



Dec`
Jan
Feb
2012

Sky Hi Review 25yrs

Head Injury Association of Fort Erie

649 Niagara Blvd., Fort Erie, On L2A 3H7

Office 905-871-7789 Fax 905-871-7832 hiafeadmin@bellnet.ca

Charitable Registration No 12704 9484 RR0001 Partially funded through Fort Erie Bingo



HIAFE Centre Fort Erie
649 Niagara Blvd

Did You Know??

25 years ago, HIAFE began with a Post Office Box, Portable typewriter and kitchen table. To date this year HIAFE has had almost 9,000 contacts and 14 new members have joined our groups



Greeting of the Season and Best wishes for the New Year. To each and every one, we wish you the happiest of holidays to you and yours. May all your Christmas wishes come true and the warmth of the holiday season fill your home with peace and happiness that last throughout the year.

Set an extra place at your table and invite someone who may not have family near. "It is the true spirit of Christmas to *share and care*".

*Please send HIAFE your e-mail address.

We support the goals of
Ontario Brain Injury Association.

Is your membership current?

HIAFE Board Members

hiafeadmin@bellnet.com

Shirley Athoe

Eryn Breton

Sandy Carson

Barry Douglas

Diana Demers

Marla Lyons

Jasmine Montana

Scherri Teal

Sara Towner

Steven Cox-Consultant

HIAFE Staff

hiafeevents@bellnet.ca

Donna Summerville

Becky Porter

Contract Staff

Hiafeadmin@bellnet.ca

Janine Whittaker

Coop staff

Niagara College students



HIAFE Holiday Home Tour

Sunday, Nov 27, 2011

Noon - 4 pm Tickets \$20

Craft & Bake Sale

Holiday Home Tour -. supported by Century21. Ticket draw includes "Accommodations for trip anywhere" "Sketched portrait by Jill Johnson", and "Spa Basket". Doll House included in tour. Registration at HIAFE Centre-- 10: am Call the office. 905 871-7789 for tickets or information.

HIAFE needs your support for this event.

If you can help us with crafts or bake goods please call 905 871-7789

Coming Up: **Please support our efforts by attending events.** Friday night Euchre will begin early next year. Add your name to the list to be contacted with further information.



10th Annual Mayor's Cup

Friday, March 23, 2012

Hockey 4: pm Auction - noon - 7 pm

Dinner 6: pm Dancing 8 pm

Tickets \$20.00 per person

Call 905 871-7789

Now is the time to make your annual donation for 2011!

What's Happening!

Caregiver Group: Monthly meetings are held for caregivers of individuals with acquired brain injury. The person with the injury usually loses independence and caregivers pick up the pieces and their own plans for the future is put on hold. This special support group offers caregivers a supportive network. If you wish to attend call Becky for more information.

Peer Support Group: This program is only offered to individuals with an acquired brain injury and are registered with the peer group program. In the upcoming sessions, there will be a variety of topics such as information about parts of the brain, kitchen hygiene, and safety in the kitchen. If you wish to attend and you are not registered please contact staff at HIAFE.

SUBI Group: SUBI (Substance Use/Brain Injury) is an educational support group initially designed through collaboration between Cam-H (Centre for Addiction and Mental Health) and CHIRS (Community Head Injury Resource Services). The group addresses individuals who have both an acquired brain injury and addiction issues. Individuals with an ABI who also use alcohol or drugs may not recover as quickly as those who do not, and may have increased difficulties with balance and mobility, increased instances of depression and memory impairment, and are at a higher risk for having another brain injury.

The sessions will cover the following: Areas related to the addiction cycle, Tools to use during recovery, improving personal relationships, coping strategies, Goal setting for recovery. The group also provides an opportunity for members to meet other individuals who have struggled with ABI and substance abuse. Please contact Tracey at HIAFE if you are interested in attending.

Special Events

Festival of Lights – Mon. Dec. 5 6:00pm-9:00pm, limited seating. Sign up early, Cost \$7
Turkey Luncheon Tues. Dec 13 HIAFE Ctre. Cost \$4

All participants that attend the Monday and Tuesday Cooking classes are welcome

Secret Santa draw – Register with Becky and bring a \$5 gift to exchange.

Peer Support Luncheon – Tue Dec 20 Lee's Express, Sign up early. Cost \$10

Potluck – Tue Feb 7, 2012, please bring a dish to serve 10-12 people or pay \$5

Partnerships

Brain Injury Community Re-entry – BICR supports HIAFE for two (2) days of programming which includes cooking sessions, fitness, and peer support. They also provide free training for HIAFE Staff.

Niagara College – HIAFE has been fortunate to support nine (9) students over the past year.

Programs included Education of Special Needs, Recreation Therapy, Social Services, and Nursing.

Adult Literacy – offers ongoing training and information for staff for the programs at HIAFE

March of Dimes – provides a volunteer who also provides transportation for clients to special events outside the office.

BIA – The Downtown Business Association of Fort Erie provides the opportunity for employment to the clients.

Ontario Brain Injury Association (OBIA) – offers the opportunity for a staff and client to attend by monthly meetings with other Community Associations throughout Ontario for the purpose of education, share information, and discuss events. OBIA advocates on behalf of individuals and their issues for all associations in Ontario, to the provincial and federal government.

Income Tax 2011 - As you are preparing for the Holidays and cleaning out drawers and cupboards and files, make certain your receipts are in order for Income Tax. Take advantage of the caregiver credit, Disabilities (T2201) and disability supports. child care expenses; public transportation. If you have filed incorrectly you can go back ten (10) years to correct.

Now is the time to make your annual donation, before the end of the year.



