

JANUARY / FEBRUARY 2019

1705 London Line Unit 1048
Sarnia, ON N7W 1B2
519 337-5657

Website: www.sarniabiasl.ca
Email: sarnia.biasl@gmail.com
Charity Registration No:
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.

Happy
New Year

New BIASL Office Hours

Please note the following times that the office will be open:

Tuesday 9:00 am – 12:00 pm

Wednesday 1:00 – 4:00 pm

Friday 9:00 am – 4:00 pm

KEY DATES AT A GLANCE

Wed, Jan 23rd

Potluck & Games Night

Tues, Feb 5th

Phone scam presentation
by Crime Stoppers

Fri, Feb 22nd

Sarnia Sting Game



WHAT'S HAPPENING

Welcome to 2019! We hope that everyone had a wonderful Christmas holiday and wish you and your families a year filled with happiness, good health and strength! A new year often brings traditions of resolutions and fresh beginnings and yet its always important to recognize the accomplishments we've made along the way. In 2018, the Brain Injury Association of Sarnia Lambton created new partnerships in the community. It is these relationships that help us to grow individually and as an organization. I wish to thank the following partners for helping to bring out the best in our agency over the last year:

- Bluewater Chordsmen
- Margaret Capes, Legal Education Coordinator, Community Law School
- Lambton College
- Bluewater Borderfest

Thank you!

We wish to thank everyone who helped to make our Gift Wrapping Program at Lambton Mall a big success this year! During such a busy time, we appreciate the hours donated in greeting the public, wrapping gifts and topping up the supplies regularly. It has become a annual tradition that is often rewarded by the grateful smiles, a sigh of relief and a generous donations of many of the customers. A HUGE thanks to everyone that participated!

Jingle All the Way....

We had a great turn out at our annual Christmas Luncheon, held at Redeemer Christian Reformed Church. Certainly a time of sharing, friendship and laughter – topped off with a fun gift exchange and some delicious brownies! Thanks Carolyn! Please check out our Facebook Page for pictures of this fun-tastic event!

Welcome to our New Members....

A warm and special welcome to those who have just joined our organization in the last few months.

Scott, Lyra, Shelly & Ron, Melanie, Paulo, Keith, & Jessica

Exciting News.....

We are extremely pleased to share that Brandon Hickey, a first year student from Lambton College in the Therapy and Recreation program will be joining us on Fridays, as a field placement from January to April! Brandon has experience in working with patients and organizing programs at a previous placement at St. Thomas Elgin Hospital. Brandon enjoys sports and is quite involved in sporting events at Lambton College. Welcome Brandon!

Massage Anyone?

We are very grateful to the Massage Therapy Program at Lambton College, as they have kindly agreed to provide our members with free massages once a week. For those that are interested, you must register with Lori first by calling the office or texting her at 226-402-2121. Their appointment times are Tuesday's and Thursday's at 4:30 and 6 pm. Thank you Melanie and Allie for this incredible opportunity!

Did you know that you can now go on the Ontario Brain Injury Association (OBIA) Website and see you mask that you completed back in June for our Open House? On the web page click on, "Unmasking Brain Injury Project," and all who participated within the province will be shown. Feel free to share this awesome news with your family and friends. We are still displaying the masks at any public event that we are invited to...and they continue to bring such amazing reactions! If you haven't made a mask yet, or you wish to make another, just let us know...we still have supplies available!

PURCHASE YOUR DISCOUNTED SARNIA STING TICKETS AT THE BIASL OFFICE FOR THE FEBRUARY 22ND GAME



\$20.00 per adult ticket

\$12.00 per youth ticket

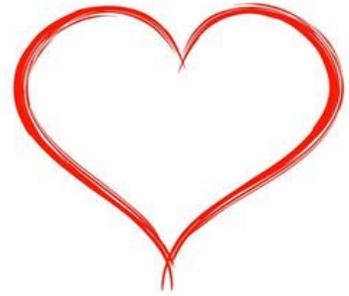
Chuck-a-Pucks also available:

3 for \$5.00!

**A PORTION OF EVERY TICKET SALE
SUPPORTS**

THE BRAIN INJURY ASSOCIATION!

Care Givers Need Love Too



By Lori Griepentrog, (M.S.W., R.S.W.)

