

Jan. / Feb. 2020

The Life Line

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Sarnia, ON N7W 1B2
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Charity Registration No:
89186-6733-RR0001



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.



From all your friends at The Brain Injury Association of Sarnia-Lambton, we hope that everyone has a wonderful and Happy New Year!

KEY DATES AT A GLANCE

Wed, Jan 22nd

Urban Poling Workshop

Thur, Feb 13th

Valentine Potluck Lunch

Wed, Feb 19th

Phillips Lifeline Workshop

ASK A LAWYER SERIES



Nigel Gilby is a personal injury lawyers at Lerner's LLP. Nigel can be contacted at 855-HELP-NOW or by e-mail at ngilby@lerner.ca.

Food For Thought

By - Nigel Gilby

My oldest daughter got married on August 17th and we had family in from both the east and west coasts. I took the week following the wedding as a holiday to relax after the wedding and visit with relatives.

On the Wednesday night of that week, there was a "night market" in Goderich (which describes itself as the prettiest town in Canada), featuring food trucks and local artisans. My wife and I, together with her sister and brother in law, decided to visit the night market as I like to support local businesses. As it turned out, it was a small market with three or four food vendors and perhaps 15 or so local artisans.

What gave me the food for thought was that at the band shell in the Courthouse Square in Goderich, the entertainment

for the evening was a drag show. There were a total of eight performers, two drag kings, and six drag queens, one of whom was a transgender person.

I thought about how far we had come. Here I was in a rural conservative part of the province and there were women, men, and families with their children who had all come out to watch the show. Based upon the reactions from the crowd, everyone thoroughly enjoyed the show and there was a lot of interaction between the performers and the audience.

When we see other parts of the world where it is a crime to be a part of the LGBTQ community, and people are imprisoned or even executed for being themselves, it is just one more reason to be thankful that we live in Canada.

This made me think about how far we have come. I realize that we still have a way to go, but even as little five and certainly 10 years ago I could never

have dreamed that Goderich would be holding an open air drag show.

It also brought me to thinking about a client of mine that I worked with for a number of years, who at the time was a young girl who sustained a significant brain injury as result of a motor vehicle accident. During the course of the years that I acted for this individual, he transitioned, and went through various hormone and surgical procedures in order to complete this transitioning. Not only did he have to struggle with the effects of a brain injury, but also the effects and prejudice of going through the transitioning process.

My client was essentially disowned by his parents when he announced that he was going to transition. This was a time when he most needed his parents' support. His cognitive difficulties related to the brain injury did not help him and he was making a number of bad financial and relationship choices.

know that the rehab team worked tirelessly to help reduce, as much as possible, the effects of the acquired brain injury. My staff and I also spent countless hours with the client helping to guide him through his transition and provide what we hoped was much needed support including being his lawyers. The client needed help with so many things in day to day life and had no family or friends to provide support. Investing the client's money in a fund that would pay him monthly for the rest of his life was integral to that. It avoided the settlement from being spent unwisely or from others getting their hands on the money and taking advantage of him.

The file was settled a long time ago but we continued to meet with, work with and help the client, pro bono, because we believed it was the right thing to do. To me, one of the most satisfying things about being a lawyer is helping people like this client whose needs go well beyond getting him money from an accident

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.

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| <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 7th Tues, Jan 14th Tues, Jan 21st Tues, Jan 28th Tues, Feb 4th Tues, Feb 11th Tues, Feb 18th Tues, Feb 25th</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>Thur, Jan 2nd Thur, Feb 6th 10am VON Community Room</p> |
| <p>Presentation and Discussion: "One... Can Be a Lonely Number" – how to best communicate the effects of a brain injury with our family and friends and why we still need them to be a support in our lives. This workshop is open to survivors of brain injury and with permission of the participants, the information will be shared at the Caregiver's meeting in February.</p> | <p>Thur, Jan 9th 1-3pm VON Community Room</p> |
| <p>Card Making: Come out and enjoy an afternoon of card making with Carolyn.</p> | <p>Wed, Jan 15th Wed, Feb 12th 1-2:30pm VON Community Room</p> |
| <p>Sarnia Legionnaires Hockey Game: Join us for a thrilling game of hockey at the old Sarnia Barn (Sarnia Arena on Brock St)</p> | <p>Thur, Jan 16th 7:10pm Game Time Sarnia Arena</p> |
| <p>Urban Poling Workshop: Urban poling, otherwise known as Nordic walking is a fun activity that resembles cross-country skiing, without the skis. Come out for an opportunity to learn more about this great fitness trend and try it out for yourself!</p> | <p>Wed, Jan 22nd 1pm</p> |

