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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). Brain Care Centre offers programs and services at no cost to communities along Highway 16 from Stony Plain all the way to Jasper with offices in Edmonton and Edson. Through service coordination, counselling, electronic device training, and volunteer groups, service is provided to adults (18+) who have sustained an acquired brain injury and their families. Services are offered from Edmonton and area to the communities along Highway 16 from Stony Plain all the way to Jasper.

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Message from Executive Director

Dr. Garnet Cummings

Dear Supporters of Brain Care Centre,

It is my distinct pleasure to announce Ms. Ashley Brosda as the incumbent Executive Director of Brain Care Centre, while I look forward to my official retirement. I, along with the management team, staff, and Board of Directors are very excited about Ashley assuming this role, and I request that you provide Ashley with same outstanding support that you have given me over the last 7 years.

Ashley has worked in the disability field for over 13 years with experience in early-intervention, as a Service Coordinator and Team Lead at Brain Care Centre, and most recently in Disability Services with the Government of Alberta. She completed a Bachelor of Education at the University of Alberta (U of A) in 2011 and is currently a Master of Business Administration candidate, enrolled in the part-time on-campus program at the U of A.

I plan to continue to advance the mission of Brain Care Centre in my retirement and look forward to seeing the organization carry on the invaluable work it accomplishes every day.

Dr. Garnet Cummings FRCP. FACEP, MSc, ENDM

THE 6TH ANNUAL BRAIN MATTERS CHARITY GOLF TOURNAMENT

IN SUPPORT OF BRAIN CARE CENTRE

PRESENTED BY: JAMES H. BROWN INJURY LAWYERS  MILL WOODS GOLF CLUB  AUGUST 24, 2018
Staff Directory

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
<th>Extension</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Executive Director</td>
<td>Ashley Brosda</td>
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<tr>
<td>Service Coordination and Outreach Lead</td>
<td>Nicole Mitchell</td>
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<td>On Leave</td>
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<tr>
<td>Service Coordinator</td>
<td>Yash Pathirana</td>
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<td>On Leave</td>
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Board of Directors

**PRESIDENT** Quentin Ranson  
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**DIRECTOR** Lynne Mansell  
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www.braincarecentre.com

Edson Office  
Mailing address  
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Edson, AB T7E 1Y2

Street address  
524-50 Street  
Edson, AB

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

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Greetings everyone! My name is Yvette Nagy and I am a new Service Coordinator for the Edson and area region, alongside my fabulous coworker Laura See. Edson is my hometown and I am happy to return to this community with my 2 children and 2 furry friends, and to be a part of the helping field once again – especially with Brain Care Centre. You may see me running around town, literally on the trails or the close by highways. You may also see me in the coffee drive-thrus, feeding my morning coffee/afternoon green tea habits. Additionally, I have a passion for traveling and learning about different languages, so please quiz me on my Spanish! Thank you to everyone for being so welcoming. I am excited to meet new people and clients, and to be a part of Brain Care Centre’s community.

Akshya Boopalan, Program Assistant

Hello! My name is Akshya Boopalan and I am so excited to be the new Program Assistant at Brain Care Centre. My background includes a Bachelor of Arts degree in Psychology from MacEwan University. In my role at Brain Care Centre, I will be assisting our Occupational Therapist and Assistive Device Training Coordinator by working one-on-one with clients, and helping to facilitate various Life Skills Classes that we offer. I am looking forward to many new experiences this year!

Hello! My name is Erin Fast and I am a new Service Coordinator at Brain Care Centre (BCC). I have spent the past 3 years working in group care, helping individuals access community supports and fostering community engagement. In my current role, I will be assisting clients with accessing resources inside and outside of BCC to help them reach their personal goals. In addition to this, I will also be facilitating the Young Adult Group and Club Wellness. Thank you to everyone for being so welcoming, I am excited to get to know you all!

