



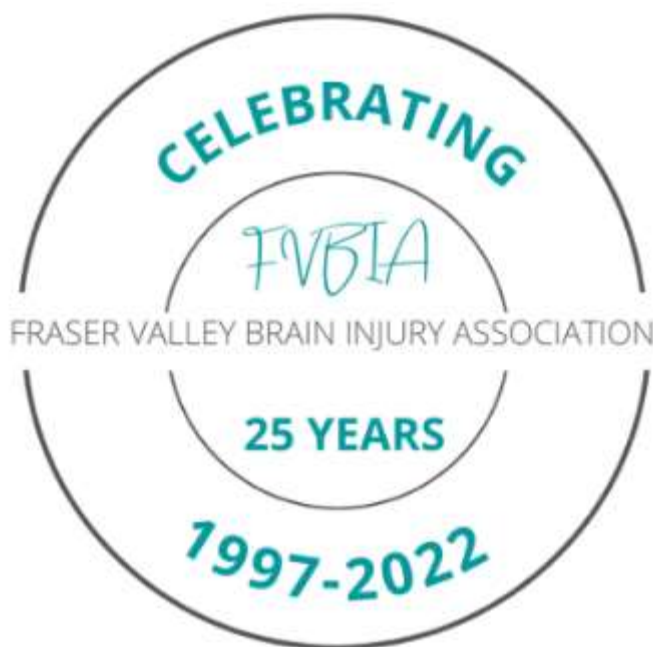
Fraser Valley Brain Injury Association

News

July August 2022

FVBIA turns 25 years old this year! Fraser Valley 'East' Brain Injury Association became a society July 31, 1997 with the help of a small board of directors and John Simpson.

It's not every day that you celebrate a 25th Anniversary so it was nice to spend it with FVBIA members, past members, board members, staff and visitors at Mill Lake Park on Saturday June 18, 2022. Thank you to all of our past and present board members, staff, funders and members for making this such a wonderful organization. Check out some old photos from the past and from our 25th Anniversary Celebration event <https://photos.app.goo.gl/S8McNun7QFMQFF7Z9>. If you have some more memories to share with us, please email them to info@fvbia.org.



Contents

FVBIA Writer’s Bullpen.....	5
Memories On Canvas	5
About a Song: "Mrs. Hippopotamuses' " by Relient K.....	7
FVBIA YouTube Photo Club Video.....	11
Upcoming Events	11
Emergency Preparedness Planning.....	11
The Neurobiology of Traumatic Brain Injury and Sports Concussion – A Silent Epidemic	12
FVBIA Emergency Preparedness Program	13
Be Ready Before It Happens	13
How to stay Cool in a Heat Wave.....	13
Paying it Forward in the Community	15
The Shared Garden	15
Calling All Artists, Cooks and Storytellers!	15
Chilliwack Centre Case Management Program – Food Donations	16
Food Access.....	16
Foodbanks.....	16
Chilliwack Brain Injury Centre Hours	17
Volunteers needed for Beta testing for Accessibility Mapping Project.....	17
FVBIA’s 25 th Anniversary Celebration	18
Walk Down Memory Lane 1997-2022	21
Time to Talk Traumatic Brain Injury Podcasts.....	22
FVBIA Members’ Corner	23
Nectar News.....	23
Crafter Extraordinaire	24
Loona Bedtime Calm App.....	25
Woodcarvings by Judy	25
Brain Injury Information for Kids	26
Virtual Caregivers Support Group Cancelled	27
Caregiver Supports.....	27
Addicted to Art.....	28
Simpson Family Award Nominations	30

2022 Recipients of the Simpson Family Awards	30
Brain Injury 50/50 Jackpot Draw Online	32
Vedder River, Chilliwack	32
FVBIA’s Pay It Forward: Health and Wellness Programs	33
Ladies' “R 'n' R"	33
Mill Lake Walking Group	34
Pets Corner!	34
Tickling Our Funny Bones!	35
Connect with FVBIA on Social Media	36
FVBIA Community Facebook Page	36
FVBIA’s Instagram	36
An Employers Guide to Acquired Brain Injury	37
Emergency Preparedness	37
FVBIA Concussion Program	38
FVBIA’s Concussion Program Resource Package	38
Concussion Awareness Training Tool (CATT) Parent or Caregiver Course	38
Donate to Fraser Valley Brain Injury Association at CanadaHelps.org	38
Acquired Brain Injury Info & Resource Package	39
Brain Injury Awareness Pins for Sale!	40
Funding for Education and Job Training Available	41
Facebook and PayPal Fundraisers	41
Drop-In Centres and Support Groups	42
Membership and Donations	42
FVBIA Membership Form	43

*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
1301 808 Nelson Street,
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.

Memories On Canvas

By Frances McGuckin

"Would you like one of mom's paintings?" asked my neighbour's son. The family had the sad task of "cleaning house" after my dear old neighbours across the street both ended up in a care home within weeks of each other. Luckily, they share the same room here in Abbotsford.

Their lifetime of memories and possessions weren't so fortunate. A large bin was delivered, and most of those memories ended up thrown into the massive receptacle. It broke my heart to watch the process as the family purged the home.

Now 90 and 92 respectively, John and Christine were my adoptive grandparents for six years. Ukrainian born and very much old school, I helped them with countless small chores and some gardening. John would sit outside for hours, hoping for family or someone to talk to. Christine stayed inside most of the time as she was a brain cancer survivor and kept out of the sun.

Sometimes, John just needed a hug. His wrinkled face broke into warm smiles when I chatted with him and gave him that much-needed hug. Christine would bake up a storm and deliver me the yummiest, warm and tantalizing apple pies or rhubarb and strawberry crumble. You couldn't stop at one bite!

