

Moving On

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

December 2022

Welcoming the Holidays

Why should you donate to Dale Brain Injury Services?

In these times of limited personal and community resources, increasing inflation, and so many people needing assistance why should you choose to donate to us?

There are of course many reasons why people give. It is an extremely personal decision and everyone has their own motivation for donating money and/or time to charitable organizations including:

- Helping others feels good
- It gives us a chance as individuals to contribute to creating a better community or world, and help to solve some of our community's challenges or injustices
- You are setting an example for others, perhaps your children or your friends; leading by example and expressing your values through your actions, because giving is contagious!
- Giving to others helps us to feel more grateful and appreciative of what we have been given
- There are tax benefits that come with some gifts

So why choose DBIS?

- Our funding does not include any funding for capital expenses for things like new furnishings or equipment for our residential and day program sites, which regularly and quickly wear out as they are in continuous use.
- Our clients are on small fixed incomes, generally the Ontario Disability Support Program, which does not leave them with any disposable income after rent and food to make purchases such as new outdoor clothing for winter, household goods, prescription drugs or medical supplies not fully covered by the Ontario Drug Benefit.
- We do not receive funding for rent for the residential apartment units that we lease. Many clients/families need subsidy for the \$25 fee for overnight respite (includes rent and food) as it is unaffordable for them (fixed incomes as above). As well if clients come into our Residential Transitional service for a stay of up to 6 months they may still be paying rent at the apartment they will return to following the program stay, so need the rent in the program to be subsidized.
- People on small fixed incomes are unable to afford many of the activities that we take for granted, a movie or dinner out, a hockey or basketball game, Christmas or Hanukkah gifts, a concert, a gym membership or exercise classes.

- **The DBIS donation funds are used to fund all of the items listed above.** All of our donations go directly towards meeting these client needs – there are no administrative fees or costs taken off your donation that go to DBIS – if you donate online to us through Canada Helps they take a 4% fee directly off to offset their cost of managing the website and issuing the donation receipts immediately and providing us with reports. This of course saves DBIS from needing to have administrative staff to do this work.

I know this is a particularly challenging year for giving, however, I hope that you will consider DBIS this year on your holiday giving list!

If you have any questions, please contact me anytime.

Sue Hillis, Executive Director
shillis@daleservices.on.ca 519-668-0023 x101

Client Festivities

Below are images of our clients enjoying and engaging in a festive activity. Funds donated through John M's Memorial Fund supported this activity.



Client Story: This is Stacey

Charles Dickens said it best “It was the best of times, it was the worst of times.” The year was 2013, my husband and I were both working full time, and my two sons were both in high school. I woke up early as I do most days, looked around my room and panicked because I did not recognize my surroundings. I called out to my husband Grant who immediately came running up the stairs and explained to me that the day before I had hit my head at work and I had lost consciousness for a couple of minutes. I attempted to ask him a question and I found that I stuttered and could not find the words I wanted to express.



I felt anxious, afraid, frustrated and panicked, what has happened to me? Grant helped me out of bed and I almost fell. I experienced vertigo and was not able to walk in a straight line, I felt like I was intoxicated. I asked to go downstairs and almost fell on the stairs. Once on the main floor, I went into the kitchen and I did not remember why I went in there. My husband made me tea and I sat at the table and cried while he reassured me everything would be fine; I noticed the distress and uncertainty in his eyes.

My life as I previously knew it had ended. I participated in the Intensive Rehabilitation Outpatient Program (IROP) at Woodstock hospital. I worked with a Physiotherapist, Occupational Therapist and a Speech Language Pathologist. They recommended that I wear a weighted vest and use a walker due to my challenges with walking. The vest was very heavy,

uncomfortable and cumbersome yet I endured. The length of time in the program varies and my time ended after eight weeks.

I was not able to return to work, ODSP and CPP disability denied my applications and finances were becoming strained. We lost our home and I became depressed. My husband suggested that I get out of the house and go for a drive; I agreed. He assisted me to get down the steps and into the car, we drove two blocks and had to pull over. I experienced dizziness and nausea from the brightness and the movement of the car, we returned home.

The week that followed a Rehabilitation Counselor from Dale Brain Injury Services visited me in my home. She provided me with some brain injury information and compensatory strategies to improve stamina, memory, cognitive function, and coping with stress.

Once she left, I looked at the paperwork, the words were moving all over the page, and I could not read it. I discovered that I could not read black text on white paper.

