

Rest is not idleness, and to lie sometimes on the grass on a summer day listening to the murmur of water, or watching the clouds float across the sky, is hardly a waste of time. ~John Lubbock

Summer 2011



IN THIS ISSUE:

- 1 *Work it for Wellness*
- 2 *Work it for Wellness – con't*
- 3 *Work it for Wellness - conclusion*
Putting Cystic Fibrosis on Ice
- 4 *Putting Cystic Fibrosis on Ice – conclusion*
Hellos and Goodbyes
- 5 *Workshops 2011/2012*

Work it for Wellness

Whether it was to divert attention from one's ailments or a belief that exercise was simply the body's natural tonic, physical activity has been used for rehabilitation means ever since the Roman, Greek and Chinese empires. Turns out, they were bang-on!

At JR Rehab, our occupational therapists, kinesiologists and rehabilitation assistants educate and promote on the positive results of physical therapy in a rehabilitation program, not just for physical results including improved range of motion, strength, and core stability, but for cognitive and psychological benefits as well. We wanted to see if our therapists and staff take their own advice when stressing the importance of physical activity to their clients.

On average, our rehabilitation staff said that physical activity rated an 8/10 in priority to their everyday lives, with the majority of staff getting "physical" on average 5 days a week.

- continued on page 2

Team JR was a proud participant for the sixth year straight in the annual Fraser Valley Brain Injury Association Golf Classic, which took place on Thursday, June 16th at Newlands Golf and Country Club in Langley. Kinesiologist Jason Hotell was the big winner for team JR Rehab, winning the men's longest drive competition. Congratulations Jason!

Kinesiologists Sarah Clarke and Elaine Tung, taking a rest from the grueling day.



OT Grace Fong's OT class participating in a Dragon boat festival.



- Work it for Wellness, continued from page 1

Quite a few JR Rehab staff are avid runners. Last fall, OT Jill Olson competed in the New York City Marathon and the Chicago Marathon. Kinesiologist Tyler Willson participated in the Oliver Half Ironman Triathlon, stating: "...it was an overwhelming sense of joy to see all my hard work pay off in the end. Finishing in 7 hours was nice too!". OT Jennifer Babcock has been running for 25 years and uses it as a stress reliever as well as a social vice stating: "I really enjoy running with a friend. It is very social and I am more willing to do it when I really do not feel like it if I'm meeting up with a friend". Professionally, Jennifer says having a client perform their physical activation program with a kinesiologist can make them more comfortable and they can then continue on after with a friend or through a group. A member of JR Rehab's administrative staff is a runner too! "It's a great stress buster and due to the solitude, it gives me plenty of time to think, problem solve and plan" says Sheryl Thompson, JR Rehab's Office Manager. She admitted she's also motivated by the piece of chocolate she can have in the afternoon at the JR rehab office and that she just

doesn't feel the same throughout the day if she doesn't get her workout in.

Biking is another popular activity that our staff enjoys. This July, Beth Inglis, OT, competed in the 160km Penticton GranFondo Bike Race and will take on a similar feat in September at the 120km GranFondo Whistler Bike Race. OT's Amanda Richmond and Jill Olson are also big into biking; riding their bikes to the JR office or to see a client is not an uncommon occurrence. No matter runner or biker, the mental game they play to push themselves towards their goal and the feeling of accomplishment once they've arrived is a common, inspirational theme. They also can testify that it's a great way to clear your head, relieve stress, improve mood, and keep them energized.

Rowing is not just a past time, it's a passion for OT Maureen Woodward, who has been rowing for "longer than it takes to make coal!" Apart from the physical benefits, the cognitive benefits seem to be just as important: "Rowing is the most focused and peaceful sport. You are totally focused on the smallest details of technique so your mind cannot stress about work or anything else". Besides rowing, Maureen also enjoys walking and is currently training for a 119km trek taking place over 6 days in Spain 2012, the Camino de Santiago de Compestella. "It gives our workouts purpose and it always helps to work towards a goal".

Ice-hockey! Floor-hockey! Ball-hockey! Any kind of hockey seems to be the sport of choice for Kinesiologist Lori Nishi. She has been playing for 22 years, since she was a kid, and still loves the

challenge and competition hockey provides. Aside from being great exercise, she states it's also important to her because it allows her "me time".

Lindsay Bolkowy, Kinesiologist, is another avid hockey player. At the end of August into the beginning of September 2011, she will be participating in the Longest Female Hockey Game in the World, which will entail 40 women players playing one continuous game of hockey for 10 days straight. (For further details on this event, read page 3's "Putting Cystic Fibrosis on Ice".)

