

MARCH / APRIL 2018

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89186-6733-RR0001

The Life Line



BIASL

BRAIN INJURY ASSOCIATION

SARNIA - LAMBTON



"Healing doesn't mean the damage never existed. It means the damage no longer controls our lives"

BIASL is a non profit charitable organization helping to enhance the lives of people in the Sarnia-Lambton area living with the effects of Acquired Brain Injury (ABI) through education, awareness, support and activities.

LET'S
GET

GROOVY

60's POTLUCK - Thur, Apr 19th

KEY DATES AT A GLANCE

Wed, Mar 14th

Bowling at Marcin Bowl

Thur, Mar 15th

Lunch at East Side Mario's

Wed, Mar 28th

Easter Candy Making

WHAT'S HAPPENING

Peer Mentoring

I am really excited to share that we have six matches at this time between our members and their mentors. This program provides a great opportunity for people who have lived the experience of a brain injury to share with one another. Who knows better than you, “the expert” as a survivor or caregiver of brain injury how to support, or seek help from one another. If you are interested in becoming a mentor, or being match with a mentor, please contact the office, or speak to Lori at any of the BIASL activities.

Valentine Bluewater Chordsmen

A heart-felt thank you to everyone who helped to make this fundraiser a fun, successful event. The Valentine cards, designed and taught to us by our very own Carolyn Sim, were beautiful and many thanks goes out to the members who spent hours designing them. Our survivors do fantastic work!



Just a Reminder....

Our new email address has been changed to sarnia.biasl@gmail.com. Thank you for staying in touch with us – we love to hear from you!

CHECK OUT OUR NEW WEBSITE AT <http://sarniabiasl.ca/>

Unmasking Brain Injury

This year we have partnered with the Ontario Brain Injury Association to launch an incredible project to promote a heightened awareness of brain injury, to give survivors a voice and the means to educate others of what its like to live with a brain injury. All across the province, those participating agencies, like ours, have been given masks for their members (survivors and caregivers) to artistically express their experience with ABI. These masks will be unveiled at a community reception in Sarnia, on June 1st, to publicly recognize Brain Injury Awareness Month. Supplies will be provided. Throughout the months of April and May, we will work together in small groups to complete the masks. If you are interested in more information, you can access the founding website of this project at unmaskingbraininjury.org. We would like as many masks as possible to be completed for this project. Your help and feedback in planning for the June 1st Community Open House will be appreciated.

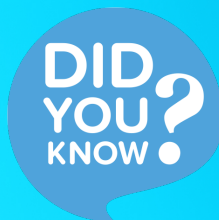
Attention Book Lovers.....

Let's start our own BIASL Book Club. For those who enjoy the past-time of reading and sharing with others, this is for you! Our first book is called A Man Called Ove by Fredric Blackman. It is about a lonely man whose life is turned upside down when a young family moves next door. For those who are interested in participating, let Lori know if you have difficulty finding this book (ie: at the library) and we will provide a copy to get you started in your reading. Let's plan to meet and discuss this book on Monday March 26 at 6:00 pm. Location to be determined by the participants (coffee shop, library, VON building) – we can make this a group decision. Let's have some fun with this new activity – the next book can be your choice! We will plan to meet on the last Monday evening of the month!

Save the Date

May 24th, 2018 – Our Annual Golf Tournament, Huron Oaks Golf Tournament. Please mark this date on your calendar – this is a wonderful fundraiser for us.

June 1, 2018 – Unmasking Brain Injury, Brain Injury Awareness Community Event. Details to follow.



The hippocampus, the part of the brain considered the “memory center,” is significantly larger in London, England cab drivers. This is due to the mental workout they get while navigating the 25,000 streets of London.

Powers of Attorney - Smart Planning for Incapacity

By - Kevin Cheung

Do you know who will make decisions for you if you are incapable of giving instructions? Who will tell a doctor what your wishes are or what treatment options to pursue or reject? Who will pay your bills and manage your financial affairs?

