



# BRAINWAVES

Newsletter of Brain Injury Community Re-entry (Niagara) Inc.

Established in 1988

Summer  
2019

Submitted by  
Julianna  
Mihelic



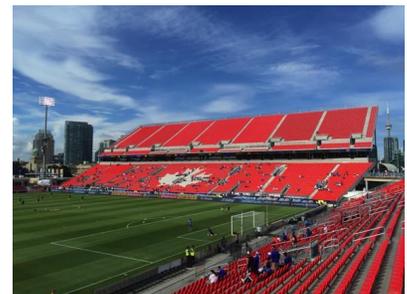
On June 26th, a group of participants from BICR traveled to Toronto and watched Toronto FC play against Atlanta United. It was a close game for the two teams due to the rivalry and close tie; however, during overtime TFC pulled through and scored the final goal to push them ahead winning 3-2!

The participants had a wonderful time cheering and chanting with the rest of the fans. The game was very intense keeping everyone at the edge of their seats! During half time, the participants enjoyed buying some merchandise to represent and support the team.

The group was able to grab some delicious food from the vendors including pulled pork poutine, chicken fingers and fries, hamburgers and much more! We were able to enjoy the food while watching the game with a nice breeze coming in at the same time.

It was a late night for the participants and staff due to poor sportsmanship from some fans of Atlanta as they pulled the fire alarm causing a swarm of people running through the hallways.

All elevators were shut down and required maintenance to reset each one individually. Since this was not their biggest concern, we were left waiting for quite some time until someone was able to help. This was a challenge for a few of the participants getting back to the parking lot due to accessibility issues and the swarm of people surrounding the stairs and main exits. This did not stop the participants from ending the night on a great note as we spent the car ride home laughing about stories and talking about the nail biting game! A big thank you goes out to everyone who participated in the small adventure to Toronto and making it all possible! We look forward to the next game!



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# Chief Executive Officer's Report

The past year has been filled with many successful accomplishments for BICR. The staff have worked extremely hard in presenting our participants with many great opportunities. The overwhelming positive feedback from our participant and family satisfaction surveys are evidence of the great work completed each and every day by our front line staff. I must also commend the leadership provided by the Managers which allows for seamless service delivery.

BICR is preparing for Accreditation Canada which will take place in May 2020. The team members have been selected for the groups: Acquired Brain Injury Services, Leadership Governance, Infection Prevention and Control, and Medication. Good luck to each of these groups, we look forward to this process which allows our organization to continue with the commitment to excellence in service delivery.

Sandra Harding and I have completed the Multi-Sector Agreement with the LIHN #4 and the Ministry of Health and Long Term Care. The report has been approved by both of the government offices and this is in effect from 2019 - 2022. It is with great pride that I announce that the budgets will allow our participants to continue receiving the services they have been accustomed to. During the past year, the organization has realigned services in both the Intake and COSS departments. A part time position has been added to Intake to assist with the higher demand for services especially with post concussive injuries. The Intake Department has been averaging 25 new referrals per month which is 9 more referrals per month than the previous year. The COSS Department has also added a part time Case Facilitator which has allowed our waitlist numbers to be reduced.

The organization continues to provide a large number of recreational opportunities including out of country trips, Geneva Park trips and many other activities. The demand for this service continues to increase and many participants are served well by these activities. The Cemetery Gardening Angels program has also increased its numbers this year and has allowed participants the opportunity for meaningful employment. BICR purchased a new van for Parkdale and a wheelchair accessible van located at the Main Office. The organization is very proud of these purchases and the vans have been purchased through our fundraising and reserve fund.

This year the Board of Directors have received training by our Labour Lawyer regarding governance and their responsibilities. This training was extremely comprehensive and allowed the Board of Directors an opportunity to obtain training and have access to the Labour Lawyer for any concerns they may have. I want to express my sincere gratitude to the great efforts of our Board and all of their support to the organization and myself.

Have a great and successful year.

Frank Greco  
Chief Executive Officer

# President's Notes

Here we are at our 31<sup>st</sup> Annual General Meeting. It is hard to believe we started with a three bedroom house rented at Pebble Beach with nine employees, to where we are now. This is proof that our organization is greatly needed for participants with acquired brain injuries. It gives me, as President, great satisfaction and pleasure knowing that we are greatly helping our participants as they are discharged from hospitals and institutions. Let's keep up the great work everyone is doing.

How time flies, Accreditation Canada is coming once again next year. I am sure with our knowledgeable staff and the excellent care that is provided, BICR will pass with flying colours. Keep up the good work!

Once more, I wish all a safe and happy summer and year ahead. Enjoy the nice weather!

Nick Ostryhon  
President

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**Disclaimer:** Brain Injury Community Re-Entry (Niagara) Inc. acknowledges funding support for many of our programs and services from the Hamilton Niagara Haldimand Brant Local Health Integration Network (HNHB LHIN) and the government of Ontario.

The views expressed in this publication are the views of Brain Injury Community Re-Entry (Niagara) Inc. and do not necessarily reflect those of the Hamilton Niagara Haldimand Brant Local Health Integration Network (HNHB LHIN) or the Government of Ontario.

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**Environmentally friendly...** pass this newsletter onto friends, family and co-workers. We also offer you the option to receive our publication by email. A great number of readers are already enjoying the newsletter this way. Drop me a line at [speters@bicr.org](mailto:speters@bicr.org) and I will add your email information to our distribution list or visit our website at [www.bicr.org](http://www.bicr.org).

