



BIST BEACON

SUMMER 2012

INSIDE THIS ISSUE:

VETTER VOLUNTEER OF THE YEAR AWARD 2

SURVIVOR STORY—MARY LOU 3

BIST/OBIA MIX & MINGLE 4

UPCOMING EVENTS 4

BIAM EVENT 2012 5

SUPPORT GROUP FLYERS 6-7

YOUTH WIN BIG FOR BIST 8

BIST PROGRAM CALENDAR 8

BIST 5KM RUN, WALK & ROLL 9

SPECIAL POINTS OF INTEREST:

- **Baseball with CHIRS—August 28**
- **BIST Annual 5km Run Walk & Roll—September 22**
- **Member Trip—WindReach Farm—October 11**
- **BIST/CHIRS Halloween Party—October 20**

GREETINGS FROM THE CHAIR

On behalf of the BIST Board of Directors, I want to thank all of our members, committee members, and stakeholders for a great summer so far.

BIST recently had its most successful Mix & Mingle event of all time, as well as another incredible Brain Injury Awareness Month event at Nathan Phillips Square. Thank you so much to all of our volunteers who gave their time and effort to make these June events the best yet.

Saturday September 22nd is our second annual BIST 5km Run, Walk & Roll at Sunnybrook Park. We hope to see everyone out there again this year, trying to improve on their 2011 results.

It has been an honour and privilege to serve as the Chair of the BIST Board for the past two years, and it is my pleasure to formally introduce Judy Moir as the new Chair starting in September. I will remain on the Board as Past-Chair for 2012-2013, and



intend to volunteer for BIST for years to come.

I love this organization and cannot wait to watch it grow even more each year.

Jonathan M. Burton, Chair of BIST Board

BIST BLOG

Make sure you check out and subscribe to BIST's blog at:

www.torontobraininjuryblog.wordpress.com

Don't miss out on having great articles delivered directly to your inbox!

torontobraininjuryblog



Monthly preview: BIST takes on winter

Posted on [September 2, 2012](#)

Canadian winters.

Love them or hate them, there is no denying that winters and Canadians' struggle against the extreme conditions that they bring are part of what defines us. Look no further than a 2008 survey commissioned by Citizenship and Immigration Canada and the Dominion Institute. With icons such as the Maple Leaf, hockey and the Canadian flag topping the list of the 101 things that best define this country, those surveyed still had winter on their minds and ranked it 8th on the list.

Recent Posts

- Monthly preview: BIST takes on winter
- THE 2012 TRIP: JONAS THE LION: Study - Psychological Health Canada
- Question and Answer: ETub last but not least
- BIST Congresses Workshop

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Enter your email address to subscribe to this blog and receive notifications of new posts by email.

BIST VETTER VOLUNTEER OF THE YEAR AWARD 2012

At this year's volunteer appreciation event, BIST has introduced the Vetter Volunteer of the Year Award named for Esther and Alfred Vetter. They have an adult son who sustained a brain injury many years ago, and have been instrumental in brain injury awareness over the years. Esther was the founding Executive Director of the Head Injury Association of Toronto.

We are thrilled to announce Ian Bowles as the recipient of the 2012 Vetter Volunteer of the Year Award.

Ian is currently the Chair of the Communications Committee and has been on the Committee for many years. He is also very active as the BIST photographer. Ian takes time off work to attend BIST events and functions and is a strong supporter of BIST. He also volunteers as a Mentor through BIST's Peer Mentor Support Program.

A very sincere thank you to all our nominees for all their contributions to BIST.

- Beverlee Melamed
- Frank Bruno
- Colleen Boyce
- Mix and mingle sub-committee
- Michelle Diamond

We couldn't do it without you!



From left: Esther Vetter, Ian Bowles, Jonathan Burton, - Chair BIST Board of Directors, Al Vetter

SURVIVOR STORY—MARY LOU

In 1974, I was on a retreat for my Grade 13 class in Mississauga, Ont, when I was hit by a brain haemorrhage. KAPOW!!! Was I ever hit. I was in hospital for two months and in a children’s rehab hospital for five months.

