



Happy Summer

Step Ahead

July 2018



Inside this issue:

The Unmasking Brain Injury project was unveiled at a special event on June 7, 2018 at the Windsor Art Gallery.

Over 120 people attended this art opening to view the masks. The persons living with a brain injury are making the invisible visible through an artistic display of masks representing their personal journey. The narrative accompanying the masks explained how their brain injury affects them.

Family and friends, Board Members of BIAWE and members of the public viewed the masks and the new videos produced by the Film Camp for Youth and Kids through a grant provided by the Rotary Club of Windsor (1918). The videos can be viewed on our Facebook page.

The Unmasking Brain Injury project is part of a worldwide movement and Ontario is the first province in Canada to participate. It was coordinated by the Ontario Brain Injury Association.

The masks were displayed at Adventure Bay, the Capri Recreation Centre, the WFCU Centre, Gino Marcus and will continue to the Essex Civic Centre and other areas in Essex County. See them again at our August 1 night at the Caboto Club Pasta Fundraiser Dinner.

List of Programs	2, 3
Butterfly Monument	4
In the News Volunteering	5
ABI Conference Our Volunteers	6
Unmasking Brain Injury	8
Save the Dates Helmets for Kids	10
Calendar of Events	12, 13, 14



BIAWE Volunteers at Adventure Bay with masks



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 **Friday, July 6 to August 10**

Saturday, July 7 to August 11

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.

NO MEETING IN JULY!

2nd Tuesday of each month

6 to 7:30 p.m.

Chrysalis Centre (ALSO)

201-200 West Grand Blvd. Windsor

September 11 and October 9, 2018



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!



NO MEETING IN JULY OR AUGUST
JULY 22 - PICNIC 1 TO 4 at
Reaume Park, 1 to 4 Register
519-981-1329

Next Meeting - September 24 6:00 at

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.

Topics are chosen by participants of the support groups.

Check our website or Facebook page for the next session.

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.

NO MEETING IN JULY OR AUGUST

Next Meeting - September 24 6:00 at the
Beyond Disability Room at HDG

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

2nd Tuesday of each month

6 to 7:30 p.m.

Chrysalis Centre (ALSO)

201-200 West Grand Blvd.

August 14, September 11 and
October 9, 2018



Butterfly Memorial June 1, 2018



Judith Blanchette presenting a donation to BIAWE President Andrea Thielk.



People viewing the new names on the monument.

We were honoured to have unveiled the names of three more people on the monument at a special ceremony at Ambassador Park at the riverfront. Over 35 people, including a contingent from the Chrysalis Centre attended.

The new names are:

Victoria Cameron Kennedy

Cheryl Harris

Patrick Gaudet

President of BIAWE, Andrea Thielk read the proclamation from the City of Windsor, declaring June as Brain Injury Awareness Month. She presented the framed proclamation to the Chrysalis Centre.

Judith Blanchette presented a cheque for \$1,100 she gathered from family and friends and from a fundraiser at her place of employment, in memory of her sister, Victoria Cameron Kennedy. What a fitting tribute.

The monument was unveiled and the group was treated to lunch.

Names can be engraved for \$300. What a fitting tribute to a loved one. For an application go to www.biawe.com.

In the News.....

New BIAWE Video - See the video of interviews with brain injury survivors and the making of the masks on our Facebook page.

<https://www.facebook.com/BIAWE/videos/1699102933458504/?t=6>

Helmets for Kids

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

Through generous donations, BIAWE is able to provide helmets and fit them on children and youth in the community. So far we fitted helmets on children at the Gino Marcus Recreation Centre and at a bike rodeo organized by Bike Windsor Essex. We have more fittings planned. We want to make it a safe summer for children on their bicycles, skateboards and rollerblades. Help prevent brain injury!



VOLUNTEER OPPORTUNITIES

July 12 - Camp Brombal - helmet fitting

July 29 - New Canadians' Centre of Excellence - Leamington - helmet fitting

August 1 - Pasta Fundraiser - Caboto Club - 3:30 to 7:00 - Display and booth

September 21 - BIAWE Annual Golf Tournament - Kingsville Golf and Country Club - Registration, pictures

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.

For more information call 519-981-1329 or email our **Volunteer Coordinator at volunteer@biawe.com**

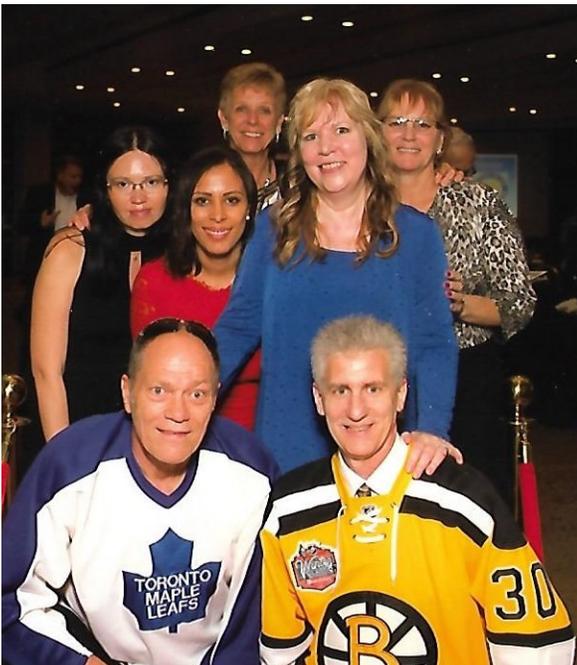
BIAWE is not funded for many of our programs. That's why fundraisers and donations are so important to us. Please help by making a donation and attending our events.



