

Annual Report

2006 – 2007



NABIS's 15th Annual Brain Injury Awareness Week Kick-off BREAKFAST

Presents:

Lesley Miller

*Spouse of Brain Injury survivor &
Victim of Violence - Dougal Miller*

Westin Hotel

Friday June 2, '06

7:00-8:30 am



Dougal Miller was manager of a walk-up apartment near NAIT. One day a trespasser brutally attacked him. The dangerous offender can appeal for his release every two years, yet Dougal faces a life where his only communication is by eye blink. Attend the Breakfast to witness this incredible story of courage, strength, love and the power of advocacy!

Tickets are \$35.00 or table of 10 - \$300

Call (780) 479-1757 VISA/MasterCard/Am.Express Accepted

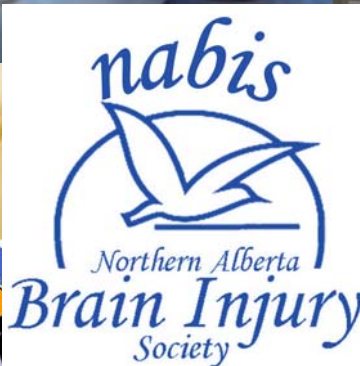
Northern Alberta Brain Injury Society

#229, 10106 - 111 Avenue, Edmonton T5G 0B4 nabis@abihelp.org

Sponsored by

**Alberta
Injury Lawyers**

James H. Brown and Associates



Northern Alberta Brain Injury Society

The Northern Alberta Brain Injury Society, a non-profit organization established in 1983, supports northern Albertans and their families who have been affected by brain injury. Our mission is to promote an optimal lifestyle for these individuals. We do this through support, information, service coordination, referral and advocacy at a personal and service systems level.

NABIS 2006 – 2007

Board of Directors

(As of January 1, 2007)

NABIS Staff

(as of May, 2007)

President Patrick Hirschi, Edmonton AB
Vice Pres. Craig DeCecco, Sherwood Park AB
Treasurer John Gartner, Sherwood Park AB
Secretary Gioia Sallustio-Jarvis, Edmonton AB

Directors:

Thomas Baxter, Edson AB
Bruce Hirsche, Q.C., Edmonton AB
Lydia Kawun, Edmonton
Owen Lewis, Grande Prairie AB
Dr. Gail Matazow, Edmonton, AB
Dr. Marty Mrazik, Edmonton AB (*on leave*)
Dr. Asha Sinha, Edmonton AB
Appointed, to be ratified at the AGM 2007:
Frances Zinger, Edmonton

Executive Director - Ginny Gillen
Program Manager - Rachele Gietz
Edmonton Region:
Regional Manager - Rachele Gietz
Service Coordinators -
Edmonton Office: Marianne Bobik, Rachele Gietz,
Dan Curry, Mike Riley & Michael Pyska
Edson Office: Tannis Arsenault, Dee Trozzo
Northwest Region:
Regional Manager - Darlene Dube
Service Coordinators -
Grande Prairie Office: Carey Williams, Maria Agunias
La Crete Office - Barbe Holick (Until March 31, '07)
High Prairie Office - Darlene Dube, Sandra Bembridge
Edmonton Support Facilitators:
Michael Pyska and Shelly Teske
Volunteer & Fund Development Manager - Barbara Baer Pillay
Operations Manager - Louise Jensen
Information Coordinators - Colette Hystad and Vicki Champion
Office, Fund Development & Volunteer Coordinator
Edmonton Office - Mary Pfeffer

Northern Alberta Brain Injury Society

#229, 10106 – 111 Avenue

Edmonton, AB Canada T5G 0B4

Phone: (780)479-1757 Fax: (780)474-4415 Toll Free: 1-800-425-5552

nabis@abihelp.org

Edson Regional Office

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Toll Free: 1-886-712-7560
nabis1@telus.net
dee@abihelp.org

Grande Prairie Regional Office

#406, 9728 Montrose Ave.
Grande Prairie AB T8V 5B6
(780)532-0477
Toll Free: 1-866-532-0477
laurel@abihelp.org
carey@abihelp.org
maria@abihelp.org

La Crete Regional Office

Box 1629,
La Crete, AB T0H 2H0
(780)928-4469
(Closed Mar. 31, 2007)

High Prairie Regional Office

4723 - 53 Ave, #A204,
Box 298,
High Prairie, AB T0G 1E0
(780)523-4218
darlene@abihelp.org
sandra@abihelp.org

NABIS has now a legacy of 23 years as a Society, experiencing ongoing growth and development, especially over the past four years.

