

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



BRAIN MATTERS

OCTOBER 2022 Vol. 1



After a 3 years hiatus, we were back to QUEENSTON Heights for BIAN's Annual Picnic. It was so nice to see our friends from BICR, HIRO and BIAFE once again. In the pictures to the left we have, (top left to right); Caroline, Brendon and Andrea On the bottom is Kyle's Dad & Kyle and Thomas. Even though the rain came, nothing stopped us from embracing the chance to renew our friendships!

Written by Christine



Pictures taken by Pierre D.

Brain Injury Survivors please remember this: Before you or anyone else puts you down, please consider everything you have gone through to get to this point. Every moment you pushed beyond your obstacles & struggles. You are a champion. You are a fighter. You are an inspiration to many. You are worthy of nothing less than the deepest unconditional love. - TBI Life Coach/Facebook

Mental Wellness

AUTUMN SELF-CARE

- Rest and allow yourself a break.
- Enjoy your favorite tea.
- Write down what you want to let go of.
- Focus on warmth.
- Enjoy warm socks & pjs.
- Embrace hygge.
- Drink spiced cider.
- Go to a Farmer's Market.
- Try out a new hobby.
- Get creative with pumpkins.
- Curl up with a good book.
- Take a nature walk.

BlessingManifesting.com

October's Birthdays
Brad Main 13th

Upcoming Fundraisers

TR Law SULLIVAN INJURY LAW BASIC

IN PERSON & VIRTUAL OPTIONS AVAILABLE!

KERRY'S HEAD FOR THE HILLS
SATURDAY, OCTOBER 15, 2022

Join us on Saturday, October 15th White Meadows Farms for our 28th Annual Kerry's Head for the Hills event hosted by The St.Catharines Road Runners.

We have a fantastic event planned filled with the opportunity to walk or run in support of BIAN. Awards and post-race celebration to follow (including lunch, and refreshments).

Register now - <https://raceroster.com/events/2022/29859/head-for-the-hills-trail-race-2022/>

We want to encourage all BIAN members to participate in the 11 km Survivor Walk. For more information see Meka at the BIAN Clubhouse



As BIAN members, we have the opportunity to help fundraise for our beloved clubhouse. Starting in October, forms will be handed out to those who would like to participate in FundScrip.

FundScrip are gift certificates that people pay for and BIAN would get a certain percentage back. There are hundreds of stores to choose from and for different amounts. If interested, email Christine at Christine.Baillie@icloud.com

Meet Caroline

Hi, my name is Caroline and I have what is termed a "minor brain injury". To me, it's NOT and it has affected everything in my life. I also have a term called aphasia, where I will completely forget words or phrases in the middle of a sentence. It is very frustrating as I used to have a very sharp mind pre accidents. Not only do I have a brain injury, I also suffer from a lower lumbar injury. So I have to use a walker to help with my balance and walking endurance.

My lifestyle has severely changed. I am no longer able to work. My long time friends don't understand me any longer and nor does my family. This brain injury has been very traumatic to say the least.



In 1980, I was in a horrible car accident when a friend of mine was driving my car. She freaked out at the border crossing near Kingston and lost control of my car. We ended up basically plowing a farmer's field. My seat belt was ripped off, I hit the back of my head on the head rest and then thrown forward through the windshield and from the car. I was knocked out cold for roughly 30 minutes I was told. When I woke up, I had a wonderful woman leaning over me telling me I had been in a very bad accident and to not get up yet. My car was totalled. I was taken to the hospital with a huge black eye and a huge rip from the inside of my eyebrow to the other side. That injury took 22 years for the nerves to heal. I remember being very tired, but I was only 22 years old and my body repaired itself slowly. In retrospect, this was my first undiagnosed brain injury and since I was young and healthy, my athletic body was able to support the skeleton structure during the accident.

Just five years ago, I was in my last car accident. I was the front seat passenger in a disability taxi in Toronto. Two elderly woman in the back seat got out at their scheduled stop and not 2 minutes later the cab I was hit violently from behind pushing us into the car in front of us. It was so devastating that if those two ladies were still in the taxi, they would NOT be alive today. I was thrown forward and back, hitting my head on the head rest which was made of hard metal with a light vinyl covering. At the hospital, I was diagnosed with a suspected concussion and sent home. Four days after the accident, I went back to the hospital due to excruciating pain in the back of the head. They then diagnosed me with whiplash, a concussion and brain injury. I went through months of physiotherapy and even had to get a lawyer.

Continued on page 3

Sunflower Lanyards

As an avid traveler by air, I never leave home without our Sunflower Lanyards.

These lanyards are available for free for passengers with invisible disabilities. First introduced by Gatwick airport in 2016, the Sunflower Lanyard Program provides a discreet way to signal that a passenger may need additional help or some extra time to complete a task while travelling through the airport

Toronto Pearson is the first airport in Canada to offer the Sunflower Program for passengers with invisible disabilities, which includes a Brain Injury.

Invisible disabilities refers to a wide umbrella covering a spectrum of disabilities that are not immediately apparent, including sensory and medical disabilities.

To participate in the program, passengers can pick up a Sunflower Lanyard at information desks in Terminals 1 and 3, or can be requested by mail, at least 14 days before travel. Lanyards are free and can be worn throughout the airport. By wearing or holding the lanyard, passengers will be able to signal to staff that they may need some additional service while checking in, going through security, making a purchase or many other travel activities.

