

Fraser Valley Brain Injury Association **News**

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September October 2022

**Photo by
Carol Paetkau**

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Advertising opportunities are available in FVBIA’s newsletter, 2023
Information and Resource Package and through special events.
Contact info@fvbia.org for details.

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Caring. Compassionate. Community-Focussed.

FVBIA Services and Programs

FVBIA offers a variety of programs throughout the Fraser Valley. Some examples are below but may not always be offered throughout the whole year. Groups may be time limited or subject to change due to funding, locations or client interests/needs. We are always offering new activities so stay connected! Contact info@fvbia.org or 604-557-1913 for more information.

In order to access FVBIA's regular programs, individuals must meet eligibility criteria and be able to provide proof of acquired brain injury <https://www.fvbia.org/criteria-for-services/>.

- Case Management (virtual and in-person)
- Drop In/Leisure Programs (Hope, Chilliwack, Abbotsford)
- Lifeskills
- Mill Lake Walking Group - Abbotsford 3x/week
- Community Kitchen
- Ladies R 'n R (Relax and Revive) group
- Health & Wellness (virtual) group
- Gentle yoga (virtual and in-person)
- Fitness group
- Art and jewelry classes
- Writer's Bullpen for FVBIA Newsletter
- Shared Garden project
- In the Now Group
- Photography classes
- Facebook Community group
- Crafts
- Volunteering/Employment support
- Family Support groups
- Support for youth
- Brain Injury and Mental Health - information sessions for the South Asian Community
- Coffee & Chats
- ABI Awareness and Education
- First Aid training, Food Safe and funding for other certifications to support volunteer/employment opportunities
- Young at Arts Summer program - for kids with ABI, siblings of kids with ABI or kids that have a parent with ABI –
- Corrections Liaison program (virtual) – 8-week ABI & Substance use education groups for inmates at Fraser Regional Corrections in Maple Ridge.

Upcoming Events

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

September 15, 2022– FVBIA Annual Golf Tournament

November – FVBIA Annual General Meeting - TBA

December – Annual Christmas Dinner and Silent Auction TBA

FVBIA Staff Emails

Freddy O'Brien: info@fvbia.org
Heather Plain: heatherplain@hotmail.com
Joy Scobie: ijoyscobie@gmail.com
Esther Tremblay: esther@communitas.com
Jill Koppang: jill.koppang@fvbia.org
Taryn Reid: treid@infinityhealth.ca

Brain Injury Online 50/50 Jackpot Draw Deadline September 29, 2022

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 Draw. The header includes the organization's name and logo, a navigation menu with links for Prizes, Order Tickets, Manage Order, and Rules of Play, and a prominent green 'ORDER TICKETS' button. The main content area features a banner with the organization's logo and the text 'Serving people with acquired brain injuries and their families'. To the right, a large green box displays the 'CURRENT 50/50 JACKPOT' as '\$440' in large green font, with 'WINNER TAKES HALF' below it. A smaller green 'ORDER TICKETS' button is also present. Below this, there is a 'SHARE' section with buttons for Facebook, Twitter, and a general share icon. At the bottom, the deadline is stated as 'Midnight, Thursday, September 29, 2022' and the draw date as 'Friday, September 30, 2022 at 3:00 p.m.'.

Chilliwack Brain Injury Drop In Welcome Back Open House



Regular Hours:

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

Contact Esther Tremblay at 604-792-6266 or esther@communitas.com for more information.

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.

My Summer Staycation and Gold-Plated Beans

By Frances McGuckin

While so many people were fighting airport crowds or for a spot at the lake with their family and friends, braving the No. 1 Highway traffic into the interior, I didn't have much choice except to have one of those "staycations" - again - for the third year in a row.

Between Covid worries and being "immune compromised" and not having a delightful male companion to attach to my arm - nor a willing girlfriend companion, there seemed no alternative but to stay home and talk to my plants.

In reality, growing a garden in summer is as much of a tie as owning a dog. Although I don't have to walk my plants, they need nourishment, daily watering and someone to clean up after them. Someone has to pick their fruit or deadhead regularly to encourage new growth. The delicate hydrangea that hates the burning sun has to have a sheet thrown over it in the burning heat of the hot afternoons. The little solarium has to have the blinds pulled up and down appropriately as the sun moves, so that the direct burning sun doesn't turn the glass into a searing hot house and burn the plants into oblivion. So, there is a little "blinds up, blinds down" ceremony each evening and very hot days at different times.

Then there is the battle of the critters. We have discouraged the mole from making mountains out of my garden by running the hose into his holes for fifteen minutes (that is if one remembers to turn off the hose). Otherwise, the lawn gets a good soaking - which it loves, as it's crispy critters right now.

I am growing Scarlett Runner pole beans. It's a ritual since I moved here seven years ago. Beans in the back row, Swiss Chard at the front of a small 14-foot-long x 18-inch-wide bed, in front of eight-foot cedar hedges. My son built a trellis for the beans to happily pole-climb up. Wonderful! Next to that are my tomato plants in two large pots.

