

# Spring 2022 April/May

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Charity Registration No:  
89186-6733-RR0001

National Website:  
[www.braininjurycanada.ca](http://www.braininjurycanada.ca)



BIASL is a non-profit organization which helps to enhance the lives of people living with the effects of Acquired Brain Injury, and their families through education, awareness, support and advocacy.

## What's Been Happening?

We are so grateful to those who came out on February 10th to support our **Pasta Fest fundraiser** at the Dante Club! The food was delicious and the feedback that we received was amazing! We raised a total of \$737.32. Please mark your calendars for our next Pasta Fest event scheduled for **Thursday September 22, 2022 from 4 - 7 pm**

After a long hiatus, we have returned to our much needed in person Caregiver Support Groups. They will take place on the **last Monday of the month, at 1 pm at the VON Community Room**. Brain Injury affects the entire family, not just the individual. Please contact the office should you have any questions about the group.

We know the Pandemic continues to be hard on everyone, particularly those who already face isolation and loneliness. As a result, we have decided to provide some outreach, and start meeting on the first Tuesday of the month for coffee at the Tim Horton's in Petrolia.

If you or someone you know would like to join us, please feel free to attend or call the office. Details are found inside this newsletter. We hope to meet some new people and catch up with our members who live outside Sarnia!



*Truly  
Grateful  
for you.*



The week of April 24 to 30 is National Volunteer Week. On behalf of the Brain Injury Association of Sarnia Lambton, we would like to thank each and everyone of our volunteers for dedicating their time to make our activities and fundraisers go smoothly. As an organization, driven by the commitment and passion of those wishing to support Brain Injury in the community, it is humbling to work along side of you each day. Currently, we are preparing for our annual Golf Tournament in June and to see the hours of work given by each volunteer Committee member to ensure a successful event, is beyond incredible! Often this work goes unnoticed to the naked eye as most of it is done, after hours and separate from regular BIASL activities.

We also wish to thank those volunteers who came out in December to assist with our Gift Wrapping fundraiser at Lambton Mall. It was a particularly difficult year to be participating, but our volunteers helped to service the community and keep us motivated and inspired. This fundraiser could not have succeeded without the support and hours of service our volunteers donated.

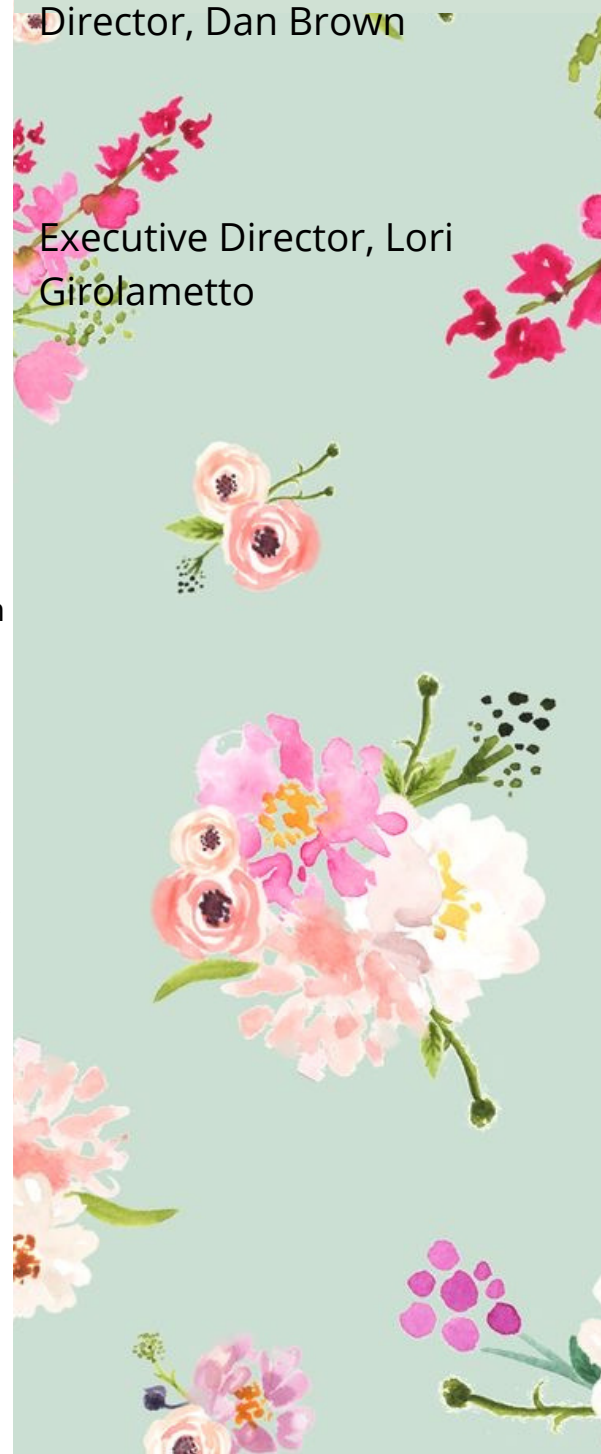
The theme of National Volunteer Week is "Volunteering is Empathy in Action." This is said to "affirm the strong connection between volunteerism and empathy." This year more than ever, organizations like ours have needed to rely on the gift of volunteers and the caring, compassion that they bring with them. Empathy in Action speaks about how human connection is essential to healthier individuals and stronger communities. To each and everyone of our volunteers who contribute with the newsletter, the website, the activities for our members, our Peer Support Program and of course, our Board of Directors, thank you! We could not do this important work without you!



