

IMPACT

PATHWAYS AHEAD



Brain Injury Association of Canada
Association canadienne des lésés cérébraux



HAPPY HOLIDAYS FROM THE BRAIN INJURY ASSOCIATION OF CANADA

The Brain Injury Association of Canada
wishes you a happy
and **SAFE**
Holiday Season



Message from the Editor - Barb Butler



Barb Butler - Impact Editor

I am particularly proud of the articles in this our final newsletter of 2010. One is a great piece about the work of a survivor and four were written by survivors. This is proof positive of the strength of the human spirit, thank you to Colleen, Kenneth, Richard, Sharon and Yvonne. I would like to take this opportunity to welcome Katherine Day who has taken on the role of assistant editor; she has already proven she is a great addition to our team. 2010 was an important year in my life; it included a solo 4000km round trip drive and a successful national conference. I enjoyed both activities immensely as I love having a goal with a definitive end. As one year is coming to an end I reflect on what I have accomplished and what is on the

horizon for me to tackle. The conference team is already hard at work on the national conference in Charlottetown, PEI in August. I encourage you all to attend. When the clock strikes twelve on December 31st, people all over the world cheer and wish each other a very Happy New Year. For some, this event is no more than a change of a calendar. For others, the new year symbolizes the beginning of a better tomorrow. Whatever your take on the dawning of 2011 is I wish you peace and joy. Your feedback is always welcome as are contributions to our newsletter. I can be reached at barbbutler@biac-aclc.ca.

See you all in the New Year!

Barb Butler - Editor

Katherine Day - Assistant Editor



Manitoba Brain Injury Association Walk



This year's annual walk was the most successful one to be held by MBIA in terms of money raised and the number of people who came out and walked. More than two hundred walkers came out that day and the collected pledges and corporate sponsorships totaled just over \$27,000.

The other annual event that MBIA does each fall is a staged mock car crash for high school students throughout Winnipeg and surrounding area. The purpose of this event is to show the possible consequences of taking risks while driving a motor vehicle. This year the theme was texting while driving. Other years the event has demonstrated the results of driving while intoxicated, not wearing a seatbelt, and speeding. MBIA collaborates with the Manitoba Public Insurance Corporation, Paramedics of Manitoba Association, Winnipeg Fire Paramedic Services, the Royal Canadian Mounted Police, the City of Winnipeg Police, and Chapel Lawn Funeral Home to put on the event.

The holiday season is a time for memories.



This can present a problem to many ABI survivors and families. For some, cherished memories have been lost and for some, the memory may be of tragedy through various levels of loss.

In my own case, my brain injury occurred in late November, but the problem wasn't diagnosed until December, just days before Christmas. At that point, I underwent emergency surgery to evacuate a sub-dural hematoma. I went home on Christmas Eve. So that Christmas was pretty much a blur in my memory. About all I remember is that I was tired and depressed. Thankfully, after months of struggle, I began to get help and slowly got my life back.

So, with my own story as a backdrop, I know that people who are reading this issue of Impact may very well be dealing with loss of abilities, loss of memories, perhaps even loss of a family member or dear friend. So, at whatever stage you are, I wish you peace. I also wish you continued improvement of abilities and I hope that you will have time to enjoy family and friends. For family and friends of survivors, I offer thanks for being there to help and I wish you the patience you need to continue helping. As you celebrate, remember to be safe and to enjoy the times you spend together.

Larry Carlson

President, the Brain Injury Association of Canada

Brain Injury has no boundaries...



Season's greetings to all from the Brain Injury Association of Canada Board of Directors and staff. This is traditionally a time for celebrating with family and friends and we wish you all a safe and joyous time.

For many in our communities, however, it is a time of uncertainty and worry about the future as they cope with the changes brought about by an acquired/traumatic brain injury to themselves or to a loved one. There are very few people who do not know someone who has had such an injury, whether it is as mild as a concussion or one that is catastrophic and life altering for themselves and their family.

The Brain Injury Association of Canada regularly receives requests from people looking for resources, direction or advice around brain injury. We are pleased to be able to provide them with the information they request or refer them to a local agency that can be of assistance. The people who contact us include those who have had an injury some time ago and are finding that they really cannot cope without help or, alternately, family members who have been thrown into our arena by a car collision, or some other incident involving a loved one, as well as many others. Many live in rural areas where there are minimal, if any, resources available other than those

provided via the internet or phone.

Brain injury has no boundaries – it affects people in all walks of life, of all ages. It is the largest killer and disabler of young adults – yes, even greater than cancer! It strikes homeless persons as well as the most affluent in our community, a tiny baby or our treasured seniors; it leaves children without parents and parents without their child.

In order to continue our work in support, education, prevention and research we need your help. We receive no funding from any level of government and rely completely on our fundraising efforts. We ask you, at this time of year when there is so much generosity, to please do your utmost to ensure our work can continue by making a donation to our organization. Perhaps you have that 'impossible to buy for person on your shopping list' that would appreciate a donation to our organization in their name. We would be pleased to send them a card letting them know of your generosity on their behalf. An official receipt will be issued for Income Tax purposes for your donation.