I was a leader. I was an honours student, and had just moved from London, Ontario. I was First vice-president of the Ontario Catholic Student Federation, and I felt it was my “bounded duty” to tell my fellow students that God is always good but not always the way that one wants God to be. We went on a blinded time with a fellow student, and when I came back I started into my spiel about how we felt as a blinded person. Only my words came out as GAH, GAH! PHLAG, GLAGH! ETC. I collapsed on the floor, and was led to a bed where I just lay there. In about half an hour, Fr. Terry Gallagher phoned his doctor, at 11:30 at night who said “RUSH HER TO A HOSPITAL, IMMEDIATELY!”

I was taken to a hospital in Mississauga, where I had a test done on my spine, and then taken from Mississauga to Toronto Western Hospital, where Dr. Harvey Shutz gave me four operations over a period of two weeks, and one minor one, putting the bone back into my left side of my skull. I was unconscious for two months, and in hospital for seven, at the “Ontario Crippled Children’s Hospital”, now renamed Holland

Bloorview Kids Rehabilitation Centre. I did enjoy my times there. I did like life, and I always have. I am a great reader, as this has helped me in seeing life as it is, not as it “should be”, or as it “could be”, or as it “would be”.

I have always wanted to give something back to life, it is just who I am. Since 1994, I have run up the CN TOWER every year. I practice for it and when it is time, I do it. It makes me feel so good! It gives me vim, vigor and vitality. Each step is like a way to being a new person. I have raised over \$10,000 each year for the past three years - in total I have made over \$80,000 for the UNITED WAY (over 18 years).

I keep busy! I do volunteer work some evenings after work, visit with friends, go to talks by Catholics for PEACE and I am involved with Catholic Network for Women’s Equality and go on trips with them, to B.C., New Brunswick, Winnipeg.

At one point of my life I was on the brink of death, so I do like life. I really do. I don’t fear death either, I have had a way of living that is good. Living is Good for me, as I was given SO MUCH when I was born, I do feel that I need to give something back to life.

It is a beautiful thing to know about, to understand, to communicate and to be.

I have always wanted to give something back to life, it is just who I am

FACEBOOK AND TWITTER



You can also follow BIST on Twitter at @BrainInjuryTO



Check it out by searching for Brain Injury Society of Toronto

Feel free to send submissions to info@bist.ca

BIST/OBIA ANNUAL MIX & MINGLE



In June, BIST and OBIA held the 8th Annual Mix & Mingle event at the **Steam Whistle Brewery** in downtown Toronto. As in previous years, this event is a special gathering to celebrate the members who work alongside us in our very important cause: to support those in our community who are living with the effects of acquired brain injury (ABI), along with their families, friends and caregivers, through advocacy, education and services.

The event has grown over the years. It originally started with 100 guests. This was our most successful event to date, with almost 500 people in attendance and a revenue total of over \$100,000.

BIST would like to extend a very special thank you to all our sponsors and the dedicated volunteers on the Mix & Mingle Committee.

Special thanks to Presenting Sponsor:



UPCOMING EVENTS

Baseball Tournament with CHIRS

Date: Tuesday August 28th
Location: CHIRS Office, 62 Finch Ave W
Time: 10:00 am–1:00 pm

BIST Annual 5km Run Walk & Roll

Date: Saturday September 22nd, 2012
Location: Sunnybrook Park
Time: 10:00 am

Five Pin Bowling

Date: Tuesday Sept 25th, 2012
Location: Thorncliffe Bowlerama, East York Town Centre, 45 Overlea Blvd.
Time: 12:30pm – 3pm
Price: \$8.50 (for two games of bowling)

Survivor Workshop—Identifying new strengths, interests and abilities

Date: TBA
Location: Northern District Library, 40 Orchard View Blvd, Rm 200
Time: 1:00 pm–3:00 pm

Caregiver Family Workshop—Securing the future of those you care about

Date: Monday October 1st, 2012
Location: Northern District Library, 40 Orchard View Blvd, Rm 200
Time: 6:00 pm–8:00 pm

Member Trip—WindReach Farm

Date: Thursday October 11th, 2012
Time: TBA

BIST/CHIRS Halloween Party

Date: Saturday October 20th, 2012
Location & Time: TBA

BIST BRAIN INJURY AWARENESS MONTH EVENT—JUNE 2012

On June 20th BIST held its annual Brain Injury Awareness Month Event at Nathan Philips Square.

Our theme this year was **Brainstock** and we had all our hippies out in full force! The Jerry Stiff Band and Superfire played and despite the extreme heat we danced the afternoon away. The Foo Circus Crew was back to entertain us with their incredible feats - from the stiltwalkers to the hippie news team and everything in between. To top it all off - we added a Flash Mob!!! Thanks to the Joy of Dance studio that put together a fantastic routine set the song - Dance to the Music. A few brave committee members even joined in near the end of the performance.

