



Step Ahead



Inside this issue:

Lowe's Home Improvement on Tecumseh and Lauzon chose us as the recipient of their Hero's Fundraising Program.

The program which ran all of September included fundraising efforts such as the "Jail and Bail", car washes, hamburger/hotdog sales, chocolate bar sales, donations of \$2 at point of sales and of course, the Windsor Fire Service extrication demonstration.

Many of our volunteers assisted the staff at Lowe's in extracting donations from customers while they were jailed for failing to wear a helmet while bike riding. People donated to either get them out of jail or to keep them in jail. Volunteers said it was a lot of fun.

Thank you Lowe's for your support of BIAWE!

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Another Successful Golf Tournament!



Over \$12,000 was raised at our Golf Tournament on September 20 at Kingsville Golf and Country Club.

The weather could not have been any nicer - a warm, windless, end of summer day - perfect for golf.

After a day on the course, golfers enjoyed a delicious chicken and perch dinner, topped off with a light and fluffy cake.

Many thanks to sponsors, prize donors, volunteers and



Men's Low Gross (61) Nick White, Adrian Bisson, Dave Baillargeon, Ryan Dordevski



Women's Low Gross (65) Marlene Sinclair, Jackie Lively, Patty Marcus, Cindy Fields



Mixed Low Gross (65) Clare Forman, Bill Armstrong, Jim Mastronardi, James Martin



Golf Day Volunteers

Lorna Howell
Rebeca Robinet
Kelly Gauthier
Taylor Dyer
Zahraa Mohammad
Lori Balkwill
Lisa Pearce
Laura Pearce
Laura Wilkie
Joanne King
Gail Roszl
Wayne Roszl
Kathy Worotny
Rob Miller

Golf Committee

Tim Catherwood – Chair, Past Board Member of BIAWE

Leann Sassine – President of Board of Directors of BIAWE

Anna Jurak – Executive Director of BIAWE

Thank you to the volunteers, prize donors, sponsors and golfers for a wonderful day.



Survivor Social

This is a monthly drop-in social for persons with acquired brain injury. This is a good opportunity to meet others who share common interests in a fun, relaxed atmosphere. You must call or email to **register** to ensure you will get materials. Free.

Call 519-981-1329 or email social@biawe.com

At the Hospice, 6038 Empress St. 6:00 pm.

Monday, October 28 - Painting

Monday, November 25 - Christmas Card Designing

December - Date and place to be announced - Holiday Dinner



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 family and friends of individuals with acquired brain injury.

6:00 to 7:30 p.m.
Hospice 6038 Empress St

Monday, October 18
Monday, November 25
December - to be announced



Young Adult Support Group 18 to 29 years

This support group is for young adults with acquired brain injury. This free group is led by a BIAWE facilitator.

Young adults 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.



6:00 to 7:30 p.m.
The Exchange Coffee Shop - 266 Ouellette Ave.
Tuesday, October 8
Tuesday, November 12
Tuesday, December 16

We're in the News!

The Drive Magazine

https://www.thedrivemagazine.com/posts/minding-the-gap?fbclid=IwAR0Y0ZoP5neRZ6SOH23t7U7D0YoQGRkWU6JSycYTP_wFXWeVbGUPmRH1MB8

Houida and Friends -YOUR TV

https://www.youtube.com/watch?v=ZsjZG2FPOyk&feature=youtu.be&fbclid=IwAR3QT1I-hL3ExA-IRaNjzp66hhGk8x7_2hfPYJ2vB6jO0ggQqICWFDw6pk4

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.



GOLF SPONSORS 2019

Bronze Sponsor



Golf Cart Sponsor



Closest to the Line Sponsor



Survivor Sponsor



Hole In One Sponsor

Closest to the Pin Sponsor

And Tim Catherwood



Our Support Team

Executive Director - Anna Jurak
GOALS Coordinator - Danielle Bridges
GOALS Facilitators - Robyn Craig, Danielle Bridges, Rene Cantarutti, Kate Turner
You Are Not Alone Facilitator - Sara DeLuca
Young Adult Support Group Facilitator - Rene Cantarutti
Caregiver Group Facilitator - Sara DeLuca
Volunteer Coordinator - Meghan Fyall
Peer Support Program Coordinator - Anna Jurak
Social Coordinator - Sonia Ferrante

Our Board of Directors

President: Leann Sassine
Treasurer: Joanne King
Secretary: Heather Courtney
Kelly Gauthier
Dr. Rita Sousa
Naim Dalloul
Dr. Marcus Niessen
Laura Pearce
Daniel Belicui

U of W Nursing Students

We are fortunate to have Zahraa Mohammed and Taylor Dyer on placement to BIAWE as part of their community nursing. Zahraa and Taylor are presenting our new program for middle to high school students, revising brain injury information on the web page and other important work.

Volunteer Opportunities

Committees. There are openings on several committees. These committees are important in the operation and functioning of everything BIAWE does. The benefits of participating on a committee include learning about group dynamics and teamwork. It increases your facilitation skills, and helps you develop goal setting, planning and budgeting skills. It provides an opportunity to develop your leadership skills.

