

A Helping Hand to a New Beginning



BIANS

Brain Injury Association of Nova Scotia

NEWS

Issue 71

September 2011

Jane Warren - 2011 Council of Canadians with Disabilities Award



Don Sullivan, Jake MacDonald, Jane Warren, and Sheila Hardman

On July 12, the Nova Scotia League for Equal Opportunities presented the 2011 Council of Canadians with Disabilities Award to Jane Warren in recognition of her long-standing and effective leadership within the disability community in Nova Scotia.

Jane is currently the Past President of BIANs, was the first brain injury survivor to hold the position of President of BIANs, as well as the past Chair of the Survivors' Council. At the local level, she was a founding member of the Annapolis Valley Chapter of BIANs. Jane is also on the board of the Brain Injury Association of Canada.

Jane does not limit her hard work to the brain injury community. She is a tireless advocate, both for persons with disabilities and persons living in poverty — who are often, sadly, the same populations. She is a member of the Disabled Persons Commission of Nova Scotia and the DisAbled Women's Network Canada (DAWN).

As an active participant on the team drafting the framework of a disability strategy for Nova Scotia, Jane continues to advocate on behalf of persons with disabilities. She is well known for giving a face to those living with brain injury and for fighting to have brain injury recognized as a distinct disability.

Congratulations, Jane

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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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BIANS Board of Directors 2011 - 2012

Executive Officers

President – 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 in 2009, Don was previously Vice-President of BIANs.

Past President – Jane Warren (survivor). A long-time member of BIANs at the local chapter and provincial levels, Jane has served as Chair of the Survivors' Council and was the first brain injury survivor to be President of the provincial board.

Vice-President – Dr. Wayne MacDonald (professional/other). 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.

Treasurer – Normand Gendron (professional/other). Normand has 20 years of experience in accounting, finance, and general management for private companies and not-for-profit organizations. Currently Finance Manager for Le Petit Voilier Society, a \$3 million not-for-profit organization, Normand is originally from Winnipeg and moved to Halifax in 1998 for family, scenery, and the weather.

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

Chair of the Survivors' Council – 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 his strong commitment in the prevention of brain injury through education with a special focus on youth.

Members at Large

Debbie Adams (professional/other). Debbie is Coordinator of Resident Care, CHS – an organization which runs community-based housing and currently has one brain injury survivor as a resident. During her first year on the board, Debbie was instrumental in the success of the Halifax Bowlathon.

Joel Armah (professional/other). Joel joined BIANs last year while he was wrapping up 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. Joel is an active member of the Fund Development Committee.

John Delaney (professional/other). As Manager of Strategic Priorities, COS Branch MARLANT, Department of National Defence, John is highly skilled and experienced in strategic planning, implementation and evaluation. John volunteered his time to be our strategic planning facilitator, is an active member of the Fund Development Committee and was a member of TEAM BIANs in the Scotiabank Group Charity Challenge of the Bluenose Marathon.

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

Ruth Duggan (professional/other). 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.

Bryan Fader (professional/other). Bryan Fader is a marathon runner, entrepreneur, professional speaker, mental skills strategist at Mount St Vincent University and father of 2 girls. When Bryan was born he spent the first 4 years of his life in the IWK with severe asthma and allergies and learned the value of life. In 2010, he ran up Mount Washington to raise funds and awareness for BIANs and wants to help in any way he can. He is driven and passionate about all that he does.

Lynne Fenerty (professional/other). A graduate from Dalhousie University School of Nursing, she spent her early career in the intensive care units, where she was particularly touched by the devastation of traumatic brain injury. For the past 10 years, she has been with the Division of Neurosurgery at the QEII HSC as a Research Nurse. Lynne conducts research into spine, neuro-trauma and injury prevention as well as program design and implementation. Research has included improving times to tertiary care for brain injury patients, helmet programs and concussion management. Lynne is the NS ThinkFirst chapter coordinator and has worked collaboratively with BIANs over the past 10 years regarding helmet usage and with Operation Headway and Noggin Knowledge. She is a passionate advocate for brain injury prevention and research.

Kendra Gottschall (survivor/family member). A brain injury survivor as a result of a car accident which also included 3 of her 4 siblings in May 2004, Kendra experiences short-term memory loss as one of the consequences of her brain injury which she has worked hard to overcome. She is a graduate of St. FX with a BA with first class honours and in May 2011 she graduated with her Bachelor of Social Work from Dalhousie. In September 2011, Kendra will begin her Masters in Social Work with the aim to work with people with (dis)abilities.

