



Happy Fall

October 2018

Step Ahead

Successful Golf Tournament

Despite severe thunderstorm warnings, the golf gods shined upon the golfers at this 7th Annual BIAWE Golf Tournament. We had no rain, but a windy and humid day.

There were 144 registered golfers and many donors and sponsors. The golfers appreciated the snacks that were delivered on the course and later dined to a delicious perch and chicken dinner at the Kingsville Golf Club dining room.

Volunteers helped with registration, wrapping the prizes and gifts, delivering the snacks, selling the raffle tickets, sitting at the putting course, at the hole-in-one site and at the longest drive. Thanks goes to: Kathy Worotny, Gail Roszl, Wayne Roszl, Marissa Stein, Joanne King, Kelly Gauthier, Cheryl Sharameta, Andrea Thielk, Rob Miller, Lorna Howell, Edith Robinet and Amanda LaFrance.

The golf committee is to be commended for a well organized and fun golf tournament. The committee was lead by Tim Catherwood, who recruited many of the golfers and sponsors and worked with Kingsville Golf Club to organize the event. Committee members include: Lorna Howell, Kari Viglasky, Andrea Thielk, Kelly Gauthier, Cheryl Harris, Jim Harris, and Anna Jurak.

We are grateful to our sponsors, golfers and volunteers for a successful golf tournament, raising over \$17,000 to help fund the programs and services of BIAWE. Without the generosity of donors and sponsors, we would not be able to offer the programs and services we do.

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Cheryl and Joanne at Registration

Gail, Wayne and Kathy at Putting Contest



Winner of TV - Adrian



Leanne wrapping donations



Dining Room - Mask display



Winners of Women's Golf



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!



Windsor **Nov 1 to Dec 6 United Way 6:00**

You must register by calling BIAWE at 519-981-1329 or goals@biawe.com.



Funding for this program by:

**United Way
Centraide**
Windsor-Essex County

“You Are Not Alone” 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

6:00 to 7:30 p.m.

Chrysalis Centre (ALSO)

201-200 West Grand Blvd. Windsor

October 9, November 13, December 11



Peer Support and Mentoring Program

Partner - You will have the opportunity to learn from someone “who has been there” and can offer you guidance and support based on their own personal experience living with ABI.

Support is provided to you via the telephone and internet, based on your preference so you can participate in the comfort and privacy of your home.



Mentor - You have the opportunity to help others by sharing your experience by providing support and information to your partner who has a similar lived experience.

You will have comprehensive training in your community to match with a Partner.

Call 519-981-1329 to register.

This is an ongoing program. Free!



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!

CAREGIVER SUPPORT

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.

October 22 - HDGH 1453 Prince Rd Room 1326

November 26 - Hospice 6038 Empress St

December event - tba - check on Facebook

Education Series

This is a regular program of BIAWE, held four times per year for those with acquired brain injury and families. It provides relevant information about various aspects of life with a brain injury. Topics are chosen by support group participants.

The Power of Positive Thinking with Michelle Weglarz.

Monday, November 5, 2018 at 6:00 at the United Way, 300 Giles Blvd. E. Sign up with Eventbrite. Free. <https://www.eventbrite.ca/e/the-power-of-positive-thinking-tickets-50275082124>

Youth Support Group 15 to 29 years

This support group is for young people with acquired brain injury. This group is lead by a BIAWE facilitator.

Young people 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.

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.

Call for Location

**October 9, November 13 and
December 11**



IN THE NEWS.....

Helmets for Kids - Injury Prevention Initiative

This popular program relies on generous donors and volunteers. This year Joe McCarthy of **McCarthy Engineering** and Rob Renaud of **Bicycle World** provided 126 top-quality helmets so that volunteers for BIAWE could fit them properly on children who otherwise would not have a helmet.



Wearing a helmet while bike riding can reduce the risk of brain injury by 88%.

So far we fitted 157 helmets on children for the Drouillard Road After School program, at a bike rodeo organized by Bike Windsor Essex and at the New Canadian's Centre of Excellence in Leamington. Children learned the proper way to wear a helmet, using the 2V1 approach.



UNMASKING BRAIN INJURY - Brain Injury Awareness Initiative

This new program has received universal support from all over the county. The display has been viewed at The Art Gallery of Windsor, Adventure Bay, Capri Recreation Centre, Gino Marcus Centre, WFCU Centre, Essex Civic Centre, Kinsmen Recreation Centre in Leamington, Windsor Regional Hospital (Ouellette Campus), Windsor Regional Hospital (Metropolitan Campus), Kingsville Golf and Country Club and finally at the Hotel Dieu Grace Healthcare Campus.

