



Step Ahead

STAR - New School Program

This STAR program (S – stop, T – tell, A – get assessed, R – rest) is approximately one hour long for grades 7 to 12. The main focus of the presentation is to educate children and youth about the need to tell when they have hit their head – in any circumstance.

The presentation begins with basic brain anatomy and biology, how senses are affected by a brain injury, how to prevent brain injury, what to do if you have a concussion and most importantly – to tell a responsible adult. Included is a demonstration about the proper way to wear a helmet.

Here are some comments after our presentation. “The information was timely, relevant, and well-articulated. As a certified health and physical education specialist, I can attest to the value of educating students about such matters... Thanks in part to the information delivered during these assemblies; our students now understand that timely identification and reporting are the first steps to a successful concussion recovery.” J

“The presentations are informative and well-received by staff and students alike. The presentations are not only relevant, overall they are a great support to the new Physical Education and Health Curriculum.” D

“It was extremely worth-while as the team presented the information at the students’ level of understanding and created opportunities for student participation. The feedback from staff was very positive.” D



Inside this issue:

Duelling Pianos	2
Lowe's Heroes Program	4
Donations and Grants	7
Solcz Family Foundation	10
Pediatric Caregiver Workshop	15
Holiday Party Pictures	16

Our University of Windsor 4th year nursing placement students present a session to a grade 8 class at Corpus Christ Middle School.

Development of this program made possible by



**SOLCZ FAMILY
FOUNDATION**

**BRAIN INJURY ASSOCIATION OF
WINDSOR AND ESSEX COUNTY**

Presents

Duelling Pianos

Duelling pianos is a unique, high-energy music and audience interactive show. Two pianos and two musicians play and sing and entertain. Humour and audience participation are what make it fun.

Enjoy a delicious meal prepared by the chefs at the Windsor Yacht Club and prepare for an evening of enjoyment. Tipping to get your song played is part of the fun and all proceeds from this go directly to the Brain Injury Association.

*Saturday, February 22
6:00 p.m.
at Windsor Yacht Club*

Tickets are \$60

Register online at www.biawe.com or
mail cheque to: c/o 856 Victor Dr. Windsor, ON N8S 2S7



What's been Happening....



October Social Support Group

Artistic expressions of the fall pumpkin.



September Social Support Group

Mmm, cupcake decorating.



Laura Kay of ALSO, past E.D. of BIAWE was in jail as part of the Hero's program at Lowe's - raising funds for the programs of BIAWE.



November Social Support Group

Making Christmas Cards.



BIAWE is the proud recipient of a Lowe's Heroes Program donation in the amount of \$14, 435.40. This was achieved by selling hotdogs, hamburgers, and chocolate bars, asking for a \$2 donation at the cash register, raising funds in the Jail and Bail booth and other fundraising initiatives. The local Lowe's at 7350 Catherine Street (Tecumseh and Lauzon Roads) raised \$12,435.40 and an additional \$2,000 was

provided by corporate Lowe's. Volunteers with BIAWE also participated in some of the fundraising events. Many thanks go to the manager Lino Tesolin and his crew for all their hard work in fundraising for BIAWE.

Money raised was spent providing much needed appliances and building materials to people with a brain injury who applied to this program. This is consistent with our mission of enhancing the lives of those affected by an acquired brain injury.

The Board of BIAWE has decided that this type of program has such a significant impact it will be seeking additional sponsors and funders to continue this program each year.

Helmetts for Kids

We educate, fit and provide children with a helmet to those who otherwise could not afford a one. We are grateful to our sponsors for providing helmets and funding to continue this very important program to children in Windsor and Essex County. We have one anonymous donor who provided us with 120 helmets and Monforton and Partners provided us with a cash donation to purchase helmets.

Part of BIAWE's mission is education, and injury prevention education is our most important goal. We try to make it "cool" to wear a helmet .

So far this year we have fit and provided over 266 helmets to children at:

- ♦ Youth in Action Club Mentorship Program (Coalition for Justice, Unity, Equity Windsor)
- ♦ Southwest Aboriginal Health Access Centre
- ♦ New Canadian Centres of Excellence
- ♦ Amherstburg Bike Rodeo

Volunteer Opportunities

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

Fund Development
Public Relations and Outreach
Newsletter, Web Page and Social Media
Golf September 2020
Sports and Sparkles

If you're interested in joining any of these committees, contact Meghan Fyall at volunteer@biawe.om.

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. Check us on Facebook to find out the theme of each session.

4th Monday of every month

6:00 to 7:30 p.m.

Hospice 6038 Empress St

January 27

February 24

March 23

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.



4th Monday of every month

6:00 to 7:30 p.m.

Hospice 6038 Empress St

January 27

February 24

March 23

Young Adult Support Group 18 to 29

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.

2nd Tuesday of each month

6 to 7:30 p.m.

The Exchange Coffee Shop

288 Ouellette Ave.

January 14

February 11

March 10



Award Winner

Kathy Worotny received the Ontario Volunteer Award for over 15 years of service to BIAWE. She is with Naim Dalloul, Board Member of BIAWE who attended on behalf of the Board of Directors at the November 7 Award Celebration

Congratulations Kathy!



