



# BRAIN INJURY

ASSOCIATION OF WINDSOR/ESSEX COUNTY

## *Step Ahead!*

Fall 2009

## PASTA FUNDRAISER



**WEDNESDAY, NOVEMBER 4, 2009**

**5:00 P.M. - 7:30 P.M.**

**RACK N' ROLL CLUB**

**3087 FOREST GLADE DRIVE, TECUMSEH**

**TICKETS \$10.00**

**ALL YOU CAN EAT PASTA, ROLLS, SALAD, TEA & COFFEE**

**DOOR PRIZES TO BE WON!**



**BRAIN INJURY**  
ASSOCIATION OF WINDSOR/ESSEX COUNTY

**CALL 519-259-1813**

**PURCHASE YOUR TICKETS BEFORE OCTOBER 23!!!**

## Inside this Issue

- 2 President's Report
- 3 Acquired Brain Injury  
Provincial Conference 2009
- 3 Helmets on Kids
- 4 Poem by Mike Ladouceur,  
Brain Injury Survivor
- 5 Taste of the Caribbean 2009  
– Gala Photos
- 5 Board of Directors
- 6 Thank You
- 6 Website
- 7 Survivor and Caregiver  
Support Groups
- 8 Future Events & Projects
- 9 Sponsors

# President's Report

Dear Readers:

Thank you for reading this fall issue of "Step Ahead". It has been a busy summer and early fall at the Brain Injury Association of Windsor/Essex County.

Our first Pasta Fundraiser at Mr. Bigg's Sports Bar and Eatery was a smashing success! We raised just over \$1,000.00 after expenses. It was so successful that we have planned another Pasta Fundraiser for Wednesday, November 4, 2009 at the Rack 'n Roll. More information is on the front of this newsletter. A special thanks to our board member Cheryl Harris for her initiative in setting up these events.

Helmets on Kids has been a huge success in its first year. BIAWE was awarded \$3,000.00 in funding from the Greenshield Surplus Program to buy helmets for kids. At our Annual General Meeting, LaSalle Police Services donated 16 helmets to our program and Tami Nestor at Brainworks presented a cheque to purchase an additional 16 helmets. The grand total of helmets to date is 762.

It is well known that Windsor and Essex County could use more resources for brain injury survivors and their caregivers. We are starting up caregiver and survivor support groups which will be facilitated by board members Amy Abbruzzese and Dennis Radman. These groups start in November and will continue the second Tuesday of each month into 2010. We are very excited to be able to offer these services and expect this to blossom in the coming months as word spreads and momentum builds.

BIAWE has partnered with the University of Windsor for two projects. One group of business students are working on a Staff and Volunteer Orientation Manual. Another group has chosen BIAWE as their charity of choice and will be fundraising on our behalf throughout the semester.

The survey on helmet compliance has been completed and the results have been published in the OBIA Review. We plan to release the results to the local media in the spring.

Movie Night was first rained out and then cancelled due to wind. The good news is that we will reschedule this event in the Summer of 2010.

We are now offering advertising in our newsletter. The funds raised from this will go back into brain injury programs and services in our area. If you know someone who may want to advertise, please pass the message along.

Looking ahead we are working on revising our by-laws and we are putting together a Trillium Grant Application for an executive director. It promises to be a busy end of the year.

Sincerely,

*Melanie Gardin*

Melanie Gardin  
Board President

# Acquired Brain Injury Provincial Conference 2009

## HARNESSING THE POWER AFTER BRAIN INJURY PROVINCIAL ACQUIRED BRAIN INJURY CONFERENCE

WEDNESDAY, OCTOBER 28 – FRIDAY OCTOBER 30  
NIAGARA FALLS, ONTARIO

### Hosts

The Ontario Brain Injury Association (OBIA) in collaboration with the Community Support Network (CSN) and with host association the Brain Injury Association of Niagara (BIAN) welcome you to the 2009 Provincial Acquired Brain Injury Conference.

### Target Audience

This conference will be of special interest to professionals in the field of ABI rehabilitation including, but not limited to, Physiotherapists, Occupational Therapists, Speech and Language Pathologists, Psychologists, Physicians, Case Managers, Insurance and Legal Representatives.

### Keynote Speakers

Abe Sniderman MD, FRCPC has been the director of Toronto Rehab's neuropsychiatry clinic since 1995. Dr. Sniderman holds a specialist certificate in psychiatry and a sub specialist designation in Neuropsychiatry, both from the University of Toronto. Dr. Sniderman's presentation will deal with the cognitive, behavioural and emotional consequences of brain injury from a neuropsychiatric point of view. Current theories about diagnosis and treatment of such problems will be addressed.

