

Fraser Valley Brain Injury Association

News



Photo by Joy Scobie - Mill Lake

May/June 2022



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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. 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.

Coffee Shop Review: [The Polly Fox \(Abbotsford\)](#)

By Alex Zarycka



Hello, dear readers! Are you in search of a good coffee place in Abbotsford? If so, you have come to the right source! Having lived in Abbotsford for nearly 8 years, I've become familiar with most coffee shops in town. The one that I want to review today, however, is The Polly Fox.

Located in Historical Downtown Abbotsford on Montrose Avenue, The Polly Fox <https://thepollyfox.com/> is known as a gluten free and vegan bakery and bistro. But don't worry; even if you're neither vegan nor gluten-sensitive, this place has some of the most amazing treats, sandwiches and bread! I myself don't fall under either of those dietary restrictions, and yet I still love this place.

To start with, there is of course, the coffee. It's not too strong, but also not weak. Given the perfect amount of cream, a cup of their coffee is just right. Next there are the brownies. I usually find brownies to be too rich and filling. But these brownies are delicious! By far my favourite. Lastly there are the vegan apple fritters. These apple fritters are to die for! Yes, that's how good they are. Make sure to grab one in the morning, when they are fresh and hot. If you're more of the savory type, then their sandwiches should suffice. Especially the BLTC (bacon, lettuce, tomato, cheese).

Did you know that there are Vancouverites that come all the way to Abbotsford just for this place? I think that's pretty cool.

Aside from all the refreshments, I like the vibe this place gives off with the indie music playing, and the little fox decorations throughout the shop. Did you know that The Polly Fox has merch? It also has gluten-free waffle mixes, and cookie mixes as well as pie fillings during holidays.

That's all for now. I hope I have inspired someone to try this place. Have a good day, readers!

Destressing With John: An Artful Experience

By Frances McGuckin



OMG! In the last few weeks, I painted an owl, apple on the tree, a rabbit, birds, sunflowers and flowers and had the most fun I can remember for a long time. In the process, when I picked up a paintbrush, the rest of the world just passed me on by. Wars, health issues, family feuds, dust balls and taxes simply did not exist.

FVBIA, in their amazing generosity, hosted eight water colour online painting sessions with an incredible local artist, John Flock. This wonderful organization even supplied the paints, brushes, watercolour pencils and painting blocks. There was no excuse *not* to join in.

I hadn't picked up a paintbrush in over 30 years. I was a self-taught doodler, progressing in my spare time, from my first paint-by-numbers horse picture to an okay oil painter. That was many lives ago it seems. Then, between running a growing accounting business, having a new daughter at age 39; writing, caring for my aged mom horses and assorted critters, the painting stopped. I painted some Care Bears for my new daughter, then alas! The brushes were packed away and the oils dried up.

Life got even busier with the family, a growing business, writing, publishing books, training for speaking engagements and volunteering, and the idea of painting slipped faraway from my list of things to do. Then in 2004, my ex-husband ran away after 23 years marriage. In the spring of 2005, I had two business books published in the USA, and in the summer of 2005, life as I knew it instantly ceased when an errant driver sped through a busy intersection against a red light. Not only was my beautiful old sports car creamed, so was my head and my career. Game over in a split second.

As brain injury survivors, I am sure you know the devastation a brain injury causes to life as you knew it. Each hour of each day a challenge, no matter how recent or how old the injury is. For the most part, we all have residual symptoms which stop us from being our old self and doing what we would love to do.

During COVID, FVBIA has been an incredible lifeline for me with their online sessions. I still look forward to our weekly meetings online and love the new friendships I have made. The painting lessons opened up a complete new world for me. I had never used watercolours before and discovered that they are not all that forgiving.

Yet under the patient and wonderful guidance of John, I am learning new techniques to help master the world of sketching and watercolours. I admit to being totally OCD when it comes to most things, including my painting. It has to be as perfect as possible, so I spend hours doing just that.

Being a night owl, I often pick up my brushes late into the evening. All the worries of the day disappear as I work on creating the picture in front of me. Suddenly, it's midnight and pumpkin hour. I drag myself away from the painting, feeling at peace and mostly satisfied with what I completed. The mind tired but happy; no negative thoughts left. All gone.

The bonus? My daughter loved Winnie the Pooh from childhood so I painted her two Winnie pictures for her new baby's room. Then my girlfriend in Australia turns 75 in May, and her husband is very ill.

I painted her sunflowers, using an online tutorial, framed the painting and sent it airmail with her other little gifts.

The best thing was meeting my online friends last Friday in Mill Lake Park, along with Jill Koppang and John. We had a picnic and walk-in-the-park sketching lesson. What a wonderful day, to finally meet some of my artistic and wonderfully talented friends in person.

Michaels is now my favourite place to stock up on more paints, pens, frames and pencils. Forget shopping for fashion; I have fun shopping for arty stuff. I love my new world of creativity and finding a way to blank out a brain that won't listen to the "off" switch. Painting does just that.

Thank you FVBIA and John. You have opened up a wonderful, new world to me.



Upcoming Events

Please watch for emails and check our newsletters for the following upcoming events

June 18, 2022 – FVBIA 25th Anniversary Celebrations – Mill Lake Park Picnic Shelter (off Bevan Road), Abbotsford, BC

