

Fraser Valley Brain Injury Association News

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November December 2022

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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.

**Stay tuned for upcoming news about our
new project for the South Asian
Community!**

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

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

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.

FVBIA Staff Emails

Freddy O'Brien: info@fvbia.org

Heather Plain: heatherplain@hotmail.com

Joy Scobie: ijoyscobie@gmail.com

Esther Tremblay: esther@communitas.com

Taryn Reid: treid@infinityhealth.ca

Jennifer Dedels: jenn.dedels@fvbia.org

Chantelle Capone:

chantelle.capone@fvbia.org

Upcoming Events

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

November – FVBIA Annual General Meeting – Thursday November 17, 2022 6:30 PM by Zoom

December – Annual Christmas Dinner and Silent Auction – Thursday December 8, 2022

Fraser Valley Brain Injury Association 2022 Annual General Meeting

FVBIA will host the 2022 Annual General Meeting on Zoom
Thursday November 17, 2022 at 6:30 PM

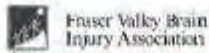
Please RSVP to info@fvbia.org and a meeting link will be sent to you.

Agenda

1. Welcome and Introductions
2. Annual General Meeting Minutes
A motion will be presented to approve the minutes from the 2021 Annual General Meeting.
3. Financial Statements and Annual Review
 - a. A motion will be presented to approve the financial statements for the fiscal year ending July 31, 2022.
 - b. A motion will be presented to appoint Steve Fehlauer, KPMG as the accountant for the fiscal year ending July 31, 2023.
 - c. The Board approved budget for the fiscal year ending July 31, 2023 will be presented.
4. Executive Director's Report
5. Chairperson's Report
6. Candidates for Board of Directors and Election of Directors
A motion will be presented to elect directors to fill vacancies on the Board of Directors.
7. Adjournment

Only members can vote at the AGM. You can become a member of Fraser Valley Brain Injury Association by filling out this form and returning it to info@fvbia.org. <https://www.fvbia.org/wp-content/uploads/2016/12/Membership-Donation-Form-FVBIA-2016-with-letter-FINAL.pdf>

FVBIA's Annual Christmas Dinner & Silent Auction is Back!



Annual Christmas Dinner & Silent Auction



Thursday December 8, 2022

Cascade Community Church
35190 Delair Road, Abbotsford, BC

Doors Open 5:30 pm
Dinner begins 6:00 pm

Dinner Tickets: \$30
FVBIA Members with ABI: \$15
Non-members with ABI: \$25
Table Sponsor: \$300

Deadline for ticket sales
Friday November 25, 2022 5:30 pm

Tickets may be purchased online at
<https://FVBIA-Christmas-Dinner.eventbrite.ca>

Please contact FVBIA at
info@fvbia.org or 604-557-1913

Donating more than the cost of the ticket will help people with brain injuries who are on a limited income to join us for dinner.

Net proceeds of this event support FVBIA programs and services.

Donations of new items for the Silent Auction or canned goods for the Brain Injury Drop-In programs are greatly appreciated.

Please feel free to contact FVBIA if you need auction items or canned goods picked up in advance.



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.

Getting to know Neil Squire and the Computer Comfort Program

By Katherine Gordon

Getting to know **Gordon Watt** in the Computer Comfort program at [Neil Squire Society](#), was one of the better things that happened in my life this year!

I was referred to this program by my current support worker at FVBIA, **Taryn Reid**, after expressing an interest in computers, possibly leading to a remote position in employment.

Well, I couldn't have been more pleased with how things turned out in this adventure of learning!

I was given 12 free sessions on "computer basics" by a Neil Squire volunteer who, had not worked with the challenges facing those with a brain injury before but wanted to learn. She was kind and knowledgeable, and above all, patient with my learning! Kudos to **Claire Mundy!!**



Furthermore, I have been accepted into Neil Squire's "Jumpstart" program to continue this learning and was provided with a new laptop and accessories!!

Not only am I extremely grateful to all involved, but I am excited at my ability to keep up the growth in learning more!

Living with a brain injury has sometimes caused me to doubt my abilities to learn and adapt. Change can be hard. Technology is forever upgrading and confusing to say the least. Learning "remotely" is an even bigger challenge. It's so exciting to me to know that this is possible!

