



Fraser Valley Brain Injury Association  
**E-Newsletter**

July August 2020

**Happy Canada Day!**

Due to COVID-19, the offices of the Fraser Valley Brain Injury are closed until further notice.

Although the main office is closed, phones and e-mails will be answered during regular office hours

**8:00 am – 2:30 pm Monday – Friday**

Case Management is still available as are some new, innovative and physically distant group activities. If you have been assigned a Case Manager, please contact them directly. Some group programs are slowly opening with lower numbers of participants and strict COVID-19 safety protocols so contact program facilitators/Case Managers directly for details or contact us at [info@fvbia.org](mailto:info@fvbia.org).

We are still busy providing services although they look a lot different than usual so please contact us at our new temporary number at 604-858-9027 for further inquiries, questions or concerns.

Everyone's health is uppermost in our minds and hopefully it will not be long before we can continue with business as usual.

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## Advertising Opportunities

Thank you to all of our advertisers! FVBIA welcomes submissions and advertising. Please call us at 604-557-1913 or email [info@fvbia.org](mailto:info@fvbia.org) about advertising opportunities.

<b>Business Card Size</b>	<b>\$30.00</b>
<b>¼ Page</b>	<b>\$75.00</b>
<b>½ Page</b>	<b>\$100.00</b>
<b>Full Page</b>	<b>\$200.00</b>

*The content of submissions or editorials does not necessarily reflect the views and opinions of the FVBIA. They may be edited for length. Ads in this newsletter are not an endorsement of services provided by the advertisers. This is an E-newsletter. If you prefer to have it mailed to you, please call 604-557-1913 or Toll-Free 1-866-557-1913 or email [info@fvbia.org](mailto:info@fvbia.org)*

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## Canada Day 2020 Celebration Plans Unveiled

From: [Canadian Heritage](#)

**News release** OTTAWA, June 15, 2020

The Honourable Steven Guilbeault, Minister of Canadian Heritage, unveiled the program for Canada Day. On July 1, Canadians from coast to coast to coast are invited to take part in an array of virtual celebrations to express our national pride.

This year more than ever, Canada Day is an important national celebration bringing Canadians together, even if it is done virtually. It's also time to commemorate some key events in our history, as this year marks the 40<sup>th</sup> anniversary of the official adoption of our national anthem, "O Canada," and the essential role the Métis Nation played in Manitoba joining Confederation 150 years ago.

### **An exciting and engaging lineup**

The roster of activities draws on what makes Canada strong: its diverse cultures, athletic and artistic excellence, Indigenous languages and cultures, and our spirit of innovation. Wherever you are, join in.

A virtual [Celebration Kit](#) is now available with interactive, creative and educational activities the whole family can enjoy. Check out the activity packs on the Canada Day website and share your experience with the hashtag #CanadaDay.

Short videos will be available on the [Canada Day website](#) on June 29, so you can experience these inspiring, moving and captivating moments with Canadians from across the country:

- Let's Cook Together! — A unifying and colourful culinary challenge.
- Let's Get Active Together! — A fun sporting challenge. Presented by GoodLife Fitness.
- Let's Innovate Together! — Canadian ingenuity at its best.
- Let's Discover Together! — Hidden treasures of digital Canada. Presented by Rogers.
- Let's Celebrate Together! — A celebration worthy of our country. Presented by Tim Hortons.

## July 1 across the country and around the world

- Many of the country's cities and communities have virtual celebrations. Canada's embassies, consulates and high commissions are also presenting activities worldwide. To find out more, check out the [Canada Day website](#).
- 1 p.m. to 2 p.m. local time (2 p.m. Atlantic time) watch [Canada Day Across the Country](#) on CBC and Radio-Canada as well as on CPAC and Canadian Heritage's digital platforms at 1 p.m. (ET). The Canada Day Daytime Show brings you a virtual tour of the festivities. Join Serena Ryder and Pierre-Yves Lord on a trip to meet talented artists from Yellowknife, Calgary, Winnipeg, Sudbury, Montréal, Québec City and Moncton.
- 8 p.m. to 10 p.m. local time (9 p.m. Atlantic time), watch the evening show [Canada Day Together](#) on CBC and Radio-Canada as well as on Canadian Heritage's digital platforms at 8 p.m. (ET). Hosts Serena Ryder and Pierre-Yves Lord bring you original artistic collaborations from all over the country with stops in Halifax, Toronto and Vancouver. It's going to be quite a show!
- The night will conclude with highlights of the best Canada Day fireworks from previous years.
- Listen to the official Canada Day channel, [Canada: Together in Music](#), on the Stingray platform, which brings together talented Canadian artists participating in the Canada Day national shows.

## Virtual fireworks

Through the magic of technology, we're bringing you a virtual fireworks show on the evening of July 1. Presented by Tim Hortons, a Web app will let you enjoy a new and memorable experience. <https://www.canada.ca/en/canadian-heritage/campaigns/canada-day/celebration-kit.html>

## Follow us on social media

Facebook: [@CdnHeritage](#)

Twitter: [@CdnHeritage](#)

Instagram: [@o\\_canadiana](#)

YouTube: [@CdnHeritage](#)

Like and share with the hashtag #CanadaDay on your feeds.

"This year isn't like other years. But even these challenging times are a good opportunity to think about what it means to be Canadian. I'm inviting you, whoever and wherever you are, to take part in all the great activities we have planned. Today Canada's history—our values, our talents and our creativity—are on display for the whole world. Today is our day. Happy Canada Day!" - Honourable Steven Guilbeault, Minister of Canadian Heritage



June 30 is the last day to donate to FVBIA through the Great Canadian Giving Challenge and enter us to win a \$20,000.00 donation!

[https://www.givingchallenge.ca/?fbclid=IwAR2o5z7WA5H1N1pW\\_KSzfQsGSLsmQ8E-3HRGhN3xutTGglsYKntmwWIPkpA](https://www.givingchallenge.ca/?fbclid=IwAR2o5z7WA5H1N1pW_KSzfQsGSLsmQ8E-3HRGhN3xutTGglsYKntmwWIPkpA)

## FVBIA Writer's Bullpen

Writers abound within the Fraser Valley Brain Injury Association (FVBIA) membership so the FVBIA Writer's Bullpen was created to provide a place for writers with brain injuries to come together to hone their craft and share ideas. In 2017, individual writers began submitting pieces to the FVBIA Newsletter as a means of sharing their thoughts and ideas through the Pay it Forward: Health and Wellness for ABI program, funded by the Brain Injury Alliance, ICBC and the Province of BC.

**Editor's Note: Thank you to all of the writers for their contributions! Submissions may be edited for length.**

### Rosie and Me

By Frances McGuckin

***Note: This is some of the nomination letter I wrote to The Canadian Therapeutic Riding Association (CanTRA), to nominate Rosie for Canadian Therapeutic Horse of the Year. CanTRA is a Canadian registered charity that promotes challenge, achievement and empowerment for children and adults with disabilities through the use of the horse.***

The wonderful news is, that in June, Rosie – who just turned 23 years old – won the Canadian Therapy Horse of the Year. The Langley Township Firefighters came and celebrated her birthday with a fire truck. She has recently been in Vancouver TV and newspapers, as Valley Therapeutic Equestrian Association (VTEA) – where I volunteer and where Rosie lives and works – has just launched a new horse therapy program for front line workers who are suffering from stress from COVID-19.

I first met Rosie two years ago when I volunteered with VTEA. Like many, I immediately fell in love. As a horse lover since a child and having owned a few, I recognized what a gem she is.

