



# BRAIN INJURY

ASSOCIATION OF WINDSOR/ESSEX COUNTY

## Step Ahead!

Spring 2011

### Taste of the Caribbean was delicious!

The Brain Injury Association of Windsor/Essex (BIAWE) held its 6th Annual Taste of the Caribbean Gala at the Windsor Yacht Club on Saturday, April 2, 2011.

Guests were welcomed by warm sounds of steel-pan drums played by musicians, Dale Beckles, Margaret Haywood, Rose Campbell, Aloma Martin and Fitzroy Martin, from London, Ontario. As Caribbean beats played, over 100 guests enjoyed tropical drinks in a relaxed atmosphere. Mike Kakuk, from AM800 CKLW, was an energetic Emcee and kept things rolling from the dance floor to the prize ceremony. He also helped us to stay true to our word of “no speeches” by keeping us off the microphone.

Annual attendees were delighted by the new venue, the waterfront view and the enhanced menu created for the event by professional chef, Paul Sauv . (see Taste on page 6)

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# President's Report

Spring is finally in the air! It's been a few months since my last report and there are plenty of updates.

The play, *After the Crash*, was presented in Windsor on March 17, 2011. The play provides a glimpse of what it's like to survive a brain injury. It's an incredibly powerful and moving journey. Windsor is leading the way for other associations that may want to bring this event to their part of the province.

The Ontario Brain Injury Association (OBIA) and our local association split the proceeds from the sold-out event. Many thanks to the sponsors who helped make this event possible.

Also, there is an article in the OBIA Review about the partnerships that were formed to make this event happen. The OBIA Review can be downloaded from the OBIA website at <http://www.obia.ca/>.

Another successful *Taste of the Caribbean Gala* was held at The Windsor Yacht Club on April 2, 2011! The food was delicious, the entertainment was excellent and there were oodles of door prizes. Thanks to everyone who attended and our sponsors and donors for making this event possible.

Author, Boszenna Nowiki, has written a series of books titled *Why Some Cats are Rascals*. These mischievous cats have adventures all over the world. The books appeal to all ages. You can purchase all six books for \$30 and the Windsor Essex County Brain Injury Association will receive \$15 from each sale. More information is available at [www.catsarerascals.com](http://www.catsarerascals.com) or books can be purchased by contacting Laura Kay at the Brain Injury Association of Windsor/Essex County (BIAWE) via email at [info@biawe.com](mailto:info@biawe.com).

We're participating in the RONA Community Event Day on June 25, 2011 from 10-3 p.m. Stop by and visit the various community groups who'll be there to educate and entertain you. There will be a band and live radio broadcast from the parking lot.

June is Brain Injury Awareness month. A picnic is being planned for June 1<sup>st</sup>, 2011 to kick off the month. Check out our website [www.biawe.com](http://www.biawe.com) for details.

Laura Kay, the new Executive Director is also our Peer Support Co-ordinator for the provincial program that matches partners and mentors. This program is free and available to survivors and their families. Call or email Laura at 519-981-1239 or [info@biawe.com](mailto:info@biawe.com) or visit our website, [www.biawe.com](http://www.biawe.com), for more information.

Lastly, we have a new editor for our newsletter, Vicki Denunzio! Welcome aboard! If you have an article or story to contribute to our newsletter or would like to advertise, please let us know.

Melanie Gardin

Board President

# Board of Directors

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&



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# Working together to present *After the Crash*

The Brain Injury Association of Windsor and Essex County (BIAWE) and the Ontario Brain Injury Association (OBIA) were pleased to present a dramatic play entitled, *After the Crash*, at the historical MacKenzie Hall, on Thursday, February 17, 2011.

“Over the years it has become increasingly important for charitable organizations to partner and work in collaboration with one another. Funding agencies such as the Ontario Trillium Foundation and the Ministry of Health and Long Term Care look favourably on organizations working together in order to achieve mutual goals - and with good reason. When organizations and groups collaborate there is often a sharing and leveraging of each other’s resources and strengths, thus enabling the outcome to be stronger and more impacting.” says OBIA Director, Ruth Wilcox.



