



Celebrating our Successes one step, one day at a time!

# BRAIN MATTERS

[www.bianiagara.org/brainmatters](http://www.bianiagara.org/brainmatters)

Oct/Nov 2023 Issue 9

## 1st Anniversary Issue

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 **HAPPY**   
**ANNIVERSARY**





# Brendon - The Ultimate Friend

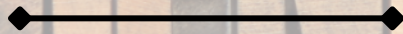
My name is Brendon and my nickname is Dolphshark. I am 47 years old and I was born in June 1976. I grew up in Toronto and lived there most of my life before moving to Hamilton. I stayed there for 2 years before moving to St. Catharines 10 years ago.

My accident occurred 26 years' ago and everyday since has been a real struggle. I was hit by a car as I was walking across the street in my family's neighbourhood. I am so thankful to be alive and I try to take each day as a gift.

I enjoy going to the movies with my friends on Tuesday's, I go to the gym and to the local library.

When I was younger, I took Business Marketing at College and someday I might finish my diploma. I really love to reading the newspaper with a cup of coffee.

I also love to sell clothes to Plato's Closet and Once Upon a Child.



*Brendon embodies the essence of an exemplary friend, a quintessential Canadian known for his unwavering generosity. He's the type of person who would quite literally offer the shirt off his back to assist others, even when he has so little himself.*

*Notably, Brendon visits the local food bank, not for his own benefit, but to support fellow community members in need. He actively seeks out deals within the community to aid those facing difficulties and is always ready to volunteer wherever help is required.*

*Last year, Brendon took the initiative to organize our first outing away from the clubhouse. We gathered for the Grape and Wine Parade, an event that brought us all closer and filled our day with joy. Subsequently,*

*Brendon has orchestrated numerous trips out of town, each with different clubhouse members, ensuring that everyone involved has a fantastic time. Brendon is undoubtedly the ultimate host, making these experiences memorable for all.*

*Much like his mother, Pat, Brendon embodies qualities of care, love, empathy, and an unyielding commitment to being a true gentleman. His life's purpose revolves around living with a smile and lending a helping hand to others.*

*I consider myself immensely fortunate to count Brendon as a true friend, and I am exceptionally proud to do so.*



Written by Christine



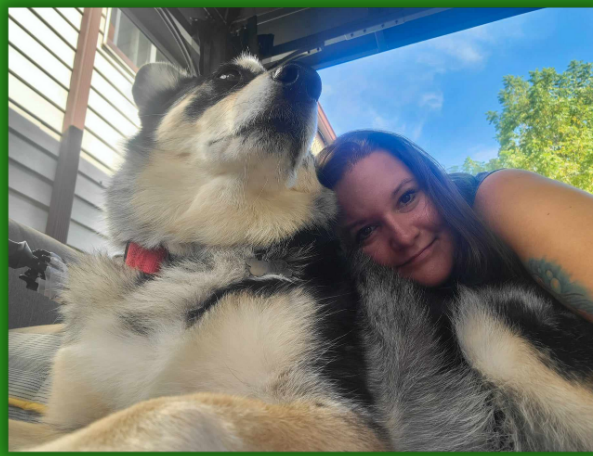
# Welcome Tamara - New Program Coordinator

Hello! My name is Tamara, I recently joined BIAN as the Program Coordinator in September. I am responsible for the operations of the Oasis Clubhouse and ensuring that our services support the needs of the Brain Injury Community in Niagara.

My passion lies in creating a supportive environment and meaningful programs that foster recovery, growth, and the overall well-being for those we serve with a member centered focus.

In the fall of 2020, I enrolled in the Brain Disorders Management post-graduate certificate program at Mohawk College. In May 2021, I successfully secured a placement with Innovative Case Management (ICM) and the Brain Injury Association of York Region (BIAYR). During this period, I discovered a profound passion for the compassionate and impactful roles that case management and brain injury associations can provide brain injury clients. My time with BIAYR fills my heart with purpose as I witness the positive changes that can be made through education, support and advocacy.

Upon the conclusion of my placement, I was humbled to receive an offer to join Innovative Case Management (ICM) as a Case Manager. Eager to continue making a difference, I embraced this opportunity with enthusiasm and commitment.



In October 2021, I was voted onto the Board of Directors for the Brain Injury Association of York Region (BIAYR). This role has allowed me to actively contribute to the organization's mission and advocate for the needs of brain injury survivors in the community.

As a Case Manager with Innovative Case Management, I work with clients who have experienced catastrophic injuries and impairments due to motor vehicle accidents. My role involves establishing comprehensive rehabilitation support for these clients by establishing and managing a team of community therapists, ensuring effective coordination of all aspects of treatment.

I conducted thorough, individualized assessments to determine the most suitable services based on each client's unique needs. This includes facilitating a wide range of treatments such as neuro-cognitive functional treatment, psycho/sensory motor restoration, cognitive communication therapy, adjustment counseling, and family, community, and vocational reintegration services, among others.

Throughout my career as a Case Manager, my compassion for the well-being and rehabilitation of my clients has been the driving force behind my work. I am committed to providing the highest level of care and support to those who have experienced life-altering injuries and have been proud to be part of the Innovative Case Management team, where we strive to make a meaningful difference in the lives of those we work with.



As a Board Member at the Brain Injury Association of York Region (BIAYR), I passionately committed to enhancing the lives of brain injury survivors through raising awareness, support, education, and advocating for a brighter future for all individuals affected by brain injuries.

I have had the privilege of being actively involved in various roles, including serving on the Communication Committee and Mixer Committee, as well as co-supervised BIAYR's students. Through these roles, I've strived to amplify our message and foster connections that lead to a deeper understanding of the challenges faced by brain injury survivors.

Now, I am thrilled to embark on a new chapter as I join the Brain Injury Association of Niagara. Joining the community, I call home; I am committed to fostering a supportive and nurturing environment for our members. The week of September 18th marked the reopening of the Clubhouse, and I had the privilege of meeting some of our members. I am excited to connect with both existing and future members, as well as volunteers, member support workers, facilitators, and board members!

My goal for BIAN encompasses tailoring our clubhouse events to suit the interests and needs of our members, focusing on engaging and enriching experiences. I am particularly excited to introduce more art-related events, workshops, and activities that align with our members' interests, promoting growth, connection, and creativity within our community.

In my free time, I find solace in nature, often capturing its beauty through photography and gardening in my backyard. My best friend is a four-legged Siberian husky/Austrian shepherd mix named Shika, he accompanies me on many walks and exploring the Niagara outdoors. I love engaging in various projects and hobbies, such as becoming an orchid collector, pressing flowers and kayaking.

I look forward to the incredible journey ahead, to getting to know each of you, and to collectively making a lasting and positive impact in the lives of brain injury survivors through the Brain Injury Association of Niagara.

*Tamara*

HAPPY  
BIRTHDAY



**October Birthdays**

BRAD 13TH  
TAMARA 28TH

**November Birthdays**

KURTIS 4TH  
LIESBETH 7TH  
VANESSA 22ND  
JACK 30TH



# Brooke - President of the Board of BIAN



Hello! My name is Brooke and I am the new President of the Board of Directors with BIAN, voted in in June of 2023, exactly 9 days before our first fundraising event of the year that I also had the pleasure of organizing this year! I joined the board last year, in November, it is hard to believe it has almost been 1 year being involved with BIAN.

Brain injury has been apart of my personal and professional life for decades; I had a traumatic brain injury when I was 13 years old, when we didn't have standard concussion protocols or a plan for most people that have a head injury, but are not in life-threatening condition like I did.

Most people never notice the scar on my forehead where the stiches were and are surprised that my sticky notes are there to make up for my short-term memory loss. Growing up in a sporty household, pursuing education and later careers that are very "brain focussed" has led to brain injury and the nervous system always being one of my focusses.