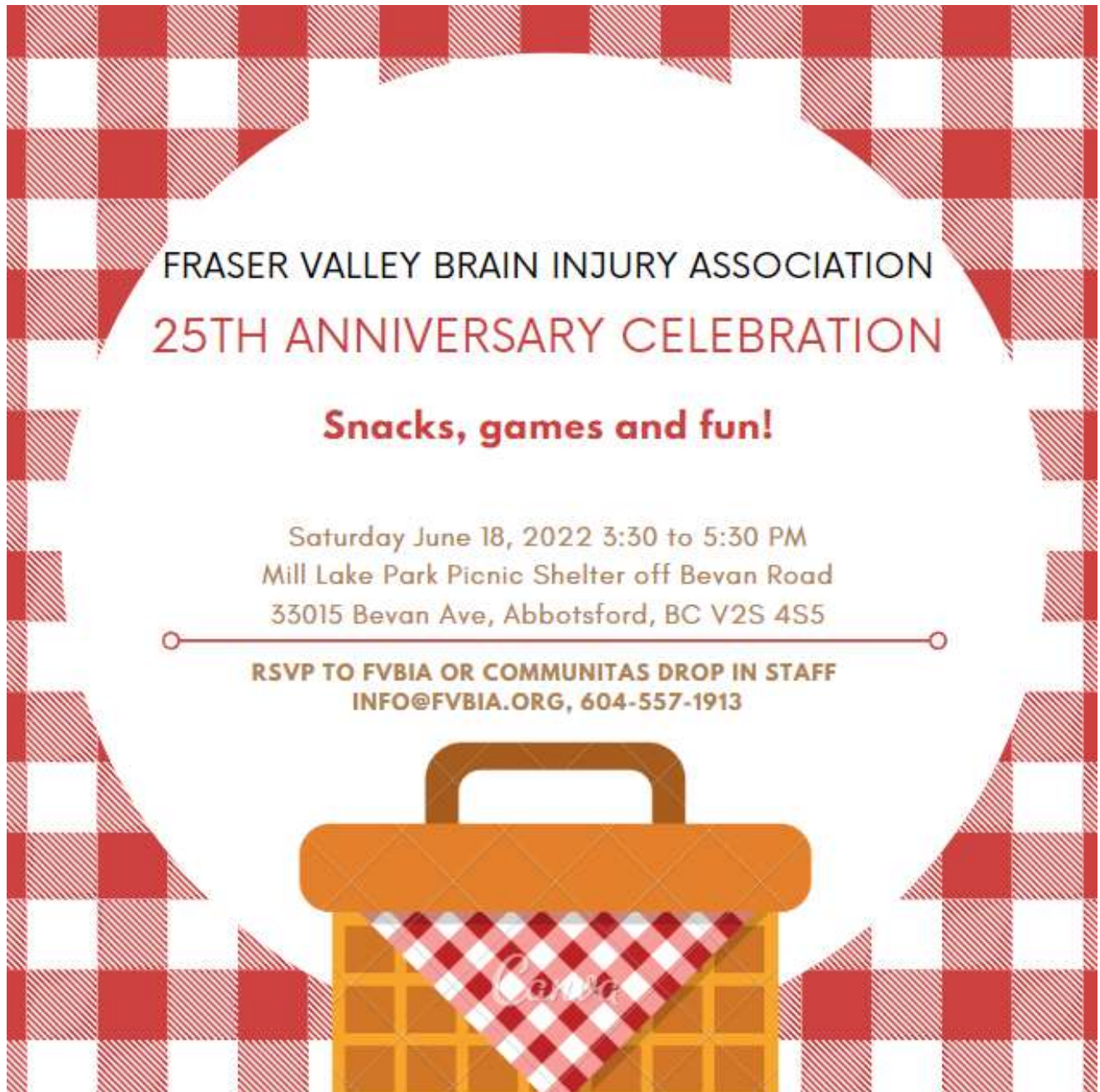
June – Colouring Contest

August – Young At Arts Summer Camp – Blue Heron Reserve

September – FVBIA Annual Golf Tournament

FVBIA is Celebrating our 25th Anniversary

Stay tuned for more information on our 25th Anniversary celebrations on Saturday, June 18, 2022 at Mill Lake Park, Abbotsford at the Picnic Shelter off Bevan Road. 33015 Bevan Ave. Abbotsford, BC.



FRASER VALLEY BRAIN INJURY ASSOCIATION
25TH ANNIVERSARY CELEBRATION

Snacks, games and fun!

Saturday June 18, 2022 3:30 to 5:30 PM
Mill Lake Park Picnic Shelter off Bevan Road
33015 Bevan Ave, Abbotsford, BC V2S 4S5

RSVP TO FVBIA OR COMMUNITAS DROP IN STAFF
INFO@FVBIA.ORG, 604-557-1913

Thank you to our Volunteers

We are so grateful to all of our volunteers. We have a dedicated board of directors, some of whom have been with us since the early days of the organization.

Harry Snyders, Chair
Dave Price, Vice-Chair
Dorothy Reid, Treasurer
Deborah Sproule, Secretary
Bernie Wiens, Director
Caerau McNabb
Revd. Miranda Sutherland
Marni Matthews
Audrey Maschi

Thank you to Audrey Maschi who is stepping down from the board, but is continuing to help with FVBIA's annual Brain Injury Golf Classic tournament along with her family.

Special thank you to Bernie and Rosa Wiens who have been with us since the beginning. Bernie has been a board member and peer supporter for over 20 years and his wife Rosa has been helping plan FVBIA's Annual Christmas Dinner for just as long. They are moving so will no longer be involved with FVBIA but they have truly given from their heart.



Volunteers

Thank you to all the volunteers who have helped us throughout the year. We couldn't do what we do without you! This list may not have all of our wonderful volunteers but we thank each and everyone of you just the same.

"The smallest act of kindness is worth more than the grandest intention." Oscar Wilde

Laura Solomon, Bruno Ravotti, Jay Wieler, Kim Petroczi, Armande & Raymond Klapprat, Ruth Hoxie, Mike Warner, Anna Hutson, Janice Houston, Gerald Wall, Lydia Maes, Tracy Parker, Jared Huber, Chelsea Spence, Mikaela Montagano, Joanna Bailey, Audrey Maschi,

Silvano Maschi, Ali Hatami, Louise K., Jane L., Giuliana Maschi, Colleen Bogнар, Hyun Kyung Kim, Bill Harvey, Sharon Wells, Renate Thomas, Mike Warner, Kimberly Skinner, Robert Fournier, Anna Huston, Janice Huston, Gerald Wall, Audrey Danчhak Gilles Van de Wall, Steve & Gabrielle Poulin, Victoria O'Brien

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

Words, Words, Words!

