




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

June is Brain Injury Awareness month. As incredible as this may sound, brain injury in Canada is a silent epidemic. It is the number one killer and disabler of people under the age of 44. Statistics further indicate that incidences are two times greater within the male population.

So what does it mean to live with a brain injury?

Imagine getting dressed and not knowing what to put on first, your socks, or your shoes. Being hungry but not knowing how to prepare something to eat. Imagine being abandoned by family and friends because your mood or behaviour has changed. Thousands of Manitobans don't have to imagine effects such as these: They live with them each day due to a brain injury. Their life is a remarkable testimony of courage and determination.

A brain injury can affect every aspect of a person's life. The social, emotional and economic consequences of brain injury are devastating not only to the survivors themselves, but to family members and everyone else involved. No drug or technique exists that can cure a brain injury. There is no cure, only prevention.

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

10th Annual Heads Up Dinner

The 10th Annual Heads Up Dinner and Auction, a joint fundraiser by the MBIA and the University of Winnipeg Athletic Therapy Students' Association (WATSA) will be held this coming May 30, 2013 at Riddell Hall.



The evening's highlight is the LIVE auction of signed, professional, game-worn helmets, and other sports memorabilia. On top of that, there's also a great silent auction, raffle prizes and a gourmet dinner prepared by Chef Ben Kramer and Diversity Foods.

Tickets are priced at \$100 each (\$50 tax receipt).

Get your tickets now!!

Visit mbia.ca or uwinnipeg.ca for more details.

Prevention is better than Cure

Helmets mandatory for young cyclists in Manitoba

For years the public has been given education on the importance of wearing a helmet while cycling. It was always believed that when informed, adults and parents will make the correct choice for themselves and their children. This has not been the case and a large number of cyclists, young and old, refuse to wear helmet.. Following a successful passing of legislature last year, the Manitoba's helmet law for young cyclist took effect last May 1, 2013.

It is mandated by law in Manitoba that people under 18 years of age are required to wear helmets while riding a bicycle or risk a fine of \$50. However, first time offenders can avoid the fine by taking a safety quiz online.

This is good news as statistics show that each year, thousands of Canadians acquire brain injury resulting from a blow to the head (car crash, bike crash, falls). However, it would be a BETTER news if we can push for a law that would require adults to wear helmets as well. This would build brain injury protection awareness and help Manitobans to be safe.



Wrap-up BBQ

It has become an annual event for the Winnipeg Survivor group to get together at the end of June and have a barbeque to welcome summer time.

This is a good time to just relax and enjoy some conversations, laughs and of course good food! Let us hope that

the weather gods cooperate and will give us a beautiful summer evening.



Please join us and have some fun:

When: June 19, 2013 at 6:00 pm

Where: 376 Osborne Street.

RSVP at: (204)975-3280

Thank you to Brandon University Psychiatric Nursing Students

We would like to extend our gratitude to six Brandon University Psychiatric Nursing students namely; Alice Cheang, Jennifer Hart, Courtney Kossman, Ashley Langford, Carleigh Matthisen, Dana Measner.

They volunteered for 10 weeks at MBIA as part of their community health program and we are the better for it. Their time was spent assisting us with enhancing or developing new materials for our different services.

JUNE IS BRAIN INJURY AWARENESS MONTH

In the next 10 minutes, someone will experience a brain injury in Canada. And did you know that there are more brain injuries than cases of MS, Spinal Cord injuries, HIV or breast cancer combined!

Here are some brain facts for you:

- 7.1:** Average thickness, in millimetres, of a woman's skull
- 6.5:** Average thickness, in millimetres, of a man's skull
- 559:** Number of concussions reported by team physicians in NHL players in 1997-2004 regular season games
- 81:** Percentage of Canadians who say hockey would be better off if the NHL cracked down on head shots
- 7:** Number of provinces and territories that have bike helmet laws: Nova Scotia, Prince Edward Island, New Brunswick, British Columbia, Alberta and Ontario, Manitoba (2013). (Source: Canadian Institute of Health Information)

In June, help raise the awareness of brain injury in your community. Encourage local corporations/businesses to support and fundraising programs by MBIA. Inform people of the ongoing services provided by MBIA for survivors and caregivers living with the effects of brain injury.

Together, we can make a difference

AGM

Manitoba Brain Injury Association Annual General Meeting is set as follow:

Wednesday, June 26, 2013

6:00 pm to 8:00 pm

825 Sherbrook Street

NOMINATIONS TO THE BOARD OF DIRECTORS

Nominations to the board of directors are being sought.

