

Brain Matters

Cowichan's Only Brain Injury Newsletter



SPRING - APRIL - 2021

Demand for Services Creates Need for New Location

We Are Growing!

Awareness campaigns has brought the need for the services and supports of Cowichan Brain Injury Society (CBIS) to expand for a fifth time in less than three years.

On December 6, 2013 a two-hour program every Friday afternoon grew from 5 to 15. Starting June 1, 2018 we met two days a week at Sand's Funeral Home and expanded programs. We grew from 15 to 37 participants. On December 31, 2018 we moved to Banks Rd at Clements Sundrop Centre. Programs expanded to five days a week using a Clubhouse Model while starting community-based rehabilitation .On March 17, 2019 CBIS registered as a not-for-profit society. March 15, 2020 CBIS moved to our fourth location with over 100 participants. That week COVID-19 was declared a world pandemic. Our programs were adapted for Virtual using Zoom. On April 1, 2020, CBIS became a service provider for Island Health's brain injury program.

CBIS' Teaching House provides programs and rehabilitation five days a week with referrals sometimes daily. Now its time to search for a bigger location. There are 180,000 **British Columbians** living with a brain injury which includes strokes. There are 22,000 new brain injuries in **British Columbia** every year. Every day there are 60 new cases of brain injury in **British Columbia**. Statistics Canada reported in 2017 3,400 people in the **Cowichan area** had brain injuries. Nearly 150 have reached out to CBIS. There's still lots of work to do.

Brain injuries make no appointments, nor does it matter what age you are, race, ethnicity, gender, or care whether you have money. A brain injury will take anyone, anytime of the day or night. They happen suddenly and within seconds life can have serious consequences. It is not only devastating to the survivor but also affects families, friends, and our community.

CBIS is proud to be the Cowichan area's voice for brain injury which includes stroke. **HOPE** is our acronym for **H**appiness, **O**pportunities, **P**ositivity, and **E**ncouragement. CBIS provides case management, education, prevention, support and programs for community rehabilitation.

Contact **Christine Smith,**
Case Manager & Education Facilitator

250-597-4662 or email Christine@cowichanbraininjury.org



CBIS

Let's Connect!

... a place I can be ME
Peers teaching peers
Peers teaching students
**WE ARE STRONGER
TOGETER**

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Brain Gym Exercises

CROSS CRAWL—

This exercise helps with spelling, writing, listening, reading and comprehension by coordinating the right and left brain.

Stand or sit. Place your right hand across the body to the left knee as you raise it. Then, do the same thing for the left hand on the right knee, just as if you were marching.

Do this for 2-3 minutes.

Tongue Twisters

Says these twisters 10 times, fast!

"Betty bought butter but the butter was bitter, so Betty bought better butter to make the bitter butter better."

"Fran feeds fish fresh fish food."

"Six sticky skeletons."



Contract Renewed with Island Health

On April 1/21, CBIS entered our second annual contract as a service provider for Island Health's Brain Injury Program. We received additional funding to start a Hospital Peer Support Program.

This new program will connect a new survivor and their family with a Peer Mentor before they leave the hospital. Peer support is the process of giving and receiving encouragement and assistance to achieve long-term recovery. Peers offer emotional support, share knowledge, teach skills, provide practical assistance, and connect people with resources, opportunities, communities of support, and most importantly **HOPE**

HOPE is CBIS' product and service for our community.

H Happiness
O Opportunities
P Positivity
E Encouragement



Community-Based Rehabilitation

Rehabilitation for brain injury is life-long. CBIS' vision is to start when the survivor leaves acute care. CBIS is building our interdisciplinary team. It will take time; time to find our partners and time to find sponsors for our rehabilitation programs so they can be offered to everyone; not just the survivors with means.

CBIS' interventions are composed of up to five components: health, education, interventions for rebuilding, connecting and socializing, and empowerment.

All programs start with "Let's" (Let us) because rehabilitation for brain injury is life long and is not a journey to travel alone.



