

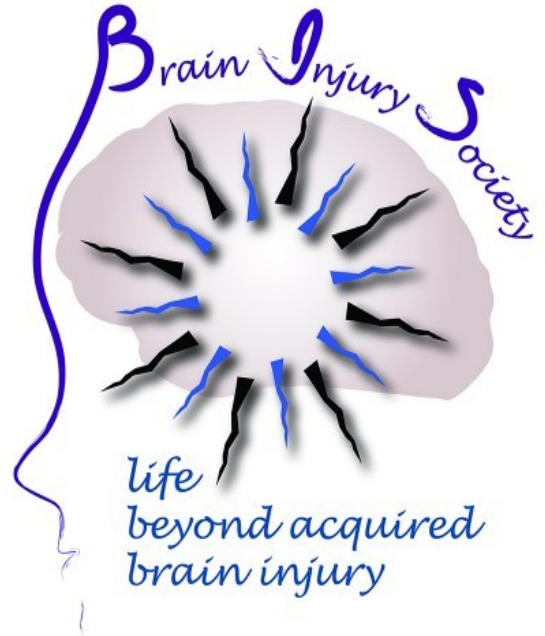
Art Meets

Chocolate

On February 9 and 10, Linda Boutillier graciously donated some of her time to come in on art day and create an Art Attack extravaganza which covered two days of chocolaty goodness. For days afterwards the office was literally drowned in milk, white, and dark chocolate. Mmm

Editor's note

You will have noticed the Brainscan's formatting has undergone some changes from the last issue. The purple heading is gone (sorry Melissa!) This is all part of our vision of an excellent, easy to read, easy for Sandra-our IT gal, to upload to the website. Hope the second issue is received well. Once again thanks to our contributing columnists for their articles. Keep on thinking!



Lorraine's feat of accomplishment

On February 24 Lorraine did something no Brainiac has been able to do without resorting to cheating (Sandra!!!) She completed the soccer puzzle that has left everyone who has tried to solve it crying and admitting defeat. However, the determined and sometimes bull-headed Sandra, after repeated failures, took it upon herself to look up the solution on the internet. She then finished the puzzle. But Lorraine, who had no external assistance, was able to solve it in forty-four (44) minutes. This is proof of her diligence and puzzle solving capabilities.



Marwencol is a documentary about the fantasy world of Mark Hogancamp.

After being beaten into a brain-damaging coma by five men outside a bar, Mark builds a 1/6th scale World War II-era town in his backyard. Mark populates the town he dubs “Marwencol” with dolls representing his friends and family and creates life-like photographs detailing the town’s many relationships and dramas. Playing in the town and photographing the action helps Mark to recover his hand-eye coordination and deal with his psychic wounds of the attack. When Mark and his photographs are discovered, a prestigious New York gallery sets up an art show. Suddenly Mark’s homemade therapy is deemed “art”, forcing him to choose between the safety of his fantasy life in Marwencol and the real world that he’s avoided since the attack. (- from marwencol.com)



THE AFTERSHOCKS (for full article see; February 28, 2011 Maclean's magazine p.46- 50-available in PRBIS library)

Inside a ...science lab at the University of Ottawa...researchers...are reconstructing a hit similar to [Sidney] Crosby's first one to establish the relationship between helmet performance and how concussions occur. Guided by a laser, they position the dummy inside a Plexiglas cage so that a thick metal rod with a hard...nib is aimed at its left side-precisely the spot where...David Steckle...hit Crosby during a game on New Year's day. With one press of a...button a calculated reconstruction of the hit...is under way.

...A shrill pulsating tone precedes a bursting...as an air compressor drives the rod into the head form at the exact same speed (27km/h) and angle as when Steckle's 217-lb. body collided with Crosby's head. The crash hurls the head form along a monorail track while it flops back and forth on a dummy neck. However hard the hit looked on ice, seeing it in the isolation of the lab is disturbing...It's the distinct surprise that anyone survives these events. (to see a video of a similar reconstruction go to macleans.ca/concussion_lab)

During the five-millisecond flash of impact, nine sensors inside the head...pick up data at 20000 times per second. That generates a 3-D computerized brain model depicting where brain tissue stress has occurred. Tissue stress reflects injury. Whereas a computerized image of an unaffected brain would be colored all blue, the image representing...Crosby's shows a rainbow of stress emanating from the left hemisphere-green, yellow, orange, red, grey. There is hardly any blue on that side of the brain.

