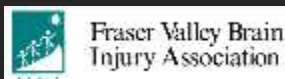


Fraser Valley Brain Injury
Association
E-Newsletter



May/June 2021

June is Brain Injury Awareness Month



201 2890 Garden St. Abbotsford, BC, V2T 4W7
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Funding from Fraser Health Authority Acquired Brain Injury
Brain Injury Alliance and the Province of BC

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Business Card Size	\$30.00
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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. We welcome submissions from family members as well!

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

Congratulations to Helena, the spouse of one of our member's, whose blog *The Compassionate Voice* was recently added as a feature on the *Brainstreams* website!

You can sample her writing here with this latest post about books on living with brain injuries. She would love to hear reader's comments and thoughts, especially from spouses.

Three Books That Gave Me Peace

April 19, 2021 [compassionatevoice](https://compassionatevoice.com)



There is love in hearing another's story.

This is what I've come to understand and what fuels the endless empathy for my husband's efforts to stay connected with me. There's a common conundrum when an injury makes you feel trapped inside your mind. You have thoughts and feelings that you are desperate to share but can't muster them all together to clearly articulate them. And so you are silent, but inside your mind is a flurry of jumbled, half formed ideas desperate to be heard.

When my husband was years further along in his recovery, he could finally gather these words and began to open this world that he had boxed up. His words have re shaped how I view those dark years of ours. But how I so wished I could've understood it then in our darkness. He continues to remind me that in all those years we lost, he never stopped loving me. But that's a whole other story to tell.

My wish for you, my reader today, is that in the absence of the words you wish to hear from your injured spouse, that these books might help you to understand their world and just how hard they really are trying to live their life with you. And I also know that it can be hard to even be asked to understand them, because we, as the spouses who carry on with supporting our family, are so often forgotten and cry out to have our plight understood. I really get that. But understanding his struggles was the unexpected path to feeling understood myself.

The first book, “Neither Married Nor Single” is written by psychiatrist Dr. David Kirkpatrick, who tells the story of caring for and navigating the changing relationship with his wife when she is unexpectedly diagnosed with dementia. While it’s meant to help the readers whose lives are impacted by dementia, many of the challenges of having a spouse with a brain injury are easily relatable. It was the first honest account I’d read of the limbo land that we spouses find ourselves in. Yes, we are married. And we love our spouse. But no, we don’t have the same equal partnership anymore. The injury has eroded that equality. And so we feel single. And alone.

It was when I read his wife’s journal entries as she began her decline into dementia that I finally got a glimpse into how he experienced the world as a busy, confusing, and overwhelming place that always taxed his energy. A simple task like a trip to the store for two or three items took extreme planning and courage. I snapped photos of page after page, and wrote out passages that finally gave voice to my private experiences of feeling single in my marriage, something I had previously felt so wrong to feel. It was truth, and not just mine anymore.

The next two books are unique in their first person perspective of life after a concussion and a stroke. It’s unusual to find such detailed and articulate explanations from the brain injury survivor, told in their own words, for the very reason that an injured brain often struggles with the organization and expression of complex ideas. Each time I read passages in these books I am simultaneously saddened and proud of my husband’s efforts to stay engaged and active in our life. Their stories helped me appreciate just how far we’ve both come, and the depth of our shared experience. If you’ve ever asked the question of “is it them or their injury?” as I frequently did, these stories will help to clarify that distinction for you in a neutral, safe way.

“The Ghost in My Brain” by Clark Elliot is rich in minute detail of daily life after his concussion. A university professor, Elliot offers first hand documentation of his symptoms ranging from loss of time awareness to loss of balance. He explains how he tried to compensate for all his symptoms, hiding them to all but the trained eye, and leaving him exhausted. I sighed deeply in relief as I read his battery analogy that helped me understand how my husband could behave so differently despite apparently doing the same activities!