I can't begin to tell you the wonderful experiences I have had with Rosie and how she has helped my mental, emotional and physical self. I'm a senior, with COPD and a brain injury survivor from an MVA, 15 years ago. I suffer many residual effects, including anxiety and depression. An avid rider, I had hardly ridden since my accident in 2005, being petrified of falling off and re-injuring myself.

Volunteering with the children leaves me smiling for a week. Much of my time is spent leading or side-walking with Rosie; there is not a better-tempered, easy-going, more beautifully-natured horse.

Last year, I participated in the pilot senior's hippotherapy program, under the condition that I could ride Rosie. I did sixteen sessions and it was heaven to ride her. We also had a three-day, volunteer ladies camp last summer and I rode Rosie each morning. It was glorious!



During this time, Rosie restored my confidence, both in myself and in my riding; she instilled joy, happiness and peace of mind in me. I felt like a missing piece of me was finally in place. She became my symbol of happiness, positivity and “you-can-do-it-ness”, my happy drug. I am now suffering COVID Rosie withdrawal.

In 2019, I wrote a story about volunteering at VTEA and it was published in September in the US book, *Chicken Soup for the Soul: Think Positive, Live Happy*. I managed to get stories about VTEA in many of the local papers, along with Rosie’s photo. The VTEA bought 120 of the books as a fund-raiser and I helped to sell these, publicizing it in the media and Facebook groups with Rosie’s photo, which ended up in publications all over the lower mainland.

I hope to Covid-safely return to VTEA to volunteer in July. This time it will be with face shield, masks and sanitizer. I haven’t hugged anyone in months, so I can’t wait to hug the celebrity horse, Rosie. Life will then feel like there is some form of normalcy returning.

## Tasty Goodness!

Summer is upon us and, despite this weird COVID-19 world we live in, we can still enjoy sharing a meal with good friends and family...at an acceptable distance of course!

FVBIA member Glenda Kandt shared this healthy, delicious recipe for an Eggless Potato Salad:

[https://nutritionstudies.org/recipes/sides/easy-eggless-potato-salad/?utm\\_source=Newsletter+List&utm\\_campaign=7ea0a3bf28-EMAIL\\_CAMPAIGN\\_2020\\_06\\_17\\_02\\_45&utm\\_medium=email&utm\\_term=0\\_9941e1caac-7ea0a3bf28-57430977](https://nutritionstudies.org/recipes/sides/easy-eggless-potato-salad/?utm_source=Newsletter+List&utm_campaign=7ea0a3bf28-EMAIL_CAMPAIGN_2020_06_17_02_45&utm_medium=email&utm_term=0_9941e1caac-7ea0a3bf28-57430977)



### Social Media

Do you like to stay on top of current research, news articles, inspirational stories/quotes and FVBIA activities?

We are sending out fewer emails, are putting some great articles, and research information out on social media instead.

<https://twitter.com/fvbi>

<https://www.facebook.com/FVBIA?fref=ts>





## Fraser Valley Brain Injury Association is part of CanadaHelps

This online fundraiser connects us to donors nationwide and helped raise funds for much needed programs!

Thank you so much to all of our generous donors. Your contributions help us continue to serve the needs of our brain injury community.

“CanadaHelps champions all 86,000 charities across Canada, no matter how big or small. Every registered Canadian charity has a profile on CanadaHelps.org, connecting donors directly to the charity so donors can easily find and donate to them.

More importantly, we offer an array of powerful online fundraising solutions that are easy to use and proven to maximize donations.”

You can find Fraser Valley Brain Injury Association here on the CanadaHelps website.



<https://www.canadahelps.org/en/charities/fraser-valley-brain-injury-association/>  
<https://www.canadahelps.org>



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## Fraser Valley Brain Injury Association Endowment Fund

Endowment funds offer permanent financial support because of the income generated through careful investment management. The FVBIA endowment fund will benefit people with acquired brain injuries of today and tomorrow in perpetuity.

Your contribution will leave a lasting legacy forever linked with Fraser Valley Brain Injury Association. Please contact either the Abbotsford Community Foundation at 604-850-3755 Email: [info@abbotsfordcf.org](mailto:info@abbotsfordcf.org) or FVBIA at 604-557-1913 Email: [info@fvbia.org](mailto:info@fvbia.org) if you are interested in finding out more about the Fraser Valley Brain Injury Association's Endowment Fund.

If you are interested in donating without contributing a story, tax-deductible contributions can be made to FVBIA's endowment fund through the [Abbotsford Community Foundation](#).

### John Simpson/FVBIA Student Award Recipient

Congratulations to Vanessa Whyte, the first recipient of the John Simpson/ Fraser Valley Brain Injury Association Student Award through our endowment fund at the Abbotsford Community Foundation (presented by FVBIA Executive Director, Carol Paetkau). This student award is available to a graduating student in the Abbotsford School District who either has a brain injury, has a family member with a brain injury or will be working in a field to support people with acquired brain injuries.



## A Scooter for Cindy LeGrier - Langley Pos-Abilities Society

May 29, 2020 by [ZOSIA](#)



*Hi. My name is Paul Volchoff. I have been a volunteer with Langley Pos-Abilities Society since November 2019. Currently I have had the honour of being voted by the Board of Directors to Equipment Manager and Director. Every once in a while, a request for an assistive device comes in with an amazing true story that needs to be told. This is a story about Cindy LeGrier of Langley who requested a scooter.* [www.pos-abilities.org](http://www.pos-abilities.org)

<https://pos-abilities.org/a-scooter-for-cindy-legrier/>

Reproduced with permission of Langley Pos-Abilities Society.

“On October 27, 2017, Cindy LeGrier encountered a brain aneurysm burst. In that first week, Cindy had two brain surgeries and was in a coma for three days. In addition, Cindy also suffered a mini stroke. Having no recollection of the aneurysm, Cindy however knew that her left side was paralyzed. Several doctors had told her the paralysis would be permanent. Cindy’s fighting response was, “WRONG! NOT ME!!”

When Cindy was finally discharged, she left in a manual wheelchair, unable to use her left leg, left arm and was determined legally blind! Cindy stated, “After my aneurysm, mobility was terrible! I only had the one arm to use, so getting myself around by my manual wheelchair was way too difficult. I could not even enter or exit my building and the ramps in front of the building were way too steep. I was stuck at home. My husband Terrell had to work, and I always needed someone to be with me and push my wheelchair.



Meet the LeGriers. From left: Cindy, daughter Melania and husband Terrell.

There was a lot of crying!!! A lot of me saying, *I can't do this, and I can't do that*. I felt very helpless. But my husband Terrell knew how to push me through these things and would always have me at least try whatever it was I thought I could not do. He would break the task into easy, safe steps for me to follow and little by little I could do more and more on my own! Terrell is a former active duty Marine. He certainly does have an amazing work ethic!"

With much rehab and wanting to get out of her building independently, Cindy talked with her case manager, Dawn Walker, at the Fraser Valley Brain Injury Association and asked if she knew of any organizations that might fund an electric chair or scooter. Dawn told Cindy about Langley Pos-Abilities Society and helped her email the request form for the assistive device.

When I received the request form from Dawn, I spoke with her to determine Cindy's needs. A scooter seemed appropriate and we had one in stock at our storage unit. Unfortunately, when the groundwork was done and we were ready to deliver, we were hit with COVID-19! Langley Pos-Abilities Society had to develop a policy where, because of COVID-19 we unable to deliver and pick up assistive devices. Everyone was hit with wondering how and how not to do business.

I felt terrible for Cindy because after hearing her trials and tribulations with her health and wanting some independence and freedom, I knew I had to get her the scooter because she had no one to pick it up. I had to find a way to make this happen.



