

IMPACT

PATHWAYS AHEAD



Brain Injury Association of Canada
Association canadienne des lésés cérébraux

**JUNE IS
BRAIN INJURY
AWARENESS MONTH**

Bauer and Canadian Standards sued for negligence



*The More family
(left to right)
Sucha More,
Cindy More and
Nicole More,
who are going
head to head with
the Canadian
Standards
Association.
Their lawsuit
began recently in the
British Columbia
Supreme Court in
Victoria B.C.*

Hockey helmet manufacturer Bauer and the Canadian Standards Association are being sued for negligence over head injuries suffered by a Victoria hockey player in 2004. Darren More was 17 when he suffered a torn cerebral vein after hitting his head in a game while playing for the Juan de Fuca Orcas AA team. The family (left to right) Sucha More, Cindy More and Nicole More, contend the helmet should have protected him from this level of injury and that the standard of testing is inadequate. The civil lawsuit began Tuesday in B.C. Supreme court in Victoria, B.C. March 9, 2010.

*Photograph by:
Darren Stone, Times Colonist*

VICTORIA — Darren More used to be an outgoing, fun-loving high school student who loved hanging out with friends, driving his vintage car and playing hockey — but after sustaining a head injury during a hockey game five years ago, the 22-year-old has yet to graduate.

Darren can't focus on learning or retain information, and is often angry, frustrated and depressed. He falls asleep only after he's gone over and over the next day's schedule, and repeatedly asked the same questions of his mother, Cindy.

Cindy More and her husband, Sucha, blame the change on a brain injury More suffered in a midget hockey game when he was 17 — even though he was wearing a helmet.

As a result, the Mores are suing Bauer Hockey Corp., claiming the company was negligent in manufacturing the headgear that failed to adequately protect Darren. They've taken their fight to B.C. Supreme Court, where they're also targeting the Canadian Standards Association, which tests and certifies helmets for use.

On Nov. 11, 2004, Darren was playing for the Juan de Fuca Orcas in Esquimalt, B.C., when a hip check from another player sent him reeling. There was "a loud, loud thump" as Darren went into the boards, hitting his back and helmet, testified his mother at the start of the civil trial Tuesday.

Continued overleaf

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"He got on his hands and knees, struggling to get up . . . but he couldn't get his legs underneath him," a tearful Cindy More said.

Darren finally skated to the bench only to lose consciousness, and was rushed to Victoria General Hospital, where doctors operated to relieve pressure on his brain.

He was in a coma for six weeks, and remained in hospital for a total of four months. Darren's injuries included a subdural hematoma, brain swelling and hypoxia.

The then teen also spent four months in G.F. Strong Rehabilitation Centre in Vancouver that spring and summer, with Cindy renting a nearby basement suite to be at her son's side each day — which forced her to take leave from her job as a hospital unit clerk.

Today, Darren lives at home, cared for by his parents and community support workers; his daily schedule laid out on a series of white boards. He has severe memory problems, and is easily distracted and frustrated.

Darren's beloved 1970 Chevelle has been sold because he'll never drive again. As a distraction, Darren started taking skating lessons and has made great progress, says Cindy, adding he skates once or twice a week.

Cindy stays beside her son at night, lying next to him in bed because it brings him comfort. She worries what would happen if he got up in the night and was alone.

"You don't know what's going to trigger him to be suicidal," Cindy testified Tuesday. Windows and patio doors in the family's three-level Victoria home have been secured to prevent Darren from trying to kill himself.

When Darren tried to finish Grade 12 through a distance-education school, he was discharged due to his lack of attentiveness and emotional difficulties.

The head injury has left him with obsessions, said Cindy. For example, when turning off the television, Darren ensures it's on Channel 21 because that's the number Darren wore on his hockey jersey.

The eight-week trial will look at whether the Bauer HH5000L hockey helmet adequately protects players from serious head injury, and will consider how rigorous CSA testing procedures are and if its standards are adequate.

The Mores are suing for an unspecified amount to cover general damages, including the cost of Darren's care, his loss of past and future wages and compensation for pain and suffering.

Victoria Times Colonist
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Message from the Editor - Barb Butler



Greetings from my home province of Saskatchewan. I welcome you to check out the the BIAAC 2010 national conference information both in this newsletter and online. You will soon be able to register online so please check our website. I hope many of you plan to attend, both major airlines have some good deals if you book early. As part of the organizing team I may be biased but I am confident this will be a conference not to be missed, in a province that welcomes all who visit it. Until next time, be safe, take care of each other and yourself.



Brain Injury Association of Canada
Association canadienne des lésés cérébraux

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***From the desk of the President of
The Brain Injury Association of Canada***

It seems difficult to believe that we are already into our fifth month of 2010. Time has passed very quickly, in large part to the many activities and responsibilities that are part of being involved with a growing national organization like the Brain Injury Association of Canada.