*After the Crash* is about what comes after the brain injury. The play was written and directed by Julia Gray as part of a Toronto Rehab research project led by Dr. Angela Colantonio and Dr. Pia Kontos. *After the Crash* is based on information gathered from brain injury survivors, their family members, caregivers and health care providers in a series of focus groups and findings from a literature search.

Elliott, a brain injury survivor and lawyer, makes his journey through the rehabilitation process and recovery period. The play takes the audience through a roller-coaster ride of emotions and explores topics such as grieving and loss of self, how to deal with behavioural issues arising from brain injury, how to engage patients and families in the rehabilitation process and how to communicate effectively with a person who has sustained a brain injury. The result is a moving, even disturbing story, about the devastating effects of a traumatic brain injury on not only the survivor, but also their family and friends.

At the conclusion of the play the actors received a standing ovation and opened the floor for a brief question and comment period. “One person who stood out for me was a health care worker who shared, through her tears, how the play showed her what mistakes she had made along the way. There were other moving comments about how this event opened their eyes to the trauma and impact of brain injury, not just for the individual but the family as well.” remarks Wilcox.

“We heard great reviews about the play, *After the Crash*. It was extremely successful, it not only sold out weeks in advance, but more importantly it left a lasting impression on those who attended. The knowledge learned from the play will be remembered by our guests, which was our goal,” said Laura Kay, Executive Director of the BIAWE. “*After the crash* would not have been possible without our sponsors; FJD Disability Management Consulting, Bayshore Home Health, Hotel Dieu Grace Hospital, Chapman Gordon Gardin Stewart LLP and Bezaire Curran and our partner OBIA.”

# Chrysalis Day Club

As the new *Step Ahead* editor, Laura Kay, Executive Director, suggested I visit the Chrysalis Day Club to see first-hand one of the services that's offered to brain injury survivors.

The Chrysalis Day Club is a service offered through the Association for Persons with Physical Disabilities (APPD) and is funded through the Ministry of Health and Long Term Care, as well as any other funds received from donations and fundraising activities.

Chrysalis is a member driven club. There are minimal staff, so the members are responsible for the majority of the club's operations. Chrysalis centres on meaningful work and the development of meaningful relationships.

## Meaningful work

The members are responsible for all areas of operation, which include: clerical, kitchen and maintenance. They work on newsletters that are sent out to members and their families, they assist with meal planning, shopping and cooking and they help keep the club tidy. The members also assist each other with things like computer training.

## Meaningful relationships (and personal development)

Members must rely on one another in order for the club to run successfully. The facilitators do play a part in the success of the club, but it is the membership who is ultimately responsible. They work together to determine how and what projects to take on to generate funds for the club. Then they decide how that money should be used within the club. Members do not receive financial compensation for the work performed in the club.

## The club offers:

- A full kitchen - Lunch is served to members daily for a small fee. The kitchen is also used to make different baked goods and food items the club sells to help with funding. See their menu on page 18.
- Computers - Members can access the Internet, computer games for memory and/or coordination exercises, or practice their typing skills, write poems

or stories and work on the member newsletter

- Nintendo Wii, pool table, and TV
- A craft room - Members make different craft items for family and friends. This activity helps members work on their fine motor skills.

Chrysalis Day Club is located at 201 West Grand, Unit 200 and is open Monday to Friday from 8:30 a.m. to 4:30 p.m. For more information or to schedule a visit call Lois Caldwell at 519-250-6573.

Chrysalis Day Club is also on Facebook, <https://www.facebook.com/dayclub>.

## Taste... (con't from front page)

"Everyone enjoyed the tropical salads, spiked Red Snapper, Jerk Pork Loin and Coconut Curried Chicken Breast. The meal was absolutely delicious," said Laura Kay, Executive Director of the BIAWE. "I'm very pleased with the turn out. The Yacht Club was such a great place to have our event."