For some reason, I looked at the request form again and saw that Cindy's address was only three kilometers from our storage unit. I thought, "Why can't I just drive the scooter over there? I could sanitize the scooter, wrap plastic around it as much as possible and wear proper PPE and drop it off at the building in the lobby. DONE.

Once delivery of the scooter was completed on May 16, 2020, Terrell charged the scooter and said he would take Cindy out for a few times and make sure she could navigate and be able to ride the scooter on her own.

On May 19, 2020 Cindy rode solo to the local park and back home. She also texted me and said, "Now my independence and mobility have shot through the roof thanks to the motorized scooter and the amazing people at Langley Pos-Abilities Society!! Life changing, no joke! I can now go outside and get back in by myself. I can go to the grocery store, take my daughter to the park, and go for Slurpee's at 7-11 in the summer."

Langley Pos-Abilities Society is a non-profit volunteer supported agency that helps improve the quality of life for people with disabilities, including those living with mobility issues, hearing, blindness, plus many other conditions requiring assistive devices."

For more information about Langley Pos-Abilities [www.pos-abilities.org](http://www.pos-abilities.org)





## Young at Arts Summer Camp

FVBIA is offering a modified Young at Arts Summer Camp for children with brain injuries, their siblings and children who have a parent with a brain injury. There are limited spaces for the in-person camp at the Blue Heron Reserve, but we are including some remote activities and games for kids all over the Fraser Valley throughout the summer so contact us at [info@fvbia.org](mailto:info@fvbia.org) for details.

Young at Arts is funded through a Smart and Caring Grant from the Abbotsford Community Foundation and the Province of BC.

## Is it Safe for my BC Child to Play Outside with Friends?

“The province recommends the following guidelines to keep kids safe while playing outside:

- Keep the gathering small.
- Avoid close greetings (e.g., hugs).
- For younger children, maintaining physical distance is less practical and the focus should be on minimizing physical contact instead. Talk about physical touching with young kids. Regularly remind them to ‘keep your hands to yourself.’
- Encourage appropriate hand hygiene practices before, during and after outdoor play.
- Children from the same household (e.g., siblings) do not need to maintain physical distance from each other.”

<https://www.citynews1130.com/2020/05/26/coronavirus-is-it-safe-for-my-b-c-kid-to-play-outside-with-friends/>

**HOW TO BE A GERM FIGHTER**

Wash your hands like you just touched

**SPLASH**  
some water on your hands

**SQUIRT**  
some soap on

**SCRUB**  
the front and back of your hands, don't forget in between your fingers!

**SING**  
Happy Birthday twice to make sure you have scrubbed for 20 seconds

**SPLASH**  
some more water on and rinse the soap

**SOP**  
up the water by drying your hands with paper towel

**Cough and sneeze like you're 'dabbing'**  
Catch your cough or sneeze in the sleeve of your elbow, not your hands. This helps stop germs from spreading when people touch things after they cough or sneeze.

**Stay home if you're not feeling well**  
And if you notice someone is coughing and sneezing, give yourself a personal bubble and stay about six feet (or how long your bed is) away from them.

©2020 Fraser Health Authority | [fraserhealth.ca/coronavirus](http://fraserhealth.ca/coronavirus) |

## Fluffy Comforts During COVID-19!

Animals have been a great source of comfort during the social isolation of COVID-19 and with the move to video conferencing for many of us, we've had the opportunity to meet each other's pets. So we thought it might be fun to add in some photos of our pets and a little story about them.

Here is Victoria's new rescue kitty, Muddy (right). Muddy has feline HIV and has been in and out of homes. He over grooms, hence the adorable lion cut.



This is Carol's cat Rascal (left), living up to his name by climbing up a ladder to get a better view of things. Rascal was a rescue cat and was so scared of humans that he practically lived under the couch for the first month when he first arrived.

He still isn't a big fan of strangers but sure loves his family!

Send us your pet's photo, name and a short story about them to [info@fvbia.org](mailto:info@fvbia.org). We'd love to meet them and hear their stories!

## Brain Injury Awareness

June is Brain Injury Awareness in Canada. Brain Injury Canada provided lots of great materials to share including this short [video](#) and a variety of social media posts with important messages. Brain Injury Awareness doesn't have to stop because June is over so keep letting people know about it, including your local MLA's and MP's.

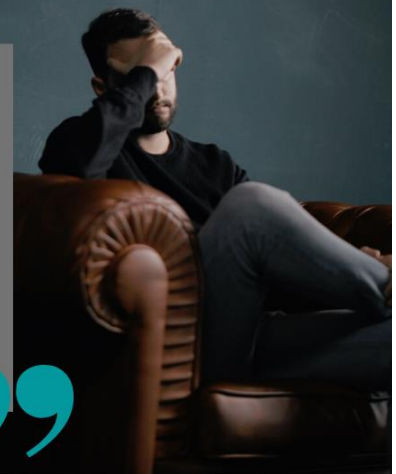
"People are often left to navigate their recovery on their own. We need to do better to ensure people have the supports to thrive, rather than just survive" [Brain Injury Canada](#)

[#BrainInjuryAcrossCanada](#)

What are the challenges of living with a brain injury?



The cost is huge!  
The public system is very piecemeal with pockets of expertise that you can't access or find.  
I felt like I had to coordinate my own care while challenged with a brain injury



**Anyone. Anywhere. Anytime.**

**#BrainInjuryAcrossCanada**



## Equine Facilitated Learning

### Webinar: Brain Injury & Mental Health Programs Equine Facilitated Learning

A short presentation explaining our brain injury and mental health programs offered.

These programs are ICBC approved which means you may qualify for funding if your injury is a result of a motor vehicle accident. For more information on our programs or if you have any questions please visit our website:

<https://www.equilibriatherapeutics.com>

[https://www.youtube.com/watch?reload=9&v=TEuGxd-ZW2g&mc\\_cid=526bbb6b63&mc\\_eid=%5BUNIQID%5D](https://www.youtube.com/watch?reload=9&v=TEuGxd-ZW2g&mc_cid=526bbb6b63&mc_eid=%5BUNIQID%5D)



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## Fraser Valley Brain Injury Association Website Updated!

Check out the new Fraser Valley Brain Injury Association website at [www.fvbia.org](http://www.fvbia.org). Thank you to Amanda Rallings and Radian Baskoro for all their work redesigning and simplifying our website. This large endeavour was made possible through the ABI Prevention and Awareness program with funding provided by the Brain Injury Alliance and the Province of BC.



[Homepage - 211 British Columbia](http://www.bc211.ca/)

Find services in your area. Find organizations.

<http://redbookonline.bc211.ca/>



## Food access during COVID

If you are in need of extra support for food, especially during the Pandemic, please contact your local foodbank. You can find the foodbank in your community by going to FoodbanksBC



<https://www.foodbanksbc.com/find-a-food-bank/>

### COVID-19 Resource Information

If you are struggling financially during the COVID-19 crisis, please click on the following link for FVBIA's COVID-19 Resource Manual for information about subsidies and help with utilities, phone bills etc.

[COVID-19 Resource Information](#)

For more information about COVID-19, go to [www.canada.ca/coronavirus](http://www.canada.ca/coronavirus)

## REDUCE THE SPREAD OF COVID-19. WASH YOUR HANDS.



1-833-784-4397

@canada.ca/coronavirus



Public Health  
Agency of Canada

Agence de la santé  
publique du Canada

Canada

## Free Things to do While Socially Isolating

### Paint by Numbers Online

Check out this free app for paint by numbers on your devices. Happy Colour – Colour by Number app on Apple Play or Google Play. This app does offer in app purchases.

