



## Step Ahead

### Inside this issue:



AGM	2
Support Groups	5, 11
Support Team	6
Meet our Volunteers	6
Affiliated Partners	8
Seeking Board Members	3

Despite Covid 19, the Brain Injury Association of Windsor and Essex County has been busy. All the support groups have been running on-line through Zoom. So, if you have a tablet, smart phone, telephone or computer, you can access these meetings.

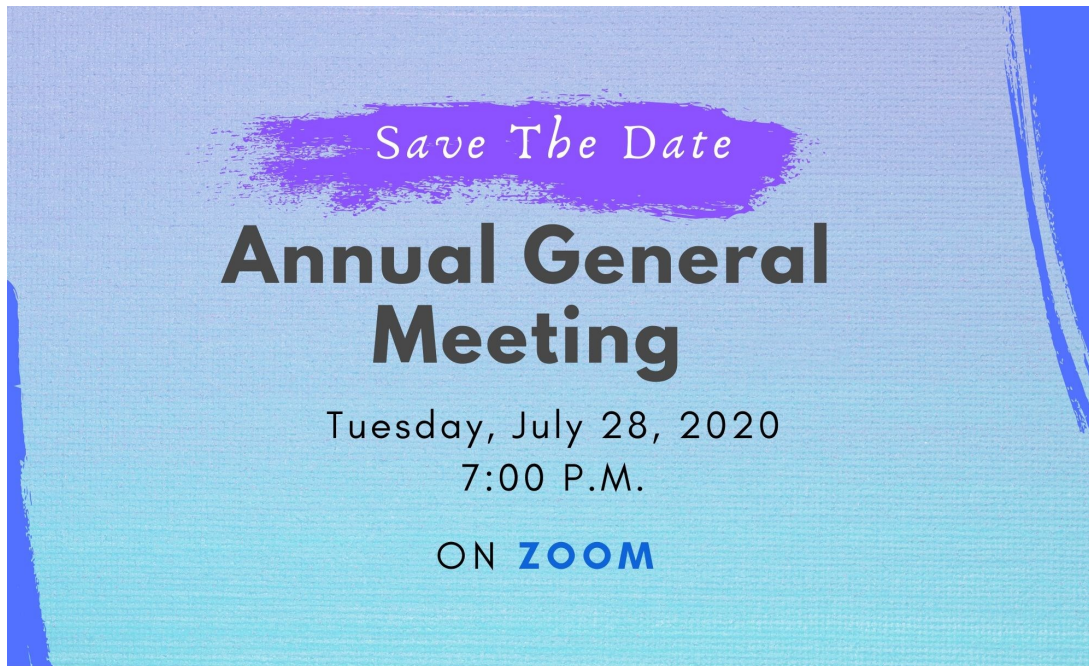
It is not the ideal situation, but it is better than not having meetings at all. For those who live in the county and often have transportation difficulties, it is a way to attend meetings otherwise not accessible. We are gauging interest in continuing these on-line meetings for those who cannot make in-person meetings. It will be good in the winter too, when the weather may force us to cancel some meetings. We encourage your feedback on this.

We know that some symptoms of a brain injury are not conducive to attending on-line meetings. We are trying to be as accommodating as possible. For those who do not have the technology or know how to get onto Zoom please call for instructions.

If the Zoom meetings do not work for you, we can offer the one-on-one Peer Support Program. This program connects persons with lived experience (Mentor) with an individual who is living with the effects of an acquired brain injury (ABI) and who requires support (Partner). The Mentor/Partner matches are time specific and are made based on similar experiences, needs and personal interests.

As a Partner in the program, you have the opportunity to learn from someone "who has been there" and can offer you guidance and support based on their own personal experiences living with ABI. Support is provided via telephone or internet and allows you to participate in the comfort and privacy of your home. Call Anna, the Peer Support Coordinator at 519-981-1329 if you are interested in this program.

Stay safe!



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

Phone: 519-981-1329  
Email: [info@biawe.com](mailto:info@biawe.com)  
Web: [www.biawe.com](http://www.biawe.com)

To vote at this annual meeting, you must be a dual member of the Ontario Brain Injury Association and the Brain Injury Association of Windsor and Essex County. Go online to [www.obia.ca](http://www.obia.ca) to sign up. Log in to zoom will be provided closer to the date.

