



Response to COVID-19

How is BIAWE responding to the COVID-19 pandemic?

Despite the extremely difficult situation with which we are all faced during this COVID-19 pandemic, BIAWE recognizes that those who are living with or are caring for someone with a brain injury can feel especially distressed and lonely. As such, BIAWE is committed to continuing to provide comfort and support during the current crises. To do this, BIAWE has transitioned to offering our services through virtual programs.

BIAWE will continue to offer monthly support groups for survivors and caregivers. The “You Are Not Alone”, the Young Adults aged 18 to 30, the Caregivers Support Group and the Survivor Social will all continue on-line. We have added a weekly “Coffee Chat” for those who just want to call in to talk and connect with others. We will also offer the popular six-week GOALS program for survivors and a one-on-one year-long telephone support for survivors and caregivers—the Peer Support Program.

The support groups offer members with opportunities to interact and share with others with the comfort of knowing that they are not alone and that others have similar feelings and experiences. This reduces feelings of loneliness, isolation and stigma. It also helps members stay motivated to manage the symptoms of their brain injury and remain committed to their personal treatment plans. Participation in support groups helps reduce stress, depression and anxiety.

To register for these free programs, call 519-981-1329 or email info@biawe.com. A referral is not necessary.

“The Goals group means I have something to look forward to, to be with people who have the same struggles as me, to learn to stay focused on my goals, socialize. Before I attended the Goals group I struggled with loneliness, hopelessness and lack of support, there was no one who understood what the last 5 years has been like since my diagnosis. Others with brain injury get me and for one and a half hours on Saturdays I feel content, happy and accepted.” Barb

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What's been Happening....



Another successful Duelling Pianos! February 22

Kelly Authier and Mark Calcott, pianists and singers extraordinaire entertained a sold out crowd at the Windsor Yacht Club. Starting off with a rendition of "Baby Shark" - doo, doo, doo, doo, doo 🎵, doo, doo, for a \$100 tip, Kelly and Mark kept the crowd going for hours playing the audience's favourite songs. A great time was had by all, and people are already talking about next year. Singing, laughing, dancing and socializing are all good for the brain and that is what BIAWE is all about.



Pediatric Caregiver Workshop - February 12

Nancy Lajoie from OBIA presented this workshop for parents/caregivers of children with an acquired brain injury. Parents often feel they have nowhere to go and no one to talk to. Their needs involve the whole family and changes to the dynamics of the family.

We will be offering Caregiver Support Groups for parents/caregivers of children (less than 18 years old) with a brain injury starting in September 2020, along with a Social Group for children. The support group is based on some of the concepts provided in this workshop. Keep posted, and pass this on to those you think may be interested. Check our website for further info.



Nancy Lajoie (OBIA)
Anna Jurak (BIAWE)



STAR Program at Notre Dame School - Isabella Baggio presenting with special guest - Kathy Worotny speaking to students about protecting their brain and telling an adult when they have hit their head.



Helmets on Kids Campaign

Pending further notice, our Helmet's on Kids Campaign has been postponed for the spring due to COVID-19. We are, however, still working on developing changes to this program for the future. Volunteers are being trained to present the educational PowerPoint program about the brain, protection of the brain and basic safety information. Our trained volunteers will properly fit helmets, teaching children the 2V1 method.

In carrying out this program, we collaborate with various local community organizations. We provide helmets to children in Windsor and Essex County who otherwise could not afford to purchase them. If you would like to partner as a host organization for this program, please make an application. Applications can be obtained on our website at www.biawe.com.



Camp Brombal 2019



Many thanks to our 2020 Sponsors



SOLCZ FAMILY
FOUNDATION

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BICYCLE WORLD

ON-LINE DIRECTORY

BIAWE is pleased to provide an 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.

Volunteer Opportunities

- ◆ **Outreach.** Promoting BIAWE and its programs and services at various booths and displays such as Life after 50, the Multicultural Council and others throughout the year.
- ◆ **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.

If you're interested, contact 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. Our 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, April 27 6:00 p.m. on Zoom

Monday, May 25 6:00 p.m. on Zoom

Monday, June 22, 6:00 p.m. On Zoom



Family and Friends 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 an individual with acquired brain injury.



Wednesday, April 29 at 6:00 p.m. on Zoom

Monday, May 25 at 6:00 p.m. on Zoom

Monday, June 22 at 6:00 p.m. on Zoom

Young Adult Support Group 18 to 30 years

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, April 14 at 6:00 p.m. on Zoom

Tuesday, May 12 at 6:00 p.m. on Zoom

Tuesday, June 9 at 6:00 p.m. on Zoom

YOUNG
adults

VON Exercise Program

The VON offers a SMART Exercise and Fall Prevention program for those with acquired brain injury and strokes. ***On hold until further notice due to the COVID-19 pandemic.**

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.



