

Mar. / Apr. 2020

The Life Line

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

Website: www.sarniabiasl.ca
Email: sarnia.biasl@gmail.com
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.



ST. PATRICKS'S DAY POTLUCK

TUESDAY, MARCH 17TH

DON'T FORGET WEAR GREEN

KEY DATES AT A GLANCE

Mon, Mar 23rd

Radon Information Hour

Wed, Apr 15th

Spring Flower Pot Making

Mon, Apr 20th

OBIA Peer Mentor Training

SURVIVOR CIRCLE OF STRENGTH

Joe Smits

My name is Joe Smits. Prior to my brain injury I was an elementary school teacher, a coach, a competitive volleyball and soccer player. I was also a dad to four young children (3, 4, 6, and 7), a landlord, extensively renovating our basement, and a husband.

Then, after a sequence of concussions very close together, my life was forever changed. I had almost non-stop headaches, I could no longer read more than a few words without getting a major headache, I could no longer sweat (weird huh?), my heart rate went crazy high and uncontrollable, I became extremely depressed, I was extremely sensitive to sound (especially constant noises like fans), and I was so, so tired. At one point I was sleeping 23 hours

straight with an ice pack on my head constantly for several days in a row. For almost two years I had ice packs on my head where ever I would go to numb the pain of the headaches. Despite all the medication I was on, nothing was able to stop the pain. I would also virtually instantly fall down asleep from exhaustion with only a few seconds notice. I left my family for days at a time because it was too busy and too noisy. Life was challenging.

Very slowly over time and through using many different post-concussion strategies and exercises, I have improved tremendously. I have been part of many different treatment programs at Parkwood

Acquired Brain Injury Program in London. Parkwood and the BIASL and the supports they provide have been a tremendous blessing to me of which I am extremely grateful for. I have even been able to pass on some of what I have learned as a peer mentor in the past year.

Though I am not able to go back to teaching in a school setting or do everything I could before-most people can't as they get older. I am able to teach and use my abilities in other ways. Now, over four years later, I have taken many courses over the last two years and combined with my prior experiences in renovating, I have become a professional home inspector and radon

measurement/testing professional approved by Health Canada. I recently started my own business called Quality Home Inspections. Even though I have now started this business the stigma and symptoms associated with having a brain injury create an on-going challenge. I continue to be blessed with a wonderful supportive wife and family.

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 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, Mar 10th Tues, Mar 24th Tues, Mar 31st Tues, Apr 14th Tues, Apr 21st Tues, Apr 28th</p> |
| <p>BIAS Café: Join us at the VON once a month for a coffee hour social with survivors, caregivers and family members where drinks and treats are provided.</p> | <p>Tues, Mar 10th Tues, Apr 7th 1pm VON Community Room</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>Wed, Mar 11th 6pm Thur, Apr 2nd 10am VON Community Room</p> |
| <p>Lunch Out: Enjoy some 'pub grub' at BrownStones. Located at 1000 Finch Drive in Sarnia</p> | <p>Fri, Mar 13th 12pm Brownstones</p> |
| <p>Bingo: Bring your luck and try your luck at a fun of BINGO.</p> | <p>Mon, Mar 16th 1-2:30pm VON Community Room</p> |
| <p>St. Patrick's Day Pot Luck: Bring the luck of the Irish and your favourite dish to share!</p> | <p>Tues, Mar 17th 12-2:30pm VON Community Room</p> |