We are already well into our scheduled Hawaiian Oyster Odysseys for this year and I have had the pleasure of meeting some wonderful people at the events I have attended. We are truly blessed to have such tremendous interest and support. This year the World Congress on Brain Injury was held in Washington, D.C. It had approximately 1,000 registrants from 40 countries including myself and our Executive Director, Harry Zarins - what a valuable opportunity to network, make new friends and renew old friendships. It was very clear from the sessions and poster presentations that there are many, many very talented and dedicated professionals now working in the field of acquired brain injury. In our discussions with people from other countries it also became evident very quickly that we are all experiencing the same challenges in providing adequate support to those people and families affected. This networking and collaboration will be the answer to making a real difference, both here in Canada and the U.S. as well as internationally. It also allows us to provide support to survivors and families who, not so long ago, would have been isolated and alone on their journey.

The future looks much brighter and by working together we can make a real difference!

Please take time to enjoy your spring and summer. Have fun, appreciate the people around you and be safe in your holiday activities. We hope to see you in September at our Annual Conference in Regina, Saskatchewan.

Shirley Johnson
President

**JUNE IS
BRAIN INJURY
AWARENESS MONTH**

Ontario Mix & Mingle

Dear Friend,

On behalf of the Ontario Brain Injury Association and the Brain Injury Society of Toronto, I would like to invite you to the 6th annual Mix & Mingle being held on Thursday, June 17th at the Rosewater Supper Club. Attached is your invitation and registration form.

We look forward to seeing you again this year. Please feel free to pass this information on to your colleagues. Thank you for your continued support!

Terry Wilcox
Ontario Brain Injury Association
800-263-5404

From the Executive Director, Harry Zarins

Why BIAC is important?

Over the last few weeks I have witnessed all things dealing with Neurological Conditions and Caregivers take center stage in Parliament. As well, more and more the topic of Brain Injuries is found in the national papers. I have e-mailed and posted these developments on our website. Our circle of friends and concerned citizens continues to grow. Within just a few weeks our federal government relations portfolio has grown tenfold and BIAC is involved. Let me just touch on what is happening federally.

Bill C-289, asking that all ski and snowboard helmets meet CSA testing requirements and be included into the Hazardous Product Act is still on the books and being actively promoted by Dr. Hedy Fry MP.

A parliamentary subcommittee of the Health Committee on Neurological Conditions is set to start in the near future.

New Democrat Health Critic Judy Wasylycia-Leis (Winnipeg North) has launched a bill to bolster the family income of persons living with disabilities by extending the 'caregiver tax credit' to the spouses of persons with disabilities. It is hoped that this private member's bill will be introduced in the next few weeks.

A Parliamentary Committee on Palliative and Compassionate Care has been formed and more information on the workings of this committee will be forthcoming.

Bill C-512 was introduced in the second week of April. This bill asks that all heavy vehicles be required to have side guards installed. This bill is being championed in Parliament by Siobhan Coady MP. Side guards have been promoted by Jeannette Holman Price founder of the Jessica Campaign for the last 4 years and an active member within the BIAC community in Newfoundland.

As you can see, there is a sincere interest in Neurological Conditions federally and with every opportunity brain injuries is noted in discussions where BIAC is present. It should also be noted that the Injury Prevention file is active within Health Canada.

Since a large number of our survivors were inflicted with their injuries as a result of traffic incidents, BIAC is also involved with Transport Canada's Global Road Safety Committee and the National Day of Remembrance for victims of Traffic Incidents which will be held in November.

As you can see our basket is full with opportunities. The challenge is for our community to have their voices heard by letting you MP know that acquired brain injury is a silent epidemic and they must become familiar with the file by just visiting our website www.biac-aclc.ca

Brain Injury Awareness Month

"A concussion is a brain injury. Get the facts." That is not to take away from all of the many other topics one can cover or touch upon. There is quite a bit of information on the web on this topic and the DVD Wipeout can be used as well as a few PSA's. You can also promote our website www.biac-aclc.ca and the links below to develop your own communication plan.

<http://www.youtube.com/watch?v=arxILmV6v5g>

<http://wipeout.knowledgenetwork.ca/wipeout.html>

<http://www.see-us.ca/video.php>

<http://www.cdc.gov/traumaticbraininjury/>

<http://www.biausa.org/biam.htm>

Newfoundland Challenge to the Rest of Canada

Peter Luc Price, a fifteen year old, brain injury survivor from Portugal Cove, Newfoundland is challenging all survivors, grass root organizations and



Harry Zarins

friends of those afflicted by brain injury to drop a penny OR change for BIAC. A million pennies is \$10,000.

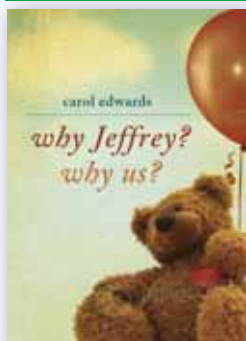
When a penny is dropped, the survivor's (memory or skill once lost) again understands something that he or she had long since understood. For June, we need to borrow their pennies as well all know for our survivors, the progress often seems like the tiniest increment, but when you add those little successes, you will see the true profit.