Hello! My name is Cathy Danilec and I am excited to be joining Brain Care Centre’s team as the new Support Facilitator/Counsellor. In this role, I will be offering individual counselling services while also facilitating various support groups such as Men’s Group, Women’s Group, and in the future, the Young Adult Group. I have a background in psychology and completed my Bachelor of Science at the University of Alberta before moving on to complete the Master of Psychotherapy and Spirituality program, specializing in art therapy, at St. Stephen’s College. I am eager to settle into my role and look forward to all of the new experiences Brain Care Centre has to offer!
Leadership is lifting a person’s vision to high sights, the raising of a person’s performance to a higher standard, the building of a personality beyond its normal limitations.”
—Peter Drucker

Garnet (pictured left) has been an enormous part of forming Brain Care Centre (BCC) into the organization it is today. His years of experience helped to guide the board and staff through the amalgamation between Northern Alberta Brain Injury Society (NABIS) and Edmonton Brain Injury Relearning Society (EBIRS), creating a smooth transition for the emergence of BCC. Garnet never missed an opportunity to promote BCC clients, staff and services. He used his previous connections as a physician to advocate for additional funding, grow existing programs, and make new community connections which has helped develop the Concussion Service Program. Garnet has been an extremely approachable leader, making a point of getting to know each staff member in the organization, and recognizing their potential early on. Garnet will be missed for his immeasurable dedication and his invaluable contributions to BCC.

Caroline Clark (pictured middle) first came to BCC for a short-term temporary position, which turned into 3 wonderful years of tremendous leadership. Caroline was an instrumental part of restructuring the organization by implementing the Team Lead position to provide supervision for all areas of programming. Caroline’s mentorship prepared the organization to run efficiently and effectively, with BCC clients at the heart of its work. Caroline’s experience and expertise has elevated the organization’s Mission and Vision, and encouraged each staff member to be their very best at work every day.

BCC staff, board members and clients would like to wish Dr. Garnet Cummings and Caroline Clark a very happy retirement.

Royal Alexandra Hospital Foundation Donation

By: Rylee Somerville, Operations Manager, BCC

Once a year the Royal Alexandra Hospital (RAH) presents cheque donations to charities and organizations across Edmonton, to further fulfill its mandate of helping people from all walks of life. This year, the cheque presentations were on March 12, and Executive Director Ashley Brosda and Operations Manager Rylee Somerville (pictured middle) were able to attend. In addition to Brain Care Centre (BCC), there were 15 other charitable organizations that received donations from RAH. Rylee accepted the donation on behalf of BCC, while Ashley connected with other organizations to discuss everyone’s mutual goal for the betterment of Edmonton. We are extremely grateful to the staff at RAH for the help they provide both within the hospital walls and beyond through donations to organizations like BCC.
Turning 180° in my Life
By: Yvette Nagy, Service Coordinator, BCC Edson

“The person in the mirror is your best friend from the day you are born until the day you die.” -BCC Edson client, Tom.

Brain Care Centre is pleased to introduce Tom. He has lived in the Edson area for the last 17 years and had many struggles as well as successful changes in his life. It is my pleasure to share his story with you and describe many of his personal accomplishments over the years while living with an acquired brain injury.

Tom started struggling with intense mental health episodes between the ages of 14 and 15 years old. He had no support, and fought daily with the “taboo of mental illness,” especially within his own family. Through these struggles he developed habits of abuse with alcohol and prescription drugs, which eventually lead to his brain injury.

Prior to his injury, Tom was handy with mechanics and utilized this in his professional career at the mine and in the automotive sector. Tom also had an interest in being an electrician but had not yet pursued this.

In 2001, after more mental health episodes and being diagnosed with his brain injury at the hospital in Ponoka, he came to live in Edson. Here Tom met a doctor with whom he felt heard for the first time, remarking “she had the best bedside manner”. Through his depression, which Tom describes is “like carrying a knapsack with rocks slowly being added”, he had a glimmer of hope and a few professionals and friends who were supportive. “I had a good basis of a support network, I could look for the positive and see the positive”.

In 2002, Tom connected with Brain Care Centre (then Northern Alberta Brain Injury Society (NABIS)) and was excited to be “eligible for all services at the Brain Care Centre” because he had been running into barriers when trying to access support services. At this time, Tom was worried about the onset of another mental health episode as he was dealing with harsh financial constraints, despite being on AISH. He decided to try BCC’s support group, though he was quite shy at that time. Not only did the group provide support for himself, it also inspired Tom to volunteer and share his story to help others.