What Life is Like Now

by Alex Zarycka

Hello everyone! I hope that you are all doing well. It has been a little bit since my last entry for the newsletter. I thought that I would update everyone on how my life is now and the improvement since first moving to the Cowichan Valley (on Vancouver Island) in August.

When first arriving, I was a bit scared, what with not living here before. I was living outside of Duncan in Maple Bay. Bus commutes were not very reliable. I eventually found a job at a Best Western hotel in town, and the bus ride was an hour. I would show up late to work. That is until September 30th. The general manager of the hotel offered to let me rent an extra room from her in Duncan. So, I took her up on that offer. Now I live closer to everything in town! Before I could only get delivery from one place: Panago Pizza, when I lived in Maple Bay. Now I can order from anywhere in town, and, more importantly, I get to work on time.

Aside from this, I have made some friends at 2 different churches. One new friend is taking me rock wall climbing for free! She gets to take 1 friend for free each month as she is a member. How cool! So, it's safe to say that life has gotten better since moving for the second time this year. It has been exhausting, and I'm not fully unpacked at all. But life has become more convenient, that's for sure.

Lastly, I am painting again! It was on hold for a bit as I didn't have energy or a space to paint. But now I have a spacious, hardwood floor room on which I can lay down newspapers. I hope to show some of my new pieces soon. Also! I have a book shipping this November on my life story. I know Jill emailed most of you about it. That is all for now. Take care readers!

Congratulations to FVBIA member Alex Zarycka on publishing her first book!

Victory in the Name of Jesus: A Journal by Alexandra Zarycka

Would you answer the calling God has on your life?

"Life wasn't quite so easy for Alexandra. Not even from the start. All throughout her life, something seemed to be trying to take Alexandra out; to end her life. Having gone to church at a young age, she knew there must be more to life, and that God had a plan for her. After going through trauma and trials, one after the other, it seemed Alexandra was being protected. In this journal, you will read of not only the problems Alexandra faced in life, but also of the resiliency that develops in this author, and of how God was with her all along. Learn how the Lord intervened in Alexandra's life and brought total victory in, "Victory in the Name of Jesus: A Journal by Alexandra Zarycka".

<https://www.yairus.ca/authors/alexandra-zarycka>



Gobble Gobble!

Chilliwack Brain Injury Centre hosted 50 people and a giant turkey for a Thanksgiving Feast. Program Manager Esther Tremblay (below left) and her volunteers prepared and served a delicious lunch. This gal can sure cook!



The Chilliwack and Abbotsford Brain Injury Programs are operated by Communitas Supportive Care Services with funding and support from Fraser Valley Brain Injury Association and Fraser Health's Acquired Brain Injury Services. Both programs are open to in-person and virtual services.

Contact Communitas Supportive Care Services to find out more:

103-2776 Bourquin Cres. West

Abbotsford, BC V2S 6A4

phone: (604) 850-6608

toll-free: (800) 622-5455

office@communitascare.com

Chilliwack Brain Injury Centre Drop In



ABI Awareness and Prevention Program

Braaaaains! Presentation – Brain Safety and Helmets

FVBIA has developed a fun presentation for elementary students on preventing brain injuries, including protecting your brain from zombies during this Halloween!

We have also done bike safety booths for the Girl Guides and are regulars at the Chilliwack Safety Fair and other community safety events.

Contact FVBIA at info@fvbia.org or 604-557-1913 for more information about our ABI Awareness and Prevention Program and invite us to your next big event.

We promise to leave the zombies at home!

Have a Safe and Happy Halloween!



Art Takes Many Shapes and Forms

There are many mediums that an artist can use to express themselves, including hats and rocks! Jason (below right) created this eye-catching hat using a few different items and he is talented at using all kinds of different mediums. FVBIA offers a variety of art, creative arts and jewelry groups throughout the year, so contact info@fvbia.org if you are interested. Groups are led by local artists including John LeFlock and talented FVBIA members like Tim Morgan who teaches jewelry making. His story is featured on the next page.





Brain Injury to Jewelry Class Instructor

By Tim Morgan

Hello, I am Tim Morgan. My story Began in 2004 when I was age 16 in my first year of high school. I had an overdose of psilocybin mushrooms “or also know as magic mushrooms” I took about 8 grams over 2 weeks span when most do 1 gram and my life became chaos. I was admitted into psychiatric care at Chilliwack General Hospital shortly after.

