



Step Ahead



Inside this issue:

Summer Picnic	2
Virtual Support	3
Programs	5
Board of Directors	6,7
Pediatric Advisory	8
Meet a Volunteer	9

BRAIN CONNECT PROGRAM

The Brain Injury Association of Windsor and Essex County (BIAWE) received a grant of \$38,500 from the Government of Canada and United Way/Centraide Windsor-Essex County . This is part of the federal government’s Emergency Community Support Fund due to Covid-19.

This program will help to alleviate some of those barriers including social isolation, low income, lack of family and social support, cognitive barriers and few opportunities for social interaction.

This program invests in technology, training and remote support to allow clients to access services during a time when face-to-face contact is discouraged. Staff and volunteers will focus on the safe use of social media tools. Providing practical strategies will increase functionality, improving long term health outcomes and limiting the need for face-to-face service during this pandemic.

BIAWE will do this by both providing assessment, equipment, in-house technology and educating participants on the use of tablets and smartphones. BIAWE will encourage the use of home assistant technology (Google Home, Alexa, etc.) to help overcome barriers created by ABI, particularly as it relates to memory.

Our Virtual Support Coordinator, Bianca Colaluca will be responsible for overseeing tech purchases, education and support. She will assist in establishing needs/goals, purchasing devices, teaching skills, and overseeing support to individuals in using technology as a tool to function independently.

Funded by the Government of Canada



Proud Funded Partner of



Summer Picnic—September 20 at Reaume Park



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 or internet, based on your preference so you can participate in the comfort and privacy of your home.

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.

This is a free program available to any person with an acquired brain injury (ABI) and to a caregiver (family or friend) of a person with an ABI.

To register, call 519-981-1329 for a short intake to match you up with someone who has your shared experience.



Meet our Virtual Support Coordinator—Brain Connect



My name is Bianca Colaluca and I am your new Virtual Support Coordinator. I am a Master of Social Work and I am eager to assist clients who are feeling the effects of the pandemic.

I have worked with all age groups and in many different social work settings. I find great pride in assisting my fellow community members and I am excited to join the BIAWE team.

I am hopeful that virtual support can alleviate some of the common challenges you all face on a daily basis. I intend on using technology an effective and efficient tool and as a support system to instill hope. After all, we are social creatures and I believe in you all maintaining connections to one another despite what is occurring in the world. I look forward to meeting and chatting with you all. Stay well and see you soon!

Coffee Chat

This weekly social is for survivors. It's a good way to keep in touch with friends and acquaintances you've made attending support groups. It helps in reducing the social isolation during this Covid-19 pandemic and keeps you up-to-date as to what's going on at BIAWE. Talk with old friends and make new friends. It's unstructured and you can talk about whatever you want. Each week is different.

Wednesday at 11:00 each week through zoom.

Call for an invitation if you are not on the call list. 519-981-1329 or email info@biawe.com



Volunteer Opportunities

- ◆ **Mentor.** For the Peer Support Group. Volunteer one hour per week for one year. Free training by the Ontario Brain Injury Association. For survivors and caregivers. This is an opportunity to share your lived experience and help someone.
- ◆ **IT Help.** For the Brain 'Connect Program. Install apps and programs and train users on the use of technology.
- ◆ **Directory Recruitment.** For the on-line Directory. Call health care, legal professionals to provide information for the Directory. This a source of information for those in the community seeking specific services related to a brain injury.
- ◆ **Updating Web Page on ABI Info.** Research sources of ABI information to update the website.

Contact Isabella Baggio at volunteer@biawe.com.

Survivor Social

This is a monthly social for adults with acquired brain injury. It is well known that spending time with others improves our health, emotionally and physically. The risk of depression and early mortality are reduced. We are biologically built to seek friends. This gives you an opportunity to make new friends.

Check us on Facebook for updates and any changes.

Monday, October 26 ZOOM 7:00 PM

Monday, November 23 ZOOM 7:00 PM

December Holiday Party—check website and Facebook

If you are not on the email/call list, please email to

info@biawe.com to get the Zoom invitation.



Family and Friends Support

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 an individual with acquired brain injury.



Tuesday, October 27 7:00 PM ZOOM

Tuesday, November 24 7:00 PM ZOOM

December Holiday Party—tbd

If you are not on the email/call list, please email to

info@biawe.com to get the Zoom invitation.

Young Adult (18 to 30 years) Coffee Chat

Young adults meet to discuss their experiences, share ideas and provide emotional support for each other. It can help you develop new skills and learn to deal with problems and issues related to the brain injury. Everything that takes place within the support group stays confidential

Tuesday, October 13 7:00 ZOOM

Tuesday, November 10 7:00 ZOOM

December Holiday Party—tbd

If you are not on the email/call list, please email to

info@biawe.com to get the Zoom invitation.



