

The Headway



The Brain Injury Association of York Region is committed to providing information, support and advocacy to those living with the effects of Acquired Brain Injury. We will strive to promote awareness and prevention of brain injury issues to the public and be an active participant within the brain injury community.

Welcome to the New look Headway

Welcome to the New Look Headway, redesigned to reflect our new identity as the Brain Injury Association of York Region and to be easier to read in pdf format (on line). Please provide us with feedback and let us know what you think. Gone is the “word search” from the back page, we have incorporated new fonts that should make reading easier and the overall color scheme and format have all been updated.

If you are accessing this newsletter via the internet in pdf format then you will still have chance to come and join us for our 20th Anniversary Celebration and our Annual General Meeting which will be held on October 22nd at the LTBO home 11:00am—2:00pm. If you are receiving this by Canada Post then hopefully we would have seen you at the meeting. Some of the advantages of receiving the Headway via email are: Getting your copy up to a week earlier, full color, clickable links and other interesting information that comes in the email. If you are reading this on-line, try going to page 6 and clicking on the **Bartimaeus ad** to see one of the clickable links in action. To change over to email delivery of our newsletter simply email theheadway@yorkabi.ca providing your name and address and ask to be changed over. Or sign up on our website.

Following the AGM all new information including any changes to our Board of Directors will be posted on our website so be sure to check it out at www.yorkabi.ca



Inside this issue

Capacity Considerations.....	2
Food Access Programs	3
Communication Problems.....	5
MOD Dance Flier.....	7
MOD Program Info.....	8
Book Review	9
Upcoming Events	10
BIA YR Group Information.....	11
About us / Contact us	12

Special points of interest

We are pleased to welcome some new contributors to our newsletter be sure to check out the Capacity Considerations article on page 2 and the article on page 5 about helping those with Communication Problems



Happy Holiday Season to all our Readers



As this is our last issue prior to the end of 2011 we would like to take the opportunity to wish all our supporters and friends a very happy holiday season and all the best for New Year. 2012 is promising to be a busy and exciting year for the newly named Brain Injury Association of York Region.

Capacity Considerations

Jeffrey Shinehoft



When a person suffers a brain injury the issue of whether that person has legal Capacity may be an issue. Capacity is the term used to describe a person's legal ability to make decisions for themselves. The issue of a person's Capacity is very serious as the inquiry involves the person's freedom to make decisions.

There are two distinct capacity issues: Capacity in connection to Property (finances) and Capacity in connection to the Person (health care). A person is presumed to have Capacity. Just because a person suffers a brain injury does not necessarily mean they do not have Capacity. A person does not have Capacity when they are not able to understand information that is relevant to making a decision, or not able to appreciate the reasonably foreseeable consequences of a decision or lack of decision.

The issue of Capacity should not be confused with the right of a person to make a foolish choice. It is the decision making process and not the decision itself which is at the heart of the Capacity issue.

Capacity is the term used to describe a person's legal ability to make decisions for themselves.

A statutorily recognized Capacity Assessor should be consulted where a person's Capacity is in question. When an individual is determined to be incapable, then a Guardian will have to be appointed to make decisions on behalf of the incapable individual.

Where a person does not have Capacity, the person cannot maintain a legal action without a Litigation Guardian and the court must approve the settlement of his or her legal claim.

This article is not legal advice. Every situation is unique and requires individual attention. For further information concerning the issue of Capacity please contact Jeffrey Shinehoft, Associate - Howie Sacks & Henry, directly at 416-646-3901.



Food Access Programs and Services in York Region.

This resource provides a list of programs and services available in York Region that have a food component. A brief description and contact information are included for each of the programs. For more information visit the Nutrition Services website: www.york.ca/nutrition.

Eat Right Ontario is a free and confidential service on nutrition, food and healthy eating information. Registered dietitians can be contacted directly via the website or toll free number to provide nutrition advice to individuals and families. www.ontario.ca/eatright 1-877-510-5102

York Region Food Network is a registered charity that offers programs, raises awareness and promotes policy changes for increased access to affordable and nutritious food produced within a sustainable food system. (905) 967-0428 or 1866-454-9736 510 Penrose St. Newmarket.



