

# Brain Care Matters

## Winter 2020 EDITION

*Read about Craig on  
page 13*



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Ken Braithwaite / Joe Boyle



## WE UNDERSTAND THE IMPACT OF AN ACCIDENT THAT RESULTS IN CATASTROPHIC INJURIES

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## Brain Care Centre offers programs and services to adults (18+) who have sustained an acquired brain injury and their families.

Our region includes Edmonton and area as well as the communities along Highway 16 from Stony Plain to Jasper with offices in Edmonton and Edson.

Brain Care Centre is a non-profit organization stemming from the merger of NABIS (Northern Alberta Brain Injury Society) and EBIRS (Edmonton Brain Injury Relearning Society).

### Message from the Executive Director

A very Happy New Year as we welcome 2020! All of us at Brain Care Centre are looking forward to the things to come this year – once again we will be partnering with Spinal Cord Injury Alberta and the Paralympic Sports Association to raise critical funds for our programs and services. It is also a wonderful opportunity to celebrate the incredible stories of those we serve as we network with others at the event.

If you or your loved ones are interested in learning more about this event, please see our website or call Spinal Cord Injury Alberta's office at 587-410-0654 and speak to **Larissa**. I hope to see you there!



#### Edmonton Office

#305 Hys Centre  
11010 101 Street  
Edmonton, AB T5H 4B9

Phone: 780-477-7575  
Toll Free: 1-800-425-5552  
Fax: 780-474-4415

#### Edson Office

**Street address:** 4710-4th Avenue  
Edson, AB. T7E 1C6

**Mailing address:** Box 30105  
Edson, AB T7E 1Y2

Phone: 780-712-7560  
Toll Free: 1-800-425-5552  
Fax: 780-712-7567

## Program Staff

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### Office Administrator:

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### Program Managers:

**Jean Roy:** Support Program Manager, 780-477-7575 ext: 126, jean@braincarecentre.com

**Nicole Mitchell:** Service Coordination & Intake Manager, 780-477-7575 ext: 133, nicole@braincarecentre.com

## Support Services

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**Service Coordination:** Case management is provided to assist clients in identifying goals and connecting to resources. Available in both Edmonton and Edson offices.

**Occupational Therapy:** Provides strategies to help clients return to activities of daily living.



**Assistive Device Training:** Provides training on use of electronic devices (phones, tablets, etc.) to improve daily living.



**Counselling:** Clients, couples, and families can receive counselling sessions to adjust to life after brain injury.



**Leisure Companion Program:** Our clients are connected with volunteers who act as leisure companions to increase socialization and community participation.



**CAPCC Program:** Community Access for People in Continuing Care assists adults under the age of 65, living in long term care, to access and participate in their community. Currently only available in our Edson, Evansburg, Drayton Valley, Hinton, and Jasper regions.



## Groups

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**Support:** Men's, Women's, Caregivers. Group members learn coping strategies, participate in activities, and support one another after brain injury.



**Club Wellness:** Monthly presentations on different topics of interest and community resources.



**Lifeskills Workshops:** Education and skill development in a small group setting. See calendar for upcoming classes.



**Please see the calendar for more information on upcoming workshops and support groups. Contact your Service Coordinator for more information.**

## FAIR Alberta Injury Regulations

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For several months, the insurance industry has blamed rising auto premiums on increased injury claims for Albertans who are victims of car accidents. **Fair Alberta Injury Regulations (FAIR Alberta)**, a group of concerned consumers, medical professionals, injured Albertans, and members of the legal community says insurers are still profitable and are only looking out for their bottom line at the expense of injured Albertans.

In response to rising premiums, the insurance industry has been pressuring the Alberta government to make changes to insurance laws. The industry now wants to change the definition of “minor injuries” to include some chronic conditions including concussions and chronic pain. This would mean Albertans who suffer long-term injuries could end up paying much more to support their recovery.

FAIR Alberta says there is no crisis in Alberta’s insurance market and that insurers are looking to manufacture a crisis so that they can change insurance laws and increase their profits.

