

## Enthusiasm filled the Conference room...

Enthusiasm filled the Conference room at the Saint John Hilton for the first Brain Injury Canada Conference held in New Brunswick in April. Close to fifty survivors and their family attended to learn more about brain injury and to support each other.

The desire to connect with others who understood the experience of living with a brain injury was strong. It is a theme I have often heard in each of the communities I have visited across the country.

There is a similar desire to connect at the provincial and local level among brain injury associations across the country. We have been meeting by telephone conference call over the past several months and the co-operative spirit among those in attendance has been so encouraging.

We all are very aware that the services and resources available for those living with brain injury are inadequate. So there we are joining together to share our resources to increase the support and awareness across the country.

Watch this page for more exciting updates as we work together for Brain Injury Awareness Month!



Glenda James  
Acting CEO



## Message from the Co President & Editor of Impact - Barb Butler

Dear Impact Newsletter Readers,

You have before you the newsletter I have the most fun doing as it symbolizes another conference has been completed. Saint John was kind enough to cooperate in the weather department and the conference went off without a hitch, was well-attended, new friends were made, connections established, stories and education shared. Not bad for two days!

Having said all that about Saint John I need to inform you that we will not be doing a fall conference in Ottawa as planned. This was not an easy decision to make, please know we thought long and hard about it and simply decided we do not have the capacity to do it. 2016 saw the death of our executive director Harry Zarins. We need to take time to regroup and hire new staff. We hope to be back with a conference in 2018. This will be announced here and on our website.

Until then stay safe.



**Barb Butler**  
**Co-President and Newsletter Editor**  
**Brain Injury Canada**



Tyrone was 32, three years out of graduate school and enjoying a successful career when brain injury struck. He spent 27 months in three hospitals, in the first three of which, he was totally mute. However, aggressive therapies in a rehab program have worked miracles. Fortunately, his setbacks were temporary and not cognitive. His balance is still compromised, but improving.



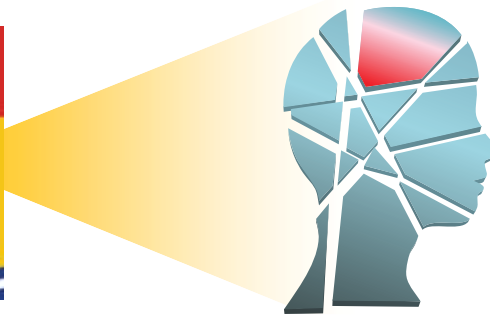
## TALKING WITH TY

### KNOW THE FACTS by Tyrone Bell

It is always better to know, than not to know. The information that one may have (on brain injury or any other topic) may never be called upon. Nevertheless, it is good to have it, just in case. Pointers on brain injury may help one to seem (or be) knowledgeable when the subject is being discussed. Here are some facts. You may want to be familiar with them the next time the subject of brain injury comes up.

- An estimated 10 million people per year worldwide suffer TBIs, and falls account for most of these - about 35.2 per cent.
- According to the numbers, about 452 people suffer a brain injury every day in Canada.
- The incidence of acquired brain injury in Canada is greater than AIDS, multiple sclerosis spinal cord injuries and breast cancer combined.
- Every year it costs Canada more than \$3 billion to treat TBIs.
- When an individual suffers a brain injury, apart the impact being felt nationally, it is also felt by the individual's family, community, caregiver and certainly the survivor.
- In North America, motor vehicle crashes is the second most common cause of TBIs, 17.3%.
- About 1.5 million Canadians live with a brain injury of some kind.

- Strokes are a major cause of TBIs. Of all stroke victims, 50% don't recover fully; they are permanently disabled, 20 % die, 20 % resume work/school but with a reduced load.
- Most cyclists who die as a result of collisions, die from TBIs.
- Not all brain injury symptoms appear immediately after trauma. It is therefore important for an affected person to undergo a period of intense observation, depending on the amount of trauma.
- There have been advancements in trauma-care services, therapies and other treatment options. As a result, over the years, survival rates have increased.
- Canada has a national strategy for dealing with cancer, stroke, cardiac care, spinal cord injury. The country does not currently have a national strategy for traumatic brain injury.
- Over the years, there has been an increase in the reported number of traumatic brain injuries.
- Although a larger number of brain injuries is being reported, support programs that are meant to support survivors, and research platforms have not kept pace with these increasing numbers.
- Wearing a helmet while riding a bicycle can reduce the risk of injury to the head by about 88%.



