

Victoria Brain Injury Society

EST. 1983



The Reminder

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Office Hours: Monday to
Thursday

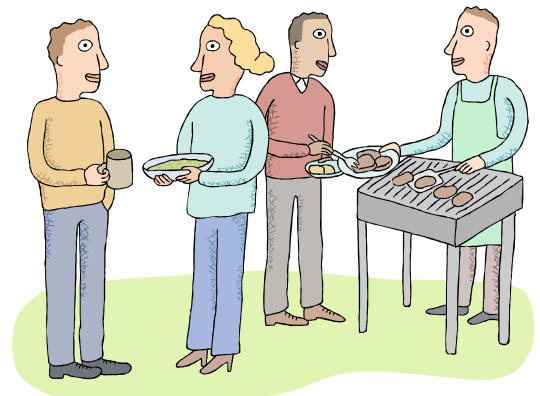
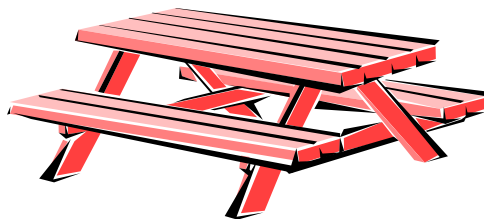
VBIS Annual Summer Picnic

We would like to invite you to our
annual summer picnic on
August 16th 2011, from 5pm–7pm

This year the picnic will be held at a new
location. It will be held in the outside park
area (Central Park) at Crystal Pool which is
located on Quadra St. (on the corner of
Pembroke and Quadra).

Bring a blanket or a chair.

Please come by and say hello to our
members, volunteers and staff!



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 & DISTRIBUTION DATES

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

May 1..... Summer 2011 (June)

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 & 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.

Volunteer Profile



Ruth has been volunteering with VBIS for several years. Not only does she work as our receptionist weekly, she also volunteers for our special events. Ruth has logged over 1500 hours with VBIS and is a very important part of our team.

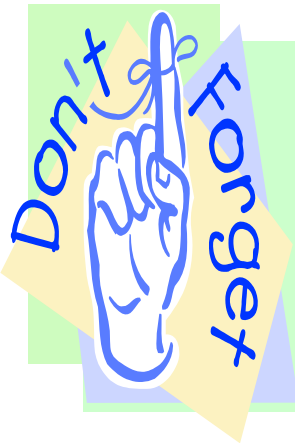
Her involvement with VBIS began when Theresa Norris of the Brain Injury Program of VIHA suggested **that she attend our family group. Ruth’s husband Bill** had acquired a brain injury from a virus and as his caretaker, Ruth required some additional support. **Despite Bill’s passing in May 2009, Ruth continues to** give her time and feels it helps her give back for the support that was given to her.

During her time spent away from VBIS, Ruth enjoys knitting, spending time with her grandchildren, and **also loves to spend time playing “frontierville” on** Facebook.

Ruth is also actively involved with the Juan de Fuca Seniors Center.

We appreciate you Ruth!

Some Important Dates To Remember:



Annual General Meeting
June 14th, 2011
5:30 pm
Victoria Health Unit
1947 Cook St.

Please Join Us On
Canada Day



Friday, July 1st, 2011

VBIS will be participating in the Annual Gorge Canada Day Picnic at the Gorge Waterway. We will be in the parade and then have a booth with activities. Please contact **us if you're interested in volunteering** at this event.

Saturday, June 4th, 2011

We will be walking, cycling, etc. in the Oak Bay Tea Party Parade.

If you'd like to participate in this event, please call Vicki at

250-598-9339.

BC Day

Our office will be closed for BC Day on Monday, August 1st, 2011.

SUMMER OFFICE CLOSURE

Our office will be closed from Monday, August 21st, 2011 to Sunday, August 28th, 2011.

PAINE EDMONDS LLP - PERSONAL INJURY LAWYERS



Kirsten Madsen

Steve Heringa

Brad Garside

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Movement & Dance

**for people with
Acquired Brain Injury
family & caregivers**

**This 8 week project
is a facilitated process
using sound and
movement,
enabling you to
explore, create, and
revel in space
as you continue
to express
your inner
dancer.**

**Start: June 6, 2011
End: July 25, 2011
Runs: Mondays
Time: 12:30 - 2:30 pm**

**Facilitated by Lindsay Beal
A Victoria Brain Injury Society
Creative Arts Project**

**250-598-9339
to register or for
more information**

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. No Referral necessary.