7rivia question for the readers out there. We all know that February 14 is Valentines Day, but how many of us realize that on February 15, is Care-giver Awareness Day? A caregiver is a person who provides care to an individual. Whether that's a parent who looks after their young child after they've had their tonsils removed, or an elderly spouse taking on the responsibility of looking after their husband in the middle stages of dementia. Caregivers do their role to the best of their ability with love, commitment and compassion.

Yet to be fair, caregivers do not always expect to be in the role that they face themselves in. Many times it's unexpected and after a significant crisis to the family, that they have transitioned into a caregiver role. Resources can be slim and their own personal knowledge of the illness or disease can initially be quite limited. Caregivers may also have their own health issues,

thereby complicating the needs of those in the home.

To ensure the best care for anyone that requires support and assistance, it's essential that the caregiver is equipped with a toolbox of resources for their own self care.

We've all heard the story about the plane that is about to crash and we're questioned as to who we assist with the oxygen mask first? The answer, ourselves. If we don't make ourselves a priority, how can we expect to care for someone else?

- Set some time aside for yourself each week- even if you need to schedule it in your day planner. You're worth planning for.

- Don't set the bar too high for yourself and don't feel guilty. Ask for help and accept help when offered. This can be from family and friends, or community professionals. Sometimes "it takes a village to support someone who needs the extra TLC."

- Ask questions as you learn more about your loved one's health. Professionals sometimes forget that the words they use can be foreign to the general population. Write down your questions and concerns before you attend an appointment and bring another person with you - as another set of ears is always helpful.

- If appropriate, talk openly with your partner about how it feels to carry the caregiving responsibilities- particularly if you are overwhelmed. Unintentionally, there can be times when we take on too much, leaving the survivor to feel dependent and helpless. It's important to communicate regularly and check in with one another to maintain a balance in the relationship.

- Remember to have fun with your family member. Don't let the illness or injury take over the quality of your relationship. Be creative in how you spend time together and remember that sometimes a sense of humour is the best medicine.

Remember to seek out support for yourself. Sharing experiences and learning from one another can provide comfort in knowing that your not alone.

The Brain Injury Association of Sarnia Lambton offers a Caregiver Support Group on the first Thursday morning of the month, from 10 am to 11:30 am. If you are a caregiver, of someone who has survived a Brain Injury, please feel free to join us. Resources and refreshments are provided.

We also offer a peer mentor program for our survivors and caregivers. This provides opportunities for caregivers to talk to other caregivers once a week. If you are interested in receiving this support, please contact the office.

We also invite our caregivers and family members to participate in any of the monthly social leisure activities. We believe that brain injury not only impacts the survivor but also the lives of the entire family. Together, you make a difference!



A few photos from our Christmas party

DID
YOU?
KNOW

*Think you're in control of your life?
Don't be so sure. Ninety-five percent of
your decisions take place in your
subconscious mind.*

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.

<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>Please note, as we have grown in numbers, the Coffee Lodge has agreed to reserve the back section of tables for us by the windows and benches. This will allow us to have our own space, without creating any barriers for the other customers</p>	<p>Tues, Jan 8th Tues, Jan 15th Tues, Jan 22nd Tues, Jan 29th Tues, Feb 5th Tues, Feb 12th Tues, Feb 19th Tues, Feb 26th</p>
<p>Family and Caregiver Support Group: We know that Brain Injury does not affect the survivor alone. Caregivers need an opportunity to speak with other caregivers.</p>	<p>Thu, Jan 10th Thur, Feb 7th 10-11:30am VON Community Room</p>
<p>Card Making: Come out and enjoy an afternoon of card making with Carolyn. You can always personalize the message for a birthday; get well or thinking of you.</p>	<p>Wed, Jan 16th Wed, Feb 6th 1-2:30pm VON Community Room</p>
<p>BINGO: Come try your chance at New Years bingo on January 18 at 1:00 pm at the BIASL.</p>	<p>Fri, Jan 18th 1pm VON Community Room</p>
<p>Pot Luck and Games Night: You've seen the show on TV, come and play...Minute to Win-It! Prizes to be Won!!!!</p>	<p>Wed, Jan 23th 5:30pm VON Community Room</p>