With Executive Director, Ginny Gillen, at the helm for her sixth year, NABIS has focused on the needs of those affected by brain injury throughout the NW quadrant of Alberta as part of the Alberta Brain Injury Network (ABIN), a group of agencies contracted by Alberta Seniors and Community Supports to provide a provincially based network of supports for those affected by Brain Injury. By March 31, 2007, NABIS service included a main office in Edmonton, with a regional office in Edson, serving ABIN's Edmonton region, and for service provision to the Northwest Region, a regional office in High Prairie and Service Coordinators staffing offices in La Crete and Grande Prairie. Ongoing support from Capital Regional Health ensured Edmonton and area individuals affected by brain injury access to ongoing support groups and supportive counseling through NABIS' two Support Facilitators.

President's Report

by Patrick Hirschi

As we prepare for another Annual General Meeting for NABIS, I am reflecting on where NABIS began, where NABIS is going, and where NABIS wants to be when it grows up.

I used the term "When It Grows Up", because there is continuous change and flux in the brain injury community – "as is the case when living with a brain injury".

The Board of Directors of NABIS continues to work diligently to implement the recommendations from the Structural Review from 2005 and the Board Development Workshop from the Spring of 2006. I acknowledge that this process seems very slow, and that there are few obvious results to date. This pace is a frustration that I share with other Board members and NABIS supporters.

However, we have to recognize that change is generally a slow process, and that we want to get it right. With the amount of growth and uncertainty over the past year, the Board and Management of NABIS have had to work on unsteady ground in relation to our contract in the Northwest Region of the Province.

We have recently been informed that Alberta Seniors and Community Supports is going to tender the contract NABIS currently holds for the Northwest Region. Our current contract will now expire 30 September 2007. We, that is NABIS, is fully prepared to step up to the plate and put in a tender for that newly tendered contract.

The Board of Directors of NABIS has made it very clear to the Government and the membership that we are the NORTHERN ALBERTA BRAIN INJURY SOCIETY, and are committed to the Northwest Region.

While there have been some challenges in the Northwest Region over the past few years, we believe we are in a strong position to continue to provide services for people affected by brain injury in that region. I believe that when events unfold over the next few months it will become clear that NABIS is truly the "NORTHERN ALBERTA BRAIN INJURY SOCIETY".

Early in the year the staff and a Board member from the Northwest Region began forming a Northwest Region Advi-

sory Committee, which when consolidated, will be the ears and voice of the NABIS Board in the Northwest Region. At last year's Annual General Meeting, we had the pleasure of the company of the Assistant Deputy Minister from Alberta Seniors and Community Supports, David Steeves, who acknowledged NABIS' commitment to provide services to the Northwest Region of the Province. As a Board, we hope that we can look forward to that ongoing level of support from the Government.

The Board recognizes that there are some preferences and benefits to a local organization having the contract. However, we believe NABIS can provide the most effective services.

With the Northwest Region behind us, I can now move on to more global issues impacting NABIS.

I ended last year's President's Report with a review of the NABIS VISION and the NABIS MISSION. While the essence of either the vision or mission have not changed, the Board has been working on refinement of the language for both.

As we work on a marketing strategy for NABIS, the Board decided that the VISION and MISSION statements required some fine tuning.

It has been exciting work to explore the different ways to express what NABIS is and does for people impacted by brain injury. I have also found it invigorating to work with our new Board members, who bring new enthusiasm to their work.

I would like to close this year's report with three main points:

- *I believe that the staff and volunteers that keep NABIS going are unmatched in any other organization.*
- *That the strength and vitality of NABIS is underestimated by some, but fully appreciated by the survivors and caregivers that benefit from our services.*
- *NABIS provides leadership and mentoring in the greater brain injury community for service providers across Alberta.*

I would like to express my gratitude to the Board of Directors of NABIS and the NABIS membership for having me serve as their President for the past year.

Executive Director's Report

by Ginny Gillen

The past year has been a very challenging one for non profits in Alberta. NABIS has not been an exception. We too have been faced with labour shortages, salaries that cannot compete with government or the private sector, increasing costs for rent, travel, office equipment and supplies. At the same time our main funding sources have not changed.

