

A Helping Hand to a New Beginning



BIANS

Brain Injury Association of Nova Scotia

NEWS

Issue 75

April 2013



We'd love to have you join Charity BIANs for the Blue Nose Marathon on May 19 this year! Blue Nose race weekend features a variety of events for all fitness levels – from walkers to runners. From the 4.2km youth run to the 42.2km full marathon, there is something for everyone a 5km, 10km and Half Marathon (21.1k) event. If running or walking is not your thing, you can make a financial donation to a runner or to BIANs.

Form a running team and the **Golden Helmet** Trophy could be yours! Enter a team of runners/walkers or register as an individual and support the Brain Injury Association of Nova Scotia (BIANS) in the Scotiabank Blue Nose Charity Challenge. Talk to your friends and start a challenge... who gets to keep the **Golden Helmet** for the year!

Go to the Blue Nose Marathon website <http://www.bluenosemarathon.com> to **register** as a runner. You will be asked if you wish to participate in the Charity Challenge. For the Charity Challenge, you have three options: 1. Fundraise on your own 2. Join a team 3. Create a team

If you wish to **donate** to Charity BIANs click on "Scotiabank Charity Challenge".

Event Prizes

The Team who raises the most money gets to keep the **Golden Helmet** Award for one year. The three highest individual fundraisers win a prize.

2013 prizes and incentives include two rounds of individual prizes drawn on March 31 and April 30. For every \$100 raised, you will receive one ballot for a prize draw on each of those dates.

The Brain Injury Association of Nova Scotia hopes to see you out on the pavement for our fourth year of participation!

Thanks for your continued support of BIANs.

Joe Lively

BIANS Charity Challenge Group

May 19

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."



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

(902) 469-9500 or 1-866-339-3400

99 Wyse Road, Suite 600
P.O. Box 876
Dartmouth, NS, B2Y 3Z5
www.boyneclarke.ca
www.lawyerfortheinjured.ca

In This Issue

- Bluenose Marathon
- Editorial
- AGM
- What's Happening
- Golf
- Chapter News
- Membership
- Bulletin Board

Brain Injury Association of Nova Scotia

P.O. Box 8804

Halifax, Nova Scotia

B3K 5M4

Phone: 473-7301 Fax: 473-7302

Email: bians1@ns.sympatico.ca

www3.ns.sympatico.ca/bians1

Editor - Mary Bourgeois

Advertising rates per issue:

Business Card - \$50.

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

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

Note: the opinions expressed in BIANNS NEWS are those of the respective authors and advertisers and not necessarily those of the Brain Injury Association of Nova Scotia. BIANNS will not be liable for any damages or losses howsoever sustained, as a result of the reliance on or use by a reader or any other person of the information, opinion, or products expressed, advertised or otherwise contained herein. Where appropriate, professional advice should be sought.

EDITORIAL

2013 marks the **25th Anniversary of BIANNS**. Although it has been and continues to be a long road for those of us who live daily with the effects of brain injury, I feel strides have been made. Forty-five years ago, when I was thrust suddenly into this world, I knew little of what lay ahead and of the ignorance and misunderstanding about acquired brain injury. Today public awareness has changed a great deal and there have been great advancements in diagnosis, treatment and rehabilitation. BIANNS has been part of this change and, although having had its ups and downs, BIANNS continues to be a force for change and improvement for persons with brain injury, their families, friends and professionals. For the past 15 years I have enjoyed being the editor of BIANNS NEWS. I have enjoyed the contact with members, keeping abreast of what's happening and taking photos of the on-going events. This is my last issue and I am pleased to let you know that Leona Burkey, President of the Halifax Chapter, will be taking over the role of editor. I know the newsletter will be in good hands with Leona. However, I'll not be saying good-bye to BIANNS. See you around!



Mary B



BIANS Annual General Meeting Saturday, May 4, 2013

**Dickson Building
Weather Watch Room, 5th floor
University Avenue, Halifax NS**

The 2012 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 2013-2014 will be elected by the membership.

