



brain changes initiative



Brain Changes Initiative 2022 Year in Review



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Our Story

In 2013, Brain Changes Founder, Dr. Matthew Galati sustained a life-threatening Traumatic Brain Injury (TBI). He used a lifestyle-change approach to heal his brain that against all odds allowed him to fully recover, complete his medical training, and become a physician. Through his recovery, he learned about the 6 pillars of brain health. Dr. Galati founded Brain Changes Initiative to provide advocacy, support and education for TBI survivors.

**"They said
I couldn't
SO I DID."**

Our Mission

Brain Changes Initiative (BCI) is a not-for-profit organization that funds ground-breaking research to improve the standard of care for Traumatic Brain Injury (TBI) rehabilitation. BCI also provides awareness, advocacy, and support for Traumatic Brain Injury survivors; we carry out education, events, and programs centered around non pharmacological approaches to healing the brain.

Pillars of Brain Health

1. Aerobic Exercise
2. Cognitive Exercise
3. Nutrition
4. Mindfulness
5. Sleep Hygiene & Limiting Harmful Exposures
6. Navigation

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Letter from the Founder

As a child, I always dreamt about having a meaningful impact on the world. Maybe this is what called me to pursue a profession in medicine. Little did I know, my journey would lead me to something so complex.

In 2013, what was the most traumatic event of my life, became my biggest blessing. It instilled in me a passion, meaning and direction to inspire hope for fellow Traumatic Brain Injury (TBI) Survivors, and to provide the TBI community with valuable tools for recovery! This was the primordial seed that my family and I planted in 2019 when we started Brain Changes Initiative.

Fast forward to 2022 and I feel so incredibly grateful that Brain Changes has grown into something so purposeful and has expanded its mission Canada-wide. We are so proud to have spectacular volunteers leading new branches of our organization - our Victoria BC, Memorial University and York University Chapters. An amazing community of Brain Changers has also blossomed through our National Brain Gains: Run For Neurogenesis and our Wolves Den Community Support Group.

This was an extraordinary year for our national collaboration with incredible like-minded brain health ecosystems ie. Brain Canada Foundation and Branch Out Neurological Foundation. Together with these important partnerships, we will impact change by revolutionizing the way TBI research is carried out and clinically implemented.

Thank you to our donors, sponsors and community for all of your support. We are so honoured and inspired by all of you and we cannot wait for what 2023 has in store.

With Love,

**Dr. Matthew Galati, MD, Founder
Brain Changes Initiative**





Our Team



Executives

- Dr. Matthew Galati, MD**, Founder
- Olivia Galati**, Chief Executive Officer
- Mariano Ferrara**, Chief Experience Officer
- Sal Galati**, Director of Strategic Partnerships
- Daniela Atzori**, Chief Financial Officer
- Zeenat Ladak**, Chief Operations Officer
- Katarina Boehringer**, Chief of Marketing and Communications
- Matthew Greco**, Legal Counsel
- Nicole Buszka**, Executive Assistant

Wolves Den Volunteers

- Danica Manojlovic**, Director of Community Support Group
- Jessica West**, Tech Operator Community Support Group
- Peter Jermyn**, Co Facilitator Community Support Group

Volunteers

- Stephanie DeGiorgio (Turco)**, Director of Events & Fundraising
- Debbie DiCarlo**, Director of Specialized Programs
- Katie Beaudoin**, Director of Sponsorships
- Violet Sun**, General Volunteer - Western Canada
- Aarty Menon**, General Volunteer



Our Team



Advisory Boards

Physician Health

Neurorehabilitation

Dr. Anita Tewari

Dr. Chantal Vaidyanath

Neurovascular

Dr. Chris Pasarikovski

Paediatric Programming

Dr. Richa Agnihotri

Nutrition

Dr. Mary Scourboutakos

Limiting Harmful Exposures

Dr. Rachel Skocylas

Scientific Research

Dr. John Leddy, MD, PhD

Judy Gargaro

Enrico Quilico, B.Ed., M.A.

