

CONNECTIONS

2015 Brain Blitz truly was Wonderland



One got the sense of entering Wonderland immediately upon entering TCU Place.

The staircase was lined with living cards (costumed children of committee members) to greet the guests as they made their way up to the Grand Salon. At that point the Red Queen and the Mad Hatter would pause in their life size chess game to greet them and direct them to the reception.

The White Rabbit circulated the room, warning guests that they should not be late to take their seats for the start of the program. Alice, too, circulated the room wondering - and asking - who would want to take a picture with her and her fellows.

They were all actors from Saskatchewan Express who entertained the crowd throughout the evening, adding great fun to what many said was the best Brain Blitz yet!

Hayley Wickenheiser planned to talk to the Brain Blitz crowd about what it takes to be a Gold Medal winner, and brought her Olympic Gold Medal with her as an accessory. But a few weeks ago, one of her friends in hockey died suddenly due to factors related to the consequences of multiple concussions and she was so affected by that tragedy that her talk kept returning to the importance of preventing concussion.

continued on page 2

Spring 2015

Inside this issue:

Brain Blitz	Pages 1 - 2
Spring Retreat	Page 4
Brain Love	Page 5 - 6

Upcoming Events:

Survivor & Family Camp	Page 2
Program Updates	Page 5
Annual General Meeting	Page 8

"Start by doing what is necessary; then do what is possible; and suddenly you are doing the impossible."

Frances of Assisi

2015 Brain Blitz Committee

Thank you to the volunteers for their many hours preparing for the 2015 Brain Blitz presented by WorkSafe Saskatchewan. They are an exceptional team of committed volunteers.

Chair: Brenda Beavis Frey
Doug Richardson, Q.C.,
Gordon MacFadden, Cynthia Block,
Bryan MacFadden, Lawrence Berthelet,
Josh Opheim, Murray Sadownick,
Carla Leask, Andrew Restall, Aimy Thiessen,
Daniel Rauckman, Marielle Gauthier,
Tanya Wiebe, Elizabeth Ulmer

2015 Brain Blitz truly was Wonderland... Continued

Photos courtesy of Michelle Lafayette

Wickenheiser was also affected by Jamie Heward's story, which he told earlier in the evening, of how he was forced to retire due to concussion and the lasting effects that has had on his life and the life of his family.

There was overwhelming respect and appreciation for the speech by Heward. The audience enjoyed the address and it seemed some really connected to him and his message. The final quote: "I lived the dream, now I'm living the nightmare," was particularly poignant.

Auctioneer Ken McCulloch skillfully auctioned off at the start of the evening, the opportunity to dine with Hayley Wickenheiser won by the Graham Construction table. Later bidders purchased a 3 day fishing trip, a Holland America Cruise and a Calgary Flames game excursion.

It was clear guests enjoyed their time in Wonderland. People lingered long after the show because they were enjoying themselves and wanted to thank the organizers.



**SBIA 2015
Survivor & Family
Camp & AGM**

WILD, WILD WEST SBIA CAMP

June 12, 13 & 14
Arlington Beach Camp & Conference Centre

Come and join the fun and create summer memories!
Sunsets & Lake Views, Educational sessions, Inspirational Stories,
Creative Crafts, Indoor & Outdoor Games and a Special
performance by Canadian Country Music Artist, Amy Nelson!

Fireworks provided by:

For more information please contact Robin Tresco,
SBIA Social Worker at
sbia.support@sasktel.net



Springtime in Paris was blissful

Brain injury survivors, family and caregivers were swept away to Springtime in Paris March 29 and 30 at the Saskatchewan Brain Injury Association's Spring Retreat.

Participants could almost smell the cherry blossoms and hear the French in the air as they made their way into the sophisticated splendor staff and volunteers decorated the Parktown Hotel with.

The Bienvenue Luncheon could have been straight from a Parisian bistro, with wraps, salads, veggies and dessert to tempt everyone. After lunch, Which Way to Paris? presented by Carol Harrison was an enlightening talk on the road to our chosen destination with the bumps and detours along the way.

A short break was followed by C'est l'amour - A Discussion about The 5 Love Languages, presented by Maureen Brown. Attendees of this session were instructed on how to apply the right principles and learn the right language, to know the profound satisfaction and joy of being able to express your love and feeling truly loved in return.

After such an emotional presentation, a break was in order and then craft time. Craft time was a-buzz with springtime posies and happy chatter as participants got in touch with their inner florist. The topiary designs were nothing short of magnifique.



For those not interested in the pursuit of fine arts, a presentation by Harold Empey was the right fit. His Just In Case presentation and binder were a welcome addition for the practical minded in the group.

Dinner was a served sophisticated menu of a boneless breast of chicken in a puff pastry, stuffed with boursin cheese and topped with a white wine cream reduction. It was served with bun basket and butter, broccoli & cheddar soup. A decadent chocolate almond torte was for dessert.