I received support three days a week from Dale Services. They supported my husband in altering my home to accommodate my new reality. Furniture moved so that I could get around with my walker, notes taped on the walls, meals prepped in the fridge to remind me to eat, support bars and shower chair installed, the lights dimmed and the drapes closed. I looked around the room and cried because my small dog was a tripping hazard and I had to give him away.

I continued to work on my rehabilitation and my worker from Dale and my husband suggested that I start to slowly integrate myself back into the community. We went out for very short periods and I had to pace myself accordingly. I remember we would go to a store for one item as that was all I could endure.

I found myself getting bored being at home and I

noticed that my son had left a sewing machine on the kitchen table. I had never used one and thought I thought I would try it. I looked at a pattern he had left out and could not read the black text on the white paper. I decided I did not need a pattern and I was going to make a blanket. I was shocked and pleased at how it turned out.

I asked my Dale staff if she could assist me with setting up a sewing room. We organized and labelled everything in the room and I purchased fabric online and started to sew. I joined a mom's group on Facebook and sold a few of my sewing projects, it made me feel accomplished. My staff and I searched the internet for information on starting a small business and I opened Stitch-by-Stitch Baby Boutique.

I continue to work with my Dale staff and without that continued support; I would not be where I am today. They have helped me adjust to living with a brain injury and contributed to my success.



*Happy Holidays, Happy Hanukkah, Akemashite Omedeto,
Happy Solstice, Habari Gani?, Merry Christmas*



We look forward to all that is to come in the New Year!

Expanding Groups to add more spaces

Co-design of additional client programming

More special events and guest presenters at Groups

Walkathon 2023 - the best ever is yet to come!

Continuous Hiring of new staff to address our waiting lists

WE THANK YOU FOR YOUR CONTINUED SUPPORT!