Until some critters started eating my bean leaves. As they started to grow up the trellis, in the morning,



the stems were stripped. I was devastated! My beans! My beautiful, hand-germinated beans from last year's seeds. How dare critters eat them?

Well, long, painful story short, I spied a mouse running through the fence. Since then, I have trapped one mouse and one rat. However, my beans are now gold-plated. The cost of trying to catch the critters far outweighs the value of the crop. I bought mouse traps. The ants loved the peanut butter! I saw two traps out of four had triggered, only to have caught two ginormous, king-sized slugs. Try cleaning them out of a mousetrap. Ugh and gross!



Google University said to put plastic water bottles at the base of the stem so the critters couldn't run up them. So, I canvassed the neighbours, like a homeless person collecting, for extra water bottles. I diligently cut them open, wrapped them around the 25 stems, and came out to more leaves eaten. Sigh!

So, to the dollar store to buy 6" high edging to put at the back of the fence. Still getting eaten. Then, this plastic stuff with spikes to stop them coming through the fence. To no avail. Traps made with flour and baking soda. A gluggy mess. Rat bait. Finally, a fine mesh netting thrown over the top and down the sides.

The nightly ritual now is for me and the mosquitoes to peg it closed, as the critters still came in and were now eating the beans. That is sacrilege! Then the rotten critters were running along the trellis top, eating the new shoots. So, we clamp blue plastic garbage bags onto the top of the net as well. Now the beans are growing through the net. Sigh! I give up.

So, every morning, before coffee, we unpeg the net, unclamp the garbage bags, pick the gold-plated beans, check that the tomatoes (wrapped around with chicken wire as last year, the rats or racoons ate them) are still there on the vine, and head back inside for coffee. Mission accomplished! Somehow, watering flowers seems a lot cheaper and less stressful than growing vegetables.

Now I need a vacation to de-stress from my staycation.

(Photos are from Fran's Garden)



Fond Farewell
by Alex Zarycka

Hello there, readers and all those of the FVBIA!

I am writing to you today in what is sadly, my last submission for the newsletter. It is bittersweet. But I am also here with a life update.

As some, or maybe many of you know, I have chosen to move to Vancouver Island. Particularly in the Cowichan Valley near the small city of Duncan. By the way, did you all know that according to Canadian statistics (although I'm not sure how recent), Duncan is the smallest city in Canada by area? Having lived here for just over three weeks, it doesn't surprise me.

My trip to the island went well. I was accompanied by two friends who drove me all the way there, from Abbotsford, onto the ferry, and to the house where I currently reside. It was a fun trip. I then met the couple whom I am renting from, along with their friendly dog, Piston.

Since living here, I have gotten to know the area quickly. I am actually just outside of Duncan in a little district called Maple Bay. It's about 20 minutes from Duncan and most shops, etc. The views of all the trees, mountains, and lake are pretty. Nights are peaceful with only the sound of crickets chirping. I do not miss the sirens in Abbotsford, that's for sure!

I have since started attending a church full of many friendly people, a Bible study down the road from home, and have also landed a job! This is a huge deal as it's been a long time since my last job! I am a housekeeping attendant at the Best Western Cowichan Valley Inn! It is very tiring work, but I was given this role so easily by the general manager of the hotel and was told that I'm doing great!

There may be some more change coming, however. Due to how limited the buses are in Maple Bay and how difficult transportation to and from work is, my manager has offered for me to rent her basement out closer to downtown! I would be able to bus to work and church easily! I do hope that this all works out, on top of my future plans for university here.

Other than that, I stay in touch with friends from Abbotsford. I hope to stay in touch with some of you folks in the FVBIA community as well! So, now I must say farewell to you all, and all the best in your lives, dear readers! - Alex

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- 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: 22717-31st Avenue, Maple Ridge, BC V2X 8S5 T: 604 467 9997
Abbotsford Office: #250-2655 Clearbrook Road, Abbotsford, BC V2T 2Y6 T: 804 852 6685

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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](mailto:info@fvbia.org)

Brain Injury Golf Classic

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.

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 and to all of our sponsors and donors, for supporting this event.

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



BC EARTH EXCHANGE

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 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>

9782 McKinnon Crescent, Langley, BC



<https://www.google.com/maps/@49.1768385,-122.5944822,15.44z>

Brain Injury Golf Classic 2022 Sponsors and Donors

Thank you to our 2022 Sponsors and Donors!

