



CONNECTIONS

Fall Retreat

Setting sail for fun!

Report by: Barb Butler



They came, they listened, they danced, they laughed, they ate, they shared, and the more than

65 participants who attended the Saskatchewan Brain Injury Association's Fall Retreat sailed off to paradise!

Our weekend started with a very informed session led by John Mitchell, a clinical nurse specialist in mental health with Health Canada. At times emotional, at times humorous, the participants very much enjoyed this session and the conversations continued throughout the weekend. The best learning and teaching happens when thoughts and feelings, that the participants didn't even know they had, are awakened and shared.

The groups then divided for the next session, the caregivers given the opportunity to continue discussions on Grief Recovery with John and the survivors left to express themselves "busting some moves " with a Zumba session led by Roselle Bancescu. In casual conversations overhead prior to this session several participants expressed concern about not knowing what Zumba was all about. These concerns were soon laid to rest as the session and the fun began!

Just when we thought it couldn't get any better participants had the opportunity to be creative yet again in a tie/dye silk scarf activity led by Becky Canham that produced some amazing looking products!

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Happy Holidays!

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Our Programs

You can visit www.sbia.ca/programs.aspx to learn about regular programming in your community.

All programs are offered free of charge!

Our Long-term Partners



A Nautical Weekend

Fall Retreat continued...

This was followed by a superb meal that included Baked Alaska and a chance to work off that meal and end the evening with some Belly Dancing.

Sunday although shorter, was no less fulfilling than the day before. Owen Lima (and therapy dog), along with his friend Richard Swallow shared his survival story. They used a presentation style that totally involved the audience these two left us feeling positive and hopeful.

Crystal Toth from the YMCA led a session on Adapted Fitness Activities that was both educational and fun.

This was followed by more great food and fellowship before it was time to say goodbye.

A huge thank you should go to Glenda James, Shantelle Seibel Samya Vellani, and Tracy Monette for the huge task of organizing this great weekend event.

Also kudos to the amazing group of student volunteers from the University of Regina.

You made us all proud of the way you unselfishly gave of your time and showed patience, caring and compassion to our conference



More photos can be found on our Facebook page: facebook.com/SaskBrainInjury

BIAC Volunteer of the Year

Barb Butler

At the Brain Injury Association of Canada's National Conference in Kingston, September 25 to 27, SBIA board member and BIAC interim President, Barb Butler, received the Volunteer of the Year Award.

This is the 3rd consecutive year that Barb has received this award, and it is well deserved. Barb is very devoted to both BIAC and SBIA, and she is an invaluable volunteer.

We would like to congratulate her on this honour, and show our appreciation for all she does provincially and nationally!



PLEASE NOTE Programming Changes

Regina Chapter:

There will be no meeting December 26 or January 2.

Regular meetings begin again on January 9th, 2014. In 2014, chapter meetings will be at 11:00 a.m. to better accommodate schedules.

Partner Feature: BHP Billiton

A Partnership in Prevention

Report by: Jennifer Buxton

BHP Billiton partnered with the Saskatchewan Brain Injury Association in 2012. Now, being over a year into the partnership, it is moving the organization forward in the areas of prevention and education, and this will only increase as the partnership continues.

"The partnership is focusing on the prevention and education mandate within SBIA, [and as we continue] we see even more strategic focus on the issues of prevention", said Chris Ryder, VP External Affairs for BHP Billiton and SBIA Board Member.

The partnership focuses heavily on brain injury in sports, as there are an increasing number of headlines about concussions and the long-term effects in all levels of sports. Ryder talked about how it is all about prevention, especially in young athletes.

"If we can prevent brain injuries, we are succeeding; and sports is an area where people don't often think about safety in the way that they should."



"To raise awareness in sports, especially, youth, it's an invaluable way to prevent brain injuries".

Awareness is definitely at the heart of prevention, and Ryder said an increased "questioning of concussion" in sports is a sign that the message is gaining traction. While, Ryder points out, that we

may not have all the answers about concussions yet, with the increased awareness and questioning we are starting to look for those answers.

Ryder also mentioned the Round Table with Ken Dryden that SBIA hosted in 2012 in Regina, as part of this increased questioning. Dryden relayed that with more concussions in professionals, and more athletes being pulled for concussions, society as a whole is looking for answers to prevent such devastating injuries.

"It's unfortunate that it takes something like a rash of concussions in professional sports, to draw attention to the issue [of concussions]".

With more athletes being sidelined with concussions, awareness is increased, and the partnership between SBIA and BHP Billiton is there to show there are still questions that need to be answered and injuries that need to be prevented.



Here SBIA Executive Director, Glenda James, accepts a \$500 donation from Liz Mann, on behalf of her employer Walmart (Moose Jaw location). Liz approached her employer on behalf of her Brain Boogie team, Prayers for Bob.

Donate



You can visit www.sbia.ca/donate.aspx to make a holiday or end of year donation to the Saskatchewan Brain Injury Association.

All funds stay in Saskatchewan and are used to support survivors and their families, and raise awareness and prevent brain injuries. We envision a world with zero brain injuries and all survivors living at their full potential.

SBIA Chapter Holiday Parties

Regina

Holiday Lunch

- **Date:** December 5th
- **Time:** 12:00pm
- **Where:** Wascana Rehab Centre
- **What:** Attendees should bring their appetites and a donation to the food bank

Saskatoon

SARBI and SBIA Holiday Party

- **Date:** December 15th
- **Time:** 5:00pm
- **Where:** Mayfair United Church
- **What:** Dinner provided with gifts/prizes to follow
- **RSVP:** to Lynne by phone at 306-933-0179 or by email to saskatoonchapter@hotmail.com

Moose Jaw

Holiday Party

- **Date:** December 2nd
- **Time:** 4:00pm
- **Where:** Prairie Oasis Restaurant
- **RSVP:** to Les at 306-693-0470

Yorkton

Holiday Party

- **Date:** December 19th
- **What:** Traditional Christmas dinner
- **RSVP:** to Lynette at 306.621.3744 for details

Prince Albert

Holiday Party

- **Date:** December 1st
- **Time:** 1:00pm
- **Where:** Elks Hall, 93-8th Ave. East
- **What:** Lunch will be provided
(Please let Michele or Vern know if you would like to bring a food item)
- Music/Karaoke provided by Diesel Country
- There will be an optional gift exchange with a value of no more than \$10.00 for each participant.
- **RSVP:** before November 23rd by phone to Michele 306-961-2888 or 306-922-4619 or Vern 306-980-8558 or 306-922-4619.



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