Tom describes his diagnosis like baking a cake, with ingredients such as lack of support, mental health, and trauma contributing to the experience of life with a brain injury. If others were going through similar experiences, Tom wanted to offer them support. When talking about his vision for volunteering, Tom explains it’s to “donate my life, to help people”. “If even 5 minutes of something I said helps… this gives me the joy of helping someone”. By sharing his experiences, Tom hopes to end stigma around brain injury and mental health in the community. He states “mental health and brain injury is no different than a physical illness, and no matter how you got it, it is not your fault”. To date, Tom has assisted with education sessions put on by Brain Care Centre’s Edson office at safety events in Hinton, participated in several Brain Care Centre events, and goes above and beyond to support his peers from the support group.

Tom tries to be relatable to others, and to be available to those who want guidance. He believes that a part of being and feeling healthy is to listen to people, and if he can make a difference to one more person who has been affected by brain injury or mental health then “this is one less person who will [struggle] with… stigma”.

When asked about his perspective on Brain Care Centre, Tom states that it’s “a place… to help people with acquired brain injury, they’re there to help you get on the right track, help you down the tracks of this new road. They are there to guide you and show you the way. Not to do it but to show you. There is also a group that anyone can go to with a common denominator of an acquired brain injury”, and it offers peer support.

These days, Tom still attends the support group, and no longer is as shy as he was when he first began attending, describing himself now as more open. “The atmosphere and people of the group keep me coming back… It’s a place to spill my beans, and I have choice and control to share or not”. Currently, Tom states he is happy with himself, and enjoys watching documentaries and true stories related to brain injury in his spare time. When asked what advice he would give to someone with a newly acquired brain injury, Tom says “preparation is very important, especially for the worst”. You may have to “train yourself” to see the positive side of things, despite what your doctors may say about your diagnosis; this is how Tom has persevered. “Don’t be afraid to ask for help… you are not alone with brain injury, even if all are different, we all have a lot of challenges and symptoms and feelings in common”.

Shared by Tom (member of Edson BCC Support Group).
One of the many changes that people experience after brain injury is screen time sensitivity. Devices such as cellphones, tablets, computers, kindles and so forth, emit blue light which is very stimulating to the eye. This constant stimulation tires the eye and brain at a faster rate than the colour orange. Apple Devices (iOS 9.3 or later) have a built in feature called ‘Night Shift’ that allows the user to control the amount of blue light emitted from the screen.

Reagan was 18 years old when he acquired a traumatic brain injury from drinking and driving. He has since chosen to share his experience to educate others about the impacts of motor vehicle collisions and brain injury.

On February 16th, 2018 Reagan presented at the Big BAM Gala put on by the Brain Awareness Movement, also known as BAM. The club is a student led organization at the University of Alberta that works to inform and educate people of all ages about brain safety, brain injury and rehabilitation. Reagan’s presentation highlighted the experience of life after a brain injury within our community, and inspired others to be safe and mindful of the risks associated with impaired driving and traumatic brain injury.

“Listening to his story about drinking and driving, I was reminded of what the consequences could be and the impact it has on every individual involved in my life. Thank you to Reagan for sharing his story with us, it’s not always easy to share such personal experiences with a room full of strangers.” - Bianca Luu - BAM Club Executive Member

Reagan dedicated many hours towards the creation and delivery of his presentation on the effects drinking and driving has had in his life. He accessed WJS Canada and Brain Care Centre’s Assistive Device Training Program for support to create his Power Point presentation and BCC staff taught him to amend it for new speaking opportunities that would arise. He continues to access support services as needed at Brain Care Centre.

By sharing his story with others, Reagan is helping to educate young adults about the consequences of drinking and driving. He has presented at various schools including M.E. LaZerte High School, University of Alberta and University of Calgary, and is among the Voices of Traffic Safety for the City of Edmonton. Reagan’s dedication to educating others and preventing future collisions like his is truly inspirational.

To learn more about Reagan and his journey check out his YouTube video for the City of Edmonton: [https://www.youtube.com/watch?v=j3tB7NwZMY4](https://www.youtube.com/watch?v=j3tB7NwZMY4)

Screen Sensitivity after Acquired Brain Injury

By: Marisa Henschel, Assistive Device Training Coordinator, BCC

One of the many changes that people experience after brain injury is screen time sensitivity. Devices such as cellphones, tablets, computers, kindles and so forth, emit blue light which is very stimulating to the eye. This constant stimulation tires the eye and brain at a faster rate than the colour orange. Apple Devices (iOS 9.3 or later) have a built in feature called ‘Night Shift’ that allows the user to control the amount of blue light emitted from the screen.

