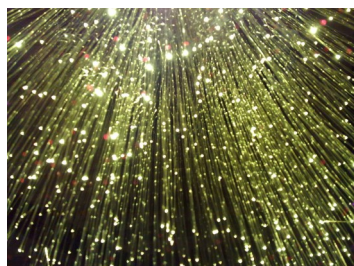




**Happy
Spring!**

April 2018

Step Ahead



“Sports and Sparkles” May 24, 2018

Inside this issue:

List of Programs	2, 3
Butterfly Monument	4
In the News Volunteering	5
ABI Conference Our Volunteers	6
Unmasking Brain Injury	8
Save the Dates Helmets for Kids	10
Calendar of Events	12, 13, 14

The Brain Injury Association of Windsor & Essex County and the Sandwich Teen Action Group are this year’s recipients of BIAWE’s signature fundraising event, hosted by the Charity Chix. The Charity Chix is a group of civic minded women who assist small charities by organizing fund-raising events. They have been very successful in the past, raising thousands of dollars benefitting the community.

Together we will present an event you won’t want to miss. Besides sports celebrities, we will have a scrumptious meal made and served by the staff of St. Clair College, overlooking the beautiful Detroit river. There will be silent auctions and raffles of such items as sports memorabilia, sparkly items like purses, clothes and jewellery, restaurant and activity prizes and much more...

Dance to the music and meet celebrity athletes.

Wear your favourite sports jersey or your favourite sparkly outfit. The choice is yours. It’s your night to shine.

Proceeds from this event support the programs of BIAWE and STAG.

Tickets are \$125 each or \$1000 for a table of 10.

Magazine Ads and Sponsorship Packages Available

Reserve now at 519-981-1329.

ANNUAL GENERAL MEETING

April 24, 2018 5:30 p.m. Hungarian Cultural Centre 790 Hanna

WHY YOU SHOULD COME....

Learn about BIAWE’s Programs and Services

Elect the Board of Directors

Read our “Year in Review”

Break bread and enjoy a meal with other BIAWE members and meet new friends.

Listen to our Guest Speaker Amanda LaFrance - about our GOALS Program

Register at Eventbrite.ca or email at info@biawe.com



GOALS - Peer Success Group

This group is about bringing people together in an environment that fosters relationship building, safety and trust. The format is that of a group and individualized support. Everyone who participates in this program sets and works on goals individually and gets to choose and work on their own goal. The other members of the group provide support, problem-solving ideas, and strategizing. All this is done with the help of a facilitator. Free!

Windsor **April 11 - May 16, July 6 - Aug 10**

Leamington **June 3 to July 8**

You must register by calling BIAWE at 519-981-1329 or

emailing goals@biawe.com.



Funding for this program by:



“You Are Not Alone” Peer Support Group”

This is a free monthly drop-in for individuals with acquired brain injury aged 18+ years and their caregivers. Talk with others about things you care about and get information and support that can help you.

2nd Tuesday of each month

6 to 7:30 p.m.

Chrysalis Centre (ALSO)

201-200 West Grand Blvd. Windsor



Peer Support and Mentoring Program

Partner - You will have the opportunity to learn from someone “who has been there” and can offer you guidance and support based on their own personal experience living with ABI.

Support is provided to you via the telephone and internet, based on your preference so you can participate in the comfort and privacy of your home.



Call 519-981-1329 to register.

This is an ongoing program. Free!

Mentor - You have the opportunity to help others by sharing your experience by providing support and information to your partner who has a similar lived experience.

You will have comprehensive training in your community to match with a Partner.



Survivor Social

This is a monthly drop-in social for persons with acquired brain injury. There are special outside events held four times per year. This is a good opportunity to meet others who share common interests in a fun, relaxed atmosphere. FREE!

4th Monday of every month

6:00 to 7:30 p.m.

Hospice of Windsor and Essex County

6038 Empress Street, Windsor

Caregiver Support Group

Feeling a bit overwhelmed? Feeling the need to talk to someone who understands what you're going through? Come to this monthly drop-in for caregivers of individuals with acquired brain injury. FREE!

4th Monday of every month

6:00 to 7:30 p.m.

Hospice of Windsor and Essex County

6038 Empress Street, Windsor

Education Series

This is a regular program of BIAWE, held four times per year for those with acquired brain injury and families. It provides relevant information about various aspects of life with a brain injury. Topics are chosen by support group participants.

