



Fraser Valley Brain Injury Association E-Newsletter

March/April 2021

Spring is on it's way, the birds are happy and the sun shows up more often than the snow and hail finally.

It's hard to believe that we are coming up on one year since COVID-19 turned our lives upside down. Nothing about this last year has been easy, especially for people who are already challenged by social isolation, but what a resilient, inspiring group of people we serve in our programs. You've made it through changes in your own lives, changes to FVBIA programs and staffing and still somehow find a silver lining in those dark winter clouds. Keep it up and spread some of that positivity around! We can all use it.



201 2890 Garden St. Abbotsford, BC, V2T 4W7

Tel: 604-557-1913 Fax: 604-850-2527 info@fvbia.org www.fvbia.org

Funding from Fraser Health Authority Acquired Brain Injury Brain Injury Alliance and the Province of BC



Fraser Valley Brain Injury Association

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Advertising Opportunities

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Caring. Compassionate. Community-Focussed.

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.

What's your story? The secrets to story telling

By Frances McGuckin

It's said that everyone has book inside of them or stories which they would love to share. Everything we do in life is a story waiting to be told. In fact, many things you experience during the day would make wonderful short stories. Unfortunately, most are not written down and are lost as memories fade.

Stories don't have to be long; a few hundred words can paint a wonderful picture. If you haven't written one before, start with a topic you know. There are two types of writing: fiction and non-fiction. A fictional story comes directly from the imagination, using places and characters that are not real. However, they may use real life situations to build the fictional story around. Examples are romance, fictional historical novels, science fiction, horror and mystery, to name a few genres (topics of writing).

Non-fiction stories are based on real life situations. True non-fiction is factual, such as documentaries, newspaper or magazine reporting. Creative non-fiction takes a real-life situation and adds other elements to "spice up" the story, the writer embellishing the facts with descriptive words to make it more interesting.

What makes a good story?

There are many important components to an interesting story. Your aim is to grab the reader's attention at the beginning and not lose them until the end of your tale. Here are the main areas to focus on.

The Title: Make it grab the reader's attention so they want to read on. Just as a headline in a newspaper or online garners your attention, so must the title, for example: Murder at Mystery Hill House.

The hook: This is the first few sentences or paragraph. If you don't immediately make the reader interested, they may not continue reading on. Therefore, it has to really "grab" or "hook" the reader's attention. "Don't go into that old house!" screamed Susan to her brother, Tom. "Someone was murdered there and they never found out who did it." "I'm not scared!" yelled Tom to Susan as he disappeared through the old door. Suddenly a loud "bang" sounded from inside the dilapidated house.

Setting the scene: Now you have the reader's interest, set the scene so that they can imagine where the story is taking place. "The Tudor-style house was built at the turn of the century. Wild ivy grew up the stone walls, creeping over the broken window frames and strangling what must have been a beautiful garden. The decrepit house seemed to groan under the weight of decades of neglect."

Introduce the characters: Now we need to know the main characters who first appear in the story. Describe them in detail so that the reader can picture them. “Susan stood rooted to the spot in terror. At twenty-five years of age, short and stocky with blonde, wispy hair and a pale, freckled face, she had never been very brave. She relied on her brother to always protect her.”

Build the story: Now that the scene is set and the characters are in place, telling the meat of the story is next. Lay it out in an orderly but interesting fashion. Use short descriptions, conversation and action. Make it believable so that the reader feels that they are right there, experiencing what the characters are feeling and doing. “Susan was so scared as she hesitantly inched to the door, the hair on the back of her neck standing up in fear. She slowly entered, jumping back as the door creaked. It was midnight black inside, except for a weak light streaking through the broken windows, creating ghostly shadows on the walls.”

