



Step Ahead

SPORTS AND SPARKLES ****

As we promised we provided an exciting evening starting with live music by Carolyn Barnett and Doug Barnett while enjoying our signature drink for this event – the “Purple Haze” out on the balcony of Central Park Athletics. Guests arrived in their sparkly clothes or in sports jerseys in keeping with the theme.

What followed was a fabulous dinner prepared by Chef Anthony. The tables were decorated with vases of sports balls, hockey sticks, lights and sparkles prepared by Committee Volunteers Edith Robinet and Rebeca Robinet, and added ambiance to the meal. Chocolates in the shape of a golf ball and putters were at each setting. A sponsor provided wine for each table.

Our MC for the evening Kelly Steele guided the evening’s program and gave us a glimpse of her personal experience with a brain injury.

Our main speaker Kevin Hamlin, the Head Coach for the University of Windsor Lancers’ Men’s Hockey Team gave us a heartfelt and emotional account of his experience as a father of a son with a head injury.

Kathy Worotny, a volunteer, past board member and a survivor of a head injury was presented with the “Mission Possible” award for her many years of service and dedication to BIAWE.

Over forty prize packages were raffled off, including a \$500 Via Train travel voucher and a Toronto Raptors’ autographed 2019 basketball. Sparkly purses in gold and silver were filled with raffle tickets and an extra chance at a Swarovski necklace.

Many danced the night away with music played by DJ Christopher Tuer from Sounds Plus.

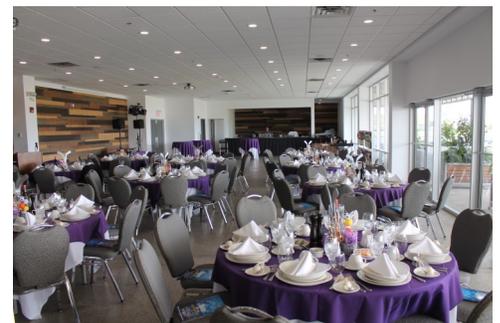
All guests were given a souvenir Magazine Program, filled with information about the Brain Injury Association and sponsors of the event.

Thank you goes to all who attended, those who donated prizes, and those who sponsored the event.

Special thanks goes to the Sports and Sparkles Committee – Edith Robinet, Lorna Howell, Rebeca Robinet and Chair, Anna Jurak and our volunteers, Nick Carroll, Meghan Fyall, Kate Turner, Alessia Montemurri and Alana Sabelli.

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Kevin Hamlin, Speaker

Kelly Steele, MC

Kathy Worotny and Leann Sassine

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. First timers - call to register. Regularly the 4th Monday of each month except for special events. **SPECIAL:** Sunday, **July 28 1:00** at Reaume Park (Riverside Drive and Pillette Rd) for persons with an ABI and family and friends. Please call to RSVP 519-981-1329 for this outdoor picnic and games.

No Social in August

Monday, September 23 at the Hospice, 6038 Empress St. 6:00 p.m. - cupcake decorating

Caregiver 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 individuals with acquired brain injury. First timers - call to register.



**4th Monday of every month
6:00 to 7:30 p.m.
Hospice 6038 Empress St
No meetings July and August
Next meeting is September 23.**

Young Adult Support Group 18 to 29

This support group is for young adults with acquired brain injury. This group is led by a BIAWE facilitator.

Young adults 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. First timers - call to register.

2nd Tuesday of each month

6 to 7:30 p.m.

Check for July and August, September 10

Look for Location on Facebook or call 519-981-1329



2019 SPONSORSHIP OPPORTUNITY



8th Annual Golf Tournament



Sponsorship Form

Kingsville Golf Club, September 20, 2019

	Grand Slam \$3,000	Masters \$2,500	Champion \$2,000	Titleist \$1,500	Corporate Team \$750
Sponsorship of "You Are Not Alone" Peer Support Group	x				
Sponsorship of Caregiver Support Group		x			
Sponsorship of Peer Support Group			x		
Sponsorship of Youth Support Group				x	
Foursome	x	x	x	x	x
Hole Sign	2 signs	2 signs	2 signs	2 signs	1 sign
Website –corporate logo	One Year	One Year	One Year	One Year	

Please indicate which sponsorship package you are choosing.

