



Manitoba Brain Injury ASSOCIATION

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Supporting each
other towards
a new beginning

EDUCATION • AWARENESS • PREVENTION



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From David's Desk

We all get angry from time to time. It's normal and times when it is even helpful. After all, getting angry to protect yourself is a useful response. But anger seems to become a big issue after a brain injury. I have heard countless times from others a variation of the following remark: 'he blows up at the slightest thing' or 'I used to be pretty accepting of people but now I have no patience for anybody'. For some, after a brain injury, their anger has a hair-like trigger. Anger seems to be the response to most things. This kind of response is not helpful for anybody. It can become a huge problem and have a negative impact on jobs, relationships, and self-esteem.

We have come to accept that a brain injury can impact a person on many levels. Most common are memory issues, fatigue, problem-solving, balance or mobility. Why then would we be surprised that it also affects one's ability to control their anger. If the frontal lobes have been damaged it may be more difficult to "put the brakes on" with emotional responses or to think through the best way to approach conflict. Anger and irritability may also arise from problems with following conversations, being in crowds, or having to multi-task for example. Then there is the frustration with the life changes because of the brain injury – loss of independence, loss of employment.

Is the anger a response to the threat of feeling, belittled, stupid, confused, and inferior? Is it helpful then to get in that person's face and try to explain differently? Has that worked? Or, do you engage with them, matching their anger with yours? I can't imagine any of these responses as being helpful. One thing I have observed is that the anger is just as quick to turn off as it is to turn on. Unless somebody is further provoked it only lasts a few minutes. Somebody changing the subject sometimes can shut off the anger.

MBIA MISSION STATEMENT

To offer help and hope to individuals and families living with the effects of brain injury through direct services, education and advocacy; to promote independent living and a sense of community among those affected; and to educate all Manitobans towards the prevention of acquired brain injury

9th Annual Heads Up Dinner

The Manitoba Brain Injury Association, and The University of Winnipeg Athletic Therapy Students Association, were proud to host the 9th Annual Heads Up Dinner and Auction on May 30, 2012. We were also pleased that the title sponsor for this year's event was Manitoba Public Insurance.



The Heads Up Dinner and Auction is a unique fund raising campaign that promotes the prevention and care of brain injuries and supports the academic development of young aspiring students of Athletic Therapy.



Athletic Therapy students at the University of Winnipeg dedicate countless hours to the community in the prevention and care of athletic injuries. Scholarships will enhance the quality of their academic experience and allow them the time and opportunity to become more involved in the community.



This year's event was a huge success. Close to 250 guests enjoyed an evening of great dining, live entertainment, and an action packed auction that is like no other.



A Celebration of 25 Years!!



This year MBIA celebrated 25 years and mark the occasion Jamie Wendl and her parents hosted an open house for all of us. It was a great day and the weather cooperated. There were lots of us who enjoyed the pool, the good food and quality time.

Jamie's parents Denise and Burley had recruited family and friends to look after us and that they did! All day long ice creams and slushes were given out and the food was delicious, plentiful and served by some of the nicest people you would find anywhere. Jamie, Denise and Burley you guys are blessed with fantastic friends and families.



MBIA Annual Walks

On September 9, 2012, MBIA Annual Walk had been taken place at the Assiniboine Park.

This year marked the 8th of this event. We would like to mention our sincere appreciation to Manitoba Public Insurance for being the head sponsor for this event for all these years.

As of the venue, it looked great with the MBIA's banner and many prizes, thanks to volunteers who came early in the morning to set up the event.

Our old-time friend Joy also joined and supported us. Many of the members had good time catching up with her.

Within an hour after registration started, we had nearly 200 people including members, their family and friends! Everyone wore MBIA T-shirt to show their support. Once we took off for a walk, we went around the beautiful park and enjoyed the fresh air and nice chat for the course of 1 or 1.5km.

After burning some calories, it's time to fill our empty bellies. We had homemade chili with chips, vegetables, fresh fruits, and treats. Plenty of delicious foods never let anyone stay hungry. Some also relished the excellent massage by students from University of Winnipeg Athletic Therapy.

After the lunch, the draw was held for the silent auction. Congratulations for those of who won the prizes. For others who did not, good luck next time.

We would like to send our big thanks to everyone who had participated in and supported for this event. You made this event happen and led to a success. We hope to see you all again next year.



New Board Members

The staff and current board of Manitoba Brain Injury Association are happy to welcome new board members:

Shirley Smith	Garry Batenchuk
Susanne Boyd	Kristen Cain
Kevin Linkletter	Erick Johansson

Dancing with Stroke

By Jim Sinclair

Jim Sinclair is a director on the MBIA board and an active member of our Association

Greetings Cousins;

As members of the world wide family of folks affected by stroke and similar acquired brain injuries we are cousins. I joined this family on December 24, 2003 when I experienced massive bi-lateral strokes following emergency hip replacement surgery necessitated by a fall while visiting my daughter and her husband in Victoria, British Columbia.