I am a massage therapist and registered kinesiologist by trade and have worked in healthcare in a variety of management capacities for almost 13 years. I went to the University of British Columbia for my Kinesiology degree and love to travel back to Vancouver when I can. I competed my massage therapy diploma at OCHT in Stoney Creek and earned my master's degree in Health Management from McMaster University last year.



In my work I have run clinics, do own my own business, have been a manager with rehab teams, worked in program and project management and been a clinician; to say I have many professional interests would be an understatement! I love to learn and hope to one day devote my career to health policy and impact patient access to care in a positive way.

The second half of 2022 was a very difficult time for me, a car accident that wrote off my favourite car of all time (miss you Fiesta!), a massive change in my career, the completion of my master's degree, and the feeling of having so many choices that I had too many choices. Once the dust had seemingly settled and it felt like there would be no more surprises thrown at me, I was spending a lot of time treating at the clinic. I love my clinical practice and work primarily with people that have chronic pain conditions and neurological/neurodegenerative conditions and disorders. It occurred to me that I had all this time on my hands that I hadn't had in many years and I wanted to be able to use that time to serve, get engaged with my new community, I moved to Grimsby in 2021, and re-connect with a volunteer role. This brought me to a deep dive of the charities, not-for-profits, and finally boards that I could spend my time with and boom, there was BIAN, actively looking for some new board members and here we are now! To BIAN is welcoming, I have had the pleasure of meeting some of you (and can't wait to meet more of you) and everyone has been so open to chatting with me and invites me right in for which I am very grateful; and finally BIAN is an adventure for me because every new chapter for me I try not to define and build expectations for but rather experience presently and leave a bit of myself with.

BIAN has been built, shaped and formed by an incredible group of people. The members are the reason for everything and also the drivers behind so many of the initiatives that exist. Past board members that have given every ounce of their knowledge and creativity to bring ideas to life. You are all amazing and I can only hope to be as useful and creative as those that have come before me. We have an amazing staff and volunteer base that makes the day-today operations not only run but exist as without them, they couldn't happen. I would love to see an annual event dedicated to the members come to exist where we can all connect together and I would also like to see growth in the local community being easily accessible to the membership by having them come to the clubhouse to provide events for members and build a connection.

I am not a person with clearly defined hobbies but I do enjoy many things! I play in a recreational baseball league in Haldimand with my family and friends in the summer, spend a lot of time with my family (I have a younger brother and younger sister in addition to my parents and handful of chosen-family aunts, uncles and cousins). You may have already figured out that I do enjoy school, mostly just the learning aspect of school, not all the homework! I am an animal lover and was adopted by 2 hilarious kittens in the summer after the passing of my furry earlier this year.

Whatever free time that is left over you can usually find me enjoying a glass of red wine, in the garden is it is warm out or buried in blankets and kitten snuggles watching a re-run of one of my favourite shows, like Grey's Anatomy.

In closing, thank you for making it this far! I am not usually one comfortable talking about myself as I find the people I could talk too are so much more interesting and I am so privileged to get to hear their story and learn about them. I look forward to meeting every one of you and dedicating my time to serving your needs and wants for the future of BIAN!

Stay cozy,

A handwritten signature in black ink that reads "Brooke". The script is cursive and elegant, with a large initial 'B'.

# Meka is moving on up



**Member Services Navigator** - This position is designed to revive BIAN's membership program by re-connecting prior members who became disengaged as a result of the COVID-19 pandemic. My new role is to focus on building BIAN's membership and create solutions to raise the profile of the Brain Injury Association by engaging other community services organizations throughout the Niagara region.

*Meka*

My name is Madison and I am the new placement student here at BIAN. I am currently a student at Mohawk College in the Mental Health and Disability Management program. Before that, I graduated from Carleton University with a B.Sc. in Neuroscience and Mental Health. My passion for helping others began early, as I contemplated the idea of becoming a lawyer, a doctor, or a veterinarian in my youth. Personal experience in my life and my past jobs revealed my self-fulfillment when helping those with mental illness or disability. My goals are to experience all professional and community aspects of the Clubhouse during my placement. I feel that the more versatility you have in your experiences, the more possibilities arise for your future. Learning from Tamara, Meka, and Sarah has already proven to be an amazing opportunity, as they have taught me more about the brain injury world and our contribution here at BIAN. This placement has also given me the opportunity to meet all of you and hear how the Clubhouse has positively affected your lives. I hope that I can also bring parts of myself and my interests to the Clubhouse and provide a positive influence. I am excited to begin my time here with you all and I look forward to seeing what is in store for the coming months!

*Madison*



**Madison-Student  
Placement**



**SARAH IS BACK!**



Here you go!

"Hi there,

I'm Back! :)

For those of you that don't know me, last fall I was a placement student with the Clubhouse and I have been welcomed back as part of your BIAN team this August. Hi, I'm Sarah and I'm BIAN's new Community Engagement Coordinator. I will be handling a lot of our upcoming community outreach opportunities. Community Booths, fundraising, events/workshops for members and the general public.

My main role is to bring awareness and provide education about what BIAN is and how people can get involved, as well as help to support us. One of the best ways to support that is through you!

So, stay tuned for future opportunities to help with booths, events and participate in the guest speaker workshops I am starting up real soon. If you would like to help out with any upcoming events please let me know and if there are any specific topics you would like to learn more about regarding Brain Injury let me know and I will see about future workshopping opportunities.

We are looking to start up BIAN's Member Leadership Program, so if you are interested in volunteering for events, fundraising efforts, or being a mentor for new members please come and let me know!

Where you can find me:

Office Hours: Clubhouse Monday to Wednesday 10am-3pm or

By Email: [sarah@bianiagara.org](mailto:sarah@bianiagara.org) outside office hours"



*Sarah*

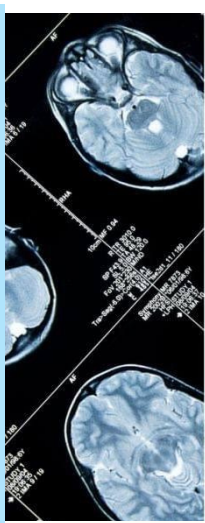
# BRAIN FOG FEELS LIKE

I think I lost some IQ points today  
 my brain's out of order  
 \*speaks gibberish flawlessly\*  
 I can't think when you're breathing that loud  
 'Honey! you left the remote in the freezer again!'  
 wait! which way is left?  
 can't imagine can't visualize

2+2=???

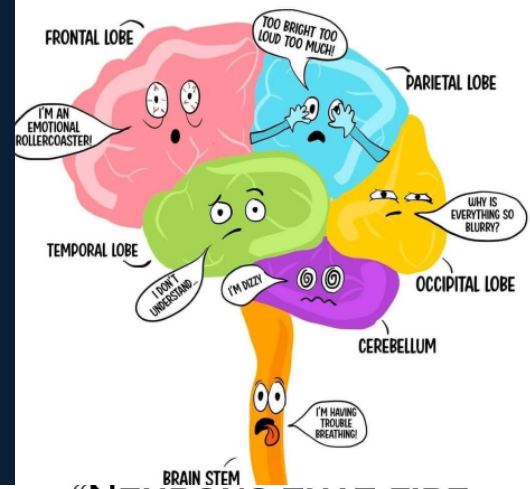
I can't decide what's the word for that thing?  
 Did I flush?  
 could you please give me one instruction at a time?  
 wonder if I could ever learn to drive  
 what was I saying?  
 could you please repeat that? sorry, again?  
 I feel stuck and suffocated

wish I could remember why I set this alarm?

