



**United Way**  
**Sarnia-Lambton**  
theunitedway.on.ca

# New Beginnings, ABI & Stroke Recovery Association

**2022-23 United Way Funding**

Community Integration - \$20,000





# Individuals helped in 2022-23

Community Integration – 109  
individuals



# Program Descriptions

New Beginnings provides support to survivors and to their families and caregivers through adult day programming and caregiver support.

Programs offered assist members by introducing them to programs that stimulate the brain to increase memory power and vision control, as well as giving members the tools necessary for them to make sound decisions. They also offer fitness classes specifically geared towards survivors which helps increase their physical strength and, in some cases, can assist them with mobility so they no longer require assistive devices.

Hot, nutritious lunches and basic fruit options are provided at the Centre for a small fee. For some, this is the only hot meal they receive each day.



# Program Results



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## Community Integration

70% of members who participate in the exercise program have either shown improvement or maintained their fitness level over the past year

20% of members are experiencing food insecurity, these members are sent home with meals and frozen meals are delivered to those unable to come into the Centre

30% of members have shown improvement in their baseline Seniors Fitness







# Testimonials

## New Beginnings Client:

“Where else can you have a conversation without being interrupted, spoken for, or talked over? It’s wonderful to have people who understand my condition and are patient enough to let me get my thoughts together. I’m so happy that the staff teach the other members how to have conversations with people with aphasia.”

“My doctors and family members are shocked at how much I progressed in the past few months. The exercise programs, workout machines and social events this organization has or creates does miracles for many people including myself. Plus, the therapeutic value of socializing and talking to staff and members is beyond any healing power I receive from any medication or healing process I have received before.”



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