

A blue banner with white snowflakes and the text "Merry Christmas and Happy New Year" written in a white, cursive font.

Looking Forward

Well, here we are, at the end of another busy year! Time has gone so fast. We have been so fortunate to have been able to participate in many more of our clients' success stories. They continue to inspire us in our constant quest to improve our programs and services to better meet their wide-ranging needs. What we do, we do for our clients and their families -- that's what being client-centred is all about. We're very proud to have been able to help our clients set and reach milestones they never thought possible. And being there to see it all happen has been so rewarding for us.

As we are a part of our community, giving back to those who have given so much to us is something very important to us at [Brainworks](#). This year, we have hosted community discussions, sponsored tournaments, conferences and events, played a key role in Camp Dawn (a summer camp for adults with brain injury), and lent our support in community events in a variety of ways.

We have some great plans for the future. We are looking forward to 2011 with great anticipation! We are especially excited about new [programs and services](#) that we will be introducing in the coming months! Watch our website in 2011 for details.

Warmest greetings during this holiday season. As is our practice, in lieu of holiday greeting cards or gifts, our staff is supporting a needy family from Thames Valley Children's Centre during this holiday season.

We Are Brainworks

This year, our staff celebrated what it means to be a part of the Brainworks family in a number of creative ways. We put together a video, collected identity statements from staff, and held a photography contest with winners announced at our annual Staff Celebration Day just a few weeks ago. Check out the [photo gallery](#) of the festivities on our website.

We are all very proud of the work we do. We are so much a team, with everyone doing their part to bring our vision and our mission to life every day. Each of our staff has special gifts and talents that they bring to the mix, and we bring forth the best in each other. We collaborate and advocate, and always pay close attention to detail. For our clients, we act as coaches, cheerleaders and confidantes,

encouraging them every step of the way, and never doubting for a moment that they will take that next step.

We're surrounded by caring and compassion for those we serve. There's no place we'd rather work, and there isn't a group of people we'd rather work with. We'd love for you to see our video on what it means for us to be Brainworks. Just click the picture below and enjoy the show ...



Staff News

Brainworks is excited to announce the promotion of [Tami Nestor](#) to the position of Manager, Clinical Services. Tami came to us as a seasoned case manager, having spent a decade as a rehabilitation consultant in clinical, third party service provision, and disability insurance fields. With two degrees and previous experience as a behavioural therapist, she has built on her specialized and intensive training in both behavioural science and psychology. A creative problem solver, Tami is responsible for the senior management of a variety of our programs and services.



We join the American Academy for Certification of Brain Injury Specialists in congratulating [Steve Wilpstra](#) for scoring 90 percent on his Certified Brain Injury Specialist Exam! We are also excited to announce Steve's promotion to the position of Senior Rehabilitation Therapist. With almost 25 years of experience in social services, and 5 years at Brainworks, Steve is a highly sought-after rehabilitation therapist. In addition to brain injury, orthopedic & chronic pain rehab, his expertise spans working with young offenders, children and youth, people with behavioural difficulties, and those with special challenges seeking employment. An expert rapport-builder, he is known for coming alongside clients and creating "win-win" situations!



Brainworks' Sleep Seminar

In November, we were very pleased to hold our second annual Breakfast Seminar, with this year's topic **Sleep Tight ©: Sleep as a Goal of Rehabilitation Rather than a Barrier**. Those who have experienced trauma, brain injury, chronic pain, or loss often have significant sleep disruption that can negatively impact all areas of their lives, including their own health and well-being, as well as their family and social relationships. Yet, quality of sleep is routinely overlooked when assessing individuals for other health problems.

At our seminar, Dr. Jennifer Barr, Department of Sleep Medicine and Physician Lead of Consultation Liaison Psychiatry at London Health Sciences Centre, gave an enlightening talk in which she reviewed the assessment, diagnosis and medical treatment of the various forms of disordered sleep in the context of brain injury. Brainworks' Dr. Sarah Vernon-Scott and Tami Nestor presented on how to conduct cognitive-behavioural treatment of sleep disturbance for clients with ABI, using a case example from our Sleep Tight program. In this example, the client showed significant increases in nightly sleep duration and number of nights in which he was able to sleep through the night without waking.



If you would like more information about our innovative [Sleep Tight](#) © program, please contact us at 519-657-1180, ext. 0. We'd be happy to discuss how this program could be of benefit to you or someone you know.