

Fraser Valley Brain
Injury Association
E-Newsletter



Photos by Carol Paetkau

November/December 2021



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

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*Serving the Community and Advocating for
the Brain Injured Victims of Motor Vehicle
Accidents for 50 Years*

The Road to Recovery

B.C.'s Pioneering Law Firm For Motor Vehicle Cases

Your experienced legal team at Simpson, Thomas & Associates will obtain for you the best possible settlement, either through negotiations, mediation or trial. We are experienced in successfully settling cases involving:

- Brain Injury
- Paraplegia
- Quadriplegia
- Spinal Cord Injury



Low legal fees

We offer a reduced legal fee of 20% on brain injury, paraplegia and quadriplegia cases.



We handle all of the expenses

If no settlement, no legal fees or expenses.

Call Anthony Thomas, Steve Yung or Bernie Simpson at 604-689-8888 to set-up a complimentary consultation or visit our website at simpsonthomas.com

Vancouver Office
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Vancouver, BC, V6Z 2H2,
Canada
Phone: (604) 689-8888
Fax: (604) 684-1881

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. The Bullpen has expanded to include art, photography, cartoons and poetry.

Editor's Note: Thank you to everyone for their contributions! Submissions may be edited for length.

Ten Tips for Tolerating TBI

By Peter Clay

Eight years ago, I was in a life-changing car accident. The hospital sent me home with a headache which lasted a few years, but apart from that and major depression, I found I was totally confused about almost everything. At first, I could not deal with other people, speak properly, prepare a meal, buy food or even count coins.

With a bit of helpful guidance, I got back to relatively normal life by developing coping strategies. For the benefit of those who are new to brain injury and are still trying to understand the changes, I would like to share my ten survival tips:

1. Put a bowl or basket by the front door. This is where you keep your keys, wallet, phone, winning lottery ticket and anything else of value that you do not want to lose inside the house, so you know where it is next time you go out.
2. Keep your keys on a string, so you can hang them around your neck, on a belt loop or on the handle of a bag. Keys are small, easy to lose, and quite essential for driving home.
3. Make lists of things to do, on paper, I-pad, phone, a blank wall, or whatever works for you.
4. Do your grocery shopping in the early morning or in the evening when the supermarket is quiet. Buy simple foods, salads and meals that are easy to prepare. A kitchen seems like a nuclear physics lab if your brain is not doing what it used to.
5. Rehearse before the performance to overcome anxiety. A week before an appointment, drive there, so you know the route and how long it takes. Write a timetable for getting up, eating breakfast, and the drive. On the day you will be more relaxed and more likely to find the place and be on time.
6. Before going to bed each night, plan the next day and write it down, including a timetable. This can be a great antidote to depression, partly because life is never over, as long as you are busy tomorrow. This may sound flippant, but it works. I have been there.
7. Do not rely on visual memory only. Talk to yourself or even sing to yourself to remember things and cope with tasks during the day. Our eyes connect to visual memory, while talking and singing will engage other brain areas as well. That is how we still remember nursery rhymes. By the way, this strategy is not recommended when you are out shopping.

8. Exercise your mind. Play chess for visual memory, do carpentry for the calculations, learn a language for verbal skills, or study quantum physics and cosmology on YouTube to increase your understanding of everything. Also, just as important if not more so, exercise your body. Not only does this improve your health generally, but it also increases the flow of oxygenated blood to the brain, which speeds the healing process and brings you back to Einstein level much faster.
9. Finally, never do today what you can put off until tomorrow. Brain injury often causes loss of executive function, which means you lose the filters that normally tell you buying a purple dining suite or three lawnmowers is a bad idea. If you have a sudden brainwave like that, make yourself wait for a day or two until the desire subsides, and call a friend for advice. It can save you a lot of money and protect you from ugly decor. Being spontaneous is not always good.
10. Look ahead and plan a better future. Recovery from brain injury is a long process, so put strategies in place, keep your mind and body busy, have plenty of naps, and remember that unless you bought the purple dining suite, the world is still a beautiful place. Be happy.

Time to Talk Traumatic Brain Injury Podcasts

Hi Listeners,

Enjoy and listen to all podcasts here:

- **Time to Talk Traumatic Brain Injury**
<https://timetotalktbi.libsyn.com/website>

Thanks for your support - Greg and the entire podcast team.

TIME TO TALK



TRAUMATIC BRAIN INJURY

Family Focus Groups Starting in the New Year!

FVBIA will be offering a virtual Spouse's Group and a Parent's group in the New Year with Chuck Jung and Associates <https://www.chuckjung.com/home/> . Stay tuned for details!

Pro Bono Counselling for TBI Individuals & Family Members

Chuck Jung Associates is pleased to offer Pro Bono/No Cost Counselling for individuals with TBI and their family members.

For complete details on the Services offered, please click on the following link.

<https://www.chuckjung.com/pro-bono-counselling-tbi/>

Chuck Jung Associates – Psychological and Counselling Services

Vancouver: (Main Office)

1001 – 805 W. Broadway
Vancouver, B.C. V5Z 1K1
Tel: (604) 874-6754
Fax: (604) 874-6424

Surrey:

232 – 7164 120th St. St
Scottsdale Square Bus. Ctr
Surrey, B.C. V3W 3M8
Tel: (604) 874-6754

Abbotsford:

260 – 2655 Clearbrook Rd
Abbotsford, B.C. V2T 2Y6
Tel: (604) 852-7885

Chilliwack:

201 – 45625 Hodgins Ave.
Chilliwack, B.C. V2P 1P2
Tel: (604) 792-7177

Langley:

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.

In Memorium – Jack Scollon

Our condolences to the family, friends and colleagues of Jack Scollon, the original Executive Director of the BC Brain Injury Association.



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FVBIA Fundraiser Through Meridian and Ralph's Markets

If you already love shopping at Meridian and Ralph's markets, or are you looking for that perfect gift? You can get some holiday shopping done while also supporting programs for people with acquired brain injuries by ordering your holiday season gift cards through Fraser Valley Brain Injury Association. You get the full amount of your gift card and the Farm Fresh Fundraiser provides 30% of sales to FVBIA. Order now by contacting us at info@fvbia.org.



ABOUT MERIDIAN & RALPH'S

Our family business began 30 years ago with a small butcher shop on Coast Meridian Road in Port Coquitlam (hence the name Meridian!). Fast forward to today, despite having a few more stores, we're still trying our best to replicate the same business we started in 1989.

Meridian is an old-fashioned style butcher shop specializing in **100% grass-fed beef, free-run poultry, local pork, sustainable seafood and the latest plant-based protein.** Ralph's and our Farm Market locations also include local fresh fruits & vegetables, artisan deli, fresh baked breads and grocery essentials.

Visit us online at:

meridianfarmmarket.ca or ralphsfarmmarket.com

Or, shop online for **Butcher Bundles** and specialty items like **free-range turkeys**: shop.meridianfarmmarket.ca

ABOUT OUR FUNDRAISER

We've developed our **Farm Fresh Fundraiser** to be as simple (and profitable!) as possible. We're celebrating Meridian's 30th anniversary by giving 30% of the proceeds of all gift cards sold directly to participating organizations.

