



Manitoba Brain Injury
ASSOCIATION

ANNUAL REPORT 2020



Supporting each other towards a new beginning

GUIDING PRINCIPLES



FOR THE MEMBERS BY THE MEMBERS – *We will remember our origins as a group of volunteers sharing personal experiences and knowledge of the effects of brain injury with others.*

SUPPORT – We will provide support services that will decrease isolation, facilitate peer learning and strengthen coping strategies, living skills and communication.

AWARENESS – We will promote public awareness of the unique needs of people living with the effects of brain injury.

PREVENTION – We will deliver programs focusing on the prevention of brain injury

EDUCATION – We will deliver education to the public, employers and all professional groups about the causes and effects of brain injury.

ADVOCACY – We will provide a voice for those affected by brain injury on issues related to rehabilitation, healthcare, long term needs and quality of life.

NETWORKING – We will work toward partnerships with other groups with the goal of enhancing service delivery to persons with brain injury.

MISSION STATEMENT

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.

Board of Directors

Troy Pauls, *President*
Val Bergeron, *Vice-President*
Kristyn Cain, *Past president*
Nicole Telenko, *Treasurer**
Garry Batenchuk
Laura Sanderson
Naomi Clarke
Jackie Strickland
Julie Walsh MSW, RSW
Lisa Engel, PhD
Derek Pang

**Resigned March 2020*

Staff

Gladys Hrabi, *Executive Director*
Jessa Esteban, *Project Coordinator*
Satoshi Yamashita, *Financial Officer*
Sursattie Gorcharan, *P.A.R.T.Y. and Outreach coordinator*
Cecilia Tardiff, *Brandon Chapter facilitator*



PRESIDENT'S REPORT

MBIA|06

Dear MBIA Members and Board Members:

Well, we started off the year with a few keen, fresh faces on the Board with great ideas and intentions, including a new conference, an improved Bud, Spud and Steak, innovative fundraising ideas and lots of enthusiasm!

And then the world had a pandemic, leaving us nothing but enthusiasm remaining. Self-isolation, social distancing and restrictions on gatherings had a huge impact on our members and on our planned events. However, as Gladys and Sursattie proved, when life hands you lemons, make lemonade!

We started some new online wellness initiatives that really seem to be a hit and appear to be raising our profile while still delivering valuable services to our members. Even the high school PARTY (Preventing Alcohol and drug, and risk-related trauma in youth) Program is going virtual, which should allow us to reach even more students without the need for meeting in person. Face to face is always the preferred delivery method for students to be able to ask questions.

Although, we have all become very comfortable with Zoom and we are hoping for good results in MBIA's primary injury prevention program.

Members, you should know that in the four years that I have had the privilege of serving on the Board, this is the best group of caring, passionate individuals to represent you. Hopefully, with yet more fresh faces stepping up to join our board, and last year's still energetic leaders, we can accomplish great things moving forward.



I feel that the energy on the Board is contagious and I hope our new nominees/board members will feed off this enthusiasm. We will keep the Bud Spud and Conference planning on the back burner until we feel it is safe to move forward with those initiatives.

The Annual MBIA Walk, while even in hybrid form to minimize crowd size, was very organized and well attended by our members. The weather cooperated and it was a blast! I'm not certain what our annual Christmas Party will look like in December (probably can't be kissing Santa!), but I'm sure we will make it amazing as well.

Until we meet again in person, stay safe, stay apart, and follow the rules set out by the provincial government. You don't have to look very far outside our borders to see how effective our health officials have been in managing Covid-19 in Manitoba. We are very fortunate.

Troy Pauls, *President*
MBIA Board of Directors



EXECUTIVE DIRECTOR REPORT

MBIA|04

To our valued MBIA community

As the fiscal year came to a close, the world came to a sudden halt due to the impact of COVID-19. While this pandemic added more stress to our members, it has also shown the world what most brain injury survivors have struggled with on a daily basis-- social isolation and the need for social support. MBIA remained steadfast in its mission of providing hope and support.

