

Step Ahead



Butterfly Lane Cleanup and Planting



Isabelle Kolodziej planting at Butterfly Way



Amanda Dufault, Guest Gardener and Butterfly Ranger



We had some very nice days in May to do clean-up and plant pollinator plants—good for bees and butterflies at our Butterfly Lane. (between the 1100 blocks of Argyle and Devonshire Roads in Walkerville.)

Isabelle Kolodziej organized the event and had lots of volunteers to work on cleaning up the alleyway in preparation for planting. BIAWE thanks Isabelle for all her hard work in organizing, obtaining the plants (lots of milkweeds), getting the volunteers (with help from Carolyn, our Volunteer Coordinator) and cleaning and planting on behalf of BIAWE.

Isabelle was interviewed on AM 800 and thus brought more awareness of BIAWE to the community.

We even had MPP Andrew Dowie and his assistant plant flowers in the alley. Volunteers continue to water the plants and ensure they grow big and colourful to attract more butterflies, truly living up to the alley's official name—Butterfly Way.

New Members in the last Quarter

BIAWE has been steadily growing and we are pleased to announce the following new members from January, February and March:

Justin, Kelly, Melissa, Debbie, Robbie, Colleen, Mike, Sovann, Fatima, Joshua, Mike, Rania, Brenda, James, Paul and Trudy.

Welcome to BIAWE and we hope you enjoy the programs and services we offer. Our support groups empower you to take good care of your health by providing good-quality and reliable information. The knowledge that is shared can help you to better manage your problems, learn more about your brain and receive support from those who understand what you are going through. This will help you feel less lonely, isolated or judged. It will help you reduce distress, depression, and anxiety. Improve your skills to cope with challenges. Attend as much as you are able.

Hospice of Windsor

Thank you to the Hospice of Windsor for providing us a venue for several years. They supported us by providing us with a room to use each month for our Social meetings and our Caregiver Peer Support Group meetings and for that we're grateful.

As of June 1 we will no longer be holding any programs at the Hospice.

Volunteer of the Year

Debbie Boose has been involved with BIAWE for a long time. In fact, she was one of the original directors of the corporation when it was approved as a charity in February 2001.

Since that time Debbie has been involved in all aspects of volunteering. She is a regular bingo volunteer – and often at odd hours. She volunteers at every event.

From Bingo, the Butterfly Lane, the Golf Tournament and Socials, the Digital Safety sessions, Debbie was there!

She has been one of our most dedicated volunteers, serving the most hours and participation at BIAWE. Debbie is always the first volunteer to step up, giving her time to BIAWE. She is reliable, euthanistic, compassionate, and motivated.



Debbie has volunteered for the most hours at Bingo, has taken the role of the lead volunteer at the Golf Tournament, bravely spoke at our Volunteer Information Night and has stepped up even when she's off duty!. At every event she comes with a simile, excited to volunteer and ready to work.

As the Volunteer Coordinator I look forward to hearing from Debbie as her emails always have an adventure or a story. We are happy to have Debbie as part of our team. She is a role model for all volunteers.

If I could define the word volunteer, all I would need is two words - Debbie Boose! Congratulations on winning Volunteer of the Year, your well-deserved success! We are proud of you.

Thank you to Debbie or her tireless volunteering for all things BIAWE.

- Carolyn Basily, Volunteer Coordinator

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 for more information. Refreshments provided.

VIRTUAL PROGRAM—the second Tuesday of each month at 7:00 pm—zoom link sent in advance
NO MEETINGS FOR JULY AND AUGUST

Tuesday, September 12 - Resources in the Community

IN-PERSON—HARROW - 44 Sinasac St.—first Wednesday of each month at 6:30 pm
NO MEETINGS FOR JULY AND AUGUST

Wednesday, September 6 - Resources in the Community

IN-PERSON— WINDSOR 1100 University Ave. W. at 7:00 pm—third Monday of each month
NO MEETINGS FOR JULY AND AUGUST

Monday, September 18 - Resources in the Community



Art Classes



The third Wednesday of each month
1100 University Ave. W. at 7:00 p.m.

