



# Step Ahead

## Resilient Communities 2021

The Brain Injury Association of Windsor & Essex County ( BIAWE) received a grant of \$69,600 from the Ontario Trillium Foundation under the Resilient Communities Fund. This investment will support BIAWE's efforts to rebuild resilience and capacity to return to building a healthy and vibrant community.

This grant over 12 months will help BIAWE rebuild and recover from the impact of Covid –19 by adopting a new funding model and strategic plan to enhance programs and deliver adapted virtual workshops.

Demand for services has increased since Covid-19, concurrently with a decrease in revenue. BIAWE does not receive government funding, but relies on donations and fundraising to raise revenues to operate. BIAWE has seen a loss of over 70% of it revenue to date as a result of cancelling its annual gala and golf tournament. Donations are also down. While the need has increased BIAWE has faced unprecedented challenges.

This grant will allow BIAWE to implement new approaches, prepare for change and build resiliency. BIAWE will readapt and re-imagine the delivery of its programs and services to meet the needs of the community, its employees and its volunteers. BIAWE will be shifting services to models that incorporate social distancing.

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## Celebrating Brain Injury Awareness Month—June

BIAWE is planning several events for Brain Injury Awareness Month. Keep posted for updates on Facebook and Twitter.

**Friday, June 4, 11:30** at the Butterfly Monument at the Waterfront (near Bridge Ave.) Unveiling of the monument and commemorating members

**Saturday, June 5;** Butterfly Murals - still in progress—information to follow—butterflies painted by artists and those with an acquired brain injury

**Sunday, June 13**—Picnic at Optimist Park 1075 Ypres Ave.—Family and friends are invited. Helmets distribution. Mask display and much more...

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## Brain Connect

This past fall, 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, referred to as Brain Connect, was aimed at alleviating barriers caused by Covid-19, such as social isolation, low income, lack of family and social support, and cognitive barriers. Brain Connect was designed around providing technology, training, and remote support to allow clients to access services during a time when face-to-face contact is discouraged.

We are proud to announce that Brain Connect was a success and we were able to service and connect with over 30 members! By providing our clients the tools to use, we are able to provide practical strategies that will increase functionality, improve long term health outcomes, and most importantly, connect survivors to one another. Our Virtual Support Coordinator, Bianca Colaluca, continues to assist clients with technical challenges, emotional support, and eradicating barriers.

At BIAWE, we pride ourselves on supporting one another through challenging times, and this pandemic has been no different. BIAWE is continuing to grow and make daily tasks for those with ABI's more accessible! - Bianca Colaluca



This is how this program has helped one of our many clients who received technology and training:

“The Brain Connect program has prevented depression for me, and has greatly impacted my life. One of my favourite things is being able to listen to music that brings back positive memories. I use my Amazon Alexa to listen to spiritual programs and meditation, and this greatly improved my outlook on life; so much so, that my neighbour has noticed a difference in my behaviour since I received my technology.

This program has helped me with isolation since the pandemic has shut everything down. The Amazon Alexa has helped me with reminders to take my medication, when I have appointments, and for zoom calls so I can participate in BIAWE programs. My new tablet has allowed me to participate on the zoom calls without losing connection.

During the holiday season, my technology was a saviour as it allowed me to feel like I was not alone and connected to the world around me, especially by playing holiday music. The technology has helped me so greatly, that it can be overwhelming how thankful I am for this program.” - L

Canada

Proud Funded Partner of





The Brain Injury Associations of Windsor and Essex County (BIAWE) is partnering with the Brain Changes Initiative (BCI) to ensure that those suffering from a mild to moderate acquired brain injury (ABI) get updated and sufficient information upon discharge from the emergency room at the hospital to follow up with their brain injury/concussion.

Often, those with a mild to moderate brain injury are sent home with no resources and either do not follow up with their primary care health provider or their provider knows little about brain injury and does not provide sufficient support.

Information about brain injuries and resources will be provided at discharge, including information about the Brain Injury Association. Referrals to our programs and services can be made at discharge, or persons can self-refer. Included in the package is an offer for participation in research related to brain injuries as part of the Brain Changes Initiative.

This partnership endeavours to fill the void for those who have suffered a mild to moderate brain injury/concussion.

Brain Changes Initiative funds ground-breaking research to improve the standard of care for Traumatic Brain Injury (TBI) recovery. They also provide awareness, advocacy and support for Traumatic Brain Injury survivors through education, events and programs. With your help they hope to continue building a movement of brain ambassadors to spread the word that the brain reroutes, the brain heals and the brain changes! BIAWE is proud to be one of its ambassadors.

