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Christmas Celebration

Jasper In January

Defying Limitations Gala

Brain Injury 101 Webinars



Brain Care Centre®
Defy Limitations!

Volume 1
February 2015

Cognosco

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2015 Defying Limitations Gala

Planning is progressing well for our upcoming Defying Limitations fundraising Gala to be held on February 28, 2015. We have chosen a new location this year to host our largest fundraiser for Brain Care Centre. It is being held at the new DoubleTree by Hilton Hotel in the west end of Edmonton. The DoubleTree is one of Edmonton's newest hotels having been opened within the past six months and the facilities for our Gala are fresh new and modern.



The Doubletree Hotel has taken over the property of the previous Mayfield Inn and has added a modern new hotel and conference centre facilities including the ballrooms where our Gala will take place. **The ballrooms are behind the hotel itself and have ample free public parking for our guests and the ballroom is immediately off the rear parking lot.**

We have arranged some wonderful entertainment for our guests which is a mix of old and new. Previous attendees will remember Greg Shimizu and his amazing Taiko drumming performance. Also for those who attended the 2013 Gala, we are pleased to advise that Aura will return to entertain our guests after the dinner with vocals and dance music. We will also be including a mother/daughter singing duo and our MC is a very funny local comedian.

Continued on page 3...

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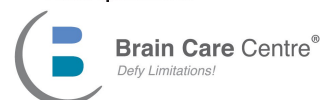
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Message from BCC's Executive Director

It is good to be back at Brain Care Centre. As you may or may not know, I was quite ill in the fall. During my absence, Mrs. Caroline Clark served as interim Executive Director. I want to publically thank her for stepping up on such short notice and congratulate her on an excellent job.

Since my return in early December and on into January, I again realize what a talented staff we have and thank them for their support for me and Caroline during my absence.

Planning for the "Defying limitations Gala" is going full steam now. Christine Hirschi and Stephen Boyd are taking the lead on organizing this event. The gala will be on February 28, 2015 and will be held at the Double Tree Hotel (Hilton) on Mayfield Road. I want to thank the staff at the Double Tree for their very generous support in an effort to make this event successful and fun.

BCC received a grant from the Royal Alexandra Foundation to do concussion research over the next three years. Drs. Cummings, Rowe and Mrazik will be collaborating on these projects. This research will provide valuable information on the effectiveness of BCC's concussion program and the impact of being put on a wait list. More information will be forth-coming as the specific topics are identified and the research has started. I anticipate that the first project will begin in late January or early February.



Dr. Garnet Cummings
Executive Director

Continued from front cover...

We are very pleased with our sponsorships to date and anticipate that our Gala will draw support from the local community as in the past. **Cummings Andrews Mackay LLP**, a long-time supporter of BCC, will sponsor the wonderful dinner for our guests.

Many of you will have already seen the promotional spots on CTV advertising the Gala from our media sponsor CTV. The full array of sponsors will be recognized in the Gala program.

All net proceeds from the Gala will support existing and new programs and services at BCC and are an important component of our ability to continue to provide services free of charge for our clients and their families as well as public education on acquired brain injury.

Invitations to the Gala should be in mailboxes as you read this and we hope that we can have a sellout crowd for the Gala again this year. Should you wish to purchase a ticket or a table, you can do so by going to the Brain Care Centre website (www.braincarecentre.com) and purchase through the secure link under **2015 Defying Limitations Gala** or **Events** or by calling our offices at (780) 477-7575.

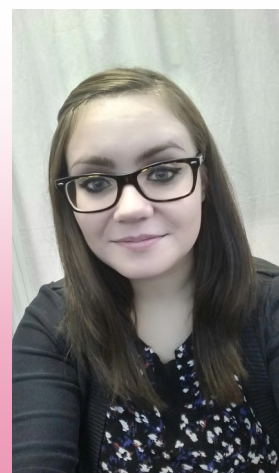
We hope to see you on February 28th at the Defying Limitations Gala!



JAMES H. BROWN
& ASSOCIATES

New Hires >>>

Hi everyone! My name is Christine Hirschi and I started working with Brain Care Centre in May as the summer student (events assistant). Over the summer I received some excellent training and experience in event planning and communication and I got to interact with Brain Care Centre's inspiring clients. I am currently working at Brain Care Centre as the part-time communications and marketing assistant while I finish up my final semester of the Bachelor of Communication Studies at MacEwan University. My current role at Brain Care Centre is to manage our social media platforms, develop marketing material, conduct special events communications, update web content, and assist with written communication pieces for Brain Care Centre. I am so thankful for my time here and for the support of the staff who are helping me prepare for my future in the communications industry.