Meridian and Ralph's gift cards never expire. They're 100% redeemable at any one of our eight (and growing, thanks to you!) convenient Meridian or Ralph's locations throughout Vancouver and the lower mainland.

Learn more, or apply for your **Farm Fresh Fundraiser** at:

meridianfarmmarket.ca/fundraising

THANK-You!

RALPH'S FARM MARKET

MERIDIAN FARM MARKET LOCATIONS

MERIDIAN MEATS & SEAFOOD LOCATIONS

MURRAYVILLE • MAPLE RIDGE • MISSION • TSAWASSEN • NORTH VAN • PORT COQUITLAM • LANGLEY • WHITE ROCK

(604) 466-0508 | fundraising@meridianfarmmarket.ca





Meet Carla Schellenberg!

Owner of [Grandma's Growing Garlic](#) and a local artist in Chilliwack

Serendipity! The only word that can describe a chance purchase of amazing local garlic that resulted in an incredibly generous offer of garden space for an [FVBIA Community Garden](#).

We hope to be able to provide a bounty of fresh produce to FVBIA members in the coming seasons. The FVBIA Chilliwack Drop-In already has an active food sharing and donation program that serves many people.

Carla's garden will build on that successful program and share produce with all FVBIA neighborhoods. There will be opportunities to pitch in and help in a variety of ways as we make this happen.

Carla is also a talented multimedia artist that comes up with amazing ideas...such as a birdbath constructed of rhubarb leaves coated in cement (see photo on the left!)

Contact Jill for more information and ways you can help with this project. Ph/Text 778-345-4742 or Email: jill.koppang@fvbia.org

FVBIA Virtual Holiday Season

FVBIA will be celebrating the Holidays in many different ways, but unfortunately due to the Pandemic, we will not be gathering for our annual Christmas Dinner and Silent Auction again this year. We are going to miss the festivities but we know that 2022 will see us celebrating the holidays together again.

We are working on some fun and safe alternatives so stay in touch with your case manager or drop in managers and watch our social media for new developments. We hope that you have a wonderful holiday season.

Some of the small groups may be having some fun activities planned either in person or virtually, so talk to your case manager or program facilitators to see what's happening throughout the holiday season.

Check out the next page to see what other holidays are happening at this time of year and learn more about celebrations from different countries and cultures.

Have a Wonderful and Safe Holiday Season!

20 Celebrations This Holiday Season Besides Christmas

Written by Jody Ellis October 18, 2019

Adapted from: <https://stacker.com/stories/3598/20-celebrations-holiday-season-besides-christmas>

When you think of winter holidays, Christmas is most likely to be the first one that comes to mind. Celebrated around the world, Christmas is considered both a religious holiday, honoring the birth of Jesus, and a cultural one, with a history and tradition that combines Christian beliefs with ancient folklore and pagan rituals. In 1870, Christmas was declared a federal holiday and is now one of the most popular holidays in the United States, as well as being widely celebrated in other countries.

But Christmas isn't the only holiday celebrated during the winter season. Take a look at these 20 diverse holidays celebrated between October and February and check out the website above for more details about them.

Diwali: Otherwise known as the Festival of Lights, Diwali is a holiday of Hindu origin and is widely celebrated throughout India. The five-day event takes place on the 15th day of the month of Kartik in the Hindu calendar, which falls in October or November.

Kwanzaa: Kwanzaa, which is observed from Dec. 26 to Jan. 1, is a holiday that celebrates African culture and community

Hanukkah: The Jewish festival of Hanukkah is an eight-night celebration that commemorates the rededication of the Second Temple in Jerusalem during the Maccabean Revolt beginning on the 25th of Kislev on the Hebrew calendar, which usually occurs in November or December.

Chinese New Year: The Chinese New Year marks the start of the lunar new year, which occurs sometime between Jan. 21 and Feb. 20

St. Lucia's Day: Celebrated in Sweden, Norway, and Swedish-speaking parts of Finland, St. Lucia's Day takes place on Dec. 13, in honor of St. Lucia, an early Christian martyr who was killed by the Romans in 304 A.D.

Día de los Muertos: Commonly known as Day of the Dead, the Mexican holiday of Día de los Muertos takes place during the first two days of November.

Las Posadas: Las Posadas, a Mexican holiday that takes place between Dec. 16 and Dec. 24, honors the journey of Joseph and Mary as they made their way from Nazareth to Bethlehem.

Chung Yeung Festival: The Chung Yeung Festival celebrated in Hong Kong, China, and Taiwan takes place on the ninth day of the ninth month using the Chinese lunar calendar, which is usually around mid-October on the Western calendar.

Lohri: The Lohri festival, held each year on Jan. 13, is celebrated in Northern India and marks the end of the winter when the sun changes its course.

St. Nicholas Day: Celebrating the Christian saint who sold everything he owned to give money to the poor, St. Nicholas Day, also known as the Feast of St. Nicholas, is observed on Dec. 6 and is celebrated throughout much of northern Europe.

Omisoka: Omisoka is the Japanese New Year, and like the western version of New Year's is celebrated on Dec. 31. It is considered one of the most important holidays in Japanese culture, second only to Jan. 1, known as Shogatsu or Japanese New Year's Day.

Mardi Gras: Mardi Gras, otherwise known as Carnival, kicks off every year on Jan. 6, marking the end of the 12 Days of Christmas and the start of several weeks of parties, parades, fireworks, music, and general entertainment.

Boxing Day: Celebrated primarily in the U.K. and other European countries, Boxing Day takes place on Dec. 26.

Day of Tradition: Day of Tradition, or Día de la Tradición, is an Argentinian holiday that takes place on Nov. 10.

Bon Om Touk: The Cambodian Water Festival, or Bon Om Touk, is celebrated in November, during the full moon of the Buddhist month of Kreuk.

Día de Candelaria: Taking place on Feb. 2, Día de Candelaria, also known as the Presentation of the Lord or Candlemas, is widely celebrated by various Christian denominations in countries such as Mexico, Spain, and France.

Lantern Festival: The Lantern Festival is celebrated in China on the 15th day of the first month on the Chinese calendar, which usually falls sometime in February on the western calendar.

Waitangi Day: Waitangi Day is the national day of New Zealand, celebrated on Feb. 6 and commemorating the signing of the Treaty of Waitangi, New Zealand's founding document.

Guy Fawkes Day: Celebrated in the U.K. on Nov. 5, Guy Fawkes Day is a remembrance of Guy Fawkes, who was arrested as being part of a plot made by Catholic conspirators to kill King James I.

Feast of St. Francis of Assisi: Commemorating the life of St. Francis, the Catholic church's patron saint of animals and the environment, the Feast of St. Francis of Assisi is held on Oct. 4. On this day, many people bring their pets to the Catholic church to be blessed, as well as donating food and blankets to local animal shelters.

