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Defying Limitations Gala

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Superhero Social Wrap Up



Brain Care Centre®
Defy Limitations!

Volume 2
May 2015

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Brain Injury Awareness Month

Spring is upon us once again, and one of the season's fixtures is June's Brain Injury Awareness month. Of significance, this will be the 24th straight year that the month long public awareness campaign will be carried out. The overarching theme for the 2015 edition is a continuation from last year: Building Capabilities after Brain Injury/Stroke, with Community Engagement and Employment the central topic of focus.



The month kicks off with Brain Care Centre's annual breakfast on Friday June 5th at the Chateau Lacombe. The guest speaker will be Dr. Brian Rowe, emergency room doctor and researcher from the University of Alberta Hospital. His presentation is titled "Choosing Wisely: Managing Concussions in the Emergency Department." Given that Dr. Rowe is a foremost expert on ER practices, his presentation promises to be most engaging (please contact Christine at Brain Care Centre for ticket information).

The week following the breakfast, AABIS (Alberta Artists with Brain Injury) will host their 12th annual art exhibit and sale. Their exhibit is entitled "Celebration of Abilities." Everyone who is thinking of getting involved in BIAM events should schedule a time to take in this exhibit; it is sure to give one an appreciation of the immense talent of these artists. The exhibit runs from June 9th to June 17th. Additionally, the exhibit will be enhanced by an Artists' Reception on Thursday June 10th from 6 to 8 pm at the Nina Haggerty Centre for the Arts.

On Friday June 19th, the Glenrose Hospital will host its annual Education Day. In keeping with the theme for the month, Education Day will focus on building employment related capacities post brain injury/stroke. The morning will start with a session from Millard Health entitled "Return to Work After Brain Injury."

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Brain Care Centre Staff Directory >>>

Executive Director	Dr. Garnet Cummings	Ext 130	gcummings@braincarecentre.com
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Operations Manager (Administration)	Louise Jensen	Ext 112	admin@braincarecentre.com
Project/External Relations Lead / Service Coordinator	Mike Ryan	Ext 124	mike@braincarecentre.com
Service Coord & Outreach Lead / Service Coordinator	Ashley Brosda	Ext 127	ashley@braincarecentre.com
Support Services Lead / Community Living Coordinator	Jean Roy	Ext 126	jean@braincarecentre.com
Service Coordinator	Nicole Mitchell	Ext 116	nicole@braincarecentre.com
Intake / Service Coordinator	Madison Steele	Ext. 114	madison@braincarecentre.com
Service Coordinator	Heidi Mast	Ext 122	heidi@braincarecentre.com
Service Coordinator	Adam Grimmelt	Ext 113	adam@braincarecentre.com
Occupational Therapist	Sidney Shi	Ext 128	sidney@braincarecentre.com
Counsellor / Support Facilitator	Teresa LaRocque-Walker	Ext 123	teresa@braincarecentre.com
Counsellor / Support Facilitator (On Leave)	Lisa Baranieski	Ext 119	lisa@braincarecentre.com
Concussion Outreach Facilitator	Jennifer McLean	Ext 125	jennifer@braincarecentre.com
Office Coordinator	Shamim Khanbhai	Ext 110	shamim@braincarecentre.com
Volunteer Coordinator	Janine Tremblay	Ext 133	janine@braincarecentre.com
Communications and Events Coordinator	Christine Hirschi	Ext 111	christine@braincarecentre.com
Service/Support Coordinator CAPCC - Edson	Tannis Arsenaault	(780)712-3241	tannis@braincarecentre.com
Service Coordinator - Edson	Laura See	(780)712-9789	laura@braincarecentre.com

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Street address
524-50 Street
Edson, AB

780-712-7560
Toll free: 1-866-712-7560
Fax: 780-712-7567

Caroline Clark - BCC's Associate Executive Director >>>



I am very pleased to announce that Caroline Clark will be assuming the role of Associate Executive Director. Caroline Clark is a healthcare leader with extensive experience in operations, health-system planning, change management, capital planning, human resource management and occupational health and safety. The following are just a few of her accomplishments in her career:

Operational Experience

- Responsible for leading the operations of Seniors' Health (Community Care Services) which includes Home Living (Home Care), Supportive Living, Facility Living, Regional Palliative Care and Community Care Access. In 2012, the portfolio oversaw service to over 20,000 community clients daily and included a budget over \$530,000,000. Services are provided by internal staff as well as contracted agencies and owner, operator groups from the public, private and voluntary sector.
- Business and Strategic Planning
- Responsible for leading the strategic planning for the Community Care, Rehabilitation and Mental Health Division.
- Responsible for writing Capital Health's Ten Year Continuing Care Strategic Service Plan for submission to government.

Capital Planning

- Along with the Chief Planning Officer, responsible for overseeing Capital Health's Continuing Care Public Private Partnership Projects (seven projects with a value of over \$50 million) and for leading several major capital planning initiatives including the University of Alberta Hospital Master Plan, the University of Alberta Hospital Surgical Suite Functional Program) and the Leduc Hospital Master Plan.

Change Management

- Implemented and developed monitoring processes for new Continuing Care Health Service and Accommodation Standards across the division, including Home Living, Facility Living and Supportive Living Programs. Participated in two audits by the Auditor General and achieved a report with no recommendations.

Research, Evaluation, and Innovation

- Involved in a number of research projects, provincially and nationally related to safety in community settings.