Lastly, “Tell Me Everything You Don’t Remember” by Christine Hyung-Oak Lee is a deeply personal account of her life after her stroke at the age of 33. A writer before her stroke, Lee takes the details of her new life and pieces the patchwork together with deep emotion and deftness. She spares no truth in relating the injustice of the limitations of her new brain. And yet it’s a story of the healing journey we all must travel, whether we are the injured survivor or their partner. Her words reach our soul and our desire to be whole and to be understood.

These writers have each been courageous to share their stories, knowing that the road after a brain injury is often a lonely journey. Only those who have walked it before us can really understand. But we all need people walking beside us too. Maybe these three books will be a companion to you on your journey.

To read more of Helena's posts, go to <http://compassionate-voice.ca>

CMHA **Mental Health Week**



May 3-9, 2021

Visit mentalhealthweek.ca for info and tools!

HAPPY

AFRAID

SAD

ANGRY

Name it, don't numb it.

#GetReal about how you feel.

Even in times of extreme anxiety and stress, mental health is something we can protect. Not just something we can lose.

This CMHA Mental Health Week, let's focus on naming, expressing and dealing with our emotions – the ones we like and the ones we don't. It's important for our mental health.



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Seven Types of Self-Care

Activities for Coping with Stress

Posted Mar 16, 2014 | Reviewed by Jessica Schrader

Adapted from <https://www.psychologytoday.com/ca/docs/editorial-process>

Try these simple self-care activities to cope with stress. When we are stressed, self-care is often the first thing to go. Why is this?

1. Our brains go into fight-or-flight mode and we don't see we have options for coping with stress.
2. We get stuck in "doing mode" - trying to get more and more done. Switching to "being mode" may be just the break we need.
3. We may not have a "go-to" list of self-care activities.

Make self-care a habit. Here are a variety of self care activities to try:

Sensory: Focus on the sensations around you - sights, smells, sounds, tastes, touch. This will help you focus on the present moment.

- Breathe in fresh air.
- Snuggle under a cozy blanket.
- Listen to running water.
- Sit outdoors by a fire pit
- Take a hot shower or a warm bath.
- Get a massage.
- Cuddle with a pet.
- Pay attention to your breathing.
- Burn a scented candle.
- Wiggle your bare feet in overgrown grass.
- Stare up at the sky.
- Lie down where the afternoon sun streams in a window.
- Listen to music.

Pleasure: Engage in a pleasurable activity.

- Take yourself out to eat.
- Be a tourist in your own city.
- Garden.
- Watch a movie.
- Make art. Do a craft project.
- Journal.
- Walk your dogs.
- Go for a photo walk.

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Mental/Mastery: Do a task that you've been avoiding or challenging your brain in a novel way.

- Clean out a junk drawer or a closet.
- Take action (one small step) on something you've been avoiding.
- Try a new activity.
- Drive to a new place.
- Make a list.
- Immerse yourself in a crossword puzzle.
- Do a word search.
- Read something on a topic you wouldn't normally

Spiritual: Get in touch with your values. Activities that people define as spiritual are very personal.

- Attend church.
- Read poetry or inspiring quotes.
- Light a candle.
- Meditate.
- Write in a journal.
- Spend time in nature.
- Pray.
- List five things you're grateful for

Emotional: We tend to label emotions as "good" or "bad," but this isn't helpful. Instead:

- Accept your feelings. They're all OK. Really.
- Write your feelings down. Here's a list of feeling words.
- Cry when you need to.
- Laugh when you can. (Try laughter yoga.)
- Practice self-compassion.

Physical: Engage the body because you can bypass a lot of unhelpful mental chatter

- Try yoga.
- Go for a walk or a run.
- Dance.
- Stretch.
- Go for a bike ride.
- Don't skip sleep to get things done.
- Take a nap.

Social: Connecting with others is an important part of self-care. This can mean activities such as:

- Go on a lunch date with a good friend.
- Calling a friend on the phone.
- Participating in a book club.
- Joining a support group.

Self Care Tools

Calm

There are many videos on YouTube to guide you through some mindfulness or meditation activities when you need some stress reduction.