Elections will take place at the Annual General Meeting (AGM) on June 26, 2013.

All nominations require the consent of the nominee and two (2) signatures of the nominations.

See insert for the nomination forms.

All completed nomination forms must be received no later than June 20, 2013.

See you then.

Time to renew your membership!!

Membership renewal was due March 31, 2013. Please renew your membership if you have not already done so.

A membership form has been enclosed.

Parkland Chapter Updates

In April, the Parkland chapter hosted a conference titled "Living with Loss" with Dr. Bill Webster as guest speaker. Dr. Webster is well-known grief counsellor in the Toronto area and he spoke about primary loss, grief following suicide, children and grief, and care for the caregivers. The conference was a success with an audience of health professionals, chapter members and family.

To mark the "June is Brain Injury Awareness month", Parkland chapter will initiate the distribution of "tent cards" to as many restaurant tables as possible as a way of raising awareness of brain injury.

Brandon and Area Brain Injury Awareness Day Walk

Saturday, June 8, 2013

Rain or Shine

Riverbank Discovery Center

545 Conservation Drive

Brandon, Mb

1:00-1:30- Registration

1:30-3:00-Walk

3:00-4:00- Refreshments and prize draws

Learn about brain injuries, and how a brain injury impacts
a person's life and their family

Participate in this event for:

Fun

Food

Exercise

Awareness

Education and

Great prizes

For more information contact
Shirley at 1-204-725-3330

Dancing with Stroke

By Jim Sinclair

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

Originally written for strokenet.org newsletter (Aug 1, 2012)

Surprisingly often when I visit new stroke survivors somewhere in the conversation they talk about how blessed or how lucky they have been. My own stroke was accompanied by a series of blessed or fortuitous events.. By having my fall and strokes in Victoria, British Columbia I was placed under the care of a marvelous neurologist (Dr Bill Martin) who for decades has been considered somewhat of an icon on Canada's West coast. From the outset Dr Martin instilled in me a belief in the possibility of a full recovery. I was also blessed with an abundance of highly skilled nurses and therapists to start me on my journey of recovery.

My greatest stroke of luck was encountering a hospital roommate named John. On my second day in the neurosciences unit where I was transferred a new patient was assigned to the bed beside me. He had been admitted for neurosurgery necessitated by a skiing accident.

Shortly after arriving he got up and left the room saying that he was going for a walk. Within minutes a staff person entered the room and asked if anyone had seen a guy named Hedderson. I answered " If you're referring to a short guy with a bald head and a huge beard filled with a beaming, infectious smile; he went for a walk"

I was immediately envious; here I was confined to a bed not even capable of sitting up and this guy could wander all over the hospital.

It wasn't long before John Hedderson became my inspiration and mentor. Over the next few days I learned that John had experienced a massive stroke 17 years earlier. Besides physical impairments he had been left with aphasia. Despite the Aphasia he had become an advocate for speech therapy programs to be established throughout the province of British Columbia. Over time, John and his wife Pam explained that after John had his stroke he surrendered his Driver's License and began riding a bicycle everywhere he had to go. He now road very long distances for enjoyment. After discovering an exercise bike that he brought into our room John road 45minutes 3 times a day. Watching him repeatedly make the pedals whirl and knowing that this Stroke survivor had been admitted because of a skiing accident required me to believe that I too could eventually make a remarkable recovery.

John and Pam explained that while John had difficulty speaking he was most capable of singing in Community theater productions. At nighttime when the nursing staff would come to check our vital signs and check our lucidity by asking a series of questions we couldn't resist helping each other. When I struggled to answer the question of "who is the premier of the province" John would blurt out phrases to help me such as " it's some NIIG-NOG" until; one night I answered "You shouldn't expect me to answer that because I'm

Dancing with Stroke

By Jim Sinclair

just travelling through BC; but the Premier of Manitoba is Gary Doer.” When John would struggle to find the words to answer the question of where he lived; I in my impatience and impulsiveness would blurt out “DAMMIT, JOHN YOU LIVE IN CAMPBELL RIVER!”

About 10 days after his arrival John presented me with a gift that Pam had brought to the hospital. They gave me a small metal turtle. The real gift was the explanation that came with the turtle. John talked at great length about how the turtle was the symbol for stroke recovery. John instilled in me the understanding that recovery involves small steps slowly moving ahead. From that point forward I envisioned myself as a turtle taking small steps forward keeping my head held up.