The pressures for the people we serve have also increased. Through the media, we have heard, almost daily, that there is a housing crisis in Alberta. For people with low income, and generally that is the category people with disabilities fall into, this 'crisis' can turn into an emergency. NABIS staff are increasingly hearing from clients that have been successfully housed for years but who are now finding that their rents are no longer affordable or that their apartment building is being sold and they will have to leave. If it is not easy for an able bodied person to find housing just think of the challenges that are being faced by persons with brain injury.

With staff being pressured by the community and resources becoming increasingly scarce, it has been our challenge in the

past year to look for innovative ways to do our work. We started by looking at our tools, particularly our computers and IT support. It became apparent that our staff were being stymied by ineffective tools and further, that there were new and innovative ways of using technology that would make communication and the administrative portion of the work easier. So, in partnership with INFOLink, our computer information technology support, we approached the Muttart Foundation for support for a new 'computer platform'. In working with us around our proposal the Muttart pushed us to expand our thinking and rewarded us for being innovative by cost sharing with us the equipment and training support needed to implement a 'virtual private network'. This network has allowed a more effective administrative system and staff report feeling more supported in their work. I would like to express sincere thanks to the Board of Directors of NABIS and the Muttart Foundation for supporting this initiative.

However, some solutions are not so accessible. Over and

(Continued on page 4)

over we hear about the value that non profits play in our communities, yet we are all scrambling for funding. Even those of us who are fortunate to have funding for our core services in place, are finding that this funding is not keeping pace with the need or the resources needed to meet it. So in addition to the Muttart Foundation, NABIS has approached and been successful in acquiring funding from various donors– the City of Edmonton, Union 52 Benevolent Society, the Royal Alexandra Hospital Employee Charitable Donations fund , Wal Mart in Slave Lake, the Municipal District of Northern Lights #22, Canadian Society of Safety Engineers in Grande Prairie and many individual donors. In addition, sponsors like the law firms of James Brown and Associates and Cummings, Andrews and MacKay as well as the Bank Ultra Lounge, have greatly enhanced NABIS' ability to serve our community. Every quarterly NABIS News lists those individuals, businesses and Foundations that support our work. And of course, NABIS organizes a full range of fundraising events throughout the year to keep your social calendar full!

However, although NABIS may be very fortunate with the support we get for our work, many other organizations are not. Over the past year it is becoming more and more apparent that non profits need to have more support for their work. To that end NABIS is supportive of the work the Edmonton Chamber of Voluntary Organization is doing to encourage the government and the private sector to increasingly partner with non profits and realistically support the valuable work done in this sector.

NABIS PROVIDES:

- ✓ **Support**
- ✓ **Service Coordination**
- ✓ **Information Line**
- ✓ **Referral**
- ✓ **Resource Library**
- ✓ **Hospital Site Information**
- ✓ **Leisure/Recreation**
- ✓ **Advocacy**
- ✓ **Supported Volunteer Opportunities**
- ✓ **Monitoring & management of Support for Community Living Contracts**

HOW DID NABIS HELP IN 2006 - 07??

- ✓ Attending groups or accessing support were an annual total of 111 individuals with Brain Injury accompanied by 55 caregivers.
- ✓ Groups offered focused on the needs of women, young adults, peer support, caregivers, general support, summer support and monthly dinner/ social club - the GoGo's.
- ✓ April '06 to March 07, three Northwest region Service Coordinators worked with 81 individuals affected by brain injury and 55 caregivers within 41 communities.
- ✓ Five Edmonton region Service Coordinators worked with 349 individuals affected by brain injury, 92 of these individuals were new this year, within 44 communities.
- ✓ Partnered with three SCLS Edmonton Agencies serving over sixty individuals affected by Brain Injury each month.
- ✓ Administered SCLS Contracts with seven Rural Agencies serving an average of 15 individuals affected by brain injury with a total of 486 hours service each month in the NW region and 9 individuals in the Edmonton region with a collective total of 259 hours of service each month.
- ✓ 325 Information Packages informed of support and services. Four issues of NABIS News were produced and 1500 copies were distributed each issue.
- ✓ Library resources - articles, books, videos, cd's available for borrowing in each NABIS office.
- ✓ Volunteers contributed 5000 hours of service.

...A Tribute to Volunteers!