**Thank you, Sarah Peters**

Aussi disponible en français sur demande

# All Ages Sangria

Sourced from <https://www.lovebakesgoodcakes.com/non-alcoholic-sangria/>

If your plans are to host a backyard party this summer, make sure you supply refreshments everyone can enjoy. This Sangria recipe is perfect for everyone of all ages to sip while enjoying the fun.

## INGREDIENTS

- Fresh lemon slices
  - Fresh lime slices
  - Fresh orange slices
  - Cranberries
  - 2 cups cranberry juice
  - 2 cups grape juice
  - 1 cup orange juice
  - 1/2 cup lemon juice
- 4 cups San Pellegrino sparkling mineral water OR lemon-lime soda



## INSTRUCTIONS

1. In a large pitcher, add the lemon slices, lime slices, orange slices, and cranberries. Add cranberry juice, grape juice, orange juice and lemon juice. Stir well.
2. Refrigerate until ready to use.
3. Just before serving, add the sparkling mineral water or lemon-lime soda. Mix well.

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## Members of BICR's Board of Directors

Nick Ostryhon - President	Luc Savoie - Vice President
Doug Kane - Treasurer	Christine Reeves - Director
David Shapiro - Director	Dr. Tricia Pailing - Director
Sharon Cochrane - Director	Jackie Lynch - Director
Patricia McNabb - Director	Brian Minard - Director

## Accessible Formats & Communication Supports

Special accessibility accommodations and materials in alternate formats can be arranged by contacting Brain Injury Community Re-entry (Niagara) Inc. at 905-687-6788 extension 663 or [www.bicr.org](http://www.bicr.org).

We are also interested in your comments and feedback about accessibility at BICR. Please send us your comments.

# "DETERMINATION RUNS IN MY FAMILY"

## The Story of Joanne Kinslow Re-Entering the Workforce

Submitted by Erica Davidson

Joanne Kinslow celebrated her one year anniversary as a Cleaner at Marr's Foodland on February 3, 2019 and we thought, what better way to celebrate with her, than to tell all of you about it!

Joanne has been receiving services from Brain Injury Community Re-Entry Niagara for many years. Approximately 3 years ago, Joanne expressed an interest in finding a job to keep herself busy and use all the energy that she has. Joanne was then referred to our vocational department and began working with the vocational team at that time. With their support, Joanne completed the



Personal Support Worker program. However, upon completing this program, Joanne determined that it just wasn't the right fit for her. Joanne decided that she wanted to look for work in a different area.

Joanne says, when she started looking for work she was fearful that employers only wanted to hire fulltime employees. Joanne was also afraid of not meeting the employer's expectations; that she would fail and be fired from the job. Joanne said that Amber helped her to work

through her fears by introducing her to the Work Readiness Program; a 12-week program that would address all of Joanne's fears about returning to work. Joanne says that the workshops taught her everything from interview skills to how to feel comfortable with other people in the workplace as well as employer expectations. After completing the workshops, it was time for Joanne to participate in a paid training placement with an actual employer. Erica Davidson, Vocational Coordinator, then reached out to Marr's Foodland in Thorold, as they have always been a very supportive employer, to see if they might like to host a paid training placement for Joanne and they said yes! Joanne remembers feeling happy and excited that an employer had agreed to host a placement for her. Joanne recalls her first day on the job, saying, she was a bit nervous but ultimately remembers her first day being a really good one. Joanne remembers that Amber accompanied her on her first day to provide job coaching support. Joanne was really grateful for the job coaching from the Vocation team and the Work Readiness team that continued until Joanne felt confident on the job.

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Joanne says that she looks forward to going to work, that she feels more energized by having a place to go that keeps her busy and active. Feeling even more motivated to do better in her personal life, she finds herself wanting to clean more at home and is really enjoying it. Walking to and from work in all types of weather she loves getting the exercise. She says that it feels great to know that her family and friends are proud of her for having a job. Joanne mentions that her sister is particularly proud of her for having this job. She feels productive and loves being able to contribute to her community. Joanne says that customers are always coming in with their babies and she really enjoys the joyful interactions with these little ones and they brighten up her day. Joanne says that after 1 year she still loves her job and all the people she works with. Joanne says that her supervisor, John and the owner, Todd are really busy guys but they always take the time to talk to her and other staff to see how they're doing. Joanne hopes to work at Marr's Foodland until she retires.

We are all so proud of Joanne for her hard work, dedication and commitment! Determination really does run in her family!

The difference between the impossible and the possible lies in a person's determination.

- Tommy Lasorda

# Woodworking Builds Confidence!

Submitted by Jeniffer Kiers

Doug sustained his brain injury by falling from 32 feet in 1985. He had a long road to recovery. About 5 years ago Doug joined BICR, and he is glad that he did because it has opened the door to some amazing opportunities.

Before his brain injury Doug worked for a company that made cabinets and waterbeds. Doug wanted to do woodworking but was afraid that he would fail because his coordination and fine motor skills were affected by the brain injury. Doug said that it was his Case Facilitator, Dawn Wolff, who encouraged him to try woodworking.

On his own, Doug said that he could not do woodworking, but with the volunteers who help with all of the tools, machines, and instructions, it was possible. Since joining woodworking, Doug has made a jewelry box, a massage roller, and he is currently working on a wishing well. Doug says that with each project his fine motor skills and coordination get better. Doug says that he now has the confidence to do woodworking at home, and he is putting in a shop in his basement.