Christine was an accomplished artist. Working in a variety of mediums, her paintings are quite stunning. She held some exhibitions here in Abbotsford and her watercolour floral paintings are incredible. There were dozens of beautifully framed paintings found in the basement and in the house. Landscapes, flowers, dogs; miniatures; her creativity was endless.

The family laid the paintings out. Each member took one or two, but basically, they didn't really want them. Some will go to the thrift store; Christine's hours of devoted talent and love in each one, now just another "thing" to get rid of. So sad.

I chose a beautiful floral watercolour in a circular matted frame. It's hanging in my hallway, a fond reminder that when I think I'm getting better at painting, I look at hers and realize what a long road to perfection is ahead.

I have two other paintings given to me by my writing mentor, dear friend and an accomplished artist. Loreena got me writing again when I moved to Abbotsford in 2015. She held a small writing group in my complex. I said I would never write or speak again after my brain injury. Yet with Loreena's encouragement, I got published in two *Chicken Soup for the Soul* books in 2017 and 2019.

A victim of cancer, nothing stopped Loreena. She painted and wrote, almost until she passed two years ago at age 80. In her lifetime, she owned an art gallery, illustrated children's books, wrote cookbooks, her biography, short stories, novels and painted up a storm. Her children's illustrations are pure magic.



Yet when she passed, her large collection of paintings suffered a similar fate. The family only wanted the odd picture. What happened to the rest, I don't know? I have her floral pastel picture hanging in my hallway, and a horse one she gave me hangs in my office, where I can remember her and be inspired. I miss her friendship, stubbornness and wisdom.



Over thirty years ago, I painted in oils. I gave some to my mom. Seems I have those all back since she passed, and I have most of mine hanging on walls. Now John Flock through Fraser Valley Brain Injury Association got me hooked on watercolours. The paintings are piling up. What will I do with them? Will my paintings suffer the same fate?

I've sent one overseas to a friend whose husband is terminally ill. I'm going to buy frames on sale and give them away as presents. Because otherwise, when I'm gone, my paintings will suffer the same fate as both my friends' artwork did.

Giving your crafts and paintings away is like spreading the love. Lots of love goes into each painting, so give them away to people who appreciate them. They are our memories on canvas, and when you spread the love, someone who loves you will look at your painting with fond memories. I kinda like the idea!

About a Song: "Mrs. Hippopotamuses' " by Relient K

by Alex Zarycka

Hello, readers! Alex here, and I have a question for all of you. Well, two, actually.

How many of you like any form of rock? Anyone? Now, how many of you have heard of the band Relient K? By the way, yes, I spelled that correctly. Not "Reliant" but "Relient".

Formed by lead vocalist, pianist, and song-writer Matt Thiessen, (born in St. Catharines, Ontario, Canada) Relient K is a rock band that started in 1998. The band name came from the car, which some of you may know (I only know of this car since Jill Koppang taught me about it!). They changed the spelling so there wouldn't be any copyright issues.

Among their many songs are ones like "Be My Escape", which the band is most commonly known for; "Who I Am Hates Who I've Been"; "Sadie Hawkins Dance", and others. Today, however, I want to talk to you readers about one song in particular, which Relient K isn't well known for. That song is called "Mrs. Hippopotamuses".

This is by far one of my favourite songs! Not only is it somewhat quirky (even the title is odd), but it's fun, with the band spelling out the name of the state of Ohio, and making tons of references to the state. It's upbeat and almost sounds like it has the slightest hint of Funk perhaps, or just some sort of fun attitude from the lead singer.

As you have read before, I wrote that lead singer Matt Thiessen was born in Ontario. What you didn't know is that he grew up in Ohio. Hence the song about the state.

Not only is this song about a state in America, but it is also about an amusement park, at least, according to Google and much observation and listening. I like to blast this number at times.

The title of the song, which may seem confusing, is referring to a ride, according to fans. It's near the end of the song that Thiessen sings, "Mrs. Hippopotamuses' Otter Waterpark Admission. We'll ride the roller-coasters over every holiday. Sandusky summertime's just 45 minutes away".

The song ends how it starts: with the band singing "O - H - I - O. Here we go Brownies, here we go (Woof! Woof!)", while Thiessen at the same time, sings "I owe it to you. There's nothing better than knowing where you come from".

Just writing about this song has me wanting to listen and dance to it. I hope that you, dear readers, will do so too! Look up the song, even if it doesn't sound like your style! You just may end up liking it.

YouTube Video with Lyrics

<https://www.youtube.com/watch?v=SKp5zRWENSI>

FRASER VALLEY BRAIN INJURY
ASSOCIATION

BRAIN INJURY GOLF CLASSIC

15 SEPTEMBER 2022



REGISTRATION: 11:00 AM
SHOTGUN START: 1:00 PM
DINNER: 6:00 PM
Fort Langley Golf Course
9782 McKinnon Crescent,
Langley, BC, V1M 3V6



REGISTER:
<https://fvbiabraininjurygolfclassic2022.eventbrite.ca>

FOR MORE INFORMATION
CONTACT INFO@FVBIA.ORG

Dear Friends:

We are excited to be at the beautiful Fort Langley Golf Course this year for the annual Brain Injury Golf Classic.

Thursday September 15, 2022
Fort Langley Golf Course
9782 McKinnon Crescent, Langley, BC

Since 1997, the Fraser Valley Brain Injury Association has been working as an advocate for people of all ages with acquired brain injuries and striving for the development of appropriate services, opportunities, rehabilitation and training for all survivors of brain injury throughout the Fraser Valley. This year's event is a celebration of our 25th Anniversary, so please join us for a great day of golf and memories.

