



ANNUAL REPORT 2019/20

A LOOK BACK

As a passionate not-for-profit and the only organized voice for brain injury survivors and their families in the province, **our mission is to foster resilience, recovery, and community for brain injury survivors and their families across Nova Scotia.**



WELCOME

Within this annual report, you will find the story of a rapidly growing and motivated not-for-profit's work over the past fiscal year. Since 1986, we have been the only organized voice for brain injury survivors and their families. Our vision is **Nova Scotians living with acquired brain injury and their families/caregivers realize their potential through a continuum of programs, services, and community supports throughout the province.**

We have been working hard to grow our offerings across the province through our provincial chapters; we would like to thank our dedicated chapter leads in the Valley, South Shore, and Truro for their advocacy and support work. The Valley Chapter has been continuing their excellent work with the Inroads program, focusing on learning skills and staying involved in the community through gardening and social events, and supplying survivors with tablets to stay connected during uncertain times. Our South Shore and Truro chapters have continued their amazing monthly support groups for survivors in their regions. Additionally, our South Shore chapter hosted their first one-day conference, *Brain Injury Education and Awareness* in October, and the Truro chapter hosted our *Brain Injury 101* training.

While this year has presented challenges, we are thrilled with the growth in all areas of our organization and are looking forward to furthering this growth moving forward.

Included in this report

- Messages from our Chair and Treasurer
- 2019/20 Programs, Supports, & Education & Training Sessions
- A thank you to our 2019/20 Board of Directors and our supporters

Attached to this report

- 2019/20 AGM Agenda
- Minutes from the 2018/19 AGM
- Full Financial Statements
- Proposed slate of 2020/21 Board of Directors
- Brain Injury NS Information Sheet

CHAIR'S REPORT

As this AGM marks the end of my term as Chair, I want to take a moment to thank you for the many ways that each of you contributes to brain injury survivors in Nova Scotia.

As I reflect on the opportunities and challenges of the last year, I am struck by two things: how Brain Injury Association of Nova Scotia's heart has always been in the right place and how collaborative you all have been in moving the organization forward.

This year has been a year of growth and change for Brain Injury Association of Nova Scotia. Through funding from the Department of Health and Wellness, community partnerships, staff, and volunteers we have been able to accomplish so much:

Key Highlights

- Brain Injury NS moved into the first purpose-built, drop-in community space for brain injury survivors in Nova Scotia
- In collaboration with March of Dimes Canada, we delivered the *Understanding Brain Injury 101* training series
- We facilitated a four-day certificate training program, *Neurorehabilitation: Assisting Recovery and Function in Everyday Life Following Brain Injury (Level 1.)*
- Launched our new website
- Hosted a series of Concussion roundtables for health care professionals
- Created a social media strategy to focus more on educating the public, raising awareness, and engaging with our community.

The board also undertook a review of our current structure to align it with our strategic ambitions of expanding and evolving our community-based offerings and also to ensure we remain efficient and accountable to the community and our funders. With those changes, we said goodbye to our Executive Director, Leona Burkey, who played an important role in the organization's success.

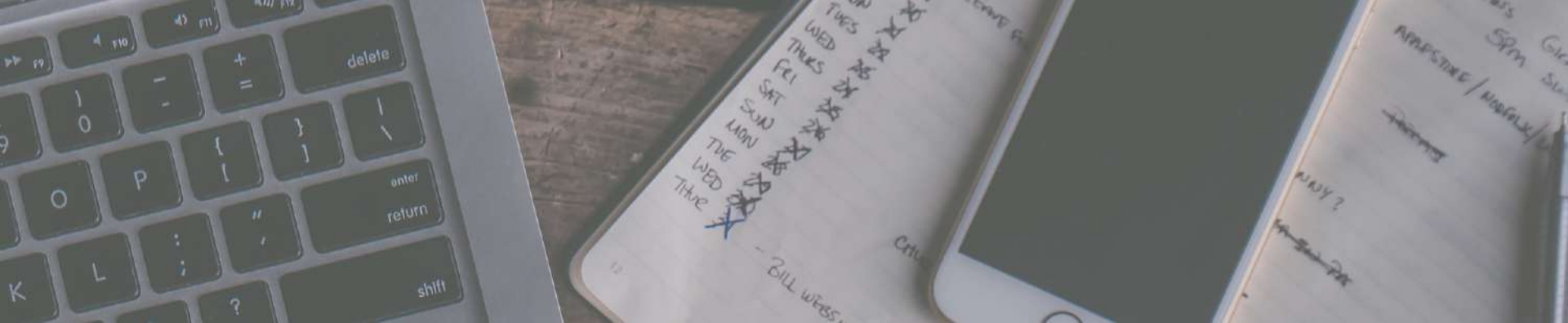
On behalf of the board, I would like to thank the staff and volunteers for your continued work supporting Nova Scotians living with acquired brain injury and their families/caregivers realize their potential through a continuum of programs, services, and community supports throughout the province.

