

# Victoria Brain Injury Society

EST. 1983



# The Reminder

## VBIS Staff

Carmen Burnay  
Director of Client Services

Alex Gilchrist  
Brain Injury Support  
Facilitator

Leidi F  
Member Services  
Coordinator

Lindsay Beal  
Program Facilitator

Vicki Boles  
Manager of Administration

George Colussi  
Director of Resource  
Development

## Inside this issue:

Words from our President	2
Important Dates	3
BrainStormRIDE	4
Summer Events	5
Brain Injury Conference	6

Victoria Brain Injury Society  
D & E 830 Pembroke Street  
Victoria, BC V8T 1H9

Phone: (250) 598-9339  
Fax: (250) 598-9363  
Email: admin@vbis.ca  
Website: www.vbis.ca  
Office Hours: Monday to  
Thursday  
10am-3pm



We are now open at our new location, at  
Unit E 830 Pembroke Street, Victoria.

Thank you to those who attended and contributed to  
our Grand Opening Open House!

## We are Pleased to Announce Our New Monthly Workshops!

Watch out for announcements or call our office at 250-598-9339 to inquire about upcoming workshops on various topics such as nutrition, pharmaceuticals, BC Transit training, yoga/**thai chi, physiotherapy, etc...** If you have a suggestion for a workshop topic, please contact Leidi. Our first workshop is:

*Disability Tax Credit Workshop* at VBIS

1:00 pm–2:00pm on Tuesday, September 28th 2010. Limited Space. Call to register.

www.vbis.ca

## EDITORIAL POLICY

The Victoria Brain Injury Society (VBIS) quarterly newsletter is distributed to approximately 800 families and community professionals. VBIS is committed to producing a quality bulletin which expresses the opinions, concerns, and ideas of its members. VBIS welcomes submissions that are informative, positive, and a clear reflection of its readership. Submissions should be written in an easy to read and easy to understand format. Content should be void of labels, disparaging language, a "cure", "reversal", or "healing" of brain injury, and highly technical, medical, or legal terms. VBIS reserves the right to edit and/or refuse publication of all submissions.

## DEADLINES &amp; DISTRIBUTION DATES

November 1.....Winter 2010 (December)

February 1.....Spring 2011 (March)

## ADVERTISING

VBIS requires advertising submissions to clearly state the credentials of the individual/group providing the product or service, and any benefits and/or risks thereof. Advertisers who are VBIS supporters may not imply or indicate to the general public their support or membership or declaration thereof is an endorsement by **VBIS for an advertiser's products or services.** Please include payment with digital ad copy and graphics.

## AD RATES &amp; SIZES PER ISSUE

Standard Business Card	\$ 50.00
Quarter Page	\$100.00
Half Page	\$200.00
Full Page	\$400.00

## DISCLAIMER

The products or services advertised and opinions expressed in this newsletter are not necessarily supported or endorsed by VBIS or its directors, staff, or membership. VBIS assumes no liability for medical treatment, legal advice, or other activity undertaken by newsletter readers. Individuals and families are encouraged to consult their personal healthcare provider/legal counsel for medical/legal advice.

## PRIVACY POLICY

VBIS maintains a mailing list to inform members of upcoming events and for newsletter distribution. The mailing list contains your name, address, telephone number, and email address. VBIS does not share, sell, or otherwise disclose your information to any third party. In compliance with **British Columbia's Personal Information Protection Act**, contact us if you no longer wish to be on the mailing list.



## We've moved!!

### A few words from the Board President ...

The Board of Directors wanted to take this opportunity to thank all of the Staff and Volunteers and companies such as: Two Small Men with Big Hearts, Tommy Roach Painting; A-2-Z Electrical, Link NetWorks; Communication Connection and Graphic FX Signworks - who came together to make our move a great success. We are grateful beyond words, for the time and effort that these dedicated people expended in making this happen.

Our fabulous new premises at D & E 830 Pembroke Street are right across the street from the Save-On-Foods Memorial Arena. We are fortunate to have **5 offices, 2 group rooms, a volunteer area and a cozy servery (I've been reminded this isn't a kitchen) complete with dishwasher.**

Our landlord - Devon Properties - has been nothing short of wonderful; providing us with paint, new flooring in some areas and even did some renovations to suit our purposes. Thank you Devon!!