The making of UBI Videos - These can now be seen on YouTube.

<https://www.youtube.com/watch?v=w-eoX3wwKc8>

<https://www.youtube.com/watch?v=nq0ksxhAirI&t=2s>

“Use Your Head’ Sports Concussion Workshop - Free

Tuesday, November 6, 2018 6:30 to 8:30

Atlas Tube Centre 447 Renaud Line Rd. Lakeshore

The theme at this workshop is preparing for Rowan’s Law. All sports organizations are required to have a concussion policy in place. You will learn about the symptoms of concussion and how to manage them. The emphasis is on the positive effects of physical exercise and sport that outweigh the risk of identified concussion if it is identified and managed properly. **Must pre-register.**

<https://www.eventbrite.ca/e/use-your-head-sports-concussion-workshop-tickets-50739490181>

VOLUNTEER OPPORTUNITIES

There are so many ways to help support BIAWE and persons with acquired brain injury. So many ways to give back and help people in your community. So many ways to meet people and have fun.



Meet our Volunteers ...

Alana Sabelli recently graduated with a bachelor's degree in Neuroscience from the University of Windsor. She is planning on attending graduate school for Clinical Neuropsychology. She became involved with BIAWE after her father sustained an acquired brain injury in 2016; as a way to assist individuals in the same situation her family was in. Through volunteering she has loved getting to know all of the caregivers and survivors involved in the organization as well as sharing brain injury awareness throughout the community.

Sarah Nafal is a 21 year old from Windsor, Ontario. She is in her fourth year of the Biological Sciences program at the University of Windsor with hopes to pursue Dentistry in the future. She is currently working on her Honours Thesis in a Neuroscience laboratory and is highly interested in the brain and how its function can be affected by injury and other factors. When not working or studying, she is an avid make up lover and also loves to spend time with her family and friends.



"I chose to volunteer with the Brain Injury Association of Windsor Essex because I felt inclined to help individuals with injuries that may not be visible to the naked eye. Often times, brain injuries can be overlooked because they may not exhibit physical symptoms even though they can greatly affect one's quality of life. Through volunteering at various events, I hope to help raise awareness about brain injuries to the public and allow those who have acquired a brain injury to be able to express themselves and share their story.

Volunteer Opportunities

The "Sports and Sparkles" Committee. This entails attending monthly-bimonthly meetings to organize this fundraising event. We need people to: approach sponsors for the event, solicit businesses to donate auction items, and to sell tickets to the event. This is one of BIAWE's signature events, held in the spring of 2019.

Mentors for the Peer Support Group. A trainer from the Ontario Brain Injury Association will train you (we need to have a minimum of four (4) people to have a training session). As a Mentor you have the opportunity to help others by sharing your experience and providing support and information to your partner who has a similar lived experience. The commitment is once a week for a year - by telephone. No need to leave your home.

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

Duelling Pianos Fundraiser: February 23, 2019 at Windsor Yacht Club. This involves monthly meetings to organize this event. This is a new event for 2019 and is bound to be lots of fun.

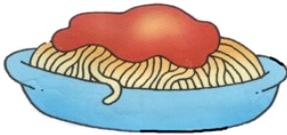
August Caboto Club Pasta Dinner

Thank you to all those who supported our turn at Pasta Night at the Caboto Club. This event is held on the first Wednesday of each month in support of 12 charities in Windsor and Essex County. We are one of them.

Once a year we get to host the dinner and we did it with style. Carolyn Barnett and her son Doug Barnett provided live musical entertainment. What a pleasure it was to listen to them while eating a delicious meal of pasta, salad, bread and coffee

Board members and other volunteers baked mouth watering home-made pastries and cakes which helped us raise additional funds. They must have been good because we sold out!

We were able to educate a few more people about the services and programs offered by BIAWE. The Unmasking Brain Injury display was shown and many people read the unique stories and perhaps have learned a little about what it's like to live with a brain injury. Education is one of our missions and it was accomplished.



Next Dates:

October 3, November 7 and December 5.

Thanks to all our Golf Tournament Sponsors

Bronze Sponsors



Hole-in-one

Closest-to-the-pin

Longest Drive

Golf Cart and Survivor Golf



Putting Contest

Printing Sponsor



Introducing the new GOALS Coordinator

My name is Danielle Bridges and I am a Registered Social Worker currently working in the areas of mental health and addictions. Prior to obtaining a Master of Social Work degree, I was a frontline worker providing direct rehabilitation services to people who sustained traumatic brain injuries as a result of automobile accidents. In that role, I saw how drastically this type of injury affected the lives of my clients. The determination exhibited by my clients throughout their recovery fueled my passion for this work. I am excited to take on this role with BIAWE and to be a part of an organization that offers continued supports to those whose lives have been impacted by traumatic brain injury.



