

York Region Head Injury Support Group
11181 Yonge St. 3rd floor
Richmond Hill, ON L4S 1L2
905-780-1236

May 6, 2005

Bill Fisch & Council for Region of York:

I am writing on behalf of the York Region Head Injury Support Group. We are a group of people from across York Region who live with the effects of brain injuries. Because of our personal experiences with the issues and problems caused by such injuries, we recognize the need to prevent brain injuries as well as assist those who sustain brain injuries to live with dignity in their communities and develop to their highest potential.

We are requesting that you proclaim June 2005 as “Brain Injury Awareness Month” in the Region of York.

Brain injury is the leading cause of death and disability in young people.

In York Region, approximately 1,152 individuals sustain a brain injury each year. About 243 of these are children (0-14). Caused by falls, motor vehicle accidents, infections, bicycle accidents, drug abuse, tumours, strokes, aneurisms, and other causes, it is estimated that annual costs associated with brain injury are more than \$1 billion in Ontario.

In addition to financial costs, brain injuries result in a variety of physical, cognitive, and social/emotional impairments. The York Region Head Injury Support Group works to support those York Region residents whose lives have been impacted by brain injury. We are affiliated with the Ontario Brain Injury Association (Charitable Reg. #10779 7904RR0001). June 2005 is “Brain Injury Awareness Month” in the Province of Ontario. Please help us raise local awareness about brain injuries by proclaiming June 2005 as “Brain Injury Awareness Month” in the Region of York.

Thank you.

York Region Head Injury Support Group
Steering Committee

June is: Brain Injury Awareness Month

*Brain injury is **everyone's** responsibility!*

Brain injury is the leading cause of death and disability in young people! These injuries often result in a variety of physical, cognitive, and social/emotional impairments. Falls are the most common cause of brain injuries, followed by motor vehicle accidents, sports-related injuries, assaults, etc. Most of these incidents are preventable or their impact can be greatly reduced. Brain injuries can also be caused by events like strokes, tumours and aneurisms.

*What can **you** do about brain injuries?*

- < **Always** wear a helmet when you participate in sports (horse riding, baseball, football, hockey, etc.) or are "on wheels" (bicycle, motor bike, skateboard, roller blades, snowmobile, etc.).
- < **Always** use seat belts and child car seats when driving.
- < **Never** shake a baby or small child.
- < **Never** take alcohol or drugs before operating any kind of vehicle.
- < **Always** practise safety and work to prevent the possibility of accidents, falls, and violence at home, school, work, and elsewhere.
- < **Learn** about brain injury issues -- to prevent brain injuries, to minimize the impact of those injuries that do happen, and to be understanding and supportive of people that live with the consequences of brain injuries in our community.

A message from the York Region Head Injury Support Group. Call 905-780-1236 for more information.*

* Affiliated with the Ontario Brain Injury Association 1-800-263-5404



The York Region Head Injury Support Group
would like you to know that.....

June is Brain Injury Awareness Month!!!

Our community is affected by **every** brain injury. What is your connection to brain injury? Do you live with the effects of a brain injury yourself, as a family member, friend, neighbour, co-worker, educator, service provider, tax payer?

Please come join us at our Second Annual Vigil

Wednesday, June 1, 2005 at 8:00 pm
Loyal True Blue & Orange Building
11181 Yonge St., Richmond Hill

Join us as we acknowledge the members of our community whose lives have been impacted by brain injury. Help us give faces to the words "Brain Injury"!

Bring a Friend and a Chair!

For more information, call the York Region Head Injury Support Group's voicemail (905) 780-1236 and leave a message. Someone will return your call as soon as possible.