5:30 PM

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Advertising Space	Cost Per Issue	Cost Per Year (4 Issues)
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Full Page (1)	\$800	\$2,400

Distribution of this publication is anticipated to be a minimum of 1100 copies per issue. The distribution area reaches from Edmonton and surrounding areas to Jasper and surrounding areas. Cognosco is not only printed, but hosted on our website (www.braincarecentre.com) and posted on our social media sites.

Balancing Your Brain Health >>>

By Manushi Gera, Online Volunteer



Did you ever play “ballerinas” as a kid with a make-do tutu, twirling on one foot around and around? Or as an adult, trying seemingly impossible yoga postures which risk you losing your dignity - god forbid you tip over? How did the balancing go? Read on to find out what the lack of balance could potentially imply, especially if you are in the high risk age or health group which is susceptible to brain disorders.

In July 2014, Dr. Yasuharu Tabara and his research team from the Kyoto University Graduate School of Medicine brought in 1387 subjects (841 women and 546 men with the average age of 67) to conduct an experiment. He made them balance on one leg while the other leg was bent at the knee for 60 seconds, twice overall. The best timing out of the two attempts was recorded. An MRI scan after the activity was completed and correlations were derived between balance times and MRI scan results. There was clear indication that the subjects who could not balance for more than 20 seconds had a strong association with cSVD (cerebral small vessel disease), lacunar infarctions, and microbleeds. The study was adjusted for age to ensure consistent results. ‘SVD increases with age and the research reiterated that by indicating that subjects over the age of 60 showed were able to stand on one leg for a much shorter period of time.’ The article was published on 18th of December 2014 in the American Heart Association’s journal “Stroke.”

The test is beneficial as a preliminary step that is free, easy, quick, and would assist in short listing at-risk patients to provide early preventative treatment. Further tests are required to validate the process and bring the test to mainstream medicine, but there is no harm trying a self-assessment at home, right? Take out those tutu skirts if that would provide motivation, but go ahead, do that one legged stand.

1Cerebral small vessel disease is a disease, in simpler terms, where the small arteries, among other structures, become narrow and obstructed and as a result the blood supply to the affected areas in the brain is reduced or even prevented. Refer to the definition here: <http://www.ncbi.nlm.nih.gov/pubmed/20610345>

2An infarct is a localized area of tissue in an organ such as the brain which is dying because of insufficient blood supply. Definition here: <http://dictionary.reference.com/browse/infarct>

3Microbleeds are chronic and very small brain bleeds (hemorrhages) which are caused due to structural abnormalities in the small vessels in the brain. Definition and overview here: <http://alzres.com/content/6/3/33>

References:

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McIntosh, James. "Capacity to Balance on One Leg Reflects Brain Health." *Medical News Today*. MediLexicon International, 19 Dec. 2014. Web. 1 Jan. 2015. <<http://www.medicalnewstoday.com/articles/287201.php>>.

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Wolfson, Paula. "Study: Brain Health Linked to Ability to Keep Balance - WTOP." *Washington's Top News*. 28 Dec. 2014. Web. 1 Jan. 2015. <<http://wtop.com/health/2014/12/study-brain-health-linked-ability-keep-balance/>>.

Brain Care Centre would like to extend a giant **THANK YOU** to Jacob Roy and Jessica Leslie for their incredible work through the SCiP program over the past few months. Jessica worked in the office as an accounting assistant and Jacob was able to archive and transfer 1000s of hours of historic audio and video to current formats. We appreciate your hard work!

Christmas Celebration >>>

Networks Activity Centre and Brain Care Centre clients and staff braved the cold on December 4th, 2014 to come together for the annual Brain Injury/Stroke Community Christmas Celebration Dinner. The festive evening included a traditional turkey dinner, caroling, and door prizes.



Brain Care Centre would like to extend a great big **THANK YOU** to Marshall Lamoureux, the resident photographer, and the amazing volunteers from the Brain Care Youth at Old Scona High School. It was an absolute delight to have you be a part of this special event.

Photo Credit: Marshall Lamoureux

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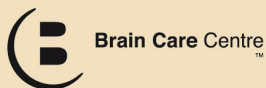
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A New Look for Brain Care Centre >>>

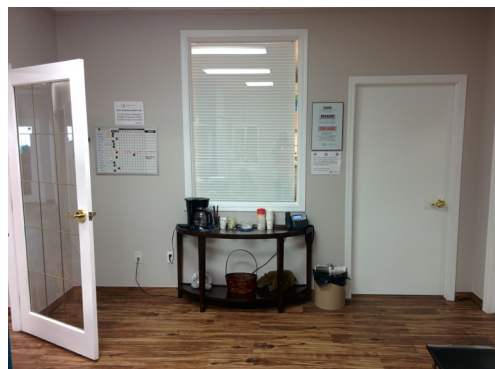
On December 1, 2014, Brain Care Centre renewed its lease at its current location for another five years. For those who have visited BCC in the past few months, you will have noticed a number of changes that are both cosmetic and which enhance security for clients and staff.

