



# Step Ahead

## “Use Your Head” Concussion Workshop

Dr. Anne McLachlan, President of the Board of Directors of BIAWE welcomed over seventy participants to this annual workshop. Coaches, teachers, parents, health-care workers and others listened as experts in the area of concussion provided useful information.

Amanda O’Brien, a Ph.D. Candidate at the Sports Related Concussion Centre at the University of Windsor and Dave Stoute, a Certified Athletic Therapist spoke about pre-season education, head injury recognition and side-line assessment.

Medical assessment, concussion management and persistent symptom management was discussed by Dr. Dana Seslija, Physiatrist at Hotel Dieu Grace Healthcare.

Dr. Erin Picard, a Neuropsychologist with the Windsor Essex Catholic District School Board explained return to learn strategies and school concussion policies.

The program was well received by those in attendance who were appreciative of the information. This program was free to participants and was paid for by funding by a WFCU Community Grant.

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## New Executive Director



The Board of Directors announced that as of October 1, 2017, Anna Jurak is the Executive Director for BIAWE.

Anna brings a wealth of experience to this position, with a background in business, health, education and law. She has a Bachelor of Science from the University of Western Ontario, a Business Di-

ploma from St. Clair College and will soon complete a Bachelor of Arts in Psychology from Athabasca University. She is currently the President of the Rotary Club of Windsor St. Clair.

## 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.

Windsor **Feb 17 - March 24 2:00 to 3:30**  
**United Way, 300 Giles Blvd. E.**

Leamington **Jan 21-Feb 25 1:00 to 2:30**  
**Leamington Arts Centre 72 Talbot St. W.**

You must register by calling BIAWE at 519-981-1329 or emailing [goals@biawe.com](mailto:goals@biawe.com). Free!



Funding for this program by:



## “You Are Not Alone” Drop-in Peer Support Group

This is a free monthly drop-in for individuals with acquired brain injury aged 18+ years and their caregivers. Talk with others about things you care about and get information and support that can help you.

**2nd Tuesday of each month**  
**6 to 7:30 p.m.**

**Chrysalis Centre (ALSO)**  
**201-200 West Grand Blvd. Windsor**



## 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.



## Survivor Social

This is a monthly drop-in social for persons with acquired brain injury. There are special outside events held four times per year. This is a good opportunity to meet others who share common interests in a fun, relaxed atmosphere. FREE!

**4th Monday of every month**

**6:00 to 7:30 p.m.**

**Hospice of Windsor and Essex County**

**6038 Empress Street, Windsor**

## Caregiver 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 individuals with acquired brain injury. FREE!

**4th Monday of every month**

**6:00 to 7:30 p.m.**

**Hospice of Windsor and Essex County**

**6038 Empress Street, Windsor**

## Education Series

This is a regular program of BIAWE, held four times per year for those with acquired brain injury. It provides relevant information about various aspects of life with a brain injury. The last one, held November 30 was about returning to work after a brain injury with guest speakers Dave Ferrato and Tracey Crow seen with BIAWE President, Dr. Anne McLachlan.

Topics are chosen by members of the support groups. The next one hour workshop will be held in March. Check our Facebook and website for the time and place.

With funding support  
by:



## Parent Support Group

The parent support group is for parents of children with acquired brain injury. This group is lead by a BIAWE member with training in facilitating group discussions.

Parents 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 by learning to deal with problems related to the brain injury. Everything that takes place within the support group stays confidential.

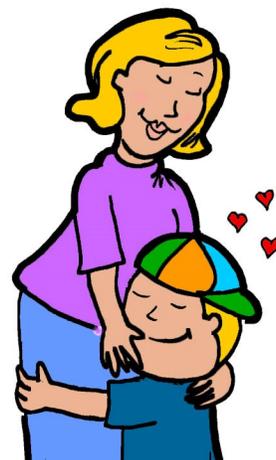
This is a free program and does not require a referral. Light snacks are provided.

**2nd Tuesday of each  
month**

**6 to 7:30 p.m.**

**Chrysalis Centre  
(ALSO)**

**201-200 West Grand  
Blvd.**



## Butterfly Memorial



Engraving a name on the memorial is a very special way of remembering a loved one or honouring someone living with the challenges of an acquired brain injury.