During June, Peter Luc is challenging everyone to pull on all their contacts, health, municipalities, banks and retail locations to have a penny bucket where everyone can drop their copper coins and at the end of the month or during different times of the month "dedicated volunteers" can collect and roll the pennies deposit it into a bank and forward a cheque to BIAC equal to the pennies deposited by August 1st.

I am confident that there are a variety of other excellent programs that groups across Canada will offer to bring awareness to brain injuries. With governments taking interest in brain injuries, I would encourage where possible that politicians federal and provincial be invited to your events.

Thank you to everyone for continually bringing awareness to acquired brain injury.

Harry Zarins



A thoroughly good read...

Carol has captured the challenges, successes, emotions, and courage that her family and friends experienced as they traveled this journey with Jeffrey. This is one of the most profound and inspirational stories that I have read, and I recommend it to anyone whose life has been touched by a child.

**Helen Crawford, Director of Curriculum
Greenwood Community Schools**

Why Jeffrey? Why Us? is a touching story of friendship, discovery, and the power of one's faith over life's obstacles—a true testimony of how God has a master plan for all of our lives.

**Beth Guilfoxy, Principal, Southwest
Elementary School, Greenwood
Community Schools**



Richard Kerr sharing his experiences

It is both a privilege and a responsibility to be invited to write for this newsletter. My greatest qualification is my experience recovering from a head injury classed 3 on the Glasgow Coma Scale.

I was born in the Yukon before Global warming. Tradition then was to step in the door before knocking. The joke was always that it was - 38 . Both Fahrenheit and Celsius scales converge at - 38 and alcohol thermometers freeze. My mother taught me to swim in Lake Labarge made famous in the Robert Service poem The Cremation of Sam McGee. Not surprisingly I have always liked swimming and even worried residents of St. Martins by having a good swim in the North Atlantic. Apparently phone lines were humming with discussion as to how long to hold off calling search and rescue.

I have been a long time volunteer with disabled organizations. Since adolescence with Polio Quebec many years later with The Canadian Association of Disabled Skiers and the Association Quebecoise de Voile Adaptee our adapted sailing program. Also in my youth I was a founding father of Le Monde A Bicyclette, our bicycle advocacy group which has successfully lobbied three levels of government to establish the most complete and most used network of bicycle paths in North America.

I assisted a music therapist in a program for disabled children at MacKay Centre in Montreal and have returned to similar volunteer work near my home in the Saint Michel district of Montreal. My work for 26 years was as an electrician with Canadian Pacific Railway.

Family, friends, co-workers, medical professionals and finally many specialized therapists have all played an integral part at some point of my rescue and rehabilitation. As I have always known, the most effective form of rehabilitation is to apply effort and energy to help others.

I look forward to having opportunities to share my experience in helping others recover from and avoid brain injury.



Harry Zarins, Executive Director meets Randy White and Jeannette Holman Price.

News from wonderful Newfoundland and Labrador

Greetings from our wonderful province of Newfoundland and Labrador. Well what a week!! The Junos came to St. John's and we partied hard and celebrated all the great talent this place has to offer. We've been smothered in fog for weeks; it seems and if that wasn't bad enough now we have the volcanic ash to contend with.

Our Newfoundland and Labrador Brain Injury Association Recreation Group A.B.L.E has been busy as bees. Twice a month we bowl and what a competitive bunch and look out don't get in the way of Stefan. He throws a mean ball topping speeds of 35 plus so look out. Ruby has it down pat and runs through spares like no tomorrow. Yours truly spend much of the time in the gutter .oh well I guess someone has to be there. I think really need to take some lessons from Clarie. Clara our resident photographer is so trigger happy we'll soon have wall to wall posters.

We are planning a pottery session with Christina Dove and later in May the Clay Cafe will host an afternoon of painting and decorating bisque pottery which we all enjoy. We are planning to make Mother's Day cards for all our wonderful Moms and Denise I hear has a real knack for card making.

February we had the personal pleasure of having the Executive Directive of the Brain Injury Association of Canada, Harry Zarins and Jeannette Holman-Price from C.A.N.D.O. visit to our home and help us celebrate Randy's birthday and a good time was had by all.

June is Brain Injury Awareness Month and A.B.L.E. has planned a HOT DOG SALE and a BAKE SALE and with such an enthusiastic bunch we will surely make people stand up and take notice of what June is about.

Well, that's about all for now and you will hear from us next time. Good Luck to all and may you be a half a hour in heaven before the devil knows you're dead.