Programs emphasize health and wellness and empowers survivors for meaning after a brain injury. The focus is on who we are as people — spirit, mind, and body.



Survivors build friendships, receive support, link up with valuable community resources, and explore life interests. Peer supporters listen, provide emotional support, and inspire **HOPE**. Peers promote self-acceptance and personal growth with tools, coping strategies, and tips. (Re)discover interests and strengths.

FitMi is neuro-rehab equipment that helps improve mobility for hands, arms, core, and legs. **FitMi** adapts to your level of recovery, even if you have little to no mobility.



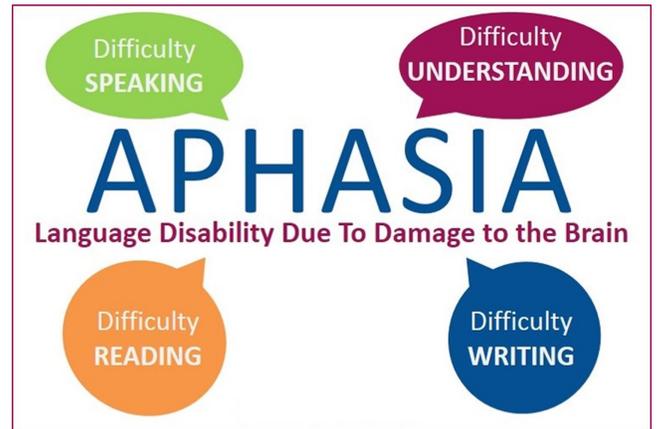
FlintRehab
Tools to spark recovery

Let's Talk Aphasia!

Driving is a privilege. RoadSafetyBC mandates every person at age 80, and every two years following, undergo a Driver Medical Examination Report.

The report is the primary tool to assess conditions such as mental ability to drive. Anyone (19+) who needs their license reinstated due to a stroke, brain injury or other situation also requires this report.

Our new program "**Let's Drive Our Brain**" is cognitive training to prepare for this test. It has a brain workout with testing and training for verbal reasoning, numerical reasoning, abstract, deductive and inductive reasoning to evaluate logic skills. To learn more, email Admin at admin@cowichanbraininjury.org or call 250-597-4662.



"All of us long to have someone to be, something to do and somewhere to belong."

Meet Our Board of Directors!



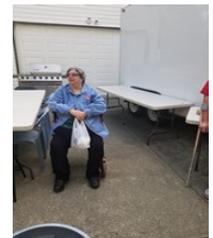
Linda Roseneck,
President



Chris Rafuse
Vice-President



Tara Cooper
Secretary



Kathy Jonker
Treasurer



Dr. Susan Hutchinson
Director—Education
& Research



Neel Tanna (left)
Director at Large



Taylor Nyhan
Director at Large



Morgyn Chandler
Director at Large



Anita McDonald
Director at Large

Profile of Hope —Daniel Cayer



Daniel Cayer is a Peer Mentor Trainee in CBIS' pilot program 'Kit for Life' since September 2020. He's been living at CBIS' Teaching House, where he interacts with our staff, clients and volunteers in our experiential-based, brain injury rehabilitation program.

Daniel suffered a hemorrhagic stroke in 2014. It happened the night before Daniel helped guide a 3-day kayak trip with 8 people in the Gulf Islands. During the trip, he felt extremely unpleasant symptoms and knew something wasn't quite right.

Daniel's recovery journey has had its share of ups and downs. He's had to deal with the challenges of doing things differently, learning new coping skills, and finding the right medical support.

He has advocated well for himself during his recovery. He tells CBIS it was not until he came to us that he finally had a "whole person approach" for his rehabilitation needs. This has helped him get back on his feet again in all areas of his life from emotional, social, vocational, physical and cognitive.

After 6 months in the Pilot Program 'Kit for Life', he tells us he is overall healthier and happier, and ready to start re-integrating with society. The program will transition Daniel to independent living, sample and experience meaningful vocations for rehabilitation.

