



The latest news, views and announcements

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**Sarnia Brain Injury
Association of Sarnia
Lambton**

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Happy New Year to all of you as we enter a Leap Year this month. February is one of my favourite months, perhaps because it helps to put the dreariness of January behind us with bright, cheery red hearts and spoken words of kindness. It's not the romantic love that I cherish this month, but the self love and the love of family and friends that is so fundamental to our existence. Unconditional love that reminds us that we are important and valuable to one another. After a brain injury, it is normal to question one's new character and a survivor often feels vulnerable to their circle of support. A lack of understanding of what a brain injury is and how it can turn a person's world upside down, can question one's self love. Be the person who reaches out to learn more about brain injury and how it impacts your loved one. We have resources to help and support not only for the survivor, but the family as well. I love this quote by Robert Morley, "To fall in love with yourself is the first secret to happiness." Isn't that where it really begins? ❤️ ~ Lori



Annual Gift Wrapping Program

Once again, our incredible volunteers repeatedly dedicated their time and talent in December, while wrapping gifts at the Lambton Mall. This is always our second largest of the year and the money is used to support our survivors and the programs we operate. This year we proudly made \$7050 and could not have done it without the support of Lambton Mall, our volunteers and the Sarnia-Lambton community.

On February 12th, we would like to invite all of our volunteers to the VON for a small reception of thanks. This will also serve as an opportunity debrief your experience and help us to plan for next year. We hope you will attend! Please RSVP to Sarnia.biasl@gmail.com. Thank you from the bottom of our hearts! ❤️



On December 30th, 2023 we said goodbye to our dear friend, survivor and mentor, Phil Goudreau. Phil passed away suddenly on December 18. He was a wonderful advocate for brain injury and always made our members feel welcome and understood. He is survived by his dear wife Laurie and a loving extended family. You will forever be in our hearts Phil.



OBIA's Return to
Work Project

Employee Return to Work Program

The goal of this program is to provide employees and their employers with tailored education, training and Enhanced Support Services to improve the return to work process following concussion/brain injury.

This is a FREE SERVICE!



For more information and to express your interest in participating, please visit:

obia.ca/support/return-to-work-project/employee

Funded in part by
the Government
of Canada

Canada

NOW RECRUITING PARTICIPANTS FOR THE RTW PROJECT:

This program aims to provide employees and their employers with tailored education, training and Enhanced Support Services to improve the return to work process. This is a FREE SERVICE!

The Return to Work program provides:

- * An online training program tailored to your needs as an employee returning to work after a concussion/brain injury
- * Access to Enhanced Support Services, which includes support from an Occupational Therapist and Social Worker (This portion of the program is a collaboration between you and your employer)
- * Both you and your employer must consent to receiving Enhanced Support Services

Please note, this program is only available to employees working in Ontario, and employees must be returning to work with their pre-injury employer.

Click the link below to express your interest in participating in the Return to Work program with an anticipated start date of early Spring 2024.

<https://obia.ca/support/return-to-work-project/employee/>



Brain Injury Association Sarnia Lambton Annual 13th Charity Golf Tournament

Thursday June 13, 2024

Widder Station

12 :00 registration

1:00 pm shot gun start



Sobeys - Multi-Banner Grocery



5%
Regular 3%



...and more!

Banana Republic



9%
Regular 7%



Chocolats Favoris



9%
Regular 7%



Gap



9%
Regular 7%



Old Navy



9%
Regular 7%



Physical Gift Cards



Electronic Gift Cards

With Fundscrip Gift cards, our organization receives a percentage of the value purchased. There are no hidden fees added. Just simply call the office and place an order. Many restaurant, retail, and grocery stores are on the list. The next group order will be placed at the end of February. If you have any questions feel free to reach out to the office. We are grateful for your support. Last year we raised \$935.95.

Upcoming Activities

Reminder Members needing transportation to activities can call the office for a taxi to be arranged



February Activities

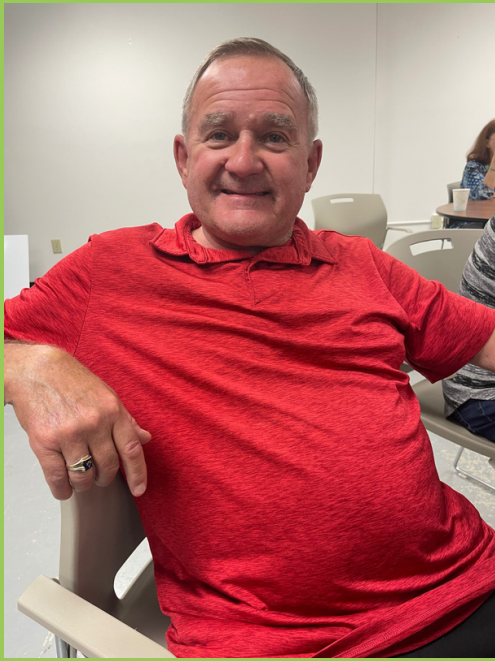
Coffee Hour at the VON	Tuesdays at 1 pm
BINGO at the VON	February 8, 1 pm
Valentine Pot Luck Lunch VON	February 13, 1 pm
Pathways Pool 1240 Murphy Rd.	February 15, 1 pm
Art by Shreena at the VON	February 22, 1 pm
Sarnia Sting Game, 1455 London Rd	February 25, 2 pm
Cornhole at Refined Fool, 1326 London Rd	February 28, 1-3 pm
Vision Boards at the VON	February 29, 1 pm

