

Moving On

A Semi-Annual Newsletter for our Families, Partners and Donors

Issue nine - Volume one

Scott's Story

Scott grew up in Mississauga with his 2 brothers and 2 sisters, later attending the University of Toronto and graduating from an Economics and Accounting program. After a very successful career as a Store Manager and later a Buyer with a retail giant, Scott retired. 2 years into retirement, Scott suffered a stroke which left his left side paralyzed and he is currently using a wheelchair. He also has some cognitive challenges that he is working through. He and his wife Kelly moved to London one year ago to be closer to family and to access further supports.

Before the stroke, Scott was a quiet individual who kept to himself and took part in mostly solitary activities, not ever feeling the need to have people "like" him. After navigating the health care system following his Stroke, Scott found that the support systems available to him focused on physical rehabilitation such as; cleaning, dressing, etc. While that was very important, there was still something missing...

Scott has been attending Dale Brain Injury Services' Gateway to Connections Adult Day Program (GTC) for 8-9 months now and attends 1 afternoon and 2 days per week. Scott and Kelly have both noticed a very significant and positive change in Scott's demeanour; he is much friendlier, has developed meaningful relationships, has a genuine interest in others, and truly has come out of his shell.

Scott has a competitive side and enjoys putting this to use in GTC's group activities such as trivia, jumbles, and other brain building exercises as well as learning about new cultures through Travel & Adventure Group, sharing stories and debating current events in Men's Group and doing a deep dive on different musical artist's careers through "Bring in the Funk".



We build futures



Scott's Story Continued

One of Scott's favourite activities is the performance of a live musician at GTC where everyone gets to engage *"there will be drums and tambourines and everyone is encouraged to sing along with the performer."*

Scott gives great credit to his wife for being a phenomenal support and both Kelly and Scott have found support through GTC. Scott has developed meaningful relationships with others attending the GTC program and Kelly has developed a very close and supporting relationship with the spouse of

another GTC member. In fact, they have grown so close they have moved into the same apartment building. GTC has given Scott support in regaining some of his independence and has given Kelly the time for other activities.

While this has been a difficult time of readjustment, redefining their relationship roles and finding their way hand in hand, both Scott and Kelly feel that they have been supported by GTC and those in the community, to build their new future together.

June is National Brain Injury Awareness Month

As incredible as this may sound, brain injury in Canada is a silent epidemic. Brain injury is the number one killer and disabler of people under the age of 44 in Canada. Statistics further indicate that incidences are two times greater within the male population; that women take longer to recover from a brain injury; a concussion is a 'mild traumatic brain injury.'



Acquired brain injury is defined as a non-degenerative and non-congenital insult to the brain that may result in a diminished or altered state of consciousness, and result in impaired cognitive, physical, emotional and/or behavioural functioning.

The social, emotional and economic consequences of brain injury are in fact devastating not only to the survivors themselves, but to family members, caregivers, support workers and the community at large of volunteers – everyone involved with working towards neuro-rehabilitation and recovery. And currently, there are no drugs or techniques that can cure a brain injury.

Automobile accidents, sports injuries, cycling accidents, falls, and incidences of violence, domestic violence, strokes, tumours, aneurysms, and other non-degenerative conditions are all leading causes of acquired brain injury and multiple disabilities in Canada.

Braininjurycanada.ca



HEADS UP Walk-a-thon for Brain Injury Awareness

We would like to invite you to attend and/or support our 9th Annual Heads-Up Walk-a-thon for Brain Injury Awareness at Springbank Gardens on June 24th 2017. The aim of this walk is to increase awareness, educate the community, and raise money to enhance client programming.

As a result of the funds raised at last year's walk, 10 acquired brain injury (ABI) survivors were able to attend a specialized camp, 9 ABI survivors regularly attend the YMCA, 72 Clients were able to take in dinner and a movie, 40 Clients attended a London Knights game, and over 60 Clients attended one of two BBQs in the park. None of this would have been possible without the support of the funds raised at our annual walk-a-thon.

In addition to these enriched program opportunities, many clients require assistance with purchasing necessities such as shoes, coats, food and various house hold items. Your participation in our Walk will help clients to meet these basic needs!

Recovery from a brain injury varies depending upon the type and severity of the injury. Dale Brain Injury Services accompanies people every step of the way on their journey, providing the services necessary for clients to maximize their strengths to live healthy, meaningful lives.

We encourage you to join us on June 24th at Springbank Gardens, 285 Wonderland Rd. The walk takes place from 9:00-11:00a.m. with registration beginning at 8:15a.m. There will be snacks and drinks provided, as well as a live band and activities for children and adults!