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

ACE (Awareness.Choices.Education)

Runs: Tuesdays 11am to 1pm

This program will function as an educational support group for people who have an acquired brain injury (abi) and who are also experiencing difficulties related to substance use. The group aims to motivate, educate, support, increase self awareness, examine issues/strategies, and to increase social stabilization and social interactions with others.

This session is full. If you'd like to be put on a waiting list please register with Leidi at 250-598-9339.

Creative Arts Project

This project focuses on 'art as therapy' and rotates through three courses: *Visual Arts, Drawing and 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.

Please register in advance at 250-598-9339.

Runs Mondays 1:00pm to 3:00pm

CAP- Movement & Dance

Start: June 6th, 2011

End: July 25th, 2022

Location will be provided when you register.

This project is not about performance. It is not about watching or being watched. It is about sensing, feeling, giving time to notice our own bones, own muscles, own **tensions, fluidity, stillness, structure...Dance is good for the brain**, because it stimulates it neurologically, and increases the fuel (oxygen and glucose) by improving circulation. Open to persons with ABI and their family or caregivers.

CAP-Visual Arts

Pandora Arts Collective Society

1923 Fernwood Road

Begins September 2011

With an open studio structure, you will work on your own pace. Bring a sketch book and some images that you find pleasing. Exercises will be offered for those interested , and supplies are provided.

To participate in CAP, you must register in advance by calling 250-598-9339.



Please Contact the Victoria Brain Injury Society of-
fice at 250-598-9339 to register for all programs.



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. This is a prerequisite to the Coping Strategies Course.

Upcoming Sessions: June 1-22nd, 2011
August 3-24, 2011
September 7-28, 2011

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

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

Coping Strategies Course

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

This 20 week Program is an informative in-depth course for people with acquired brain injury and looks at strategies of daily living and dealing with the effects of brain injury.

This session of Coping is full; however, to be put on a waiting list, please contact VBIS at 250-598-9339.

FAMILY SUPPORT SERVICES

Case Management

One-on-one support for family, spouses/partners, and caregivers of someone with acquired brain injury. Contact VBIS at 250-598-9339 to request an appointment. No referral necessary.

VBIS Information and Family Support Group

A group for the family, partners, and friends of someone with acquired brain injury. **It's an opportunity to get together to support each other,** share information and common experiences, and to know that they aren't alone. **Held at VBIS. Facilitator is Barbara Erickson.**

2nd Monday of each month @ 7:00 pm

Upcoming Dates: June 13, 2011
July 11, 2011
August 8, 2011
September 12, 2011

Coping Skills for Families

Runs: Wednesdays 6:30pm to 8:30pm

Begins: June 22, 2011

This is a twenty week course for family members of those who have sustained an acquired brain injury (ABI). Participants work with each other and the facilitator to increase their knowledge of ABI, how it impacts the individual and the family and to explore strategies that might be helpful when interacting with those who have an ABI.

VBIS Group @ Victoria General Hospital

Families' ICU / Acute Neuro Unit

Information/Education/Support Group

This information/education support group is meant to educate family and friends of someone with acquired brain injury who is currently a patient in the ICU or the Neuro Unit. **It's an opportunity to support each other, share information,** and know that you are not alone. Held at VGH on the 6th Floor (Neuro Unit). Please check in with the unit social worker. Thursdays 1:30 - 3:00 pm

ANNUAL GENERAL MEETING 2011

Thursday, June 14th, 2011

5:30pm to 7:30pm

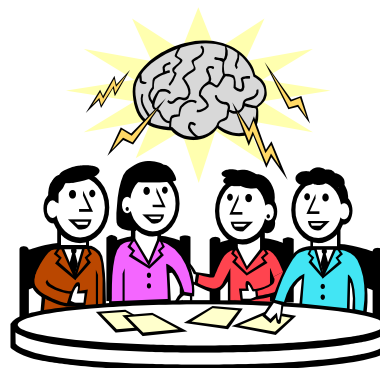
Victoria Health Unit

1947 Cook St.

Multipurpose room

Note: Some free parking is available on the street and
pay parking is available at a lot on site.