Local artist Jack Byng's work beautifully symbolizes the journey of an individual with an acquired brain injury.

Engraving cost: \$250.00

**BIAWE is not funded for many of our programs. That's why fundraisers and donations are so important to us. Please help by making a donation and attending our events.**

Located in the award winning Windsor Sculpture Park on the riverfront.

## Ontario Introduces Legislation to Protect Amateur Athletes from Concussions

If this legislation passes it would protect amateur athletes by improving concussion safety on the field and at school.

The proposed Rowan's Law (Concussion Safety), 2017 would, if passed, make Ontario a national leader in concussion management and prevention by establishing mandatory requirements for:

- Annual review of concussion awareness resources that help prevent, identify and manage concussions which athletes, coaches, educators and parents would be required to review before registering in a sport
- Removal from sport and return to sport protocols, to ensure that an athlete is immediately removed from sport if they are suspected of having sustained a concussion and giving them time to heal properly
- A concussion code of conduct that would set out rules of behaviour to minimize concussions while playing sport.

This law is in honour of Rowan Stringer, a 17 year old rugby player whose death resulted from sustaining multiple concussions.

## Brain Injury Association of Windsor & Essex County joins the Multicultural Council



We are excited to be a part of Multicultural Initiatives, program that is guided by the community group called the Community Partners for Multicultural Health (CPMH) that is a local coalition of health, social service and newcomer organizations.

The group includes: ALIVE Canada, Windsor Essex Community Health Centre, CMHA-City Centre Health Care, BANA, Heart and Stroke Foundation, AIDS Committee of Windsor, Windsor YMCA New Canadians Program, Windsor- Essex County Health Unit, Windsor Women Working With Immigrant Women, Erie St. Clair Community Care Access Centre, University of Windsor – School of Nursing, Alzheimer Society and Multicultural Council of Windsor and Essex County. We can now add our name to this group.

The objectives of this program are to reduce barriers and improve access to health services for immigrants and promote good health and well-being for all newcomers and immigrants within diverse ethno-cultural communities in Windsor-Essex. Look forward to our participation in the program.

### INJURY LAW GROUP

*Your Recovery Team!*

- Personal Injury Law
- Civil Litigation
- Human Rights & Advocacy

**Call Andrea 226-674-1000**  
Free legal-medical consultations  
& Free accessible parking  
[www.injurylawgroup.ca](http://www.injurylawgroup.ca)

**Lawyer Andrea Thielk**  
Excellence ♦ Dignity

## In the News.....

Simarjeet Sahota, Kathryn Edmunds, Anna Jurak and Nav Nagra at the Ontario Brain Injury Association Conference in November 2017 in Niagara Falls.



Cindy Gignac from Windsor-Essex Health Unit and Renee Cantarutti, Support Group Facilitator at BIAWE at the Concussion Workshop in November.



**Join us for  
a free lunch  
and tour  
...call today**



# **Brand New Renovated Suites Available**

One of the most common reasons people consider a move to a retirement residence is the hassle of home ownership and maintenance. Imagine if you could enjoy all the things you love about your current lifestyle but not be burdened with having to maintain a house?

You can! With everything you do want – cleanliness, comfort and attractive décor, and nothing you don't: cleaning, painting or doing repairs!

**LIFETIMES**  
ON RIVERSIDE

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**FOR MORE INFORMATION**

**519.946.1800**

[www.lifetimesonriverside.ca](http://www.lifetimesonriverside.ca)

FORMERLY CENTRAL PARK LODGE

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## Meet our Board of Directors

**President:** **Andrea Thielk** - Barrister, Solicitor, Notary Public, Injury Law Group

**Secretary:** **Jeannette Ware-Mikhael** - Insurance Agent with Laura White Insurance Agency. I enjoy making a difference for Individuals with Acquired Brain Injury.