SPORTS AND SPARKLES

A great big THANK YOU goes to the Charity Chix, a group of local women who help small organizations raise funds. This year the Brain Injury Association and the Sandwich Teen Action Centre were the recipients of this year's gala on May 24 which they organized.

BIAWE received almost \$9,000 as its share in the gala. This money is important so that we can continue to provide free support groups for survivors, caregivers and youth.



Guests, supporters and volunteers at the Sports and Sparkles Gala.



Gail Rozl, Anna Jurak, Kathy Wortony, Cole Kierdorf
Wayne Rozl, Janet Fleming

Annual ABI Conference

The Annual ABI Conference was held at the Fogolar Furlan Club on June 20, 2018. In attendance were 65 health care and legal professionals interested in learning about the standards for post-concussion care. The theme was “The Right Care at the Right Time, with the Right Provider”.

Keynote speaker, Dr. Diana Velikonja outlined the ONF Standards for Post-Concussion Care and a panel of local professionals, including Diane Bradford, Manager of Regional Trauma Program/Injury Prevention and Critical Care Services at Windsor Regional Hospital, Dr. Stewart Plotnick, Psychologist in private practice, Patricia Fleet, Occupational Therapist Manager of Rehab at Bayshore, Ann Marie Keough, Physiotherapist at Enable Neurological Rehabilitation and Dr. A. I. Mustapha, Neurologist provided information on their roles in concussion management.



Past BIAWE President Dr. Anne McLachlan with current BIAWE President Andrea Thielk.

Annual ABI Conference Attendees



SAVE THE DATE!



BIAWE 7th Annual Golf Tournament

September 21, 2018

Kingsville Golf & Country Club

Call 519-981-1329 for more info

Our 2017-2018 Board of Directors

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

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

Amanda LaFrance - Social Worker, Regional Children's Centre

Aidan Blunt - Manager, Beach Grove

Kathy Worotny - Retired Teacher

Leeann Sassine -Lawyer

Marissa Stein - Manager, People Solutions, Collins Barrow Leamington

Kelly Gauthier - Social Worker, DMARehability

Joanne King - Accountant BDO

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Lawyer Andrea Thielk
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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.

- **Shoppers Optimum Points** - Log onto 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 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 an Engraving**- 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** - 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

Thank you Conference Sponsors

BIAWE wishes to thank the sponsors at the Annual ABI Conference. Their support is invaluable to the continuation of programs and services offered by BIAWE.



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

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

Save the Dates

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

AUGUST 1 - BIAWE'S NIGHT

We will have musical entertainment, baked goods sale and other exciting features at our night. Please invite your friends and family. This is a fundraiser for BIAWE and we need your support.



7th Annual BIAWE Golf Tournament - September 21, 2018 Kingsville Golf and County Club 11:30 a.m.

Gold Sponsor \$2,500 - Sponsorship of the Peer Program, promotion on website, Facebook page and at tournament, foursome of golf, 3 hole signs.

Silver Sponsor \$2,000 - Sponsorship of Social Program, promotion on website, Facebook and at tournament, foursome of golf, 2 hole signs

Bronze Sponsor \$1,500 - Sponsorship of Caregiver Support Group, promotion on

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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/

website, Facebook and at tournament, foursome of golf and 1 hole sign.

Corporate Team \$750 - foursome and 1 hole sign

Golf Care Sponsor \$500

Hole-in-one Sponsor \$300

Longest Drive Sponsor \$300

Survivor Golf Sponsor \$500

Closest to the Pin Sponsor \$300

Hole Sign Sponsor \$200

Individual Golfer \$120

REGISTER AT payment@biawe.com

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PO Box 22070
11500 Tecumseh Road East
Windsor, Ontario
N8N 5G6

Phone: 519-981-1329
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 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

July 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Canada Day	2	3 Golf Committee Meeting	4	5	6 GOALS Week 1	7 GOALS Week 1
8	9 10 Youth Group 6:00 Chrysalis No Support Group	11	12 Camp Brombal Helmet Fitting	13 GOALS Week 2	14 GOALS Week 2	
15	16	17	18 19 NCCE Helmet Fitting	20 GOALS Week 3	21 GOALS Week 3	
24 Social Group Picnic 1-4 Reaume Park - Must Register	23 No Social or Caregiver Support Group	24	25	26	27 GOALS Week 4	28 GOALS Week 4
29	30	31				



August 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
5		1 BIAWE Pasta Night Caboto Club 4:30 -7:00	2	3 GOALS Week 5	4 GOALS Week 5	
6	7	8	9	10 GOALS Week 6	11 GOALS Week 6	
12	13	14 You Are Not Alone and Youth Support Grp 6:00 Chrysalis	16	17	18	
19	20	21 BIAWE Board Mtg 5:30	23	24	25	
26	27 Social Group and Caregiver Grp HDGH Site	28	30	31		



September 2018

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
2						1	
3		Labour Day					
4							
5				Pasta Night at Caboto Club 4:30 to 7:00			
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