All public areas including the reception area, hallways and meeting rooms have bright new paint and new laminate flooring which is very attractive and provides a better environment for clients with mobility challenges. We have also installed new glass paned doors leading from our reception area to staff offices and meeting rooms to enhance security for our clients and staff against strangers who sometimes enter BCC offices. There have been several instances in the past where staff had personal items stolen from their offices. We have also installed a partial glass well surrounding our reception desk to complete the security provisions.



All in all, the feedback we have received from both clients and other visitors has been positive. Our offices have been given a much needed face lift and we are very proud of our “new look”.

Thanks to all of those who have provided feedback on our “new offices”.



Edmonton Paintball Centre Fundraises for BCC >>>

In October 2014 Brain Care Centre was lucky enough to be chosen as Edmonton Paintball Centre's charity of choice for their inaugural Zombie Hunt! Forca Ringette Team volunteered their time at The Zombie Hunt and helped Edmonton Paintball raise over \$600 for Brain Care Centre. We are so grateful to have had this opportunity and can't wait to partner with Edmonton Paintball Center again!



Brain Care Centre Calendar

(Edmonton)

February 2015

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4 Concussion Support Group 10-11 am SUBI 10-11:30am Brain Basics 6:30-8pm	5 YAG 7-9 pm	6 Women's Group 10-11:30 am
9	10 Men's Group 1:30-3pm	11 Club Connect 1:30-3:00 pm	12 YAG 7-9 pm Caregivers' group 6:30pm-8:30pm	13
16 Family Day BCC Office Closed	17	18 SUBI 10-11:30am	19 YAG 7-9 pm	20 Women's Group 10-11:30 am Budget Boosters 1:30pm-3pm
23 Memory and Attention 10am-12pm	24 Men's Group 1:30-3pm	25 SUBI 10-11:30am	26 YAG 7-9 pm Caregivers' group 6:30pm-8:30pm	27

March 2015

Monday	Tuesday	Wednesday	Thursday	Friday
2 Memory and Attention 1:30-3pm	3	4 SUBI 10-11:30am Concussion Support Group 10-11 am	5 YAG 7-9 pm	6 Women's Group 10-11:30 am
9 Memory and Attention 1:30-3pm	10 Men's Group 1:30-3pm	11 SUBI 10-11:30am Club Connect 1:30-3:00 pm	12 YAG 7-9 pm Caregivers' group 6:30pm-8:30pm	13
16	17	18 SUBI 10-11:30am	19 YAG 7-9 pm	20 Women's Group 10-11:30 am
23 Self Esteem 1:30pm-3pm	24 Men's Group 1:30-3pm	25 SUBI 10-11:30am	26 Self Esteem 1:30pm-3pm YAG 7-9 pm Caregivers' group 6:30pm-8:30pm	27 PD Day BCC Office Closed
30 Self Esteem 1:30pm-3pm	31	SUBI: Substance Use and Brain Injury YAG: Young Adults Group		

April 2015				
Monday	Tuesday	Wednesday	Thursday	Friday
YAG: Young Adults Group UBI: Understanding Brain Injury		1 Concussion Support Group 10-11 am SUBI 10-11:30am	2 Self Esteem 1:30pm-3pm YAG 7-9 pm	3 Good Friday BCC Office Closed
6 Easter Monday BCC Office Closed	7 Men's Group 1:30-3pm	8 SUBI 10-11:30am Club Connect 1:30-3:00 pm	9 Self Esteem 1:30pm-3pm YAG 7-9 pm Caregivers' group 6:30pm-8:30pm	10
13 Self Esteem 1:30pm-3pm	14	15 SUBI 10-11:30am	16 YAG 7-9 pm	17 Women's Group 10-11:30 am
20 Fatigue Management 1:30pm-3pm	21 Men's Group 1:30-3pm	22 SUBI 10-11:30am	23 YAG 7-9 pm Caregivers' group 6:30pm-8:30pm	24
27 Fatigue Management 1:30pm-3pm	28	29 SUBI 10-11:30am	30 YAG 7-9 pm	