Please share this publication with your friends and family as you see fit.

We thank you for your support.

From the Executive Director, Harry Zarins



Positive things keeping coming our way within our community.

I would like to thank the organizing committees in St. John's, NL, Charlottetown, PEI and Vancouver, BC for pulling together three wonderful Hawaiian Oyster Odyssey events. We even had a visit from Elvis at the event in Vancouver! These events are critical in bringing awareness to politicians of all political stripes and from each level of government, provincial federal, provincial and municipal, as well as making members of the general population more aware of the ABI communities throughout Canada. Just last week, it was noted that of the 2 million people in Ontario, who suffer from a neurological disease or condition 500,000 (25%) are acquired brain injury survivors.

Below you will find some preliminary information about our 2011 Annual Brain Injury Association of Canada conference. We are inviting our international and provincial colleagues to join us in PEI. You will also find information from Neurological Health Charities Canada.

Dates to remember and to start planning for in your regions. Global Brain Awareness Week, March 14-20, 2011 and Brain Injury Awareness Month June, 2011

As always, I encourage you all to visit our website for upcoming events and news at www.biac-aclc.ca and if you have not done so, please sign up for Google alerts under traumatic brain injury.

Please do take a moment to sign up for the Leave the Phone Alone campaign and do pass the campaign information, which follows this section on to your family, friends and colleagues.

Have a safe and wonderful time leading up to the winter holiday season.

Sincerely,

Harry



Brain Injury Association of Canada Annual Conference, August 24-27, 2011

Pre-Conference Seminars August 23, 2011 on the Campus of the University of Prince Edward Island, Charlottetown, PEI
BIAC Golf Tournament at Fox Meadow, August 22, 2011 1:30 pm Shotgun Start

Conference Official Airline is Air Canada

Air Canada is the official airline for your event, Brain Injury Association of Canada Annual Conference, which will be held Monday, August 22, 2011 to Saturday, August 27, 2011. The promotion code can be used for travel between August 15 - September 3, 2011

This is a promotion code for the convention. To book a flight with your promotion code, access aircanada.com and enter the BIAC-ACLC promotional code, **FNU6BY91**, in the search panel.

Accommodations and Conference Venues

The main venues for the conference will be at the University of Prince Edward Island (www.upei.ca/conference). We will be using Andrew Hall and Blanchard Hall. Meeting spaces will be at Duffy Amphitheatre, McDougall Hall 242, 328, 329, 246, and Schurman Market Street & Square.

The cost of the accommodations and the meal plan will be far more economical than at this year's convention.

Other Activities

Leave the phone alone while driving campaign. Sign up at: www.leavethephonealone.ca/pledge.php

Pedestrian safety reflectors, protect the ones you care about in traffic! Every year these highly reflective retro reflectors, aid in preventing traffic related injury with their incredible retro-reflective design which enables motorist to see you much sooner than if you were not wearing one. Protect yourself and the ones you care about with our fun and colourful reflectors. They make an excellent stocking stuffer! Visit the link below to find out more
www.pedestrianreflectors.com/

The First Annual BIAC-ACLC Golf Tournament is scheduled for Monday, August 22, 2011 shotgun start at 1:30 pm at Fox Meadow (www.foxmeadow.pe.ca). and more information will follow on this in the next few weeks. Just for your information

For those who prefer hotel accommodations, the Best Western Charlottetown has been selected as the conference hotel. The accommodations are excellent. Transportation in Charlottetown is economical by taxi and the Best Western is close to the downtown core.

The Call for Abstracts has gone out and we should have our speakers in place by the end of February, if not sooner.

We have issued an invitation to Lisa Genova, Ph.D. a neuroscientist from Harvard University and author of *Left Neglected* due for release in January 2011, a novel about an ABI female survivor, to be our conference kickoff keynote speaker. We are hoping for a positive response in the next few weeks.

Interest is high from last year's conference and we are hoping that our registrations will top 300.



we have commitments for at least 10 foursomes.

We are also working on a Founders Dinner for Tuesday Night, August 23rd and a Kitchen Party for Wednesday or Thursday evening.

People should start making their plans as soon as the information becomes available.

2012 BIAC Annual Conference

The Brain Injury Association of Canada is presently accepting bids and / or letters of interest for the 2012 Conference. Interested parties should contact the National Office for information at info@biac-aclc.ca or call 613-762-1222.

Global Brain Awareness Week (BAW) Campaign March 14-20, 2011

Brain Awareness Week (BAW) is the global campaign to increase public awareness about the progress and benefits of brain research. Every March, BAW unites the...

continued on next page

From the Executive Director, Harry Zarins

continued from previous page

...efforts of universities, hospitals, patient groups, government agencies, schools, service organizations, and professional associations worldwide in a week-long celebration of the brain. Founded and coordinated by the Dana Alliance for Brain Initiatives and European Dana Alliance for the Brain, BAW's sixteenth annual celebration will take place from March 14-20, 2011.