If you are in the neighbourhood, please take a moment to stop in and see the new digs.



Fall is one of my favourite times of year. It feels like new beginnings and an opportunity to set goals for the future. This year, the Board of Directors will be meeting on September 25<sup>th</sup> to prepare a strategic plan for the Society. Goal setting is a powerful process for thinking about the ideal future and how to turn this vision of the future into reality. By knowing precisely what we want to achieve, we know where to concentrate our efforts and how to avoid distractions that could otherwise lure us from our course. While VIHA continues to be a major supporter of our on-going programs, for which we are extremely thankful, there is always more to do. So fundraising will be the prime focus of our strategic plan and we have some wonderfully creative and energetic people on our Board willing to focus their efforts in this direction. Please watch future newsletters for an up-date on the Strategic Plan as it takes shape.



Our Fall Gala will be held November 20<sup>th</sup> at The Marriott Hotel. The evening is dedicated to fundraising and is called *An Evening of **Black & White ... because grey matters.*** This will be the Society's third annual fundraising event. Tickets are \$150 each and will be on sale in early November. There will be a live and silent auction, a champagne reception and tapas to enjoy while listening to a musical trio - the names of whom are top secret for the moment! This evening is dedicated to fundraising and all those in attendance are there to support the Society in achieving its financial goals. We are ever grateful to our corporate sponsors Northridge Equipment Ltd., Investors Group; Backstage Technologies and the many others whose contributions make the evening possible. In these trying economic times, these corporations have continued in their commitment to the betterment of our Society and we thank them.

What might lie beyond the horizon is not ours to know. But – this uncertainty is fertile ground for hopes and dreams – the precursors to achieving any goal. Our Staff have shared with the Board, their hopes and dreams of the perfect future for our Society. They ask us to reach for the stars – and so we shall. Thank you.



BARRI MARLATT

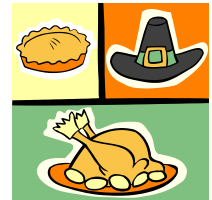
# Please Note That Our Office Will Be Closed On the Following Dates:

Labour Day

Monday, September 6th, 2010

Thanksgiving Day

Monday, October 11th, 2010



Office Closed

Thursday, September 16th, 2010



Remembrance Day

Thursday, November 11, 2010

## Victoria Brain Injury Society Wish List

We are very excited to have opened our doors at our new location at 830 Pembroke Street. We have **established a wish list of NEW items that we'd love to have.**

These items include coat/hat racks, a vacuum cleaner with HEPA filter, a carpet steam cleaner and an indoor electric grill.

We are looking for new items only and will gladly issue a tax receipt for your donation.

If you are able to contribute any of these items, please contact Vicki at 250-598-9339.



*Kirsten Madsen*

*Steve Heringa*

*Brad Garside*

# LET OUR EXPERIENCE WORK FOR YOU

**I.C.B.C. • BRAIN INJURY • SPINAL INJURY • DISABILITY INSURANCE**

- **Free Initial Consultation**, hospital, home or office
- No fee until you collect • We handle all expenses
- Interpretation services available in any language

**Call us now**

toll free **1.800.669.8599**

Email: [law@paine-edmonds.com](mailto:law@paine-edmonds.com) / [www.PELawyers.com](http://www.PELawyers.com)

**Paine Edmonds L.L.P. - Lawyers**

## BrainStormRIDE

On August 12<sup>th</sup>, 2010 the brainStormRIDE reached **its triumphant end in St. John's, Newfoundland** after having started 73 days previous in Victoria, BC. I am pleased to announce that the brainStormRIDE has been a resounding success, despite the many obstacles that stood in its way including rain, snow, exhaustion, and isolation. The reward, both to myself and to the hundreds of survivors I was able to meet along the way, was well worth the struggle. As the ride progressed across the country,



I took every opportunity to promote awareness for brain injuries, educate those I met about the severity and subtlety of brain injuries, and to collect donations to support the non-profit programs that facilitate the rehabilitation of survivors.

