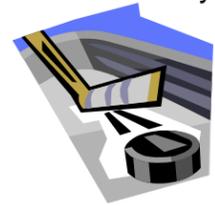


## Did You Know...?

With the topic of “concussion” being so prevalent in the world of sports nowadays, here are some websites that you may want to check out to learn more...



[www.thinkfirst.ca](http://www.thinkfirst.ca)  
[www.sportconcussionlibrary.com](http://www.sportconcussionlibrary.com)  
[www.stopconcussions.com](http://www.stopconcussions.com)  
[www.impacttestcanada.ca/learn.html](http://www.impacttestcanada.ca/learn.html)  
[www.sportconcussions.org/ibaseline](http://www.sportconcussions.org/ibaseline)  
[www.cdc.gov/concussion/sports](http://www.cdc.gov/concussion/sports)



*"I am not young enough to know everything." – Oscar Wilde*

## Conference Update by Josh Myers

I recently had the pleasure of attending the Pacific Coast Brain Injury Conference held from February 15<sup>th</sup> - 17<sup>th</sup> in Vancouver.

The Community Brain Injury Program for Children and Youth in BC was on display with a busy and active booth during the 3 day conference. Many new and familiar faces came by to learn about the CBIPCY as well as snatch up almost all of our concussion information and rehab pamphlets!

Highlights of the conference included an inspirational presentation from Val Loughheed, President and CEO of Northern Lights Canada. Val had been working in the field of rehabilitation for 25 years when she herself was in a severe car accident and sustained catastrophic orthopedic injuries as well as a brain injury. Val took us through her journey from the back of the ambulance to getting back to work and travelling the country telling her story.

Attendees were also treated to a live and powerful version of the play “After the Crash”, a Skype presentation from former NHL hockey player and Olympian Keith Primeau about his experience with concussions and his new prevention initiative. There was also a talk from David McGuire who ran across Canada last year for Brain Injury awareness.

For more information about the Conference and to hear more about the other speakers (Lois McElravy, Dr. Catherine Mateer, Dr. Ryan D'Arcy, Captain Trevor Greene, Dr. Gabor Mate and Terry-Lynn Stone) please visit [www.brainstreams.ca](http://www.brainstreams.ca).

### Contact Us:

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[www.bc-cfa.org](http://www.bc-cfa.org)



# brainbridge



Community Brain Injury Program for Children and Youth in BC

March 2012

## BC Centre for Ability recognizes “Heroes of Ability” ...



Congratulations to two of our former CBIPCY clients who have been nominated for the 2012 “Hero of Ability” awards. These awards are handed out annually and acknowledge individuals who inspire us with their strength and courage as they pursue life to the fullest despite any physical, neurological and/or developmental challenges they may be facing. They definitely have the heart of a hero, and personify the BC Centre for Ability motto, “Beyond Challenges, the Sky’s the Limit”.

**Elizabeth Magusin** is 10 years old and sustained a closed head injury as a result of a bicycle crash in summer 2010. After being discharged from hospital, she had very specific goals of returning to school, resuming her duties on the family’s farm, and, of course, riding her bike once again.

The transition home from hospital can be scary and difficult, and this family’s journey was not without bumps and challenges. Elizabeth and her family were clearly up to the task thanks to their remarkable ability to rally around each other. They maintained a positive attitude, but also showed appropriate and normal frustration and fear when faced with challenges. Rather than letting this steer them from their goal, they fed off of their frustration and fear, pressing on, learning more about brain injury, advocating, working with the therapists, and becoming strong brain injury advocates at the school and in the community. They stayed the course, and weathered the storms, learning a lot from their journey. In the end they can look back and truly see how far they have come.

Although only 9 years old at the time, Elizabeth was very active in her rehabilitation, and her maturity and insight were well beyond her age. She has travelled down the path of recovery to a place where she is now able to function more independently, cope with stress, participate in school and other activities that she loves to do...including riding her bike again. The efforts of Elizabeth and her family are nothing short of “heroic” and they deserve to be recognized and commended for this. We truly believe that the “sky is the limit for Elizabeth!”

**Dane Issigonis** is 12 years old, and sustained his brain injury in December 2010 as a result of a large brain bleed requiring emergency neurosurgery. He was left with many challenges including having no movement at all in his legs. During intensive rehab at Sunny Hill, Dane had to, among other things, re-learn how to walk. When he finally got home, Dane continued to work hard. He began playing golf, ball hockey in his backyard, and even got on his skates again. Stepping back on the ice, even if just for a skate with his parents, was huge given that less than a year before, he was not even able to walk.

The brain injury also cost Dane another significant loss - a large part of his identity at not being able to participate in the sport he loved. Dane’s whole life revolved around hockey – it brought out many of his strengths and skills, not just athletically, but more importantly his tremendous character. He was a leader on his team and in the community, and this leadership spirit shone through at Sunny Hill where he befriended many younger patients, acting as a mentor to them during their traumatic journeys. Dane gave hope to others, while never losing hope himself.