Bryan Kolb, Ph.D. has long been considered one of the world's most influential neuroscientists and is the Associate Director of CIFAR's experience-based Brain and Biological Development program. Dr. Kolb has been described as a "founding father of behavioural neuroscience". He combines neuroscience and psychology to examine the important interplay between experiences, neuron changes and behaviour. Dr. Kolb's presentation will be in multiple perspective on neuroplasticity including incorporating his personal experience with respect to having sustained a stroke.

To register for this conference, or to obtain more information, please contact OBIA at 1-800-263-5404 or visit their website at [www.obia.on.ca](http://www.obia.on.ca).

# Helmets on Kids

The Brain Injury Association of Windsor/Essex County has joined forces with local lawyers and the Windsor-Essex County Injury Prevention Coalition to provide area children with bicycle helmets in the program Helmets on Kids.

The goal of the program is to purchase bicycle helmets for children who come from families that cannot afford bicycle helmets or that do not place importance on the purchase of a helmet for their children. This is the first year that Windsor has participated in the Helmets on Kids program. Helmets on Kids is an initiative started by the Ontario Trial Lawyer's Association and is growing throughout the province.

Thank you to LaSalle Police Services for their donation of 16 helmets at the Annual General Meeting and to Tami Nestor from Brainworks who presented a monetary donation in order to purchase an additional 16 helmets. All the helmets were distributed at various events throughout May and June 2009 during Road Safety Challenge.



## Statistics

In 1995, Ontario made it mandatory for children under 18 to wear helmets. A recent study suggests that since the law was enacted the number of children who have died each year was halved.

Other studies show that children from lower-income households are less likely to use a helmet. This in part is attributed to the cost of helmets and differences in the perception of the consequences of injuries.

The Ministry of Health reports that in Ontario, during the height of biking season [April through September] in 2004, there were 352 emergency room visits for brain injuries related to pedal cycle use. Of the total, helmet use was not known for 102. Of the balance of 250 injured children, 156 or 62% were not wearing helmets.

Brain Injury is the leading killer and disabler of people under age 45. In Windsor and Essex County there are a reported 2,400 cases of acquired brain injury each year. It is estimated that there are 13,000 people living in Windsor and Essex County with brain injuries.

# Poem by Mike Ladouceur, Brain Injury Survivor

My depth of thought  
Is something I have a lot.  
I try to think of the best solution  
But at times, my mind seems filled with pollution.

Pollution that seems to make me want to die.  
To be gone from the troubles and be in the clouds high.  
To then not have to worry.  
I'm not in very much of a hurry.

If you would like us to add an article, poem, information or links to useful websites,  
please contact our office at 519-733-4900 or email us at [biawe@cogeco.ca](mailto:biawe@cogeco.ca)

## Taste of the Caribbean 2009 - Gala Photos



# Board of Directors

Melanie Gardin, President  
Lois Caldwell, Vice-President  
Nancy Nicholson, Treasurer  
Cheryl Henshaw, Secretary

Carmela Pakula (On Medical Leave)

Amy Abbruzzese  
Renee Cantarutti  
Joseph Farah  
Carol Franklyn

Elsie Galbraith  
Cheryl Harris  
Julia White  
Kathy Worotny

There are 3 vacancies on the Board of Directors. If you are interested, please submit a letter outlining what special skills or experience you can offer the board by November 16, 2009. All submissions will be considered at the November board meeting. Letters can be faxed to 519-259-1832.

## Thank You

We wish to extend a sincere thank you to Sarah Van Pelt at Office Plus – A Van Pelt Company for their generous contribution to our organization by designing and creating a table banner that we could use at our various functions.

The banner Sarah has prepared will be a wonderful addition to our events and will help us to increase promotion and public support.

Thank you again for assisting us with our goals to increase fundraising and public awareness of acquired brain injury throughout Windsor and Essex County.

## Website

We update information on our website on a regular basis.

Beginning June 1, 2009, we have been offering advertising opportunities on our website.

Should you be interested in advertising your company or event on our website, please contact the main office at 519-733-4900 or email us at [biawe@cogeco.ca](mailto:biawe@cogeco.ca)

# Survivor and Caregiver Support Groups



## BRAIN INJURY

ASSOCIATION OF WINDSOR/ESSEX COUNTY

# *Step Ahead!*

Survivor and caregiver support groups are starting up again.  
Two separate groups will meet at the same time.  
One group for survivors and one group for caregivers.

Tuesday, November 10, 2009 – Topic: "Meet and Greet"  
Tuesday, December 8, 2009 - Topic: "Brain Basics"  
and will continue, every second Tuesday, into 2010

Chrysalis Day Club  
200-201 West Grand Blvd., Windsor

6:00 p.m. – 7:30 p.m.