Our 2017-2018 Board of Directors

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

Vice-President: Leann Sassine - Lawyer

Treasurer: Nav Nagra, ADS Forensics Inc.

Secretary: Heather Courtney - Human Resources Service Partner-Talent - Green Shield Canada

Kari Viglasky - Vice President People Solutions, Collins Barrow

Marissa Stein - Manager, People Solutions, Collins Barrow Leamington

Kelly Gauthier - Social Worker, DMARehability

Joanne King - Accountant BDO

Amanda LaFrance - Social Worker, Regional Children's Centre



July Picnic - Social

A little bit of rain did not deter the hardy participants in this year's social event, held at Reaume Park.

Social Coordinator Volunteers Alesia Montemuri and Christina Basily made sure there was a hearty lunch, delicious cake and fun and games to keep people entertained.



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.



Ways to Contribute to BIAWE

There are several ways you can contribute to BIAWE.

- **Volunteer** - We need volunteers for our support programs, special outings and special events. Contact our Volunteer Coordinator, Victoria Obeid at 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.
- **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** - Attend 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
- **Hold your own fundraiser** - Come up with your own fundraiser at work or in the neighbourhood
- **Donate Directly** - go online and donate - get a charitable donations receipt

BRAIN INJURY FACTS

- More than 18,000 Ontarians will suffer a brain injury this year
- Brain injuries are the number 1 killer and disabler of people under the age of 44 years
- Acquired brain injuries are 15 times more common than spinal cord injuries

OBIA wants to hear from you.

Survivors and Caregivers are invited to participate in OBIA's **Annual Research Questionnaire**.



Your participation will enhance their ability to provide a unified voice on behalf of people living with the effects of brain injury in Ontario.

In appreciation for your participation in the research study, you will receive a free one year dual membership with both OBIA and the Brain Injury Association of Windsor and Essex County and a Survivor Identification Card.

Contact OBIA's support services to request a copy at: 1-800-263-5404 or www.obia.ca

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	\$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 22070 11500 Tecumseh Road East

Windsor, Ontario N8N 5G6

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

Email: info@biawe.com

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

Save the Dates

DUELLING PIANOS

February 23, 2019

Windsor Yacht Club

Enjoy a fun evening out with friends; a spectacular meal and fabulous entertainment.

Two professional piano players (Kelly Authier and friend) will sing and entertain. Humour and audience participation is part of this enjoyable evening. Come out for a good time and help BIAWE at the same time.

More information on this later - look to our FACEBOOK page for updates such as time and cost.



Online Concussion Support Group

Do you have a concussion or a mild traumatic brain injury?

OBIA is pleased to announce additions sessions of their weekly ONLINE SUPPORT GROUP for adults (18 year and over) living with a concussion.

For more information or to register for an upcoming session go to:

Obia.ca/online-concussion-support-group/



NEW ABI DIRECTORY OF SERVICES

We are soliciting advertising and stories from health care organizations, physiotherapists, massage therapists, chiropractors, speech language pathologists, neuropsychologists, neurologists, financial advisers, legal advisers, transportation services and housing services to provide **an on-line and magazine directory for ABI services in Windsor and Essex County.**

Please call for further information and prices.

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.

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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E-mail: info@biawe.com
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 BAIWE 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

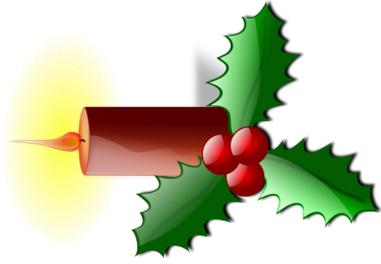
What You can offer BIAWE...

- 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



October 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 Pasta Night Caboto Club 4:30 to 7:00	4	5	6
7	8	9 You Are Not Alone Support, Youth Support Group 6:00	10 Concussion Workshop Committee Meeting	11	12 Life After Fifty Open House 10-2 Collavino Hall, WFCU Centre	13
14	15	16	17	18	19	20
21	22 Social Group - HDGH and Caregiver Support Group	23	24	25	26	27
28	29	30 BIAWE Board Meeting	31			



December 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5 Pasta Night Caboto Club 4:30 to 7:00 V VON	6 GOALS 5 United Way 6:00	7	8
9	10	11 You Are Not Alone and Youth Support Groups 6:00	12	13 GOALS 6 United Way 6:00	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					