



MBIA NEWS

SUMMER 2007

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WE HAVE A NEW NUMBER

975-3280



"If I break my legs, I'll get some wheels to do my walking.

If I break my voice, I'll let my fingers do the talking.

If I break my eyes, I'll buy a dog to guide my way.

But what will I do if I break my brain?"

OF INTEREST

Brandon and Assiniboine Acquired Brain Injury

In 1999 representatives from a number of agencies in Brandon came together to problem solve/ resolve inter-agency barriers to the provision of services for a small number of individuals living in the community with an acquired brain injury. Over time a more formal committee, the **Acquired Brain Interest Group**, was established to become more informed about the needs of persons with brain injuries, to advocate for services and to work together to problem solve individual issues not easily resolved with in the individual program/agency mandates.

In 2002 a grant from the Brandon Regional Health Centre Foundation provided much needed resources to facilitate a number of focus groups of survivors, family members and service providers from the Brandon and Assiniboine regions. A formal focus group report has provided a strong basis for subsequent planning. A further grant from the Brandon Regional Health Centre Foundation provided seed monies and a one day conference held in June 2004. A strong need identified by survivors and family members at the conference provided the impetus for the development of a Survivor and Family Support group.

The **Acquired Brain Injury Survivor and Family Support group** was established in September 2004 and has run each year from September to June on the third Monday of each month. The group meets together to address, discuss issues of mutual concern and then break out sessions provide both survivors and family members with an opportunity to share concerns and/or socialize with others with similar experiences.

Fall 2006, two students from the Bachelor of Nursing program at Brandon University worked with members to develop a brochure to promote the group to others. In early winter 2007 a senior Bachelor of Science in Psychiatric Nursing program student, worked with community partners to facilitate the PARTY program for 21 grade nine students from Vincent Massey School. An unforgettable experience was reported by students, staff of the various agencies, survivors and family members who participated.

The Acquired Brain Injury Survivor and Family Support group, facilitators, members of the Acquired Brain Interest Group along with the Assiniboine and Brandon Regional Health Authorities remain committed to the development of community based services for persons with an acquired brain injury. To this end a post card was developed and circulated for distribution to candidates of all parties during the recent election. Further lobby activities utilizing the post card are being considered. An article in the June 2007 Health Care News features members of the Support group and other members are anticipating (maybe with some anxiety) an upcoming spot (June 19) on the CKX Noon Hour show as our contribution to Brain Injury Awareness month in June 2007.

Although people come and go from the group others see it as an ongoing support and attend regularly.



Coffee Night is held on the fourth Wednesday of every month at **The Pony Corral**, on St. Mary Avenue at Kennedy Street in downtown Winnipeg. It's a great opportunity to be with friends, engage in conversations, and have a good time.

My brain is a great gift. Using all of it increases its value.

Anonymous.

OF INTEREST

heads up



The Manitoba Brain Injury Association, and The University of Winnipeg Athletic Therapy Students Association, were proud to host the **5th Annual Heads Up Dinner and Auction on Thursday June 7, 2007**. We were also pleased that the title sponsor for this year's event was **Manitoba Hydro**. Mr. B. Brennan, President and C.E.O. of Manitoba Hydro was our Honorary Chairperson. Such partnerships are valued and lend to making the event that much more successful.

For those of you do not know, the Heads Up Dinner and Auction is a unique fund raising campaign that promotes the prevention and care of brain injuries and supports the academic development of young aspiring students of Athletic Therapy.

Brain injury has long been a "silent condition". Survivors and their families are faced with major challenges and are in need of our support. MBIA serves as the touchstone of hope and emotional support for many individuals.



Athletic Therapy students at The University of Winnipeg dedicate countless hours to the community in the prevention and care of athletic injuries. Financial support (scholarships) will enhance the quality of their academic experience and allow them the time and opportunity to become more involved in the community.



This year's event was a huge success. Close to 200 guests enjoyed an evening of great dining, live entertainment, and an action packed auction that is like no other. Special thanks must go out to all our sponsors, including Manitoba Hydro; Winnipeg Sun; EDS Canada Ltd.; Great West Life Assurance Co.; Mordyck Auctions; Priority Electronics Ltd.; Manitoba Lotteries; RBC Royal Bank; Workers Compensation Board of Manitoba; Sport Medicine Council of Manitoba; Manitoba Public Insurance; The Asper Foundation; and the Manitoba Athletic Therapists Association.

