



From All of Us ... Thank You

On November 10th Brainworks celebrated birthday # 5! Thank you to all of you who attended our Birthday Bash and helped us celebrate an amazing five years! The party was a joyful conclusion to a day of meetings and education for our staff. It was great to see so many of our colleagues together in one room for this happy event with [The Sheridan Band](#), featuring our very own Jeff Sheridan, providing entertainment. More photos can be seen on our ever-changing website, where you will also find details on what's up at [Brainworks](#). Thank you for the support over the years. We are excited and looking forward to many more years of service to our clients and their families.

Arden

Giving Back to Our Community

In keeping with our philosophy and tradition of giving back to our community, Brainworks celebrated its fifth birthday by honouring five very worthy causes. The recipients of our donations were [Camp Dawn](#), [Ontario Neurotrauma Foundation](#), [Parkwood Hospital Foundation](#), [Ontario Brain Injury Association](#), and [Paralympics Ontario](#).

Our donation to Parkwood Hospital was made in honour of the late Dr. Marguerite Kuiack, and to recognize Parkwood's excellence in patient care. The donation to Paralympics Ontario was made in honour of Dr. Emilie Newell, who made this suggestion and whose work in the paralympic movement and in medical rehabilitation is legendary.

Behavioural Activation

Arden and Sarah presented our behavioural activation program, "Moving Forward" at the ABI Network Conference in Toronto on November 3rd. Behavioural Activation is an empirically supported treatment for depression. This approach reduces depressive symptoms by increasing exposure to reinforcing activities and promoting a sense of mastery and accomplishment.



This program can be customized to fit the needs of a wide variety of clients who are experiencing depressive symptoms, including those experiencing chronic pain, those who have sustained a brain injury, and those adjusting to life after a motor vehicle collision.

Check out the details online at [Behavioural Activation](#)

Dedicated Staff

Three Brainworks staff were recognized at the Birthday Bash on November 10.

Senior Rehabilitation Therapists Chet and Michelle Graham, who joined Brainworks in October 2003, both received five year service certificates. Chet and Michelle are both DSW graduates of Fanshawe College and have a combined 20 years of experience in the field of brain injury, working effectively with clients in their homes, schools and communities, turning broad treatment goals into effective practical activities to achieve the desired outcomes for our clients.



Michelle, Arden and Chet

Steve Wilpstra, who joined Brainworks as a Rehabilitation Therapist in May 2005, received an award for outstanding communication. Steve, a DSW graduate of St. Clair College has twenty years experience working with individuals with a variety of disabilities and is highly experienced in anger and behaviour management, vocational rehabilitation and social and life skills training. Steve is working toward his Certified Brain Injury Specialist designation.



Arden and Steve

Thumbnail information on all our staff is posted on our website, [Brainworks Staff](#), and we are happy to send complete resumes on request. Just drop us a line at info@brainworksrehab.com, or call our receptionist at (519) 657-1180 ext. 0.

Pass it on

If you know someone who may be interested in receiving this newsletter, you can easily [forward a copy](#).