As a small non-profit agency, we are grateful for funders and donors who stepped up to prevent any disruption of services at a time when it's needed the most. Our appreciation goes to the Winnipeg Foundation and the Gerald Labossiere Family Fund, who responded quickly to help MBIA pivot its services in the early days of this pandemic.

We have strengthened our relationship with MBIA chapters outside of Winnipeg such as Brandon & Area and Steinbach & Area. We have also added a new MBIA support group in Selkirk & Area with a pilot funding support from Selkirk & District Community Foundation. In Winnipeg, a grant from Thomas Sill Foundation allowed us to expand our support group services to Spouses/Partners and Young Survivors. Together with the Board President, Troy Pauls and the wonderful volunteer facilitators in Brandon, we have brought issues and needs of the community to the provincial government last December 2019.



Also, we have continued our meaningful relationships with other agencies, corporations, and service groups. The Manitoba Public Insurance and the provincial government through the Winnipeg Regional Health Authority provided us with ongoing funding. Our partnership with Manitoba Royal Purple continues through their Brain Love initiative which continually raise funds for MBIA. We have also added new and exciting partnership through the Here to Be social impact program by Lululemon. We have grown our reach on a national scale with MBIA's involvement in a pan-Canadian brain injury associations group. This has resulted into knowledge sharing activities and research collaborations.

All of the good work that we accomplished wouldn't be possible without our small yet incredible staff team. I am especially thankful to Sursattie Gorcharan, Satoshi Yamashita, and Jessa Esteban. Finally, I would like to thank the Board of Directors for the confidence and support especially during this unprecedented time.

Gladys Hrabí
Executive Director



EDUCATION AND PREVENTION

P.A.R.T.Y. Program 2019-2020

Throughout the school year, volunteer presenters delivered the most updated information on risk-related injuries, the extensive nature of hospital, and difficulties of recovery to high school students across the province. Furthermore, students also learned from brain injury survivors about unexpected life changes that can result from alcohol and risk related activities..



22 sessions



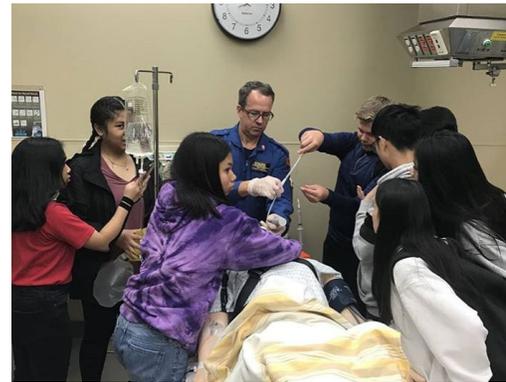
850 students

The program would not be successful without the following organizations who contributed tremendous effort, commitment, and hard work. Thank you to the following PARTY volunteers:

- 1.. STARS Air Ambulance
2. Transplant Manitoba
3. The Winnipeg Police Service
4. The RCMP- Traffic Division
- 5.Canadian Blood Services
6. MBIA's Brain Injury survivors

Injury prevention of youth continues to be at the heart of the P.A.R.T.Y. Program, and thus we value and admire the collective forces of our partners who make this endeavor positive for all the schools who attend.

New this year!



Students assisting Troy Pauls (STARS flight Paramedic and P.A.R.T.Y. Program Volunteer) in the Simulation Lab

Rady Faculty of Health Sciences Clinical Simulation lab is a state of the art clinical learning training facility. It has the capability to mimic a real hospital environment from the equipment down to the high tech life like mannequins. The Simulation lab has allowed students the freedom to ask any and all questions regarding patient status without the limitations of the Personal Health Information Act (PHIA). Students are also able to assist in the treatments of simulated patients with the Sim lab, allowing P.A.R.T.Y to become more interactive, and diverse in learning. We look forward to continuing to find creative ways to engage students in injury prevention, and collaborate with more health facilities in the upcoming school year