Thank you to our Tournament Partner, BC Earth Exchange, for supporting this event again this year.

Sponsorship opportunities are still available so check out the rest of this package or go online to choose your level of support. <https://fvbiabraininjurygolfclassic2022.eventbrite.ca>. Your participation will help preserve the high quality of support and services offered to people with acquired brain injuries and their families that FVBIA has provided for the past 25 years.

11:00 AM Registration
1:00 PM Shotgun Start (Texas Scramble format)
6:00 PM Dinner & Prizes

Even if you can't join us for golf, you can still help by:

- Donating prizes for the auction or golf teams
- Sponsoring a hole or contest
- Purchasing 50/50 tickets <https://fraservalleybraininjury.rafflenexus.com/>
- Purchasing dinner tickets for \$75/each. Please contact info@fvbia.org for more information.

Please contact Fraser Valley Brain Injury Association at 604-557-1913, 1-866-557-1913 (toll-free) or info@fvbia.org for more information.

Register online at <https://fvbiabraininjurygolfclassic2022.eventbrite.ca>

Thanks for your support!

Sincerely,



Carol Paetkau, Executive Director, Fraser Valley Brain Injury Association



Brain Injury Golf Classic

Thank you to our 2022 Sponsors and Donors!

Tournament Partner



BC EARTH EXCHANGE

Cart & Contest Sponsors



FVBIA YouTube Photo Club Video

Have a look at the latest posts on the FVBIA YouTube channel! Some great pictures from the past Photo Club

We are hoping to resurrect the Photo Club now that the Covid restrictions are relaxing so contact FVBIA at info@fvbia.org if you are interested.

Here's the link to check it out:

<https://www.youtube.com/watch?v=y7RZPKLL7MI&t=7s>



Upcoming Events

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

August – Young at Arts Summer Camp – Blue Heron Reserve

September 15, 2022– FVBIA Annual Golf Tournament

November – FVBIA Annual General Meeting - TBA

December – Annual Christmas Dinner and Silent Auction TBA

Emergency Preparedness Planning

Congratulations to FVBIA Member Rachel Czarnecki on achieving yet another certification!

Rachel is a key team member in Fraser Valley Brain Injury Association's new Emergency Preparedness Program which is currently being launched.

Rachel brings her expertise, creativity and experiences as a TBI survivor who became homeless after being injured due to multiple system failures.

She has combined her past career as an educator with the current realities of living with a TBI to design brain injury friendly Emergency Preparedness materials.



The Neurobiology of Traumatic Brain Injury and Sports Concussion – A Silent Epidemic

From Dr. Sarah McKay,
Neuroscience Academy

Traumatic injuries and accidents have devastating effects on the brain. Scientists and clinicians are just beginning to realize how a brain injury can affect neurons and brain function.

Traumatic brain injury (TBI) contributes to more worldwide death and disability than any other physical trauma, however, it's largely unrecognized as a public health problem.

Dr. Amy Reichelt, who wrote the linked article, describes brain injury as, *“an earthquake in a city, changing, damaging, or destroying the roads and bridges in the city of the brain”*

I like this analogy – multiple brain regions interlink to orchestrate function. Just one break in the system can have catastrophic effects.

Click here to learn more about traumatic brain injuries:

[The Neurobiology of Traumatic Brain Injury and Sports Concussion – A Silent Epidemic.](#)

ICBC & PERSONAL INJURY CLAIMS

CBM
CAMPBELL BURTON
MCMULLAN LLP

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

Langley Office: 200-4750 222nd Street, Langley, BC V2Z 1C1 T: 604 533 3821
Maple Ridge Office: 22717-119 Avenue, Maple Ridge, BC V2X 8S5 T: 604 467 9907
Abbotsford Office: #250-2655 Clearbrook Road, Abbotsford, BC V2T 2V6 T: 604 852 6685

www.cbmlawyers.com

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

“(Brain Injury is) an earthquake in a city, changing, damaging, or destroying the roads and bridges in the city of the brain”

Dr. Amy Reichelt

FVBIA Emergency Preparedness Program

Be Ready Before It Happens!

Heat Domes, Flood, Wildfire? Are You Ready?

FVBIA will be hosting Emergency Preparedness Sessions Via Zoom, YouTube and In-Person Dates to be announced.

What you will receive:

- Emergency Preparedness Template to create your plan
- Group support in planning for emergencies
- Magnetized envelope to keep the plan on your fridge
- Quarterly Meetings to anticipate seasonal emergencies: 1st session Heat Domes
- Invitation to become part of a “Telephone/Text tree” to check on each other
- Link to FVBIA Emergency Preparedness Manual online
- Annual First Aid Certification
- Resources for managing anxiety around emergencies



Contact:

Jill Koppang

FVBIA Emergency Preparedness Team

How to stay Cool in a Heat Wave

The Fraser Health Website has all of the information you will need to stay cool and safe.

Follow this link for all of the information:

<https://www.fraserhealth.ca/health-topics-a-to-z/sun-safety#.YrXoLHbMLrf>

Follow this link for information and tips on how to stay cool:

<https://www.fraserhealth.ca/health-topics-a-to-z/sun-safety/during-a-heat-event#.YrXmv3bMLrc>

Follow this link to understand the signs and symptoms of heat exhaustion and heat stroke and how to respond:

<https://www.fraserhealth.ca/health-topics-a-to-z/sun-safety/heat-exhaustion-and-heat-stroke#.YrXnEHbMLrc>

Each community will have cooling centres during extreme heat but you can also go to places like the mall or grocery stores to cool off for a while.

TIPS TO BEAT THE HEAT!

KEEP HYDRATED
 Take a cool shower or bath to help you cool down.
 DRINK MORE WATER

SOAK
 Take a cool shower or bath to help you cool down.

