Brain Injury Association of Windsor & Essex County

Spring 2022

Step Ahead

Duelling Pianos—another success

Annual General Meeting

Wednesday, April 27, 2022
from 5:30 P.M. to 7:00 P.M.

Hungarian Cultural Centre - Mindszenty Hall
790 Hanna St. W.

You must be a dual member of OBIA/BIAWE by ***April 20*** to vote in the election for the new Board of Directors.

To register for the meeting send name to: ***payment@biawe.com***.

Deadline for registration is **Friday, April 22, 2022**.
(A light meal will be served).

To become a dual member of OBIA/BIAWE
go to: **www.OBIA.ca** to register.

Brain Injury Association
of Windsor & Essex County

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

Thanks to our Sponsors, Donors and Grantors in 2021

Over $2,500

Greg Monforton and Partners
Theresa Wunder
Trillium Foundation
Toldo Foundation
Government of Canada

$1,000 to $2,500

Bayshore Foundation
Dr. Hansel Huang
The Boonies Drive-In + BCNSA
Walkerville Business Improvement Area
Janis and Jim Teron
Dr. Anne McLachlan and Chuck Stoffle
Wunder O'Brien Law
CanaRX Services
E3 Works
Windsor Tent and Awning
PPSA Canada
RBC
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$500 to $999

Dillon Engineering
Wayne Squires
David Basset and Dr. Kathryn Edmunds
Lenore Cillluffo
John Lyons
Hotel Dieu Grace Healthcare
Siedlakowski Dentistry
Enable Physiotherapy
Windsor Eye Institute
Brain Canada Foundation

$100 to $499

Benevity Community Impact
Robert Taylor
Darlene Dunn Mahler
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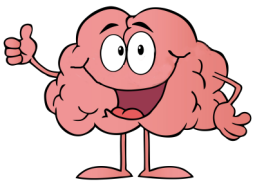
Brain Injury Society Toronto
Dawn Good
Milka Brown
Dr. Deborah Hellyer
Erica Colevic
Sue Jeffrey
Michael Gagnon
Adele Steinberg
Tom Hogarth
Riverside Minor Baseball Association
Karen Vandenberghe
Ken Knapp
Janet Fleming
Athena Vegh
Debbie Boose
Allen Brent
Intact Insurance
Justine Morley
Velocity Law

$50 to $99

Gail Roszl
Sheila Matte
Carmelina Wellman
Margaret Wilson
Brian Nelson
Luigi Conte
Carol Corbett
Kathy Quinlan
E. Diane Freeman
VSM OT Prof Corp

Interesting Facts about the Brain….

Because of the unpredictability of life, our brains have evolved the ability to redesign itself (within limits) in response to our experience.



We call this “plasticity” or “neuroplasticity’. It allows the brain to custom design an adaptation to our individual activities. It is the ability of neural networks in the brain to change through growth and reorganization.

Without this ability, the human brain would be unable to develop from infancy through to adulthood or recover from a brain injury. This ability makes you—YOU.

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

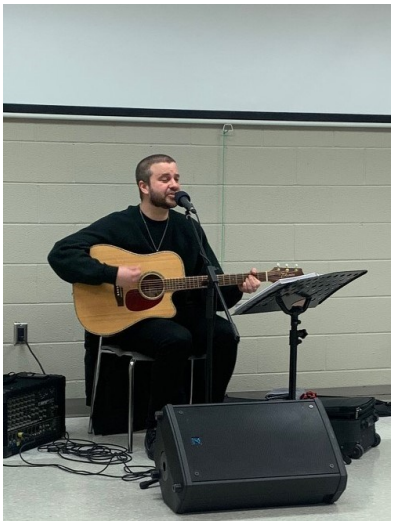
rachel@wunderobrienlaw.com

Survivor Social

March's Survivor Social was a blast! It was held the day after our Duelling Pianos fundraiser so we decided to continue the party with musical guest, Ryan Yoker.

Ryan played some tunes that we sang and danced to. Everyone had a great night!

Stay tuned to our social media for updates on upcoming socials!



Check out BIAWE's Website at www.biawe.com

We are pleased to announce that BIAWE's website meets the Web Content Accessibility Guidelines (WCAG) from the World Wide Web Consortia (W3C).

- Text-to-speech read aloud with synchronous highlighting to enhance reading engagement and comprehension.
- Translate web pages into over 100 languages with read aloud in around 40 languages.
- Picture Dictionary defines a word using a picture.
- MP3 generator converts selected text to audio files for offline listening.
- Screen Masking lets you increase focus on an area of the screen, while shading the rest to reduce distraction.
- On-screen text magnifier helps users with mild visual impairments by reading aloud text in a larger size.
- Web page simplifier shows just the text from the page view by removing ads, images, and other distractions. Customize the settings for you needs and preferences.

Keep the next page with the icons to use for your accessibility features.

