

A Helping Hand to a New Beginning



BIANS

Brain Injury Association of Nova Scotia

NEWS

Issue 73

April 2012

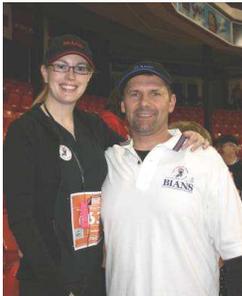
TEAM BIANS RUNS AGAIN!

BIANS participated in the **Scotiabank Blue Nose Marathon** for the first time in 2010. In our short history, we have been amongst the top charity fundraisers for the event. For 2012, we are now up to 29 registered participants and counting. We have a good mix of returning runners and new participants who have joined the BIANS team to run for the cause.



2012 prizes and incentives include two rounds of individual prizes drawn on March 31 and April 21. Congratulations to Dr. Wayne MacDonald for winning the first incentive prize of movie passes and a restaurant certificate.

This year, BIANS has a new award - the "Golden Helmet" trophy which will be given to the team who raises the most money for Charity BIANS. The trophy includes a personalized plaque and it will remain in the team's possession until next year's Blue Nose Marathon.



BIANS Board of Director member Joe Lively and his wife, Dr. Stacey Canning-Lively will be participating in the full marathon this year. Joe and Stacey have started their training with their dog Champ who enjoys the exercise. We invite you to meet us inside the Metro Centre on Sunday May 20, between 7:00 am and 9:00 am to cheer Team BIANS on, or come and cheer the runners as they cross the finish line on Brunswick Street throughout the morning.

We look forward to meeting you on the pavement!

To donate, follow this link <https://secure.e2rm.com/registrator/startup.aspx?locationID=84874> and click the link under the heading "Support a Charity" on the left side of the page. From there just fill out the applicable information for Charity BIANS.

Thanks for your continued support of BIANS.

BIANS 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."



Live in the present, do all the things that need to be done, do all the good you can each day, the future will unfold.

Peace Pilgrim



If you've been injured in an accident and don't know your rights, don't worry. We have the proven experience to successfully resolve your claim whether it is minor or catastrophic. Dealing with the insurance company on your claim is not a do-it-yourself project and your claim deserves the best of attention. Let us put our depth of experience to work for you whilst you focus on getting better.

Matthew W. Napier, Q.C. Gordon F. Proudfoot, Q.C.

Sean F. Layden, Q.C. Robert K. Dickson, Q.C.

Robert B. Carter David S. Parker

Ansley Simpson

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BIANS News

is here to serve the readers and is published three times a year.

Editor - Mary Bourgeois

We invite submissions: poetry, articles on rehabilitation, personal interest, profiles, etc.

Advertising rates per issue:

Business Card - \$50.

1/4 page - \$100 1/2 page - \$150

2/3 page - \$200 full page - \$300

Phone: (902) 473-7301

Donations to BIANS

As a charitable organization BIANS will issue tax receipts for all donations over \$10. When you make an In Memoriam donation, we will issue a receipt to the donor and send a card of acknowledgment to the family. Gift donations to BIANS can also be given in someone else's name giving them an income tax receipt.

Call BIANS at 473-7301

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BIANS Annual General Meeting Saturday, May 12, 2012

Bethune Building, QEII, Tower Road, Halifax, NS

The Annual General Meeting will commence at 9:00 am. All are welcome to attend but **only** paid members are entitled to vote. The Board of Directors for the year 2012-2013 will be elected by the membership.

The AGM will be followed by **the Survivors' Forum** and **presentations**.
All BIANs members and friends are invited to attend.
For up-dated information, call 473-7301 or email bians1@ns.sympatico.ca

Note: Memberships will be accepted up to two weeks before the AGM and will not be accepted at the meeting.

Elimination of the position of Executive Director of BIANs

In late fall, early winter, the Executive Committee and full Board of BIANs decided that because of our current and foreseeable financial situation, we had to eliminate the paid position of Executive Director of BIANs.

It was, as you can imagine, a tough call that involved much heart-wrenching discussion.

During her time at BIANs, Margo Dauphinee was as passionate as any of the volunteers and devoted herself to furthering the efforts of BIANs.

Everyone involved in BIANs wishes Margo the best and hopes she will be successful in pursuing her career.

Don Sullivan
President BIANs

IN MEMORIAM

BIANs has received donations in memory of:

Cyril Hawes
Willie Joe Chiasson
Robert Slaunwhite



Sincere condolences to their families and friends.

Effective Self-monitoring Can Improve Memory by Dr. Bev Butler

Most of us know what memory is: the brain's ability to store information and to recall it at a later time when we need it.

But what is self-monitoring, and how can it help us remember?

