B.R.A.I.N.'s Tina Suter received this year's ABIS Outstanding Services Award from Fraser Health
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Andrea Kann
Miss BC 2012 Contestant
Story Page 18

Brain Injury Develops Unique iPhone App For Survivors
Story Page 14
The efforts of your highly competent legal team resulted in my seriously injured brain damaged son being looked after and financially secured for the rest of his life. We are most grateful. I particularly appreciate Mr. Simpson coming to Korea to help set up the care for my son.

- J. HWA

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"The efforts of your highly competent legal team resulted in my seriously injured brain damaged son being looked after and financially secured for the rest of his life. We are most grateful. I particularly appreciate Mr. Simpson coming to Korea to help set up the care for my son"

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As usual summer was off to a slow start but it certainly turned out gorgeous. Although it has been a busy one, I do enjoy the simplicity the season brings. From flip flops to barbecues to warm evenings on the deck, the summer offers plenty of time to kick back, socialize and to enjoy our beautiful outdoors. There is always one problem though... it ends all too soon.

In this issue of Headline, we offer food for thought on helmet use and recent controversies on the topic of helmet laws. We also celebrate Tina Suter as recipient of the Fraser Health Acquired Brain Injury Services Community For Everyone Awards and Michael Coss as one of the recipients of the 2012 Courage to Come Back Award. Both Tina and Michael are very close to our hearts and deserving of these awards for their courage, inspiration, and willingness to create a better world for others, especially for individuals living with a brain injury.

In closing, I remind you to be aware of school zones, school buses, and children walking to and from school. Be sure to take in the beauty of autumn as the leaves begin to change colour and temperatures cool. There is a plethora of activities to participate in before the fireplace beckons. Enjoy!

Interesting Brain Facts

1) The human brain weighs approximately 3 lbs
2) Our skin weighs twice as much as our brain
3) The brain is comprised of 75% water
4) Laughing at a joke requires the activity of five different areas in the brain
5) On average, humans experience approximately 70,000 thoughts each day


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**Sudoku**

The rules of Sudoku are simple. Place a digit from 1 to 9 in each empty cell so every row, every column, and every 3 x 3 box contains the digits 1 to 9.

```
  6  |  4  |  8  |  2  |  8  |
     |     |     |     |     |
  4  |  8  |  3  |  5  |     |
     |  1  |     |     |     |
  1  |  4  |     |     |     |
     |     |     |     |     |
  8  |  9  |  6  |  7  |     |
     |     |  8  |  9  |     |
  8  |  7  |     |     |  3  |
     |     |     |     |     |
  7  |  9  |  6  |  3  |  6  |
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Solution on page 21
HEADLINE welcomes letters and relevant articles for publication, and reserves the right to edit any accepted submissions for clarity and length. A signature, address, and telephone number are required. Please contact Janelle Breese Biagioni for copy deadlines.

Mike Rossiter and HEADLINE editors take no responsibility for, nor do they necessarily agree with, the opinions contained in articles, letters or advertising. Contact Janelle Breese Biagioni at 250-592-4460 for information.

Government Resources

Regional Health Authority’s ABI Coordinators:
Fraser Health - Acquired Brain Injury Program 604-520-4175
Interior Health Authority 250-870-4664,
Contact Name: Deborah Preston
Acquired Brain Injury Program, Northern Health
Call 250-565-7393
Vancouver Coastal Health Authority 604-714-4159
Vancouver Island Health Authority 250-370-8699,
Contact Name: Judith Armstrong
Enquiry BC to locate Provincial Government Departments
- Lower Mainland 604-660-2421
- Outside Lower Mainland 1-800-663-7867
- Victoria 250-387-6121
Ministry of Advanced Education, Training and Technology:
Open Learning Information:
- In and Outside Lower Mainland 1-800-663-1633
Student Loan Information:
- Lower Mainland 604-660-2610
- Outside Lower Mainland 1-800-561-1818- select 1 then 5
Public Guardian & Trustee of British Columbia:
- 700-808 West Hastings St. Vancouver, BC V6B 3L3
Victim’s Info Line:
- 1-800-563-0808
Adult and Youth Addiction Services:
- Lower Mainland 604-660-9382
- Outside Lower Mainland 1-800-663-1441

Community Resources

BC Coalition of People with Disabilities
Advocacy Access Program for assistance with provincial and federal disability benefits
Lower Mainland 604-872-1278
Outside Lower Mainland 1-888-663-1278
Bus Pass for Persons with Disabilities and Seniors
Lower Mainland 604-682-0391
Outside Lower Mainland 1-888-661-1566
Tim Readman, Executive Director
Stroke Recovery Association of BC
Phone: 604-688-3603 Toll Free: 1-888-313-3377
www.strokerecoverybc.ca
Cerebral Palsy Association of BC
Lower Mainland Voice and TTY 604-515-9455
Outside Lower Mainland 1-800-663-0004
Community Brain Injury Program for Children & Youth in BC
Toll Free 1-877-451-5511
www.cbip.bc.ca
Epilepsy BC
Lower Mainland 604-875 6704
Outside Lower Mainland 1-866-374-5377
Victoria 250-475-6677
Information Services Vancouver
604-875-6381
Interested in supporting TEAM VBIS in the Goodlife Fitness Victoria Marathon on October 7th?