## **Board of Directors 2021 - 2022**

President, Christina Martin  
Past President, Kelly Steeves  
Vice President, Shelley Cosma  
Treasurer, Deepa Rawat  
Secretary, Julie Bolton  
Director, Cyd Simpson  
Director, Michael Janssen  
Director, Karen Richards  
Director, Dan Brown

Executive Director, Lori  
Girolametto



MAY  
**THE 4TH**  
BE WITH  
**YOU**



# REFINED FOOL

**BREWING CO.**

**Charity Take Over**

**Wednesday, May**

**4th**

**4 - 9 PM**

**Star Wars Theme**

**Games, Prizes and**

**Best Costume**

**Contest!**



As avid Star Wars fans, the Brain Injury Association of Sarnia Lambton has compiled a list of our favorite tips and things that we imagine each character would give on tips to living well.

May the fourth be with you.

Luke Skywalker

Luke suggests that you walk about 10,000 steps a day. Daily exercise is important in conjunction with what we eat, to maintain our body weight. Simple cardio can make someone feel instantly better, and be a good practice to implicate into daily habits.

Chewbacca

Chewing your food up to 30 times before swallowing helps to aid in digestion. The teeth are used to rip apart food, as the saliva breaks down the nutrients. These nutrients will eventually be absorbed into the bloodstream via digestion. Saliva can also help keep our mouths clean by washing away any food particles, and the moisture helps to coat our mouths.

Darth Vader

Sometimes we need to go to the dark side. This includes our sleep schedule. Turning off the blue light from televisions and phones 30 minutes before sleep helps to get a better quality of sleep. Also, Darth Vader sounds like he suffers from COPD, so we recommend his use of a CPAP, and eventually will need a ventilator.

Yoda

Exercise is incredibly important in either maintaining a healthy weight or actively using your muscles. Try not to be a Jabba the Hut. Yoda Yoga is beneficial to your musculoskeletal structure, as well as practicing mindfulness. Yoga is proven to relax the body, and clear your thoughts.

Han Solo

Han Solo reminds us that sometimes it is best to be solo. Taking time for yourself is important. Relaxing and finding ways to de-stress are important to mental health management.