Upcoming Activities

Reminder Members needing transportation to activities can call the office for a taxi to be arranged

March Activities

Coffee Hour at the VON	Tuesdays at 1 pm
Pizza and Game Day at the VON	March 7 at 1 pm
Cooking Class at the VON	March 14 at 1 pm
Pathway Pool,	March 21 at 1 pm
Easter Potluck, 5 pm VON -no coffee today	March 26 at 5 pm
Art by Shreena VON, 1 pm	March 28 at 1 pm



Member's Corner

Meet Dan Brown

Dan is 70 years old and an active member with BIASL and has been both a partner and mentor in our Peer Mentor support program. Please read below as Dan shares a little bit about his journey of injury and recovery.

Cause of Brain Injury: Motorcycle accident, thrown a distance and landed on head

Date of Injury: July 2005

Symptoms: PTSD, Whiplash, Near Death experience, Brain damage, Memory Loss (sort term), Loss of some Cognitive Understanding; Depression; Suicidal Thoughts

Occupation Before Accident: Farmer, Soybean Export Business

Coping Skills: Mindfulness practices, Deep breathing, Meditation, Concentrate on today; Try to forget the accident and past problems; CBT learned; Socialize with other survivors

Words of Encouragement: Try to accept what has happened; try to be positive; do not have big expectations; have patience; be grateful for what you have; ask for help; understand that your life has been altered; have hope; and never give up, try not to look back.



Brain Injury Canada/Lésion Cérébrale Canada

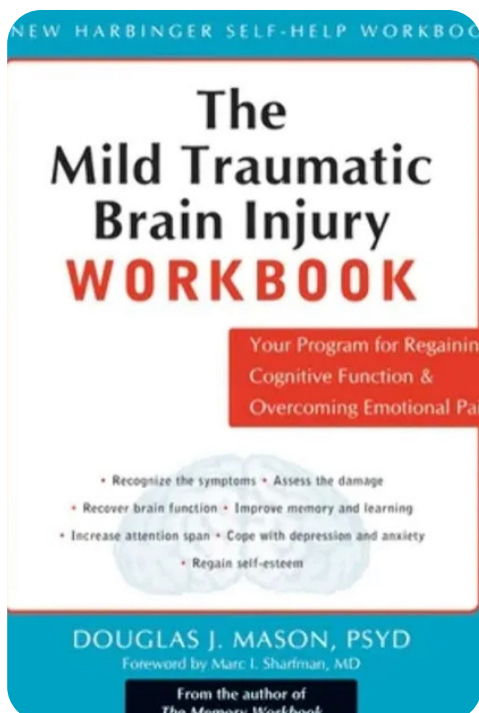
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Air Canada has adopted the Hidden Disabilities
Sunflower program for people with non-visible
disabilities

"It gives you great confidence, in that you know that you can be seen. It's a very visual tool without me having or anyone having to explain and have that conversation. And it's reassuring knowing that there's somebody who's got your back. Who's there and can see what's going on and help you out." - Paul Rogers, Brain Injury Canada board member

<https://lnkd.in/efRWdV8V>



Thank You Rotary Club of Sarnia Bluewaterland

We are extremely grateful for having received a \$2500 Community project grant. With this money, we will be purchasing 50 copies of this book, The Mild Traumatic Brain Injury Workbook and facilitating two separate education sessions for our survivors. The first session for up to 25 people will begin in February. The unique quality of this program, allows survivors to receive an honorarium for volunteering to facilitate a session. If you are interested in participating, please contact the office 519-337-5657

Word Search

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Concussion

Counseling

LifeChange

Exercise

Advocate

Fatigue

Headache

Friends

Support

Routine

Memory

Therapy

Anxiety

Social

Doctor

Physio

Family

Trauma

Lawyer

February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6 Coffee Social VON, 1 pm	7	8 Bingo VON, 1 pm	9	10
11	12 BIASL Board Meeting 6 pm	13 Valentine Lunch Pot Luck 12 pm VON	14	15 Pathways Pool, 1-2 pm	16	17
18	19 Family Day BIASL is closed	20 Coffee Social VON, 1 pm	21	22 Art by Shreena Class, VON 1 pm	23	24
25 Sarnia Sting Game vs North Bay 2 pm	26	27 Coffee Social VON, 1 pm	28 Corn Hole Refined Fool 1:00-3:00	29 Vision Boards VON, 1 pm		



March



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 Easter Sunday					1	2
3	4	5 Coffee at VON 1 pm	6	7 Let's Play Sequence VON, 1 pm	8 International Womens Day	9
10 Daylight Savings Clocks go Ahead	11	12 Coffee at VON 1 pm	13	14 Cooking Class, VON 1 pm	15	16
17	18	19 First Day of Spring Coffee, VON	20	21 Pathway Pool, 1-2 pm	22	23
24	25	26 Easter Pot Luck 5 pm	27	28 Shreena's Art Class VON 1 pm	29	30



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