York-Simcoe_Brain Injury Services is providing information regarding community resources to the Headway. If you are interested in a specific topic, please contact the Headway (see the back page) and we will do our best to provide this information.

York Region

Street Outreach Van

Program designed to assist homeless, or those at risk, to find shelter, food, clothing and healthcare. Needle exchange and mental health assessments are provided. The van is on the streets seven days a week from 2:00 p.m. to 9:00 p.m. 1-866-553-4053

Food Banks

Aurora ~350 Industrial Parkway South, Unit 101 Aurora, ON (905) 841-1577

Georgina Community Food Pantry ~110 High St. Sutton West (905)476-1803.

Markham Food Bank~70 Main St. North (905) 472-2437

(Continued on page 4)

BIAYR Celebrating 20
years of operation.



(Continued from page 3)



Newmarket Food Pantry~ 510 Penrose St. Newmarket (905) 895-6823

Richmond Hill Food Pantry~55 Newkirk Dr. (905) 508-4761

Vaughan Food Bank71 Marycroft Ave. Unit 8 Woodbridge, ON (905) 85-2333

Whitchurch/Stouffville Food Bank~Churchill Baptist Church 15336 Ninth Line, Stouffville (905)-640-4704

Community Meals

Martha's Table (Aurora) (905) 727-5011

Senior's Lunch Budget Bistro (Aurora) (905) 726-4767

Welcome Table (Aurora) (905) 727-6101

Friday Lunch Club (Jackson's Point) (905) 722-3059

The Gathering Place (Keswick) (905) 476-5532

Community Dinner (Sutton) (905) 722-3544

Dinner Club (Richmond Hill) (905) 884-3005 ext.30

Lunch with Grace (Markham) (905) 294-3184

Lunch at My Place (Newmarket) (905) 895-4851

Community Dinner (Keswick) (905) 476-4548

Inn from the Cold (Newmarket) (905)

895-8889Community Bread on Main (Newmarket) (905) 898-4137

York Region Food Network Breakfast Drop-in (Newmarket) (905) 967-0428

Aurora United Church Rise & Shine Breakfast (Aurora) (905) 727-1935

Crosslands Community Dinner (Newmarket) (905) 868-9920

Valley View Community Dinner (Newmarket) (905) 830-9619



20 Years 1991 to 2017

NeuroConnect were good enough to donate copies of their magazine to everyone who attended our 20th Anniversary Celebration on October 22nd. If you missed the celebration but would like to find out more about NeuroConnect visit their website:

<http://www.neuroconnect.ca/>

How to Help People With Communications Disorders in the Community

Carla Montgomery

Last week I was in Tim Horton's when I saw a man trying to order a coffee but he was struggling because of a communication disorder. He was having a difficult time being understood by the Tim Horton's employee and needed help getting his money out of his wallet because of physical difficulties. Although the people around him – both the employee and bystanders – all seemed to want to help the man they were all hesitant and did not seem to know what to do or how to help this man.

One of our jobs as speech-language pathologists is to advocate for those with communication disorders. As part of that we try to increase awareness and knowledge on how to interact with people in the community who have various communication disorders. This may include people with disabilities (cerebral palsy, developmental disorders), people who have had a stroke or head injury, people with dementia (such as Alzheimer's), people who communicate with assistive technology/computers, or people with speech that is difficult to understand. Here are some communication tips that you can use with almost any kind of communication difficulty:

First and foremost – always be **respectful** and **ask the person** if they would like your assistance.

First and foremost – always be **respectful** and **ask the person** if they would like your assistance! Remember: **a communication disorder does not mean they are unintelligent!!**

To help the person **understand** you:

Keep your messages short and to the point (for example: say "Do you want help?" not "I noticed you're trying to order and I thought that I could help by...")

Wait! They may need more time to process the information

(Continued on page 6)

Carla Montgomery

*M.H.Sc. SLP(C)
Speech-Language
Pathologist, Reg. CAS-
LPO*

*The Speech Therapy
Centres of Canada*



(Continued from page 5)

Keep your message short but grammatically correct so they do not feel that you are insulting them (for example: do not say you....help....get....coffee??")