Education and Training

- Contributed to the development and Implementation of the Community Care, Rehabilitation and Geriatrics Division's Management Mentorship Program.

- Lecturer for the Faculty of Nursing Masters' Leadership Course and for the Centre for Health Promotion Studies, University of Alberta.

Work History

- Executive Director, Seniors Health (Continuing Care Services), Alberta Health Services, 2009 – 2013.
- Senior Operating Officer, Community Care Services, Capital Health, 2004 - 2009.
- Director of Planning, Community Care, Rehabilitation and Mental Health, Capital Health, 2002 – 2003.
- Senior Officer Strategic Planning and Development, Capital Health , 1998 - 2002 (included other corporate responsibilities - e.g. Executive lead for Disaster Planning).

The above is just a glimpse of Caroline's career and Brain Care Centre is very fortunate to have a person of her become part of the BCC team.

Welcome Caroline!

Dr. Garnet Cummings, Executive Director



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& ASSOCIATES

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Message from BCC's Executive Director

The “Defying Limitations Gala” was a resounding success. Comments that I received indicated that the staff and event coordinators did an outstanding job. The 2015 edition of the Gala saw Matt Day as the master of ceremonies. His humor and engagement with the audience was spectacular. The entertainment of the evening included the Taiko Tree Drummers, the “Bare’ n Von Hair” and the orchestra “Aura.” Plans are already in place for the 2016 gala to be held in February 2016.

Recently BCC held the Superhero Social at the Yellow head Brewery on April 14, 2015 at 5:00PM. This event recognized the wonderful contribution that the volunteers, under the leadership of Janine Tremblay, make to the Brain Care Centre.

The staff are also planning for the Brain Injury Awareness Kickoff Breakfast to be held on June 5, 2015 at the Chateau Lacombe starting at 7:00 am. The key note speaker will be Dr. Brian Rowe. The save the date will be coming soon.

Dr. Rowe is a Professor in the Department of Emergency Medicine, University of Alberta. He holds a Tier I Canada Research Chair (CRC) in Evidence-based Emergency Medicine (2011-2018) after a 10-year term as a Tier II CRC in Emergency Airway Diseases (2001-2011). He Co-Directs the University of Alberta’s Evidence Based Practice Centre, is Co-Editor of the Cochrane Airways Group, and the Editor of the textbook **Evidence Based Emergency Medicine**. Dr. Rowe was the Associate Dean (Clinical Research) for the Faculty of Medicine & Dentistry at the University of Alberta from 2010-2014 and is the Scientific Director for the Emergency Strategic Clinical Network in Alberta Health Services. He is a Fellow of the

Canadian Academy of Health Sciences (CAHS) and has authored over 425 peer-reviewed publications and 30 book chapters. He holds funding from CIHR, AIHS, AHRQ, and other sources and has methodological interests in the application of systematic reviews and clinical trials to clinical problems such as injury, overcrowding and cardio-respiratory emergencies. Finally, he led the CIHR’s Strategy for Patient Oriented Research (SPOR) SUPPORT Unit application for Alberta funded in November 2013 for \$50 million over 5 years.

Dr. Rowe’s talk is entitled **Choosing Wisely: Managing Concussions in the Emergency Department**. Concussions from sports, motor-vehicle collisions, falls and assaults occur frequently. Due to both their severity, and concern by patients/families, patients often end up in the emergency department for assessment and treatment. Dr. Rowe’s presentation will use cases to illustrate the condition, review the evidence regarding management and review strategies employed in Edmonton zone hospitals.



Dr. Garnet Cummings
Executive Director

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Defying Limitations Gala >>>

On February 28th nearly 300 supporters of Brain Care Centre gathered at the new DoubleTree by Hilton Inn in west Edmonton to have fun, make or renew friendships and celebrate another year of valuable work for our clients and their families/caregivers by Brain Care Centre .

Guests of the Gala enjoyed a mix of old and new this year. The DoubleTree was our new venue for the Gala and is one of the most impressive places in the city to host events such as the Defying Limitations Gala. We reinvented our raffle this year so that purchasers received a box of truffles with each ticket purchased and the lucky winner received a beautiful diamond pendant donated by Independent Jewellers. Our guests were delighted by the comedy of Matt Day and Bare n' Von Hair, our ever popular Taiko Drummers and lively dance band Aura, who entertained us at our last Gala.

This year's silent auction contained items from sports memorabilia to Maritime lobsters to luxury dog treats. Our live auction bidders chose from an all-inclusive Caribbean holiday in Antigua, a luxury chalet in the BC Rockies, a luxury golf vacation at a mountain resort and a "painted on site" oil painting by local artist Lewis Lavoie.

The Patrick Hirschi Lifetime Achievement Award was presented to Edmonton lawyer Frances Zinger who has been a long-time advocate for people with acquired brain injuries as well as a current Director on the Brain Care Centre Board of Directors and that of its predecessor NABIS and numerous other organizations. Thank you, Fran, for all you have done!

We want to again thank our numerous sponsors and everyone who purchased tickets to the Gala. You are the key to the success of the Gala and the new revenue that it adds to BCC's budget going forward. Your support allows the Brain Care Centre to continue to offer the array of services that are needed and requested by our clients, their families and caregivers.