To find out more about the Brain Changes Initiative go to: [www.brainchanges.org](http://www.brainchanges.org)

## Interesting Facts about the Brain

1. Multitasking is impossible. When you think you're multitasking you're really context-switching—switching back and forth between tasks.
2. An adult brain weighs about 3 pounds. The cerebrum makes up 85% of the brain's weight and the brain makes up about 2% of the body's weight.
3. About 75% of the brain is made up of water. This means that dehydration can have a negative effect on brain functions.
4. The human brain triples its size in the first year of life. A two year old baby will have an 80% fully grown brain and it continues to grow until about 18 years old. It reaches full maturity at about 25 years of age.
5. Headaches are caused by a chemical reaction. When serotonin ( a chemical necessary for communication between cells) or estrogen (a hormone) levels change, the result for some is a headache or migraines.
6. The human brain contains approximately one hundred billion neurons. This is about the same number of stars in the Milky Way galaxy. The fastest speed for information to pass between neurons is about 250mph.
7. It is a myth that humans use only 10% of our brain. We actually use all of it. We're even using more than 10% when we sleep. (info from DENT Neurologic Institute)

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## New Board Members



**Ian MacIsaac** was born and raised in Tecumseh, Ontario and continues to reside there. He has an Honours degree in Biology & Biochemistry from the University of Windsor. Ian is involved in his community and volunteers for many local organizations. He feels that it is important to give back and looks forward to being on the Board of Directors for the Brain Injury Association of Windsor-Essex County.

My name is **Tala Bitar** and I am thrilled to be a new member of the Board of Directors. I was born in Lebanon, raised in West Africa, and moved to Canada at the age of 18 to pursue a degree in Biochemistry. Coming from such a diverse background, has helped me understand life in different perspectives and be more open and understanding of people's stories. I have experience in different domains and fields, and I intend to use my skills and heart to bring awareness to BIAWE and its mission. I believe that the core essence of humanity is the ability to lend a hand, and I strive on bringing happiness and making a change in a fellow human's life.



**Rachel Olsen** is a Legal assistant at Wunder O'Brien Personal Injury Law. She regularly attends seminars, webinars and conferences on brain trauma to further her knowledge.

**Meghan Fyall** is a recent law grad from the University of Windsor. She is currently articling with a personal injury law firm in Windsor. Prior to attending law school, she completed her Bachelor of Health science with a Specialization in Rehabilitation, which is where a lot of her desire to help those with brain injuries stemmed from. Prior to her becoming a board member, she was the volunteer coordinator for BIAWE and knew that even when she finished in this role, she wanted to remain involved with BIAWE. She is bringing everything she learned during her time as volunteer coordinator into her role as a board member, to continue the amazing work BIAWE does for the community.



**Betty Penny, MBA**, is a traumatic brain-injury survivor from a motor vehicle accident in 2014. Through extensive therapy and with the BIAWE and OBIA PEER support groups, she has recovered some of her skills and confidence. She is excited to be involved with BIAWE and give back to the community again, as she was a lifetime volunteer on not-for-profit boards before her brain injury. Currently, she is involved in mentoring other brain injury survivors in the Peer Support Program. She is honoured to be appointed to the Board of Directors and looks forward to serving the board.

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## 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.



## Pediatric Caregiver Support Program

This program fills a gap in the community as parents/caregivers of these children currently do not have any support for caring for their children who have an acquired brain injury. The needs of parents/caregivers are different if they are caring for children—school, play, and friends. Not only is there a grieving process after an injury, there are changes in the family and in relationships. These relationships provide us with a sense of well-being and security and contribute to the child’s self-identity. Preserving and maintaining these relationships are key to future development. Parents/caregivers can speak freely and share information in an atmosphere of trust and understanding. These sessions are facilitated by a social worker and are being held on zoom. (3rd Wednesday of each month at 7:00 pm on Zoom) Call 519-981-1329 to get on the invite list.

Wednesday, **April 21** - Working with ABI in the School Setting - Learning Disabilities vs. Acquired Brain Injury

Wednesday, **May 19** - Working with ABI in the School Setting - General Strategies for Educators

Wednesday, **June 16** - What happens when the brain is damaged?

## Children’s Support/Social Program

Once in-person meetings are allowed to be held, children with an acquired brain injury can attend a social at the same time and place as their parents/caregivers. Here they can mingle with others who are going through some of the same challenges and therefore can understand them. The time will be filled with activities.

Funding provided by:



BIAWE would like to acknowledge a milestone birthday of the patriarch of the Solcz Family.

Happy Birthday Michael Solcz Sr. on your 90th. We wish you continued health and happiness.



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## Donors and Grantors 2020

### **\$25,000 +**

Theresa Wunder-Wunder O'Brien Personal  
Injury Law  
Government of Canada/United Way

### **\$10,000 to \$24,999**

Government of Canada/Windsor-Essex  
Community Foundation

### **\$1,000 to \$4,999**

Lend City Mortgage and Joe Conlon Real Estate  
Team  
Dr. Anne McLachlan and Chuck Stoffle  
Ontario Scarlet Nobles and Ladies (Windsor)

### **\$500 to \$999**

Dillon Consulting Ltd.

