



Step Ahead

Duelling Pianos at the Scottish Club of Windsor

Duelling Pianos was a great success! We ate, we drank, we sang, we danced, we laughed. The event brought together an enthusiastic crowd who enjoyed a high energy performance by two incredibly talented pianists. We are thrilled to share that not only was the event a huge hit, but also a great success in raising funds for BIAWE thanks to generous raffle prize donations and ticket sales. To top it all off, the Scottish Club of Windsor knocked us off our seats by presenting BIAWE with a donation cheque in the amount of \$5000! The room erupted with cheers and applause for this outstanding generosity. Words cannot express how grateful we are. We also appreciate the hard work and dedication of BIAWE board members and volunteers, particularly Theresa Wunder who coordinated and oversaw all of the planning and details of this event to make it a smashing success. A big thank you to everyone who volunteered, donated, and attended. We look forward to more music-filled nights in the future!



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BIAWE extends a great big **THANK YOU** to ALSO for providing us the use of their facilities to host our programs, store our stuff and give us an office for our client services representative and other staff.

Without you we could not do as much as we do and we are truly grateful for having such a generous partner.

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Our Support Team

Executive Director - Rachel Olsen - info@biawe.com, 519-981-1329

Client Services — Lisa Gaspar—clientservices@biawe.com 226-344-0986

You Are Not Alone Facilitator- Danielle Bridges—goals@biawe.com

Under 40 Support Group Facilitator - Rebeca Robinet—social@biawe.com

Caregiver Support Group Facilitator - Danielle Bridges—goals@biawe.com

Peer Support Program Coordinator - Ali Caputo—connect@biawe.com

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Volunteer Coordinator - Carol Basily—volunteer@biawe.com

Art Class Facilitators—Christine Paris, Rachel Olsen—art@biawe.com

Music/Singing Facilitator—Alice Chiu—music@biawe.com

ABI Parent Peer Support Facilitator—Lauren Fields —psg@biawe.com

Senior's Program Facilitator— Lauren Fields— seniors@biawe.com

Bingo Dates 2025



BIAWE Volunteers will be there at these times:

- **Saturday, April 5th, 10am - 12pm**
- **Sunday, April 13th, 2pm - 4pm**
- **Saturday, April 26th, 6pm - 8pm**
- **Thursday, May 1st, 6pm - 8pm**
- **Sunday, May 11th, 4pm - 6pm**
- **Thursday, May 22nd, 2pm - 4pm**



Our volunteers work these sessions and help raise money for BIAWE.

If you're interested in volunteering, contact our Volunteer Coordinator, Carolyn Basily at volunteer@biawe.com or complete the application at [How you can help – BIAWE](#) to take the on-line course and become one of our bingo volunteers. It's easy and it's fun. Do it with a friend.

If you're a bingo player, consider playing at All Star Gaming Centre at 1385 Walker Road (corner of Walker and Ottawa Streets). Play anytime—we all share in the proceeds.

Coffee Chat

This weekly social is for those living with a brain injury. 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 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 like. Each week is different.

VIRTUAL - Every Wednesday at 11:00 a.m. through zoom

Call for an invitation if you are not on the email list. 519-981-1329

info@biawe.com. No need to register.

IN-PERSON - Kingsville 12:30 p.m. on the 2nd and 4th Thursday of the month—Kingsville Community Centre 1860 Division Road, Kingsville. Drop in when you can. Refreshments provided.



Session Dates: Thursdays
April 10 & April 24
May 8 & 22
June 12 & 26

Art Classes

There is increasing evidence that art enhances brain function by impacting brain wave patterns, emotions, and the nervous system.

Making art helps produce the neurotransmitter dopamine which stimulates the creation of new neurons and boosts your focus and learning process.

Join artists **Christine Paris and Rachel Olsen** in creating your own masterpiece.

All classes are held at 1100 University Ave. W. (3 blocks east of Crawford).