Attendees had no idea what was in store for the rest of the evening. Fête de la Musique - Parisian Performance presented by Malika Sellami proved to every bit as mysterious and wonderful as they could imag-



ine. The performance was followed by a Parisian Festival, complete with games and prizes.

In keeping with suggestions from last year's retreat, Sunday started a little later with a light snack of muffins and coffee during check out time and followed by Cirque de SBIA. Lauretta Peters is a Hula Hoopster Entertainer and showed off the magic of her art.

Survivors and caregivers settled in after a fantastic brunch of fruit, pastries, salads, meats, eggs and desserts to listen to Ben Dulanowsky share his story of hope. His inspirational story brought more than a few tears to eyes and it was clear he touched many in the audience.

After another fun-filled weekend away it was time to bid each other adieu.



BrainLove

The partnership between SBIA and the Saskatchewan Royal Purple Association (SRPA) has blossomed this year, despite the blizzard that covered its celebration at the first Annual General Meeting of the SRPA.

Lodges from around the province gathered in Saskatoon on April 25 to share what they had learned and earned in the past year.

BrainLove 2015 originally launched March 2 in Prince Albert, with several cheque presentations made at that time. Members from Choice-



land, Beechy, Prince Albert and Cut Knife joined Glenda James, SBIA Executive Director at the Prince Albert Inn to show support and kick the campaign off with over \$4,000 in donations. One business - Prince

Albert Brewing Company - came to make a \$500 presentation in person. Then, at the AGM in Saskatoon James was treated to a parade of cheque presentations from lodges around the province.

Our Programs

More information can be found at: www.sbia.ca/programs.aspx

Regina

Caregiver Support Group

- When: 2nd Tuesday of the month, 7pm
- Where: Wascana Rehab Centre

SOAR (ages 12-17)

- When: Saturdays, 1:30 – 4:00pm
- Where: Various locations in Regina

Social Beans(ages 18-30)

- When: Thursdays, 6:30 – 8:00pm
- Where: Various coffee shops in Regina

Contact Robin at sbia.support@sasktel.net

Kindersley

UPDATED! Walking Group

- Where: West Central Events Centre
- When: Tuesdays, 6:30 pm

Contact Denise at den.sarada@gmail.com or 306.460.6116.

Prince Albert

Survivor Support Group - on hiatus.

Saskatoon

Survivor Support Group

On summer break.

NEW! Caregivers' Support Group

- When: 2nd Monday of the month, 7-8 pm
- Where: Sherbrooke Community Centre, Veteran's Lounge

Contact Lynne Back, at saskatoonchapter@hotmail.com or 306.933.0179.

Yorkton

Coffee Talk & Support Group

- May 23

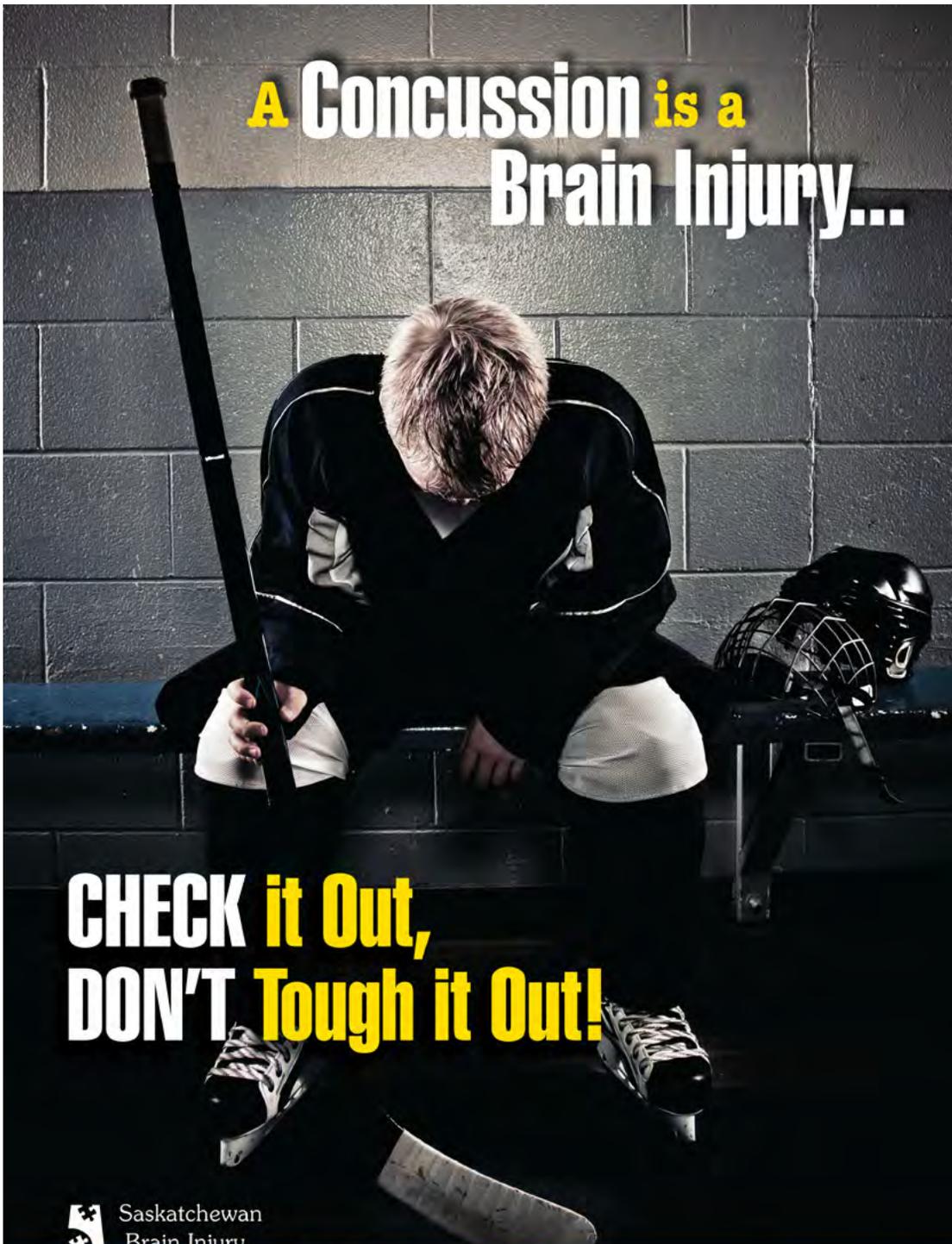
Contact Lynnette at lynnie33@hotmail.com or 306.782.3062.