Dancer and choreographer, Nicole Haslam, organized live dance performances to entertain attendees. "The dancers were very engaging. We were pleased to have such great local talent perform at our event. They definitely added a special flair to an already amazing evening," said Kay.

On behalf of the BIAWE, we'd like to thank everyone whose generosity made the evening so special and successful. We raised an impressive amount of funds, which will help support our local programs and services.

Thank you to our generous sponsors and donors; AM800 CKLW, Bayshore Home Health, Chapman Gordon Gardin Stewart LLP, Michael F. Charette, Goldstein DeBiase Manzocco, and Brainworks.

# Survivor profile

**Name:** Cheryl Harris

**Age:** 62

**Injury:**

In July 2006, Cheryl received a phone call from her optometrist's office and they told her that she had a brain aneurysm. She had visited the optometrist for an issue she was having with her eye. The optometrist emailed a local neurosurgeon about Cheryl's aneurysm. She didn't see the neurosurgeon until October. The aneurysm was 11 millimetres in size.

A year and a half after the surgery for her aneurysm, Cheryl was back at the hospital. She was in a lot of pain and had scabs forming on her head. Cheryl had abscess. The abscess had to be treated surgically; this included removing a portion of her skull from the right temporal lobe area. Cheryl had to wear a special helmet to protect her head for five months until they could put her skull back in place.

The original issue, with Cheryl's eye, was calcium build up in the optic nerve, which is producing a dot in her eye. Operation is no longer an option because of the brain aneurysm, so she may eventually go blind.

**How is she doing:**

Cheryl, like most brain injury survivors, takes things one day at a time. Overall, she feels fine. Cheryl tires more easily now and she's aware of the things she can't do or has difficulty with. For example, Cheryl stutters when she can't find the right words and she interrupts because her brain processes things a little slower than individuals who haven't sustained a brain injury. She often finds herself answering questions after others have moved on to a different topic.

**In her own words:**

*"I don't like seeing the kids riding around without helmets because I'm very much aware of the dangers of brain injuries."*

**What's the hardest part about being a survivor?**

Cheryl can no longer travel by herself; even going to the mall requires a date. The stimuli are too much for her brain to process and she finds this overwhelming. Lastly, Cheryl finds she feels more embarrassed than anything when it comes to the set backs she's experiencing because of her brain injury.

**What motivates Cheryl?**

Grandchild, husband, family keeps her going. Grandchild has a lot of energy and hard to keep up. Wouldn't be able to watch her by herself.

# Survivor profile

## A new man I became

On January 5, 1994, Mike Ladouceur woke up and went to work as usual; not knowing that was the day his life would change. When Mike arrived at work he found out his co-worker was sick, so Mike would have to do that person's task before he could continue with his task.

While he was performing the first part of the task, an L-clamp flew out from under the 10 ton steel plate and had smacked Mike in the head between his eyes. The impact was so intense that Mike stumbled back and smacked the back of his head against the brick wall before falling and bumping his forehead on the cement floor.

Thirty-two days later, Mike woke up from a coma not knowing where he was. He couldn't remember what had happened, unfamiliar faces surrounded him and he was faced with the daunting task of relearning everything.

Fast-forward sixteen years; I had the honour of meeting and interviewing Mike at the Chrysalis Day Club. His demeanor is calm and his sense of humour still intact, but most importantly after such a life-changing event, he truly seems happy and at peace with his life. He's engaged again and a step-father to his fiancé's son. With the support of his fiancé, he traded in his drawing pencils and now focuses on poetry, you can see a sample of his work below.

While he may not have his steady 9-5 job or his old friends, he believes he's been given "a second chance at life" and he's enjoying every minute of it.

## Who am I?

I woke one morning.  
I was alive and well.  
I went to work.  
And all was hell.  
I had a bad accident.  
That changed all I know.  
A coma took over my life.  
Much pain and confusion in tow.  
I awoke to new faces.  
Of people I once knew.  
I tried to remember.  
Even a few.  
My brain was injured.  
A new man I became.  
Yet through the eyes of others.  
The face remains the same.



