



*Dear Colleagues and Friends,*

First of all, let me say that I am so in love with my work and with Brainworks and our clients and our staff; and I am honoured to be working with such a strong yet sensitive team of colleagues. I am proud of our work, our client-centred philosophy and our clients' success stories.

Our number # 1 commitment is to our clients-- that is why we exist. And there is no way we can do the type of work we do without having tremendous empathy for those who have lived through devastating injuries. We do much to support survivors and their families: recent supports include sponsoring a national sledge hockey tournament, supporting injured children and families with inadequate treatment funding, and contributing to local, provincial and national associations.

Facebook, as you'll read about below, allows us to take our support one step further, and really get in at the very first link in the continuum of care: prevention. We are building a community on facebook where we share information to raise awareness about brain health, and about serious injuries and their prevention. We are helping people keep their brain the fittest and find the best possible rehab services, while raising awareness about avoiding the worst possible injuries.

These last few months have been among some of the busiest on record for "behind the scenes" work at Brainworks. We have various initiatives underway, all designed to continuously improve our services and best meet our clients' needs. We are excited to share some of our current news below. Feel free to drop me a line if you'd like more information!

We are truly blessed and honoured to work together with you, sharing the load with those we've been inspired to serve on their rehabilitation journey. Each new step forward is a triumph; each new skill mastered, a cause for celebration.

With much joy and thankfulness,

A handwritten signature in black ink that reads "Arden".

[Arden McGregor](#)

## Brainworks' Sleep Tight Program

"When you have insomnia, you're never really asleep, and you're never really awake."

~From the movie Fight Club, based on the novel by Chuck Palahniuk

Do you have a client who has difficulty sleeping? Is it prolonging their recovery, posing a barrier to their rehabilitation program, worsening their other symptoms or simply causing additional stress and frustration? Would they benefit from de-stigmatized counseling, support and assistance?



It is difficult to overestimate the impact of sleep on recovery and rehabilitation. For those who are having sleep difficulties related to chronic pain, traumatic brain injury, anxiety or depressive symptoms related to an accident or injury, Brainworks' Sleep Tight program improves sleep routines in order to increase restful sleep with the end goal being improved cognitive, behavioural, physical and psychosocial functioning.

Using sound behavioural principles, and empirically supported interventions our Sleep Tight program is a practical, four-session treatment program, individually delivered by a **regulated professional**. Brainworks also offers a very thorough and comprehensive functional sleep assessment for those cases where a detailed assessment would be required for medical and/or legal purposes. As always our services and products are based on the needs of our clients.

The Sleep Tight program is generally completed in client's homes with an emphasis on incrementally increasing the duration of restful sleep.

For more information about our [Sleep Tight](#) program please check out:

Website: [Sleep Tight](#)

For more information please contact:

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# Brainworks on Facebook & Twitter

## Twitter

Tweet Tweet! Look who's on Twitter!

Brainworks invests significant time and resources to ensure that we are at the cutting edge of rehabilitation advancement. And, the best part is, we are happy to share that with you!



We keep current with our colleges and associations, attend conferences, regularly review professional journals, and keep our eye on several top news feeds. We've recently joined the Twitter network, which allows us to freely share this up-to-date information in real time.

Using Twitter helps us demonstrate our commitment to clinical excellence, and it also provides a forum in which we can efficiently make this valuable information accessible to colleagues and friends.

Let us do the research for you! We are sharing the newest / hottest / most relevant rehab information on Twitter, and you are free to check it out whenever you want. The most efficient way to keep up to date is to follow us on Twitter. We also have a Twitter feed to our home page, where a few of our most recent posts show up. But, to get the full benefit of this info, follow us on Twitter!

## Facebook

Everyone knows someone whose life has been touched by a devastating injury or loss. Brainworks is raising awareness about brain health & injury prevention, while offering hope to trauma survivors, and helping people reach their full potential.



You can help us get the word out. We are building an online community for everyone who knows someone whose life has been touched by an injury or loss. That's all of us. We invite you to join our Facebook fan page and suggest our page to your friends.

## Brainworks Supports Social Work Week

Brainworks' five registered social workers, along with their 11,000 colleagues in Ontario, are marking National Social Work Week from March 1-7. This year's theme focuses on social work's advocacy role in addressing poverty.

Website: [National Social Work Week](#)

At Brainworks, social workers play a key role in helping family members cope with the injuries sustained by loved ones and in helping clients reconnect with their community and adapt to changed family roles. Social Work Manager Gary Davies would be pleased to discuss with you the ways Brainworks' social workers can assist clients and their families to successfully meet their challenges. We look forward to hearing from you.

For more information about [Social Work](#) at Brainworks, please check out:

Website: [Social Work](#)

For more information please contact:

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