Want to raise pledges to help support the critical work of the Victoria Brain Injury Society?

Create your own Giving Page at CanadaHelps.org and get your family and friends involved!

It’s EASY:
1. Go to CanadaHelps.org
2. Click on GivingPages
3. Register with CANADAHELPS
4. Create a GivingPage
   a. Type of Page: Sporting Event
   b. Page Title: Goodlife Fitness Victoria Marathon
   c. Personal Message: (sample – write whatever you like!)“I am supporting "TEAM VBIS" in the Goodlife Fitness Victoria Marathon on October 7th to raise money for the Victoria Brain Injury Society. With the spotlight on individuals like Sidney Crosby, awareness about the serious impacts of brain injury is increasing. For the first time ever, VBIS has a waitlist. Join me in raising funds for this important cause!”
5. Link to the “Victoria Brain Injury Society” CanadaHelps page -> donations will come straight to VBIS and the donor gets a charitable tax receipt.
6. Share with family, friends…the world!!!

We appreciate all of your support, whether it's through pledges, volunteering or joining us as a walker, runner or cheerer on October 7th!

If you have any questions, please don’t hesitate to contact Nicole, our Director of Resource Development, at nicole@vbis.ca.

With sincere thanks, Anna McLauchlan
Manager of Administration
Victoria Brain Injury Society
Units D & E
830 Pembroke St., Victoria BC V8T 1H9
P 250.598.9339 F 250.598.9363
admin@vbis.ca
www.vbis.ca

Headline is also available in PDF format. If you would like a copy sent to your email address contact Mary Lou by email at: mlr@telus.net
Please add Headline to the subject line
ANN ARBOR, Mich.—Concussions and even lesser head impacts may speed up the brain’s natural aging process by causing signaling pathways in the brain to break down more quickly than they would in someone who has never suffered a brain injury or concussion.

Researchers from the University of Michigan School of Kinesiology and the U-M Health System looked at college students with and without a history of concussion and found changes in gait, balance and in the brain's electrical activity, specifically attention and impulse control, said Steven Broglio, assistant professor of kinesiology and director of the Neurotrauma Research Laboratory.

The declines were present in the brain injury group up to six years after injury, though the differences between the study groups were very subtle, and outwardly all of the participants looked and acted the same.

Broglio, who is also affiliated with Michigan NeuroSport, stressed that the studies lay out a hypothesis where concussions and head impacts accelerate the brain’s natural aging process.

The study, “Cognitive decline and aging: The role of concussive and subconcussive impacts,” appears in the July issue of journal Exercise and Sport Sciences Reviews.

“The last thing we want is for people to panic. Just because you’ve had a concussion does not mean your brain will age more quickly or you’ll get Alzheimer’s,” Broglio said. “We are only proposing how being hit in the head may lead to these other conditions, but we don’t know how it all goes together just yet.”

Broglio stressed that other factors, such as lifestyle choices, smoking, alcohol consumption, physical exercise, family history and whether or not you “exercise” your brain also impact the brain’s aging process. Concussion may only be one small factor.

To begin to understand how concussions might impact brain activity and its signaling pathways, researchers asked the participants to perform certain tasks in front of a computer, and took images of their brains. The brains of the nonconcussed group showed a greater area of electrical activation than the participants with a history of brain injury.
The signaling pathways in our brains are analogous to a five-lane highway. On a new highway, traffic runs smoothly and quickly as all lanes are in top shape. However, during normal aging, the asphalt deteriorates and lanes might become bumpy or even unusable. Traffic slows.

Similarly, our brains start with all pathways clear to transfer electrical signals rapidly. As we age, the brain’s pathways break down and can’t transfer the information as quickly. Concussive and other impacts to the head may result in a ‘pothole’ on the brain’s highway, causing varying degrees of damage and speeding the pathway’s natural deterioration.

“What we don’t know is if you had a single concussion in high school, does that mean you will get dementia at age 50?” Broglio said. “Clinically, we don’t see that. What we think is it will be a dose response.

“So, if you played soccer and sustained some head impacts and maybe one concussion, then you may have a little risk. If you went on and played in college and took more head balls and sustained two more concussions, you’re probably at a little bigger risk. Then if you play professionally for a few years, and take more hits to the head, you increase the risk even more. We believe it’s a cumulative effect.”

In the next phase of study, researchers will look at people in their 20s, 40s and 60s who did and did not sustain concussions during high school sports. They hope to learn if there is an increasing effect of concussion as the study subjects age. If interested in participating in the study, email neurotraumalab.umich@gmail.com.