Email: art@biawe.com

There are no art classes for July and August.

Wednesday, **September 20 at 7:00** at 1100 University Ave. W (west of Crawford)

Parking is available. Bus stop is in front of the building



Cooking Classes

The third Thursday of each month. Bring your own aprons (if available)

There are no cooking classes for July and August.

Thursday, **September 7 at 11:00**

(special day and time)

Pumpkin Breakfast Cookies

1100 University Ave. W (west of Crawford)

Email: cooking@biawe.com



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 to register Next one is Monday, **September 25 at 7:00**.



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.

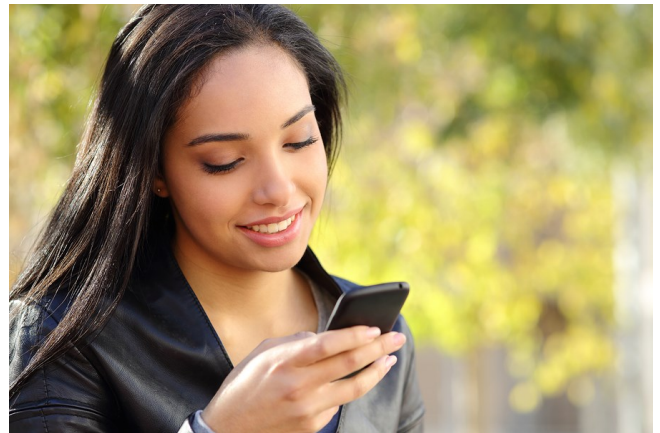
Support is provided to you via the telephone or internet, based on your preference so you can participate in the comfort and privacy of your home.

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. NOTE: Summer Hours

VIRTUAL - Wednesday at 11:00 a.m. through zoom—July 12, July 26, Aug 9, Aug 23 - weekly sessions will resume in September

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: July 13, July 27, August 10, August 24, September 14, September 28



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.

Resilience: Bouncing Back from Brain Injury

Resilience is being increasingly recognized as a critical component in the healing process after an overwhelming, debilitating, and traumatic experience.

As a thirty-year traumatic brain injury survivor, Kathy Worotny has worked through many adjustments following a severe car crash in which her injuries caused considerable damage to her brain.

Collaborating with educational researcher, Suzanne De Froy EdD, Kathy is going to present at the Ontario Brain Injury Association (OBIA) Conference in Niagara Falls in November about her journey healing from a brain injury.

Kathy will provide insight into her experience using interviews and written testimony from family and friends, Kathy's personal journals, as well as reports and evaluations prepared by therapists, psychologists, neuropsychologists, surgeons, lawyers, and insurance personnel.

This presentation aligns key concepts from resilience theory that are applicable to Kathy's health and support network. Over time, her personal efforts reflected the breakthrough in neuroscience that recognize the brain's ability to heal itself through the dynamic system of neuroplasticity.

As an active participant in a life-long process of recovery, Kathy has surpassed what her medical professionals considered "reasonably achievable".

Studies have identified resilience as an active process of intentionality, suggesting that brain injured survivors are not doomed to be forever constricted by their deficits. Additional research and dialogue into the practical applications of resilience for those suffering with brain injury will open a door into possibilities of regaining purpose, serenity, joy, and happiness.

If you are interested in attending the OBIA conference go to:

[2023 Provincial ABI Conference: Harnessing the Power After Brain Injury - Ontario Brain Injury Association \(obia.ca\)](http://2023.Provincial.ABI.Conference.Harnessing.the.Power.After.Brain.Injury.Ontario.Brain.Injury.Association.obia.ca)

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

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.



Social Workers' Night

On June 8 BIAWE held a special evening for social workers to learn more about BIAWE and what it offers.

The event was organized by Board Member and Social Worker, Lauren Fields. BIAWE Members Kathy Worotny and Betty Penny provided them with insight into what it is like to live with a brain injury and how they have learned to overcome their limitations by adapting to their new reality.