During BAW, campaign partners organize creative and innovative activities in their communities to educate and excite people of all ages about the brain and brain research. Events are limited only by the organizers' imaginations. Examples include open days at neuroscience laboratories; museum exhibitions about the brain; lectures on an array of brain-related topics; displays at malls, libraries, and community centers; classroom workshops; and many other activities and programs.

For more information about becoming a Brain Awareness Week partner, visit the Partner Registration page at www.dana.org/brainweek/Default.aspx

Brain Injury Awareness Month is JUNE 2011

Please forward any announcements of activities to the BIAC office at info@biac-aclc.ca Start working on getting recognition within your provincial legislatures and city halls proclaiming Brain Injury Awareness Month.

Neurological Health Charities Canada (NHCC) Video

Thanks to the generosity of Rx&D,

the NHCC has produced a video to promote our collective vision of a national brain strategy at NO COST to our coalition! Please share the following link with your colleagues and stakeholders: www.youtube.com/watch?v=QmHMIBpQe1Q

Our hope is that this video (available on YouTube) will drive people to the NHCC website where they can join our effort to advocate for a national brain strategy and link directly to NHCC member organizations.

So please send this link far and wide. We will be monitoring views and website traffic to see how well our message is spreading. And thanks again to our friends at Rx&D!!!

Parliamentary Subcommittee on Neurological Conditions

As you are aware, the Parliamentary Subcommittee on Neurological Conditions has been hearing testimony from various witnesses over the past several weeks. They conducted hearings on MS in the spring, and this fall have heard from the ALS and Parkinson's communities. They will hear from Alzheimer's and Autism witnesses over the coming weeks, and they also plan to hear broader testimony about neuroscience research and access to medication.

The Brain Injury Association of Canada will submit a brief and subsequently ask to appear before the committee.

Audio recordings of every hearing can be found at: www.parlvu.parl.gc.ca/ParlVu/DayView.aspx

Use the calendar in the top left corner to select the date of the hearing you are most interested in - the meetings are labelled as 'SMND':

Shannon MacDonald
Director, Policy & Partnerships
Neurological Health Charities Canada
4211 Yonge Street, Suite 316
Toronto, ON M2P 2A9
(416) 227-3396 office
(416) 725-1237 cell
shannon@mybrainmatters.ca
www.mybrainmatters.ca

Mild Traumatic Brain Injury ; Invisible scars of war

November 10, 2010 News

Two soldiers, rocked by IED attacks in Afghanistan, speak of the brain injuries they sustained and their struggle to get diagnosed and treated by the Canadian military, the CBC's Mellissa Fung reports.

www.cbc.ca/video/#/News/1221258968/ID=1640156963

SickKids Centre for Brain & Behaviour 2nd Biennial Conference July 12-15, 2011

www.sickkids.ca/brainnetwork/Default.aspx?tabid=40

Rethinking Employment after an Acquired Brain Injury Conference

www.biac-aclc.ca/en/wp-content/uploads/2010/11/Rethinking-Employment-after-ABI-Flyer-2011.pdf

PEI's 4th Annual Hawaiian Oyster Odyssey a big success.



PEI's 4th Annual Hawaiian Oyster Odyssey was held at the Inn on the Hill October 29th with a good crowd. All levels of government were in attendance, with MP Shawn Murphy, MLA Doug Currie and City Councillor Mitch Taweel.

BICPEI had a draw for an autographed Steve Ott Jersey and the winner of that was Kevin Doyle.

The evening was highlighted with our guest speaker Mark MacIntosh who is a survivor.

Kenneth Murnaghan



Does Effort Exceed Results? Sharon Schilling- survivor-Toronto

In all likelihood, a brain trauma was not on your "To Do" List on day of reception. However, you may have found yourself when you awoke bound by forgiving circumstance, in an unforgiving climate-- what do we make of this?

As time passes, life begins recalculating its mind. Focus has changed. It takes work, the pace is personally determined, and a healing process begins. Unfortunately, at times it may seem like improvement is at a standstill or just is not occurring within expectations.

However, the amount of time and/or exertion certainly has exhausted relief and you've had enough. Unsatisfied, the body may turn to immediate gratification. Instant pleasure in the form of glucose sweetness in perhaps chocolate dessert, or a sodium-rich shaker tossed over

greasy fries to help reassure belief.

In no way does this benefit you. These excessive amounts of calories (in fatty acids) sit in your stomach, undigested, add weight to your body, and cloud your mind. Production delayed.

Good calories can otherwise act as an uplifting source. Fruits, vegetables, legumes and cooked grains can help to store inside energy that can be designated for healing. In basic terms, the amount of energy used, must equal the amount of energy that is put into your body. The key is to strive for equilibrium of balance, and prioritize meal planning.

Look forward to what change will bring, and use the energy to benefit activity.



