

December 2020

The Life Line

Covid Edition



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
National Website:
www.braininjurycanada.ca



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.

Fundscrip Gift cards

A great way to support the organization while you shop! Choose from a large variety of participating stores and restaurants including Metro, Walmart, Tim Horton's and Subway. Place your order with Lori before December 4th by contacting her at 226-402-2121. If you miss this chance , we will be doing this fundraiser again in the new year.

Outdoor Exercise

Join our BIASL Board Member and Volunteer, Kerri Hamm each Friday afternoon at 2:30 pm for an afternoon stroll at Cantara Park. We will meet in the parking lot in front of the Animal Farm. Please text Lori at 226-402-2121 to let her know that you are attending.

It's Time for Coffee!

We've missed you! Meet us every Tuesday at 1 pm at the Story, 179 Christina St. N. Sarnia. Masks are mandatory except when eating or drinking. We must follow all COVID-19 Health and Safety protocol however this meeting space gives us lots of room to spread out! Looking forward to seeing you there!

There's a New Website in Town!

The Brain Injury Association of Canada has launched their new resource website to make it accessible and user friendly! It has so many amazing resources for both Survivors and Caregivers...check it out www.braininjuryCanada.ca!

Brain Injury Association of Sarnia Lambton T-Shirts

Our members have spoken and the designs are in for printing. T-shirts will be available for sale at \$15 each....another great Christmas gift! Call the office at 519-337-5657 if you wish to purchase a t-shirt.

Taxi Voucher

Did you know that BIASL may be able to assist with transportation for you to attend our activities and/or local medical appointments? Contact the office if you require this support.



Collaborative Holiday Event

Mark your calendars for December 9, 2-4 pm! It's been decided that due to COVID and the many restrictions that our survivors have faced over the months, we are partnering with the other Brain Injury Associations across Ontario to have a festive event with Zoom! It promises to be a great afternoon. If you are interested in participating, but need assistance in setting up Zoom or have questions please let us know and we will help you!

Office Hours

We are thrilled to announce that regular office hours are resuming. Starting the week of December 7th the office will be open on Tuesday mornings 9 am to 11:30 and Friday afternoons 1 pm to 3 pm. Phone calls will be answered and returned at that time. If you wish to meet with Lori Girolametto, Program Director, it is by appointment only. You must call ahead to schedule a time to meet. COVID-19 Safety precautions will be in place, including wearing a face mask, hand sanitization and physical distancing. When you arrive for your appointment at the BIASL office, Lori will meet you at the front desk of the VON. These are steps to keep everyone safe and we thank you for your understanding!

Massages

The Therapeutic Massage Program at Lambton College has reached out to us to provide free massages to our members, starting in January 2021. If this is of interest to you, please contact the office and let us know. They can accept approximately 12 people at this time. This was offered to our members in the past and was a very positive experience for all!

Merry Christmas from BIASL to You!


Christmas Celebrations will look differently this year due to COVID-19, but we can't let the year end without a little treat from our organization. On December 16th we would like to deliver a Christmas turkey dinner to our registered members. You will receive a phone call to confirm your interest and availability to receive the meal on that day. An approximate time of delivery will also be given closer to the date.


Brain Injury Impact Study

Just a reminder that The Ontario Brain Injury Association has launched a new research study, which replaces the previous questionnaire. There are two versions of this study: one for Individuals Living with Brain Injury/Concussion and the other is for Family Members and Caregivers. The study is accessible online at <http://obia.ca/brain-injury-impact-study/> or you may contact our office or OBIA for a paper copy. Should you require assistance in completing the survey, please contact Lori. As a thank you for completing the survey, you will receive a free membership to OBIA and a participating local agency of your choice; a brain injury survivor ID card; subscription to the OBIA Review Magazine; discounts to OBIA/Brock Training Programs; Discount on the Brain Basics e-learning and more






UPDATED December 1st, 2020: **The Ultimate Dining Card Has Increased Its Donation to 9%**


