



Fall 2023

Step Ahead

The Summer Barbeque was Hot!



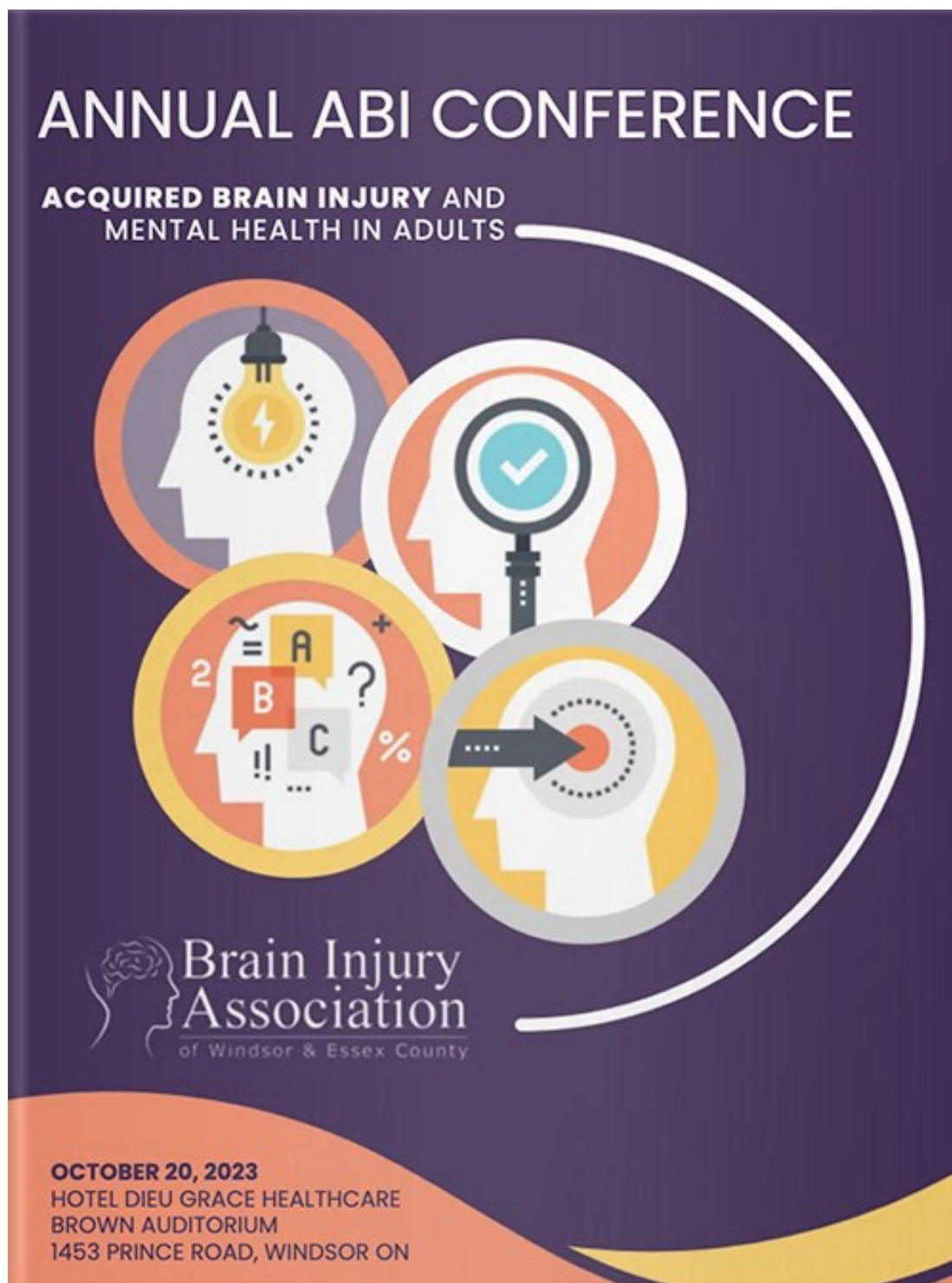
A great time was had by all who attended the summer barbeque under the gazebo at Optimist Park.