REST
 Make sure you get enough sleep, and rest if you feel tired.

EAT FRESH
 Try eating cold foods such as salads or fruit.

SHADE
 Wear a hat and sunscreen or take an umbrella with you when outside.

DRESS DOWN
 Wear light weight and sun-smart clothing.

AVOID
 Alcohol, tea, coffee and hot and spicy foods. They can make dehydration worse.

BE COOL
 Stay indoors and make use of fans or air-conditioners.

CHECK ON OTHERS
 Including children, elderly, people with medical conditions and don't forget your pets!

WATCH OUT

Be on the lookout for any symptoms of heat related illness. See your GP if you are unwell. In a medical emergency call 000.



© Australian Capital Territory, Canberra | www.health.act.gov.au | www.act.gov.au | Enquiries: Canberra (0)2CT1 or 132286

<https://oasidental.com.au/top-tips-to-stay-cool/>

Paying it Forward in the Community

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.

The Shared Garden

The shared garden is really taking off now that the weather is warming up a bit! The kale and spinach are done. Succession planting has started with all the herbs and veggies. Going to be a tasty summer!

We are starting to harvest garlic scapes at the community garden. Has anyone used them before?

Here's an interesting article about the scapes:
<https://www.chatelaine.com/food/garlic-scapes-faq/...>



We are also starting to dry herbs to make teas and seasonings. For more information, contact Jill Koppang Jill.koppang@fvbia.org

Calling All Artists, Cooks and Storytellers!

Summer Project in Support of the Shared Garden

We are looking for members interested in creating greeting cards, recipe cards and writing short stories about gardening. The summer harvest will be shared throughout FVBIA as well as benefitting the Chilliwack School District, one of Mary McKee's Senior groups, and the Yarrow Food Hub.

The idea is that we will include handmade garden-themed cards and recipe cards reflecting the harvest baskets. For instance, a drawing/painting of some carrots on a card that has a recipe for carrots on the inside. Short stories will be included in a simple newsletter sharing garden news and ideas. It's yet another chance for FVBIA members to Pay It Forward to our local communities.

Contact Jill Koppang Jill.koppang@fvbia.org if you are interested in participating:



Chilliwack Centre Case Management Program – Food Donations

For the last 4 months, FVBIA has shared donated food, bread and produce with the Yarrow Food Hub in support of the families that lost everything in the Sumas Prairie Flood back in November. Victoria Lynn, the founder and ongoing manager of the Yarrow Food Hub recently acknowledged the donations on social media:

“Yarrow Food Hub” 41620 No3 RD Wow! Another week of wonderful deliveries from [Fraser Valley Brain Injury Association](#)! Your weekly donations have brought much joy!”

Special thanks to FVBIA Staff Esther Tremblay through the Chilliwack Centre Case Management Program (we acknowledge funding support for this program from the Province of BC) and her merry group of donors and volunteers that made this happen! Thank you to the anonymous donor that brings the food out every week and to Cobbs Bread for their generosity.

This program reaches more than 40 families each week.



Food Access

Foodbanks

If you are in need of extra support for food, 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/>



Chilliwack Brain Injury Centre Hours

The Chilliwack Brain Injury Drop-in Centre is open for in person services with a limit of 12 participants at a time.

Please note that the hours have changed:

Tuesdays 10:00 am - 1:00 pm and Thursdays 11:00 am – 2:00 pm.

Contact Esther Tremblay at 604-792-6266 for more information.

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



FVBIA's 25th Anniversary Celebration

Thank you to our special visitors to the Fraser Valley Brain Injury Association's 25th Anniversary Celebration, MLA Bruce Banman, Deputy Mayor of Abbotsford, Sandy Blue, her husband Bob Blue and Jerry Stanger who was with the Provincial Brain Injury Program back when FVBIA (formerly Fraser Valley East Brain Injury Association) got its first grant funding from "PBIP" as it was fondly referred to.



Thank you to all of the board members, staff and volunteers that helped with all of the organizing, set up, activities and cleanup. For more photos of this event, check out:

<https://photos.app.goo.gl/S8McNun7QFMQFF7Z9>







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

Walk Down Memory Lane 1997-2022



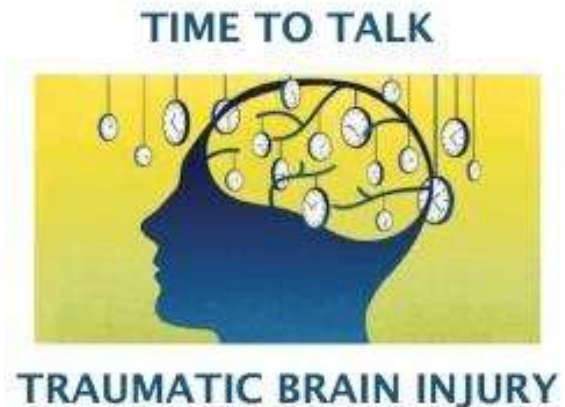
Time to Talk Traumatic Brain Injury Podcasts

Hi Listeners,

Enjoy and listen to all podcasts here:

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

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



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

www.communitytherapists.com
careers@communitytherapists.com • Career Contact: 604.566.8452
Building skills. Empowering people.
Est. 1989

FVBIA Members' Corner

FVBIA members are into all kinds of neat things and have so many different talents. Our Members' Corner features just a few of these skills and interests.

Nectar News

By Diane Stewart

Check out FVBIA member Diane Stewart's videos on Nectar News! Bees are incredible!

Hello everyone! I'm a beekeeper in Abbotsford. If anyone would like to learn about bees, please follow me on fb on my page [Nectar News](#).