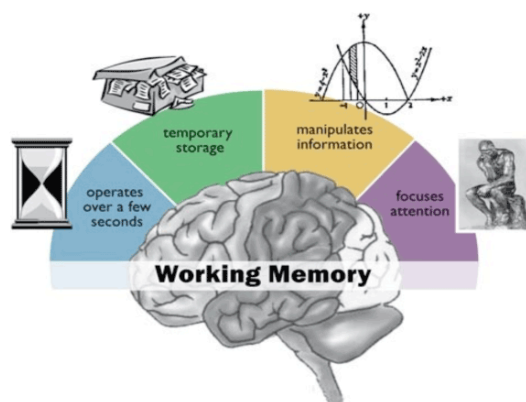
Monday, June 4, 2018 - Shirley Lee, Occupational Therapist -ABI Program at HDGH

6:00 p.m. to 7:00 p.m.

United Way

300 Giles Blvd.

FREE! - Register at: www.eventbrite.ca



Youth Support Group 15 to 29 years

This support group is for young people with acquired brain injury. This group is lead by a BIAWE facilitator.

Young people meet to discuss their experiences, share ideas and provide emotional support for one another. The biggest benefit of attending this support group is to realize you are not alone - that there are others who have the same problems. It can help you develop new skills and learn to deal with problems related to the brain injury. Everything that takes place within the support group stays confidential.

This is a free program and does not require a referral. Light snacks are provided.

2nd Tuesday of each month

6 to 7:30 p.m.

Chrysalis Centre (ALSO)

201-200 West Grand Blvd.



Butterfly Memorial June 1 at 11:00 Celebration



Join us in celebrating those who have been honoured by having their name engraved on the Butterfly Memorial Monument.

The celebration takes place at the site of the monument in the Windsor Sculpture Park on the riverfront at 11:00 on Friday, June 1.

Invite family and friends to this free outdoor celebration. Refreshments will be served after a short ceremony.

Engraving a name on the memorial is a very special way of remembering a loved one or honouring someone living with the challenges of an acquired brain injury.

Engraving cost: \$250.00

Call BAIWE for an application form or get it online on our website. Applications for engraving for this celebration must be provided and payment made by April 30.

Ontario Passed Legislation to Protect Amateur Athletes from Concussions - March 6, 2018

Province Becomes a National Leader in Concussion Management and Prevention

Ontario passed ground-breaking concussion safety legislation today to protect amateur athletes and make sport safer on the field and at school. Rowan's Law (Concussion Safety), 2017 makes Ontario a national leader in concussion management and prevention by establishing mandatory requirements that call for:

- Annual review of concussion awareness resources that prevents, identifies and manages concussions that coaches and educators would be required to review before registering in a sport
- Removal-from-sport and return-to-sport protocols, to ensure that an athlete is immediately removed from sport if they are suspected of having sustained a concussion, giving them the time needed to heal properly
- A concussion code of conduct that would set out rules of behaviour to minimize concussions while playing sport.

VOLUNTEER OPPORTUNITIES

April 4 - St. Clair College Volunteer Fair - St. Clair College - Booth
 April 10 - Unmasking Brain Injury - Windsor Art Gallery - Studio 11:00 to 12:30 - Helping with painting.
 April 11 - Unmasking Brain Injury - Windsor Art Gallery - Studio 11:00 to 12:30- Helping with painting.
 April 14- Unmasking Brain Injury - Windsor Art Gallery - Studio 11:00 to 12:30 - Helping with painting.
 April 17 -Multicultural Health Access Day - Fogolar Furlan - 9:30 to 2:00 - Booths and Helmet Fitting
 May - Assembling Masks for Displays and typing narratives
 May 10 - Police Week - Tecumseh Mall - Helmet Fitting various hours available
 May 11 - Police Week - Tecumseh Mall - Helmet Fitting
 May 12 - Police Week - Tecumseh Mall - Helmet Fitting
 May 19 - Bike Rodeo - St. Vincent de Paul, Queen Street
 May 24 - Sports & Sparkles Gala - St. Clair Centre for the Arts - 11:00 to 5:00
 June 1 - Butterfly Memorial Celebration - Riverfront 11:00
 June 7 - Unmasking Brain Injury Opening - Windsor Art Gallery 5:30
 June 8 - Unmasking Brain Injury - moving masks
 July 12 - Camp Brombal - helmet fitting
 August 1 - Pasta Fundraiser - Caboto Club - 3:30 to 7:00 - Display and booth
 September 21 - BIAWE Annual Golf Tournament - Kingsville Golf and Country Club - Registration, pictures

So many ways to help support BIAWE and persons with acquired brain injury. So many ways to give back and help people in your community. So many ways to meet people and have fun.