To Blaine Hoshizaki, director of the lab, the dramatic results are...similar to what he's discovered in doing thousands of reconstructions of brain injuries, including NHL and HFL...over the last few years: that no matter what make or model of helmet...and no matter how much it met or exceeded safety standards, the current equipment isn't built to protect players...And, just as troubling the rules of the game and the way players are managed don't adequately help either...No one else in the world is doing exactly this type or extent of research.

Hoshizaki will have plenty of answers when, on Feb. 23, he speaks at the first-ever hockey safety summit devoted solely on concussions... As part of his presentation, Hoshizaki will be using the brain model from the reconstruction to demonstrate the disconnect that currently exists between what his lab indicates about hits to the head and what actually happens on the ice.

The summit will be hosted by Reebok-CCM, which has a \$10 million deal with Crosby, the richest endorsement in NHL history. That this hockey icon is currently out of the game..."makes it even more clear that we need to take this seriously and do everything we can to prevent concussions in the future." The summit is all the more pressing given the recent admission by Crosby that he might not be back for the rest of the season because of the brain injury.

"Whether Crosby's doctors say he's changed or not, he's going to be changed...no one is left unchanged after a brain injury... Challenges have meant that no matter how exceptional helmets have gotten at attenuating linear acceleration, "they've had almost no effect on concussion at all," says Hoshizaki...Helmets have, in effect, gotten really good at preventing one type of brain injury that almost never happens anymore, while ignoring another type that is occurring at epidemic proportions.

Already it has lost the honor of being the most popular game among youth, which many speculate is partly due to a growing fear among children and parents about the dangers of hockey.

"One of the things that define our lives is how our brain works...why do we want to have sports that damage this precious thing?"...Concussions come at a high price. Just ask [Sidney] Crosby.

Naramata Workshops

Bridging the Gap Between Rehabilitation & the Community

Megan Beatch, BA Psych, Calgary AB

Trauma & The Brain Injured Client

Lois Hansen, BEd, MEd, CCPA, South Okanagan Brain Injury Society, Penticton BC

The Recovery Movement

Vicki Fox Smith, Education Program Supervisor, CMHA Central Alberta Division

Positive Outcomes for Individuals with Severe Traumatic Brain injury

Mary Anne Ostapovitch, BSc PT, Program Director, ARBI

Home From The Hospital: What Now?

Morag McKercher, SLP, MSLP(C), Saskatoon SK

The Role of Neuroendocrinology in Brain Injury Treatment

Mark J Ashley, ScD, CCC-SLP, CCM, CBIS, Bakersfield CA

(for more information concerning Naramata and this year's goings on see Josh Friesen)

Melissa's Library Project

Melissa requests that if you use any book, magazine, journal, etc that you replace it in the drop-box.

This small act will keep her sane, happy, and mostly harmless.

She says thank you.

Melissa's Jewelry Counter

This month I've been making all kinds of earrings. Earrings are easy, fast, and affordable. I've always made them from bits and pieces of beads that I don't have enough of. I'm willing to help anyone who wants to start making jewelry. Just ask me and I can lend my tools to you.

I encourage everybody to check out Brainstreams <http://www.brainstreams.ca/> An excellent resource and gathering site for people living with brain injury.

THE METAL CORNER

By; Jimmy Wilkins

latest sales;

Two roses made out of scrap metal!

It stands about 2 1/2 feet tall and is made burnt in a forge to bring the color out of the steel!

One rose was sold at the Powell River Plant Show. The other to Josh Friesen.