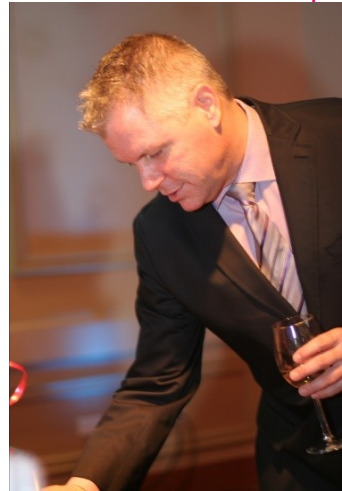


Photo Credit: Marshall Lamoureux and Scott Mitchell.

Lifetime Achievement Award>>>

BCC's 2015 Patrick Hirschi Lifetime Achievement Award was presented to Frances Zinger on February 28, 2015. Fran has devoted a significant part of her career and her life to preventing brain injury and improving the quality of life of individuals with acquired brain injury.

Like Patrick Hirschi, Fran is a community leader, advocate and mentor to others in the many causes that she supports. She is a lawyer who graduated from the University of Alberta Law School in 1975. She's had a distinguished career and is currently a partner in the Edmonton law firm, Cummings Andrews Mackay. She is a long-time Director and leader of several organizations including: the Northern Alberta Brain Injury Society, where she sat on the Board with Patrick for four years, the Brain Care Centre, as well as Hockey Alberta. Fran is a devoted wife, mother and friend to many.



Fran Zinger joins Dr. Keith Aronyk, Bill and Mufty Matthewson and Dr. Julianna Nagy as the latest recipient of the Patrick Hirschi Lifetime Achievement Awards.

Patrick Hirschi, B.S.W., M.S.W., was the epitome of a professional who reached out to his community to address gaps in service for those with acquired brain injury. He was an exemplary leader, whose professional advice and direction was always sought.

Throughout his professional life he was driven to improve the services for those impacted by acquired brain injury.



**Thanks to those who attended and had such a wonderful time at the
BCC Defying Limitations 2015 Gala!**

Special thanks to the BCC Defying Limitation Gala 2015 Sponsors!

CTV; Cummings, Andrews & Mackay LLP; DoubleTree by Hilton Hotel West Edmonton; Connie Borza - J.C.R. Holdings Inc.; Andrea Carroll Papirny - Two Hats Event Management; Sandra Crawford - InFocus-Events; Dr. Greta Cummings - Dr. Greta G. Cummings Consulting; Kenneth Edwards - HealthPointe Medical Centre Ltd.; Ron Hodgson - Ron Hodgson Chevrolet Buick GMC.

BCC's sincere thanks is extended to the following who made donations, donated tickets so that others could attend and pledged at the Gala event:

Raymond Baril; Gary Cable; Ronald Cummings; Trevor Dodd; Isabel Henderson; Karen Jackie; Shelley Jones; Stephen & Lynn Mandel; Mufty & Bill Mathewson; Tim & Julie Milligan; Cliff Minchau; Ralph Pretz; Dr. Joanne Profetto - McGrath; Murray Smith; Tami Yanish

**Thank you so much to all of the amazing volunteers who helped out with our
Defying Limitations Gala on Saturday February 28th, 2015.**

Breanna Astle, Emily Bignell, Deshane Deenoo, Lennart Dijk, Meghan Dueck, Hanhmi Huyhn, Madisen Harrison, Josh Ibach, Andrew Jamieson, Devin Kondro, Marshall Lamoureux, Keith Laraque, Grace Lu, Connie Luu, Rory MacIntyre, Scott Mitchell, Varinka Moneny, Sheila Mooney, Savio Nguyen, Olivia, Luc Roy, Brad Ruka, Kyle Sabourine, Kyle Schlitz.
We really appreciate all that you did!

BCC Has A Revised Organizational Structure >>>

By Dr. Garnet Cummings, Executive Director

Starting April 1, 2015, the Brain Care Centre has a revised organizational structure. This change was necessitated by the growth in the organization, need for more accountability and succession planning.

As announced elsewhere in this newsletter, Caroline Clark will assume the role of Associate Executive Director. Three lead positions have been created who will all report to Caroline Clark. The lead positions are: Michael Ryan - Lead for Special Projects and External Relations; Ashley Brosda - Lead for Service Coordination/Outreach and Jean Roy - Lead for Support Services.

This structure will allow Dr. Garnet Cummings to focus on creating the vision for the organization, strategic planning, fundraising and sponsorship for events. The management team will consist of Caroline Clark, Dr. Garnet Cummings and Louise Jensen.

BCC would like to congratulate Andrea Papirny in her new role as Events Coordinator at the Legislature of Alberta. Andrea will continue to do some contract work for BCC, but we are pleased to announce that Ms. Christine Hirschi has been hired to lead the in house events planning and communication.

Finally, thank you to Steve Boyd who has been our Fund Development Director for the last year. Steve worked tirelessly fundraising and acquiring sponsors for the various BCC events. Steve will be joining the BCC Board of Directors in the role of Fund Raising. His new role will begin at the end of April.



the 3rd Annual **Brain Matters** Charity Golf Tournament

FRIDAY, AUGUST 21, 2015
Lewis Estates Golf Course
Edmonton, AB



For more information, check out www.braincarecentre.com

Correction: It has come to the attention of the Cognosco Team that Online Volunteer, Aaron Kenney's name was misspelt in the last issue.

Our apologies to Aaron.

