

SEPTEMBER / OCTOBER 2018

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89186-6733-RR0001

The Life Line



BIASL

BRAIN INJURY ASSOCIATION

SARNIA - LAMBTON



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 weekly activities.

HALLOWEEN POTLUCK

WEDNESDAY, OCTOBER 31ST

DON'T FORGET YOUR COSTUME

KEY DATES AT A GLANCE

Sat, Sept 15th

Willy Wonka Jr. Show

Thur, Sept 27th

Lunch at Boston Pizza

Thur, Oct 25th

Peer Mentoring Training

WHAT'S HAPPENING

Did You Know???

On March 6, 2018 the Provincial government passed Concussion Safety legislation called Rowan's Law. This is named after a 17 year old girl, Rowan Stringer, died after sustaining multiple concussions while playing rugby. This Concussion Safety Bill provides mandatory requirements to remove a player from sports when injured and details return-to-sport guidelines. The bill recognizes the last Wednesday in September, as Rowan's Law Day in Ontario. Awareness is key to safety and prevention. Follow our BIASL Facebook page to see how we can promote Rowan's Law within our own community!

Annual BarBQ at Canatara Park

The weather this year was absolutely perfect for our yearly gathering with London's Cornerstone Clubhouse. There were 70 participants who enjoyed a delicious meal, a stroll on the beach and a game of Bingo. We even attempted to get a group photo this year. Special thanks to Terri and Brian who spoil us with their above and beyond contributions that make the event so successful! Some of us are looking forward to the macaroni salad recipe Terri! We'd also like to extend a huge thank you to Laurie and Dean Frayne from Lakeside Grill, for donating their industrial size BBQ. It sure made life easier for the chefs in the house!

Just a Reminder

We have been reminded to please use the main door to the VON when entering the building for programming. For fire safety and insurance purposes it is mandatory that we all sign in when we arrive and leave the building. Thank you for your cooperation in this extra step to keep us all safe.

ASK A LAWYER SERIES



For Better Or For Worse

By - Kevin Cheung

For better or for worse, most people will need to deal with a lawyer at some point in their life. This can be a happy time, such as purchasing a house. It could be a stressful time if you have been injured in an accident, you are separating from your spouse, or you are involved in a difficult dispute. It can also just be a responsible time, such as getting wills and powers of attorney done, or getting a legal opinion on something you are interested in doing. In the same way that most people do not know which mechanic or plumber to call, many people are in the dark as to where to

find an appropriate lawyer. Thankfully, there are a number of resources that can point you in the right direction.

Local law associations should have a list of all lawyers in their county. Contact staff at the association and ask for a list of lawyers in the area that you need help with. In Lambton County, the Lambton Law Association does have such a list of lawyers, and they are currently working on updating their website to make it easier for the public to access. They can be contacted at: www.lambtonlaw.ca/ or by phone at 519-337-9483.

Another way of finding an appropriate lawyer for your matter is contacting the Law Society of Ontario. The Law Society

offers a referral service to a lawyer or paralegal who will provide you with a 30 minute free consultation. This referral service can be reached at:

1-800-268-8326 or online at www.lsuc.on.ca/lsrcs/.

A third way for finding yourself a lawyer is the Ontario Bar Association, which is the representative organization for lawyers across the province. The public can search for lawyers who are members of this organization at <https://oba.org/For-the-Public/Find-a-Lawyer>. While only lawyers who are members of this association are listed, it can be a fast way of narrowing a long list of lawyers

Any of these methods of finding a lawyer will be more efficient than flipping through a phone book. It

can also be more reliable than simply using a search engine, as search engine results may be manipulated by anybody willing to pay money to be at the top of the search results. As a last tip, before hiring a lawyer, look them up on the Law Society of Ontario website to ensure that they are who they say they are and that they are licensed to practice in Ontario.

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

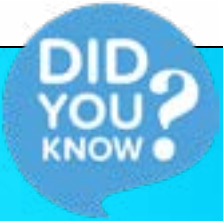
UPCOMING
BIASL ACTIVITIES

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!

Note: Please know that if there is a concern with the cost of any of our activities, please advise Lori so that this can be resolved in a fair manner.