The Ultimate Dining Card 



~~7%~~ **9%**
Regular 5%

Sally Beauty 





12%
Regular 10%

La Vie en Rose / Bikini Village 






11%
Regular 8%

Winners 





8%
Regular 6%

Marshalls 





8%
Regular 6%

HomeSense 




8%
Regular 6%


Esso/Mobil 







3%
Regular 2%




Ivanhoé Cambridge 



4.5%
Regular 3.5%

-  Plastic gift cards
-  Electronic gift cards
-  Reloadable gift cards

Physical Card Order Form

Retailers on promotion	Denominations	Quantity	Sub-total
Ultimate Dining Card <small>Also valid at East Side Mario's, Elephant & Castle, Harvey's, Kelsey's Restaurant, Milestones Restaurant, Montana's Restaurant, New York Fries, Original Joe's, Prime Pubs, State & Main, Swiss Chalet Restaurant, The Biermarkt & The Pickle Barrel</small>	\$25	<input type="text"/>	<input type="text"/>
	\$50	<input type="text"/>	<input type="text"/>
	\$100	<input type="text"/>	<input type="text"/>
Sally Beauty	\$25	<input type="text"/>	<input type="text"/>
	\$50	<input type="text"/>	<input type="text"/>
La Vie en Rose / Bikini Village	\$25	<input type="text"/>	<input type="text"/>
	\$50	<input type="text"/>	<input type="text"/>
	\$100	<input type="text"/>	<input type="text"/>
Winners / Marshalls / HomeSense	\$25	<input type="text"/>	<input type="text"/>
	\$50	<input type="text"/>	<input type="text"/>
	\$100	<input type="text"/>	<input type="text"/>
Esso / Mobil	\$25	<input type="text"/>	<input type="text"/>
	\$50	<input type="text"/>	<input type="text"/>
	\$100	<input type="text"/>	<input type="text"/>
Ivanhoé Cambridge <small>Also valid at Bayshore, Conestoga Mall, CrossIron Mills, Guildford Town Centre, Laurier Québec, Mapleview Centre, Mayfair Shopping Centre, Metropolis at Metrotown, Mic Mac Mall, Montreal Eaton Centre, Oshawa Centre, Outlet Collection Winnipeg, Outlet Collection at Niagara, Place Montreal Trust, Premium Outlet Collection, Southgate Centre Tsawwassen Mills Vaughan Mills Place Ste-Foy.</small>	\$25	<input type="text"/>	<input type="text"/>
	\$50	<input type="text"/>	<input type="text"/>
	\$100	<input type="text"/>	<input type="text"/>

Print Name:

Total:

NAME	TELEPHONE	PAYABLE TO
		Brain Injury Association Sarnia Lambton

NOTES
Orders are due on Friday December 4. Gift cards will be ready for pick up on December 14. Please contact Lori Girolametto 226-402-2121 to make arrangements for drop off and pick ups. These make excellent gifts - especially at Christmas! Thank you kindly for your support!!!

THE ESSENTIALS

Grocery

Retailer	%	\$	QT	\$	QT	\$	QT	\$	QT	\$	QT	Total \$
Loblaws, Bloor Street Market, Extra Foods, Fortinos, No Frills, Real Canadian Superstore, Real Canadian Wholesale Club, Valu-Mart, Your Independent Grocer, Zehrs	3%	\$10 >		\$25 >		\$50 >		\$100 >		\$250 >		
Longo's, Grocery Gateway	3%	\$20 >		\$50 >		\$100 >						
M&M Food Market	3%	\$25 >		\$50 >								
Metro (Ontario), Food Basics	3%	\$25 >		\$50 >		\$100 >		\$250 >				
Sobeys, Foodland, FreshCo, IGA, Price Chopper, Safeway	3%	\$25 >		\$50 >		\$100 >		\$250 >				

Gas

Retailer	%	\$	QT	\$	QT	\$	QT	\$	QT	\$	QT	Total \$
Esso, Mobil	2%	\$25 >		\$50 >		\$100 >						
Irving Oil	2%	\$50 >										
Petro-Canada™	2%	\$10 >		\$25 >		\$50 >		\$100 >		\$500 >		
Shell	2%	\$25 >		\$50 >		\$100 >		\$500 >				
Ultramar	2%	\$10 >		\$25 >		\$50 >		\$100 >				

