friends. It is HIAFE's only means of survival. HIAFE receives no government funds, and Lottery funds, from Town of Fort Erie Bingos, are constantly depleting. At the same time the case loads are increasing. For some individuals, HIAFE is the only family they have. HIAFE brings this information to your attention to assure you that every cent donated to HIAFE is used for clients

**SUBI** (Substance Use/ Brain Injury) is an educational support group initially designed through collaboration between **Cam-H** (Centre for Addiction and Mental Health) and **CHRIS** (Community Head Injury Resource Services). The group addresses individuals who have an acquired brain injury as well as addiction issues. Individuals with ABI who also use alcohol or drugs may not recover as quickly as those who do not. They may also have increased difficulties with balance and mobility; increased instances of depression and memory impairment; and are at higher risk for acquiring another brain injury.

This group is intended for individuals who have not attended a SUBI group in the past. The sessions will cover the following:

* Tools to use during recovery	* Areas related to the addiction cycle	
Coping strategies	* Improving personal relationships	*
	* Goal setting for recovery	

The group also provides an opportunity for members to get together with other individuals who have struggled with ABI and substance use.

**Individuals wishing to attend this program MUST have a referral and complete an assessment interview before entering the program.**

**Please contact Tracy Maddalena at 905-687-6788 ext. 390**

## **New NHL Concussion Guidelines: Let's Get the Doctor Involved! Featured**

Some of the changes will go into effect almost immediately; some will be implemented at the beginning of next season. Commissioner Gary Bettman laid it out in five steps:

1. **Equipment changes** – reduce the size without reducing the safety.
2. **Revise concussion management protocols** – have a doctor (not a trainer) make immediate return to play decisions.
3. **Hold club and coach responsible for players with repeated offenses leading to supplemental discipline.**
4. **Study changes to rinks that can improve player safety – implement short-term fixes now, get rid of seamless glass for next season.**
5. **Establish a committee dedicated to continued study of the issue.**

### **Can we talk about step 2?**

Currently, players with suspected concussions are evaluated by the trainer, generally on the bench. The trainer's evaluation has two possible outcomes – no concussion suspected and the player returns to the game immediately, or there is a suspected concussion and the player is removed to the dressing room and evaluated by the team physician. If the physician's evaluation is suspicious for concussion, the NHL Protocol for Concussion Evaluation and Management kicks in and the player is kept out of play pending certain testing. The length of time is determined by the patient's performance on neuropsychological tests (be patient, we'll get into what those are), and the team physician makes the ultimate decision as to when the player can return. The current NHL protocols are stringent with regards to keeping players off the ice once they've had a concussion, but don't go far enough to get them off the ice in the first place – a determined player could insist to the trainer that he's fine and end up back on the next shift. The physician will perform the evaluation in "...a quiet place free from distraction" (i.e. not the bench), and will use a standardized assessment tool – the NHL SCAT 2 (sports concussion assessment tool). After training the trainers and doctors in the specifics of the new concussion policy, Bettman stated he expects it to go into effect by the end of the week.

### **Neuropsychological testing? What?**

The big deal here is that players are going to be evaluated immediately using the SCAT 2, and not by being asked "Are you okay? You good to go back out?". The SCAT 2 is a series of (neuropsychological) tests that was developed in 2008 at the 3rd International Conference on Concussion in Sport, and represents revisions to previous concussion assessment protocols. The SCAT 2 was designed for use by physicians, athletic trainers and other medical professionals. The NHL is already using the SCAT 2 (as are the IIHF, FIFA, and several other big name sports organizations), but the bench is absolutely the wrong place to do it, and it likely wasn't happening unless the trainer made the decision to pull the player for physician assessment.

### **What exactly is the SCAT 2?**

#### **Symptom evaluation:**

The patient is asked if he has any of 22 different symptoms that you'd normally associate with a concussion (nausea, dizziness, headache, etc.), and grades them on a scale of 0-6 (none to severe). This assigns him a symptom severity score.

#### **Return to Play**

The SCAT 2 gives a great outline of a protocol that could be used to determine when a player could get back on the ice. First and foremost, it suggests that a player suspected of having a concussion should not return to play that same day (I'm looking at you, Crosby). It goes on to recommend that the player gradually resumes activity over a period of days (weeks, months, never) based on what he's capable of doing – any limitation by symptoms means activity levels don't progress upwards.

The SCAT 2 and the NHL Protocol for Concussion Evaluation and Management leave plenty of room for the team physician to decide if the player is ready to get back in action. That, of course is the art of medicine. That's also fodder for another huge debate – whether team doctors are looking out for the athlete's best interests, the team's interest in getting their player back on the ice, or the athlete's insistence that he's fine, Coach. Just fine.