

Spring 2019



Manitoba Brain Injury ASSOCIATION

AGM 2019

BRANDON WALK

WILL AND HEALTH DIRECTIVE SEMINAR

MBIA BUD, SPUD & CHICKEN FUNDRAISER

15TH ANNUAL WALK

UPCOMING ACTIVITIES

SUMMER RECREATIONAL PROGRAM

Supporting each
other towards
a new beginning

EDUCATION • AWARENESS • PREVENTION



**Manitoba Brain Injury
ASSOCIATION**

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UPCOMING EVENTS

MBIA Annual General Meeting 2019

- ◆ Date : **Thursday June 20, 2019**
- ◆ Time : 5 — 7 PM
- ◆ Location : Room 203—825 Sherbrook Street
- ◆ RSVP for attendance

Call: (204) 975-3280 or

E-mail: info@mbia.ca

14th Annual MBIA Walk

- ◆ Date : Sunday August 25, 2019
- ◆ Registration starts: 10:00 AM
- ◆ Location : Assiniboine Park Conservatory Tent

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

Contact us: (204) 975-3280

Visit us: www.mbia.ca

Email: info@mbia.ca

Like us on FB: Manitoba Brain Injury Association

Follow us on Twitter: @MBBrainInjury

Notice for 2019 MBIA Annual General Meeting “AGM”

The MBIA AGM will be held on Thursday, June 20, 2019 at Room 203 Society for Manitobans with Disabilities (SMD) commencing at 5:00 pm.

The meeting will deal with the following business:

1. Provisions for Bylaws
There are provisions to make changes to the MBIA Bylaws.
2. Treasurer's Report
Reviewed Financial Statements
3. Board member nominations.
Nominations to the board of directors are being sought. All nomination require the consent of the nominee and two (2) signatures of the nominators. See insert for nomination forms. Please nominate someone you think would be valuable to the organization.
4. Elections
Members will elect vacant board member positions. Interested individuals may submit their nomination form.

Note:

All completed nomination forms must be received **no later than 4:30 PM on Thursday, June 6, 2019.**

All members are invited to attend. Refreshments will be served.

Please submit any topic for consideration at info@mbia.ca on or before June 6, 2019.

UPCOMING EVENT: Walk for Brain Injury Awareness in Brandon



**Manitoba Brain Injury
ASSOCIATION**

Brain Injury Awareness Walk

Saturday June 1st

**Start & end at
Army, Navy & Air Force Unit # 10
31 - 14th Street, Brandon MB**

Brain injury is often considered an invisible disability. For those who survive, they are left to face major, often life-altering challenges such as loss of income, roles in life, friends, chronic pain, fatigue and loneliness.

*The **Brandon and Area Support Group** is facilitated by volunteers. The group's goals are:*

- *public awareness and educational programming related to brain injuries*
- *providing hope and emotional support for survivors and their families living with a brain injury*

For more information about Brain Injuries, visit the MBIA website at www.mbia.ca or contact a local representative by leaving a message at 1-866-327-1998.

For more information about the walk email Kevin @ ktutthill5@gmail.com

There will be displays, bucket raffles, speakers, new friends,
free take homes & FUN!!

Donations gratefully accepted (tax receipts issued for donations over \$20)



**Registration 10:30 - 11:00
Walk 11:00 - 12:00
(shorter & longer routes)
Lunch 11:30 - 12:30
(provided)
Speakers & Draws 12:30**

UPCOMING EVENT: Will and Health Directive Seminar



COLE R. SOUTHHALL
Fillmore**Riley**



PRESENTS

Will and Health Directive Seminar
Thursday May 23, 2019
2:00 PM

VENUE
203 - 825 SHERBROOK STREET

FREE OF CHARGE

Fillmore Riley will discuss the following:



Why you need a valid, updated Will, an enduring Power of Attorney, and a Health Care Directive



How to ensure your last wishes are achievable.



How to support the community with a charitable gift in your Will.

REGISTER WITH MBIA
204-975-3280
info@mbia.ca

MBIA Bud, Spud & Chicken 2019 a huge success

After the success of last year's Bud, Spud & Steak fundraiser, MBIA partnered with Manitoba Royal Purple Association for a Bud, Spud & Chicken fundraiser on March 2, 2019 at TYC Event Centre—Canad Inns Polo Park. The event drew a crowd of MBIA members, family, and friends on a Saturday night. Our friends from the Manitoba Royal Purple came to support the event. It was a night filled with silent auction prizes, 50/50 tickets, great food and drinks.



Congratulations to our WestJet grand prize winners!

We thank everyone who came and support the MBIA. We hope we will have a bigger one next year!

UPCOMING EVENT: 15th Annual MBIA Walk

The Annual MBIA walk is on its 15th year! Please join us on August 25, 2019 at the Assiniboine Park Conservatory. We encourage everyone to form a "team" of family and friends. You can call MBIA office for a copy of the pledge form. Bring the pledge form on the day of the walk to serve as your registration.

You can also register on the day of the walk. Registration begins at 10 am and the Walk will start at 11 am. A light lunch will be served after the Walk followed by the draws for the Auction prizes.