May 2015				
Monday	Tuesday	Wednesday	Thursday	Friday
YAG: Young Adults Group UBI: Understanding Brain Injury				1 Women's Group 10-11:30 am
4 Fatigue Management 1:30pm-3pm	5 Men's Group 1:30-3pm	6 SUBI 10-11:30am Concussion Support Group 10-11 am	7 Caregivers' group 6:30pm-8:30pm	8
11	12	13	14 YAG 7-9 pm	15
Wellness Week 2015				
18 Victoria Day BCC Office Closed	19 Men's Group 1:30-3pm	20 SUBI 10-11:30am	21 Caregivers' group 6:30pm-8:30pm	22
25	26	27 SUBI 10-11:30am	28 YAG 7-9 pm	29 Women's Group 10-11:30 am

Service Coordination: Provides case management and coordination to assist clients to identify and obtain the supports they need. The service is designed to help clients develop optimal independence and community reintegration. Common goal areas include:

- ♦ access emotional support
- ♦ increase community involvement/participation
- ♦ optimize level of independence
- ♦ learn about brain injury and effects
- ♦ electronic compensation strategies
- ♦ optimize personal support network
- ♦ cognitive rehabilitation
- ♦ life skill return
- ♦ develop personal wellness plan
- ♦ perceptual rehabilitation
- ♦ return to productive activity

For those needing additional support in building new skills in the community, Service Coordinators can refer individuals to the Supports for Community Living Service (SCLS).

Support Facilitation: To further enhance and support an individual Service Plan (ISP), Brain Care Centre offers a Support Facilitation program. This service includes one to one counselling sessions designed to assist individuals, couples and families with discovering and utilizing resources and strategies for maximizing wellness after brain injury. This process may include a review of intake information, identifying personal strengths and needs for support, goal setting, and information about brain injury, introduction to coping strategies and educational resources, and/or referral to community resources.

Occupational Therapy: Occupational therapy (OT) supports BCC service plans by enabling clients and families to manage cognitive and physical changes after brain injury. Our Occupational therapist has the skills to assess the cognitive and physical aspects of daily functional activities (i.e.: meal preparation, transportation management, managing appointments and schedules etc.). Typical goal areas for occupational therapy services include activities and tasks related to self-care, productivity and/or leisure. All goal areas and interventions are client centred and based on the wants or needs of the client and as such, clients must be active participants in the occupational therapy process. Intervention plans are created within the context of an individual's

daily life. The focus is on enabling optimal levels of participation in their own home and community and fostering increased levels of independence with their daily tasks. This is achieved through skill building as well as through adaptation of the environment or the activity. Referrals to occupational therapy can be made through a Brain Care Centre Service Coordinator.

Information & Education: Brain Care Centre offers comprehensive, up-to-date information related to the effect of brain injury on individuals, families and the community. Please contact the office for information on how to arrange an education session.

Brain Basics: An Evening of Education and Understanding is a course offered once per quarter to parents, spouses, caregivers, siblings, friends of people affected by brain injury, community members, volunteers and professionals who would like to learn more about brain injury and its effects. The session runs Wednesday evenings. Please contact Brain Care Centre's Office Coordinator for information and registration.

Life Skill Classes

Understanding Brain Injury (UBI): This class is one of Brain Care Centre's most popular sessions! Any and all are welcome!

Learn about all of the possible changes one might experience after an acquired brain injury. Participants will gain understanding and insight, will feel connected to a larger community of survivors, and will have goals for where their journey will take them.

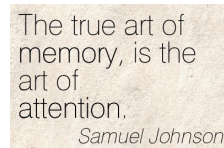


Stress, Worry & Anxiety

If you experience high levels of stress, if it bothers you to worry as much as you do, or if you feel uncontrollable panic at times then this class may be able to help. Using a cognitive behavioural therapeutic approach, the counsellor will help you identify thinking styles that contribute to your anxiety, help you learn to challenge your thoughts, practice coping and relaxation techniques, and develop a plan for changing unhelpful behaviours.



Self-Esteem: This course uses proven cognitive techniques to help individuals learn how to control the self-critical inner voice and build up a healthy sense of self worth. You will leave this four session course with useful skills that can easily be applied to your day to day life and strategies to use when you face situations in which your sense of self worth is challenged.



Memory & Attention:

Does your memory need a boost? Do you find it hard to pay attention or concentrate? This two

day workshop provides practical suggestions for how to manage changes in memory and attention after brain injury or stroke. Open to new and returning clients.

Coping with

Emotions—After brain injury, there can be a lot of emotional changes. If you would like to discuss your experience with changing and upsetting emotions, connect with others, and find and practice strategies that work for you to address unhelpful emotions, then come join us! Note: This group has been adapted from the Coping with Emotions group run at the Glenrose Rehabilitation Hospital into a shorter, 6-class group.