What a glorious day it was! The weather cooperated and the event was well attended.

We even had a special guest chef from Azure restaurant. David Marazita, to cook our hot-dogs. They even tasted better.

Kudos to Rebeca Robinet, the social coordinator for a well planned event with good food, good games and fun. Special thanks to our volunteers Gurveer Aulakh and Edith Robinet.





This conference promises to be enlightening, as distinguished medical speakers from across Ontario share their expertise on the latest developments in acquired brain injury and the interplay with mental health. This is an all-day conference, which starts at 8:00 with a continental breakfast , includes lunch and ends at 4:30. There will be many exhibitors there too.

Register now, as seating is limited. Go to our website at www.biawe.com to register online.

[CONFERENCE ATTENDEES \(zeffy.com\)](http://zeffy.com)

Another Successful Golf Tournament! Our Best Year Ever!



Many thanks go to Co-Chairs Stuart Galloway and Luis Mendez for organizing a superb golf tournament, along with the golf committee of Debbie Boose, Brian Watling, Steve Horn, Joanne King and Anna Jurak.

This friendly tournament at Kingsville Golf and Country Club, on a warm and sunny late summer day, September 21 provided a great day of golf, goodwill and giving to BIAWE.

Volunteers for the day included Marie Merschback, Debbie Boose, Donna Voinaroski, Jill Hooper, Denise Annisette, Kathy Worotny, Edith Robinet, Milka Brown, and Lynn Cunningham.

Thank you to our Golf Sponsors



Title Sponsors



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Wunder, O'Brien Personal Injury Law

Eagle Sponsor



Birdie Sponsors



LOCAL 444



HÔTEL-DIEU GRACE
ESTD HEALTHCARE 1888



New Horizons for Seniors' Grant

BIAWE is the recipient of \$20, 667 for establishing a training hub for those supporting older adults who live with a brain injury. This involves training sessions and a handbook on cognitive barriers in adults.

Here is the Executive Director, Anna Jurak with the Minister for Seniors, the Honourable Kamal Khara and the Minister with our local MPP, Irek Kusmierczyk at an event for this granting program.



Pasta Night—first Wednesday of the Month—Caboto Club

Mark you calendars for the first Wednesday of each month for the Caboto Club's "Charity Pasta Night".

BIAWE is a recipient of the funds generated by this monthly event.

The Caboto Club shares the sales of the \$15 pasta dinners with twelve (12) charities including BIAWE.





UPCOMING

1st Wed each Month
4pm - 7pm

BRAIN INJURY ASSN OF WINDSOR-ESSEX	June 7
CANADIAN BLOOD SERVICES	July 5
IRIS RESIDENTIAL INNS & SERVICES	Aug 2
CANADIAN MENTAL HEALTH ASSOCIATION	Sep 6
CHILDREN FIRST	Oct 4
AUTISM ONTARIO	Nov 1
ALS SOCIETY OF WINDSOR-ESSEX	Dec 6

1st Wed each Month | 4pm - 7pm | Caboto Hall | Pay at the Door for Dine In or Takeout: 519-252-8383

CHARITY PASTA NIGHTS



Presentation of a \$2,000 Donation at the golf tournament, from Murray Rupert and Brent Rupert to Anna Jurak, Executive Director of BIAWE on behalf of the Rotary Club of Harrow.



2023 Provincial ABI Conference

Harnessing the Power

After Brain Injury

November 8-10, 2023
Sheraton Fallsview, Niagara Falls, ON

Presented by:



REGISTER TODAY!
Diamond Sponsored
Scholarships Available for
Survivors & Caregivers

obia.ca/abi-conference/

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 want. Each week is different..



VIRTUAL - Every Wednesday at 11:00 a.m. through zoom (except November 8—no session)

Call for an invitation if you are not on the email list. 519-226-759-3201 or clientservices@biawe.com.

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

Session Dates: October 12 and 26, November 9 and 23, December 14 only.