Repeat if necessary or try to say your message in a different way

If they are still having difficulty understanding you, use gestures (pointing to objects or locations) or use objects around you (if they don't understand "what size coffee do you want?" show them the different sized cups)

If open ended questions are difficult ("what do you want?) give choices ("do you want a drink or something to eat?" "do you want coffee or tea?")

To help the person **express** themselves:

Give them specific feedback on what you did not understand. Instead of just saying "what?" try saying "you want a coffee, what do you want in it?"

As explained above – if they are still struggling have them gesture, use objects around the room, or give them choices

If they are using assistive technology – wait for them to finish creating their message. Avoid reading their message over their shoulder or guessing what they might be saying.

Most importantly – **be patient, give them time, and don't give up!**

www.speechtherapycentres.com/



BARTIMAEUS ^{INC}
Caring for People...Everyday

Rehabilitation Services
for children and adults
who have an acquired brain injury

Our Rehabilitation Services are offered throughout Ontario.

Please call or email **Kelly Wohlert**, Service Director, to inquire about Rehabilitation Services in York and Durham Region.

kelly@bartimaeus.com • 905.535.1142
11181 Yonge Street, 3rd Floor, Richmond Hill, Ontario, L4S 1L2
www.bartimaeus.com

[Bartimaeus is a sponsor of the Brain Injury Association of York Region](#)



The March of Dimes Outreach Program in York Region.

The March of Dimes distributes an activity calendar with group activities and events in York Region every two months. Please contact Pam Giorgio if you want to be added to our contact list

OUTREACH GROUPS CONTACT IS: Pam Giorgio
(905)773-7758 ext.6236
pgiorgio@marchofdimes.ca



BIAYR Celebrating 20 years of operation.



March of Dimes Annual Holiday Dinner and Dance

DATE: *Friday, December 2, 2011*

TIME: *6:00pm – 11:00pm*

LOCATION: *Ray Twinney Complex
Lounge 2 (back of the complex)
100 Eagle St, Newmarket*

*Dinner will be served at 6:30 pm
Followed by an evening of dancing
with DJ Hank Osterloo*

Raffle Prizes **Door Prizes**

Tickets are \$20.00

*To purchase your tickets, please see Pam at groups
or call (905)773-7758 or 1-800-567-0315 at ext. 6236,
pgioirgio@marchofdimes.ca*

The March of Dimes is a long time supporter of the
Brain Injury Association of York Region



MOD Activity Group News (York Region)

York Region- Pam Giorgio

Under 35 York Group (previously Youth Group)

This group meets Tuesday nights from 7:00 pm. to 9:00 pm. for different activities, such as bowling, playing pool, dinner, movies, arcade and other fun activities. This group also participates in life skills workshops.

B.I.N.G. Group (Brain Injury New market Group)

This group meets Tuesday afternoon's 1:00 pm to 3:00 pm .This group participates in life skills workshops and activities in the community such as; bowling, playing pool, crafts, mall walking exercise, cards and games and other fun activities.

Ontario March of Dimes distributes an activity calendar with group activities and events in York Region every two months. Please contact Pam Giorgio if you want to be added to our contact list

OUTREACH GROUPS CONTACT IS: Pam Giorgio-(905)773-7758 ext.6236
pgiorgio@marchofdimes.ca

Markham Group

This group meets on Wednesday mornings from 10:00 a.m. to 12:00 p.m... This group participates in life skills workshops, and activities_in the community such as; bowling, mall walking exercise, crafts, cards and games and other fun activities.

Mall Walking Group

This group provides an opportunity to socialize and be active at the same time. We meet inside the Hillcrest Mall at the MMM Muffins coffee shop (TD Bank entrance) on Thursday mornings from 10:00 a.m. to 12:00 p.m. The mall is located at 9350 Yonge St. in Richmond Hill.

Brain Injury Association of York Region

The MOD joins in the fun at the BIAYR Thursday Social Group on Thursday afternoons 1:00-3:00 at The Loyal True Blue and Orange Home Building located at 11181 Yonge St. in Richmond Hill. The members play cribbage, board games and card games.