Dr. Avi Nativ, BScPT, MSc, PhD

Dr. Sukhvinder Kalsi-Ryan, PT, PhD

Dr. Michelle Ploughman, PT, PhD

Naznin Virji-Babul, PT, PhD

Dr. Jamie Hutchison, MD, PhD

Kristine Dalton, OD, MSc, PhD, MCOptom, FAAO, FBCLA

Ivey Chiu, B.A.Sc, M.A.Sc, Ph.D

Anne Vivian-Scott, PEng, B.A.Sc, MBA

Allied Health

Physical Exercise

Jennifer McConvey, PT, DPT,

Matt Sanchez, MScPT, BSKin

Shayne Glass Smith, MScPT

Kyle Whaley, BScPT, BPHE, CAFCI

Dr. Ryan Scott, DC

Cognitive Exercise

Heather Condello, OT Reg.

Nicole Abballe, OT

Melissa Biscardi, RN, MSc

Nutrition

Julie Bednarski, MSc

Linda Abbruscato, RHN

Sharon Litwin, FNP

Alexandra King, CNP, BASc

Mindfulness

Diana Velikonja, CPsych, MScCP

Anna Marson, MA, RP

Navigation

Nicole Galeotalanza, BSc, RKin, CCLCP



Our Chapters



Year Round Chapters



University of Victoria



York University

Brain Gains Run for Neurogenesis Chapter



Memorial University

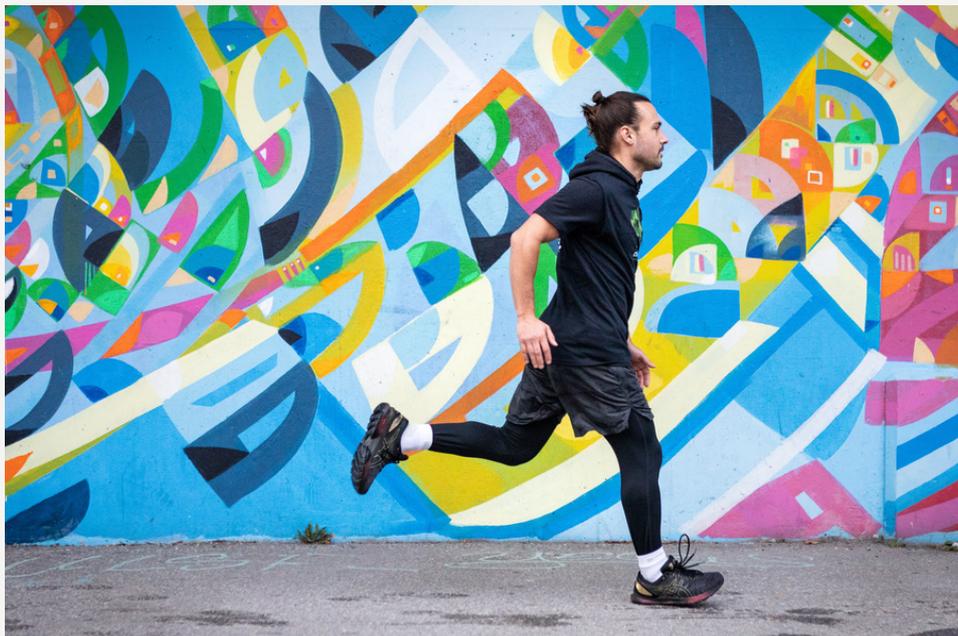


2022 Year in Review



In this Issue

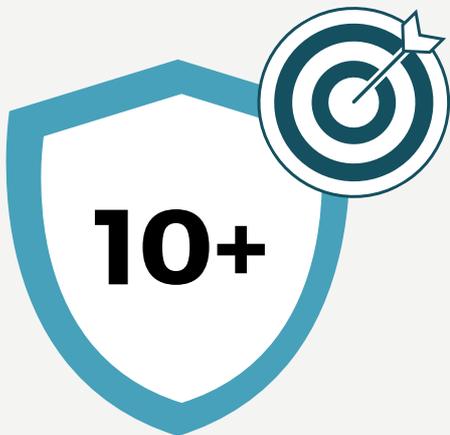
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Outreach & Impact