| | |
|---|---|
| <p>Radon Information Hour: Hosted by our own survivor Joe Smit Have you heard the word "radon" mentioned in the news? Have you ever wondered what it is all about? Find out all about the history, the health risks, the ways to test for, and how to reduce the levels of radon gas in your home from a Health Canada approved radon testing professional who has taken courses and examinations regarding radon gas. Ask any questions you have and then decide for yourself whether radon gas is a significant health risk for you and your family.</p> | <p>Mon, Mar 23rd 1 VON Community Room</p> |
| <p>Drumming and Tai Chi Chair: Relax the body and mind.</p> | <p>Wed, Mar 25th 1:30pm VON Community Room</p> |
| <p>Card Making: Come out and enjoy an afternoon of card making with Carolyn.</p> | <p>Wed, Apr 8th 1-3pm VON Community Room</p> |
| <p>Spring Flower Pots: Come out and make some beautiful spring flower pots that are sure to bring out the warm weather.</p> | <p>Wed, Apr 15th 1-3pm VON Community Room</p> |
| <p>Lunch Out: Enjoy some delicious soup at Soups Up located at 1143 Confederation Street in Sarnia</p> | <p>Thur, Apr 16th 12pm Soups Up</p> |
| <p>OBIA Peer Mentor Training: Become a mentor and help others. Those who are interested must be pre-registered. Please contact Lori for more information.</p> | <p>Mon, Apr 20th 9am-2pm VON Community Room</p> |
| <p>Making Memories Scrapbooking: Come out and enjoy an afternoon of scrapbooking and have your memories to cherish.</p> | <p>Wed, Apr 29th 1-3pm VON Community Room</p> |



In collaboration with
Brain Injury Association of Sarnia Lambton

Presents:

Brain Basics

**A Training Program for Health Care Workers, Caregivers
and Survivors of Acquired Brain Injury**

Program Modules

- Module 1:** Parts and Functions of the Brain
- Module 2:** ABI: Types and Causes
- Module 3:** ABI: General Strategies
- Module 4:** ABI: Consequences & Strategies: Physical
- Module 5:** ABI: Consequences & Strategies: Cognitive
- Module 6:** ABI: Consequences & Strategies: Behavioural/Emotional
- Module 7:** Support Roles: Team and Family

Date: **April 23—24, 2020** (Thursday and Friday)

Location: BIA of Sarnia and Lambton
1705 London Line, Sarnia, ON N7W 1B2

Time: 8:30 am - 4:30 pm (Daily)

Cost: \$250.00 (Includes Lunch)

To reserve your seat, please register by April 9, 2020, as space is limited.

*For Further Information Please Contact:
The Brain Injury Association of Sarnia and Lambton
at 519.337.5657 or Email: pscarnia@gmail.com
Ontario Brain Injury Association
at 1.855.642.8877 or Email: training@obia.on.ca*

NEW! Register ONLINE!
www.obia.ca

Registration Form

9th Annual Golf Tournament & Silent Auction

Thursday, May 21st, 2020
GREAT COURSE/MORE

PRIZES/MORE COURTESY!

Lunch and Dinner Included

Huron Oaks Golf Course

2887 Lakeshore Rd, Bright's Grove, ON

Registration (Guaranteed upon payment prior to May 11th, 2020)

ETransfer payment is available

blain@biaasl.com

see reverse side of this parcel for more options

\$1 Name _____

Address _____

City _____ Postal Code _____

Phone _____ Email _____

\$2 Name _____

Address _____

City _____ Postal Code _____

Phone _____ Email _____

\$3 Name _____

Address _____

City _____ Postal Code _____

Phone _____ Email _____

\$4 Name _____

Address _____

City _____ Postal Code _____

Phone _____ Email _____



Shelley Cosma, Event Coordinator

619-719-3857

sheley@procrafts.com

Wendy Highley

619-600-8228

wendy@braininjuryassociation.com



BIASL
BRAIN INJURY ASSOCIATION
SARNIA - LAMBTON

9th Annual Golf Tournament & Silent Auction

May 21st, 2020

Huron Oaks Golf Course

Registration - 11:30 AM

Shot Gun - 12:00 PM

Please provide your card for tax receipts
or Cash/Chèque donations to:

Brain Injury Association Sarnia-Lambton.