Doug feels that BICR and his CF, Dawn, has helped him "completely turn his life around." Before joining BICR Doug says that he was always angry. Dawn has helped Doug with scheduling, budgeting, medical appointments, and mood regulation. Doug is also working on getting his driver's licence back!

Doug's advice to everyone in recovery is, "Don't give up on yourself and get involved in more activities." Doug feels happier since joining BICR because he has activities to look forward to and he has made friends who understand him. Doug loves coming out to BICR recreation activities and groups. He feels that BICR has made him a better person.





# Annual General Meeting 2019

*Submitted by Margo Van Honsberger*

**B**ICR hosted its 31<sup>st</sup> Annual General meeting on Wednesday June 12, 2019!! The event was once again celebrated at the beautiful, picturesque Queenston Heights Restaurant, which is situated at the foot of the Brock's monument just outside of Niagara on the Lake. Once again, I was in awe of the breathtaking backdrop of the winding Niagara River and the surrounding natural treed area. This quaint, yet charming venue is perfect for a celebratory event for staff who have reached a milestone in their careers at BICR.

BICR's Chief Executive Officer, Frank Greco extended a warm welcome to all in attendance including staff, guests, community partners, and Board of Directors. Nick Ostryhon, President of the Board, also welcomed everyone. He reflected with a sense of pride on the fact that the agency started 31 years ago with a three bedroom home on Pebble Beach in St. Catharines with only 9 employees, to the agency that it is today.

## **Some other highlights and accomplishments over the year included:**

- The overwhelming positive feedback from our participant and family satisfaction surveys
- The committee work that has already been started in preparation for Accreditation Canada (scheduled for May 2020).
- The completion of the Multi-sector agreement between the LHIN and the Ministry of Health
- The additional part-time position added in the intake department to assist with the higher demand for services specifically referrals for post concussive injuries.
- The added part-time Case Facilitator position in COSS
- Continued diverse recreational opportunities including an out of country trip for participants.
- An increase in the number of participants involved in meaningful paid employment through the Gardening Angels program.
- New vans that were purchased for Parkdale residence and then another wheelchair accessible van located at the Main Office.
- Comprehensive training for the Board of Directors from the Labour Lawyer
- Dedicated staff who are celebrating a milestone this year.

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Mr. Larry Iggulden reviewed the independent auditor's report and shared numbers relating to the agency's fiscal expenditures. The business meeting closed with the recognition of the Directors.

Following the conclusion of the annual meeting, the buffet dinner commenced. The food was outstanding with an excellent selection of main dishes, salads, and desserts.

Frank continued the event with the staff recognition awards ceremony. Nick Ostryhon handed out the plaques and exchanging a few words with the celebratory staff.

A total of 17 employees were celebrating a monumental year of service, although not all the staff celebrating were in attendance for the event.

**Congratulations to the following employees for completing 5 years of service:**

*Tanya Wegelin, Joel Franco, Krista Nixon, Ron Romeo, Melissa Vaughan*

**Congratulations to the following employees for completing 10 years of service:**

*Dawn Wolff, Jeff Spelier, Andy Pagnotta, Samantha Rzadkowski*

**Congratulations to the following employees for completing 15 years of service:**

*Sue Greenhalgh, Tracy Maddalena*

**Congratulations to the following employees for completing 20 years of service:**

*Anna Warner, Tina Horton, Juanita Holub*

**Congratulations to the following employees for completing 25 years of service:**

*Amanda Heidebrecht, Margo Van Honsberger, John Froud*

This concluded the celebratory event with the sun still shining, giving everyone the opportunity to enjoy a beautiful evening. BICR is looking forward to celebrating our 32<sup>nd</sup> Annual General Meeting in June 2020.





## Every Accomplishment Starts with the Decision to Try

Submitted by Melissa Donnison

**St Paul** staff would like to commend John Brown who has been living at St. Paul since the start of April on his continued persistence and effort to obtain employment. John works at McDonald's on Fridays and has improved his attendance and work performance since April. John started work for Gardening Angels this summer and is enjoying being outdoors and takes pride in every plot he tends to. John started out with full assistance attending the plots and has progressed to plot inspections. John is striving to return to school this September and is working on academics with St Paul staff in preparation to obtain his High school diploma. Way to go John on your hard work and continued effect to meet your goals.



### INTERESTED IN VOLUNTEERING?

**DID YOU KNOW?** The funds raised from charitable gaming goes back to each of the communities that the centers are a part of?

**DO YOU KNOW ANYONE** who would be interested in representing BICR once a month at the Delta Bingo and Gaming in St. Catharines? A participant? A family member? A friend? Yourself? Sessions are Thursdays from 3:30pm-5:30pm and Saturdays from 7:30pm-9:30pm

**VOLUNTEER RESPONSIBILITIES INCLUDE:** Greeting and welcoming customers, thanking and congratulating customers on behalf of the agency, responding to questions and assisting with in-hall promotions.

If you know anyone who would be interested, please contact the Volunteer Coordinator at ext. 640.



## DAY IT FORWARD

Submitted by Jeniffer Kiers



Dale was born and raised in Fort Erie and that is where his heart has always been. Dale lived in Niagara Falls in 2015-2016 when he first joined BICR. Dale always loves to lend a helping hand and he was able to join WRAP on Mondays for a year. Dale also volunteered for Project Share when he lived in Niagara Falls. He helped assemble hygiene kits.

