


*Summer 2020*



# Manitoba Brain Injury ASSOCIATION

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Supporting each  
other towards  
a new beginning

\*\*\*\*\*

SUMMER 2020



## Manitoba Brain Injury ASSOCIATION

### Board of Directors:

#### **Predident:**

Troy Pauls

#### **Vice President:**

Val Bergeron

#### **Past President:**

Kristyn Cain

### **16th Annual MBIA Walk (In-Person/Virtual)**

#### **Directors:**

Garry Batenchuk

Laura Sanderson

Naomi Clarke

Derek Pang

Jackie Strickland

Lisa Engel

Julie Walsh

Kristyn Cain

**Date :** Sunday, September 13, 2020

**Start Time:** 11:00 am

*\*Pre-Registration ONLY\**

**Location :** Assiniboine Park Conservatory Tent

**Registration Fee (\$20.00)\***

#### **Register by:**

- Calling: (204)975-3280 or
- Emailing: info@mbia.ca
- Our Website (www.mbia.ca)

### Staff

#### **Executive Director:**

Gladys Hrab

OR Donate online through: [www.CanadaHelps.org](http://www.CanadaHelps.org)

### **Annual General Meeting Mixed event – Virtual & In-person**

#### **P.A.R.T.Y. Program**

#### **Coordinator**

Sursattie Gorcharan

**Date:** Wednesday September 30, 2020

**Time:** 5:00-7:00 pm

**Location :** 203-825 Sherbrook Street, Winnipeg &  
Online Via Zoom/FB Live

#### **Financial Officer:**

Satoshi Yamashita

### **Contact Us**

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

**Phone:** 204-975-3280

**Email:** [info@mbia.ca](mailto: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

**Our 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

### **Support Groups**

#### **Winnipeg**

#### **Support Groups:**

*First 3 Wednesday's of the each  
month Wednesday 7-9:00PM*

#### **Discussion Groups**

*Thursdays 2:00-4:00PM*

*203-825 Sherbrook Street  
Winnipeg, MB*

#### **Brandon**

*Every 3rd Monday of Each  
Month*

*A5 Town Centre (Public Health  
Office)*

*800 Rosser Avenue  
Brandon, MB*

#### **Steinbach**

*Last Monday of Each month  
7:00-8:30 PM*

*Pat Porter Active Living Centre  
10 Chrysler Gate  
Steinbach, MB*

### **Selkirk Area Support Group**

*First Wednesday of the Month  
From 1-2:30 PM*

*Main Level, Gordon Howard  
Centre*

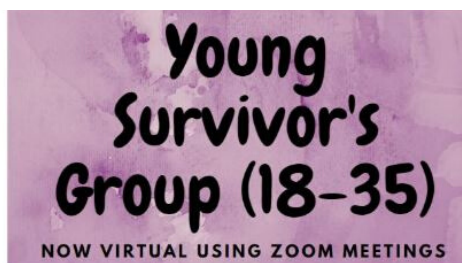
*384 Eveline Street*

*Selkirk, MB*

*R1A 1N3*

*Info: 1-866-327-1998*

**Group Schedules do not apply  
between July & August unless  
otherwise stated**



## HOW TO JOIN VIRTUAL GROUPS

1. On your computer or smart devices (iPad/Tablet/Smartphone) go to [www.zoom.us](http://www.zoom.us)
2. Click Join a Meeting (top right hand corner of screen)
3. Enter this Meeting ID: 537 182 819 or 655 432 171 (Wellness group)
4. Click Join
5. Download and run Zoom Application OR join in browser
6. Wait for Meeting to begin

\*Passwords are required if you are joining via internet browser Wellness password: 002731 Support Group Password: 026646

# MBIA'S RESPONSE TO COVID-19

In response to safety and public health compliance, like any organization, Manitoba Brain Injury Association suspended ALL in-person support groups and group activities in Winnipeg as well as support groups operating in Brandon, Steinbach, and Selkirk. While we recognize this is a stressful time for everyone, MBIA remains steadfast to its mission of providing support to our membership during this pandemic.