Researchers from the departments of Physical Medicine and Rehabilitation, and Neurology, and the Michigan Alzheimer’s Disease Center also participated in the study.

Related Links:
• Steven Broglio: http://kines.umich.edu/profile/steve-broglio-phd-atc
• U-M Neurotrauma Research Laboratory: http://kines.umich.edu/lab/neurotrauma-research-laboratory
• Michigan NeuroSport: www.uofmhealth.org/neurosport
• U-M School of Kinesiology: www.kines.umich.edu

The University of Michigan School of Kinesiology continues to be a leader in the areas of prevention and rehabilitation, the business of sport, understanding lifelong health and mobility, and achieving health across the lifespan through physical activity. The school is home to the Athletic Training, Movement Science, Physical Education, and Sport Management academic programs, bringing together leaders in physiology, biomechanics, public health, urban planning, economics, marketing, public policy, and education and behavioral science.
Andrea Kann
Miss BC 2012 Contestant
Vancouver, BC

When I was 18 I was in a car accident. It was so serious that it changed my life forever. At the time I was preparing to leave for University, but instead spent the next week in a coma. When I awoke I was left with two permanent disabilities, the most imposing being a Traumatic Brain Injury (TBI).

Since then I have gone through a lot of ups and downs, but a lesson I have learned is that you can never stop improving yourself, and you should never give up on anything. This knowledge has made me into a role model for not only TBI survivors, but young women and men as well. The 2012 Miss BC Charity Pageant gives me the opportunity to continue improving by pushing myself to do new things, and to be a role model to a wider range of people by getting my story out. It also lets me be a voice for this invisible disability and raise awareness for it.

In my life I have learned the importance of NOW. That’s why I keep the quote “Dream as if you’ll live forever, live as if you’ll die today,” by James Dean in my mind everyday.

Editor’s Note: Andrea was sponsored by Webster & Associates (www.braininjurylaw.ca). The winner of the 2012 Miss BC Charity Pageant is Hannah Seaman (www.missbc.ca). Congratulations to Andrea for her hard work and dedication to raising brain injury awareness.
Brain injury is devastating. Lives are turned upside down. We offer not just a house, but homes for people at all levels of abilities, a foundation to build relationships and be connected to the community. Our transitional and residential rehab programs are developed and guided by rehab professionals, designed for each individual’s unique needs and implemented on a daily basis.

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Please visit our website at www.connectcommunities.ca
In 1987, Yvonne Nielsen sustained a brain injury and a spinal cord injury as a result of a horrific head-on motor vehicle crash in northern British Columbia. Yvonne was wearing her seatbelt and sitting in the backseat of the car. The driver and front passenger were killed instantly.

In June 2012, Yvonne shared her story with Tyler Noble on the CFTK TV Open Connection program to increase awareness and to promote Brain Injury Awareness Month. Yvonne is a dedicated advocate in the north and has tirelessly lobbied government officials, provided radio and television interviews and written countless letters to her local newspaper. In fact, Yvonne’s advocating to her Member of Parliament resulted in people with a disability who attend post-secondary school part-time being allowed to claim the Education Credit. Prior to 1992 this was not allowed.

Yvonne is on the Board of Directors for B.R.A.I.N. (Brain Resource, Advocacy & Information Network) as the Northern Representative in Terrace.

To learn more about Yvonne and to hear the interview she gave in June visit, http://bcover.me/oy-m1bqnk.
Ina Garten’s Fresh Pea Soup

Ingredients
- 2 tablespoons unsalted butter
- 2 cups chopped leeks, white and light green parts (2 leeks)
- 1 cup chopped yellow onion
- 4 cups chicken stock, preferably homemade
- 5 cups freshly shelled peas or 2 (10-ounce) packages frozen peas
- 2/3 cup chopped fresh mint leaves, loosely packed
- 2 teaspoons kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1/2 cup creme fraiche
- 1/2 cup freshly chopped chives
- Garlic croutons, for serving

Directions
Heat the butter in a large saucepan, add the leeks and onion, and cook over medium-low heat for 5 to 10 minutes, until the onion is tender. Add the chicken stock, increase the heat to high, and bring to a boil. Add the peas and cook for 3 to 5 minutes, until the peas are tender. (Frozen peas will take only 3 minutes.) Off the heat, add the mint, salt, and pepper.

*Puree the soup in batches: place 1 cup of soup in a blender, place the lid on top, and puree on low speed. With the blender still running, open the venthole in the lid and slowly add more soup until the blender is three-quarters full. Pour the soup into a large bowl and repeat until all the soup is pureed. Whisk in the creme fraiche and chives and taste for seasoning. Serve hot with garlic croutons.