[https://play.google.com/store/apps/details?id=com.pixel.art.coloring.color.number&hl=en\\_CA](https://play.google.com/store/apps/details?id=com.pixel.art.coloring.color.number&hl=en_CA)

### Take a virtual vacation from the comfort of your home | BCAA

“The Louvre. Although the iconic art museum was officially established in 1793, Paris’ Louvre is very much in the 21st century offering a closer digital look at some of its most famous exhibits. For example, drop by the Petite Galerie located in the heart of the facility for Founding Myths: From Hercules to Darth Vader to learn how artists around the globe draw their inspiration from myths ... [www.bcaa.com](http://www.bcaa.com)

[https://www.bcaa.com/blog/travel/take-a-virtual-vacation?utm\\_source=SilverpopMailing&utm\\_medium=email&utm\\_campaign=C000001397\\_000071936\\_2382-C02%20Families%202382%20E-letter%20Member%20June-2020%2006/17/2020%2004:10](https://www.bcaa.com/blog/travel/take-a-virtual-vacation?utm_source=SilverpopMailing&utm_medium=email&utm_campaign=C000001397_000071936_2382-C02%20Families%202382%20E-letter%20Member%20June-2020%2006/17/2020%2004:10)

After clicking on the link, scroll down and you can do virtual tours of The Louvre in Paris, a virtual tour across Japan, a tour of the Great Wall of China, tours of Hawaiian volcanos, The Great Barrier Reef, and Walt Disney World! Bon Voyage!”

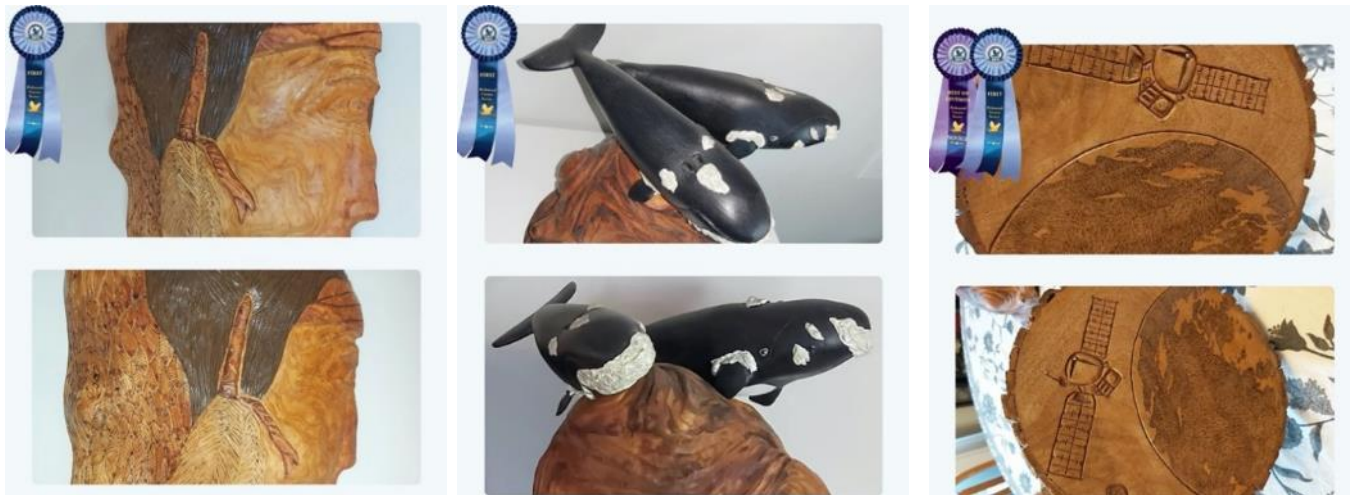


## Prize Winning Carver Judy Craig

Congratulations to our resident Artist/Carver, Judy Craig, on bringing home the ribbons from the Richmond Carvers Society 2020 Competition! She rocked a Best in Division award as well. Beautiful work Judy!

To see more of the amazing work produced by carvers, have a look at their virtual photo album from this year's competition.

<https://online.fliphtml5.com/bitn/zwvk/#p=1>



## For People with Mobility Issues

Submitted by S. Wood

### The Alinker Bike

<https://thealinker.ca/pages/how-it-works>

"The Alinker is a non-motorized walking-bike without pedals. With an adjustable saddle and handlebars, it is custom designed to challenge society's assumptions about disability. Most medical devices are a technical solution for a body with a problem, it emphasizes the "problem". But, we **are** humans, and we **have** a body. The body does not determine who we are. So the Alinker is designed for how we want to live, regardless of mobility challenges."



Cost is \$2630 (C) (FVBIA does not endorse products)

## ICBC & PERSONAL INJURY CLAIMS

# CBM

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MCMULLAN LLP



Rick McMullan Thomas Murphy Ashley Harrison Murray Ross Paul Seale

- Highly Qualified & Dedicated Legal Team
- Extensive Experience with Personal Injury
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- We Keep You Fully Informed Throughout Your Case
- Free Initial Consultation - Percentage Fees
- We Provide Access to Needed Support Services
- You Pay Nothing Until We Collect for You

Langley Office  
200-4769 222nd Street  
Langley, BC V2Z 3C1  
T: 604 533 3821

Maple Ridge Office  
22717-119 Avenue  
Maple Ridge, BC V2X 8S5  
T: 604 467 9937

Abbotsford Office  
#260-2655 Clearbrook Road  
Abbotsford, BC V2T 2Y6  
T: 604 852 6685

[www.cbmlawyers.com](http://www.cbmlawyers.com)

**"WORKING WITH OUR CLIENTS FOR TODAY  
AND THE FUTURE SINCE 1977"**

## I Care About You

By S. Wood

I care  
about you.  
There is a reason  
So get up,  
find and focus  
on the little things  
that make you healthy,  
then happy

Sometimes  
the first step  
is the most difficult,

It's OK to feel anger,  
frustration and despair,  
But don't get lost in it,  
don't give up

I care  
about you.



## What Matters?

By Alexandra Zarycka

You Matter.

## The Journey to Healing by Carol Jackson

Interviewed and written by Ovey Yeung. Edited and formatted by the Brain Injury Alliance

Carol joined FVBIA in 2018 and was part of our Coffee Chat groups. She has recently been featured in a story on the Brain Injury Alliance website where she shares her amazing story about her brain injury. You can read all about it here: <https://www.braininjuryalliance.ca/the-journey-to-healing-by-carol-jackson/>

Carol is also a skilled photographer with a webpage showing her work. You can see that here:

<https://caroljackson.ca>

***“An off duty fireman and an off duty respiratory therapist kept me alive.”***



**Can you tell me a little bit about yourself?**

I grew up in West Vancouver and went to Hillside Secondary. I am the youngest of five. After being a Registered Nurse for 38 years (almost 25 years at St. Paul's Hospital and 14 years at the NurseLine) I retired in 2018. I have been [living] in Cloverdale since 1992 and moved from my house into a townhouse, 5-minutes away, in 2014. I love training and trialing with my dogs. I currently have two American Cocker Spaniels: an 8-year-old male and a new 2.5-year-old female.

*This shot was taken of me about 3 weeks before my accident. I was in the Cariboo, hosing off the Cariboo mud from my CRV. – Carol Jackson*

### **Then what happened?**

It was June 29, 2007. I was driving home from work from the NurseLine, just after 7:00 PM, when I was t-boned at a 4-way stop not far from where I lived. Months later I was told that there were an off duty fireman and an off duty respiratory therapist at the scene who kept me alive. I was airlifted to a hospital – that was my first helicopter ride. I had four fractures in my pelvis and was unconscious from a traumatic brain injury (TBI).