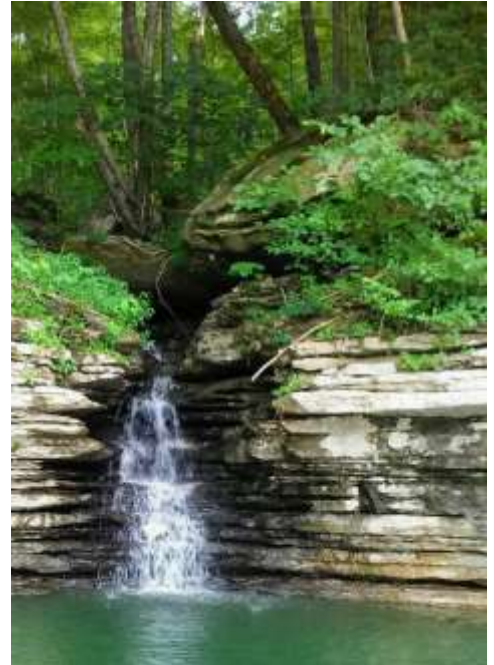
Check this one out if you like sounds of nature.

<https://www.youtube.com/watch?v=ZToicYcHI0U>

Insight Timer

The Insight Timer app comes recommended by Kinesiologist, Taryn. It's free and has a variety of tools that you can use for meditation, yoga and sleep. Use it on your computer <https://insighttimer.com/> or download to your phone through Google Play or Apple's App store.

[Mindfulness Meditation – Shoppers Drug Mart](#)



Self Care Selfies!

"I sat out on my balcony doing small crafts just taking in as much sun as possible. I also went to Gill Bar on Sunday for a few hours soaked in some more sunshine." Judy



Editor's Note: Judy has the right idea! Send your self care selfie pics to info@fvbia.org and share your favourite spots or activities with us.

Mindfulness Exercise

Mindful Breathing (adapted from <https://www.anxietycanada.com/articles/mindfulness-exercises/>)

“Being mindful means paying attention to the present moment, exactly as it is. It is really hard to be anxious if you are completely focused on the present moment – what you are sensing and doing right now ... and now ... and now....”

“The intention of this brief exercise is to focus your attention on your breath as you allow thoughts and sensations to come and go in background.”

Step 1. Find a comfortable place to sit. Put your feet flat on the ground and try to straighten your posture.

Step 2. Gently close your eyes. Let your shoulders drop down and away from your ears.

Step 3. Rest your hands gently on your belly with the fingertips of each hand lightly touching in the middle and breathe in smoothly through your nose.

As you breathe in, notice your belly push your hands gently apart.

Step 4. Exhale through your mouth.

When you breathe out, notice your belly sink back towards your spine as you release your breath.

Step 5. Continue to focus on the gentle inhalation and exhalation of your breath. In...and out...

Step 6. If you become aware of any thoughts, images or physical sensations during this exercise, notice them and gently bring your attention back to your breath.

You don't need to analyze or give these thoughts or feelings any meaning in this moment.

Step 7. Continue to focus on your breathing and stay in this relaxed state for as long as you like.

Step 8. When you are ready, slowly open your eyes and bring your attention back to your surroundings.

Chuck Jung Associates – Psychological and Counselling Services

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Website address: www.chuckjung.com

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

FVBIA's 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.

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) on Tuesdays from 2:30 to 3:15 pm. See poster in this newsletter.

Ladies' Group Meetings at Mill Lake Park on Thursdays, starting soon.

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

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

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.

Chair Yoga on Zoom

Chair Yoga with Christy (on Zoom)

Christy is a certified and experienced yoga instructor. Classes will include stretching, strengthening and breathing exercises combined with relaxation techniques and mindfulness. Enjoy Chair Yoga from the comfort and safety of your home!

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

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

Health and Wellness Chats

The Health and Wellness Group meets over zoom on **Thursdays at 2 p.m.** with FVBIA case manager Taryn Reid.