OTHER CATEGORIES

Restaurant & Coffee

Retailer	%	\$	QT	\$	QT	\$	QT	\$	QT	\$	QT	Total \$
A&W	4%	\$10 >		\$25 >								
Abbey's Bakehouse, Canyon Creek®, Duke's Refresher® + Bar, Jack Astor's Bar and Grill®, REDS® Wine Tavern, Scaddabush Italian Kitchen & Bar®, The Antler Room, The Loose Moose®	5%	\$25 >		\$50 >								
Applebee's	4%	\$25 >		\$50 >								
Boston Pizza	5%	\$25 >		\$50 >		\$100 >						
Earls Kitchen + Bar	5%	\$25 >		\$50 >								
JOEY	6%	\$25 >		\$50 >								
Kelseys, Bier Markt, D'Arcy McGee's, East Side Mario's, Fionn MacCool's, Harvey's, milestones, Montana's BBQ & Bar, New York Fries, Paddy Flaherty's, Prime Pubs, State & Main, Swiss Chalet, The Pickle Barrel, The Ultimate Dining Card, Tir Nan Óg	5%	\$25 >		\$50 >		\$100 >						
Kentucky Fried Chicken, Pizza Hut, Taco Bell	3%	\$25 >		\$50 >								
McDonald's®	2.5%	\$15 >		\$25 >		\$50 >						
Moxie's Grill & Bar	10%	\$25 >		\$50 >		\$100 >						
Pizza Pizza	10%	\$25 >		\$100 >		\$500 >						

Restaurant & Coffee (Continued)

Retailer	%	\$	QT	\$	QT	\$	QT	\$	QT	\$	QT	Total \$
Red Lobster	5%	\$25 >										
Starbucks	5%	\$5 >		\$25 >								
St-Hubert BBQ, St-Hubert Express	4%	\$25 >										
SUBWAY®	3%	\$25 >		\$100 >		\$500 >						
Teriyaki Experience	10%	\$10 >		\$25 >								
The Chopped Leaf	10%	\$25 >		\$50 >		\$100 >						
The Keg Steakhouse + Bar	5%	\$25 >		\$50 >		\$100 >						
The Old Spaghetti Factory	5%	\$25 >		\$50 >								
Tim Hortons	2%	\$15 >		\$25 >		\$50 >		\$100 >				
Wendy's	3%	\$10 >										

Apparel

Retailer	%	\$	QT	\$	QT	\$	QT	\$	QT	\$	QT	Total \$
Aerie	6%	\$50 >		\$100 >								
American Eagle®	6%	\$50 >		\$100 >								
Claire's	4%	\$20 >										
Gap, Baby Gap, Banana Republic, Old Navy	5%	\$25 >		\$50 >								
Harry Rosen	5%	\$100 >										
La Senza, La Senza Express	7%	\$25 >										
La Vie en Rose, Bikini Village	8%	\$25 >		\$50 >								
Lululemon	3%	\$25 >		\$50 >		\$100 >						
Mark's	7%	\$25 >		\$50 >		\$100 >						
Roots, Roots Kids	10%	\$25 >		\$50 >		\$100 >		\$250 >				
Simons	5%	\$25 >		\$50 >								
Suzy Shier	6%	\$50 >		\$100 >								
Warehouse One	6%	\$50 >										

Business & Office

Retailer	%	\$	QT	\$	QT	\$	QT	\$	QT	\$	QT	Total \$
Staples	3%	\$25 >		\$50 >		\$100 >		\$200 >		\$500 >		

Children & Toys

Retailer	%	\$	QT	\$	QT	\$	QT	\$	QT	\$	QT	Total \$
Build-A-Bear Workshop®	7%	\$25 >										
Scholar's Choice	5%	\$25 >		\$50 >								
The Children's Place	8%	\$25 >		\$50 >		\$100 >						
Toys R Us, BabiesRus	2%	\$25 >		\$50 >		\$100 >						

Department Stores

Retailer	%	\$	QT	\$	QT	\$	QT	\$	QT	\$	QT	Total \$
Amazon.ca	2%	\$10 >		\$25 >		\$50 >		\$100 >		\$250 >		
Dollarama	3%	\$10 >		\$25 >		\$50 >						
Giant Tiger	3%	\$25 >		\$50 >		\$100 >						
Hudson's Bay, TOPSHOP TOPMAN	3%	\$10 >		\$25 >		\$50 >		\$100 >		\$250 >		
Walmart	3%	\$10 >		\$25 >		\$50 >		\$100 >		\$250 >		
Winners, HomeSense, Marshalls	6%	\$10 >		\$25 >		\$50 >		\$100 >		\$250 >		

Electronics

Retailer	%	\$	QT	\$	QT	\$	QT	\$	QT	\$	QT	Total \$
Best Buy	1.5%	\$25 >		\$50 >		\$100 >						
The Source	2%	\$25 >		\$50 >		\$100 >						