I spent 1.5 months at Royal Columbia Hospital (RCH) all on bed rest. I was unconscious from the traumatic brain injury (TBI) for 3 days and then transferred out of the ICU on day 5. While I was in the ICU the doctors obtained x-rays and MRIs of my head. At my request, I was transferred from RCH to Langley Memorial Hospital (LMH) to be closer to my GP. I spent another month at LMH going through rehabilitation. I graduated from bed, to wheelchair, to a walker with wheels as I had to learn how to walk again. I also suffered double vision because of nerve damage.



*Photos of my car bashed and showing that I can weight bear. – Carol Jackson*

### **What resources did you have and how did you find them?**

I was aware of the Fraser Valley Association early on but I lived out in Surrey and wasn't in their region. I did however join their photography club and have enjoyed going out for coffee chats.

Other than that, I can't remember. I just Googled the physiotherapy office closest to me and checked reviews. Twin Rinks had the best program so I registered on my own. It was easy. A few weeks after being home from the hospital, September 2007, I started rehabilitation at Twin Rinks along with Physiotherapy and had an occupational therapist come to me home on a regular basis.

Oh, I forgot to tell you something about my pelvic fractures. As nerves run through openings in the pelvis, I had some damage to them causing numbness in my fingers and lower limbs – my ring finger and pinkies on both sides and the soles of my feet. It is minor now and often I am not aware of it.

### **How are you doing now?**

It's harder to learn something because I have a hard time with retention, so I did take a photography course twice as it helped me better retain the information. My husband (at the time) had picked up my pre-ordered JK Rowling's "Deathly Hallows" book for me while I was in Langley Hospital. I found it hard to read because of my double vision and attention span. I picked up the book about five years later and read it again as if I have never read it before (like a brand new book). I didn't remember reading it.

***"I used to be able to speak in front of groups of people very comfortably, but ever since the incident I feel insecure and uncomfortable."***

Once I was cleared by my doctor and physiotherapist, I went back to work. It was a year later in July 2008. I so desperately wanted to do 8-hour shifts, knowing I could never go back to 12-hour shifts, but I found that I was exhausted and wasn't getting a good night's sleep. I eventually started to work two 6-hour shifts a week.

***"Fatigue is mainly what I struggle with ... every day now."***

I have central sleep apnea (often happens during stroke or head injury) and the result is that I always feel jet-lagged all the time. I do get between 7-8 hours of sleep but often wake up feeling very 'jetlagged'. Because of this, I lose about 8-9 days of work per year. Once I was retired, I was able to get CBD oil and THC oil which has helped that jet lagged feeling. I am able to do more things per day as opposed to 1-2 per day. Chances of future dementia is a little bit greater (even though none in my family has it) so I do a lot of brain games, word things, words with friends, scrabble, and more. Anything to get me thinking!

**What is the one thing you would tell someone who knows nothing about ABI or just starting to learn about brain injuries?**

Brain injuries are very different in each individual. We all have different issues that we deal with every day. It is one of those invisible disabilities.

**What would you have liked to do without the brain injury?**

If I did not have a brain injury, I would have been able to retire earlier as I was working full time.

**How do you feel these days?**

I am a photographer and have been doing this since 2011. I like to call my photography eclectic as I shoot many different subjects, other than people. I love training my dogs. I like to keep them busy doing the things that they love. One loves tracking and the other loves scent detection. I do stick around home more now as long-distance travel is hard on me. I do drive five hours to the [BC] Interior once or twice a year but that is the most I can do. If I fly somewhere, a 5- to 6-hour flight is about all I can do which is perfect as Maui takes about that long to get to.



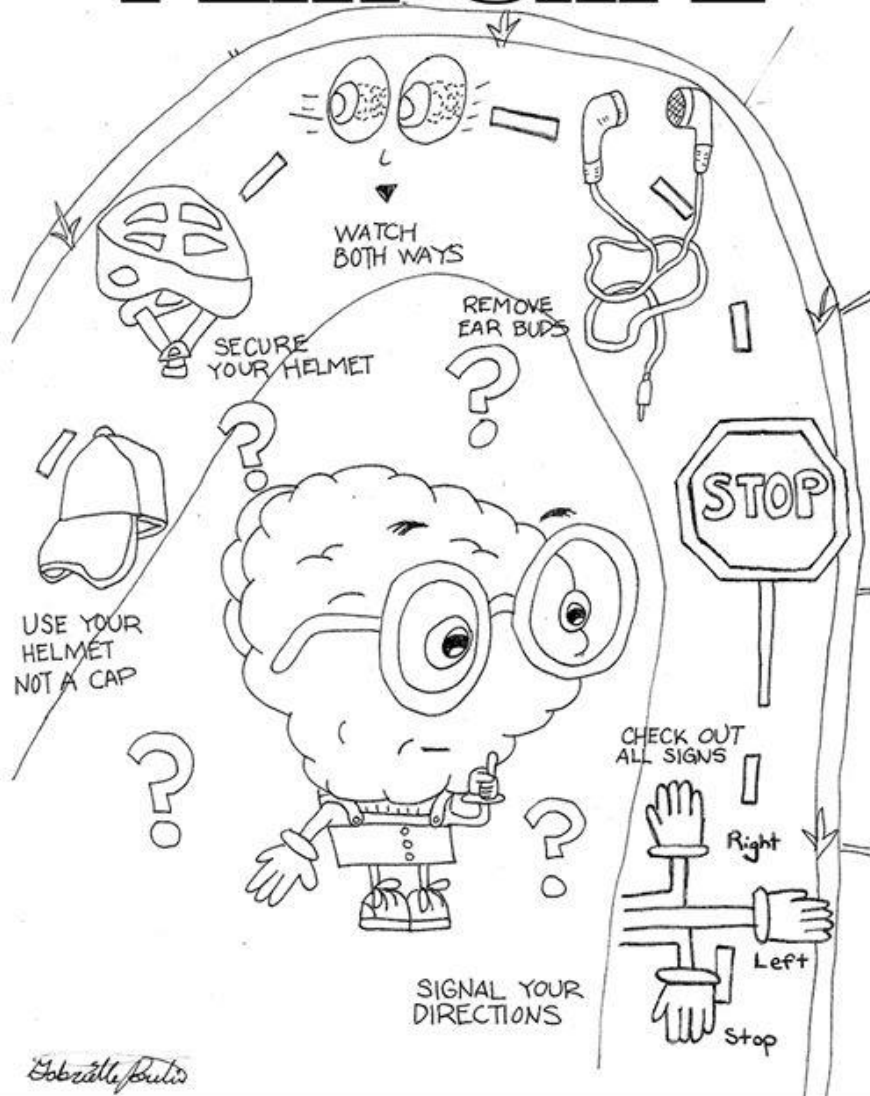
*Robbie winning his Novice Rally Obedience title at the National in Oregon. – Carol Jackson*

**Last comments?**

How am I now? I am happy and thankful I wasn't left with other deficits as well as pain or headaches like others are having to endure.

# June is Brain Injury Awareness Month

## PLAY SAFE



**COLOUR THIS PAGE and you could Win!**

<b>1st Place</b>	<b>2nd Place</b>	<b>3rd Place</b>
<b>\$250 Visa Gift Card</b>	<b>\$75 Visa Gift Card</b>	<b>\$25 Visa Gift Card</b>

**Drop off entries at:**  
The Abbotsford News office  
34375 Gladys Ave.  
Abbotsford, BC V2S 2H5

**OR take a picture of your entry and email it to [info@fvbia.org](mailto:info@fvbia.org)**

Contest is open to children ages 5 - 11 years. All entries must be received by July 3, 2020. Draw will take place on August 1, 2020. Prizes will be accepted as awarded and no further correspondence will be entered into. No cash value.