**Turn on Night Shift in 3 easy steps:**

Don’t have an Apple Device or have questions about more ways that you can make your technology work for you? Contact the Marisa at Assistive Device Training Program for more information: marisa@braincarecentre.com or 780-477-7575 ext: 125
Brain injury, homelessness, and addiction. Regardless of which occurs first, experiencing just one increases the odds of experiencing the other two. In fact, the percentage of homeless people who have suffered a brain injury may be seven times higher than the general population\(^1\), and 20% of people who do not have a pre-existing substance abuse problem become vulnerable to substance abuse after a brain injury\(^2\). Supporting this data is one study of 111 homeless men aged 27 to 81 years old living in a shelter in downtown Toronto\(^3\). 45% of these men had experienced a traumatic brain injury (TBI) and, of these, a staggering 87% experienced at least one TBI before becoming homeless. 64% had a lifetime history of substance abuse. In a similar study of 904 homeless men and women, the lifetime prevalence of TBI was 53% and compared to those without a history of TBI, participants with a TBI had a significantly higher prevalence of alcohol and drug problems (42% vs 28% and 57% vs 40%, respectively)\(^4\).

One can theorize numerous explanations that link brain injury, homelessness, and addiction to each other. For example, survivors of TBI may struggle with various health issues including anxiety, depression, insomnia and pain, and they may self-medicate to cope with these issues\(^5\). Some research reports that, of people who experience a TBI, 68% already have a history of substance misuse and 50% return to pre-injury consumption levels after the injury\(^6\). Dependence on drugs may result in unemployment or criminal behaviour that leads people to live on the streets. Alternatively, an individual forced into homelessness due to unescapable debt or a lack of support may get mixed up with the wrong crowd and start using drugs as a way of life. A lack of self-control or judgment, or the wrong run-in with someone on the street, could result in them being assaulted and sustaining a brain injury that further exacerbates their living situation.

Evidently, while the cognitive effects of brain injury may augment the risk of experiencing mental health or substance problems, it is equally plausible that a pre-existing mental health or substance problem augments the risk of experiencing a brain injury\(^4\). Furthermore, homelessness can present as both a cause and a consequence of TBI. Therefore, it is imperative that we recognize the substantial interplay of brain injury, homelessness, and addiction, and how these conditions can affect anyone’s quality of life and functioning within our society. In order to provide adequate care and support for patients, health care providers should assess for TBI in all homeless individuals and recognize that symptoms of brain injury and substance abuse can present in indistinguishable ways\(^2\). They must also appreciate why the effects of brain injury can prevent patients from successfully adhering to substance abuse treatment programs to hopefully better assist them in achieving stable and sustainable housing off the street. Understandably, patients who battle these three conditions concurrently are highly complex, and they require comprehensive management of each condition with appropriately tailored resources and multi-faceted interventions.

References:


Service Coordination – Case management and coordination is provided to assist clients with identifying and obtaining the clinical and community supports they need to optimize independence and re-integration.

Occupational Therapy – Cognitive and physical assessments and individualized plans are created to improve daily functional activities.

Assistive Device Training – One-on-one training on various electronic devices, such as cell phones, tablets, and computers to help enhance daily living.

Life Skill Classes & Workshops – Education and skill development in a small group setting. Please see the calendar for more information on upcoming classes & workshops. Registration is required.

Support Groups - Group members learn coping strategies, participate in activities, and support one another as they reflect on their challenges and successes after brain injury. Groups are specific to the needs of men, women, young adults, and caregivers. Registration is required.

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

Concussion Management is offered to athletic clubs, schools, and special interest groups on best practices around managing concussions.

Public Education – Comprehensive and up-to-date information related to the effects of brain injury on individuals, families, and the community. Brain Basics is offered every quarter to parents, spouses, caregivers, family members, and friends of people affected by brain injury, as well as professionals and volunteers.

Volunteer Program – Opportunities to volunteer with BCC include: acting as a leisure companion for a client, online contributions, event support, administrative support and much more.

Counselling – Individuals, couples, and families can receive counselling sessions to maximize personal wellness.

* For further information on any of these programs or services, please call Brain Care Centre at 780-477-7575 or visit our website at www.braincarecentre.com

Scams 101 (May)  
This class teaches adults with acquired brain injury about current scams within their community, what to do if you’ve been scammed, and how to avoid being scammed in the future.