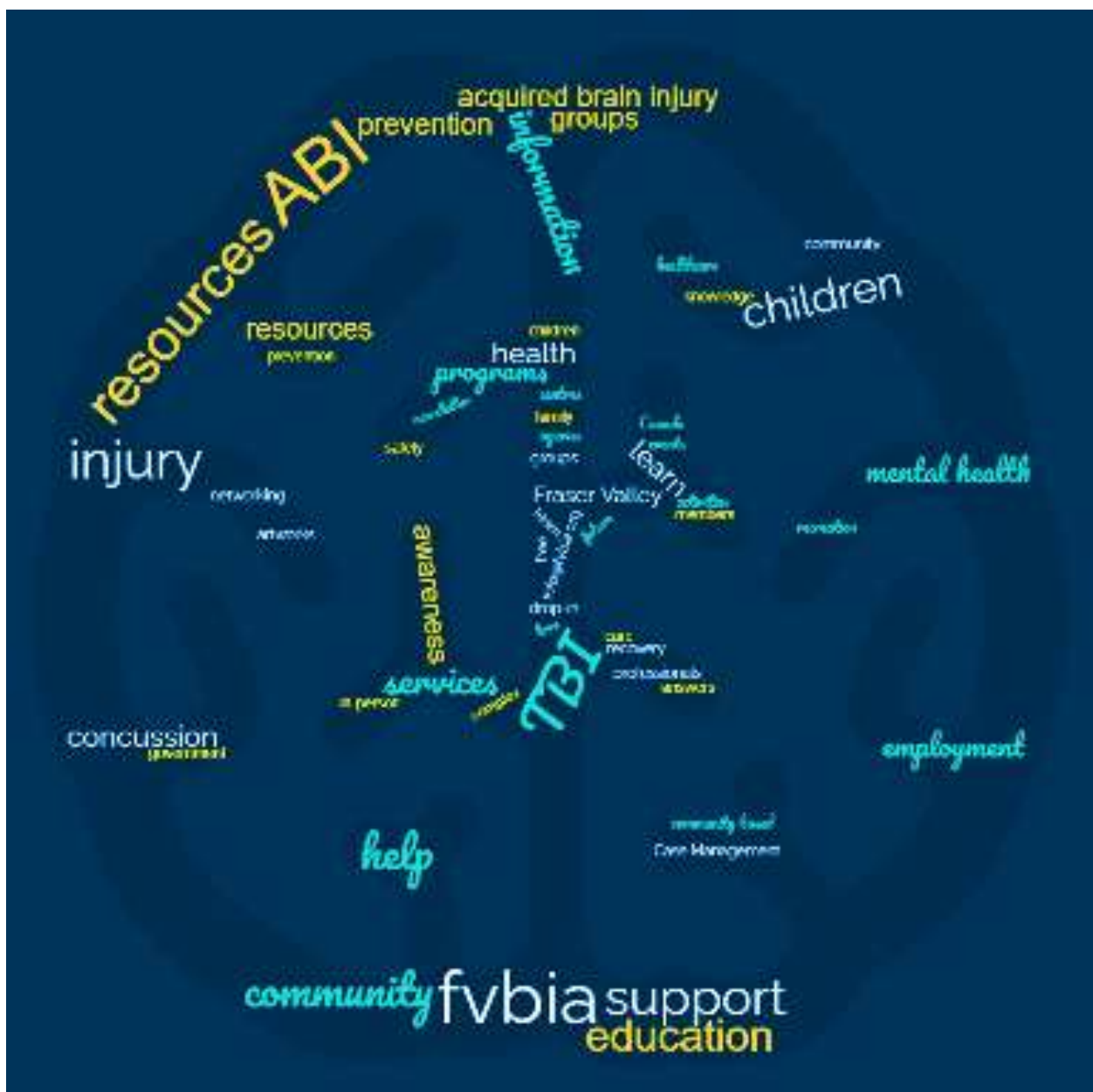
Glenda offers a look at the [30 Most Beautiful Words in the English Language](#) (Meghan Jones & Brooke Nelson Updated: Jul. 13, 2021).

I will be using “taradiddle” as my new favourite!

I also play “paradiddles” on the drum!

"Libraries will get you through times of no money better than money will get you through times of no libraries."

- Ann Herbert



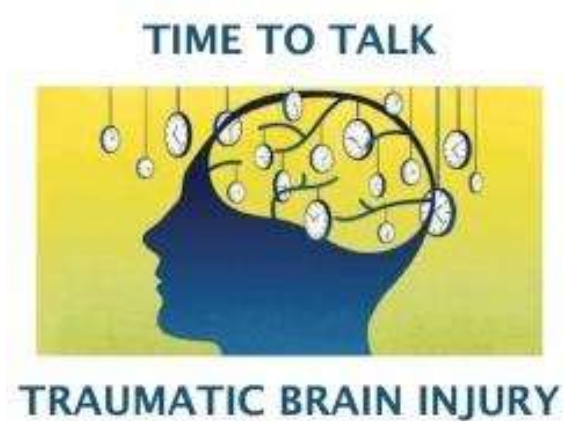
Time to Talk Traumatic Brain Injury Podcasts

Hi Listeners,

Enjoy and listen to all podcasts here:

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

<https://timetotalktbi.libsyn.com/website>



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/>

A Shout-Out to the Families and Friends Who Love and Support Our Members!

Brain Injury Sucks!

Families/Friends spend much time being invisible, juggling numerous balls and scrambling to catch them. Families/Friends new to the world of brain injury feel as if they have been suddenly dropped into an unfamiliar jungle, senses overloaded and overwhelmed, while trying to bushwhack a path back to “normal.” Everything is different; you are surrounded by aliens speaking gibberish. Your own person may seem like an alien.