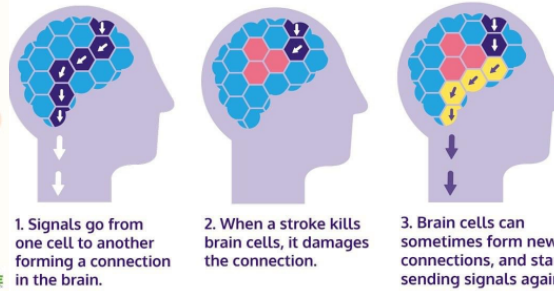


## Brain injuries can have both short- and long-term effects

### DIFFERENT PARTS OF THE BRAIN



**"NEURONS THAT FIRE TOGETHER, WIRE TOGETHER."**  
 DONALD HEBB



Neuroplasticity is the mechanism that the nervous system uses to rewire itself and form new neural connections. This occurs when healthy, unaffected areas of the brain or spinal cord begin to compensate and take on new pathways and motor functions. Each time a meaningful task is practiced, those neural pathways are reinforced and become stronger, leading to improved performance and efficiency.

People will never truly understand some things until it happens to them.

some days you'll move MOUNTAINS,  
 other days you'll move FROM the BED to the COUCH.  
 Both are Necessary.

EVERY DAY, I WAKE UP WITH A

## Brain Injury

IT'S NOT EASY, BUT I'M DOING IT!



When you have a traumatic brain injury, you face two battles. One being the brain injury itself. The other, living in a world where so few people understand what you're up against.

“Our brain injuries don't make us less of a human being. We still matter and we will fight this battle together.”  
 - Emily Aisner, brain injury survivor



# BRAIN MEMES

GROW THROUGH WHAT YOU GO THROUGH

It's not about getting over it, it's about learning to live with it.

Today My Brain Is  
**CLOSED**  
 Please Check Back Again Tomorrow.



**IF YOU WANT MY PARKING SPACE, TAKE MY DISABILITY WITH IT**





# THE COLLECTOR

*Submitted by Kurtis*

I've been collecting coins since I was a child. This interest started with my Grandparents. My aunt gave me a silver fifty-cent piece and my parents who are from England gave me British coins.

Other family members would bring back currency from their travels in different countries.

I have quite a few sets of Full Canadian mints. Completed sets include a one dollar, two dollar piece, toonie, loonie, quarter, dime, nickel and penny. They are all from the same year and mounted in a case to protect them.

I have a Canadian coins catalogue that helps me determine the value of the coins and to let me know which coins are rare or hold special value.

Coin collecting is very interesting to me. Some bills and coins are no longer in everyday circulation and are no longer being made. One dollar bills, two dollar bills are no longer made since loonies and toonies came into circulation. I have some of the old bills.

Coin collecting will be a lifelong hobby for me. If I see an interesting coin I will be hanging onto it and checking my catalogue. It never ends and still holds an interest for me.



# KARRI'S CORNER

“Headaches are caused by a chemical reaction. Chemical activity in your brain, the nerves or blood vessels surrounding your skull, or the muscles of your head and neck (or some combination of these factors) can play a role in primary headaches.”

@BrainnuryWakab

What do you do to combat headaches and pain?

**Caroline - uses Liquid Advil and coffee for inflammation and Ibuprofen. She also listens to calming sounds for relaxation.**



**Lynn - uses a cold damp cloth on the back of the neck to cool down and to relieve her headaches.**



**GFord - keeps the atmosphere dark and quiet for a migraine. He also uses OTC Exceedrine Migraine.**

**Christine - she takes Botox every 3 months for her migraines and uses Ice compression caps for headaches. For muscle pain and strains she uses Salonpas Patches and a thumper machine.**







# Summer Mall Walks



**WEARING PURPLE  
ROWAN'S LAW DAW  
CONCUSSION AWARENESS**



Delicious pancakes were had!



**BEST \$3  
LUNCH  
IN  
TOWN**



*Pictures taken by  
Christine & Rebecca*



Music Therapy with Andrew in the Park

Try for  
Better  
Days!



Pictures taken by Christine



PICTURES BY CHRISTINE



# PICNIC

Annual Summer Picnic  
 THURSDAY, AUGUST 17, 2023

THANK YOU TO OUR SPONSORS!

**MCLEISH ORLANDO**  
 LAWYERS

Oatley Vigmond  
 DIVORCE & PERSONAL FINANCE LAW FIRM







## Sitting Volleyball at Camp Dawn

On a memorable Saturday, September 16th, I had a remarkable opportunity to indulge in something I'm deeply passionate about: coaching Sitting Volleyball. It marked my return to teaching the sport since my accident, made possible with the invaluable support of ParaSport Ontario and Camp Dawn.

The experience was nothing short of exhilarating. My adrenaline surged with excitement as I had the privilege to impart my knowledge of a sport I hold dear. Encouraging campers to sit on the floor and scoot proved to be a challenging yet rewarding endeavor, especially within the limited timeframe of an hour, which included basic skill instruction and a friendly game.

The feedback I received was heartwarming. One camper expressed, "I felt like I was back in high school, reliving the four years I spent playing. It made me feel young again, and I'm truly grateful." Another camper shared, "Exploring this new sport was fantastic. I hope I can find a way to continue playing when I return home!" A counselor even observed, "You looked completely in your element! Your natural teaching ability shone, and I was thrilled to see everyone having such a great time."

After the session, the initial euphoria gradually subsided, and I found myself crashing hard, prompting me to retire to bed for the afternoon. Nevertheless, my dreams were filled of teaching and coaching, a testament to the profound joy and impact of that memorable day. 🏐😊

**Written by Christine**











# BRENDON'S DEALS OF THE MONTH



## BACK TO SCHOOL. BACK TO THE GYM.

Who: Make a decision to look after your health.

Why: You want to keep in shape to live a longer life and look after yourself.

When: Create a schedule so that you can go more than once a week get into a routine.

How: every gym has different plans to suit your budget. Some gyms will help you out if your on low income.

Where: check Google and do a search in your area for gyms closer to you.

What: Make sure to bring a water bottle with you.

Always Talk to your doctor Before you plan to workout and ask questions.

DON'T  
miss it!

KFC meal deal on Tuesdays

Who treat yourself

Why save money

When every Tuesday

How- \$3.99 plus taxes

**WHERE ANY KFC LOCATION**

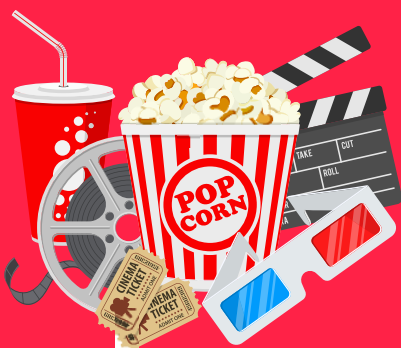
What you get 2 pieces of chicken and small fries



Tuesday movie deal.