Tournament Partner



BC EARTH EXCHANGE

Cart, Contest and Hole Sponsors



KFN ENTERPRISES



Chuck Jung Associates



Chris Gledhill & Robin Newbery
Matt Dorval
Carol Paetkau
Valley Weddings
Maple Ridge Hyundai



Brain Injury and Mental Health Information – South Asian Community

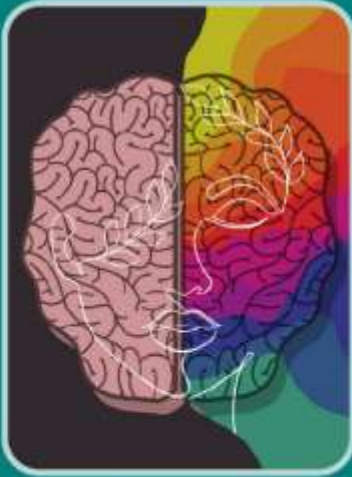
Brain Injury & Mental Health Information Sessions for the South Asian Community

Break the silence- Solutions through Discussions

अगर आपको करनी है बात दिमागी चोट या मानसिक परेशानी के बारे में, आओ बैठें साथ और दूढ़ें 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

Zoom sessions on brain injury and mental health for the South Asian community take place on the 2nd and 4th Saturdays of the month from 9:00 AM to 10:00 AM.

Once you register, you can attend as many sessions as you like with the same zoom link. The next sessions are September 10 and 24, 2022.

These Saturday morning virtual sessions are geared to the South Asian Community, and will be hosted on Zoom by Jagdeep Hayre from Connect 2 Your Soul, along with others in the South Asian community.

Jagdeep is a holistic coach and wears many hats in a number of organizations related to Mental Health. She has supported children and families since 2001 and also works with the youth in many of her roles. Jagdeep has a diverse background supporting children, youth and adults with developmental disabilities, mental health and addictions issues.

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

Emergency Preparedness Planning

Emergency Preparedness Planning Sessions for People with ABI

By Jill Koppang

Recent floods, fires and heat domes highlighted the need for FVBIA members to be prepared for emergencies. An Emergency Preparedness Manual was created by FVBIA specifically for people with ABI. FVBIA member Rachel Czarnecki was asked to review the information from the perspective of an ABI survivor. It became quickly evident that she had amazing feedback and was also interested in developing emergency preparedness modules specifically for ABI.

Sessions held over the summer in Langley, Abbotsford and Chilliwack focused on staying safe in the heat. Rachel also recognized that finances prevent members from purchasing emergency preparedness kits and took it upon herself to create a demonstration kit acquired from Dollar Store Purchases. The demo kit provided lively discussions about what items around the home could be used for individual kits. Ongoing sessions are being developed to address seasonal issues.

Thank you to Rachel for providing the summer emergency preparedness sessions in Langley, Abbotsford, and Chilliwack. Sessions were informative and well-received. Many great ideas and suggestions came from the group discussions around managing heat waves.

We all rooted for poor "Safety Dan," Rachel's stick figure friend, who gave his life repeatedly at the sessions on the whiteboard! Fall sessions are being planned and will focus on overall emergency preparedness.

Any FVBIA members interested in being part of the Emergency Preparedness planning sessions for Fall can contact Jill at jill.koppang@fvia.org.

The more the merrier!

Emergency Preparedness Package

FVBIA Case Manager Chantelle Capone, OT, has developed an Emergency Preparedness Guide that is user-friendly for people with acquired brain injuries and cognitive/learning challenges.

It will be available on the Fraser Valley Brain Injury Association website www.fvbia.org this Fall.

WHAT DO I DO DURING AN EMERGENCY?

Heat Wave:

- Stock up on food and pet food.
- Ensure enough medication for a week.
- Close your curtains.
- Fill a spray bottle with water.
- Keep cool packs in freezer.
- Ensure you have enough drinking water.

Earthquake:

- Move the car out of traffic and stop.
- Don't park under or on bridges.
- If indoors: Drop, Cover and Hold.

Wildfire:

- Drive to a safe place, pull over and call *5555.
- If at home: follow the evacuation stages.

Tsunami:

- Know your emergency route.
- Get to high ground.
- Stay on higher ground until you get an all clear.

For Alerts: Go to EmergencyInfoBC website or call 211 for help finding services.

www.fvbia.org

Purposeful Empathy YouTube Series and Podcast

My name is Anita Nowak and I teach at McGill University in Montreal (anitanowak.com).

Two years ago, I introduced a YouTube series and podcast entitled, *Purposeful Empathy*, dedicated to amplifying the voices of people from across the globe who believe the world needs more empathy - and are doing something about it. (See attachment.)

My most recent episode (released on August 11), featured Chandra Groves, a TBI survivor who spoke about her experience and journey to recovery, and how having a TBI has impacted her life and relationships.

Facebook: <https://fb.watch/eQOWYNqY7B/>

LinkedIn: <https://www.linkedin.com/posts/anitanowak>

YouTube: <https://youtu.be/uXQv0GQJCNq>

Spotify: [Purposeful Empathy with Anita Nowak | Podcast on Spotify](#)

Apple Podcasts: <https://podcasts.apple.com/us/podcast/purposeful-empathy-with-anita-nowak/id1528606164>

□



Anita Nowak, PhD
Empathy Expert | Social Impact Coach
Award-winning Educator | Author & Speaker

TEDx 1 TEDx 2

I acknowledge that my work takes place on the unceded territory of the Kanien'kehà:ka, a place which has long served as a site of meeting and exchange amongst many First Nations. I recognize and respect the Kanien'kehà:ka as the traditional custodians of the lands and waters and am grateful to the generations who have stewarded them. I also support any effort to sustain a relationship with Indigenous peoples based on respect, dignity, trust, and empathy, in the process of advancing truth, reconciliation and justice.

