

News from BIS Barrie Office

Staff and participants have successfully moved and settled into our new location and have overcome the small hiccups that often occur when moving! If you haven't visited our new location, check it out at 21 Essa Rd. Unit 1 in Barrie as new things are happening there!

For example, we are pleased to offer a new workshop and a new service:

Living with Stroke – A 6 week workshop for Acquired Brain Injury (ABI) survivors and caregivers.

Date: Thursday afternoons 1pm to 3pm
from May 5, 2011 to June 9, 2011

Location: 21 Essa Rd. Unit 1, Barrie, ON

Please register for the workshop with Rebecca at 734-2178 ext 222.

Watch for further information in the New Year and contact Keri at 734-2178 ext 229 if you have any questions.

New "Drop-in" Service - Everyone needs a place to go. This service started in November 2010 and here you can hang your hat for the afternoon or just come and go. You can chat with friends, work on computers, play cards, have some refreshments and get out of the cold!

Date: Thursday afternoons from 1:00 to 4:00 pm
Location: 21 Essa Rd. Unit 1, Barrie, ON

Read on to see what other great things are happening at BIS around Muskoka/Simcoe!

Orillia Day Program

The summer of 2010 was full of outdoor fun in the sun! The Orillia Day Program enjoyed many walks along the waterfront, often stopping to watch the hub of activity at the port. The group had 3 delicious barbeques under the Couchiching Park Pavilion, which included, sausages, hamburgers, salads and of course strawberry shortcakes!

In July the group enjoyed the annual boat cruise on the Island Princess and participated in a "Gilligan's Island" themed day! The Professor, Gilligan, Captain, Mary Ann, Ginger and Thurston Howell all made an appearance!



SS Minnow crew from the Orillia Day Program on a "Three Hour Tour!"

In August the group grabbed their flip flops and towels and headed to the beach for the day! We had Frisbee, soccer, volleyball and badminton rallies going, along with swimming and relaxing in the warm water! What a spectacular day of summer fun! We also tried our hands at the Red Caboose Outdoor Mini Putt and had a great french fry stand lunch! Thank you to the staff at Red Caboose for their thoughtful hospitality.

The Orillia Day Program closed the hot summer season by making tie dyed t-shirts and enjoying a fish fry cooked by our very own, fish loving guy, David! Many compliments were made to the chef for his outstanding battered fish dish!

October is the month for ghoulish antics and what better way than to serve up a lunch of eyeballs, maggots, mini mummies, bat juice and shrunken heads! Yummy! We had many new participants come out to share in the lunch; a vampire, skeleton, pirate, rocker and 2 devils! Funny, we haven't seen them since Halloween!

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The group would like to thank Richard for showing them how to make vine wreaths for their doors! They look beautiful and are environmentally friendly!

The Orillia Day Program runs every Tuesday and Thursday from 9:00 am to 4:00 pm at the Orillia Youth Center, 9 Front St.

Barrie Day Program

The Barrie Day Program is preparing for the New Year and reminiscing about the past year. We spent most of the summer outdoors, fishing, playing baseball, Frisbee, croquet, and enjoying the beauty of Barrie's waterfront. The focus of the program was getting out and getting some physical exercise. The first annual summer Olympics was a great success. The participants gave the events their all and the spirit of competition drove them to some great achievements.

Exercising the brain is just as important as the body. So when we weren't out soaking up the sun (with sunscreen) we had an ABI workshop and a "Tell Your Story Day" where participants got to reflect on how and when they acquired their injury. For those that were willing, this process allowed them to see how far they had come since their initial state after the ABI. This was a real catharsis for many of the participants and allowed them to move forward in the healing process. This is nicely captured in a few words from one of the program's participants:

Every day is a new thing and every new thing is a different way to meet the same old thing.

Time will tell when it is time again, and the time is now to get some gain.

John B.

As summer turned to fall we took in the beauty of the season and did a fall colours tour around Kempenfelt Bay. The walk was great and the camaraderie of our program was once again reaffirmed. Our Thanksgiving feast was just that, a feast, and we had an amazing turnout for the event. Everyone left thankful and full. Very special thanks to Allison for the turkey that we all enjoyed. Her generosity is greatly appreciated and we hope next year she will join us for the feast.

Now that winter is upon us, our focus has been less on the outdoor and more on the indoor activities. We had a Seasonal Stress Workshop for our participants designed

to help deal with this stressful season. We have also started a weekly workshop called "Hero's Journey" which is a common sense approach to understanding brain injury. It has allowed participants a way to express and explain their injuries to themselves and others. Thanks to all the participants in the Day program from your Staff Trisha and Adam. We are looking forward to the New Year!

The Barrie Day Program runs every Monday and Wednesday from 9:00 am to 4:00 pm at our Barrie office: 21 Essa Rd. Unit 1, Barrie, ON.

Midland Day Program

Time is flying by. It seems just yesterday that we were planning our summer activities and here we are in December and the months ahead promise to be exceptionally active and stimulating! If you'd like to have fantastic times, join us at the Midland Day Program!

This summer's best activities provided opportunities to demonstrate skills, use strengths, and increase knowledge and most of all have fun! For example the Ontario Science Centre trip proved most interesting!