Movie

1. Zombie town - no deal
2. The Nun part 2 a deal
3. The Equalizer 3 great deal
4. Gran tourism- great deal



**HOT  
DEAL**





# FOOD RESOURCES

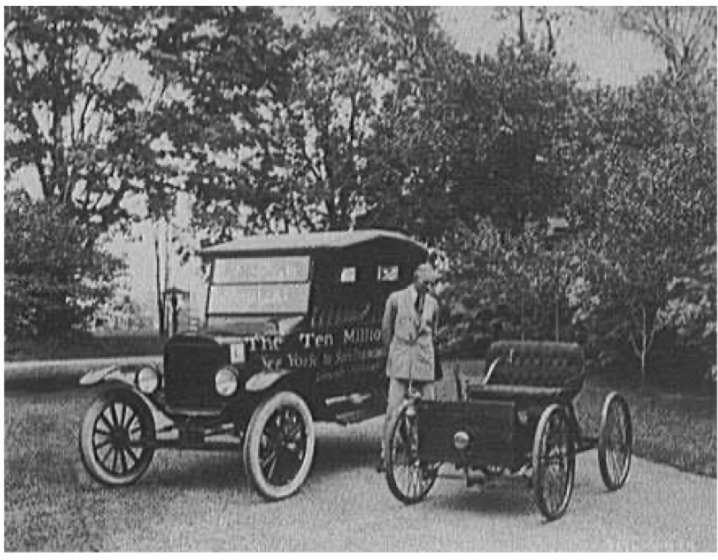


**The Food Bank offers emergency food and other necessities when available, every thirty days. By Appointment**  
**The Food Bank is open with regular hours. We are open Tuesday, Wednesday and Thursday from 9:15 a.m. to 12 noon.**  
**Clients must call to make an appointment (905) 935-4311 EXT 300**  
**Serving St. Catharines for over 135 years.**



*Submitted by Caroline*

## MONTH OF OCTOBER IN HISTORY



Henry Ford poses with the first and the ten-millionth Ford cars in 1924

October 1

**October 1, 1908** - Henry Ford's Model T, a "universal car" designed for the masses, went on sale for the first time.







# BIAN GOLF TOURNAMENT



Pictures taken by BIAN & Christine



# from Surviving to Coping Skills

**Trauma Experience**  
Any experience that disrupts your sense of safety or security: physical, mental, emotional



**Survival Skills**  
The ways we adapt to our circumstances to tolerate or push through the pain...



**Awareness & Acceptance**  
Reflections that lead to saying "yeah... a trauma experience happened... that shit was not okay & it harmed me."



**Gratitude & Grief**  
Your survival skills helped you get where you are. Now your letting go of what used to work & who you had to be... you're evolving



**New Coping Skills**  
Integrating new ways of responding or showing up for your life that feel good!



Created by Christine

• YOU ARE •  
**Stronger**  
THAN YOU THINK

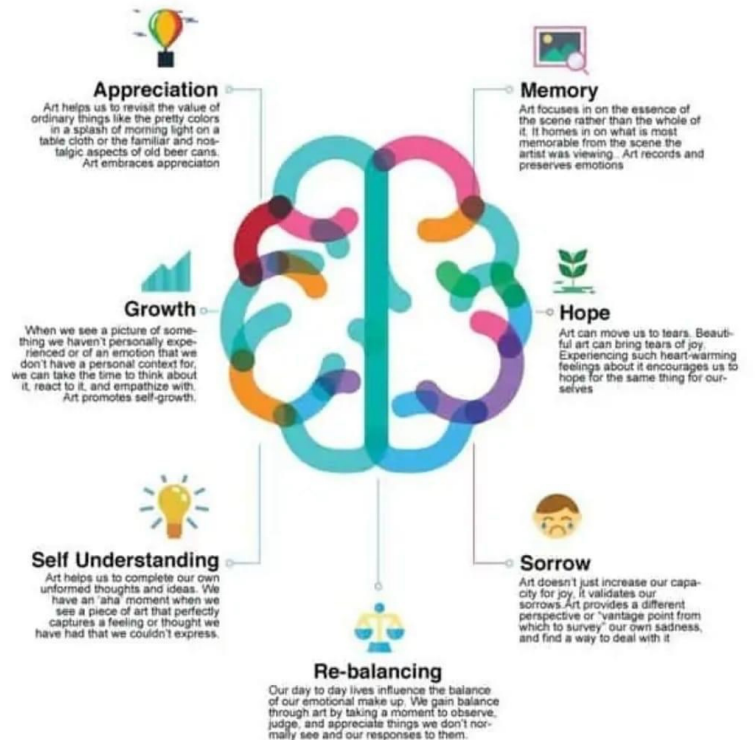


**never give up**

## Art As Therapy

How art helps us grow and evolve in our understanding of ourselves, each other, and the world we live in?

Based on the book *Art as Therapy*, Alain De Botton and John Armstrong identify seven functions of art



Art is not a handicraft, it is the transmission of feeling the artist has experienced - Leo Tolstoy

# UPCOMING EVENTS

## ST. CATHARINES ROAD RUNNERS



October 14, 2023



### HEAD FOR THE HILLS WHITE MEADOWS FARM

**SAT OCT 14TH 2023**

**REGISTER ON LINE AT:**

<https://raceroster.com/events/2023/78298/head-for-the-hills-trail-race-2023>

### Participant Awards:

T-shirts if registered before 11:59pm September 28th, 2023.

Awards for 5k and 10k Runners: Overall Male & Female (1st/2nd/3rd)

### Event schedule

- October 14 8:00 a.m. EDT - Race day Registration/Bib Pick-up
- October 14 9:30 a.m. EDT - Opening Ceremonies
- October 14 9:45 a.m. EDT - 10km Race Start
- October 14 10:00 a.m. EDT - 5km Walk/Run Start
- October 14 10:15 a.m. EDT - 1km Kid's Run Start
- October 14 11:30 a.m. EDT - Awards and Post Race - Food & Refreshments

### Contact information

**Event contact** Tony Pisano - Race Director  
**Email** [pizan1616@gmail.com](mailto:pizan1616@gmail.com)  
**Phone** 905-353-4897



## Registration NOW OPEN

- 1KM Survivor Walk
- 1KM Kids Run
- 5KM Walk/Run
- 10KM Run

[www.bianagara.org](http://www.bianagara.org) @bianaraga





**Living and Learning with Concussive Injuries**

A workshop dedicated to those living with the effects of concussion.

18 OCTOBER, 2023

Zoom Presentation

[Register Now](#)

**Living and Learning with Concussive Injuries with Dr. Sean Robb - BIAN 2023**

Come meet Dr. Sean Robb, Clinical Neuropsychologist, who will walk you through the research on living with the effects of concussive injury

e Eventbrite / Oct 18, 2023

**UPCOMING EVENTS**

<https://www.eventbrite.ca/e/living-and-learning-with-concussive-injuries-with-dr-sean-robb-bian-2023-tickets-715999572997?aff=oddtcreator>

Wear Purple - Partner Violence  
Thurs Oct 19th

Thanksgiving Mon Oct 9th

Halloween Party Tues Oct 31st

CLUBHOUSE CLOSED  
MON NOV 9TH

Remembrance Day  
Sat Nov 11th

Holiday Party Thurs Dec 21st



TRICK OR TREAT





# BREAST CANCER AWARENESS MONTH



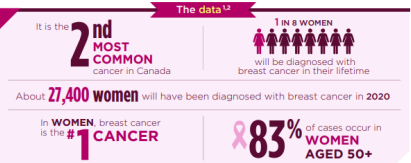
OCTOBER 2023

SUPPORT  
the fighters  
ADMIRE THE  
survivors  
REMEMBER  
the angels  
NEVER GIVE UP

## Breast cancer in Canada

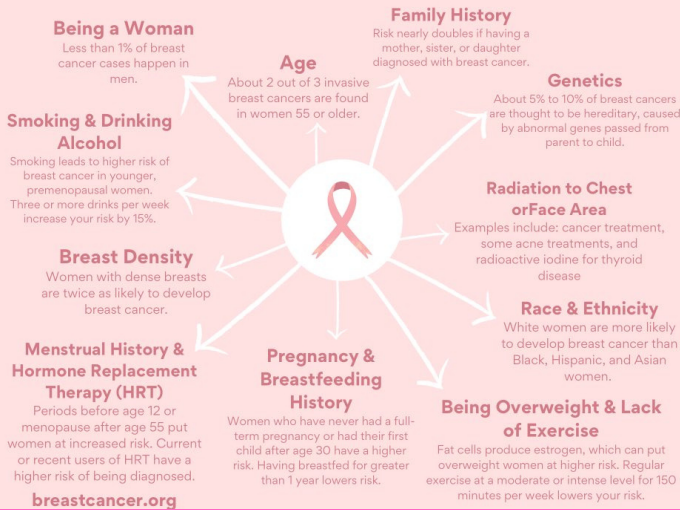


Breast cancer develops in the cells of the breast tissue. When these cells change or no longer behave normally, they may lead to benign tumours (non-cancerous). In some cases, the changes may cause malignant breast tumours (cancerous).