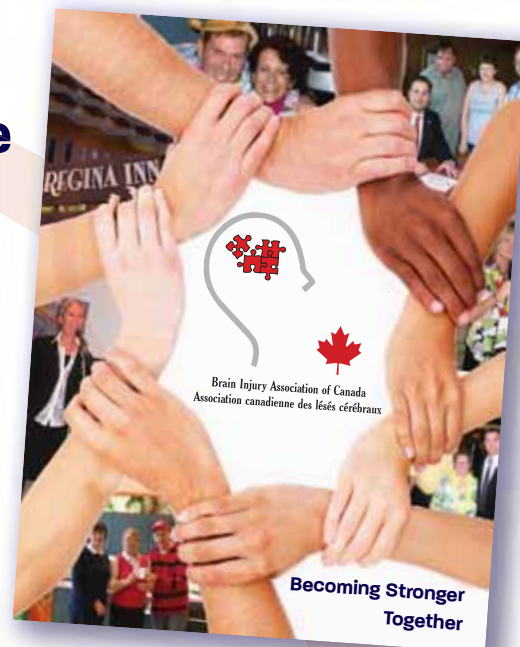
The 7th Annual Brain Injury Association of Canada Conference

Canada's National Conference on Acquired Brain Injury

September 30, October 1, 2, 2010
at the Regina Inn, Regina, Saskatchewan

Becoming Stronger Together

Go to <http://biac-aclc.ca/en/category/biac-annual-conferences/>



Program Highlights

To date, our confirmed, diverse slate of speakers include:



Dr. K. Kellie Leitch, MD, MBA, FRCS is an orthopaedic paediatric surgeon at the Hospital for Sick Children in Toronto. She is also an Associate Professor at the University of Toronto and works with the affiliated organization: The Innovations Group – where she provides knowledge and expertise in health innovation and commercialization.



Trevor Greene
Canadian soldier who is the subject of the documentary Peace Warrior and his partner Debbie Lepore will speak about their struggle to recover from Trevor's traumatic brain injury. On Monday, November 9th, 2009 Trevor was awarded the new Sacrifice Medal from the Governor General.



Neil Nichols
a certified clinical hypnotherapist.
Are You Out of Your Mind
Gaining Inner Strength and Happiness Using the Subconscious Mind
Attendees to this session will receive practical tools to regain inner peace, inner strength, happiness and a sense of purpose.



Dr. Angela Colantonio
Dr. Angela Colantonio is a Senior Research Scientist at the Toronto Rehabilitation Institute where she holds the Saunderson Family Chair in Acquired Brain Injury Research. She is also Professor of Occupational Science and Occupational Therapy, Public Health and Rehabilitation Sciences in the Faculty of Medicine of the University of Toronto. Dr. Colantonio's research program focuses primarily on acquired brain injury in the population, long term outcomes and knowledge transfer.

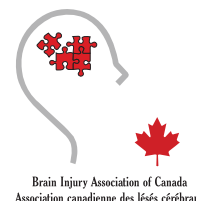
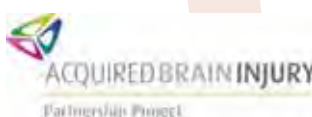


Janelle Breese Biagioni Victoria BC
Janelle will speak on Grief and Loss following an injury from a family's perspective. Janelle has published work including non-fiction books, articles and short stories on bereavement and coping strategies for families affected by catastrophic injury. She offers workshops and presentations on Grief and Loss and has appeared on television and radio and has worked with military families.

For further information contact
barbbutler@biac-aclc.ca



Saskatchewan
Ministry of
Health



Thickening of the Brain - an interesting study



People can reduce their sensitivity to pain by thickening their brain, according to a new study published in a special issue of the American Psychological Association journal, *Emotion*. Researchers from the Université de Montréal made their discovery by comparing the grey matter thickness of Zen meditators and non-meditators. They found evidence that practicing the centuries-old discipline of Zen can reinforce a central brain region (anterior cingulate) that regulates pain.

"Through training, Zen meditators appear to thicken certain areas of their cortex and this appears to be underlie

their lower sensitivity to pain," says lead author Joshua A. Grant, a doctoral student in the Université de Montréal Department of Physiology and Institut universitaire de gériatrie de Montréal. "We found a relationship between cortical thickness and pain sensitivity, which supports our previous study on how Zen meditation regulates pain."

As part of this study, scientists recruited 17 meditators and 18 non-meditators who in addition had never practiced yoga, experienced chronic pain, neurological or psychological illness. Grant and his team, under the direction of Pierre Rainville of the Université de Montréal and the Institut universitaire de gériatrie de Montréal, measured thermal pain sensitivity by applying a heated plate to the calf of participants and followed by scanning the brains of subjects with structural magnetic resonance imaging. According to MRI results, central brain regions that regulate emotion and pain were significantly thicker in meditators compared to non-meditators.

"The often painful posture associated with Zen meditation may

lead to thicker cortex and lower pain sensitivity," says Grant, noting that meditative practices could be helpful in general for pain management, for preventing normal age-related grey matter reductions or potentially for any condition where the grey matter is compromised such as stroke.

Partners in research:

This study was supported jointly by a Canadian Institutes of Health Research and a Mind and Life Institute Varela Grant.