Have a look at Jimmy's work

<http://braininjuriesociety.com/photos/?album=4&cover=0&occur=1>

Haszard Ahead (Sandra's Ramblings)

Men are from Mars are women are from Venus right? Then why does Venus rhyme with penis? Mars rhymes with jars and women have more to do with jars than men do – canning and food storage and shopping and recycling and all that. In keeping with this politically incorrect stereotypical thinking, men's jars may be present with screws and stuff in them - but in my house, it's the woman who put them in there, while trying to organize the odds and ends that had made their way to the junk drawer. Mars however does rhymes with cars and bars, enough said...

When I came up with this subject for an article, it was actually "what galaxy am I from?" that was the thought of the day. That came from questioning, "what is my purpose here?" which is really where I want to go with this piece of writing.

Feeling lost and confused on the ferry one evening, I googled my purpose (yes I know it sounds ridiculous but many others have done this – ever entered "why" or "how" into the search bar and seen the questions that come up?) and found an excellent essay that I later decided to use for this article but there's no way I can find it again. 'Googling it' brings interesting responses to anything I want to know more about these days, and that the results vary is part of the answer.... it might be considered flaky by some but what's needed in a situation DOES change day by day - it's all about the journey and not the destination, right?

That was the main point of the article that I wanted to plagiarize for this publication – the journey. At this point I'd like point out that "sharing is not piracy" because ideas cannot be owned. There's a theory that ideas exist on their own and enter our minds when the time is right – when we are open to them and have the basics for understanding. Additionally, more people thinking of a particular thing bring about that idea "randomly" popping into the minds of others. ("Randomly" because this action is not fully understood.)

Besides, how can anyone even truly own anything when we are all part of a larger organism? Growing awareness of this super-ego by more and more people is a joy to behold and I'm confident we'll all be there eventually - it's just a matter of time. Until then, be gentle with the learners; it is often traumatic to have all ones beliefs crumble while our individual egos fight to the death to maintain the illusion of separation from others. We still are unique, with individuality of experiences and perceptions, and can be compared to elements of the body, each having a unique function to perform for the whole.

I never did figure out what galaxy I'm from but it doesn't really matter, in fact it was likely just another thing to maintain the separation illusion of the ego.

What matters is being here for the human experience; physically, emotionally, intellectually and otherwise, so I will focus on being alive and aware of as much as possible. There are still times when I just want ignorance again. It's like needing a break from the noise and activity of a party, and getting back into it after having a breather outside. There are other times that the illusion of separation comes back with a vengeance, and the aloneness is nearly unbearable. But it passes...

What are you doing here? Are you noticing your experience and living your life as it is, or will you be doing it again next time to gain what you need? You did choose to be here and now for your own reasons and even though it is difficult, it is what you wanted to do. Not the you of this present earthly life, but the full you that exists beyond that. The one that knew that the brain injury or the dysfunctional family or the other challenges you are dealing with are experiences that expand your dimensions and multiply the facets of the precious gem you are.

Think about your natural abilities, the skills you learned to survive in your family of origin and what's happening currently in the world – these are your experiences to relish and use for your continued development.

This may seem completely irrelevant and even wrong for some people and their situations. Still, it needs to be written because if it helps you to remember what you're doing here, things can seem easier or maybe a little more bearable just by knowing it.

Once you decide that you do want to know more, clues and even answers will appear more frequently. Just ask. Many people are here to support and reassure us during these times of fading illusions and growing enlightenment.

You are not alone...

A Dangerous Combination - TBI and Alcohol Use

"Sir," the young doctor says, addressing the father of a young man recently admitted to his hospital, "can you give me any details about how your son landed in our emergency room?"

"His friends told me that he went with them to a bar to celebrate his twenty-first birthday," the man answers, fear creeping into his throat so that his words sound strained and afraid. "They said he only had a couple of drinks. As they were leaving the bar, he seemed to lose his balance, jolt suddenly toward the road, and then careen into the path of a car." With imploring eyes, he asks, "Will he be okay?"

The doctor looks down at the paperwork he has on the young man, then back at the father. "I see that your son suffered a traumatic brain injury two years ago. That means his chances of recovery this time are far less optimistic. You need to prepare yourself for some difficult days. Your son might not make it through this time."