Symbol	Tools	Description
	Hover to Speak (Read Aloud)	Hover your mouse pointer over any text on the page to hear and see the text read out loud. To use this feature, first click the pointed finger button and then hover over text. To turn it off, click the pointed finger button again. Or, go to Settings (gear button on the toolbar) and change the default setting from 'hover' to 'click.' With 'Click' turned on you can click into a sentence to start the read aloud.
	Play	When clicked, the read aloud will start from the first word at the top of the page. Or, select a block of text and then click the Play button.
	Stop	Stops reading and clears the read aloud highlighting from the page.
	Pause	Pauses reading with the read aloud highlighting in view.
	Multiple Word Translation	Click this button to translate the whole page into the language that you choose. In the listing of the available languages, please notice that there is a dotted line about half way down the list. The languages listed above the dotted line are translated and read aloud and those below the dotted line are translated without read aloud. Your desired language may be above or below the dotted line.
	Picture Dictionary	Defines a word through the use of a picture and there is an option to read the selected word aloud. Click the 'X' in the upper right corner of the popup to close to the popup.
	MP3 Maker	Select a block of text and click the MP3 button to download an audio recording of the selected text content.
	Screen Masking	Shades the screen view, while leaving a small side to side clear area that follows the mouse pointer. Adjust to your liking in the settings area. Great for reducing distraction and screen glare.
	Text Magnifier	Click the Text Magnifier button to show the text being read aloud in a larger font. The text being read aloud will show at the top of the screen in a 'ticker tape'. Clicking the Text Magnifier button will automatically turn on the Hover to Speak button. If you prefer, you can turn the Hover to Speak off and use the Play button instead to start the read aloud with the Ticker Tape. Click the Text Magnifier button again to turn it off.
	Simplify view	Removes clutter from the screen, displaying only the main text. Turn on Wiki-Definition and key words will show underlined. Click the underlined word(s) and see information on it. Change text and page color contrast, font, and size of the text, while in this Simply view. Click the 'X' in the upper right corner of the toolbar to get out of Simply Page view.
	Settings	Customize options to suit individual needs or preferences

DMARehability

Health Management Solutions

EXPERIENCE, KNOWLEDGE & LEADERSHIP

DMARehability is a Community based Medical and Vocational Rehabilitation company that has been providing professional services for more than 25 years, throughout the province of Ontario.

Our professionals have extensive knowledge and experience with both adult and paediatric clients. Our diverse team of professionals is designed to support the needs of individuals, families and care givers, who have sustained an injury as a result of a motor vehicle collision, slip and fall and/or serious illness.

Our client centered, hands on approach, and expertise allows you to select DMARehability with confidence when your file requires: Occupational Therapists, Physiotherapists, Kinesiologists, Speech Language Pathologists, Nurse Case Managers, Vocational Placement Specialists, Social Workers, Rehabilitation Therapists and/or Behavioural Therapists.

DMARehability's commitment is to work with your client to ensure that all aspects of the individual's rehabilitation care needs, current and future, are addressed in a timely, cost effective and efficient manner.

Note: While these are our offices, we have professional staff throughout Ontario to services your rehabilitation needs.

London – Corporate Head Office
1151 Florence Street, Suite 300
London, Ontario N5W 2M7

Phone: 519-452-0046
Toll Free Phone: 1-866-309-0046
Fax: 519-452-1413
Toll Free Fax: 1-866-899-7460
Email: info@dmarehab.com

Intake Department (Referrals)
Phone: 519-452-0046, extension 226
Toll Free: 1-866-309-0046, extension 226
Toll Free Fax: 1-866-899-7460
Email: intake@dmarehab.com

Windsor – Branch Office
1682 Howard Avenue
Windsor, Ontario N8X 3T7

Phone: 519-974-7399
Toll Free Phone: 1-866-802-5518
Fax: 519-974-1838
Toll Free Fax: 1-866-899-7460
Email: info@dmarehab.com

Kitchener – Branch Office
1601 River Road West, Suite 302
Kitchener, Ontario N2A 3Y4
Toll Free Phone: 1-866-309-0046
Toll Free Fax: 1-866-899-7460
Email: info@dmarehab.com

Visit our Website for further information:
www.dmarehability.com

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 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.

OBIA
ONTARIO BRAIN INJURY ASSOCIATION
education • awareness • support

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. 519-226-759-3201 or clientservices@biawe.com

New in Kingsville In-person. —Kingsville Community Centre 1860 Division Road, Kingsville

Bi-monthly on Thursdays at 12:30

April 14, April 28, May 12, May 26, June 9, June 23

Our Support Team

Executive Director - Anna Jurak **-** info@biawe.com, 519-981-1329
You Are Not Alone Facilitator - Danielle Bridges—goals@biawe.com
Young Adult Support Group Facilitator - Rene Cantarutti—info@biawe.com
Caregiver Support Group Facilitator - Danielle Bridges—goals@biawe.com
Peer Support Program Coordinator - Anna Jurak—info@biawe.com
Social Coordinator - Rebeca Robinet—social@biawe.com
STAR Program Coordinator - Anna Jurak - info@biawe.com
Graphic Design —Donna Ntumba—info@biawe.com
Volunteer Coordinator - Carolyn Basily—volunteer@biawe.com
Client Services Coordinator - Kelly Stack**–** clientservices@biawe.com, 226-759-3201
You can reach Kelly Stack during these hours (subject to change)

Monday—9 to 2
Tuesday—9 to 1
Wednesday—9 to 3
Thursday –9 to 3
Friday—10 to 2

Covid Policy

As an agency providing in-person services to a vulnerable population, the Brain Injury Association of Windsor and Essex County (BIAWE) has the responsibility to protect all clients, workers, volunteers and the community.