About the study:

The article, "Cortical Thickness and Pain Sensitivity in Zen Meditators," published in the journal *Emotion*, was authored by Joshua A. Grant, Jérôme Courtemanche, Emma Duerden, Gary H. Duncan and Pierre Rainville of the Université de Montréal and its affiliated Institut universitaire de gériatrie de Montréal.

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Jo-Ann's story... by Jo-Ann McInnes

My name is Jo-Ann. I was in a work place accident on January 9, 2006. I was employed in the health care field as a Human Service Worker. My role was to seek employment and or volunteer work in my community for persons who have intellectual and/or physical disabilities. I also played an active role in doing advocacy work for people with disabilities.

I was on the job site with a client working at the Humane Society which is an animal shelter. The work day was coming to a close; it was a beautiful January day with freshly fallen snow. We went to leave our workplace and the next thing I know I was on the ground. When I came to, people were standing over me. From that point on, my life has changed forever.

There began my journey of living with a brain injury. Struggles I have had to endure is dealing with a variety of medical professionals and the bureaucracy of dealing with the system, being hospitalized for six weeks, the lack of understanding of the Worker's Compensation Board when dealing with people who have Traumatic Brain

Injuries. There are a lot of barriers to overcome when you are presented with an invisible disability. Then there is the grieving process one has to endure when dealing with life crises of a work place injury. In the grieving process it not only involves the person with the injury but their family and friends. Some people have a difficult time with the loss of the person that once was there.

I have made great progress. I no longer need a walker or a cane. I am still in the process of doing cognitive rehabilitation, vestibular therapy, I swim four times a week and I continue to paint on a weekly basis. I do volunteer work for the Brain Injury Coalition of Prince Edward Island. I recently became a director of the Brain Injury Association of Canada, after attending a conference in May 2009 in Montreal.

What I have learned through my journey is knowledge is power. I am blessed to have a wonderful support system and grateful for those new friends that I have made since my accident. I have skills from my professional life that have benefited me in advocating for myself in a diplomatic manner with support. I am still a work in progress to creating the new me while still keeping part of the old me so my survival story is not yet completed.

'Keys to the ABI Cage' goes to Washington DC

by Christine Durham

How does an Australian with brain injury find herself on a journey to Washington with a small bird cage in her suitcase? My journey to get to this journey has been long and confronting.

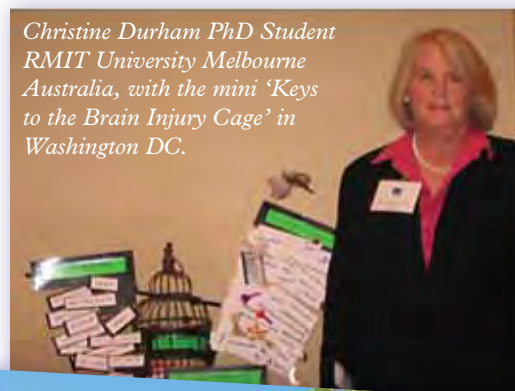
Bang! In the blink of an eye my life was changed by an horrific car accident. Days passed and then I struggled, slipping in and out of consciousness in the nightmare world that was intensive care. I thought I was pinned to the bed by steel spikes (I had 42 breaks in my chest), I couldn't move my left side, I didn't know who I was, or my name, and I was terrified to see two headed people emerging from the gloom (double vision) and I had no words to express this strange fact. But somehow in all the trauma and chaos I had a dream that the most important things we own are our own thoughts.

Since then, over the past 19 years, I have been challenged to discover how my own thoughts could help me recover my life, and, as a teacher, how thoughts could give hope and help people overwhelmed by brain injury the 'king of change'. I captured my thoughts slowly on the backs of envelopes, on scraps of paper and gradually put them together, typing large bold print with one finger. To my delight my manuscript was accepted by Penguin Books. From there came an amazing response from people who found the book 'Doing Up Buttons' helped them to see and understand. Not a week has gone by without someone contacting me to say how the book helped them. I've since been invited to speak to many groups of people affected by brain injury. Five years ago the book was out of print and a young man, Harry who had brain injury was the catalyst to get a special printing of the book by Penguin. Harry and I gave away a thousand copies at the 2005 Brain Injury Congress in Melbourne.

For the past two years I have been working on a PhD at RMIT University – perhaps not the obvious thing to do when I still have double vision, memory and pain problems (and I’m now 65). The topic of my research is “How can we acquire better insight into what it’s like to have acquired brain injury?” I have been passionate about finding an interesting approach to assist people with brain injury to reflect on their personal experience in an empowering helpful way. The aim of this research is to gather ideas about information people with brain injury want, so I can write an information resource.

And so I came up with the idea of using my bird cage as a metaphor for brain injury. Into the cage I stuck my old walking stick and hung ‘talk-about’ cards on the stick. These cards record things people have talked to me about – how they are different to how they were, and the difficulties they now have. These are the things that can PUT us in the ‘Brain Injury Cage’. But it’s how we feel about these things that can LOCK us in the ‘Brain Injury Cage’ – how we can feel sad, mad and bad (I know because I was locked in that Cage for years).