It does NOT do is get you special services or through the lines faster! For more information check out the website

<https://www.torontopearson.com/en/accessibility/sunflower-lanyards>

The Brainy Traveller

Written by Christine

Continuation from page 2 -
Caroline's Bio

Since I am that kind of person that has always pushed through looking for answers, I was able to get by. I never gave up and through it all, I never felt sorry for myself. My message to all in the Brain Injury Community is NEVER GIVE UP. There is always HOPE. Your old life is gone. It is like saying goodbye to a person who no longer exists, but your humour does go along way. Don't be hard on yourself. Sometimes things just take a little longer to do, but you will be successful!

Written by Caroline



OUTINGS WITH FRIENDS
GRAPE AND WINE PARADE



Brad, Christine (Sophie, dog), Jeff, Caroline, Brendon

WHAT IS ROWAN'S LAW DAY?

On the last Wednesday of every September is dedicated as Rowan's Lay Day, named for Rowan Stinger, a young Ottawa high school Rugby player who sadly died in 2013 from a condition known as Second Impact Syndrome.

Rowan's Law honours her memory and aims to bring awareness and encourage education on concussion safety and management.

As of 2018, it is mandatory for all sports organizations to: ensure that athletes under 26 years of age, parents of athletes under 18 years of age, coaches, team trainers and officials confirm every year that they have reviewed the Ontario's Concussion Awareness Protocols and Resources.

Written by Christine

ROWAN'S LAW DAY



**WEAR PURPLE TO SHOW
 YOUR SUPPORT!**

**WEDNESDAY
 SEPTEMBER 28TH 2022**



HEADACHE DIZZINESS NAUSEA LIGHT SENSITIVITY



RINGING IN THE EARS MEMORY LOSS DROWSINESS DEPRESSION

**HIT.
 STOP.
 SIT.**



ontario.ca/concussions

Written by Christine
 Beillie

FAREWELL

Written by Christine



It's always hard to say goodbye to those who mean so much to us and who have affect our lives in a positive way.

Pat Dracup has been with BIAN for 30 years as an advocate for Brain Injury Survivors. Her retirement will be felt by many, not just by her many group activities she ran like Friends Helping Friends, Art & Horticulture Clubs. She will be missed by the many outreach BIAN members in the Niagara Community. Her caring smile and and her dedication to help those with a TBI will be missed.

Sarah McKeag came to us only 3 short years ago, but has made a substantial impact to all us at the Clubhouse. From her caring personality to her talents in the kitchen and in the art room. We will all miss Sarah's laughter, humour, taste in music and her overall love for us.

SURPRISE.... She's not gone folks! Sarah's has moved roles to BIAN's Peer Support Program Leader. So if you are interested in becoming a mentor or are in need of a support partner, email SARAH at peersupportmentor@bianiagara.org

VOTE NOW

YOUR VOTE MATTERS

Municipal voting is just around the corner. Get yourself educated regarding each candidate before you vote. You are voting for your local Mayor, Councillors, School Trustees and Regional Councillors.
Every vote counts!
VOTING DAY

Monday Oct 24 2022

For more information on your region refer to this website
<https://www.niagararegion.ca/government/council/municipal-election/landing.aspx>

HOT DEAL

Get yourself a PC Optimum Card to earn points to use toward purchasing groceries, beauty or apparel.

For every 10,000 point you earn, redeem for \$10 worth of free stuff. You can use this card at the following

places:

No Frills

Zehrs

Shoppers Drug Mart

Pharmaprix

Written by Brandon Price-Weismiller

DON'T miss it!



LOCAL FOOD SECURITY

The St. Catharines Food Bank is located at Community Care

12 North Street (downtown area)

Phone : 905 685 1349

Open Mon - Fri

10am - 12pm;

12:30pm - 3pm

By Caroline



Sharing Our Talents

Andrea is a very talented and caring member of BIAN.

This past month of September, she made and donated 2 beautiful baskets to be raffled off. (one for men the other for the women)

To her surprise when picking out the names from each bag, she drew the names Brad and Christine as the winners!

On behalf of the winners and all the members of BIAN, we would like to take the time and say thank you Andrea for always caring and sharing your talents with us! The baskets are absolutely amazing!

Written by Christine

GAMES, PUZZLES & JOKES



FALL



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



- acorn
- apples
- autumn
- birds
- bonfire
- changing
- colors
- fall
- football
- frost
- harvest
- jacket
- leaves
- mushrooms
- orange
- pumpkins
- raking
- red
- scarecrow
- spiders
- squirrels
- trees
- vegetables
- yellow



Brad's Joke of the Month

What do you call an alligator with a brain injury?

A reptile disfunction

1 Get it Get it Get it Get it	2 Jack	3 Somewhere 	4 DOOR
5 READ	6 Blood Water	7 Beeeee	8 CANCELED

SUDOKU

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

All Answers will be in the next edition

BIAN MEMBERS AND STAFF



Picture left to right

Top: Brad, Ron, Michael, Jeff, Caroline

Bottom: Dylan, Volunteer and Sarah, Peer Support Coordinator

Letter from the Editor

On behalf of the Survivor Newsletter Committee and to those who have submitted entries, THANK YOU! Making this Survivors Newsletter has given me some purpose once again and I look forward to showing off our successes of our BIAN member.

If you would like to contribute to the next Survivors Newsletter, send your submission to me via email at Christine.Baillie@icloud.com or drop it off at BIAN in the Survivors Newsletter Box by the 15th of each month. Remember, we learn from each other's successes so that we may grow along our journey to recovery!



Christine
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