Alberta Aphasia Camp September 18-20, 2015

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Questions about the camp? Contact:

Andrea Ruelling, SLP, Camp Coordinator
Dept. of Communication Sciences and Disorders,
University of Alberta
780-492-1549
ruelling@ualberta.ca

Interested in donating/fundraising? Contact:

Xilonem López, Administrative Asst.
March of Dimes Canada
1-800-263-3463 ext. 7209
xlopez@marchofdimes.ca



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Brain Injury Awareness Month



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Community Events

23rd Annual Brain Injury Awareness Month Kickoff Breakfast

Friday, June 5, 2015

7:00am - 8:30am

Chateau Lacombe

10111 Bellamy Hill Rd NW,
Edmonton,

Guest Speaker: Dr. Brian Rowe, MD, MSc, CCFP(EM),
FCCP. Dr Rowe's talk is titled: "Choosing Wisely:
Managing Concussions in the Emergency
Department."

Tickets: Individual \$45.00 Table of 8 \$360.00

For more information contact Christine 780.477.7575 Ext.
111

www.braincarecentre.com

12th Annual Alberta Artist with Brain Injury Society Exhibit & Sale "Celebration of Abilities" **June 9-17, 2015**

Artist Reception

Thursday, June 10, 2015

6:00pm - 8:00pm

Nina Haggerty Centre for the Arts, Stollery Gallery
9225 118 Avenue, Edmonton

Come mix & mingle with these creative and talented
artists!

This event is free to attend

For more information contact
Vicky 780-457-7300

Glenrose Rehabilitation Hospital Education Morning

Friday, June 19, 2015

9:00am - 12:30pm

Dr. Bill Black Auditorium,

10230 111 Avenue, Edmonton, AB

9:00am Return to Work After Brain Injury- with
presenters Beanne Beecher and Jennifer Scharff, Head
Trauma OT's at Millard Health. Wonderful sessions by
Networks Activity Centre on their trip to Mexico, On
Site Placement (Employment Agency) and others.

This event is free to attend

For more information or to register contact Brain Care
Centre 780.477.7575

Networks Activity Centre 's 7th Annual BIAM Community Picnic

Friday, June 26, 2015

11:00am—2:00pm

Kenilworth Community League

7104 87 Avenue, Edmonton AB

Tickets: \$2.00

For more information contact Kris 780.474.3363
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Jasper in January Wrap Up >>>

By Christine Hirschi, Communications and Events Coordinator and Jen McLean, Concussion Outreach Coordinator

Brain Care Centre's 2nd Annual Jasper in January campaign was a success for Brain Care Centre!

Brain Care Centre staff went to Jasper January 17-19 and January 24-26. These weekends were devoted to staff and community education and awareness of brain injury/helmet safety. BCC staff set up information booths on Jan 17 and Jan 24 where they were available to answer questions from the public, hand out sweet swag, promote our #luvurbrain campaign, and educate the patrons on helmet safety and brain injury. We also raffled off a helmet, donated by Marmot Basin. The #luvurbrain campaign encouraged people to enter to win a free GoPro Hero 3+ Waterproof camera by snapping a picture while skiing or boarding on the hill and uploading the picture to either Instagram or Twitter with the hashtag #luvurbrain. Brain Care Centre staff also hung out in the rental shop to help with helmet fitting and later in the day on the mountain, engaging patrons and encouraging them to enter the #luvurbrain contest.



Jonathan, the winner of the GoPro, with BCC Edson Staff Tannis and Laura.

BCC's Concussion Outreach Facilitator also gave a presentation to the rental shop staff to educate them on concussion management. The presentation covered how to prevent and recognize concussion, what to do at the time of the incident and the steps to get the individual that is healing back into full time work/activity.



Michelle, winner of the helmet raffle, with BCC staff Jen and Christine.



PRESENTS



EDMONTON CRAFT BEER FESTIVAL

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Friday June 5

BEER GEEK VIP 3 PM - 10 PM
GENERAL ADMISSION 4 PM - 10 PM

Saturday June 6

BEER GEEK VIP 3 PM - 10 PM
GENERAL ADMISSION 4 PM - 10 PM

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Brain Care Centre Calendar

(Edmonton)

May 2015				
Monday	Tuesday	Wednesday	Thursday	Friday
				1 Women's Group 10-11:30 am
4	5 Men's Group 1:30-3pm	6 Concussion Support Group 10-11 am	7 Caregivers' group 6:30pm-8:30pm	8 Budget Boosters Drop in 1:30pm-3pm
11 Seated Yoga 10-11am Healthy Relationships 2-3pm	12 Drum circle 10-11am Expressive Arts 2-3pm	13 Happiness Workshop 10-11am Nutritious Meals 2-3pm —Wellness Week 2015	14 Money Management 10-11am Thai Chi 2-3pm	15 Meditation/Self Massage 10-11am
18 Victoria Day BCC Office Closed	19 Men's Group 1:30-3pm	20	21 Caregivers' group 6:30pm-8:30pm	22 Women's Group 10-11:30 am Budget Boosters 1:30pm-3pm
25	26	27 Brain Basics 6pm @ BCC	28	29