Sponsored by



Fraser Valley Brain Injury Association

and



**Black Press Media**



## “Pay it Forward”: Healthy Lifestyles for ABI Activities

### Mill Lake Walking Group

Join us for a relaxing walk around beautiful Mill Lake in Abbotsford, BC

#### **Mondays**

Two Meeting Places

2:00 P.M. at the Bourquin Entrance Benches

2:15 P.M. at the Mill Lake Road Dock

#### **Fridays (for a limited time)**

Two Meeting Places

10:00 A.M. at the Bourquin Entrance Benches

10:15 A.M. at the Mill Lake Road Dock

### Summer Ladies' R 'n' R ("Relax and Revive")

This is YOUR time, ladies - to get together for relaxing and chatting, for new activities, and for gaining some new ideas, insight or information.

Day(s): Thursday July 16, August 20, 2020

Times: TBA (for smaller groups)

Place: Mill Lake Park, Abbotsford, BC

By the BEVAN AVENUE parking lot

For more information, please call Joy at 604-897-1563.

\*\*\* BE READY FOR PHYSICAL DISTANCING! \*\*\*

## #FVBIA Kindness Rocks Project is a Rockin' Success!

FVBIA Creative Arts Facebook Page

[https://www.facebook.com/fvbiaarts/posts/137220171318766?comment\\_id=137315231309260](https://www.facebook.com/fvbiaarts/posts/137220171318766?comment_id=137315231309260)

June was Brain Injury Awareness Month and FVBIA members and staff (Alexandra, Judy, Kat, Barbara, Carol, Dawn, Cindy) stepped up to create some amazing painted rocks that included “#FVBIA” to promote brain injury awareness. Funding from the Brain Injury Alliance, ICBC and the Province of BC through the Pay it Forward: Healthy Lifestyles for ABI program allowed us to provide members with the supplies needed to create their masterpieces. You can see some of their work on the FVBIA Facebook page.

Because we have so many talented artists in our membership, we created an FVBIA Creative Arts Facebook page devoted to sharing the work of our members. This space will allow posting pictures of creations and allowing comments to celebrate and encourage each other. It does not matter if you think your work is “not good enough” just be brave and post it! The page will be a fun, encouraging place to connect over creativity. Every artist needs an audience, so stop by and give a shout to the folks brave enough to post!

The Kindness Rocks are now being shared around the community to spread some joy and a smile. FVBIA Rock Artists donated rocks to the Abbotsford Hospice Society to bring some joy to Hospice members and help with their Community Scavenger Hunt on July 19. Details can be found at:

<https://www.abbotsfordhospice.org/roadto gratitude>



## Fraser Valley Brain Injury Association Brain Injury Golf Classic

Thursday September 24, 2020

Redwoods Golf Course, Langley, BC



The Brain Injury Golf Classic Tournament is still planned for September 24, 2020 with social distancing measures in place. Spots may be limited so register soon. To sponsor or register for the event <https://fvbraininjurygolfclassic2020.eventbrite.ca> or contact us at [info@fvbia.org](mailto:info@fvbia.org).

### Fraser Valley Brain Injury Association is part of CanadaHelps

This online fundraiser connects FV BIA to donors nationwide and helped raise funds for much needed programs!

Thank you so much to all of our generous donors. Your contributions help us continue to serve the needs of our brain injury community.

“CanadaHelps champions all 86,000 charities across Canada, no matter how big or small. Every registered Canadian charity has a profile on CanadaHelps.org, connecting donors directly to the charity so donors can easily find and donate to them.

More importantly, we offer an array of powerful online fundraising solutions that are easy to use and proven to maximize donations.”

You can find Fraser Valley Brain Injury Association here on the CanadaHelps website.

<https://www.canadahelps.org/en/charities/fraser-valley-brain-injury-association/>

<https://www.canadahelps.org>



## ArtWorks

The Pandemic has certainly stretched our imaginations to new heights. With the Zoom App we have been able to provide art classes for those participants who were able to join the program. Zoom Art, the interim ArtWorks programs began in Chilliwack on May 13 and has been working well. With the Zoom app,

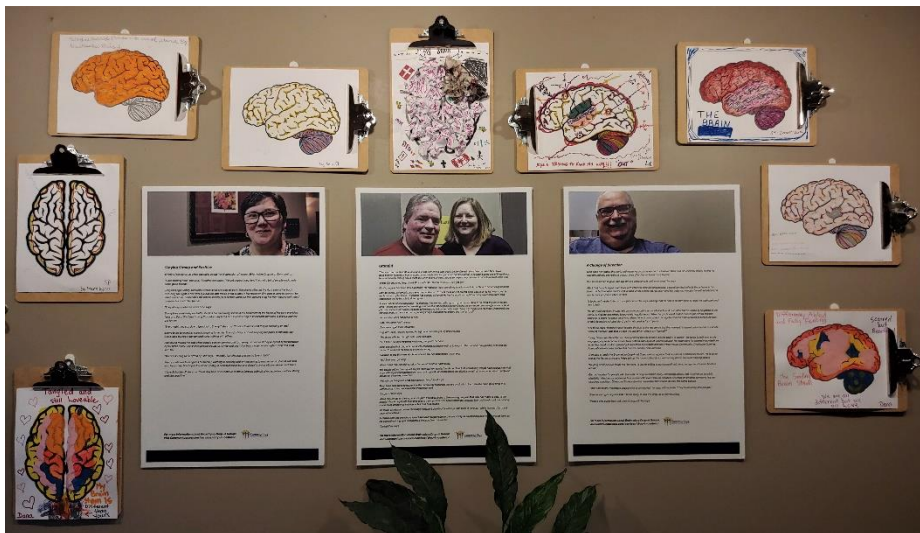
Local artist [John LeFlock](#) has provided participants with the opportunity to learn/increase their drawing skills. Although clients have appreciated learning new skills and adding to existing skills via technology, everyone is looking forward to in class sessions once restrictions have been lifted and safety protocols are in place.

The Chilliwack Drop In participants will be able to enjoy in person classes beginning July 9th. Each session will be one hour with 4 clients plus John LeFlock and Esther Tremblay.



There will be an hour break when the Drop In will be sterilized after which, a second group of 4 will enjoy a class with John. Each participant will be provided with an art kit with supplies and each participant will be required to provide their own beverages and snacks. The Abbotsford program will also start in July with similar restrictions and guidelines.

Plans are underway for a major art project which will be featured in an Art Show in the [Reach Art Gallery](#) in Abbotsford. In collaboration with participants and staff from the Abbotsford Drop In, Chilliwack Drop In, Fraser Valley Brain Injury and artist John LeFlock's participants will be encouraged to express their emotions and thoughts as they navigate through the experience of a Pandemic.



Clients who are not comfortable attending classes will be welcome to work on Adult Coloring pieces and paint by number pieces at home. The Reach Gallery show opening will be on November 2, 2020 and will be a virtual opening.

In addition to Artworks/Zoom Art, the Photography program will also begin in the near future-so stay tuned for this exciting opportunity.

## ‘Take Time to “Zoom-Out” to Support your Physical & Mental Health

Here are some good tips for any video conferencing platform that you are currently using.

“By now, we all recognize the phrases “flattening the curve”, “social distancing” and “video conferencing meetings” as part of the pandemic lexicon. No one can argue that the introduction of video platforms such as Zoom, Skype, FaceTime, WebEx and Google Hangouts, to name a few, have been a boon to businesses and families alike, particularly as travel has all but ground to a halt – and have played a vital role in keeping us connected as we continue to practice physical distancing.

It is no surprise, however, that relying on social media platforms to connect with others has many of us experiencing something called “Zoom Fatigue.”