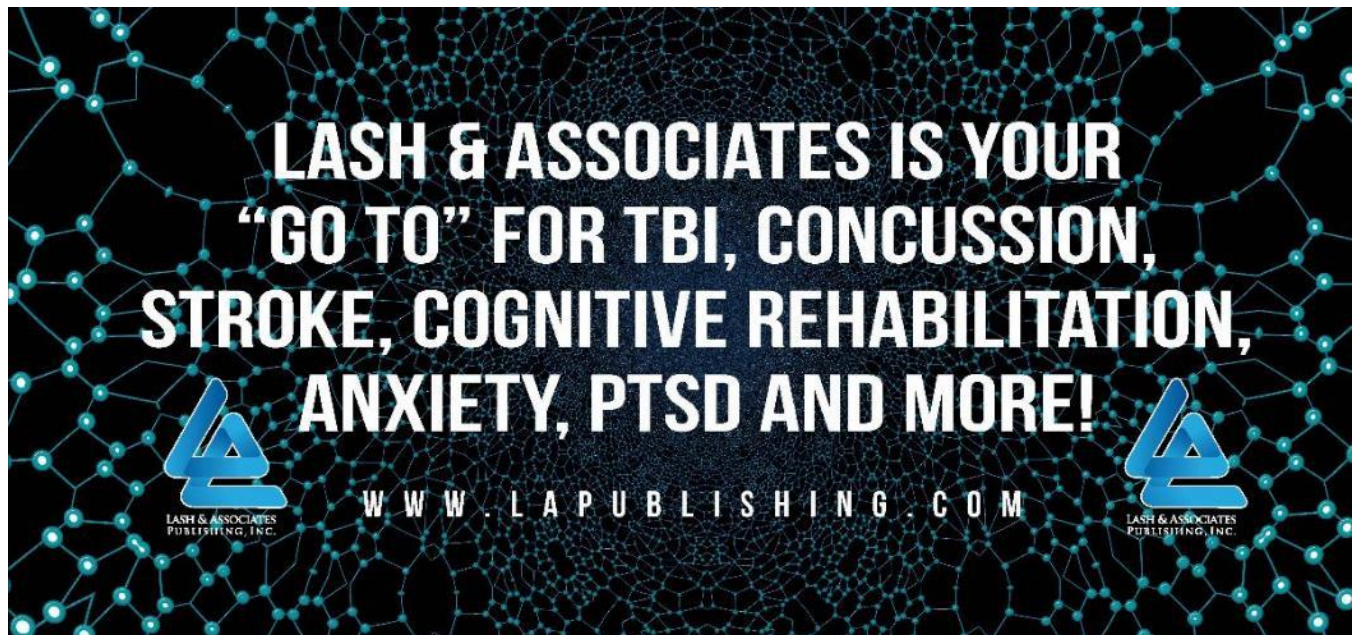
The ending: Make the ending believable, something that the reader will remember or relate to or believe. The aim is to capture their interest to the very last word.

“Well thank goodness you are not a ghost or a murderer,” said Susan. “If you like, we will come and visit you more often.”

“I would like that,” Winnie replied with a huge smile.

Susan and Tom both gave the old lady her a hug and then walked out of the old door, feeling elated that they had made Winnie’s day.

So what’s your story going to be? Perhaps we will soon read it in the next newsletter. Happy writing!



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Fraser Valley Brain Injury Association

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Tournament Package

To sponsor or register for the event

<https://fvbia-brain-injury-golf-classic-2021.eventbrite.ca>

or contact us at info@fvbia.org

On Being a Survivor....

By June

After I sustained my injury I didn't realize I was at the beginning of a very long, lonely, frustrating journey. Even though I have family and friends I felt they can only do so much. I was feeling deep despair, alone and lost. I felt the strong need to be able to be connected and understood. I thought all communities must have a place where people in my situation can get help. So I went on to Google and found FVBIA (Fraser Valley Brain Injury Association).

We are all on our own unique journey and I wasn't sure what to expect. To my relief I felt I had found the right place at the first zoom meeting that I attended. I started the group when COVID rules and regulations were implemented.

FVBIA and staff have done the best possible during these difficult times and restructured how they would and could support their clients. Rather than in-person group programs, support and case management, they have found a way to provide services in alternate ways. This is so important as people that need a continuation of support and encouragement from Case Workers, Managers and each other in the group could continue to have this. Thank goodness we are not left to fall through the cracks.

Life since my fall that resulted in a fractured nose, three brain bleeds, concussion, insomnia and a multitude of other side effects turned my life upside down. I was dealing with so many things at the beginning, that a huge depression and anxiety threatened to consume me. As well as a range of emotions that would wash over me like unwelcome tidal waves. I began to question things like... Why did this happen to me?

Several months later... How long will this last? How can I endure this? I have cried many tears grieving the loss of myself, June before the fall. And I have kept waiting for her to return. After a lengthy amount of time, being in such a dark place and struggling with so many issues that were an aftermath of my fall, I got to a place where I said to myself "you've got to turn this around from a negative to a positive." I asked the Lord, ".... so what am I supposed to learn from this!"

This helps to give me a different mindset and strength as my journey continues. Getting to a place where I stopped resisting my new reality also has helped. Resistance is futile, I would tell myself!

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After a while I realized on a difficult day I could use a few different mantras to help me. And I actually felt better for doing so.

FVBIA is a place where people with an ABI can feel comfortable and safe. The Case Managers and Staff are very knowledgeable, kind, patient, understanding and do the very best within their power to help. It's so great I have been lifted up by the discussions and people in the group. I've learned things, and made new friends. The connection is there through shared experience. No judgements.

These friends have already helped me in my life outside of the group. From connecting me to someone who fixed my laptop so that going on zoom will be so much easier. To simple things like texting, emailing or calling to say hi, how are you doing!

I strongly believe our medical system...Doctors etc., needs to improve how they deal or help people with an ABI or TBI. The proper information on this topic isn't made available as soon as it should be.

