



Step Ahead

Duelling Pianos - February 25

What an event! It seems everyone had a good time listening to Kelly Authier and Mark Calcott duelling the pianos to the audience's favourite tunes. Tips to get your song played went to support the programs and services of BIAWE.

The chef at the Windsor Yacht Club provided a scrumptious meal before the festivities started.

There was audience participation, including a serenade by four gentlemen to a woman celebrating her birthday and others dancing to the tunes.

Thanks to everyone who came out to support this event and for the fun.... We will do it again next year .

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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!

Next Sessions:

Check our website for dates.

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



www.clipartof.com · 15085

Funding for this program by:



“You Are Not Alone” Peer Support

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. First timers - please call to register.

2nd Tuesday of each month

6:00 to 7:30 p.m.

Location donated by : Assisted Living Southwestern Ontario (ALSO) Chrysalis Day Club

201-200 West Grand Blvd. Windsor

April 8, May 14 and June 11



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.



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.

Call 519-981-1329 to register.

This is an ongoing program. Free!

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. First timers - call to register.

Caregiver 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 individuals with acquired brain injury. First timers - call to register.



4th Monday of every month

6:00 to 7:30 p.m.

Hospice 6038 Empress St

April 22, May 27 and June 24

Youth Support Group 18 to 29 years

This support group is for young people with acquired brain injury. This group is led 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. First timers - call to register.

2nd Tuesday of each month

6 to 7:30 p.m.

April 8, May 14 and June 11

Call for Location or check our website



2019 SPONSORSHIP OPPORTUNITIES

Conference Sponsorship 2019	GOLD \$2,500	SILVER \$2,000	BRONZE \$1,000	EXHIBITOR \$400	NON-PROFITS \$225
Complimentary registration fees for the day	Six (6)	Four (4)	Two (2)	One (1)	One (1)
8' display table with skirting	Two (2) chairs	✓	✓	✓	✓
Opportunity to provide promotionally branded item to delegates	✓	✓	✓	✓	✓
Recognition during closing remarks	✓	✓	✓	✓	✓
Recognition by Master of Ceremonies at event as Presenting Sponsor	Presenting	Major	Major		
Advertising in event program	Full page	Half page	Half page		
Exclusive table signage	✓	✓	✓		
Logo featured in Directory at www.biaawe.com with link to corporate website	✓	✓	✓		
Logo featured on BIAWE website	✓	✓	✓		
Logo recognition on multiple screens at venue	✓	✓	✓		
Logo recognition in all advertising – print, radio, TV, social media, program	✓	✓	✓		
Sponsorship of a support group	✓	✓			
Opportunity to address attendees during closing remarks	✓				



Sports & Sparkles

MAGAZINE ADVERTISING OPPORTUNITIES
Promote your business and reach a large target audience

\$200 BUSINESS CARD AD 3 5/8" w x 2"D	\$300 QUARTER PAGE 3.5" w x 4 3/4"D	\$600 HALF PAGE AD 7 1/8" w x 4 3/4"D
\$1000 INSIDE FULL PAGE 8 1/2" w x 11"D plus 1/8" bleed	\$2500 INSIDE COVER 2 AVAILABLE 8 1/2" w x 11"D plus 1/8" bleed	\$5000 OUTSIDE COVER 1 AVAILABLE 8 1/2" w x 11"D plus 1/8" bleed

Copies of the Magazine will be distributed to guests of the gala, many local businesses, healthcare facilities, rehabilitation centres, and posted online for download at the BIAWE website.

Pay on website www.biaawe.com
 Make cheques payable to the Brain Injury Association of Windsor and Essex County
 AD SPOTS ARE RESERVED ON A FIRST COME, FIRST SERVED BASIS.
 All ads are full colour.

Contact Anna: info@biaawe.com or 519.981.1329

BIAWE does not receive any government funding. We rely on the community to support us through donations and sponsorships.