<p>Men's "Only" Group: Gentlemen this is a time for you to connect with your peers and have some guy time! Come for lunch and some laughter at Refined Fool located at 1326 London Road. A full menu will be available at this location gentlemen.</p>	<p>Thur, Jan 24th Thur, Feb 28th Lunch Refined Fool London Rd</p>
<p>A Stroll Through the Mall: Let's put our walking shoes on and meet at Lambton Mall for a stroll. We'll meet and start by the Toys R Us entrance at 10 am. Requested by one of our awesome members, this is a great activity to get us moving and keep us social during the winter months</p>	<p>Fri, Jan 25th 10am Lambton Mall</p>
<p>Lunch N' Learn: with Jane Hobbs. Jane is our Area System Navigator and will be discussing supports for those with Acquired Brain Injury.</p>	<p>Wed, Jan 30th 12pm VON Community Room</p>
<p>Let's Do Lunch: Let's meet for lunch at Swiss Chalet. Hope to see you there! Located at 1283 London Road in Sarnia</p>	<p>Thur, Jan 31st 12pm Swiss Chalet</p>
<p>Phone Scam Crime Stoppers Presentation: Are you tired of scam phone calls? Are you concerned about the security of your finances and assets? Are you aware of the impact of identity fraud in our community? Join us for a presentation by John Baragar of Sarnia Lambton Crime Stoppers to learn how you can protect yourself.</p>	<p>Tue, Feb 5th 6pm VON Community Room</p>
<p>Simple Snacks and Suppers: Come out and help to create a healthy meal option for you and your family with only a handful of ingredients. We'll enjoy the benefits of our cooking together as well.</p>	<p>Fri, Feb 8th 11am VON Community Room</p>
<p>Valentine Pot Luck 'n Karaoke: Come enjoy a delicious potluck supper followed by some fun times watching people sing Karaoke. Try your hand at your favourite song or just come for the encouragement.</p>	<p>Wed, Feb 13th 5:30pm VON Community Room</p>
<p>Movie: It's movie time at the BIASL. Come see one of the new releases on our big screen! Refreshments available at our snack bar!</p>	<p>Fri, Feb 15th 1pm VON Community Room</p>
<p>Making Memories Scrapbooking: Come out and enjoy an afternoon of scrapbooking and have your memories to cherish. The theme will be "Winter"</p>	<p>Wed, Feb 20th 1-2:00pm VON Community Room</p>
<p>Sarnia Sting Game: Join us for a great night of fun on Friday February 22, at 7 pm, as the Sarnia Sting take on the North Bay Battallion. You will also have a chance to participate in the Chuck-A-Puck event and win a prize!</p>	<p>Fri, Feb 22nd 7pm Progressive Auto Sales Arena</p>



BRAIN INJURY ASSOCIATION
SARNIA - LAMBTON

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!

Our Sponsors

PLATINUM

**FosterTownsend
Graham&Associates** **LAWYERS** | **SISKINDS** **T & E
LAW
FIRM**

SILVER

DMARehability **Brown Beattie O'Donovan**
Health Management Solutions **BARRISTERS & SOLICITORS**

BRONZE

**BLUEWATER
POWER** | **KATZMAN, WYLUPEK LLP**
BURCHILL **BARRISTERS AND SOLICITORS**
LERNERS

January 2019

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8  Exmouth St. 1pm	9	10  Family Caregiver Support Group 10am 10-11:30am VON Community Room	11	12
13	14	15  Exmouth St. 1pm	16  Card Making 1-2:30 VON Community Room	17	18  Bingo 1-2:30pm VON Community Room	19
20	21	22  Exmouth St. 1pm	23  Potluck Dinner Pot Luck 5:30pm VON Community Room	24  Men's "Only" Group Lunch Refined Fool London Rd	25  Mall Walking 10am Lambton Mall	26
27	28	29  Exmouth St. 1pm	30  Lunch & LEARN 12pm VON Community Room	31  Lunch at Swiss Chalet 12pm		

February 2019

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	5	6	7	8	9
		 Exmouth St. 1pm  Crime Stoppers Presentation 6pm VON Community Room	 Card Making 1-2:30 VON Community Room	 Family Caregiver Support Group 10am 10-11:30am VON Community Room	 Simple Snacks & Suppers 11am VON Community Room	
10	11	12	13	14	15	16
		 Exmouth St. 1pm	 Potluck Dinner Valentine Pot Luck 5:30pm VON Community Room		 Movie 1pm VON Community Room	
17	18	19	20	21	22	23
		 Exmouth St. 1pm	 Making Memories Winter Scrapbooking 1-2:00 VON Community Room	 Bingo 1-2:30pm VON Community Room	 Sarnia Sting Game 7pm Progressive Auto Sales Arena	
24	25	26	27	28		
		 Exmouth St. 1pm		 Men's "Only" Group Lunch		
30	31					