I do "lives in the hives" as often as weather permits. If you see a swarm of bees, I'm available to get them rather than an exterminator who will kill them. Help save the bees!



**YOUNG AT ARTS
SUMMER PROGRAM**

Fraser Valley Brain Injury Association

**VIRTUAL ART AND EDUCATION SESSIONS
FREE!**

**DAY CAMP AT THE BLUE HERON
RESERVE, CHILLIWACK, BC
AUGUST 15 - 19, 2022**

**Open to children 5 - 12 years of age with acquired brain injuries,
siblings & children with a parent that has a brain injury**

Contact Fraser Valley Brain Injury Association at info@fvbia.org
for more information
www.fvbia.org

**We acknowledge the financial support of the Province of British Columbia
and the Abbotsford Community Foundation**

Crafter Extraordinaire

Sonya Wood has a YouTube channel, [Wood and Trout Creations](https://www.youtube.com/channel/UChEQ5NW9vhRQNMGLr8yNhQ) to share her amazing arts and crafts endeavours!

Subscribe to see how she uses simple items around the home to create beautiful items to make journals or to use in scrapbooks or card making.



<https://www.youtube.com/channel/UChEQ5NW9vhRQNMGLr8yNhQ/featured>



Finished journal flip through - "Friendship Blossoms"

86 views May 10, 2022

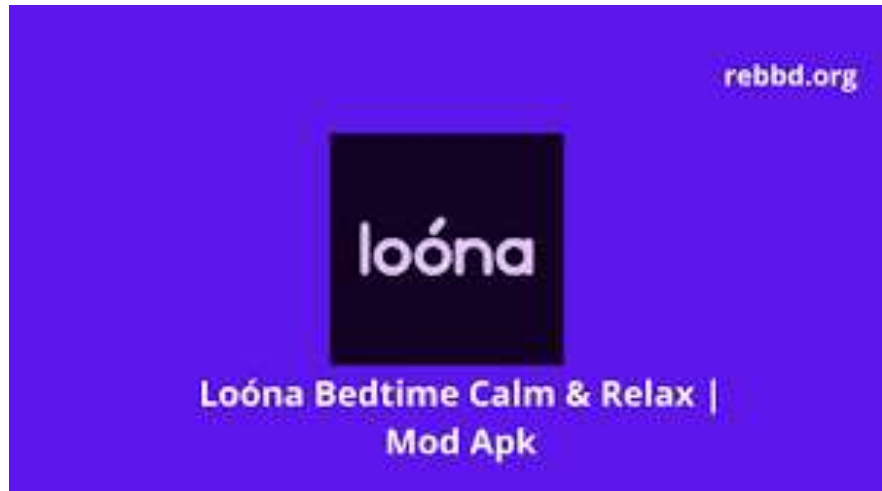
Loona Bedtime Calm App

By Judy Craig

I have discovered an amazing sleep app. It's called [Loona Bedtime Calm & Relax](#). It is the only interactive art app and it is especially calm. Ranked #1 for the best app of the year.

There is a 7-day free trial. They will notify you 2 days before your trial expires. The cost for one year is just \$68....that works out to \$5.67 a month. Once you try it you will be hooked.

You choose the reason you're participating; maybe it's anxiety, maybe it's insomnia. Then you choose three colours you desire, what sounds you want like ocean or nature.



You decide your story theme and then they put it all together and slowly and calmly you bring it to life. It's so rewarding.

Tonight, I brought a dragon guarding a temple to life. Each process was a level of healing peace, protection, beauty etc. I highly recommend it.

Woodcarvings by Judy

My first woodcarving of the year. It's a spoon that I carved out of red cedar. There is white birch bark wrapped around it. A simple yet rewarding carve.



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](#)

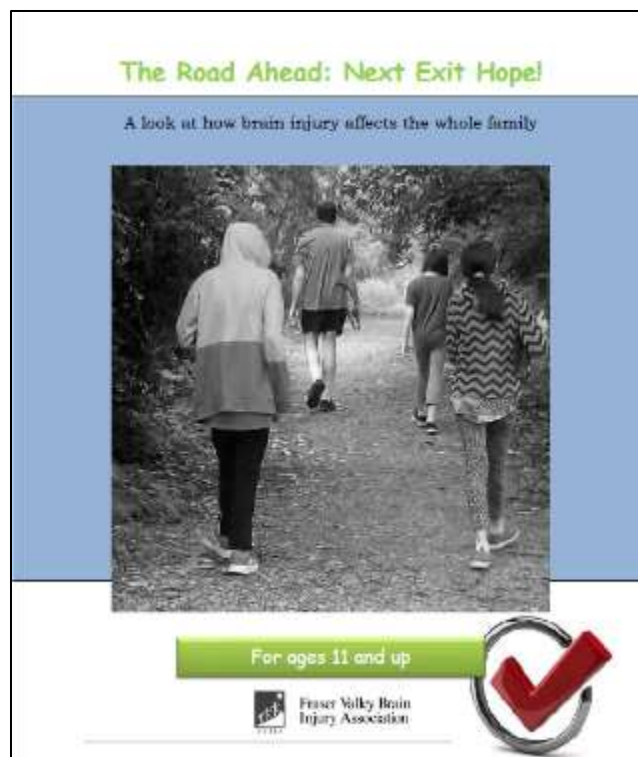
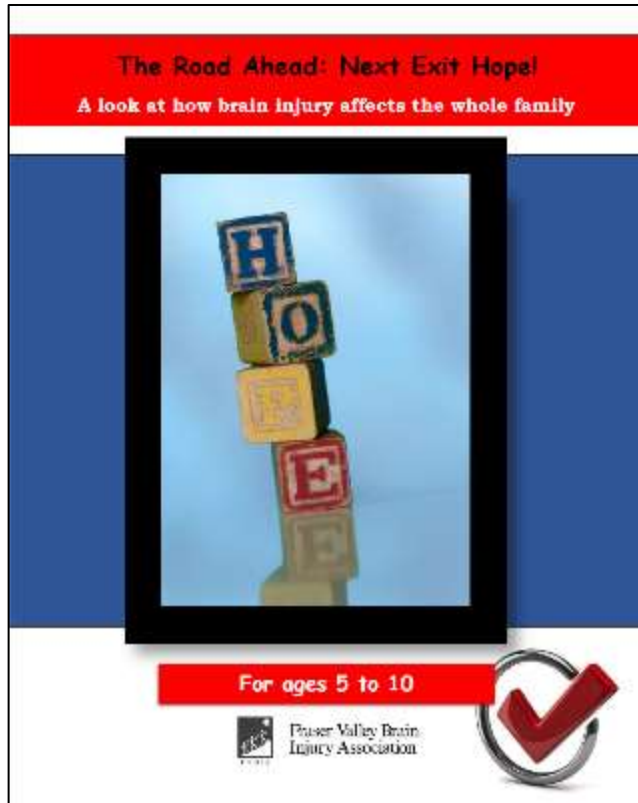
Original Funding for development, production and distribution provided by:

Ronald McDonald House Charities

Soroptimist International of Abbotsford

and

Fraser Health Authority's Acquired Brain Injury Program.



Virtual Caregivers Support Group Cancelled

Unfortunately, the virtual Caregivers Support Group offered by Chuck Jung and Associates has been cancelled indefinitely. We are so grateful to Chuck and his team for providing these groups and for the Free Counselling program which has also ended now.

If you are a caregiver of someone with an acquired brain injury looking for support, please contact Fraser Valley Brain Injury Association at info@fvbia.org or 604-557-1913.

Caregiver Supports

Family Caregivers of BC. <https://www.familycaregiversbc.ca/>

Government of BC webpage for caregivers <https://www2.gov.bc.ca/gov/content/family-social-supports/seniors/caring-for-seniors/caring-for-the-caregiver>

Doctors of BC tear sheet has a good list of resources for people taking care of loved ones.

<chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/https://www.doctorsofbc.ca/sites/default/files/resourcesforcaregivers-tearsheet.pdf>

Brain Injury Canada has some resources for caregivers and offers short webinars as well. <https://braininjurycanada.ca/en/caregivers>

This webinar just came out from them as an example, but they will have other ones coming out apparently. [Caregiver Burnout, Moral Distress and Moral Resiliency: Choosing the Good vs the Perfect](#), presented by Dr. David Campbell Ethicist with Kingston Health Science Centre.

Chuck Jung Associates – Psychological and Counselling Services

Vancouver: (Main Office)	Surrey:	Abbotsford:	Chilliwack:	Langley:
1001 – 805 W. Broadway Vancouver, B.C. V5Z 1K1 Tel: (604) 874-6754 Fax: (604) 874-6424	232 – 7164 120 th St. St Scottsdale Square Bus. Ctr Surrey, B.C. V3W 3M8 Tel: (604) 874-6754	The Mark (North Building) 102-32625 S. Fraser Way Abbotsford, BC V2T 1X8 1-877-870-6754 (toll free)	201 – 45625 Hodgins Ave. Chilliwack, B.C. V2P 1P2 1-877-870-6754 (toll free)	8661 201 St. (2 nd floor). Langley, B.C. V2Y 0G9 Tel: (604)-874-6754

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.

Addicted to Art

By Frances McGuckin

As many of you have guessed, John Le Flock - with the kindness of the Fraser Valley Brain Association - has got many of us on the art addiction. After eight lessons, I was definitely hooked. My brain injury seemed to have made me somewhat OCD. Combine that with a past profession of having an accounting business - where perfection is expected - when I paint, it better be perfect... Well, as perfect as any learner can be.

After John's awesome online lessons, I had to resort to YouTube tutorials to continue learning. How these online ladies can paint absolute masterpieces in 45 minutes to an hour absolutely bamboozles me. Thank goodness for rewind. What takes them an hour, usually takes me about seven evenings (way too late at night), for about an hour-and-a-half, or until my eyeballs are not eyeballing any more.

I am learning many things. I painted my first cat and learned to paint eyes. I also learned that if you mess up and keep trying to fix it, the fur begins to look muddy and matted. Cat needs a comb-out.

I was then attracted to this colourful parrot and decided to challenge myself. Many hours and days later, I found I was calling the parrot words that I hope he didn't learn or repeat. If he was real, I probably would have wrung his neck.

The feather thing was not working for me. The more I tried to fix them, the worse they got. Oh well, I learned how to do a neat background and beak. Another lesson over.

When I heard myself say, "I'm done with you bird," through gritted teeth, I knew it was time to let him go with love (or in this case, hate), and find a new challenge.

"I know," said me to myself, "I will paint a horse." As a devoted horse lover, I combed the Internet for a horse painting. This guy caught my attention because of the lovely teal-coloured background. My favourite colour.

Problem, I didn't have that colour, and it was \$14.99 a tube at Michaels. So, I experimented with my \$7.36, 36-colour paint set, and found something that worked after mixing colours for about an hour and making a great mess.



So, he didn't turn out exactly as he should. I learned that white horses are difficult to paint and to fix when the colours I painted were too dark.

I did also learn that as he is subjective, we can use our artistic licence to do our own thing. I like him more than that darn bird and he didn't have feathers.

Sometimes I come home from shopping, or am in the middle of household chores, and see something that needs fixing on a painting. Everything else gets put on hold and the world passes me by as I dabble with my watercolours and forget the chores.