You are not alone ... there is help By Colleen Butler



According to National Institutes of Health, 85% of brain injury patients do not receive any treatment or counselling concerning the long term difficulties caused by brain injury

The tragedy and loss over an ABI or TBI is astonishing as patients wait to for a specialist's diagnosis while family relationships are tested from this devastating "silent injury".

While Canada has a good medical system, facilities with the capacity to test or diagnose are not always readily available either through geography or expertise in the field. Meanwhile there is an ever increasing volume of new knowledge on brain injuries.

Having had an ABI, my expectations were perhaps unrealistic, as I dealt with an overworked physician, a limited diagnosis and an overworked medical system. Further research on ABI victims and their experience showed the following opinions:

- Did not know there was help
- Did not fit the criteria for help
- It's just in your head, there isn't a problem
- Misdiagnosis, led down the wrong path of recovery
- I will be better in a couple of days
- Erratic mood swings...it's just PMS
- Have a bad attitude

When ABI's reached out with a call for help, often they receive a disappointing answer combined with a possible misdiagnosis, causing them to withdraw, affirming ABI as the "Silent Injury"

frustratingly wasting valuable time with nowhere to turn.

The loss of time spent on a brain injury is 3-7 years.

How long are you willing to sit back and wait? Life is valuable no matter how hard it may seem at the time. Why not start now being proactive with a recovery program?

In the brain injury community, we all have a responsibility to become more active and vocal. We need to write our politicians to raise awareness of our needs and when we become aware of a community member hurt we must reach out. United we are strong.

Your brain is yours to reclaim & rebuild. It is a new beginning, a new way to embrace life. Life it to be treasured ... there is help... **YOU ARE NOT ALONE** ... we can help in rebuilding and re-sculpturing your life.

We understand and we can help. We want to hear your questions.

Visit www.BrainNavigators.com.

Colleen Butler, B.A., C.R.C. founder of BrainNavigators.com and is an international speaker and lifestyle coach.

Please note:

The opinions expressed in Impact, the newsletter of the Brain Injury Association of Canada (BIAC) are those of the respective authors and not necessarily those of the Brain Injury Association of Canada. BIAC will not be liable for any damages or losses howsoever sustained, as a result of the reliance on or use by a reader or any other person of the information, opinion, or products expressed, advertised or otherwise contained here in.

Where appropriate, professional advice should be sought.

Yvonne and the Winds of Change

Thank you to the Terrace Standard for story and photo

When I was at the brain injury conference in Regina, Saskatchewan, at the end of September, I purchased a book called "Winds of Change".

The book is a collection of stories by 31 ordinary, individual Canadians, all of whom are survivors of a brain injury. I have been looking for a book like this for years, and I am so thrilled that the Brain Injury Association of Niagara recently had this book published.

This is an excellent book to read for other survivors, family, friends, medical professionals, emergency service personnel, and anyone who does not have a brain injury.

I am so glad this book has been published and reading this book will give you understanding and awareness about what a survivor deals with.

This book is unique in that it is believed to be the first collection of stories of its kind in Canada. I am very pleased and proud to donate a copy of this book, "Winds of Change" to the Terrace Public Library. I have also donated a copy of the book to the Terrace Brain Injury Support Group.

At the Regina conference where there were many workshops on injury prevention. I even mentioned about the presentation I gave to Terrace City Council regarding the need for a mandatory helmet law for skateboarders.

I found out that brain injury groups

across Canada have been asking for the same thing - mandatory helmet law for skateboarders.

In fact, a Regina city councillor was at the conference, so I approached him about a mandatory helmet law for skateboarders in Regina. I gave him a copy of the skateboard write up that was in The Terrace Standard from this past July.

The topic of concussions was talked about at the conference. Concussions happen in sports, such as hockey, skiing, snowboarding, biking, skateboarding, football, soccer, basketball. Concussions also happens in non-sports. Having a concussion is a very serious condition and has the potential to be serious injury.

Here are some basic points about recognizing a concussion in sport.

Facial expression: Vacant stare, confused look.

Behaviour: Not typical for that person, distracted, emotional.

Memory: Confusion of place, time, date.

Post traumatic amnesia: No memory of events for a period of time after the injury.

It's important to remember that a concussion can happen even if a person has not been knocked unconscious. If symptoms of concussion are detected, no athlete should return to play until a doctor has cleared them, and they no



longer have any symptoms at rest or under exertion.

During recovery, exercising or activities that involve a lot of concentration (such as studying, working on the computer or playing video games) may cause concussion symptoms to reappear or to get worse.

Unlike with some other injuries, playing or practising with concussion symptoms is dangerous and can lead to a longer recovery and a delay in returning to sporting activities.

Check out the Brain Injury Association of Canada (BIAC) website at www.biac-aclc.ca for more info on the highlights of the conference, the annual report (a lot of good info), and important info on concussions.

Terrace resident Yvonne Nielsen is a survivor of an acquired traumatic brain injury and an advocate for those who do have a brain injury.