Email: **art@biawe.com to register.**

Session Dates:

Thursday April 17, 2025

Thursday May 15, 2025

Thursday June 19, 2025

You Are Not Alone Peer Support Group– zoom

This is a free support group for individuals living 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



Join Danielle Bridges MSW on zoom at 7:00 pm. Email goals@biawe.com for more information and to get a reminder message. (second Tuesday of the month)

Tuesday, April 8, 2025

Tuesday, May 13, 2025

Tuesday, June 10, 2025

ABI Parent Peer Support Group

As a parent of a child living with an acquired brain injury (ABI), you play a key role in helping others understand your child. Your involvement is pivotal to their recovery and return to home and school activities. Your child's ability to cope with their brain injury depends on many factors, including their skills, intellect and personality. Learn from other parents who can understand some of what you are going through. Free. *Parents must attend if their child is in the children's program.

These meetings are held on Saturdays at 10:30am at U of W Medical Education Building, 401 Sunset Ave.

Email Lauren Fields at psg@biawe.com to get a reminder message and for more information.

Saturday, April 19 10:30-11:30am: Room 1102

Saturday, May 17 10:30-11:30am: Room 1102

Saturday June 21 10:30-11:30am: Room 1102

Children's ABI Peer Support Group

This Social Worker led support group is for children who live with an ABI and their school aged siblings. Children will be with others who understand them. They will learn to cope and develop strategies for dealing with changes as a result of their brain injury. They will be supported by other children and a social worker. Play is involved. Refreshments are provided. Free.

These meetings are held on Saturdays at 10:30 am at U of W Medical Education Building, 401 Sunset Ave.

Email Lauren Fields at psg@biawe.com to get a reminder message and for more information.

Saturday, April 19 10:30-11:30am: Room 1104, 1106, 1108

Saturday, May 17 10:30-11:30am: Room 1104, 1106, 1108

Saturday June 21 10:30-11:30am: Room 1104, 1106, 1108

Memory—Reminders

Memory loss/difficulty is a common complaint among those living with a brain injury. We understand that many clients/members intend to attend support group meetings and socials but often forget.

You can opt to receive a text/phone call or email on the day you want to attend a program if you register first. Once registered on-line, the group facilitator will contact you by your preferred method to remind you of the event that day. (except Coffee Chats)

For Art Class—art@biawe.com

For Music Class—music@biawe.com

For You Are Not Alone—goals@biawe.com

For Survivor Social—social@biawe.com

For Caregivers Group—goals@biawe.com

For Under 40 Support Group—social@biawe.com

For Pediatric Caregivers Support Group—psg@biawe.com



Peer Support and Mentoring

Partner - You will have the opportunity to learn from someone “who has been there” and can offer you guidance and support based on their own personal experience living with ABI.

Support is provided to you via the telephone or internet, based on your preference so you can participate in the comfort and privacy of your home.

Mentor - You have the opportunity to help others by sharing your experience by providing support and information to your partner who has a similar lived experience.

You will have comprehensive training in your

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, email connect@biawe.com for a short intake to match you up with someone who has your shared experience.



Survivor Socials

Research shows that strong social ties stimulate attention and memory, and help to build neural pathways. You may be laughing and talking, but your brain is hard at work. This increase in mental activity pays off over time.

Email social@biawe.com to register and get a reminder call.

Meetings are at 1100 University Ave. W at 7 pm unless otherwise noted.

Monday, April 28, 2025

Monday, May 26, 2025

Monday, June 23, 2025

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New Social Worker, Lisa Gaspar

We are thrilled to announce that Lisa Gaspar, Social Worker is joining our team full time this April. Lisa comes with a decade of social work experience and a passion for helping others. She will be applying her many skills to provide client services, counselling services, and facilitate groups.

Lisa will be a wonderful addition to our team and she is here to help you. We look forward to the great work we will accomplish together.