For more information call 519-981-1329 or email our **Volunteer Coordinator, Victoria O'Beid** at volunteer@biawe.com.

In the News.....



BIAWE is not funded for many of our programs. That's why fundraisers and donations are so important to us. Please help by making a donation and attending our events.



Jeannette Ware-
Mikhael's last night as
Social Coordinator - a
thank you on behalf of
the group.



Crock-a-doodle ceramic painting social
February 15

ABI Conference

June 20, 2018 Fogolar Furlan Club 8:00 to 4:30



Registration is \$135 Student Registration is \$65

SPONSORSHIP OPPORTUNITIES

Gold \$2,000

Silver \$1,500

Bronze \$750

Group Delegate \$675

Exhibitor \$350 - \$175 for non-profit groups

Learn the latest in standards for concussion clinics and updates on the management of persistent concussion symptoms. Hear from the best in the business of concussion management with a lecture and interactive workshops. Earn education credits.

ABOUT OUR VOLUNTEERS

At BIAWE volunteers are highly valued members of the BIAWE team and contribute to making a significant difference in BIAWE's ability to offer programs to persons with acquired brain injury and their families. Volunteers are benefited by helping others, contributing to BIAWE's programs, personal satisfaction and experience in planning and organizing community events.

My name is Melanie Lopo and I am a second year student at the University of Windsor, Faculty of Law. Prior to law school I was employed at a Psychology Clinic where I worked with patients involved in traumatic accidents. Many of these patients suffered from both physical and cognitive impairments, including traumatic brain injuries. It was profoundly admirable to see patients embody strength, courage and perseverance at such a vulnerable time in their lives. This attitude coupled with appropriate supports is what assisted most, if not all, in progressing past the frustrations of their injuries. I have seen first hand the benefits that organizations such as BIAWE confer on individuals living with an acquired brain injury. I am proud to play a small role in assisting the BIAWE team as they continue to powerfully impact our society.



Oana Balint is a grade 11 student at Cardinal Carter Catholic Secondary School. She enjoys playing volleyball, learning Spanish and reading in her free time. Currently, she is also volunteering with the Leamington District Memorial Hospital and the Mayor's Youth Advisory Committee to help make a change in the community. Oana dreams of becoming a family doctor and volunteering with Doctors Without Borders. "I am volunteering with the BIAWE because they are providing me with the opportunity to be a part of something bigger than myself and to use my civic responsibility for the greater good. Furthermore, volunteering with the BIAWE has given me the chance to form relationships that will have a lasting impact on my life."

Our 2017-2018 Board of Directors

President: Andrea Thielk - Barrister, Solicitor, Notary Public, Injury Law Group

Treasurer: Nav Nagra, ADS Forensics Inc.

Heather Courtney - Human Resources Service Partner-Talent - Green Shield Canada

Kari Viglasky - Vice President People Solutions, Collins Barrow

Kathy Worotny - Retired Teacher, Person with ABI

Leeann Sassine - Litigation lawyer at Injury Law Group

Marissa Stein - Manager, People Solutions Collins Barrow Leamington

Sarah Morris - Managing Director at Hackforge

Joanne King - Accountant BDO

We would like to thank our outgoing Board Members with many years of service to the Brain Injury Association of Windsor & Essex County

Dr. Anne McLachlan

Dr. Kathryn Edmunds

Mrs. Jeannette Ware-Mikhael

INJURY LAW GROUP

Your Recovery Team!

- Personal Injury Law
- Civil Litigation
- Human Rights & Advocacy

Call Andrea 226-674-1000
Free legal-medical consultations
& Free accessible parking
www.injurylawgroup.ca



Lawyer Andrea Thielk
Excellence ♦ Dignity

VON Exercise Program

The VON offers a SMART Exercise and Fall Prevention program for those with acquired brain injury and strokes.