Greetings from Newfoundland and Labrador



Greetings from Newfoundland and Labrador and the NLBIA Brain Injury Adult Survivor Group A.B.L.E; we hope you all had a great year. First of all I want to congratulate BIAC on a very successful conference and warm welcome to all of our new BIAC Board Members for the coming year and all the challenges and rewards that lie ahead.

A.B.L.E has had another wonderful and busy year with our weekly plans and outings. Plans consist of bowling twice a month and you should see the competition, all of our scores have literally doubled in 8 months. Our road trips have taken us to Brigus and a visit to the new museum erected in honour of the 400th Anniversary of Cupids. Many card, bingo and crib games have left us leaving with full bags and happy faces. We had a very successful hot dog sale in June for Brain Injury Awareness

month, and participated in a Walk for Brain Wellness with the Newfoundland and Labrador Brain Injury Association (NLBIA). A.B.L.E. was involved with two very successful annual fundraisers, the Steven Lush Golf Tournament held in September at Salmonier at the Wilds, and in November a dinner/auction which took place at the CLB Armoury. We also incorporated a Hawaiian Oyster Odyssey as part of our dinner and Stephen Doyle's name was drawn for one of the lucky winners to go into a draw for the trip to Hawaii.

I am also in the process of meeting with therapists to hopefully develop music and art therapy programs for our NLBIA Clients for the coming year. Sunday night, November 28th A.B.L.E. will be holding our pot luck Christmas party at the Battery Hotel. Anyone who has attended in the past can tell you that

we have quite the spread and yes Lynn, Mary Brown does have the best legs in town. We have a door prize and some other prizes as well so it should be a great night for board members, clients, families and friends to relax and spend time together.

It would be remiss of me not to acknowledge the wishes of condolences from my friends at BIAC and the brain injury community at large in the passing of my Father, Raymond Vey. I miss him so much.

As Christmas is almost upon us, and this year comes to an end I want on behalf of A.B.L.E. to thank BIAC and all of you for your support. We wish you all a Merry Christmas and a safe and happy new year. Good health and God bless you all.

Marina White - Coordinator for A.B.L.E. NLBIA Board of Director

The Gutenberg Project Bring the World's Library into your Home

By Richard Kerr, Survivor, Montreal



Just as we understand maintaining and increasing muscular strength and endurance requires that we stress our skeletal muscles and cardio vascular capacity with resistance, so to is learning that and maintaining our brain function requires that we experience cognitive activity. To improve brain chemistry and architecture we must increase synapse firing between neurons and encourage neuronal growth in the areas we are using within our brain.

Reading, in any format, has enormous cognitive benefits and helps in connectedness to self and others. Most people will agree that physical, psychological and social health, are closely interdependent. Whatever our diverse interests are, reading as part of regular activity, goes far in achieving that goal.

I am becoming familiar with a fairly recent format of reading and accessing books online, which I find remarkable and truly worth sharing.

The most wonderful part of this discovery is that it doesn't require a huge investment of time or money. Some effort and guidance will be needed with the initial setup and learning of protocol.

Here is my brother's attempt at a step-by-step guide to the Gutenberg experience. Things in [square brackets] are extra explanation and you may want to skip them.

We're going to start by assuming that you are going to read a Gutenberg book on a computer connected to the internet using a popular web browser such as Firefox or Microsoft Internet Explorer.

[Your computer can be a PC running Windows, a Mac or a PC running Linux.]

Things to type in will be in quotes but you don't need to type the quotes.

1. Point your web browser to **www.gutenberg.org**
2. It helps if you have a book or author in mind. For this example, let's say you are looking for a book by Sir Arthur Conan Doyle - author of many Sherlock Holmes books.
3. When you get to the Gutenberg website, in the field to the left of the page called Author, type in "Doyle" and click on "Go!" button.
4. You will be presented with a list of authors named "Doyle". Click on the one that is "Doyle, Arthur Conan, Sir, 1859-1930".

5. You will now see a long list of his books. Notice that most titles are repeated. You will see a small icon to the left of the title that either looks like a book or a speaker. Yes, you can also get spoken word versions of many books. Let's pick "The Adventure of the Cardboard Box". Click on the title with the book icon.
6. Now you will see a lot of information about this book. Near the top are four tabs, "Bibrec", "Download", "QR Code" and "Twitter". Click on the "Download" tab.
7. You will now see the available formats for this book including the option to read it online. It's better to select one of the other formats. The simplest method, similar to reading online, is the HTML format. This will look nice on your screen and you can read the book right away. Your browser has options to make the font larger or smaller.
8. If you want to get a copy of the book to store in your library, you will want to download one of the other formats. Most books use the "EPUB" format. It's worth doing a little extra work to get your computer to understand how to read this format. But for now, let's just copy this book to our computer. Click on the "EPUB" link for this book.
9. It's likely that when you click on "EPUB" your browser will ask you what to do with it. One of the options is probably "Save the file". Choose that. [If you already have some EPUB reader software, it may pop up as a possible action]
10. The next step could be a course in computers 101, but to keep it simple, save the file somewhere that you will remember later. You should change the name to something more human. The name from the website is pg2344.epub, I suggest you keep the catalogue number but put something else in front such as "Cardboard-Box-pg2344.epub". [This will prompt your intuition and memory. It's a good idea to store all your books in a separate folder such as "c:\data\books"]

You have now downloaded a free book from the Gutenberg Project.