June 2015				
Monday	Tuesday	Wednesday	Thursday	Friday
1 Coping With Emotions 1:30-3pm	2 Men's Group 1:30-3pm	3 Concussion Support Group 10-11 am	4 Moving For Brain Health 11am-12pm Coping With Emotions 1:30-3pm	5 BCC Breakfast 7am
8 Coping With Emotions 1:30-3pm	9	10 Club Connect 1:30pm-3pm	11 Moving For Brain Health 11am-12pm Coping With Emotions 1:30-3pm	12 Women's Group 10-11:30 am Budget Boosters drop in 1:30pm-3pm
15 Coping With Emotions 1:30-3pm	16 Men's Group 1:30-3pm	17	18 Moving For Brain Health 11am-12pm Coping With Emotions 1:30-3pm Caregivers' group 6:30pm-8:30pm	19 Glenrose Education Day 9am –12:30pm
22	23	24	25 Moving For Brain Health 11am-12pm	26 Networks Picnic 11am-2pm Women's Group 10-11:30 am Budget Boosters 1:30pm-3pm
29	30 Men's Group 1:30-3pm	June is Brain Injury Awareness Month!!		

July 2015				
Monday	Tuesday	Wednesday	Thursday	Friday
		1 Canada Day Office closed	2 Moving For Brain Health 11am-12pm	3
6	7 Men's Group 1:30-3pm	8 Concussion Support Group 10-11 am Club Connect 1:30pm-3pm	9 Moving For Brain Health 11am-12pm Caregivers' group 6:30pm-8:30pm	10 Budget Boosters Drop in 1:30pm-3pm
13	14	15	16 Moving For Brain Health 11am-12pm	17 Women's Group 10-11:30 am
20	21	22	23 Moving For Brain Health 11am-12pm	24 Budget Boosters 1:30pm-3pm
27	28	29	30 Moving For Brain Health 11am-12pm	31

August 2015				
Monday	Tuesday	Wednesday	Thursday	Friday
3 Civic Holiday Office Closed	4 Men's Group 1:30-3pm	5 Concussion Support Group 10-11 am	6 Moving For Brain Health 11am-12pm	7 Women's Group 10-11:30 am
10	11	12 Club Connect 1:30pm-3pm	13 Moving For Brain Health 11am-12pm Caregivers' group 6:30pm-8:30pm	14 Budget Boosters Drop in 1:30pm-3pm
17	18	19	20 Moving For Brain Health 11am-12pm	21 BCC Golf Tournament Office Closed
24 31	25	26	27	28 Budget Boosters 1:30pm-3pm
Save the Date: BCC's Annual General Meeting Wednesday, Sept 16, 2015 6:30 pm Dr. Bill Black Auditorium, Glenrose Rehabilitation Hospital, Edmonton. Everyone Welcome!				

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.



The true art of memory, is the art of attention.
— Samuel Johnson

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.

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 for 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.



Life Skill Groups & Events

Wellness Week

Last spring, Brain Care Centre hosted the second annual "Wellness Week", where clients attended sessions at Brain Care Centre related to health and wellness. Since last year was such a success, we decided to do it again and we want to make it bigger and better! Want to learn more about healthy eating? Want to know how to practice meditation? Want to be more physically active? Come join us for Wellness Week, May 11-15, 2015 and experience a range of sessions focusing on wellness of mind, body and spirit. Wellness is a process of doing, being and becoming and we



understand it is essential for the recovery of people who have brain injuries. Please check back in the end of April for the Wellness Week schedule and sign up for workshops of your choice. Please contact your Service Coordinator if you have any questions or want to be reminded about Wellness Week.

Moving for Brain Health!

Research has shown that regular physical activity plays a significant role in maintaining brain health and cognitive function.



Join us for a 1km outdoor walk, followed by indoor activities such as seated yoga, dance and light resistance exercise. Clients who use mobility aids or wheelchairs are welcome to register and participate as able. To register, or for more information, please contact Sidney (ext 128).

****There are participation requirements for this group. Any clients wishing to participate need to register for an assessment before joining. ****

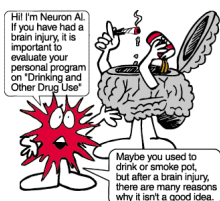
Electronic Devices Assistance Community Living Program

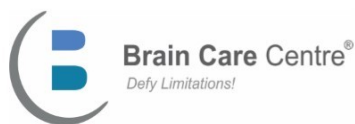
The Assistive Devices Training program offers clients one-on-one training on various electronic devices, such as, computers, cell phones and electronic tablets. These devices can assist with memory, communication, organizational skills and help to decrease social isolation. Through the use of individually 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.

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.





Weyerhaeuser Room
Edson & District Recreation
Complex
1 Golf Avenue, Highway 16
Edson, AB

The BIG Brunch

Thursday October 1st, 2015



SAVE THE DATE

Drayton Valley Support Group

Drayton Valley BI Group

First and Third Monday of each month
at Mitch's

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

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

P.A.R.T.Y. Prevent Alcohol and Risk-Related Trauma in Youth

Edson Service Coordinators will be part of a team of professionals presenting April 15, 16, 22, 23, 29 and 30 on **poor choices and their consequences**. BCC staff will describe the impact of acquired brain injury and the importance of prevention. They join the Edson Fire Department, RCMP and EMS. Sessions also feature an auto wreck re-enactment and a hospital emergency tour. Each day starts with a mock car accident at the Fire Hall with the RCMP on hand and the EMS crew doing a re-enactment. Then hospital emergency staff and Dr. White take over with Victims' Services staff and Parents in Stress as a mock hospitalization ensues. Students will then go to chapel in the hospital and proceed to a funeral home. In the pm, back at the Fire Hall, presentations will be given by BCC, Addictions, OT, and the RCMP. The day will close at the Fire Hall with students then walking back to school.

