

# Step Ahead



Anna Jurak, E.D., Andrew Dowie, MPP – Windsor-Tecumseh and Kevin Cosgrove, IT Specialist and Security Advisor at the Digital Safety for the Non-Tech Savvy session.

Kevin Cosgrove, IT Specialist and Security Advisor presented a four part series on digital safety, scams and frauds.

The sessions were open to the public and were well attended. Each session was video taped and made available for viewing on our website at [www.biawe.com](http://www.biawe.com).

Kevin explained various topics such as setting up your computer, WIFI passwords and keeping them safe, email security and junk mail, fraud phone calls and scams, scareware, safe online shopping and banking, romance scams and much more.

This program was made possible through an Ontario Trillium Foundation grant. We had the pleasure of welcoming our local MPP—Andrew Dowie to our last session.



An agency of the Government of Ontario  
Un organisme du gouvernement de l'Ontario

## Windsor Symphony Orchestra Music for Health



A Windsor Symphony Orchestra Quartet played favourite classical and pop tunes to an appreciative audience.

It was difficult to stop singing, clapping and dancing to the lively music.

This is part of their community “Music for Health” outreach. BIAWE was proud to sponsor this event and grateful to ALSO (Assisted Living Southwestern Ontario) for the use of their facilities.



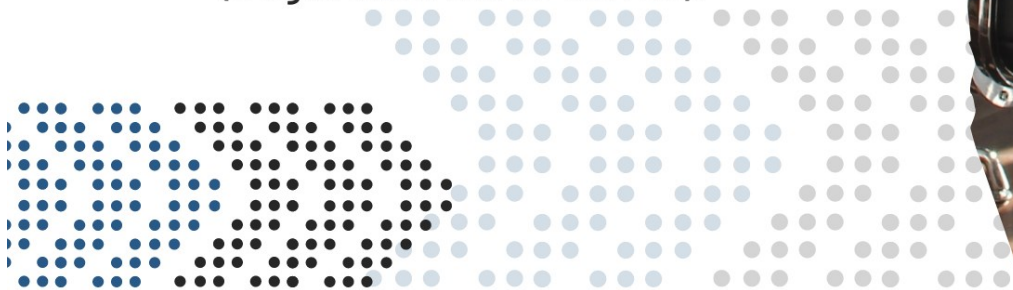
# ANNUAL **JOIN US** GENERAL MEETING

Wednesday, April 26, 2023, 5:30 P.M. to 7:00 P.M.  
at 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](mailto:payment@biawe.com)

Deadline for registration is Friday, April 21, 2023  
(a light meal will be served).



To become a dual member of OBIA/BIAWE go to  
[www.OBIA.ca](http://www.OBIA.ca) to register.





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## 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

Email [goals@biawe.com](mailto:goals@biawe.com) for more information. Refreshments provided.

### NEW PROGRAMS ADDED:

**VIRTUAL PROGRAM**—the second Tuesday of each month at 7:00 pm—zoom link sent in advance

Tuesday, April 11 - Things that inspire your creativity

Tuesday, May 9 - Healthy Habits

Tuesday, June 13 - Summer Adventures

**IN-PERSON—HARROW** - 44 Sinasac St.—first Wednesday of each month at 6:30 pm

Wednesday, April 5—Meet and Greet

Wednesday, May 3—Brain Injury Impact on Relationships and Family

Wednesday, June 7—Challenges and Strategies for those living with a brain injury and caregivers

**IN-PERSON— WINDSOR** 1100 University Ave. W. at 7:00 pm—third Monday of each month

Monday, April 17 - Things that inspire your creativity

Monday, May 15 - Healthy Habits

Monday, June 19—Summer Adventures



Attending any programs earns you a BIAWE BUCKS. The more bucks you earn, the better your chances to win prizes.



Future Care  
Costing/Life  
Care Planning  
and Reviews



Occupational  
Therapy  
Assessments  
and Treatment



Functional  
Abilities  
Evaluations  
(FAE's)



Vocational  
Rehabilitation  
Services



## Welcome to Spencer Rehabilitation Experts

"Our specialists are the ones you want in your corner when dealing with sensitive legal situations involving lives impacted by a brain injury or other event.