Our Support Team

Executive Director - Anna Jurak

Goals Program Coordinator - Danielle Bridges

Goals Program Facilitators - Robyn Craig, Danielle Bridges, Rene Cantarutti, Kate Turner

You Are Not Alone Facilitator - Sara DeLuca

Young Adult Support Group Facilitator - Rene Cantarutti

Family and Friends Support Group Facilitator - Sara DeLuca

Volunteer Coordinator - Isabella Baggio

Peer Support Program Coordinator - Anna Jurak

Social Coordinator - Rebeca Robinet

STAR Program Coordinator - Anna Jurak

Social Media —Niloofar Khastavan

Graphic Design —Donna Ntumba

Virtual Support Coordinator—Bianca Colaluca

Meet our Board of Directors



Gordon Hillman

Retired publisher of In Business Windsor magazine. Gordon Hillman is a survivor of a closed head injury obtained in August 2000. A pick-up truck ran a stop sign at a high rate of speed and T-boned his car sending his car approximately one-hundred yards down a street he was not traveling on. The impact was so intense Gordon was found unconscious and upside down in what was left of the passenger compartment, coming completely out of his seat belt.

As a result of his injuries he was forced to give up his magazine and relearn many skills from reading and comprehending to writing and mathematics.

Not everything was bad however, as Gordon was now able to spend a great deal of time with his family and he made many new friends during his rehabilitation. Today he is able to function on a daily basis including driving. Reading is done with audio books and he leaves the complicated math to professionals. However, in his quest to reeducate himself with numbers, he used cooking as a strategy and has become quite the learned cook.

Today Gordon tries to give back to those who helped him and is currently serving on the BIAWE board.

Suzanne Semeniuk

I am a mother of 4, grandmother of 8 and great grandmother of 3. I have been a teacher and a social worker in Windsor and retired several years ago.

I have volunteered my whole adult life and have been on many Boards of Directors. I want to give both my academic and personal life experience to the Brain Injury Association and also learn from its Members the effects of a traumatic brain injury on them and their families.



Dr. Marcus Niessen— Vice Chair

Marcus is a plastic surgeon in Windsor. His interest in supporting BIAWE is personal. He was in a London hospital for 4 months after a brain injury. He knows the important BIAWE does changes people's lives.

Joanne King—Chair and Interim Treasurer

Joanne is an accountant and has been actively involved in the community for many years. Her involvement has included health care organizations and anything that her children were involved with.

Joanne is married to Mark Huggard and they have four adult children. BIAWE is important to Joanne as she has a family member with an acquired brain injury.



Kim Spirou

Kim has worked in the public relations field for over 30 years. As an internationally recognized communicator she has provided public relations support, expertise and training for numerous organizations in the public and private sectors.

Her group, the Charity Chix hosted a fundraiser for BIAWE in 2018.

Theresa Wunder

Theresa is a legal assistant at Wunder O'Brien. Mr. O'Brien represents people with serious injuries, including brain trauma. As a result she has attended seminars, webinars and conferences on brain trauma (as well as chronic pain) to enhance her knowledge and to help others.

Theresa is the mother of an adult daughter.



Naim Dalloul

Naim currently holds the role of Clinical Coordinator with Erie St. Clair Local Health Integrated Network while at the same time completing a Masters in Public Health. He previously held the role of Respiratory Care Practitioner at both Windsor Regional Hospital and Essex Sleep & Respiratory. In his spare time he enjoys outdoor activities, including hiking and fishing.

Affiliated Partners....



**SOLCZ FAMILY
FOUNDATION**

Wanted: Members for a Pediatric Advisory Committee

The purpose of this Pediatric Advisory Committee is to have parents/caregivers of children under 18 involved in the creation of two new support groups. Cooperation by parents for parents will make the Pediatric Caregiver and the Children's Support Program much more effective.

Caring for a child with an acquired brain injury (ABI) is not easy and families often find their emotional resources spread thin. This group fills a void beyond immediate medical care. Meetings of this support group are meant as a source of strength and comfort for family members. Getting parents and children through difficult times and change is our main focus.

This volunteer Advisory Committee will assist with group content as well as provide feedback throughout the pilot. The plan is for one or two sessions (1.5 to 2 hours each) for the initial development of the program. There may be an additional session for feedback and recommendations. All meetings will be one through Zoom.

We are able to provide this program through the generosity of the Solcz Family Foundation.

