

Victoria Brain Injury Society

EST. 1983



The Reminder

VBIS Staff

Barbara Erickson
Director of Client Services

Alex Gilchrist
Brain Injury Support
Facilitator

Leidi F
Member Services
Coordinator

Lindsay Beal
Program Facilitator

Vicki Boles
Manager of Administration

Inside this issue:

Holiday Activities	2
Important Dates	3
Return to Kyoto	4,5
An evening of Black & White...	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



Holiday Potluck

This year, VBIS is having a potluck for our Annual Holiday Drop-In. We are asking each participant to contribute food, beverages or their assistance with decorating, setting up, or cleaning.

Holiday Potluck

Wednesday, December 15th, 2010

11 am to 1 pm



To participate in this event, please contact Vicki at
250-598-9339.

The Victoria Brain Injury Society would like
to welcome Barbara Erickson back!

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.

VBIS HOLIDAY BAKE SALE

Is being held on Saturday, December 11, 2010 from 10am to 2pm at Crystal Pool.

If you'd like to bake, package or sell items at our bake sale, please let us know at 250-598-9339.



Holiday Activities at VBIS

During the week of December 20th, 2010 to December 23rd, 2010, we have planned a variety of holiday events.

Monday, December 20th, from 11am to 1pm, we will be decorating cookies.

On Tuesday, December 21st, from 12pm to 3pm, we welcome you to join us for some holiday karaoke.

Wednesday, December 22nd, from 10am to 1pm, we will be creating some holiday crafts.

We will conclude this week of festive events with pizza and a movie, on Thursday, December 23rd, from 12pm to 3pm.

We welcome you to come and participate in any of these events.

From your friends at VBIS, we would like to wish you and your loved ones, a Safe & Happy Holiday Season!



Some Important Dates To Remember:



VBIS Bake Sale

Crystal Pool

Saturday, December 11th, 2010

10am—2pm

VBIS Holiday Potluck

Wednesday, December 15th, 2010

11am to 1pm

Please be sure to contact VBIS to see how you can participate.

Office Closure

VBIS will be closed from Friday, December 24th, 2010 to Sunday, January 2nd, 2011.

We will be open Monday, January 3rd, 2011 at 10 am.

PAINE EDMONDS LLP - PERSONAL INJURY LAWYERS

Kirsten Madsen Steve Heringa Brad Garside

LET OUR EXPERIENCE WORK FOR YOU

ICBG CLAIMS • BRAIN INJURY • SPINAL INJURY • DISABILITY INSURANCE

<p>Free Initial Consultation</p> <p>• No fees until you collect • Home and Hospital Visits</p>	<p>Call us now toll free 1.800.669.8599</p> <p>Email: law@paine-edmonds.com www.PELawyers.com</p>
---	--

Return to Kyoto



It was nine hours to Toyko and as I stepped off the plane I felt like I was walking into a sauna. The air was wet and the heat relentless. The daytime temperature was 38, 39 degrees Celsius and the humidity was around 100%. For the next two weeks a big part of my adventure in Japan would be trying not to actually melt. My hosts, Keiko and Hiroshi, told me that they had never seen it this hot before. And this is in a part of Japan that is always hot and humid in summer.

I was back in Kyoto. This was my second trip there. I had returned at the request of my Japanese friends to talk to brain injury survivors and their families in Kyoto and to assist the Osaka Brain Injury Society in training a peer support team there. This would be my chance to see all that they had accomplished since my last visit two years ago.

The first time I went to Kyoto things were very different. Not only was it snowing but the idea of brain injury survivors having an active role in helping other survivors was a new and exciting idea for people in Japan. And it is an exciting idea. It is an idea I believe in. I have seen this idea manifest in my own life as a survivor and as a member of the first peer support team at VBIS. Since then I have had the opportunity to train and facilitate several peer support teams and I continue to be impressed by the therapeutic power of peer support.

When I met Keiko Nakatsuka she was looking for a way to help brain injury survivors in Japan. As a speech therapist she met many survivors and was fascinated by their struggle to reinvent themselves after their injuries. She was looking for an alternative to the medical model there that seemed to define for the survivor what they could expect (and not expect) for the rest of their lives. She was looking for something new. She traveled to Victoria and we talked at VBIS for hours about peer support and the role it can play in helping people rebuild a sense of themselves after brain injury. She visited us in Victoria with her colleague Hiroshi Wakinaka, several times and then **asked me if I would travel to Japan. I didn't have to think about it very long.**

And so I found myself in the land of the Rising Sun. It was a strange and wonderful experience to travel to Japan. The people there treated me so well and they came in droves to hear new ideas about brain injury and ways to cope with it. But the second trip was even better.

It is a simple but profound question we all live with. Everyone lives with this question but for survivors of a life changing trauma this question becomes more acute. How do we generate meaning in our lives after this kind of event? Who are we and what can we do that matters?