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

From my experience as well as others I have spoken to, it has been far too difficult and exhausting to find on our own. Information about direction for people to go in, and what types of services that are available should they require them etc. From physical rehabilitation to mental and emotional support. This can be far too difficult a task for a person with a concussion and ABI to do on their own. It's like trying to find a needle in a haystack. In my opinion our entire medical profession needs to take this much more seriously. Speaking from my own personal experience, it can make the difference between life and death.

I am so thankful that I didn't give up on myself....

But by God's grace and FVBIA I am alive today and look forward to continuing this new chapter of my life. Knowing that I will have FVBIA and support systems that work in conjunction with them in my life gives me hope and means the world to me.

Thank you so much to each and everyone in the FVBIA for your continued support!

Blessings....June

FVBIA Pay it Forward: Health and Wellness Programs

Staying healthy and well during this time of pandemic and seasonal changes can be a challenge. In addition to the realities of living with a brain injury, members and families have shared their experiences with additional challenges such as chronic pain, anxiety and depression. The loss of our “in-person” groups has taken a toll and we continue to explore new and different ways of supporting each other.

Health and Wellness Chats

The health and wellness group is held each week on Thursday's at 2 pm on Zoom. It consists of conversations on various health and wellness topics and we are open to suggestions on topics.

The plan is to continue hosting the group as long as people are interested in coming with no defined end date.

The sessions are open to all FVBIA members and for those unable/uncomfortable using Zoom, emails and phone chats are available so all can be included.

Some of the topics include:

- Strategies for supporting emotional health and wellbeing
- Getting/Staying connected with others, especially during COVID time. Creating buddy systems to decrease loneliness and disconnection post ABI/COVID
- Goal setting; creating and sustaining healthy habits, accountability and support
- Strategies for improving physical balance, increase walking and exercise, smoking cessation, nutrition, pain management
- Sharing community resources around health and wellbeing
- Managing chronic conditions in healthy ways
- Have weekly check-ins to support habit development and accountability

For more information or to suggest future topics, contact Taryn Reid at treid@infinityhealth.ca

Guitar sessions with Alex

Alex Bird, one of the FVBIA's case managers, brings his talents as a DJ and guitarist to our association. He is available for online guitar lessons on Tuesdays, Wednesdays, and Thursdays between 4:00 - 6:00 pm.

. If you always wanted to try playing a guitar but don't have one, we have one official FVBIA spare guitar and are happy to loan it to anyone wanting to give it a try. Contact Alex at: alex.bird@fvbia.org



Resources for Health and Wellness

Are you or someone you love experiencing [#anxiety](#)? The MindShift CBT app. Created by [@Anxiety_Canada](#) can be used as a self help tool to help you manage your symptoms. Learn more about how it works and is right for you. [#MentalHealthMatters](#)

United Way of the Lower Mainland PPE Donation

Thank you to the [United Way of the Lower Mainland](#) for dropping off a donation of PPE (face masks, face shields and hand sanitizer) for our clients and programs to the FVBIA office.

We are very grateful for their support and the support of their donors!



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Pay it Forward: Health and Wellness for ABI

Mill Lake Walking Group

Join us for a relaxing walk around beautiful Mill Lake!

Mondays and Fridays

2 Meeting Places:

2 P.M. at the Bourquin Entrance benches

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

Wednesdays (for a limited time)

Meeting Place:

10 A.M. at the Mill Lake Road Dock

*** We practise physical distancing! ***

For more info, call Joy at 604-897-1563.

Funding for the Pay it Forward program is provided by Charitable Gaming, ICBC and through the Brain Injury Alliance with financial support from the government of British Columbia.

Upcoming “Pay It Forward” Activities

Mill Lake Walking Group – Please note new days and times listed on the poster in this newsletter.

Chair Yoga with Christy (on Zoom)

Conference Call Get-Togethers – Chat on the phone with small groups of other FVBIA members during these quiet times.

Email and Text Check-ins – Keep in touch regularly with other FVBIA members through email and text messages.

For more information on these activities or to register, please contact Joy at 604-897-1563.

Funding for the Pay it Forward program is provided by Charitable Gaming, ICBC and through the Brain Injury Alliance with financial support from the government of British Columbia.

Pay it Forward: Health and Wellness for ABI

Invites you to attend

[Chair Yoga on Zoom](#)

Christy is a certified and experienced yoga instructor.

Classes will include stretching, strengthening and breathing exercises combined with relaxation techniques and mindfulness.

DAYS: 4 Tuesdays – Mar 16 to Apr 6, 2021

TIME: 2:30 to 3:15 p.m.

Enjoy Chair Yoga from the comfort and safety of your home!

***Please call Joy at 604-897-1563 to register.

Funding is provided by Charitable Gaming, ICBC and through the Brain Injury Alliance with financial support from the government of British Columbia.