**Treasurer:** **Nav Nagra**, ADS Forensics Inc.

**Past President:** **Dr. Anne McLachlan** - Neuropsychologist, Past-President & Education Committee Chair.

**Heather Courtney** - Grant Writer for BIAWE. I am committed to enabling positive experiences and relevant programs to enhance the lives for individuals with acquired brain injuries.

**Kari Viglasky** - Vice President People Solutions, Collins Barrow . I joined to the board because I have always been fascinated by the brain and especially

how to prevent injury.

**Kathryn Edmunds** After a brain injury, I am fortunate to be able to continue working as faculty member in Nursing at the University of Windsor. I joined the Board of BIAWE to help increase awareness of brain injuries and improve services to those affected and their families. Outreach Committee Chair.

**Kathy Worotny** - Retired Teacher, Person with ABI  
**Lea Ann Sassine** -Litigation lawyer at Injury Law Group

**Marissa Stein** - Recruitment & Personnel Development Manager, Security ONE. I chose to be on the Board because I aspire to make an impact and learn as much as I can on this journey.

**Sarah Morris**, Managing Director at Hackforge

**Natalia Tosti**- Speech Language Pathologist, Express Yourself

## 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 is required.

Phone 519-254-4866 x 6239

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

## Disclaimer

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## 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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## Ways to Contribute to BIAWE

There are several ways you can contribute to BIAWE.

- **Shoppers Optimum Points** - Log onto [https://www.shoppersoptimum.ca/OptimumTransfer/en\\_CA/person.to](https://www.shoppersoptimum.ca/OptimumTransfer/en_CA/person.to) to transfer your points
- **Volunteer** - We need volunteers for our support programs, special outings and special events. Contact our Volunteer Coordinator, Victoria Obeid at [volunteer@biawe.com](mailto:volunteer@biawe.com) for more information.
- **Become a Board Member** - We need dedicated and passionate board members with skills in areas of fundraising, fund development, technology, health care and business.
- **Purchase a Plaque** - Provide a tribute to someone near and dear by having their name engraved on the Butterfly Monument at the riverfront.
- **Become a Member** - Join BIAWE and the Ontario Brain Injury Association and receive the most up-to-date information about acquired brain injuries
- **Include BIAWE in Your Will** - help sustain BIAWE's programs
- **Wedding Donations** - In lieu of gifts, make a donation to BIAWE
- **Funeral Donations** - Make requests to have friends and family donate to BIAWE
- **Support our Events** - A fundraiser in the spring and the golf tournament in September
- **Sponsor an Event** - Corporate and Business sponsorship
- **Buy and Ad in our Newsletter** - Helps to pay the cost of printing and distribution

## Caring for Someone with an Invisible Injury

Caring for someone with an ABI requires great stamina since most brain injuries are lifelong conditions. Layered on top of this, 86% of those with an ABI cannot return to work post-injury and their caregivers become the family's sole income earner. It is no wonder that these family caregivers have a high rate of burn out and illness.

An ABI can result in behaviours that are a major challenge for family

caregivers. Family caregivers often find that their loved ones with an ABI have poor judgement, and this may result in inappropriate and/or risky decisions.

While each ABI is different, it is clear that caregivers of those with an ABI share an often lifelong responsibility that is complex and challenging.

For this reason, the BIAWE Caregivers support group is so important. It allows an opportunity

for caregivers to talk to others who share many of the same experiences and to learn of other supports.

If a support group is not something you want to access, BIAWE also offers the Peer Mentor program, where you can speak to someone by telephone or email.

- Parts of this article were originally published in Home and Long Term Care Magazine - December 2016

## Changes to Income Supports

Ontario is helping people who receive support through the Ontario Disability Support Program (ODSP) and Ontario works by increasing the exemption limits on compensation awards for loss or injury in order to allow individuals to benefit more from these awards without reducing their income support.

Compensation awards for pain and suffering are now fully exempt as

income and assets for individuals receiving ODSP and are exempt up to \$50,000 for individuals receiving Ontario Works. (OW)

Raising exemption limits provides individuals receiving ODSP or OW with the flexibility to use their awards in a way which best fits their needs.

These changes are part of a larger

set of social assistance improvements effective September 1, 2017.