BIAYR Celebrating
20 years of operation.

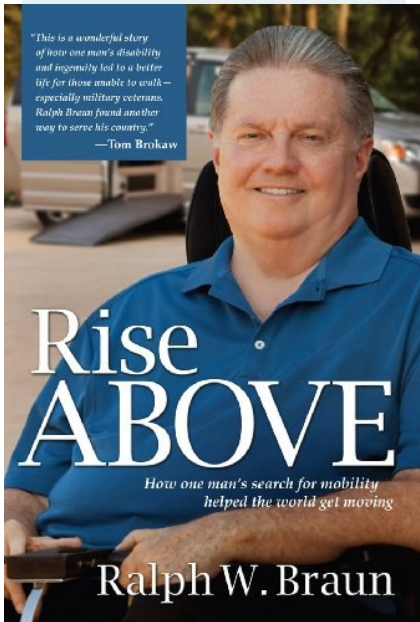


Book review

RISE ABOVE

How one man's search for mobility helped the world get moving

By Ralph W. Braun



Rise Above
Ralph W Braun

Currently showing out of stock at Chapters.ca it is available from Braun Enter- van Dealers or you can borrow our copy. Email us at theheadway@yorkabi.ca

And ask if you can borrow it or any of our other library books.

This book unfolds as a story of an entrepreneur, and the life and times of the author. Rise Above is the recurring theme throughout the book. The author goes into details about his obstacles and his family support to make his mobility a reality..... The book certainly gives the reader a snap shot of an inventor, an improviser, a family man, a fighter. The story begins with the cold reality that the author has the fatal diagnosis of Duchene's Muscular Dystrophy. He is given a life expectancy of 13. This diagnosis does not deter the author or his family. His story is an example of how the author and family were determined to accomplish mobility and Rise Above all obstacles. Today he is a successful businessman who is 69 , he is husband, father, grandfather. The author is founder and CEO of the Braun Corporation.

This book gives the reader a snapshot of how one man with an idea could go about to change the mobility and accessibility of thousands of people worldwide.

He started his business in 1962 out of necessity. He was experiencing increased hardship managing his wheelchair. There were many disability and accessibility issues in society as there were many barriers (no ramps , narrow doorways, curbs).

He started small in his parents garage initially creating a Tri wheeler. Plans for accessibility continued over many years and the author became very well known throughout the country , as there were many individuals experiencing similar issues regarding mobility and accessibility in society.

He details his business experiences and many pitfalls . However this does not deter his never ending striving to continue to keep "life as a moving experience". This book inspires and encourages all of us to strive for improvement, and to reach and achieve goals and our hearts desires. He unfortunately was able to expand his business due to the mobility issues of the military when

(Continued on page 10)

(Continued from page 9)

they returned from war. At that time there were no other resources available to them and there were hundreds of military returning after war.

There is however a downside throughout the story. The author, sacrifices his marriage, business relationships, and money over the years, all in the name of mobility and rising above. His initial inventions moved to later on transforming vans as a means of transportation for all.

The reality of his hard work was formalized when the American government passed the ADA; Americans with Disabilities Act. His hard work over many years was realized when a hundred different groups dedicated to disability rights, civil rights, and social justice joined forces to support this very important Act. This truly did demonstrate the authors motto to Rise Above.

Upcoming Events

April 2011 A Run To Remember

David McGuire sustained a traumatic brain injury in 2005 in April he will be starting a run across Canada to raise awareness of Brain Injury. Look out for him on the news. Check his run at: www.runtoremember.com/

October 22, 2011 YRHISG Celebrates 20 years at the LTBO Home (11:00am —2:00pm in the Cafeteria)

October 22, 2011 YRHISG AGM at the LTBO Home (11:00am —2:00pm in the Cafeteria)

October 15, 2011 YRHISG Support group meeting at the LTBO Home

Nov 2-4 2011 ABI Provincial Conference in Niagara www.obia.ca for more info.