EDUCATION AND PREVENTION

Mock Car Crash 2019

Sponsored by



**Manitoba
Public Insurance**

Theme this year: Distracted Driving

Date: September 18, 2019

Schools attended: 5

Number of students: 300

Number of professional volunteers: 35

In addition to the P.A.R.T.Y. Program, the Mock Crash is an annual event organized by the Manitoba Brain Injury Association and sponsored by Manitoba Public Insurance. The event features a staged crash in which first responders inclusive of Fire Paramedic, the Winnipeg Police Service, The RCMP-Traffic Division, STARS Air Ambulance, Chapel Lawn Funeral Home and Transplant Manitoba. In 2019 it was held at Chapel Lawn Funeral Home hosting over 250 students from Grades 10-12 in high schools across the province. The Mock Car Crash offered students the chance to witness first-hand the stress and chaos associated with the aftermath of a risk-related activity such as impaired and distracted driving. The Mock Car Crash continues to be a volunteer-led initiative without whom the event would not be able to impact as many students as it does. A separate Mock car crash is also held for students living in Rural Manitoba to enforce these same values for students unable to attend the event held in Winnipeg.

Outreach: Riverview Health Centre Speaker series

The MBIA Outreach program's main focus was to help survivors, families, and caregivers navigate through the medical rehabilitation system and to access resources. A benefit of the program is that it builds a better bridge for individuals and families to transition from inpatient rehabilitation programs such as Riverview Health Centre and Selkirk Mental Health Centre-ABI unit to services offered in the community.

Currently, the program is being offered every 6 weeks at the ABI unit of Riverview Health Centre. Plans to expand the services to other health care facilities are in order.



NEW PROGRAMS

Caregiver's psycho-educational support group

Six-week series designed for spouses/partners of brain injury survivors in exploring their new roles as caregivers and provide them with opportunity to learn and share coping strategies to manage the challenges.



Selkirk and Area Support Group

Survivors from Selkirk and surrounding area can now attend a support group every first Wednesday of the Month. This program received funding support from Selkirk and Area Foundation. Special thanks to Gordon Howard Centre for providing space for the group.

Young Survivors group (18-35 age group)

As there are an increased number of younger people affected by brain injury through motor vehicular collision, stroke and brain aneurysms, a support group was created for members who belong to the 18-30 age group. Nicole Welwood (photo on the right side) was one of the young survivors who initiated the group. A grant from Thomas Sill Foundation provided initial funding for this new support group.



"I struggled with migraine all the time, but a year ago, I had a brain bleed. As a brain injury survivor, I have sensitivities to light and sound and chronic fatigue, I am still recovering and found my community with MBIA."

PARTNERSHIPS



Here to be is Lululemon's community-based social impact program designed to bring the healing benefits of meditation and yoga to underserved communities. MBIA partnered with Lululemon Winnipeg to offer Here to Be program to MBIA members.



Brain love Initiative is a partnership between Canadian Royal Purple associations and Brain injury associations across Canada. Since 2014 this partnership has been raising funds and awareness for brain injury prevention.

A group of dedicated quilters gathered in Elkhorn Oct. 18 – 20 for a quilting retreat sponsored by the Manitoba Royal Purple. Part of the registration fee went to Manitoba Brain Injury Association. The quilters enjoyed the opportunity to meet and share their ideas and projects.

Manitoba Brain Injury Association continues its Partnership with MB Purple through the Brain Love Initiative.

ONLINE COMMUNITY ENGAGEMENT

MBIA has continued to increase its online community presence in the digital world with a 40% increase in followers for the past year. Be sure to follow us to stay up to date with everything MBIA is involved with.



Manitoba Brain Injury Association



@MBBrainInjury



mb_braininjury



Manitoba Brain Injury Association



2019 BY THE NUMBERS



1280

Hours devoted to brief counselling & advocacy work



438

Students attended Mock Car Crash



250

Members attended Recreational Events



400

People participated in fundraising events



7020

annual volunteer hours

138

Students attended P.A.R.T.Y. session in Rural Area Flin Flon ● Parkland



980

Group participants in Winnipeg



FINANCIAL HIGHLIGHTS

MANITOBA BRAIN INJURY ASSOCIATION INC.
Statement of Financial Position
March 31, 2020