Money raised by these fundraising events funds the free support programs and educational programs offered by BIAWE.

We do not have our own office. Other community organizations such as the Hospice, Chrysalis Day Program, the United Way, and Alzheimer's Society provide us with free venues to host our support groups and events and for that we are truly grateful.

Please consider a sponsorship or donation. We are a registered CRA charity and can provide charitable receipts to individuals and business receipts to businesses and organizations.



Sponsorship Form

Kingsville Golf Club, September 20, 2019

	Grand Slam \$3,000	Masters \$2,500	Champion \$2,000	Titleist \$1,500	Corporate Team \$750
Sponsorship of "You Are Not Alone"	x				
Peer Support Group					
Sponsorship of Caregiver Support Group		x			
Sponsorship of Peer Support Group			x		
Sponsorship of Youth Support Group				x	
Foursome	x	x	x	x	x
Hole Sign	2 signs	2 signs	2 signs	2 signs	1 sign
Website—corporate logo	One Year	One Year	One Year	One Year	

Please indicate
which sponsorship
package you are
choosing.

Survivor Golf Sponsor	\$500	
Golf Cart Sponsor	\$500	
Hole-in-One Sponsor (plus prize)	\$300	
Longest Drive Sponsor (plus prize)	\$300	
Closest-to-the-Pin Sponsor (plus prize)	\$300	
Hole Sign Sponsor	\$250	
Donation – please provide amount		



Sports and Sparkles Gala May 25, 2019 6:00 - Central Park Athletics	Presenting Sponsor \$10,000	Stars \$7,500	Sparkles \$5,000	Glitter \$2,500	Twinkle \$1,500	Shimmer \$1,000
Recognition by Master of Ceremonies at event as a sponsor	Presenting	Sponsor	Sponsor	Sponsor	Sponsor	Sponsor
Tickets with V.I.P. seating in prime location reserved with logo exposure	Eight (8)	Eight (8)	Six (6)	Four (4)	Four (4)	Two (2)
Logo recognition on multiple screens at venue	✓	✓	✓	✓	✓	✓
Exclusive table signage	✓	✓	✓	✓	✓	✓
Logo featured prominently on all promotional material	✓	✓	✓	✓	✓	✓
Logo featured in Directory at www.biawe.com with link to corporate website for one year	✓	✓	✓	✓		
Sponsorship of the support groups	Two (2)	One (1)	One (1)			
Logo featured on BIAWE website	✓					
Logo recognition in all advertising – print, radio, TV, social media, program	✓					

Caboto Club Pasta Dinner

This fundraiser is held on the first Wednesday of each month, except January (second Wednesday). Enjoy all-you-can-eat pasta (meat and vegetarian) with salad, bread, butter and coffee. Take out is also available.

Funds raised each month are pooled with 12 other charities and divided. This money helps fund some of our programs. Once a year we host the dinner and for us, it's on June 5. We can advertise our programs and services and educate others about our mission of serving those affected by an acquired brain injury. Bring the family. Enjoy.



Next Dates:

April 3 and May 1

BIAWE's date: June 5 - For your listening pleasure enjoy your pasta with Carolyn Barnett and Doug Barnett providing musical entertainment. Treat yourself to scrumptious home-made baked goods - all to support BIAWE's programs and services.

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 may be required.

Phone 519-254-4866 x 6239

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



INJURY LAW GROUP

Your Recovery Team!