I was haunted by my imagination of demons and other strange conspiracy theories and was thrown into a world of medications, hospital visits, and doctors. In 2007, I moved into what was called First Avenue Kayatta House, where I had first met Esther Tremblay. With the help of Esther and other staff at First Avenue, I was able to graduate high school. In 2009, I was able to move out into my own place to live and at age 25 in 2012, I quit using all narcotics (illegal drugs).

On March 20th, 2012, I Joined Fraser Valley Brain injury Association at the Chilliwack Branch, and Esther has been a big support to me throughout. I cannot thank the staff at Fraser Valley Brain injury enough for helping me learn about my brain injury conditions. I can cope with life much better now, and I am on 1/3 of my medications I used to be on with the doctor’s support.

Now I am able to give back and share one of my favourite hobbies with the local group here in Chilliwack, which is making jewelry. I began making jewelry in grade 9 when I made my first handmade aluminum band and casted my first silver ring. I later took a college university upgrading silver smithing course in 2008. It is a new learning experience and journey that I am on as I teach jewelry making with wire.

I still make some mistakes in life, some tougher than others, but I manage my problems and mistakes in a much healthier manner and am 10 years free of illegal drugs.

FVBIA Team Changes

Long time FVBIA staff Jill Koppang has retired (again LOL!). We will miss her creative energy and her chicken hat! Jill has been creative, innovative and full of energy and we wish her the very best in her new adventures.

We are pleased to welcome our newest team member Jennifer Dedels. Jenn just started with FVBIA and will be working in the Lifeskills, Pay it Forward and Employment Support programs. She has a background working with people with developmental disabilities and mental health issues. You will probably meet her at some of the programs or you will see her on your zoom groups. She will be reaching out soon to find out more about the activities our members are interested in doing (we hear that she is really into fishing).

Interested in Photography?



PHOTOGRAPHY
workshops

Are you a person with an acquired brain injury interested in learning more about how to take beautiful photos? We'd like to know if there is enough interest out there to offer some workshops!

Call us at 604-557-1913 or email info@fvbia.org.

www.fvbia.org

Brain Injury Golf Classic Tournament



Thank you to all the golfers, sponsors, volunteers and donors who supported the Brain Injury Golf Classic on September 15, 2022 at the Fort Langley Golf Course. It was a great day for golf with live scoring, the Cannon Long Drive, Putting Contest, axe throwing (not real ones!) and many more fun activities on the course. Rachel Czarnecki shared her journey after a work place brain injury and demonstrated the emergency kit on a budget she has created for FVBIA's Emergency Preparedness project. More photos from the event can be found at:

<https://lightroom.adobe.com/shares/6868f95d9c1a4f67a1aecfda260b960b>



Brain Injury Online 50/50 Jackpot Draw - We Have a Winner!

The winner of our 50/50 Jackpot is Tyron McNeill, who won \$1,025.00. Thank you to everyone who bought tickets!

Proceeds from ticket sales and the Brain Injury Golf Classic tournament help support programs and services for people with acquired brain injuries and their families provided by Fraser Valley Brain Injury Association.



Thank you to our 2022 Sponsors and Donors!

Tournament Partner



BC EARTH EXCHANGE

Cart, Contest, Hole Sponsors and Donors



Chuck Jung Associates



Chris Gledhill & Robin Newbery
Matt Dorval
Carol Paetkau
Valley Weddings
Maple Ridge Hyundai
Freddy O'Brien
Link Belt Excavators



Dementia and Brain Injury Social Program

This program is located in the very first home built in Clayburn Village. This beautiful historic home has modern features and hosts a social program for people with dementia and those who have acquired brain injuries. Sessions include a variety of activities and some of the yummiest cookies around, not to mention cuddles with Lady, the resident golden retriever!