For “old-timers” who have lived with the effects of the invisible disability for ages...they have learned that jungle paths cleared often grow back with ferocity and surprisingly new vegetation. More aliens! And the odd orchid reminds you that there is also some good to be found in the jungle.

One of our “Old-Timers” in the world of living with brain injury is Helena. She is an amazing writer and shares her experiences through writing. Have a look at her blog page:

<https://compassionate-voice.ca>

Let's Eat!

By Glenda

Broccoli Buffet Salad

3 cups broccoli florets (about 1 bunch)

½ cup chopped red onion

¼ cup sunflower seeds

½ cup raisins

½ cup feta cheese, crumbled

Dressing:

½ cup low-fat yogurt

¼ cup light mayonnaise

2 tbsp. granulated sugar

1 tbsp. lemon juice

Salt and pepper to taste



In salad bowl, combine broccoli, onion, sunflower seeds, raisins and cheese.

Dressing: In a measuring cup, stir together yogurt, mayonnaise, sugar and lemon juice; pour over salad and toss to mix. Season with salt and pepper to taste. Cover and refrigerate for 2 hours or up to 2 days. Makes 6 servings

Serve warm and, if desired, with cream, whipped cream or ice cream.

Audio Books for Kids on Brain Injury

If you are looking for information for children affected by brain injury in their family, here is an audio book on brain injury for kids.



https://www.thechildrenstrust.org.uk/sites/default/files/2020-10/Timtron_audio_1.mp3

Brain Injury Information for Kids

Fraser Valley Brain Injury Association's The Road Ahead: Next Exit Hope! booklets for children who have been affected by acquired brain injury in their families are updated and available for download off our website on the ABI for Children and Youth page

<https://www.fvbia.org/abi-information-for-children-and-youth/> .

The Road Ahead: Next Exit Hope! A look at how brain injury affects the whole family

[For Ages 5 to 10](#)

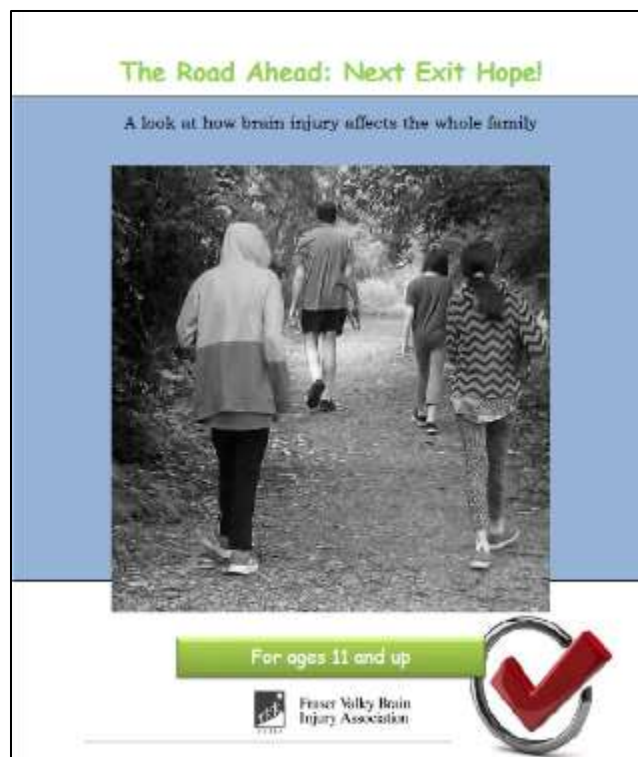
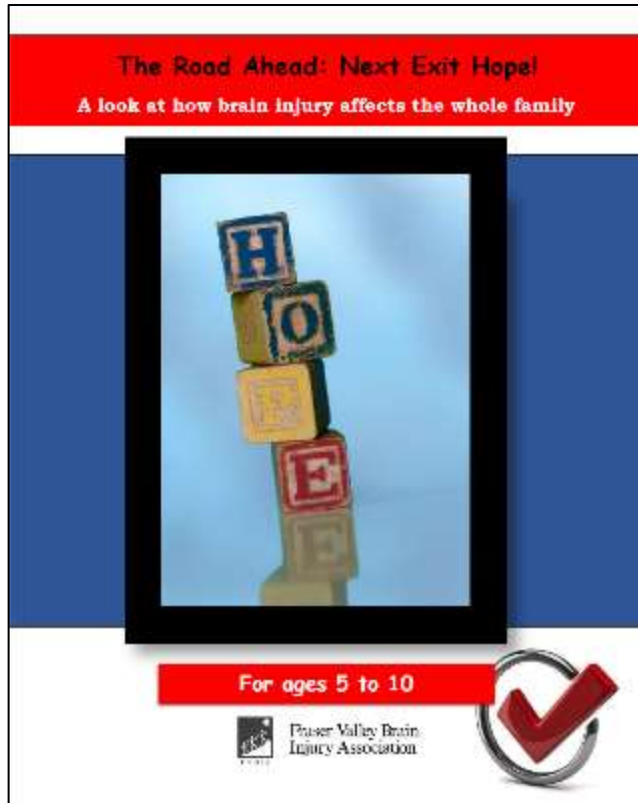
[For Ages 11 and up](#)

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Ronald McDonald House Charities

Soroptimist International of Abbotsford

Fraser Health Authority's Acquired Brain Injury Program.



Virtual Caregivers Support Group

When a person suffers from a Traumatic Brain Injury (TBI), their loved ones are catapulted into the caregiver role to support and look after their injured family member. Relationships, responsibilities, and roles shift suddenly, which can be confusing and overwhelming for the non-injured caregiver.

Chuck Jung Associates and Fraser Valley Brain Injury Association will be launching its Virtual Caregivers Support Group in March of 2022. From March to August of 2022, the group will meet monthly for 90-minutes to engage in discussions to provide important information and teach skills that will help caregivers negotiate and manage a new role in their life.

Topics will include:

- A-B-C for Caregivers
- Emotional Changes in your loved one and its impact on you.
- How to help your children with change.
- Solving Stress when you give, give, give
- Developing boundaries, self-compassion, and private time.