In 2017 Dale requested to move back to Fort Erie. He moved to Crescent Park Lodge and has not looked back since. Dale has been volunteering with Salvation Army in Fort Erie for almost 2 years. His job changes sometimes, but he usually helps stock shelves, sort and organize food, or label cans and place them in boxes. Dale says that it makes him feel good about himself to help out. Keep up the good work Dale!

## Dining with Dionne

Submitted by Jeniffer Kiers



On July 3, the NF Lunch club went to Blue Line Diner on Montrose. Jamey VanBergen, new to BICR, has hockey in his blood. He watched it, breathed it, played it, and coached it. When Marcel Dionne walked by him in the restaurant, Jamey seized the opportunity to get his picture taken with this Canadian legend.

Marcel Elphège "Little Beaver" Dionne is a Canadian retired professional ice hockey centre who played 18 seasons in the National Hockey League for the Detroit Red Wings, Los Angeles Kings and New York Rangers. Marcel Dionne was inducted into the Hockey Hall of Fame in 1992. In 2017 Dionne was named one of the '100 Greatest NHL Players' in history.

Not only did Marcel allow a photo op, he also sat at our table and offered some kind words of encouragement to Jamey and others. Marcel talked about playing against legends like Bobby Orr and Gordy Howe. He dropped some big names, but was a warm, friendly, welcoming host. The food was great and the staff were charismatic. This lunch outing was fun and delicious, and spending time with a hockey legend was the "icing on the cake".



# Power Cord Exercise Program at Brock

Submitted by Jeniffer Kiers

Cheryl was featured in the last Brainwaves because she is very determined to constantly be moving forward. Last year Cheryl was at the end of a journey with private physiotherapy but still wanted to gain flexibility and strength. With the advice of Lorraine at March of Dimes, Cheryl joined the Power Cord Exercise Program at Brock. The Centre offers a wheelchair accessible program that targets exercise programs specific to individuals with spinal cord injury, multiple sclerosis, and amputations. These programs will improve function and reduce the risk of diseases associated with inactivity.

Cheryl uses the program that she received from when she is at Brock. When Cheryl is at Power Cord, her set contracts to increase flexibility for the continuing to use her wheelchair, use herself. Cheryl uses an argometer and passive proprioceptive



Neuromuscular Facilitation (PNF) is a more advanced form of flexibility training, which involves both the stretching and contracting of the muscle group being targeted. PNF stretching is one of the most effective forms of stretching for improving flexibility and increasing range of motion. Cheryl also receives FES (Functional Electrical Stimulation) to improve muscle function in her arm and leg. While Cheryl is hooked up to FES, she pushes a weighted skateboard back and forth with her foot. Cheryl also sits on the plinth to stretch out and strengthen her core. Even though Cheryl has only been with power cord a few months, her exercises continue to change and improve and she is always moving forward.

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Power Cord is fun because the facility has such positive energy. The participants are highly motivated athletic warriors willing to do whatever they are asked to do! The volunteer staff are young, energetic, fully invested physiotherapy and kinesiology students. Sometimes the students and participants have competitions, challenging each other to push harder physically than they thought they could doing squats, lifting weights or ropes. It is a great place to hear a word of encouragement and support, laugh, and make friends.

If you are looking for a new and exciting challenge and want to be involved in the local community, perhaps POWER CORD EXERCISE PROGRAM AT BROCK IS FOR YOU!

# Ronni Loves **Marineland**

Submitted by Jeniffer Kiers



Ronni lives at Valley Park Lodge in Niagara Falls. She takes chair-a-van to get around town when she goes out. Ronni used to volunteer feeding cats at the SPCA until they closed last year. Ronni also enjoys going to Walmart to check out their junk food selection. Being a lover of animals, she tries to get out to the Bird Kingdom whenever she can. This year Ronni has been visiting Marineland. Ronni loves the whales and dolphins, checking out what is new and visiting with staff. Ronni used to work at Marineland in the food services department.



## PARTICIPANT HOUSING & INCOME SURVEY RESULTS - 2019

### Update on Agency Strategic Direction #1 Assisted Living and Poverty

In early 2019, an agency wide survey was distributed to gather information regarding the current housing status of our participants. The information collected will be utilized to create initiatives, to support and to implement the agency's strategic direction: Assisted Living and Poverty, by identifying the areas in which our participants may need education and resources focusing on housing.

The following are some of the highlights collected in that survey:

What best describes the type of accommodation you currently occupy?

Bachelor Apartment	4%
1+ bedroom apartment	30%
Single Family Home	33%
Group Home	13%
Retirement Home	2%
Long Term Care Facility	12%
Duplex / Town Home	4%
Other	3%
<b>Total</b>	<b>100%</b>

Is your accommodation:	
A rental	58%
Leased	3%
Owned	32%
Other	7%
<b>Total</b>	<b>100%</b>

Do you consider your current accommodation:	
Affordable	62%
Moderately Unaffordable	29%
Seriously Unaffordable	7%
Unsure	1%
N/A	1%
<b>Total</b>	<b>99%</b>

Additional Results:

1. The majority of individuals surveyed indicated that their household's current annual income would meet the **Low Incomes Measures (LIM)** threshold, for both the Niagara Region and the Province, as published by Statistics Canada.
2. The top three sources participants surveyed receive monetary assistance from are: **ODSP, CPP and Ontario Trillium Benefit**.
3. When asked if those surveyed would be interested in receiving additional information on housing resources in Niagara, 67% responded 'no'.