Anger, Frustration and Impulsivity:

Anger is a useful emotion when used well. It can get you moving, and give you the energy to protect yourself or your values, to stand up for something. Used inappropriately, it can lead to aggression and saying things 'in the heat of the moment' that are later regretted. It's impossible to avoid people or things that anger or irritate you - but you can learn to control how you react to them. This group teaches you how to positively express yourself when feeling frustrated and angry, and you will be given the chance to practice these skills in a safe environment.

Groups

Women's Group: This psychosocial support group is for women living with acquired brain injury. Areas of focus include information on the brain and brain injury, health and wellness, coping, and accessing supports. This group provides a safe environment in which group members can explore the many successes and challenges that are inherent in life with a brain injury.

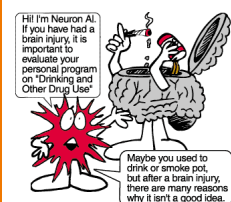


Men's Group: This is a support group for males with brain injuries to enable them to interact with peers and discuss strategies for overcoming trials and tribulations in their daily lives. Men's Group focuses on peer connection, building healthy communication strategies, and encourages the understanding of brain injury in relation to various topics.

Young Adult Groups (YAG): This group provides support for adults between the ages of 18-30 with a brain injury that encounter personal, social, and/or emotional challenges in their lives. The Young Adult Group focuses on building social networks, community involvement, education on brain injury, and various topics associated with promoting wellness. Opportunities for sharing, identifying, and developing coping strategies, and natural peer supports are explored during the course of each session.

Caregivers' Group: This group is designed for familial caregivers who are providing support to someone who has sustained a brain injury. Peer support is encouraged to assist caregivers in developing a stronger sense of their ability to cope and feel connected with others experiencing similar challenges. This group meets on a bi weekly basis.

Substance Use and Brain Injury Group (SUBI): (Presently inactive and undergoing revamping.) This support group is for



individuals struggling with addiction and brain injury. SUBI is a safe place for clients to recognize their symptoms common to brain injury and

substance use, e.g. short-term memory loss,

diminished judgment and mood disturbances. By sharing life experiences group members learn to recognize triggers and behavior, strategies for coping, how to build healthy relationships and how to access community resources. This group runs weekly at Brain Care Centre.

Club CONNECT Communication Group: This monthly group promotes peer connection, healthy living and provides opportunities for discussion with group members. Come and join us for a lively hour and a half of learning and discussion!

Budget Boosters: Do you have difficulty keeping track of your money? Is it hard to keep your bills straight? Do your spending habits reflect your priorities and values? Is your spending intentional and mindful? Do you hate budgeting, but like having money? Budget Boosters is a group that will strive to help people make better financial decisions with confidence and find peace with money. This monthly group will provide financial advice, guidance and coaching and will include presentations on a variety of topics. There is also an optional mid-month drop-in group where you can come and ask one of the group facilitators about your personal financial goals.



Workshops

Time Management: Participants whose time management skills have been affected by a brain injury will learn new strategies and techniques to improve their current time management systems as well as new systems as needed.



Active Living & Nutrition: This workshop lays the foundation for a healthy lifestyle. The workshop provides clients with information regarding eating healthy using the Canadian Food Guide, and strategies on how to be more active. Strategies can include how to shop on a budget, simple recipes, and activity logs to help clients reach individual goals.



Sleep Well—Do you struggle with falling asleep, staying asleep, feeling rested when

you wake up, or with daily chronic fatigue? This 2-day workshop helps you identify personal goals related to your sleep concerns using simple sleep hygiene strategies.



Electronic Devices Assistance Community Living Program

The Assistive Devices Training program offers clients one-on-one training on various electronic devices, such as, computers, cell phones and electronic tablets. These devices can assist with memory, communication, organizational skills and help to decrease social isolation. Through the use of individually modified computer programs and apps clients can become more independent at home and within their community. CLP program offers life skills classes related to device safety, security and usage.



scams.

Identity Theft: This course educates individuals on the importance of keeping your identity safe and avoiding

Internet Safety:

This course assists individuals with safe internet procedures such as password length and protection, not sharing personal information and so much more.



Classes and Support Groups are offered to clients with brain injury. (Brain Basics and Caregivers' Group are offered to caregivers of people living with Brain Injury.) Certain groups are run on an intermittent basis or are based on need. Therefore, PRE-REGISTRATION and/ or an ASSESSMENT IS REQUIRED for all groups and classes offered at Brain Care Centre.

Space is limited so please register early.

Dates may be subject to change.

Edson News >>>

By Laura See, Service Coordinator, Edson

The Edson Open House is an event I host every year on the last Wednesday of December, when my Edson Brain Injury Support Group would normally be scheduled to meet, to celebrate the upcoming holiday season.