Young at Arts Summer Program

By Freddy O'Brien

This year's Young at Arts found us once again at the Blue Heron Reserve.

The Great Blue Heron Nature Reserve sits on 325-acre wetlands located on the un-dyked floodplain of the Vedder River, with trails, lakes and rivers to explore, perfect for our campers. We hosted 8 happy campers, with ages ranging from 6 – 12. This week-long camp found us doing art work with a local artist John LeFlock.



As you can see from the pictures, their masterpieces ranged from sketching, boat building and rock colouring. The boats were later sent a float in the river, together with the kids. What child can refuse some water fun?

The afternoons found the campers exploring the trails of the Reserve looking for frogs, fish and bugs and all sorts of things that go bump in the night, or in this case, the wonderful Blue Heron Reserve. This year's theme was 'Beavers' and the campers were on the lookout for all signs of beavers, including dams.



The Young at Arts summer program also provided hampers to seven families that included all the makings for rice crispies squares (Marshmallows, Rice Crispies, 2 different kinds of sprinkles, recipe for different rice crispies), smores kit, a Boston Pizza Gift Card along with outdoor games and water balloon kits, depending on the age of the kids.



Funding provided by the Province of BC through a charitable gaming grant and Abbotsford Community Foundation's Smart and Caring Grant.



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: ijoycobie@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.

The Return of the In-person Coffee Chats - Minus the Coffee!

August marked the return of our beloved Coffee Chats in Abbotsford and Langley. We hope that the sessions planned for September and October will happen without COVID interference. In addition to catching up with each other, we will be updating everyone's emergency contact information.

Upcoming dates:

Abbotsford Chat- FVBIA Office

Tuesday, September 13 from 10:30-12:00

Tuesday, October 11 from 10:30-12:00

Langley Chat- Timms Rec Centre, MPR 4

Wednesday, September 14 from 1:00-2:30

Wednesday, October 12 from 1:00-2:30

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: 10:00 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:
2:00 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.





Chuck Jung Associates – Psychological and Counselling Services

Vancouver: (Main Office)

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

Surrey:

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

Abbotsford:

The Mark (North Building)
102-32625 S. Fraser Way
Abbotsford, BC V2T 1X8
1-877-870-6754 (toll free)

Chilliwack:

201 – 45625 Hodgins Ave.
Chilliwack, B.C. V2P 1P2
1-877-870-6754 (toll free)

Langley:

8661 201 St. (2nd 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.

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 FVBIA Shared Garden is overflowing with abundance! We have been able to share the beautiful organic produce and herb planters with the Chilliwack Drop-In, The Yarrow Food Hub, Langley Coffee Chat Group, and several FVBIA members and their families.

The produce will continue well into the fall as we move into squash season. There will be a stunning amount of spaghetti squash, butternut and acorn squashes.

Garden volunteers have made raspberry and blueberry jams as well as apple sauce from donated apples. Organic onions and garlic were dehydrated and turned into spice jars of goodness for cooking.

FVBIA member, Derek Black sent the following note:

“I just want to thank you for providing my family and me with such delicious veggies from the shared garden.

My wife made the most delicious salad and butter chicken, we LOVED the garlic-even my teenage boys absolutely loved it. We loved the radish and carrots you sent as well. Wow...what a beautiful colour and flavour added! With kind regards, Derek Black.”





Photos by Jill Koppang

If you are interested in receiving some of the offerings from the Shared Garden, let Jill know.

Jill.koppang@fvbia.org

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/>



Life Boxes from Healthy Aging Abbotsford

Thanks to FVBIA member Fran McGuckin for introducing us to Abbotsford Association for Healthy Aging. Not only do they have some amazing programs and activities FVBIA members are welcome to join, but they created Life Boxes to help people manage important documents.

These boxes are portable so you can take them with you if you have to leave your home in an emergency, with file slots for the following:

1. Personal Information
2. Emergency Information & Contacts
3. Medical Documents
4. Passwords and Utilities
5. Banking Information
6. Taxes
7. Pensions
8. Housing
9. Will & Legal Documents
10. Investments
11. Assets, Liabilities & Loans
12. Insurance
13. Safety Deposit Box
14. Personal Notes and Items
15. Keys
16. End of Life Directions

FVBIA traded a box of organic produce from the shared garden in Chilliwack for 20 Life Boxes to be distributed to FVBIA members. The boxes are first come, first served. If you are interested, contact Jill at jill.koppang@fvbia.org.



<https://abbotsfordhealthyaging.ca/our-programs/lifebox/>

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>



Chromosome Apparel – Inclusive Fashion

Chromosome Apparel is a Canadian start-up brand that leverages fashion to build a culture of inclusion which supports and celebrates diversity. Chromosome uses style as a means to unearth the beauty of real human beings — in all our variations — as we remove outdated stigmas attached to disability, mental health, addictions, size & gender.



community therapists

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

Why Us ?