This year we had some special guests join us: Ben Mulroney- from eTalk on CTV, as well as Troy Adams, a brain injury survivor who is running a marathon a day across Canada to raise awareness for brain injury.

The Membership Committee once again had a display booth to reach out to new members. Our volunteers were out in full force, greeting people and spreading the awareness message. The Survivor VIP tent provided a place for survivors to connect and give a venue for our “featured speakers” series where this year we had three incredible survivors share their story.

Our Survivor Artists once again join us to showcase their amazing collections of unique and creative pieces. All those who attended the event were able to peruse and enjoy the artistry that was displayed.

Thank you to the entire committee who put in so much of their time and energy in order to ensure another amazing event!!!



Monday August 27th, 2012
 Games Night
 Time: 6:00 pm – 8:00 pm
 Location: Northern District Library –
 40 Orchard View Blvd, Room 200
 (2nd Floor)

Monday September 24th, 2012
 Thai Chi
 Time: 6:00 pm – 8:00 pm
 Location: Northern District Library –
 40 Orchard View Blvd, Room 200 (2nd
 Floor)

Monday October 22nd, 2012
 Internet Privacy Awareness
 Time: 6:00 pm – 8:00 pm
 Location: Northern District Library – 40
 Orchard View Blvd, Room 200 (2nd Floor)

BIST SURVIVOR SUPPORT GROUP

Brain injuries change lives.

The **BIST Survivor Support Group** allows individuals living with the effects of brain injury to meet others to share experiences, receive emotional support, as well as valuable information and resources.

When: 8 sessions – 1st, 2nd, and 3rd Tuesday of every month

Cost: FREE with BIST membership (participants can become members of BIST during registration) - \$5 Subsidized (for Survivors Only)

To learn more about the group, please call
(416) 830-1485 or email connections@bist.ca.



www.bist.ca



FAMILY & CAREGIVER SUPPORT GROUP

Brain injuries affect everyone.

This **BIST support group** allows caregivers and families supporting individuals living with the effects of brain injury to meet others to share experiences, and provide the opportunity to learn effective coping skills and tips helpful in managing caregiving responsibilities.

When: 10 sessions – 4th Tuesday of every month

Cost: FREE with BIST membership (participants can become members of BIST during registration)

To learn more about the group, please call
(416) 830-1485 or email connections@bist.ca.



www.bist.ca



YOUTH WIN BIG FOR BIST

Charlotte Brown, Adam Bovolitis and Mark Belsky entered a competition through their high school put on by the Youth Philanthropy Initiative [LPI], which involved putting together a multi-media presentation about a charity of their choice in order to win money for that charity. They chose BIST.

They all worked very hard to put together the presentation by gathering information about ABI from the BIST and OBIA websites and other sources, as well as videotaping an interview with BIST member Chris Brown to learn more about the charity. A six month process of eliminations performed in front of the other students at the school led them to the finals where they performed their presentation and screened their video to a team of six judges from LPI.

This talented threesome won the Grand Prize and LPI will be issuing a cheque to BIST in the amount of \$5,000.00.

On behalf of all staff, volunteers and members of BIST, we would like to extend our sincere appreciation to Charlotte, Adam and Mark.



