

Winter 2021



Manitoba Brain Injury ASSOCIATION

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Supporting each
other towards
a new beginning

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**Manitoba Brain Injury
ASSOCIATION**

A Sustainable Response to COVID-19

Per public health guidelines, we are **STRONGLY** encouraging survivors to participate online. if you need help setting up computers, MBIA will be able to offer step by step guidance in the process.

FOR MORE INFORMATION CONTACT
SERVICES@MBIA.CA

Contact Us

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

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

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

**Please note due to COVID-19 Programs will only be offered online via Zoom and through Teleconference.*

Winnipeg

Brain Wellness Despite

COVID-19:

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

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

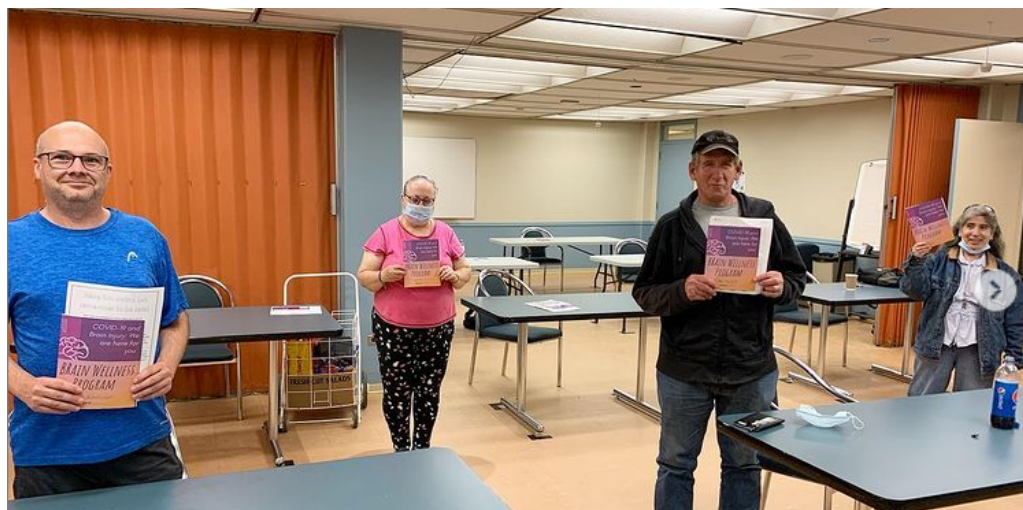
384 Eveline Street

Selkirk, MB

R1A 1N3

Info: 1-866-327-1998

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



BRAIN WELLNESS DESPITE COVID-19

In the midst of the pandemic, MBIA quickly pivoted to virtual services and supports. In doing so, we realized that not all of brain injury survivors were able to access our services. The Manitoba Brain Injury Association therefore announced a new program aimed at easing the transition from a pre to post-Covid world for brain injury survivors. This program titled "Brain Wellness Despite Covid-19" offers members to interact with their peers online and in-person to spend time fostering new skills, and being reminded of the community MBIA offers. We are incredibly grateful for the support from the Government of Canada's Emergency Community Support Fund and Winnipeg Foundation for helping to launch MBIA Brain Wellness Despite Covid-19 project.

Program Summary:

This Summer, we explored many different themes related to staying well during this time!

In August, we learned about Safety and how we can protect ourselves in our daily lives – from when we grocery shop to when we are online.

For the month of September, we focused on our Physical Wellness and how we can stay active during this time.

October came quickly, and we had the opportunity to learn about Self-Care and how we can take care of ourselves during these challenging times!

With increased COVID-19 restrictions affecting Manitobans in November, MBIA decided to shift all programming to Online via Zoom and Teleconference. At first the change was a bit of a challenge for our regular members to adapt to however, we are pleased in the progress that has been made for these individuals to gain access to the programs and community they love.

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.

TELEPHONE SUPPORT GROUP INSTRUCTIONS

To better meet the needs and accessibility of our members MBIA is incorporating telephone support groups during Manitoba's code red restrictions for individuals who wish to participate in our support groups but are unable to access the internet or who prefer to be contacted through telephone.

Telephone support groups take place every Thursday between 2-4pm CST.

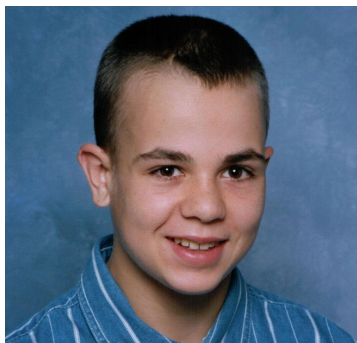
To Join our Telephone Support group follow these instructions!

1. Dial 204-515-11472.
2. Press 1 for English
3. Enter Meeting Number (126 419 7442 and push # key)
4. Enter Meeting password: BRAIN (or 27246 & push # key)

OR send us your Phone Number and we call you! No Steps required!



See instructions on how to join Telephone support group on the left.