Ina Garten’s Roasted Tomato Basil Soup

Ingredients
- 3 pounds ripe plum tomatoes, cut in half lengthwise
- 1/4 cup plus 2 tablespoons good olive oil
- 1 tablespoon kosher salt
- 1 1/2 teaspoons freshly ground black pepper
- 2 cups chopped yellow onions (2 onions)
- 6 garlic cloves, minced
- 2 tablespoons unsalted butter
- 1/4 teaspoon crushed red pepper flakes
- 1 (28-ounce) canned plum tomatoes, with their juice
- 4 cups fresh basil leaves, packed
- 1 teaspoon fresh thyme leaves
- 1 quart chicken stock or water

Directions
Preheat the oven to 400 degrees F. Toss together the tomatoes, 1/4 cup olive oil, salt, and pepper. Spread the tomatoes in 1 layer on a baking sheet and roast for 45 minutes.

In an 8-quart stockpot over medium heat, saute the onions and garlic with 2 tablespoons of olive oil, the butter, and red pepper flakes for 10 minutes, until the onions start to brown. Add the canned tomatoes, basil, thyme, and chicken stock. Add the oven-roasted tomatoes, including the liquid on the baking sheet. Bring to a boil and simmer uncovered for 40 minutes. Pass through a food mill fitted with the coarsest blade. Taste for seasonings. Serve hot or cold.

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Headline is also available in PDF format. If you would like a copy sent to your email address contact Mary Lou by email at: mlr@telus.net Please add Headline to the subject line
Recently some groups have suggested easing or even eliminating BC’s mandatory bike helmet laws that have been a part of the Motor Vehicle Act since 1996. It appears that the present sitting government may be considering this request. Ted Dixon, the BC Party Policy Chair was quoted in The Province newspaper:

“We need to bring the responsibility back to the individual who is riding the bike,” he said. “My personal view is the individual is best able to assess the risk.”

“In Australia what the helmet laws did was kill off utility cycling — things like going to the corner store on a bike,” he said. “I am not against helmets, I am against the province-wide ban. All we can do at the provincial level is get rid of the province-wide ban.”

The reality is that 80% of bike crashes occur on “short” trips. Studies have shown that helmets reduce the rate of brain injuries by 88%. Helmets help!

Those who argue against bike helmet laws generally argue the matter of individual choice. Do parents choose to put their children in harm’s way through a lack of prevention? Do adults choose to put themselves in harm’s way through a lack of prevention? Generally, the answer to those questions is no.

Yes, many of us participate in high-risk activities, but for the most part we minimize the risk of injury. When we participate in sports we follow the rules of the game and wear our safety equipment. For example, if we are playing hockey we invest hundreds, maybe even thousands in protective equipment. Shin guards, hockey pants, shoulder pads, elbow pads, gloves, and a face-protective helmet. Who wants to break a leg crashing into the post, or have a severe bruise from a slap shot? Why then are we so cavalier about protecting our most important body part – our brain – when we participate in sport or a recreational activity?

The incidence of brain injury is frightening, and most likely unknown to the general public: in British Columbia alone, 22,000 new brain injuries occur every year. To put this horrendous number into perspective, 22,100 British Columbians are diagnosed with cancer each year; and almost 200 BC citizens sustain spinal cord injuries annually.

Many survivors of brain injury live well post-injury. However, sadly, thousands of survivors live an extremely challenged life. Former Times-Colonist columnist Jodi Patterson often wrote about the plight of various survivors: the young woman who prostitutes herself because she is impaired from making safe judgements and developing appropriate relationships; the aging mother who is on the verge of homelessness through eviction because her brain injured son is unable to control his temper and is both verbally and physically aggressive to her, friends and neighbours. The stories are as numerous as they are varied, but always the cost to individuals and communities plays a role.

Here are a few more statistics about the effects of brain injury:

• 80% of today’s prison population has a brain injury
• The incidence of divorce after one partner suffers a brain injury increases to 90%
• over 52% of the homeless population are survivors of a brain injury.

The bottom line is that a person who has a brain injury is a changed and different person. Most often they live with significant negative effects physically, socially, mentally and relationally. It is estimated that the annual cost of brain injury issues provincially (including the Ministries of Health, Social Development, Children and Family Development and Justice and Attorney General) is over $1.5 billion dollars.
We need to take an investment perspective in regard to brain injury because – and this is perhaps the most shocking statistic – 90% of brain injuries are preventable!

Society has frequently reversed itself on previously accepted norms, sometimes with the encouragement of government or governing bodies. Seatbelts are now a given; we get in the car and buckle up. Smoking is out of our public spaces. Drinking and driving has been severely curtailed.

Wearing a helmet to ride a bike has become a social norm, especially for children. From the age of infancy, kids are now as accustomed to wearing a helmet as they are to clicking in a seatbelt before the car moves a wheel. Do we really want to undo the effort that has been put into teaching the next generation how to prevent serious or fatal injuries?

Bicycle safety is important for everyone in the family. Here is a fun colouring page to get the conversation going with your children on the importance of protecting their head.