# Using iPhone apps to enhance your day-to-day function

By Ergo Rehabilitation Inc.

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## Introduction

As Rehabilitation therapists with Ergo Rehabilitation, we work with people who have sustained mild to severe traumatic brain injuries through traumatic events such as motor vehicle accidents. Our goal is to enhance a person's overall function. We are excited about the new technology available to assist people to increase their independence.

The iPod Touch (introduced in September, 2007), the new iPhone (January, 2009), and iPad (April, 2010) have significantly changed our ability to help people to help themselves. Below are some examples of the applications that we have found to be the most helpful with clients we see. Your therapist or life skills worker can help you to set up your iPhone.

## Do you have difficulty remembering appointments?

### Calendars and scheduling apps

Appointments can be put into a calendar that can be viewed by the day, week, or month. There are auditory reminders (alarms) that can be set up to remind of upcoming appointments. For example, if you create a doctor's appointment at 11:00 am on Tuesday, you can set up an alarm to alert you twice; for example, the day before as well as an hour before so that you have time to get there. This also works well to plan meals. Meals can be scheduled into your calendar. It is, in fact, like a prosthetic memory. You can schedule appointments months in advance and can have regular appointments repeat themselves throughout the year. This app also helps with pacing your activities. You can schedule rest periods in between your activities so as to manage your fatigue. CalenGoo can be synced to a Google calendar to enable appointments to be entered from a keyboard on a computer.

Name of app: Pocket Informant LITE



Name of app: CalenGoo



- **Days Until** - This application is free for both the iPhone and iPod Touch. It monitors and displays the days remaining until special events that you have entered into it.
- **Borrowed Things** - A handy app that allows you to record all the things that you have borrowed or lent.
- **Date Recorder** - This app allows you to record all types of small things that you want to remember, such as walking the dog, a friend's party, meeting someone for dinner, etc.

Continued...

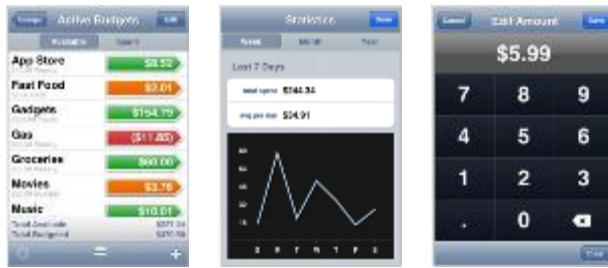
# Using iPhone apps to enhance your day-to-day function

Do you have difficulty keeping track of your bank account and budgeting?

## Budgeting and Banking

These types of apps allow you to budget for expenses, track where the money was spent, and review how much is left. Amounts may be entered at the store with the device offline.

Name of app: Spend - Budgeting



Name of app: Ace Budget Lite



- **Bill Tracker** - This application will help you manage all types of bills, such as car payments, through a convenient user interface combined with an advanced internal database.
- **Cash Tracker** - This is another app that provides for an easy way of tracking your every expense, plus provides tools to analyze your spending.

Do you sometimes lose your way or get lost in what should be familiar areas?

## Navigation / Wayfinding

Getting confused and lost, even in a familiar city, may cause anxiety. These apps make use of GPS and will guide you from your current location to your destination.

Name of app: Spend - MapQuest 4 Mobile



Name of app: MotionX GPS Drive



- **Car Minder Plus** - Keep track of your car maintenance needs and log repairs and fuel with this app. It will keep track of multiple vehicles.
- **Take Me To My Car** - One tap of this app saves your current position and when you next start the app it will provide walking directions to your car.
- **Here I Am** - This app creates an email that contains a link to your location. Other iPhone users will see your location in their Maps application.
- **Take Me Home I'm Lost** - This app keeps track of your home address and will provide you with directions to get home.

Continued...

# Using iPhone apps to enhance your day-to-day function

Do you have difficulty keeping track of groceries you need? Do you forget to buy items or overbuy them?