Since 2009, we have earned a trusted track record for providing client-centered occupational therapy, vocational rehabilitation, and objective, defensible reports.

Talk to us. We can make a realistic difference for your client and your case."

**Heather Spencer Grim, Owner**

*Heather@SpencerExperts.com 519.660.3639*

**SPENCEREXPERTS.COM • 519 660 3639**

London and Region | Southwestern Ontario | Windsor | Toronto/GTA | Hamilton-Niagara | Northern Ontario.

## 🦋 Butterfly Lane Project: Flower Planting 🦋

Hello members of BIAWE! We are happy to announce that we are planning our 2023 Butterfly Lane Project. I would like to thank Isabelle Kolodziej for planning all the planting activities for this year's event 💖



### **Butterfly Lane Project: Flower Planting (Prep)**

**Date:** Friday, May 26, 2023, from 5 to 7 pm.

**Location:** the lane is located between the 1100 block of Devonshire and Argyle Roads (bordered by Richmond and Ontario Streets).

We are asking for 10 volunteers. More are welcome! Tasks include tilling the soil, laying out soil/fertilizer, and removing weeds for planting our flowers in the lane the following day. Time to garden! 🌻🌻

### **Butterfly Lane Project: Flower Planting Event**

**Date** Saturday, May 27, 2023, at 9:30 am.

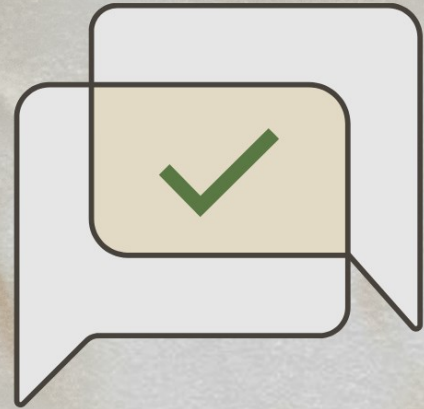
**Location:** the lane is located between the 1100 block of Devonshire and Argyle Roads (bordered by Richmond and Ontario Streets).

We are asking for 20 volunteers. Tasks include planting the seeds, setting up any potted plants, man a refreshments table and donation table and information table. Also if anyone is good with face painting for kids, please let me know!

If you have any questions, please feel free to ask! We have loads of work to do and I am hoping to hear back from everyone. This is our chance to bring all our BIAWE members together 💖



# GOALS PEER SUCCESS GROUP

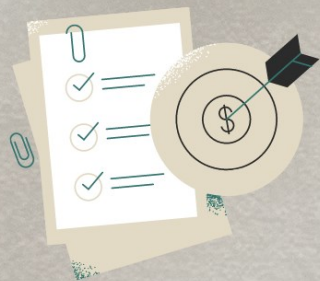


Join us as we come together to set and work on your goals, individually and as a group.

SESSIONS WILL BE HELD  
ON FRIDAY EVENINGS

Starting  
APRIL 14th to MAY 19th  
6:00 PM - 7:00 PM

@ ALSO - 1100 University Ave. W.



Email: [goals@biawe.com](mailto:goals@biawe.com) for more information



519-981-1329  
Email: [info@biawe.com](mailto:info@biawe.com)  
Web: [www.biawe.com](http://www.biawe.com)



# INCOME TAX PREPARATION

We are hosting drop in sessions for BIAWE clients to assist with filling out tax forms

## Session 1

ALSO Building - 1100 University Ave. W.  
March 22nd  
3:00 P.M.-5:00 P.M.

## Session 2

Kingsville Community Centre - 1860 Division Road (Kingsville)  
April 5th  
1:00 P.M.-4:00 P.M.



519-981-1329  
Email: [info@biawe.com](mailto:info@biawe.com)  
Web: [www.biawe.com](http://www.biawe.com)



# YOU ARE NOT ALONE

## Support Group *in Harrow*

For caregivers and those living with an ABI

Join us on the 1st Wednesday of each month at 6:30 P.M.  
44 Sinasac St. (The Depot) in Harrow



**APRIL 5th**

You Are Not  
Alone  
Meet and Greet



**MAY 3rd**

Brain Injury  
Impact to  
relationships  
and Family



**JUNE 7th**

Challenges and  
strategies for  
those living with  
a brain injury  
and caregivers

Email:

**communityengagement@biawe.com**  
for more information



**Registration required for these sessions at least three (3) days before**



### Art Classes

The third Wednesday of each month  
1100 University Ave. W. at 7:00 p.m.  
Email [art@biawe.com](mailto:art@biawe.com)

Wednesday, April 19—Mosaic Tree with Flowers  
Wednesday, May 17—Paper Flowers  
Wednesday, June 21—Sunset Painting

### Cooking Classes

The third Thursday of each month. Bring your own aprons.