Geoff Sing,
Manager, Brain Injury Services
The Cridge Centre for the Family
Sergio Di Giovanni understands technology and brain injury – one because of his profession, the other because a driver ran a red light and t-boned the driver’s side of his car. Sergio’s vehicle hit a concrete pole and knocked him unconscious.

At 29 years of age and about to be married, Sergio’s life took a sharp turn, careening him into a world of depression, anger and frustration. He was a talented web designer and went from knowing what his future had to offer to a life filled with uncertainty in a blink of an eye. Nobody, including Sergio, knew where life would lead from this point on. Sergio struggled with memory loss and multitasking following the crash. Eventually these struggles led him to closing his business.

Like many survivors, Sergio began using Apple’s iPhone soon after it was released. He searched tirelessly for applications that may aid with memory loss; however, none of them helped. Again, like so many others, Sergio identified the need for alerts to complete tasks and ones that would continue to remind him until the task was complete. This is where his brilliant mind for technology and the loving support of his wife came into play. She encouraged him to develop an application specific to brain injury survivors and he let his mind lead him to find people who could help him put his ideas and vision into action. “The next day I started to create the software called Qcard which will never let me forget anything again and make our lives much easier,” Sergio says proudly.

Qcard differs from other task-oriented applications by:

- Providing alerts for as long as the person wants and for often as they want
- Allowing the user to delay an alert, complete the task or delete it
- Offering colour-coded categories divided into
  1) Quick Reminders (i.e. take medication);
  2) Guided Tasks requiring multiple steps (i.e. laundry); and
  3) Appointments
A unique feature of this application is that the user can ‘shake’ their phone to instantly prepare the app to record a thought or idea. This alleviates the issue of the person having to navigate through screens and then forgetting what they wanted to record. Sergio plans to create a second version which will allow users to send each other Qcard reminders – perfect for families to stay organized!

Qcard is now available on the Apple App Store. To read the full article on Sergio, which appeared in the recent issue of the Ontario Brain Injury Association’s newsletter, visit http://www.obia.ca/images/19-2%20online.pdf (page 7). For more information on the Qcard, visit www.Qcard.ca and www.Facebook.com/qcardapp.

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**Take a Break**

Find the following hidden words:

- bicycle
- bike helmet
- books
- brain
- bus
- colour
- computer
- cool
- crack
- education
- friends
- grade
- gym
- head
- kids
- learning
- lunch
- paper
- parents
- pencil
- picture
- play
- principal
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- recess
- safety
- school
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- study
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What The Courage To Come Back Award Means To Me

My name is Michael Coss and I suffered a traumatic brain injury in a motor vehicle accident on May 18th, 2006 which left me in a COMA for 6+ months. After doing some research on the internet, my parents undertook Hyperbaric Oxygen Therapy for me and it worked. I awoke from my 6+ month COMA, after 3 treatments of this therapy. I relearned the most basic skills, things that we all take for granted like how to eat, use the washroom, dress myself, and now I’m re-learning how to walk again at 43 years of age. I feel that I am a better person after my injury, and I appreciate all the fundraising efforts that were done by my family members, my friends, my co-workers, my former customers in my Molson Coors Canada days, to raise some money so that I may undertake this alternative type of therapy.

In my rehab, I started my own Foundation, www.secondchancestepby-step.org, I wrote my own book to inspire others to be the best that they can be in their own personal situations, called The Courage to Come Back, to educate the general public about the potential benefits of Hyperbaric Oxygen for treating brain injuries. It’s available at www.amazon.ca, www.barnesandnoble.com, and can be ordered also from all Chapter’s/Indigo locations across Canada. All the proceeds raised from the sale of my book will be re-directed to The Michael Coss Brain Injury Foundation to help improve the quality of lives of children who have also suffered a traumatic brain injury by assisting them undergo HBOT treatments. I wrote my own book using my laptop, typing letter by letter, word by word, and page by page and it was released and made available on the 5 year anniversary of my accident and injury, May 18th, 2011.

I experienced something very powerful, magical, and uplifting on Thursday May 17th, when I was presented with The Courage to Come Back Award in the physical rehabilitation category. This was in front of 1000 attendees at The Vancouver Trade and Convention Center where invited guests paid $250.00 to attend this special evening, have dinner, and hear the remarkable stories of 6 individuals who have all had The Courage to Come Back from some kind of adversity. This award gives me the drive, focus, determination, to give 120% to my rehab, whether it be improving my speech, or improving my walking ability, step by step, so that I may return to a more “normal” way of life amongst my family and my children. I am so proud to receive this award, and I would like to say in closing “All things are possible when you believe”.

In closing, I would like to THANK everyone for giving me a second chance at life by organizing and holding various fundraising initiatives throughout Canada which permitted my father to undergo HBOT treatments for me, my sincere THANKS.