You can download your pledge form at www.daleservices.on.ca

Thank you for your support!





Upcoming Events!

Fundraiser Barbeque @ Canadale Nurseries

DBIS will be hosting a fundraising BBQ at Canadale Nurseries on July 15th & 16th from 10:00 am until 4:00 pm to raise money for client programming.

We look forward to seeing you there!



The Great Canadian Giving Challenge



Dale Brain Injury Services is taking part in the Great Canadian Giving Challenge. During the entire month of June, every \$1 that is donated to DBIS via canadahelps.org or givingchallenge.ca automatically enters our registered charity for a chance to win \$10,000.00! (\$3 minimum donation required.) The winning charity will be drawn on July 1st and announced within 48 hours. There are a lot of things we could do with \$10,000.00, additional programming, purchase of client necessities, events, and even some new activities and experiences for our clients! As June is Brain Injury Awareness month, the timing couldn't be better! Coupling this campaign with our 9th Heads Up Walk-a-thon, we hope to increase our odds of receiving the prize and continuing to assist our clients in "building futures!"



Upcoming Events Continued

Annual General Meeting

Dale Brain Injury Services will host our AGM on Monday, October 2nd.

More information will be available on our website closer to the event. We hope to see you there!



It's Accreditation Time Again!

Our 3-year accreditation award from CARF expires in 2017, so it is time again for us to be assessed for compliance to the international standards. The onsite assessment will occur in the fall. Preparation work is well underway.

Through accreditation, CARF assists service providers in improving the quality of their services, demonstrating value, and meeting internationally recognized organizational and program standards. The accreditation process applies sets of standards to service areas and business practices during an on-site survey. Accreditation, however, is an ongoing process, signaling to the public that a service provider is committed to continuously improving services, encouraging feedback, and serving the community. Accreditation also demonstrates a provider's commitment to enhance its performance, manage its risk, and distinguish its service delivery. (CARF.org)

If you have any questions or would like more information about this process or the CARF Accreditation, what it means, or the standards involved, please contact Sue Hillis, Executive Director at shillis@daleservices.on.ca or 519-668-0023 at ext. 101



Caregiver Support Group

The effects of a brain injury impact not only the person who has the injury but also their caregivers who are their siblings, parents, children, husbands and wives. As a result of the cognitive, emotional and physical changes due to brain injury, family roles and responsibilities shift and caregivers may find themselves feeling overwhelmed, frustrated, anxious, sad, guilty, angry and afraid in response to the disruption to the life they had and thought they would have in the future, with their loved one.

In order to respond to caregiver needs we have recently developed and launched a support group that provides an opportunity to help caregivers improve their understanding and appreciation of their own losses as well

as those of their loved one. The group members have shared their emotional experiences as well as resilience, hope, optimism for the future and opportunities for growth. Another topic discussed is the frustration caregivers experience with navigating the healthcare system to organize supports needed at home. The group members value the opportunity to share their own experiences and receive support, encouragement, empathy and advice from others who have similar experiences.

~ Natalie Woods

Aphasia Group @ GTC



Front - Michael B, Crystal B, Nancy S, Cathy D, Dawn H
 Middle - Sarah M, Joe M, Meaghan M, Bob T, Kim Y, Garry M,
 Back - Don H, Christine N

Young Stroke Group @ Clubhouse



Left to right: Martyn DP. David M (Group Facilitator), Alpha A.

**DO YOU KNOW A
 YOUNG STROKE SURVIVOR
 WHO COULD BENEFIT FROM PEER SUPPORT?**

LONDON STROKE SURVIVOR SUPPORT GROUP
 A PROGRAM OF MARCH OF DIMES CANADA
 WITH THE SUPPORT OF DALE BRAIN INJURY SERVICES

Is inviting you to attend a

Chapter Support Meeting

1st Thursday of every month from 6-8 pm

**Dale Brain Injury Services Cornerstone
 Clubhouse 781 Richmond St. London**
 (Free parking in rear of building off Sydenham)

**For more information, please call 1-800-263-3463
 Ext.7778**

www.marchofdimes.ca/src

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The Results Are In!

Thank you to all the Clients, families, and caregivers who participated in completing our Satisfaction Survey in April 2017. Feedback was positive, with 145 respondents indicating that overall 82% are satisfied across all DBIS programs; the highest level of satisfaction for all Clients was in the category of *“Helpfulness of Staff”*.

Across all DBIS programs, 70% of Clients indicated services have helped to increase their level of independence, 72% of Clients reported that receiving services has improved their quality of life and 74% of Clients responded that the services they received have helped them to stay at home.