Powers of attorney grant someone authority to make decisions for you. If you do not have a power of attorney, then you are giving up your right to determine who will make personal care decisions and manage your assets and financial affairs for you.

If you do not have a power of attorney, then the Substitute Decisions Act of Ontario determines who makes decisions for you. In certain cases, a person that you do not want in this role may be the person appointed. This could include a former spouse, a separated spouse, a parent you do not get along with, or children who are not reliable. If nobody steps forward, then the Public Guardian and Trustee, a government office, will be your decision maker.

Without powers of attorney, interested individuals need to make an application to be your guardian of your property or person. The cost of this application can be significant, especially if there is a dispute over who should be your guardian. This is a cost that you will likely have to pay. You can save yourself this financial stress by making powers of attorney now, which are inexpensive when compared to such applications.

While substitute decision makers may be the last thing on your mind while you are healthy, when the issue does become pressing, it is often too late. If you are incapable of giving instructions, you cannot make a valid power of attorney. Further, certain people may want to take advantage of your vulnerable state and pressure you into giving them power over you. This could have disastrous and heartbreaking consequence if they abuse their powers. Hence, the importance of creating powers of attorney while you are capable cannot be overstated. It is so important that the Ontario government has basic

power of attorney forms available for free to the public. However, if your situation is more complicated or you are unsure of what to do, a lawyer would be happy to walk you through the process.

Kevin Cheung is a guest contributor to the "Ask a Lawyer" series. He is a wills and estates lawyer, as well as a personal injury lawyer at Fleck Law. Kevin can be contacted at 519-337-5288 or by e-mail at kcheung@flecklaw.ca



ASK A LAWYER SERIES





UPCOMING BIASL ACTIVITIES

Note: Please call the Brain Injury Association Sarnia Lambton office at 519-337-5657 or email sarnia.biasl@gmail.com. if you wish to participate in any of the following events.

We appreciate RSVPs!

<p>Coffee Group: Do you enjoy good coffee, great food, meeting new people, and socializing with old friends? Then join us for the Coffee Group! This group meets every Tuesday at the Coffee Lodge on Exmouth Street at 1:00 pm.</p>	<p>Tues, Mar 6th Tues, Mar 13th Tues, Mar 20th Tues, Mar 27th Tues, Apr 3rd Tues, Apr 10th Tues, Apr 17th Tues, Apr 24th</p>
<p>Crock A Doodle: Come on out and have some fun pottery painting your own selected piece. Cost is \$10 and the remaining fee will be subsidized by the BIASL. Please let Lori know if you are able to attend. 600 Murphy Rd., Sarnia (in the Real Canadian Superstore),</p>	<p>Thur, Mar 8th 1pm Real Canadian Super Store</p>
<p>Bowling at Marcin Bowl: Join your BIASL supports and friends with a 5 pin game of bowling. Prizes to be awarded. 609 Helena St. Point Edward,</p>	<p>Wed, Mar 14th 1pm Marcin Bowl</p>
<p>Lunch at East Side Mario's: Treat yourself during the March Break madness with a little "ba-da-boom-ba-da-bing!" Cost \$10-\$15 lunch</p>	<p>Thur, Mar 15th 12:30 East Side Marios</p>
<p>Book Club Meeting: Come out and enjoy a new book</p>	<p>Mon, Mar 26th 6pm VON Community Room</p>
<p>Make Your Own Easter Candy: Come out to the VON to make Easter Candy. Be the Easter Bunny this year as you hand out homemade chocolates – yum!</p>	<p>Wed, Mar 28th 1pm VON Community Room</p>