Bill Cawker, a 50 year old brain injury survivor, fraught with challenges most of his life, expresses his personal views on living with a disability. Bill uses baseball as an extended metaphor for the things the author wants to say about life. This column is worth the investment of time.

Stepping Up to the Plate
Life has been throwing me a mixed bag of pitches for several years now. Since a very young age, I just couldn’t keep up with the fastball. The emotional baggage that I was carrying slowed down my swing. Not to mention many other personal challenges that disrupted my ability to get on base. Sliders, curve balls and knuckle balls were other obstacles the opposing pitchers struck me out with.

I was dealing with my own obstacles as well. Low self-esteem, lack of employment, social acceptance and physical ailments were causing me to ‘strike out’ in the game of life.

With a low average while playing in the majors, I wasn’t getting much playing time and didn’t feel like part of the team. I was not a contributor. The manager even put me in a different fielding position. I found myself in the outfield and I felt distanced from the other players on the team and away from the action.

Eventually, I was dropped down the minor league affiliate team.

To get back into the majors I would have to learn to produce again, contribute again and make the big plays like I used to. I had to learn to hit and catch the ball properly so that I didn’t end up on the disabled list.

Even with the minor league team, I spent most of my time on the bench, not involved in the game at all and thus not getting the opportunity to prove myself. I needed to be accepted and for the coaches to understand what my limitations were in order to be a successful player.

“Trade me to another team,” I pleaded with the team management A team that will give me a new start. I want to get back to the big leagues.”

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Reflections
By Janelle Breese Biagioni

“How can you know that something hasn’t worked out ... unless you’ve quit?”
Mike Dooley (A Note from the Universe)

Mike Dooley is the bestselling author of Infinite Possibilities and Manifesting Change. I am taken with his books and motivational tapes because he is just a regular guy who followed his heart with his mom and brother to create a multimillion dollar business selling t-shirts and novelty gifts donning inspirational quotes written by him. The business had a good run before it fizzled out and then he reinvented himself and became an author and international speaker. He lives by the following statement... “Do all you can with what you have from where you are.” This basically means that to move forward in life, you have to take action and keep moving. Don’t stop!

Other key components to move forward in life are to live in gratitude and seek happiness within. Don’t look outside yourself – nobody can make you happy. Nor will any one thing make you happy. Of course, some things like a new car or a house will bring temporary happiness; however, you will eventually return to the search. Gratitude is the one thing that can catapult you into happiness. Being grateful for your life, your home, food, family, friends and even the professionals in your life can help to unleash the power of happiness.

I know circumstances were tough for some, and remain so for others. I understand that many of you are challenged every day because of something that has happened in your life. And while your circumstances are unique to you, none of us get through life unscathed. I don’t mean to minimize the suffering of anyone, but want to raise awareness that each of us face struggles in life and we can either ‘give up’ or ‘get up’ and keep going.

When Dooley says, “Do all you can with what you have from where you are” he is saying that if you work at a fast food place, be the best burger flipper you can be. If your personal daily routine consists of doing physiotherapy, speech therapy, or other rehabilitation then work as hard as you can, every minute, every day and see where it takes you. There are many stories of individuals who have astounded the medical world with their recovery. Why? Because they did all they could with what they had from where they were. You can too.
Tina Suter and Gary Richardson

Tina Suter from B.R.A.I.N. (Brain Resource, Advocacy & Information Network) is the 2012 recipient of the ABIS Outstanding Services Award of the Fraser Health Acquired Brain Injury Services Community For Everyone Awards. In 1999, Tina was also awarded the Coastal Health Courage to Come Back Award in the category of Physical Rehabilitation.

At twenty-three years old, Tina was diagnosed with a non-malignant brain tumour. She underwent a delicate surgery, requiring the doctors to slice into the center of her brain. When she awoke from surgery, she discovered that she was paralyzed on her right side. Tina, a young woman and mother to an infant daughter, had to relearn the very basics of living again. As daunting as this was, Tina fought hard to come back and eventually returned to school to obtain her degree as a Community Social Service Worker from Douglas College.

Gary Richardson, Visitation Director of the Association for Injured Motorcyclists recognized Tina’s significant contribution to the brain injury community and nominated her for this recent award. It has been her passion and drive to ensure those living with the outcome of a brain injury would have access to resources, support and advocacy that has brought B.R.A.I.N. to the success it enjoys today. Tina is most deserving of this honour.

The Brain Resource, Advocacy & Information Network evolved from a small support in New Westminster, BC. Within a few short years, the membership doubled as did the services and programs. Today B.R.A.I.N. is incorporated and provides resources, advocacy and information through a provincial network of survivors.
This summer I enrolled my grandsons, Sam (6) and Greyson (5) in the Pedalheads Bike Safety Camp. I heard about the program from a client who shared that his daughter went from being afraid to get on her bike to riding it without training wheels in five short days. That sounded amazing to me. Sam is very cautious and on the nervous side so I felt he would gain the confidence needed. Greyson is the complete opposite – he loves speed and to attempt things that he knows will have us all gasping in shock. So clearly, learning to ride (and fall) safely were the benefits I could see for him.