Of course, there is always room for improvement, and we appreciate you letting us know that we could improve our *“General Communication from the Organization”* with only 72% of respondents indicating satisfaction. We also appreciate the many additional comments that respondents included which point out areas of strength and a few things we can work on, such as continuing to develop more and more opportunities for Clients to engage in activities of interest to them.

Once again, thank you to everyone who took the time to provide DBIS with this very important feedback.

Cornerstone Clubhouse Included in Research Project!

Cornerstone Clubhouse has been selected to participate in an international study of ABI Clubhouses in North America. The *Evaluating Brain Injury Clubhouses & their Effect on Neurobehavioural Functioning & Participation* project will commence this year, and continue over the next 3 years. Eight Clubhouses are participating, and they are located in Newport News Virginia, Virginia Beach, Charlottesville Virginia, Alexandria Virginia, Atlanta Georgia, Jacksonville Florida, and London Ontario (Cornerstone).

Brain Injury Clubhouses are modeled after mental health Clubhouses, which are well established, widely implemented, and supported by qualitative and quantitative evidence. There is an emphasis on employment, education, empowerment, and social supports with a goal for members. This three year study will examine the effectiveness of the Clubhouse model for individuals with brain injuries using the Clubhouse Profile

Questionnaire (CPQ), the Safety Assessment Measure (SAM) and the Mayo-Portland Adaptability Inventory (MPAI-4). The CPQ will provide us with the opportunity to look at demographic data regarding the kind of people accessing Clubhouse, types of funding streams being accessed, and effectiveness of the model in areas such as volunteering and employment. The SAM and MPAI-4 will allow us to compare independence, safety, quality of life, wellbeing and community integration of individuals prior to and after attending a Clubhouse.

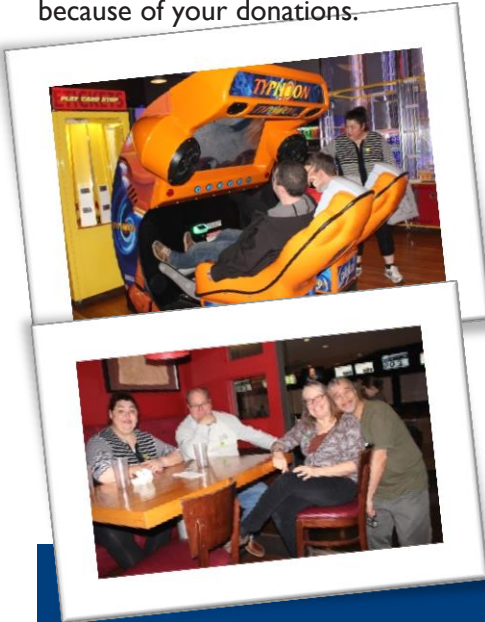
Up to this point there has not been quantitative data or research demonstrating the effectiveness of the Clubhouse model for individuals with brain injuries, so we are extremely excited to be part of this project and look forward to sharing the results with you when they are available!

~Brenda Campeau, Manager Day Services



THANK YOU!

Donations play a vital role at Dale Brain Injury Services. Your donations to the Enriching Lives Fund (ELF) will be used by clients to attend events and participate in community activities, as well as purchase everyday needs such as shoes, clothes, and food. Pictured below are clients who were able to enjoy an evening at Palasad's because of your donations.



If you are interested in making a donation to any of our funds, please go to our website www.daleservices.on.ca and select the 'Donate Now' button, or contact Sue Hillis at shillis@daleservices.on.ca or 519-434-8544 x101 for more information.

Capital Donations

AGAPE Foundation

Nigel and Rhonda Gilby
'Nigel and Rhonda Gilby Centre for Building Futures'

Dennis & Karen Dalton

LOR-DON Ltd.

Marcus & Associates | *Hoare-Dalton*
Chartered Accountants | Linguist & Valuation Services

 Michael G. DeGroot
SCHOOL OF MEDICINE

Catherine McGarrell & Family in
Memory of Michael P. McGarrell

SDI Builders

Enriching Lives Fund

Bob & Joanne Awrey
Anonymous
Barry Cavens
Campbell Bros.
City Hall Charity Chest
Paul Dunn
Nigel & Rhonda Gilby
London Kelloggs ECCO
Deborah Labadie
Mary Price
Diane McRae
Lambeth Lightening

Cornerstone Clubhouse:

Forest City Eagles
J. Heinmiller
E. Kellenberger
Jane Ridley
Donald Ridley

Gateway to Connections:

R. McGlinchey

Dale Brain Injury Services
815 Shelborne Street, London, ON N5Z 4Z4
Tel: 519-668-0023 Fax: 519-668-6783
Email: info@daleservices.on.ca
www.daleservices.on.ca



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