If you want some good free software that will read and catalogue your EPUB books, look at **www.calibre-ebook.com**

This software is available for Windows, Mac and Linux.

Access to reading through electronic book publishing removes barriers for individuals with mobility issues, accessibility issues or who live outside of cultural centres or even in remote regions.

The definitions and terminology which follow are meant as a guide in orienting you to finding a path to accessing the Gutenberg Project. The important thing is that you remain determined as you will inevitably recruit nearby help as the process is not intuitive for most of us.

If you are helped through a library they often refer to e-books they manage as Adobe EPUB books. Adobe didn't create the format. EPUB is an open free format.

Any book that is copyrighted is protected by DRM, (Digital Rights Management).

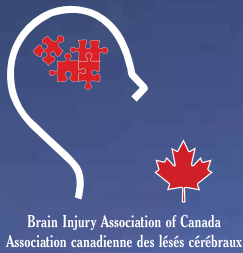
To send it to your hand-held E-reader you must go through a rigorous installing of Adobe software®. Registering with Adobe is not trivial unless you have lots of guidance for this route, better to follow our ten-step procedure and go the Gutenberg way.

As a point of interest, I correspond by email with a friend who is visually impaired. He reads my emails and all his many texts with what is called a text reader, converting script into audible text.

Books can be had in audio format through librivox.org, a project similar to Gutenberg but specifically for audio books.

As well as downloading books using the audio option in step 5 of the above guide, he recommends Audible.com as having books that are read by professional readers that don't cost a whole lot. Reading a book while simultaneously hearing the same words may be helpful to increasing comprehension, while lessening fatigue to some.

www.gutenberg.org



ANNUAL CONFERENCE OF THE BRAIN INJURY ASSOCIATION OF CANADA

Brain Injury Association of Canada
Association canadienne des lésés cérébraux

August 24-26, 2011

Charlottetown,
Prince Edward Island

Call for Abstracts

- Date: **August 24-26, 2011**
- Location: **Charlottetown, Prince Edward Island**
- Venue: **University of Prince Edward Island**
- Opening Date for Abstracts: **November 30, 2010**
- Closing Date for Abstracts: **February 4, 2011**

CONFERENCE STREAMS

Review and programming for the conference will be done according to the following streams:

1) SURVIVORS AND CAREGIVERS

Survivor Successes:

Successful strategies to facilitate a resumption of normal activities by increasing self-reliance in daily living over time (short term and long term), for people (pediatric through adult) living with an acquired brain injury.

Reintegration Programs:

Examination of long term and short term programs and methods for caregivers and stakeholders who provide services to people living with an acquired brain injury.

Support and Advocacy:

Resumption of activity and social reintegration including support networks with family, friends, caregivers, health professionals, for people living with an acquired brain injury.

2) PREVENTION

We will examine current topics of interest such as concussion management; innovative prevention strategies, best practices, and educational programming that promote and facilitate the prevention of acquired brain injuries from pediatric through adult.

3) SCIENTIFIC AND PROFESSIONAL RESEARCH

Reports from researchers, physicians, scientists and healthcare professionals actively working in the area of brain injury (pediatric through adult). Submissions in this stream should be evidence-based, evaluation or treatment models with outcomes.



ANNUAL CONFERENCE OF THE BRAIN INJURY ASSOCIATION OF CANADA

August 24-26, 2011

Charlottetown,
Prince Edward Island

HOW TO SUBMIT ABSTRACTS

Abstracts must be received by BIAAC via either email or fax before the closing date. Abstracts may be submitted, and presentations made, in either French or English.

PREPARATION OF ABSTRACTS

The abstract must indicate the conference stream you wish to present in:

- Overall objective of the presentation and audience it is targeting;
- Description of the content including the scope, magnitude and importance of the presentation;
- Results, conclusions and / or any recommendations;
- Multimedia portions of presentation;
- Clear indication whether a question and answer discussion will follow.

Language Presentation will be presented in either French or English. An abstract is not a formal publication and therefore should not include literature references or grant acknowledgments.

PRESENTATION OF ABSTRACTS

Abstracts are to be submitted to:
E-mail: barbbutler@biac-aclc.ca
Barb Butler;
Conference Committee Chair
Fax: 306-584-9419
If you have any questions please call Barb Butler @ 306-530-8703

The National Conference and Program Committee reserves the right to decide the format of presentation on the basis of time and space available. Abstracts will be reviewed by the Committee and you will be notified of abstract acceptance along with details on the form of presentation on or by March 31, 2011.

Presenting authors must also include their bio and a picture in a format that we can use for the conference brochure, with their submission. (No exceptions).