“Despite claims that they’re losing money, filings with the Alberta government show that Alberta’s insurers are still making tens of millions of dollars every year,” says FAIR spokesperson Mark Feehan. You can find out more information at: [fairalbertainjuryregulations.ca](http://fairalbertainjuryregulations.ca)



## Magic of Ability

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**Brain Care Centre, Spinal Cord Injury Alberta, and the Paralympic Sports Association** have once again partnered together to bring you this reception-style experience all while giving you the opportunity to partner with us on our common purpose - to help Albertans who are impacted by disability to actively participate in their communities.

You can **purchase your tickets** by visiting:  
<https://www.showpass.com/magicmagicofability2020/>  
or by calling **Janice Brownlee at 587-410-2608**

If you have **mobility concerns** and require reserved seating during the event, please email **Emily at [emily@kmgevents.ca](mailto:emily@kmgevents.ca)**.

BE AMAZED. MAKE A DIFFERENCE.

# THE MAGIC OF ABILITY

Presented by:  **CAM LLP**  
INCORPORATED

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Friday, March 13, 2020 | 5:00pm  
**J. W. MARRIOTT ICE DISTRICT**

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All proceeds raised directly benefit Brain Care Centre, Spinal Cord Injury Alberta, and Paralympic Sports Association. For more information or to purchase tickets visit:  
[showpass.com/magicofability2020/](https://www.showpass.com/magicofability2020/)

 **Brain Care Centre**  
Div. Limited

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Leading Rehabilitation Alberta

## Upcoming Lifeskill Classes

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**Self Care:** Learn how to create a self-care plan to improve your health and well-being.



**Organization:** Learn how to organize your home, schedule, and more!



**Moving for Brain Health:**

Stay active throughout the winter months!



**Art & Aphasia**

Learn to use art to express yourself and communicate.



## Concussion Program

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Designed for individuals who are still experiencing symptoms of concussion or mild traumatic brain injury beyond three months to five years. Services include counselling, occupational therapy, assistive device training, and a support group.

**Concussion Support Group:** 2nd Wednesday of each month, from 10:30 AM - 12 PM.



**Concussion Education:**

February 25, 2020  
6:00 - 7:15 PM  
Open to the public!



## Public Education

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Comprehensive and up-to-date information related to the effects of brain injury on individuals, families, and the community. Presentations include Brain Basics, Concussion Management, Brain Care Centre Services. Presentations can be tailored to the needs of the audience.

**To access any of our public education services, please visit our website and submit an online form.**



# FEBRUARY 2020

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

<p><b>3 Self Care</b> 1:30 - 3 PM</p> 	<p><b>4</b></p>	<p><b>5</b></p>	<p><b>6 Organization</b> 10 - 11:30 AM</p> 	<p><b>7 Women's Group</b> 10-11:30 AM</p> 
<p><b>10 Self Care</b> 1:30 - 3 PM</p> 	<p><b>11</b></p>	<p><b>12</b></p>	<p><b>13 Organization</b> 10 - 11:30 AM</p> 	<p><b>14</b></p>
<p><b>17 Family Day</b> Office Closed</p> 	<p><b>18 Men's Group</b> 1:30 - 3 PM</p> 	<p><b>19</b></p>	<p><b>20 Organization</b> 10 - 11:30 AM</p> 	<p><b>21</b></p>
<p><b>24</b></p>	<p><b>25</b></p>	<p><b>26</b></p>	<p><b>27 Caregivers</b> 6:30 - 8:30 PM</p>	<p><b>28</b></p>

# MARCH 2020

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

2	3	4	5 MFBH 10-11:30 AM 	6 Women's Group 10-11:30 AM 
9	10	11	12 MFBH 10-11:30 AM 	13
16	17	18	19 MFBH 10-11:30 AM 	20
23	24 Men's Group 1:30 - 3 PM 	25	26 MFBH 10-11:30 AM Caregivers 6:30 - 8:30 PM	27
30	31			

# APRIL 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2 Art & Aphasia 10 - 11:30 AM 	3 Women's Group 10-11:30 AM 
6	7	8	9 Art & Aphasia 10 - 11:30 AM 	10 Good Friday Office Closed 
13 Easter Monday Office Closed 	14 Men's Group 1:30 - 3 PM 	15 Wellness Fair 1:30 - 3 PM	16 Art & Aphasia 10 - 11:30 AM 	17
20	21	22	23 Art & Aphasia 10 - 11:30 AM Caregivers 6:30 - 8:30 PM	24
27	28			

## Welcome the New Board President

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**Dave Jamieson** brings three decades of marketing, communications and media experience to his role as President of the Brain Care Centre Board of Directors.