TBI (traumatic brain injury) and alcohol can be a lethal combination. The areas of a person's higher brain function that may be affected long-term after a TBI (balance, memory, attention, and judgment) are also affected when a person is drunk. Combined, these symptoms are magnified.

How else might alcohol affect a TBI victim? Here are some of the ways:

~ As a result of TBI, a person has lost brain cells. Alcohol can negatively impact the brain's ability to compensate for lost cells. Additionally, TBI victims will be affected by alcohol faster than they were before their injuries.

~ Alcohol can make even a healthy person feel less inhibited. Since a TBI victim generally has problems in this area already, he will be further hampered in his ability to control this area of interpersonal relationships.

~ Some TBI victims experience considerable difficulties with talking and balance; using alcohol multiplies these problems.

~ Because people who are experiencing difficulties in balance, walking, and clarity of thought are generally more prone to accidents than others, TBI victims (for whom these symptoms are common) will be even more vulnerable to a second accident.

~ A second injury--more likely after alcohol consumption--can be expected to be worse than the first because it takes less force to damage an already weakened brain. Fewer cells will remain to make necessary connections in the brain.

~ Depression--a normal consequence of TBI--can deepen with the use of alcohol (which, by itself is also a depressant).

~ The use of alcohol after a TBI can increase the chances of a seizure.

A TBI can be life-altering, affecting multiple areas of a person's life. Alcohol can exacerbate the consequences associated with a TBI and even lead to another TBI. The conclusion is clear: TBIs and alcohol consumption should not be combined.

Ajay's Art

Our fellow Brainiac Ajay Morehouse's art show at the CRC. The opening will be the evening off May 6th from 6PM to 9PM. Everyone is encouraged to be in attendance.

Bad Brain joke of the month

What did the hippocampus say during his retirement speech?

Thanks for the memories.

WOMEN'S DAY March 8 1911-2011

Catherine Peterson

Powell River Brain Injury Society

I have lived and worked in Powell River for nearly thirty years. My area of endeavor has always involved community service. Upon completion of the Malaspina University CSW and SEA certificates I am pleased to have found my niche with the Brain Injury Society the past four years.

The Brain Injury Society is a not for profit established to promote prevention, recovery, education, community awareness and support of acquired brain injury. Our client programs are offered on a drop in basis Monday to Friday, supported by a female staff of four.

My favorite activities are writing and art. With a cornucopia of supplies and people full of ideas the days fly by filled with wit and laughter.

Debbie Dee

Brain Injury Society and

City of Powell River Council

Debbie has lived in Powell River since 1972. She is the executive director of Powell River Brain Injury Society and a member of Powell River council. She enjoys working with a great group of women at the society and with a cohesive and dedicated team at the city.

Along with Donna Newell, Sandra Haszard, and Catherine Peterson, this team works for the society's mandate of prevention, education and support for acquired brain injury. Her portfolio at the city includes Arts, culture and Heritage, Library, Museum, homelessness and affordable housing as well as seniors' and residents' issues.

Her hobbies are music, theatre, photography and art.

Garden Corner

by; Linda Amundsen

Certified Herbalist

It is becoming more important to consider growing your own vegetables with the ever rising costs at the grocery stores and taking into consideration the environmental damage caused by transporting these vegetables to your grocery store. A small space or containers can grow quite a few vegetables. Once you have tasted a tomato you planted and you tended and watch as it ripened in the sun you will have a hard time enjoying a tomato picked green and shipped hundreds of miles.

Making a plan before you start your garden is a must. Deciding what you want to grow and where you want to grow it. Soil conditions and amount of sun needed for optimal growth of the type of plants you want to grow must be considered. Soil conditions can be amended to suit the requirements of your plants but unless you plant in containers, that can be moved to optimal sun conditions, you should choose a sunny spot for your garden.

March weather is very unpredictable. The south-westerly winds can warm the afternoon to as high as 12C, and a clear night sky can bring frost. In March the days are getting longer and with the increasing sunshine there is an increasing urge in every gardener to start planting, but do not be deceived into seeding too early because the cold weather could cause seeds to rot. It is best to use this time to ready your garden for planting. However, some of the hardier crops can be planted now such as; broad beans, early peas, early potatoes, onions, spinach, and Swiss chard.