FOR SPONSORSHIP OR EXHIBIT OPPORTUNITIES PLEASE

CONTACT:

Harry Zarins, Executive Director
155 Queen St, Suite 808, Ottawa, Ontario, K1P 6L1
Phone: 613-762-1222
Email: info@biac-aclc.ca
Fax: 613-236-5208
Web: www.biac-aclc.ca



2011 Charlottetown, Prince Edward Island, Canada Brain Injury Association Conference Registration, Airline and Accommodation Information



Registration Fees for Conference

If financial assistance is required please contact your local and provincial ABI Association and sponsors.

- Professionals & Health Care Providers, **Early Bird (Before June 15, 2011)**: \$325
- Survivors, **Early Bird (Before June 15)**: \$175
- Family/Caregiver **Early Bird (Before June 15)**: \$175 (when accompanying a survivor)
- Professionals and Health Care Providers (After June 15, 2010): \$425
- Survivors and Family / Caregivers (After June 15): \$225
- Registered Student or Senior (over 60): \$275
- Single Day: \$100
- Student / Senior Single Day: \$80
- Survivor Single Day: \$70

Fee includes conference and nutrition breaks, breakfast, lunch and dinner (commencing on Wednesday breakfast and up to and including Friday Lunch) for those who are staying in the residences at UPEI.

Registration will commence on January 15th, 2011

You may register in one of the following 3 ways:

Option 1 ONLINE (preferred) This is a 2 step process.

Step 1: Please complete and submit the form below.

Step 2: After submitting the form above please select the appropriate button or buttons below and make your payment through PayPal. You don't have to have a PayPal account. You can use a major credit card.

Option 2 FAX: Download the Registration Form, complete it and fax it to: 613-236-5208

Option 3 MAIL: Download the Registration Form, complete it and mail it with your payment to: The Brain Injury Association of Canada 2011 Conference; 155 Queen Street, Suite 808; Ottawa, Ontario, K1P 6L1

Conference Official Airline is Air Canada

Air Canada is the official airline for the Brain Injury Association of Canada Annual Conference. Conference activities will commence on Monday, August 22, 2011 to Saturday, August 27, 2011. The promotion code can be used for travel from August 15 - September 3, 2011

This a promotion code for the convention product. To book a flight with the promotion code, access aircanada.com and enter the BIAC-ACLC promotional code, **FNU6BY91** in the search panel.

Residence and Hotel Information

University of Prince Edward Island

Rooms at UPEI will be guaranteed until July 24th, 2011. Reservations can be made by calling (902) 566-0442 or by email to conference@upei.ca. If you are booking your room by phone mention that you are part of the Brain Injury Association of Canada Annual Conference

Residence Rates - New and Modern Andrew Hall

One Bedroom Suite - \$115.46 per night taxes included

Two Bedroom Suite - \$121.36 per night taxes included

If shared with another person or couple \$60.68 per night taxes included

Three Bedroom Suite - \$147.27 per night taxes included

If shared with two other people or couples \$49.09 per night taxes included

All bedrooms have a double bed, TV, cable, internet access, and are air conditioned

Blanchard Hall

Two Bedroom Apartments, each bedroom is equipped with two twin beds. \$113.11 per night taxes included

If shared with another person \$56.56 per person per night taxes included

If shared with 4 people \$28.28 per person per night taxes included

Each apartment features a TV, cable, and internet access.

Visit www.upei.ca/conference/ if you wish to view the campus and accommodations

There are nominal fees if you wish to use the Fitness Centre and / or the Aquatic Centre.

A 4 day pass for the Fitness Centre is \$25

and a book of 10 admissions for the Aquatic Centre is \$58.50 for adults.

There is no charge for parking.

Best Western Charlottetown

Rooms at the Best Western Charlottetown will be guaranteed till July 22, 2011. Reservations can be made by calling 1-902-892-2461 or 1-888-422-6232

Hotel Rates

Standard Two Queen or Double Beds

1 or 2 people - \$147.27 taxes included

3 people **\$159.05** taxes included

4 people - \$170.83 taxes included

One Bedroom Kind Bed Suite with pullout single or 2 people \$194.39 taxes included

3 people - \$206.17 taxes included

4 people - \$217.95 taxes included

The hotel has free parking, high speed internet, fitness facility, indoor pool and the rooms are air conditioned.

BOOK YOUR ACCOMMODATIONS TODAY!