We are social beings and there is ample evidence to support that staying connected is important for our mental health, but having multiple video calls a day instead of typical face-to-face interactions is taking an unexpected toll on [us].

During typical face-to-face conversations or in-person meetings, we make eye contact with only a couple of people at a time; we listen, observe and subconsciously take note of individual non-verbal cues such as hand-gestures, breathing rate, facial expressions and other movements taking place around us. This all happens without being distracted by our own image.

Meanwhile, the Brady-bunch format of videoconferencing forces us to face a wall of people where non-verbal cues are largely absent or obscured. Our brains need to switch to overdrive to find and decipher subtle messages from multiple attendees, and there is little opportunity for personal asides or comments that can help participants relax.

Throw in the added pressure of seeing yourself in the gallery – the feeling of always being “on,” worrying about appearance and managing our surroundings, including pets and children – and it’s no wonder that we can feel depleted after several daily video meetings.

What can you do to stay connected while minimizing Zoom Fatigue? Here are a few suggestions:

- **Schedule a phone call.** This allows you to move around, look away from your screen and not be faced with your onscreen image. Phone meetings are also more conducive to listening and taking notes. Putting pen to paper helps to organize and retain your thoughts.
- **Schedule breaks between video meetings.** Do a different activity that takes you away from your screen and allows your brain to switch gears: a change is as good as a rest.
- **Avoid multitasking.** This is not the time to be checking emails, texting others and preparing your grocery list. Stay present so that you don’t miss a key point that someone has made.
- **Step away from your screen** and go for a walk around the block, drink some water or do some [stretches](#) throughout the day.
- **Set boundaries.** Create household rules around meetings. Close the door to your office or post a “STOP – in a meeting” sign near your workstation to indicate you do not want to be disturbed. If you have children, ask them to make you a sign. They are more likely to adhere to the rules if they have helped establish them!
- **Expect the unexpected.** Acknowledge that you have pets and children at home, and recognize that many people are in the same situation as you. Interruptions are inevitable.

- If video meetings cause anxiety, [meditate](#) or perform deep-breathing exercises before you join.
- If you are presenting, **give attendees permission to join by audio** only or switch video off periodically.
- **Give your eyes a break** by using the 20/20/20 rule: every 20 minutes, look 20 feet away for 20 seconds.
- **Adjust your screen brightness** to match the lighting of the room to help avoid eye strain.
- If possible, separate your work area from your personal space. At the end of the day, turn off your computer and leave your workspace.

# 20/20/20

It is likely that working at home will be the norm for months or years to come, at least on a part-time basis and for a portion of the workforce. Rules around videoconferencing or “Zoom etiquette” will be established as we adapt to this new reality, but one thing is for sure: we’ll continue to connect with others, whether it be in person or virtually, and reap the mental health benefits.”

[https://www.telushealth.co/item/take-time-zoom-support-physical-mental-health/?utm\\_source=telushealth-newsletter&utm\\_medium=email&utm\\_campaign=corp-2020-06-telus\\_health\\_newsletter&utm\\_content=en](https://www.telushealth.co/item/take-time-zoom-support-physical-mental-health/?utm_source=telushealth-newsletter&utm_medium=email&utm_campaign=corp-2020-06-telus_health_newsletter&utm_content=en)

Sources:

<https://www.psychologytoday.com/us/blog/lifetime-connections/202004/zoom-fatigue-dont-let-video-meetings-zap-your-energy>

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<https://www.nationalgeographic.com/science/2020/04/coronavirus-zoom-fatigue-is-taxing-the-brain-here-is-why-that-happens/>

<https://www.businessnewsdaily.com/15728-zoom-burnout.html>

## Chuck Jung Associates – Psychological and Counselling Services

Vancouver: (Main Office)	Surrey:	Abbotsford:	Chilliwack:	Langley:
1001 – 805 W. Broadway	232 – 7164 120 <sup>th</sup> St. St	260 – 2655 Clearbrook Rd	201 – 45625 Hodgins Ave.	206 – 20641 Logan Ave.
Vancouver, B.C. V5Z 1K1	Scottsdale Square Bus. Ctr	Abbotsford, B.C. V2T 2Y6	Chilliwack, B.C. V2P 1P2	Langley, B.C. V1M 2G5
Tel: (604) 874-6754	Surrey, B.C. V3W 3M8	Tel: (604) 852-7885	Tel: (604) 792-7177	Tel: (604)-874-6754
Fax: (604) 874-6424	Tel: (604) 874-6754			

Other locations in Port Coquitlam and Richmond

Website address: [www.chuckjung.com](http://www.chuckjung.com)

Contact us at one of our locations for more information or to book an appointment.

# Acquired Brain Injury Information and Resource Package

Ninth Edition May 2020



Produced by



Fraser Valley Brain  
Injury Association

## Acquired Brain Injury Info & Resource Package

The FVBIA Acquired Brain Injury Information and Resource Package contains pages of brain injury information and contact information for a wide variety of resources for any person with a disability. Contact [info@fvbia.org](mailto:info@fvbia.org) or check on our website at [www.fvbia.org](http://www.fvbia.org).

Advertising opportunities are still available in the 9<sup>th</sup> edition of Fraser Valley Brain Injury Association's Acquired Brain Injury Information and Resource Package. Fraser Valley Brain Injury Association reaches over 550 people by email, over 500 followers on facebook and more than 1700 on twitter. This is a great resource for people with any disability and a good opportunity to raise awareness of your organization. Each edition is widely distributed over a two-year period and is updated regularly.

Advertising Rates:

- Full page ad \$1500
- Half page ad \$750
- ¼ page ad \$325
- Business Card size ad \$150

Contact [info@fvbia.org](mailto:info@fvbia.org) or 604-557-1913 for more information.

## Concussion Awareness Training Tool (CATT) Parent or Caregiver Course



The Concussion Awareness Training Tool (CATT) is a program designed to provide parents or caregivers with the information they need to take an evidence-based approach in responding to and managing concussion.

At the end of the course, you will be prompted to enter your information to receive a certificate of completion.

If you belong to an organization that has mandated the CATT training, a copy of your certificate will also be sent directly to the organization.

Estimated time to complete: 30 minutes

<https://cattonline.com/parent-caregiver-course>

## FVBIA Concussion Program

This is a short education and support program about concussion for:

- Those who are not eligible for Fraser Health's Concussion Clinic or
- Whose concussion was more than 6 months prior or
- are under 18/over 65

Participants are not eligible to attend other FVBIA programs without meeting proof of brain injury criteria.

Contact FVBIA at 604-557-1913 or [info@fvbia.org](mailto:info@fvbia.org) for more information and criteria details.



**For other concussion resources in your community, contact your local Health Authority, physiotherapist, or rehabilitation clinics**





## Brain Injury Awareness Pins for Sale!

Fraser Valley Brain Injury Association's board of directors has created a brain injury awareness pin.

There is no official colour of brain injury in Canada so this striking brain injury awareness lapel pin is a combination of the well-recognized colours in the US.

Blue is the colour of acquired brain injury and green is the colour of traumatic brain injury in the US, so the two have been combined in this small metal pin with a secure backing.

The pin comes secured to a card with a description of brain injury, the significance of the infinity symbol, and FVBIA's contact information.

These pins are available for sale for \$5.00 each with all proceeds go towards programs and services provided by Fraser Valley Brain Injury Association. If other associations are interested in purchasing pins to sell with their own contact information on their cards, please contact us at [info@fvbia.org](mailto:info@fvbia.org) or 604-557-1913.

Thank you to the FVBIA Board of Directors and the Pin Committee, led by Reverend. Dave Price, for the development of the pin.

Thank you to Mountain Image for their generous support of this awareness campaign.