For further information on the full set of changes go to:

[www.mcass.gov.on.ca/programs](http://www.mcass.gov.on.ca/programs)

**Did you know?**  
**73% of caregivers are more than 50 years old?**  
**75% of caregivers are female?**  
**41% of caregivers are parents?**

**2012 OBIA Impact Report**

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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: \_\_\_\_\_

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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	\$400.00	\$ _____
C)	½ Page	\$300.00	\$ _____
D)	¼ Page	\$200.00	\$ _____
E)	Business Card	\$100.00	\$ _____
		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.**

Please send completed application form and cheque payable to:

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

P.O. Box 2207011500 Tecumseh Road East

Windsor, Ontario N8N 5G6

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

Email: [info@biawe.com](mailto:info@biawe.com)

## Save the Dates

We're planning some exciting things for 2018. Keep reading "Step Ahead", our Facebook page, Twitter and website for updates.

Caboto Club Pasta Fundraiser - **first Wednesday of each month.**

Education Series Spring Edition - **March 2018.**

Our Annual General Meeting - **April 24, 2018** - Members can vote. See last page on how you can become a voting member of BIAWE.

Brain Injury Awareness Month - **June 2018** - "Unmasking Brain Injury" - Special Exhibition

Annual Golf Tournament - **September 21, 2018**

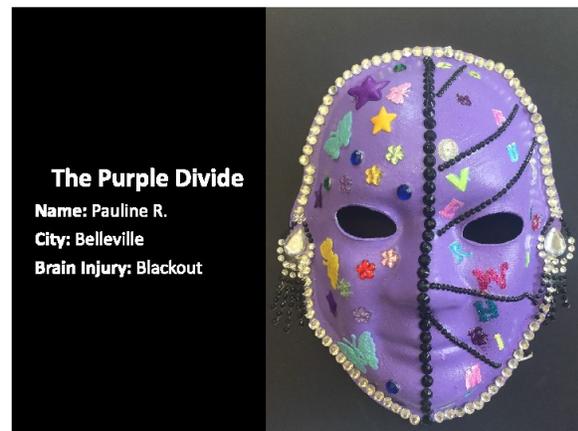


## Unmasking Brain Injury

Mask making has been used worldwide, across cultures for several different purposes. Although every mask tells a different story, they unify survivors. The mission of this special project is:

1. Promote awareness of the prevalence of brain injury;
2. Give survivors a voice and the means to educate others of what it's like to live with a brain injury;
3. Show others that persons living with a disability due to their brain injury are like anyone else, deserving of dignity, respect, compassion and the opportunity to prove their value as citizens in their respective communities.

BIAWE is partnering with the Ontario Brain Injury Association and the Art Gallery of Windsor to bring you an opportunity to be involved. More details will follow - keep checking our Facebook.



## Caboto Club Pasta Night

Join us for pasta on the **first Wednesday of each month** from 4:00 to 7:00 pm at the Caboto Club. Funds raised from each of these dinners is shared with 12 local charities, and we are one of them. Help us and enjoy a lovely pasta dinner, with salad, bread and butter and coffee/tea.

Adults \$10.00 Seniors \$9.00 Take-out \$11 ,  
Children 5-12 \$7 Children under 5 - Free



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11500 Tecumseh Road East  
Windsor, Ontario  
N8N 5G6

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

### OUR MISSION

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



## Membership Benefits

For one annual membership fee, individuals and families can become members of both the Brain Injury Association of Windsor and Essex County (BIAWE) and the Ontario Brain Injury Association (OBIA).

Application forms can be found online at: <http://obia.ca/dual-membership-application-form/> or you can call BIAWE at 519-981-1329 to get a form sent to you.

### Why should you become a member of BIAWE?

- You can vote at the annual meetings for BIAWE and OBIA.
- You will receive a one year subscription to the "OBIA Review" - the official publication of the Ontario Brain Injury Association. It's full of information about the latest in brain injury research, stories and supports.
- You may participate in the Peer Support Mentoring Program for People Living with ABI.
- You will have free access to OBIA's resource library.
- You will be eligible for a discount on most of OBIA's training programs.
- Your voice will be heard both locally and provincially.