Registration is limited. To register or for more information about the group, please contact us at admin@chuckjung.com or call us at [604-874-6754](tel:604-874-6754).

WHAT?	Monthly Caregiver Support Group
WHERE?	Virtual
WHEN?	6-Monthly Sessions from March to August
WHO?	Facilitated by Dr. Laura Klubben, R. Psych. and Xiaolei Deng, UBC Doctoral Candidate and Practicum Student

THIS IS A FREE GROUP!

Buried Under the “To-Do” List? Got Regrets?

<https://www.danpink.com/pinkcast/>

Author Daniel Pink offers some suggestions about how to get out from under the “To-Do List” and shares research findings of what we regret (anyone hearing Frank Sinatra?).

Pink suggests it may be time to abandon the traditional to-do list — and begin the day with just a **blank sheet of paper**.

Why?

Starting with a blank sheet of paper allows you to write things you actually accomplished throughout the day. It shifts the frustration of dealing with a list that never really ends to celebrating what you have done each day. How cool is that!?

Regrets: The older we get, the more we regret what we **didn't** do.

“When we're young, we have equal numbers of **action regrets** (we did) and **inaction regrets** (what we failed to do.).

But as we age, inaction regrets take over. What haunts us over time are the things we didn't do.

What's the lesson lurking in this data? To avoid future regrets, have a bias for action.

Speak up.

Try stuff.

Shoot your shot.

Take the chance.”

Chuck Jung Associates – Psychological and Counselling Services

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Other locations in Tri-Cities, Burnaby, North Shore and Richmond

Website address: www.chuckjung.com

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

Creativity

By Jill Koppang

How do you define creativity? Are you creative?

I'll wait ... I bet you went straight to the arts: writing, painting, acting, etc. Then you likely declared, "I am NOT artistic!"

The neuroscience of creativity is a hot topic these days and is an excellent rabbit hole to explore! We are all creative! Yes, even you!

Creativity is expressed in our lives daily. Have you ever looked at leftovers in your fridge and invented a whole new dish? What about the trusty duct tape used to prevent your house from falling apart? Have you invented new games to entertain kids on a rainy day? Do you share stories about your day? Creativity!

Creativity Can Be Nurtured

There is a fun and challenging game in which participants are asked to come up with as many novel ideas as possible for using a common object in uncommon ways.

For instance, besides sweeping, how many unusual ways can you think of for using a broom? It's more fun to play in a group. This activity looks at 3 measures of creativity: fluency (number of ideas), flexibility (different categories of ideas), and originality (ideas that are unique).

The good news is that playing games and engaging in hobbies nurtures creativity. The even better news is that you don't actually have to be good at games or hobbies to reap the benefits.

Now...go forth and CREATE!

Links to Creativity

<https://dana.org/article/the-creative-brain/>

<https://bayareadiscoverymuseum.org/activity/unusual-uses-game>

Brain Injury Golf Classic Tournament

Fraser Valley Brain Injury Association will be hosting the Annual Brain Injury Golf Classic tournament in September 2022 again this year! Due to construction at Redwoods, this year's event will be relocated to another course. Stay tuned for more details.

Resiliency

Resiliency is a word that gets tossed around quite often to describe people with brain injuries but what does it actually mean?

Resiliency: “an ability to recover from or adjust easily to [adversity](#) or change”

<https://www.merriam-webster.com/dictionary/resiliency>

This dandelion seed probably wasn't planning to land in a crack between concrete blocks, yet it grows anyways. It had the right tools (sunlight, dirt, rain) and somehow it has recovered from adversity. Given the right circumstances, even a tiny seed has the capacity to adjust to a difficult situation. In fact, it is thriving!



Photo by Joy Scobie

There is certainly nothing easy about adjusting to an acquired brain injury. No one expects to have an acquired brain injury, but with the right support and coping tools, people with ABI can be resilient and thrive as well. It may not be quick and just like this dandelion's new life, it may not look like what you expected, but you can flourish and have a life filled with beauty. That's resiliency.

Simpson Family Award Nominations

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.

Contact 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

Volunteers needed for Beta testing for Accessibility Mapping Project



What is the Mapping Project?

The mapping project is an accessibility map for the people in your community. It is in its beta testing phase with the goal of increasing accessibility for all.

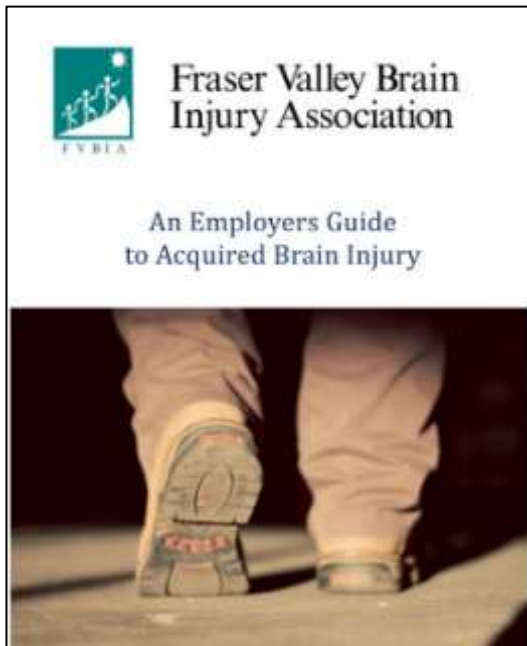
How you can help

- You can fill out the Accessibility Report here: <https://pushforaccessibility.pos-abilities.org/>
- This will bring you to a map of the community
- You can enter facility of your choice in the "search by location tab"
- Click on "Submit my report" and fill out the accessibility report by answering the questions.

This will help us determine how accessible the facility is to those facing disability from your perspective



For any questions, please contact: 604-961-0117.