HAPPY KWANZAA!
Merry Christmas **Happy Hanukkah**
Happy Holidays

Fraser Valley Brain Injury Association

Annual General Meeting

Due to the unusual circumstances of Covid-19, and to ensure members' health and safety, FVBIA will host the 2021 Annual General Meeting over Zoom on:

Thursday November 18, 2021

6:30 PM

Please RSVP to info@fvbia.org and a meeting link will be sent to you

2021 Annual General Meeting Agenda

1. Welcome and Introductions
2. 2020 Annual General Meeting Minutes
 - A motion will be presented to approve the minutes from the 2020 Annual General Meeting.
3. Financial Statements and Annual Review
 - A motion will be presented to approve the financial statements for the fiscal year ended July 31, 2021.
 - A motion will be presented to appoint Steve Fehlauer, KPMG as the accountant for the fiscal year ending July 31, 2022.
 - The Board approved budget for the fiscal year ending July 31, 2022 will be presented.
4. Executive Director's Report
5. Chairperson's Report
6. Candidates for Board of Directors and Election of Directors
 - A motion will be presented to elect directors to fill vacancies on the Board of Directors.
7. Adjournment

Please note that only FVBIA Members can vote.

You can become a sustaining Member of Fraser Valley Brain Injury Association!

FVBIA Membership Form

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

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

1. Please join FVBIA

I will sign up for my FVBIA Annual Membership

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

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

2. Please make a donation

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

\$25
 \$50
 \$75
 \$ _____

3. Please become a sustaining member!

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

\$10
 \$15
 \$25
 \$ _____

Payment Method (Credit Card) Visa MasterCard

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

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

4. Please return the form to:

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

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

Volunteers, Partners & Supporters

Thank you to all the volunteers, partners, sponsors, funders, staff and supporters who have helped us throughout the year. We couldn't do what we do without you!

Pay it Forward

Room Setup and Cleanup:

Laura Solomon, Bruno Ravotti, Jay Wieler, Kim Petroczi

Meet and Greet: Kim Petroczi

Fix Meeting Room Key/Lock: Jay Wieler

Donations: Christy Choquette - face shields

Outstanding peer support:

Kim Petroczi, Jay Wieler, Laura Solomon

Community support

Trinity Memorial United Church - Meeting Room

Christy Choquette - Chair Yoga Instructor

Bread Donation Program

Armande & Raymond Klapprat

Ruth Hoxie - Cobb's Bread, Mike Warner

Anna Hutson, Janice Houston, Gerald Wall

Christmas

Lydia Maes

All the Christmas Elves

Young at Arts/Artworks

Blue Heron Reserve, John LeFlock, Tutors on Call

Abbotsford Community Foundation

Golf Tournament

Tracy Parker, Jared Huber, Chelsea Spence, Mikaela Montagano, Joanna Bailey, Audrey Maschi, Silvano Maschi, Ali, Louise K. Jane L. Giuliana Maschi, Colleen Bognar, Hyun Kyung Kim, Redwoods, all the sponsors and donors



Donors, Partners, Sponsors and Funders

Fraser Health Acquired Brain Injury Services

Insurance Corporation of BC

Knight Road Legacy

Province of British Columbia

Brain Injury Alliance

The Douglas Centre in Langley

Soroptimist International of Abbotsford/Mission

Drop In Centres and Hope Leisure Program

Fraser Health Authority ABI Services

Communitas Supportive Care Services

Order of Eagles – Hope

Bill Harvey, Sharon Wells, Renate Thomas

Mike Warner, Kimberly Skinner, Robert Fournier

Anna Huston, Janice Huston, Gerald Wall

Gilles Van de Wall, Audrey Danchak

And everyone else who helps out by cooking, cleaning, donating and offering support to other members!

Newsletter Advertisers

Simpson Thomas & Associates

Chuck Jung Associates

Campbell Burton McMullan

Community Therapists

Infinity Health

Right at Home Canada

Others who help throughout the year!

Steve & Gabrielle Poulin, Victoria O'Brien

FVBIA Board Members

Communitas Supportive Care Services

Fraser Health Authority Acquired Brain Injury Services

Brain Injury Alliance

Province of British Columbia

All of our corporate donors, and sponsors

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Brain Injury Alliance and the Province of BC

Have your say on making new buildings more accessible

<https://news.gov.bc.ca/releases/2021AG0163-002055>

“The Province is inviting all British Columbians to provide their feedback about how to make new buildings more accessible for all people.

“Everyone should be able to enter, exit and move through buildings independently and with dignity, and we need to hear from British Columbians on how we can best support that,” said Dan Coulter, Parliamentary Secretary for Accessibility. “This engagement is the first step in fulfilling our commitment to make sure the next BC Building Code will do a better job at making new buildings more accessible for all people.”

A public engagement about BC Building Code accessibility requirements is open and will run until Dec. 9, 2021. The input collected through an online survey will be used to help government develop changes to the next BC Building Code to make new buildings more accessible.” The survey is available here: <https://engage.gov.bc.ca/govtogetherbc/consultation/building-code-accessibility/>

ArtWorks!

It is so nice to have some in-person art happening out in Chilliwack with Joh LeFlock again. Participants are learning some new art styles including First Nations art. Some very talented First Nations artists will be do some sessions for us and our artists will be learning some beading in the New Year. Thank you to the family of Dan Banaschek for their generous donation of art and beading supplies.



Pandemics Suck! Fearless Art Card Project

Pay it forward, stay connected Sign up to create and/or receive cards

Help us squash feelings of isolation and disconnection by creating greeting cards to be shared with other FVBIA members!

Creators will be provided with 10 blank greeting cards to share their creativity and thoughts. Google "Doodles" for simple ideas. **Go fancy. Go simple. It's up to you.**

Once completed, cards will be collected and distributed among FVBIA members who registered to be part of the project.

If you know of anyone who needs a touch of cheer but might be hesitant to ask...let Jill know.

Cards can be anonymous, or you can include your contact info if you want to make connections with others.

Imagine looking forward to a surprise card in the actual snail mail!

To register, contact Jill

Ph/Text 778-345-4742 or E-mail: jill.koppang@fvbia.org



2021 Brain Injury Golf Classic Highlights

Thank you to all of our golfers, sponsors, volunteers and staff that helped out with this sold-out event! #braininjurygolf. The weather was beautiful and as far as we can tell from all of the photos, our golfers sure seemed to have a wonderful time!

More photos taken by [BC Leaderboard](#) of all the fun can be found online here.

https://www.dropbox.com/sh/g7bklm35tro8j0x/AACF_y8eGNGDzsGrFHm6H1Na?dl=0





2021 Brain Injury Golf Classic Mega Putt!





Brain Injury Golf Classic

Thank you to our 2021 Sponsors and Donors!