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.



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

Family and Friends Support Group Facilitator - Sara DeLuca

Volunteer Coordinator - Meghan Fyall

Peer Support Program Coordinator - Anna Jurak

Social Coordinator - Rebeca Robinet

ON-LINE DIRECTORY

BIAWE is pleased to provide an 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.

DONATIONS and GRANTS 2019

Thank you to all our donors and grantors. Because of you we are able to continue to provide programs and services to those affected by an acquired brain injury and expand our services to include more prevention programs.

\$25,000 +

Solcz Family Foundation
Wunder O'Brien Personal Injury Law and
Theresa Wunder

\$10,000 to \$24,999

Lowe's Heroes Program

\$5,000 to \$9,999

United Way
McCarthy Engineering and Bicycle World

\$1,000 to \$4,999

Bayshore Foundation
Caboto Club Charities
Greg Monforton and Partners
Laura White Insurance Agency and Desjardins Insurance
Local 625 Labourer's Union
University of Windsor Business Students

\$500 to \$999

Laura White Insurance Agency
Dr. Anne McLachlan and Mr. Chuck Stoffle
Beverly Joffee
Tecumseh Ladies Council 4375
Rotary Club of Windsor St. Clair
St. John's Catholic Women's League Woodslee
Wendy Forsyth

\$100 to \$449

Douglas Howell
Our Lady of Perpetual Help Catholic Women's League
Marjorie and Larry Cowan
United Way Employees
Patrick Kolowicz
Duncan A. Smith
Jo-Ann Owen
Jan and Wayne Barton
Michelle Labonte
Meighan Murphy

And many donors under \$100



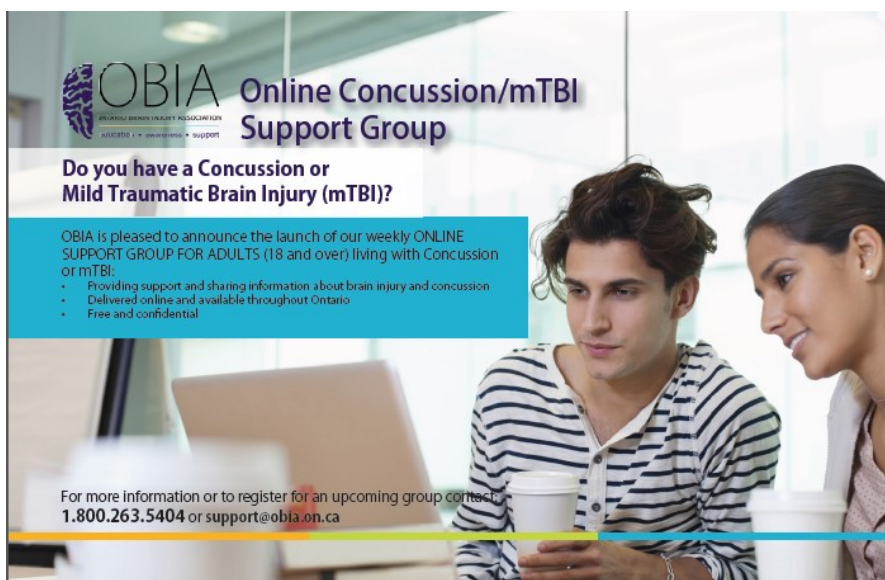
Sarah Cusenza of Bayshore Home Health - and
Anna Jurak of BIAWE - Donation of \$1,335



Leann Sassine, Anna Jurak Laura White and
Jeannette Ware-Mikhael of Laura White
Insurance - donation of \$2,000

Higher Concussion Rates in Ontario

The Journal of Head Trauma Rehabilitation published a study that found the number of patients experiencing concussions and their side effects were considerably higher than past research reflected. Dr. Mark Bayley, the study's co-author and concussion rehabilitation specialist pegged the concussion rate in Ontario at approximately 600 per 100,000 people. This study found that there were more than 1.3 million concussion patients between 2008 and 2016, or about 150,000 concussions annually, making the rate at 1,153 per 100,000 people or 1.2 percent of the province's population.



Thanks to community sponsors who donate space for our programs.

PROUD FUNDED PARTNER OF



**United Way
Centraide**
Windsor-Essex County



Alzheimer Society
WINDSOR-ESSEX COUNTY



One Stop

One Quality Standard

Multiple Disciplines

Many (Satisfied) Clients

At Rehab First[®], full service is more than a cliché. It's what we do, day in and day out, and it means access to all of the assessment and treatment services you and your clients need, delivered by Rehab First professionals throughout Ontario and our **MedNet[®]** roster of pre-qualified, contracted Physicians and Psychologists.

www.rehabfirst.ca • 1-888-REHAB-90 • info@rehabfirst.ca



SOLCZ FAMILY FOUNDATION

<https://www.solczfamilyfoundation.com/>

The Solcz Family Foundation has generously donated \$25,000 for our Children's' ABI (acquired Brain Injury) Programs which include: the STAR (Stop-Tell, get Assessed and Rest) school program, the Helmets for Kids program and two new support groups for Parents/Caregivers of children and youth with an ABI and a support program for children and youth with an ABI. These programs are consistent with our vision of being a leader in the community regarding brain injury prevention and education. It is because of the Solcz Family Foundation that we are able to provide these programs and educate young people about the need to protect their brain and to tell when they have hit their head, and provide support to families.