We talk about many different topics relating to health and wellness including but not limited to pacing, pain, nutrition, and self-care.

It's also a place for survivors to be social, in these times with the Covid-19 pandemic, individuals are really limited in what social interactions they are having.

If you are interested in anything health and wellness or just enjoy being social reach out to your case manager to get set up in the group or for further details

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

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.



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Food Donations for the Chilliwack Centre Case Management Program – Anonymous Donor

Thank you to the anonymous donor for dropping weekly truck loads of food for our Chilliwack Case Management Program clients. Thank you to the volunteers that help to distribute the food each week.

We are very grateful for your support!



Soroptimist International Abbotsford Mission Donation

Thank you to Soroptimist International of Abbotsford Mission for their ongoing support and generous donations to FVBIA's programs.

FVBIA's Executive Director, Carol Paetkau (right) accepts a donation of \$1458.00 to support art and photography activities.

Check here for more information about this remarkable group of community volunteers.

<https://www.wcsoroptimist.org/who-we-are/clubs/british-columbia/si-of-abbotsford-mission/>



10 Creative and Virtual Ways to Celebrate Mom from a Distance

By The Editors January 14, 2021

Adapted from <https://spiritedtable.com/blog/2021/5/1/10-creative-and-virtual-ways-to-celebrate-mom-from-a-distance>

Mother's Day is Sunday, **May 9, 2021**. This year, many of us are rethinking how to give extra recognition to moms, especially if we're apart.

10 Ways to Celebrate Mom

In 2021, given the ongoing COVID-19 crisis, many of us are rethinking how to give extra recognition to moms. Some of us are apart from our moms when we'd normally be together, and many of us are worried about our moms, some of whom are in the high-risk age range.

Most moms simply wish to connect with their children and spend time with family in any way possible - if not in person, then with a phone call or video chat!

Give her a day off from any family chores, especially during this difficult time. Someone else can take full responsibility for making or serving the food, cleaning the dishes, and doing the laundry. Volunteer!

1. Offer yard and garden services.

- Give Mom a "gift certificate" for your family's yard and garden services. Put the "certificate" in a flower pot.
- Many companies have gift certificates that you can purchase online and send by email.

2. Decorate your mom's door or front porch!

- Decorate your mom's front door with streamers, special signs, a wreath, and flowers.
- Deliver plants to her porch in person or order delivery well in advance.

3. Cook for Mom or set up a virtual brunch date.

- Breakfast in bed is always a classic or a sit-down brunch?
- If you're not with mom in person, how about a virtual brunch date?
- Drop off a casserole dinner or a cake on her porch.

4. Give your mom a long phone call or put on a virtual talent show!

- Talk to her (or video chat) and make her laugh. Perhaps throw in some good "[mom jokes](#)." All most moms want is time with you.
- If the young kids are involved, put on a talent show for Grandma! It can be simple! Sing a song, show off some gymnastics, play an instrument.

5. Watch a movie or show together, side by side or virtually.

- If you're all at home in one place, have a movie that night, complete with theater treats.
- If you're in separate locations, watch the same movie on your computers at the same time. Or, start a marathon of your favorite TV series while indulging in a glass of wine or cup of tea.

(Did you know? Netflix also has a way to watch together online. If you and your mom have a Netflix account and Chrome installed on her laptop or desktop, you can watch a movie together! There is even a group chat function for commenting live during the movie from wherever you are in the world)

6. Get creative: Make Mom a video, a music playlist, or a piece of art!

- Record a video from the family. Use iMovie to splice videos together on your phone.
- Make a tape or a music playlist. (If your mom has an iPhone, [create a special iTunes playlist](#) that will get emailed to her.)
- How about a special work of art for Mom? For example, paint the outside of a terra-cotta flower pot and fill it with garden seeds and a card. Or, make a beautiful photo frame with your family photo inside. You can find many ideas on Pinterest and elsewhere on the Web.