Tyler Willson said he was fortunate to have a big back yard to run around in and parents who were both athletes, both of which contributed to his love of sports and exercise. He has been playing baseball since a kid, playing in the spring and summer, and training in the gym during the winter months. "My love for physical activity is what steered me towards this career path in the first place. I have learned most of what I know in the gym through training myself for sports; having been in the gym so frequently, I am able to communicate to them how they should be moving and what they should be feeling. Having numerous injuries from sports also brings a certain level of perspective towards my clients and what they are going through".

Some of the JR Rehab staff like variety, such as OT Sue Colbourne. She likes to mix things up with a combination of dog walking, yoga and Zumba. Dog walking time is also time to visit with her husband, and her "dogs insist on it!" For Sue,

- continued on page 3



JR Rehab
Kinesiologist
Tyler
Willson,
admiring a
home run.

- Work it for Wellness, continued from page 2

Zumba is “fun, has great music and I have to completely focus to figure out the steps”. Yoga is a great challenge and piques Sue’s interest on the effectiveness it has on pain management.

Volleyball, basketball, tennis, badminton, and softball, and as if that isn’t enough, Rehab Assistant Alice Yang likes to top that off with going to the gym! 6 days per week of physical activity is something that

comes naturally to Alice: “I’ve been playing ever since I was young and fell in love with sports.” What keeps her interested is the determination it takes to practice and hone skills that better the game, as well as provide her with the ability to take her mind off work and improve her social, emotional, and physical wellness. To keep herself motivated, she stimulates her brain with a mental game. She uses a monthly calendar to record her workouts with the goal of filling up the calendar. She says this is a tactic she uses to drive her client’s therapy and improve their motivation.

For the past year, Ricardo Nuno, OT and Director of JR Rehab, has been participating in Cross Fit. He says the major motivating factor to keeping up one’s physical fitness is not just looking good in a tight t-shirt but the workout you are giving your brain: “...it helps with the regeneration of neurons”, using the phrase “Sweat for Smarts”. He says that physical activity drives his therapy with his clients by demonstrating that no matter how busy life gets, there needs to be time for your health: “the benefits for the

“My love for physical activity is what steered me towards this career path in the first place”

mind are extra-ordinary”.

The team at JR doesn’t just speak the speech. It would be difficult to preach to clients the importance of physical fitness without proving through our own actions that we truly believe it, like a smoking pulmonologist preaching to their patients that smoking is bad for their lungs. Our staff’s dedication to continually improving their minds and bodies is evident, and the passion they have for it is relayed to their clients. Committing to a physical fitness program can be challenging but choosing activities that are fun and inspiring makes it easy to be active, resulting in great physical, mental and psychological health for life.

Putting Cystic Fibrosis on Ice

From August 26, 2011 to September 5, 2011, history will be made as the Longest Female Hockey Game in the World (LG4CF) takes place at 8 Rinks in Rink 1, the Blue Rink, in Burnaby, BC. 40 women will take to the ice and play one continuous game of hockey over ten days in order to raise funds for Cystic Fibrosis Canada.

Although this isn’t the first time an event of this nature has taken place (the current Guinness record is held

by a men’s group from Edmonton, Alberta who played 242 hours on an outdoor rink in -35 degrees in February 2011 in support of the Cross Cancer Institute, breaking their own record for the 4th time), the goal of the LG4CF is to beat the men’s record by 65 minutes.

The idea of holding the LG4CF occurred when Committee Chair Val Skelly lost a close friend to CF. Inspired by her father’s 40 years of volunteerism with the Kinsmen, Ms.

Skelly wanted to do something “big” to raise awareness of this fatal disease.

CF is the most common, fatal genetic disease affecting Canadian children and young adults. It is a multi-organ disease, primarily affecting the lungs and digestive system. CF is passed from parent to child and out of every 100 individuals, 4 people will be carriers of the CF gene.

- continued page 4

Putting Cystic Fibrosis on Ice – con't



Men walk 9,500 steps per day, women 8,500.

- Statistics Canada

Adults spend an average of 9.5 hours a day in sedentary pursuits, the equivalent of about 69% of their waking hours.

- Statistics Canada Canadian Health Measures Survey, 2007 to 2009

Physical inactivity is now identified as the fourth leading risk factor for global mortality.



1 in 4 Canadian adults are obese.

More than half of Canadians are inactive.