An Employers Guide to Acquired Brain Injury

Many employers don't have the knowledge about brain injuries and how they can impact an individual's work. Kinesiologist and FVIA Case Manager Taryn Reid, has put together this guide to help people with acquired brain injuries return to work and give employers some information on how to facilitate this.

<https://fvbia.org/employment-after-acquired-brain-injury/>

FVBIA's Pay It Forward: Health and Wellness Programs

FVBIA's commitment to health and wellness continues to be a priority for 2022 even though 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 group along with some new groups and activities that are just starting.

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

Mill Lake Walking Group

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

Mondays Wednesdays Fridays

2 Meeting Places:

2 P.M. at the Bourquin Entrance benches

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

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

*** We practise physical distancing! ***



Photo by Joy Scobie

Adapted Chair Yoga (on zoom)

Robert is Yoga Alliance certified and qualified in several other related disciplines. With kindness, he guides Adapted Yoga which integrates the mind/body connection with meditation for the heart. In these anxious times, taking care of our body with Yoga is a beautiful gift to our mental health. **Please join us!**

DAYS: Tuesdays, starting April 5, 2022

TIME: 10:00 to 11:00 a.m.

***** The link will be sent to you before each class. These classes are currently offered on zoom but keep in touch for information about in-person classes as Public Health Orders allow.

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

Adapted Chair Yoga (in person)

Robert is Yoga Alliance certified and qualified in several other related disciplines. With kindness, he guides Adapted Yoga which integrates the mind/body connection with meditation for the heart. In these anxious times, taking care of our body with Yoga is a beautiful gift to our mental health. Please join us!

DAY: Tuesdays, starting April 5, 2022

TIME: 2:00 to 3:00 p.m.

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

***** Please PRE-REGISTER as class size is limited. Proof of full vaccination is required.

Call Joy at 604-897-1563.

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.

Place: FVBIA Boardroom 201 – 2890 Garden Street, Abbotsford, BC

*** For more information on upcoming dates or session topics, please call Joy at 604-897-1563.

Paying it Forward in the Fraser Valley

FVBIA has an active 'Pay It Forward: Health and Wellness for ABI" program. The FVBIA team offers several different components of this program that all focus on rebuilding one's sense of self after an acquired brain injury.

Pay it Forward encourages people with acquired brain injury to focus on and further develop their strengths and improve their overall mental and physical well-being. This can be through healthy eating, sleep management, improving coping strategies, developing natural support networks, fitness and engagement in the community through volunteerism.

FVBIA's Joy Scobie coordinates the **Mill Lake Walking group**, in-person and virtual **Gentle Yoga**, **Ladies R 'n R** along with a variety of other groups throughout the year that give members a chance to connect, build relationships and get involved in their community.

Community volunteerism has included helping with the creation of a labyrinth at Mill Lake Park, writing/creating for FVBIA's newsletter, FVBIA's peer-run **PhotoClub**, making presentations/offering classes in creative art activities to other members etc.

FVBIA staff, Jill Koppang, always finds creative ways to engage our members. Even through COVID-19 restrictions, FVBIA members gave back to the community through **Kindness Rocks!** painted rock project with art rocks going to Abbotsford Hospice for their fundraising and FVBIA's Christmas gift baskets for members.

More recently, FVBIA members have been creating Cards of Hope and Thanks for those affected by the recent floods, which were distributed by the Yarrow Food Hub.

Chilliwack Drop In Manger and FVBIA Case Manager, Esther Tremblay coordinates a food donation program where members volunteer to help pack weekly food hampers that are shared with the local community as well as the Yarrow Food Hub. The generosity of people is astounding on so many levels.

FVBIA is also involved in the creation of a shared garden in Chilliwack that will see local volunteers from the community growing a variety of produce that will be distributed among our members and the Chilliwack School District. FVBIA members wanting to try their hand at growing will be provided with planters of herbs to grow in their homes.

Amber Whitmore, Dietician, provided a number of sessions around understanding nutrition and our relationships with food. Multiple topics were explored including macro/micronutrients, intuitive eating, and foods that contribute to brain health.

Currently, we are planning a session with a community pharmacist that will explore our understanding of the medications we take as well as what questions you should be asking your doctor and pharmacist about your medications. Stay tuned!

FVBIA remains committed to supporting the health and wellness of our members and staff. Case manager/Kinesiologist Taryn Reid facilitates weekly health and wellness sessions that include conversations, information and light fitness activities that support health and wellbeing.

The Pay it Forward: Health and Wellness for ABI is funded by a Community Gaming Grant along with grants from the Brain Injury Alliance and ICBC.

For more information about Joy's programs: ijoyscobie@gmail.com

For more information about Esther's programs: esther@communitas.com

For more information about Jill's programs: jill.koppang@fvbia.org

For more information about Taryn's programs: treid@infinityhealth.ca

Community Garden

Carla Schellenberg and Jill Koppang have teamed up to start a **Community Garden** that will provide an abundance of fresh produce to FVBIA members as well as other organizations in the Fraser Valley (barring any more natural disasters!).

The first seedlings of spinach and kale were planted in the greenhouse in January (see right).

Interested members will be provided with **patio herb gardens** to share in the fun from home!

We are also starting a **Garden Group** to share ideas and tips for creating small gardens in your home.

The FVBIA community will have an active role in developing recipes, sharing the benefits of eating locally grown produce, learning how to preserve summer's abundance and creating cards, stories and artwork reflecting the abundance for FVBIA's fundraising activities.



For more information, contact Jill Koppang at jill.koppang@fvbia.org

”

Creative Arts

Despite pandemics, floods and freezes, the **FVBIA Creative Artists** carry on! Some of the ongoing projects include:

- Handmade **Greeting Cards** to share with people affected by the floods
- Creation of a **Digital Quilt** of photos and art provided by FVBIA members
- The ever-popular-getting-longer-by-the-minute FVBIA **Newsletter!**
- Brain Trivia Quiz
- Doodle Art and Zentangles
- Creative Arts Party that included prizes and fun activities. Macarena, anyone?
- Updating our social media sites (FB, YouTube, Instagram, Twitter) to reflect our various activities

For more information or to share creative ideas, contact Jill Koppang at jill.koppang@fvbia.org

Art in the Park

John LeFlock, the FVBIA resident artist, has returned! Upcoming sessions include a variety of techniques such as Nature Journaling, sketching and watercolour painting.