Survivor Golf Sponsor	\$500	
Golf Cart Sponsor	\$500	
Hole-in-One Sponsor (plus prize)	\$300	
Longest Drive Sponsor (plus prize)	\$300	
Closest-to-the-Pin Sponsor (plus prize)	\$300	
Hole Sign Sponsor	\$250	
Donation – please provide amount		



Company Name _____
 Address _____ Postal Code _____
 Contact Person _____ Email _____
 Phone _____ Payment Method: PayPal Cheque E-transfer

Deadline Date to Register: **September 6, 2019**

Payment: Cheques payable to: Brain Injury Association of Windsor and Essex County or through PayPal on www.biawe.com or e-transfer to info@biawe.com Tax receipts provided for charitable donations. CRA 87686 5817RRR0001

THANK YOU FOR YOUR SUPPORT.

Brain Injury Association of Windsor and Essex County
 P.O. Box 22070 11500 Tecumseh Rd. E.
 Windsor, ON N8N 5G6 519-981-1329
info@biawe.com www.biawe.com

BIawe has no physical office, operates on a shoe-string budget and relies on other community organizations for program venues. All financial support goes toward programming for those affected by a brain injury – survivor and caregivers and for

GOALS: My Personal Story by Matt Lapain

It's been now three years since I participated in my first goals group. This for me was a huge milestone as it was two years since I had my accident where I suffered a mild traumatic brain injury. Before my involvement in the brain injury group (BIAWE) all my time was spent going to Doctors appointments, getting therapy and recovering in bed or on the couch. It was a life that was very depressing and stressful as neither I or my girlfriend (whom is now my fiancé) knew what to do.

Before joining the brain injury group, I thought that no one would ever be able to understand what I was going through. I could not explain in anyway what was going on with me and my daily struggles. We did have some things that helped with these struggles, but funding ran out and we didn't have any money for the help that I needed. It was suggested a few times from my psychologist that I explore the brain injury group as this might help me. This to me was something I did not want to do as I didn't think it could help me. It made my anxiety go like crazy going out in public places.

After some time had passed, my fiancé and best friend convinced me to attend my first brain injury group. My first time was at a picnic and my best friend came with me for support. After attending this picnic, I really learned a lot that I'm not the only one with these struggles and instantly connected with several other brain injury survivors. Following the picnic, I made a few connections with some of the Brain Injury survivors and they helped make me feel more comfortable talking to others. This helped reduce my anxiety. From this I was really looking forward to attending the next brain injury social survivor so I could have some fun with others like me who just understood.

Over the next year, I attended more brain injury groups and learned great coping techniques along with things to improved recovery. It was also suggested that I think about trying the brain injury goals group as I constantly struggled with staying focused and was easily overwhelmed with making choices to speak of a few things that troubled me. I took this to heart and asked my fiancé what she thought and if it would be something that I could do. She suggested I give it a try and if it doesn't help, I wouldn't have to continue with it.

Well after attending a few of the goals groups there were more benefits than just helping me with setting goals. Ever week we met up with a goals group leader that helped organize the goals group and helped us pick goals that we could achieve or help us break things down to achieve. During our meetings we didn't just talk about our goals but also some struggles we were having and we each offered support with emotional support and understanding of the struggles we are all going through. For me this was a huge thing as it was something that I could afford and gave me something to look forward to every week.

One of the goals that stands out to me in which the goals group helped me with was dealing with my anxiety. I worked at this for a real long time and tried all sort of things, and it wasn't just one thing that help. With several suggestions one of the oddest suggestions was to see a hearing specialist. This was something no one suggested to me before but was worth trying. Come to find out that I ended up having super sensitive hearing which also contributed to the things that overwhelm my brain and affects my anxiety. The hearing specialist wanted to try something new with the help of some hearing aids. The hearing aids were set up to play some zen music in the background and this made much more of an impact then ever thought. I was able to go into public places and have much less anxiety and overwhelming from all the noise and lights.

If it wasn't for the goals group, I would have certainly never found this out or gone. I would like to thank everyone who helped with the brain injury groups and goals groups as you've made several huge impacts in not only my life but my fiancé life as well. Thank you again for everything.

Caboto Club Pasta Dinner

This fundraiser is held on the first Wednesday of each month, except January (second Wednesday). Enjoy all-you-can-eat pasta (meat and vegetarian) with salad, bread, butter and coffee. Take out is also available.