Tournament Partner



Platinum Sponsors



Gold Sponsors



Cart & Contest Sponsors



Thank you to our donors



Matt Dorval
Dave & Mary Taylor
Carol & Dave Paetkau
Chris Gledhill and Robin Newbery
Browns Social House
Rachelle Paetkau
Jill Koppang
Freddy O'Brien



Rendezvous Restaurant

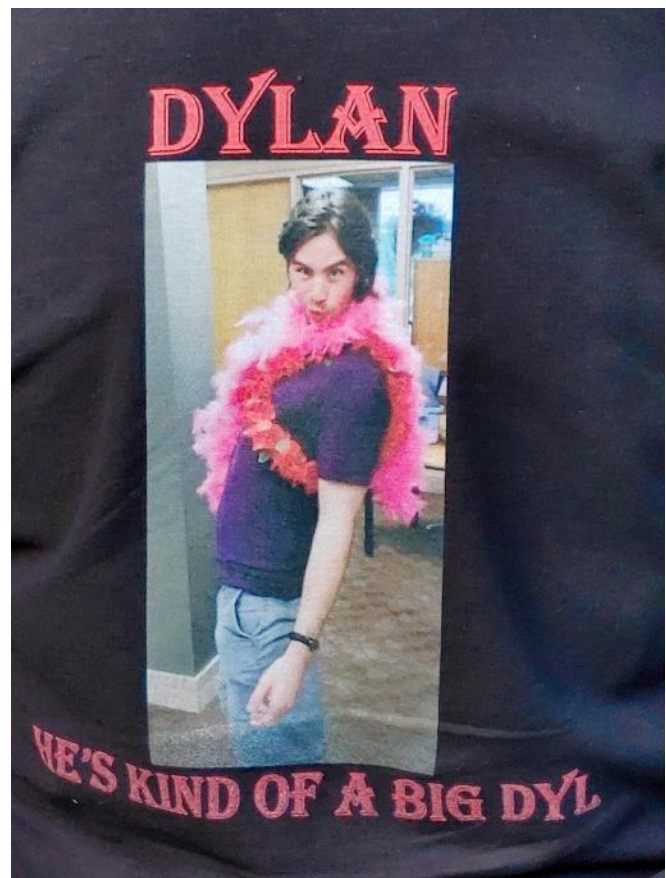
Simpson Family Award Recipients

The Simpson Family Award was established by John and Morna Simpson to acknowledge a family or family member of a person with a brain injury that have not only supported their loved one, but they have extended that support into the wider brain injury community.

The parents of Dylan Scharft (pictured below on the back of their golf team t-shirts) are the recipients of the 2021 Simpson Family Award. Dylan's parents (Chris Gledhill and Robin Newbery) and BC Earth Exchange have been big supporters of FVBIA's Brain Injury Golf Classic for several years now. Sadly, Dylan passed away in 2020, but his family, friends and many colleagues came to the golf tournament to celebrate his life, decked out in matching shirts with Dylan's picture on the back.

Their commitment to supporting services for people with brain injuries has stayed strong and we are so grateful to them for partnering with us for this event again in 2021.

If you know a family that has gone above and beyond for the brain injury community, you can nominate them for the Simpson Family Award too. (See the next page for the nomination form and details)



Simpson Family Award Nominations are Open

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: _____

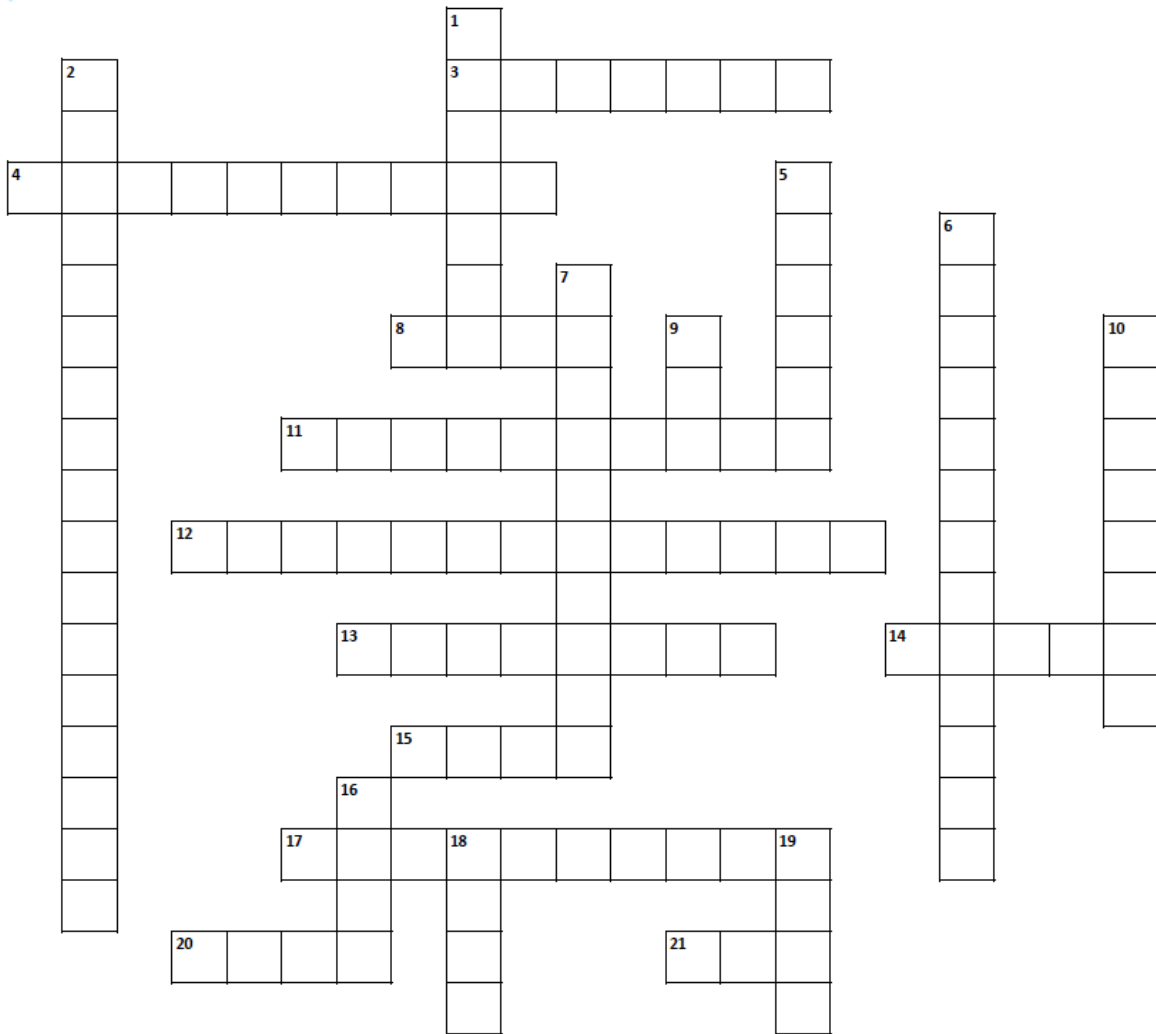
*Nominations can be emailed or sent to Fraser Valley Brain Injury Association
201 – 2890 Garden Street, Abbotsford, BC, V2T 4W7
Phone: 604-557-1913 Fax: 604-850-2527
info@fvbia.org www.fvbia.org*

Pedestrian Safety Crossword

October through January has the highest rate of pedestrian injuries because of the darker, shorter days. Learn more about pedestrian safety by doing this crossword puzzle and by visiting <https://www.icbc.com/road-safety/sharing/pedestrian-safety/Pages/default.aspx>. Crossword clues are on the next page and the answer key is on page 42.



Pedestrian Safety Crossword



ICBC Pedestrian Safety Crossword Clues

ACROSS

3. To increase your situational awareness, remove your _____ when crossing the street.
4. Clip a reflector to your jacket or backpack to increase your _____.
8. True or False: In B.C., on average, 52 pedestrians are killed and 2,400 injured in 2,700 crashes every year.
11. Walk with a _____ at night time to be seen.
12. Where do most pedestrian crashes occur?
13. Drivers should right shoulder check when turning right to look for pedestrians and also _____.
14. Drivers should _____ to pedestrians when making a left-hand turn at intersections.
15. True or False: Most pedestrian crashes occur between 3-6pm.
17. Always used marked _____ when crossing the street.
20. Almost one in _____ people killed in car crashes in B.C. are pedestrians.
21. Make _____ contact with drivers before crossing the street.