Members of BIAWE's support team, including Ali Caputo, Sandra Herrera and Robyn Hodge gave their perspectives of their work and experience at BIAWE. Volunteer Debbie Boose assisted with the evening.



Executive Director, Anna Jurak gave an overview of BIAWE's mission and its programs and services.

It is the hope that the social workers who attended will use this information in their own practices and make referrals to BIAWE of their clients living with a brain injury.





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.

Annual General Meeting

BIAWE's Annual General Meeting was held at the end of April. At the meeting the members voted in the directors for the Board. They are: Joanne King (Chair), Alex Carson (Vice Chair), Sara Pender (Treasurer), Rachel Olsen (Secretary), Kim Spirou, Marcus Niessen, Theresa Wunder, Alix Khanafer, Lauren Fields and Suzanne DeFroy.

Debbie Boose was presented with the Volunteer of the Year Award, called the "Mission Possible" award for her many hours of volunteering for BIAWE. (see picture on page 2).



Digital Safety

Learn about keeping yourself safe with all manner of digital devices. Learn from a security expert on how to keep your passwords safe, avoid scams and so much more. Go to our website and watch the program at your leisure.

[Series on Digital Safety – BIAWE](#)

Certified IT Technician, Civilian Security Advisor, and Technology Instructor—Kevin Cosgrove presents:

Series 1

Setting up your computer, tablet, or cell phone

Series 2

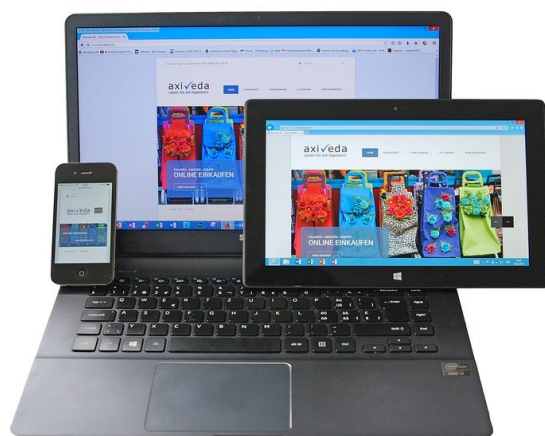
WIFI Security, Password Management, Email Security, and Junk Programs

Series 3

Fraud phone calls, Scareware, Online shopping and banking, and Leaving the computer on

Series 4

Romance Scams and Credential stuffing



As Mahatma Gandhi said, "The best way to find yourself is to lose yourself in the service of others."

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



[BIAWE GOLF TOURNAMENT \(canadianconcreteexpo.com\)](https://canadianconcreteexpo.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.



Wed. **July 12** at 6:00 (note changed time for this event) - Meet at STOP 26 in east Windsor, off of Riverside Drive (10585 Clairview Ave.) near Sand Point Beach. Free ice-cream!

Wed. **August 9** at 7:00 via zoom—Topic—Loneliness

Wed. **September 13** at 7:00 via zoom—Grief

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.

There are no sessions in July and August. Next one is Monday, **September 25**.

Fourth Monday of each month at 7:00 in person at 1100 University Ave. W.



New Office

We are thrilled to announce that as of June 26 we will have an office on the second floor (#11) at 1100 University Ave. W. Assisted Living Southwestern Ontario has offered us this office so that we can work more closely together to assist those living with an acquired brain injury and share resources.

Ali Caputo will have office hours there on Mondays from 9:30 to 4:30. Appointments are highly recommended. Call her at: 226-346-4305 or email her at connect@biawe.com. Other appointments with other support team members are by appointment only.

BIAWE will be closed on Monday, July 3 for Canada Day.

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.

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

Annual Picnic—August 20 at Optimist Park

Join us for food and friendship at our annual BIAWE Picnic. This picnic is free to members (those who have registered/joined the dual membership of OBIA/BIAWE. If you are not a member and wish to join (free if you do OBIA's on-line survey or pay \$5 subsidized fee or \$30 for a full year membership) **by August 10**, go to

[Online Membership Form - Ontario Brain Injury Association \(obia.ca\)](http://obia.ca) or [Brain Injury Impact Study - Ontario Brain Injury Association \(obia.ca\)](http://obia.ca).