Funds raised each month are pooled with 12 other charities and divided. This money helps fund some of our programs . 4:00 to 7:00 Adults \$10 Take-out \$11



Next Dates:

July 3, August 7 and September 4

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

Caregiver Group Facilitator - Sara DeLuca

Volunteer Coordinator - Meghan Fyall

Peer Support Program Coordinator - Anna Jurak

Social Coordinator - Sonia Ferrante

Our Board of Directors 2019-2020

President: Leann Sassine

Treasurer: Joanne King

Secretary: Heather Courtney

Kelly Gauthier

Dr. Rita Sousa

Naim Dalloul

Dr. Marcus Niessen

Laura Pearce

Leigh Ann King

Karen Meloche

Jamie Kramer

Provincial ABI Conference

2019



www.ontarioabiconference.ca
November 6-8, 2019

Volunteer Opportunities

- ◆ **Mentors for the Peer Support Group.** A trainer from the Ontario Brain Injury Association will train you. As a Mentor you have the opportunity to help others by sharing your experience and providing support and information to your Partner who has a similar lived experience. The commitment is once a week for a year - by telephone. No need to leave your home. Training will be on September 28. More details to follow.
- ◆ **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
Education
Public Relations and Outreach
Support Group and Socials

You can even join a subcommittee like these:

Golf
Sports and Sparkles
Duelling Pianos
Helmets for Kids
Conference

If you're interested in joining any of these committees, contact Anna Jurak at info@biawe.com.