## **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 co-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 four to six sessions (1.5 to 2 hours each) for the initial development of the program. There may be an addition two sessions for feedback and a final sessions for recommendations.

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



**SOLCZ FAMILY  
FOUNDATION**

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## SEEKING BOARD MEMBERS...

### Our Mission:

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

### Our Vision:

To be recognized as the leader for acquired brain injury services in Windsor and Essex County.

We are seeking Board Members to oversee the organization's vision and direction especially in the areas of:

- ☐ Human Resources
- ☐ Fundraising and Fund Development
- ☐ Information Technology (IT)
- ☐ Outreach
- ☐ Education

Board meetings are on the last Tuesday of each month and board members are expected to sit on at least one committee which may meet monthly or as required.

Please send your resume/letter stating why you are interested in a board position and application to: [info@biawe.com](mailto:info@biawe.com)

## 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.



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## 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. **Check for availability.**

Phone 519-254-4866 x 6239

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



## 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](http://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.

Contact Isabella Baggio at [volunteer@biawe.com](mailto:volunteer@biawe.com).

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## 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, July 27 7:00 Zoom NOTE: NEW TIME**

**Monday, August 24 No Meeting**

**Monday, September 28 7:00 Zoom**

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

**info@biawe.com to get the Zoom invitation.**



## 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.



**Tuesday, July 28 at 7:00 pm Zoom NOTE: NEW TIME**

**Tuesday, August 25 No Meeting**

**Tuesday, September 27 at 7:00 Zoom**

**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) Support Group

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, July 14 7:00 Zoom NOTE: NEW**

**TIME**

**Tuesday, August 11 No Meeting**

**Tuesday, September 8 7:00 Zoom**

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

**info@biawe.com to get the Zoom invitation.**



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## Meet our Volunteers ....



My name is Niloofar Khastavan and I am the new Social Media Coordinator. First I want to briefly introduce myself. I used to work as a digital media marketing coordinator for almost two years, back home in Iran. To pursue a graduate degree, I decided to come to Canada and chose Windsor as my home. Now, I am a master of management student at the University of Windsor. I love photography and capturing people's best moments in pictures. My ultimate goal in BIAWE is to help to spread the word together and raise the public awareness of brain injury. I hope my efforts could ease the lives of those who are affected by brain injury. I am really grateful for joining BIAWE and I am excited to meet you soon.

I started volunteering while I was a Public Relations student. During my time here I've been able to help with programs like Helmets for Kids and saw first-hand, the positive impact it had on our community. I've also been able to create promotional materials like posters to help share information about BIAWE. I choose to volunteer here because, from personal experience of caring for a loved one living with an ABI, I know how important it is to spread awareness and support for individuals affected by brain injury. I'm delighted to help in any way I can. Helping others is what I know best and what gives me the greatest joy. I'm honoured to be a BIAWE volunteer." -Donna Ntumba



## 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 Coordinator**—Niloofar Khastavan

**Graphic Design Coordinator** —Donna Ntumba

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

In addition to office space in the Lend City 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. We will open as soon as it is safe to do so.

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



The Caregiver Support Group's new meeting room.

## **We Need Your Help!**

To keep our clients and support team safe, we are now providing on-line support groups in place of the in-person meetings and have added a "Coffee Chat" for those especially feeling the social isolation. This need is greater than ever and we are offering more opportunities for those who are most isolated and vulnerable. We are providing high end support that is critical for acquired brain injury survivors beginning and along their journey of recovery.

If you can help, please make a financial gift today so that we can continue to provide a higher level of service during this time.

By going on-line to our website, you can direct your donation to a specific program. Consider donating in memory of a loved one. What a lovely tribute a donation to help others will be to the family.

George is involved in the peer support program. Without the weekly telephone calls from his mentor, George would have absolutely no-one to talk to. He lives alone, has an acquired brain injury and relies on disability payments. He has difficulty leaving the house and has no family to help him. He relies on this service to avoid complete social isolation and to feel he has someone he can talk to—someone who understands what he is going through and can help him along his journey.