This is a free program offered every **Wednesday from 11:15 to 12:15 p.m.** at the New YMCA, 3400 Grand Marais Rd. E. A doctor's note is required.

Phone 519-254-4866 x 6239

for Leamington, 352-4462 X 5222, at the Half Century Club.



Ways to Contribute to BIAWE

There are several ways you can contribute to BIAWE.

- **Shoppers Optimum Points** - Log onto https://www.shoppersoptimum.ca/OptimumTransfer/en_CA/person.to to transfer your points
- **Volunteer** - We need volunteers for our support programs, special outings and special events. Contact our Volunteer Coordinator, Victoria Obeid at volunteer@biawe.com for more information.
- **Become a Board Member** - We need dedicated and passionate board members with skills in areas of fundraising, fund development, technology, health care and business.
- **Purchase a Plaque** - Provide a tribute to someone near and dear by having their name engraved on the Butterfly Monument at the riverfront.
- **Become a Member** - Join BIAWE and the Ontario Brain Injury Association and receive the most up-to-date information about acquired brain injuries
- **Include BIAWE in Your Will** - help sustain BIAWE's programs
- **Wedding Donations** - In lieu of gifts, make a donation to BIAWE
- **Funeral Donations** - Make requests to have friends and family donate to BIAWE
- **Support our Events** - A fundraiser in the spring and the golf tournament in September
- **Sponsor an Event** - Corporate and Business sponsorship
- **Buy and Ad in our Newsletter** - Helps to pay the cost of printing and distribution

Did you know?

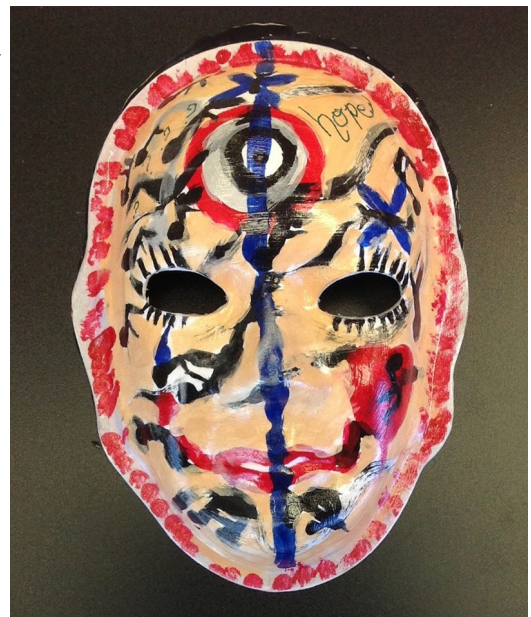
In Ontario, 22 per cent of students reported being knocked out or admitted to hospital due to a head injury in their lifetime. In Canada, among children and youth who visit an emergency department for a sports-related head injury, 39 per cent were diagnosed with concussions, while a further 24 per cent were possible concussions.

Unmasking Brain Injury June 7 at 5:30 at the Windsor Art Gallery -Free!

Mask making has been used worldwide, across cultures for several different purposes. Although every mask tells a different story, they unify survivors. The mission of this special project is:

1. Promote awareness of the prevalence of brain injury;
2. Give survivors a voice and the means to educate others of what it's like to live with a brain injury;
3. Show others that persons living with a disability due to their brain injury are like anyone else, deserving of dignity, respect, compassion and the opportunity to prove their value as citizens in their respective communities.

BIAWE is partnering with the Ontario Brain Injury Association to bring you an opportunity to be involved. More details will follow - keep checking our Facebook page and Twitter feed.



Step Ahead! Newsletter

ADVERTISING ORDER FORM

Step Ahead is published four times each year and is circulated primarily in Windsor and Essex County. A copy of the current newsletter is posted on the website. Older newsletters are archived on the website.

Advertising revenue helps cover the cost of this vital means of communication about brain injury with our members, professionals in the brain injury field and the general public.

Company/Organization: _____

Contact Person: _____

Address: _____

Phone Number: _____

Email: _____

By choosing to be an advertiser your ad will appear in two newsletters per year. The ads print in colour.