**Where:** 1100 University Ave. W. **When:** 10:00 a.m.  
Email [cooking@biawe.com](mailto:cooking@biawe.com)

Thursday, April 20 - Protein packed devilled eggs  
Thursday, May 18 - Strawberry-banana chia pudding  
Thursday, June 15 - Summer fresh pasta salad



### Survivor Socials

Improve your mental health —socialize. This monthly social gives you an opportunity to make new friends and enjoy the company of others while engaged in fun activities. Be with people who understand you. Email [social@biawe.com](mailto:social@biawe.com) to register

**Where:** Hospice of Windsor 6038 Empress St. (off Jefferson, near Tecumseh Rd. E.)  
**When:** 4th Monday of the month at 7:00 pm unless otherwise stated (other outings)

Monday, April 24 - High Tea: tea and coffee with sweet treats  
Monday, May 29 (special date) - Building a bird house  
Monday, June 26 - Tour the city - details to follow



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## 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.

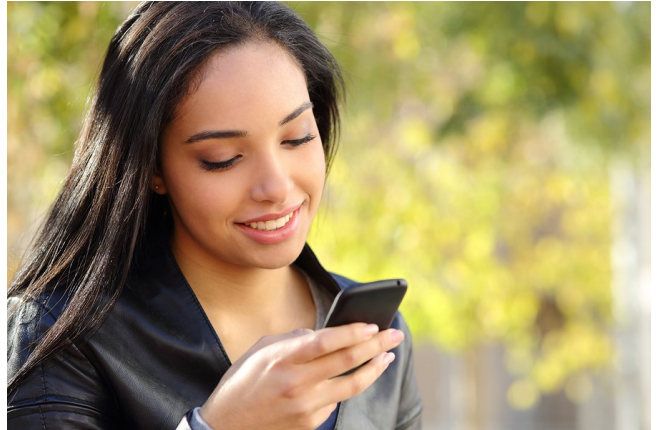
Support is provided to you via the telephone or internet, based on your preference so you can participate in the comfort and privacy of your home.

**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.



## 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 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 - Wednesday at 11:00 a.m. each week through zoom.**

Call for an invitation if you are not on the email list. 519-226-759-3201 or [clientservices@biawe.com](mailto: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:** April 13, April 27, May11, May 25, June 8, June 22



Earn BIAWE BUCKS  
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## BIAWE BUCKS \$\$\$\$\$\$

This program has proven to be successful. It is designed to motivate and entice those living with an acquired brain injury to attend programs and socials more often and to try out new ones. Attend as many programs as you can and increase your chances of winning BIAWE Bucks. These Bucks make you eligible to win prizes each month.

All one has to do is attend programs and socials for a minimum of a ½ hour at each session. Or one can volunteer for an hour.

At the end of each month a prize will be drawn. The person with the most BIAWE BUCKS will receive a prize. Each month starts anew.

AND THE  
WINNER  
IS.....

November—Shelby Burgstaler

December - Tim Dufour

January—Antonio Grangione

February—Shahan Mamood



 **Brain Injury  
Association**  
of Windsor & Essex County



519-981-1329  
Email: [info@biawe.com](mailto:info@biawe.com)  
Web: [www.biawe.com](http://www.biawe.com)

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# 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](mailto:jobrien@lawojs.com)

#### **Legal Assistants:**

[theresa@wunderobrienlaw.com](mailto:theresa@wunderobrienlaw.com)

[diane@wunderobrienlaw.com](mailto:diane@wunderobrienlaw.com)

[rachel@wunderobrienlaw.com](mailto:rachel@wunderobrienlaw.com)



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## 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

**Client Services Coordinator** - Robyn Hodge— clientservices@biawe.com, 226-759-3201

**Community Engagement Coordinator** - Sandra Herrera—communityengagement@biawe.com

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

## 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](http://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.

## Interesting Facts about the Brain

**Sixty percent of the human brain is made of fat.** Not only does that make it the fattiest organ in the human body, but these fatty acids are crucial for your brain's performance.