Thank you, John. I'm not sure whether it's a blessing or a curse, as the dust balls collect and the To Do list remains not done. But we are having fun and yes, a great feeling of accomplishment, even if perfection isn't quite met. And thank you Jill and Carol and the FVBIA for introducing me to this addictive new hobby. I wonder though, is there a cure for this addiction?



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. Applications can be sent in any time throughout the year.

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

2022 Recipients of the Simpson Family Awards

Sharon Wells of Hope, BC and Dan Keenlside, Ontario, were presented with the 2022 Simpson Family Award for their outstanding support of the brain injury community and their loved ones who have had an acquired brain injury. (Left to right Heather Plain, Sharon Wells and FVBIA Board Chairperson Harry Snyder)



The awards were presented at Fraser Valley Brain Injury Association's 25th Anniversary Celebration on July 18, 2022. Dan Keenlside was presented with the award by his cousin, Alex Zarudka (below) over video which can be viewed on Fraser Valley Brain Injury Association's YouTube channel <https://youtu.be/7rLdm7ekUPs>

"Dan Keenlside, my dad's cousin, is one of the most supportive people in my life. He has been like a stable rock throughout life as he has always been around since my childhood. He has always been of utmost help. He has been supportive during difficult times in the family, and has stayed in touch with me over the years as I moved back to B.C. to live with an uncle and aunt. His door is always open to me any time I come to visit.

I am so grateful that Dan, along with his wife, his sister and her daughter, flew from Ontario to B.C. to watch me graduate from Bible College in 2019. That meant a lot to me, seeing my family cheer me on.

Dan has been like an uncle, and even like a father to me, as he always asks what he can do to help, and showers me with gifts every Christmas and birthday.


I am happy to be part of Dan's family and proud to say I'm related to him. He deserves this award by far for all the support he's given to me over these years."



Brain Injury 50/50 Jackpot Draw Online

Order your 50/50 tickets online. Last year's winner took home nearly \$1000. Proceeds support FVBIA programs for people with acquired brain injuries and their families.

<https://fraservalleybraininjury.rafflenexus.com/>



The screenshot shows the website for the Fraser Valley Brain Injury Association's 50/50 Jackpot 2022. The header includes the organization's logo and name, the event title, and a countdown timer for ticket sales closing in 92 days, 10 hours, and 44 minutes. A green button labeled "ORDER TICKETS" is visible. Below the header, there are navigation links for Prizes, Order Tickets, Manage Order, and Rules of Play. The main content area features a large banner with the organization's logo and the text "Serving people with acquired brain injuries and their families". To the right, a white box displays the "CURRENT 50/50 JACKPOT" as "\$80" and states "WINNER TAKES HALF". It also provides ticket pricing: "50/50 tickets are: 5-Ticket Pack for \$10; 15-Ticket Pack for \$20". A green "ORDER TICKETS" button is present. Below this, there is a "SHARE" section with buttons for Facebook, Twitter, and a general share icon, along with the text "Shared 52 times".

Vedder River, Chilliwack

By Freddy O'Brien

Sometimes you just got to stop and smell the roses, or in this case, take a walk along the Vedder River and remember that although life may be hard sometimes, it can also be beautiful!!!



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.

FVBIA staff are involved in many Pay it Forward: Health and Wellness for ABI in our communities and things are always changing so it is best to contact them directly for more information and details about locations and times. For general inquiries, contact info@fvbia.org.

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

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.

Ladies' "R 'n' R"

FVBIA's "Pay it Forward": Healthy Lifestyles for ABI Project
invites you to attend
"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: Every Thursday, weather permitting, starting July 14, 2022
Time: 10 a.m. until noon
Place: Mill Lake Park, Abbotsford. Under the Bevan Avenue Picnic Shelter

*** FVBIA cannot guarantee 1:1 staff at activities.
If you require 1:1 care, you must bring a support person with you.
**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!

Mondays Wednesdays Fridays

2 Meeting Places:

2 P.M. at the Bourquin Entrance benches

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

FVBIA cannot guarantee 1:1 staff at activities. If you require 1:1 care, you must bring a support person with you

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

Pets Corner!

Taryn's Gecko Otis is a little character! A least from what we can tell from his adorable photos. I got to "babysit" Otis for a couple of days and he certainly didn't show me his "wild side" unless he was wandering around my house when I couldn't find him in his enclosure one afternoon? - Carol

Keep your pets of all shapes and sizes hydrated and cool, especially during this hot weather. Joy's kitty found it too hot to sleep or play during our recent heat wave!



Tickling Our Funny Bones!



A child asked his father, "How were people born?" So, his father said, "Adam and Eve made babies, then their babies became adults and made babies, and so on." The child then went to his mother, asked her the same question and she told him, "We were monkeys then we evolved to become like we are now." The child ran back to his father and said, "You lied to me!" His father replied, "No, your mom was talking about her side of the family."

Teacher: "If I gave you 2 cats and another 2 cats and another 2, how many would you have?"

Johnny: "Seven."

Teacher: "No, listen carefully... If I gave you two cats, and another two cats and another two, how many would you have?"

Johnny: "Seven."

Teacher: "Let me put it to you differently. If I gave you two apples, and another two apples and another two, how many would you have?"

Johnny: "Six."

Teacher: "Good. Now if I gave you two cats, and another two cats and another two, how many would you have?"

Johnny: "Seven!"

Teacher: "Johnny, where in the heck do you get seven from?!"

Johnny: "Because I've already got a freaking cat!"