Midland Day Program Participants at the Ontario Science Centre

The Midland Day Program went on many community day trips and enjoyed countless activities which included but were not limited to the following... Discovery Harbour, Saint Marie Among the Huron's, Martyrs Shrine, Serendipity and Miss Midland Boat Cruises, Able Sail, Family BBQ, Park Activity Days, Guest Speakers, Swimming, Brain Power, Minute to Win it Games, Casino Rama, Pyjama Day with Brunch, Themed Cooking, Gilligan Island Themed Halloween, Education Sessions, Trivia and/or just hanging out with peers!

The Midland Day Program runs every Tuesday and Thursday from 8:30 am to 4:00 pm at the North Simcoe Sports and Recreation Centre, 527 Len Self Blvd. in Midland.

Collingwood Day Program

This past summer and into the fall participants and staff at the Collingwood Day program enjoyed many fun and diverse social, recreational, and educational activities.

For example, we visited beautiful Sunset Point Park several times in the spring and summer for barbeques and one of our favourite things to do is walk along the Georgian Trail or in town to a selected local restaurant, store, or viewpoint along Georgian Bay. The Collingwood group also enjoyed theme days when we cooked traditional food from a country chosen by participants. We also learned cooking tips at Loblaws "What's for Dinner" cooking classes which later inspired an afternoon of "What's for Dessert?" desserts! Ahh, food glorious food!

Other events included a memorable family picnic in July which was well attended by family and caregivers- Thanks so much for coming out everyone! Our group also connected with the community by volunteering at the Good Food Box- a program which provides fruits and vegetables at a low cost to help people on a budget eat nutritiously. Our vision board project was a great success in which participants created a collage of pictures and words depicting their dreams and goals.

One of the highlights of the Collingwood program over the past few months was visiting the Village at Blue Mountain. On one occasion we took a tour up the gondola enjoying the scenery of Georgian Bay and afterwards relaxing with our feet in the waterfall in town and window shopping in the village. Another visit provided great fun as we painted pottery at a local shop, which was then fired in a kiln and participants could take home a fun craft! . We plan on doing this again soon!

Another highlight was guest speaker John Mattys from O.U.R. Counseling Center who spoke to the group about motivation. This event was well received as Mr. Mattys helped us better understand how people are motivated and how to better motivate ourselves!

Other fun activities included our recent Pyjama Day. Everyone came in their favourite PJ's on an early December day and we enjoyed decorating a Christmas

tree for our program site and cooked bacon and eggs for lunch!

As we head into winter we are focused more on indoor activities such as Brain Power exercises, playing games, educational workshops, crafts, and several guest speakers have been planned over January and February. We do plan to get out into the community as much as possible by continuing to attend the "What's for Dinner" cooking class at Loblaws, going bowling at Georgian Bowl, and in late February we will be attending a workshop at Home Depot on how to build a birdhouse!

Our Collingwood group would like to welcome the newcomers to the program and staff would like to thank our participants for the many awesome contributions they make. Come out and have fun socializing and learning new things at the Collingwood Day Program!

Our Day Program in Collingwood runs Mondays and Wednesdays from 9:00 am to 4:00pm at the Community Resource Centre, 275 First St, Unit 9, Collingwood, Ont.

News from Muskoka

Muskoka Art Classes

As mentioned in the last newsletter, local artist Nancy Hunter has been providing bi-monthly art classes in Muskoka. These events were well attended with participants leaving the session with their own artwork ready to be displayed! Below is just one example of the wonderful art created:



Water color painting completed by Stuart F. – October 2010

More wonderful paintings from Muskoka participants will be posted soon on our website:

www.braininjuryservices.ca Check it out!

Volunteerism

Congratulations to BIS participant Sue H. on receiving a Senior Tutor certificate in June 2010 from the Muskoka Literary Society. Sue started taking an art class with the South Muskoka Literacy Society and before long she was a volunteer tutor. She has now been tutoring for more than one year and had completed more than 75 volunteer hours when she received the certificate. Well done!!



Sue H. Receiving a Senior Tutor Certificate

Congratulations also to BIS participant Janice T. for all her community work completed in 2010! Janice assists her community in organizing the Santa Claus parade, a Christmas dinner for almost 150 seniors, she volunteered at the Winter Youth Olympics and has provided assistance to the Legion. Most recently, Janice has been volunteering (painting) with the Habitat for Humanity project. She says:

“ Volunteering is so gratifying and it makes me smile when I see the enjoyment on their faces.”

Her fellow volunteers are aware of her ABI and on occasion have had to suggest she take a break when they see she is working too hard!

BIS Programs and Services

Adult Day Service

BIS' Adult Day Service offers a variety of social, recreation and skill building opportunities to adults living with acquired brain injury in North Simcoe. Operating in Barrie, Collingwood, Midland and Orillia, program activities are developed in collaboration with the participants and reflect the unique interests and needs of each group.

Community Integration

Community integration provides support and education in

activities of daily living and the skills necessary to maximize personal independence and community participation through working with survivors, adults and families living with the effects of an acquired brain injury in North Simcoe and Muskoka. Offered in group and individual formats, the program may include opportunities for:

- brain injury education
- physical development and health
- sensory-motor development
- communications and social skills
- emotional and spiritual development
- independent living skills
- recreation and leisure skills
- behaviour management

Community Outreach Services

Through Community Outreach Services, adults living with the effects of an acquired brain injury in North Simcoe and Muskoka are offered opportunities for skill training and improved community access and participation.

Whether individuals live on their own, with family, or in supported living environments, staff come to them.

Community Outreach Services has offices in Barrie and in Bracebridge.

Contact Us!

If you have any questions about any of the programs and services offered at BIS please feel free to contact us:

BARRIE/SIMCOE

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