\* For more information, please visit: <https://www.prevent.cancer.ca/breast>

## Risk Factors for Breast Cancer



## Prevention of breast cancer



Examine under right arm



Examine under left arm



Examine below the breast



Examine above the breast



Examine while lying down



Examine in circles





We Proudly Support

# MOVEMBER

Prostate Cancer. Testicular Cancer. Mental Health



## MEN'S HEALTH: IT MATTERS



### 1 TESTOSTERONE

A low level of testosterone may cause men to experience mental fatigue, weight gain, hair loss, and sexual dysfunction. Contact your physician to get tested if you suspect low testosterone.



### 2 BPH

Benign prostatic hyperplasia (BPH), also known as an enlarged prostate, is not cancer and does not appear to be linked to cancer. However, it can cause uncomfortable symptoms such as painful urination, weak urine flow, and urinary incontinence.



### 3 PROSTATE CANCER

Prostate cancer is the second-leading cause of cancer deaths among men in the United States. However, the earlier the cancer is caught and treated, the more likely the patient will remain disease-free. Treatment success rates are high compared with most other types of cancer in the body.



### 4 TESTICULAR CANCER

Testicular Cancer is the most common cancer found in men aged 15-44 years old. It's fairly rare and very treatable. With early diagnosis, testicular cancer can be cured. With treatment, the risk of death from this cancer is small.



### 5 PSA TESTING

Prostate Cancer is diagnosed with a biopsy. The most common reason for a man to undergo a prostate biopsy is due to an elevated prostate-specific antigen level, or PSA, determined by a blood test.



### 6 MAKE PREVENTION A PRIORITY

Many health conditions can be detected early with regular checkups from your healthcare provider. Regular screenings may include blood pressure, cholesterol, glucose, prostate health, and more.



# November

Charity movement for men's health



#LETITGROW #NOSHAVE

## TESTICULAR CANCER IS THE MOST COMMON CANCER IN MALES 15-34 YEARS OLD.

**1 MALE** IS DIAGNOSED EVERY HOUR

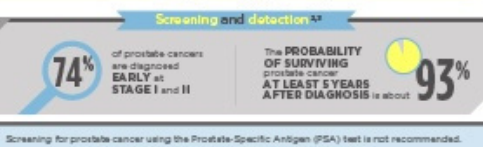
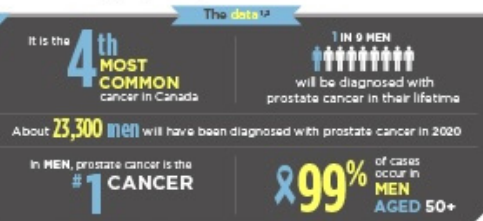


**1 MALE** DIES A DAY FROM IT.

WHEN DETECTED EARLY, **99%** OF GUYS DIAGNOSED SURVIVE.

### Prostate cancer in Canada

Prostate cancer develops in the cells of the prostate. Changes in these cells can lead to benign (non-cancerous) or precancerous conditions. In some cases, these tumours could become malignant (cancerous).

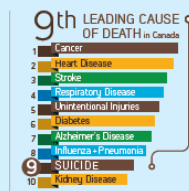


Source: Statistics Canada, 2019. \*Age and ethnicity are not risk factors. Stage and grade are not risk factors. PSA test is not recommended for men aged 50-69 years old. PSA test is not recommended for men aged 70 years and older.

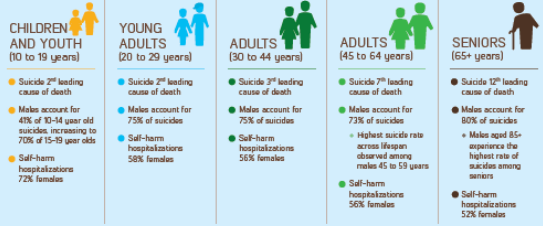
## SUICIDE in Canada

### CURRENT CONTEXT

An average of **10 PEOPLE** die by suicide **EACH DAY** in Canada



### ACROSS THE LIFE SPAN



Public Health Agency of Canada analysis of Statistics Canada Vital Statistics Death Database and Canadian Institute for Health Information Hospital Morbidity Database. Published data underestimate the total number of deaths by suicide due, in part, to the stigma of suicide and other factors that may lead family members, health professionals, coroners, and others to avoid labelling or reporting deaths as suicides.

### THERE IS HOPE

Suicide can be prevented. Help is out there. You are not alone.

IF YOU ARE IN CRISIS

- Contact a call centre in Canada near you: [www.suicideprevention.ca/finding-suicide/first-aid-crisis-centre/](http://www.suicideprevention.ca/finding-suicide/first-aid-crisis-centre/)
- Call Kids Help Phone 1-800-668-6868
- Find someone you trust and let them know



Public Health Agency of Canada / Agence de la santé publique du Canada

Canada



## PSA: Know Your Number



### Risk Factors

**Age:** Risk for prostate cancer increases with age.

**Race:** Men of Black African or black Caribbean descent have increased risk for prostate cancer.

**Family History:** Men with a first degree relative (brother, father, son) with prostate cancer have an increased chance of getting the disease.

**Lifestyle:** Maintaining a healthy weight through good diet and exercise may reduce the risk of prostate cancer.

### Did you know?

The PSA test is a simple blood test, taken from your arm, that measures the amount of prostate specific antigens in your blood.

While there are controversies with the PSA test, high numbers serve as a powerful red flag for further investigation.



### Prostate Cancer Canada Recommends



PCC advocates for shared decision making between doctor and patient

### 2017 STATS

**1 in 7** Canadian men will be diagnosed with prostate cancer in their lifetime

Prostate cancer is the most commonly diagnosed cancer among Canadian men

AN ESTIMATED **21%** [of all new male cases]

An estimated **21,300** Canadian men will be diagnosed with prostate cancer in **2017**

**4,100** will die from the disease



The death rate has been declining significantly by an average of **3.3%** {per year} since **2001** from improved testing for prostate cancer and better treatment options

Source: Canadian Cancer Society, 2017



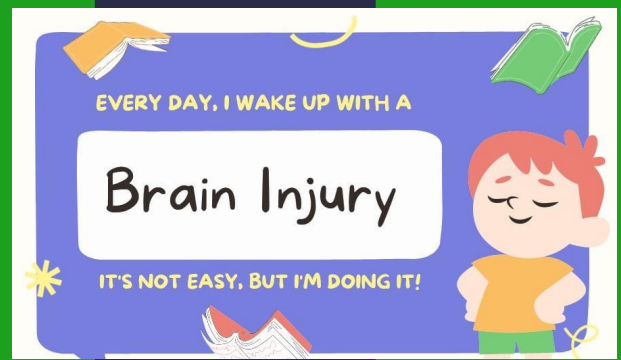


# ANSWER TO



## ANSWERS TO WORD PLEXER PUZZLE

1. MULTIPLE CHOICE
2. GOOD AFTERNOON
3. SIT UPS
4. LITTLE HOUSE ON THE PRAIRIE
5. BREAKFAST
6. ADVERB
7. ROCK AROUND THE CLOCK
8. LITTLE SISTER
9. I'M COUNTING ON YOU



3	5	2	4	7	6	1	8	9
1	6	8	9	5	2	7	3	4
7	4	9	8	1	3	6	2	5
4	2	5	6	9	7	8	1	3
6	8	3	2	4	1	5	9	7
9	7	1	5	3	8	4	6	2
8	9	7	3	6	5	2	4	1
2	1	4	7	8	9	3	5	6
5	3	6	1	2	4	9	7	8

## Word Plexer Puzzle

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.