Disability Alliance BC update on the BC Recovery Benefit and people receiving Ministry assistance

<https://disabilityalliancebc.org/>

Update on the BC Recovery Benefit and people receiving Ministry assistance



FEBRUARY 18, 2021 BY DABC

DABC has been informed that clients currently receiving Ministry assistance (PWD, Income Assistance, Hardship Assistance), will automatically receive the BC Recovery Benefit – there is now no need to apply for the BC Recovery Benefit separately.

The following information comes directly from the Ministry:

“As of February 2021, the BC Recovery Benefit will be automatically paid to people on income, disability or hardship assistance and people receiving the senior’s supplement who were receiving assistance by the Ministry of Social Development and Poverty Reduction (SDPR) in December 2020 or January 2021.

- SDPR clients will receive the full BC Recovery Benefit amounts of \$500 for single people and \$1,000 for single-parent families and two-parent families.
- SDPR clients will be provided the BC Recovery Benefit in the same form that they receive their benefits from SDPR, such as:
 - Via direct deposit from the Ministry of Finance, or
 - By cheque mailed to your home address, or
 - by pick up at your local office if you do not have an address on file.
- What do clients need to do?
 - If clients have already applied for the BC Recovery Benefit and received the full \$500 for a single person or \$1,000 for single parents and families, there is no further action required.
 - If clients have already applied for the BC Recovery Benefit and received a reduced eligibility amount, they will automatically receive a top up to the full amount via the payment method originally provided. Top up amounts of under \$10.00 will not be issued.
 - If clients have applied for the BC Recovery Benefit and are in the verification stage, they do not need to complete the verification process, as the BCRB payment will automatically be sent to them.
 - If clients have not applied for the BC Recovery Benefit, there is no further action required, as the BCRB payment will automatically be sent to them.
- Payments are expected to arrive by end of March 2021.
- Clients need to report the BCRB on their monthly stub as “Other Income”. **The BC Recovery Benefit payment is exempt and will not affect their monthly payment amount.**
- If a client was not in receipt of income assistance, hardship assistance, disability assistance or comforts allowance in December 2020 (for January benefit month) or January 2021 (for February benefit month) or the senior’s supplement in December 2020 or January 2021, they are not eligible for the automatic payment.
- If an individual is not eligible for the automatic payment, they can access the BC Recovery Benefit, through Ministry of Finance using their online application <https://gov.bc.ca/recoverybenefit> or call toll-free line at 1-833-882-0020.”

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Funding from Fraser Health Authority Acquired Brain Injury Brain Injury Alliance and the Province of BC

Our Zoom Rooms - A Sanity Saver

By Frances McGuckin



I have been fortunate to be able to participate in small group sessions through the Fraser Valley Brain Injury Association.

These are hosted by Janelle Breese Biagioni, Counsellor and CEO of the Constable Gerald Breese Centre, which specializes in counselling for trauma and loss. I feel that these Zoom counselling and education sessions have been a lifeline for me, particularly as we all face chronic isolation due to COVID. As brain injury survivors, we all face different challenges in everyday life.

Not only have these sessions taught us ways to overcome many of these challenges, we are also given great tools to use everyday. One of the biggest bonuses is forming connections with others who "get it" and who understand and empathize with each other. I believe that our small group will maintain these connections, even after our sessions finish, and that we will be there to help and support each other. I hope that we will also form lasting friendships, which would be an enormous gift.

My thanks to the FVBIA, Janelle and Jen for all your caring, empathy and expertise in helping us girls get through each challenging day.

FVBIA Updates

Congratulations to Jill (pictured on the right) on her official retirement! We have enjoyed your energy, creativity and sense of fun. Jill is always willing to jump in where needed as you can see her all geared up in her PPE to deliver pantry hampers to the Young at Arts summer program participants. She conveys enthusiasm and a sense of fun with whatever projects she takes on. We know you will transfer that energy to some other wonderful things and we will miss you and your chicken hat!

Congratulations to Gabrielle on the birth of her little baby Isabella. Gabrielle has volunteered and worked for FVBIA since she was a little girl so it's extra exciting that she is now a momma! Best wishes to first time grandparents Esther and Steve. Speed recovery to Esther! Feel better soon.

Thank you to the anonymous person that donated truckloads of food to our Chilliwack program participants on Christmas Eve and New Years Eve. Your generosity is incredible! Thank you to Esther Tremblay, her family and volunteers for making sure all of the food got out to over 40 families during the holidays.



Our condolences to the family and friends of Dan Banaschek, a very talented artist and jewellery maker.

Pets Corner

Meet one of Carol's "fur babies", Minnie! Minnie is small in stature like her name implies, but she is huge in personality. She definitely rules the roost and is very expressive. You can always tell what mood she is in by the way she moves her very fluffy tail – an angry swish or a vibrating "happy tail" will let you know whether you should avoid this little ankle biter or give her cuddles.