An Invitation from First Light Social Club to the Brain Injury Community

One of the biggest challenges of the 21st century is social isolation. Many groups, including people with acquired brain injury, are particularly vulnerable to isolation and the loneliness that accompanies it. This is more than a challenge for the individual. Loneliness is now seen as an international health problem and is acknowledged as more critical to public health than smoking (loneliness is now seen as more dangerous than a two-pack a day habit)

The focus of First Light Social Club is to address this age-old problem of social isolation and loneliness that has become epidemic. First Light Social Club brings together people in positive social situations that are engaging and active. As a direct by-product of these interactions, participants make new friends and perhaps laugh a little. Levity and all the nuances of social interaction are basic human needs and the basics for health.

Participants in the First Light Social Club come from both the dementia and the brain injury communities. However, this is not intended or advertised as a cure.

Equally, this program is not for rehabilitation or vocational retraining. While these rehabilitation programs are wonderful and necessary, the First Light approach is different and unique. The priority of First Light is to facilitate quality of life. That is, making use of the participant's resources. Getting into the "now" and making the most of what is possible and available. To that end, First Light has a range of activities.

- Fireside chats
- Good conversation around home-cooked meals
- Woodworking
- Cooking & baking
- Movement around music
- Sing-a-longs
- Arts & crafts
- Board games
- Improv Theater

First Light also organizes excursions to local sites of interest: museums, art galleries, historical sites and anything that would make a good small adventure. Keynote speakers and visitors are also invited to our social club from time to time.

Leslie and Ramsey are the hosts of the program. Their background in nursing and education gives them a depth of knowledge to draw upon. They have multiple certifications in dementia, years of experience with Montessori education, as well as practical experience working in hospitals. All of these influences come together to create First Light Social Club.

The physical space is anything but institutional. Housed in an Edwardian home, painted yellow and surrounded by a half-acre of garden, this quaint space is ideal to bring people together in a friendly and warm atmosphere.

There are fireplaces in most of the rooms and a wonderful turn of the century kitchen and pantry. Outside is a vegetable garden, an orchard and an herb garden. Recently, a pizza oven has been added to the kitchen patio and any sunny day can be a handmade pizza day.

Speaking of food, Leslie and Ramsey bring home cooking and some wonderful baking recipes to the table. Most things are made from scratch and have a whole lot of heart put into them. Fresh bread and scones, cookies and handmade desserts. Cooking is simple and down to earth and participants are welcome to work alongside the volunteers coming from around the world (Netherlands, Switzerland, Germany, etc.)



Not to be forgotten, is “Lady, a golden retriever with a long resume as a therapy dog in the Abbotsford community. She is the heart of the project.

The social club meets every Wednesday at 9:30 am to 1:30. The cost is \$35 per session if paid monthly and \$50 for a drop in.

Above all this is a low key and friendly place where people can interact with safety and support. Leslie & Ramsey invite the brain community to drop by for a complimentary pass.

Check us out at firstlightsocialclub.ca, phone 604-755-4664 or email us at firstlightsocialclub@gmail.com

Sign up for the Fraser Valley Brain Injury Association Newsletter



Brain Injury and Substance Use Resources

[Cheshire Homes Society, Burnaby](#) – Resource for further information
[Baldy Hughes, Prince George](#) - Men's Long Term Residential Addiction Recovery
[Red Fish Healing Centre for Mental Health and Addiction, Coquitlam](#) - The [new 105-bed facility](#) will treat people across the province who live with the most severe, [complex substance use and mental health issues](#) including brain injury.

Turning 65? Federal Benefits for Seniors

You may or may not feel like a senior but when you turn 65, you may be eligible for certain Federal Benefits. Here is the Government of Canada's Benefit Finder.

<https://srv138.services.gc.ca/daf/q?id=54b52fcc-4811-4573-8390-4921bc5dda15&goctemplateculture=en-ca>

If you are having difficulty figuring out what to do next, give Service Canada a call and let them know that you have a brain injury so they can help you figure out the process and what information you need to provide.

Service Canada offers an automated telephone service that provides general information about Old Age Security (OAS) and the Guaranteed Income Supplement (GIS), Allowance and allowance for the Survivor, including how to apply. It is available 24 hours a day, 7 days a week.

When you call, you can also use self-service options to:

- check your application status
- confirm your monthly payment amount and date

To get more information or make changes to your account, you may speak with an OAS representative during business hours.

To access information about your account, you will need to provide your Social Insurance Number (SIN) and other personal information.

Canada and the United States Toll-free: 1-800-277-9914

Canada and the United States TTY: 1-800-255-4786

The hours of operation are 8:30 am to 4:30 pm local time, Monday to Friday.