# The Incredible Journey

Submitted by Jeniffer Kiers



## The following is Denis' story, as told by Denis and his mother:

In October 1962, a beautiful baby boy was born to a young couple, Fran and John. Denis came into the world with a "presence." He was loud and gregarious and the pride of his parents. Soon John and Fran had another son and Denis and Dougie were very close. 10 years later Fran would have another baby. She recalls the boys saying "If it's a girl, don't bring her home." Baby Dean came home.

Christmas 1972 is a scar on my heart that will never go away. Denis complained of severe headaches and began vomiting. Denis was diagnosed with a brain tumor and went to Sick Kids in Toronto. Surgery to remove a golf ball sized tumor in the Pineal area third ventricle was unsuccessful because it would have been fatal to Denis. Following surgery Denis lost his vision, hearing and use of his legs. Denis used John Wayne and the movie "Wings of Eagles" as a mentor to motivate him to walk again and he did! Slowly Denis regained some vision and hearing as well. Denis then had to undergo radiation treatments to shrink the tumor.

After Denis' treatments he came home on the weekends, what joy to have the family together for even a couple of days. Dr. Buncic told the family, "If you believe in miracles, you have just had one."

Denis returned to school, and with the help of his mother (and her large print typewriter) he graduated grade 5. Denis graduated high school, got his driver's licence, and graduated Horticulture school with a diploma. Denis worked at White Rose, married a girl, and had a son and a daughter. Life is good. Thank You God!



*Cont. on Page 13*

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Unfortunately, White Rose went bankrupt and Denis and his wife lost their jobs. Denis began to have stroke like symptoms and eventually gave up his licence, and went on Disability Pension. Denis is currently living at Millennium Trail Manor in Niagara Falls. Denis says that God has always taught him to be satisfied with who he was. Denis talks to God all of the time, and God gives him what he needs to get through each day. Denis has good days, and bad days when he is terribly depressed. He is thankful for the minimal vision and hearing and mobility that he has. Denis is also immensely thankful for the love and support of his family. His mother who pushed him to accomplish everything, and understands him, and speaks for him. His father, who lifts his spirits. His brothers, who are wonderful friends, and all other family and friends for their love and visits and gifts of food.

Denis is suffering the LATE EFFECTS OF RADIATION, a syndrome that occurs 20-25 years after radiation. Of the 1300 kids OVER RADIATED in the 70's Denis is the longest survivor. Stats at one time was a life expectancy of 6-16 years. It is 47 years for Denis!



# Musical Healing

**This spring participants of BICR participated in a pilot project group called Musical Healing, led by Laura Belet who is a Music Therapist and Registered Psychotherapist. The aim of this group was to provide a safe space where members could freely share about themselves through the medium of music. Some themes that were explored during this group included grief, loss, the challenges of living with a brain injury and how to practice daily gratitude. Musical interventions such as song sharing, song writing, drumming, song analysis and improvisation allowed the group to find support in one another and served as a catalyst to help members express difficult topics. Through a therapeutic group process this group was able to help each other through personal challenges, develop trust in one and another, and share coping resources to move forward and continue to develop resiliency for everyday life. This group was a**

**testament to how powerful music can be when shared through relationships to promote mental, physical, emotional and spiritual health and well-being!**





**It's here, it's finally here....SUMMER! Time to spend the long warm days outdoors, with friends, and exploring. You may think summer activities can be expensive, but by getting creative, you can enjoy every last second without spending an arm and a leg. Here are some ideas.....**

Submitted by Sarah Peters

**1.**

**GO HIKING**

There are numerous trails all over for you to explore. Enjoy the outdoors and experience the wonder of nature. Don't forget a camera to capture your adventures.

**2.**

**HAVE A WATER FIGHT**

Head over to the Dollar Store and grab some inexpensive water guns and balloons. Gather your friends, or your family, and have fun soaking each other in the sunshine.

**3.**

**HAVE A PICNIC IN THE PARK**

Pick a park, pack a snack, spread out a blanket, and enjoy some time alone or with friends. Bring a board game, a book, and some music to truly enjoy the time.

**4.**

**FIND FREE MOVIES**

Check local websites for free movie viewings. Many cities offer outdoor movies in the summer at local parks and other outdoor locations. All you need is a chair and some snacks!

**5.**

**PLAY WITH SIDEWALK CHALK**

Who says this has to be a kids only activity? Get your creative juices flowing and make your driveway or sidewalk stand out. Talk about summer time curb appeal!

**6.**

**HEAD TO THE LIBRARY**

The library often has summer reading programs for adults and kids, as well as different classes where you can learn something new. Maybe find a new book for that picnic you're planning.

**7.**

**GO SWIMMING**

What better way to beat the heat than to take a plunge into some cool water! Whether it's a community pool, a nearby lake, or a secret quarry (hey, I'm sure they exist), grab your swimsuit and dive in!

**8.**

**HAVE A NETFLIX DAY**

Being outdoors in the summer is the ideal, but sometimes it's nice to just stay in and do nothing. Discover a new series, watch some of your favourite movies, and just relax in the comfort of your own living room. Oh, and don't forget the snacks!