John led our Art in the Park Nature Walk at the recent Picnic in the Park at Mill Lake/Art with John Leflock/ Coffee Chat alumni event. It was great to see members able to gather again and some members finally got to meet people that they had only seen over zoom!









Cartoon by Cass

Pets Corner!

Not everyone is able to have a pet for any number of reasons: allergies, cost, rental agreements etc. Some have lost a beloved pet and aren't ready to add another to their family.

If you love animals, but can't have one at home, a walk at one of the local parks or protected wildlife habitats like the Great Blue Heron Nature Reserve <https://www.chilliwackblueheron.com/> can give you some of that enjoyment.

This adorable family of geese was taking a stroll with FVBIA's Mill Lake Walking Group members.



Photo courtesy of Joy Scobie



community therapists



Need flexibility?
Community Therapists is HIRING OTs in the FRASER VALLEY

Why Us ?

- Flexibility and Great Pay - earn \$56 - \$67/hour
- Excellent Mentorship
- Admin Support
- Virtual Office to Work from Home
- Case Diversity
- Join 50 OTs in a dynamic interdisciplinary practice

Please visit our website at communitytherapists.com/careers for more information or contact Laura Doig, HR Manager at careers@communitytherapists.com

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Building skills. Empowering people.
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Tickling Our Funny Bones!

Happy Mother's Day

Mom No. 1: How do you get your sleepy-head son up in the morning?

Mom No. 2: I just put the cat on the bed.

Mom No. 1: How does that help?

Mom No. 2: The dog's already there.

Joke submitted by Stephen C., Salem, Va.

Mother to son: I'm warning you. If you fall out of that tree and break both your legs, don't come running to me!

Joke submitted by Jake T., Worcester, Mass.

<https://scoutlife.org/features/29557/20-funny-mothers-day-jokes>

Happy Father's Day

Johnny's father: Let me see your report card.

Johnny: I don't have it.

Johnny's father: Why not?

Johnny: My friend just borrowed it. He wants to scare his parents.



Submitted by Tyler H., Blacklick, Ohio

Dear Dad,

\$chool i\$ great. I'm making lot\$ of friend\$ and \$tudying hard. I \$imply can't think of anything I need, \$o ju\$t \$end me a card, a\$ I would love to hear from you.

Love, Your \$on

Dear Son,

I kNOW astroNomy, ecoNomics and oceaNOgraphy are eNOugh to keep even an hoNOr student busy. Do NOt forget that the pursuit of kNOWledge is a NOble task, and you can never study eNOugh.

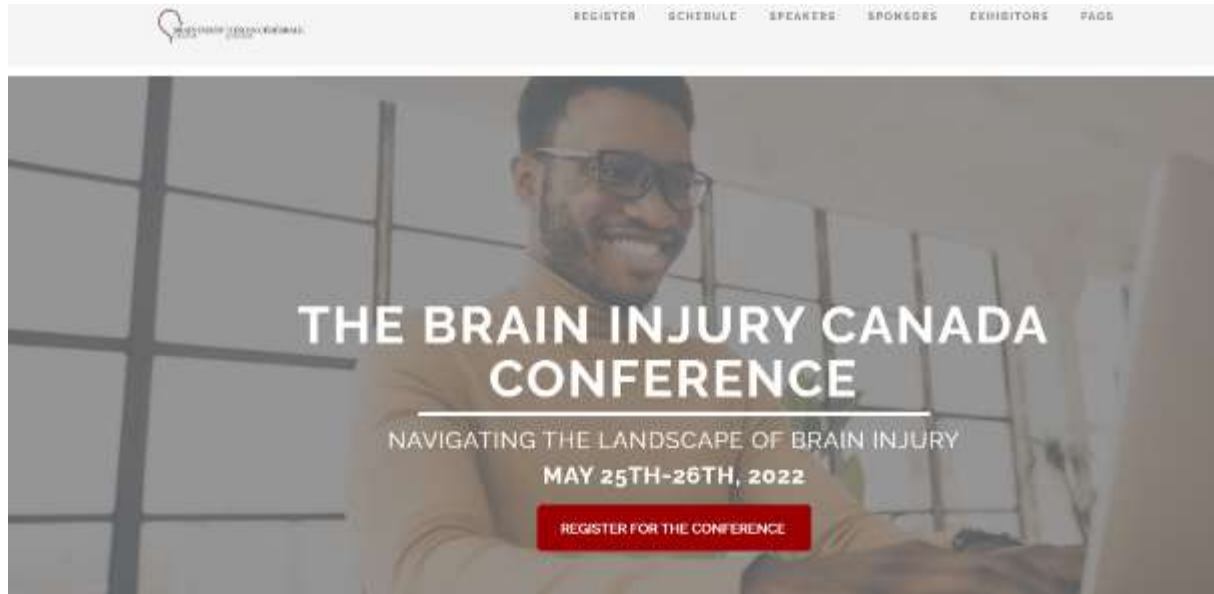
Love, Dad

Submitted by Jacob P., Orem, Utah

<https://scoutlife.org/features/20917/20-funny-jokes-for-fathers-day/>

Brain Injury Conferences

Brain Injury Canada



BrainTrust Canada

June 2022

THU
23

Featured June 23 @ 8:30 am - 6:00 pm

West Coast Brain Injury Conference

UBCO & Virtual 3333 University Way, Kelowna, British Columbia

West Coast Brain Injury Conference

Get Tickets \$24.00 \$50.00

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.youtube.com/channel/UCKbhePbXu5mazHxtJ9medkw>