- Flexibility and Great Pay - earn \$56 - \$67/hour
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- Admin Support
- Virtual Office to Work from Home
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- 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

An update from FVBIA Member Diane Stewart...Beekeeper, Baker Extraordinaire!

"I have been putting preserves away like crazy! I will share my easy recipe for jams which can be used with frozen fruit as well as fresh. I've also been baking up a storm and my recent is a peach tart tatin. I have some great photos from last night's bake, my pastry chef friend gave me an A+!! Homemade pastry and all! It's such a treat to eat in season with so many options around us.

I'm out to do bees tomorrow morning with some mite checking and some more feeding. I hope you'll join me on Nectar News!"

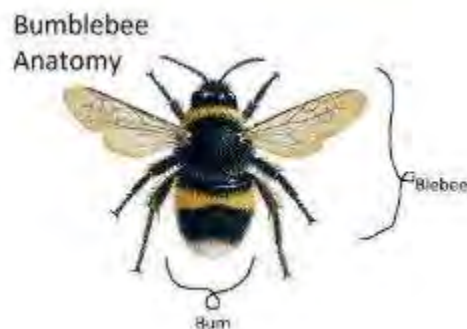
Those of us who have had the pleasure of attending Diane's live-streamed beekeeping adventures on her Facebook page, Nectar News, are hooked!

Who knew taking off your sunglasses around bees significantly decreases your chances of getting attacked? Sunglasses make you look like a gigantic, goggle-eyed predator.

Bees also have favourite colours: blues and purples. They can't see red.

Reach out to Diane on her Facebook page, Nectar News, and buckle up for a bee-u-tee-ful Bee Adventure!

Here's Diane's webpage: <https://nectarnews.ca>



Art in the Park

By Judy Craig

Recently, Judy and some friends gathered at Mill Lake to participate in “Art in the Park.”

She shared the following:

“This was a fun event put on by [Kariton Art Gallery](#) . It was open for all ages and all skill levels. Watercolour paper or canvas was distributed at no cost depending on which medium you decided to do. The theme was to paint something you see in Mill Lake.

It was purely a fun event and a chance to display your painting for public viewing. We were given 4 hours and, although that may seem like a long time, you would be surprised how quickly that goes.

I participated along side my friends. These are the results.

Mine is the tree trunk with vegetation all around it. I chose to paint this because I knew no one else would and of course to challenge myself and see if I could. I encourage you to attend this yearly event. The ages ranged from child to senior.



Brain Injury Awareness Month Colouring Contest Winners

Congratulations to the winners of our annual colouring contest! This contest is part of FVBIA's ABI Awareness and Prevention program's activities, funded in part by a Charitable Gaming Grant and by the Brain Injury Alliance with support from Black Press Media.

COLOURING PAGE WINNERS

**June is Brain Injury Awareness Month
WRONG WAY - RIGHT WAY**

**1st place Winner - Iroha age 13
Abbotsford News**

**June is Brain Injury Awareness Month
WRONG WAY - RIGHT WAY**

**2nd place Winner - Myelle, age 7
Chilliwack Progress**

**June is Brain Injury Awareness Month
WRONG WAY - RIGHT WAY**

**3rd place Winner
Agassiz Newspaper**

**CONGRATULATIONS TO PAMELA,
OUR WINNER FOR A \$75.00 VISA GIFT CARD**

Sponsored by  Fraser Valley Brain Injury Association &  **Black Press Media**

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

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](#)