WINNIPEG GROUPS & SERVICES

EMPOWERMENT Series ...



Informative Speakers...

The Empowerment Series is a monthly lecture series at which guest speakers address topics directly related to brain injury and relevant to our members.

Meetings are held on the 3rd Thursday of every month @ 7 pm.

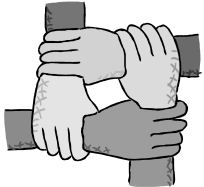
HEADWAYS



Social Activities...

Headways provides an opportunity for MBIA members and other brain injury survivors to participate in social and recreational activities with their peers. Some of the events organized for Headways include potluck dinners, movie and games nights, leisurely walks, boat cruises and picnic lunches.

SUPPORT GROUPS....



Feel Understood...

Survivors Group for all members. Meetings are held on the first three Wednesdays of the month.

Caregivers Support Group for family, friends and others that support survivors. Caregivers meetings take place on the third Wednesday of the month.

PEER SUPPORT....



Get Help or Get Involved!

Volunteers in the Peer Support Program offer an understanding and hopeful presence to the families of individuals who are experiencing the acute stage of a brain injury. These trained volunteers, many of whom have experienced a loved one sustain a brain injury, are dedicated to supporting the emotional needs of the family and survivor for up to one year.

Discussion Group....

A Safe Place to Share

Limited to 12 group members, this group meets from 2:00 to 4:00 on Tuesday afternoons. Themes are facilitated and related to issues one is faced with when living with a brain injury. Members must register for these discussions.

Call 975-3280 if you want more information about any of these services.

SUPPORT MEETINGS IN MANITOBA

Brandon and Area

LOCATION: Town Centre (Public Health Office)
A5 - 800 Rosser Avenue, Brandon

DATES: 3rd Monday of each month 7:00 until 9:00 p.m.

Covered parking off 8th Street & Princess Avenue
and elevator access from the parking lot

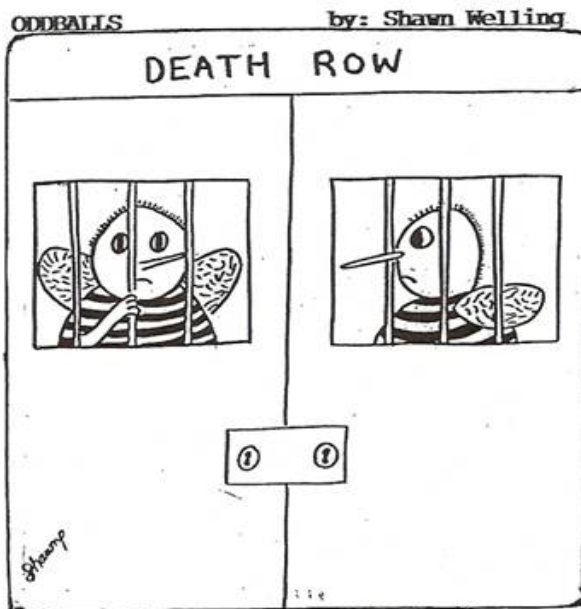
Steinbach and Area

For more information about the meetings and group, please call:
Ethel Teetaert at 204-326-6710

Dauphin/Parkland Region & Area

For information about the meetings, and group, please call:

Myra at: 204-638-4702



Killer Bees.



While searching for her long lost sheep...
Little Bo Peep could not help but take
advantage of the incredible bargains along
the way.

The cartoonist, Shawn Welling is an active member of MBIA and her cartoons will be a regular feature in our Newsletter. In the early part of 2007, Shawn decided to write a poem. Her very first poem turned out to be an amazing success. She has succinctly captured what most cannot describe. You can read Shawn's poem on page 10 and we hope she will submit more poetry in the future.

MOCK CAR CRASH, 2007

Each year MBIA, in partnership with Manitoba Public Insurance (MPI), stages a Mock Car Crash at the Red River Exhibition Grounds. The Mock Crash is an endeavour towards prevention of brain and other injuries caused by risk related behaviour. This year it was held on May 24. The audience was 250 high school students. With students from the University of Winnipeg portraying the accident victims and special effects are adding to the realism of the scene, the Crash is often a real revelation for everyone involved.



The purpose is to prevent brain and other injuries caused by risk related behaviour. Using real vehicles, live actors, and emergency personnel, the Crash exposes the students to the consequences of such risk taking behaviour as driving while impaired, without a seatbelt, or while speeding. Students are also given a glimpse into the secondary effects of a vehicle collision, with impact reports from emergency personnel and the actors involved, as well as statements from survivors of car crashes.