	<u>SIZES</u>	<u>PRICE</u>	<u>TOTAL</u>
A)	Newsletter Sponsor (recognition on the cover)	Cost of printing	To be determined
B)	Full Page	\$400.00	\$_____
C)	½ Page	\$300.00	\$_____
D)	¼ Page	\$200.00	\$_____
E)	Business Card	\$100.00	\$_____
		TOTAL:	\$_____

DEADLINES: September 15 (for fall newsletter), December 15 (for winter newsletter) March 15 (for spring newsletter) and June 15 (for summer newsletter)

The best format for ads is electronic (PDF, JPG, TIF), sent as an e-mail attachment. Camera ready black and white material is also acceptable. We do not accept faxed documents. If you choose business card size, please ensure your card with larger version of graphics can be scanned clearly into the computer. Do not staple your material.

Thank you for your order and for supporting the Brain Injury Association of Windsor & Essex County.

Full payment is due with your order.

Please send completed application form and cheque payable to:

Brain Injury Association of Windsor & Essex County

P.O. Box 22070 11500 Tecumseh Road East

Windsor, Ontario N8N 5G6

Phone (519) 981-1329 / Web: www.biawe.com

Email: info@biawe.com

Save the Dates

We're planning some exciting things for 2018. Keep reading "Step Ahead", our Facebook page, Twitter and website for updates.

Caboto Club Pasta Fundraiser - first Wednesday of each month.

Annual General Meeting - April 24, 5:30 at Hungarian Cultural Centre 790 Hanna St. E. (near Marentette) Members can vote. See page 11 on how you can become a voting member of BIAWE. Register on Eventbrite.

Sports & Sparkles Gala - May 24 at 6:00 at St. Clair Centre for the Arts - tickets \$125 or \$1000 for table of 10.

Brain Injury Awareness Month - June

Butterfly Memorial Celebration - June 1 at 11:00 on the riverfront.

Education Series Spring Edition - June 4 - 6:00 at United Way, 300 Giles Blvd. E. Register on Eventbrite.

Unmasking Brain Injury Opening - June 7 at 5:30 at Windsor Art Gallery
Register on Eventbrite - Free

ABI conference - June 20 at Fogolar Furlan. Call to register

Annual Golf Tournament - September 21 at Kingsville Golf and Country Club

Disclaimer

The opinions expressed herein are those of the respective authors and advertisers and not necessarily those of the Brain Injury Association of Windsor & Essex County. (BIAWE). BIAWE will not be liable for any damages or losses howsoever sustained, as a result of the reliance on or use by the reader or any other person of the information, opinion, or products expressed, advertised or otherwise contained herein. Where appropriate, professional advice should be

Caboto Club Pasta Night

Join us for pasta on the **first Wednesday of each month** from 4:00 to 7:00 pm at the Caboto Club. Funds raised from each of these dinners is shared with 12 local charities, and we are one of them. Help us and enjoy a lovely pasta dinner, with salad, bread and butter and coffee/tea.

Adults \$10.00 Seniors \$9.00 Take-out \$11 ,
Children 5-12 \$7 Children under 5 - Free



Did you know....

Three groups highest at risk for traumatic brain injury are children (0 to 4 year), teenagers (15 to 19 years) and adults (65 years and older).

Ref. www.brainline.org

Helmets for Kids

Wearing a helmet while bike riding can reduce the risk of brain injury by 88%. BIAWE is proud to partner with Bike Windsor Essex and other community organizations to bring helmets to children who otherwise could not afford one.



Advertising Policy

BIAWE welcomes advertising in the "Step Ahead". Advertisers may not imply that their products/services or memberships is an endorsement by BIAWE or its directors or staff. No advertisement will be accepted for publication until a completed, signed Order Form is received. BIAWE reserves the right to refuse publication of any advertisement .



PO Box 22070
11500 Tecumseh Road East
Windsor, Ontario
N8N 5G6

Phone: 519-981-1329
E-mail: info@biawe.com
www.biawe.com

OUR MISSION

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



Membership Benefits

For one annual membership fee, individuals and families can become members of both the Brain Injury Association of Windsor and Essex County (BIAWE) and the Ontario Brain Injury Association (OBIA).

Application forms can be found online at: <http://obia.ca/dual-membership-application-form/> or you can call BIAWE at 519-981-1329 to get a form sent to you.

