

Moving On

A Semi-Annual Newsletter for our Families, Partners and Donors

June 2019



Dale Brain Injury Services – New Location Grand Opening

On January 9th, 2019 DBIS hosted the official Grand Opening of our 345 Saskatoon Location. We were thrilled at the turn out to celebrate this new beginning for our clients and staff, with the co-location of 4 former sites of administration, clinical offices and Day Programs. Our long time supporters and donors Nigel and Rhonda Gilby unveiled the name “the Nigel and Rhonda Gilby Centre for New Tomorrows” as a primary sponsor of this new building, a project over 2 years in development.



Attendees at the event included staff, clients, families, sponsors and supporters with greetings from:

- Peggy Sattler, Member of Provincial Parliament – London West
- Councillor Shawn Lewis – Ward 2, City of London
- Linda Ballantyne, Vice Chair, South West Local Health Integration Board of Directors
- Roy Butler, Vice President of Patient Care and Risk Management, St. Joseph’s Healthcare London (Parkwood Institute)

One of our clients, Colleen M read a poem, “Coming Together at the New Space”. We shared the history of DBIS and recognized our wonderful donors with appreciation.

It was a great celebration, bringing all of us together in our exciting new facility! If you haven’t yet toured the site please come to our Open House June 21st and see all of the great work happening here!





Client Story: This is John

John lives in Meaford, and worked as a paramedic for 31 years, working the counties of Bruce, Grey and Simcoe.

He was out on a call one day and noted that he had a mild headache. He completed the call and when he got back to base decided to go home sick. While at home he took his own vital signs, blood pressure and all others were normal.

The next day he had classic stroke symptoms, slurred speech and left sided paralysis, and still the mild headache. It felt 'very mild'. The family realized he was having a stroke and his wife drove him to the hospital as "he didn't seem too bad", but got worse on the drive. Fortunately they lived very close to the hospital. All the hospital staff knew him and he realized he was in trouble when one of the nurses was crying when she saw he was having a stroke.

He was shipped to Grey Bruce Health Services in Owen Sound and the CT scan showed damage to a couple of areas of his brain. He stayed there for one week, then was sent down to London Health Sciences Centre for a few weeks where he had a second stroke, which did more damage in another part of his brain.

John's wife Karin began advocating for him to come to Dale right away, however unfortunately the waiting list was very long and it was 4 years later before a space opened for him, thanks to the new Residential Transitional Services at the DBIS Burwell site in London. It was a long wait and John suffered depression and even had suicidal thoughts at times. He felt that in a split second his life had shattered, and it was a struggle to move forward in this new reality. His job was his vocation, his passion, and his coworkers his friends, and it is very difficult to manage a whole new world without those things in it every day.

John was quite surprised his first few days as he was used to seeing 'the other side' of healthcare and hadn't previously interacted with people living with the effects of an acquired brain injury – he had just treated them at the time of their injury and got them to hospital. He is happy now getting to know the other clients and members, and spending time with



them. He and his roommate at Burwell enjoy each other's company and help each other out, which will make it harder to leave.

John is working on rebuilding his skills in the areas of: managing his medications, budgeting and paying bills, becoming more organized and structured with his routine, doing the household tasks, and taking full control of his life again. He is really looking forward to returning home to household tasks, yardwork, and doing the sports he shares with his buddies, cycling and kayaking. His work brought him that adrenaline rush, which he now will look for in whitewater kayaking!

John is now more stoic about this new life, becoming more steady, learning more each day, with the guidance and support of staff, combined with his own drive to achieve his goals and move on to the next phase of his rehabilitation journey. He hopes to move out of the Residential Transitional Services apartment within 2 months, and into his own apartment where he can really 'spread his wings' and test his independence, putting all of his hard work and achievements to use in a new environment to ensure that he can be successful on his own.

We look forward to continuing to work with John on his rehab journey to achieve all of his goals, and return to Meaford where his dog Celeste, his family, coffee buddies and cycling trail await his return!



Caregiver Support Groups

The effects of a loved one's brain injury often results in caregivers experiencing short-term and long-term sacrifices and difficulties. The demands of caregiving can impact nearly every aspect of a caregiver's life. As a result of the cognitive, emotional and physical changes due to brain injury, family roles and responsibilities shift and Caregivers may find themselves feeling overwhelmed, frustrated, anxious, sad, guilty, angry and scared in response to the disruption to the life they had, and thought they would have, in the future with their loved one. To respond to the challenges faced by caregivers Dale Brain Injury Services developed a series of three 8- week groups. Thanks to a grant from the AGAPE Foundation we have been able to offer this series free of charge to caregivers.



Grief and Loss Group focused on caregivers' experience of grief and loss as a result of the changes in one's life after brain injury. The Group was a safe place for members to discuss the stresses, challenges and rewards of being a caregiver with other caregivers.