On the first day the boys arrived well-equipped with shiny bikes, helmets, and training wheels. I knew it was time for me to depart when in the first five minutes the instructors said, “Well, let’s get those training wheels off.” As I had hoped, my grandsons progressed rapidly through the week going from being ‘terrified to let go’ to riding a fair distance with minimal assistance from the instructors. This was the first of eight levels and both graduated with much more confidence in their ability to ride, but also with a great deal more knowledge on safety and bike riding skills.

Greyson (no surprise here) managed to break his helmet halfway through the week. Fortunately he was not hurt. While the incident sparked an “oh no” in his tiny voice, it was a great teaching opportunity to show him that instead of his skull cracking, the helmet did its job by splitting and breaking the shell away from the foam. Often people are unaware that a helmet should be replaced if it is cracked or broken. Remember – a helmet is meant for ‘one crash’ and that’s it. Greyson’s helmet suffered a good size crack in the shell, but the shell also broke away from the foam liner. The liner itself appeared intact; however, the purpose of the shell is to hold the helmet together and to protect the foam. So given the shell cracked, it is likely the foam had damage to it as well. Fortunately our little dare devil had a spare helmet and was off riding the very next day.

For information on how to inspect a bike helmet and determine if it needs to be replaced, visit www.helmets.org/inspectionchecklist.pdf and for information on the Pedalheads Bike Camps visit www.pedalheads.ca.
BRAINTRUST CANADA
BrainTrust Canada hosted the 2012 Okanagan Conference on Brain Injury, May 30th – June 1st in Naramata, BC. For more information on the conference and programs offered by BrainTrust Canada, please call (250) 762-3233 or visit www.braintrustcanada.com.

BULKLEY VALLEY BRAIN INJURY ASSOCIATION
BVIBA offers case management services, and assistance with accessing rehabilitation programs, one-on-one emotional support, family support, and social and recreational activities. For more information, call 250-877-7723.

CAMPBELL RIVER HEAD INJURY SUPPORT SOCIETY
CRHISS provides education, advocacy, support, and fellowship. For more information, call 250-287-4323.

COMOX VALLEY HEAD INJURY SOCIETY
CVHIS welcomes Cathy Stotts as the new Executive Director. CVHIS hosts a weekly drop in luncheon for a nominal cost to survivors and their families. For more information, call 250-334-9225 or visit, www.cvheadinjury.com.

FRASER VALLEY BRAIN INJURY ASSOCIATION
FVBIA hosted the FVBIA Annual Brain Injury Classic Golf Tournament on July 11, 2012 at 11:00 am. For more information on FVBIA, call 604-557-1913 or (toll free) 1-866-557-1913 or email info@fvia.org.

HOWE SOUND REHABILITATION SERVICES SOCIETY
Howsound Rehabilitation Services Society is hosting the Sea to Sky Aphasia Camp from September 14 – 16, 2012. To receive more information on updates regarding details about the camp call 604-936-9944 or email info@howsound.net.

KAMLOOPS BRAIN INJURY ASSOCIATION
KBIA offers many services and programs, including case coordination and life skills support. For more information, call at 250-372-1799.

NANAIMO BRAIN INJURY SOCIETY
NBIS offers rehabilitation and case management services, disability benefits assistance, and workshops focusing on issues ranging from trauma recovery to life skills strategies and anger management. For more information, call 250-753-5600 or visit their website at www.nbis.ca.

POWELL RIVER BRAIN INJURY SOCIETY
PRBIS www.braininjurysoociety.ca provides support and services for persons with acquired brain injury, spouses, family members and caregivers included. For more information, call 604-485-6065 or toll free 1-866-499-6065.

NORTH OKANAGAN-SHUSWAP BRAIN INJURY SOCIETY
Please take note: Our email addresses have changed to: robyn. nosbis@shaw.ca and nosbis@shaw.ca. Please make the necessary changes in your address books. Contact us for information on programs and services.

SOUTH OKANAGAN SIMILKAMEEN BRAIN INJURY SOCIETY
SOSBIS provides the following services: Case Management, Psychosocial Recreation, Peer Support – Cognitive Enhancement, Family Support, Stroke Recovery Support, Education, Personal Support, Women’s Support and Prevention and Education. For more information, visit www.sosbis.com

TRI-CITIES BRAIN INJURY SUPPORT GROUP
As months have gone by, Tri-Cities Brain Injury Support Group continues to have its meetings every 1st Thursday of each month from 2 - 4 pm. At our meetings, friends get together and discuss interesting topics and do fun activities. We meet at the Coquitlam Public Library - Poirier Branch on 575 Poirier Street. For more information, please contact Sandi Caverly at 604-916-5027 or scaverly@shaw.ca or Martin Granger at martin_granger2007@hotmail.com. New members are welcome!