New Social Coordinator

My name is Rebeca Robinet. I would love to share a little bit about myself. I am your new Social Coordinator! I have worked at a local long-term care home for almost 8 years and I am currently in my final year of the Gerontology program at St. Clair College. I love making people smile and find joy in the simple things. I also love dancing and having fun. I am excited to join BIAWE as the Social Coordinator because I will get to share my passions for creativity and helping others with a group of amazing people. I find socializing to be the best way to make new friends, stay happy, and keep a positive outlook on life. I look forward to meeting everyone. See you soon!



University of Windsor Business Students held a "Drink and Think" Trivia Night fundraiser for BIAWE and raised \$1,020. It was a fun night at the Sandwich Brewing Company. Besides raising money for BIAWE, students learned a lot about the brain and brain injury.



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! You must preregister at goals@biawe.com.

Funding for
this program
by:



**United Way
Centraide**
Windsor-Essex County

Next Sessions:

Saturdays - Jan 25 to Feb 29 11:00 am to 12:30 pm at the United Way,
300 Giles Blvd. E. **Windsor**

Saturdays, - Feb 1 to March 7 11:00 am to 12:30 pm at Access Centre
23 Mill St. W. **Kingsville**

“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.

2nd Tuesday of each month

6:00 to 7:30 p.m.

Location donated by : Assisted Living Southwestern Ontario (ALSO) Chrysalis Day Club

201-200 West Grand Blvd. Windsor

January 14

February 11

March 10

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!



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 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.

NEW:

- 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

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

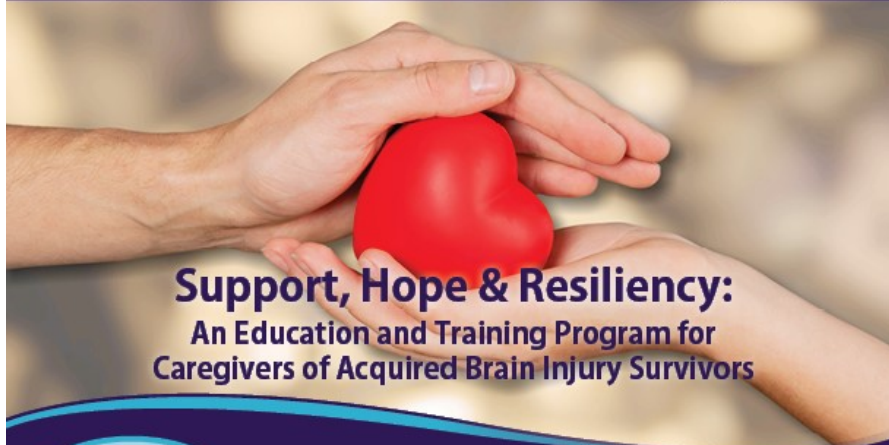
BIAWE welcomes advertising in the "Step Ahead". Advertisers may not imply that their products/services or memberships is an endorsement by BIAWE or its directors or staff. No advertisement will be accepted for publication until a completed, signed Order Form is received. BIAWE reserves the right to refuse 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

Pediatric Caregiver Education Workshop



Support, Hope & Resiliency:
An Education and Training Program for
Caregivers of Acquired Brain Injury Survivors

WHEN

Wednesday, February 12, 2020 from 9:30 a.m. - 2:30 p.m.

WHERE

Hospice Windsor and Essex County Inc.
6038 Empress Street, Windsor, ON N8T 1B5

CONTACT

Nancy LaJoie, Caregiver Education Specialist, OBIA
Email: nlajoie@obia.on.ca 1-855-642-8877 ext. 248
-or- Anna Jurak, Email: info@biawe.com

The Caregiver Workshops are completely FREE but require registration online.

Register at: www.obia.ca/caregiver-education-program/

A Project of the
Ontario Brain
Injury Association



In collaboration with:



Funding provided by:



2019 NOMINEE

**BRAIN INJURY ASSOCIATION
WINDSOR & ESSEX COUNTY**

COMMUNITY BRAIN INJURY ASSOCIATION OF THE YEAR
Presented by the ONTARIO BRAIN INJURY ASSOCIATION



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 “Most Extraordinary Thing in the Universe” (excerpt from the National Post, November 6, 2019)

According to Bill Bryson, author of the book, “The Body: A Guide to Occupants”, the brain is surprisingly soft - the consistency from tofu to slightly overcooked pudding. The brain churns through more information in 30 seconds than the Hubble Space Telescope had processed in 30 years. “The brain makes up just two per cent of our body weight but uses 20 present of our energy. In newborn infants it’s no less than 65 percent. That’s partly why babies sleep all the time - their growing brains exhaust them.”

2019 Holiday Party at Lumberjack Restaurant