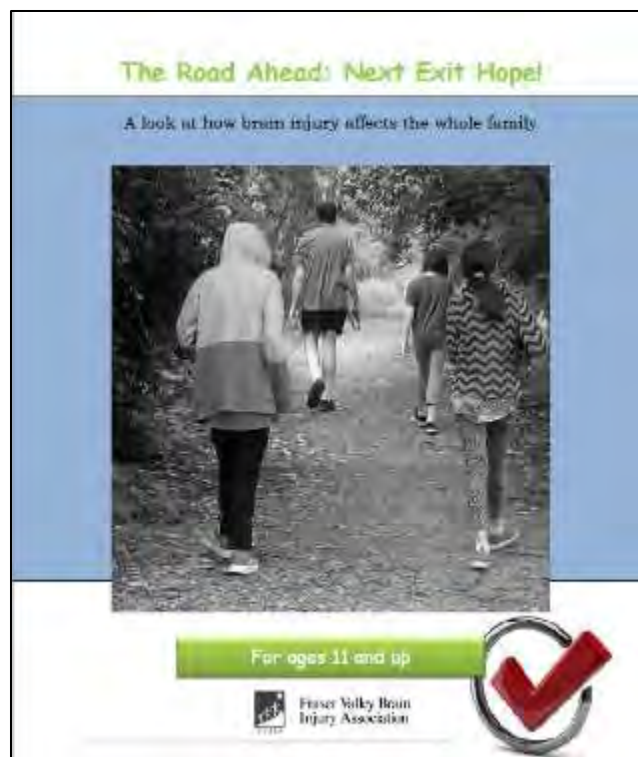
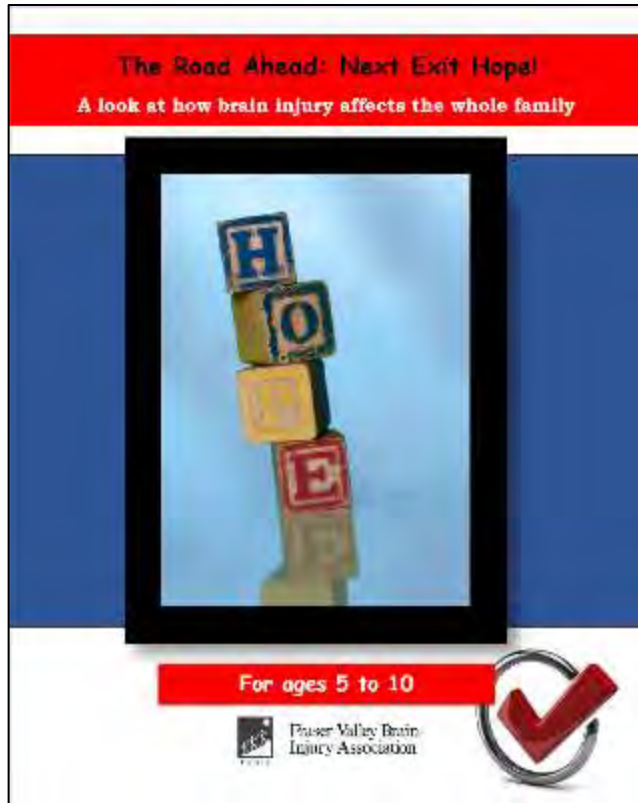
Original Funding for development, production and distribution provided by:

Ronald McDonald House Charities

Soroptimist International of Abbotsford

and

Fraser Health Authority's Acquired Brain Injury Program.



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>

[Caregiver Burnout, Moral Distress and Moral Resiliency: Choosing the Good vs the Perfect](#), presented by Dr. David Campbell Ethicist with Kingston Health Science Centre.

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
Phone: 604-557-1913 info@fvbia.org

FVBIA's Hope Leisure Program

Fraser Valley Brain Injury Association has a leisure/drop-in program up in beautiful Hope, BC. Program Facilitator Heather Plain (left) groaning in protest during a tech training road trip from Case Manager Taryn Reid, B. Kin. (Photos by Carol Paetkau)



Wednesdays and Fridays 1:00 p.m. – 3:00 p.m.

366A Wallace St. Hope, BC

Contact 604-869-7454 or heatherplain@hotmail.com for more information.

Thinking about Returning to Work?

Thinking about returning to work after a brain injury can be scary. Everything has changed; nothing is the same. And yet there is often a longing to find meaning and purpose in life after brain injury. This can take many forms and play out in the exploration of new hobbies, new relationships, volunteering and, for some, wondering if there can be a return to paid employment.

The InVest Program (Inclusive Valuable Employment Skills Training) offered through Buxton Consulting “provides **free support** to Persons with Disabilities, who are looking for assistance with entering and remaining in the workforce. InVEST recognizes inclusivity; understands career and employment planning and success. Buxton Consulting Ltd. offers to support workplace accommodations.” If you are considering returning to work, contact your FVBIA Case Manager who can help you decide if you want to explore the InVest Program. Details can be found at:

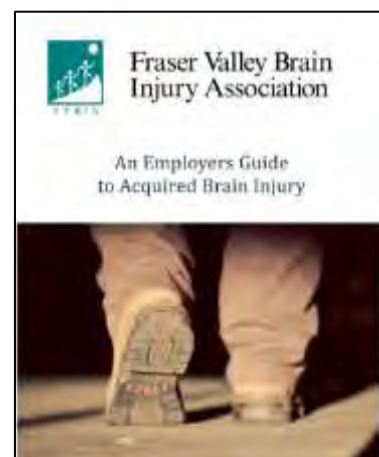
<https://www.buxtonconsulting.org/invest>

An Employers Guide to Acquired Brain Injury

Taryn Reid, FVBIA Case Manager, has developed a resource manual for employers considering hiring a person with a brain injury. It is filled with a lot of information and suggestions for a successful work experience.

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

Contact Taryn at taryn.reid@fvbia.org for details.



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.

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 or info@fvbia.org.

Pets Corner!

For those of you that have pets or fur babies, as I like to call them, you all know that a furry member of the family can bring you great joy and undying love, you also know that when they are called over that rainbow bridge, it causes you great sorrow.

It is with this sorrow that I post this picture of my beloved Harry Potter, aka Mr. Potter. Harry left us August 27, to join his brother Tommy on the other side of that rainbow bridge.

Mr. Potter was my best friend and bed hog for over 17 years. I will miss him greatly.