Attached to the Cage is the Pole of the Flying Pig. This pole contains talk-about cards that tell about all the different 'keys'



*Christine Durham PhD Student
RMIT University Melbourne
Australia, with the mini 'Keys
to the Brain Injury Cage' in
Washington DC.*



Keys to the Brain Injury Cage

that open the Cage.

My experience of interviewing people with brain injury using 'Keys to the Brain Injury Cage' and talk-about cards, has been humbling, moving and heart breaking. Their wisdom, determination, courage and kindness has overwhelmed me. I am so pleased that 'Keys to the Brain Injury Cage' has helped many participants to see and understand more.

I now have greater insight into what people with brain injury want so that now I can start putting together a different sort of information resource – from people with brain injury for people with brain injury.

It was an honour to attend and present this study at the Eighth World Congress on Brain Injury in Washington DC. I have learnt so much my brain is buzzing.

Looking toward the journey ahead I dream that this study and information resource will give people a new way to talk about brain injury, help people with brain injury discover ways they can feel and fare better and help carers to understand and cope better. I hope the 'Keys to the ABI Cage' will and bring HOPE - Help Other Possibilities Emerge.

**JUNE IS
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National Capital Region is Host To Hawaiian Oyster Odyssey (HOO) by Yvan Teasdale

Organizing a HOO in the national capital region is always a special event because it involves communities and regional ABI associations from Ontario and Quebec and a blend of politicians representing many parts of Canada. The co-chairs of the event, Dr. Marion Barfurth of Gatineau and Val St Germain of Ottawa (former Canadian Football League player) managed to pull it off thanks to the partnership of the Insurance Bureau of Canada represented by Dennis Prouse and Carey-Ann Decevitto who acted as MC and other volunteers including Clarke Cross, Lynne Hamilton, Yvan Teasdale, Howard Brown, Phil Wilson, Laurel Craib, Katie Day and Harry Zarins. Politicians who attended the event took turn expressing their support to committed people and friends of the ABI community. Special thanks to our special guests namely Members of Parliament Joy Smith (Kildonan – St Paul), Dr. Kirsty Duncan (Etobicoke North), The Honourable Hedy Fry (Vancouver Centre), The Honourable Dr. Carolyn Bennet (St Paul's), Siobhan Coady (St John's South), Judy Wasylcia-Leis (Winnipeg North), Cathy McLeod (Kamloops – Thompson - Cariboo), Bonnie Crombie (Mississauga-Streetsville) and Chris Charlton (Hamilton Mountain). The event was attended by many board members including Shirley Johnson (B.C.), President, Yvan Teasdale, (Qc), Chair, Government Relations & Public Affairs Committee, Howard Brown, (ON) Chair, Fundraising Committee, Barb Butler (Sask.), Chair, Communications Committee and Madeleine Welton (ON) Director and BIAC's Executive Director Harry Zarins.

The regional ABI community from both provinces was well represented and a common theme was expressed that we need to get together and pursue initiatives to improve the lives of survivors and their families. The Brain Injury Association of the Ottawa Valley representatives were Wendy Charbonneau, President, Lise Marcoux, Vice-President, Robert Allen, Treasurer and

Michelle Charette who delivered a touching testimonial of her experience as a survivor. L'Association des neurotraumatisés de l'Outaouais (ANO) (Outaouais ABI Association) was well represented by Naomie Ledoux, Director, Yan Rainville, Gilles Doré, Denis Roussel and Denis Teasdale.



HOO events are being held in many cities from coast to coast to raise awareness, educate, support and advocate on behalf of the ABI community. Thanks to the generosity of corporate donors like The Insurance Bureau of Canada, Air Canada, TD Bank Financial Group and We Care and the support of many volunteers, BIAC is able to carry out its mission.

*BIAC Howard Brown,
Kirsty Duncan, M.P.,
Harry Zarins, M.Ed.,
Carolyn Bennett, M.P.,
Laurel Craib, Ass. Dir. GR, CMA*



Siobhan Coady, M.P., Cathy McLeod, M.P., Carolyn Bennett, M.P., Denis Prouse, Director, Fed. Gov. Rel. Insurance Bureau of Canada, Dr. Hedy Fry, M.P., Bonnie Crombie, M.P., Dr. Kirsty Duncan, M.P., Howard Brown



Ryland Dupuis, youngest attendee at the Ottawa HOO

Howard Brown, Madeleine Welton, Jeannette Holman Price, Barb Butler and Shirley Johnson in front of the Parliament buildings - April 14, 2010.



Quebec's Week for Victims of Head Injuries

The preparations are progressing well.

Québec's Week for Victims of Head Injuries (TBI) is quickly approaching, and from May 16th to 22nd, many public activities will highlight this awareness Week in Quebec.

We estimate that there are more than 100 000 people living with a TBI in Quebec and every year another 3,000 to 5,000 people are added to this figure. Disturbing fact: it is young people under 35 years old who are particularly affected.