Agenda

9:00-9:30	Registration and Refreshments	Weather Watch Room
9:30-11:00	Business Meeting	Weather Watch Room
11:00-11:10	Refreshment Break	Weather Watch Room
11:10-12:00	Survivors Forum	Room 5010
11:10-12:00	BIANS Update Forum	Weather Watch Room
12:00-1:00	Lunch (served on site)	Weather Watch Room
12:00-12:30	2013 elected Board of Directors Meeting	Room 5010
1:00-2:00	Plenary Session	Weather Watch Room
2:00	Entertainment	Weather Watch Room

This is a scent free meeting

WHAT'S HAPPENING IN 2013?

- April 21** **Earth Day Social - Halifax Chapter 2 - 4 pm - Veterans Memorial Building**
- May 4** **BIANS Annual General Meeting**
- May 17-19** **Scotiabank Blue Nose Marathon & Group Charity Challenge
-the biggest annual race weekend in Atlantic Canada**
- JUNE** **BRAIN INJURY AWARENESS MONTH**
- June 10** **BIANS Golf Tournament "18 Holes for Hope"
Glen Arbour Golf Course, Hammonds Plains **Mark Your Calendars!****
- Sept. 25-27** **Annual Conference of the Brain Injury Association of Canada (BIAC)
Kingston, Ontario, Canada biac-aclc.ca/2013/01/30/biac-annual-conference-2013/**
- Oct. 26** **BIANS Annual Bowlathon, Woodside Bowlarama, Dartmouth**



ANNUAL 18 HOLES FOR HOPE GOLF TOURNAMENT

The BIANs 18 Holes for Hope 2013 Golf Tournament will be held at the Glen Arbour Golf Course this year - one of Atlantic Canada's premiere golf destinations - **Monday June 10.**

At 6800 yards in length, Glen Arbour Golf Course is not long by today's standard but the combination of natural hazards, elevation changes and tricky bentgrass greens challenge players of all skill levels. In its brief few years of existence, Glen Arbour Golf Course has played host to many celebrities with highlights being the inaugural Wayne Gretzky and Friends Invitational and the BMO Canadian Ladies Open.

The BIANs Golf Committee is busy planning the event and recruiting teams, sponsors and prizes! Below is an outline of our sponsorship, registration and event details:

Over 100 golfers will enjoy a day of golf without travel beyond the city limits. After registration beginning at 11:00 am, golfers will enjoy hot tea and coffee from Tim Horton's and a 'box' lunch in the clubhouse provided by Subway – a long-time tradition welcomed by our golfers. The tee-off at 12:00 p.m. starts an afternoon of golf plus a few fun-filled contests. Upon return from the course, golfers can enjoy conversation and the camaraderie of a silent auction before the dinner and awards ceremony starting at 6:30 pm.

We still have room for teams and the committee is working hard to maximize our sponsors and prizes for contests and our silent auction. We would be happy to accept any new teams, sponsors or event prizes...by early May please!

Our sponsorship levels are as follows:

Bronze: \$500 Hole Sponsor
Silver: \$1000 Dinner Sponsor
Gold: \$5000 Title Sponsor

We are looking forward to a fantastic event this year! This golf tournament is our key fundraiser – think about your network of friends and family – if you have any ideas about how you can help, or if you

have any questions please contact Leona Burkey – BIANs Golf Committee Chair by phone at 902-293-4784 or email leonaburkeysmith@mac.com



BIANS COMMUNICATIONS PLAN

In 2012, the Department of Community Services awarded BIANs with a grant for \$25,000 for the development of a communications plan. Work for the overall plan, including a new website, is well underway. The launch of the new website is planned for June which is Brain Injury Awareness month. BIANs members will be invited to the launch to come and check out our new look! Invitations will be sent out by mail.

2013 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	Professional
<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

Donations Welcomed

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

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

BIANS Receipt No:

Date:

CHAPTER HIGHLIGHTS

HALIFAX: Since our last newsletter, the Halifax Chapter has been working steadily offering the Head-On group and Sunday Socials as options for people to socialize, learn and connect with others.