*VBIS invites you to attend our
upcoming Annual General Meeting.
This meeting is open to everyone;
however, only paid members have
the ability to vote and memberships
cannot be purchased at the meeting.*



Guest Speakers will be Brad Cownden and
Greg Goldberg.

*It is very important that we have an active and
informed membership.*

We hope to see you there!

Call for Participation in Research

Social Integration Following Acquired Brain Injury: An Ethnographic Inquiry

My name is Tara Tudor, and I am a medical anthropologist at Camosun College. I am conducting research on acquired brain injuries and would like to invite you to participate. I am looking for individuals between the ages of 19 and 50 years of age.

I want to learn what it is like living with an acquired brain injury, including the challenges you have faced after your injury, and what has helped you in your recovery. Participation involves a one hour interview.

Your participation is completely voluntary, and you would have the right to stop the interview at any time. Participation is also completely confidential.

All participants will receive an honorarium of \$25.00.

I hope that this study will contribute to improving services for people with acquired brain injuries.

How to Participate:

If you are interested in participating, or have any questions, please contact Tara at:

250-370-3368 or
tudor@camosun.bc.ca

Thanking our Funding Partners



United Way
OF GREATER VICTORIA

It has just been announced that **The United Way of Greater Victoria** has agreed to fund VBIS's *Brain Injury Programs Needs Assessment* project in the amount of \$10,300.

We were exuberantly jumping around the office when we discovered the exciting news! This Needs Assessment will be carried out in the form of a survey completed by clients, partner organizations and the general public with the purpose of determining what the community needs in terms of services for brain injury survivors in the future. We want to know the most important areas for growth and incorporate the survey results into our strategic planning for 2012.

Thank you, United Way! The Society, our staff and those we advocate for are greatly appreciative of your continued support.

A. T. Malcolm & Associates Inc.

Clinical and Consulting Psychologists, Neuropsychologists, & Counsellors

We are a team that conducts assessments and therapy following possible brain injury. We provide these services directly to individuals and through law firms representing clients who may have suffered such injuries. We are also proud to support the Victoria Brain Injury Society as it provides essential services to those who have been injured.

Please visit our web site for more information www.drmalcolm.ca, or call for a free telephone consultation (250) 727-7060, or send an email with your questions to drmalcolm@drmalcolm.ca

SMILE CARDS

Please keep using your Smile Cards to purchase groceries at Thrifty Foods. This fundraising tool will help us raise money for raising awareness about brain injury and VBIS through printed materials. If you'd like to get a fundraising Smile Card, contact our office!



I am interested in joining the Victoria Brain Injury Society, 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

- Individual \$10
- Family \$25
- Professional \$100
- 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.

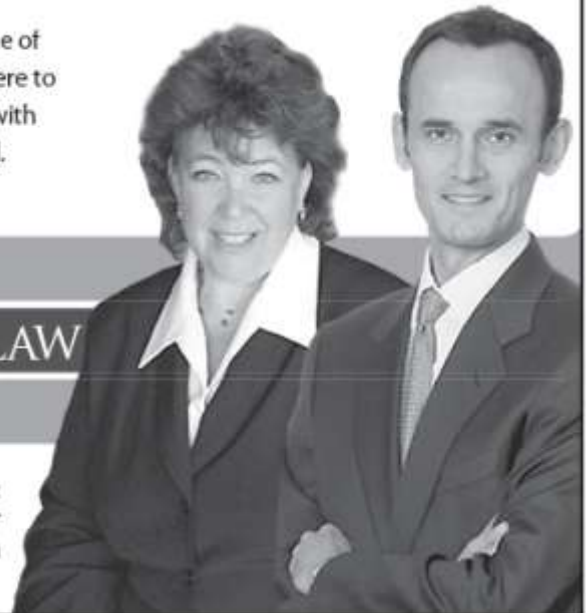


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250.360.2500

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

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We would like to thank the staff at Investors Group for the donation of beautiful furniture in our reception area.

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(250) 590-3805
www.infocusrehab.org
admin@infocusrehab.org

VBIS has an on-site computer volunteer who is willing to assist members with basic computer issues.

To find out more information and when the volunteer is at VBIS, please call Vicki at 250-598-9339.

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