The day after the kayak trip, Daniel was admitted to Nanaimo Regional General Hospital. The Emergency Doctor told him that thank God he was "built like a horse" as he was very "lucky to be alive".

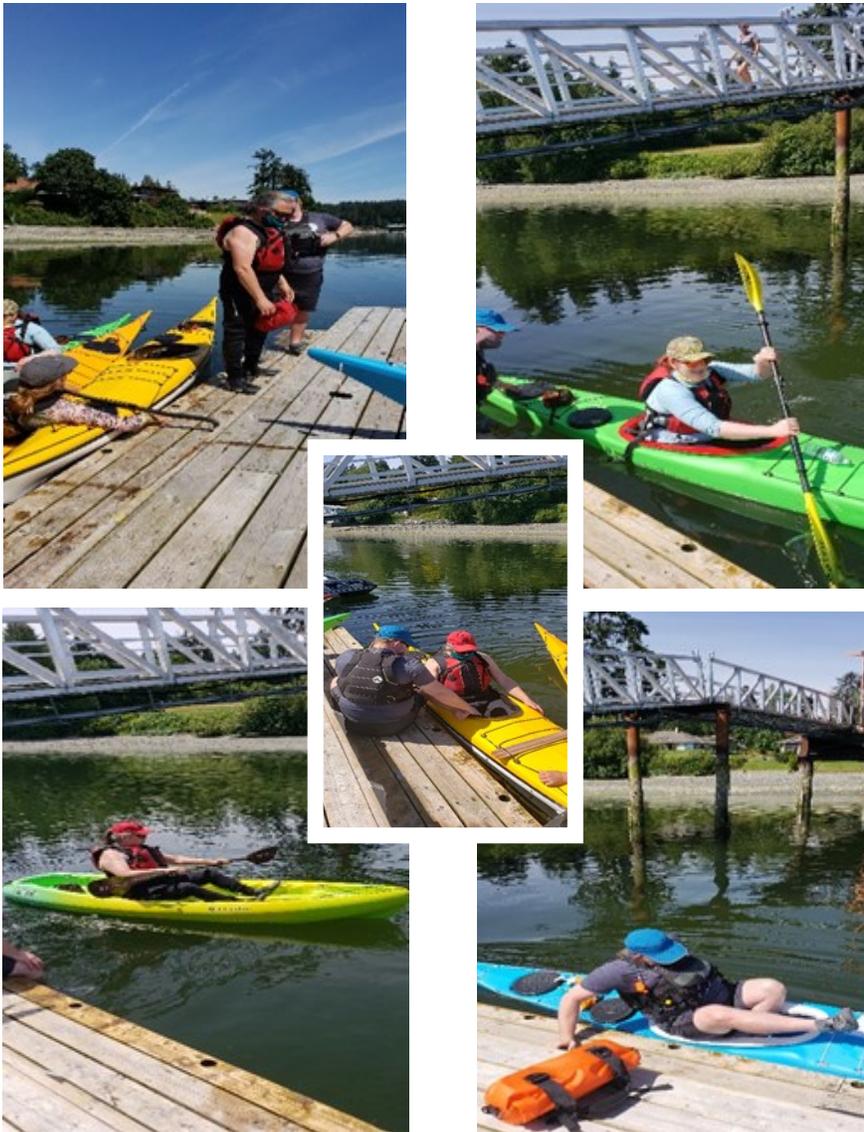
Daniel is passionate about sharing his lived experience and helping others. He has been a peer support volunteer for many years with the Nanaimo Brain Injury Society where he visits new survivors with brain injuries receiving care at Nanaimo Regional General Hospital.



*"With the new day comes new strength and new thoughts."
~ Eleanor Roosevelt*



Daniel loves the great outdoors and you can find him hiking and kayaking all around the island. He believes that experiencing nature is a very therapeutic and important part of his recovery, and ultimately his life. Daniel developed and piloted our "Let's Kayak" program with three participants at the Blue Dog Kayaking in Mill Bay, July 2020.