### Annual Fees for Dual Membership

Individual	\$30
Family (2 or more at same address)	\$50
Subsidized (please enquire)	\$5

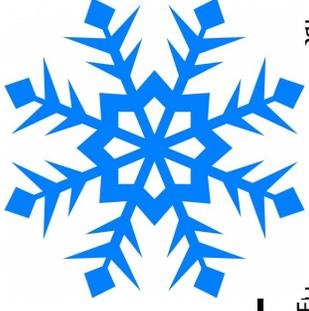
## What BIAWE can offer You....

- Assistance with navigating the health care and legal system
- 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
- Provide you with contact information for services in the community
- Invite you to attend our Support Group sessions, for both persons with acquired brain injury and caregivers
- Invite you to become involved in our Peer Mentoring Program
- Introduce you to others who have experienced an ABI through our Social Support Program
- Invite you to our events throughout the year - Butterfly Monument Dedication and fundraisers
- Invite you to attend our local conference, education series and concussion workshops

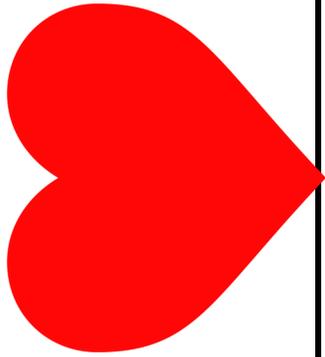
## What You can offer BIAWE...

- 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

# January 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 VON -Exercise Class YMCA 11:15-	4	5	6
7	8	9 Drop-In Peer Support and Parent	10 VON -Exercise YMCA 11:15- VOLUNTEER NIGHT 6	11	12	13
14	15	16	17V VON -Exercise Class YMCA 11:15-	18	19	20
21	22 Survivor Social Support Group - 1 and 72 Talbot St. W	23 Caregiver Support	24 VON -Exercise Class YMCA 11:15 to	25	26	27
28	29 GOALS - Peer Support Group - 2 72 Talbot St. W Leamington 1 -	30 Board Meeting - Board of Directors of BIAWE	31 VON -Exercise Class YMCA 11:15 to 12:15			



# February 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4 GOALS - Peer Support Group - 3 72 Talbot St. W	5	6	7 VON -Exercise Class YMCA 11:15-	8	9	10
11 GOALS - Peer Support Group - 4 72 Talbot St. W	12	13 Drop-In Peer Support and Parent Support Groups	14 VON -Exercise Class YMCA 11:15-	15	16	17 GOALS -Peer Support Group - 1
18 GOALS - Peer Support Group - 5 72 Talbot St. W	19	20	21 VON -Exercise Class YMCA 11:15-	22	23	24 GOALS -Peer Support Group - 2
25 GOALS - Peer Support Group - 6 72 Talbot St. W	26 Survivor Social and Caregiver Support	27 Board Meeting - Board of Directors of	28 VON -Exercise Class YMCA 11:15-			

# March 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<b>1</b>	<b>2</b>	<b>3</b> GOALS -Peer Support Group - 3 300 Giles Blvd E.
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b> VON -Exercise Class YMCA 11:15-	<b>8</b>	<b>9</b>	<b>10</b> GOALS -Peer Support Group - 4 300 Giles Blvd E.
<b>11</b>	<b>12</b>	<b>13</b> Drop-In Peer Support and Parent	<b>14</b> VON -Exercise Class YMCA 11:15-	<b>15</b>	<b>16</b>	<b>17</b> GOALS -Peer Support Group - 5 300 Giles Blvd E.
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b> VON -Exercise Class YMCA 11:15-	<b>22</b>	<b>23</b>	<b>24</b> GOALS -Peer Support Group - 6 300 Giles Blvd E.
<b>25</b>	<b>26</b> Survivor Social and Caregiver Support Group	<b>27</b> Board Meeting - Board of Directors of BIAWE	<b>28</b> VON -Exercise Class YMCA 11:15- 12:15	<b>29</b>	<b>30</b>	<b>31</b>