<http://www.mountainimage.ca>



Acquired Brain Injury can be life-changing and permanent.

The infinity symbol on the pin signifies that with the right kind of help, the future for people with acquired brain injuries holds infinite possibilities.

You can be part of that future by donating \$5.00 to support services provided by your local brain injury association.

Please wear your pin proudly and help us spread awareness of acquired brain injury.

Contact Fraser Valley Brain Injury Association at 604-557-1913 or [info@fvbia.org](mailto:info@fvbia.org) to order yours now or for more information.



## Funding for Training Available

Funding for Food Safe and First Aid Courses is provided by the generous support of the Brain Injury Alliance, a province wide organization in British Columbia composed of individuals and organizations working together to improve the quality of life for persons living with a brain injury, their families, and their communities.

The Brain Injury Alliance is composed of non-profit brain injury organizations in British Columbia. The Alliance uses its collective philosophy, experience and skills to bring about positive change in British Columbia, and to improve the lives for people living with acquired brain injury in this province. The Alliance also advocates for adequate and sustainable funding for the brain injury prevention, education, and individual supports provided by community non-profit brain injury services.

“Providing basic FoodSafe and First Aid training has enabled persons with acquired brain injuries to volunteer for drop-in programs and fundraising activities, and has also given them valuable skills beneficial for entry into the workforce. We thank the Government of BC and the Brain Injury Alliance, for making all this possible.”- Fraser Valley Brain Injury Association

FVBIA members interested in accessing funding for specific educational or employment related training may be eligible for a grant up to \$2000 through [The Dr. Gur Singh Memorial Education Grants for Individuals](#).

Contact an FVBIA case manager for details or if you are interested in taking Food Safe or First Aid training.

## Facebook and PayPal Fundraisers

Thank you so much to those who have done Facebook Birthday Fundraisers to support FVBIA's programs.

You have raised **over \$2000** since December 2018.

Fraser Valley Brain Injury Association is registered with the PayPal Giving fund, which partners with Facebook to make charitable donations simple with no deductions or fees.

You can donate here and you will get a tax receipt!

<https://www.paypal.com/ca/fundraiser/hub>

Look for us by name or by typing in the following:

[paypal.com/ca/fundraiser/charity/3434455](https://www.paypal.com/ca/fundraiser/charity/3434455)

PayPal Giving Fund Canada helps people support their favourite charities online and raises funds to benefit charities through PayPal and other technology platforms. Click on the Quick Easy Impactful logo below to check out a short video on how the PayPal Giving Fund works.



**QUICK EASY IMPACTFUL**

Some FVBIA programs and Drop in programs are slowly opening to in person meetings, keeping safety as our primary concern. Contact programs directly for details and safety protocols.

## Drop In Centres and Support Groups

### **Abbotsford/Mission:**

#### **Drop-In:**

Wed 4:00 – 7:00 p.m. & Fri 1:00 – 3:00 p.m.  
5:00 meal on Wednesday  
103 – 2776 Bourquin Cres. W. Abbotsford  
Contact Communitas 604-850-6608

#### **Abbotsford Coffee and Chat:**

Contact FVBIA at 604-557-1913

#### **Mission Coffee and Chat:**

Contact FVBIA at 604-557-1913

#### **Art and Photo Clubs:** Langley, Abbotsford, Chilliwack

Contact Mary McKee 604-897-1452

### **Chilliwack:**

#### **Drop-in:**

Tues 10:00 – 1:00 p.m., Thurs 12:00 – 3:00 p.m.  
Lunch at 11:30 p.m. Tuesdays  
**45825 Wellington St. (Presbyterian Church)**  
Contact 604-792-6266

#### **Chilliwack in the Now Support Group:**

Contact 604-557-1913  
Toll-free 1-866-557-1913

### **Langley**

#### **Langley Coffee and Chat:**

Contact FVBIA at 604-557-1913

### **Hope**

#### **Community Leisure Program**

Wed & Fri 1:00 p.m. – 3:30 p.m.  
366A Wallace St. Hope, BC  
Contact 604-869-7454

Drop In/Leisure Programs and Support Groups funded in part by Fraser Health ABI Program and ICBC.

## Membership and Donations

Are you interesting in supporting Fraser Valley Brain Injury Association's work with people who have acquired brain injuries and their caregivers?

An automatic monthly withdrawal from your credit card is a simple way to do that.

<https://www.fvbia.org/membership-and-donations/>

Contact us at 604-557-1913 or [info@fvbia.org](mailto:info@fvbia.org) about making a monthly contribution to support FVBIA's services and programs.

It's easy!

For your convenience, you can also DONATE to FVBIA through Paypal with a major credit card, Facebook fundraisers for birthdays or through PayPal Giving.

You can also donate here by simply clicking on the **Donate** button.



FVBIA is a registered charitable organization and can issue Charitable Tax Receipts for eligible donations.

Thank you for your support!

# Fraser Valley Brain Injury Assoc. Membership Form

Please sign up now! Your membership is vital to our success.

First Name:		Last Name:	
Address:			
City:	Province:	Postal Code:	
Phone number:	Email:		

## 1. Please join FVBIA

I will sign up for my FVBIA Annual Membership

\$10 Individual   
  \$50 Organization   
  \$0 Courtesy

(Courtesy membership is available for low income individuals with an acquired brain injury)

## 2. Please make a donation

I will also support Fraser Valley Brain Injury Association's Programs and Services by donating

\$25   
  \$50   
  \$75   
  \$ \_\_\_\_\_

## 3. Please become a sustaining member!

I would like to show my ongoing commitment to the work of FVBIA by becoming a sustaining member and making a monthly pre-authorized donation in the amount of:

\$10   
  \$15   
  \$25   
  \$ \_\_\_\_\_

Payment Method (Credit Card)     Visa     MasterCard

I authorize deductions for this amount on the     15th or     last day of each month.

Card #:		Card Expiry (MM/YY):	
Authorization (Signature):		SIGNATURE DATE: (MM/DD/YY)	

## 4. Please return the form to:

Fraser Valley Brain Injury Association 201-2890 Garden Street, Abbotsford, BC, V2T 4W7, Fax: 604-850-2527 or [info@fvbia.org](mailto:info@fvbia.org)

I understand that I may revoke my authorization at any time. I have certain recourse rights if any debit does not comply with this agreement. For example, I have the right to receive reimbursement for any debit that is not authorized or is not consistent with this Pre-Authorized Debit (PAD) Agreement. For more information on my recourse rights or on my right to cancel a PAD Agreement, I may contact my financial institution or visit [www.cdnpay.ca](http://www.cdnpay.ca). I agree to waive my right to receive pre-notification of any debits under this agreement. I acknowledge that I can request changes to the amount noted above by contacting Fraser Valley Brain Injury Association at 604-557-1913, 1-866-557-1913 or [info@fvbia.org](mailto:info@fvbia.org).

Fraser Valley Brain Injury Association is a federally registered charity BN # 87202 RR0001. As such FVBIA must collect some personal information in order to issue charitable tax receipts. This information includes name, address, email and phone number. FVBIA will use this information to contact you for further donations to support our programs, renew your membership, and send you newsletters and updates about upcoming events. All contributions will receive a tax receipt at the end of the calendar year. Submission of this form constitutes your consent of the collection and use of your information for the purposes listed above. You may withdraw or change your consent by contacting [info@fvbia.org](mailto:info@fvbia.org). All information will remain confidential.

## Payment

Payment Method (Credit Card):

Visa     MasterCard

\$ \_\_\_\_\_

TOTAL

(Add membership and donation amount)

Credit Card Number

\_\_\_\_\_ / \_\_\_\_\_

Expiry Date

Signature

Date