Daniel facilitating CBIS' first "Let's Kayak" pilot program at Blue Dog Kayaking in Mill Bay.

Let's Build Neuroplasticity!

- ⇒ A violin contains 70 different pieces of wood
- ⇒ For every extra kilogram carried on a space flight, 530 kilograms of extra fuel is needed at liftoff.
- ⇒ Camels store fatty tissue in their humps, not water.

Inspirational Quote

Never give up on a dream just because of the time it will take to accomplish it. The time will pass anyway.

~ Earl Nightingale

Riddle

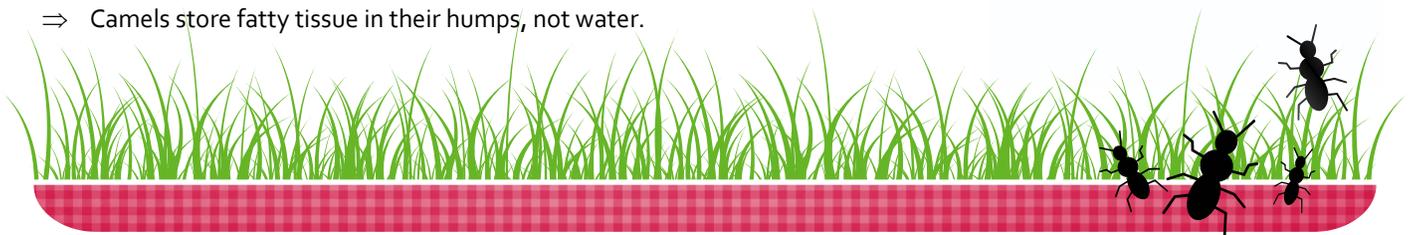
The more you take, the more you leave behind.
What am I?

[answer on back page]

Positive Affirmation

I choose to have compassion for my mistakes and create my personal best today!

Learn 3 new facts every day!



Funny Bone Ticklers

Why did the turkey cross the road?

Why did the pony drink some tea?

Why did the bicycle fall over?

[Answers on back page]

Fast Brain Facts

Your brain is the shape of a walnut, the size of a coconut, the colour of raw meat and the texture of firm jelly!

Your brain is made up of about 75% water and weighs about 3lbs!

Your brain consists of about 100 million neurons.

Source: [The Brain is 60% Fat? What the FAT? | Doc Edwards Health & Fitness \(docedwardsfitness.com\)](#)

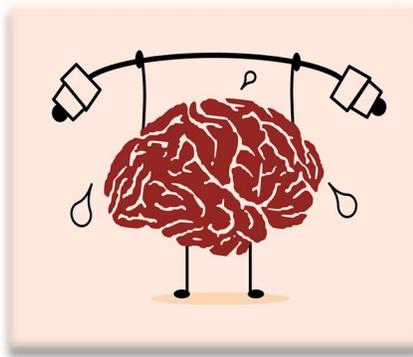
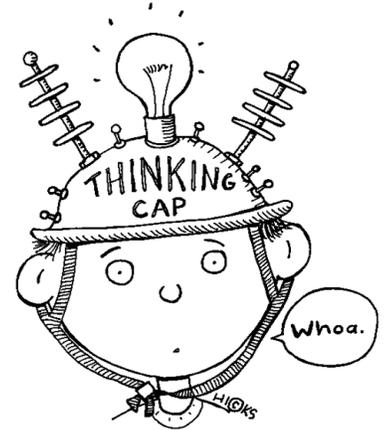
Let's Get Educated!

CBIS offers tailored educational services to those who are injured, caregivers, educational institutions, the general public and health professionals.

Our presentations and workshops cover basic brain anatomy, brain injury causes, effects, neuroplasticity, and rebuilding after brain injury. Topics include:

- Introduction to Brain Injury
- Concussion Management
- ToolBox
- Rebuilding Life After Brain Injury
- Anger Management
- Substance Use & Brain Injury
- Brain Injury Prevention
- Issue Specific Presentations

Contact Christine Smith, Case Manager and Education Facilitator, for upcoming education sessions at 250-466-5872 or email Christine@cowichanbraininjury.org.