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-  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

Our Current Board of Directors (new board on April 23)

President: Andrea Thielk -

Vice-President: Leeann Sassine

Treasurer: Nav Nagra

Secretary: Heather Courtney

Kari Viglasky

Kelly Gauthier

Joanne King

Janet Fleming



Our Staff

Executive Director - Anna Jurak

GOALS Coordinator - Danielle Bridges

GOALS Facilitators - Robyn Craig, Danielle Bridges and Rene Cantarutti

You Are Not Alone Facilitator - Sara DeLuca

Youth Support Group Facilitator - Rene Cantarutti

Caregiver Support Group Facilitator - Sara DeLuca

Volunteer Coordinator - Melanie Lopo

Peer Support Coordinator - Anna Jurak



University
of Windsor

NEUROPSYCHOLOGICAL ASSESSMENTS

Psychological Services and Research Centre (PSRC)

519-253-3000 Ext. 7012 or 519-973-7012

This service provides neuropsychological assessments to individuals ranging from pre-schoolers through to the elderly. We work with individuals who have known or suspected neurological, medical or neurodevelopmental disorders across the lifespan.

- Determination of strengths, weaknesses, an appropriate treatment after brain injuries, stroke, epilepsy, and other neurological disorders.
- Cost of assessments geared to family income
- Evaluation of learning, memory and/or behaviour across the lifespan

Ways to Contribute to BIAWE - you can help!

- ♦ **Volunteer** - We need volunteers for our support programs, special outings and special events. Contact our Volunteer Coordinator 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.
- ♦ **Serve on a Committee** - We have openings on all our committees.
- ♦ **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** - Attend our fundraisers - Sports and Sparkles Gala and Golf Tournament.
- ♦ **Sponsor an Event** - Corporate and Business sponsorships available .
- ♦ **Buy an Ad in our Newsletter** - Helps to pay the cost of printing and distribution.
- ♦ **Hold your own fundraiser** - Come up with your own fundraiser at work or in the neighbourhood.
- ♦ **Donate Directly** - go online and donate - get a charitable donation receipt.

Volunteer Opportunities

- ♦ **The “Sports and Sparkles” Committee.** We need people to: approach sponsors for the event, solicit businesses to donate auction items, and to sell tickets to the event. This is one of BIAWE's signature events, held on May 25, 2019 at Central Park Athletics.
- ♦ **Mentors for the Peer Support Group.** A trainer from the Ontario Brain Injury Association will train you. As a Mentor you have the opportunity to help others by sharing your experience and providing support and information to your partner who has a similar lived experience. The commitment is once a week for a year - by telephone. No need to leave your home. Training will be in September.
- ♦ **Outreach.** Promoting BIAWE and its programs and services at various booths and displays such as Life after 50, St. Clair College, Multicultural Council and others throughout the year.
- ♦ **Helmet Fitting Clinics.** Attend bicycle events and fit children with helmets, instructing them on proper fit. Various events throughout the spring and summer.
- ♦ **Devonshire Mall Display.** We require people to sit at the booth and talk about BIAWE to interested people . The booth needs to be attended from 9:30 am to 9:00 pm from June 3 to June 9. Various shifts available.

CONTACT: Melanie Lopo - Volunteer Coordinator at volunteer@biawe.com

Dear World,

I have an invisible disability,
Everyone says I look normal with functionality,
No, I have a "BRAIN INJURY".
Yes, my Dr and specialists have Diagnosed me,
It's been over 4 years of ongoing treatment therapy,
My family is stressed as they longer can count on me,
My career is gone, my income is below poverty,
Time is my only commodity,
It's been over 40,040 hours of disability,
Every waking moment is special to me,
My days are short with limited energy,
Trying to be normal is an ongoing strategy,

LISTEN PLEASE:

Why am I a victim of society greed and inequity?
It's not my fault, my head was hit in this rear end vehicle calamity?
I am overloaded with repeated assessments and forms, it has created my anxiety,
The paid Insurance medical Dr reports say: Feigning, exaggerating - "you have no injury",

Service Providers say:

Sorry, your claims aren't approved for us to help you adequately.

Insurance Shareholders Says:

We need more dividends with bottom line profitability

Media Says:

Insurance Fraud is rising, everyone is accused of improprieties,

Consumers Say:

Why am I paying for mandated insurance that is a one-sided entity,

Legal says:

They are doing what is best to represent me,
They are being paid disbursements and 30% of recovery.

