

Step Ahead



2	Sale of Jewelry Fundraise
5	Golf Tournament
6	Speaker Series 2021
11	New Volunteer Coordin.
14	Brain and Gut

Butterfly Lane Alley Mural Project—Walkerville Neighbourhood

The Brain Injury Association of Windsor and Essex County announced the creation of a “Butterfly Lane” in Walkerville as part of Brain Injury Awareness Month.

Murals are being commissioned by local artists to paint on the fences and garage doors of residents abutting the chosen alley. In addition, a wooden butterfly painted by a person with an acquired brain injury (ABI) will be affixed to some of the fences. A request for submissions of a design from local artists will be sent out in early July. The organizing committee of this mural project will make the final decisions on the designs and locales of specific murals.

The life of a butterfly symbolizes the life of an individual with a brain injury. Much like a butterfly that develops from a caterpillar during the chrysalis process, the journey of a person with a brain injury can be transforming. Often, an individual with a brain injury is not the person that they once were. There is a no more striking symbol of a transformation than a butterfly. This transformation symbolically represents hope and new beginnings. This transformation happens with help from the right people.

“We delight in the beauty of the butterfly, but rarely admit the changes it has gone through to achieve that beauty.” – Maya Angelou.

This project is part of a public awareness campaign to bring attention to the prevalence of acquired brain injury in our community. The murals will be a reminder to all that there are people in our community who live with a brain injury. The personal artwork of the wooden butterflies will provide survivors a chance to educate others about what it's like to live with a brain injury.

There are many other reasons for the Butterfly Lane; making the alley bright and welcoming so people can walk or cycle safely down the alley, bringing people together, pride of ownership of homeowners abutting the alley, opportunity to take pictures, and future projects to include planting of butterfly attracting plants and lights.

Susan Duxter—Artist and BIAWE Supporter

Susan Duxter is an international mixed-medium artist, who initially started as a watercolour artist after retirement from being a teacher in 1972.

In addition to her artistic talent, Susan produced musical side shows and has written two books and was previously a professional speaker.

Her beautiful watercolor artwork has been featured in national and local galleries and prints of some of her work can be seen at [Susan Duxter Art \(fineartamerica.com\)](http://www.fineartamerica.com) and at <http://www.SuduArt.com>

Most of her original artwork pieces have been sold to private collectors.

Now Susan is handcrafting with polymer clay in various colours and shapes. It has become Susan's favourite medium to work with her artistic style.

Each piece of Polymer Clay of Susan's creations is intricately handcrafted through a two-week process using various colours of clay blocks, that are hand cut, artistically blended, shaped and then baked in her home studio.

Ms. Duxter has generously donated many pieces of her handmade jewelry to help bring awareness and raise funds for the Brain Injury Association of Windsor Essex a not-for-profit organization and a Etsy store has been set up for the fundraiser called BrainInjuryCharity.

<https://www.etsy.com/shop/BrainInjuryCharity>

Purchase a one-of-a kind polymer clay and bead jewelry art or give as a unique gift created by an international artist for a small donation with all proceeds going the charity to support Brain Injury programs.



Stay Informed

Keep up to date on what's going on at BIAWE and other Brain Injury Associations across Ontario by following us on social media.



Instagram



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 starting in September.) Call 519-981-1329 to get on the invite list.

Next Session: **Wednesday, September 15, 2021 at 7:00 via zoom**



Funding
provided
by:



SOLCZ FAMILY
FOUNDATION

Helmets for Kids

Helmets for 2021 have finally arrived. If you are part of an organization that has children who could not afford a helmet, go to our website at www.biawe.com to complete an application to receive helmets.

We have adapted to the pandemic and are requesting parents/caregivers measure a child's head and order the helmets by size. Each child will receive an information package on how to properly fit and wear a helmet and safety information about bicycling.