Jake MacDonald (survivor). A long-time member of the Board representing the Annapolis Valley, education is one of Jake's greatest passions and he has done much to enlighten and educate both professionals and the general public about the causes, effects and rehab of Acquired Brain Injury. Jake decided to offer to sit on the provincial board to continue his work on education and prevention at the provincial level.

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 for the past few years and speaking at the event.

John Zeggil (family member). John and his wife have previously been involved with BIANs specifically with the Metro Inroads Program. John is Chair of the Fund Development Committee and was an active committee member of the 2011 18 Holes for Hope Golf Tournament. In his professional life, John is Manager of Commercial Credit, TD Commercial Banking.

Chapter Designates on the Board

Dr. Bev Butler, President, Halifax
Jake MacDonald, Chair, Annapolis Valley
Chris Wentzell, President, Lunenburg County

Non-Voting

Honorary Board member

Mary Bourgeois

Advisory Committee

Dr. Richard Braha
Phil Chapman
Harriet McCready
Matthew Napier
Lynn Ross

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

⅓ page - \$200 full page - \$300

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18 Holes for Hope 2011

By Susan Muise, Chair



The BIAN'S Golf Classic, Eighteen Holes For Hope, was held this year on June 20th at the Brightwood Golf and Country Club in Dartmouth and was a tremendous success. We had a completely sold out tournament and a beautiful day for golfing! Congratulations to the Tournament Winners **Bluewave Energy** and to this year's most honest team **Sovereign Insurance!**



Congratulations to the contest winners

Closest to the Hole Ladies: Margot Ferguson

Closest to the Hole Gents: Kirk Ramsay

Longest Drive Ladies: Laura Dowling

Longest Drive Gents: Dave Acker

Closest to the Circle: Dan Watt

This year at the tournament, we had a very successful putting contest which was won by Mike Dull along with an equally successful 50/50 draw that was held on hole #9. Congratulations to our 50/50 winner Jennifer Myers who won \$254.50. The silent auction was a great attraction, especially the golf getaways and the autographed photos of Greg Norman and Arnold Palmer. By the end of the day everything on the table had sold.

Special thanks to the sponsors of the tournament. They included **C100** as our radio sponsor, **Subway** as our lunch sponsor, **McKellar Structured Settlements** as our dinner sponsor, **MacDonald Chisholm Trask Insurance** as our Hole-in-One sponsor, and all the Hole sponsors listed below. Thanks to **Tim Hortons** who was there in the morning with coffee and treats for all, and to **Scotsburn Dairy** who provided ice cream treats during the day on one of the holes. Thank you to the members of the committee who worked very hard to put the day together, the people who volunteered at the tournament, those who donated prizes and items for the auction and to all the golfers.

Our Teams

Arnold Pizzo McKiggan - Bayshore Home Health - Beacon Securities - Bluewave Energy - Boyne Clarke - C100 - Craig Clarke Foursome - Cunningham Lindsay - Hirtle Promotions - Intact Insurance - Lombard Canada - Lyle Tilley Davidson - Manulife Financial - Marsh Adjustment Bureau Limited - McInnes Cooper - McKesson Canada - MicMac Fire and Safety - Neighbours - Patterson Law - Ritch Durnford - Royal & SunAlliance - Sovereign Insurance - Stewart McKelvey - Subway - TD Bank - TD Canada Trust - TD Waterhouse Financial - The LYBs - WN Pharmaceuticals - Wagner & Associates - Winmar



Hole Sponsors

Avis/Budget Rent-a-Car

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Royal SunAlliance

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TD Commercial Banking

TD Waterhouse Financial

WN Pharmaceuticals

Wickwire Holm

Winmar

Wagner and Associates



Supporters

A. J. Bell and Grant Insurance - Bayshore Home Health - Budget Rent-a-Car - Boyne Clarke
Brightwood Golf and Country Club - The Chronicle Herald - Canada Games Centre - Canada Post
Cape Breton Resorts - Clearwater - Dalplex - Durty Nelly's Irish Pub - Econo Colour - EMS
Bryan Fader Salon - Golf Central - Halifax Marriot Harbourfront Hotel - Halifax Metro Centre
Hirtle Promotions - Interlude Spa - Kingswood Golf Course - Medavie Blue Cross
Moncton Golf Club - Neptune Theatre - Greg Norman - Arnold Palmer - PharmaChoice
Press Gang - Prince George Hotel - Q Restaurant - Ritch Durnford - Scotsburn Dairy
Service Master of Hal-Dart - TD Commercial Banking - Tim Hortons - The Weston Nova Scotian