I had the incredible good fortune of having John as a roommate for a month. As president of the Campbell River Stroke Support group he convinced me of the value of peer supports. For an entire month John was there cheering me on at every small progress made. When my physiotherapist was able to teach me how to use my good right arm to rise to a sitting position John was sitting across from me with a beaming smile of approval. When my physiotherapist was able to get me to stand, grasp a walker and actually take a couple of steps John’s cheers of approval felt like I had scored a touchdown in a packed stadium. During our last 10 days together John would return from walks and tell me about other stroke and brain injury survivors he had met down the hall in our unit and how he had visited them to encourage them.

Before we were discharged John convinced me that the first thing I needed to do once finally discharged from a Manitoba hospital was join the local stroke association and the local Brain Injury Association.

With a mentor such as John I had no choice but to become a fervent advocate of Peer Supports. Every time that I try to thank John all he asks is for me to try to do for others what he did for me.

I cannot allow myself to even think about what my recovery might have been like if I hadn’t met John.

I only wish we were all blessed enough to have someone like John in our lives.

My fervor for peer supports was reinforced near the end of my hospitalization when a social Worker arranged for me to be visited by a former patient named Ray who had a great deal in common with me. I had been having a very difficult time emotionally and he described how much things had improved for him after participating in numerous out-patient therapy programs. Once again I was blessed by peer supports.

It seems that one key to recovery is to keep your head up and take small steps slowly. Recovery is a marathon not a sprint. Be patient , slow, and steady ; in life, first to the end does not necessarily win.

Word Search

Spring

H H C A E J H V H R X W B G B W E B M E U M
 Z E H P Y T Q T S B E I U C N R C A O A M Q
 Q X U A B G U E L S I A P T Y I E S S H B Y
 F X S U N S H I N E P S M R O J R E V T R S
 P U H H A S G Y L J M S L I R P A P Z I E W
 S E A S O N F J O M D I M P N T C K S E L R
 Z P O L L I W O G M Z H B D X T R D O X L S
 O Q A A P V S I I S L T G U O C R I W V A M
 A G B Q K K R J Q A K J Y I H H M D H A C N
 S U F I J R E B Z D K M B P P R D K A L A X
 V B W A U M W U K X L Z T U P X E C E Z C L
 A X E N U J O U E I N U D D E C Z A M J O O
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 H H G S Z S F F R F L X E R D I N Z M T Y Q
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 R A I N Q X L P N N G N A S N E M X C Z G E
 W A I I I T K T B C H C H E H P Q T G H X S
 E Y Y H P B Y X O B Y G T A B V J K N Z Z S
 K M R I D B O U W S H W Z J B Z C N E C V E
 Z K R W O R M W B E G H N L M I R I M M P H

APRIL
 BLOSSOM
 BREEZE
 CLEANING
 CROCUS
 EASTER
 EGGS
 FLOWERS
 GALOSHES
 GREEN
 HATCH
 JUNE
 MELT
 POLLIWOG
 PUDDLES
 RAIN
 RAINBOW
 SEASON
 SPRING
 SUNSHINE
 UMBRELLA
 WINDY
 WORM

FRIENDS OF MBIA (November 1 – March 31)

Brown, Bette	O'hara, Fona
Yanuszewski, Adelle	Salon of Hair, Carilee
Sunde, Chris	Heinrichs, Rose
Eidsvig, Nancy	Kurucz, Louise
Townsend, Denise & Burley	Mazur, Perry
Ernst Hansch Foundation Inc.	Vitt, Debbie
Kehler, Tammy	Spectra Productions,
Smith, Shirley	Gaffray, Steinun
Bogers, Hank	Accurate Water Solution Inc.
Kachkowsky, Elsie	Bedard, Elaine
Townsend, Randy & Judy	Sabiston, Gwyneth
Kowalchuk, Carmen	Smolinski, Diane
Brownlee, Clark	Shewchuk, Helen
Burdett, David & Carol	CIBC Asset Management Inc.
Bowser, Diane	
Frey, Ulrich	
Rose, Debbie	
Hawrylak, Chris	
Cochrane, Wade	
Mazur, Joanne	
Iverach, Sheila	
Brown, Kelvin & Bette	
Cross, Curtis	
Ginter, Jodi / Dennis/ Samuel	
Haslbeck, Alvina	
Vestre, Dave	