7. Get outside! Go for a stroll in the park or how about packing mom a picnic?

- Pack a simple picnic? If mom's living nearby, drop off a picnic basket on her porch.
- If you're living together, pack a cooler for a beautiful drive through the countryside. Here are [great picnic food ideas](#).

8. Make a homemade gift.

- You don't need to go out to a store and buy a gift. Mothers love gifts from the heart.

9. Make your own card.

- Don't forget to send a card in advance. Wondering what to write in the card? How about sharing a funny story or happy memory of you and your mom? It will make her smile.





Fraser Valley Brain Injury Association

Brain Injury Golf Classic

Thursday September 23, 2021

Redwoods Golf Course, Langley, BC



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

Tournament Partner



Pets Corner

Pretty Kitty

By Joy

Nine years ago, this feline was an underweight stray at the local SPCA, and she had to be fostered for several weeks before she could actually be adopted.

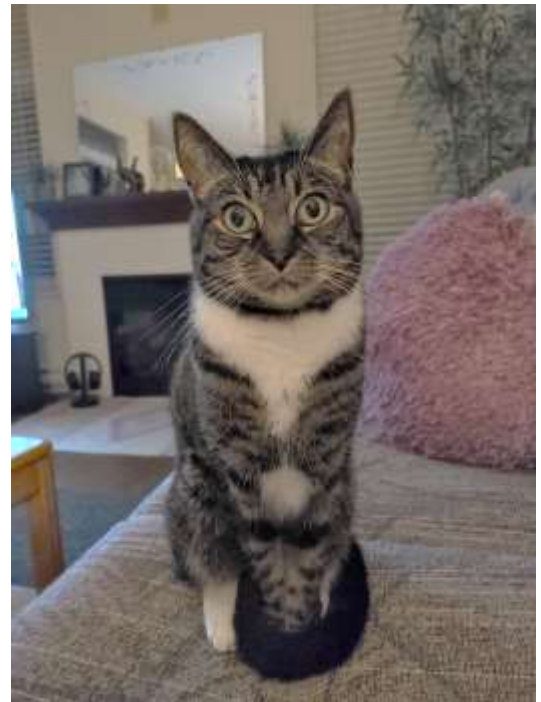
Her SPCA name was Peppercorn, and when she was adopted, she was renamed Jasmine (long story) but was always called Kitty (short for Pretty Kitty).

Her favorite pastimes are purring, sleeping in cozy spots, sitting in the sun and watching birds and squirrels from the window. Every night she sleeps right up against Joy, taking up a lot of space on the pillow.

Her tastes are simple – her favorite toy is a candy wrapper tied on the end of a string. She also loves to attend Zoom meetings, and her upright tail is often seen on the screen in front of Joy's face.

Zoom Chair Yoga is lots of fun for her when done on Joy's knees, but it always ends when the knee circles start!

She and Carol's cat have also been suspected of secret undecipherable communications on Zoom (and emails) when staff meetings end. Pets are great, and this Kitty is very special!



My Luna

by Judy Craig

Named after the moon and has now become a Goddess. Yes, I'm speaking about my cat.

She has taken this title seriously. Every evening she lays down with me all cute and cuddly. Sometimes she rolls over on her back all 4 paws in the air white furry tummy showing waiting to be patted. This sleep lasts 2 hours. It is a ritual. Every 2 hours like clockwork, she has been trying to train me to wake up and feed her. So far its working. She must be pleased.

When I adopted her a year ago she was 12 pounds and on a diet. Now she is proud to say she is a solid 16 pounds and eats what she wants when she wants.

She has had to resort to drastic measures. During the night if her human (aka as me) doesn't wake up she jumps from a high surface like the book shelf onto my chest.

Yup! That works.

If for some reason that doesn't work she may have to sit on the window sill and flick all the ceramic figurines onto the floor one at a time.

During the day she has a new set of personal rules that follows. To get my attention she will climb shelves she's not allowed on and climb high enough that I can't reach her.

If that fails "let's claw my humans couch or better yet sit on top of it while I chew on her hair".