Provincial ABI Conference 2019



www.ontarioabiconference.ca
November 6-8, 2019

Rotary Club of Windsor St. Clair

This Rotary Club of Windsor St. Clair donated funds to purchase water bottles for Members of BIAWE. It's one of the perks of membership.

BIAWE will no longer be purchasing water in plastic bottles at its events. Members are encouraged to bring their own water bottles in an effort to reduce the use of plastics and help the environment.



New Peer Mentors

We have six new Peer Mentors; having finished their training on September 28. They will be able to mentor a Partner anywhere in Ontario.

Marcus Niessen
Pauline Hall
Janet Fleming
Jamie Van Velzen
Carolyn Barnett

Community Brain Injury Association of 2019

Congratulations to the Brain Injury Association of Sudbury and District for winning the Community Brain Injury of the Year Award through OBIA and PIA Law. See why they won by going to www.obia.com.

Thanks to community sponsors who donate space for our programs.

PROUD FUNDED PARTNER OF



**United Way
Centraide**
Windsor-Essex County



HÔTEL-DIEU GRACE
ESTD HEALTHCARE 1888



Assisted Living | Aide à la vie autonome
Southwestern Ontario | Sud Ouest de l'Ontario



Alzheimer Society
WINDSOR-ESSEX COUNTY

Newest Member of the Support Team

Sonia Ferrante - Social Group Coordinator

I joined the ABI Social Group to help organize and plan social events. I enjoy being creative when it comes to activities but also still think of it as therapy in a way. I think it's a great idea for people to do activities and exercise but still have that socialization with each other. I hope some of the new social events I plan will be enjoyed and have some positive outlooks. I am looking forward to working with everyone.



New School Program

BIAWE has embarked on a new educational program for students in middle and high school. This unique program instructs students about basic brain biology, brain injury prevention, the effects of a mild concussion and most importantly, the need to tell an adult when they've hit their head.

This program will be presented by two University of Windsor fourth year nursing students as part of their placement.

A pilot project was completed in the spring and the program has been approved by the Windsor-Essex Catholic District School Board and the Greater Essex County District School Board.

This innovative program combines information provided by OBIA, Concussion Legacy Canada and Parachute Canada.

S - Stop work or play

T - Tell an adult

A - Get Assessed

R - Rest



Save the Date - Duelling Pianos

February 22, 2020

at the Windsor Yacht Club

It was fun last year and it will be fun again.
Sold out last year so get your tickets early.
More information on this to come.

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!

Funding for
this program
by:



Next Sessions:

Check our website or on Facebook for dates.

“You Are Not Alone” Peer Support

This is a free monthly drop-in 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

Chrysalis Day Club

201-200 West Grand Blvd. Windsor

6:00 to 7:30 p.m.

October 8

November 12

December 9



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



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 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 to the Ontario Brain Injury Association and the Brain Injury Association of Windsor and Essex County

Join Us!

For one annual membership fee, individuals, families, and health care providers 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 OBIA at 1-855-642-8877.

Why should you become a member of BIAWE?

- You can vote at the annual meetings for BAIWE and OBIA.
- You can apply to be a Board Member of 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 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 in our directory (+ \$30 Directory fee)
- **A BIAWE water bottle**

Annual Fees for Dual Membership

Survivor	free if complete OBIA survey
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 complete the survey



Promote your Specialized ABI Service

BIAWE's online directory provides you an opportunity to promote your specialized services for those affected by an acquired brain injury. When people call us we direct them to the directory on our website to see who provides the services they need.

It's easy to do. 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.

SAVE THE DATE

TUESDAY, OCTOBER 8

DOORS OPEN: 6:15 P.M.
SHOW STARTS: 7:30 P.M.

★ LOL ★ COMEDY SHOW

PROUDLY PRESENTED BY



Special comedic performance by: Steve Bezaire



Tickets **\$35**

PROCEEDS TO BENEFIT: **UNEMPLOYED HELP CENTRE OF WINDSOR BEYOND DISABILITY REHABILITATION NETWORK**

A LAUGH OUT LOUD NIGHT OF AMATEUR & PROFESSIONAL STAND-UP COMEDY AT THE BEAUTIFUL CAPITOL THEATRE

FEATURING HEADLINER



DEREK EDWARDS

Top performer at Montreal's Just for Laughs Festival & Comedy Network's Just For Laughs. Winner of the prestigious Vail International Comedy Competition.

AND OPENER



ANDREW CHAPMAN

A featured performer at Yuk Yuk's in Ottawa, first appearing at age 17. Host of SCI Q on Discovery Channel & CRUNCH on YTV.

Evening's emcee: Bob LaBrecque



Five lucky members of OBIA/BIAWE received two free tickets to this event. Each time they attended a support group or a BIAWE function in July, August or September their name was put into a draw for the tickets. The draw determined the five winners. **This is another perk of being a member.** Join today.

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

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 .

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