No more pain my little man, be at peace. Freddy



What is the Connection Between Kleine Levin Syndrome and TBI?

Kleine-Levin Syndrome (KLS) is an extremely rare, complex neurological disorder characterized by recurring episodes of excessive amounts of sleep, altered behavior, and a reduced understanding of the world. The disorder strikes adolescents primarily but can occur in younger children and adults. The exact cause is unknown but some KLS patients develop this disorder after a traumatic brain injury.

At the onset of an episode the patient becomes progressively drowsy and sleeps for most of the day and night (hypersomnolence), sometimes waking only to eat or go to the bathroom. Each episode lasts days, weeks or months during which time all normal daily activities stop. Individuals are not able to care for themselves or attend school and work. In between episodes, those with KLS appear to be in perfect health with no evidence of behavioral or physical dysfunction. KLS episodes may continue for 10 years or more and is sometimes referred to in the media as “Sleeping Beauty” syndrome. <https://klsfoundation.org/what-is-kleine-levin-syndrome/>

Tickling Our Funny Bones!

<https://www.rd.com/list/halloween-riddles/>

Question: The person who built it sold it. The person who bought it never used it. The person who used it never saw it. What is it?

Answer: A coffin

Question: The Smith family is a very wealthy family that lives in a big, circular home. One morning, Mr. Smith woke up and found his mirror had been shattered. He knew it was one of his employees who had done it. So, he asked them what they were doing in the morning, and he got these replies.



Driver: “I was outside washing the car.”

Maid: “I was dusting the corners of the house.”

Cook: “I was starting to make lunch for later.”

Answer: The maid. The house was circular; it didn’t have any corners

Question: A man was driving with his son in his car. They got into an accident and were in critical condition. Two ambulances from two different hospitals arrive. The man is taken to one hospital and his son to a different one. The doctor walks into the operating room, looks at the little boy, and says, “I can’t operate on this boy. He is my son.” How can this be?

Answer: The doctor is the boy’s mom.

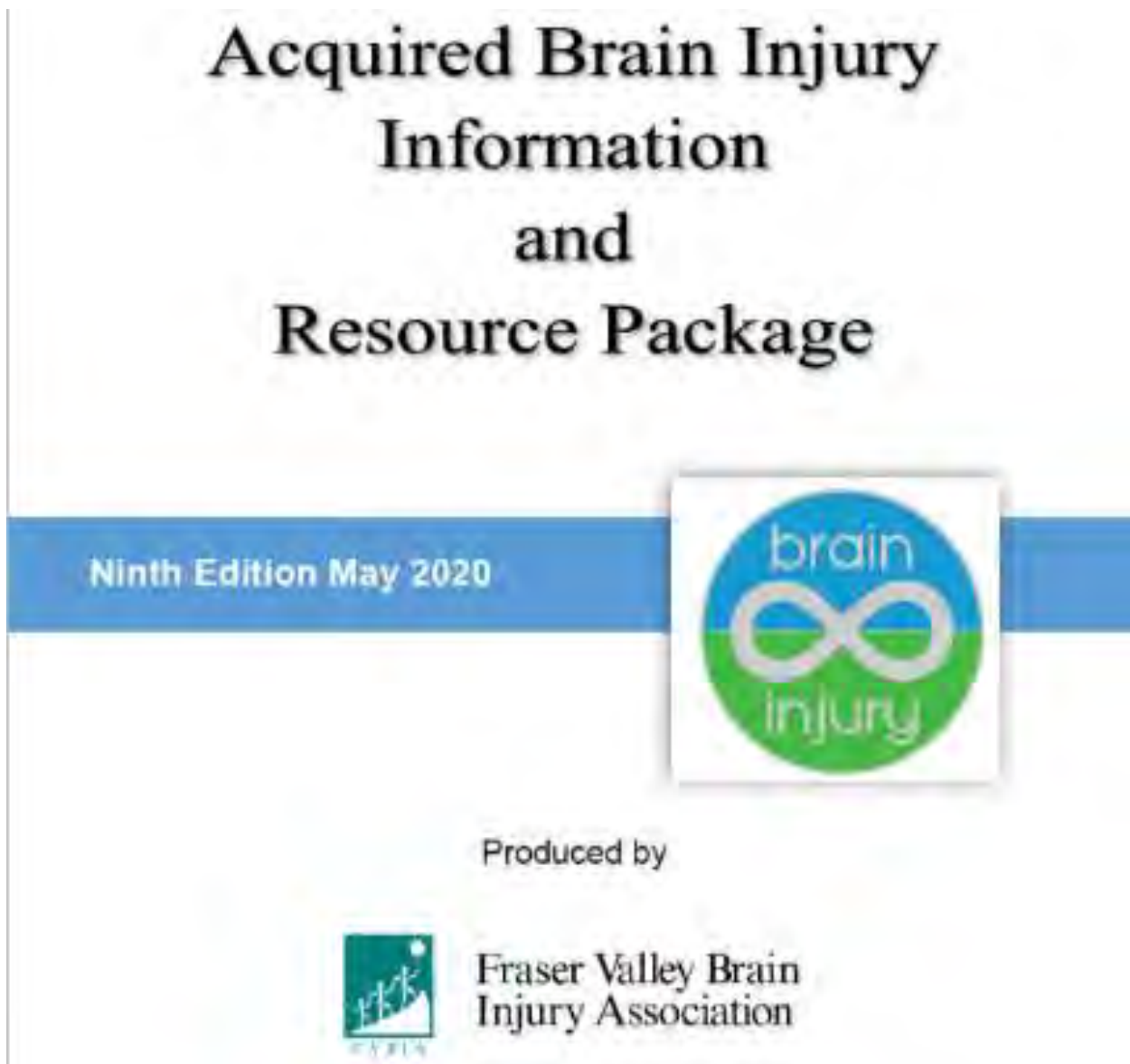
Question: I am a body with a leg, an arm and a head, but I don’t have flesh or eyeballs. How is that possible?