1706 London Line, Unit 1046, Sarnia, Ontario, N7W 1E2

Phone: 519-887-5667 Website: <http://www.biaasl.com>

Charity Registration No.: 66166-6788-FF0001

**Thank-you in advance
for your kindness and
generosity!**

Sponsorship Details

Platinum Sponsorship - \$ 6000

- Opportunity to speak at tournament and other BIASL events
- Recognition at 3 to 4 events throughout the year
- Full page advertisement in Newsletter
- Newsletter Recognition and website link for one year
- Opportunity to have video on BIASL website
- Complimentary tousems includes golf/fund/dinner
- Prominent Corporate Recognition
- Name/logo Recognition on a hole and on dinner table cards

Gold Sponsorship - \$ 3500

- Complimentary tousems includes golf/fund/dinner
- Opportunity to speak on day of the tournament
- Half page advertisement in Newsletter
- Name/logo Recognition on a hole and on dinner table cards
- Mention in our bi-monthly Newsletter

Silver Sponsorship - \$ 2000

- Quarter page advertisement in Newsletter
- Silver level Corporate Recognition
- Name/logo Recognition on a hole and on dinner table cards
- Mention in our bi-monthly Newsletter

Bronze Sponsorship - \$ 750

- Business card size advertisement in Newsletter
- Bronze level Corporate Recognition
- Name/logo on a hole
- Mention in our bi-monthly Newsletter

Flag Sponsorship - \$ 500

- Corporate Recognition flag at each hole
- Name/logo on dinner table cards
- Mention in our bi-monthly Newsletter

Dinner Sponsorship - \$ 3500

- Opportunity to speak on day of tournament
- Recognition announcement at dinner
- Prominent Corporate Recognition on dinner table cards
- Name/logo Recognition on a hole
- Mention in our bi-monthly Newsletter

Lunch Sponsorship - \$ 1500

- Recognition announcement at lunch
- Corporate Recognition on lunch tables
- Name/logo on a hole
- Mention in our bi-monthly Newsletter

Survivor Foursome Sponsorship - \$ 1000

- Recognition announcement at Dinner
- Mention in our bi-monthly Newsletter

Hole Sponsorship - \$ 500

- 18 opportunities
- Some holes will have traditional golf tournament events at them such as longest drive, closest to the pin, while others may have non-traditional events at them
- Sponsorship will include signage at the hole
- Opportunity to have the hole attended by your representatives and give out your promotional items.



Registration Form

9th Annual Golf Tournament & Silent Auction

I want to pay:

- \$ 200 per Participant
 \$ 700 per Foursome

I would like to purchase _____ additional
guest dinner tickets at \$60

Please indicate below if you require a vegetarian meal.

I require _____ Vegetarian dinner(s)



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!



| BIASL BRAIN INJURY ASSOCIATION SARNIA & LAMBTON | | March 2020 | | | | | *NOTE: Please refer to newsletter for specific details and prices for events! | |
|---|----|------------|----|----|----|----|---|--------|
| | | | | | | | Sunday | Monday |
| | 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 | 31 | | | | | |



April 2020

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

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|---|--|--|-----------|
| <p>SAVE THE DATE Annual General Meeting June 8th at 6pm</p> <p>5</p> | <p>SAVE THE DATE Annual Golf Tournament on Thursday May 21</p> <p>6</p> | <p>SAVE THE DATE Race to Erase Saturday May 30</p> <p>7</p> | <p>1</p> | <p> Family Caregiver Support Group 10am VON Community Room</p> <p>2</p> | <p>3</p> | <p>4</p> |
| <p></p> <p>12</p> | <p>OFFICE CLOSED </p> <p>13</p> | <p> BIASL CAFE 1pm VON Community Room</p> <p>14</p> | <p> Card Making 1-3pm VON Community Room</p> <p>15</p> | <p> Lunch at Soups Up Restaurant 12pm</p> <p>16</p> | <p>OFFICE CLOSED  GOOD FRIDAY</p> <p>17</p> | <p>18</p> |
| <p>19</p> | <p> Peer Mentor Training 9am-2pm</p> <p>20</p> | <p> Exmouth St. 1pm</p> <p>21</p> | <p> Spring Flower Pot Making 1-3pm VON Community Room</p> <p>22</p> | <p>23</p> | <p>24</p> | <p>25</p> |
| <p>26</p> | <p>27</p> | <p> Exmouth St. 1pm</p> <p>28</p> | <p> Making Memories Scrapbooking 1pm VON Community Room</p> <p>29</p> | <p>30</p> | <p>SAVE THE DATE Crock-A-Doodle Family & Friends Night Coming In June</p> | |