When I was struggling with this question I was offered the chance to be part of a new program at VBIS called the Peer Support Program. That was in 1998.

In 2010 I visited the Peer Support Team at the Osaka Brain Injury Society and watched as brave Japanese volunteers put into practice the new peer support skills we had talked about only two years before.



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: *Emotions, Self-expression and Creativity*

Start: January 5, 2011

End: April 13, 2011

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

Facilitator: Lindsay Beal

This PEP will focus on emotions, self-expression and creativity. Come and explore connections between mind, body and emotions. We will address ways to handle strong emotions, and employ creativity to bring balance. Please register in advance 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 3:00 to 5:00 pm

Current Session:

Started: September 13, 2010

Ends: December 20, 2010

Upcoming Sessions:

Drawing and Writing

Start: January 3, 2011

End: March 14, 2011

Word and writing activities for the individual, pairs and groups will be interspersed with drawing opportunities. The group environment offers a richness of ideas and positive support for your creativity.

Visual Arts

Start: March 21, 2011

End: May 30, 2011

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



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.

Upcoming Sessions:

January 5 to 26th, 2011

February 2 to 23rd, 2011

March 2 to 23rd, 2011

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.

Coping Strategies Course

December dates: December 10, 2010

December 17, 2010

Resumes Weekly on January 7th, 2011

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 the Society at 598-9339 to request an appointment.

VBIS 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.**

2nd Monday of each month @ 7:00 pm

The group is now facilitated by our Director of Client Services.

Upcoming Dates: December 13, 2010

January 10, 2011

February 14, 2011

March 14, 2011

April 11, 2011

VBIS Groups @ 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. Thursday 1:30 - 3:00 pm

Neurological Rehabilitation

Information & Support Group

This information/education support group is for family members and friends of persons with a brain injury who are currently in the VGH Neuro Rehab Outpatient Clinic. Runs the first Thursday of each month from 3:30 pm—5 pm at the VGH Neuro Rehab Outpatient Clinic.

Return to Kyoto (Continued from Page 4)

They were amazing! They were so dedicated to helping each other and so committed to the idea of peer support that I could not help but be deeply touched. They were so kind to one another and **worked together so respectfully of each other's strengths and weaknesses I was humbled in their presence** and could see for the first time the power of what we had begun.

It was fascinating to see what the concept of peer support had turned into in their hands. Of course the Japanese had brought their own interpretation of peer support to the program and in doing this they had made it into something uniquely their own, while staying true to the spirit of service and care integral to peer support. It is a beautiful thing and I was honoured to be a part of it.

We had lunch - planned, budgeted for, and cooked by the peer support team. They played piano and guitar and sang to me and to each other.

We had Japanese calligraphy lessons and a demonstration of Tai Chi.



Altogether it was a wonderful day. Altogether it was a wonderful trip.

We talked about what comes next. We talked about continued communication with survivors in Japan and a deepening relationship with the Osaka Brain Injury Society. We talked about visitors from both countries travelling back and forth. We talked about their peer support team in communication with ours through email and letters. There are so many possibilities.

Before I went to Japan I asked the Peer Support Team at VBIS to write some thoughts and some greetings to the peer supporters and survivors in Japan and they did. They reached into themselves and made the effort to share something meaningful with people they have never met.

Thousands of miles away over the sea their words have been heard and something beautiful has begun. With the support of VBIS, the board, staff, membership, and the VBIS Peer Support Team, I have had the privilege of representing VBIS on the other side of the world. On my second trip to Japan I was able to see that we are changing lives there. We should be very proud. I am proud of us all.

I don't know where any of this will lead or what comes next but I am sure looking forward to finding out. I know it will be great.

Sayonara.

Alex Gilchrist



NORTHRIDGE EQUIPMENT PRESENTS

an evening of Black & White

Victoria
Brain Injury
Society
EST. 1983



... because grey matters!

The Victoria Brain Injury Society would like to thank the following people and companies for their contributions to our 3rd annual Black & White Gala, held Saturday November 20th at the Marriott Victoria Inner Harbour.

- *To all the guests for their generosity and participation in auctions and fundraising.
- *To the 2010 Black & White Gala Team for their commitment and endless hours!
- *A very special thanks to Tenorissimo! A trio of the amazing Canadian Tenors Ken Lavigne, Philip Grant and Paul Ouellette.

Thanks for all the surprises, the laughter, the tears, and for sharing your gift!

You have all helped make a difference!

FOR MORE INFO VISIT THE WEBSITE AT WWW.BECAUSEGREYMATTERS.COM



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

As we welcome Barbara back, we bid Carmen Burnay farewell! Carmen, we wish you the best during your next adventure in life! Thank you from all of your friends at VBIS!



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
admin@infocusrehab.org

**Injured?
We're on your side.**



**ACHESON
WHITLEY
SWEENEY**

Personal Injury Lawyers

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

250-384-6262

www.awslaw.ca

**Experienced in
Brain Injury
Claims**

**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
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.