The Volunteer Program in 2006/07 again recorded over 5000 hours of service given to NABIS. A core group of 37 volunteers provided most of the volunteer effort in the four areas described above. Board Development took on a bigger role as Board Committees looked at the By-laws and at increasing NABIS exposure through a marketing plan. 2006-07 saw continuing Board representation from the Grande Prairie and Northwest region and from the Edson region. The Edson office was sad to see the Katimavik program end its three year run in Edson as it had been a source of excellent volunteers for NABIS. The Edmonton office continues to enjoy the luxury of having a volunteer organize the GoGo's (Getting out Group), peer volunteers organize and run the Thursday afternoon support group, and help with the Women's group in addition to volunteers daily helping out in the office. The NABIS Youth Organization organized their first Roller Disco in the spring of 2006 and Bottle Drive in the fall and contributed earnings and volunteers to the Christmas Open House. NABIS welcomed Fran Zinger of Edmonton law firm, Cummings, Andrews, Mackay to the Board in December of 2006; her appointment to be ratified at the 2007 AGM and bid farewell to Dr. Kelvin Jones who resigned from the Board in the fall of 2006. Board numbers remain at twelve. The Volunteer/Fundraising Coordinator became the Volunteer/Fund Development Manager at 25 hours per week so NABIS continues to depend on the experienced and committed cadre of volunteers to help 'keep the doors open'. Last but not least, Dean Easton was named Braithwaite Boyle Volunteer of the Year 2005 for his weekly volunteer commitment to NABIS as well as his amazing carpentry offerings, including a NABIS display case proudly situated at the U of A Hospital and his all around handy-person skills, which were called upon often!



...Report from the Northwest! *By Darlene Dube*

NABIS served the region from three offices located in Grande Prairie, High Prairie and La Crete. Three Northwest Regional Service Coordinators worked with 81 individuals affected by brain injury and 55 caregivers within 41 communities during April 2006 – March 2007. A NABIS Northwest

Regional Manager position was created and I assumed the role in February.

From the office in **High Prairie**, 1.5 service coordinators serve clients in McLennan, Slave Lake, Wabasca and the many smaller communities in the south eastern portion of the region. NABIS partners with professionals in these areas in many ways. For example we participate in the High Prairie Health Council on community health related issues, have collaborated on an Anger Management program that will be run in High Prairie and surrounding areas and we are in dialog with the Palliative Care Society in regards to hosting an annual event in the High Prairie Area. NABIS is responding to an indicated need for Support Groups and Wal-Mart in Slave Lake recently made a donation of almost \$1000.00 to support our work.

Last fall we decided to move the **NABIS Grande Prairie Office** from the Aberdeen Centre to the Red Cross Building. This was in response to increasing rents and the desire to have a more accessible space. At the same time 2 new staff joined the NABIS team.

NABIS has met with the Queen Elizabeth II Hospital Social Workers, Occupational and Physical therapists. Service Coordinators will now be integrated into discharge plans and information will be routinely provided to patients

and visitors upon discharge from the hospital.

NABIS is currently establishing a partnership with Canadian Mental Health to provide Survivor and Caregiver Support Groups. These will get underway in Grande Prairie this July 2007. In addition a 'getting out group' activities club will also be starting in July for survivors of brain injury.

New partnerships have been established with Mental Health Services from Peace County Health, Canadian Mental Health, Peace Country Health, Aspen Health, and the Canadian Paraplegic Association. Together we are trying to launch a day program in Grande Prairie and NABIS has offered to take the lead.

Finally a partnership with Peace Country Health in regards to the Chronic Disease program and the Stroke program has been established. By working closely with these programs we hope to ensure individuals are provided with appropriate services once they are discharged from Hospital.

Plans are in place for a fundraising venture with the Canadian Paraplegic Association to launch an annual fundraising event in Grande Prairie.

NABIS clients in the NW region receive 'Supports for Community Living' services from Canadian Mental Health in Grande Prairie, Peace Choices Unlimited in Peace River, K-Bri Solutions in Donnelly, Slave Lake, and East Prairie and Marigold Enterprises in High Prairie.

NABIS NW is closely tied to NABIS Edmonton for administrative support. Our new computer platform has streamlined this support. Having direct access to files on the NABIS Edmonton Server makes membership and other databases accessible to all regional offices. Finally, to make our services more accessible, "1-800" numbers were installed for all of the NW offices.

...Young Adults Programming Overview

It is an exciting time at NABIS. Since January 2003 young adult services at NABIS have steadily increased and 2006 was no exception. Combined with new community partnerships, NABIS' evolving approach to service delivery has allowed more young adults to receive supports and programming than ever before. NABIS hopes to better address their needs and prevent many young adult survivors from falling through the possible 'gaps' in community support.