The **Head On** group continues to provide peer support for brain injury survivors throughout the year in Halifax Metro. Charlie Deveau continues to facilitate and lead this valuable group, and this year Halifax board members John Hauge and Billy Grant have acted as liaison between Head On and the Halifax Chapter Board. These meetings make such a positive contribution to the lives of those who attend. The Halifax Chapter Board would like to thank Charlie for all of his efforts and wish him continued success with Head-On in 2013.

In November, our **Sunday Socials** got creative! The Halifax Board was fortunate to partner with the Dalhousie Therapeutic Recreation Program to provide leisure workshops for brain injury survivors called ART for L.I.F.E. Four terrific young women from the Dalhousie program provided direction and facilitated a group of nine brain injury survivors and friends who enjoyed two sessions of art therapy and went away with new ideas on how to spend their leisure time and a new appreciation for their own creativity.

The annual **Christmas Social** was also a big success, with more than 50 people in attendance listening to live music, eating, drinking and socializing with friends old and new. This year "Santina" was a big hit, with her jolly "ho ho ho" and a bag full of chocolate treats donated by the new Lindt Outlet Boutique.



This year the Halifax's Chapter AGM was held on St. Patrick's Day at the Veterans Memorial Building with about 20 members attending. Judy Hines from Reachability provided excellent information on her organization's disability and inclusion programs – we look forward to working with Reachability in the future. We also had a rousing Irish sing-along during the refreshment break, and heard reports from the outgoing executive. A new board was elected and outgoing President Dr. Bev Butler shared these heartfelt words:

"As I step down after three years as President of the Halifax Chapter I would like to take this opportunity to sincerely thank members of the Halifax Board for their

dedication and support, the Provincial BIANs Board for its encouragement and leadership, and all of the wonderful survivors, family members and friends that I have come to know for their ready smiles, kindness, and reminders that BIANs is helping to make Nova Scotia a place where brain injury survivors recognize their full potential and their families get the support they require."

New Halifax Board: President – Leona Burkey
 Vice Pres. & Survivors Council Rep. – Robert Holmes
 Treasurer & Past Pres. – Bev Butler
 Secretary – Patrick McConnell

Members at large: Anne Flinn John Hauge
 Billy Grant, Jr. Anne Sweeney
 Ellen Day Barry Blakeney
 Georgina Megens Andrea MacMillan
 Kathleen Morrison

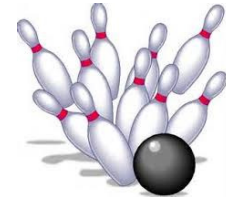


Leona Burkey, incoming President adds: "I am so pleased to be the new President of the BIANs Halifax Chapter... what big shoes to fill. A million thanks for Bev's hard work and dedication - and for her continued support... I will need it! Thank you also to the board members, most of who have re-offered for 2013. The Halifax Chapter has a great team in its board and I look forward to a great year. We are busy planning programs for the next few months and will look forward to seeing you there. "

Want to get involved? Or check out an event? Help strengthen the brain injury community in Metro - contact BIANs Halifax Chapter at **473-7303** or e-mail **HalifaxBIANS@gmail.com**.

LUNENBURG COUNTY: President Chris Wentzell reports that the Chapter members have been meeting faithfully throughout the winter months. Now that spring is in the air, they are getting ready to run the Butterfly Campaign during the month of June. This fundraiser and awareness program has been held for several years in the Lunenburg area.

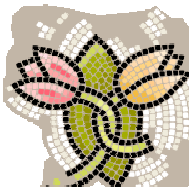
BIANS BOWLATHON



The 2012 Bowlathon on October 27 was a success with over \$10,700 raised for BIANs. 19 teams participated with Devin Way winning the top fundraiser price and Dorothy Casey the second price.

A special thanks to sponsors **Boston Pizza**, **Cornerstone** and as always to **Woodside Bowlarama** for their partnership in the Bowlathon. Our appreciation goes to Ruth Duggan, Nicole Gorman and Mary Jane Leslie for their work in organizing the 2012 Bowlathon. Thanks to all the volunteers!

Mark your calendar for **Saturday, October 26** for the **2013 BIANs Bowlathon**. Your support over the past years has made this a successful and fun-filled event. 2013 marks our **20th Bowlathon**. Let's celebrate by making it a really special day for all.