DOWN

1. Can cause very poor visibility and make it hard to see pedestrians.
2. A contributing factor to many pedestrian crashes.
5. It's best to wear _____ coloured clothing as a pedestrian.
6. Pedestrian crashes occur most in these two seasons.
7. Wear a _____ jacket/vest when it's dark outside.
9. It's even recommended to put a reflector on your _____ when you go out for a walk.
10. Children should exit the car _____ when dropped off at school.
16. True or False: Crashes involving pedestrians are highest on Thursdays, and Fridays.
18. When making a left-hand turn, it's important for drivers to _____ the crosswalk before turning.
19. As a pedestrian, dress to be _____ by drivers.

FVBIA Virtual Quilt

Thanks to all who contributed to the first-ever FVBIA Virtual Quilt!
Alex, Fran, Judy, Jill



F V B I A

Fraser Valley Brain Injury Association



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. FVBIA's Pay it Forward Program offers a variety of activities to support physical and mental well-being including art, yoga, walking groups, Ladies R&R, In the Now group, Health & Wellness Chats along with some new groups starting soon. *Funding is provided by Charitable Gaming, ICBC and through the Brain Injury Alliance with financial support from the government of British Columbia.*

Joy's Fall/Winter Schedule

Mondays – Mill Lake Walk, 2 meeting places: Bourquin entrance benches at 2 pm, the Mill Lake Road dock, Abbotsford, BC at 2:15 pm

Tuesdays – Chair Yoga on Zoom OR Trinity Memorial United Church, Abbotsford, BC, 2:00 to 3:00 pm

Wednesdays – Mill Lake Walk, 2 meeting places: Bourquin entrance benches at 2 pm, the Mill Lake Road dock at 2:15 pm

Thursdays – Ladies' R 'n R Group starting in November, at FVBIA's Boardroom at 201 - 2890 Garden Street, Abbotsford, BC, 10:00 am to noon

Fridays – Mill Lake Walk, 2 meeting places: Bourquin entrance benches at 2:00 pm, the Mill Lake Road dock at 2:15 pm

For more information or to register for these activities, please contact Joy at 604-897-1563. New ideas for activities and new members of FVBIA are always welcome!

Chair Yoga

Christy is a certified and experienced yoga instructor. Classes will include stretching, strengthening and breathing exercises combined with relaxation techniques and mindfulness.

DAYS: Tuesdays – start date in November 2021 TBA

TIME: 2:00 pm to 3:00 pm

PLACE: Trinity Memorial United Church
33737 George Ferguson Way (at Montrose), Abbotsford, BC

***Please PRE-REGISTER as class size is limited. COVID-19 safety protocols will be in place.
Call Joy at 604-897-1563.

Pay it Forward Health and Wellness Chats

The Health and Wellness Group meets over zoom on **Thursdays at 2:00 pm** 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

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

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

Days: Thursday
Time: 10:00 am until noon
Place: FVBIA Board Room, 201 – 2890 Garden St. Abbotsford, BC

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

Mill Lake Walking Group

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

Mondays Wednesdays Fridays
2 Meeting Places:

2:00 pm at the Bourquin Entrance
benches

2:15 pm at the Mill Lake Road Dock

*** We practise physical distancing! ***

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



You never know what you will see during FVBIA's Mill Lake Walking Group. In this case, we have a Muscovy Duck and an alligator tree coming out of the ground.

(Photo's courtesy of Joy Scobie)

Upcoming FVBIA Group Activities

Stay tuned for more exciting things to do in the future!

FVBIA continues to seek out ways of staying connected as the Pandemic continues to affect our ability to gather in person.

- **FVBIA Member Survey** to discover and create new ways of filling membership needs
- **Get Fit Challenge with Taryn Reid, Kinesiologist (Flex band Exercises)**
 - **November 5 & 19, 2021**
- **Health and Wellness SMART Goal Setting with Jill and Taryn**
- **Beading Class**
- **Guest speakers:**
 - Amber Whittemore, Registered Dietician and owner of Nourish to Flourish <https://www.nourishtofourishdietetics.com>
 - Sarah Muxlow, BSW, End-of-Life Doula; owner of Live Purposefully <https://livepurposefully.ca>

Contact Jill for more information:

Ph/Text: 778-345-4742

Email: jill.koppang@fvbia.org

Freedom Writers - Movie Review

By Judy Craig

Playing now on Netflix. This movie is filmed at Woodrow Wilson High School in the U.S.A. It's a story of young freshman in a remedial English class that discover they are not so different than anyone else. It's a story of pain and gentle teaching and about finding their voice when everyone wants them to be silent. It's a chance given to each student to be heard, to cry, to heal, to recover and to flourish.

Young people try to make sense of their lives and discover their worth in books like 12 angry men, and the diary of Anne Frank.

I highly recommend this movie. I give it 5 stars.



Connect with FVBIA on Social Media

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

Check out our social media pages to stay connected.

<https://twitter.com/fvbi>

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

<https://www.instagram.com/fraservalleybrain/>

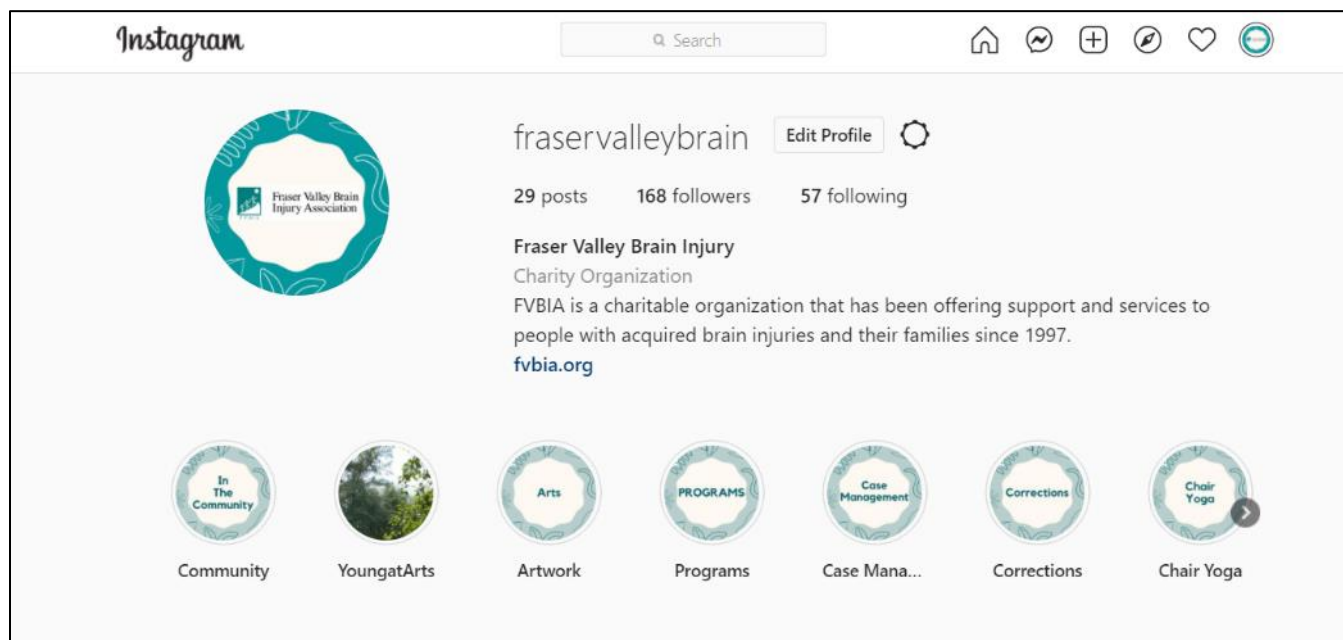
<https://www.facebook.com/fvbiaarts>



FVBIA's Instagram

Check out FVBIA's Instagram at <https://www.instagram.com/fraservalleybrain/>.