Impactful Initiatives



Partners & Sponsors



Community Engagement



Geographical Outreach



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[The Montrealer Article](#)

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Hosted by Mark Watson

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An Hour To Give With Sam Laprade Ottawa City News Radio Interview

Listen to a clip of An Hour to Give as host Sam Laprade talks to Dr. Matthew Galati, Founder of @brainchanges, about the organization's collaboration with Brain Canada. By working with diverse stakeholders, Brain Canada and Brain

Changes Initiative are filling gaps in research funding for traumatic brain injury (TBI) and creating meaningful change. Listen [here!](#)

Brain Canada's Night of the Explorers

The 2022 Brain Canada Gala featured the story of Dr. Matthew Galati's TBI recovery and what ultimately led to the development of the Brain Changes Initiative and its partnership with Brain Canada.

Brain Changes Initiative was also recognized for its major gift contribution and partnership with Brain Canada Foundation in the Globe & Mail. Read [here!](#)





Latest News



Traumatic Brain Injury Stakeholder Engagement Exercise

55 interviews booked so far.

Broad Stakeholder Categories

- People with personal experience with TBI
- People in administrative and advocacy roles
- Mental health supports
- Rehabilitation workers
- Hospital-based health care professionals

Regional Distribution

53% Female **47% Male**

TBI Stakeholder Engagement

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Check out more media features on our website: www.brainchanges.org



Events & Programming

Community Support



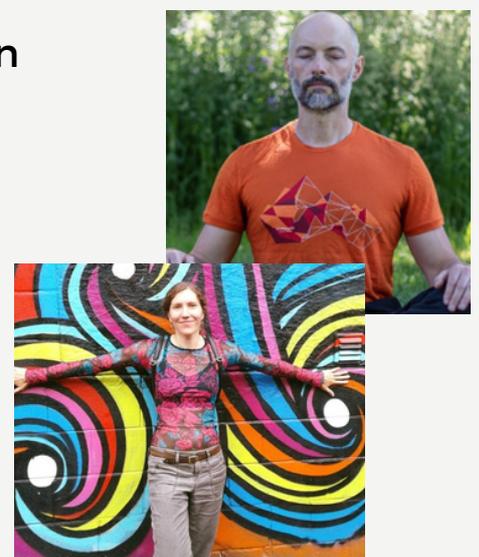
The Wolves' Den: A Community Support Group for ABI Survivors



The Wolves' Den is a Community Support Group that has been created for acquired brain injury (ABI) survivors. The support group intends to provide an empowering and supportive environment in which ABI survivors can share their experiences, information, and resources.



In 2022, the Wolves' Den and Brain Changes began collaboration with Breathing in Nature! The mission of Breathing in Nature is to help individuals connect with their breath as a gateway to reclaiming health - physically, emotionally, and spiritually. Strategies used include meditation, breath work, and stretching techniques.





Events & Programming

Community Awareness



Brain Gains Run for Neurogenesis 2022



The Brain Gains Run for Neurogenesis (BGR4N) is one of BCI's signature annual initiatives. A nation-wide run designed to elevate your heart-rate and build brain cells. The run promotes a healthy lifestyle and raises awareness for the positive effects of aerobic exercise for the brain.

This year from June to August we had over 100 runners and 20 sponsors. We received CA\$31,613.66 in donation/sponsorship thanks to all the generosity and support. All funds raised will go towards research to improve the standard care for those suffering from TBI and other brain-related disorders.



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Partnerships



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For the second consecutive year, Branch Out Neurological Foundation has partnered with BCI for the Brain Gains Run for Neurogenesis which funds Special Purpose Grants for neurorehabilitation research. The proceeds from the run this year will be directed towards a three-way collaboration between Brain Canada, Branch Out, and BCI around research combining non-pharmacological modalities of brain health.



Multi-Gen Wealth Group has been our partner for the 2022 Brain Gains Run for Neurogenesis, and has since been an incredible ally, supporting us in raising funds for research.

Sponsors

Thank you to all our sponsors of 2022 and those going into 2023. We are grateful for your support.