Government Says:

We need to cut more services for all these insurance subsidies.

MOH Doctors Says:

We are form pushing, have time restraints and opioid narcotics accountabilities.

My Voice Who Isn't Heard says:

I am "The Invisible Disability Society", no one sees, I have a "Brain Injury",
Please help me correct my limited abilities,

Listen to me, World:

Providers know of this antiquated insurance system process with outdated IT,
My mental and physical health is declining along with my family's sanity,
I was spiritually raised to love and help others unconditionally,
Once I was a functional person that worked and volunteered endlessly,
I've contributed to society, I didn't cause this car accident injury.

Questions:

World, why am I a victim of bullying with this corporate greed society?
Corporate benefits financially, while I get denials and delays endlessly,
It's an inhuman insurance process that lacks any accountability,
I am lost and cannot comprehend today's lack of morals and policy,
I almost committed suicide, insurance would not think of it as a tragedy,
I'd rather have a prisoner's bracelet to be tracked and wander free,
Then to be spied on, continually assessed and criticized for my disability,
I am only one of the thousands of victims who is trying to recover just to be me,
My medications eat up my disability income and no money is left to be free,
World I ask - Why is "Do No Harm" different for paid insurance Drs and regular GPs?

HEAR ME PLEASE:

Would the world not be better if Corporate Giants thought of mental health first instead of profitability,
Perhaps pain could be healed without an opioid crisis in this wreckless society,
Am I going to be another insurance abused victim losing my family and dignity,
What if the GIANTS had not denied the mental help resources initially,
Could I have healed, to help others in this society,
Corporate giants know my physiology and psychology, they have a history profile of me,
Are the profit giants creating a society of damaged minds, is that their strategy?
My life lost hours, equate a small child's life who looks at the world innocently,
This invisible disability will always continue to deprive me cognitively,
There is no financial gain when you have a disability,
Time can never be brought back, it is a valuable commodity,
Insurance Giants have said:
You have reached maximum recovery.
"CLAIM DENIED"

by One Anonymous Victim BP

SAVE THE DATES....

GENERAL ANNUAL MEETING
Tuesday, April 23 at 5:30 at the Hungarian Cultural Centre

You must be a member of OBIA/BIAWE to vote in the election of the Board. Check our website for Agenda, Financial Statements, Annual Report and Slate of Board Members to be approved.

A light meal will be provided, however you must pre-register. Call 519-981-1329 or email at info@biawe.com.

Save the Date

THE BRAIN INJURY ASSOCIATION
PRESENTS

Sports & Sparkles

MEET SPORTS CELEBRITIES
DINNER ● AWARD PRESENTATION ● MUSIC
DANCING ● RAFFLE/AUCTION

Tickets \$125 and \$800 for a table of 8

SATURDAY, MAY 25 2019 | CENTRAL PARK ATHLETICS | DOORS OPEN 6:00 PM
3400 GRAND MARAIS RD. E

Sponsorship opportunities available
Contact Anna: info@biawe.com or 519.981.1329

**SPORTS AND
SPARKLES GALA**
May 23, 2019 6:00
Central Park Athletics

We are planning a spectacular gala with some of your favourite sports celebrities at this fabulous venue; with pre-dinner musical entertainment by Carolyn Barnett and Doug Barnett, mingling on the outside patio and Kelly Steele as the MC for the evening.

The gourmet style dinner will be followed by a short program, a chance to mingle with sport celebrities, dancing, raffles and a few more surprises you won't want to miss.

Order your tickets now online at www.biawe.com

NOTE: We are thrilled to have Donna Ntumba, a Public Relations Intern from St. Clair College volunteer to help us with our graphics and promotions. She designed the Sports and Sparkles and Golf Tournament flyers. Thank you.

CANNABIS, ADDICTION, AND MENTAL HEALTH AFTER BRAIN INJURY

Treatment Trends, Need to Knows, Research and Clinical Best Practice.
for the Health Care Provider.