We aren't sure how clever she is, but she has been known to send secret email messages to one of the other kitties (Joy's) that she has met during FVBIA Zoom staff meetings. We aren't sure what they are talking about as Minnie's emails usually read something like "zisodp;rahewr;h;hjaseprrrrr", but we suspect they are plotting to take over the world or to go on strike until we get their favourite food (or toy) for them.

As you can see by the toy clutched between her paws, one of Minnie's favourite things are little fluffy mice that she drags all over the house while uttering strange sounds. She definitely is a character and puts smiles on our faces everyday!



This beautiful little doggie in pink was featured in a previous edition of the newsletter, but we can't get enough of her adorable face!

Zoey is of the most enthusiastic walkers at our weekly Mill Lake Park walks. She loves to feel the breeze in her flowing locks whether she's walking or riding on a scooter with her "mom", Kim.

Here is Zoey dressed up for the cold. Zoey always attracts a LOT of attention with her beauty and with her verbal invitations to other dogs to play with her.

She has quickly become a Mill Lake Park celebrity!

We would love to meet your pets so please feel free to send a photo and an introduction to info@fvbia.org so we can feature them in the newsletter.

TIME TO TALK



TRAUMATIC BRAIN INJURY

This latest podcast is designed to help those parents who have had a brain injury understand how their injury has affected them in their role as a parent.

We talk to actual parents living with a head injury in the hopes that they can suggest practical strategies and advice to help deal with these changes.

Listen to all recent podcasts here:

<https://timetotalktbi.libsyn.com>

Enjoy 'Baby Steps Behind Me Now'

Our next podcast 'Prescription Please' deals with Navigating the health system with a head injury. Available in two weeks.

Please subscribe to this podcast on podcast.google.com

Thanks for your support
The Bluesheet Clubhouse

The O'Brien Bubble



As we have been told many, many times. Stay in your bubble. So that got me thinking, "Hmmm, just what is my bubble?" Well, meet my bubble.

This is Harry Potter the oldest member of the O'Brien family. He will be 16 in June, and a miserable cat he is.

"I want out, I want in, I want out, I want in. I want food, no not that food, I want the other food. I want water, but only out of the upstairs bathroom sink. And now I think I want to go out again."

Arggggggggggh! But I love him.

This is Wild Child 1, my daughter Victoria and Wild Child 2, Faelan, our Wolf hybrid. Both are a handful, but thankfully only one lives at home. Although I would much rather have my daughter going for walks with me, than Faelan taking ME for walks.

Walking Faelan is akin to doing aerobics, strength training and yoga. It's always interesting trying to figure out what that blasted dog will be up to next.



Last but not least, this is Jalapeno, our Chilean Squirrel, he is pretty much good for nothing except eat and let out the occasional scream, loud enough to send me, my coffee and newspaper in all directions.

Yes, the scream happens in the morning of course!

And that dear readers, is my bubble. It's not much, but they are family.

Maybe you all can share your bubble with us in the next newsletter. Send it to info@fvbia.org along with some photos..



BRAIN INJURY
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Impact of COVID-19 pandemic on the brain injury community survey

We know the last year has been challenging for everyone as the COVID-19 pandemic has impacted every aspect of life. It is important to gather information from those living with brain injury, families/caregivers, health care providers and brain injury associations to ensure we understand the true impact of the pandemic in the context of brain injury.

Your feedback is essential, so if you are able to, please take a few minutes to complete our survey. This information will be used by Brain Injury Canada to:

- Evaluate the social and mental health impact of the pandemic on individuals, families and health care and service providers
- Highlight the need to provide and enhance existing services, with the essential input of those who live with brain injury, support others with brain injury, and work in brain injury in our advocacy initiatives
- Guide us in creating useful resources to help now and in the future

Please complete the survey which most represents you:

- I am a person living with a brain injury:
<https://www.surveymonkey.com/r/9XMTY6Z>
- I am a family member and/or caregiver:
<https://www.surveymonkey.com/r/9NL6BS2>
- I am a health care/service provider working in brain injury:
<https://www.surveymonkey.com/r/9NJV835>
- I am a staff member at a brain injury association:
<https://www.surveymonkey.com/r/X33N2TN>

We need as many responses as possible to identify the true impact.

Thank you in advance for your help.

New Concussion Resource for Athletes

A new CATT ([Concussion Awareness Training Tool](#)) course for athletes is now available.

The free course provides detailed information on concussion recognition, reporting, and management in the context of varsity and high-performance athletes, delivered in an interactive and engaging format.



Modules include information on the signs and symptoms of concussion, navigating the reporting process, advice on medication, how to address mental health challenges, and managing a successful return to school and sport.