It takes place from 1:00PM- 4:00PM, and sandwiches, an assortment of baked treats, and coffee and tea are served. Handouts on various community activities happening during the season are provided as well.

Attendance over the past several years has been in the range of 20-30 people per event.

I encourage group members to bring family and friends if they choose.

I also advertise the event through Interagency and invite staff from key resources and helping agencies in the community as well.

It has been a great way to foster those connections and encourage clients to use their personal and professional support networks while BCC is closed for the holidays.

The holidays can be an especially difficult time for individuals after brain injury; stress relating to holiday spending, social gatherings or parties, and changes in routine can be overwhelming.

It is essential to have some coping strategies and plans in place.

During the months of November and December, the main topics for the Edson Support Group meetings have been focusing on recognizing the signs of depression, information on mental health treatment resources and emergency crisis lines in the community, budgeting for the holiday season on a low income, strategies on coping with the holidays after brain injury.

Tannis held her Drayton Valley Support Group party on December 15th at Mitch's Restaurant.

Group members, their caregivers and their families enjoyed an afternoon socializing and delicious pizza lunch provided by Brain Care Centre.



Regional Support Groups

Drayton Valley BI Group

First and Third Monday of each month
at Mitch's

#102 4341 50 Street, Drayton Valley
1:00pm- 3:00pm

Edson Support Group

First and third Wednesday of each month
at Brain Care Centre Edson office

524- 50 Street, Edson
1:00pm – 3:00pm

For more information on these groups or
services provided in
Edson and Drayton Valley
please contact Brain Care Centre
Toll Free at 1-866-712-7560.

Brain Care Center Edson Support Group

Location: BCC Office- Edson

Meetings are held every first and third Wednesday of the month
from 1pm to 3pm; The group supports individuals and families
affected by a brain injury.

Feb 4	March 4	April	May 1
Feb 18	March 18	April	May 15

If there are any concerns or questions please contact Laura at the
Edson Brain Care Center Office.

Phone: 1-866-712-7560

Email: laura@braincarecentre.com

Jim Raso's Visit >>>

By Mike Ryan, Client Services Manager

On Tuesday December 23rd, BCC had its quarterly Professional Development Day. In our Core Values we assert that 'We maximize individual potential through compassionate, evidence based and innovative programs and services'. With this philosophy in mind, we seek to evolve our programming to facilitate optimal client independent living through, among other things, functional cognitive rehabilitative content.

One of the first steps on this road is to define outcomes measures for our programming that accurately captures the quality with which our clients are served and their engagement with our programs, with the objective of measuring the overall efficacy of our client services programs. To this end, Interim Executive Director, Caroline Clark, reached out to Jim Raso, Senior Consultant for Research and Technology at the Glenrose Hospital. Jim met with Caroline and I in mid-November and we proceeded to give him an overview of the challenges we face in our effort to produce evidence based ratings. Jim heard everything that we had to say with open ears and an open mind. He generously agreed to facilitate an education session for our Professional Development Day.



Jim Raso

Sr. Consultant, Research & Technology Development at Alberta Health Services

Jim is a veritable wealth of knowledge in this area. It is difficult to completely capture all of the content from the session in just a small article, nonetheless, I strive to do so.

To begin with, Jim recommended that outcomes measures should be reflective of all the things that matter to the clients; the best way to access this information is to complete regular programming surveys.

A very important piece of Jim's presentation was his exhortation to choose outcomes that we as an organization can implement with the resources that we have or can obtain with relative ease. This advice is extremely valuable as it mitigates the tendency towards unrealistic programming expectations.

The core of his presentation focused on the 'Classification of Function'. This is a tool or a way of thinking that focuses on a comprehensive spectrum of client functioning: Specifically, Cognition, Mobility, Self-Care, Getting Along, Life Activities and Participation. Programming interventions and their concomitant outcomes measures should be addressing these 6 primary areas of functioning. Moreover, these activities should be charted and scored according to difficulty of performance.

There were two final key messages that struck me. Firstly, Outcomes Measures provide a source of hope: when applied properly they use as a starting point client feedback; this has three-fold positive effect: 1) They demonstrate that the client is being heard. 2) Interventions and their measurements objectively target client needs/issues. 3) The client gets a sense of well-being when he/she sees progress measures indicating a decrease in the intensity of need/issue.

The second important point is that outcomes measures that reflect evidence based work have the potential to be persuasive when brought to the table in discussion with potential funders.

Jim's presentation has inspired staff to take a new perspective on their work. They can now apply his information about Classification of Function in all of our client services programs. This will further the client centred nature of our work, as well as enable us to more thoroughly address our contract deliverables.