Then a new set of protocols is in place to get my husband up. If he's in bed reading, then she knows the perfect place to be is on his chest between the book and his face.

However, none of these things come close to this other famous feat of hers. If her human is on the computer, she is smart enough to know which cord plugs in the computer so she pulls it out. There is no cupboard or cabinet door she hasn't figured out. It can be quite startling to be in the bathroom and have her walk out of the cabinet.

With all her tricks and amazing feats, she really is a wonderful beautiful pampered cat.

I am so grateful that she allows me to live here.



Zoey's Story

by Joy Scobie

We have just learned that our beautiful Mill Lake Walk celebrity, Zoey, requires surgery to remove some cancerous cells. The vet says that, after surgery, the cancer should not return and Zoey can expect to live many more years and enjoy a healthy and happy life.

Zoey is a dear little dog and is a loving companion to her guardian, Kim, who is an active FVBIA member. Zoey gives many kisses and can do many tricks. She also alerts Kim to imminent seizures, which is really important. As Kim's family lives far away, Zoey is really all that she has.

Kim has set up a GoFundMe page called "Zoey charity" asking people to help cover the costs of Zoey's surgery. This sweet little dog is a true treasure and any help at this time would be so greatly appreciated. We want to see Zoey at our Mill Lake Walks for a long, long time.

If you or someone that you know might be willing and able to help at this time, please check out Kim's GoFundMe page <https://gofund.me/52ab576b> and open your heart. Every dollar counts.



ArtWorks Corner

Zoom art classes are still happening every Monday with talented local artist John LeFlock. Contact info@fvbia.org for more information.

Look for **weekly arts and crafts “recipes”** to try during Brain Injury Awareness month in June starting with how to make your very own fairy garden. Thank you to Sonya W. and Mary McKee for helping put these together. To sign up for these great ideas to be sent out to you, register with info@fvbia.org.

Original Art

In the meantime, enjoy some beautiful inspiration projects from FVBIA members:

Liz Fraser



Cindy LeGreir (Cindy is legally blind and self taught!)



Heartfelt condolences to the family and friends of Grace M., a talented and active member of FVBIA's art and photography groups for several years.

Grace was a vibrant, energizing person that will be greatly missed.

Fun Father's Day Ideas Even If You Can't Get Together

Here's how to hang out with dad, even if you can't do it in person.

By Elizabeth Fallin, June 1, 2020

As Father's Day fast approaches, you're likely wondering how you can celebrate the ol' man, even if you can't get together the old-fashioned way. Even if you can, you may be looking to socially distance, forgoing restaurant outings and other crowded spaces.



Fortunately, you've likely become a bit savvier when it comes to this whole social distancing thing—what, with all the virtual birthday parades happening these days—so you can apply some of that remote revelry know-how to Father's Day. For example, if you live within driving distance, why not surprise "Pa" with his very own "Pa"-rade, complete with kids on bikes tossing out candy from afar? (Consider Tootsie "Pops.")

Set Up a Surprise "Home Team" Tailgate

Set up a surprise "game day" tailgate in the driveway featuring decorations in his favorite team color.

Take Him on Virtual Trip to His Favorite Hardware Store

If your dad is still avoiding public outings, why not playfully take him on a virtual tour of his favorite tried-and-true home improvement store? Let him pick out a gift or two as you walk him down his favorite aisles.

Watch a Classic Fatherhood Flick

Whether you watch "together" over the phone, or while sharing the same sofa, fatherly flicks will make you laugh, cry, and appreciate the man you're lucky enough to call Dad.

Plan a Backyard BBQ

Serve up his favourite BBQ treats on a personalized cutting board that doubles as a dad gift. Don't forget an apron for those times he does man the grill.

Tackle a Project in the Garden

Plan some time to enjoy a garden project with Dad. Afterward, you can enjoy a garden-themed meal.

Host Family Game Night Over Zoom

Why not keep up family game night tradition going over Zoom? Some of our Zoom-friendly favorites include charades, Trivial Pursuit, and Most Likely to...