And so, under the initiative of TBI regional associations, many activities are being set-up in Quebec schools to help young people become aware of the dangers associated with risky behaviours. In addition to offering them information about TBI, people with cranial traumas will speak about how TBI doesn't just "happen to someone else". Spokesperson

This year, we can count on a famous Quebecer, Guy Latraverse, one of the most renowned producers in Quebec. He recently won the Heritage Award from the Canadian Music Publishers

Association during a ceremony in Toronto.

In addition to his fame, Mr. Latraverse has been personally affected by cranial trauma. His daughter Rose underwent a severe cranial trauma during a car accident in 2007.

And as Nicole Tremblay, president of the RAPTCCQ expresses so well: "Mr. Latraverse will definitely bring positivity to our public awareness campaign. His credibility and knowledge about TBI will give more weight to the prevention messages during the Week in Quebec."

The weakened social fabric

The topic this year is: "TBI, a wound to the head and to those around you". We want to emphasize the important role played by family and friends in the process of social rehabilitation of people living with a TBI.

A person who undergoes a cranial trauma has their lives rocked, turned upside down. The person must relearn daily functions and mourn the loss of some skills. It is often forgotten that their families and friends must also adapt to the new realities facing the traumatized person.

The Regroupement des associations de personnes traumatisées craniocérébrales du Québec are 13 regional associations that cover all Quebec except Quebec-North.

They have an agreement protocol with the Société d'assurance automobile du Québec to offer services to people with TBI and their families. These associations are designated by their Agence régionale de la santé et des services sociaux as being the best places for social integration and to care for the victims of cranial trauma.

In addition, they form integral part of the network of care and services in traumatology acquired by the ministère de la Santé et des Services sociaux.

For information or questions : info@raptccq.com

Website : www.raptccq.com

Guy Lemieux, RAPTCCQ

**JUNE IS
BRAIN INJURY
AWARENESS MONTH**

New Ambulatory Services Offered at Capital Health

These past few months have witnessed the introduction of some exciting and innovative programs at Capital District Health Authority (CDHA) located in Halifax, Nova Scotia.

Our vision at Capital Health is to provide coordinated, integrated, and comprehensive services for individuals with acquired brain injury. In an effort to achieve this vision utilizing best practice models, two new interdisciplinary teams were established in addition to ambulatory care services that are already offered from the Nova Scotia Rehabilitation Centre (NSRC) in Halifax, NS.

In November, 2009, an Outreach Team and Day Program Team were established. As well, an Acquired Brain Injury Navigator position was created, whose focus is to provide a single point of entry for coordination of services for ambulatory care services. The Outreach Team has been providing services since January, 2010. They are gradually evolving their service, and at this time are accepting referrals by health providers from the Stroke and Traumatic Brain Injury Clinics, and from inpatient and outpatient staff at the NSRC for clients who reside within a 20km radius of the rehab centre. The team is based in the community and provides services to individuals who require rehabilitative therapy, in order to remain in their community. Outreach Team members will assist in developing strategies to meet an individual's particular needs (behavioural, social, vocation, family, leisure) and navigate through health and community systems towards a goal of supportive independence.

The Day Program Team should be initiating its service

in April of 2010. The Day Program will accept referrals for individuals who experienced an Acquired Brain Injury and whose needs are best addressed through an in-house day program. Treatments will be primarily group-based supplemented with individual sessions. Treatment goals will be identified through a comprehensive integrated team assessment. The program will offer treatment for survivors who experience difficulties in one or more of the following areas: social skills; motivation; mobility; upper extremity management; leisure education; memory; organization; attention; problem solving; self-care skills; money management; household management; grief and loss; lifestyle change; anxiety, fear and depression; sleep; nutrition; caregiver programs; assistive devices; pre-academic and pre-vocational programs. Referrals to the Day Program are accepted from health providers across Nova Scotia.

Stay tuned for future updates.

Lindsay Dickson, Acquired Brain Injury Navigator
Acquired Brain Injury Program, Capital District Health

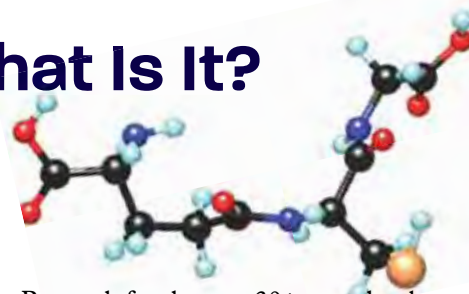


Capital Health

Glutathione (GSH) – What Is It?

Why It Is So Important For Individuals Who Have Sustained An Acquired Brain Injury?

Written by Deborah Crowe, RRP, RCSS



WHAT IS GLUTATHIONE (GSH)?

Glutathione is a small molecule made up of three amino acids, which exists in every cell of the body. However, glutathione must be generated within the cell from its precursors before it can work effectively in the body.