Understanding Brain Injury (May)  
This class offers a chance for clients to learn more about the life changes they might experience after a brain injury. Through this class, clients will gain greater understanding and insight into their injury, feel connected with a larger community of individuals living with brain injury, and set goals for the next part of their journey.

Moving for Brain Health (June-July)  
This class takes clients on a 1 km walk on Thursdays in June and July. Clients who use mobility aids or wheelchairs are welcome to participate as able.

Memory and Attention (July)  
This workshop provides practical suggestions for how to manage changes in memory and attention after brain injury or stroke.

Seated Yoga (August)  
This class will be adapting yoga for the benefit of individuals with mobility concerns and will focus on stretching, breath work and meditation.
## May 2018

<table>
<thead>
<tr>
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## June 2018 - Brain Injury Awareness Month

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<td>20 Brain Basics 6-8pm</td>
<td>21 Moving for Brain Health 10-11:30am</td>
<td>22 Networks 'BIAM' Community Picnic 11am -2pm at Kenilworth Community League</td>
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1 BCC Closed: ‘BIAM’ Kick-off Breakfast and Conference
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**August 2018**

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<td>23 BCC Closed: Brain Matters Charity Golf</td>
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Depression and Brain Injuries

Feelings of sadness, emptiness or hopelessness. Disinterest in daily activities. Fatigue or loss of energy. These are just some of the symptoms of one of the most prevalent mental health disorders, depression, which affects approximately 1 in 10 people. However, when the person suffering from depression has a brain injury, these details may change.

SYMPTOMS

There are two main differences for diagnosing depression in patients with and without brain injuries. The first difference is that symptoms associated with depression may also be associated with brain injury. This makes it difficult to determine the cause of the symptoms and may result in an incorrect diagnosis of depression in patients with brain injuries.

The second difference is that the standard symptoms of depression may not show in those with brain injury. For example, depression in those without brain injuries is most characterized by feelings of sadness, while in those with brain injuries it is most characterized by irritability, anger and aggression. This means that the individual suffering from depression may not recognize what they have.

PREVALENCE

Another change is the likelihood (or prevalence) of a person with a brain injury developing depression. One study indicates that 26% of patients with brain injuries are diagnosed with depression at initial assessment and 18-30% are diagnosed six months after injury, with lifetime prevalence being 18.5%. A second study indicates that 27% of patients are diagnosed with depression 3-6 months after injury, 32% are diagnosed 6-12 months after injury, and 33% 12 months after injury, with lifetime prevalence being 30%. Despite the range in statistics, it is clear that studies have found the prevalence is significantly higher than for patients without brain injuries (10%).

ADDITIONAL FACTORS

Brain injuries also introduce several additional factors that increase the likelihood of developing depression, such as:

- Physical Changes: damage to areas of the brain that control emotions or changes in levels of neurotransmitters; and
- Emotional Response: struggling to adjust to life with a disability and changes in familial and societal roles.

CONCLUSION

There are some significant differences in the presentation of depression in individuals with and without brain injuries. Brain injuries can cause depression to present with unique symptoms and increase the overall likelihood of developing depression. As such, it is important to take note of all changes that present and to discuss them with your doctor.

REFERENCES

1. American Psychiatric Association (2013). Diagnostic and Statistical Manual of Mental Disorders (5th ed.).
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When you think about embarking on a journey, you may think about your journey as having a starting point, a middle point and an ending point. The journey for a brain injury survivor is continuous. Each day is a new journey with never-ending goals. For many survivors, hope helps them to continue on their journey.

Hope. It’s one big word made from four small letters, and it’s not a word we take lightly at Brain Care Centre (BCC). Hope can make all the difference for someone on his or her journey. This is why we chose Journey of Hope as our 2018 Gala Fundraiser theme. With your support, we are able to continue helping brain injury survivors and their loved ones better navigate their way through their continual journey.

The 2018 Journey of Hope Gala, presented by Cummings Andrews Mackay LLP, took place on Saturday, March 10, 2018 at the Chateau Lacombe Hotel. We were lucky to have 150 supporters gather to help our clients and caregivers continue to defy limitations!

The evening started with piano reception music provided by Julia and Amy Chau. Guests perused the silent auction of over 100 items while they were treated to an upbeat cocktail set by Edmonton dance band, Uptown.