To contact Lisa:

Email: clientservices@biawe.com

Phone: 226-344-0986



Sunshine Calls

This program consists of regular brief social contact and talk therapy – a mental first aid. This is meant to be short term and does not require any formal contract.

It consists of empathetic conversation, referrals for higher risk situations by providing evidence-based therapy to people with mild symptoms of depression or anxiety.



It is designed to improve outcomes for our clients who live with an acquired brain injury by providing early intervention opportunities, improve their knowledge, reduce stigma and boost confidence, combat loneliness, improve mental health, recognize when people may need a referral to more formal treatment, help survivors keep medical appointments and stay in therapy.

It will bolster skills of leaders and mentors already trusted in the community and build a compassionate community by training people who may be invested in a person's recovery and can help with treatment.

If you're interested in having someone call you regularly, or if you want to be a sunshine caller, please contact clientservices@biawe.com.

Under 40 Peer Support Group (formerly Young Adult Group)

Young adults ages 18 to 40 meet to discuss their experiences, share ideas and provide emotional support for each other.

Participation can help you develop new skills and learn to deal with problems and issues related to your brain injury. Socialize with others who understand and are non-judgmental.

Everything that takes place within the support group is confidential.

Second Wednesday of each month 7:00 on zoom except where noted.

Email social@biawe.com to get on the email list for the zoom link.



Wednesday, April 9, 2025

Wednesday, May 14, 2025

Wednesday, June 11, 2025

Caregiver Peer Support Group

This group is for parents, siblings, spouses, and friends who care for someone living with an acquired brain injury. This is a drop-in in-person program.

Why come to this group?

1. improve your coping skills
2. enhance your sense of empowerment and control
3. reduce your stress and rate of clinical depression
4. learn more realistic expectations
5. access to practical advice
6. facilitate your loved one staying at home longer

These monthly group meetings are held at 1100 University Ave. W. at 7:00 pm. (the same time as the Survivor Social– 4th Monday of each month). Email goals@biawe.com to register and get a reminder.

In-person 1100 University Ave. W.

Monday, April 28, 2025

Monday, May 26, 2025

Monday, June 23, 2025



Step Ahead Newsletter

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.

By choosing to be an advertiser your ad will appear in two newsletters per year.

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|----|-----------------------------------|--------------|
| A) | Newsletter Sponsor (for the year) | \$500 |
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| D) | 1/4 Page | \$50 |
| E) | Business Card | \$30 |

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 (GIF, JPG, TIF BUT NO PDF), 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.

Thank you for your order and for supporting the Brain Injury Association of Windsor & Essex County.

Full payment is due with your order. Order and pay on-line at www.biawe.com/newsletter and email your ad to event@biawe.com.

Disclaimer

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To unsubscribe to the newsletter send email to unsubscribe@biawe.com

Volunteer Opportunities

Committees—Board Committees include Education and various subcommittees such as Helmets for Kids and Brain Games.

Exhibits and Expos—Represent BIAWE at various events, exhibits and expos throughout the year

Sunshine Callers—Make a friendly check up call to those living with ABI.

Bingo—Received training by the province if you're 18 years of age or older and provide two hours of volunteering at All Star Bingo for a session. Sign up for dates your are available.

High School Students—receive hours

These often occur during the daytime and requires your own transportation.

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

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/>

Why should you become a member of BIAWE?

- You can vote at the annual meetings for BIAWE and OBIA and run for the Board of Directors
- 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 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.
- Invitations to special events

Annual Fees for Dual Membership

| | |
|-------------------------------------|------|
| Individual | \$30 |
| Family (2 or more at same address) | \$50 |
| Subsidized (please enquire) | \$5 |
| Complete the OBIA online survey | Free |

Survivors can participate in an on-line survey - **Membership free for one year** -go the OBIA home page to find the survey

[Ontario Brain Injury Association](#) | [Education, Awareness, & Support](#) | [OBIA](#)



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