A graduate of the University of British Columbia, Dave started his career in his hometown of Vancouver working as a news reporter, anchor and sports

talk show host before a move into radio management.

He spent 14 years as Director and then Vice President of Communications, Marketing and Broadcast for the Edmonton Eskimo Football Club and was President of the Edmonton Rush Lacrosse Club before returning to media where he hosts a daily show on TSN 1260.

A committed volunteer, Dave was a board member of the Capital Care Foundation (2013 – 2018) and served as chair in 2016. He regularly volunteers his time at Operation Friendship Seniors Society. Dave joined Brain Care Centre’s Board of Directors in September of 2018 and is an active member of the Fundraising & Marketing Committee.

## There’s an App for That

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The Edmonton Transit (ETS) app lets you track ETS, St. Albert, and Strathcona busses, and LRT trains in real time. This free app lets you plan your trip, allows you to see live transit schedules, and gives step-by-step navigation. You’ll never have to wonder how far away your bus is again!



## Alberta Artist with Brain Injury (AABI) Reopening!

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On January 8th, 2020, **Alberta Artists with Brain Injury (AABI)** reopened the doors for their weekly drop in art session known as Art Talks!



Alberta Artists with Brain Injury consists of adult survivors of acquired brain injury, their caregivers as well as volunteers and friends all working together to provide a supportive place for the therapeutic creation of art.

This class is held every **Wednesday from 2:30 pm-4:30 pm** at the **Nina Haggerty Centre for the Arts**. The drop in fee for the class is \$2.00 which covers the cost of all material used during the class. If you would like more information or would like to register to attend, please contact Candice Mandin at [candice@braincarecentre.com](mailto:candice@braincarecentre.com) or **780-477-7575 Ext 124**.



AABI participants creating art at Nina Haggerty Centre for the Arts

## Craig's Journey After Brain Injury

After an injury in 1988, Craig felt he was in a “big bowl of confusion”. After being discharged from Glenrose, the next steps to recovery were unclear. He found, as many people do after brain injury, that it was difficult to remember how to do the simple things. Through BCC resources, Craig developed strategies to help support those everyday tasks, some of which were so simple and beneficial that he still utilizes them today.

Craig has been an active member of the Men's Peer Support Group since the group began, and has attended nearly every session since then. After his injury, Craig found it difficult to feel included in the broader Edmonton community and always felt like an outsider. Through Men's Group, Craig found a community that not only understood brain injury, but revelled in it. Finding a group that allowed a safe, non-judgmental conversation about brain injury allowed for a feeling of comfort to develop.



Craig has always been an active person, and this continued after brain injury. Craig spends his much of his time doing yoga and going for walks in his community. As a ski racer prior to his injury, Craig became a member of the Alberta Association of Disabled Skiers the first winter after his injury.

Craig shared that he feels fortunate to be a survivor. The alternative would mean he wouldn't be here today to speak about his experiences or to other survivors at BCC.

## Mufty Mathewson Wins Community Service Award

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Brain Care Centre would like to congratulate **Mufty Mathewson** on receiving the **City of Edmonton, 2019 Citation Award for Community Service**. Mufty served as an advocate, board member and board president with the Northern Alberta Brain Injury Society. She continues to support Brain Care Centre through attending events and as a caregiver resource. In 2015, Mufty began the REDress Photography Project to honour Missing and Murdered Indigenous Women. She created a photographic show by collating more than 400 prints from over 50 photographers. Mufty increased awareness by speaking with more than 4000 people during her events showcasing the photographs. **Congratulations, Mufty - well deserved!**



## In Memory

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It is with great sadness that we inform you of the passing of Julie Hanson. Julie worked at Brain Care Centre from 2011 until 2014. Julie was well-liked by clients and colleagues and was always willing to help. A service was held for Julie on December 14 at Trinity Funeral Home. Friends and family came together to remember Julie as a free spirit who loved to create art and help people. Julie is survived by her son Jared and her daughter Jamie. Rest in peace, Julie.

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