Thank you Jim for a splendid presentation!

Jasper in January >>>



Brain Care Centre has been invited to join the Jasper in January team again this year at Marmot Basin. BCC staff will be on the hill promoting helmet safety and our annual campaign #LUVURBRAIN. Participants are asked to share photos on their twitter or Instagram accounts of themselves out on the mountain wearing their helmets with the hashtag #LUVURBRAIN for a chance to win a

GoPro. Check out www.braincarecentre.com for more information.



Networks News >>>

We are holding our 3rd Annual Spring Fling Fundraiser on Saturday March 21st at

Finnagan's Bar Bistro and Billiards 13560 Fort Road

call 780-474-3363 for tickets

Doors open at 7p.m. (Kids are welcome until 8pm)

Tickets are \$10 which includes:

- ◆ a complimentary hi-ball or 12 oz. draft.
- ◆ Silent Auction
- ◆ 50/50 Draws
- ◆ Great Company

All proceeds go to purchasing new technology for Networks Activity Centre.



We are holding our Casino on Monday April 27th and Tuesday April 28th at the Yellowhead Casino. We are looking to fill all volunteer positions for these dates. Please call **780-474-3363** to volunteer.

There is an APP for That!!! >>>

By Jean Roy, Assistive Technology, Community Living Coordinator

Many of us resolve that this year will be the year to lose weight and get fit. Luckily, there are plenty of apps to assist you along your healthy journey. Before buying an app, it is important to do your research and decide exactly what you want the app to do. Are you looking for an app to count calories or to track fitness? Maybe you are looking for an app that combines both calorie counting and fitness. Overall, it is important to determine which function you would like your app to perform to ensure you choose the most suitable app for your lifestyle.

Check out the website <http://appadvice.com/appguides/show/best-iphone-calorie-counter>. This website will give you a list of fitness apps with a description and the cost of the most popular apps. It can help you decide what app will work best for you. For more information regarding apps, contact Jean at BCC at: jean@braincarecentre.com.

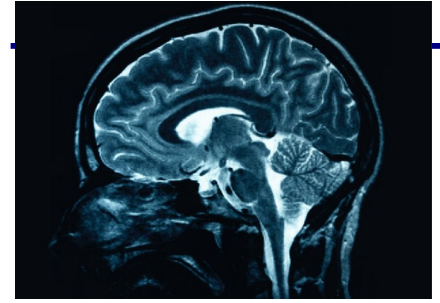


CTE's Deadly Link to Athletes and the Military >>>

By Aaron Kenny, Online Volunteer

Chronic Traumatic Encephalopathy (CTE) is a neurodegenerative brain disorder that has been the focus of much attention the past few years as awareness of professional athletes sustaining career-threatening concussions continues to grow. A 2012 study, led by Dr. Lee Goldstein of Boston University and Dr. Ann McKee of the VA New England Healthcare System, discovered that CTE found in athletes with a history of concussions was similar to that of military personnel who received blast exposure. The study involved examining the postmortem brains of military personnel who were exposed to a blast and/or concussive injury. The results showed that the brain tissue was virtually identical to that of young athletes who exhibited signs of CTE.

Although CTE can only be diagnosed postmortem, its symptoms are like those of patients with Traumatic Brain Injury - which has affected around 20% of deployed military personnel since 2001. Primary symptoms of TBI include memory and learning impairment, confusion, and disorientation. CTE has been linked to the deaths of professional athletes, such as NFL linebacker Junior Seau and NHL enforcer Derek Boogaard. Also, as there is a link between athletes and military personnel, it could be suggested that CTE is a primary factor in the suicide of military men and women who suffer from Post Traumatic Stress Disorder. Since both structural and functional changes in brain tissue have been found in



persons with PTSD, they could very well have had CTE at the time of their death, given the disease's ability to manifest from a wide variety of brain injuries.

Since CTE can develop as the result of multiple different types of injuries, and given its link to both athletes and military personnel, this magnifies the importance of recognizing anyone who may be at risk of CTE and taking the necessary precautionary steps.

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Alberta Brain Injury Initiative presents

Brain Injury 101 Webinars

January 29, 1 pm

What is a brain injury?

In this interactive presentation, we will explore how the brain works, the science behind brain injury, and its impact on a person.

Presenters:

Dr. Garnet Cummings, Executive Director, Brain Care Centre

Dr. Frank MacMaster, Assistant Professor, Hotchkiss Brain Institute, U of C

February 19, 1 pm

You have an acquired brain injury, now what?

We will explore what lifestyle changes and risks survivors face after they acquire a brain injury.