Finally, I want to thank my fellow board members who have worked long hours over the last several months to ensure that staff, volunteers, and members were supported through our transition. I am grateful for your fellowship and for the opportunity to learn from you. It has been an amazing experience!

It is my pleasure to pass the gavel to Katie Lister, who will be your Chair for the next two years. Thank you for the opportunity to serve you. Respectfully submitted,

Donna Williamson
Chair, Board of Directors





TREASURER'S REPORT

Financial Position as of March 31

Cash: \$76,033

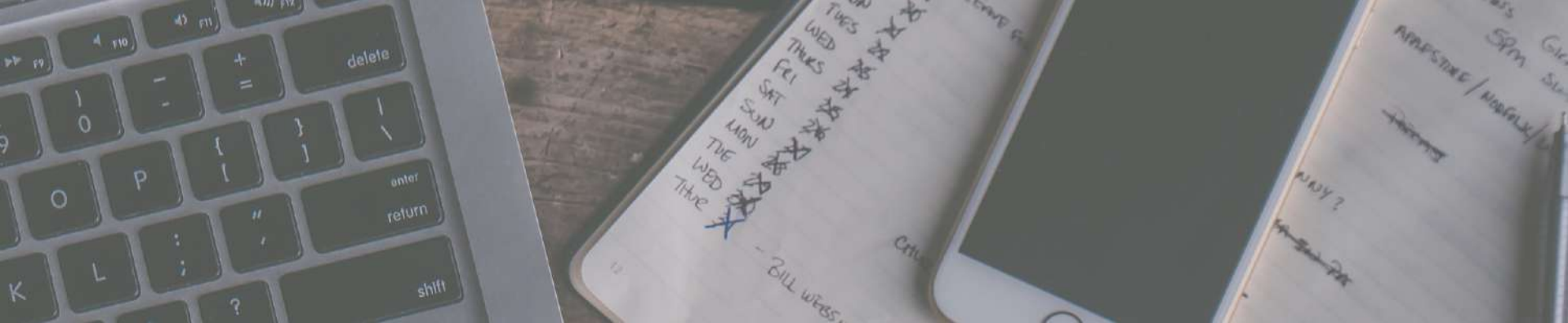
Receivables: \$6,892

Equipment: \$25,940

Trust Funds: \$8,140

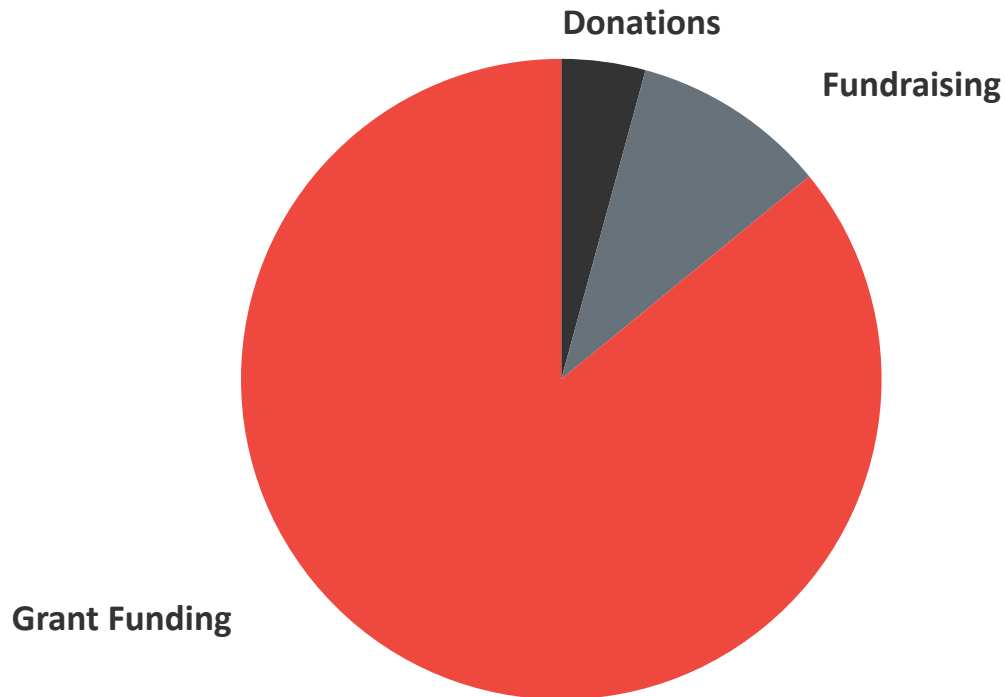
Payables: \$49,532

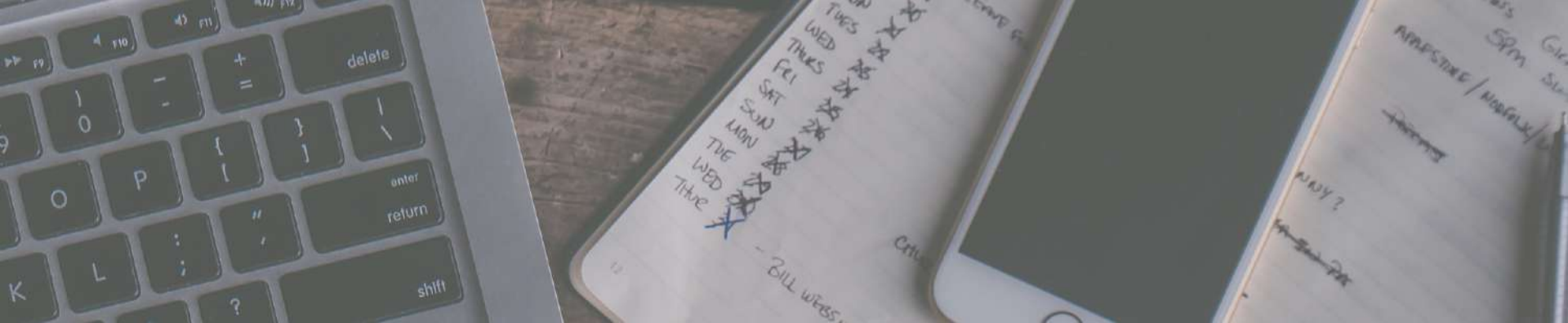
Unrestricted: \$59,333



TREASURER'S REPORT

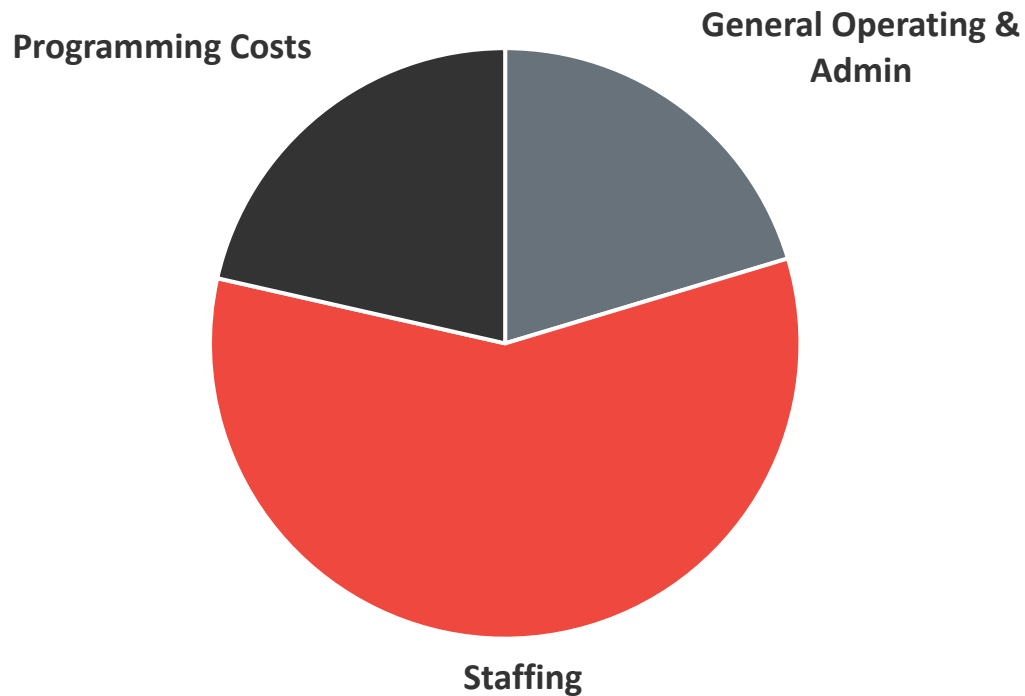
2020 Revenues

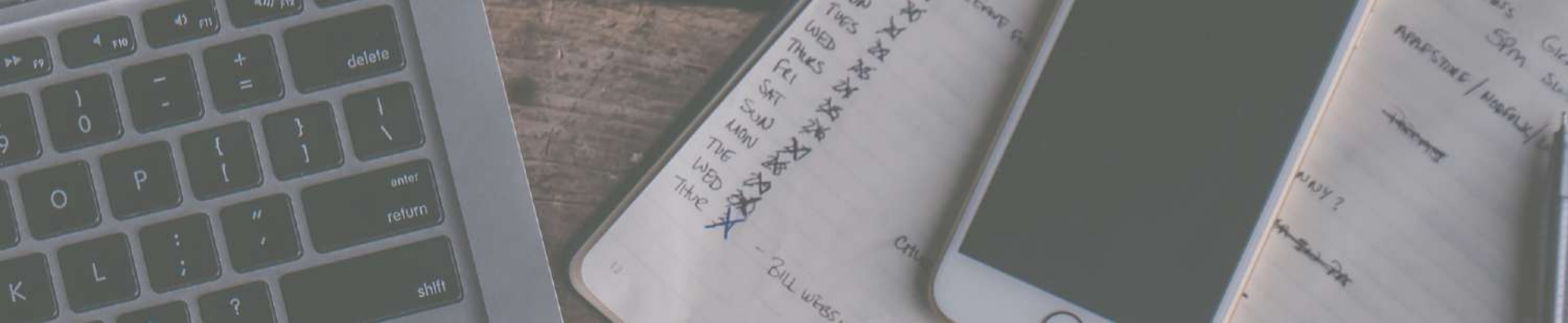




TREASURER'S REPORT

2020 Expenses





TREASURER'S REPORT

Cash Flows

Starting:
\$10,482

Operating:
\$80,554

Equipment:
(\$15,003)

Ending
Balance:
\$76,033



PROGRAMS



Concussion Café

Our popular peer-led group for sharing stories, solutions, challenges, and successes on the concussion recovery journey.



HEAD ON

The longest running peer support group for brain injury survivors in Canada.



Music Therapy

Led by Mackenzie Costron of Find Your Voice Music Therapy, our group released a CD which is available for sale at the Hub (proceeds go to Music Therapy program), as well as created and "Mirror of Forgiveness," a special song about the duality of brain injury.



Yoga for ABI

Offered at various locations throughout the year, including Shanti Hot Yoga Studio through LoveYourBrain, the HUB with Chloe Lockett, and Enigma Studios with Crystal MacNeil.