Why should you become a member of BIAWE?

- You can vote at the annual meetings for BIAWE and OBIA.
- You will receive a one year subscription to the "OBIA Review" - the official publication of the Ontario Brain Injury Association. It's full of information about the latest in brain injury research, stories and supports.
- You may participate in the Peer Support Mentoring Program for People Living with ABI.
- You will have free access to OBIA's resource library.
- You will be eligible for a discount on most of OBIA's training programs.
- Your voice will be heard both locally and provincially.

Annual Fees for Dual Membership

Individual	\$30
Family (2 or more at same address)	\$50
Subsidized (please enquire)	\$5

What BIAWE can offer You....

- Assistance with navigating the health care and legal system
- Provide you with information about local services and benefits in our community
- Discuss issues you should be raising with medical and legal professionals
- Explain the often confusing terminology associated with ABI
- Provide you with contact information for services in the community
- Invite you to attend our Support Group sessions, for both persons with acquired brain injury and caregivers
- Invite you to become involved in our Peer Mentoring Program
- Introduce you to others who have experienced an ABI through our Social Support Program
- Invite you to our events throughout the year - Butterfly Monument Dedication and fundraisers
- Invite you to attend our local conference, education series and concussion workshops

What You can offer BIAWE...

- Attend the programs that are offered
- Share with others the opportunities for learning, support and fellowship
- Support the work of BIAWE by attending fundraisers
- Volunteer for events or become a Board Member
- Sponsor programs and make donations

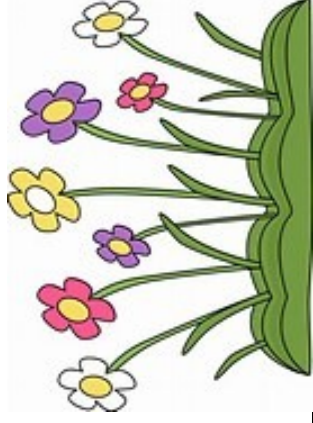
April 2018



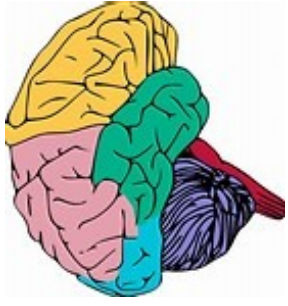
Sun Mon Tue Wed Fri Sat

1	2	3	4 VON -Exercise Class Pasta Night Caboto Club 4 -7	5	6	7
8	9	10 You are Not Alone Peer Support Youth Support	11 VON -Exercise Class YMCA GOALS - Week 1	12	13	14
15	16	17 Multicultural Council Health Access Day	18 VON -Exercise Class YMCA GOALS- Week 2	19	20	21
22	23 Survivor Social and Caregiver Support Group	24 BIAWE ANNUAL MEETING 5:30	25 VON -Exercise Class YMCA GOALS - Week 3	26	27	28
29	30	31				

May 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 VON -Exercise Class Pasta Night - Caboto Club	3	4	5
6	7	8 You are Not Alone Peer Support Youth Support	9 VON -Exercise Class GOALS - week 5	10 Police Week Display - BIAWE Helmet Fitting	11 Police Week Display - BIAWE Helmet Fitting	12 Police Week Display - BIAWE Helmet Fitting
13 Mother's Day	14	15	16 VON -Exercise Class GOALS - week 6	17	18	19 St. Vincent de Paul BIAWE Helmet Fitting
20	21 Victoria Day	22	23 VON -Exercise Class	24 SPORTS AND SPARKLES GALA	25	26
27	28 Survivor Social and Caregiver Support	29 BIAWE BOARD MEETING	30 VON -Exercise Class	31		



June 2018

BRAIN INJURY AWARENESS MONTH

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Butterfly Memorial Celebration 11:00	2
3	4 Education Series- Memory 6:00	5	6 VON -Exercise Class Pasta Night	7 Unmasking Brain Injury 5:30 Art Gallery of Windsor	8	9
10	11	12 You are not alone Peer Support Youth Support Group	13 VON -Exercise Class	14	15	16
17	18	19	20 VON -Exercise Class ABI Conference -	21	22	23
24	25 Survivor Social and Caregiver Support Group	26 BIAWE BOARD Meeting	27 VON -Exercise Class	28	29	30