Entertainment

Retailer	%	\$	QT	\$	QT	\$	QT	\$	QT	\$	QT	Total \$
Chapters, Coles Books, Indigo	5%	\$5 >		\$10 >		\$25 >		\$50 >		\$100 >		
Cineplex, Galaxy, Scotiabank, SilverCity, The Rec Room	4%	\$10 >		\$25 >		\$100 >						
Landmark Cinemas	4%	\$25 >		\$50 >								

Health & Beauty

Retailer	%	\$	QT	\$	QT	\$	QT	\$	QT	\$	QT	Total \$
Bath & Body Works	5%	\$25 >		\$50 >								
Fruits and Passion, Nature Collection, THE FACE SHOP	10%	\$25 >										
Regis Salons, Borics Hair Care, Hairmasters, MasterCuts	5%	\$25 >										
Rexall	2%	\$25 >		\$50 >								
Sally Beauty®	10%	\$25 >										
Sephora	4%	\$25 >		\$50 >		\$100 >		\$250 >				
Shoppers Drug Mart	3%	\$25 >		\$100 >								

Home & Garden

Retailer	%	\$	QT	\$	QT	\$	QT	\$	QT	\$	QT	Total \$
Canadian Tire	4%	\$10 >		\$25 >		\$50 >		\$100 >				
Club Piscine Super Fitness	4%	\$100 >		\$250 >		\$500 >		\$1000 >		\$2500 >		
Home Depot	3%	\$25 >		\$50 >		\$100 >		\$250 >		\$500 >		
Home Hardware, Home Furniture	3%	\$25 >		\$50 >		\$100 >		\$250 >		\$500 >		
Lowe's	3%	\$25 >		\$50 >		\$100 >		\$250 >		\$500 >		
RONA	3%	\$25 >		\$50 >		\$100 >		\$500 >				
Stokes, ThinkKitchen	6%	\$25 >										

Specialty

Retailer	%	\$	QT	\$	QT	\$	QT	\$	QT	\$	QT	Total \$
App Store & iTunes	3%	\$25 >		\$50 >		\$100 >						
DAVIDsTEA	3%	\$25 >		\$50 >								
DeSerres	5%	\$25 >		\$50 >		\$100 >						
Groupon	3%	\$25 >		\$50 >								
Kernels Popcorn	5%	\$15 >		\$25 >		\$100 >						
Laura Secord	7%	\$25 >										
MOLLY MAID	4%	\$100 >										
PetSmart	2%	\$25 >		\$50 >		\$100 >		\$250 >				

Sports & Leisure

Retailer	%	\$	QT	\$	QT	\$	QT	\$	QT	\$	QT	Total \$
Bass Pro Shops	4%	\$25 >		\$50 >								
Cabela's	4%	\$25 >		\$50 >		\$100 >						
Foot Locker	5%	\$25 >		\$50 >								
Golf Town	3%	\$25 >		\$50 >		\$100 >		\$250 >				
LifeExperiences.ca	7%	\$100 >										

Sports & Leisure (Continued)

Retailer	%	\$	QT	\$	QT	\$	QT	\$	QT	\$	QT	Total \$
Running Room	6%	\$25 >		\$50 >								
Sport Chek, Atmosphere	4%	\$25 >		\$50 >		\$100 >						

Travel

Retailer	%	\$	QT	\$	QT	\$	QT	\$	QT	\$	QT	Total \$
Best Western	2.5%	\$50 >		\$100 >								
Fairmont Hotels & Resorts, WillowStream	8%	\$50 >		\$100 >		\$250 >						

Others Retailers

Retailer	%	\$	QT	\$	QT	\$	QT	\$	QT	\$	QT	Total \$
Ivanhoe Cambridge, Bayshore Shopping Centre, Conestoga Mall, Mapleview Centre, Oshawa Centre, Outlet Collection at Niagara, Vaughan Mills	3.5%	\$25 >		\$50 >		\$100 >						
Oxford Gift Card Plus, Hillcrest Mall, Scarborough Town Centre, Square One Shopping Centre, Upper Canada Mall, Yorkdale Shopping Centre	3%	\$25 >		\$50 >		\$100 >		\$250 >		\$500 >		

TOTAL OF THIS ORDER	\$
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BIASL Board of Directors:

President – Christina Martin
Past President – Kelly Steeves
Vice President – Shelley Cosma
Secretary – Julie Bolton
Treasurer – Kerrie Hamm
Julie Miller
Chantal Prasad

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!