# Upcoming Activities

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County Outreach: Petrolia Coffee Group First Tuesday of the month in Petrolia at Tim Hortons	Tues April 5th 1pm Tues May 3rd 1pm
Coffee group at Coffee Lodge on Exmouth.	Tues April 12th 1pm Tues April 19th 1pm Tues April 26th 1pm
Brain Empowerment Workshop at the VON, Community Room	Thurs April 7th Thurs April 14th
Board Meeting, Zoom	Mon April 25th 6pm Mon May 30th 6 pm
Caregiver Support Group at the VON building	Mon April 25th 1pm Mon May 3rd 1pm
Lunch at Sophia's Diner 277 Ontario St.	April 21 noon
RacetoErase Volunteers Needed	May 28 9 am to 1 pm
Refined Fool, Charity Take Over Bring your family and friends!	Wed May 4th 4-9 pm
Voting Basics Workshop, Community Law School, Kiwanis Room	May 19th Noon Lunch Provided

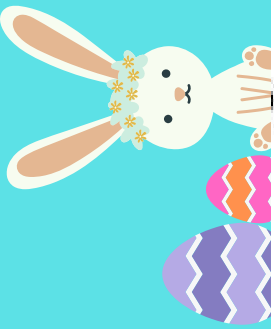
## Address of Events:

**VON Building: 1705 London Line (must be fully vaccinated along with wearing a mask as per VON Health Care regulations )**

**Coffee Lodge: 400 Exmouth St. Sarnia**

**Tim Hortons in Petrolia: 4160 Petrolia Line, Petrolia**





# April



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
	Petrolia Coffee Group 1-2pm <i>Tim Hortons</i>		Brain Empowerment at Lochiel room, 1 pm	Brain Empowerment at Lochiel room, 1 pm		
10	11	12	13	14	15	16
	Coffee Lodge on Exmouth. 1-2pm <b>COFFEE LODGE</b> <small>good food. good coffee. good people.</small>	Coffee Lodge on Exmouth. 1-2pm <b>COFFEE LODGE</b> <small>good food. good coffee. good people.</small>	Refined Fool Corn Hole 3 p.m.	Brain Empowerment at Lochiel room, 1 pm	Good Friday office Closed	
17	18	19	20	21	22	23
	Coffee Lodge on Exmouth. 1-2pm <b>COFFEE LODGE</b> <small>good food. good coffee. good people.</small>	Coffee Lodge on Exmouth. 1-2pm <b>COFFEE LODGE</b> <small>good food. good coffee. good people.</small>	Lunch at Sophia's Diner 277 Ontario St. 12:00	Lunch at Sophia's Diner 277 Ontario St. 12:00	Earth Day	
24	25	26	27	28	29	30
Volunteer Appreciation Week <b>THANKYOU</b>	Caregiver Support Group 1pm Board Meeting 6pm	Coffee Lodge on Exmouth. 1-2pm <b>COFFEE LODGE</b> <small>good food. good coffee. good people.</small>				



# May



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 Petrolia Coffee Group 1-2pm <i>Tim Hortons</i>	4 Refined Fool Charity Take Over 4-9pm	5	6	7
8	9	10 Coffee Lodge on Exmouth 1-2pm <b>COFFEE LODGE</b> <small>good food. good coffee. good people.</small>	11	12	13	14
15	16	17 Coffee Lodge on Exmouth 1-2pm <b>COFFEE LODGE</b> <small>good food. good coffee. good people.</small>	18	19 Voting Basics Workshop in Lochiel Room 12pm	20	21
22	23	24 Coffee Lodge on Exmouth 1-2pm <b>COFFEE LODGE</b> <small>good food. good coffee. good people.</small>	25	26	27	28 Race to Erase 9 am - 1 pm
29	30 Caregiver Support Group Board Meeting 6pm	31 Coffee Lodge on Exmouth 1-2pm <b>COFFEE LODGE</b> <small>good food. good coffee. good people.</small>				



11TH ANNUAL CHARITY  
GOLF TOURNAMENT TO BENEFIT:



**BIASL**

BRAIN INJURY ASSOCIATION  
SARNIA - LAMBTON

16  
JUNE  
2022

WIDDER STATION GOLF  
8395 DECKER RD  
THEDFORD, ON

For more information, please contact:

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