The e-learning course was created with a focus on varsity-level athletes by Dr. Shelina Babul in collaboration with U SPORTS.

[Learn more about the concussion e-learning course for athletes](#)

YOU ARE NOT ALONE . Voices of Brain Injury

Voices of Brain Injury is currently running a special project called Voices of Brain Injury, a blog-style publication focusing on the stories of individuals in Canada with brain injuries. The purpose of this project is to connect individuals with brain injuries through shared experiences and stories, as well as to increase public awareness of brain injuries.

They wish to hear from brain injury survivors, or people who have experiences living, or working with brain injury survivors, to share their story through a short, fifteen-minute virtual interview. Especially during the special time that we live in, this project can be a good way to reunite the brain injury community through shared narratives.

A draft consent form that the interviewee can complete, and they can choose to be entirely anonymous. Their privacy will be protected.

There is a google form for signing up. <https://forms.gle/5wRGeQCsiVCn61rH9>.

Thank you for your participation

Who was St. Patrick? Was he a real Person?

Saint Patrick is the patron saint and national apostle of Ireland. He is credited with successfully spreading Christianity throughout Ireland—hence the Christian celebration of his life and name.

Was there really a St. Patrick?

Definitely. However, there are many legends about him that mix with the truth. Did he play a large role in spreading Christianity to Ireland? Yes, absolutely. Did he really drive all the snakes out of Ireland? Probably not, since snakes weren't native to Ireland to begin with!

In any case, St. Patrick's impact was significant enough to warrant our modern-day celebrations

Why is the shamrock associated with St. Patrick's day?

We wear a shamrock on St. Patrick's Day because, legend says, St. Patrick used its three leaves to explain the Holy Trinity in his teachings. (The Trinity is the Father, the Son, and the Spirit as three divine persons who are one divine being [God].) The truth of the St. Patrick legend, however, is in question, as there is no direct record that the saint actually used the shamrock as a teaching tool.

Note: The symbol of St. Patrick is a three-leaf shamrock, *not* a four-leaf clover. However, long before the shamrock became associated with St. Patrick's Day, the four-leaf clover was regarded by ancient Celts as a charm against evil spirits. In the early 1900s, O. H. Benson, an Iowa school superintendent, came up with the idea of using a clover as the emblem for a newly founded agricultural club for children in his area. In 1911, the four-leaf clover was chosen as the emblem for the national club program, later named 4-H.

More St. Patrick's day facts, fun, and folklore

- Blue was the color originally associated with St. Patrick, but green is now favored.
- The first St. Patrick's Day parade in the American colonies was held in New York City on this day in 1762.
- St. Patrick's Day is the traditional day for planting peas even in the snow! Cabbage seeds are often planted today, too, and old-time farmers believed that to make them grow well, you needed to plant them while wearing your nightclothes.

"On St. Patrick's Day, the warm side of a stone turns up, and the broad-back goose begins to lay."

<https://www.almanac.com/content/st-patricks-day>



Happy St. Patrick's Day to all of our Irish friends and special wishes to John and Morna Simpson!



2 Easy to Make Recipes for a Great Irish Meal - So Get Your Irish On!

<https://www.almanac.com/best-st-patricks-day-recipes>

We've got the perfect accompaniment for your St. Patrick's Day dinner. These Irish Oatmeal Scones are a delicious treat with a simple and subtle flavor. While these hearty scones taste great fresh out of the oven, they are even better cooled to room temperature and spread with jam.

By [The Editors](#) January 15, 2021

PHOTO CREDIT:
Sam Jones/Quinn Brein

Irish Oatmeal Scones

Ingredients

1/2 cup currants
water to cover
1-1/4 cups flour
1 teaspoon baking powder
1/4 teaspoon salt
1/4 cup sugar
1/2 teaspoon baking soda
1 stick butter
1 cup oatmeal
1/3 cup buttermilk
melted butter
coarse-grained sugar, optional



Instructions

Preheat oven to 375 degrees F. Combine currants and water in Pyrex measuring cup. Microwave to boiling point, cover, and let stand.

Combine flour, baking powder, salt, sugar, and baking soda in large mixing bowl or Cuisinart bowl. Cut in butter with pastry knife, or pulse in food processor until it resembles coarse meal. Drain currants, then add currants and oatmeal to mixture. Stir in buttermilk until dough is barely moistened.

Turn dough onto floured board and knead 6 to 8 times. Roll or pat into a circle, place on ungreased baking sheet, and score into 8 wedges. Brush the top with melted butter and sprinkle with coarse-grained sugar (if using). Bake for about 15 minutes.

This recipe can be doubled and divided into 3 circles with 6 wedges each. Doubled it yields about 30 two-inch round scones.



This hearty Irish stew is rich, flavorful, and comforting. The secret weapon? A cup of Guinness stout adds a deeper, more complex flavor. (You can't taste the beer in the finished dish; it melds into the sauce.)