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.

May 6	June 3	July 1	August 5
	June 17	July 15	August 19

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

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The Braille Tone Choir – A Song for All >>>

By: Susan Farrell, Artistic Director, Braille Tone Choirs

I've been asked to write a short article about my singing group, the Braille Tones. We are a fairly unique group and I believe we serve an important purpose in the community. The group consists of adults with varying levels of choral experience (from none to nearly twenty years in the group) and varying ability levels. The group began back in 1996 under the leadership of Scott Leithead, the Artistic Director of the Kokopelli Choirs. He was approached to begin a singing group for individuals with visual impairment who were already in a public speaking group, similar to toastmasters.

As the choir grew and improved, so did its helpers, expanding from a professional conductor and accompanist to include section leaders from youth and adult choirs in the community, working together with our choristers to sing increasingly complicated and enriching music. The membership of the choir has also diversified greatly, and we now have singers with a range of disabilities (including but not limited to Down's syndrome, developmental delay, and autism spectrum).

I have been leading the group for four years now and it has been an incredibly rewarding experience! We meet on Saturday mornings at Kiwanis Place (10330-120 St) from 10:30-12. The group has an amazing sense of humour, and it is a fantastic way to spend a Saturday morning. I am a firm believer in the therapeutic benefits of music, and particularly of singing together. I have watched so many of our singers come into their own by being in the group. We all learn so much from each other.



The community provided by the Braille Tones is a safe place for anyone dealing with the isolation of a new or established disability or injury. Please feel free to contact me at choir@btone.ca to see if the choir might be for you! We welcome new members at all times of the year. You can also learn more about us on our website: www.btones.ca.



Wellness Week >>>

Want to learn more about healthy eating? Want to know how to practice meditation? Want to be more physically active? Come join us for Wellness Week, May 11-15, 2015 and experience a range of sessions focusing on wellness of mind, body and spirit.

Last spring, Brain Care Centre hosted the second annual "Wellness Week," where clients attended sessions related to health and wellness. Since last year was such a success, we decided to do it again and we want to make it bigger and better! Wellness is a process of doing, being and becoming and we understand it is essential for the recovery of people who have brain injuries.

Please contact your Service Coordinator if you have any questions, want to be reminded about Wellness Week and remember to sign up for workshops of your choice.



Wellness Week
May 11-15, 2015

Continued from Front Page:

Networks Activity Centre will then provide an information session on their recent trip to Mexico and will speak about how out of country trips can be implemented in client service delivery paradigms to build capacities. At the time of this writing, Education Day is still being fine-tuned; however, there will be sessions in addition to the ones described above. These will include a possible joint presentation between Onsite Placement Services and Brain Care Centre, describing a model of collaborative client service provision and detailing the referral process for clients that have vocational goals. Furthermore, Supports for Community Living Service (SCLS) agencies WJS and SKILLS Society will give a presentation on the role of the SCL worker within the Alberta Brain Injury Initiative (ABII). To register please contact Christine or Shamim at Brain Care Centre.

Finally, the month concludes with Networks Activity Centre's 7th Annual BIAM Community Picnic on June 26. This is an enjoyable day, in which clients, caregivers and community service providers come together to network, share experiences and enjoy delicious hamburgers, hotdogs and assorted other goodies. The tickets for this event are \$2.00. Please contact Kris at Networks Activity Centre for more information.

This year's Brain Injury Awareness Month, with its emphasis on community engagement and employment, should be very informative indeed.

Introducing Coyote Lake Lodge>>>

By Ross W. Wein, President, Alberta Abilities Lodges Society

Since our Alberta Abilities Lodges Society was registered in 2006 and received charitable status in 2007, we have been working toward an inclusive, yet senior-friendly and disability-friendly wilderness lodge. The lodge became a reality as of December, 2014! This facility will provide the healing power of nature to my son, Danny Wein, and thousands like him in Alberta who are living with physical and cognitive challenges. We will welcome all families who face challenges like ours.



The society property is located 60 km directly west of the City of Leduc in Central Alberta. The over-riding goal of Coyote Lake Lodge is to make opportunities for everyone to interact with nature all through the year and especially when shorter day lengths, low temperatures, ice and snow lead to isolation and depression.



The 3/4 of a square mile (480 acres or 195 hectares) of hills and valleys is half forested and a wildlife haven since it is part of a stream and forest corridor from Coyote Lake to the North Saskatchewan River. Coyote, fox, elk, moose and deer tracks are everywhere. Part of the land has gardens and hay meadows which will support garden/sport/trail therapies. There is a main lodge with a commercial kitchen, a dining room, a library, four bedrooms, and a meeting room. Walkways from the main lodge lead to four, two-family, cabins and a recreation centre. A service centre completes the complex of buildings.

Since accepting the property keys on December 9, 2014, we have been welcoming volunteers to help renovate buildings to current building codes as well as to international accessibility standards. During the spring of 2015, volunteers will plan and begin to build trails and sports fields. There are also five acres of gardens to cultivate.

We will offer overnight accommodation where families experience nature and the healing power of wilderness as they enjoy respite, exercise and walk our trails, to gain confidence, achieve better health, strengthened family relationships and have lots of fun. We will also use the lodge as a base to explore Alberta's environmental and cultural legacies in nearby communities.