New Board Member

Alexandra Carson is an Education Assistant for Paediatrics and Psychiatry at the Schulich School of Medicine & Dentistry- Windsor Campus. Prior to working at the University of Windsor, she had many years of experience in customer service. She graduated from both the University of Windsor (Psychology & Communication studies) and St Clair College (Business Marketing). Having a family member with a brain injury makes being part of this association even more important to her. She hopes to bring her work experience and passion to help those with brain injuries to this role as a board member.



Peer Support and Mentoring

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.



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

Peer Support Program Coordinator - Anna Jurak

Social Coordinator - Rebeca Robinet

STAR Program Coordinator - Anna Jurak

Graphic Design —Donna Ntumba

Volunteer Coordinator (New) - Carolyn Basily



ANNUAL

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

GOLF TOURNAMENT

KINGSVILLE GOLF AND COUNTRY CLUB

640 ESSEX COUNTY ROAD 20, KINGSVILLE

SEPTEMBER 17, 2021

REGISTRATION

Registration Time: 11:30AM - 12:30PM

Tee Time: 1:30PM

4 Person Texas Scramble

Individuals: \$150

Kingsville G&C Members: \$100

Dinner only: \$55

Corporate Team (4 players + sign): \$800

Visit: www.biawe.com for sponsorship opportunities and to register/pay.



519-981-1329
Email: info@biawe.com
Web: www.biawe.com

Student Placements

BIAWE is pleased to accept placement students to complete their education by providing opportunities for hands-on learning. We have had placement students from St. Clair College, the University of Windsor and community agencies. Student placements were from the following programs: graphic design, development social worker, and nursing.

Field placements are vital to student skill development as well as providing them with key professional experience. Students work on various projects to demonstrate and practice skills related to their area of learning.

BIAWE is proud that several of its placement students have remained with BIAWE in various roles. Donna Ntumba was a graphics design placement and continues to volunteer by designing our posters and pamphlets, volunteering for events and with making calls for support group meeting reminders. Our volunteer coordinator, Isabella Baggio was a nursing student placement. She has also developed the STAR program to a virtual program so that schools could present the program without the need for in-person training. Alas, she will be leaving this post to complete her MBA studies and permanent employment.

We are fortunate to have their expertise while they are with us and especially appreciative of those who have stayed beyond their replacement to volunteer at BIAWE.

Survivor Socials

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 to preregister and/or to get on the call list.

No meeting in July. You will be provided a list of 20 outdoor challenges to engage in.

Sunday, August 29, 2021 Annual Summer Picnic for survivors and caregivers. **You MUST pre-register** for this to ensure getting a lunch. Email to social@biawe.com or call 519-981-1329.

Monday, September 27, 2021—Virtual Birthday Party for All—must pre-register for this to get the birthday package. Email: social@biawe.com

Free Speaker Series—A Lifestyle Approach to Recovery for the Brain and Body”

This speaker series will start Friday, September 24 at 12:00 for five weeks, geared to professional health care workers and those interested in acquired brain injury, on Zoom.

This is a free series, presented by the Brain Injury Association of Windsor and Essex County, Beyond Disabilities Rehabilitation Network, Hotel-Dieu Grace Healthcare and Brain Changes Initiative.

The theme of the series is related to non-pharmacological means of recovery of brain injury and other disabilities.

It will include talks related to the pillars of health; nutrition, sleep, mindfulness/meditation, and exercise.

Stay tuned for further details. Keep up-to-date by following us on Facebook.

“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 p.m. via Zoom.

Call 519-981-1329 or email to info@biawe.com.

Tuesday, **July 13, 2021**—Hobbies/Pastimes

Tuesday, **August 10, 2021** –Exploring Possibilities

Tuesday, **September 14, 2021** –The Most Influential per-



Family and Friends Support Group—Caregivers

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, **July 27, 2021** - Caregiver Fatigue

Tuesday, **August 24, 2021** –Feelings and Emotions

Tuesday, **September 28, 2021**—Stress-Signs & Symptoms

If you are not on the email list, please email to 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, **September 8, 2021**

If you are not on the email list, please email to info@biawe.com to get the Zoom invitation.