# SHINING A LIGHT ON BRAIN INJURY

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## CONFERENCE IN PICTURES

A huge thank you with love and immense gratitude goes out to...

**Michelle Bartlett, Dr Shawn Jennings,  
Dr. Patricia Forgeron, Dr. Robin Green,  
Kara Stanley, Simon Paradis, Joe Stanton,  
Leona Burkey, Suzanne Mckenna, Jason Harps,  
Tara Sutherland, Glenda James, David Grant,  
Jeff Sebell, Dr. Angela Colantonio,  
Dr. Jennifer Fletcher, Stewart Munroe,  
Cecile Proctor, Dr. Lisa Best,  
Dr. Rebecca Mills and Dr. Adrian Owen...**

for giving so unselfishly of your time and talents to speak to our delegates in Saint John.

Thank you also to Wayne Long and Mayor Don Darling for welcoming us to your lovely city. HUGE thanks to Andrew MacDonald for being our conference photographer.

It was very much appreciated.

Job well done.



# "Independent Brainwaves" by Vicki Homes

I lie awake wondering.

Will the waves keep crashing in my head?

It is silent and yet there is so much noise.  
Thoughts, swirling in random order.

Why now? I ask myself.

I don't want to think. I want to sleep. But  
my brain has a different idea.

Rippling tides of thoughts about this and  
that.

None of it is important by itself but together  
the wave becomes stronger.

I lie awake wondering.

Will the waves keep crashing in my head?

Why now? I ask myself. And myself answers  
from the depth of my experience.

It is just one of those nights. I cannot change  
it. I cannot let the waves consume me.

So I do what I do best. I get up, I write. I  
read. I Google. I FB, I check emails.

I do these things to escape the random  
thoughts that have disturbed my sleep.

I know things will settle down. I know that  
sleep will come. So I wait. I keep busy.

And soon the waves will recede into the  
distance. Rest will be mine again.

In the midst of the tumbling and swirling  
waters. I KNOW THIS TO BE TRUE.

Rest will come.

*Editor's Note: Vicki is a survivor from PEI,  
thanks for sharing this!*

**CURTIS ANDERSON & FRIENDS**  
13th ANNUAL  
**Courage Canada**  
**TRAIL RIDE**  
TO SUPPORT BRAIN INJURY AWARENESS

**SATURDAY, MAY 27, 2017**  
CONTACT: Curtis 780-581-4802 / Karen 780-592-2268

**Saturday 9am** - Ride registration @ Curtis Anderson's Farm  
1 Mile North of Minburn on Range Road 102  
1.5 Miles West on TWP Road 504  
Fee: \$35 (10 & under free) includes supper

**10am** - RIDE departs, bring your own lunch and  
water on the trail

**5pm** - Doors open @ Innisfree Rec Centre

**6:30pm** - Supper, M.C. Miles Wowk

**7:30pm** - Live / Silent Auction

**8:30pm** - Cowboy Poetry  
live music featuring Matt Robertson

**Sunday 10am** - Cowboy Church (Innisfree Rec Centre)

Donations will support:  
Halvar Jonson Centre for Brain Injury,  
LABIS, FOCUS, VALID &  
Canadian Pro Rodeo Sports Medicine Team

Pledge donations payable to:  
Red Deer Regional Health Foundation

Registrations  
by  
**May 20, 2017**

## CURTIS ANDERSON AND FRIENDS

### COURAGE CANADA TRAIL RIDE

If you have not  
registered why not  
come and support the  
event in the evening.