## WOULD YOU RATHER?

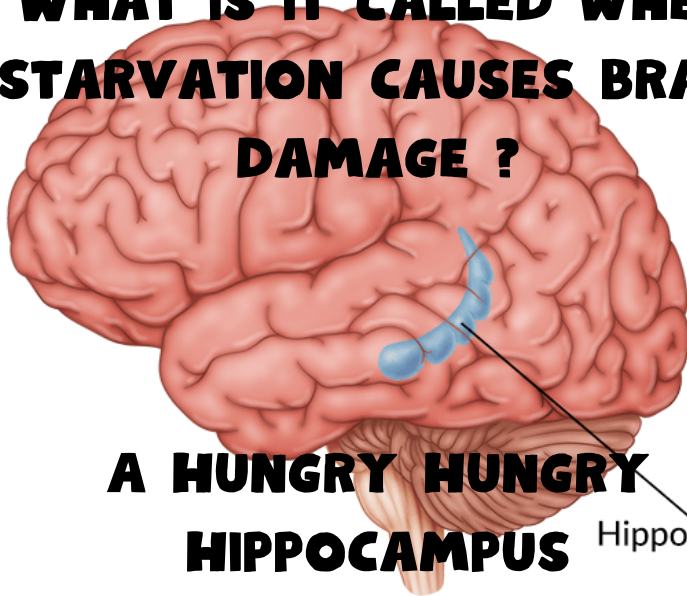
*Pick your preference, defend your choice.*

- Get up early OR Sleep in late
- Watch a movie OR Read a book
- Fame OR Fortune
- Explore Space OR Explore the Ocean
- Lose your sight OR Loose your memories
- Jail for 5 years OR Coma for 10 years
- Be 11 feet tall OR 9 inches tall
- Solve World Hunger OR Solve Global Warming
- Have a photographic memory OR An IQ of 200
- Run at 100mph OR Fly at 20mph
- Detect every lie OR Get away with every lie
- Be the funniest person OR Be the smartest person
- See 10 minutes into the future OR 150 years into the future
- Find true love today OR Win the lottery next year
- Work under a hot sun OR Work in Extreme Cold



# BRAD'S JOKE of the MONTH

**WHAT IS IT CALLED WHEN  
STARVATION CAUSES BRAIN  
DAMAGE ?**



**A HUNGRY HUNGRY  
HIPPOCAMPUS** Hippocampus

# Trivia



# FALL WORD SEARCH

## Fall Word Search

C U W V B F K S Q S W H A R V E S T H G  
O Y S M A N T A T O U U O G K R P M E  
A C F D F O O T B A L L W B T Q W O Z B  
S E E Z Z A G E R Y N T U E N I B E X R  
W J P N X T B U W A A P P L E C I D E R  
E A U O A H U D C N U T U U U N C T A Q  
A P R V S A U U R K K P P Z M H R B C T  
T P L E A N N O J Y S R P C U P A G I C  
E L E M J K C A D B E F W K E U K Y M K  
R E A B U S K F Y O P L I O H Z E I Y B  
P S V E L G P H L N T Z H P S J S Q N O  
Q Q E R S I Q A W F E Y E M U W E Q J O  
J N S O M V V C N I M C O Q N R M W K T  
T B M E K I F Z B R B R Y C F K N L J S  
V Y A P N N Q K G E E A V G L U T A A O  
V N R R D G H N A B R U Q T O O N I G V  
C Y A O O P I Q O N H T X F W J Z Y P E  
L C X F E A L T K O E U W Z E S U P P B  
R D E F I D C W K O Q M Z Q R B F Z U S  
D R Q R J O V Z O Y W N C J G R K N E U

- |         |              |           |
|---------|--------------|-----------|
| CORN    | THANKSGIVING | PUMPKIN   |
| AUTUMN  | HARVEST      | FOOTBALL  |
| BONFIRE | LEAVES       | SWEATER   |
| BOOTS   | CARNIVAL     | NOVEMBER  |
| OCTOBER | APPLES       | SEPTEMBER |
| RAKE    | APPLE CIDER  | SUNFLOWER |



# AUTUMN

— crossword puzzle —

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

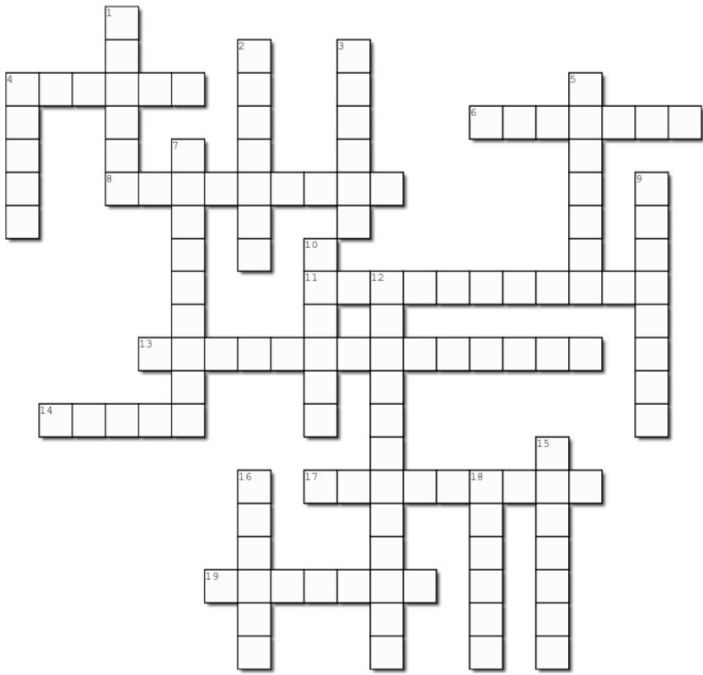
9. \_\_\_\_\_

10. \_\_\_\_\_





## Pumpkin Patch Puzzler



Created using the Crossword Maker on TheTeachersCorner.net

## Evan's Enigmas



### Across

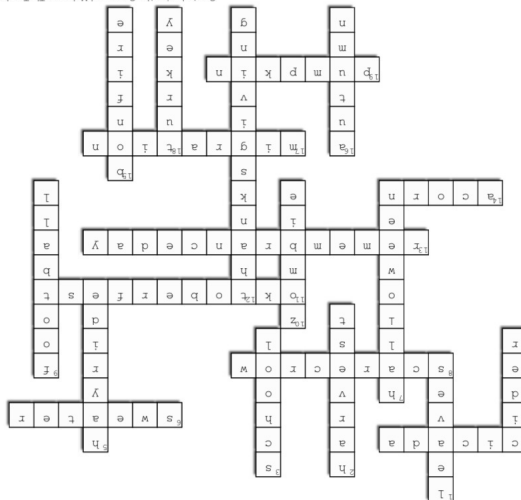
4. A St. Catharines music festival named after a large, winged insect that emerges once every 13 to 17 years
6. 'If you want to destroy my \_\_\_\_\_, pull this thread as I walk away.'
8. Dorothy, The Tin Man and the Lion's friend searching for a brain
11. A travelling carnival and beer festival that started in Munich, Bavaria
13. 11:11:11
14. Squirrels bury these seeds to eat during the winter
17. The term for birds and butterflies going to Costa Rica for the winter
19. A term of endearment that a father would use when talking to his child