If you're **not** a member, there is a \$10 fee for lunch. You can also bring a guest and they pay \$10. Rebeca, the social coordinator always plans fun events and this will be too.

Sunday, August 20 from 12 to 2, Memorial Park/Optimist Centre, 1075 Ypres Ave.



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

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



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
Email: info@biawe.com
Web: www.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 your are available.

Helmets for Kids—this program fits helmets on children and teaches bicycle safety.

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.



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

Upcoming dates:

Sunday, July 2 11am to 1pm
Friday, July 14 from 7 to 9 pm
Friday, July 21 from 7 to 9 pm
Saturday, July 29 from 9 to 11 pm
Friday, August 4 from 5 to 7 pm
Saturday, August 12 from 1 to 3 pm
Sunday, August 20 from 11 pm to 12 am (1 hour shift)
Saturday, September 2 from 3 5 pm
Sunday, September 10 from 11 am to 1 pm
Friday, September 22, from 7 to 9 pm



Helmets on Kids

We've been busy fitting children with helmets. This is one of our prevention programs. Organizations reach out to us to provide helmets for kids who otherwise could not afford one.

So far we've been at Corpus Christi School, Assumption Middle School, Westgate Public School, Caldwell First Nations and we have many more to go.

It is such a pleasure to be able to give children helmets so they can go out and ride their bicycles. It's the law to wear a helmet if you are under the age of 18 years. It is advisable for those over 18 to wear them too. We ensure the helmets fit properly and show children how to wear it properly, using the 2V1 method. We always need more volunteers to help with this, so reach out to Carolyn at volunteer@biawe.com to sign up for the next fitting.



Rachel Olsen fitting a child with a helmet.



Pasta Night

Mark your calendars for the first Wednesday of each month for the Caboto Club's "Charity Pasta Night". BIAWE hosted the event on June 7.

BIAWE held a bake sale and draw and made some money to support its programs.

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

So even if you missed our June 7 event, you can attend any or all the other pasta nights and contribute to BIAWE.

Bring your family and friends—make it a night out. It's a great deal to help a lot of charities.



CHARITY PASTA NIGHTS

Includes pasta, salad, buns & butter
Under 5yrs FREE

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



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.

Petition to the Government of Canada - Whereas:

- There are approximately 165,000 new cases of brain injury annually in Canada;
- Health and community service providers require more education regarding the intersection of brain injury, mental health, and addiction;
- For every NHL player who suffers a concussion in sport, more than 5,500 Canadian women sustain the same injury from domestic violence;
- There were 21,824 opioid-related poisoning hospitalizations resulting in hypoxic brain injury between January 2016 and June 2020 in Canada;
- An estimated 60% of brain injury survivors suffer from anxiety and/or depression;
- The risk of suicide increases by 400% for a survivor of brain injury;
- Brain injury survivors face a 200% increased risk of struggling with addictions after sustaining a brain injury; and
- Despite the federal government committing \$11 billion over ten years to improve community support and mental health and/or addiction services, none are specifically targeted to brain injury.

We, the undersigned, **citizens of Canada**, call upon the **Government of Canada** to support Bill C-277 to develop a national strategy to support and improve brain injury awareness, prevention, and treatment, as well as the rehabilitation and recovery of persons living with a brain injury.

To sign the petition go to: [Petition e-4266 - Petitions \(ourcommons.ca\)](https://ourcommons.ca/petitions/e-4266)

Canada Disability Benefit Act receives Royal Assent

Working-age Canadians living with disabilities will receive a new federal benefit to supplement provincial and territorial support payments after the Canada Disability Benefit Act received royal assent. The act implements the Canada disability benefit (CDB), which is meant to reduce poverty and improve financial security among working-age people with disabilities.

The effective date of the new law will be no later than one year from June 22, the day the act, formerly Bill C-22, received royal assent. However, much about the CDB's structure remains unknown. Key details such as the amount of the benefit, eligibility requirements and payment period will be established later through regulation.