About Our Cause: Acquired Brain Injury

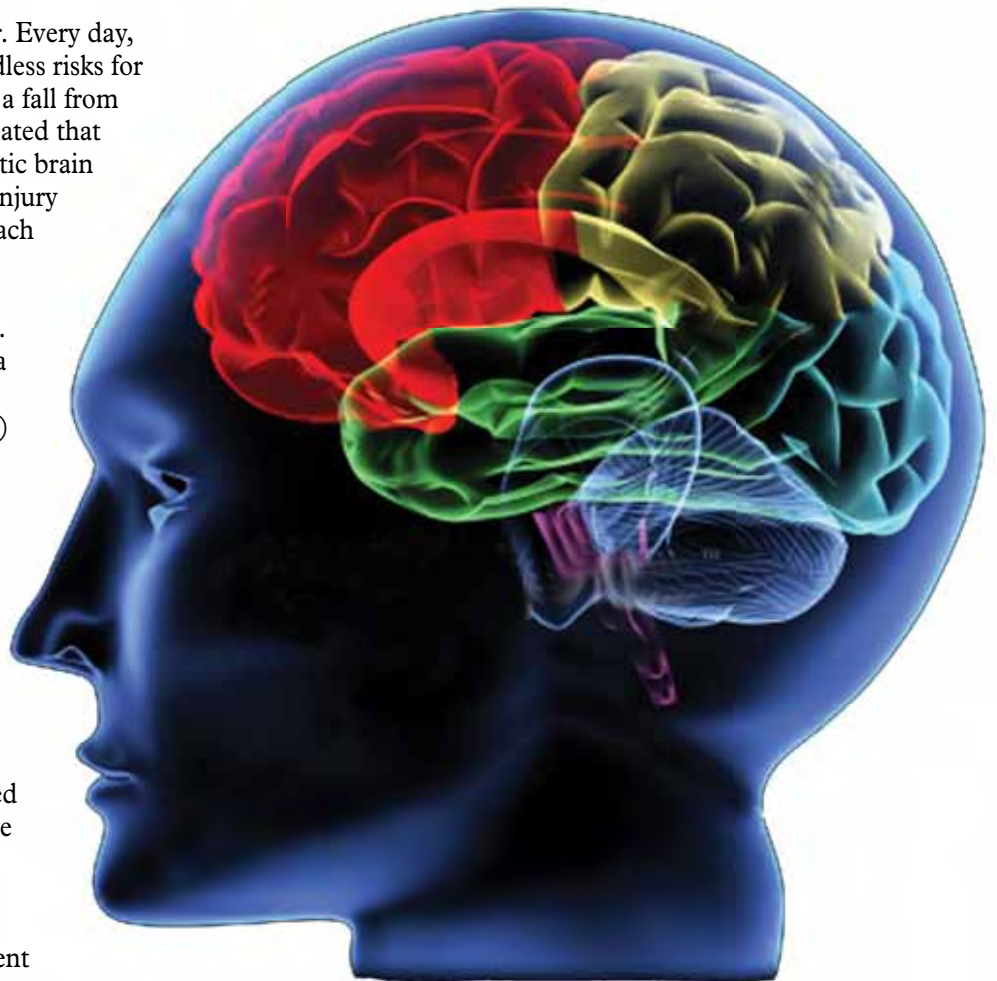
In an instant a life is changed, forever. Every day, we participate in activities that pose endless risks for sustaining a brain injury: car accidents, a fall from a bike, or a blow to the head. It is estimated that thousands of Canadians incur a traumatic brain injury (TBI) and mild traumatic brain injury (mTBI), also known as a concussion, each year, the majority being young adults. Statistics indicate that the incidence of brain injury is two times greater in men. The Brain Injury Association of Canada (BIAC) strives to raise awareness of the incidence of acquired brain injury (ABI) in Canada.

A brain injury may make it necessary for the injured person to require full time assistance and families often become the primary caregiver and support people. Many families are left to cope on their own. They sometimes have little understanding of the effects of the injury and the demands that will be made of them by an injured family member. Families need support from others who understand the effects of acquired brain injury. BIAC provides a shared forum for the support of both families and survivors. BIAC also advocates for the enhancement support services.

Prevention through public education, and safety legislation is the key to the reducing the occurrence of ABI amongst Canadians.

BIAC engages in extensive public education initiatives through its many local community associations across Canada.

Medical and safety research is another key to addressing ABI. The Brain Injury Association of Canada endeavors to support and promote research in Canada and internationally.



Help our cause
To Donate to the
Brain Injury Association
of Canada

go to
www.biac-aclc.ca/en/donate



Brain Injury Association of Canada
Association canadienne des lésés cérébraux

155 Queen St, Suite 808, Ottawa, Ontario K1P 6L1
Phone: 613-762-1222, Toll Free: 1-866-977-2492
Fax: 613-236-5208, E-mail: info@biac-aclc.ca
www.biac-aclc.ca



Proud sponsors of the
Brain Injury Association of Canada

IBC  BAC Insurance Bureau of Canada
Bureau d'assurance du Canada

Soins et Services à Domicile
 **wecare**
Home Health Services



Please note:

The opinions expressed in Impact, the newsletter of the Brain Injury Association of Canada (BIAC) are those of the respective authors and not necessarily those of the Brain Injury Association of Canada. BIAC will not be liable for any damages or losses howsoever sustained, as a result of the reliance on or use by a reader or any other person of the information, opinion, or products expressed, advertised or otherwise contained here in. Where appropriate, professional advice should be sought.