Outside Canada and the United States: 1-613-957-1954 (Call collect)

The hours of operation are 8:30 am to 4:30 pm Eastern time, Monday to Friday.

Emergency Preparedness Planning

Emergency Preparedness Planning Sessions for People with ABI



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. Learn more about Rachel on the next page.

Any FVBIA members interested in being part of the Emergency Preparedness planning sessions for Fall can contact info@fvbia.org

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 is available on the Fraser Valley Brain Injury Association website www.fvbia.org.



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

Meet Rachel Czarnecki – Emergency Preparedness Team Member



Seven years ago, 26-year-old Rachel was working as a nurse and instructor at Sprott-Shaw College. One evening at work, a heavy metal mechanism fell from a door and hit her head. Little did she know that, at that moment, her life and future as she knew it would be forever changed. A WorkSafe claim was opened and she received 3 months of Short-Term Disability (STD) and a graduated-return-to-work (GRTW). Sadly, the effects of the TBI were significant enough that the GRTW failed and the battle to “prove” she was injured began. Within 4 months of injury, STD was over and she had no income or resources. She became homeless and lived the next 3 years in her truck.

To give you an idea of the complexity of her situation, during this time, she was also the passenger in a taxi that was involved in an accident. Now, in addition to Worksafe, the Nurses Union and EI, she was also attempting to manage a claim with ICBC.

Let us not forget the denied applications from PWD as well. Imagine, if you can, attempting self-advocacy from the back of your truck with 5 organizations all wanting someone else to pay. Rachel was frequently deemed “noncompliant” as she was unable to return calls and get to mandatory meetings. She was homeless! She could not afford cell phone data, internet access, gas or food. She had no clean clothing as she could not afford laundry.

Through a lucky break, Rachel's mom attended the Ag-Rec Fair in Abbotsford where there was a Fraser Valley Brain Injury booth. Rachel initiated contact and accessed FVBIA case management. Her circumstances became one of our most challenging case management support services. As time wore on, it was clear that Rachel would not be able to return to work as a nurse, so she switched careers to Occupational Health and Safety and Emergency Preparedness. She is currently employed part-time by the University of the Fraser Valley and has continued her education thru the pandemic by earning 200 certifications and 5 diplomas.

Rachel's keen interest and enthusiasm in emergency preparedness led her to become involved in developing FVBIA's Emergency Preparedness Program designed for people with ABI and designed an inexpensive emergency preparedness kit with items from the Dollar Store.

Over the summer, Rachel provided education sessions for FVBIA in Langley, Abbotsford and Chilliwack. Sessions were informative and well-received. Rachel has great energy and is an entertaining speaker. We all rooted for poor “Safety Dan,” Rachel's stick figure friend, who gave his life repeatedly at the sessions on the whiteboard!

FVBIA is pleased to have Rachel as part of our Emergency Preparedness Team and she will be doing more work with our members in the Fall so stay tuned!



FVBIA's Pay It Forward: Health and Wellness Programs

FVBIA remains committed to fostering health and wellness within our membership as well as contributing to our local communities through our Pay It Forward Programs.

The world around us can be a confusing and scary place as we worry about making ends meet and all the craziness in the news. Connecting with others and our communities is a huge contributor to health and well-being.

FVBIA programs offer many opportunities to connect within our programs as well as sharing and celebrating the contributions being made by so many of our members in the community. New ideas are welcome and we look forward to seeing you all continue to share your unique gifts and talents.

Wondering how you can contribute and be part of making things better? Take a minute to think about your strengths, talents, interests and networks. Then contact your case manager to share your gifts. When members contribute ideas and talents, we all become healthier and happier.

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 Taryn's programs: treid@infinityhealth.ca

For more information about Jenn's programs: jenn.dedels@fvbia.org

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.



Come one, come all! In whatever setting makes you comfortable in the Hybrid Health and Wellness Group! Whether you are ready to join in-person or more comfortable joining the group from home on Zoom.

The Health and Wellness Group with Kinesiologist Taryn Reid, who is also a case manager with FVBIA is held on Thursday afternoons from 2:00-3:00pm you can attend in person at the FVBIA office, or via Zoom.