Merry Christmas! What I remember is waking up (actually regaining consciousness following a 24 hour coma) to find that my left arm had turned to lead (my left side was paralyzed). I was unable to speak, unable to swallow, and extremely confused. ""Maybe this wasn't really happening"" "For some reason I had a most aggressive case of the hiccups. Hearing the noise my wife asked if I was trying to say something. The only word that would come out of my mouth was "BURP". Despite my confusion and the mental fog that I was in I somehow knew that was not the correct word but no other words would come out of my mouth. I was aware that I was in hospital due to a broken right hip so ""why was I having problems with my left am and head???"

I became even more befuddled when a few minutes later I looked up to see the arrival of 5 family members from Winnipeg. ""GEEZ THIS CAN'T BE GOOD!"" Their arrival seemed accompanied by a wind of hope. I strained to understand what was being said as all 5 plus my wife and daughter seemed to be speaking at the same time except for my youngest son who was humming the theme song from the six million dollar man TV series while making booming statements such as "we will rebuild him; we will make him whole again".

As the din subsided somewhat I struggled to say "What are you doing here?" Despite the garbled nonsense that came out of my mouth my oldest son recognized what I was attempting to ask and replied "This is what family does".

Slowly, I later learned that during surgery blood clots had developed in my right leg. Some of these clots travelled to my brain causing two massive strokes. That afternoon my doctors had informed my wife and daughter that there was very little likelihood of my survival. My daughter had made a phone call to Winnipeg where most of my family was gathered for Christmas Eve dinner. My daughter told my sons that they had to get to Victoria as soon as possible which resulted in 5 family members catching a flight at 6 am that Christmas morning. Later that evening my Neurologist informed my wife and daughter that Miracles do happen. I had my miracle and thus began my journey through three months in hospital (4 hospitals) and years of rehabilitation and recovery.

Mock Car Crash

MBIA P.A.R.T.Y. program successfully staged the MOCK CAR CRASH . It is an annual event in partnership with RCMP, Winnipeg Police, Winnipeg Fire Department, Emergency Medical Services, Manitoba Public Insurance and Chapel Lawn Funeral Home.

The said event is intended to expose Manitoba youth to the consequences of such risk taking behavior as driving while impaired, without a seatbelt, and while speeding. The aim of the event was to show students firsthand the after effects of a fatal collision, such as the impact on the family and emergency personnel.



This year, there were approximately 150 students from Fisher Branch High School, Nelson McIntyre Collegiate, Louis Riel Collegiate and Tec Voc High School.

Charles Coyle Speech at the Rotary Club



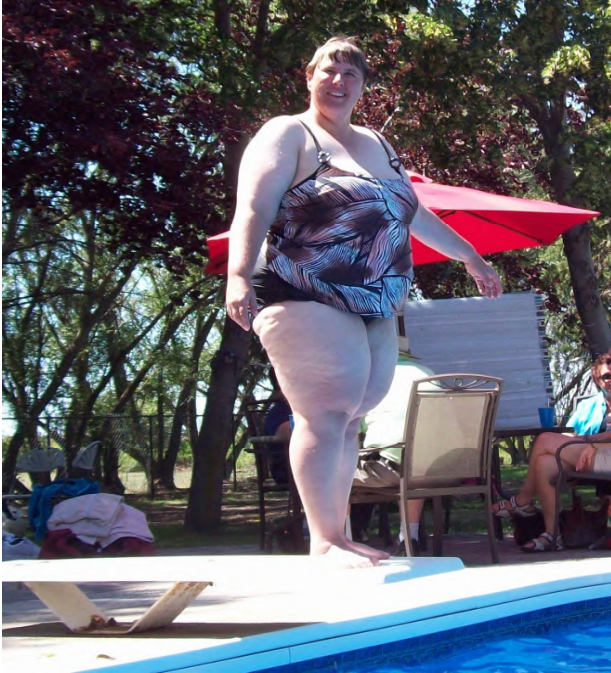
On September 6, 2012, our long time member Charles Coyle had been invited to make a speech at Transcona Rotary Club. At this thoughtful event, the speech turned out to be an inspirational, emotional, and yet encouraging one.

David Sullivan first introduced MBIA, what the acquired brain injuries are, and how Charles managed to get through tough moments. Charles talked about how he acquired his brain injury and how he lives his life with brain injury. Charles also shared a couple of his poems and short stories he had written.

The whole venue was fulfilled with tears, laughter and warm applause. We are proud of you, Charles!!

Special thanks to Transcona Rotary Club for the exceptional event.

A Hero Amongst Us!!



Charlotte Frank, works as a wading pool/splash pad supervisor during the summer for the City of Winnipeg. We were fortunate to have her at one of our functions as she was able to employ her life saving skills.