	2020	2019
ASSETS		
CURRENT		
Cash	\$ 22,132	\$ 24,866
Accounts receivable	-	949
Goods and services tax recoverable	1,764	874
Prepaid expenses	3,968	2,021
	\$ 27,864	\$ 28,710
 LIABILITIES AND NET ASSETS		
CURRENT		
Accounts payable	\$ 7,400	\$ 3,860
Employee deductions payable	-	2,288
Deferred revenue	9,102	-
	16,502	6,148
 NET ASSETS		
General fund	6,707	17,610
Parkland chapter	4,655	4,952
	11,362	22,562
	\$ 27,864	\$ 28,710

ON BEHALF OF THE BOARD

_____ Director

_____ Director

See notes to financial statements

FINANCIAL HIGHLIGHTS

MANITOBA BRAIN INJURY ASSOCIATION INC.

Statement of Revenues and Expenditures

Year Ended March 31, 2020

	2020	2019
REVENUES		
Winnipeg Regional Health Authority	\$ 86,000	\$ 86,000
Manitoba Public Insurance	29,000	29,000
Donations and fundraising	14,627	20,027
Umbrella Walk for MBIA	13,410	16,133
Brandon Chapter fundraising	8,941	-
Miscellaneous grants	2,398	-
Winnipeg Foundation	1,500	10,000
MBIA Booklet Sales	500	-
	<u>156,376</u>	<u>161,160</u>
EXPENSES		
Board expenses	233	420
Brandon Chapter expenses	1,626	616
Fundraising expense	1,406	4,455
General and administrative expenses	4,809	10,388
Insurance	3,443	2,678
Interest and bank charges	409	418
Parkland chapter	297	251
Professional fees	7,549	3,094
Program expenses	11,700	7,334
Promotion and meetings	446	565
Rent	9,614	9,567
Salaries and wages	121,126	121,130
Telecommunications	3,425	3,337
Travel	1,493	1,455
	<u>167,576</u>	<u>165,708</u>
DEFICIENCY OF REVENUES OVER EXPENSES	<u>\$ (11,200)</u>	<u>\$ (4,548)</u>

See notes to financial statements

FINANCIAL HIGHLIGHTS

MANITOBA BRAIN INJURY ASSOCIATION INC.
Statement of Changes in Net Assets
Year Ended March 31, 2020

	General Fund	Parkland Chapter	2020	2019
NET ASSETS - BEGINNING OF YEAR	\$ 17,610	\$ 4,952	\$ 22,562	\$ 27,110
DEFICIENCY OF REVENUES OVER EXPENSES	(10,903)	(297)	(11,200)	(4,548)
NET ASSETS - END OF YEAR	\$ 6,707	\$ 4,655	\$ 11,362	\$ 22,562

See notes to financial statements

FINANCIAL HIGHLIGHTS

MANITOBA BRAIN INJURY ASSOCIATION INC.
Statement of Cash Flows
Year Ended March 31, 2020

	2020	2019
OPERATING ACTIVITIES		
Deficiency of revenues over expenses	\$ (11,200)	\$ (4,548)
Item not affecting cash:		
Prior period adjustment	-	3,778
	<u>(11,200)</u>	<u>(770)</u>
Changes in non-cash working capital:		
Accounts receivable	949	(120)
Accounts payable	3,540	(1,580)
Deferred revenue	9,102	-
Prepaid expenses	(1,947)	(559)
Goods and services tax payable	(890)	182
Employee deductions payable	(2,288)	(43)
	<u>8,466</u>	<u>(2,120)</u>
DECREASE IN CASH FLOW	(2,734)	(2,890)
Cash - beginning of year	<u>24,866</u>	<u>27,756</u>
CASH - END OF YEAR	<u>\$ 22,132</u>	<u>\$ 24,866</u>

See notes to financial statements

EVENTS

15th Annual MBIA Walk

On August 28, 2019, the MBIA's 15th Annual Walk/Run was held at Assiniboine Conservatory Tent. Despite the pouring rain, it did not dampen the enthusiasm and energy of over 150 participants from attending the event. The walk raised \$13,400! Huge thanks to the sponsors, donors, and amazing volunteers who enjoyed the day raising brain injury awareness and funds for direct services.