See you next year - June 18

Volunteers

John Abbass	Joel Armah
Mary Bourgeois	Heidi Collicutt
Margo Dauphinee	Laura Greening
Sheila Hardman	Joe Lively
Connie McGrath	John MacKiggan
Marguerite MacNeil	Ashley MacPhee
Anthony Martin	Jean McKenna
Lawrence Muise	Meg Muise
Robert Muise	Susan Muise
David Parker	Don Sullivan
Sylvia Sullivan	Jane Warren



IN MEMORIAM

BIANS has received donations in memory of:

Malcolm Boutilier
Ella Cooke Rodgers
Alta Janette Farmer
Lillian Lindsay
Douglas MacKenzie
Evelyn McEwen
Mary Reid



Sincere condolences to their families and friends.

What's Happening?

On September 18, 2011 the Halifax Chapter is hosting a social at the Halifax Public Gardens. Join us for a stroll through the Gardens from 2-4 and have a treat. Rain date will be September 25.

Bowlathons

New Minas – October 22
Dartmouth – October 29

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99 Wyse Road, Suite 600
P.O. Box 876
Dartmouth, NS, B2Y 3Z5
www.boyneclarke.ca
www.lawyerfortheinjured.ca

Hitting the Streets

On May 22, over 170 km were walked or run by our participants in this year's **Scotiabank Group Charity Challenge** during the **Scotiabank Bluenose Marathon**. Not only was it a physical challenge, but our participants also flexed their fundraising muscles and raised over **\$9400** for BIANs.

Congratulations to our participants for “Giv’ring” it your all!

Stacey Canning-Lively
Heather Collicutt
Margo Dauphinee
John Delaney
Bryan Fader
Alberte LeBlanc
Wayne MacDonald
Heather Marsten
Heather McNally
Eileen Pease



Bryan Collicutt
Anita Conrad
Ellen Day
Ruth Duggan
Anne Jollimore
Tanya MacDonald
Tracy MacIntyre
Connie McGrath
Janet Mooney
Jane Warren

Congratulations to:

Bryan Fader, our top fundraiser, who received one night's accommodation for two at the **Delta Halifax**.

Bryan also won a gift certificate to **Onyx** as the winner of our Keep Stridin' Draw.

Wayne MacDonald, our second top fundraiser, who received one night's accommodation at **Garden House Bed and Breakfast**, Wolfville and a **Sobey's** gift card. Wayne also received a gift card to the **Waterfront** for being one of the Into the Home Stretch Draw winners.

The other Into the Home Stretch Draw winner receiving a **Sobey's** gift card was our third top fundraiser, **Jane Warren**, who also received a gift certificate to the **Prince George**.

Other draw winners were **Alberte LeBlanc** who won a one month Family Membership to **Dartmouth Sportsplex** in the Kicking Into High Gear Draw and **Tanya MacDonald** who won the 4-week membership to **Goodlife** in our Participant Thank You Draw.

The countdown to next year's **Scotiabank Group Charity Challenge** has begun! Be part of our 2012 team as we hit the streets next May 20th!

David McGuire – A Run To Remember

HRM Mayor Peter Kelly and BIANs Board member Joe Lively present David McGuire with a souvenir of his run through our area in May. David is running across Canada for brain injury, a marathon a day. His run started in St. John's NL on April 1.

This week, David is nearing the Ontario-Manitoba border. You can follow David and get more information on his run & donate to brain injury by visiting www.runtoremember.com



Acquired Brain Injury Group Information Sessions

Location: Room 635, Nova Scotia Rehabilitation Centre
Time: 1:00pm -2:00pm Mondays (except for Holidays)
Who: Sessions are intended for people living with Acquired Brain Injury (including Stroke), Friends, Family and any other interested persons.
Fee: There is no fee to attend.
Referral: No referral is needed to attend.
Parking: Visitors can park at street meters or in the parking lots of the QEII.
 See the public website for current rates and parking lot maps.
 Phone (902) 473-2143 or email parking@cdha.nshealth.ca
Contact: Cherie Lewis, Acquired Brain Injury Day Program 473-7361
 Lindsay Dickson, ABI Navigator 473-1186
 Rhonda Booth, Acquired Brain Injury Outreach 473-4305