## Shopping Lists

- **Make It @ Home Grocery List** - This app allows you to create and manage your grocery list on your PC or Mac, and then sync it to your iPhone or iPod Touch.
- **Onetrip Shopping List** - This app acts as an interface to the Onetrip.org web site, which contains your shopping list. This app is not available from the Apple store, but it is free.
- **Grocery Gadget** - You can enter items you need to purchase in the app or at Grocerygadgets.com. The app learns the order of items at the store as you shop and puts them in order next time you shop.
- **Shopper** - This app allows you to develop different lists for different stores, records aisle layouts, prices, budget tracking and coupon tracking. It can also search through flyers and show you advertised specials.

Do you need memory tools for day-to-day information?

## Memory Tools

- **dontFORGET** - This app will help you to remember birthdays and other special events. It contains two sections; one for your contacts and one for custom events that you create.
- **My Emergency Info** - Key information that you want to share with emergency technicians, such as allergies and medical conditions, is kept within this app.
- **Dragon Dictation** - This app is an easy-to use voice recognition tool that allows you to speak and convert this to text or email messages.

Continued...

# Using iPhone apps to enhance your day-to-day function

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brain injury, chronic pain  
sleep disturbance  
or depression?

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# Using iPhone apps to enhance your day-to-day function

- Voice Memos -this enables you to record and review personal audio messages. You can record grocery or to do lists, meeting notes, short and long messages, and name recordings.
- Speak It - This text-to-speech app utilizes a voice synthesis engine that converts text into spoken words.
- Simplenote - You can keep simple lists, notes and ideas with this app that automatically synchronizes with your computer.
- Kitchen Timer - An app that is a simple 60 minute kitchen timer which is a perfect tool to use while cooking.

Would you like to work on your attention, concentration and short-term memory?

## Cognitive rehabilitation apps

- Fearless Brain - This app will train your memory every day with a fast paced game and allows you to track your progress as your skills improve.
- Glossy Touch - This app displays a pattern of flashing colors, allowing you to repeat the pattern by tapping colored buttons in the same order.
- Memory Exercise - This app improves your cognitive skills by displaying random single digit numbers that you then try to remember and type to the next screen. Correct answers advance you to the next level.
- Memory Matches - This is an app where you flip cards to reveal a matching pair. It can be played as a single player or in multi-player mode.
- Anagram Game - This mimics the classic anagram word game where you try to form as many words as possible from a group of letters.
- Brain Trainer by Lumosity - This app includes 7 brain games designed to enhance your cognitive abilities including memory, processing speed, attention, flexibility and problem solving.
- Brain Challenge - This app has 43 games within it that help in the following areas: memory; math, focus, visual, and logic.
- Build Attention - A game where you press the squares displayed from 1 to 25 and your time is recorded, increasing your attention ability.
- Brain Up! - This app contains five categories of games in logic, calculation, memory, judgment, and music.

## Summary

Endless applications exist for the iPhone, iPod Touch, and iPad that can assist you in countless ways. The above are only a small sample of what is available for these devices. Many of the apps are free, and others are quite reasonably priced.

iPhones, Blackberries, and other smart phones are increasingly proving themselves to be useful organizational tools for people with brain injuries. Linda Glover, Community Coordinator at the Prince George Brain Injury Group, is currently conducting surveys with people who find or would find this modality an effective tool in their daily lives. Once the survey is completed, she hopes to be able to present her findings to companies offering these phones in the hope that people with identified disabilities will be able to receive a reduced rate in their purchase and/or contract fees if prescribed by doctors and other health care professionals. If you, or someone you know, is interested in completing a survey, please contact Linda directly at:

Linda Glover, Community Coordinator,  
Prince George Brain Injured Group,  
1237 Fourth Avenue,  
Prince George, B.C., V2L 3J5,  
Phone 1-250-564-2447, fax 1-250-564-6928, or  
E-mail at [linda.glover@pgbig.ca](mailto:linda.glover@pgbig.ca)

*The above article first appeared in the Winter 2010 issue of British Columbia's Headline Magazine. Permission to reprint this was kindly given by the authors listed at the beginning of the article.*

## Facebook news

Add **Chrysalis Day Club** as your Friend on Facebook in order to stay up to date with all the current news and events. Please visit [www.facebook.com/dayclub](http://www.facebook.com/dayclub) or search for Chrysalis Day Club.