Self-monitoring, in the most basic sense, is being aware of what you are doing. Often times we do things automatically without paying attention.

Have you ever turned the stove element on under a pot of water, walked away, and only 'remembered' the pot of water when the smoke detector went off an hour later?



This likely happens when you are not paying attention as you are turning on the stove. Instead you may be thinking about what else you are going to have to eat, or what you have to prepare next, or what you're going to do that evening, or you may be thinking 'the commercial is over and *Friends* is back on'. Sound familiar? The point is...you were distracted and not paying attention to your actions.

So what happens to the information 'I turned on the stove'?

A better question is: what doesn't happen to the information?

The answer is: it doesn't get stored in your memory, and you don't remember that you left a pot of water to boil on the stove.

Self-monitoring strategies can help information get into memory. They help you focus your attention on what you are doing and then probe your memory to keep the information readily available.

So let's go back to the pot of water on the stove. The first thing you can do to help yourself remember is to focus your attention on each step of the process as you do it. To focus your attention and get the information into memory, talk yourself through the steps of the task.

Think about asking yourself a simple question, 'What am I doing?' or 'What's next?' and then answer that question. By talking to yourself (in your head) while you pay attention to your actions you are helping to encode and store the information in memory.

The next thing you could do is give yourself a cue to remind yourself of what you were doing. The easiest

way to do this when cooking is to set the timer on your stove.

If you have paid attention to each step of your task and talked yourself through the process effectively, when the timer goes off and you think, 'What is that for?' you are more likely to recall that you left a pot of water on the stove to boil.

This is how it might go:

What am I doing?

Think - 'I am going to make macaroni and cheese'.

What's first?

Think - 'I have to put water into a pot for macaroni and cheese'.

Watch the water flowing into the pot. Watch your hand turn off the tap.

What's next?

Think - 'Put the pot of water on the front element of the stove'.

Look at the stove top and the element when you put the pot down. Notice which element you are using.

What's next?

Think - 'Turn the front stove element to high to boil the water in the pot'.

Pay attention to the stove dial; look carefully at which dial you turn and where the pointer is on the dial.

What's next?

Think - 'Turn the stove timer on for 10 minutes, and press the start button so I can check on the pot of water for macaroni and cheese'.

Look carefully at the numbers on the timer and the start button when you press it. Watch the timer count down for a couple of seconds to make sure it is on.

Later, when the timer goes off, no matter what you are doing, you are much more likely to remember that you have left a pot of water on the stove to boil for macaroni and cheese.

Make no mistake, self-monitoring takes time, effort and practice.

Just remember, you are worth it! Pay attention to yourself! If you monitor your own actions regularly you can make it a habit and you can improve your memory.

Article financially sponsored by:

Dr. Wayne MacDonald

Clinical Neuropsychologist

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18 HOLES FOR HOPE



**BIANS Golf Classic 2012
Brightwood Golf & Country Club**

June 18, 2012

\$200/golfer or \$800/4 member team

Call 902-473-7301

email: bians1@ns.sympatico.ca

or sm_muise@hotmail.com

**Enjoy 18 holes of golf with cart, lunch, contests
End your day with dinner and silent auction**

Be an Event Sponsor Put in a Team Be part of the fun

***Help support services for thousands
of Nova Scotians affected by brain injury***

WHAT'S HAPPENING IN 2012?

April 22 Halifax Chapter Sunday Social - 2 to 4 – Veterans' Memorial Building 1613A

May 12 BIANs Annual General Meeting

**May 19-21 Scotiabank Blue Nose Marathon & Group Charity Challenge
-the biggest annual race weekend in Atlantic Canada**



JUNE BRAIN INJURY AWARENESS MONTH

**June 18 BIANs Golf Tournament "18 Holes for Hope"
Brightwood Golf and Country Club - Dartmouth **Mark Your Calendars!****

Conferences

**Sept. 26-28 Brain Injury Association of Canada Annual Conference
National Arts Centre, Ottawa Website: www.biac-acic.ca/
Closing date for abstracts April 30**

**Nov. 8, 9 Toronto ABI Network Conference
Westin Harbour Castle, Toronto, ON
416-597-3422 ext. 5277 email: conference@abinetwork.ca
Website: www.abinetwork.ca/conference2012.htm**

HALIFAX CHAPTER UPDATE

The 2012 Annual General Meeting for the Halifax Chapter was held on February 5, 2012. Despite the bus strike, approximately 25 people were in attendance. Dr. Richard Braha, neuropsychologist and Program Manager for the Acquired Brain Injury Program at Capital Health spoke about strategies for families, friends and survivors to deal with some common cognitive problems and behaviours after brain injury. Reports were given by BIANs President Don Sullivan, Halifax Chapter President and interim Treasurer Bev Butler, and Nominating Committee Member Chris Rafuse.

