

Fall 2021



Manitoba Brain Injury ASSOCIATION

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Supporting each
other towards
a new beginning

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**Manitoba Brain Injury
ASSOCIATION**

MBIA MISSION

To offer help and hope to individuals and families living with the effects of brain injury through direct services, education and advocacy; to promote independent living and a sense of community among those affected; and to educate all Manitobans towards the prevention of acquired brain injury.

Staff

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Program Coordinator
Cyerra Balitaan, BSW, RSW

Selkirk Facilitator
Kelly Driedger, BSW, RSW

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Kristyn Cain

Contact Us

Visit the office: 204-825 Sherbrook St. Winnipeg, MB R3M 1M5

Phone: 204-975-3280

Email: info@mbia.ca

Like us on Facebook: Manitoba Brain Injury Association

Follow us on Twitter: MBBraininjury

Follow us on Instagram: MB_BrainInjury

Subscribe to our Youtube Channel: Manitoba Brain Injury Association

Support Groups

*Please note due to COVID-19 support groups will continue to be through Zoom and some programs will be offered in-person.

Winnipeg

Survivor Support Group:

First 3 Wednesday's of the each month Wednesday from 7-9:00PM & Thursdays from 2:00-4:00PM
203-825 Sherbrook Street
Winnipeg, MB

Young Survivors Group

Every 4th Wednesday of each month from 7:00-8:30PM
203-825 Sherbrook Street
Winnipeg, MB

Brandon & Area

Every 3rd Monday of each month from 7:00-8:30PM
Prairie Oasis Senior Center
241 8th St., Brandon, MB

Steinbach & Area

Last Monday of each month from 7:00-8:30PM
Pat Porter Active Living Centre
10 Chrysler Gate, Steinbach, MB

Selkirk & Interlake Area

First Wednesday of each month from 1:00-2:30PM
Main Level, Gordon Howard Centre
384 Eveline Street, Selkirk, MB
Info: 1-866-327-1998

Support group schedules do not apply between July & August unless otherwise stated.

MBIA Walk 2021

Our 17th annual Brain Injury Awareness Walk was a huge success! Members got to socialize, participate in raffles, and enjoy a walk at Assiniboine Park. A huge thank you to our sponsors for sponsoring our event!



Thank you to our sponsors/partners:

- Fairstone Financial
- Castle Mortgage Group
- Booster Juice
- Reliable Mobility
- Jackson Springs Water
- Jay Richardson of Power 97
- Cranked Energy
- Mannington Custom Homes
- Virgin Radio 103.1
- Performance Healthware
- Gustin Quon
- Buzz and Boomer

Buona Sera/Brain Injury Awareness Month

Brain Injury Awareness month in June 2021 was jam packed with so many events. To kick off the month, we had our Buona Sera virtual dinner event with performances and dinner from DeLuca's. We also had special virtual events every week from MBIA's very own members. Finally, we also kicked off our *New Beginnings* podcast, which featured member stories and testimonies.

Episode #1

Guest Speaker: Valerie Bergeron



New Beginnings

A MANITOBA BRAIN INJURY ASSOCIATION
PODCAST



Thank you to our sponsors/partners:

- Workers Compensation Board of Manitoba
- Audi Winnipeg
- DeLuca's
- Co-op Red River



P.A.R.T.Y. Program/Mock Car Crash 2021

Our virtual 2020-2021 P.A.R.T.Y. Program was a huge success amongst the students and teachers we presented to. Our virtual program included games and prizes to keep the students engaged and interested in the presentation, while educating them on road safety and risk prevention.



After not having a Mock Car Crash in over a year due to Covid-19, we presented our Mock Car Crash 2021 to Tec Voc High School. The crash provided the students with an immersive experience to learning about impaired driving and the roles of first responders in an accident. The students loved the event and were talking about the event for weeks after.



Thank you to our sponsors/partners:

- Manitoba Public Insurance
- STARS Air Ambulance
- RCMP - Traffic Services
- Criticare EMS
- Winnipeg Fire Paramedic Services
- Chapel Lawn Funeral Home
- Winnipeg Police Services
- Transplant Manitoba
- Canadian Blood Services

University of Manitoba Research Collaboration

The University of Manitoba and the Manitoba Brain Injury Association partnered together to help create a financial empowerment program directed towards those living with a brain injury. The end result will help to acknowledge the financial and systematic barriers that brain injury survivors face.

MBIA-FEP Project - Survey Study

The Manitoba Brain Injury Association Financial Empowerment Program (MBIA-FEP) Project Survey Study seeks to learn more about managing finances for Manitobans living with a brain injury.



If you are **18 years of age or older** and:

- live in Manitoba and live with an ABI (brain injury or stroke survivor)
- OR
- are a caregiver providing care to a Manitoban adult with an ABI,

this **ANONYMOUS** survey study is for you!