Through interviews with newspapers, radio, and television outlets, I took the message of the brainStormRIDE to as many Canadians as possible. I was even fortunate enough to have the opportunity to bring brain injuries to the attention of federal politicians.

7,000 Kilometers and 73 days later and still smiling!

Brad Cownden dips his bicycle tire into the Atlantic Ocean at **St. John's, Newfoundland, on August 12th, 2010.**

VBIS would like to say congratulations to you Brad!

Of course, I would never have been able to complete the nearly 7,000 km journey if it **weren't for the support I received both before and during the brainStormRIDE.** Brain injury associations across the country opened their doors and their hearts to me by helping out however they could. Most importantly, I was able to begin establishing a network of contacts between all the associations I met with in the hopes of creating a comprehensive system to direct survivors, caregivers, and the public to the resources nearest to them. It is my hope that the brainStormRIDE will be instrumental in **converting brain injuries from the "invisible epidemic" that it is to a topic in the forefront of Canadian consciousness.** I would like to thank the Brain Injury Association of Canada ([biac-aclc.ca](http://biac-aclc.ca)) and the Victoria Brain Injury Society ([vbis.ca](http://vbis.ca)) for their enduring support. For more information regarding the brainStormRIDE, please see our website: [www.brainstormride.org](http://www.brainstormride.org).

**Brad Cownden**



# Current Groups and Programs

Program funding is provided in part by the Vancouver Island Health Authority Brain Injury



## BRAIN INJURY SUPPORT SERVICES

---

### Case Management

One-on-one support for persons with acquired brain injury. Contact the Society at 598-9339 to request an appointment.

### Peer Support

An opportunity for persons with acquired brain injury to connect with a trained Peer Supporter. Peer Supporters are themselves experienced persons with brain injury who have participated in our peer support training program.

Monday- **Women's only Drop**-in 10am-12 pm

**Men's only Drop**-in 1pm-3pm

Tuesday- Thursday 10am-3pm

### Personal Enhancement Program (PEP)

PEP is designed to enhance personal skills for those persons with acquired brain injury. It is a three-month program of thought provoking and fun activities. Topics include self-esteem, communication, interpersonal relationships, boundaries, self-identity, coping strategies, and recovery.

Current Session: Personal Enhancement Program: *Coping, Resources and Health Practices*

Start: Sept. 8, 2010

End: Dec. 15, 2010

Runs: Wednesdays 3:00pm - 5:00pm

Facilitator: Lindsay Beal

This PEP focuses on *Coping, Resources, and Wellness*. In a supportive group environment, we will identify stress and automatic coping mechanisms. We will bolster personal resources, and practice techniques for living well. Please register in advance 250-598-9339.

### Creative Arts Project

**This project focuses on 'art as therapy' and rotates** through three courses: *Visual Arts, Creative Writing and Movement and Dance*. The projects are open to people with ABI, and the Dance group is extended to family and caregivers as well as those with ABI. No experience is necessary.

Current Session:

Start: September 13, 2010

End: December 20, 2010

Runs: Mondays 3-5 pm

With an Open Studio structure, you will work on your own projects at your own pace. The group environment offers a richness of ideas and positive support for your creativity.

No experience necessary. Please register in advance at 250-598-9339.

### Acquired Brain Injury 101

This group is an informative introduction to brain anatomy and brain injury. In this 4 week course we will discuss brain function and brain injury, with focus on causes, effects, recovery and more.

Upcoming Sessions:

Session 1: Sept. 8, 2010—Sept. 29, 2010

Session 2: Oct. 6, 2010—Oct. 27, 2010

Session 3: Dec. 1, 2010—Dec. 22, 2010

Runs: Wednesdays 10:00am to 12:00pm

Limited space available so if you are interested, please notify us.

This is a prerequisite to the Coping Strategies Course.

People with an acquired brain injury who are interested in this knowledge-building course should contact Leidi at 250-598-9339.