BIST PROGRAM CALENDAR

BIST Program Calendar Fall - 2012 to Summer 2013				
Date	Events / Program	Location	Time	Target Group
Monday Aug 27	Community Meeting - Game Night	Northern District Library 40 Orchard View Blvd - Rm 200	6:00 pm - 8:00 pm	All Members
Tuesday August 28	Baseball Tournament with CHIRS & BBQ	CHIRS Office 62 Finch Avenue West	10:00 am - 1:00 pm	All Members
Tuesday September 11	Survivor Support Group - Sept to Nov 8 sessions, 1 st , 2 nd & 3 rd Tuesday	Northern District Library 40 Orchard View Blvd	2:00 pm - 3:30 pm	Survivors - Registration Required
Saturday Sept 22	BIST Annual 5km Run, Walk & Roll	Sunnybrook Park	9:00 am - 12:00 pm	All Members
Monday Sept 24	Community Meeting - Thai Chi	Northern District Library 40 Orchard View Blvd - Rm 200	6:00 pm - 8:00 pm	All Members
Tuesday Sept 25	Caregiver Support Group - Sept to June 10 sessions - 4 th Tuesday of every month	Northern District Library 40 Orchard View Blvd - Rm 200	6:00 pm - 7:30 pm	Caregivers & Family Members
Tuesday Sept 25	Bowling	Thornccliffe Bowlerama East York Town Centre 45 Overlea Blvd	12:30 pm - 3:00 pm	Survivors
Early to Mid Oct	Workshop - Identifying New (Post ABI) Strengths, interests and abilities	Northern District Library 40 Orchard View Blvd - Rm 200	1:00 pm - 3:00 pm	Survivors
Monday Oct 1	Workshop - Securing the Future of Those You and / or Care About	Northern District Library 40 Orchard View Blvd - Rm 200	6:00 - 8:00 pm	Survivors, Caregivers & Family Members
Thursday Oct 11	Member Trip - WindReach Farm	WindReach Farm www.windreachfarm.org	All day	Survivors
Saturday Oct 20	Halloween Party with CHIRS	TBD		Survivors

BIST is making it easier for you to know what is going on.

We have posted a full calendar of BIST Programs and Services on our website.

Visit www.bist.ca/bist-programs-and-services to download it now.



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Tel: 416-830-1485

www.bist.ca

BIST ANNUAL 5KM RUN WALK AND ROLL

We are busy planning the Annual BIST 5km Run, Walk and Roll, with all proceeds going to support the programs and services provided by the Brain Injury Society of Toronto. We know that you will enjoy this fun, family friendly event.

5K Run, Walk & Roll



Last year's event sold out so register early!

Date: Saturday September 22nd, 2012

Race Time: 10:00 am

Location: Sunnybrook Park – Entrance on West side of Leslie Street and north of Eglinton Avenue East

Visit www.bistrun.com to register, sponsor or become a volunteer.

Survivor members of BIST can cover their registration fee through fundraising. Send your name, address, telephone number, age, whether you will be running or walking, and your shirt size (S,M,L and XL) to info@bist.ca as soon as possible to register and secure your spot. Then simply print the attached Fundraising Form and begin collecting pledges.

Fundraising can be done two ways:

Online pledges can be made in the name of an Athlete registered for the event or to BIST in general at <http://www.giving.runningroom.com/hm/>

You can also use the attached Fundraising Form to raise funds on behalf of BIST

- Individuals who raise \$100 and over will have their name added to the event Wall of Fame.
- Individuals who raise \$250 and over will be entered into a draw to win an iPad 2.

A special than you to our Sponsors

Gold Level:

- Himelfarb Proszanski LLP
- Personal Injury Alliance - McLeish Orlando LLP, Oatley Vigmond LLP, Thomsom Rogers Lawyers
- Shekter Dychtenberg LLP

Silver Level:

- Howie, Sacks & Henry LLP
- The Social Work Consulting Group
- Hanson Duby Lawyers
- Andrew Kerr Lawyers

Bronze Level:

- FunctionAbility Rehabilitation Services
- Catastrophic Injury Management Inc.
- Gluckstein & Associates LLP
- Inter-Action Rehabilitation Inc.
- Adair Morse LLP
- Galit Liffshiz & Associates

SUMMER WORD SEARCH PUZZLE



WORDS TO FIND IN SUMMER WORD PUZZLE:

- | | | |
|---------|-----------|-----------|
| AUGUST | BBQ | BEACH |
| FLOWERS | FUN | GARDENING |
| HOT | ICECREAM | JULY |
| JUNE | PICNIC | SANDALS |
| SEASON | SHORTS | SUMMER |
| SUNNY | SUNSCREEN | SWIM |
| TRAVEL | TSHIRT | VACATION |

Courtesy of: www.Best-Free-Word-Search-Puzzles.com

The mission of the Brain Injury Society of Toronto is to enhance the quality of life for people in the City of Toronto, living with the effects of acquired brain injury, through education, awareness, support and advocacy.

Our services include:

- Community Meetings
- Support Groups
- Personal Development Workshops
- Peer Support Mentoring
- Special events

For more information, volunteer opportunities or to make a donation, please visit www.bist.ca or 416-830-1485

BIST is proudly supported by the Ontario Trillium Foundation.

Ontario Trillium Foundation



Fondation Trillium de l'Ontario

The Ontario Trillium Foundation is an agency of the Government of Ontario



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