Jasneet Singh, one of FVBIA's awesome team of case managers has made our Instagram page way more interesting!



Find the things that help you smile,
And you will make
your day worthwhile



Cartoon by Peter Clay

Pets Corner



Speaking of things that make you smile, meet Carol's new fur baby, Luna! She makes us smile every day! Luna (aka "Loonie toons", "Tuna", "Stuna", etc.) came to our family as a precious gift from a friend of a wonderful friend. We met her for the first time at a farm where she and her siblings were bouncing around like kitten "popcorn". She hasn't stopped bouncing since.

She is the most loving, energetic bundle of uncoordinated fluff we have ever met. In the few months that we've had her, we have never heard her hiss and the only time she complains is when she bounces off a wall while skittering across the floor or falls off something when she twitches in her sleep. Then she grumbles in a long series of grumpy squeaky noises. She squeaks more than meows and purrs so loudly you can hear her across the room.

She loves all of the humans including FVBIA's Taryn that was trying to sneak off with her in her purse (see right). She has already converted several non-cat dog people to the "dark side" of the cat universe. She makes friends with everyone she meets, except our other cat Minnie who she follows around constantly. Fortunately, she has learned to dodge the daily swats when Minnie gets tired of having a shadow, but even Minnie is starting to have fun playing with her once in a while.

She fills our days with laughter and joy and we are so grateful to the family that raised her as a little kitten and were kind enough to share her with us. They would be very proud of how wonderful she is!

Tell us about your pets. We'd love to hear from you!



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

PGT Public Guardian and Trustee of British Columbia

The Public Guardian and Trustee Releases its 2020-2021 Annual Report

The Public Guardian and Trustee is pleased to present our Annual Report for the 2020-2021 fiscal year.

This report was tabled in the Legislative Assembly on October 25, 2021 by the Honourable David Eby, Q.C., Attorney General and Minister responsible for Housing.

Highlights of the report can be viewed [here](#), while the complete 2020-2021 annual report can be found on the PGT website [here](#).

About the Public Guardian and Trustee

The Public Guardian and Trustee (PGT) is a corporation sole established under the Public Guardian and Trustee Act with a unique statutory role to protect the interests of British Columbians who lack legal capacity to protect their own interests. The mandate of the PGT is to:

- Protect the legal and financial interests of children under the age of 19 years;
- Protect the legal, financial, personal and health care interests of adults who require assistance in decision making; and,
- Administer the estates of deceased and missing persons.

During 2020-2021, the PGT served 26,077 clients and administered \$1.22 billion of client trust assets.

For more information about the PGT, visit www.trustee.bc.ca.

ICBC & PERSONAL INJURY CLAIMS

CBM
CAMPBELL BURTON
MCMULLAN LLP

Rick McMullan Thomas Murphy Ashley Harrison Murray Ross Paul Seale

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

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Maple Ridge Office: 22717-119 Avenue, Maple Ridge, BC V2X 8S5, T: 604 467 9937
Abbotsford Office: #261-3655 Clearbrook Road, Abbotsford, BC V2T 2Y6, T: 604 852 6685

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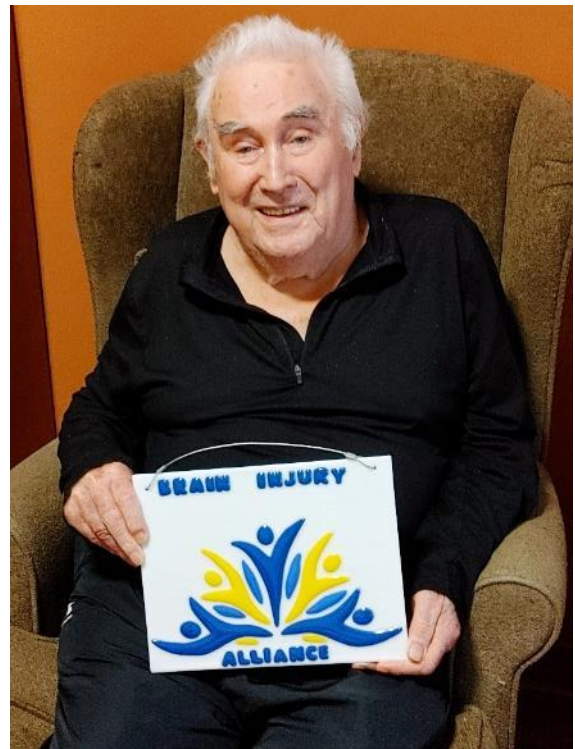
Tel: 604-557-1913 Fax: 604-850-2527 info@fvbia.org www.fvbia.org

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

John Simpson – Alliance Legacy Award Recipient

The Alliance Brain Injury Legacy Award is an honorary designation conferred by the board of the Alliance to recognize lifelong contributions to the brain injury community. Dr. Henry Harder, Dave Marr and John Simpson are the recipients of the 2021 Legacy Awards.

John was presented with a certificate and a beautiful stained-glass version of the Alliance logo created by the very talented James Passmore from Kamloops, BC, who is a person with a brain injury.



John Simpson has been a leader in the development of services for people with acquired brain injury in the Province of British Columbia for decades.

John Simpson was born and educated in Dublin, Ireland and became involved in rehabilitation in 1969 as an insurance adjuster. He was involved in the Rehabilitation Department of ICBC in 1979 and developed a keen interest in the area of brain injury. In 1981, he began providing case management services through his own company, Simpson Rehab Management.

John was a founding board member of the BC Head Injury Association in 1982 and has served on the boards of the Canadian Paraplegic Association and Cheshire Homes Society. He founded the Fraser Valley Brain Injury Association in 1997, and while he retired from case management in 2001, he continued to serve in a variety of volunteer and consultant roles with the organization until 2020.

John became a founding Director of the Brain Injury Alliance in 2014, a provincial organization with a mandate to secure funding for brain injury services across the province of BC.

Stuck in the Roundabout of Fear and Uncertainty

By Jill Koppang

Years ago, I encountered my first experience in a roundabout. It was in Ireland, where they insist on driving on the wrong side of the road.

We paid for the highly recommended GPS, a lovely soothing Irish brogue guiding us down the amazing back roads of the emerald countryside. It was pretty straightforward, literally, on rustic two-lane bumpy roads. We chuckled at the funny Gaelic Road names.