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| Lunch Out: Come on out and get a head start on celebrating the Chinese New Year. Join us for lunch and check out your fortune! Located at 380 Lyndoch St., Corunna | Thur, Jan 23rd 12pm Golden Palace |
| Making Memories Scrapbooking: Come out and enjoy an afternoon of scrapbooking and have your memories to cherish. | Wed, Jan 29th Wed, Feb 26th 1pm VON Community Room |
| Community Peer Mentor Presentation: Are you interested in being a mentor to someone who has a brain injury? Are you someone who could use the support from a mentor that understands what it's like on a daily basis to live with memory loss or brain fog? Come out to our community presentation to learn more about our Peer Mentor program sponsored by the Ontario Brain Injury Association. We will have mentors and partners on hand to speak about their personal experiences. Refreshments will be provided. | Mon, Feb 3rd 6:30pm VON Community Room |
| Valentine Lunch Pot Luck: Bring your favourite dish to share and prepare yourselves for a fun game of Valentine trivia after! | Thur, Feb 13th 12pm VON Community Room |
| Philips Lifeline Workshop: If you live alone or spend time on your own you may want to come out and learn about the products and services that are available to assist in creating a safety plan. | Wed, Feb 19th 1pm VON Community Room |
| Lunch Out: Join us for a delicious lunch at Burger Rebellion located at 1326 London Rd., Sarnia | Thur, Feb 20th 12pm Burger Rebellion |



BIASL Board of Directors:

Kelly Steeves (Co-President), Christina Martin (Co-President), Kevin Cheung (Past President), Shelly Cosma (Vice President), Mike Janssen (Secretary), Jacob Lavoie, (Treasurer), Marg Mitchell, Chantal Prasad, Julie Bolton, Martin McNeill, Rhonda Houghton and David Bailey.

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!













DID YOU KNOW?

The blood vessels that are present in the brain are almost 100,000 miles in length



January 2020

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

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---|---|--|--------|----------|
| | | |  1 |  2 Family Caregiver Support Group 10am VON Community Room | 3 | 4 |
| 5 | 6 |  7 Exmouth St. 1pm | 8 |  9 Presentation & Discussion 1-3pm VON Community Room | 10 | 11 |
| 12 | 13 |  14 Exmouth St. 1pm |  15 Card Making 1-2:30pm VON Community Room |  16 Sarnia Legionnaires Hockey Game 7:10pm | 17 | 18 |
| 19 | 20 |  21 Exmouth St. 1pm |  22 URBAN POLING Workshop 1pm VON Community Room |  23 Lunch at Golden Palace 12pm | 24 | 25 |
| 26 | 27 |  28 Exmouth St. 1pm |  29 Making Memories Scrapbooking 1pm VON Community Room | 30 | 31 | |

February 2020

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

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---|---|---|--------|----------|
| | | | | | | 1 |
| 2 | 3 |  4 Exmouth St. 1pm | 5 |  6 Family Caregiver Support Group 10am VON Community Room | 7 | 8 |
| 9 | 10 |  11 Exmouth St. 1pm |  12 Card Making 1-2:30pm VON Community Room |  13 Potluck Dinner Valentine Pot Luck 12pm VON Community Room | 14 | 15 |
| 16 | 17 |  18 Exmouth St. 1pm |  19 PHILIPS Lifeline Workshop 1pm VON Community Room |  20 Lunch at Burger Rebellion 12pm | 21 | 22 |
| 23 | 24 |  25 Exmouth St. 1pm |  26 Making Memories Scrapbooking 1pm VON Community Room | 27 | 28 | 29 |