

NEWSLETTER

Fall Edition 2022

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

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

Charity Registration No:
89186-6733-RR0001

National Website:
www.braininjurycanada.ca



<https://www.facebook.com/biasarnialambton>

September was National Concussion Awareness month and more specifically, on September 28th was Rowan's Law Day in Ontario. The day is recognized in memory of Rowan Stringer, a 17- year old rugby player whose death resulted after sustaining multiple concussions. The law was passed by the Ontario government to protect athletes, while educating parents, coaches and officials about the life-changing risk and harm of brain injury. It is intended to encourage all participants to recognize the symptoms faster and thereby, seek treatment and recovery as required. Recently, most of us would have heard about the injuries that the Miami Dolphins quarterback faced in not one, but two games within four days of each other. In both games Tua Tagovailoa showed serious and concerning symptoms of head trauma, yet he was put back into the first game. This of course was subject to intense criticism, but it was the Miami Dolphin's head coach, Mike McDaniel's comment afterwards that had viewers enraged, "the best news that we could get is that everything is checked out, that he didn't have anything more serious than a concussion." *A concussion is a brain injury.* We cannot afford to cushion that statement any longer. Multiple concussions account for multiple injuries, but the problem is that most of the injuries are invisible and the survivor struggles in silence with headaches, loss of memory, fatigue, brain fog, dizziness, confusion, sensitivity to light and noise, sleep disruption. Above all, survivors often share their feelings of loneliness and isolation because people don't take the time to understand. I was encouraged by the strong reaction that both the media and fans had towards Mike McDaniel's comment. This tells me that education and awareness about brain injury is happening out there.

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Thanksgiving Blessings

On Thursday October 6, 2022, we gathered at Redeemer Christian Reformed church hall and celebrated with a Thanksgiving lunch. We were most grateful to **Sarnia Blessings** for catering the delicious meal for us. It was wonderful to reconnect with those that we have missed and delightful to make new friends, as we share the same journey of Brain Injury recovery.



Continued from first page.....

If you or someone you know has had a concussion, please know that help is available. You do not need to suffer alone. Contact our office 519-337-5657 or reach out to the OBIA HELPLINE: 1-800-263-5404.



BIASL

BRAIN INJURY ASSOCIATION
SARNIA - LAMBTON

PLEASE JOIN US

BIASL ANNUAL GENERAL MEETING

Tuesday October 25, 2022

6:00 pm via Zoom

**RSVP TO 519-337-5657 AND
ZOOM LINK WILL BE PROVIDED**



Show support by wearing PURPLE on October 20, 2022.



1 in 3 women experience Intimate Partner Violence in Canada.



92% of Intimate Partner Violence incidents involve hits to the head, face, and neck. 75% of survivors experience possible brain injuries as a result.



Intimate partner violence is the primary cause of physical injury to Canadian women aged 15 to 44.



19% of women who reported violence by a partner between 1999 - 2004 report being strangled.

Source: womenatthecentre.com
abitoolkit.ca

For more information, visit: <https://obia.ca/purple-thursday/>
<https://www.canadianroyalpurplesociety.org/>

Behind Closed Doors

We are excited to be participating in the Behind Closed Doors event at Lambton Mall this year on Sunday December 4, 2022 from 7:00 - 10:00 pm. Tickets are \$5 ahead of time or \$10 at the door. We have tickets for sale. Please contact the office if you are interested in purchasing a ticket.

Transportation

If members are struggling to find transportation to our activities, please don't hesitate to reach out to the office and we will gladly help with a taxi voucher.

Mentors we Need You

We know that living with a brain injury can be a daily challenging experience. Yet sometimes we forget what we are able to give to others based on our lived experiences. We do become the experts of our own injury. If you feel that you have 20 minutes a week to talk to someone who may be new to brain injury, please consider becoming a peer mentor through the Ontario Brain Injury Association (OBIA). Your connection with someone else could definitely make a difference! Training is available to those who are interested in becoming mentors.



The Peer Support Program is looking for Volunteer Mentors!

Do you have lived experience with a brain injury?
Are you a caregiver to a loved one with a brain injury?
Do you have 1 hour each week to make a phone call?

The FREE Peer Support Program provides weekly one-on-one support from a trained Volunteer Mentor, over the phone, in the comfort of your own home.

OBIA
ONTARIO BRAIN INJURY ASSOCIATION
Education • Awareness • Support

Peer Support Program Funding provided by:
Ontario

For more details, Contact: 1-800-263-5404 (ask for Carla)
or email: peersupport@obia.on.ca

Christmas Gift Wrapping

It's almost that time of year again when we are looking for volunteers to help with holiday gift wrapping at Lambton Mall. This has always been our second largest fundraiser of the year - helping to support all of our programs. Please contact the office if you are able to donate a few hours to this fun and festive cause!



Activities in October

Coffee at the Coffee Lodge 400 Exmouth St.	October 18, 25th 1:00 pm
Join us for a fun game of Bingo at Biasl	October 20th 1:00 pm
BIASL ANNUAL GENERAL MEETING VIA ZOOM	October 25th 1:00 pm
Let's have some Halloween fun! come dressed in your costume and be prepared to carve/decorate a pumpkin, play some games and win lots of prizes!	October 27th 1:00 pm at VON
Caregiver Support Group Meeting at BIASL	October 31st 1:00-2:30pm

Activities in November

Coffee at the Coffee Lodge 400 Exmouth St.	November 8, 15, 22, 29 1:00 pm
Lunch at Actor's in Petrolia 4211 Petrolia Line	November 1st 12:30 pm
Presentation from the Women's Interval Home on Domestic Violence	November 2nd 1:00 pm
Come out and make a driftwood Christmas tree as a gift or for yourself. Limit of ten people.	November 17th 1:00 pm BIASL
Caregiver Support Group Meeting at BIASL	November 21 1:00 pm
Happiness after Brain Injury, Guest Speaker Nicole Nadeau Zoom Presentation - Link to be Provided	November 24 1:00 pm

Board of Directors

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We are so Grateful for our Sponsors

LERNERS
LAWYERS

SISKINDS

REFINED FOOL
BREWING CO.

ENBRIDGE





October



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1

2

3

4

5

Thanksgiving
Dinner
12:00 pm
Redeemer
Church



7

8

9

Thanks
giving

10

11

COFFEE LODGE
good food. good coffee. good people.

1 pm

12

13

14

15

16

17

18

COFFEE LODGE
good food. good coffee. good people.

1 pm

19

Wear Purple
for IPV

20

21

22

Bingo at
1pm at Von

23

24

AGM 6 pm

25

26

27

28

29

Halloween Fun
at the VON
1 pm



30

Caregiver
VON 1 pm

31

1 pm



November



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Lunch at Actor's in Petrolia 12:30 pm 1	Women's Interval Home: Domestic Violence Workshop 1 pm 2	3	4	5
6	7	8	9	10	11 Remembrance Day	12
		COFFEE LODGE good food. good coffee. good people.				
13	14	15	16	17 Drift Wood Christmas Trees BIASL 1 pm	18	19
		COFFEE LODGE good food. good coffee. good people.				
20	Caregiver Support 1 pm 21	22	23	Happiness after TBI, Workshop 1 pm 24	25	26
		COFFEE LODGE good food. good coffee. good people.				
27	Board Meeting 6 pm 28	29	30			
		COFFEE LODGE good food. good coffee. good people.				