### **\$100 to \$499**

Chelsea Abraham  
Caboto Club  
Dorothy Davis  
Kathryn Edmunds  
Loretta Giacomini

Italian Women's Club—Caboto  
Michelle Labonte  
Our Lady of Perpetual Help—CWL  
Carla Pagotto  
Betty Penny  
John Pollard  
Wayne Squires  
Lucia Young

### **\$50 to \$99**

Debbie Boose  
Esther Buchanan  
Campagna Risieri  
Mary Carver  
Laura Gusba  
Marlene Hall  
Diane Lago  
Gail Roszl  
Wilma Sanson  
Laura Turcotte  
Suzanne Semeniuk



And many donors under \$50

Investing in the health and well-being of those affected by an acquired brain injury benefits us all. We could not accomplish our goals without the support, involvement and enthusiasm of all our supporters.

Money donated to BIAWE allows us to continue operating all our support programs. Of course due to Covid-19 we were not able to meet in-person, but through the on line platform, Zoom. We added the weekly Coffee Chat and this is regularly well attended. This has proven to be a life-line to many of our clients who live alone and are isolated. Here's how your donation helps:

" I live on my own now and really need the services that BIAW offers. The peer support group is amazing with us all, as well as "you are not alone" group. I enjoy that once a month activity. As well other services that they offer make a big huge difference in my life. I moved to Windsor because of the services that they offer. I inquired what they had to offer way before I purchased my home, and was extremely impressed. Where I was living, moving from, there was a 2 year wait list and a 40 minute drive to any of the activities that maybe offered after the wait list. So it was no brainer to move to Windsor for the support that is needed for me, as I have no family alive except a niece who lives in Niagara.

I have lived in several places in Ontario since my acquired brain injury, I have had access to several agencies that serve people with acquired brain injury and my opinion is that the BIAW is one of the best." - L

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## “You Are Not Alone” Peer Support Group

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.

If you are not currently on our call list, you must register to receive your invitation. 7:00 via Zoom.

Call 519-981-1329 or email to [info@biawe.com](mailto:info@biawe.com).

Tuesday, **April 13**

Tuesday, **May 11**

Tuesday, **June 8**



## 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. All meetings are facilitated by a social worker, are at 7:00 via Zoom. Free.



Tuesday, **April 27**

**Wednesday, May 26 (note day change)**

Tuesday, **June 23**

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

## Young Adult (18 to 30 years) Coffee Chat Support

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. Via zoom. 7:00 p.m.

Wednesday, **April 14**

Wednesday, **May 12**

Wednesday, **June 9**

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





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

## Our Support Team

**Executive Director** - Anna Jurak

**You Are Not Alone Facilitator** - Dana Perfetto

**Young Adult Support Group Facilitator** - Rene Cantarutti

**Family and Friends Support Group Facilitator** - Danielle Bridges

**Volunteer Coordinator** - Isabella Baggio

**Peer Support Program Coordinator** - Anna Jurak

**Social Coordinator** - Rebeca Robinet

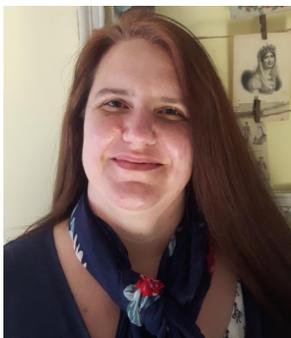
**STAR Program Coordinator** - Anna Jurak and Isabella Baggio

**Graphic Design** —Donna Ntumba

**Virtual Support Coordinator**—Bianca Colaluca

**Income Support Coordinator**—Bianca Colaluca

## Meet our new “You Are Not Alone” Support Group Facilitator



Dana Perfetto is a lifelong learner and taught academic writing at the post-secondary level for ten years before earning her Master of Social Work. She is now employed in the field of children’s mental health and feels privileged to be able to help children and families to reach their goals. Dana looks forward to the opportunity to learn from the members of the BIAWE community, especially survivors and caregivers, and to contribute to the important work being done at the organization.

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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. 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.

Some of the events require preregistration to get supplies delivered. Email [social@biawe.com](mailto:social@biawe.com) to preregister and/or to get on the call list.

Monday, **April 19 Learn a New Language**

Tuesday, **May 25 (change due to Victoria Day) Clay Sculptures**

Tuesday, **June 21 Cocktails**



Self Portraits from the  
March 2021 Social

## 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 email list. 519-981-1329 or email [info@biawe.com](mailto:info@biawe.com)



## Affiliated Partners....



## Helmets for Kids 2021



This annual program, providing bicycle helmets for children is part of our brain injury prevention strategy. This year the program will be a little bit different.