VICTORIA BRAIN INJURY SOCIETY
VBIS offers individual and group programs to survivors and their support system. Programs offered include: Peer Support, ABI 101, Coping Skills, Personal Enhancement, Creative Arts, a Family Support Group and Education & Awareness seminars to community groups. For more information call 250-598-9339 or visit www.vbis.ca.

Sudoku Solution
Woman’s Fair 2012

Semiahmoo House Society’s Acquired Brain Injury Services is hosting an Exclusive Shopping Event for Women
Saturday September 22, 2012
Time 10 am to 3 pm
15306 24th Ave Surrey, BC

Featuring:

*2012 Courage to Come Back recipients and Authors
Kamal Dhillon & Michael Coss* Book signing
* Cream de la Crème* natural beauty products by Jolanda
* Silpada Designs * Chair Massages
*Epicure Selections * Scentsy Products
* Trufflicious* Pure Belgium Chocolate
and much much more!

$1.00 Admission ~ children under 12 free

All proceeds from table rentals and admission will be donated to the Acquired Brain Injury Services at Semiahmoo House Society.

Thank you for your Support!
## BC Brain Injury Associations & Support Groups

*This list updated Fall Issue, 2012.*

<table>
<thead>
<tr>
<th>Area/City</th>
<th>Contact Name</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>Abbotsford</td>
<td>Carol Paetkau</td>
<td>604-557-1913</td>
<td>TF 1-866-557-1913</td>
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<tr>
<td>Acquired Brain Injury Society of the Yukon</td>
<td>Anne-Marie Yahn</td>
<td>867-668-5283</td>
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<tr>
<td>Alberni Valley Head Injury Society/Port Alberni</td>
<td>Linda Kenny</td>
<td>250-724-6772</td>
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<tr>
<td>Barriere/Merritt</td>
<td>Terry-Lynne Stone</td>
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<td>British Columbia Brain Injury Association</td>
<td>Deborah St. Jean</td>
<td>604-465-1783</td>
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<tr>
<td>Brain Trust Canada</td>
<td>Laurie Denton</td>
<td>250-762-3233</td>
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<tr>
<td>Brain Trust Canada - Vernon Contact</td>
<td>Marcie McLeod</td>
<td>250-307-6064</td>
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<td>Bulkley Valley Brain Injury Association</td>
<td>Joan LeClar</td>
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<td>Burnaby Chinese Brain Injury Association</td>
<td>Angela Kan</td>
<td>604-877-8606</td>
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<td>Campbell River Head Injury Support Society</td>
<td>Shelley Howard</td>
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<td>Caribou Brain Injury Society</td>
<td>Stacy Turcotte</td>
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<td>Chilliwack</td>
<td>FVbia</td>
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<td>Cathy Stotts</td>
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<td>Susan Barth</td>
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<td>Golden East Kootenay Brain Injury Association</td>
<td>Debbie Gudjonson</td>
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<td>Maple Ridge Support Group</td>
<td>Ian Moore</td>
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<td>Mission</td>
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<td>Mark Busby</td>
<td>250-753-5600</td>
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<td>New Westminster Headway</td>
<td>Gabrielle Pape</td>
<td>604.520.0130</td>
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<td>North Okanagan Shuswap Brain Injury Society (Salmon Arm/Shuswap)</td>
<td>Robyn Coatta</td>
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<td>Northern Brain Injury Association</td>
<td>Carmen Jose</td>
<td>1-866-979-4673</td>
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<td>Peace Country Society for Acquired Brain Injury</td>
<td>Linda Proctor</td>
<td>250-782-7519</td>
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<td>Powell River Brain Injury Society</td>
<td>Deborah Dee</td>
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<td>Prince George Brain Injured Group Society</td>
<td>Alison Hagreen</td>
<td>250-564-2447</td>
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<td>Sechelt/Sunshine Coast Brain Injury Support Group</td>
<td>Susan Goddard</td>
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<td>Semiahmoo House Society</td>
<td>Sylvia Hoeree</td>
<td>604 592-1006</td>
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<td>South Okanagan Similkameen Brain Injury Society</td>
<td>Dave Head</td>
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<td>Terrace Brain Injury Support Group</td>
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<td>TriCities Support Group</td>
<td>Sandy Caverly</td>
<td>604-916-5027</td>
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<td>Vancouver Headway</td>
<td>Leah Pentilla</td>
<td>604.732.4446</td>
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<td>Vancouver Survivors Support Group</td>
<td>Lillian Wong</td>
<td>604-873-2385</td>
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<td>Victoria Brain Injury Society</td>
<td>Helen Lang</td>
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<td>West Coast Support Network</td>
<td>Wanda McAvoy</td>
<td>250-726-7459</td>
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<td>West Kootenay Brain Injury Association</td>
<td>Kelly Johnson</td>
<td>250-304-1259</td>
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