The brain is wider than the sky,
For, put them side by side,
The one the other will include
With ease, and you beside.
- Emily Dickinson

Our Support Team

Executive Director - Anna Jurak

GOALS 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 - Meghan Fyall (to April 2020) and Isabella Baggio (May 2020)

Peer Support Program Coordinator - Anna Jurak

Social Coordinator - Rebeca Robinet

STAR Program Coordinator - Anna Jurak



NEW Location – 4769 Wyandotte St. E. (near Pillette Road)

The Board of Directors of BIAWE is pleased to announce a new location.

In addition to office space in the LendCity building, BIAWE has access to a variety of public meeting rooms in the building. We will be able to hold support group meetings, board meetings, committee meetings and social group meetings at this location.

There is on-street parking and a large, free, municipal parking lot one block north on Pillette Road and it is on a bus line.

This is a great opportunity for BIAWE, as now we can consolidate all our resources to one place and have areas to meet.

The office will be closed until further notice but BIAWE’s support programs are still running—on-line.



URGENT REQUEST

For the first time in our history, we have had to make significant changes to the way we serve individuals living with an acquired brain injury. As the rest of the world slows down, we are busier than ever.

In response to the COVID-19 pandemic, we have transitioned to providing therapeutic support and or social interaction to our clients through virtual programs. Our trained professionals have an expertise in brain injury related treatment and are eager to offer support to our clients. In order to meet the demands for our remote services, we need your help!

This unprecedented time can be especially challenging and isolating for those who have been impacted by or are caring from someone with a brain injury. As such, the need for our support programs is now greater than ever.

One of our dedicated participants, Carol, regularly attends the “You Are Not Alone Support Group” and “the GOALS Group”. While understanding the need and importance of maintaining social distancing, Carol was disappointed to learn that she could no longer attend the group meetings. She advised that attending the groups is her lifeline - her way of socializing, managing her anxiety and dealing with the ongoing symptoms of her brain injury. Like Carol, many of our clients are dependent upon these sessions. It is critical that we continue to maintain them despite the current crises.

As a result of COVID-19, many of our events and fundraisers are cancelled. We do not receive any government funding. The ability to keep our programs running and to keep servicing our members who are in need now more than ever, we need your help.

We cannot meet this challenge without you.

We cannot turn our back on those who rely on our programs. We need your help to provide support.

If you are able to help, please make a donation today, to provide those affected by an acquired brain injury the support groups they need to maintain their recovery. Go to our website at www.biawe.com to make your donation and hit the donate button.

Proud Members of....



Canadian Mental Health Association
Windsor-Essex County
Empowering Transitions to Wellness

Thanks to community sponsors who donated space for our programs.



OBIA ONLINE CONCUSION/mTBI Support Group
PROVINCIAL BRAIN INJURY ASSOCIATION
AIDED • AWARENESS • SUPPORT

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

Lowe's Program

With the \$14,445 received from Lowe's Home Improvement Heroes Program (east end), we were able to provide appliances and home renovation materials to BAIWE members.

Lowe's manager, Leo Tessolin, Lowe's staff members, members from ALSO, Executive Director Anna Jurak and BIAWE Board President Leann Sassine were on hand to receive the cheque at a press conference at the Monarch House on Sandwich Street. The Monarch house received five new windows and a new stove for their building.

Jamie VanVelzen shows off renovation materials for her home insulation project.



Interesting Notes about the Brain (excerpt from "The Body" by Bill Bryson)

"Just look around you now. The eyes send a hundred billions signals to the brain every second. When you "see" something, only about 10 percent of the information comes from the optic nerve. Other parts of your brain have to deconstruct the signals - recognize faces, interpret movements, identify danger. In other words, the biggest part of seeing isn't receiving visual images; it's making sense of them."



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.

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 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.

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, April 14 at 6:00 p.m. on Zoom

Tuesday, May 12 at 6:00 p.m. on Zoom

Tuesday, June 9 at 6:00 p.m. on Zoom

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!

This is a one year commitment and done via telephone .



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

New—"Coffee Chat"

Starting April 8 from 11 to 12 noon, you can call in through your computer, tablet or cellphone to our Zoom teleconference for a social hour. This is a way to contact your friends and acquaintances and have a chat. It's a way to reduce this social isolation during this Covid-19 pandemic. BIAWE is here to support you. If you're not on our call list, call to register at 519-981-1329 or email to info@biawe.com.



2019 NOMINEE

**BRAIN INJURY ASSOCIATION
WINDSOR & ESSEX COUNTY**

COMMUNITY BRAIN INJURY ASSOCIATION OF THE YEAR
Presented by the ONTARIO BRAIN INJURY ASSOCIATION



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