The Patrick Hirschi Lifetime Achievement Award was presented posthumously to Bruce Hirsche and accepted by his son Robert, who sits on Brain Care Centre’s board of directors. Bruce sat on the Northern Alberta Brain Injury Society (NABIS) and Brain Care Centre board of directors since 2004, and was instrumental in steering the amalgamation of NABIS and Edmonton Brain Injury Relearning Society (EBIRS) in April 2011. His legal expertise was always available whenever asked. His willingness to carry on the legacy of his brother, Patrick Hirschi, after his death, was always touching and wonderfully supportive. Bruce’s long time contributions to NABIS and BCC underline his commitment to the adult survivors of brain injury, their family, and their caregivers.

The evening also included a performance by Booming Tree Taiko. Greg Shimizu, a member of this group and former BCC client, is competing at the Worlds Triathlon in Australia this fall to raise money and awareness for Brain Care Centre.

We would like to thank our wonderful emcee, Stacey Brotzel from CTV Edmonton and Minister Marlin Schmidt for attending and bringing greetings from the Government of Alberta.

We would also like to thank our feature caregiver and clients who were appeared in our ‘Journey of Hope’ video that premiered at the gala. Shannon, Tyler, and Nhi, your stories are inspirational and we are grateful you were able to give our guests an inside look into the journey of brain injury,

Thank you to our sponsors, donors, attendees, and volunteers for making this gala possible. Please visit us on Facebook: [www.facebook.com/BrainCareC](http://www.facebook.com/BrainCareC) to view the photos from the night, taken by the wonderful Marshall Lamoureux Photography.
Choosing the right lawyer after an acquired brain injury is critical.

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camllp.com
Individuals with acquired brain injury can experience a number of challenges post-injury; two complex issues are the ability to secure stable housing and struggling with substance abuse. Our conference speakers will be discussing a variety of perspectives around the topics of: homelessness, addiction, and acquired brain injury. Join us and these field experts for a day of learning you will not want to miss out on!

Keynote Speaker: Dr. Sylvain Roy

Dr. Roy is the President of the Ontario Psychological Association, and an advocate for persons with disabilities experiencing homelessness. He is a neuropsychologist at the Centre for Addiction and Mental Health (CAMH) and Inner City Family Health Team, and adjunct professor at York University. His clinical and research interests are to better understand the intricate links between brain injury, developmental disability, dementia and homelessness. He currently oversees two government funded projects that aims to better understand the incidence rates of these disorders among the homeless, link patients to services and map system strengths and gaps in Toronto and beyond.

Conference Speakers:

- **Scott Kirkland**: Project Research Assistant, Department of Emergency Medicine
- **Dr. Vera Caine**, Professor, CIHR New Investigator, Faculty of Nursing, Faculty of Medicine and Dentistry
- **Dr. Shaun Gray**, Associate Professor, Department of Medicine, Division of Physical Medicine and Rehabilitation
- **Renee Iverson**, Manager, Clinical Services and Program Supports and Juli White, Training and Online Learning Coordinator, Homeward Trust
- **Dr. Kathryn Dong**, Director, Inner City Health and Wellness Program and ARCH Program, Royal Alexandra Hospital
- **Panel Discussion** Featuring: Dr. Sylvain Roy, Scott Kirkland, Dr. Vera Caine, Dr. Shaun Gray, Renee Iverson, Juli White, and Dr. Kathryn Dong

Thank you to our presenting sponsor, James H. Brown Injury Lawyers and to our conference sponsors who are making this exceptional day of learning possible: Homeward Trust, Royal Alexandra Hospital Foundation, and Edmonton Civic Employees Charitable Assistance Fund.
Change is always difficult for individuals with brain injury. Our daughter Lisa had a severe brain injury in childhood; she is now 37 years of age. 11 years ago my husband and I made a decision to move from Edmonton, AB to Kelowna, BC in order to prepare for our retirement. Lisa was residing in a group home in Edmonton, so it was necessary for us to find her a group home in Kelowna. Initially, the move didn’t go well for Lisa (a story that can be left for another day), but after a couple years of struggling to find something ‘perfect’ for her needs, we were finally successful locating a home in East Kelowna. The home Lisa resides in is run by Hildebrandt Homes and is situated on a farm. They have chickens and horses, and the residents help care for the animals as part of their daily duties, along with a large garden that grows vegetables for their consumption. This helps motivate the residents to get up in the morning, and instills a tremendous amount of pride. The staff are all well-trained in their fields; they are hard-working and incredibly dedicated to their work with the residents. We are so impressed by the level of service Lisa receives, and can see the care and respect the staff give her on a daily basis. Even during difficult behavioural moments, the staff never ease up on their love and dedication.