HIAFE

Annual Christmas

Open House

Friday Dec. 2,

2011

*Join us at the **HIAFE** Centre for refreshments and fun*

Drop in between 4 pm and 7 pm

Bring a friend and join in the merriment

RSVP by Nov 28, 2011



As you celebrate your holidays this season, please consider HIAFE

For the past while, we have been struggling with the decreases in our funding. At the same time we have an increase in the number of individuals and family members desperately needing our help. Your donations are very much appreciated; we need your support.

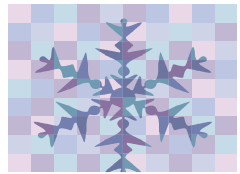







Thank you sincerely

“Sharings from Shirley”




About 28 years ago, I attended a conference in Toronto held in the Nurses' lecture theater at Toronto General Hospital. Less than 30 interested people were present., mostly family members.. How far we have come! I was pleased with the content of OBIA's recent symposium, and the number of professionals attending. BRAVO to Ontario Brain Injury Association for a great conference. Excellent speakers and sessions.

Food for Thought! If only we had the resources available to our loved ones, similar to the rehabilitation provided for Gabrielle Gifford!!!








December 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	LUNCH ON MONDAYS/ TUESDAYS \$2.00	PROGRAMS SUBJECT TO CHANGE		1 SET UP FOR OPEN HOUSE	2 HIAFE CHRISTMAS OPEN HOUSE 4-7pm	3 
4 	5 Cooking 10-12 YMCA 1-3 Festival of Lights 6-9	6 Cooking 10-12 Peer Support 1-2:30	7 CURRENT EVENTS YMCA 1-3	8 REINDEER GAMES 10-2	9 APPT ONLY	10 
11 	12 Cooking 10-12 YMCA 1-3	13 TURKEY LUNCHEON \$4 SECRET SANTA \$5 Gift	14 CURRENT EVENTS YMCA 1-3	15 REINDEER GAMES 10-2	16 APPT ONLY	17
18 	19 Cooking 10-12 YMCA 1-3	20 PEER SUPPORT LUNCHEON \$10	21 BAKING YMCA 1-3	22 CHRISTMAS BAKING To take home	23 APPT ONLY	24 
25 MERRY CHRISTMAS!! 	26 Office Closed	27 Office Closed	28 Office Closed	29 Office Closed	30 Office Closed	31 

January 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 HAPPY NEW YEAR!!</p> 	<p>2</p> <p>OFFICE CLOSED</p>	<p>3</p> <p>Cooking 10-12</p> <p>Peer Support 1-2:30</p>	<p>4</p> <p>Client Support 10-12</p> <p>YMCA 1-3</p>	<p>5</p> <p>Literacy & Computers 10-12</p> <p>CARDS 1-3</p>	<p>6</p> <p>APPT ONLY</p>	<p>7</p> 
<p>8</p>	<p>9</p> <p>Cooking 10-12</p> <p>YMCA 1-3</p>	<p>10</p> <p>Cooking 10-12</p> <p>Peer Support 1-2:30</p>	<p>11</p> <p>Client Support 10-12</p> <p>YMCA 1-3</p>	<p>12</p> <p>Literacy & Computers 10-12</p> <p>CARDS 1-3</p>	<p>13</p> <p>APPT ONLY</p>	<p>14</p>
<p>15</p> 	<p>16</p> <p>Cooking 10-12</p> <p>YMCA 1-3</p>	<p>17</p> <p>Cooking 10-12</p> <p>Peer Support 1-2:30</p>	<p>18</p> <p>Client Support 10-12</p> <p>YMCA 1-3</p>	<p>19</p> <p>Literacy & Computers 10-12</p> <p>CARDS 1-3</p>	<p>20</p> <p>APPT ONLY</p>	<p>21</p>
<p>22</p>	<p>23</p> <p>Cooking 10-12</p> <p>YMCA 1-3</p>	<p>24</p> <p>Cooking 10-12</p> <p>Peer Support 1-2:30</p>	<p>25</p> <p>Client Support 10-12</p> <p>YMCA 1-3</p>	<p>26</p> <p>Literacy & Computers 10-12</p> <p>CARDS 1-3</p>	<p>27</p> <p>APPT ONLY</p>	<p>28</p>
<p>29</p>	<p>30</p> <p>Cooking 10-12</p> <p>YMCA 1-3</p>	<p>31</p> <p>Cooking 10-12</p> <p>Peer Support 1-2:30</p>	<p>LUNCH ON MONDAYS/ TUESDAYS \$2.00</p>			

February 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
LUNCH ON MONDAYS/ TUESDAYS \$2.00	PROGRAMS SUBJECT TO CHANGE		1 Client Support 10-12 YMCA 1-3	2 Literacy & Computers 10-12 Cards 1-3	3 APPT ONLY	4 
5 	6 Cooking 10-12 YMCA 1-3	7 POTLUCK Peer Support 1-2:30	8 Client Support 10-12 YMCA 1-3	9 Literacy & Computers 10-12 Cards 1-3	10 APPT ONLY	11 
12 	13 Cooking 10-12 YMCA 1-3	14 Cooking 10-12 Peer Support 1-2:30	15 Client Support 10-12 YMCA 1-3	16 Literacy & Computers 10-12 Cards 1-3	17 APPT ONLY	18 
19 	20 OFFICE CLOSED FAMILY DAY	21 Cooking 10-12 Peer Support 1-2:30	22 Client Support 10-12 YMCA 1-3	23 Literacy & Computers 10-12 Cards 1-3	24 APPT ONLY	25 
26	27 Cooking 10-12 YMCA 1-3	28 Cooking 10-12 Peer Support 1-2:30	29 Client Support 10-12 YMCA 1-3			