Founder



Platinum



Wolves Den



Beta



Sentinel



Gamma



Millway Venture Limited



Zeta



Epsilon



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A look into 2023



Clinical TBI Research Program:

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The research team has been busy over the past year conducting scoping reviews, to compile the best existing evidence around non-pharmacological treatment modalities for TBI. These scoping reviews will be the building blocks to create the clinical research program designed to improve cognitive outcomes for survivors.

Stay tuned for knowledge translation, tools and resources on the @brainchanges Instagram page and brainchanges.org website based around these scoping reviews.



The Wolves' Den

The Wolves' Den is back in the new year!

This Community Support Group that has been created for acquired brain injury survivors. The group will be meeting every other Tuesday at 7:00pm ET - 8:00pm ET, virtually via Zoom and is lead by Brain Changes' volunteer Danica Manojlovic. Sessions are starting up again on January 17th, 2023. Registration is FREE: <https://bciwolvesden.eventbrite.ca>

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In 2023, Brain Changes, in collaboration with Brain Canada, is launching an open competition for TBI research, based in stakeholder needs. If you would like to be interviewed as a stakeholder (TBI survivors/loved ones, healthcare providers, personal injury lawyers etc.), please email anneliese.poetz@braincanada.ca.



Based on stakeholder engagement, the parameters will be created for the research competition.

Details to come.



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A look into 2023



Brain Changes Initiative along with Branch Out Neurological Foundation, and Brain Canada will launch the Brain Changes Initiative Award for Traumatic Brain Injury:



This funding opportunity encourages innovative, unorthodox, and exploratory research with potential for significant impact on our understanding of brain recovery after traumatic brain injury.

With an overall envelope of \$50,000 CAD to support one grant over one year, the purpose of this funding opportunity is to improve our understanding of the potential for nonpharmacological interventions to improve brain recovery after injury.

Evidence clearly shows that increasing equity, diversity, and inclusion (EDI) in research environments enhances excellence, innovation, and creativity. Brain Changes, Brain Canada and Branch Out Neurological Foundation are committed to excellence through equity, and encourage applicants of diverse backgrounds to apply to our funding opportunities, which will promote the expression of diverse perspectives, approaches, and experiences, including people of racialized ethnicities and underrepresented groups.

Applicants must submit a Registration Form to be eligible to submit a Full Application.

Click [here](#) to view the Request for Applications.

Deadline for receipt of Registration Forms: January 20, 2023 at 5 p.m. ET

Deadline for receipt of Full Applications: April 21, 2023 at 5 p.m. ET

For more information, or if you have any questions regarding the application process, please contact Branch Out Neurological Foundation at research@branchoutfoundation.com.



A look into 2023

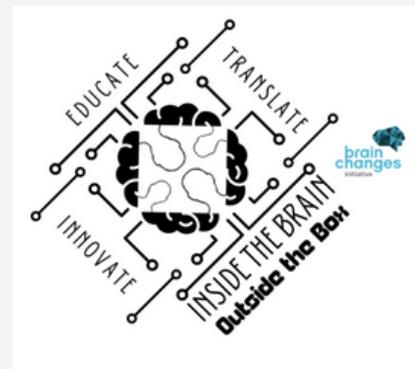


Mind Your Brain

Anna Marson (MA, RP, PhD Candidate) is an Allied Health Advisor with BCI. Anna has structured this 9-week mindfulness-based-cognitive therapy program tailored for TBI survivors. Mind Your Brain will be launching in early 2023, and will be offered to our community and patients of our partnering allied healthcare clinics.

Inside the Brain, Outside the Box

Inside the Brain, Outside the Box is a Canada-wide virtual neuroscience lecture forum event, held quarterly for health care professionals and researchers to share new technologies, innovations and real life experiences emerging from the lab, hospital, and/or clinical settings. This event seeks to bridge the knowledge gap between disciplines, accelerate research, and improve knowledge translation and mobilization.