In response, we have pivoted our services online and by phone. We have also created virtual programming activities through our Brain Injury and COVID-19 project.

MBIA staff are working remotely but email and phone lines remains active during regular office hours to ensure members can stay connected during this difficult time. Our Brain Injury and COVID-19 virtual programming included:

1. MBIA Webinar series
2. MBIA Virtual Wellness Session
3. MBIA Virtual Support Groups
4. Wellness Checks (telephone)

Manitoba Brain Injury Association's Bud, Spud and Chicken Dinner event (originally scheduled for April 4th 2020) has been postponed until further notice due to the spread of the COVID-19 Pandemic. Updates will be made as they arise.





## JUNE IS BRAIN INJURY AWARENESS MONTH

Each week during the month of June, the MBIA facilitated a series of live entertainment by talented brain injury survivors. The MBIA "live series" showcased the many ways individuals living with brain injury were able to overcome their challenges and found new ways to practice their respective art forms. MBIA was proud to host Fred Dugdale and the Jungtion Band, David Nishikawa, Connor Derraugh ft. Elizabeth Sadler, and Hannah Foulger ft. Chris Sousa.

In addition to our live weekly performances, MBIA participated in a pan-Canadian Brain Injury Awareness campaign. Locally, MBIA launched "The Faces of Brain Injury" an initiative to destigmatize brain injury and the ways in which various brain injuries can present themselves. We archived all videos and line up of entertainment through our YouTube Channel for you to watch and enjoy over and over again. If you haven't been able to check it out yet, be sure to do so and subscribe to the channel to get notifications every time MBIA uploads a new video.

SUMMER 2020



# 16th Annual MBIA Walk

## **WALK/RUN**

*AND VIRTUAL*

*participation*

**Sunday, Sept. 13, 2020**

**For Brain Injury Awareness**

**Assiniboine Park Conservatory**

**\*Pre-Registration ONLY \***

**Start Time: 11:00am**

**Registration Fee: \$20.00**

**SOCIALLY-  
DISTANCED  
EDITION!**

**For more information on how to Pledge Email [info@mbia.ca](mailto:info@mbia.ca) or 204.975.3280**





## 16TH ANNUAL MBIA WALK (VIRTUAL AND IN-PERSON)

Since the original outbreak of Covid-19 many organizations MBIA included have been navigating the new world of online services to meet the needs of membership. In line with this, and in efforts to follow the guidelines in place by Manitoba Public Health we are happy to announce that MBIA annual walk will take place on Sunday, September 13, 2020 at Assiniboine Park Tent Conservatory with modifications.

### “Socially-Distanced” Walk

- Participants attending the live walk will be required to Pre-register by filling out a pledge form.
- Pledge forms can be found on our website on the walk tab under “News and Events”.
- Pledge forms can also be picked up from the office 204-825 Sherbrook St, Winnipeg, MB R3A 1M5
- Participants will be asked to check in the morning of the walk at the indicated station and will be asked the
- Standard health questions before participating.
- Participants will be asked to keep a safe distance from other walkers and are encouraged to wear a facemasks.
- If you are part of a designated Team or Group you will be permitted to walk with your social bubble providing some distance is maintained.

### Virtual Attendees

- Virtual attendees are encouraged to peer fundraise by challenging their supporters to donate, and inviting them to join or create a team via social media.
- Participants promise to partake in the challenge and raise funds on behalf of MBIA eg. A physical challenge: For every \$10 raised, virtual attendee's commit to climbing flights of stairs, doing a number of push-ups or some other physical feat;
- More information and details to come on guidelines and what to expect on this fun filled day!
- Participants wanting to support MBIA through the surrounding Winnipeg area please indicate and your contributions will be sent to your designated chapter.

SUMMER 2020

# CALL FOR NOMINATIONS TO THE BOARD OF DIRECTORS

MBIA is accepting nominations for 2020/2021 Board of Directors.

Directors are elected by the organization's membership and directors serve a three (3) year term. All nominations require the consent of the nominee and two (2) signatures of the nominators.