Easter Potluck: Celebrate Easter with friends and food	Thurs, Mar 29th 6pm VON Community Room
Card Making: Come out and enjoy an afternoon of card making with Carolyn.	Wed, Apr 11th 12:30pm Smoke & Spice Restaurant
Lunch Out: Join us for a taste of BBQ at Smoke & Spice restaurant. Located on the North East part of the Lambton Mall parking lot near Teppermans.	Thurs, Apr 12th 6-7:30pm VON Community Room
Mask Making: Come join some friends for a fun afternoon of mask making with Lori. Please sign up by contacting the office	Wed, Apr 18th Thurs, Apr 19th Thurs, Apr 27th 1pm VON Community Room
Let's Get Groovy – 60's Pot Luck: Come dressed in your best 60's style clothes and maybe bring along a 60's dish to share	Thurs, Apr 19th 6pm VON Community Room
Making Memories Scrapbooking: Come out and enjoy an afternoon of scrapbooking and have your memories to cherish.	Wed, Apr 26th 1pm VON Community Room

SUPPORT

Concussion Support Group

Please Note: those who wish to receive support, we will now meet on Tuesday. at the Coffee Lodge on Exmouth St. at 2 pm, immediately after our weekly social.

If you are interested, please contact the office to register and receive more information.

Please mark your calendars for **Parkwood Institute's annual Survivor and Family Education series**

The series will run Tuesday evenings 6:30 – 8pm from March 27th until May 8, 2018

For those planning to join us from the comfort of your home, all you will need to participate is a laptop or computer



BIASL Board of Directors:

Kevin Cheung (President), Jillian Prior (Vice President), Jacob Lavoie (Treasurer),
Marg Mitchell, Kelly Steeves, Mike Janssen (Secretary), Christina Martin
Chantal Prasad (Past President)

Membership

Assistance can be provided for individuals who would like to renew or obtain a free membership by completing an on line research questionnaire by OBIA (Ontario Brain Injury Association). Please contact the BIASL office at 519-337-5657 if you require assistance completing survey

Donations

BIASL is a registered non-profit organization incorporated in 1994. Currently there is no on-going or provincial funding for our organization; therefore we rely on all of our own fundraising. For this reason, at anytime donations come our way, we are most grateful. We thank you for considering us at anytime throughout the year! With this being said, you can donate on line from our website at www.sarniabiassl.ca.

Volunteers Needed

Brain Injury Association Sarnia Lambton is looking for volunteers. Assistance is greatly appreciated. We are especially looking for volunteers to help with social leisure and fundraising activities.

Also looking for a volunteer Office Administrator. Please call 519-337-5657 for more details.

If you are interested in becoming a volunteer, please call BIASL at 519-337-5657 or email info@sarniabiassl.ca. We look forward to hearing from you!



March 2018

***NOTE:** Please refer to newsletter for specific details and prices for events!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	 <p>Exmouth St. 1pm Concussion Support Group 2pm</p>	7	 <p>Pottery Painting 1pm</p>	9	10
11	12	 <p>Exmouth St. 1pm Concussion Support Group 2pm</p>	14	 <p>Bowling at Marcin Bowl 1pm</p>	16	17
18	19	 <p>Exmouth St. 1pm Concussion Support Group 2pm</p>	21	22	23	24
25	26	 <p>Book Club Meeting 6pm</p>	28	 <p>Make Easter Candy 1pm VON Community Room</p>	30	31
				29	 <p>Easter Potluck 6-7:30 pm VON Community Room</p>	

		<h1>April 2018</h1>				<p><u>*NOTE:</u> Please refer to newsletter for specific details and prices for events!*</p>
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1  Easter	2	3  Exmouth St. 1pm	4	5	6	7
8	9	10  Exmouth St. 1pm Concussion Support Group 2pm	11  Card Making 1-2:30pm VON Community Room	12  Lunch at Smoke & Spice 12:30pm	13	14
15	16	17  Exmouth St. 1pm Concussion Support Group 2pm	18  Mask Making 1-2:30 VON Community Room	19  Mask Making 1-2:30 VON Community Room  Let's Get Groovy 60's Potluck 6-7:30 pm VON Community Room	20	21
22	23	24  Exmouth St. 1pm Concussion Support Group 2pm	25  Making Memories Scrapbooking 1-2:30 VON Community Room	26  Mask Making 1-2:30 VON Community Room	27	28
29	30					