Sourced from <https://inspiredbudget.com/25-free-or-inexpensive-summer-activities/>

# Doc Bowled a Turkey

Submitted by Jeniffer Kiers



On Monday May 6, 2019 at 2pm Doc bowled the best game of his life! Doc rolled strikes for the 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> frames of the game, ending with a final score of 153. The crowds went wild and Doc began 12 days of celebration. If you would like to congratulate Doc, he can be found at Parkway Social on Ontario Street on Monday afternoons from 1-3pm. He will provide autographs and tips to improve your bowling game for a cost of pizza and a banana split.



In January when we had our start up meeting for 2019, it was agreed upon that we needed to have some fun and a few parties! We have had a cabbage roll party and a pizza party! I think Tawnya suggested that the next food related festivity should be a poutine party. We play a lot of games, and thanks to John and Dawn we participated in spring and Easter trivia. Keith who is always reliable, helps porter people, set up, clean up, and make coffee. King William still opens the group with mind bending questions, such as, “How would your life be today if you had made a different decision at a cross-road in your life?” Bill encourages everyone to use their minds and memories to escape mental and physical pain. Bill says that we all hold our own unique universe in our minds and it can change daily. Bill would also like to discuss string theory and inherently paradoxical..... (If you enjoy these discussions, Bill would love to chat with you)

# Circle of Oddns

This support group works because the people who come are willing to share their pain, joy and love. Each person is open to listening, to share a kind thought, and be supportive to the others in the group. We all agree that is very important for good mental health to have something to look forward to and to have a place to be-long.

For the summer, we hope to have a few fun outings to Happy Rolphs, and to the mall. Whatever we do, and wherever we go, we have each other and an open heart for adventure. We are all looking forward to the summer season full of sunshine and flowers!

Submitted by Jeniffer Kiers



# Robin, You Rock!

Submitted by Jeniffer Kiers



Last time when Robin was featured in Brainwaves she had been working hard at physio and had progressed to standing at the parallel bars for 2-3 minutes. Robin has been working so hard at physio, she now stands at the parallel bars for up to 8 minutes. Sometimes she lifts one of her feet off the floor, or both of her hands off of the bars. What an accomplishment! Robin is so determined to stand on her own.

Robin also has an awesome friendly volunteer, Lydia Lavis who visits every week. Lydia is awesome because she is consistent and truly compassionate. Lydia says, “ Robin and I like to do our nails together, go on walks, and occasionally go shopping together. I also help her with organizational things such as sorting and labeling drawers and cupboards so she knows where to look to find things (and her workers know where to put them back in order as well). I also sometimes help her with technological things such as working her

laptop and cellphone to make sure she can always keep in touch with family and friends.”



Robin recently received a donation of a laptop which she greatly appreciates. Robin loves to surf the internet, check out Facebook and email and stay connected with people. Robin also enjoys getting out to Seaway Mall, Goodwill, the Bingo hall and Walmart. Robin has been with BICR for 17 years (WOW!) and she is always striving to get out into the community and to crush the MANY GOALS that she sets out to accomplish every year. And that is why **YOU ROCK, ROBIN!**

## MUSIC WITH PHIL AND FRIENDS

Every first and third Wednesday of the Month at PET, there is a musical jam session where **awesome BICR musicians**, Phil and Rick take requests and lead everyone in a sing-a-long.

They play all of the favorites like Johnny Cash, Ring of Fire, for John. The Eagles, Take it Easy, for Karen, The Ramones, I Wanna be Sedated, for Don, The Old Grey Mare for Lianne (HA J snuck that one in), The Beach

Boys, Help me Rhonda for Evan, Some spicy rap for Joseph.....and anything Elvis for Ernie. They play The Hip, Black-Eyed Peas, Beatles, CCR, Bare Naked Ladies....and anything else you want.



Nothing gets the room dancing like Neil Diamonds' Sweet Caroline, (for Chelsie who gets everyone at the back of the room dancing). Rick does an amazing job of leading a mellow “Margaritaville.” Most recently, Phil and Rick have mastered Cohen’s, Halleluiah. (Their harmonies are heavenly.)

Please come out and join us at PET for some musical fun. You never know who will show up! Last week Scott came and played John Denver’s Country Roads.

Submitted by Jeniffer Kiers



# Staying Safe in Summer

Submitted by Sarah Peters

Now that the sunny, warm days are here, there are more people out and about playing, travelling, and overall enjoying the warm weather while they can. With the increase in outdoor activity, there also comes the need to be more diligent with safety...both for yourself, and for others. Here are some ways you can continue having fun, but also keeping yourself out of harms way.

**Stay Cool:** When the mercury rises it's important to stay hydrated and minimize your time in the sun. Carry some water, find a shady spot, or visit an air conditioned building like a mall or library. Public pools are great places to cool off, or simply have a cool shower/bath. Make sure pets and children are not left in parked vehicles as the temperatures can reach dangerous levels.



**Wear the Right Helmet:** Whether you are riding a bike, skateboarding, or inline skating, make sure you have the proper head gear protecting you. Different activities can have different impacts when you fall. A bike helmet will protect you in different areas than a helmet made for skateboarding.



**Fun in the Sun:** We all know sunny days are fabulous, but those bright rays cause serious damage to our skin. Make sure you are applying (and reapplying) sunscreen with a minimum SPF of 30 to yourself and your children.



**Practice Good Water Safety:** Beach front or poolside, both require your full attention. Children should never be left unattended when in, or around the water, and know your own limits when taking the plunge in large bodies of water. If you're not a strong swimmer (or even if you are), make sure you are aware of water currents and depths. Avoid swimming at night or in stormy weather.



