



# BIAOV COMMUNIQUE

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**Phone:** 613 233-8303  
**Fax:** 613 233-8422  
300-211 Bronson Avenue  
Ottawa, ON, K1R 6H5

[www.biaov.org](http://www.biaov.org)  
**Email:** [braininjuryottawavalley@bellnet.ca](mailto:braininjuryottawavalley@bellnet.ca)

Join us October 23, 2012 for the 6<sup>th</sup> annual fundraising dinner, when Doug Smith will share his life experiences and perspective about trauma, recovery, and success.



- *Author of The Trauma Code*
- *Author of Thriving in Transition*
- *National spokesperson for the Brain Injury Association of Canada*
- *Former captain of the Ottawa 67s and first round NHL player*
- *Experienced over 30 traumatic brain injuries*
- *Multiple broken bones and lacerations*
- *Shattered his neck in over 100 places, ending his professional sports career at age 29*

The dinner will be held at Hampton Inn Ottawa and Convention Centre, 200 Coventry Road, Ottawa, ON. Please see the attached flyer for more details. Tickets are \$110, with a limited number of tickets available for survivor members at a cost of \$25.



A group of approximately 30 members and friends joined survivor Troy Adams on June 8<sup>th</sup> for a run to Parliament Hill on his journey from St. John's, NF, across Canada in support of Brain Injury Awareness.

Our group was invited to join the mayor of Ottawa, Jim Watson, for the official proclamation of June as Brain Injury Awareness Month. We proudly sported our “making the invisible visible” T-shirts, which can be purchased for \$10 from the BIAOV.



ABI survivors, and members of BIAOV, promoted our services in a kiosk as part of a luncheon for Brain Injury Awareness Day, held June 13, 2012, hosted by Vista Brain Injury Services. This event included four seminars on methods to enable day-to-day functioning for ABI survivors and an inspiring speech by Olympic Equestrian athlete, Dr. Claire Smith, who is herself, a survivor of ABI.



On August 9<sup>th</sup>, several members of the Brain Injury Association of the Ottawa Valley (BIAOV) and the Step Up Work Centre (SUWC) attended the Changing of the Guard on Parliament Hill, as well as a guided tour of the Centre Block, including the House of Commons and the Senate, and a trip to the observation deck of the Peace Tower.

## **STEP UP WORK CENTRE**

The Step Up Work Centre is a member directed community based day program for adults living with the effects of an acquired brain injury. The work centre is dedicated to helping individuals take their place in today's society by giving them a "step up". It is a place where members can be supported by one another while gaining transferable life skills such as organization, budgeting, and problem solving. The Step Up Work Centre gives members a chance to improve in many different areas of life while developing their social network and support system. With over 50 members, the Step Up work Centre is a thriving program and well on its way to producing its own newsletter.

## Traumatic Brain Injury Family Caregiver Research Study

Bruce King, a doctoral candidate in Clinical Neuropsychology, and Dr. Lori Buchanan, of the University of Windsor, invite caregivers of family members who have had a traumatic brain injury (TBI) to participate in a confidential online survey. This study will focus on the mental, social, and emotional impact of TBI on survivors and on family members. To participate in this study, please contact Bruce King by email at [king1e@windsor.ca](mailto:king1e@windsor.ca)



Thank you to Scott Vernon for his support for BIAOV and SUWC by finishing the 2012 Ottawa Marathon on May 27<sup>th</sup>, and raising \$211, all for the SUWC.

## You Are Not Alone!

The **Peer Support Mentoring Program** is a shared activity with the Ontario Brain Injury Association. This program connects a volunteer who is a “veteran” of life experiences involving an acquired brain injury (the “mentor”) with an individual who is coping with similar issues (“the partner”) and is in need of support. All volunteer mentors are screened and trained prior to being matched with a “partner”. Mentoring can be done over the telephone, via email, and/or Skype, making it accessible for people all across the province of Ontario. Intakes and mentor training are co-ordinated through the local brain injury associations. For more information, please contact: Wendy Charbonneau, Peer Support Co-ordinator. (613) 233-8303