Wolves' Den Community Meeting

On Saturday January 14, 2023, starting at 12:30pm the Wolves' Den will host a mix and mingle accompanied with a light lunch and healthy beverages. Please email brainchangesinitiative@gmail.com by December 24 if you are interested, as spaces are limited.



Brain Gains Run for Neurogenesis 2023

The Brain Gains Run for Neurogenesis will launch again in June 2023 for a summer of Brain Gains. Stay tuned for more details.

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The Wolf

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The wolf has long been regarded a powerful protector and also a devoted nurturer. As a pack creature, its commitment to and love for family is humbling. No member is ever left behind! The wounded and vulnerable are safeguarded in the sacred den, where they are tended to and nursed back to health.

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The lone wolf is courageous, cunning and cautious, but longs for a social structure. A true wolf is staunch in its morals, and although it is a pack creature, it will not join a group unless it has a purpose and a sense of belonging. The wolf cannot be swayed to what it does not hold sacred! It does not waiver in its principles! It does not seek to impress!

The wolf achieves it’s highest vibration when it runs with a like-minded pack - a sense of a true community, its turf so to speak.

As the law of the wolf states: “for the strength of the pack is the wolf and the strength of the wolf is the pack.”

So...

- BE A WOLF**
- SHOW STRENGTH AND DISCIPLINE**
- LOVE DEVOUTLY AND FEROCIOUSLY**
- EXUDE POISE AND CONFIDENCE**
- STAND YOUR GROUND BUT MOVE STRATEGICALLY**
- TRUST YOUR INSTINCTS**
- FIGHT FOR WHAT YOU BELIEVE**
- RESPECT AND ELEVATE YOUR COMMUNITY**
- FIND YOUR CLAN AND JOIN THE PACK**





Getting Involved

Volunteer

Want to be part of Brain Changes in its’ quest to push the bounds of Brain Injury Rehabilitation and advance the standard of care? Join our bad@\$\$, young, fun and innovative organization, comprised of likeminded forward thinkers and visionaries. We are looking for general volunteers to help with our many initiatives and also some tech savvy personnel who are looking to showcase their creativity with a camera, video, social media presentation and editing.

Sponsor

With your support, you can help us make a difference for those who are recovering from a brain injury. All proceeds from your sponsorship will go towards our fundraising goals for non-pharmacological research for TBI recovery. We hope to continue to build a movement of brain ambassadors to spread the word that “the brain reroutes, the brain heals, and the brain changes”. Be a Brain Changer.

Partner

BCI is always looking for partners to collaborate on initiatives with. We will work together to meet each others' goals and reach a larger audience. Our past collaborations have ranged from social media initiatives, and speaker series, to Canada-wide runs. Be a part of our goal in promoting brain health, partner with us.

JOIN THE PACK

If you’re interested or know someone who is, send us an email at info@brainchanges.org or message us on Instagram [@brainchanges](https://www.instagram.com/brainchanges)



Contact Us

info@brainchanges.org
511 Millway Ave
Concord ON, Canada
L4K, 3V4



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Stay up to date with our events and programming

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Brain Changes Initiative 2022 Year in Review



Letter from the Founder



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Outreach & Impact



Impactful Initiatives



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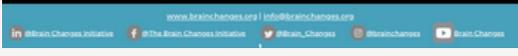
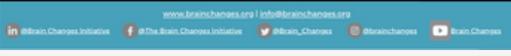
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Latest News



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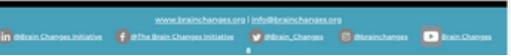
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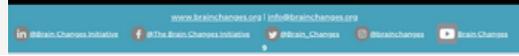


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Founder M. GALATI	Platinum MULTI-GEN WEALTH GROUP	Wolves Den PoNS™
Gamma Duron	Beta COOL ESTATE	McLEISH ORLANDO LAWYERS
Canaropa	Epsilon Epsilon	Sentinel G&G GENERAL SUPPLY
Propel physiotherapy	Millway Venture Limited	Great Contracting
Zeta Inter-Action	BodyTrec	Great Monforton and Partners
Taymor	Rivalda Ceramic Tiles Inc.	Organika Authentically Canadian
Kind		



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