A teacher asked her students to use the word "beans" in a sentence. "My father grows beans," said one girl. "My mother cooks beans," said a boy. A third student spoke up, "We are all human beans. *Submitted by Jacob P., Orem, Utah*

<http://www.laughfactory.com/jokes/clean-jokes>



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?ref=ts>



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

<https://www.youtube.com/channel/UCKbhePbXu5mazHxtJ9medkw>



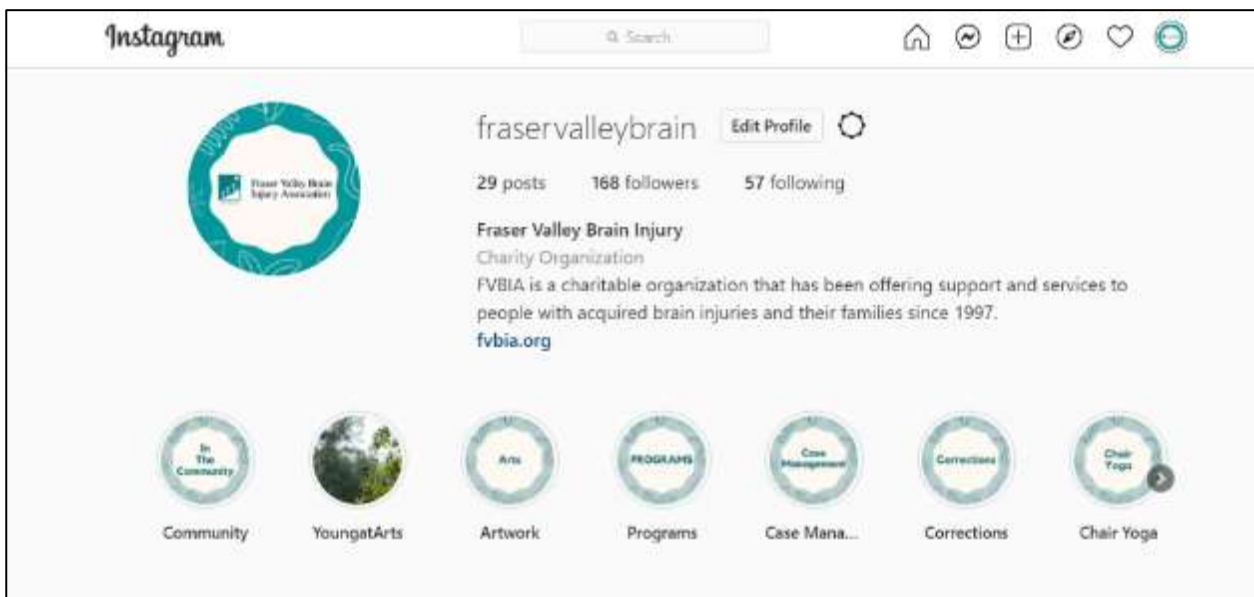
Instagram

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

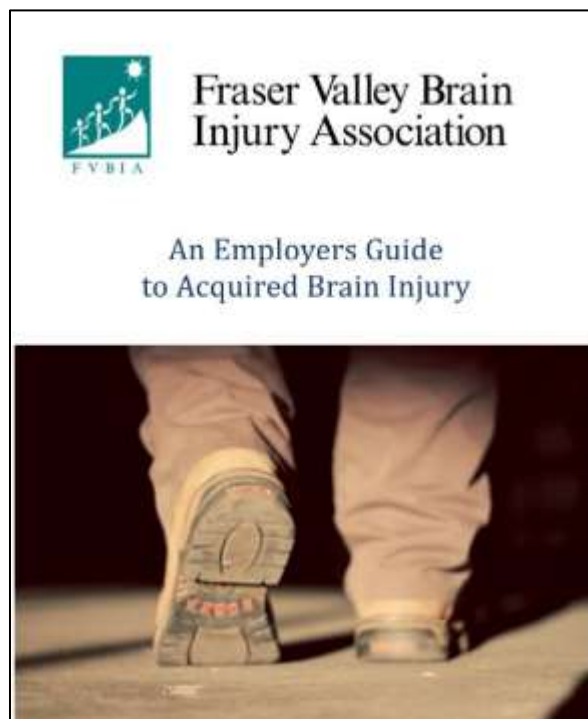
Check out FVBIA's Instagram at <https://www.instagram.com/fraservalleybrain/>.



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 FVBIA 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/>



Emergency Preparedness

FVBIA 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. Thank you to everyone who stopped by our Emergency Preparedness booth on June 18 at the 25th Celebration to answer some survey questions.

Congratulations to the winners of the draw for an Emergency Preparedness Kit and a First Aid Kit.



FVBIA Concussion Program

Please contact FVBIA at info@fvbia.org if you are interested in joining a virtual group for people who have had concussions.

FVBIA's Concussion Program Resource Package

FVBIA has a resource package for concussions. Check out our website for our Concussion Package and other resources and information.

<https://fvbia.org/concussion-resources-and-support/>

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

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 Education and Job 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 \$4400** 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

Drop-In Centres and Support Groups

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.

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

Art and Photo Clubs: Langley, Abbotsford, Chilliwack
Contact Esther Tremblay 604-799-2044

Chilliwack:

Drop-in:

Tues 10 am-1:00 pm & Thurs 11:00 am-2:00 pm
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 Acquired Brain Injury 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!

FVBIA Membership Form

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

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

1. Please join FVBIA

I will sign up for my FVBIA Annual Membership

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

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

2. Please make a donation

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

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

3. Please become a sustaining member!

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

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

Payment Method (Credit Card) Visa MasterCard

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

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

4. Please return the form to:

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

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

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

Payment

Payment Method (Credit Card):

Visa MasterCard

\$ _____

TOTAL

(Add membership and donation amount)

Credit Card Number _____

Expiry Date _____

Signature _____

Date _____