Also, be sure to check out the fan page for the **Brain Injury Association of Windsor Essex** and stay informed on all current events, articles, fundraisers and support seminars. Please visit [www.facebook.com/BIAWE](http://www.facebook.com/BIAWE) or search for BIAWE.



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# Alcohol and drugs

## Should people with brain injuries drink alcohol or use drugs?

In making your decision, consider the following eight points:

People who begin or continue using alcohol or other drugs after a brain injury don't recover as quickly or completely.

If people who have had a brain injury begin using alcohol or other drugs, they may lose much of the progress they have made. Because they lost brain cells in the injury, the remaining cells must work harder for the person to do some of the same activities they did before the injury. If the remaining cells are affected by alcohol or drugs, they will not be able to take over the duties of the dead cells. That means skills a person could have regained are now lost.

Brain injuries can cause problems in balance, walking and/or talking that worsen when a person uses alcohol or drugs.

For people whose brain injury has caused difficulties with balance, movement and speech, alcohol and other drugs further reduce ability in these areas.

People who have had a brain injury often say or do things without thinking first. This problem is worsened by using alcohol and other drugs.

Acting before thinking can be a common problem for people with brain injuries. It is also a problem for people who abuse alcohol and drugs. Not being able to control what they say or do can lead to increased risk-taking, arguments, or other socially inappropriate behaviour.

Continued...



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Brentwood is a Recovery Home committed to providing compassionate care and treatment in a residential setting for persons whose primary problem is alcohol and drug abuse while providing non-residential support for their families.

Located in the heart of Windsor Ontario, Brentwood is a non-denominational Recovery Home that has served over 20,000 Men and Women primarily from Windsor and Essex County. It is not the quantity of people that have recaptured their lives that measures our success. We recognize and respect the fact that recovery is a life long process that requires ongoing support and care so that each person has the opportunity to continually enhance his/her self confidence, self worth and personal growth.

**Need help? Call 519-253-2441**

Can you help us help others? We are always grateful for your support.  
For more information call 519-946-3115 or email [mlenox@brentwoodrecovery.com](mailto:mlenox@brentwoodrecovery.com)  
[www.brentwoodrecovery.com](http://www.brentwoodrecovery.com) Charitable Registration No. 11885 0130 RR0001

Brain injuries can cause problems with thinking, such as concentration and memory. Using alcohol and other drugs make these problems worse.

Many people have to learn new skills, or relearn old ones, after a brain injury. People may have trouble with concentration, memory, problem-solving and other thinking skills. Alcohol and other drugs can also interfere with learning new information. People with an ABI are unable to learn and use these new skills as well when drinking or using drugs.

**After a brain injury, alcohol and other drugs have a more powerful effect.**

Brain injury results in a loss of brain cells. Cells that remain must do their own work plus the work of the dead cells. Because there are fewer cells after a brain injury, more alcohol or drugs go to fewer cells, increasing the impact of the alcohol or drugs on a person's ability to function. They become intoxicated more quickly, magnifying the effect of the alcohol or drug. Alcohol and drugs can also lessen the effectiveness of prescribed medications.

**People with brain injury are more likely to feel low or depressed. Drinking alcohol (a depressant) or getting high on other drugs makes depression worse.**

Depression is fairly common after a brain injury. Some people may try to cope by drinking alcohol or using other drugs. While people may "forget" their problems for awhile, these problems are still there when they are sober. An endless cycle can be established, with depression leading to substance use, and increased depression. This behaviour decreases overall ability, increasing depression even more.

**After a brain injury, drinking alcohol or using other drugs can cause a seizure.**

Some people with a brain injury have an increased risk of seizures. Those who are at a very high risk are given medication to prevent them.