You Are Not Alone Peer Support Group

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

YOU ARE NOT ALONE SUPPORT GROUP

Topic: **Resources In The Community**

DATE	TIME	LOCATION
September 6th	6:30 P.M.	Depot in Harrow
September 12	6:30 P.M.	On Zoom
September 18	7:00 P.M.	ALSO Building

Topic: **Barriers to Identifying with a Brain Injury**

DATE	TIME	LOCATION
October 4th	6:30 P.M.	Depot in Harrow
October 10th	6:30 P.M.	On Zoom
October 16th	7:00 P.M.	ALSO Building

Topic: **Practicing Gratitude**

DATE	TIME	LOCATION
November 1st	6:30 P.M.	Depot in Harrow
November 14th	6:30 P.M.	On Zoom
November 20th	7:00 P.M.	ALSO Building

Topic: **Planning for the Holidays**

DATE	TIME	LOCATION
December 6th	6:30 P.M.	Depot in Harrow
December 12th	6:30 P.M.	On Zoom
December 18th	7:00 P.M.	ALSO Building

Addresses extended:

The Depot in Harrow @ 44 Sinasac St. W
ALSO Building @ 1100 University Ave West

Email: goals@biawe.com for more information



Volunteers needed for accessibility research!



The study aims to:

- Compare usability of traditional and adapted gyms
- Understand peoples' experiences in the gyms



You can volunteer if you:

- Are 18 years of age or older
- Communicate in English or have an interpreter
- Can travel to the Toldo Lancer Centre

Volunteers will:

- Perform tasks in two gyms
- Complete questionnaires
- Participate in an optional interview



**For more information,
contact Fallon Mitchell.**

Email: mitch11e@uwindor.ca

Scan for inverted
colours!



Scan for audio
description!

This study is cleared by the University of Windsor Research Ethics Board

Art Classes

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



1. It builds fine motor skills and neural connections
2. It enhances creative abilities and encourage imagination
3. Improves communication
4. Boosts self-esteem
5. Builds connection and community

Thursday, October 19 7:00 at 1100 University Ave. W.

Thursday, November 16 7:00 at 1100 University Ave W.

None in December

Survivor Socials

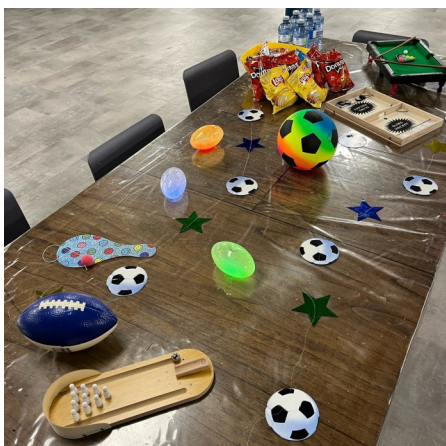
Research shows that strong social ties stimulate attention and memory, and help to build neural pathways. You may be laughing and talking, but your brain is hard at work. This increase in mental activity pays off over time.

Email social@biawe.com to register

Monday, October 23 at 1100 University Ave. W.

Monday, November 27 at 1100 University Ave. W.

None in December—There will be a Holiday Party—follow us on Facebook for updates



Gift Giving? Don't know what to give?

Don't know what to give someone who has everything? Consider having your friends and relatives donate to BIAWE in your honour for:

- Birthdays
- Anniversaries
- Graduations
- In Memorium



It's so easy to do—all you have to do is go to our website at www.biawe.com and hit the DONATE button on the first page. You can indicate whether this is a one-time gift or an ongoing donation.

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.