Thank you to those that donated to DBIS initiatives from April 2021 – March 2022

| | | | | |
|----------------------------|------------------------|-----------------------|--------------------------|-----------------------------|
| Enriching Lives | Diane Moses | Lorna Foran | Tabatha Peuker | Ryan Allain |
| Fund/Walkathon 2021 | Dick Fisher | Louise Laidlaw | Tammy Murray | Sandy Rant |
| 2378666 Ontario Inc | Dodie Bates | Louise St. Pierre | Tammy Ross | Shauna Graf |
| A Gocule | Don & Jen Fisher | Lyn Mockler | Terry King | Stephanie Macdonald |
| Aileen MacQueen | Elaine Russell | Lynn Johnson | Thomas Russell | William McConnell |
| Al Hitcock | Elizabeth Gough | Lynne McSherry | Tim & Beth Hotchkiss | Donations in Memory |
| Alan Lawrence | Everton Homes | Marie Saunders | Tina Brand | of Leonora Johnson |
| Amanda Klassen | Gayle Grover | Mark Russell | Tina Wolff | Anonymous |
| Amy Bray | Gerry Clusiau & Sandra | Marla Toulouse | Tineke Huiting | Colleen Zettle |
| Amy Ingratta | Ford | Marnie Glaubitz | Todd Whiteman | H Ross Rowe |
| Anna Hobbs | Graham Stuart | Mary Ann Kettlewell | Tom Hobbs | William McConnell |
| Anna Scarpelli | Guy Dane | MaryLou & Sam Fisher | Tom & Ruth Miles | Donations in Memory |
| Angela Van Brenk | Hanna Kielt | Matt Rusland | Trevor Graves | of Tyler Graham |
| Anne Tait | Heather Rempel | Melissa Anker Smith | Tyler Stuart | Pam & Merle Snyder |
| Ann Tuinstra | Heidi Wright | Melissa Smith | Yogi Taylor | Ronald & Arden Cole |
| Barb & Mike | Helen Chychul | Meredith Ramos | General Donations | Donations in Memory |
| McKechnie | Helen Rusland | Michael Moses | Anonymous | of John Mastrandrea |
| Barry Charles | Ian & Bev Wakefield | Mike Lindecamp | Barry & Lynda Cavens | My Tribute Gift |
| Beth Roberts | Irene Ikizler | Mike MacQueen | Brian & Penny Stager | Paulette Bakelaar |
| Bernie St. Jean | Isabelle Coats | Nancy Gravill | Brittney Vandergunst | Donations in Memory |
| Bill House | Jacki Flood | Nancy Brooks | Chris Gordon | of Martino Buffone |
| Bill Stubbings | James Kollmell | Neil Fowler | Carrie Masse | Luigi & Maria Cocco |
| BJ Laws | Jan Heinmiller | Pamela Martell | Elizabeth Langley | Mauro & Rosetta |
| Blayne Rusland | Jane Ridley | Pat Hobbs | Erin Silverthorn | Cuglietta |
| Bob Awrey | Jannette Fisher | Pat Longfield | Giles Langley | Mary & Vince Lepore |
| Bob Briton | Jason Butler | Pat Thomas | Heather Bilyea | Ida Spina |
| Brent Boak | Jeff Laidlaw | Paul Krajcur | Jackie Wells | Donations in Memory |
| Brent Watson | Jessie Ferguson | Peter Harrison | Jane Ridley | of Michael McGarrell |
| Brian & Renee Penner | Jim Bouzied | Randall Johnson | Jessica Finn | Catherine McGarrell |
| Brian McNeil | Joanne Cretier | Rebecca Stronach | Jim & Karen Pfaff | Donations in Memory |
| Brian Moses | Joe Graham | Rick Cousins | Joanne Perttula | of Laura Noble |
| Brianne Bennett Johns | John Beal | Rick Decock | Joanne Pollock | Genevieve Laforce |
| Bruce & A Ward | John & Luba Chychul | Rick & Elaine Lynas | Joe & Karen George | |
| Case Family | John Molnar | Rita Stukic | Joe Mastrandrea | |
| Cathy Monaghan | John Renolds | Rocco Mescia | Jose Orellana | |
| Charlotte Mallia | John Teeple | Rob Myall | Kathleen Murphy | |
| Cheryl Roger | Jordan Rusland | Robin Shauna | Karen Moffatt | |
| Cheryl Snyder | Judy Fancy | Ryan O'Hagan | Kelly & LeeAnn Walsh | |
| Chris McCrady | Judy St. Jean | Sandra Richardson | Lisa Artuso | |
| Chris Thorpe | Judy Power | Sandra Visentin | Moin Shah | |
| Clive Carter | Kaitlyn Moses | Sandro Petrin | Marc Lacoursiere | |
| Country Pizza | Karen Dalton | Sharron & Don Colter | Marc Montiejunas | |
| Dana Miles | Keith Corrina | Shawn Osterberg | Mary-Ellen McKerlie | |
| Dan & Tammy Graves | Kevin Laidlaw | Shelly Daust | Matthew Brown | |
| Dave Berdan | Kevin Smith | Sid Engelleiter | Meredith Ramos | |
| Dave & Laura Lee | Krista Aun | Sonia Lellamo | Michael Langley | |
| Dave Pye | Kyle Nagy | Steve & Karen Chychul | Michael Stapleton | |
| David Davidson | Larry Hagan | Steve Donaldson | Neil Fowler | |
| David Green | Leo Jette | Steve Siegel | Parks & Rec London | |
| Dawn Holmes | L Stuart | Sue Brown | Renee Lodder | |
| Deanie McHardy | Linda Reid | Susan Dravarits | Robert Atkinson | |
| Deb Teall Spicker | Linda Traquair | Susan Rose | Rodolfo Ramos | |

An Exciting Partnership: Green Apple Gives

We appreciate your donations to Dale Brain Injury Services and are thrilled to announce that we have partnered with Green Apple Gives, the rewards and fundraising platform!

This collaboration makes giving seamless through spare change roundups and cashback rewards! **You can now donate your spare change when you're buying your morning coffee or date night dinner, to help support our mission!**

Plus, when you carry out your regular shopping at Green Apple Gives' partner stores like Disney, Pizza Hut, Buffalo, Frank and Oak among countless others, you earn cashback which can be shared with us to support our cause for FREE at the same time! We wanted to find ways that we

could give back to you as a donor while also supporting our programs and services and Green Apple does just that.



What is Green Apple Gives?

Green Apple Gives enables donors to donate digitally through spare change round-ups and cashback rewards. This helps DBIS generate steady recurring revenue by making it easy for you to contribute through your normal everyday spending.

If you'd like to get signed up now, email stacyv@daleservices.on.ca to get started!



Stay tuned for more information to come via email!



ERRORS & OMISSIONS

Every effort has been made to ensure complete accuracy of this publication. If any errors are noticed, please contact Stacy Van Acker at 519-668-0023.

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