April is the best time to plant lettuce plants and seeds, spring cabbage, spring cauliflower, kale, beets, summer turnips, main crop of peas, radish, and spinach.

May is the best time to plant corn, bush and pole beans, tomatoes, cucumber plants and seeds, squash, marrows, pumpkin, peppers, and late potatoes.

This should keep you busy for a while. Have fun and get growing.

P.S. A good tool for every gardener to have is a "garden journal". Recording planting times and results will determine what and when you plant next year.

P.P.S. Planting times are for the Pacific Northwest.

Keep the Brain Cool—Endovascular Cooling in Patients With Severe Traumatic Brain Injury: A Case Series Study

Fischer, Marlene MD*; Lackner, Peter MD*; Beer, Ronny MD*; Helbok, Raimund MD*; Klien, Stephanie MD*; Ulmer, Hanno PhD‡; Pfausler, Bettina MD*; Schmutzhard, Erich MD*; Broessner, Gregor MD*

BACKGROUND: As brain temperature is reported to be extensively higher than core body temperature in traumatic brain injury (TBI) patients, posttraumatic hyperthermia is of particular relevance in the injured brain.

OBJECTIVE: To study the influence of prophylactic normothermia on brain temperature and the temperature gradient between brain and core body in patients with severe TBI using an intravascular cooling system and to assess the relationship between brain temperature and intracranial pressure (ICP) under endovascular temperature control.

METHODS: Prospective case series study conducted in the neurologic intensive care unit of a tertiary care university hospital. Seven patients with severe TBI with a Glasgow Coma Scale score of 8 or less were consecutively enrolled. Prophylactic normothermia, defined as a target temperature of 36.5°C, was maintained using an intravascular cooling system. Simultaneous measurements of brain and urinary bladder temperature and ICP were taken over a 72-hour period.

RESULTS: The mean bladder temperature in normothermic patients was 36.3 ± 0.4°C, and the mean brain temperature was determined as 36.4 ± 0.5°C. The mean temperature difference between brain and bladder was 0.1°C. We found a significant direct correlation between brain and bladder temperature ($r = 0.95$). In 52.4% of all measurements, brain temperature was higher than core body temperature. The mean ICP was 18 ± 8 mm Hg.

CONCLUSION: Intravascular temperature management stabilizes both brain and body core temperature; prophylactic normothermia reduces the otherwise extreme increase of intracerebral temperature in patients with severe TBI. The intravascular cooling management proved to be an efficacious and feasible method to control brain temperature and to avoid hyperthermia in the injured brain. We could not find a statistically significant correlation between brain temperature and ICP.

'Round-the-Clock' Lifestyle Could Disrupt Metabolism, Brain and Behavior

ScienceDaily (Feb. 27, 2011) — In *Civilization and Its Discontents*, Sigmund Freud argued that modern society was hard on human psychology, forcing people to get along in unnaturally close quarters. Now newly published research from The Rockefeller University points out a different discontent in the developed world, namely, the disruption of our natural sleep cycles, thanks to the ubiquity of electric lighting.

Experiments on mice, published this month in *Proceedings of the National Academy of Sciences*, found that throwing off their evolutionarily ancient circadian rhythms by artificially altering the length of their days has a substantial impact on the body and the brain. The work suggests that our modern, round-the-clock lifestyle could disrupt metabolism, interfere with learning and impact behavior in ways that we're just beginning to understand.

Researchers led by Ilia Karatsoreos, a postdoc in Bruce S. McEwen's Harold and Margaret Milliken Hatch Laboratory of Neuroendocrinology, housed mice for 10 weeks in 20-hour light-dark cycles, at odds with their natural 24-hour circadian cycle. They found that after six weeks, the disrupted mice got fatter, showed less mental flexibility and were more impulsive than mice kept on their natural schedule. The findings were originally presented at a Society for Neuroscience's conference in 2009.