Alcohol and drugs increase the chance that even those at the lower levels of risk will have a seizure. Alcohol and non-prescription drugs prevent seizure medications from working, further increasing the risk of seizures.

**People who drink alcohol or use other drugs after a brain injury are more likely to have another brain injury.**

A person who has difficulty thinking clearly, walking smoothly, or reacting quickly due to a brain injury is three times more likely to have another injury.

People who further cloud their abilities with alcohol or drugs will have an even higher risk of another injury. Second and subsequent injuries will cause more harm than the first one. The destruction of more cells as a result of a second injury will leave even fewer cells to do the same jobs. Some abilities will be lost because of fewer cells to make these functions possible.

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## Future events

### June 2011

June is brain injury awareness month across Ontario. Please visit our website, [www.biawe.com](http://www.biawe.com), for up and coming events during the month of June and beyond.

### June - October 2011

#### Helmets on Kids

Providing helmets to those in need

Sponsored by: Brain Injury Association of Windsor/Essex (BIAWE)

### June 10, 2011

Coaching for Optimal Communication, Cognition & Behaviour

Annual Conference

Presented by: WE County Communication Link

### June 11, 2011

Rediscover Your Bike - Windsor

WFCU Centre - Windsor

### September 8, 2011

Use Your Head Concussion Workshop

For hockey parents, coaches, trainers and referees

Vollmer Complex

Presented by: Brain Injury Association of Windsor/Essex (BIAWE)

### September 10, 2011

Windsor East-enders Reunion


Geared to the 35+ age group that went to school between Ouellette and Tecumseh Town Riverside Sportman's Club

Proceeds benefit: Brain Injury Association of Windsor/Essex (BIAWE)


### November 2-4, 2011

Provincial Acquired Brain Injury Conference  
Niagara Falls, Ontario

For more information and registration, contact OBIA.



## Case Management at Brainworks




Tami Nestor, BA, BScT, is a seasoned case manager, having spent the past decade as a rehabilitation consultant in clinical, third-party service provision, and disability insurance fields. With two highly relevant degrees and previous experience as a behavioural therapist, she has built on her specialized and intensive training in both behavioural science and psychology. At Brainworks, Tami provides case management services in the Southwestern Ontario region. Her strong connection to service providers throughout this region is an asset to our clients. Tami provides prompt coordination of care for clients who require individualized treatment plans with multi disciplinary intervention.

Tami can be reached at:

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## Brain Injury Association of Windsor/Essex County

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### 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)



### 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 Laura Kay at 519-981-1329.

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

# Chrysalis Kitchen

Chrysalis Day Club, 201 West Grand Blvd., Windsor, Ontario, N9E 3W7

Please call ahead to place your order.

519-250-6573

## Muffins

Assorted varieties (Cranberry orange, Lemon poppy seed, Banana, Carrot, Bran, etc.) \$6 per dozen

Butter tarts \$7 per dozen

## Cookies

Assorted varieties (Chewy coconut, Chocolate chip, Peanut butter, Oatmeal, etc.) \$4 per dozen

## Assorted loaves

Banana, Zucchini, Carrot, Pumpkin, Cranberry orange, and Cranberry lemon \$6 each

## Assorted varieties of bars and squares

Brownies, Lemon, Date squares, K bars, etc. \$6 per dozen

## Desserts

Banana split dessert \$20 each

Drumstick ice cream dessert \$20 each

## Cakes (Chocolate, Butter pecan, White, Marble, Spice, etc.)

9x13 \$10 each  
filling extra

11x15 \$15 each  
filling extra

## Carrot cake and Banana cake

10-inch round \$12 each

9x13 \$19 each

11x15 \$25 each

## Coffee cake

10-inch tube \$8 each

## Pies

Apple, Cherry, Raisin, Pumpkin, Lemon, Cream pies, etc. \$8 each

## Meat pies

4-inch \$3 each

9-inch \$9 each