With the help of personnel volunteering from various organizations, including MPI, Headingley RCMP Traffic Services, Red River Exhibition Park, Winnipeg Fire & Paramedic Service, City of Winnipeg Police Services (Traffic Division), Safety Services Manitoba, Paramedic Association of Manitoba, University of Winnipeg, Province of Manitoba Transportation and Government Services, RCMP Communications Centre, and Chapel Lawn Funeral Home, the Mock Crash is always successful with its message.



EVENTS

MBIA's 3rd Annual Umbrella Walk will take place on **September 8** this year. It will be at Assiniboine Park. Each walker will pay a five dollar registration fee. Registration starts at 10:00am and the walk begins at 11:00am. Walkers can choose one of three routes through Assiniboine Park, a 1.5 km, a 3 km or a 5 km walk. Pledge forms are available at the office. To make this the most successful walk, volunteers are needed to help with the planning of the day. We are counting on your support. If you can help, call Brian at 975-3273 or 975-3280.



Annual General Meeting

MBIA's Annual General Meeting was held June 21. This year members were presented with the task of electing seven board of directors. Six current directors were not returning. We are sorry to say good-bye to the following who have worked hard on behalf of the organization. Doug Cobb, Nancy Eidsvig, Jim Chisholm, Barb Ryz, Rachelle Ashcroft and Linda Taylor have decided to take a much deserved break. A huge thank you goes out to each of you.

The membership elected the following individuals to a two-year term. Christopher Kozier, Lisa Farmer, Chris Sunde, Bonnie Coukell, Grant Slater, Chris Curpen, and Fiona Shiells. We look forward to their contributions in directing the continued growth of our organization.

Print Pro

MEMBERS' CORNER

Subject: 20 ways to maintain a healthy level of Insanity

1. At Lunch Time, sit in your parked car With Sunglasses on and point a Hair Dryer at Passing Cars to see if they Slow Down.
2. Page Yourself Over The Intercom. Don't Disguise Your Voice.
3. Every Time Someone Asks You To Do Something, Ask If They want fries with That.
4. Put Your Garbage Can On Your Desk And Label It "In."
5. Put Decaf In The Coffee Maker For 3 Weeks. Once everyone has gotten over Their Caffeine Addictions, Switch to Espresso.
6. In the Memo Field Of All Your Checks, Write "For Smuggling Diamonds"
7. Finish All Your sentences with "In Accordance With the Prophecy."
8. Don't use any punctuation
9. As Often As Possible, Skip Rather Than Walk.
10. Order diet water whenever you go out to eat with a serious face.
11. Specify That Your Drive-through Order Is "To Go."
12. Sing Along At The Opera.
13. Go To A Poetry Recital And Ask Why The Poems Don't Rhyme
14. Put Mosquito Netting around Your Work Area and Play tropical Sounds all Day.
15. Five Days In Advance, Tell Your Friends You Can't Attend Their Party because you're not in the Mood.
16. Have Your Co-workers Address You by Your Wrestling Name, Rock Bottom.
17. When The Money Comes Out The ATM, Scream "I Won! I Won!"
18. When Leaving the Zoo, start running towards the parking lot, yelling "Run for Your Lives, They're Loose!!"
19. Tell Your Children Over Dinner. "Due To the Economy, We are going to have To Let One of You Go."
20. The Final Way to Keep a Healthy Level of Insanity..... Give This To Someone To Make Them Smile. It's Called therapy.



MEMBERS' CORNER



Here's a little hug for you
To make you smile when you feel blue
To make you happy if you're sad,
To let you know ..life ain't so bad!



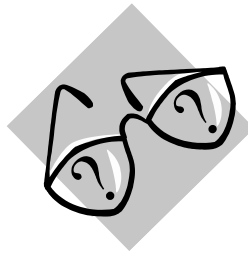
Now I've given a hug to you,
Somehow, I feel better too!
Hugs are better when you share,
So pass one on and show you care!

Share A Hug Today!

We want your feedback
What do you think of the Newsletter?
What is missing in it for you?
Let us know by calling 975-3280

Can you guess who this little boy is?

Many of you may not know him because, he is a new member so seek him out and make a new friend



Can you guess who the chicken is?

She's a great lady and a real hoot.

Look closely at its head and you may recognize her.