The Annual Walk is our major fundraising event. We hope to see you there.



15th ANNUAL MBIA WALK

3.5 K RUN and WALK

SUNDAY, AUGUST 25

fun, community open to children, teens and even your pets!

WALK FOR BRAIN INJURY AWARENESS

Assiniboine Park Conservatory Tent

Registration time: 10:00 am

Start time: 11:00 am

Registration fee: \$20

Free light lunch
for participants!

for pledge forms: call 204.975.3280 or email: info@mbia.ca

Group Meetings & Activities

Upcoming Summer Activities

- Wrap-up BBQ @ Assiniboine Park
 - ♦ Wednesday, June 12 from 3:00 to 5:00 PM @ Assiniboine Park Duck Pond
- Winnipeg Folk Festival
 - ♦ July 12, 2019
 - ♦ 9:00 AM to 4:30 PM
 - ♦ Please call to register with office - **only limited number of tickets available**
- Winnipeg Goldeyes Game
 - ♦ June 4, 2019
 - ♦ Must register with office - **only limited number of tickets available**
- Movie Day @ SMD—825 Sherbrook St
 - ♦ Thursday, July 4, Thursday, July 18 & Thursday August 8 & 22 from 2:00 to 4:00 PM
- Meet at the Forks care of Jackie Strickland on Thursdays
 - ♦ June 13 & 27, July 11 & 25, August 1, 15 & 29.
- Jazz Festival, Fringe Festival, Folklorama Kickoff and Canadian Human Rights Museum
 - ♦ Jazz Festival— Wednesday June 19, 2019 at Market Square in the Exchange District Downtown at 5:00 PM. This event is free.
 - ♦ Fringe Festival — Tuesday July 23, 2019 at Market Square in the Exchange District Downtown at 10:00 AM. This event is free and features street performers and there will be food trucks on site.
 - ♦ Folklorama Kickoff— Saturday July 27, 2019 at Assiniboine Park.
 - ♦ Canadian Human Rights Museum — Wednesday August 7, 2019. Meet at 85 Israel Asper Way from 5:00—9:00 PM.

No Group Meetings during the months of July & August

Friends of MBIA

MBIA Fundraising Social Donors

MBIA thanks following sponsors for helping us to continue to hold our **MBIA Bud, Spud & Chicken**

Mariaggi Theme Suite Hotel & Spa
Four Points by Sheraton
WOW Hospitality
Boston Pizza
Landmark Cinema
Manitoba Opera
WestJet
Keurig
Strada Personal Spa
Rae & Jerry's
The Forks
FortWhyte Alive
The Keg
Manitoba Chamber Orchestra
GET OUT! Escape Rooms
Manitoba Museum
Sunova
The Real Escape Canada
Holiday Inn Airport West

Carlos & Murphys
Canadian Human Rights Museum
New York Fries
Fatburger Canada
Capital K Distillery
True North
Jellyfish Float Spa
Redd Line Jewellery
Children's Museum
Winnipeg Blue Bombers
Prairie Theatre Exchange
Royal Canadian Mint
Lakeview Resorts
Diamond Athletic Medical Supplies Inc.
Goldeyes Baseball
Old Spaghetti Factory

MBIA thanks the following corporate sponsors and individuals who contributed for **MBIA** :

Provincial Pole Specialists Inc.
Metis N4 Construction
RBC

Laura Taylor and Brenda Bacon
Shelly and Bruce Glover

June is Brain Injury Awareness Month

During the month of June throughout Canada, MBIA is observing the Brain Injury Awareness month to highlight awareness on the effects and causes of brain injury across Canada.

We encourage everyone to help educate the public about the incidence of brain injury and the needs of people with brain injuries and their families. We can educate the community to de-stigmatize the injury, empower the survivors, and promote the types of support that are available, including services provided by MBIA.

BRAIN INJURY FACTS:

- Brain injury is the most likely to result in permanent disability and death
- Brain injury is the greatest killer under the age of 45, the greatest disabler under the age of 44 and kills more children under the age of 20 than all other causes combined.
- Approximately 1.5 million people in Canada are living with brain injury.
- Survival rates have increased with advanced trauma services and improved treatment options. And that's a good thing.

Visit our Facebook page and Twitter for any updates for the brain injury month. You can also send us an email to let us know of any ideas you have to commemorate the event.

Here is what you can do:

1. Write to your MLA or call his/her office.
2. Be vocal on social media.
3. Connect with the media to tell your recovery story.

SPRING WORD SEARCH

SPRING BLOSSOM(FLOWERING TREES) WORD SEARCH PUZZLE



- PEAR
- PEACH
- APPLE
- CHERRY
- GUAVA
- ORANGE
- MAGNOLIA
- LIME
- PLUM
- POMEGRANATE

- LEMON
- ELM
- ACACIA WATTLES
- RHODODENDRON
- BLUE JACARANDA
- CASSIA IMPERIAL
- WISTERIA
- BLACKTHORN
- HAWTHORN
- CALIFORNIAN LILACS

- APRICOT
- EASTERN REDBUD
- PAGODA DOGWOOD
- FRINGE TREE
- CAROLINA SILVERBELL