### Down

1. Colour changing things that kids make piles of and throw at one another
2. A Neil Young album featuring the songs 'Old Man', 'Needle and the Damage Done' and 'Heart of Gold'
3. A child's responsibility before starting a career
4. A hot fall drink made from apples (can also be enjoyed cold)
5. Howell's has a haunted version of this farm attraction
7. Spooky day where people dress up and go trick-or-treating
9. The Big 10 sport
10. A dead person that rises from the grave to walk the Earth
12. A bountiful feast with family in October or November
15. S'mores, singalongs, spiderdogs happen around this
16. A female name and synonym for fall
18. A silly or stupid person - gobble gobble



Created using the Crossword Maker on TheTeachersCorner.net



Pumpkin Patch Puzzler

## ANSWERS





# EASY

# MEDIUM

# HARD

2	5		9		4
				3	7
7		8	5	6	1
4	5	7			
	9			1	
			2	8	5
	2	4	1	8	6
6	8				
1		2		7	8

	6	9	2		
		7	2		
	9	5	8	7	
9			3		6
7	5			1	9
1		4			5
	1	3	9	8	
		2	1		
	9	8	1		

		8			
7	8	9		1	6
			6	1	
	7				5
5	8	7	9	3	4
	4			2	
	3	2			
8			7	4	3
			1		



Happy Thanksgiving





AROUND THE PROVINCE

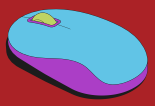
TECH SUPPORT FOR TBI SURVIVORS



### Brain Connect PDF Collection

- Must Have iPad Accessories** - Four essential add-ons to get the most from your experience. [VIEW](#)
- Fall Detection on the Apple Watch** - A Complete Guide to Understanding FALL DETECTION ON THE APPLE WATCH. [VIEW](#)
- Audio and E-books** - TO THE BRAIN INJURY ASSOCIATION OF WATERLOO-WELLINGTON TECH TALKS. [VIEW](#)
- Setting Up a Smart Plug** - A STEP BY STEP GUIDE ON SETTING UP YOUR SMART PLUG. [VIEW](#)
- Video Calling** - GOOGLE NEST HUB: EVERYTHING YOU NEED TO KNOW ABOUT COMMANDS, TRICKS AND MORE. [VIEW](#)
- VIDEO CALLING** - FACETIME GROUP CALLS, JOINING A ZOOM CALL ON DESKTOP, JOINING A ZOOM CALL ON IPAD. [VIEW](#)

Programs	Events & News	Resources	Community	Get Involved	Contact
Programs Info					
Survivor Programs >	Art Programs >				
Caregiver Programs >	Brain Connect ●	Device Program			
Community Programs >	Brain Makers	Tech Talks ●			
	Support Groups >	Tech Guides ●			
	Young Brain Circle >	Testimonials			



Do you need help with tech? Why not click onto BIAWW website. They have tech support and videos on how to use different apps and programs. To start just type in... [www.BIAWW.org](http://www.BIAWW.org) then click Programs, then Brain Connect then Tech Guides.

### HELPFUL APPS

- BUDGETING APPS** - Forecast Receipt Tracker, Mint, PocketGuard. [VIEW](#)
- FUNCTIONAL APPS** - Seeing AI. [VIEW](#)
- Audible Guide** - A Quick Guide to Audible. [VIEW](#)
- SOCIAL APPS** - Marco Polo, Houseparty, Netflix Party, Fun and Games. [VIEW](#)



Thursday October 19th 2023

## 2023 Provincial ABI Conference

# Harnessing the Power

## After Brain Injury

**November 8-10, 2023**  
Sheraton Fallsview, Niagara Falls, ON

Presented by:

[obia.ca/abi-conference/](http://obia.ca/abi-conference/)

OBIA is joining with the Canadian Royal Purple Society to raise awareness about Intimate Partner Violence and Brain Injury. Purple Thursday, October 19, 2023, is a day to raise awareness about the intersection between brain injury and interpersonal violence with a goal to eliminate it.

Canadian Royal Purple Society (CRP) has adopted brain injury as their official cause. On Purple Thursday, they will work with brain injury associations and women's groups in their communities across the country to raise awareness about the intersection of brain injury (ABI) and interpersonal violence (IPV).

Join us on **PURPLE THURSDAY**, October 19, 2023.

You can show your support by:

- Wear PURPLE on October 19, 2023
- Take a selfie or a group shot of you, your family or co-workers all wearing PURPLE.
- Post it with #PurpleThursday and tag @CanadianRoyalPurple (Facebook), @canadianroyalpurple (Instagram) or @CRP\_National (Twitter)
- Visit the Purple Thursday website [HERE](http://HERE) and find out why Purple Thursday is so important

You can find more information about Intimate Partner Violence (IPV) and Brain Injury on our website [here](http://here).

If you require support, please contact [support@obia.on.ca](mailto:support@obia.on.ca) or phone our helpline: 1-800-263-5404.



## WEDNESDAY NOVEMBER 8TH 2023

3pm \* Exhibit Set Up

6pm. \* Conference Opens - Registration

7pm. \* Welcome Reception

## THURSDAY NOVEMBER 9TH 2023

6:30 am \* Yoga by the Falls

7:10 am \* Registration and Breakfast

8:30 am.\* Welcome, Land Acknowledgement and Introductions

9:00 am \* Keynot #1 Dr. Abe Snaiderman - Sexuality After Acquired Brain Injury

10:00 am \* Refreshment Break

10:30am \* Concurrent Session A

A1 \* Neuroprotective Effects and Resiliency of Symptoms Related to TBI

A2. \* Examining Amydala Resting State Functional Connectivity Altercations Associated with Depressive Symptoms in Chronic Moderate to Severe Traumatic Brain Injury

A3. \* Community Based Rehabilitation Training. A Model for On-Site Training of Local People in Rural Areas to Help an Individual with TBI Achieve a Meaning Life.

A4. \* Fraud Awareness - Reducing the Everyday Risks for you and your Clients.

A5. \* The Importance of Real World Practice, Re-Establishing Routines and Healthy Habits in the Paediatric ABI Recovery Journey.

A6. \* Harnessing Digital Power for Brain Injury Survivors: Insights, Strategies, and Collaborative Pathways.

11:00 am Lunch, Draws and Exhibits

1:00 pm Keynote #2 - Dr. Mary "Sco" Scourboutakos  
FOOD AND MOOD: Exploring the Science and Nutrition and Mental Health

2:15 pm \* Concurrent Session B

B1 \* We've Harnessed the Power, Now Let's Unleash it.

B2 \* Breakdowns in Behaviour and Communication - How to Reconnect and Regain Equilibrium in ABI Rehabilitation

B3 \* Good to Go Today but... An Examination of mTBI's Role in Future Work.

B4. \* "I'm tired of feeling tired": An Evidence-informed Rehabilitation Perspective on Understanding and Mitigating Fatigue in an ABI Population

B5. \* Muddling Through: A Guide To Supporting Caregivers

B6. \* Resilience: Back from Brain Injury

3:15 pm Refreshment Break - Exhibiting and Networking

3:45 pm Concurrent Session C

C1. \* The Power of Rehabilitation Through a Cultural Lens

C2 \* Untangling the Everyday - Using the RTSS to Describe Rehabilitation Opportunities for Individuals with ABI Within CONNECT's Life Redesign Model

C3. \* Management of Auditory Symptoms Post Concussion Can Promote Rehabilitation

C4. \* ABI FYI: Acquired Brain Injury for your Information

C5. \* Sytematic Complexities of Community Based Acquired Brain Injury Rehabilitation and the Interconnection of ABI, Mental Health and Addictions

C6. \* Persons With Brain Injury Have a Lot to Say. Are We Listening?