This past year NABIS added a second Young Adult Group.. The two groups, each with a registration of 12, met for two hour sessions bi-monthly. The increasing level of cohesiveness and comfort, sharing, providing and receiving feedback, and exploring personal development, has meant that attendance is strong.

Members of the Young Adult Group want to have fun too; wishing to connect with other young adults and to be active in community events. To this end, NABIS has sponsored and organized numerous successful group events and recreational outings.

NABIS continues to offer 1:1 supportive counseling, service coordination, advocacy, and information specific to the needs of the younger populations. In 2006-2007 NABIS has begun incorporating innovative research findings and practices focusing specifically on the *multi-transitional* character of recovery from brain injury for young adult survivors. This innovative focus aligns current ABI research findings and public policy with a proven model of support for young sur-

vivors and their families.

To address the specific needs of young survivors, NABIS programming combines long-term transitional planning and case management with support to regain, or perhaps develop, life-skills and personal capacities.

Transitions from hospital/rehabilitation to home, the community and along their life-course can be difficult, and NABIS needs to be there to continue developing strategies, materials and capacities.

Young adult programming is dedicated to encouraging understanding, adjustment, social inclusion and self-determination. As one participant commented, "Here we get to be who we are now, and find out who we *want* to be in the future." Another participant has remarked, "It's like we are not alone. We get a chance to be young and figure this stuff out."

NABIS continues to promote positive well-being in all aspects of our work, and the future will bring new innovations in service delivery to young adults. As part of NABIS' overall mission, young adult programming will continue to make positive differences in the lives of young adult survivors through specialized support and service, and strengthening relationships with professionals, experts, families and community stakeholders.



Young Adults Group Members join

...Brain Injury Awareness Week

The first week of June once again highlighted in NABIS communities Brain Injury Awareness Week (BIAW). NABIS is one of several community organizations that work together to raise awareness, increase prevention and provide education to professionals, survivors and their families, friends and caregivers. This year's theme was "Realize the Impact on the Community" and the fabulous BIAW Coordinator in Edmonton was Natasha Guindon.

375 people attended NABIS' 15th annual Kick-off Breakfast June 2nd at the Westin Hotel. Lesley Miller, spouse and advocate of brain injury survivor and victim of violence Dougal Miller, spoke of her determination and persistence in fighting for his rights. Later at Noon, A Grand Rounds panel discussing physician-patient relations after acquired brain injury was held at the Glenrose Rehabilitation Hospital (GRH).

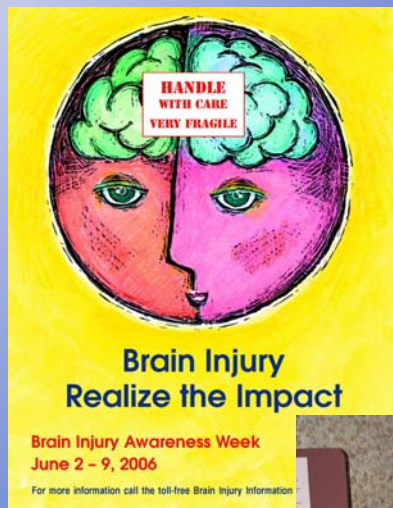
The following week, professionals and survivors shared their expertise and experiences on brain injury by television appearances on Global Morning Edition and Help TV. This brought attention to BIAW, and in combination with other media coverage, posters, electronic signs and banners, the community at large had their attention focused on "Realizing the Impact."

A combination of presenters spoke on several key areas related to community reintegration after brain injury for Education Day, June 9th at the GRH. Included were a Student Support Specialist from Norquest College, a Neuropsychologist from the former Ponoka Brain Injury Rehabilitation Program, a Director from the Alberta Centre for Injury Control and Research and two caregivers of brain injury survivors. The afternoon was punctuated by the production "Our Stories", the Networks Theatre Group, comprised of actors who are also survivors.

Survivor Curtis Anderson updated us on the 2006 Courage Canada Trail Ride, organized to raise awareness and funds for the former Ponoka Brain Injury Rehabilitation Hospital and NABIS. He encouraged others to take action in bringing brain injury to the forefront of public knowledge.