Signs of Spring....

New BIANs groups sprouting in Cape Breton!

We are happy to share that plans are underway for new support groups in Cape Breton with the goal of re-establishing a strong BIANs Chapter on Cape Breton Island. Over the last year, we have been gathering expressions of interest and volunteers willing to help with the establishment of two new support groups in Cape Breton – one around the Strait Area (also serving north mainland Nova Scotia areas such as Antigonish/Guysborough) and another based in Sydney serving industrial Cape Breton. There was once a vibrant Chapter in Cape Breton, and why not make the old new again? 'Tis the season after all!

We will be holding gatherings/kick-off meetings for both these new groups early summer 2013 (likely June – to coincide with Brain Injury Awareness Month) which gives you time to consider getting involved...

We will send out announcements to our members in Cape Breton and you will also find notices in your local paper and community bulletin boards about these kick-off meetings. We invite all brain injury survivors, caregivers, family and friends to come out to these first meetings in order to help get things started with a bang...we will keep you posted and if you have any questions, or would like to know how you can get involved please contact BIANs and ask about Cape Breton groups. We are hoping to establish new support groups in Cape Breton to offer peer support to both survivors and caregivers – and to connect folks to each other and to helpful services in their respective communities...Capers unite! We are coming to a town near you...

And in the Valley too!

President Joe Lively and Past-President Don Sullivan have been meeting with a group who are interested in forming a Support Group for the Valley Area. The group has met several times and will be forming a Support Group in the near future. Watch for further news.



BULLETIN BOARD

WEBSITES

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

<http://www.lapublishing.com/blog/brain-injury-journey-magazine/> Connect to get a FREE Magazine via E-mail

A magazine for the brain injury community

Brain Injury Journey-Hope, Help, Healing



Congratulations to
Dennis Sonnichsen

In February, 2013 Dennis participated in the NS Special Olympics Provincial Winter Games in Yarmouth where he won a gold medal in men's figure skating. This is a follow up to last summer in the 2012 Summer Games when Dennis won a bronze medal in baseball.



In September 2012 **Jane Warren** attended the Brain Injury Association of Canada (BIAC) conference held in Ottawa. She attended presentations on self-awareness training for survivors, ABI System Navigator Roles in Ontario, a study about the changing needs of people after a family member has a brain injury, and a play about brain injury called "After the Crash". Jane is a Past President of BIANs and also on the BIAC Board.

In October 2012 Jane attended the American Congress of Rehabilitation Medicine (ACRM) conference in Vancouver in October, where she co-presented a workshop "What We Know and What We Need to Know" about the differences between women and men with brain injury. The conference was for researchers and clinicians for brain injury and spinal cord injury. Jane is a member of the ACRM International Task Force of Women and Girls with ABI.

AWARDS

Congratulations to **Jake MacDonald**, Past President of the BIANs Valley Chapter, who has recently been the recipient of two awards.

On Dec 10, 2012 Jake was one of two Nova Scotians recognized by the Human Rights Commission receiving the 2012 Human Rights Award for his service in the province. He was chosen for his work in educating the public and health-care professionals about brain injury prevention with initiatives such as Operation Headway, Noggin Knowledge and In-Roads.

This spring, Jake received the Queen Elizabeth II Diamond Jubilee Medal

- for his leadership as an active member and President of the Annapolis Valley Chapter of the Brain Injury Association of Nova Scotia over the past 15 years
- for having created strong community awareness of this issue - through education, conferences, fundraising and specific initiatives like Inroads, Operation Headway and Noggin Knowledge
- for his commendable enthusiasm and dedication.



Other recipients of The Queen Elizabeth II Diamond Jubilee Medal are **Barbara Hart, Bernard Hart and Amy Moonshadow** for significant contributions to their communities. All three have volunteered over the years with BIANs. Most members will remember Barb for serving as BIANs' first Executive Director and later as President.



Halifax Head On meets the 2nd and 4th Wednesday of the month at 7pm in Room 1613, Veterans Memorial Building.

Halifax Chapter Sunday Socials are held the 3rd Sunday of each month from 2-4 pm – various locations!