We are not able to host our usual fundraisers this year. This impacts our ability to keep our programs going. We cannot turn our back on those who rely on our programs. We need your help to provide support.

We cannot meet this challenge without you.

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](http://www.biawe.com) to make your donation and hit the donate button.

## Affiliated Partners....



 **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](mailto:support@obia.on.ca)

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## 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.**

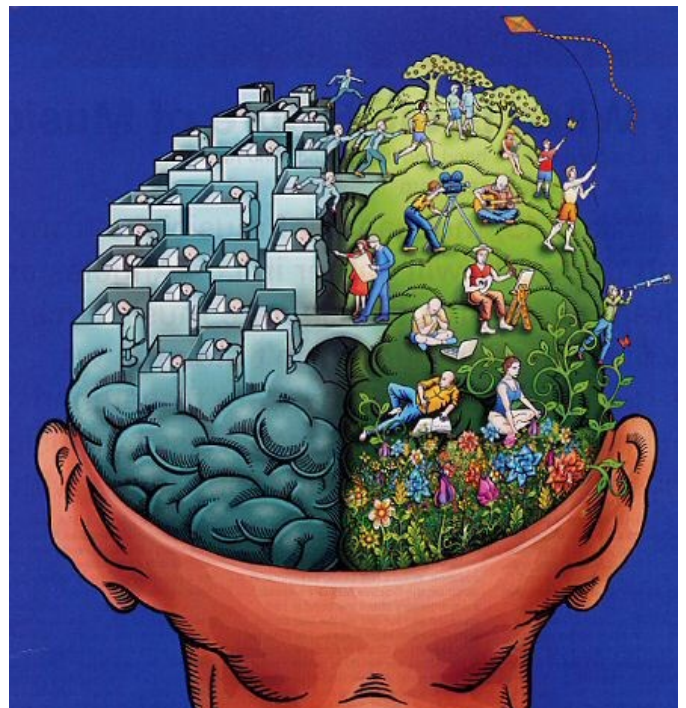
Call for an invitation if you are not on the call list. 519-981-1329 or email [info@biawe.com](mailto:info@biawe.com)

There will be no chats on July 1, July 22 and September 2.



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

"The great paradox of the brain is that everything you know about the world is provided to you by an organ that has itself never seen that world. The brain exists in silence and darkness, like a dungeoned prisoner. It has no pain receptors, literally no feelings. It has never felt warm sunshine or a soft breeze. To your brain, the world is just a stream of electrical impulse, like taps of Morse code. And out of this bare and neutral information it creates for you—quite literally creates—a vibrant, three-dimensional, sensually engaging universe. Your brain is you. Everything else is just plumbing and scaffolding." (p48,49)



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# 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	\$ _____
		<b>TOTAL:</b>	\$ _____

**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](http://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](mailto:unsubscribe@biawe.com)

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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! You must preregister at [goals@biawe.com](mailto: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](mailto: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](mailto:info@biawe.com).

**Tuesday, July 14 at 7:00 zoom NOTE: NEW TIME**

**Tuesday, August 1 No Meeting**

**Tuesday, September 8 at 7:00 zoom**

If you are not on the email/call list, please email to [info@biawe.com](mailto:info@biawe.com) to get the Zoom invitation.



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# 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**

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## 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](mailto:info@biawe.com)  
[www.biawe.com](http://www.biawe.com)  
4769 Wyandotte St. E  
Windsor, ON N8Y 1H8



**2019 NOMINEE**

**BRAIN INJURY ASSOCIATION  
WINDSOR & ESSEX COUNTY**  
**COMMUNITY BRAIN INJURY ASSOCIATION OF THE YEAR**  
Presented by the ONTARIO BRAIN INJURY ASSOCIATION



## Summer Hours:

Off-site office is open: Monday to Thursday from 9 to 4—The Wyandotte St.  
Office is closed until further notice.

Office will be closed for holidays: July 20 to July 24. Open Monday, July 27  
and closed August 31 to September 7. Open Tuesday, September 8.