ABI GROUP BRAIN INJURY SESSIONS

September 5, 2011 No Education Session	September 12, 2011 Impact of an ABI on Spousal/Partner Relationships Robert Allan	September 19, 2011 Understanding and Dealing with Changes in Thinking and Behaviour Dr. Brigitte Patry	September 26, 2011 Leisure in Your Life Coleen Lawlor and Andrew Ostler
October 3, 2011 “What is Available for Community Resources” Community Wellness Centres Lindsay Dickson & Nicole Parsons with Wellness Navigators	October 10, 2011 No Education Session	October 17, 2011 Depression “Part 2” Fay Louch	October 24, 2011 “Living One Handed in a Two Handed World” Leisure Natalie Thornley & Anthony Brown
October 31, 2011 Anticipating Challenges of Returning to School Brian Tapper	November 7, 2011 The Caregiver Experience Paula Taylor	November 14, 2011 How do you feel - Dealing with Anger Fay Louch, Rhonda Booth, and Nicole Parsons	November 21, 2011 Fatigue Dr. Gail Eskes
November 28, 2011 Energy & Pacing Strategies Cherie Lewis	December 5, 2011 Sharing the Patient and Family Perspective Natalie Sabeau	December 12, 2011 “Living One Handed in a Two Handed World” In-Home Activities Natalie Thornley & Anthony Brown	Happy Holidays!



Mark your calendar!

A major annual fundraiser, our two Bowlathons will be held on October 22 at the Fairlanes Bowling Centre in New Minas and on October 29 at the Woodside Bowlarama in Dartmouth.

Team packages are now available. Spots are open for teams of all ages!

Join us for food, fun and prizes while bowling for a new beginning for brain injury survivors and their families.

For more information, contact Jake MacDonald at 542-4289 regarding the New Minas Bowlathon and the provincial office at 473-7301 regarding the Dartmouth Bowlathon.

See you there!

Brain Aneurysm Support Group (BASG)

People with brain aneurysms and their loved ones meet to share experiences, address personal issues and gain emotional support in a safe and relaxed environment. Started in October 2006 under the direction of Dr. Ian Fleetwood, the BASG meets 5 to 6 times a year. From 5 to 12 brain aneurysm survivors, family members and care givers attend each meeting, with members of the group coming from all areas of the Province, both urban and rural.

Facilitators for our group are Carol-Ann Miller NP, and Judith Jarrett RN CCRP.

They direct the process of the meetings, maintain a balanced perspective, set a positive tone in group discussion by recognizing positive insights from the group and help the group members discuss an issue, make a decision or solve a problem. The Facilitators also provide assistance or direction to group members looking for community resources.

BASG Mission: To provide information, education, encouragement and understanding to brain aneurysm patients and their caregivers during the ongoing recovery period.

Our Goals: Give members an opportunity to share information, give and receive emotional support, educate each other, identify needs and access resources.

Our 2011 meetings are on September 7 and November 2.

Our 2012 meetings are January 4, March 7, May 2, September 5, and November 7.

Time: 7:00 - 8:30 PM

Location: Barbara Newman Room

Halifax Infirmary, 7th floor

For information call: 902-473-5220

New members are always welcome

CHAPTER NEWS

Lunenburg County

The Lunenburg Chapter hosted the 2011 BBQ at the Maitland Community Centre. A large crowd attended from Halifax, Annapolis Valley and around the province. Music vocals by **Ron Edmunds** were enjoyed by all.

Thank you to the following sponsors:

Tim Hortons, Bridgewater
Sobeys, Liverpool & Bridgewater Superstore, Liverpool
Maughn's Construction, Bridgewater
Barb Kelly's Snack Bar, Bridgewater
Wile's Lake Farm Market, Wileville
Jerry's Diner, Bridgewater
Bob and the Boys Farm Market, Hebbville
No Frills, Bridgewater
Shoppers Drug Mart, Bridgewater
Greek's Quality Meat Market, Bridgewater
N S Power

Thank you to the Halifax Chapter and Arnold Pizzo McKiggan for funding the 2 Callow wheelchair buses that arrived from Halifax. Many thanks also to Sandy Gaudet and Chris Rafuse of the Halifax Chapter for contributing baked goods and to our committee seen below. Missing from the picture are Jen and Tim Robar.