He faced his tough situation with maturity, bravery, and without ever losing that memorable smile. Dane’s parents have said that their goal is to “shoot for the stars”. Judging by how this incredible young man and his family have battled and persevered thus far, there is no doubt that the “sky is the limit” for them, and they will continue to strive for their goals, and no one goal more important for Dane than one day lacing up his skates with his team once again!

*"I think a hero is an ordinary individual who finds strength to persevere and endure in spite of overwhelming obstacles." - Christopher Reeve*

## It's Tax Time again...Information on Tax Credits & Savings Plans

**Transit Pass Tax Credit:** You can claim the total amount paid for public transit passes in 2011. This includes the cost of monthly passes or an annual pass. See: [www.cra-arc.gc.ca/transit/pass/](http://www.cra-arc.gc.ca/transit/pass/) for more information.

**Disability Tax Credit (DTC):** You may be eligible for tax credits (and even financial assistance) because you have a child/youth with extra needs. A health practitioner must certify that your child/youth qualifies. Call 1-800-959-8281 or go to [www.cra-arc.gc.ca/disability/](http://www.cra-arc.gc.ca/disability/) for more information, and/or speak to your family doctor.



**Registered Disability Savings Plan (RDSP):** If your child/youth is found eligible for the DTC, he/she is also eligible for a RDSP. The Government of Canada will contribute to this savings plan for your child/youth. Depending on your income they will match or even triple the amount of your contribution, to a maximum amount. Earnings from this account accumulate tax-free until they are withdrawn. For more information, call 1-800-622-6232, go to [www.hrsdc.gc.ca/disability\\_savings/](http://www.hrsdc.gc.ca/disability_savings/) or talk to your accountant/bank representative.

**Child Fitness Tax Credit:** You may be able to claim up to \$500 per child/youth for the fees paid in 2011 that relate to the cost of registering your child/youth in a physical activity program. If your child/youth is in receipt of the DTC, you may claim an additional \$500. See: [www.cra-arc.gc.ca/fitness/](http://www.cra-arc.gc.ca/fitness/) for more information.

*"The central struggle of parenthood is to let our hopes for our children outweigh our fears." – Ellen Goodman*

## What Families are saying about CBIPCY...

Recently, we surveyed some of the families who used the Program in 2011, and we would like to thank them all for their feedback. This input helps us to ensure that we continue to deliver quality services to families all across the province. We received a lot of positive comments, particularly with regards to the transition from hospital to home.

*"Everything was good – can't imagine not having this in place after coming home from hospital."*

*It was great – can't say enough about it...it made the transition from Sunny Hill a smooth one."*

*"My greatest fear was to come home alone...had someone here right away."*

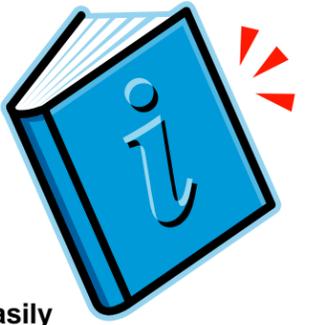
*"Couldn't have done it without you guys."*

Please remember that we are always open to your feedback, whether it is positive, constructive, or negative. This is how we remain responsive to the needs of families and provide services that are of benefit to you. Please call or e-mail the Coordinator with any feedback you may have.

*"What do we live for, if it is not to make life less difficult to each other?" – George Eliot*

## Our Library Resources:

Below are some of the new books that we have in our Library. Remember, you may borrow items for 3-week period, and it costs you only the return postage back to us.



**THE EXPLOSIVE CHILD - A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children**  
by Ross W. Greene, Ph.D.

Dr. Greene's very popular book has been fully updated and revised, and is a great resource for parents in dealing with various child behaviours including severe noncompliance, temper outbursts, and verbal or physical aggression.

**THE BRAIN THAT CHANGES ITSELF – Stories of Personal Triumph from the Frontiers of Brain Science**  
by Norman Doidge, M.D.

This book combines scientific breakthroughs about understanding how the brain works with real case histories of individuals whose lives have been dramatically altered by the brain's amazing ability to change and adapt.

**OVERCOMING SCHOOL ANXIETY – How to Help Your Child Deal with Separation, Tests, Homework, Bullies, Math Phobia, and Other Worries**  
by Diane Peters Mayer

Contains real-life examples and practical tips for working with school personnel (teachers, principals, and counsellors) to create a more positive learning environment for the child.

**UNDERSTANDING ADVOCACY for Children and Young People**  
by Jane Boylan & Jane Dalrymple

This book explores advocacy from its more traditional forms to newer approaches, and highlights the principle that children and young people know a lot more about matters that affect them than others do.

*"Knowledge is of two kinds. We know a subject ourselves, or we know where we can find information on it." – Samuel Johnson*