T'was lovely! Until we hit Dublin on our way to the airport. It was not one roundabout, but three, somehow all connected, and the exit names were in Gaelic.

The GPS Irish brogue was no longer lovely, it was frighteningly foreign and kept fussing at us to take an exit whose name we could not recognize. Add on the stress and uncertainty of driving on the “wrong side” of the road and total confusion descended.

Then it happened. Automatic driving habits kicked in and we switched sides of the road to the more familiar Canadian side. It was a blessedly minor accident, and we were amazed and thankful at the warmth and understanding shown to us by the Irish drivers now trapped with us in the roundabout of our panic.

What's this got to do with this rainy day in the Fraser Valley?

Ordinary lives, automatically driving down the road of life, were extraordinarily changed by having a brain injury. Learning to navigate the foreign land of brain injury required every drop of our cognitive reserves. Gathering at Coffee Chats, art classes and various social groups allowed sharing new maps for navigating new lives. Then came the roundabouts.

We did not see the roundabouts coming.

Pandemic. Waves and waves creating ever-increasing roundabouts. No maps. No idea what exits to take. So, we stay in the roundabout, circling and circling. It is not fun. It is exhausting. We do not know how to get out. We also fear leaving the roundabout as we don't know what awaits on the exits labelled in unrecognizable words.

So, what do we do? How do we get “unstuck?” Do we even want to get unstuck or is it safer to stay put in the roundabout? This is my question to you today.

No matter what choice you make, to stay put or chance an exit, you are making a choice. Remember this when you feel completely lost and overwhelmed by uncertainty.

Whatever choice you make, also choose to find ways of remaining an active part of FVBIA. Our organization is in this roundabout with you and with our combined resources and ideas, we can figure new ways of navigating.

FVBIA's Get Fit Challenge 2021

FVBIA - Get Fit!

Don't be a Chicken!

Get the Jump on 2022 New Year's Resolutions!

Open to all FVBIA Members

October-December

Friday afternoons: TBD

Here's How it Works:

- Join our **FVBIA Get Fit Group** and get a set of flex bands
- Taryn Reid, B. Kin will lead a bimonthly Zoom class using flex bands
- Set your own personal fitness goals to achieve by December 31, 2021
- **Any movement/activity counts** (Joy's walks, steps, stairs, YouTube exercises, dancing around the house, yoga, etc.)
- Track your **progress**, get **inspiration** and **motivation** from the group as well as from the FVBIA Get Fit Department (located in the soon-to-be constructed virtual FVBIA Playground)
- Get Fit Participants will be **featured in the January 2022 FVBIA Newsletter** to share successes and help motivate others just starting on their New Year's Resolutions



To sign up, contact Jill:

Phone, text: 778-345-4742

or email jill.koppang@fvbia.org

The Card Project by Communitas

Please click the link to order www.thecardproject.ca

Communitas is offering a lovely collection of Christmas Cards featuring **8 different pieces of art** from some of the people they serve, including people with acquired brain injuries.



You can order at <https://www.thecardproject.ca/communitas.php>

Also available for purchase featuring your chosen artwork are other items such as tote bags, notebooks, calendars. Samples at reception in Communitas for inspection!

ORDER DEADLINES You can order direct mail to your home (postage fee) **or** have it delivered to Communitas for pickup (no shipping fee)

Priority Orders: Deadline 15 October / Delivery Communitas 8 November

Final Orders: Deadline 21 November / Delivery Communitas Week of December 6-10

The 8 Christmas Trends That Will be Huge This Year

"We're always on the hunt for emerging trends, and this is what we think will be popular for Christmas 2021. Plus, get our best tips and inspiration to help you transform your home for the holidays.

By Emily VanSchmus Updated Aug 02, 2021

One of our favorite seasonal traditions is hauling our holiday boxes out and decorating the house with trees, garlands, and twinkling lights as Christmas music plays in the background. And after skipping a lot of our favorite Christmas traditions due to the pandemic last year, we're more excited than ever to bust out the ornaments and start wrapping gifts.

This season we'll be decking our halls with bright colors and recycled materials in addition to some of our annual favorites (like Grandma's vintage ceramic Christmas tree). We're also seeing an increase in searches for budget-friendly decor and gifts due to the financial strain caused by the pandemic. But that doesn't mean people are cutting back on Christmas cheer. In fact, people are more excited than ever to get *all* of their decor out (us included!).

We've rounded up the most popular themes from Pinterest, Instagram, Google, and the editors from Better Homes & Gardens to bring you the top holiday trends of 2021.

Plus, we'll show you how to blend these ideas with the classic decorations you already have, so you can save most of your holiday budget for stocking stuffers and thoughtful gifts for friends and family.

Recycled Materials

This season we're embracing going green: We're wrapping gifts with fabric instead of paper and purchasing eco-friendly decor items whenever we're able. Sustainable Christmas products are top of mind this year (Google searches for 'sustainable Christmas' are up

117% over the past five years) and an easy way to make an impact is to switch up your traditional wrapping routine. Stay on-trend while supporting the environment by ditching paper and investing in furoshiki wraps or use cloth gift bags (here are some of our favorite options you can buy online).

Inexpensive Decor

For the most part, we set out the same holiday decor every year because it's easy and practical. But incorporating new holiday decorating trends doesn't mean you have to do a complete overhaul of your existing decor.

This year, we won't be spending a lot of money on new decor pieces—rather, we'll be repurposing our existing pieces and pairing them with inexpensive DIY Christmas decorations so we have more budget left for a big holiday meal and travel expenses to see far-away family we missed seeing during the pandemic.

Holiday Baking

According to the Pinterest Predicts report, users are searching for holiday content way ahead of schedule—and we can see why! After a year where nothing felt normal, people are really embracing the normalcy of their favorite holiday traditions, like baking Christmas cookies together. It's an activity you typically do at home with your immediate family members, so no matter what the situation looks like this winter, this is one tradition that won't have to change.

More Is More

According to our editors, people are going all out for the holidays this year. Because we had to keep celebrations small last year, folks can't wait to bust out as much holiday decor as possible, bake all the Christmas cookies, and host a big family dinner. If you're looking for inspiration, here are 10 meaningful ways to celebrate Christmas to help you get started.

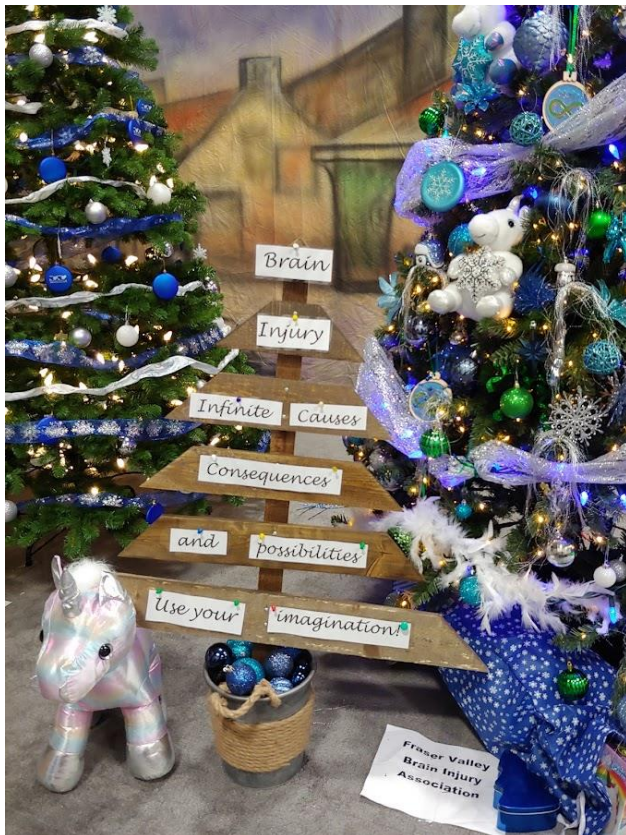
Farmhouse Neutrals

Whether it's farmhouse whites or mid-century modern blacks and greys, neutral decor isn't going anywhere this year—which means neutral Christmas decorations are decidedly in. According to Google Trends, searches for farmhouse Christmas ideas are up 400% over the last five years.