Lisa’s day includes a daily hike, followed by her afternoon chores, daily living activities, or basic household tasks. Her evenings are filled with spa nights, game nights, bowling, parties, live hockey games, music concerts or quiet craft and puzzle evenings at home. During summer months, she can even be found sailing or being pulled by a power boat on the lake.

I think anyone who knows Lisa would agree that her life has changed for the better since living in this home. Sometimes as caregivers, we have to stumble over the rocky road of daunting change to find the smooth pavements in life. For this lesson, we are grateful.

Homeward Trust has been instrumental in providing leadership in how we address homelessness in our city. As System Planner in Edmonton, Homeward Trust collaborates with multiple agencies and organizations, as well as all orders of government to ensure alignment and accountability of resources and efforts. As the designated community based organization for both the Province of Alberta and the Federal Government of Canada, and the management body implementing the local and provincial Plan to End Homelessness, we are responsible for planning with the community and administering public funds for housing and homelessness.

Today we have a better understanding about the scope of homelessness in our community, and are able to continually adapt our approach accordingly. Through improvements in data collection, we have a clearer picture of where to allocate resources such that funds are distributed towards efforts that have the greatest impact. Additionally, we are able to course-correct faster, prioritize needs in real-time, and improve the coordination of service delivery.

Homeward Trust has been recognized both locally and nationally as a leader in the work to end homelessness. Since 2009, over 7,100 people have been housed and supported through the Housing First program in our community. We directly operationalize and coordinate 20 Housing First teams, serving over 1,200 clients at any point in time. For someone experiencing homelessness, there should be no wrong door to access housing. Our goal is simple but not easy: end homelessness in Edmonton.
This past January Brain Care Centre (BCC) relocated to the Hys Centre, a building owned by NorthWest Healthcare Properties. NorthWest is an international Real Estate Investment Trust, specializing in medical office buildings, clinics and hospitals. They have a diversified portfolio of 146 income-producing properties, including five buildings and one development in the Edmonton area, and 10.2 million square feet of gross leasable area located in Canada, Brazil, Germany, Australia and New Zealand. Their purpose is to provide real estate solutions tailored to the healthcare industry, and they have created a program called NWHP Care which creates a safe, well-maintained and dignified environment for patients.

NorthWest is an active participant with many charitable organizations and medical associations, and are thrilled to be working in partnership with BCC at the Hys Centre location.

Alberta Artists with Brain Injury consists of adult survivors of acquired brain injury and their caregivers, along with volunteers and friends all working together to provide a supportive space for the therapeutic creation of art. Through the act of creating art, individuals that have suffered from a brain injury may express themselves and relearn who they are – their style, interests, and feelings. The art work from our survivors varies in complexity as they advance along the path of discovery, and peaceful enjoyment – a benefit to the individuals, their families and the community.

The art work created by brain injury survivors through Alberta Artists with Brain Injury is promoted through exhibits and sales. The feature exhibit this year will take place from August 25-October 20 at Galerie Cité. Artwork is also available in the form of cards which can be purchased through Brain Care Centre for $3.50 each. With our art and public presentations, we help raise community awareness about acquired brain injury and the cognitive, physical, emotional and social benefits of doing art. Our organization is member run and we seek to establish a broad-base art network with service providers and organizations that support persons with disabilities.

Members of Alberta Artists with Brain Injury meet once a week for Art Talks – a weekly drop-in art session held at the Nina Haggerty Centre for the Arts (9225-118 Ave) from 2:00-3:30 pm. The drop in fee for the class is $2 which covers the cost of all material used during the class. This is a judgment free environment, so all skill levels are welcome to join! *$20 Annual membership fee required*

For more information on Alberta Artists with Brain Injury, please visit our website www.aabis.org or call 780-477-7575 Ext 116.