MEMBERS' CORNER

Comatose

By Shawn Welling

It's so dark and so quiet that I feel as though I am dead
Yet there are still so many thoughts going on in my head.

Who am I? Why am I here?

Those thoughts fill me with so much fear.

The fear preoccupies my mind

When the answers I can't find.

I feel like the living dead

Living in a world of dread.

I sit and I cry,

Why didn't I die?



The Awakening

By Shawn Welling

I'm in the hospital...that much is clear

But why am I still so filled with fear?

Cuz I feel so many people's love

Here on earth as well as above.

So many faces come to see me

I try to smile back at them happily.

But they don't understand the confusion I feel

When I try to say a word but it sounds like a squeal.

My legs don't seem to want to work

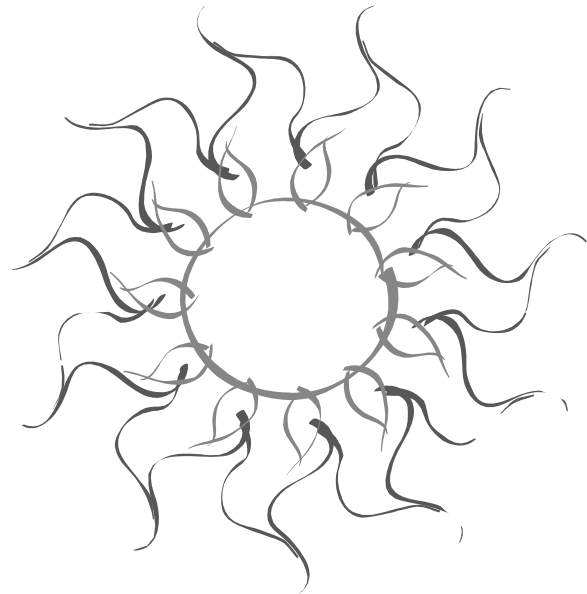
My words don't either... I'm such a jerk.

My family...they are always there

Showing me how much they care.

Their love is overwhelming clear

That is why I'm still here



FUN ZONE



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FIND THE DIFFERENCES



Answer: His left hand, His horns, His right hand, Her head dress, Her eyelids,

JUST FOR FUN!

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

Fairy Tales

Two words of 12 letters meaning:
Cinderella's footwear

ADVENTURE	KING
ANIMALS	KNIGHT
BUGBEAR	KOBOLD
CASTLE	MAGIC
CREATURE	MERMAID
CROWN	MYTH
DEMON	NYMPH
DRAGON	OGRE
DWARF	PALACE
ELVES	PIXIE
FAUN	PRINCE
FICTION	QUEEN
FOLKLORE	SORCERER
GHOST	SPRITE
GIANT	STEED
GNOME	STORY
GOBLIN	TROLL
GREMLIN	VILLAIN
HERO	WITCH
JINNI	WIZARD
	YARN

SPECIAL THANKS TO OUR VOLUNTEERS, SPONSORS & SUPPORTERS FOR 2006/2007

The Asper Foundation
All Charities Campaign
Argus Athletic Therapy Services Ltd.
Body Shades
Brad Hebert
Chapel Lawn Funeral Home
CORE Training and Therapy
Domino's Pizza
Dr. Tom Swanlund
Elizabeth Simpson
EDS Canada Ltd
Fabutan
Flower Affair
Gail Smakula
Glen Bergeron
Great West Life Assurance Co.
Headingley RCMP
Health Science Center
John Sherby
Kathy Labossiere
Manitoba Athletic Therapists Assoc.
Manitoba Hydro

Manitoba Lotteries
Manitoba Pork Council
Manitoba Public Insurance
Mordyck Auctions
North West Company
Paramedic Association Of Manitoba
Pony Corral
Print Pro
Priority Electronics
Province of Manitoba
Transportation and Government Services
RBC Royal Bank
Red River Exhibition Park
RCMP Communications Centre
Safety Services Manitoba
Seven Oaks General Hospital
Sierra Systems
Sports medicine Council of MB
University of Winnipeg
Wawanesa Insurance

Winnipeg Fire Paramedics Services
Winnipeg Foundation
Winnipeg Police - Traffic Division
Winnipeg Regional Health Authority
Winnipeg Sun
Workers Compensation Board of MB.

**Did you More than 3,000 individuals are diagnosed with a brain injury every year in Manitoba.
Help them by becoming a proud sponsor of MBIA, call 975-3280 for more information.
Together we can make a difference.**