Let's Get Brain Fit!

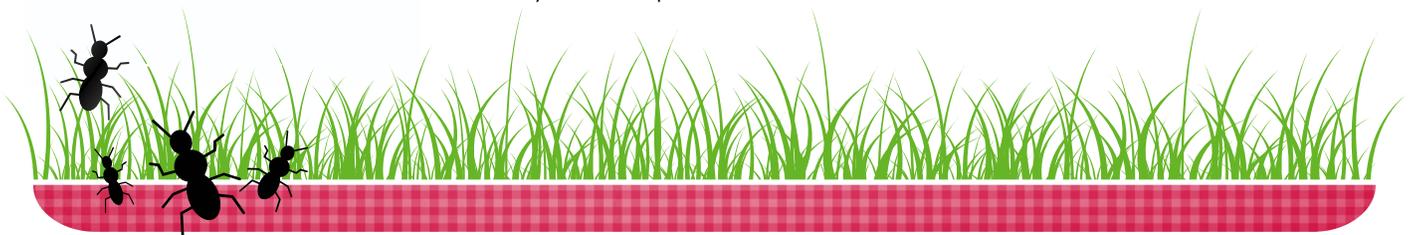
Evidence-based research has revealed when we break our patterns and use our senses in novel ways, we stimulate and contribute to the growth, strength, and agility of our brains.

Join 'Let's Get Brain Fit' to stimulate your sleepy neurons and help keep them healthy and fit. Maintaining brain health involves physical and

mental exercise, stress management and a healthy diet. Neurobics needs to involve one or more of your senses in a novel context. Engage the activity to be unusual, fun, surprising, engage emotions and make it meaningful. Break a routine activity in an unexpected, nontrivial way.

Turn a picture of your family upside down. Your brain is literally 'two minds' when it comes to processing visual information. The analytical "verbal" part of the brain (left brain) tries to label an object after just a brief glance ie table. The 'right brain', in contrast, perceives spatial relationships and uses non-verbal cues.

When you look at a familiar picture right side up, your left brain quickly labels it and diverts your attention to other things. When the picture is upside down, the quick labeling strategy doesn't work. Your right brain kicks in, trying to interpret the shapes, colors, and relationships of a puzzling picture. **CHALLENGE YOUR BRAIN.** Turn your world upside down.



Let's Get Healthy!

Your brain needs to build/rebuild neurons and connections. We need good nutrition for our brains. This is a top priority for creating a healthy balanced lifestyle. Eat a wide variety of foods that are, whole and raw. Eat colorful foods with an emphasis on plant-based foods. Eat healthy fats – Omega 3. Learn the foods to avoid.

Minimize stress and keep a positive attitude.

Physical exercise strengthens our body and our brain. Exercise is one of the best ways to improve our brain health. Natural daylight stimulates our brain. Gardening is considered an exercise. Try doing 30 minutes a day in 10 minute increments.

Drink 6-8 cups of water a day. Remember, our body is made up mostly of water. Keep your brain hydrated.

"Let's Get Healthy!" is all about education—understanding our body and brain and learning how to balance it all to create a healthy balanced lifestyle.

The first week of the month will be education about the body and brain. The second week will focus on nutrition, which will include sampling new "brain foods". The third week will be about exercise (physical and cognitive) and the fourth session will be about sleep.



"The brain is powerful. It generates enough electricity to power a light bulb!"

Building Community Partnerships



Over 40 years of combined experience developing neurorehab technologies. Combines therapeutic music and gaming for an immersive rehab experience.

FitMi is a home neurorehab device designed for recovery from head to toe.

It helps you improve your ability to walk and use your affected side by exercising the full-body, including hands, arms, legs and core.



Valley Hand & Physical Therapy

(250) 252-4263
1A—2753 Charlotte Rd.
Duncan, BC V9L 5J2



Titan Project Inc.