MBIA is seeking five (5) nominees to the Board of Directors. Directors are expected to serve a full three-year term and are permitted to serve a maximum of three consecutive 3-year terms

Nominations will close at 4:30 pm, Wednesday September 16, 2020.

After this time, no further nominations will be accepted.

The forms can be submitted in person at MBIA, 204-825 Sherbrook street, Winnipeg, R3A 1M5. You can also fax them to 204-975-3027 or email at [info@mbia.ca](mailto:info@mbia.ca)

## ANNUAL GENERAL MEETING

Date: September 30, 2020

Time: 5:00pm - 7:00pm

Location: 204-825 Sherbrook Street & ONLINE Via

\*Zoom Cloud Meetings/FB Live

Limited in-person capacity is set at 25 people.  
Virtual attendees can vote ahead of the AGM  
meeting

Thank  
You!



1. Covid-19  
Emergency  
Grant

2. Gerald &  
Debbie  
Labossiere  
Family Fund

# VOLUNTEERS

Jessa is a fresh Bachelor of Social Work with the class of 2020 at the University of Manitoba. Jessa was first exposed to the changes that come with brain injury when her family member had survived a stroke. After experiencing how brain injury affects individuals and their loved ones, Jessa sought to gain more knowledge and skills about brain injury. Jessa recently completed her practicum in Neurosurgery at the Health Sciences Centre, and was inspired to continue in a role where she could continue to support individuals whose lives have been affected by brain injury. Jessa is very excited to be volunteering with MBIA!



JESSA ESTEBAN



Ari is a recent graduate of the University of Manitoba from the Faculty of Science with a major in Psychology. Ari really enjoys listening to others and learning about their passions. Ari looks forward to volunteer for MBIA, and to make a difference in the brain injury community.

ARI YOSHI

# NEWS & INFORMATION



The Manitoba Brain Injury Association would like to extend our gratitude to the Selkirk and District Community Foundation for awarding us a grant to fund our Selkirk and Area Support Group. The funding will go towards expanding support group in Selkirk, Manitoba. Survivors and caregivers from Selkirk and Area will now meet as a group in the City of Selkirk. We look forward to starting the support group when it is safe to do so.



MBIA is also pleased to announce our thanks to Dakota Collegiate's Youth in Philanthropy committee, who has generously awarded MBIA with a grant to be used for the ongoing facilitation of the Young survivors support groups and programming.



P	H	B	C	A	A	N	X	I	E	T	Y
A	E	T	B	R	A	I	N	F	O	G	K
T	A	U	Y	T	I	N	U	M	M	O	C
H	D	I	R	E	S	I	L	E	N	C	E
W	A	A	W	A	R	E	N	E	S	S	P
A	C	O	Q	J	F	F	Z	G	Z	L	Z
Y	H	B	E	A	O	S	A	T	U	R	A
Y	E	K	I	T	N	U	T	M	N	E	O
G	H	R	E	E	P	G	R	R	I	Q	D
H	T	W	O	R	G	P	E	N	E	L	K
M	E	M	O	R	Y	Q	K	R	E	S	Y
Q	S	S	E	N	D	N	I	K	O	Y	S

	8	9			5	1	4	
3			8	1	7			6
7	1		6		4	3	8	
	4	3	9					
9	7						1	4
					8	7	3	
	9	6	4		2		7	1
4			1	5	9			2
	2	1	7			4	9	

Find these words:

Anxiety  
Acceptance  
Advocacy  
Awareness  
Brain Fog  
Community  
Growth  
Stress  
Headache  
Journey  
Memory  
Peer  
Resilience  
Support  
Strength  
Pathway  
Kindness  
Understanding

## BRAIN GAMES

*Here is a page dedicated to working your brain! Try to see if you can complete them*

6	8	9	3	2	5	1	4	7
3	5	4	8	1	7	9	2	6
7	1	2	6	9	4	3	8	5
2	4	3	9	7	1	6	5	8
9	7	8	5	6	3	2	1	4
1	6	5	2	4	8	7	3	9
8	9	6	4	3	2	5	7	1
4	3	7	1	5	9	8	6	2
5	2	1	7	8	6	4	9	3