"SHAVE FOR DAVE"

This September/October MBIA worked with Lesley Dawn Gergoire, who started a Canada Helps campaign to raise funds for MBIA. The total funds raised from the "Shave for Dave" Campaign was \$ 6233.00!! MBIA is thankful to Lesley Dawn Gregoire for creating the campaign in memory of her brother David who died from a sports related brain injury as a teen. Lesley's story to the left.

FUNDRAISING CAMPAIGN

"My older brother David loved Judo! It was his favourite sport and the thing that he devoted most of his free time towards. During the summer of 1997, he and I attended a week-long judo camp, which we'd both been to before, and loved! Unfortunately, this time, David left the camp unconscious, with a head injury, and passed away in the hospital a few days later. He was only 16. I was 12. His life ended and mine changed forever. Brain injuries aren't uncommon in sports. I experienced at least one sports-induced concussion as a teenager, and it's now common knowledge that many professional athletes are pressured to return from head injuries as soon as possible. Thankfully, that is starting to change, but the dangers of head injuries are still not taken as seriously as they should be, so my goal is to spread awareness and help others to understand that a brain injury CAN be a life or death situation! I will be getting my head shaved (and live-streaming it) on my 36th birthday (Wednesday, September 30th), in support of Manitoba Brain Injury Association, who work hard to provide help and hope to those living with the effects of brain injuries, and seek to educate the community in preventing brain injuries. The goal amount of \$5,932 is to honour all 5932 days of David's short, but meaningful, life! It would mean the world to me if you could help to honour David's memory by donating to Manitoba Brain Injury Association!"

- Lesley Dawn Gregoire

FUNDRAISING CAMPAIGN

" 10 years ago, when I turned 40 years old I ran my first solo run fundraiser. I shared that I'd like to run 4 hours for Cancer! With friends and family by my side, I ran loops in Kildonan Park for 4 hours. I raised a few thousand dollars and had a memorable, fun and giving day.

This year, I will be turning 50 and I've been thinking about my own expiration date. Turning 50 is a big milestone year and I feel I can do some good with my running. This year's goal is to run 50kms fifty times in the 12 months of the year 2020. Since there are 52 weeks in a year, I will essentially be running 50kms every weekend; usually on Saturday except for some weekends following a 100 km run. That counts as 2 - 50 km runs, making that following weekend a non-run day. #50k50122020

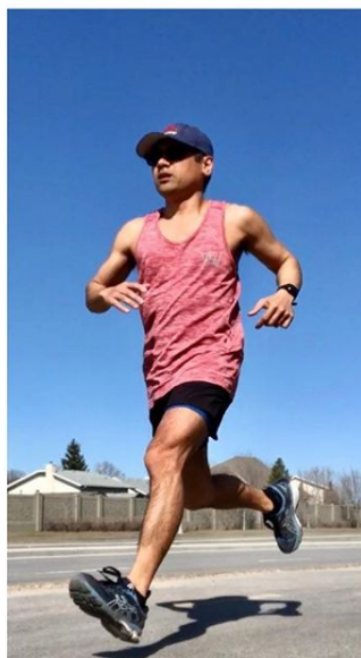
MBIA is so thrilled to be apart of Junel's initiative, and commend his determination and commitment to all the organizations considered. Help Junel, help MBIA by supporting his goal, and making a contribution in the month of August. Success in this endeavor can only be achieved with your kindness and generosity."

- Junel Malapad



**250 KMS
FOR MBIA
RAISED
\$1537.40!!!**

**THANK
YOU
JUNEL!**



"250KMS FOR MBIA"

This year Junel Malapad turns 50 and to celebrate he decided to run- 50kms a week, each week in the 12 months of this year. In August, all the funds Junel raised through his "Feet" went to MBIA. We are so lucky to have community members like Junel who are constantly finding ways support our organization. Read Junel's story above.



2020
Wellness
Kit
receivers



HOLIDAY WELLNESS KITS

Manitoba's continued COVID-19 restrictions made for a challenging holiday season. For individuals living with acquired brain injury, this can result in an increased feeling of isolation, anxiousness and depression. To combat some of these symptoms MBIA decided to connect more personally with the members who depend on our programs and services. Instead of the annual Holiday gathering MBIA typically puts on each year, our organization was thrilled to provide holiday wellness kits and holiday gifts to our valued members in and around the Winnipeg area.

With the generosity from our friends at Food Fare and Wawanesa Insurance, MBIA was able to assemble, wrap and deliver over seventy-five packages to brain injury survivors in Winnipeg, Selkirk and Brandon.

We cannot stress enough the gratitude we have for our staff, students, board of directors, and donors, who volunteered their time to shop, wrap, and deliver packages to our members. Though this year was looked a lot different than holidays of our past, the MBIA team looks forward to welcoming back our members, when it safe



Thank you

Wellness kits sponsors

WELCOME BSW STUDENTS



Cyerra Balitaan

Hello! I'm Cyerra, I am in my last year of the BSW program at the University of Manitoba. I've never worked with brain injury survivors before being with MBIA but having a disability myself, I highly believe in resilience and advocacy. I look forward to working with and connecting with brain injury survivors and hearing their own stories of resilience and strength! Aside from social work-y stuff, I like to sing (not well), dance (also not well), knit (not badly), and play soccer (decently).