The best Christmas decor is the kind that matches your existing color scheme. You don't have to go all out on red and green if that's not your normal year-round aesthetic:

White, black, navy, natural wood tones, and other neutrals can all look just as festive as more traditional Christmas colors.

(Or purple with silver and white unicorns say the FVBIA staff!)



Home for the Holidays

Pinterest's holiday predictions show that people are already searching for ways to celebrate the holidays at home. Last year we had no other choice but to spend the holidays at home, and while we certainly wish it had been under different circumstances, it was a nice change of pace from the crazy-busy holiday seasons we've been used to.

It also made us realize what's really important: Spending time with our loved ones around the kitchen table. This year, we'll be skipping holiday parties and events we don't *really* want to go to, and spending more quality time at home together instead.

Holiday Classics

Last year the pandemic changed how we celebrated, but it also brought us back to one of the most classic holiday traditions: Watching Christmas movies together as a family.

Since we were celebrating at home with nowhere to go, we turned to the traditional holiday films we grew up on, like *A Christmas Story* and National Lampoon's *Christmas Vacation*. After all, it's not really Christmas until Clark Griswold puts the Christmas lights up! Plus, Hallmark is airing year-round Christmas movies, so you don't even need to wait until December to start indulging.

Nostalgic Decor

Living through a global pandemic has made us appreciate the small things in life, so we're fully embracing the nostalgic trends, like the iconic ceramic Christmas trees that have made a major comeback over the past few years.

According to Instagram, we aren't the only ones scouring Grandma's attic for vintage holiday decorations: There are more than 13,000 posts tagged CeramicChristmasTree, and people are already sharing this year's find." *BHG.COM - CHRISTMAS - Christmas Decorations*

VOLUNTEERS NEEDED FOR A SURVEY!

You have the opportunity to participate in a research project supported by the Canadian Institutes of Health Research:

Employment and Accommodation Needs in Individuals with Traumatic Brain Injury (TBI): A Pilot Study

The goal of the research is to understand sex and gender differences in (1) the use of formal support services and quality of life post-TBI (2) specific workplace accommodation needs after TBI and (3) the impact of COVID-19 on employment and mental health after TBI.

Who can participate:

- adults (18-65 years old, inclusive)
- who sustained a TBI (>12 months ago),
- who currently reside in a community setting, and
- who have previously worked full-time, part-time or casually with a TBI or
- are currently working with a TBI.

Potential participants will be asked questions to determine if they are eligible.

The total time it will take to participate in this study is between 30-45 minutes, depending on how long it will take you to answer questions on the survey. You will receive a gift card as a token of appreciation for your time.

Participating in research may or may not help you personally. Taking part in research is voluntary.

Please contact study researcher, Sara Hanafy at sara.hanafy@uhn.ca or (416) 597-3422 extension 7829 for more information about the study.

Thank you for your consideration. Your participation supports the advancement of sex and gender considerations in TBI by health care providers, employers and patients with TBI. Please note that communication via e-mail is not absolutely secure. Thus, please do not communicate personal sensitive information via e-mail.

Version Date: 28 July 2021 v5.0

FVBIA Concussion Program

FVBIA's Concussion Program Resource Package

Online Concussion Support Group

Aclestra Centre – virtual - every 2nd Tuesday @ 7pm

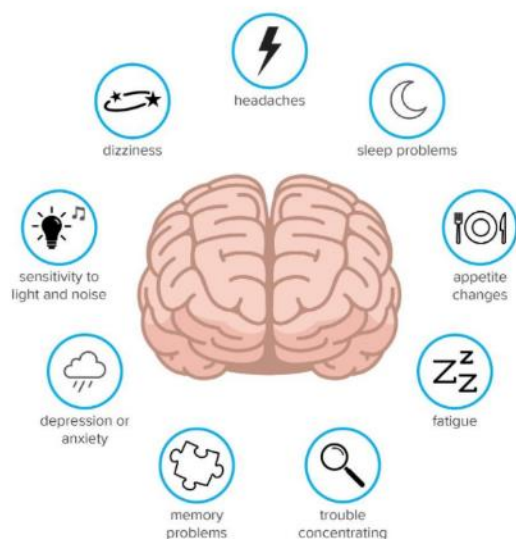
We are excited to announce that FVBIA and Aclestra Centre are partnering to offer an online Concussion Support Group starting in November 2021 with Amanda Rallings.

Please click on the following link for more details. <https://aclestra.ca/concussion-support-group/>

aclestra centre

OUR PRACTICE ▾ SERVICES ▾ CONTACT US ▾

Post-Concussion Syndrome



Concussions most often heal in three weeks, with little or no impact on our overall functioning. Sometimes, though, longer-term symptoms make it challenging to work and navigate everyday activities for months afterward. Our Concussion Support Group can give you extra support while your brain heals.

The group is open to anyone over 18 in BC who has had a concussion and is struggling with longer-term symptoms.

Come for one session or come for twenty – we are here for as long as you need us!

- ✓ Learn more about concussions
- ✓ Share strategies for managing symptoms
- ✓ Discover new resources
- ✓ Have a safe space to ask questions and share challenges

Our Concussion Support Group is facilitated by a counsellor on Zoom and runs for 60 minutes every 2nd Tuesday of the month.

Group members are invited to email questions ahead of time so everyone can benefit from the answers.

Please note: The group is intended for concussion support and is not a suitable environment for folks with more severe brain injuries.

Concussion Awareness Training Tool (CATT) Parent or Caregiver Course

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

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

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

November 11, 2021 is Remembrance Day



*"In Flanders Fields, the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below."
—John McCrae*



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Food access during the Holiday Season

Foodbanks

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

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



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>



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 \$4200** 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

ICBC Pedestrian Safety Crossword Answer Key



Pedestrian Safety Crossword

Crossword puzzle grid with answers filled in:

1-W: WALK
2-D: ROAD
3-E: ARBUDS
4-V: VISIBILITY
5-B: BICYCLE
6-F: FUTURE
7-R: ROAD
8-T: TRUCK
9-D: DANGER
10-C: CURB
11-F: FRESH
12-I: INTERSECTIONS
13-C: CYCLISTS
14-Y: YIELD
15-T: TRUCK
16-T: TRUCK
17-C: CROSS
18-S: SIGNAL
19-S: SIGN
20-F: FIVE
21-E: EYE

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.
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.
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!