November 12, 2011 YRHISG Support group meeting at the LTBO Home

Nov 7, 2011 Taking Charge of your Health: Living well with Chronic Pain. MaRS Auditorium, 101 College Street Toronto. 10:00am—1:00pm email@actionontario.ca for more information.

December 10, 2011 YRHISG Support group meeting at the LTBO Home

The Headway

Contributions and story ideas are welcomed, send your submissions to : theheadway@yourabi.ca call Dave at (905) 264-1199 or drop your submission off at the office.

Publishing of the headway is supported by the ABI division of OMOD and York Simcoe Brain Injury Services

Upcoming Events

If you have an upcoming event that you would like us to advertise send them to theheadway@yorkabi.ca

While we attempt to ensure that all information is current and correct you are advised to call ahead to make sure of the details.

About the BIAYR

The BIAYR was originally founded in 1991 as the Brain Injury Association of York Region, the brain child of a Richmond Hill ABI Family member who was tired of traveling down to Toronto to find any kind of support. The group went on to become affiliated with the Ontario Brain Injury Association. The first copy of the Headway was published in June of 1993. The group is currently being run out of the Loyal True Blue and Orange home in Richmond Hill.



About the Headway

The HeadWay is the Newsletter of the Brain Injury Association of York Region.

It is published with the support of the March of Dimes and York Simcoe Brain Injury Services on a quarterly schedule, February, May, August and November. Deadlines for submissions to The Headway is the 15th day of Jan, April, July and October.

The Caregiver Group

We are a group of family members, who have had an ABI loved one sustain a brain injury, at all different times of their lives from teenagers to seniors. We are caregivers helping caregivers, in a social environment. (Please note: This is not a therapy group) For therapy issues we suggest people contact York Simcoe Brain Injury Services.

Caregiver meetings are on the first Thursday of each month between 7:00pm to 9:00pm. Call ahead as our meeting location is changing and we often undergo temporary changes. We always welcome new caregivers.

Contacts:

Esther 905-773-0061 Ginny 905-884-8351

All of our groups are run by volunteers, from time to time it may be necessary to change days and times of meetings, so if you are not a regular participant it is suggested that you always call ahead of time to ensure that there have been no changes

The Thursday Group

The Thursday Social Group continues to meet in the cafeteria at the **Loyal True Blue and Orange Home** every Thursday between 1:00pm and 3:00pm.

We do ask that participants that can, contribute a Looney a Week, this helps us to offset the cost of running the group. Providing games treats along with coffeemakers and other supplies.

Contacts: Glenys and Chica (905) 264-1199



Heather, a regular at the Saturday Support Group

Brain Injury Association of York Region

Loyal True Blue and Orange Home
11181 Yonge Street
3rd floor
Richmond Hill
ON L4S 1L2

Phone: 905-780-1236
E-mail: info@yorkabi.ca
www.yorkabi.ca

The BIAYR Board of Directors

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Saturday Support Group

The Saturday Head Injury Support Group is still going strong! We continue to meet downstairs in room B7 at the True Blue and Orange Home once a month on a Saturday between 10:00 a.m. and noon. For a full list of the meeting dates for 2011 check out the upcoming events section on our website and in this Newsletter. The core group consists of approximately 8 to 10 people.

The 2012 meeting schedule has not been established yet. A full schedule will appear in the February edition of the headway and the latest information is always available on our website: www.yorkabi.ca

The group provides an opportunity for survivors to get together with people who truly understand what it is like to live with an acquired brain injury. We can all share the ups and downs without having to EXPLAIN in detail exactly what we mean or how we feel. Everybody just understands, because we are all in the same situation.

It is a great relief for many to come to a meeting and suddenly realize that what they are experiencing is perfectly normal. We also welcome family members, since we feel that survivors and family members can benefit equally from the meetings. We talk and we laugh a lot and cry a little and it is our hope that everyone who comes to a meeting feels a little bit better when they leave. Yes, we do serve coffee and the occasional cookie...

Head Injury Support Meetings are held monthly on Saturday mornings from 10:00 a.m. to 12:00 noon at the office. If you are new to the support group be sure to check before coming out to make sure there has been no changes

Contacts: Aviva (416) 551-3246 Helen (905) 727-0587.