ADDITIONAL SUPPORTS



Metro Community Hub

Moved into the first purpose-built, drop-in community space for brain injury survivors in Nova Scotia in an innovative partnership with Peter's Place in May 2019. This has become a true gathering place for our community.



Regional Support Groups

Led by local chapter leads in the Annapolis Valley, Truro, and Bridgewater.

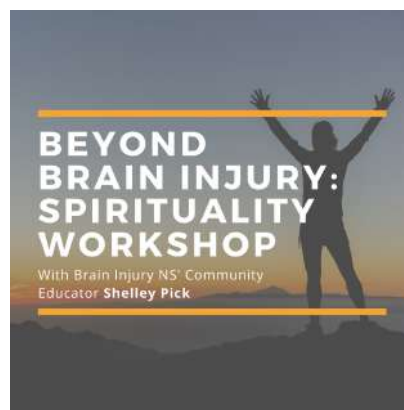
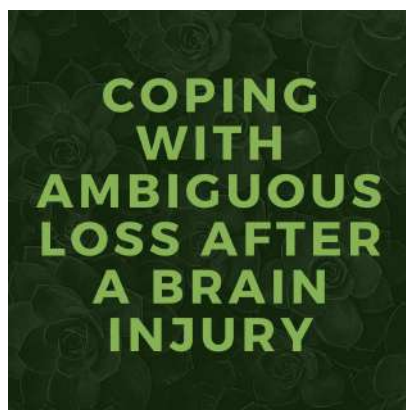
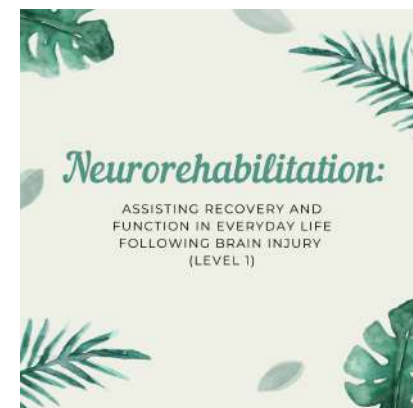
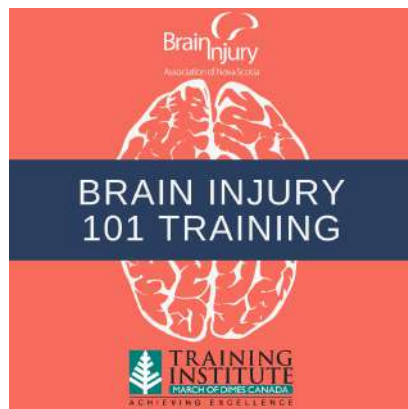


Community by Accident

A new program and social movement by survivors for survivors that looks at life beyond brain injury.



TRAINING & EDUCATION SESSIONS





2019-20 BOARD OF DIRECTORS

To the 2019-20 board members, thank you for the time, talent, and expertise you brought to our Board of Directors this past year; we are delighted that many of you will remain active on the 2020-21 board and in other capacities.

Executive Committee

Donna Williamson	Chair
Katie Lister	Vice-Chair
Zonea Kauffman	Treasurer
Mary Wilson	Secretary
George Crocker	Survivor Rep.

Members-at-large

Dr. Erica Baker	Dr. Ellen Parker
Trevor Barras	Heidi Ryer
Rubeena Khan	Qendresa Sahiti
Andria Kosel	Chris Toms

Non-voting Chapter Representatives

Connie Benjamin-Webster	Valley
Sonny Fraser	Truro
Chris Wentzell	South Shore

Non-voting Advisory Board

Ryan Blood	Mary Hendricks
Dr. Richard Braha	Patricia Rose

Lifetime Board Member

Mary Bourgeois

OUR SUPPORTERS

We extend a heartfelt thank you to all our supporters and donors. Without their help, delivering our programs and services to this underserved community would not be possible.





SUPPORT US



<https://BrainInjuryNS.com>



Brain Injury NS



@BrainInjuryNS



**Brain Injury Association
of Nova Scotia**