Marke LeGear, MPT, Director

(205) 589-6717

(236) 800-0499

www.titanproject.ca
6 & 7— 2628 Beverly St.
Duncan, BC V9L 5C7

Peer Support Outreach Team

Meet our Peer Support Outreach Telephone Team! They will soon be receiving their Peer Support Training.

The purpose of this program is to offer emotional support over the telephone from someone who has lived experience with an acquired brain injury, which includes stroke. They will share their knowledge, experiences and hopes.

Our peers will encourage you to participate in our programs such as "Let's Get Brain Fit!" or the "Men's Group" for example.



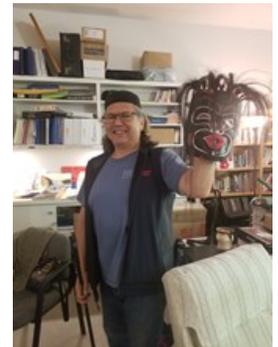
John



Anita



Daniel



Rupert



"If you change the way you look at things, the things you look at change."

~ Dr. Wayne Dyer

Let's Talk About Caregiving!

Caregiving can be a short journey or a long journey with many twists and turns. Either way, pack your essentials next to your toothbrush. Come and connect with other caregivers.

Caregivers can sometimes feel "swallowed up" by the ongoing demands of the caregiving role and caregiver responsibilities. Our Toolbox for Caregivers focuses on your strengths and capabilities so you can take greater control over your experiences; feel more confident; enhance your wellbeing and ultimately, be a happier person.

We meet the third Tuesday from 1-2:30 pm. **Contact Christine Smith, Case Manager and Education Facilitator, to register email Christine@cowichanbraininjury.org or call 250-597-4662.**



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Glenn Matthews is our first graduate from our new "Let's Drive Our Brain!" program! Congratulations Glenn!!



Simple Pleasures

The moments, sensations and action we experience, feel and do every day, often without taking notice, that leads to an unequivocal amount of joy!

Inspirational Quote

Never give up on a dream just because of the time it will take to accomplish it. The time will pass anyway.

~ Earl Nightingale

Riddle

The more you take, the more you leave behind. What am I?

[answer on back page]

Positive Affirmation

I choose to have compassion for my mistakes and create my personal best today!

John Ronald

CBIS' very own WORD MASTER brings you "WORD of the DAY"



Word of the Day with John

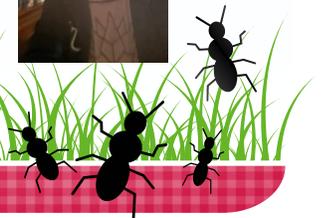
Bear-lead

[*transitive*. To act as a guide to (a person); to lead, conduct;spec.to act as a bear-leader or travelling tutor in Europe to (a wealthy young man).]

Origin: within English, by compounding.

Etymons: bear.¹,lead.¹

Etyymology: after-leader.,-leading.,-leading.



Riddle—Answer

The more you take, the more you leave behind. What am I?
[Footprints]

Funny Bone Ticklers—Answers

Why did the turkey cross the road?
[To prove his wasn't chicken]

Why did the pony drink some tea?
[He was a little horse]

Why did the bicycle fall over?
[It was two-tired]

World's Greatest Dad Jokes: The Complete Collection. Cider Mill Press, 2021.

What's Happening?

- 1st Annual Yard Sale—Saturday, June 12th 8am– noon
- 2nd Annual General Meeting—Thursday, November 25th 12:00pm
- 2nd Annual CBIS BBQ—Sunday, July 25th 11:30am
- Frank's 2nd Annual Car Rally—Sunday, August 22nd Start time: 1pm
- May is Stroke Awareness Month!
- June is Brain Injury Awareness Month!

Be on the Lookout!

CBIS Needs the following...

- Lawn furniture & ornaments
- Lawn mower & gardening tools
- Flower pots & plants
- Dishwasher



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