Looking ahead, Karatsoreos says, a main goal is to understand how this environmental disruption works at the biochemical level. "We are interested in how the light cycle changes affects 'clock genes' -- the actual molecular gears of the circadian clock within cells -- in different brain regions, particularly the prefrontal cortex, and how this translates to changes in the functioning of the cells in that region."

At the same time, the researchers are working to understand the changes at the cellular and molecular level of peripheral tissues, especially those involved in metabolism and energy usage, such as the liver and the adipose tissues.

"The circadian system is a 'web,' with rhythms at the molecular level driving rhythms at the cellular level, which results in rhythms at the tissue level," Karatsoreos says. "This can lead to a cascading set of effects throughout the whole organism, and we want to understand how exactly that happens."

The researchers believe that this cascade may affect how an individual, whether animal or human, responds to additional challenges to the immune or metabolic systems, such as infection or high fat food, both ubiquitous realities of modern life. They are also working on models to understand the impact of different kinds of light-dark shifting such as those experienced by flight crews, shift workers, military personnel and medical residents. "We want to know how different patterns affect the brain and body, and if they share similar mechanisms of action," says Karatsoreos.

Canh and Ana Maria's last day

We were very sorry to see our Canada World Youth, Canh and Ana Maria leave back to their respective homes, Vietnam and Montreal, on March 7. But we know we provided them with a fun area to come play games, paint, or just hang out three days a week. They each left apart of themselves with us and during their stay with the Brainiacs we grew close, so the final day was an emotionally trying time for us all. But, as we all know, these days good-byes are never truly good-byes only see-you-on-facebook

We had a big potluck lunch with them on their last day here. Everyone contributed and it was a great, successful way to see them off.

Happy travels kids!





Ana Maria and Canh's last day in Powell River—Wu Woom Festival in Sliammon

Tla'Amin Community Health Services and Canada World Youth are joining together to host the very first Wu Woom Festival, a multicultural showcase and fundraiser, established to support positive youth activities within Tla'Amin (Sliammon) First Nation community.

Health services educates and promotes health awareness around the reserve. Canada World Youth is a non-profit international development and cultural exchange program for youth, and there are currently 17 participants from Canada and Vietnam volunteering in various organizations throughout Powell River.

This fun-filled and meaningful event will be held at the Salish Gym in Sliammon, starting at 4 pm on Saturday, March 5. It seeks to celebrate cultural diversity within the Powell River community through songs, dance and food. Performers from Sliammon, Vietnam, Korea, Colombia, and Canada will engage the audience with various interactive musical acts, while local artists will have an opportunity to display and sell artwork. Although the event encourages its participants to bring a cultural dish to share with others, organizers will provide an assortment of traditional foods, including barbecued salmon and Vietnamese spring rolls.

All proceeds from the festival will go to various band-supported youth activities, such as the Sun Run, the Canoe Journey or summer camps. Each of these programs aims to provide Sliammon youth with opportunities to participate and contribute positively to the larger community.



DEBBIE DEE'S Report

Hello and welcome to the Powell River Brain Injury Society newsletter. As Spring sets in we are hard at work on several projects. One of the more important is preparing our annual presentations to the School District and the Community on summer brain safety. Remember, when you are out enjoying the wonderful weather and taking part in outdoor activities it is important to take care of your brain. Always wear your helmet and always wear it correctly, don't dive into dark unknown water, and remember...brain injury is forever, prevention is the only cure. Don't take unnecessary risks that could result in you whacking your head!

Our staff and society members bid a fond farewell to our Canada World Youth participants in March; we so very much enjoyed having Ana Maria and Cahn with us for the past three months. We made great friends and will keep in touch with them. We have open invitations to visit in Montreal and Viet Nam! And they will always have a place in our home and in our hearts.

We were happy to host a visit from our Vancouver Coastal Health Authority representative from Vancouver, Liz Baron. The members enjoyed meeting her and talking about our Centre and the activities we offer and the board of directors had a great meeting that produced some very positive results with lots of new ideas to work on and partnerships to form.