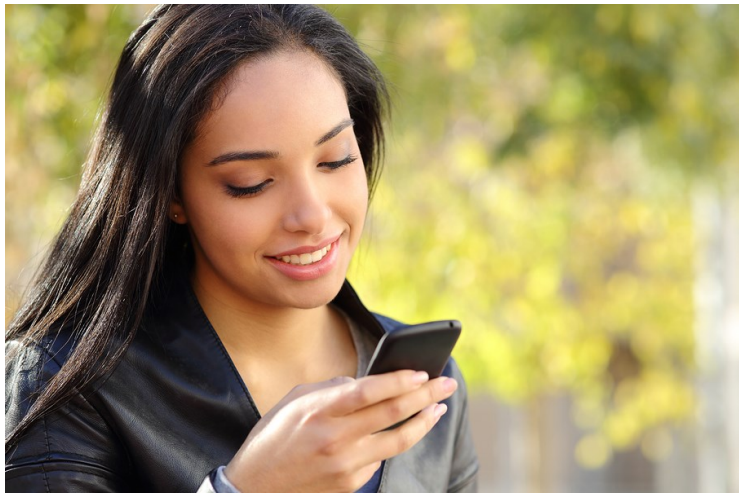
Support is provided to you via the telephone or internet, based on your preference so you can participate in the comfort and privacy of your home.

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 Ali at 226-346-4305 for a short intake to match you up with someone who has your shared experience.



Cooking Classes

Did you know? Cooking strengthens and challenges the frontal lobes of the brain and also its related functions.

Cooking improves sensory memory. Your experience with herbs, spices and specific food enable you to imaginatively create in your mind how a dish will taste simply by reading the recipe. It improves your fine motor skills used in dicing, grating, chopping, measuring and planning the presentation. It improves your attention and working memory. Besides, you get to make a dish and taste it. You will get the recipe to make it at home.

Work with **Registered Dietician Niina Lobbestael** and get your nutrition questions answered.

Thursday, October 5 at 11:00 at 1100 University Ave. W.

Thursday, November 2 at 11:00 at 1100 University Ave. W.

Thursday, December 7 at 11:00 at 1100 University Ave. W.

Email: cooking@biawe.com to register



“A new challenge keeps the brain kicking and the heart ticking. “

Our Support Team

Executive Director - Anna Jurak - info@biawe.com, 519-981-1329

You Are Not Alone Facilitators- Danielle Bridges—goals@biawe.com and Sandra Herrera—communityengagement@biawe.com

Young Adult 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, 226-346-4305

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

Cooking Class Facilitator—Niina Lobbestael—cooking@biawe.com

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

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 Ali at connect@biawe.com.



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. 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

Young Adult (18 to 30 years) Peer Support Group

Young adults 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.

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

Wednesday, October 11 at 7:00 on zoom

Wednesday, November 8 at 7:00 via zoom

Wednesday, December 13 at 7:00 via zoom



Young adults enjoying their ice-cream at the social in July.

Caregiver Peer Support Group

This group is for parents, sibling, 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

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)

Monday, October 23

Monday, November 27

None in December—come for the holiday party— Saturday, December 8 at 4:00, Caboto Club

“I may not be there yet, but I am closer than I was yesterday.”

- Misty Copeland

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.

	<u>SIZES</u>	<u>PRICE</u>
A)	Newsletter Sponsor (for the year) - on cover	\$500
B)	Full Page	\$150
C)	½ Page	\$75.
D)	¼ 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 (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.

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.

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.

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

Volunteer Opportunities

Committees—Board Committees include Fundraising/Public Relations and Education/Program and Subcommittees: Golf Tournament, Butterfly Lane Project, Bingos and Helmets for Kids.

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 you are available.

Other Opportunities throughout the Year—fundraisers, outreach, socials, exhibits. 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/> 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 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

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

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



If you play bingo, please support BIAWE by attending bingo at this center, located at 1385 Walker Road, Windsor.





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.

Holiday Concert with the Windsor Symphony Orchestra Quartet

You sang with them in the spring to your favourite pop songs.

They're back again to play your favourite holiday songs.

Friday, December 8 at 1:00 at 1100 University Ave. W. Free.



Holiday Party

Saturday, December 9 at 4:00 (Dinner at 5:00)

Caboto Club, 2175 Parent Ave. Marconi Room

You must reserve. Registered dual BIAWE/OBIA members free. Must be members by December 1.

To register email: event@biawe.com by December 4.