The presence of glutathione is required to maintain the normal function of the immune system. It is known to play a critical role in the multiplication of lymphocytes (the cells that mediate specific immunity) which occurs in the development of an effective immune response.

Furthermore, the cells of the immune system produce many oxiradicals as a result of their normal functioning, resulting in a need for higher concentrations of antioxidants than most cells. Glutathione plays a crucial role in fulfilling this requirement.

WHAT DOES THIS MEAN TO YOU AND ME?

Did you know glutathione is the most powerful, prevalent antioxidant in your body? Increasing your glutathione level will naturally increase your energy, detoxify your body and strengthen your immune system.

To sustain a healthy, vibrant life free of illness and disease, glutathione is crucial. Our bodies stop producing glutathione at the age of 20 and continue to deplete every decade between 8 to 22%.

When Glutathione levels are high you feel good and look good. You fight off minor illnesses quickly, have plenty of energy, and feel mentally and physically alert.

RESEARCH ON GLUTATHIONE

Dr. Robert H. Keller, MD, MS, FACP. Dr. Keller is a Board Certified Immunologist, Oncologist and Hematologist.

Dr. Keller has completed extensive research on glutathione and has created a patented formula that increases Glutathione levels naturally in your body. Glutathione inhibits and neutralizes the harmful affects of brain injury and trauma, stress, aging, overexertion, illness, infection, toxins, radiation, chemicals and pesticides, loss of energy, and diseased states in the body.

Documented scientific research proves elevating the body's Glutathione level which leads to better health and energy. Doctors often talk about Glutathione as GSH. This medical term also refers to Glutathione.

Increasing Age and Other Factors Reduce the Body's Production and Utilization of GSH.

Research completed by Dr. Robert Keller has shown that individuals who have low levels of glutathione are susceptible to chronic illness. Research shows that GSH levels decline by 8% to 12% per decade, beginning at the age of 20. Levels of glutathione are further reduced by continual stress upon the immune system such as illness, trauma (brain injury), infection, and environmental toxins. As we now know, a lowered immune system can bring about illness and disease. This is a ferocious cycle. While you need glutathione for a productive immune system, a weakened immune system hampers the production of glutathione.

Research for the past 30+ years has been ongoing and completed with over 70,000 published articles on Pub Med on Glutathione (specifically on the brain).

When brain cells break down this leads to several medical problems. Every cell in the bottom is responsible for producing its own GSH. GSH is rapidly consumed by stress, fatigue and illness.

Depletion of GSH is caused by prescription medication, poor diet, radiation (microwaves, cell phones), chemicals, pesticides, injury and trauma (i.e. brain injury).

All of the other antioxidants in your body depend on the presence of GSH in your body to function properly.

GSH is the body's master antioxidant.

GLUTATHIONE & TOXINS

Toxins are everywhere – your house, your work environment, the air you breathe. Just because you feel well does not mean your not getting exposed to free radicals that are affecting your brain cells.

Glutathione is the only protector for our bodies. GSH can push the population of the world to a level of nutritional wellness and being.

The limiting factor is that you need to have GSH available – naturally. GSH is the most important nutrient for your body.

GSH is the main source of detoxification through the liver in the body. This happens as the liver is where the body concentrates the most GSH. GSH must circulate throughout your whole body.

Glutathione is literally the “iPod™” of Health & Wellness. It will become a common household word and part of our daily nutritional regime in the near future.

Dr. Keller found a formula of natural precursors that every cell recognized and used way to get GSH into the body's cells naturally and without it getting lost in the digestive barrier. The most powerful way to raise GSH is when the body reproduces its own.

It has been researched, tested and a patented method and formula developed. It is a pre-cursor for GSH production in the liver to send to all of the body's cells.

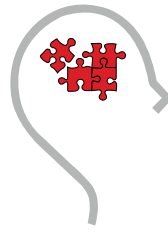
GSH is the brain's master antioxidant. Science has verified this. When you add a cell permeable GSH it increases neuronal GSH by 250%. Individuals with an acquired brain injury require high amounts of GSH due to the compromise of injury and trauma to their brain cells.

Research has found that GSH through supplementation is needed. Aging and oxidative stress and free radicals deplete GSH. To have strong immune systems we need to have high levels of GSH. Diseases that are related to aging are directly links to low GSH levels.

GSH is the #1 antioxidant to neutralize free radicals and assisting the various medical conditions that we know of now.

If you would like more information and references for research please contact Deborah Crowe at deb.crowe@sympatico.ca or at her office (519) 659-8799 Ext. 22.

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AWARENESS MONTH**



Brain Injury Association of Canada
Association canadienne des lésés cérébraux

To make a donation to the
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1. Fill in the form below and mail it with your cheque or credit card number to
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2. Call 613-762-1222 to make a credit card donation.
3. Make an online donation through www.canadahelps.org

Charitable donation receipts will be issued for income tax purposes for all donations over \$20.00.

If you wish to make a gift donation for someone we will be happy to arrange this.

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Where appropriate, professional advice should be sought.