*aabis.art@outlook.com*
Thanks so much to our dedicated office volunteers who always keep things running smoothly:

Adriana Cuellar  
John Down  
Bruno Fantini  
Janelle Fries  

Lauren Garby  
Jue Li  
Brandy Seymour  
Abigail Smith  

Quincy Tran  
Aaron Truman  
Casey Wong  
Cathy Wong

Shout out to the dedicated volunteers who helped us run our inaugural Words Be Heard Class. We couldn’t have done it without you:

Kulpreet Cheema  
Aaliyah Qandhari  
Annie Porthukaran  
Kekoa Sylva  
Anna Romero  
Melina Sinclair


Thank You to the wonderful volunteers who helped out at the 2018 Journey of Hope Gala:

Shirley Hall  
Roger Hall  
Heike Stewart  
Aaliyah Qandhari

Thank You, Carolyn!

Brain Care Centre would like to say a special thank you to Carolyn Beattie, who was the Communications and Events Assistant for the 2018 Journey of Hope Gala. Carolyn volunteered her time and worked with Brain Care Centre from November 2017 to March 2018 in an events and communications capacity. Carolyn was responsible for soliciting and acquiring auction items, curating and posting social media shout outs, and she also helped out with event logistics. We are so grateful for all of the time you spent with us, Carolyn, and wish you all the best in your future endeavors!
Brain Care Centre acknowledges the gracious ongoing support from:
Alberta Community & Social Services - Disability Policy and Supports Division Community Support Systems Division; Canada Online Giving; Chinook’s Moving Ltd.; United Way of AB Capital Region; Anonymous; Helen Brisbin; Shirley & Roger Hall; Marni Kuhlmann; Phillip Lee; Jean & Lou Maffret; David Ted Mitchell; Margaret Russell

Support to the BCC Journey of Hope Gala was incredible. BCC’s sincere thanks is extended to the following who made donations, donated tickets, and pledged at the event:
Anonymous; Ken & Sonia Burrows; Dr. Greta & Dr. Garnet Cummings; Rob Gingras; Danica & Kevin Hoffart; Stephen & Lynn Mandel; Mufty & Bill Mathewson; Larry Severin; Donovan Webber; Brad Willis; Janice Wilson; 1918958 Alberta Ltd. – Gary Antoniu; Aqua Air Systems Ltd. – Jim Delaney; Classic Health Supplies Ltd. – Murray Ellis; Cummings, Andrews & Mackay - Frances Zinger; D.Shaun Gray Professional Corporation - D.Shaun Gray; Graham Ryan Consulting Ltd. - James W Graham

Special thanks to Journey of Hope 2018 Gala Sponsors:
Nore Aldein Assiff - Assiff Law Office; Cummings Andrews & Mackay LLP; Diane Buchanan - Gordon & Diane Buchanan Family Foundation; Kenneth Edwards - HealthPointe Medical Centre Ltd.; Kent H. Davidson Q.C.- Miller Thomson LLP

Donations were received in recognition of:
Nancy Margaret Kindgon-Anderson

The wonderful folks who have supported the Mailout Campaign 2017 are:
Anonymous; Wendy Mathewson; Colleen and Brad Mole; John& Norma O’Connor; Hector & Mary Therrien

Key Grants which support Brain Care Centre’s Programs and Services were received from:
Employees’ Charitable Donations Fund - Royal Alex Hospital; Royal Alexandra Hospital Foundation – for Concussion Research Program; Terra Tundra Foundation

Heartfelt thanks to the following who have designated BCC through the United Way of Alberta Capital Region Campaign:
Anonymous; Brian Geislinger

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

Thank You to Our Funders:
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By providing Brain Care Centre with your email address, you are consenting to receive promotional emails, such as the Brain Care Centre quarterly newsletter, event notices, and various updates and announcements.

Signature ____________________________________________________________

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I would like to donate $ ________ for my BCC Membership.

Membership fees are by donation and do not qualify for a charitable tax receipt.

I would like to make an additional charitable contribution of $________ to further support the work of Brain Care Centre.

For contributions of $10 or greater, Brain Care Centre will issue a charitable tax receipt.

Contributions are gratefully acknowledged in Brain Care Centre’s quarterly newsletter.

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Card # ____________________________

Expire ________ / _________

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

☐ I would like to be contacted regarding Brain Care Centre’s volunteer opportunities.

Edmonton Office

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

Charitable Registration Number
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524-50 Street
Edson, AB

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