We hope you will agree that Coyote Lake Lodge is worthy of investment. Ask to be included in our email list, visit our lodge, tell your friends about our project, volunteer your time and talents, and donate to our charitable society if you can. Every dollar supports the renovations of this new opportunity to serve – in a similar way to the 35 years provided by William Watson Lodge in Kananaskis.

Contact Us:

Alberta Abilities Lodges Society, PO Box 4455, Edmonton, AB T6E 4T5;
780-436-0141; rosswein@shaw.ca

A New Weapon in the Fight Against Mental Illness >>>

By: Aaron Kenney, Online Volunteer

Mental illness is responsible for much suffering in the lives of many Canadians, and a quick glance at recent statistics testifies to this claim. According to the Canadian Mental Health Association, 20% of Canadians will personally experience a mental illness in their lifetime, while approximately 8% of adults will experience major depression at some time in their lives. The Centre for Addiction and Mental Health reports that in any given year, 1 in 5 Canadians experiences a mental health or addiction problem. And according to The Institute for Clinical Evaluative Sciences (ICES), in Ontario alone, the burden of mental illness and addictions is more than 1.5 times that of all cancers and more than seven times that of all infectious diseases, with depression being the most burdensome condition. The burden of depression alone is more than the combined burden of lung, colorectal, breast and prostate cancers. With mental illness being such a devastating threat, any new treatment in the fight against it can't come too soon.

Dr. Daniel Blumberger of the Centre for Addiction and Mental Health in Toronto believes we may have found such a treatment. This new treatment,

called theta-burst stimulation (TBS) is a form of magnetic pulse therapy that works on the same wavelength as the brain itself. According to Dr. Blumberger, the advantage of this is that "the theta frequency is a frequency that the brain operates at when it's learning new things and when it's changing. So it capitalizes on the principle of neuroplasticity."

"...8% of adults will experience major depression at some time in their lives."

This non-invasive treatment involves the use of a hand-held wand which delivers magnetic pulses which in turn stimulates electric currents in the brain. TBS is a form of another treatment involving magnetic pulses - transcranial magnetic stimulation - with a primary advantage being that the new, more powerful TBS takes only 3 minutes per day, meaning up to 25 people could be treated in one day with a single machine, compared to the old treatment which could be used on only 8 people per day.

Though testing for the treatment won't be completed until June, Dr. Blumberger is optimistic that the



treatment is promising, claiming that TBS is "about as good as anti-depressants, probably somewhat better." With TBS being shown to dramatically decrease suicidal thoughts in patients thinking about ending their lives, this new treatment may be just the weapon we need in the fight against mental illness.

References

<http://www.cmha.ca/media/fast-facts-about-mental-illness/>

http://www.camh.ca/en/hospital/about_camh/newsroom/for_reporters/Pages/addictionmentalhealthstatistics.aspx

<http://www.ices.on.ca/~media/Files/Atlases-Reports/2012/Opening-eyes-Opening-minds/Summary.ashx>

<http://www.ctvnews.ca/health/three-minutes-of-theta-burst-therapy-can-help-conquer-depression-1.2205080>

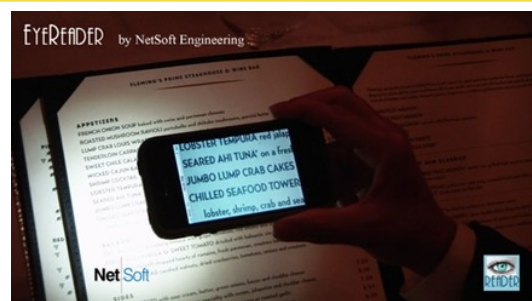
There is an APP for That!!! >>>

By Jean Roy, Assistive Technology, Community Living Coordinator



Do you have trouble reading small print? Well, there is an app for that!

The READER can help you read small print in menu's, read the print on medication bottles, with a tap of a button this app can help magnify the print without the aid of glasses. If you are looking for some reading support try the READER app for \$ 1.99.



Superhero Social>>>

By Janine Tremblay, Volunteer Coordinator

Brain Care Centre proudly celebrated its 3rd annual Superhero Social Volunteer Appreciation event on Tuesday February 14th, 2015 at the Yellowhead Brewery in Edmonton during National Volunteer Week.

Brain Care Centre has over 250 amazing volunteers in many different areas of volunteerism throughout the agency. In the 2014-2015 year over 3724 hours of donated time to Brain Care Centre, which totals to over \$62,880.81 in unpaid services. We are so incredibly grateful to the remarkable individuals that donate their time and skills to help to better the lives of those living with the impact of brain injury.

The evening was filled with lively entertainment by Dj Lengendov, the StarDaddies and Alma Bachata Edmonton with choreography by Sergio

Jasso directed by Daiana Moy Sanchez, all who donated their time to be a part of the event. The night also hosted the annual Volunteer Awards chosen by a committee of Brain Care Centre staff. Kalina Askin received the Outstanding Service Award for her unbelievable dedication to BCC over the past 3 years. She is so incredibly selfless and is always willing to help out in a crunch. She has no problem stepping in to help out at an event, even when she is a paying participant. Kalina has even brought in new volunteers to help with events. We are so appreciative of all that she has done for Brain Care Centre.