Moose Jaw

Walking Group

- When: Tuesdays, 10:30
- Where: Yara Centre

Contact Les Good at 306.693.0470



**A Concussion is a
Brain Injury...**

**CHECK it Out,
DON'T Tough it Out!**



Saskatchewan
Brain Injury
Association

PRESENTS

Brain Injury Awareness Month

POWERED BY  **SASKATCHEWAN
BLUE CROSS®**

www.sbia.ca • 1.888.373.1555



Brain- Love Cont...

Donors included: the Saskatchewan Royal Purple Association and its Past Presidents, who held a Grey Cup ticket raffle; Choiceland Royal Purple, who catered and sponsored a Kaiser tournament; Cut Knife Royal Purple who held a quilting retreat, and the Beechy Royal Purple, who dedicated a month of their community weekly bingos. Saskatchewan Bootlegger stores collected donations for the entire month of March as well.

Before the month of March was over, the campaign had raised almost \$13,000. The projects will continue throughout the year, including the pilot project "Wear a Helmet Today" which involves students raising funds and having fun wearing a helmet to school for a day.



Thank-you to our Long-Term Partners and Brain Blitz Sponsors

Our Long-Term Partners

Presenting Partner



Brain Injury Awareness Month Partner



SOAR Partner



BrainLove Partner



Silver Partner



Media Partners



Sports Partners



Sponsors

Thank-you for supporting the 2015 Brain Blitz Gala presented by WorkSafe Saskatchewan

Dinner Sponsor



Wine Sponsor



Gold Sponsors



Signature Drink Sponsor



Silver Sponsors



We invite you to join our team of volunteers.

There are many options available:

Brain Blitz Gala presented by WorkSafe Saskatchewan

- Join the Brain Blitz planning committee
- Set up & Decorations prior to the Gala
- Clean up after the Gala

Chapter Support Group - Drumming & Walking Groups

- Join a Chapter Board
- Assist or accompany those needing assistance

Brain Boogie - Positive Steps in Motion (Aug-Sep) Takes place in Regina, Saskatoon, Moose Jaw, Yorkton & Prince Albert

- Planning Committee
- Event set up
- Registration & Pledge Collection station
- Route Marshalls and Water Stations
- Run timers
- BBQ – organize, set up, cook and/or serve
- Event clean up

**Saskatchewan Brain Injury Association
Annual General Meeting
Saturday, June 14, 2015
at 6:15 pm
Arlington Beach Camp & Conference Centre**

Call for Resolutions:

Chapters and affiliated SBIA Chapter Support Groups may submit resolution for consideration by the membership:

All Resolutions MUST:

- Include the date of the membership meeting at which the resolution received majority approval.
- Be received in the SBIA office, NO LATER THAN JUNE 1, 2015.

Resolutions are requests for action that may be taken to the Provincial Association, AND the rationale or reasons behind the need for such action.

Call for Nominations:

- Chapters and Support Groups may make nominations (with WRITTEN consent) for election to the SBIA Board.
- ALL nominees MUST be SBIA members in good standing effective June 1, 2015.
- Please Email nominations to: info_sbia@sasktel.net or Mail to Box 3843, Regina SK S4P 3R8.
- Please include ATTN: Governance Committee Chair



**Saskatchewan
Brain Injury
Association**