As we gear up for the next few months we are happy to announce that our Job Creation Program worker Sandra Haszard will be joining our team on a permanent basis. She has been a delight to get to know and work with and we take this opportunity to welcome her as the newest staff member of the Society.

The Opportunities Fund for Persons with Disabilities project is coming along quite nicely. Melissa is doing a wonderful job organizing and cataloguing the library and Josh has taken to the newsletter like a fish to water!

So remember to have fun and play safe this summer...and always take care of your brain...bye for now.

Working at the Brain Injury Society in Powell River has been a rich and rewarding experience.

The position I filled was created through the Job Creation Program, a project of the federal and provincial governments. It was a win-win-win situation – the Brain Injury Society got a full-time staff paid for by the government, I got an interesting & challenging job, and the governments got to say they helped get someone back in the workforce.

During my time here (Aug 2010 – Mar 2011) doing Research/Development/Planning/IT, I carried out a wide variety of tasks, completing some projects and starting others.

Creation, maintenance, updating and documentation of our new website – www.braininjurysociety.com – was the highlight for me (have a look!). I will continue to maintain the site as a volunteer.

Another project I've put lots of time into lately is preliminary organization for our annual marathon fundraiser. This has been in existence for only 2 years, and both times the participants walked, ran or cycled our part of Highway 101 – either the full 56 km or whatever fraction of that they wanted to.

Highway 101 begins in Lund, passes thru Powell River and continues to South California. Previously, we have gone only as far as the Saltery Bay ferry terminal. This year we are extending the distance to the full length, and beyond! Which means following the Pacific Coastal Highway ALL THE WAY to Quellon in Chile.

The title of the event is "Brain Injury 101 – A Marathon for Awareness". We are not doing this alone! Brain Injury organizations close to the Highway have been invited to participate, as have running and cycling clubs. Every one is free to choose the distance they wish to go, in the method they prefer, and the money raised from sponsorship can go to their organization if they wish.

We expect to attract media attention with a project of this immensity, just another way to increase public awareness of Acquired Brain Injury.

A less creative but still satisfying project involved organizing the information systems – both computer and paper. Reading the client files as I was entering the data was sometimes overwhelming emotionally – so many people have experienced excessive challenges, not only from the incident that caused the brain injury but also the following struggle in finding the resources they needed and deserved – financial, medical, and personal. Most people reading this magazine will be familiar with these kind of situations, perhaps even living in one right now.

Societies and groups like this one are helping and it's wonderful that they exist. As a person who had not experienced this kind of situation, I had very little idea of what you have to go through.

It's great to see increasing media coverage of brain injury prevention and effects. I would like to see more publicity focusing on how people's lives are affected by a brain injury – we have many helmet ads and pictures of people in comas, but the general public less understands the daily difficulties that can continue for years after the event.

The staff and volunteers here at Powell River Brain Injury Society are unbelievably caring and considerate. They work very hard to assist our clients, their families and caregivers in whatever they can to make their lives better. Thank you Debbie Dee, Catherine Peterson and Donna Newell for making the world a better place with your love, compassion and energy.

I have really enjoyed spending time with our regulars, whether we are doing art, playing cards, joking about or just hanging out. Melissa, Josh, Dewar, Jeanette, Jimmy, Stacy, Lorraine, Bob F, Laurence, Harold, Rick, Jimmy, Phil, Ajay, Shane, Crystal, Roger, Bob B, the list goes on.... I will miss seeing you so often. I will be in when I can.

The last 6 months here has been awesome, enlightening and inspiring. Thanks to everyone who made it possible!

Life beyond acquired brain injury

Board of Directors:

Doug Logan – President

Nicole Narbonne – Vice President

David Morris – Treasurer

Jena Lohrbach – Secretary

Nora Koros – Director

Maggie Hathaway- Director

Milda Karen-Byng – Director

Zee Slehian – Director

Jim Donnelly – Director

Geraldine Braak – Director

Staff:

Debbie Dee – Executive Director

Catherine Peterson – Centre Manager

Donna Newall – Project Facilitator

Sandra Haszard – Research and IT

Josh Friesen – Communications Director

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