March 19, 1 pm

Relationships & brain injury: impacts & strategies

We will explore how brain injury affects relationships and review some of the strategies to build healthy networks.

April 30, 1 pm

Help! Support services for survivors & their families

We will navigate the services and community supports available for adults with brain injury and their caregivers.

It's free! Register at:
humanservices.alberta.ca/braininjury



Alberta's Brain Injury Initiative is a network of agencies across the province that support adults with an acquired brain injury to live, work, and participate in their communities.

Thanks For Your Support!



The wonderful folks who have supported the Mailout Campaign are:

Lyle Ayers; Mrs. Joan A. Baer; Barbara Baer Pillay; Phylis Barrass; Normand Berube; Dale M. Bowes; Jacqueline Eddy Caithness; Darlene & Robert Caldwell; Charles & Yolanda Campbell; Marilyn Caskey; Mark & Alyson Connolly; Trevor Dodd; Lorne Ertman; Patricia Harrison; Ada M. Hole; Gioia S. Jarvis; Soren & Louise Jensen; Scott & Tanya Karpysyn; Chung Yow & Kazao Kawata; Edgar Knobloch; Jean MacKay; Colleen & Brad Mole; Dr. Julianna Nagy; John & Norma O'Connor; Esther S. Ondrack; Joan Parker; Karen & Tom Plupek; Gertrude Rabinovitz; Helen Rusich; Nadine Stack; Henry & Hilda Stasiuk; Susan & Bill Taylor; James W. Tremain; M.S.B. Consultants – Barbara MacLaren; Optimax Benefits – Earl Shindruk; Parlee McLaws LLP – Bruce Hirsche, Q.C.

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BCC's gratitude is extended to the following incredible people who hosted a 3rd party event to support Brain Care Centre:

1. Brittany Anderson - Edmonton Paintball Centre for hosting the Zombie Paintball Event
2. John Mulligan - Rotary Club of Drayton Valley for the Thunder in the Valley Drag Race
3. Natalie Minckler - The Edmonton Oilers Community Foundation for the 50/50 Oilers game proceeds.

Special thanks to the BCC Brain Matters Golf Tournament Sponsor!

Patrick McGill – Construction & General Workers' Union Local No.92

Donations were received in memory of:

Albert (AL) Buckam; Thomas (Tim) Glenn Jarvis; Lawrence & Terry Kallal; Michael Stack; Kiki Tremain

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Membership Form

Please help Brain Care Centre grow as a community based organization by becoming a member.

BCC provides a continuum of services to people affected by acquired brain injury including cognitive rehabilitation, education, support, service coordination, referral, advocacy and volunteer opportunities.

- ☒ Quarterly Newsletter
 ☒ Library Resources
 ☒ Voting Privileges
 ☒ Preferred Seating at Events
 ☒ And Much, Much More!

☒ Save the Stamp!
 Please have my BCC News delivered to me at my following e-mail address:

Name: _____
 Address: _____
 City/Province/Postal Code: _____
 Phone: Day: _____ Evening: _____ Fax: _____

- ☐ Person with Injury
 ☐ Professional
 ☐ Caregiver
 ☐ Family
 ☐ Corporate
 ☐ Non-profit

I would like to donate \$ _____ for my BCC Membership. *Membership fees are by donation and do not qualify for a charitable receipt.*

Payment Methods:

- ☐ Cash
 ☐ Cheque payable to Brain Care Centre
 ☐ Credit Card
 ☐ VISA
 ☐ MC
 ☐ AMEX

Name on Card: _____
 Card # _____
 Expiry ____/____/____

If you would like to make an additional charitable contribution to further support the work of BCC, please indicate below. For contributions of \$ 10 or greater, BCC will issue a charitable receipt.

- ☐ \$35
 ☐ \$50
 ☐ \$100
 ☐ Other _____

Contributions are gratefully acknowledged in BCC's Quarterly Newsletter.

☐ I would prefer my donation remain anonymous

☐ I have made, or would like to make, a bequest to Brain Care Centre in my will. I would like someone from BCC to contact me.

☐ I would like to learn about Brain Care Centre volunteer opportunities.

Brain Care Centre
 #229 Royal Alex Place
 10106 – 111 Ave
 Edmonton, AB, Canada T5G 0B4
 Phone: 780.477-7575
 Fax: 780.474.4415
 Toll Free: 1.800.425.5552
 e-mail: admin@braincarecentre.com
 www.braincarecentre.com

Edson Office
 Toll Free: 1.866.712.7560
 Edson Fax: 1.780.712.7567
 If you need more information about BCC, brain injury or stroke, please phone us.

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