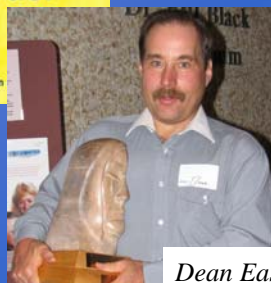
...Information

NABIS gratefully acknowledges support from the Wildrose Foundation and James H. Brown and Associates to sustain this program which continues to be a source of valuable support to survivors, families and professionals throughout the community, provincially and on a national level. It maintains nearly 2000 service organizations on its database. The Information Coordinator, a position shared by two individuals, responded to all information requests coming into NABIS, averaging over 100 calls a month from survivors of brain injury and their caregivers in 2006 - 07 year. As well, intake appointment scheduling, up-to-date information and referrals were provided to clients upon initial contact with NABIS. Twice weekly the Information Coordinator staffed a display table at the Neurology Unit, University of Alberta Hospital. Call weekdays 8:30 am to 4:30 pm **479-1757** or toll free **1-800-452-5552**.



...Annual General Meeting

NABIS held its AGM June 20, 2006 at Glenrose Auditorium with forty seven NABIS members, supporters, representatives of organizations and firms in attendance. The annual financial report was presented by Zack Holtzman of the firm Cetinski and Holtzman. Greetings were brought from David Steeves, ADM of the provincial ministry, Seniors and Community Supports, as well as from Bonnie Graham of Capital Regional Health, Glenrose. Standing Board members nominated for re-election to two year terms were Patrick Hirschi, John Gartner, Bruce Hirsche, Gioia Sallustio-Jarvis, Dr. Asha Sinha, and Lydia Kawun. Those standing for re-election were elected unanimously to NABIS' Board. Carrying on to the second year of their term of office were Directors Tom Baxter, Owen Lewis, Dr. Gail Matazow, Dr. Marty Mrazik, Dr. Kelvin Jones and Craig DeCecco. NABIS' volunteer carpenter, handyman, and all around office guy, **Dean Easton** was presented the Braithwaite Boyle "Volunteer of the Year 2005" Award.



Dean Easton, NABIS Volunteer of the Year 2006

Survivors, Ian Young, Judith Clarke and George Majeed, all spoke eloquently of their struggles and achievements and the role that NABIS has played in their journeys.



Mayor Mandel & Ginny Gillen - HOO'06

...Fundraising Report 2006-07

<u>Hawaiian Oyster Odyssey April 27</u>	<u>BANK UltraLounge</u>	
		<i>All earnings to BIAC/BIAA</i>
<u>Edson's 1st Big Breakfast</u>	May 4 th	\$2,240
<u>Great Human Race</u>		
May 6 U of A Butterdome		\$5,792
May 31 - June 2 Courage Canada Trail Ride		
<u>by Curtis Anderson</u>		\$2,897
<u>15th Annual Kick-off to BIAWeek Breakfast</u>		
Keynote: Lesley Miller		
June 2, Westin Hotel		\$14,650
<u>Dinner and Silent Auction</u>	Nait Dining Hall Nov. 4th	\$15,381
<u>Fall Mailout Campaign</u>		\$12,175
<u>Casino, March 10 & 11, Palace Casino West Edmonton Mall</u>		\$67,500
2nd Annual <u>Hawaiian Oyster Odyssey</u>	March 22 <u>BANK UltraLounge</u>	
		<i>All earnings to BIAC/BIAA</i>
<u>Dave Irwin Brain Injury Foundation</u>		
<u>Dash for Cash Ski Race</u>		
50% portion of funds raised:		(still being processed)
Total Raised		\$120,635

Thank You

Thanks to the following corporations & associations for their ongoing support:

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 J. Gartner, Sherwood Park (Breakfast) Lions
 Chase Hinton, Silverback Oilfield Contractors.
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 Architecture & Int. Design

Many thanks to the following for their generous donations Apr. 1, '06 to Mar. 31, '07.

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Dave Irwin, Craig DeCecco and all those who participated and supported the March '07 Dash for Cash Ski Race held at The Sunshine Village, Banff.

Those who pledged &/or participated in the May 6, '06 Great Human Race.

All those who supported Curtis Anderson's Courage Canada Trail Ride May 31 - June 3, '06.

Those who provided Silent Auction items, attended and supported NABIS' 6th Dinner and Silent Auction on Nov 4, '06 held at NAIT Edmonton.

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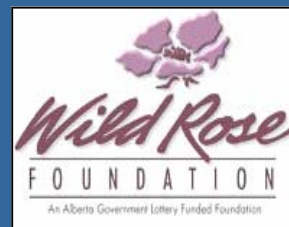
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