Answer: I’m a skeleton.

Advertising Opportunities in the 2023 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.

FVBIA is preparing our 2023 Information and Resource Package. For advertising opportunities and listings in the 10th Edition, contact info@fvbia.org.



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>



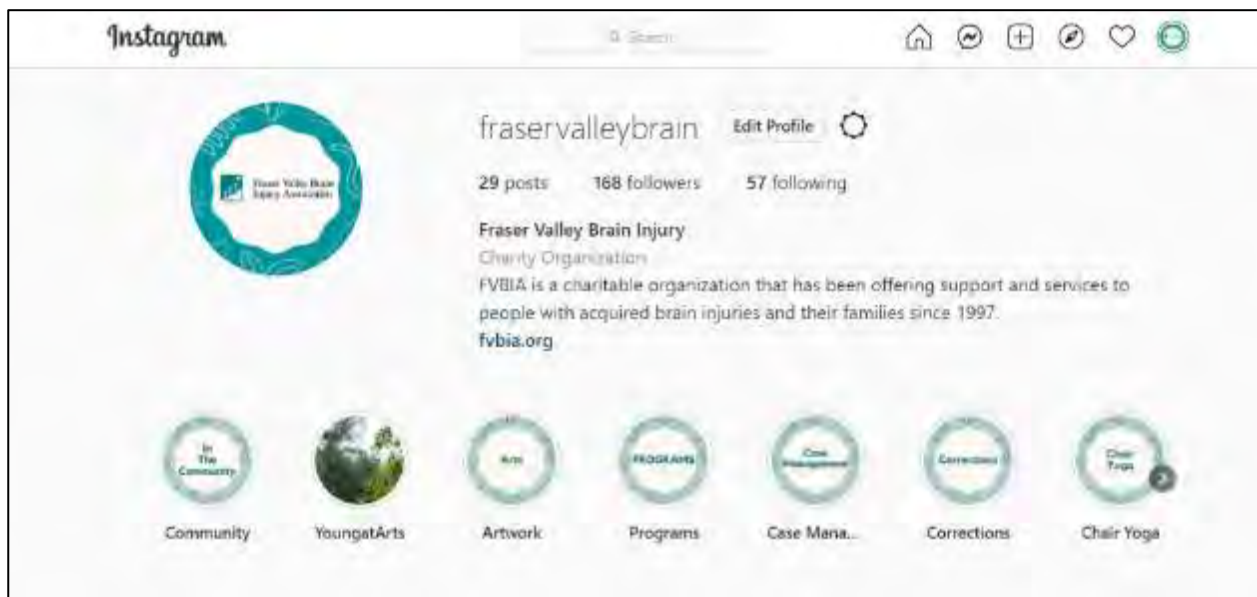
Instagram

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](https://www.instagram.com/fraservalleybrain/) at <https://www.instagram.com/fraservalleybrain/>.



Concussion Resources and Programs

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

Online Concussion Tool for Teens

A new online tool, [The MyGuide Concussion: Teen Edition](#), is poised to help teens recover faster from concussion. *MyGuide Concussion: Teen Edition* was developed by the interdisciplinary team at GF Strong Rehabilitation Centre's Adolescent Complex Concussion Clinic (ACCC) to help youth aged 12 to 18 and their caregivers receive timely, evidence-based information to manage symptoms and support concussion recovery. The website is customizable so teens can easily access information about their specific symptoms and concerns.

Fraser Health's Concussion Clinic

Fraser Health's Concussion Services is an early intervention and follow-up service for clients living with the effects of a recent concussion/mild traumatic brain injury (mTBI).

<https://www.fraserhealth.ca/Service-Directory/Services/Clinics/concussion-services#.YxGFqnbMK3B>

How you can Support FVBIA Programs and 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.

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>

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 \$4600** 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.

Become a Member of FVBIA

Sign up to become a supporting member of Fraser Valley Brain Injury Association. (See the last page of this newsletter)

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.



<http://www.mountainimage.ca>



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.

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. – 3:00 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