After brain injury, survivors will seek solutions to help resolve the lingering cognitive and emotional changes they experience. One of the solutions sought may be cannabis. With recent legalization of cannabis there is now easier access and less stigmatization of the product, and a renewed hope for recovery - but is this hope misplaced?



As most clinicians know: not all cannabis is created equal – some has positive impact, others negative. With increased access and common use of non-medical strains to self-medicate, it is timely for clinicians to become educated and understand their role in the process and the impact the product can have in the recovery of the brain injury survivor.

Keynote Address: ABC's of Medical Cannabis. Dr. Mark Kimmons, Medical Director - Sunniva (Calgary, Alberta).

Learn the current research that supports medical cannabis, how this differs from recreational cannabis, the role of cannabis after a brain injury (i.e. stroke, surgery, TBI, etc.) and role/expectation of the health care provider in the process.

Mental health and cognition after brain injury - Dr. Christopher Abeare, Neuropsychologist, University of Windsor.

How and why some emotional and behavioral changes tend to linger for years after the originating brain injury, regardless of cause; and how medicating may impact recovery.

Addiction and brain injury - Patrick Kolowicz, Director of Mental Health and Addiction, HDGH Health Care.

What are current trends with respect to addiction and brain injury in our region. And what supports and programming are available.

*speakers subject to change

Watch for updates on registration, sponsorship opportunities, and Workshop Outline at: <http://www.biawe.com/>



SAVE the DATE

8th Annual

GOLF TOURNAMENT

Kingsville Golf & Country Club

Friday, September
20th, 2019

Contact: 519.981.1329 or info@biawe.com



Paediatric Caregiver Workshop
October 5 from 9 to 12 HDGH Chrysler Room

More details to follow.

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
Fax: (519) 256-1621**



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.

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.

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

DONOR LIST 2018

Thank you to all our donors in 2018. Without your support we could not operate the programs and services we provide to people in Windsor and Essex County affected by an acquired brain injury. Your support is vital to our continued success. Thank you!

Colautti Brothers
CWL - Our Lady of Perpetual Help
Greenshield
Sacred Heart Catholic
Jonathon Bekic
Andrea Thielk
Barbara Browning
Margaret Edmunds
Judith Blanchette
Anonymous
Benevity Community Impact
Solaris
United Way
Caboto Club
Anne McLachlan
Christine Romauldi
ACTS- GreenShield
Alison Coppola

In Memory of Maria D'Alessandro
Evangelista Lions
Michelle Branca
Luigi Lia
G. D'Allesandro
Keith Le Clair
Don Miller
Jim Harris
Rotary Club of Windsor (1918)
Janet Fleming
Anonymous
Pauline Lafleur-Fleming
Meighan Murphy
Bill Wrye
Mary Karen Kerekes
United Way
Anna Jurak
Anonymous

Thanks to community sponsors who donate space for our programs.

Alzheimer Society
WINDSOR-ESSEX COUNTY



PROUD FUNDED PARTNER OF



**United Way
Centraide**
Windsor-Essex County



**the
hospice**
of Windsor & Essex County Inc.

NEW ON-LINE DIRECTORY

BIAWE is pleased to announce a new on-line 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.

Helmets for Kids

We educate, fit and provide children with a helmet who otherwise could not afford a one.

We are grateful to our sponsors for providing helmets and funding to continue this very important program to children in Windsor and Essex County.

Last year we provided 157 helmets to children at a Bike Windsor Rodeo, Drouillard Place After School Program, Camp Brombal and the New Canadian Centre of Excellence in Leamington.

We have requests for over 300 helmets this year already.

Part of our mission is education and injury prevention education is our most important goal. We try to make it "cool" to wear a helmet.



Crock-a-Doodle Ceramics Social Night March 25

Who knew how fun it could be to be so creative and make objects d'art? We have so much talent in our group and it shows. (pictures from last year's event).

