

FALL UPDATE

September 2017

Greetings on behalf of the Staff and Board of Directors at Brain Injury NS. This update contains some time sensitive items we want to bring to your attention between newsletters. Every fall we begin our “regular season” of programs and events as we continue to grow our community and we have some exciting things coming up! Also, on Tuesday Sept. 19, the CBC’s Legislative Reporter Jean Laroche broke a story on the long wait and lack of action around the provincial Acquired Brain Injury Strategy promised by government. This media attention came at a great time, as we are currently in talks with the Ministry and Department of Health on how to move things forward. Dozens and dozens of you responded to the CBC story through Information Morning and CBC News online and that helped the story ring true. Thank you for doing so – there is strength in many voices saying the same thing. Good work BIANs Community! Let’s keep it up. Let’s make it matter.

Please read on for a Program Update, information on our kick-off Gathering/Picnic, two new exciting programs being offered by our friends at March of Dimes and BOWLATHON 2017.

From the desk of Leona Burkey
Executive Director, BIANs

As always, if you have questions contact the office and our trusty Office Manager Patrick will help you out. (902) 472-7301 or email info@braininjuryns.com

Program Update:

HEAD-ON Support Group: this long running support group for brain injury survivors meets the 2nd and 4th Wednesday of every month in Room 2655 at the Veterans’ Memorial Hospital site. 7-9pm.

Yoga for Brain Injury Survivors: Instructor Theresa Kersey will continue to offer this weekly yoga class tailored for brain injury survivors as long as there is steady attendance. No yoga experience necessary. Class is every Thursday.

Note a slight time change **1:45-3:15**. Cost per class \$10.

Location: Enigma 255 Lacewood Drive, Suite 301.



In the works: Our program team is finalizing plans for post-concussion support, caregiver support and we will also offer a creative art class and music therapy this year! Yeah! There will be sign-up information and more details for you at our kick-off meeting.

Call for film stars! We have an opportunity through some friends at CTV and some local filmmakers to make an awareness video (or maybe two). We would like to start with a short film called “I am the face of Brain Injury” – a variety of people/headshots stating this simple sentence to show that brain injury can affect anyone and that it’s largely invisible. This video will be used as a public service announcement, an important awareness tool and part of our ongoing marketing efforts. If you are interested in being one of our “faces” please let Patrick know at the office and he will put you on the cast list. No auditions necessary!

KICK-OFF Meeting/Picnic Sunday Oct. 15 Royal Bank Theatre 2-4pm

(Summer Street Entrance, QEII – Hfx Infirmary)

Yep, it's an indoor picnic. We have much to share with you and we want to hear from you too. This will be a "brainstorm" gathering – we will discuss program plans for the year and introduce our new and returning program volunteers. We will also be asking for your feedback on future directions for YOUR organization. We will have picnic style snacks and refreshments. Friends and family welcome.

Bowlathon 2018

In 2017, our Bowlathon event was a great success and we raised almost double the funds raised in 2016. The Woodside Bowlarama is hosting again this year and Margie, the Manager there *donates* 10 lanes for us to bowl in two shifts. What amazing support from the best bowling alley in HRM. This is a family-friendly event that everyone can participate in. Please find our bowlathon package attached, gather a team of four and register as soon as you can! You can use our handy pledge sheet attached, or you can find printable copies on our website home page. Or your supporters can simply donate online and you can note it on your pledge form. All donations over \$10 will be issued a charitable receipt.

www.braininjurys.com



Free Conductive Education Classes (Acquired Brain Injury Pilot Program) and new TIME Exercise Program...

Also attached are two flyers from March of Dimes featuring two programs you may be interested in. Both programs start in October, so please contact March of Dimes (info on the flyers) to inquire. The free Conductive Education Pilot Program is first come first serve...

We look forward to seeing you at our kick-off.
Stay well and stay connected!

Brain Injury Survivors
Are The Most
Extraordinary People
Surviving Under The Most
Terrible Circumstances
And They Become More
Extraordinary Because Of
It.

- Wendy Renzulla

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