**Stay Safe on the Roads:** Many of us will be travelling over the summer to parks, cottages, and other fun destinations. Remember when you're in the car everyone should be buckled up, and children should be in the back seat. Don't drive if you're tired, pull over to rest or let someone else take over if possible.



**Be Social Media Savvy:** You may want to post every 10 seconds about your vacation and the hot spots you've been visiting, but it's better to wait until you're back to do your updates. You run the possible risk of making your home a target for break ins or other criminal activity if people know you're not home.



Sourced from <https://www.getprepared.gc.ca/cnt/rsrsc/sfttps/tp201407-en.aspx>

# Making the Most of your



Submitted by Sarah Peters

Summer days are here, and for many of us this means vacation time! If you're lucky enough to be getting out of the city I hope you have safe travels and enjoy the time away from home. But what about those of us that are hanging out around the house? Sure, it'd be nice to get out and travel to someplace new, but sometimes that's not always in the cards. You know what though, staycations can be just as fun, and not nearly as stressful. Don't believe me? Here are a few reasons why you should embrace the downtime at home, and how you can have fun in your own backyard!

## REASONS STAYCATIONS ARE LESS STRESSFUL (AND WHY YOU SHOULD EMBRACE THEM)

1. No packing! Like zero, nothing. You don't have to make lists of what to take, rush out to the store to grab last minute items, or make sure you remembered your bathing suit....you already know it's in your drawer, right where you left it.
2. No traffic or airport crowds. Who wants to fight all the other cottage goers on a hot Saturday afternoon? Or standing around in an airport for hours while you go through all the check points? Instead just put your feet up knowing you have zero people to contend with.
3. There's no planning involved. You don't have to book hotels, plan activities once you're there, or coordinate schedules and travel times. You can simply wake up knowing you have zero things to take into consideration and no calendars to think about.
4. You'll save money! This is probably one of the biggest reasons to embrace your staycation. Your bank account will still be (relatively) full by the time your vacation days are over and you won't feel any kind of guilt about spending tons of money.



So now you're probably thinking, "those are all great reasons why I should love a staycation, but now what do I do with myself while I'm at home?". Well, having fun at home is easier than you think, here are some activities you can do while at home base...

## ACTIVITIES TO TRY DURING YOUR STAYCATION

1. Play tourist in your own city. If you live in a touristy area to begin with, this might be a no brainer. Visit shops, take in a museum, go to a well known tourist stop, have lunch at a fun local restaurant, and don't forget to buy a tacky souvenir to remember your "trip".
2. Sleep in. You have no responsibilities and no where to be, so why not just stay in bed for an extra hour....or two.
3. Go for a fancier than normal dinner. There's always that one restaurant in town that you never try because it's just too expensive. Well, since you're saving so much by staying home, why not splurge just this once and treat yourself to a nice meal? Maybe see if there's a lunch option if you want to still stay within a budget.

4. Go to the movies. Since it's summer, theaters offer matinee times for movies. If you have friends that are available for an afternoon show, grab them for company. Otherwise, take in the movie solo and enjoy the variety of summer releases.
5. Start that DIY project you've been putting off. Whether you've been wanting to repaint a room in your home, or you've been dying to build a fancy new coffee table, now's the time to do it.
6. Read a book. How many times have you said to someone, "I'd love to just sit and read but I have no time these days"? Staycation to the rescue! Grab that book that's been sitting on your nightstand and head the couch, your backyard, or better yet...the beach! Settle in and let the day escape around you.



**So there you have it, reasons why you shouldn't fret staying local during your days off, and a few activities you can partake in while you're away from the office!**

Sourced From:

<https://hellogiggles.com/lifestyle/ways-staycation-actually-better-real-vacation/>

<https://fairygodboss.com/articles/fun-staycation-ideas>

# Easy Peasy Homemade Ice Cream



Have a craving for homemade ice cream, but don't want to wait in line at the local ice cream shop? Or maybe you just want to create your own flavours that perhaps can't be found in the store. Here is a super easy recipe to make your own ice cream at home without needing any special equipment.

## INGREDIENTS

- 1 14 ounce can sweetened condensed milk
- 2 tsp vanilla extract
- 2 cups heavy whipping cream

## DIRECTIONS

1. Combine condensed milk and vanilla extract in a large bowl
2. Whip heavy cream in a separate bowl until stiff peaks form (approx. 5 min.)
3. Fold whipped cream into condensed milk
4. Pour into a 9x5 inch pan, cover with plastic wrap or tin foil, and let freeze for 6 hours or overnight.

Instead of pouring all the mixture in at once, why not layer in extras such as chocolate chips, sprinkles, candy, nuts, brownie pieces, or anything else yummy. Try to experiment with different flavours like chocolate, peanut butter, or strawberry.

Have fun and enjoy!

Sourced from <https://lml.org/no-churn-chocolate-chip-cookie-dough-ice-cream/>

# Volunteer Spotlight 2019

**Volunteers** are vital to the success of BICR's programs and services. Last year over **50** dedicated volunteers contributed over **two thousand** hours to help BICR, and we appreciate and acknowledge volunteers for all the amazing, incredible and hard work they do. Read one of their stories and see why volunteers are such an essential part of who we are.