The 2011 year was particularly bright for the Halifax Chapter as we provided advocacy, peer support, and opportunities for socialization amongst our Halifax members. In addition, Halifax Chapter members participated in province-wide BIANs fundraising and brain injury awareness events. New social events included a music program called 'Unplug with BIANs' organized by Tim Disher, a Dalhousie Student and monthly Sunday Socials for survivors, families and friends.

Head On continued to provide peer support for brain injury survivors throughout 2011 and, since the bus strike ended, is meeting regularly on the second and fourth Wednesday of every month (7-9 pm in room 1613A at the Veterans' Memorial Building).

A new telephone voicemail box has recently been assigned to the Halifax Chapter as well, so there will be a consistent contact number for people to call regardless of changing board membership (473-7303).

Congratulations to the newly elected 2012-2013 board members. We are looking forward to providing many opportunities for socialization, participation and fund-raising for our members in the coming year.

Halifax Chapter 2012 Board of Directors

President	Bev Butler
Vice President	Robert Holmes
Survivors Council Rep	Robert Holmes
Secretary	Ellen Day
Treasurer	Anne Sweeney

Members at Large	Sandy Gaudet
	Anne Flinn
	Grant Gosbee
	John Haughne
	Leona Burkey
	Billy Grant
	Patrick McConnell
	Vincent Young
	Melissa Clattenburg-Pace

It's Spring!



Spring is nature's way of saying, "Let's Party!"
- Robin Williams

Spring is when you feel like whistling even with a shoe full of slush.
- Doug Larson

*The sun was warm but the wind was chill. You know how it is with
an April day.*
- Robert Frost

"Spring would not be spring without bird songs."
- Francis M. Chapman



2012 Annual Membership Application

Member Information

Please complete all boxes.

First Name		Last Name	
Mailing Address			
Town/City	Province	Postal Code	
Telephone		Fax	
Email			
Date form completed :			

Select Membership Category

Membership Category	Survivor	Family	Friend	Profession al
<input type="checkbox"/> Individual Membership - \$10				
<input type="checkbox"/> Family Membership - \$15 List all family members included: 1. _____ 2. _____ 3. _____ 4. _____				
<input type="checkbox"/> Business Membership - \$20 Business Name: _____				

I'm interested in doing some volunteer work with BIANs.

I wish to receive the BIANs Newsletter electronically OR

I wish to receive the BIANs Newsletter by regular mail.

Member Authorization:

___ I agree to have my contact information forwarded to my local chapter/affiliate

___ I DO NOT agree to have my contact information forwarded to my local chapter/affiliate

Note: Voting members must be 18 years of age. Memberships expire on December 31. Renewal memberships are due within 45 days of the beginning of the fiscal year (January). Memberships are not processed in the 2 weeks prior to or at the Annual General Meeting.

Cheques payable to and mailed to: Brain Injury Association of Nova Scotia
 P.O. Box 8804, Halifax, NS B3K 5M4

Donations Welcomed

- \$25
 \$50
 \$75
 \$100
 Other

Revised: February, 2012



BULLETIN BOARD

WEBSITES

<http://www.biac-aclc.ca/> **Brain Injury Association of Canada:** Read the latest newsletter.

<http://www.thinkfirst.ca> **Think First:** Our mission is to prevent brain and spinal cord injury through education aimed at healthy behaviours in children and youth...prevention is the only cure!

<http://www.lapublishing.com> Publishing company for information on brain injury



IT'S EARTH DAY!

Let's Talk Stewardship.... taking care of our Earth, our Chapter, and each other



The Halifax Chapter invites all brain injury survivors, family members and friends to join us from 2 to 4 on April 22 in Room 1613A Veterans' Memorial Building.

Share ideas & plans for the upcoming year, socialize with old friends and meet new people.

Snacks and drinks will be provided.
For more information contact us at 473-7303 or HalifaxBIANS@gmail.com

THE LINC STUDY

Researchers at Dalhousie University are recruiting 3,500 people living with or who know someone living with a neurological condition for [The LINC Study](#). This is a national study in 3 parts:

1. "A Snapshot in Time": an in-depth survey of 3500 Canadians living with a neurological condition. This part is currently open and will close on July 1, 2012.
2. A year in the life of 350 Canadians: a series of monthly conversations
3. Individual stories: a study of 18 people, their families and supporters

The LINC Study is open to anyone who lives in Canada, is 17 years or older and lives with a neurological condition, or is a parent of a child from 5 to 16 years of age who lives with a neurological condition.

If you are interested in participating contact below:

<http://dal.ca/thelincstudy>

902-494-1699

1-855-462-6828 (toll-free)

thelincstudy@dal.ca