Contact **204-789-3419** or lisa.engel@umanitoba.ca if interested

This study has been approved by the University of Manitoba Health Research Ethics Board: H524883 (H2021:175)
This study is funded in part by the Government of Canada's Social Development Partnerships Program – Disability component. The funder does not have access to the survey data we collect from this study.

FALL 2021

Interested in Attending our Programs?

P.A.R.T.Y. Program

Interested in learning about how to keep yourself and your friends safe? Want to learn about preventative measures you can take to protect yourself in potentially risky, dangerous? Register your school for a virtual P.A.R.T.Y. session for the 2021-2022 school year! Email outreach@mbia.ca to register.



Sponsored By



MANITOBA
PUBLIC INSURANCE


Brain Health for Seniors

Are you 55+, living in Manitoba and are living with a brain injury?

Want to learn about healthy mechanisms to support yourself while living with a brain injury?

Sign up for our virtual or in-person Brain Health for Seniors program starting up in January 2022. Email

supportgroup@mbia.ca to register in Winnipeg or Brandon.



Employment and
Social Development Canada

Emploi et
Développement social Canada

MBIA

Brain Health for Seniors Program

Funded by ESDC



WHAT: A holistic wellness boot camp consisting of topics on nutrition, exercise, mental wellness, and improving everyday functioning

WHO: Manitobans aged 55+, living with a brain injury (including stroke survivors)

WHERE: Virtual + In-Person

WHEN: In-Person - January 12- March 3/22
Virtual- January 13-March 4/22

Time: 2-4 P.M.

HOW: Sessions are 8 weeks, multiple times throughout the year
If interested, email info@mbia.ca

Welcome Students/Staff

Kelsey Werkman

Hey there! I'm Kelsey. I am thoroughly enjoying my studies as a Social Work student at the University of Manitoba. One of the greatest things about the BSW program is that I'm given the opportunity to practice in the social work field here at MBIA! Because of the effect it's had on some of my loved ones, brain injury is something very near and dear to my heart and I am passionate about providing support to brain injury survivors and their caregivers. I am looking forward to working alongside clients to navigate the challenges brought on by brain injury and hope to gain experience in educational and advocative initiatives. If I'm not at MBIA or my part-time job, you'll probably find me somewhere with hiking boots on ;) I also enjoy baking and taking care of my plants!



Doreen Prince

Hello everyone, My name is Doreen Prince. I am in my second year of the MSW program at the University of Manitoba. I am currently completing my practicum as program coordinator and facilitator of the Brain Health for Seniors Program. I will be in this role until April 2022. I bring with me 13 years of experience working directly with brain injuries survivors. When I am not working and studying, I enjoy cooking, gardening, and going for nature walks. Thanks for allowing me the opportunity to work with you.



Welcome Students/Staff

Juliet Obiekwe

Hello, my name is Juliet. I am a final-year social work student at the University of Manitoba. I love doing my placement with MBIA. I did not know much about brain injury until I spoke with a friend who worked with people with brain injury. What she told me deeply touched me and piqued my interest to know more about this, and I started researching brain injury and its effect on individuals and their families. I look forward to learning more about the experiences of those with brain injury and providing services that will improve their quality of life and their families through MBIA.



Our new students will be here with us from September 2021 - April 2022. Give them a warm welcome to MBIA!

New Administrative Assistant: Rhia Ventura

We have a new face in the office! Rhia Ventura is our new administrative assistant. She will be the friendly voice you will hear on the phone and will help direct all calls/emails/inquiries to the right person. Rhia enjoys practicing calligraphy, going to the gym, and watching movies. Give her a call at 204-975-3280 (our office number) to say hi and give her a warm welcome!



BRAIN GAMES!

Word searches are a great and fun way to exercise the brain and promote brain health!

Brain Word Search

C	C	O	I	S	E	R	O	T	O	N	I	N	M
O	T	B	R	A	I	N	S	T	E	M	N	U	U
R	O	E	M	M	I	P	I	H	R	A	N	Y	R
T	C	P	M	U	A	X	E	M	U	I	G	I	B
E	I	I	C	P	P	D	O	P	A	M	I	N	E
X	B	N	I	N	O	O	N	R	L	T	N	A	R
M	M	E	N	N	P	R	C	E	A	G	S	P	E
E	I	A	O	R	S	C	A	P	T	Y	S	I	C
N	L	L	B	M	N	E	S	L	I	R	P	A	H
I	H	I	P	P	O	C	A	M	P	U	S	M	B
N	I	N	E	R	R	M	D	U	I	S	I	A	R
G	H	S	A	T	U	O	R	S	C	B	O	T	E
E	A	R	N	E	E	E	P	O	C	E	C	E	Y
S	I	E	S	R	N	A	N	M	O	C	E	R	S

HISTAMINE
OCCIPITAL
NEURONS
TEMPORAL
HIPPOCAMPUS
CORTEX
DOPAMINE
BRAIN STEM
CRANIUM
SEROTONIN
PINEAL
MENINGES
PIA MATER
GYRUS
LIMBIC
CEREBRUM