June is Brain Injury Awareness Month

On June 11, 2019, in honour of brain injury awareness month, the iconic Winnipeg Sign at the Forks was lit green and blue in support of Brain Injury awareness and prevention.



Fast Pitch 2020

MBIA was showcased during the Winnipeg Foundation's Fast Pitch 2020, a community competition where twelve charitable organizations were chosen to compete for \$10,000. Selected organization representatives were allotted three minutes or less to "pitch" their organization and its funding needs. MBIA's Fast Pitch participation received \$1500 with Executive director Gladys Hrabí highlighting the pivotal role of support system in the long term recovery of individuals living with acquired brain injuries.



BRANDON & AREA HIGHLIGHTS

On June 1, 2019, Brandon Chapter's Brain Awareness walk had a huge turn out and raised \$8,900! New group facilitator, Cecilia Tardiff was welcomed to the group. Cece's addition to the Brandon community allowed for the continuation of regular support groups to be conducted for brain injury survivors and their caregivers living in Brandon Manitoba.



The Brandon University's Psychiatric Nursing students have also worked with the Brandon Chapter to explore resources available for ABI survivors/family members and caregivers in this region. MBIA Brandon Chapter also received \$2000 donation from Virden's Lion.



Last December 2019, Brandon Chapter initiated a public forum where in Hon. Len Isleifson who was in attendance. the purpose of the forum was to share the needs and experiences of ABI Survivors in Brandon.

STEINBACH & AREA HIGHLIGHTS

Steinbach and Area Support Group, led by Greg Schipper continues to grow with more than 20 members. In addition to their monthly support group meeting at Pat Porter Living Centre, the members also meet regularly for breakfast.

MBIA President, Troy Pauls and Executive Director, Gladys Hrabí met with the group in December 2019 for consultations.



BRANDON & AREA WALK SPONSORS

Auto Ag - Brandon

B & A Holdings - Arcola

B.A Robinson- Brandon

Brandon City Hall - Mayor's Office

Brandon Sun

Canad-Inn Brandon

Castan Auto Center- Brandon

CBI Home Health - Brandon

Crane Supply - Brandon

Daughter on Call - Brandon

Dick Agencies - Brandon

Dietitians - Prairie Mountain Health

Elkhorn Elks #381

FPC- Brandon

Giant Tiger - Brandon

Guild Insurance- Brandon

Health Promotions - Prairie Mountain Health

Helix Hearing Centre- Brandon

Heritage Co-Op - Brandon

Interior Images- Brandon

Kuipers Family Bakery- Brandon

Manitoba Pork

Masterfeeds- Brandon

Meyer's Meals- Carberry

Obermaier Sausage & Meats- Brandon

Old Dutch foods- Brandon

Parrish and Heimbecker- Brandon

Prairie Oasis- Brandon

Royal Purple Virden Lodge

Southern Water System - Brandon

Super Thrifty- Rivers

Smart Electric- Carberry

Spud Plain Farms Ltd.

Thirty One Bags- P. Lane - Brandon

Tim's Treasures - Rivers

Toy Masters- Brandon

Tutthill Construction - Elkhorn

Union Shoes- Brandon

Virden Lion's Club

Westoba Credit Union - Rivers

Wolseley Plumbing- Brandon

MBIA DONORS

MBIA thanks the following individuals who contributed monetary and/or in-kind donations during our 2019– 2020 fiscal year