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.	Tues, Sept 4th Tues, Sept 11th Tues, Sept 18th Tues, Sept 25th Tues, Oct 2nd Tues, Oct 9th Tues, Oct 16st Tues, Oct 23rd Tues, Oct 30th
Card Making: Come out and enjoy an afternoon of card making with Carolyn. Both dates will include the theme of Fall and Thanksgiving, although you can always personalize the message for a birthday, get well or thinking of you.	Wed, Sept 12th Wed, Oct 3rd 1-2:30pm VON Community Room
Men’s “Only” Group: Gentlemen this is a time for you to connect with your peers and have some guy time! Activities will be planned and facilitated by the members of the group. Refreshments will be provided.	Thur, Sept 13th Thur, Oct 11th 1-2:30pm VON Community Room
Day At The Theatre: In the mood for some theatre? Come join us as we watch Rebound’s production of Willy Wonka Jr. It’s sure to bring out the kid in all of us!! Please let Lori know if you are interested in tickets!	Sat, Sept 15 2pm Imperial Theatre
Making Memories Scrapbooking: Come out and enjoy an afternoon of scrapbooking and have your memories to cherish. The first theme will be “Sunshiny Days” and the second will be “Fall”	Wed, Sept 23rd Wed, Oct 17th 1-2:30pm VON Community Room

Lunch at Boston Pizza: Treat yourself to some pizza pasta or any other pub grub. Located at 1400 Exmouth Street	Thur, Sept 27th 12:00 Boston Pizza
Caregiver and Family Support Group: We know that Brain Injury does not affect the survivor alone. Caregivers need an opportunity to speak with other caregivers. Join us for our monthly meetings starting Thursday October 4 at 10 am at the VON.	Thur, Oct 4th 10am VON Community Room
Ageless Grace: Join us for this brain fitness program that activates all five functions of the brain while also learning 21 simple exercise skills that focus on a healthy body and mind. You are invited to participate in all three sessions.	Thur, Oct 4th Thur, Oct 18th Fri, Oct 26th 1:30-2:15 VON Community Room
Hockey Game: Join us for some fun & entertainment as the Mooretown Flags take to the ice. There are limited free tickets available for members of BIASL. 1166 Emily Street, Mooretown.	Sat, Oct 20th 7:30pm Mooretown Arena
Craft Time: That 70s craft is back in style...come on out and try your hand at macramé! Make a decoration for your home or a Christmas gift for that special friend! This activity is limited to the first 8 people who register.	Wed, Oct 24th 1-3pm VON Community Room
Peer Mentoring: Due to a scheduling conflict Peer Mentor training has been rescheduled for Thursday 25 October from 9 am to 2 pm. It will be facilitated by our very own Carla from the OBIA office in St. Catherine’s. The training is free and snacks and lunch will be provided. Please consider becoming a mentor....the experience can be so rewarding!	Thur, Oct 25th 9am-2pm VON Community Room
Halloween Pot Luck: Join us Halloween Lunch Pot Luck and wear your costume! Prizes to be won for most creative, scariest and funniest costume!	Wed, Oct 31st 12pm VON Community Room



Did you know that Of the total blood and oxygen that is produced in our body, the brain gets 20% of it.



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), Martin McNeill and Rhonda Houghton

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.sarniabiasl.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@sarniabiasl.ca. We look forward to hearing from you!



BIASL BRAIN INJURY ASSOCIATION SARNIA - LAMBTON		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>*NOTE: Please refer to newsletter for specific details and prices for events!</div>							1
	2	3	4	5	6	7	8
	9	10	11	12	13	14	15
	16	17	18	19	20	21	22
	23	24	25	26	27	28	29
	30						
			 Exmouth St. 1pm	 Card Making 1-2:30 VON Community Room	 Men's "Only" Group 1-2:30 VON Community Room		 Willy Wonka Jr. 2pm Imperial Theatre

October 2018

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2  Exmouth St. 1pm	3  Card Making 1-2:30 VON Community Room	4  Support Group 10am & Ageless Grace 1:30-2:15pm VON Community Room	5	6
7	8  Thanksgiving	9  Exmouth St. 1pm	10	11  Men's "Only" Group 1-2:30 VON Community Room	12	13
14	15	16  Exmouth St. 1pm	17  Making Memories Scrapbooking 1-2:30 VON Community Room	18  Ageless Grace 1:30-2:15pm VON Community Room	19	20  Moortown Flags Hockey Game 7:30
21	22	23  Exmouth St. 1pm	24  That 70s craft 1-3pm VON Community Room	25  Peer Mentor training 9am-2pm	26  Ageless Grace 1:30-2:15pm VON Community Room	27
28	29	30  Exmouth St. 1pm	31  Halloween Potluck Lunch VON Community Room			