Rather than having local community groups gather large groups of children, we will be inviting groups to provide the names of children and their specific helmet size. This eliminates the need to do actual fittings. Children will also receive a package of safe bicycling information.

Each family will pick up their helmets and bicycle safety information at a specific time and location, tbd.

Forms are found online at [www.biawe.com](http://www.biawe.com).

\* As helmets are difficult to obtain this year due to covid, fulfilling requests depends on availability.

Funding provided by:



**SOLCZ FAMILY**  
FOUNDATION

## 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.

SAVE THE DATE

# ANNUAL GENERAL MEETING

You must register for this  
meeting: [info@biawe.com](mailto:info@biawe.com)  
to get the zoom link

Wednesday, April 28, 2021  
5:30 P.M.



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

**Please register** to get the zoom link information.

To be eligible to vote at this election you must be a dual member of BIAWE and OBIA (Ontario Brain Injury Association).

To register to be a member, go to [www.obia.com](http://www.obia.com). You must be a member at least 7 days before the meeting. Special rates apply to those with an acquired brain injury.

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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	\$ _____
		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](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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## 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.

**Directory Recruitment.** For the on-line Directory. Call health care, legal professionals to provide information for the Directory. This is a source of information for those in the community seeking specific services related to a brain injury. This is a sales opportunity.

**Technology Training**— Help those with an ABI learn to use their technology to access support groups, medical appointments and financial appointments.

**Helmet on Kids**—Assist giving children helmets and safety information

**Committees**—several board committee membership opportunities

**Brain Injury Awareness Month in June** —many opportunities to assist in act

Email Isabella at [volunteer@biawe.com](mailto:volunteer@biawe.com) for more information.

## Why Volunteer?

Many studies have established a connection between volunteering and improved health. In the brain, acts of kindness release powerful chemicals like oxytocin, serotonin and dopamine, elevating our mood, increasing stimuli, and reducing stress. Compassion lowers heart rates and reduces risk of coronary distress.

In a 2016 study, researchers asked participants about scenarios in which they either gave or received support. According to the study, published in *Psychosomatic Medicine: Journal of Biobehavioural Medicine*, MRI tests showed that only the instances of giving correlated to reduced stress and enhanced activity in the brain's reward centres— which suggests that giving support ultimately brought greater mental benefits than receiving it.

(Reprinted from "Good, and good for you", *Rotary magazine*, December 2020, page 23))



## Thank You to our Volunteers

We would like to take the opportunity to sincerely thank all 31 active BIAWE volunteers. These compassionate and hard-working individuals are selfless and always eager to help.

You may be familiar with some of our volunteers from their friendly phone calls, seen them at events, assisting in technology support, and especially behind the scenes on social media, making posters, creating programs, acting as board members and much more to ensure BIAWE is a success.

Volunteers, we are grateful for your efforts, and they never go unnoticed. There is no kinder act than helping others. Thank you for all that you do and thank you for choosing BIAWE!" -Isabella Baggio

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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 those who have suffered injuries and losses due to a serious personal injury or the death of a loved one. Wunder O'Brien is known for professionalism, innovative strategies, and results.

**Jerry F. O'Brien** is an experienced and respected advocate for injured people. 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.

**Martin Wunder** (1931-2015) was a pioneer in personal injury law, author, lecturer, and respected advocate. His 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.

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

### **Wunder O'Brien Personal Injury Law**

Phone: (519) 252-1121

Fax: (519) 256-1621

Jerry O'Brien: [jobrien@lawojs.com](mailto:jobrien@lawojs.com)

#### **Legal Assistants:**

[theresa@wunderobrienlaw.com](mailto:theresa@wunderobrienlaw.com)

[diane@wunderobrienlaw.com](mailto:diane@wunderobrienlaw.com)

[rachel@wunderobrienlaw.com](mailto:rachel@wunderobrienlaw.com)

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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.
- 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 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



# Brain Injury Association

of Windsor & Essex County

## 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)



## April Social

### Learn A New Language

Monday, April 26, 2021  
7:00 P.M.

All that will be required is **Confidence!**



We will be learning (together) a few common phrases from two languages.

We will be open to suggestions on the languages that we would want to learn.

## Other Important Dates:

June 4—Butterfly Monument Celebration  
11:00 a.m. at the monument site on the riverfront

June 5—Butterfly Mural Display Launch  
Place and time tbd.

June 11-13—Brain Injury Awareness Month activities. Place and time tbd.

Follow us on Facebook and Twitter for updates on these and other programs.

September—Annual Conference—partnering with Beyond Disabilities—tbd.



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