**Your brain isn't fully formed** until age 25. Brain development begins from the back of the brain and works its way to the front. Therefore, your frontal lobes, which control planning and reasoning, are the last to strengthen and structure connections.

**Your brain's storage capacity is considered virtually unlimited.** Research suggests the human brain consists of about 86 billion neurons. Each neuron forms connections to other neurons, which could add up to 1 quadrillion (1,000 trillion) connections. Over time, these neurons can combine, increasing storage capacity.



Reprinted from [11 Fun Facts About Your Brain | Northwestern Medicine](#)

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## 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, 7:00 on zoom.

Email [social@biawe.com](mailto:social@biawe.com) to get on the email list for the zoom link.



### Earn BIAWE Bucks \$\$\$\$\$

Wednesday, April 12—Moving forward— Goals and Aspirations

Wednesday, May 10—Community Resources

Wednesday, June 14— Dating/Relationships

## 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.

Fourth Monday of each month (except May—due to Victoria Day) at 7:00 in person at the Hospice, 6038 Empress Street.

Monday, April 24—Preparing for the future

Monday, May 22—Spring has sprung

Monday, June 26—Self Care

## 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.





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# 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	\$ _____
		<b>TOTAL:</b>	\$ _____

**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](http://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](mailto:unsubscribe@biawe.com)

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## 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 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 to 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



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## 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.

**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

**Butterfly Lane Planting**—prepare and plant flowers at our Butterfly Lane



BIAWE is volunteering at the All Star Gaming Centre and will be the recipient of funds generated. If you play bingo, please support BIAWE by attending bingo at this center, located at 1385 Walker Road, Windsor.

**VOLUNTEERS**— We can still use a few more volunteers for this fundraiser. You must be 18 years old or more, complete an on-line training program, register with our volunteer coordinator, Carolyn Basily at [volunteer@biawe.com](mailto:volunteer@biawe.com), receive your BIAWE golf shirt and work 2 hour shifts.

Funds earned go directly to our programs—enhancing the lives of those living with an ABI.

## More Interesting Facts about your Brain

**Brain information travels up to an impressive 268 miles per hour.** When a neuron is stimulated, it generates an electrical impulse that travels from cell to cell. A disruption in this regular processing can cause an epileptic seizure.

**On average, your spinal cord stops growing at 4 years old.** Your spinal cord, which consists of a bundle of nervous tissue and support cells, is responsible for sending messages from your brain throughout your body.

**The spinal cord is the main source of communication between the body and the brain.** ALS, or amyotrophic lateral sclerosis, causes the neurons in the brain and spinal cord to die, impacting controlled muscle movement. Another disease that affects both the brain and the spinal cord is multiple sclerosis (MS). In MS, the immune system attacks the protective layer that covers nerve fibers, causing communication problems between the brain and the body.



Phone: 519-981-1329  
E-mail: [info@biawe.com](mailto:info@biawe.com)  
[www.biawe.com](http://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.

A photograph of two women in a conference setting. One woman is wearing a pink top and the other a grey top. They are both wearing lanyards. The woman in the grey top is holding a clear water bottle. In the background, other people and a large window are visible.

*Save the Date*

**ANNUAL  
BIAWE ABI  
CONFERENCE**

Acquired Brain  
Injury and Mental  
Health in Adults

**OCT 20, 2023 AT  
HOTEL DIEU GRACE HEALTHCARE  
91453 PRINCE ROAD**

### ABOUT BIAWE

Our mission is to enhance the lives of those affected by an acquired brain injury through education, support and awareness. BIAWE offers facilitated programs providing support to help relieve stress, isolation and stigma.

BIAWE is a leader in supporting those affected by a brain injury, brain injury prevention and providing current brain injury information. We recognize that those affected by an acquired brain injury need as many resources as possible to help them reclaim their lives and see hope in an uncertain future.



519-981-1329  
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Web: [www.biawe.com](http://www.biawe.com)