Hello. My name is Maryse and I am a final year student in the Bachelor of Social Work (BSW) program at the University of Manitoba. I like to practice using strengths-based, holistic, and anti-oppressive approaches, and am interested in community mental health! Outside of my professional life, I am an avid outdoorswoman. I love to camp, bike, hike, nordic ski, cycle, and canoe! I am so excited to be doing my placement at Manitoba Brain Injury Association, and I look forward to learning about what the community of brain injury survivors has to teach me!



Maryse Giesbrecht

Each Year Manitoba Brain Injury Association works with the Faculty of Social Work at the University of Manitoba to enhance the placement experience of students in the Bachelor of Social Work program. This year, MBIA has taken on two social work students Maryse and Cyerra, who will learn the importance of community social work and the impact a brain injury can leave for individuals and their loved ones. We are so glad to have you on our team and look forward to working with you!

UNIVERSITY OF MANITOBA RESEARCH COLLABORATION



University of Manitoba | Rady Faculty of Health Sciences

RESEARCH PARTICIPANTS NEEDED

We are doing a study about managing finances for Manitobans living with brain injury.

We want to use this information to develop better programs and supports.

This study is looking for people who:

- Are over the age of 18 years old
- Live in Manitoba
- Live with ABI
- In some way deal with your own or your family's money or finances (this includes many different tasks or activities)

If you would like to participate or have any questions, please contact Dr. Lisa Engel (Department of Occupational Therapy, University of Manitoba).

Phone: 204-789-3419 (please leave a message)

Email: lisa.engel@umanitoba.ca

IMPORTANT POINTS ABOUT THIS STUDY:

- You will be asked to use a camera over 3 to 5 weeks to take photos.
- You will be interviewed about these photos.
- You may be asked to be in a group session about the study.
- You can be in the study online or in-person.
- We can provide accessible photography equipment and help with learning how to use a digital camera if you do not have a camera already.
- We will follow current COVID-19 public health guidelines.
- You will be given a gift-card for participating in the study.
- We will pay for any parking/public-transportation costs related to being in the study.

StudyTitle: The Manitoba Brain Injury Association Financial Empowerment Program (MBIA-FEP) project: photovoice study

- This study has been approved by the University of Manitoba Health Research Ethics Board.
- This study is funded through a contract with the Employment and Social Development Canada (ESDC) department of the Government of Canada. However, the funder (ESDC) does not have access to the data we collect from this study that can identify any participant.

CAREGIVER'S SUPPORT GROUP

MANITOBA BRAIN INJURY ASSOCIATION
PRESENTS

CAREGIVER SUPPORT GROUP

An 8 week virtual support group
discussing topics such as Ambiguous
Loss, Self-Care, Relationship Changes,
and more



Wednesdays from 7:00 - 8:30pm
Beginning February 3rd, 2021

Email supportgroup@mbia.ca to
register

P.A.R.T.Y. PROGRAM VIRTUAL



The P.A.R.T.Y. is back!

Despite the pandemic, MBIA has been working hard to transition the P.A.R.T.Y. Program to a virtual platform. This new change has opened the P.A.R.T.Y. Schedule to include Monday's (Morning and afternoon sessions) and Friday's (afternoon sessions) to better meet the needs of our students and schools. With sessions available on

Google Meet, Zoom, and Microsoft Teams, MBIA has created easy online access for schools and will work with teachers to meet specific schedule restrictions. Our Program can be done exclusively online, but also works with blended learning models, as we take pride in ensuring the youth of today make informed decisions and know the effects of risk-related activities.

P.A.R.T.Y. Program Manitoba would like to thank the volunteers that work alongside us to make this program a success. Our program allows students to hear from STARS air ambulance, Transplant Manitoba, RCMP, Canadian blood services, and is funded by Manitoba Public Insurance.



SELF CARE

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

Acceptable Accountability Awareness Calm Comfort Confidence
 Courage Focus Humble Hygiene Independent Love Management
 Memory Mindfulness Plan relaxation Respect Self Image Selfcare
 Shower Sleep Social Supporting Trusting Value

Words of Self Empowerment

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

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 FAITHFUL HOPEFUL HAPPY GRACIOUS GLOWING FUN FRISKY FREE
 FOCUSED FABULOUS EXTRAORDINARY EXQUISITE EXCITED ENTHUSIASTIC
 ENLIGHTENED ENERGIZED EMPOWERED EASY DYNAMIC DELIGHTFUL DECISIVE
 CREATIVE COURAGEOUS CONFIDENT COMFORTABLE CLEAR CHEERFUL CALM
 BRILLIANT BOLD AWESOME APPRECIATE AMAZING

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 and enjoy
 these word
 search puzzles
 on
 empowerment
 and self care!