By [The Editors](#) January 15, 2021

PHOTO CREDIT:
Sumners Graphics Inc./Getty Images

Irish Stew

Ingredients

2 pounds lean beef stew or chuck, in 2-inch chunks
1 teaspoon salt
1/2 teaspoon pepper
flour for dredging
2 tablespoons bacon drippings or vegetable oil
2 large yellow onions, chopped
1 garlic clove, finely minced (optional)
6 to 8 medium carrots, scraped and sliced
2 to 3 large potatoes, peeled and cut into cubes
2 to 3 turnips, peeled and cut into cubes (optional)
1 cup Guinness stout
1 cup beef broth



Instructions

Season beef with salt and pepper, then toss beef chunks in flour until well coated.

In a Dutch oven over medium-high heat, warm drippings then brown beef in two batches. When all pieces are browned, remove beef from pan and set aside.

Add onions and garlic to the Dutch oven and turn heat down to medium. Cook until onions are translucent.

Return beef to Dutch oven and add carrots, potatoes, turnips, stout, and broth. Bring to a boil, then reduce heat to a simmer. Cover and cook for 2 hours, or until beef is tender.

Why Does Easter Fall On a Different Date Each Year?

<https://www.farmersalmanac.com/when-is-easter>

Easter and the many church holidays related to it—such as Ash Wednesday, Palm Sunday, Good Friday—are called moveable feasts because they do not fall on a fixed date on the Gregorian calendar, which follows the cycle of the Sun and the seasons. Instead, these days follow a *lunisolar* calendar, similar to Jewish holidays.

How Is the Date of Easter Determined?

According to a Fourth Century ruling, the date of Easter is set for the first Sunday following the Paschal Full Moon, which is the first full moon of Spring, occurring on or shortly after the Spring Equinox. March 22 is the earliest Easter can occur on any given year, and April 25 is the latest. If that first spring full moon occurs on a Sunday, then Easter will be observed on the *following* Sunday.

Astronomers can tell us precisely to the exact minute when the Moon will arrive opposite the Sun that will brand it as a “full” Moon. However, the Church follows its own methodologies in determining when the Moon turns full. One important factor is something called the “Golden Number.” It is a rather arcane series of computations that in the end provides a date for Easter. Of course, on occasion, the date for the full Moon does not exactly line up with the date that is provided by astronomy.

4 Clever Ideas for Stay-At-Home Easter Fun

Easter will have to be celebrated much differently this year. Due to the coronavirus, families won't be able to engage in many of their usual Easter activities as we all practice social distancing to stay safe. We've put together a few helpful ideas to ensure you have an enjoyable holiday.

1. Virtual Easter

If you can't be with extended family, why not set up a video conference? Many online video conferencing tools are free, and easy to set up right from your computer or smartphone. You schedule a date and time and send your guests the generated conference code. This is a great tool to use to stay connected with loved ones while social distancing.

2. Mail it!

It's fun getting mail that's not a bill or sales flyer. Why not make your own Easter cards and mail them? You can print customizable Easter greetings found online to send to family and friends.

3. No-Egg Egg Hunts

Eggs are at a premium these days so if you decide not to make colored eggs this year, there are still ways to have an Easter “Egg” hunt.

Sock Hunts – Hide pairs of Easter-themed socks (rolled into an egg shape) around the house. You find them, you keep them!

Paper “Eggs” – Before Easter, have the kids decorate eggs made out of construction paper and then have an adult hide them. On Easter morning, whoever finds the most eggs wins a prize. You can even include messages on the back for more prizes!

Get Creative! You can hide just about anything to make it fun for kids.

4. Make Your Own Bubbles

Armed with a selection of bubble wands made from bent wire, plastic rings, and mason jar lid fasteners, we settled on two “best in show” recipes, each with their own appeal. Place ingredients in a jar with an airtight lid and stir gently to combine without agitating suds. Both recipes can be used immediately, but seem to do a little better after resting for a few hours before breaking out the bubble wands.

Mile High Bubbles

2 cups warm water

1/3 cup dish soap

1/4 cup corn syrup

The bubbles we got from adding corn syrup to the recipe weren’t as reflective or colorful as some of the other efforts, but these soar sky high (often rising out of sight without ever bursting). If you are looking for lift, this simple recipe fits the bill perfectly and won’t require a trip to the store.

Rice Krispie Easter Egg Nests

These are super easy to assemble. Using your favorite Rice Krispies™ Treats recipe, simply press into the cups of a muffin tin lined with colorful paper baking cups, to create a “nest.”

When cooled, add a few jelly bean “eggs” and enjoy! You can even color your nests by adding a drop of food coloring to the marshmallow mixture, or melt some chocolate chips into the marshmallow mixture for chocolate nest



FVBIA Office Hours and Programs

Due to COVID-19, the main office of the Fraser Valley Brain Injury is still closed to visitors 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.