*Donations will  
support Brain Injury  
Awareness*



# SHINING A LIGHT ON BRAIN INJURY CONFERENCE IN PICTURES

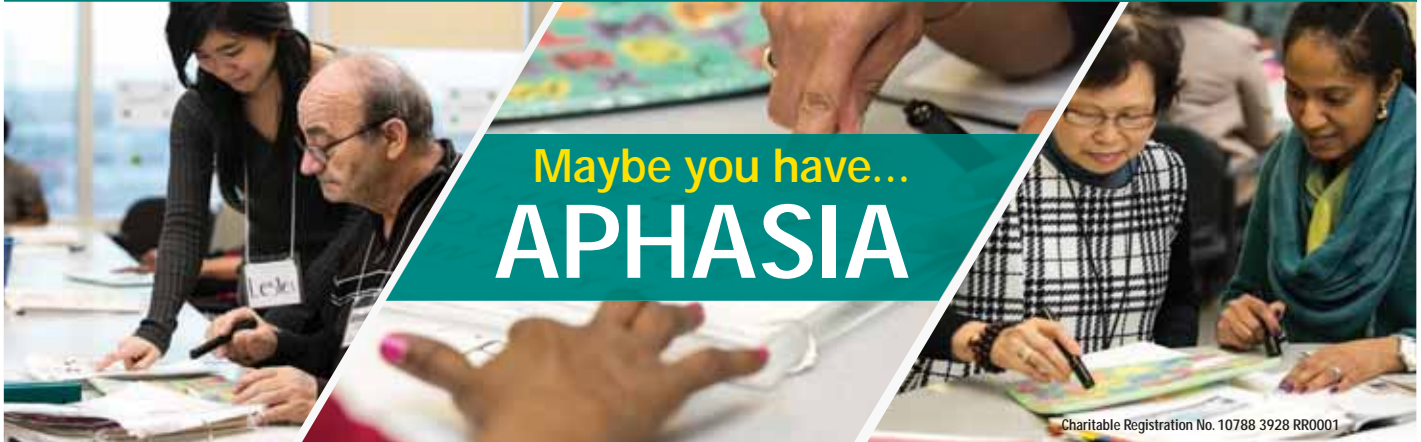


# SHINING A LIGHT ON BRAIN INJURY

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## CONFERENCE IN PICTURES





## What is Aphasia?

Aphasia is one of the communication disabilities that can occur after **stroke, brain injury or brain illness**. It may be hard to talk, to understand spoken words, or to read and write. Aphasia does not affect intelligence, even though a person living with it may find it challenging to express themselves.

Aphasia is more common than many people know, with **1 out of every 3 stroke survivors** living with some form of the disability.

## Aphasia and Communication Disabilities Program

We are a group of adults living with aphasia and related acquired communication disabilities. Our communication and support groups are run by speech-language pathologists, communicative disorders assistants, trained volunteers and students.

## Our Mission

- To improve communication
- To support independence
- To encourage participation in community life
- To enhance quality of life
- To provide communicative access

**“Things can get better slowly, over time. It keeps me and the family hopeful.”**

*-Sue, ACDP participant*

## Ask your SLP or Doctor to refer you to the Aphasia and Communication Disabilities Program

This program is funded by the Central LHIN

For further information, please contact:

March of Dimes Canada

Aphasia and Communication Disabilities Program

13311 Yonge St., Suite 202, Richmond Hill, Ontario, L4E 3L6

(905) 773-7758 ext. 6216 | 1-800-567-0315

Or visit our online referral form: [www.marchofDimes.ca/ACDPreferral](http://www.marchofDimes.ca/ACDPreferral)

Visit our website: [www.marchofDimes.ca/ACDP](http://www.marchofDimes.ca/ACDP)





# About Our Cause: Acquired Brain Injury

In an instant a life is changed, forever. Every day, we participate in activities that produce endless risks for sustaining a brain injury: car accidents, a fall from a bike, or a blow to the head. It is estimated that thousands of Canadians incur a traumatic brain injury (TBI) and mild traumatic brain injury (mTBI), also known as a concussion, each year, the majority being young adults. Statistics indicate that the incidence of brain injury is two times greater in men. Brain Injury Canada strives to raise awareness of the incidence of acquired brain injury (ABI) in Canada.

A brain injury may make it necessary for the injured person to require full time assistance. Families often become the primary caregiver and support person. Many families are left to cope on their own. They sometimes have little understanding of the effects of the injury and the demands that will be made of them by an injured family member. Families need support from others who understand the effects of acquired brain injury. Brain Injury Canada provides a shared forum for the support of both families and survivors, and also advocates for the enhancement support services.

Prevention through public education, and safety legislation is the key to the reducing the occurrence of ABI amongst Canadians. Brain Injury Canada engages

in extensive public education initiatives through its many local community associations across Canada.

Medical and safety research is another key to addressing ABI. Brain Injury Canada endeavors to support and promote research in Canada and internationally.



## Impact Pathways Ahead

is here to serve the readers and is published four times a year (Editor - Barb Butler).

We invite submissions: professional articles on rehabilitation, acquired brain injury, and injury prevention, personal interest, provincial and local association news, and profiles of courage.

## Advertising rates per issue print and electronic exposure on our website

Business Card - \$100 • 1/4 page - \$200 • 1/2 page - \$300  
2/3 page - \$400 • full page - \$500

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Dr. Daniel C. Andreae



McColl-Early Foundation



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