- www.participation.com

Kinesiologist Lindsay Bolkowy was brought onto the planning committee for the event over eight months ago when a teammate from her hockey team asked her if she would like to get involved. Lindsay is also responsible for player health and training for the event. She stated she has never participated in an event of this nature, or of this scale: "Have done small fundraisers throughout my life but nothing this big where my name and bio have been attached to the website [for the event] where anyone can donate for my efforts". When asked why she wanted to participate in an event of this nature, Lindsay said: "I personally know a couple of people who have Cystic Fibrosis and I've wanted to give back but didn't know where to start. My goal is to try to reach out to as many people as possible through education and raising funds to help find a cure for CF!"

As fun as the event will be, it will be an exhausting undertaking, as the players are not allowed to leave the rink during the 10 day game. When asked what some of her strategies will be to keep her motivated, Lindsay said the thought of helping others who desperately need it and making a difference with the money raised will help to keep her energized. She is also excited by the prospect of possibly setting a new world record for the longest time spent playing ice hockey.

"Since my passion is hockey, the combination of playing a sport I love to play while trying to create awareness and money to help find a cure for CF will be an experience of a lifetime."

If you or someone you know would like to become involved with the LG4CF, there are flexible volunteer shifts available during the day, evening and throughout the night (only the players need to stay on site for the full 10 days). To help make this event a success, volunteers are needed in numerous capacities, including referees. (Referees do not need to be carded.) For further information on volunteer opportunities, please visit www.longestgame4cf.com.

Not available to volunteer but still want to help? All participating players have individual donation pages, which can be accessed through www.longestgame4cf.com.

For further information on Cystic Fibrosis and other ways you can help, visit www.cysticfibrosis.ca.



Hellos and Goodbyes

JR Rehab welcomes Kinesiologists Craig Campbell (Vancouver, Burnaby), Ellise Miki (Vancouver Burnaby), Jas Hayre (Surrey, Langley, White Rock, North Delta) and Vianna Soo (Vancouver, Richmond and Burnaby) to the JR Rehab team. JR Rehab is sad to say goodbye to Kinesiologists Carly Lochbaum and Gilbert Park, who are both entering the University of British Columbia's Physical Therapy degree program in September 2011. Congratulations to Gilbert and Carly and all the best in your new endeavors!

Workshops **Conflict Resolution for the Rehabilitation Professional**

2011 **Tuesday, November 1, 2011**

Victoria Convention Centre, Victoria, BC.



This course is eligible for BCAA and VRA credits!

Rehabilitation professionals encounter conflict on a regular basis. Conflict can hinder not only professional relationships but can also be detrimental to relationships with clients and their support networks. Led by Justice Institute Instructor Raj Dhasi, Conflict Resolution for the Rehabilitation Professional is a participatory, hands-on workshop designed to assist rehabilitation professionals discover and develop their conflict resolution skills for situations including therapist to therapist, therapist to interdisciplinary team, therapist to client and therapist to client's support network, such as family and friends.

With a focus on brain mechanics, participants will leave the course with a better understanding of their own strengths and challenges in conflict situations, triggers and trigger management, and factors that escalate and diffuse conflict situations.

Register by **September 23, 2011** to receive early bird rate of \$240+HST (\$268.80). After September 23, 2011, \$275+HST. *Ask about our group discount!*

To register, contact JR Rehab Services at 604.254.0444 or via email at info@jrrehab.ca.

Attention and Information Processing: Advanced Cognitive Rehabilitation Workshops

2012

May 14 and 15, 2012, Vancouver, BC.

Lead by the creators of Brain Tree Training, Kit Malia and Anne Brannagan, this two-day interactive workshop is suitable for professionals working with adults who have cognitive problems following brain injury. The course focuses on developing clinical expertise in the rehabilitation of attention and information processing deficits. Course content will include:

- Review of Sohlberg and Mateer Basic Levels of Attention. The importance of attention. Historical development of theories of attention. What is attention?;
- Neural Networks: Vigilance system, Orienting system & Control system;
- Internal and External Attention: Attention tests correlated with the 3 neural networks. Treatment efficacy. Neural networks and treatment;
- Case studies for assessment, based on the 3 neural networks. Types of tests to use. Hypothesis setting. Reporting the findings;
- Case studies for treatment, based on the 3 neural networks. Setting goals. Designing and implementing treatment activities. Evaluation and clinical reporting;
- Information processing terms, theory & models: Capacity & Plasticity. Relationship between attention and information processing. Overload. Controlled vs. Automatic processing. Capacity, Speed & Control. Relationship to working memory and long term memory. The concepts of assimilation, accommodation and schema. Redundancy. Association networks;
- Practical guides to assessing and treating information processing deficits following brain injury.



Register by **February 14, 2012** to receive early bird rate of \$240+HST (\$268.80). After September 23, 2011, \$275+HST. *Ask about our group discount!*

To register, contact JR Rehab Services at 604.254.0444 or via email at info@jrrehab.ca.