Make Homemade Ice Cream

Whip up a variety of his favorite flavors.



BRAIN INJURY
CANADA

LÉSION CÉRÉBRALE
CANADA

Brain Injury Canada Conference

The BIC conference is divided into two streams in order to best serve our audience.

You are welcome to attend whichever stream(s) that interest you.

Please check out our schedule to learn more about the different topics and presenters that will be covered

June 2 @ 8:00 am - June 3 @ 5:00 pm

Stream One: Navigating the Landscape of Brain Injury, June 2-3, 2021

This stream is designed for health care and service providers in the brain injury sector, and includes more technical/ research-based information and language.

Stream Two: Healthy Brain & Well-Being, June 4, 2021

This stream is designed for those living with brain injury, caregivers, and anyone who is interested in learning more about supporting brain injury recovery.

Two-day Conference Pass \$119.00 CAD

June 2-3, 2021

Access to sponsors & exhibitors

Virtual Delegate Bag

BOOK NOW

One-day Healthy Brain and Well-Being Conference Pass \$25.00 CAD

June 4, 2021

One-day access to presentations

Virtual program & delegate bag

BOOK NOW

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>.



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Sardis Guides Bike Rodeo

Thank you to Sardis Guides for inviting Fraser Valley Brain Injury Association to participate in their Bike Safety Rodeo. With all COVID safety protocols in place, the Guides were tested on their knowledge of bike, helmet fitting and road safety.

Guides went on to take their chances on FVBIA's "Wheel of Fun" with questions about brain injury and how to prevent it. After the wheel, the Guides put their road knowledge to good use while riding their bikes around a track. Then they decorated their bikes and had a bike parade.



Funding for the Brain Injury Awareness and Education program is provided by the Brain Injury Alliance and the Province of BC.

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 to the public, 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 several innovative and physically distant group activities. If you have been assigned a Case Manager, please contact them directly.

Depending on public health guidelines, some group programs may be running with lower numbers of participants and strict COVID-19 safety protocols. 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.

Young at Arts Summer Program

FVBIA's Young at Arts summer program is back again this year! This program is open to children with acquired brain injuries, their siblings and children who have a parent with an acquired brain injury.

Plans may change due to Public Health Guidelines for COVID 9, but current activities include zoom art and biology groups over zoom, along with a week long day camp at the Blue Heron Reserve in Chilliwack.



For more information, contact your case manager or the FVBIA office at 604-557-1913 or info@fvbia.org

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



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> 2020</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>

 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

 BRITISH COLUMBIA CENTRE ON SUBSTANCE USE

SHRed Concussions Study

“Concussions are the most common form of head injury. Young people who get concussions take longer to recover and are at higher risk of developing symptoms that persist for many months after their injury.

We want to improve the ways in which concussions are prevented, recognized, managed, and treated. Our current understanding of sports-related concussion comes largely from adult studies.



In youth, we are less able to predict the recovery process, and have little understanding of the long-term effects of concussion, which makes this study particularly important.

The goals of the SHRed Concussions Study are:

1. To develop better prevention strategies
2. To develop better tests to diagnose concussions and track recovery
3. To develop better strategies to help students return to school and sports quickly and safely

Students ages 13 to 17-years-old who play one of the following higher-risk sports are potentially eligible to participate: basketball, football, ice hockey, ringette, lacrosse, rugby, soccer, volleyball, cheerleading, or wrestling.”

The study is being conducted by researchers at UBC, BC Children’s Hospital Research Institute and UBC Okanagan: Dr. Ian Pike, Dr. Shelina Babul, Dr. Paul van Donkelaar, and Dr. Cheryl Wellington

<https://www.injuryresearch.bc.ca/shred/>

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

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

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:	Postal Code:	
Phone number:	Email:		

Payment

Payment Method (Credit Card):

Visa MasterCard

\$ _____

TOTAL

(Add membership and donation amount)

Credit Card Number

_____/_____/_____

Expiry Date

Signature

Date

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.