Our association's management and its board fully support efforts to stop the spread of Covid -19 in our community. We will be monitoring evolving government and public health guidelines to ensure compliance with current protocols, and changes may be made to this policy.

As per the Ontario's Health and Safety Act we have a legal obligation to make the workplace safe for everyone. It is proven that Covid-19 vaccinations are the most effective way to control the disease.

BIAWE respects the privacy and autonomy of our employees, volunteers and clients as it pertains to their personal health. However, at the direction of the Ontario Government we follow current covid directives and the directives of the host sites where we hold our meetings. (i.e. Hospice, ALSO)

June is Brain Injury Awareness Month

Stay tuned for various activities including **June 4** at Butterfly Lane (between the 1100 blocks of Devonshire and Argyle in Walkerville). A big day is planned with butterfly painting, unveiling of the alley signs, inauguration of the City's naming the alleyway. Safe outdoor family-oriented events will be taking place. You won't want to miss this. Lots of fun activities are planned.

All this is to bring awareness of the prevalence of brain injury in our community. It is estimated that in Windsor and Essex County over 12,000 people suffer a brain injury per year. We are here to help.

Survivor Socials

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 monthly social gives you an opportunity to make new friends and enjoy the company of others.

Where: Hospice of Windsor 6038 Empress St.
(off Jefferson, near Tecumseh Rd. E.)
When: 4th Mondays of the month at 7:00 pm

April 28 - Yoga

May 30 (note, this is the 5th Monday of the month) - Bowling—place to be determined

June 27—Bonfire—camping

Some of the delicious ingredients used in February's Social. Mmm...

Young Adult (18 to 30 years) Coffee Chat Support

Young adults meet 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 is confidential.

"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.

The benefits of joining a support group include:

- Feeling less lonely, isolated or judged
- Reducing distress, depression, anxiety or fatigue
- Talking openly and honestly about your feelings
- Improving skills to cope with challenges
- Enhancing self-esteem
- Promoting lifelong good mental health

GOALS - goal oriented peer support group for survivors

This program brings people together in an environment that fosters motivation, relationship building and trust. You will learn various goal setting techniques.

This six week session, for 1 1/2 hours per week will be starting in the next few months. It is facilitated by a social worker who will guide you through goal-setting objectives.

What is required: That you commit to attending for six weeks, as this program is designed that you received help from others in the group.

"Before I attended the Goals group I struggled with loneliness, hopelessness and lack of support, there was no one who understood what the last 5 years has been like since my diagnosis. I live in the farthest reaches of the county and not a lot of people out here are well versed in brain injuries, doctors, lawyers, ot's, treatment providers, social workers. They are oblivious to the struggles someone else's negligence has caused me and they end up blaming instead of understanding, even my own family. Others with brain injury get me and for one and a half hours on Saturdays I feel content, happy and accepted. "- A

This program has not been scheduled yet, but will be in the next few months. Check your emails and our social media sites for updates and scheduling. This program is free but you must register.

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.

	SIZES	PRICE	TOTAL
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 Tournament, Butterfly Lane Project , Bingos and Helmets for Kids.

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

To volunteer go to volunteer@biawe.com or visits our website and complete the application on-line.

ALL STAR GAMING CENTRE

BIAWE is volunteering at the All Star Gaming Centre and will be the recipient of funds generated at the All Star Gaming Centre.

If you play bingo, please support BIAWE by attending bingo at this center, located at 385 Walker Road, Windsor. Check their website for dates and times of the games.

BIAWE Volunteers will be at the bingos on: April 2 from 11 –1 on April 6 from 5 to 7, April 14 from 11 to 1, April 19 from 3 to 4, and April 28 from 11 pm to 1 am. Come see us! Support BIAWE.

Good luck!

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.
- 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

Brain Injury Association of Windsor & Essex County

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

A Proud Affiliate of: OBIA
ONTARIO BRAIN INJURY ASSOCIATION
education • awareness • support

Affiliated Partners….

brain changes initiative

HDGH EST 1888

WE ROAD SAFETY WINDSOR ESSEX

Canadian Mental Health Association
Windsor-Essex County
Empowering Transitions to Wellness

ALSO
Assisted Living Southwestern Ontario | Aide à la vie autonome Sud Ouest de l'Ontario

BEYOND DISABILITY
REHABILITATION NETWORK

Investing in People
MULTICULTURAL COUNCIL
OF WINDSOR AND ESSEX COUNTY