Clockwise: Wayne & Deborah Wiley, Jane Welcher, Greg Van DeMooretele, Gary Edmonds, Chris Wentzell, Joyce Bowers, Audrey Wheeler

Halifax

During Brain Injury Awareness month, BIANs set up an information booth at the Robie St. entrance of the QEII on June 7 & 9 and again on June 21 & 23 at the Summer St. entrance. Members of the Halifax Chapter Board along with the help of survivors from Head On volunteered their time to hand out valuable information to people in support of Brain Injury Awareness month. Many parents were happy to receive information on the importance and safety of children wearing bicycle helmets. We also had the opportunity

to meet Canadian troops who had returned from Afghanistan and are now helping their comrades who have survived a brain injury. On June 26th BIANs was in the C100 Community booth at the MicMac Mall.

On June 28th we ended the month by having a free movie night, "50 First Dates", starring Adam Sandler and Drew Barrymore. The movie was shown at the Royal Bank Theatre in the QEII. Laughter from the audience rang out during the movie. Thank you to the Board members and volunteers from Head On who volunteered their time to make June Awareness month a success.

In August, about 60 members from the Halifax Chapter attended the annual BBQ hosted by the Lunenburg County Chapter. Thank you to Chris and the Chapter for the warm welcome, hospitality, entertainment, great food, and the wonderful time we all had on this beautiful day!

Submitted by Sandy Gaudet

Truro

BIANs President Don Sullivan chats with Truro member Sonny Fraser at the May AGM.



Truro continues to meet at 7 on the first Thurs. of each month at Sobeys on Robie St.

Annapolis Valley

It has been a busy summer starting with a very successful Butterfly campaign in June. Coming up this fall will be the Empire Theatre movie event and the Operation Headway rewards program for helmet use sponsored by BIANs Valley Chapter, the Dalhousie Division of Neurosurgery, Kentville Police Services, RCMP, the NS Dept. of Health and Think First. 217 helmets will be distributed to riders needing them. The chapter will have a display at a cross disability conference "Tools for Life Conference 2011" which will be held October 28 at Horton High School in Greenwich. Valley member Connie Benjamin will be presenting at the conference.

Preparations are well underway for the October 29 bowlathon in New Minas.



BULLETIN BOARD

Websites

www.biac-aclc.ca Brain Injury Association of Canada
www.braininjurydialogues.org/forum/index.php A discussion forum on brain injury.



Congratulations to **Normand Gendron**, BIANs Treasurer, who graduated on May 19, 2011 from Mount St. Vincent University with a Bachelor in Business Administration (with distinction and highest aggregate).

BIANS also congratulates Board member **Kendra Gottschall** who graduated in May, 2011 with her Bachelor of Social Work from Dalhousie.

BIANS wishes Kendra and Normand much success in their future endeavours.



BIANS also wishes to extend best wishes to Board member **Dr. Benjamin Doane** on his retirement from active practice. Enjoy it, Ben!



Jane Warren and **Connie Benjamin** from the Annapolis Valley chapter recently attended the BIAC conference in Charlottetown, PE. From all reports, it was a very worthwhile event and thanks to these ladies for ably representing BIANs.



In Memoriam

We were saddened to hear of the death of Frances Elliott in August. Fran was an early supporter of BIANs and was the mother of Melanie Elliott, a volunteer for many years. Sympathy is extended to all the Elliott family.

BIANS was sorry to hear about the passing of Jerome Ritcey in May 2011. Condolences go to his wife Jean and their family. The Ritceys were early members of NSHIA and were active in the formation years.

Head On – The support group for survivors of Brain injury. Head On, facilitated by Charlie Deveau, meets every 2nd and 4th Wednesday between 7 and 9 pm at the Veterans Memorial Building, Room 1613. Everyone is welcome.



Natal Day
The Coverts
on the
Halifax
waterfront

Quotable Quotes

A real friend is one who walks in when the rest of the world walk out.

- Walter Winchell

We make a living by what we get. We make a life by what we give.

- Winston Churchill

Never use the word *impossible* seriously again. Toss it into the verbal wastebucket.

- Norman Vincent Peale

**Bowl or Sponsor a Bowler
October 22 and 29**