Fun, socializing and painting were all part of an evening at Crock-a-Doodle. A big thank you goes to our social group volunteers, Christina and Alesia.



Meet Our Volunteers....

My name is Heather Toma and I am an active member/volunteer of the Brain Injury Association Windsor Essex. I was drawn to this association because of my deep interest in being involved in the movement of helping brain-injury survivors.



Heather Toma

I will be enrolling in the program Biological Sciences and Psychology at the University of Windsor this upcoming fall 2019. I am one of the very few winners in Windsor Essex District to be awarded a \$5,000 scholarship from The Horatio Alger Association of Canada. I will be using this scholarship to proceed with my studies at post-secondary. I was granted this scholarship for sharing my adversities/obstacles in life and how I overcame them for the better.

The steps I took to overcome my challenges were getting involved in the community by volunteering as much as I could, focused more on my studies and grades, and lastly I had to trust many people in my life that helped me along the way to where I am today.

If I were to give one advice to those struggling through life it would be, to never give up and keep going. Life has ups and downs but you must endure the downs to experience the ups.

A flyer for the OBIA Online Concussion/mTBI Support Group. The top left features the OBIA logo (a stylized brain) and the text 'OBIA' in large letters, with 'ONTARIO BRAIN INJURY ASSOCIATION' in smaller text below it. To the right of the logo, the text 'Online Concussion/mTBI Support Group' is displayed in a large, bold font. Below this, a question is posed: 'Do you have a Concussion or Mild Traumatic Brain Injury (mTBI)?'. A blue box contains the following text: 'OBIA is pleased to announce the launch of our weekly ONLINE SUPPORT GROUP FOR ADULTS (18 and over) living with Concussion or mTBI:'. Below this, a list of bullet points is provided: '• Providing support and sharing information about brain injury and concussion', '• Delivered online and available throughout Ontario', and '• Free and confidential'. At the bottom, a photograph shows a young man and woman sitting at a table, looking at a laptop. The man is holding a white coffee cup. Below the photo, the text reads: 'For more information or to register for an upcoming group contact: 1.800.263.5404 or support@obia.on.ca'.

OBIA Online Concussion/mTBI Support Group

Do you have a Concussion or Mild Traumatic Brain Injury (mTBI)?

OBIA is pleased to announce the launch of our weekly 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

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

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To unsubscribe to the newsletter send to unsubscribe@biawe.com

April 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 Pasta Night at Caboto Club	4	5	6
7	8	9 You Are Not Alone Youth Group	10	11	12	13
14	15	16	17	18	19 Good Friday.	20
21 Easter Sunday	22	23 BIAWE Annual General Meeting	24 GOALS 1 - United Way	25	26	27 GOALS 1 - KINGSVILLE
28	29 Social and Caregiver Group	30				



**Brain Injury
Association**
of Windsor & Essex County

May 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 GOALS 2 - United Way	2	3	4 GOALS 2- Kingsville
5	6	7	8 GOALS 3 - United Way	9	10	11 GOALS 3- Kingsville
12	13	14 You are Not Alone, Youth Group	15 GOALS 4- United Way	16	17	18 GOALS 4 - Kingsville
19	20	21	22 GOALS 5 - United Way	23	24	25 Sports and Sparkles Goals 5 -K
26	27 Social and Caregiver Groups	28 BIAWE Board Meeting	29 GOALS 6 - United Way	30	31	



June 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Butterfly Monument GOALS 6 -K
2 Helmet Fitting Clinic - Amherstburg	3	4	5 Pasta Night - Caboto Club	6	7 Devonshire Mall Display	8 Devonshire Mall Display
9 Devonshire Mall Display	10	11 You Are not Alone, Youth Grp	12	13	14	15
16	17	18	19	20 Annual ABI Conference- HDGH	21	22
23	24 Social and Caregiver Support	25 BIAWE Board Meeting	26	27	28	29
30						