OBIA Online Concussion/mTBI Support Group
ONLINE SUPPORT GROUP FOR ADULTS (18 and over) living with Concussion or mTBI:

- Providing support and sharing information about brain injury and concussion
- Delivered online and available throughout Ontario
- Free and confidential

For more information or to register for an upcoming group contact:
1.800.263.5404 or support@obia.on.ca

On-Line Directory

BIAWE is pleased to provide a directory for health care, financial and legal professionals. This provides you an opportunity to promote your specialized services for those affected by an acquired brain injury.

View your information on our web page, www.biawe.com and provide more information about your services, your logo and link to your website. You can either pay on-line by PayPal, or mail a cheque to BIAWE and email your information.

If you are a member of OBIA/BIAWE, the detailed directory cost is \$35. If you are not a member, it is \$65 and provides you membership and all the benefits.



Meet a BIAWE Volunteer....

Hi I'm Carolyn Basily , a grade 11 student at Holy Names Catholic Highschool. I spend most of my time doing things any average teenager does, but I enjoy helping those of my community. I use my gifts and talents to assist those who are in need because I truly believe that everyone deserves the life they desire.

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	\$150.00	\$ _____
C)	½ Page	\$75.00	\$ _____
D)	¼ Page	\$50.00	\$ _____
E)	Business Card	\$30.00	\$ _____
		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. Pay on-line at www.biawe.com/newsletter and email ad.

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 .

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 sought.

To unsubscribe to the newsletter send to unsubscribe@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! You must preregister at goals@biawe.com.

This program is held at various times and places throughout the year. Pre-register for the next session.

You must register by calling BIAWE at
519-981-1329 or goals@biawe.com



“You Are Not Alone” Peer Support

This is a free monthly (currently on-line) support group for individuals with acquired brain injury aged 18+ years and their family and friends. Talk with others about things you care about and get information and support that can help you. First timers - please call to register. **519-981-1329**

Due to the Covid-19 isolation we are not holding in-person meetings, but will host this online on Zoom. If you are not currently on our call list, you must register to receive your invitation. Call 519-981-1329 or email to info@biawe.com.

Tuesday, October 13 7:00 ZOOM

Tuesday, November 10 7:00 ZOOM

December Holiday Party—tbd

If you are not on the email/call list, please email to info@biawe.com to get the Zoom invitation.



WUNDER O'BRIEN

Personal Injury Law



Wunder O'Brien Personal Injury Law is committed to the provision of excellent legal representation for individuals who have suffered losses through a serious personal injury or the death of a loved one.

Martin Wunder (1931-2015) was a pioneer in personal injury law, and was a highly respected advocate for the rights of disabled people. Martin Wunder's achievements continue to be honoured by Ontario Trial Lawyers Association and the University of Windsor Law School through awards and bursaries to young lawyers and law students.

Jerry F. O'Brien is an experienced and respected advocate for injured people, and continues with this commitment. He is a member of the Law Society of Upper Canada, Canadian Bar Association, Kent County Law Association, Essex County Law Association, Court Liaison Committee, Ontario Trial Lawyers Association, Association of Trial Lawyers of America and the Advocates' Society, where he served on the Board of Directors from 1996 to 1999, as well as a Director of the Brain Injury Association. He was also a member of the Southwestern Regional Committee of the Joint Committee on Court Reform.

We look forward to the opportunity to assist you regarding personal injury matters.

Wunder O'Brien Personal Injury Law

100 Ouellette Avenue

Suite 908

Windsor, ON

N9A 6T3

Phone: (519) 252-1121

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.

NEW:

- Discounts on some BIAWE sponsored events and socials where there is a cost.
- Link to your website for local services and programs for those with ABI in our directory.
- Invitations to special events

Annual Fees for Dual Membership

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

Survivors can participate in an on-line survey - **Membership free for one year** - go to the OBIA home page to find the survey

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

What BIAWE can offer You....

- 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
- Support Group sessions for both persons with acquired brain injury and caregivers
- Peer Mentoring Program for survivors and caregivers
- Socials for survivors
- Opportunities to be involved in committees and volunteering
- Introduce you to others who have experienced an ABI through our support groups and socials
- Invitations to fundraising events throughout the year
- Invitations to attend our conference and concussion workshops
- Opportunity to promote your brain injury-related business or service in our directory



OUR MISSION

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

Phone: 519-981-1329
E-mail: info@biawe.com
www.biawe.com
4769 Wyandotte St. E
Windsor, ON N8Y 1H8



We end with these wise words....

SOCRATES: And therefore, I said. Glaucon, musical training is a more potent instrument than any other, because rhythm and harmony find their way into the inward places of the soul, on which they mightily fasten.

Plato, the Republic