We are still busy providing services although they look a lot different than usual so please contact us at our temporary number at 604-858-9027 for further inquiries, questions or concerns. Everyone's health is uppermost in our minds so we ask for your continued patience and welcome any suggestions for better ways to meet your needs.

Chuck Jung Associates – Psychological and Counselling Services

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

Other locations in Port Coquitlam and Richmond

Website address: www.chuckjung.com

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

Family Focus Groups

Our Virtual Family Focus Groups are facilitated by Janelle Breese Biagioni.

In response to feedback from families, there are now two separate groups:

- parents/siblings, and
- spouses/partners

For more information, contact FVBIA at info@fvbia.org

Janelle Breese Biagioni, RPC, MPCC

CEO & Founder [Constable Gerald Breese Centre for Traumatic Life Losses](http://www.constablegeraldbreese.ca)

www.traumaticlifelosses.com

Full Member, Canadian Professional Counsellors Association (#306)

Janelle Breese Biagioni has several free e-books on grief and loss available online.

<http://traumaticlifelosses.com/e-books/>

Thrive

FAMILY AND FRIEND CAREGIVER SUPPORT PROGRAM

Program description	Services and supports provided*
<p>The BC Centre on Substance Use's Family and Friend Caregiver Supports Program, is funded by the Government of BC and managed by the United Way. This program is also supported by Family Caregivers of BC.</p> <p>The program serves unpaid family and friend caregivers of older adults who use substances or whose health is affected by polypharmacy (use of multiple prescription medications).</p> <p> This program provides emotional support, education and hands-on learning, and peer support.</p>	<ul style="list-style-type: none">• Monthly support groups online• Peer support networks• Access to BCCSU's educational content• Workshops and training <p>*Services will be adapted using feedback from caregivers and peers</p> <p></p> <p>Program service hubs:</p> <ul style="list-style-type: none">• Vancouver• Fort St. John <p>Some programming will also be offered remotely</p> <p></p>



Get in touch for more info
e: michee.hamilton@bccsu.ubc.ca
p: 236-335-5793

MICHEE HAMILTON, PROJECT COORDINATOR

Healthy Aging

by United Way
At home. In community.



Family Caregivers
of British Columbia



Donate to Fraser Valley Brain Injury Association at CanadaHelps.org

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>



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](#)

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 or check on our website at www.fvbia.org.

Acquired Brain Injury Information and Resource Package

Ninth Edition May 2020



Produced by



Fraser Valley Brain
Injury Association

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 for more information and criteria details.



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

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>



Disability Planning Helpline

Call the helpline anytime from anywhere in Canada and one of our family experts will answer your questions about the Disability Tax Credit, the Registered Disability Savings Plan, trusts & estate planning, advocacy approaches, government benefit programs, social network building and more.

***NEW – We are now offering support on how to stay socially connected during COVID-19**

1-844-311-7526. <https://planinstitute.ca/>

Simpson Family Award

The Simpson Family Award was created by John and Morna Simpson to honour families and family members who have a loved one with an acquired brain injury that have made an outstanding contribution to the acquired brain injury community. John Simpson is a founder of the BC Brain Injury Association and the Fraser Valley Brain Injury Association and has been a strong advocate and community developer for acquired brain injury since 1982.



Non-profit organizations, community groups, businesses or individual may nominate a family that has made outstanding contributions to the acquired brain injury community. The recipient will be a family (Two or more persons who are bound together over time, living in the same community) or family member who has demonstrated outstanding and consistent caring for the acquired brain injury community.

Simpson Family Award Nomination Form

Nominee Information

Family Name: _____

Last *First Name(s)*

Address: _____ City/Prov. _____ Postal Code _____

Phone: _____

Nominee Description

1. Give a description of each family member's outstanding contribution over the past years, including what you feel is their motivation for this contribution. /50
2. If applicable, give us an example of how the family or family member showed leadership in their activities (for example, in identifying a need, building and attracting support, fundraising and overcoming obstacles). /30

****NOTE** – Attach all supporting documentation such as letters of support, news articles etc. The nomination must be accompanied by at least one letter of support. /20

Nominator information

Name(s): _____ Organization: _____

Address: _____ Postal Code: _____

Phone: _____ Email: _____

Signature

Signature: _____ Date: _____

*Nominations can be emailed or sent to Fraser Valley Brain Injury Association
201 – 2890 Garden Street, Abbotsford, BC, V2T 4W7
Phone: 604-557-1913 Fax: 604-850-2527
info@fvbia.org www.fvbia.org*

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 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.



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 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 \$4000** 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 Services, Brain Injury Alliance 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 families?

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 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:	
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

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. 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.

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. 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