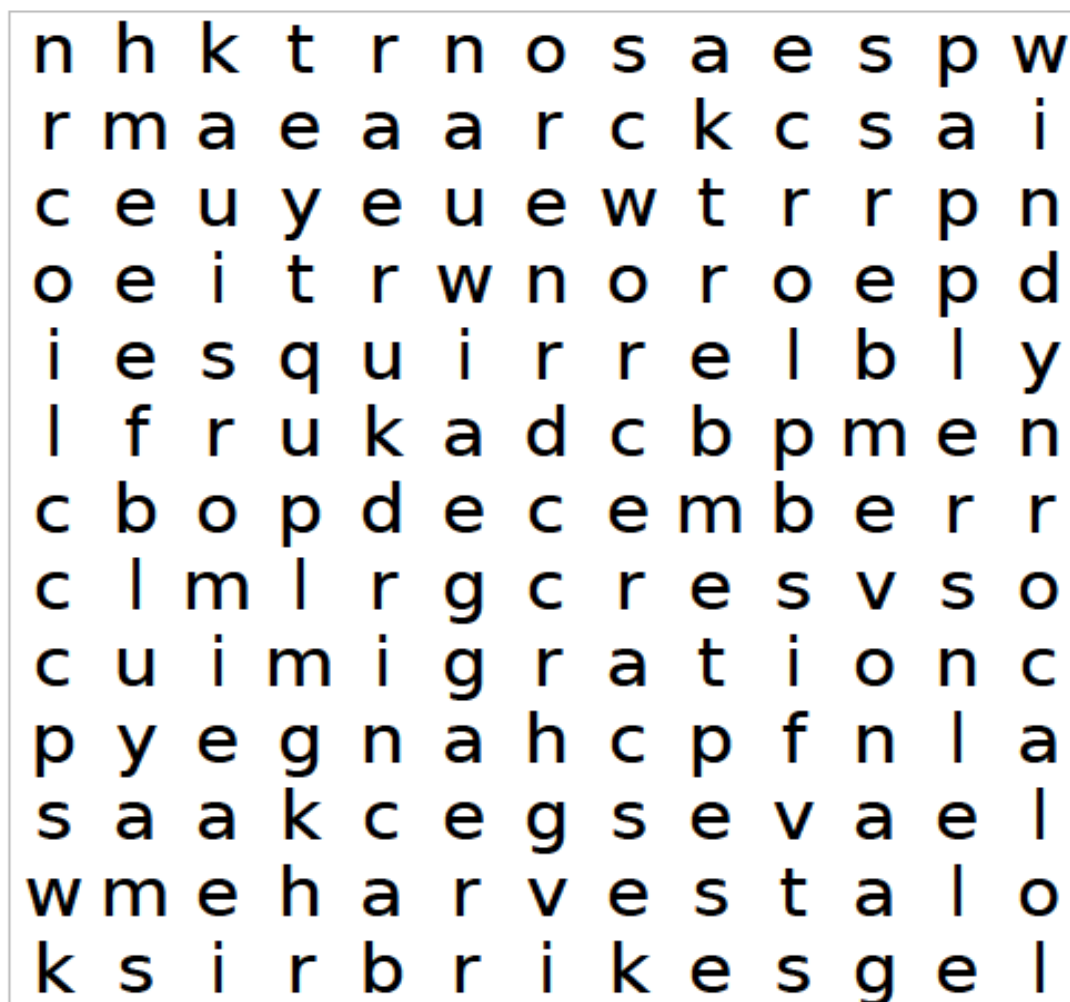
One of our members decided to jump into the deep end of the pool. The problem was that he did not remember he couldn't swim. Luckily for him Charlotte was there and she quickly went into rescue mode.

"My biggest fear was that I would have to do mouth-to-mouth on him and I have never done that before. I knew I could get him to the edge of the pool but what was I going to do then was all that kept running my mind" said Frank. "he did thank me several times and everything turned out good".



Word Search: FALL

FALL



ACORN
CHANGE
HARVEST
MIGRATION
RAKE
SQUIRREL

APPLE
DECEMBER
HAY
NOVEMBER
SCARECROW
WINDY

AUTUMN
FALL
HAYRIDE
OCTOBER
SEASON

BRISK
FOLIAGE
LEAVES
PUMPKIN
SEPTEMBER

FRIENDS OF MBIA (April 1 – August 31)

Anderson's House	Jodi Ginter
Arthur Ball	John & Enna Evans
Barbara Laforce	Manitoba Athletic Therapists Association
Block Building Therapies	Manitoba Hydro
Bonnie & Wayne Coukell	Manitoba Lotteries
CIBC	Manitoba Nurses Union
CIBC Renaissance Investments	Manitoba Public insurance
Clearence & Jan Schmidt	Mary Giroux
Corey Clark	Mike & Jennifer Bru
Cyril Friesen	Raynald Labossiere
Cyril Giroux	Selkirk Mental Health Centre
Debbie Abraham	Sport Manitoba
Debra Woodgate	Sport Medicine & Science Council
Don Edmunds	The Winnipeg Foundation
Donald Baizley	University of Winnipeg
Doreen Mazur	Vale
Douglas & Olivia Blaylock	Workers Compensation Board of Manitoba
Florence Stanke	Yolande Manaigre
Football Manitoba	
Glen Bergeron	
HSC = Section of Neurosurgery	
Independence	
Investors Group	
Jacque Friesen	