## Summer of 2010 Events

### 2010 AGM

Our AGM was held on June 17th, 2010. Our board members for 2010/2011 are:

President-Barri Marlatt

Vice President-Stephen McKenzie

Treasurer-Frank Lee

Secretary-Brenda Hurd

Members at Large-Connie McKenzie, Adele Hern, Max Uhlemann, Atholl Malcolm, Barbara Toller, Don Anderson, Murray Langdon and Mary Livingstone.

Thank you Fairway Market, The Stick, and Lifestyle Market for your contributions to our Annual General Meeting.



Linda North and Ian Cox sit back and relax at our Annual Summer Picnic.

This event was attended by approximately 85 members, volunteers, staff and family members. The weather was gorgeous as everyone enjoyed a delicious meal of burgers, hot dogs, salads and other treats.

VBIS would like to thank Langford Wal-Mart, Country Grocer, Art's Bakery and Save on Foods for their generous contributions to this event.

We'd also like to thank everyone who attended, contributed to, and helped out with this event.

### “Love Your Brain” Helmet Festival

The Victoria Brain Injury Society would like to thank all of the volunteers that made this year's Helmet Festival a success. Great job everyone!

We would also like to thank our sponsors and participants. These include The City of Victoria, ICBC team from the United Way- Day of Caring, Performance Bicycles, Sports Mart, Canadian Tire, North Park Bike Shop, Selkirk Station Bicycle and Kayak, Island Farms- Farmer Vicki and Daisy the Cow, Marty's Mountain Cycle, Layritz Little League, One Six Board Shop Ltd., Rider's Cycles, Marty The Marmot - Salmon Kings, Worksafe BC, Victoria Police Department, CFA 1070, The Q Radio 100.3.

In addition we'd like to thank our MC, Steve McKenzie, and our speakers, Barri Marlatt, Board President, Jamie Graham, Victoria Chief of Police and David McGuire. And last but not least, we extend our gratitude to the wonderful musicians Sarah and Cheryl Tradewell.

Thank You!



Caydin Thomson poses with his new bicycle won at our “Love Your Brain” Helmet Festival. Two grand prize winners were drawn from the completed passport entries at the Helmet Festival.

The second winner of a bicycle was Mary McKenzie.

*Mark your calendars for the*



**PACIFIC COAST  
BRAIN INJURY  
CONFERENCE**

*Real People with Real Lives*

**November 17-19, 2010**

Sheraton Wall Centre,  
Vancouver, BC Canada

Satellite Conferences held Simultaneously  
in Prince George and Victoria, BC

[www.pcbic.org](http://www.pcbic.org)

If you are unable to attend the Pacific Coast Brain Injury Conference in Vancouver, but are interested in participating, you can attend via live satellite feed at the University of Victoria.

The cost for brain injury survivors to attend the satellite conference in Victoria is \$50.00. The caregiver rate to attend via live satellite feed is \$140.00.

If you 'd like to register for the Pacific Coast Brain Injury Conference, you must register online at [www.pcbic.org](http://www.pcbic.org). If you need assistance registering, please contact Carmen at 250-598-9339.

**A.T. MALCOLM & ASSOCIATES, INC.**

Clinical & Consulting Psychologists / Neuropsychologists / Counsellors

Suite 218 – 284 Helmcken Road, Victoria, BC V9B 1T2

- |                                 |                                    |
|---------------------------------|------------------------------------|
| Atholl Malcolm, Ph.D., R.Psych. | Scott Bezeau, Ph.D., R.Psych.      |
| George Bielay, M.A., RCC        | Vanessa Charvin, M.A., RCC         |
| Patrick Corney, Ph.D.           | Shauna Darcangelo, Ph.D., R.Psych. |
| Kim Fitzer, B.Ed., M.Sc.        | Tamara Goranson, Ph.D., R.Psych.   |
| Leah Hatton, Ph.D.              | Peter Kells, Ph.D.                 |
| Brian MacLean, Ph.D., R.Psych.  | Sarah Macoun, Ph.D. R.Psych.       |
| Tanna Mellings, Ph.D., R.Psych. | Agnes Sawchyn, Ph.D., R.Psych.     |
| Mel Stangeland, Ph.D., R.Psych. | Delwynne Windell, Ph.D.            |

Phone: (250) 727-7060

Toll Free: (877) 727-7060

Web: www.drimalcolm.ca

e-mail: drimalcolm@drimalcolm.ca

**Smile Cards**



Please keep using your Smile Cards to purchase groceries at Thrifty Foods. This fundraising tool will help us raise money for new furniture for our new

location. If you'd like to get a fundraising Smile Card, contact Vicki for details.