The Behaviour Change and Cognitive Strategies Group provided strategies that have proven to be effective in addressing the behavioural, cognitive and other challenges caregivers often report of their relatives and/or partners.

The Caregiver Growth group provided group members with the opportunity to both consider whether personal growth is possible and the ways in which growth can be achieved.

Group members were invited to attend all three groups or attend only those groups of interest to them. Many Caregivers chose to attend all three groups. During evaluation of each group caregivers commented on the benefits and the comments included:

"My life would not have been the same without the Day Program and Caregiver Supports of Dale Brain Injury Services" – Caregiver

"Thank-you for providing this service!" – Caregiver

"I found this group was a real emotional support" -- Caregiver

"I was thankful for the outlet of pain and sadness that I could not share before. Grateful for the insight into other's situations and problem-solving" – Caregiver

"The sensitive caring group approach lead to a better understanding of my situation and renewed strength and confidence to be able to manage what lies ahead." -- Caregiver

"I loved coming to this group. Even when I didn't feel well I wanted to go and be able to listen to everyone. I wish I could continue to come on a weekly basis as I was welcomed by everyone." --Caregiver



Life After Stroke Program

The Life After Stroke Program is a newly funded specialized program which began in February 2019. It is a recovery focused, goal directed program for individuals who have recently had a stroke. The Program includes: physical exercise, thinking & memory stimulation, health & wellness education and social/recreation activities.

The day starts out with social time together while participating in some puzzles or ice breaker activities, blood pressure is taken privately with a focus on self-management and ongoing monitoring for each client. This is followed by group exercise and opportunity to use the exercise machines.



After lunch, sessions focus on education or brain stimulating activities with an opportunity for social engagement and fun.

Program staff are trained and supported by the Community Stroke Team from St. Joseph's Healthcare London who make all of the referrals to the program. The program is offered on Wednesdays from 10am-3pm at the Nigel and Rhonda Gilby Centre for New Tomorrows. The length of time clients stay in the program varies according to their goals and needs.

Clients have been providing ongoing positive feedback and suggestions for improvement and have been enjoying the program and the opportunity for new connections.



DBIS' Annual General Meeting

Save the date: October 7, 2019

Come to our Annual General Meeting

5:00 pm

Group Services Meeting Place

Nigel and Rhonda Gilby Centre for New Tomorrows

345 Saskatoon Street, London, ON N5W 4R4





11th Annual Open House / Walk-a-thon Fundraiser

This year we will be holding our annual Walk-a-thon Event at our 345 Saskatoon St. location! We will also be including an Open House, BBQ and Silent Auction in the activities.

THE WALK:

- Begins at 5:30 pm (with registration happening beforehand)
- Walkers collect pledges and submit them before the walk begins
- The walk (run or wheel) will start at our location and carry on into Kiwanis Park (with 1, 5 and 10 km options)
- There are prizes for those who collect the top 3 pledge amounts
- Walkers have the option of indicating WHO they are walking for and posting it on our special board



[GET YOUR PLEDGE FORM HERE!!](#)

THE OPEN HOUSE & FUN

- Come by our 345 Saskatoon St. location between 4 – 7 pm on June 21st
- Take a tour of our facilities
- Support our BBQ (hot dogs, sausages, ice cream, popcorn and more!)
- Bid on our amazing Silent Auction prizes! (There is something for everyone!)
- Bring the kids for face painting, coloring and outdoor games
- Enjoy some live music! We have a band lined up to play for us!

How else can you get involved?

- Go online and ~like~ our [Facebook page](#) and ~follow us~ on Twitter @DaleServices-This will ensure you are able to follow our online activity and participate too!
- DONATE ONLINE! [Canada Helps](#) also accepts and processes our online credit card donations (Please choose the 2019 Walkathon category!)

11th Annual Dale Brain Injury Services We build futures

Open House & Walk-a-thon Fundraiser

Friday June 21, 2019

(Walk begins at 5:30 pm - 1 km, 5 km or 10 km - walk, wheel or run)

4 - 7 pm (rain or shine)

345 Saskatoon Street, London, ON

Join us! Drop-ins welcome!

• BBQ • Walk-a-thon • Silent Auction • & More

For more information, pledge forms, or to donate visit www.daleservices.on.ca, email amanda@daleservices.on.ca or follow us on Facebook: <https://www.facebook.com/DaleBrainInjuryServices/>

We hope to see you there! 😊

WE THANK YOU FOR YOUR CONTINUED SUPPORT!

Thank you to those that donated to DBIS initiatives from April 2018 – March 2019

Capital Donations

Nigel & Rhonda Gilby
Dennis & Karen Dalton
Lerners LLP
AGAPE Foundation of London
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Robert Atkinson
Hanna Kielt
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Every effort has been made to ensure complete accuracy of this publication.

If any errors are noticed, please contact Amanda Jahn at 519-668-0023 ext. 119.

Please accept our sincere apologies in advance. Each and every gift makes a difference and is deeply appreciated.