**Name:** Gabriel Tiberi

**Volunteer Position:** Friendly Visiting Volunteer

**How long have they been a BICR volunteer?** 6 years

**Education Background:** Diploma in Law and Security

**What are your hobbies and interests?** Sports (hockey, basketball), working out and staying active

**What's a hidden talent that you have that the people at BICR may not know about?** Travelling all over southern Ontario for soccer

**What is your favorite part about volunteering with BICR?** "It makes me feel good about myself. Not only myself, but knowing that I can assist someone directly and make a positive impact on them and leave them feeling good about themselves is very rewarding. I feel as though its about getting better each and every day and growing as a man. I am a firm believer that life is about two things, how you treat others and what you can do for others."

**What are 3 adjectives you would use to describe yourself?** Loyal, Honest, Dedicated

**Why we nominated this volunteer?** The commitment and dedication Gabe has shown to his volunteer role is something that has not gone unnoticed! Gabe has been volunteering as a friendly visitor for 6 years.

If you'd like to learn more about BICR's volunteering opportunities contact [karnold@bicr.org](mailto:karnold@bicr.org)





# 22<sup>nd</sup> ANNUAL GOLF TOURNAMENT

**BRAIN INJURY COMMUNITY RE-ENTRY (NIAGARA) INC.**  
is hosting its 22<sup>nd</sup> annual charity golf tournament!

## **MAKE A DIFFERENCE BY**

Playing a round of golf

- or -

Providing a raffle prize

- or -

Sponsoring a hole

Of course, you're always welcome to participate by contributing to all three!  
We would be pleased to provide you with a tax receipt for your charitable contribution.

## **TOURNAMENT INFORMATION**

**DATE:** FRIDAY, SEPTEMBER 13<sup>TH</sup>, 2019  
WILLODELL GOLF CLUB OF NIAGARA  
10325 WILLODELL RD., NIAGARA FALLS, ON

**TIME:** Registration at 11:00 AM  
Followed by a SHOT GUN start at 1:00 PM

**FORMAT:** 4 Person Scramble

**COST:** \$120.00  
Includes: 18 holes of golf and cart, prize, lunch & dinner

For further information on how you or your company can *Make a Difference*, please contact our office at (905) 687-6788 ext. 690 or 1-800-996-8796 or email [staff@bicr.org](mailto:staff@bicr.org).  
We thank you kindly in advance for your consideration and generosity!

Special accessibility accommodations and materials in alternate formats can be arranged by contacting Brain Injury Community Re-Entry (Niagara) Inc at 905-687-6788 extension 663 or by visiting [www.bicr.org](http://www.bicr.org).  
We are also interested in your comments and feedback about accessibility at BICR. Please send us your comments.



## **Become a Participant or Family Volunteer**

Participants and families can play a unique role in helping Brain Injury Community Re-entry (Niagara) Inc. to provide high quality service delivery. In fact, an essential ingredient to high quality healthcare is actively including the voices of participants and families to improve quality, safety and service outcomes.

### **Examples of ways BICR currently partners with Participants and Families:**

- Participant Wellness Committee
- Strategic Planning Open Space Forums
- Brain Injury Survivor and Family representation on the Board of Directors
- Community and Family representation on the Behavioural Review Committee
- Participation in the agency's annual golf, bowling and other fundraising activities
- Participant and Family Satisfaction Surveys

### **Why should I Consider Being a Participant or Family Volunteer Advisor?**

- A chance to improve the quality and safety of services for you and your family member
- The opportunity to network with other participants, families, staff and other providers
- Give your perspective on problems and help to create innovative solutions
- Make a contribution

### **What can Participant and Family Volunteer Advisors Do?**

- Help educate others by talking about your experiences as they relate to improving services
- Give feedback about planning
- Participate on long term committees and short term working groups
- Speak at training and events
- Other volunteer opportunities

If you would like to express an interest in being a Participant or Family Advisor, please complete the Participant or Family Volunteer Advisor Interest Form located on page 23 and return it to BICR. You will be contacted to follow up on your interests and what a suitable role may be. If you have any questions, please call the office at 905-687-6788 or 1-800-996-8796.

# How Can We Do Better?

Thank you for reading the BICR quarterly edition of Brainwaves. We appreciate your involvement and contribution to our cause, and would love to hear some feedback from you. We create this newsletter for you, the readers, so any input as to what you would be interested in is greatly appreciated. So, having said that, feel free to give us any opinion on what you would like to see more of, or less of, in the future editions of Brainwaves. You can give any input or suggestions to Sarah Peters at the main office via email [speters@bicr.org](mailto:speters@bicr.org) or in person. Any constructive contribution will be greatly appreciated, so let us know if you have a brainwave about Brainwaves!!

*Thank you*



<b>Participant or Family Volunteer Interest Form</b>	
Mail to: BICR, 3340 Schmon Parkway, Unit 2, Thorold, ON, L2V 4Y6 Drop off: Ask your Case Facilitator or other staff team member to deliver the form for you. Email: <a href="mailto:staff@bicr.org">staff@bicr.org</a> Fax: 905-641-2785 Call: 905-687-6788 ext. 0	
Contact Information (Please Print)	
First Name:	Last Name:
Street Address:	
City:	Postal Code:
E-mail Address:	Daytime Phone Number:
<input type="checkbox"/> Participant <input type="checkbox"/> Family/Caregiver	Are you available during the day? <input type="checkbox"/> Yes <input type="checkbox"/> No
Are there any areas that you are particularly interested in (for example: work on task group, speak at training, plan social event, etc.)	



# Brain Injury Community Re-entry (NIAGARA) INC.

*Turning the Key to Opportunity in Niagara since 1988*

Brain Injury Community Re-entry (Niagara) Inc.  
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