**Membership, Newsletter & Volunteer Form**

I am interested in joining the Victoria Brain Injury Society (VBIS) which provides support, information, and services to people affected by acquired brain injury. I understand that provision of VBIS services does not depend on paid membership.

- Please renew my membership
- I would like to become a member

**Suggested Membership Contribution**

- |                                       |       |
|---------------------------------------|-------|
| <input type="checkbox"/> Individual   | \$10  |
| <input type="checkbox"/> Family       | \$25  |
| <input type="checkbox"/> Professional | \$100 |
| <input type="checkbox"/> Corporate    | \$400 |

First: \_\_\_\_\_

Last: \_\_\_\_\_

Company: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Telephone: (     ) \_\_\_\_\_  Bus  Res

Email: \_\_\_\_\_

See next page for continued form.

*Cut out and submit*

**YOU'RE IN GOOD HANDS.**

If you've been injured and need someone to look out for your interests – we can help! Our unique team approach allows us to access the very best resources for you.

We pride ourselves on our long history of supporting clients through some of their darkest hours while actively campaigning for their benefit. We are here to work with you if you are struggling to meet your monthly commitments with our Advance Program. Most importantly, we get paid – when you get paid.



**PERSONAL INJURY & INSURANCE LAW**

250.360.2500

www.hom-law.com

For more information, contact:  
**Barri Marlatt or  
Lorenzo Oss-Cech**



Membership, Newsletter & Volunteer Form

Return this form to:

**Victoria Brain Injury Society**  
**D & E 830 Pembroke Street**  
**Victoria, BC V8T 1H9**

I would like to receive the newsletter. Please send it to me via:

- Email
- Mail

I am interested in participating in your activities and events.  
 I know I am not required to volunteer to be a member.

I am interested in volunteering in these areas:

- Reception
- Special Events
- Office
- VGH Party Program
- Fundraising

Cut out and submit

**Donate to us online at [www.canadahelps.org](http://www.canadahelps.org)**

*Looking for another way to contribute to the Victoria Brain Injury Society? We are always looking for donations and, in particular, a house or building to provide better access and more services for our members.*

*Also, please be sure to keep VBIS in mind when estate planning. We are a charitable society and are able to provide tax receipts for persons wishing to make a donation or a bequest for which we would be eternally grateful!*



**In Focus**  
Rehabilitation Services Ltd.

- Individualized community support, recreation programs, advocacy, community resource exploration
- Recovery planning, clinical counselling, organizational and life skills coaching, vocational planning, job coaching

(250) 590-3805  
[www.infocusrehab.org](http://www.infocusrehab.org)  
[admin@infocusrehab.org](mailto:admin@infocusrehab.org)

## Injured? We're on your side.



### ACHESON WHITLEY SWEENEY

Personal Injury Lawyers

4th Floor, 535 Yates Street  
Victoria, BC V8W 2Z6

[www.awslaw.ca](http://www.awslaw.ca)

Experienced in  
Brain Injury  
Claims

250-384-6262

## NEED CRISIS & INFO LINE PHONE 250 386 6323

You don't need to be in crisis to call...we want to hear it all.

- Emotional support
- Crisis intervention services
- Community resource information
- Emergency mental health services

ONLINE SUPPORT FOR YOUTH

[www.youthspace.ca](http://www.youthspace.ca)

private one on one chat, a forum and access to e-counseling

Serving Greater Victoria, Port Renfrew & the Southern Gulf Islands

The NEED philosophy is to listen, without judgment or giving unwanted advice. Their commitment is to hear what is happening for you, and to help you find your own solutions.

The production of the VBIS Newsletter would not be possible without the generous support of Deborah Acheson & Acheson Whitley Sweeney Law Firm.