(No meetings for July and August)



Affiliated Partners....



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 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.

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

There will be no Coffee Chat for the following Wednesdays: July 7, August 4 and Sept 1.



Challenge Has Made Us Stronger



Being prepared is not new to us. We have 20 years to show for it.



www.rehabfirst.ca • 1-888-REHAB-90 • info@rehabfirst.ca
Corporate Office: 1599 Adelaide St. N., Suite 201, London, ON, N5X 4E8 • 519-646-2949
Toronto Office: 93 Skyway Avenue, Suite 106, Toronto, ON, M9W 6N6 • 416-489-5151

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 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

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.

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

Committees—Board Committees include Fundraising/Public Relations and Education|Program and Subcommittees: Golf Planning and Duelling Pianos Planning

Butterfly Lane Alley Mural Project—looking for all kinds of help in this project

Other Opportunities throughout the Year—fundraisers, outreach, socials.

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))

Meet Our New Volunteer Coordinator—Carolyn Basily

Carolyn has been a volunteer for several years with BIAWE. She has been involved in all manner of activities, from the socials to assisting administratively. She takes over the reins from Isabella Baggio effective August 1. Welcome Carolyn.

Hello, I am Carolyn, your soon-to-be Volunteer Coordinator. I have been a volunteer for BIAWE for over a year now, as I joined during the midst of lockdown. Regardless of the challenges we faced, I have always had a great passion for helping those in my community. During this past year, volunteering with BIAWE has helped me to develop a more patient, caring and adaptive personality. One thing I have always believed in was to help others with what you are gifted with. It has been a pleasure to support those of the BIAWE community with not only my capabilities but most importantly, my time. A couple of seconds could change someone's life! I am excited to take on this new role, as I can now take what I have experienced as a volunteer and put it forth as the new Volunteer Coordinator.



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

Legal Assistants:

theresa@wunderobrienlaw.com

diane@wunderobrienlaw.com

rachel@wunderobrienlaw.com

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



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
www.biawe.com

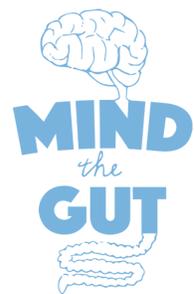


The Brain and the Gut

“The vagus nerve is the fastest and most important route from the gut to the brain. It runs through the diaphragm, between the lungs and the heart, up along the esophagus through the neck to the brain.

... the brain is more heavily insulated and protected than any other organ in the body. It nestles in a bony skull, surrounded by a thick membrane, and every drop of blood is filtered before it is allowed to flow through the regions of the brain. The gut, by contrast, is right in the thick of it. It knows all the molecules in the last meal we ate, inquisitively intercepts hormones as they swim around the blood, inquires of immune cells what kind of day they’re having and listens attentively to the hum of the bacteria in the gut. It is able to tell the brain things about us it would never otherwise have had an inkling of.

Cooperation between the gut and the brain begins very early in life. Together, they are responsible for a large proportion of our emotional world when we are babies. We love the pleasant feeling of a full stomach, get terribly upset when we are hungry, or grizzle and moan with the wind. Familiar people feed, change and burp us. It’s palpable clear that our infant self consists of the gut and the brain. As we get older, we increasingly experience the world through our senses. We no longer scream blue murder when we don’t like the food at the restaurant. But the connection between gut and brain does not disappear overnight, it simply becomes more refined. The gut that does not feel good might now subtly affect our mood, and a healthy, well-nourished gut can discreetly improve our sense of well-being. “



Reprinted from “Gut—The Inside Story of Our Body’s Most Underrated Organ” by Guilia Enders, 2015. Grey-stone Books. Pages 129-130.