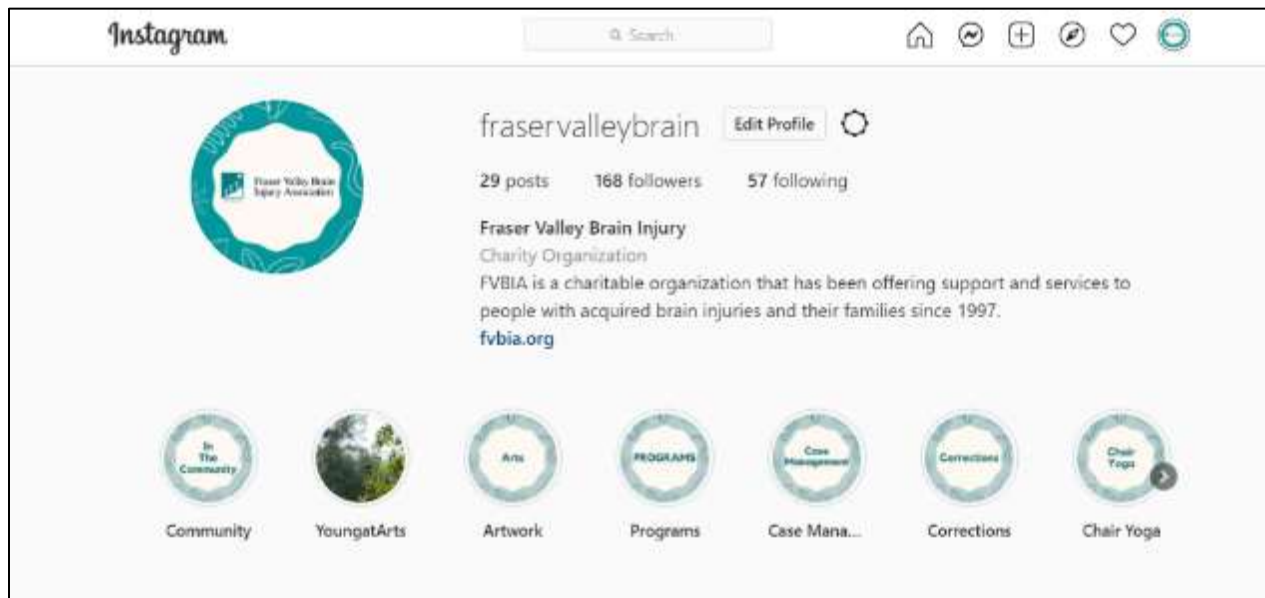
Instagram

FVBIA Community Facebook Page

We have changed the Creative Arts Facebook page to a community group page! This will allow all members to contribute and enjoy a variety of postings from fellow members and families. It is a private page with Carol and Jill as the Administrators. Now we have a place to stay connected and share our talents, thoughts and ideas! For more information or to share a post, contact Jill at jill.koppang@fvbia.org

FVBIA's Instagram

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

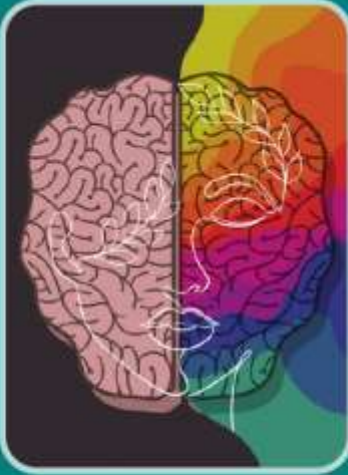


Brain Injury & Mental Health Information Sessions for the South Asian Community

Break the silence- Solutions through Discussions

अगर आपको करनी है बात दिमागी चोट या मानसिक परेशानी के बारे में, आओ बैठें साथ और ढूँढ़ें इसका हल।


register at:
<https://braininjuryandmentalhealth.eventbrite.ca>



ਆਓ ਅੱਜ ਕਰੀਏ ਰਲ ਮਿਲ ਕੇ ਗੱਲ ਬਾਤ ਦਿਮਾਗੀ ਪਰੇਸ਼ਾਨੀ ਅਤੇ ਮਨ ਦੀ ਪਰੇਸ਼ਾਨੀ ਬਾਰੇ ਰਲ ਮਿਲ ਕਰੀਏ ਇਸ ਤੇ ਕਾਬੂ ਤੇ ਪਾਈਏ ਇਸ ਤੇ ਜਿੱਤ

fvbia.jagdeep@gmail.com

Jagdeep Hayre 

 Fraser Valley Brain Injury Association

Emergency Preparedness

FVBBIA Case Manager Chantelle Capone, OT, is developing an Emergency Preparedness Guide that is user-friendly for people with acquired brain injuries.

We plan to unveil it soon after we get some feedback from our members.

WHAT DO I DO DURING AN EMERGENCY?

Heat Wave:

- Stay up in front and get fresh
- Open enough windows for air to circulate
- Check your medicine
- Fill in spray bottles with water
- Keep cool packs on hand
- Ensure you have enough drinking water



Floodwater:

- Move items out of water and stop
- Don't walk in water for no reason
- If water is deep, Crawl and Walk



Wildfire:

- Drive to a safe place, pull over and call 911
- If at home, follow the evacuation routes



Tsunami:

- Follow your emergency plan
- Get to high ground
- Stay on higher ground until you get an all clear



For Alerts, Go to EmergencyInfoBC.ca or call 911 for help finding services.



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.”

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>



ICBC & PERSONAL INJURY CLAIMS

CBM
CAMPBELL BURTON
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Rick McMullan Thomas Murphy Ashley Harrison Murray Ross Paul Seale

- Highly Qualified & Dedicated Legal Team
- Extensive Experience with Personal Injury
- We Cover All Costs Needed to Pursue Your Claim
- 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: #266-2655 Clearbrook Road, Abbotsford, BC, V2T 2V6, T: 604 852 6685

www.cbmlawyers.com

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

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

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

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 Esther Tremblay 604-799-2044

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

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!