

# LEADERS



## Living a Healthy Life with Chronic Conditions

Recruiting volunteer Leaders in Kelowna and local communities to train and then co-lead workshops for people living with Chronic Health Conditions. You will develop group facilitation skills to share strategies for healthier living and support others. Free training, ongoing support and small honorarium provided for workshops led.

A Health Professional Background is NOT Required  
**COMMITMENT TO CO-LEAD 2 WORKSHOPS WITHIN A YEAR OF TRAINING IS REQUIRED FOR PARTICIPATION**

The FREE 4-day Volunteer Training Session will be held in Kelowna:  
**H2O Adventure & Fitness Centre**  
 4075 Gordon Avenue, Board Room  
 Fridays & Saturdays, Oct. 17, 18, 24 & 25 / 10:00 am – 4:30 pm

**Attendance all 4 days is required**

**Registration by: October 8, 2014**

Call Toll Free 1-866-902-3767 or [www.selfmanagementbc.ca](http://www.selfmanagementbc.ca)

### news

# Injuries inevitably change lives

There are three boxes of tissue on my desk.

One of my case managers joined me the other day for a new client consultation. Referring to the boxes of tissue, I joked that they are for my staff. It was a light way to introduce a topic that comes up in almost every one of my cases.

My clients never bring it up. They don't need to; I can see it on their faces. Initial optimism gradually gives way to the grim possibility that a full recovery might never be achieved. After enough time passes, and your medical team runs out of "magic pills" to fix you, that grim possibility becomes a reality.

Like a water balloon, you need only to scratch through the surface and the tears flow. It seems no

different for men than for women. I am there to listen. That one factor, along with a little scratching, seem to be all it takes to open the faucet.

My clients struggle to hold it in, just like they struggle to hold it in with their spouses, children, friends and co-workers. They feel they have to be strong for their families. They don't want to show weakness, nor burden their friends and co-workers. I am a "type A" personality lawyer. I'm about the last person they want to shed tears with.

All it takes is directing the discussion toward what my client has lost. The little things that we all take for granted like waking up without pain, having a good sleep, and energy to do

Achieving Justice

PAUL HERGOTT



things.

I scratch because I need the tears to flow. It's a whole lot easier to insist that you get psychological help when your tears are flowing.

Psychological help is critically important. There are important "tools" that psychologists and counsellors can teach us that will help us deal with the life changing losses of physical well-being, career and the ability to do the things we loved to do. Sometimes the tools are not enough.

Tears flowed in a Kelowna courtroom

during a trial I ran a few weeks ago. In his decision, Mr. Justice Kent described: "On many occasions, particularly when he was being asked about the impact of his injury medical condition, the plaintiff became very emotional, broke down and cried. None of this was feigned. Rather, it was a graphic and compelling demonstration of the plaintiff's mental health issues which have developed as a result of the accident and which continue to this day."

To add context, my client sustained a knee injury in a car-pedestrian collision. ACL reconstruction surgery failed. He will require a knee replacement. He will never return to his career as an electrician.

A psychiatrist, Dr. Semrau, assisted the Court with his opinions about the relationship between physical pain and depression. He described the vicious circle: "The physical injuries sustained in the accident and the related ongoing pain symptomatology has led to a loss of self-esteem, discouragement, and demoralization, and a circular reinforcing interaction between disability and depression"

The most disabling of my client's depression symptoms has been fatigue. Dr. Semrau explained that "fatigue is a virtually universal symptom in any significant injury recovery situation, particularly when there is persisting pain."

Like mental health issues, generally, in our society, the mental health impacts of injury and chronic pain are often "swept under the carpet" even though those impacts alone can be even more destructive and more disabling than the initial injury. The vicious cycle of pain and depression can throw victims into a tailspin that can seem beyond the point of recovery.

Please be mindful of these issues. "Scratch the surface" with those around you who you feel might be at risk and encourage / facilitate getting them the important help that they need.



Current patient Nalie Agustin with brothers Albert & Justin

Sign up to create more amazing family memories.

Register to walk or run at [CIBCrunfortheCure.com](http://CIBCrunfortheCure.com)

Sunday, October 5  
 Kelowna | City Park | 10:00am

Canadian Breast Cancer Foundation  
**CIBC Run for the Cure**





**1.49** ea.

**Pharmasave**  
Exfoliating Gloves



**3.49** ea.

**Pharmasave**  
Moisturizing Lotion or Gentle Skin Cleanser 500 mL

**Only 6.99** ea.

**VISIT PHARMASAVE For Everything You and Your Family Need To Live Well**

LIVE WELL WITH **PHARMASAVE**

|  |  |  |
|--|--|--|
| <p><b>Mission Park</b><br/>#41 - 3155 Lakeshore Road<br/>KELOWNA<br/>Phone: (250) 717-5330</p> | <p><b>Westridge Shopping Centre</b><br/>#9 - 2484 Main Street<br/>WEST KELOWNA<br/>Phone: (250) 707-0745</p> | <p><b>NEW STORE NOW OPEN</b><br/>3979 Lakeshore Road<br/>KELOWNA<br/>Phone: (250) 764-6410</p> |
|--|--|--|

Now open til 9 pm weeknights.  
 Visit [www.pharmasave.com](http://www.pharmasave.com) for store hours. PRICES IN EFFECT SEPT 26 - OCT 2, 2014

## EARN REWARDS IN NO TIME with the NEW Pharmasave Rewards Program!

- FREE Local Prescription Delivery
- Cosmetics & Giftware
- Home Healthcare
- Transit passes, Lottery
- And MUCH MORE!