No need to RSVP. No cost for attending.

**ALL ARE WELCOME!!!**

The support groups will be facilitated by:  
Dennis Radman, Manager/Rehab Therapist at Brainworks  
Amy Abbruzzese, ABI Clinical Consultant at St. Joseph's Healthcare

# BRAIN INJURY ASSOCIATION OF WINDSOR/ESSEX COUNTY

201-200 West Grand  
Windsor, Ontario  
N9E 3W7

Telephone:  
519-733-4900

Email:  
biawe@cogeco.com

Website:  
www.biawe.com

## MISSION STATEMENT

To enhance the lives of residents of Windsor and Essex County affected by acquired brain injury through education, awareness and support.

In association with the Ontario Brain Injury Association ("OBIA")



## Future Events and Projects

### October 15, 2009

Not By Accident Conference  
Southwest Injury Prevention Conference  
London, Ontario

### October 16 and 17

Rehabilitation for Children with ABI – Level One  
Contact OBIA for more information 1-800-263-5404

### October 28 and 29

ABI Provincial Conference  
Harnessing the Power After Brain Injury  
Contact OBIA for more info 1-800-263-5404

### November 4, 2009

Pasta Fundraiser  
Tickets are \$10.00 each and can be purchased by calling 519-259-1813.

### November 10, 2009

Survivor and Caregiver Support Group  
Topic: "Meet and Greet"  
6:00 p.m. – 7:30 p.m.  
Chrysalis Day Club

### December 8, 2009

Survivor and Caregiver Support Group  
Topic: "Brain Basics"  
6:00 p.m. – 7:30 p.m.  
Chrysalis Day Club

### DISCLAIMER:

We invite submissions to this publication from survivors, family members, and those associated with this organization. In doing so, the views and opinions expressed within this newsletter do not necessarily reflect those of the Board of Directors.

Should you wish to submit an article or have any comments or suggestions for the newsletter, please contact Tammy Filiault at 519-733-4900.

The Brain Injury Association of Windsor/Essex County publishes Newsletters on a seasonal basis.

# Thank You to our Sponsors

## Announcing Case Management at Brainworks



Brainworks is pleased to announce the addition of Tami Nestor, BA, BScT, Case Manager / Rehabilitation Consultant, to our Windsor team of professionals. For the past decade, Tami has been a case manager serving Southwestern Ontario from her Windsor home base. Her strong connection to service providers throughout the region is an asset to our clients. Known for her client-centred, business savvy approach to case management, Tami provides professional and prompt coordination of care for clients who require individualized treatment plans with multi disciplinary intervention. Both Brainworks and Tami are excited about serving clients in the Windsor area together.

Tami can be reached at: **Windsor Phone: (519) 970-9259**  
**Email: [tami.nestor@brainworksrehab.com](mailto:tami.nestor@brainworksrehab.com)**  
**Website: [www.brainworksrehab.com](http://www.brainworksrehab.com)**

### head office

London Fax: (519) 657-1182      79 Ridout Street South  
London Toll Free: (866) 394-6240 ex. 0      London, Ontario N6C 3X2



Do you suffer with  
brain injury, chronic pain  
or depression?  
**We can help!**



Psychology • Social Work • Vocational Services • Rehabilitation Therapy / Assistance  
Psychovocational Assessments • Academic Support • Case Management



### Call us for details!

London: (519) 657-1180 ext. 0      Windsor: (519) 970-9259  
Huntsville: (705) 787-7500 ext. 0      Toll Free: (866) 394-6240 ext. 0  
Website: [www.brainworksrehab.com](http://www.brainworksrehab.com)      Email: [info@brainworksrehab.com](mailto:info@brainworksrehab.com)

Direct services available throughout Southwestern Ontario and the Muskoka region.  
Consultation and education service capabilities throughout Ontario.

# Thank You to our Sponsors

Deborah Crowe, RRP, RCSS  
Recipient of the  
**2008 CCAC Caregiver  
Recognition Award**  
(Middlesex County)

*Dedicated to your peace of mind.*

*Daxwill Consulting Inc*

*Daxwill*

*Offering education on benefits  
if you or a loved one have been  
injured in a motor vehicle accident.*  
Effective and Efficient Disability Case Management  
Specialize in Acquired Brain Injury

Proudly serving Windsor & Essex County for 10 years



Deborah Crowe RRP, RCSS  
REHABILITATION CONSULTANT  
[www.daxwill.com](http://www.daxwill.com)  
[deb.crowe@sympatico.ca](mailto:deb.crowe@sympatico.ca)



*Daxwill Consulting Inc.*  
ph. 519.659.8799 fx. 519.659.8775  
1140 Frances St. Suite 4 London, ON N5W 5N5