L to R: Carley Borza, Kalina Askin, Janine Tremblay and Jenny Pasterfield.

Jenny Pasterfield was the recipient of the Leader of Tomorrow award for her outstanding dedication and passion for the brain injury community. Jenny has been a volunteer with BCC for over two



Photo Credit: Jake Bradley and Lucio Gelmini.

years and has helped in many different roles. She had even chose BCC as her practicum site during her schooling in the Social Work program at the University of Calgary. We are grateful to Jenny; she is a true inspiration.

Carley Borza received the Superhero Award for her outside of the box, above and beyond dedication to her leisure companion. Carley has been with BCC for just over a year but has made a HUGE impact on our community. Not only is she a leisure companion to one of our clients, but she has taken it upon herself to dedicate more time with the client and has also organized an exercise group which she leads at the client's living facility because she didn't think the clients were getting adequate physical activity in their day. We are very impressed with this young woman and

thankful for her dedication.

Brain Care Centre is so lucky to have such helpful and dedicated individuals assisting BCC to achieve the ultimate goal of helping as many persons impacted by brain injury in the Edmonton region as we can.

This event was made successful by all of the amazing volunteers in attendance as well as the generosity of the sponsors:

Alberta Beer Festivals, Alley Kat Brewery, AMA, Ampersand 27, Aradia Fitness, Atco Gas, Back Active, Beer Hunter, Beer Revolution, Bikram East Edmonton, Blue Chair Café, Central Social Hall Downtown, City of Edmonton, Coffee Break St. Albert, The Comic Strip, Cookies By George, Costco 149, Costco St. Albert, Craft Beer Market, Crave Cupcakes, David's Tea, Desert Rose Dance Studio, Domino's Pizza,

Edmonton Journal, Edmonton Opera, Edmonton Power Yoga, Edmonton Sun, Edmonton Symphony Orchestra, Evoolution, Global Edmonton, GMCR Canada, Fabutan, Famoso Downtown, Good Life Fitness, Hudson's Whyte, Jacek Chocolates, Jasper Raft Tours, Julio's Barrio, Knoxville's Tavern, Lucid Lifestyles, O2's Taphouse, On the Rocks, Panago Pizza, Pizza 73, Prospects Baseball, Rapidfire Theater, Save On Foods, Sawridge Edmonton, 630 CHED, True Yoga, Vue Weekly, West Edmonton Mall, Yellowhead Brewery, Yoga Central, Yogalife Studio, Yoga Within.

I would like to say a special thanks to the perceptive photographers who truly captured BCC's spirited Superheros:

Jake Bradley and Lucio Gelmini.

Thank you to everyone who helped to make this such a great event!

On Saturday May 30th, 2015, Brain Care Centre will be the recipients of the Prospects Baseball Home Opener 50/50.

We are looking for six volunteers that are willing to sell 50/50 tickets at the event and man our Brain Care Centre booth. If you are interested in this volunteer opportunity, please contact Janine@braincarecentre.com.



Brain Basics

Wednesday May 27th, 2015

6:00 pm

Brain Care Centre
Edmonton

Registration is required.

Call (780)477-7575



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Thanks For Your Support!

Brain Care Centre acknowledges gracious ongoing support from:

Alberta Health Services; Alberta Human Services – Disability Policy and Supports Division; Marni Kuhlmann – CTV; Zahra Ismail - Desert Rose Dance Studios Inc.; Sherry Palmer - East Edmonton Health Centre, Public Health; Jeff Kasbrick - Edmonton Glenora Progressive Conservative; Corinne Kozak - Edmonton Regional Airport Authority; Edson United Church; Joan Guillemette - Gempport Designs Ltd.; Greg and Lois Gartner -Greg Gartner Professional Corporation; Chuck Tetrault - Independent Jewellers; Patrick Picardo and John Belec - Knights of Columbus-St. Christopher Council; Waseem Jabre - Mitch's Family Restaurant - 1724009 Alberta Ltd.; Krishna & Radhe Gupta - Rohit Rohit Group of Companies; Shelley Andrea; Barbara Losier-Bhatnagar; Angela Biasini; Luigina Biasini; Anne Brown; Dr. Greta & Dr. Garnet Cummings; Bill & Heather Jellis; Soren & Louise Jensen; Jordon Law; F. Rose Lupul; Seanna L. Mackenzie; David Ted Mitchell and Harwinder Sidhu.



Donations were received in memory of:

Rando Ferruccio Biasini, Drew Huton and Clair Trenchie.

The wonderful folks who have supported the Mailout Campaign are:

Monique Bielech, Devanaige George, Sharon J. Kassian and William Novasky, Glen Perschbacher, Geraldine Toller-Lobe and Dr. Christopher Paniak - Paniak Psychological Services Inc.

Heartfelt thanks to the following who have designated Brain Care Centre through the United Way of Alberta Capital Region Campaign:

John R. Demers, Kathy L. Doak, Renee Cecile Halun, Dean McCurdy and Jean McLeod.

BCC's gratitude is extended to the Grants that support Brain Care Centre:

Employees' Charitable Donations Fund - Royal Alex Hospital and the Robert Tegler Trust.

Sincere gratitude is extended to BCC's Web Page Sponsor: Cummings, Andrews & Mackay LLP

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

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 ☒ Library Resources
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 ☒ And Much, Much More!

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.

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

Charitable Registration Number
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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.

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