5:00 pm Cocktail Reception

November 8-10, 2023

Sheraton Fallsview, Niagara Falls, ON

[nia.ca/abi-conference/](http://nia.ca/abi-conference/)



Mark  
YOUR  
Calendar



SCHEDULE



OCTOBER 2023 | BIA Niagara Calendar of Events

Monday – Thursday 10:00 AM – 3:00 PM | Registered Members Only

Monday 10:00am - 3:00pm	Tuesday 10:00am - 3:00pm	Wednesday 10:00am - 3:00pm	Thursday 10:00am - 3:00pm
<p>2</p> <p>10 Opening Peer Social 11 Morning Meeting + Lunch Prep 11:30 Breakfast Club - Mixed Berry Muffins 1-2:30 Mindful Walk</p>	<p>3</p> <p>10 Opening Peer Social 11 Morning Meeting + Lunch Prep 12-1 Ultimate BLT Sandwich and Salad 1-2:30 Bingo</p>	<p>4</p> <p>10 Opening Peer Social 11 Morning Meeting + Lunch Prep 12-1 Vegetarian Stir Fry 1-2 Survivor Newsletter Meeting 2-3 Cards</p>	<p>5</p> <p>10 Opening Peer Social 11 Morning Meeting + Lunch Prep 12-1 Chicken Caesar Wrap 1-2:30 Gratitude Tree Activity</p>
<p>9</p> <p>Clubhouse Closed</p>	<p>10</p> <p>10 Opening Peer Social 11 Morning Meeting + Lunch Prep 12-1 Meatball Subs and Salad 1-2:30 Music Trivia</p>	<p>11</p> <p>10 Peer Social 11-12 Meal Preparation Group 12-1 National Grilled Cheese Day 1-2 Men's Peer Support Group</p>	<p>12</p> <p>10 Opening Peer Social 11 Morning Meeting + Lunch Prep 12-1 One Pot Creamy Broccoli Pasta 1-2:30 Fall Horticulture Event • Please RSVP by October 5th</p>
<p>16</p> <p>10 Opening Peer Social 11 Morning Meeting + Lunch Prep 11:30 Breakfast Club - Smoothie Bowls 1-2:30 Art Your Heart Out - Meditative Stone Art</p>	<p>17</p> <p>10 Opening Peer Social 11 Morning Meeting + Lunch Prep 12-1 Taco Tuesday 1-2:30 Chair Yoga and Mindfulness</p>	<p>18</p> <p>10 Opening Peer Social 11 Morning Meeting + Lunch Prep 12-1 Chicken Stir Fry 1-2:30 Cornhole</p>	<p>19</p> <p>10 Peer Social 11-12 Meal Preparation Group 12-1 Chicken Pot Pie 1:30-2:30 Interactive Music with Andrew</p>
<p>23</p> <p>10 Opening Peer Social 11 Morning Meeting + Lunch Prep 11:30 Breakfast Club - Pumpkin French Toast 1-2:30 Halloween Mix and Mingle Bingo</p>	<p>24</p> <p>10 Opening Peer Social 11 Morning Meeting + Lunch Prep 12-1 World Pasta Day - Ghoulish 1-2:30 Paint a Mini Pumpkin</p>	<p>25</p> <p>10 Opening Peer Social 11 Morning Meeting + Lunch Prep 12-1 Tuna Frankenstein Wraps 1-2:30 Therapy Tails</p>	<p>26</p> <p>10 Opening Peer Social 11 Morning Meeting + Lunch Prep 12-1 Spooky Nachos 1-2:30 Women's Peer Support Group</p>
<p>30</p> <p>10 Opening Peer Social 11 Morning Meeting + Lunch Prep 11:30 Breakfast Club - Halloween Pancakes 1-2:30 Halloween Origami</p>	<p>31</p> <p>10 Opening Peer Social 11 Morning Meeting + Lunch Prep 12-1 Ghost Margherita Pizza 1-2:30 Frankenstein Rice Crispy Treats &amp; Halloween Costume Contest</p> <p>It's Halloween Time, We're Having a Bash, Wear Your Best Costume, To Our Fun Monster Mash!</p> <p>(There will be a small prize for the best voted costume! Costumes are not required to attend)</p>	<p><a href="mailto:brainmattersnewsletter@gmail.com">brainmattersnewsletter@gmail.com</a></p>	

NOTES:  
We are closed Monday, October 9<sup>th</sup> for Thanksgiving  
Please email newsletter submissions to [brainmattersnewsletter@gmail.com](mailto:brainmattersnewsletter@gmail.com)  
Breakfast Club – Brunch on Monday's is free!  
Lunch – Tuesday through Thursday, cost is \$3.00 (please prepare in advance if you have an allergy or dietary restriction)

EVENTS:  
Wednesday, October 4<sup>th</sup> – Survivor Newsletter Meeting  
Friday, October 6<sup>th</sup> – Friends Helping Friends: Welland Peer Support Group (First Friday of every month)

Wednesday, October 11<sup>th</sup> – Men's Peer Support Group (Second Wednesday of every month)  
Thursday, October 12<sup>th</sup> – Fall Horticulture Event – \*Please Register by October 5th\*  
Saturday, October 14<sup>th</sup> – 29<sup>th</sup> Annual Kerry's Head for the Hills Trail Race

Monday, October 16<sup>th</sup> – Art Your Heart Out – Meditative Stone Art (Third Monday of every month)  
Wednesday, October 18<sup>th</sup> – Online Concussion Information Webinar with Dr. Sean Robb via Zoom 5:00–7:00 PM

Thursday, October 26<sup>th</sup> – Women's Peer Support Group (Fourth Thursday of every month)

Tuesday, October 31<sup>st</sup> – Halloween Costume Contest! There will be a small prize for the best voted costume! Costumes are not required to attend

Monday, October 16<sup>th</sup> – Art Your Heart Out – Meditative Stone Art (Third Monday of every month)  
Wednesday, October 18<sup>th</sup> – Online Concussion Information Webinar with Dr. Sean Robb via Zoom 5:00–7:00 PM

Thursday, October 26<sup>th</sup> – Women's Peer Support Group (Fourth Thursday of every month)

Tuesday, October 31<sup>st</sup> – Halloween Costume Contest! There will be a small prize for the best voted costume! Costumes are not required to attend



# Editors Notes

*Clubhouse Reopens with New Changes and Exciting Updates.*

*Clubhouse has recently reopened and is now better than ever. Thanks to two grants, the Clubhouse has expanded its abilities and made several changes, including hiring new staff, expanding its hours of operation, and more. These changes include Meka as the new Member Services Navigator, Tamara as the Program Coordinator, and Sarah as the Community Engagement Coordinator, with Madison from Mohawk College also joining the team. The Clubhouse is now open four days a week, from 10 am to 3 pm, and Friends Helping Friends will be starting up again in Welland on the first Friday of every month. Exciting times are ahead!*

*A Heartfelt Thank You to the BIAN Community  
With Thanksgiving just around the corner, I want to express my gratitude to everyone who makes BIAN possible, whether you're a volunteer, employee, or participant. BIAN is a wonderful place to call home, and I am thankful for each and every one of you. I also want to give a special shoutout to my newsletter committee members for their hard work and dedication. Happy First Anniversary! I am incredibly proud of all of you and grateful for all the articles and pictures you have contributed to make our newsletter so amazing. It has been a great way to showcase to our community our creativity, sharing, and collaboration, and it has reached far beyond just those with brain injuries.*

*CONGRATULATION BRAIN MATTERS on your first anniversary and to many more!*