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

SAVE  DATE
8th Annual
GOLF TOURNAMENT

Kingsville Golf & Country Club

Friday, September
20th, 2019

Contact: 519.981.1329 or info@biawe.com

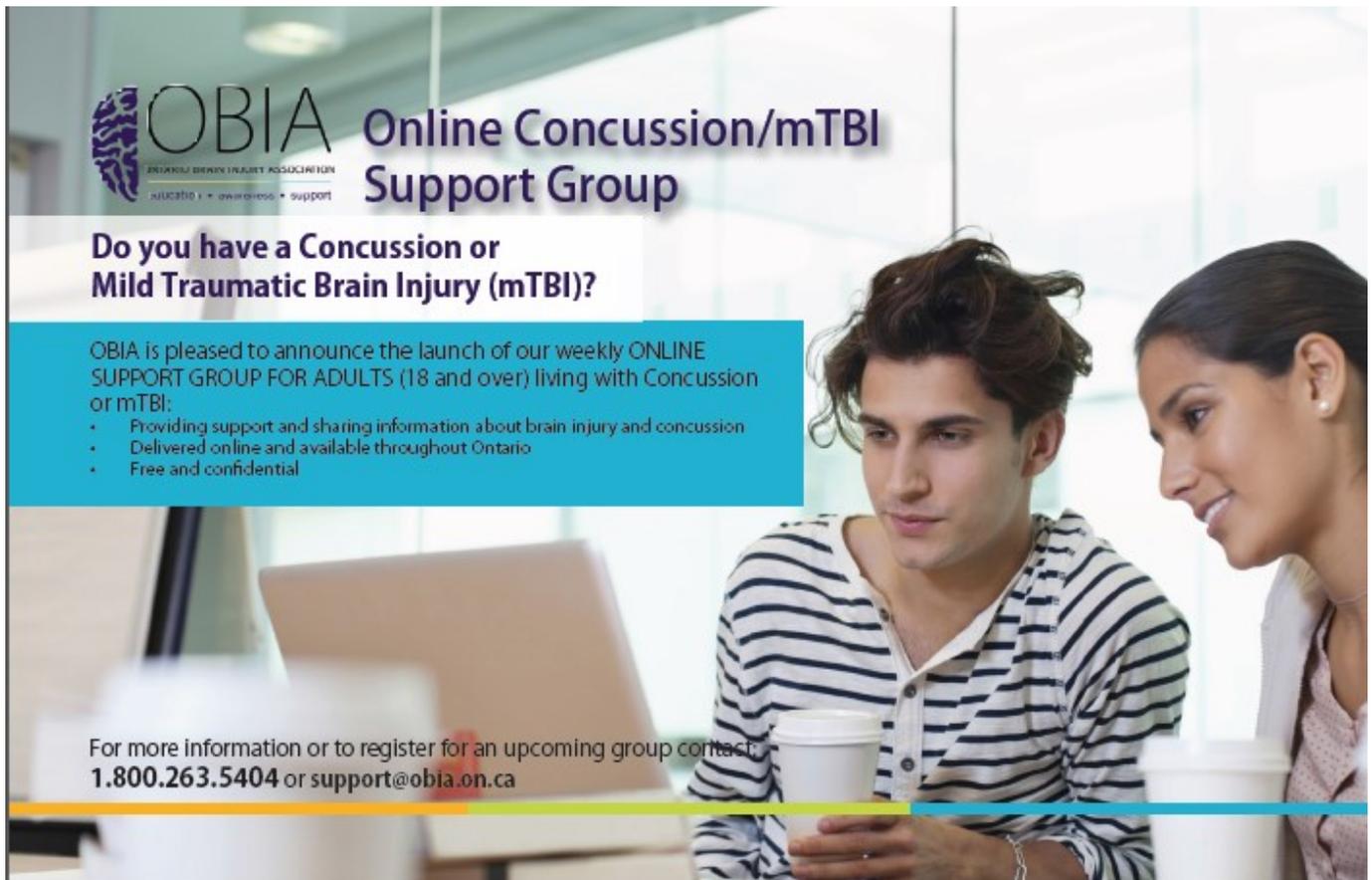


GOLF PICTURES FROM 2018

Look how much fun was had by those who attended last year's golf tournament. The weather, the food, the prizes - we had it all and plan on another wonderful event. We are looking for sponsors and players. Go to www.biawe.com to register. Deadline date is September 6. Don't miss out. We sold out last year and plan to again this year, so register now.

SAVE THE DATES....

Paediatric Caregiver Workshop
October 5 from 9 to 12 HDGH Chrysler Room
More details to follow.



OBIA ONLINE CONCUSSION/mTBI
SUPPORT GROUP

Do you have a Concussion or Mild Traumatic Brain Injury (mTBI)?

OBIA is pleased to announce the launch of our weekly ONLINE SUPPORT GROUP FOR ADULTS (18 and over) living with Concussion or mTBI:

- Providing support and sharing information about brain injury and concussion
- Delivered online and available throughout Ontario
- Free and confidential

For more information or to register for an upcoming group contact
1.800.263.5404 or support@obia.on.ca

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!

Funding for
this program
by:



Next Sessions:

Check our website or on Facebook for dates.

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

“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

July 9, August 13, September 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

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E-mail: info@biawe.com
www.biawe.com

OUR MISSION

To enhance the lives of residents of Windsor and Essex County affected by acquired brain injury through education, awareness and support.



Membership Benefits

For one annual membership fee, individuals and families can become members of both the Brain Injury Association of Windsor and Essex County (BIAWE) and the Ontario Brain Injury Association (OBIA).

Application forms can be found online at: <http://obia.ca/dual-membership-application-form/> or you can call BIAWE at 519-981-1329 to get a form sent to you.

Why should you become a member of BIAWE?

- You can vote at the annual meetings for 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.

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

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

NEW ON-LINE DIRECTORY

BIAWE is pleased to announce a new on-line 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.

Helmets 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
- ◆ Camp Brombal



June - Brain Injury Awareness Month

Annual ABI Conference/Workshop



The Conference Committee:
 Renee Cantarutti, Leann Sassine, Dr. Anna McLachlan, Dr. Mark Kimmins (keynote speaker), Laura Wilkie, Anna Jurak and Patricia Fleet.



Exhibitor - Case Mark Financial - Dawn Simons



Exhibitor - WRH - Trauma - Diane Bradford



Exhibitor - Natural Health Services - Lisa Hogan



Exhibitor - Velocity Injury Law - Melanie Gardin



Exhibitor - WRH Stroke - Denise St. Louis



Exhibitor - DMA Reability



Laura Wilkie and Renee Cantarutti - front desk duties



Evening Speakers - Windsor Essex Community Health Centre



Exhibitor - HDGH
 Sara Deluca Guarnaccia and Shirley Lee

Bronze Sponsor



Exhibitor - Bartimaeus Rehab.
 Sean St Amand



Bayshore
 Therapy & Rehab

Outreach and Public Education



Executive Director, Anna Jurak speaking at the Rotary Club of Windsor-Roseland with other engagements at the Rotary Club of Windsor-St. Clair and the Rotary Club of Windsor (1918).



Pasta Night -Caboto Club Charity Fundraiser

Butterfly Monument

There's a new name on the Butterfly Monument on the riverfront - Katherine Labbe Worotny.

A ceremony to commemorate this monument which stands as a memorial to those affected by a brain injury was held on May 31 under blue skies with about 40 people in attendance.



Highlights from the April 23, 2019 Annual General Meeting



Leann Sassine and departing Board Member, Nav Nagra



Attendees of the Annual General Meeting held at the Hungarian Cultural Centre.



Board of Directors: (L to R) Dr. Marcus Niessen, Naim Dalloul, Leann Sassine, Laura Pearce, Dr. Rita Sousa, Jamie Kramer, Kelly Gauthier, Heather Courtney, Anna Jurak (ED).