Alistair Burchert	Dan Miller	Geordie Wilson
Allan McLeod	Daniel Moyce	Gerald Scott
Ana Bouman	Darlene Graham	Gerry & Debbie Labossiere
Andre Lapointe	Darnell Banman	Gerry Dyck
Andrew Alton	Darren Krogin	Gregg Makerowski
Anne Brown	Darwin Fedorocutch	Harolo Kozelya
April Avenido	Dave Brown	Heather Fidelak
Ashlie Jewar	David Lasko	Helen & William Kroeker
Ashtyn Boyda	Deb Debbie Labossier	Holly Forsyth
Aurora Bugg	Dianne Bell	Irene Cousins
Barbara Ryz	Donna Ewonchuk	Jackie Holmberg
Barry and Bev Husak	Donna Handford	Jake Dyck
Blaine Oliver	Doreen Sanderson	Janice Lasko
Bob Hummelt	Dorothy Sookram	Jeff Roll
Brad Fidelak	Doug Dyck	Jenna Salter
Brad Martin	Edith Sanderson	Jennifer Greer
Brad Stelmach	Eileen Molnar	Jessica Hadley
Brenda Bacon	Elizabeth Alton	Jessica Mosquin
Brenda Boulette	Elsie Moar	Jet Laurie Bleeks
Brett Bloomer	Ericca Letourneau	Lee Deoick
Brigitte Bruce Glover	Estjer Thiessen	Linda Kirton
Cam Tumber	Ethel Marie Avendo	Lois Forsyth
Canadace Jackson	Etta Tutthill	Lorn & Lillian Jackson
Chantalle Desroders	Florence Keeper	Lyn Tutthill
Chris Marion	Frank Collinson	Lynn Fulton
Chris Christine Janzen	Fred McLean	Madelyn Gray
Christine Roberts	G. Lavalee	Mandi Bouman
Courtney Forsyth	Gail McFarlane	Mariah Barbosa
Craig Heppner	Gary McFarlane	Marie Fox
Curtis Toews		
Dale Barnad		

THANK YOU TO THE FOLLOWING ORGANIZATIONS

Oak Hammock Marsh
Landmark Cinema
Wow Hospitality
Rae & Jerry's
Hilton
Minuk Denutre Clinic
Shooter's Golf Course
Manitoba Museum
Convention Centre
Accross the Board
Splatter's Paintball
Shelmerdine
Activate
Coronation Bowling Centre
Modo Yoga
Keurig
IHOP
Hooter's
Winnipeg Goldeye's
Thunder Rapids Amusement Park
Cookies by George
Best Western
Outlet Collection Wpg
The Original Pancake House
Turtle Island Massage Therapy
Sherwin-Williams
Thermea by Nordik Spa
NatureRise and Shine Yoga
iRunning Room
Cain's Personal Training

THANK YOU

funding provided by:



Winnipeg Regional
Health Authority

Caring for Health

Office régional de la
santé de Winnipeg

À l'écoute de notre santé



**Manitoba
Public Insurance**

THE
THOMAS SILL
FOUNDATION
INC

THANK YOU



THE
WINNIPEG
FOUNDATION



**Wawanesa
Insurance**

Birchwood
AUTOMOTIVE GROUP



Federated
Co-operatives
Limited

WCB
Workers Compensation
Board of Manitoba



Cadillac
Fairview

MBIA SUPPORT GROUPS

Winnipeg

Survivor's Support Group

From September to June - First three
Wednesdays of the month between
7-9pm

Location: 203-825 Sherbrook street

Discussion Group

Runs from September to June - Every
Thursday between 2-4pm

Location: 203-825 Sherbrook Street

Young Survivors Group

Who: For young survivors 18-30

When: Every 4th Wednesday of the
month from 7pm -8:30pm

Location: 204-825 Sherbrook Street

Caregivers/Spouses Psychoeducational Group

Who: spouses and caregivers

TBA

Dauphin and Parkland Area

MBIA offers support group for survivors
living in Dauphin and the surrounding area.
Please contact us for more information on
this group

Selkirk and Area

First Wednesday of the month,
1-2:30pm

Location: Gordon Howard Centre
384 Eveline Street,
Selkirk MB R1A 1N3

Brandon and Area

September to June - Third Monday
of each month, 7:00-8:30 p.m.

Location:

A5 Town Centre (Public
Health Office)
800 Rosser Avenue
Brandon, MB

Steinbach and Area

September to June- last Monday of
every month, 7pm-8:30pm

Location:

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

SUPPORTING EACH OTHER TOWARDS A NEW BEGINNING

“

"The 'new' version of myself has very different needs than the old me."

- KENDRA PARTIDA

Call: 204.975.3280

Visit: www.mbia.ca

Email: info@mbia.ca

**Direct Message: @mb_braininjury
(Instagram)**

@MbBrainInjury (Twitter)

Write:

**204-825 Sherbrook Street
Winnipeg, MB
R3A 1M5**