This group provides a safe space to discuss a variety of topics, connect with other survivors and to learn about health.

For more information **contact your case manager** or Taryn Reid at treid@fvbia.org

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.

Day: Thursdays
Starting November 3, 2022
Time: 10 a.m. until noon
Place: FVBIA Boardroom
201 – 2890 Garden Street, Abbotsford, BC

*** 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. (Photo by Joy Scobie)



Abbotsford Coffee & Chat

Join us in the FVBIA's new, spacious boardroom for coffee and a chat. This is a great opportunity to meet others who have experienced a brain injury.

Group members must be eligible for FVBIA services, so please contact Joy at 604-897-1563 to find out more about criteria.

Nov 15, Dec 13, Jan 17 and Feb 14

Time: 10:00 AM to noon

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

*** 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.

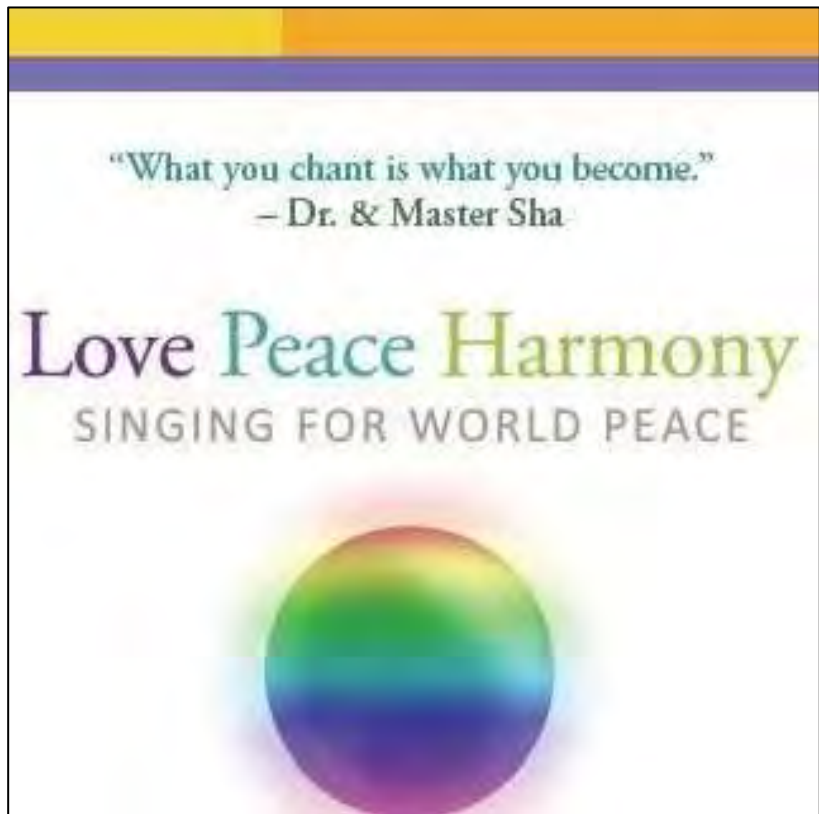
Uplift your Life and Experience with the Power of Love Peace Harmony Song!

Lydia is a Fraser Valley Brain Injury Association volunteer who is kindly offering these groups to our members free of charge.

During these weekly FREE sessions, use the Love Peace Harmony Field, which is a combination of the Love Peace Harmony song, Tao Calligraphy and meditation to bring more relaxation, rejuvenation, peace and positive transformation in your life.

Take this half hour to immerse yourself in an uniquely refreshing experience to reconnect with the universal message of Love, Peace and Harmony Song.

Contact Lydia Maes at Lmaes84785@aol.com or phone: 306-380-3377 to register and receive the zoom link.



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

What a great year it was! Growing and sharing organic produce was truly a joy! We are clearing the beds for winter and will finish planting garlic at the end of the month. Fingers crossed that the next season will have better weather.

Here’s some final pictures for this year...



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/>



Happy Holidays!



<https://mccormickcenter.nl.edu/library/winter-celebrations/>

December 2022 Featured Holidays

- Dec. 05: St. Nicholas Eve.
- Dec. 08: Bodhi Day.
- Dec. 13: Santa Lucia Day.
- Dec 18: Hanukkah.
- Dec. 21: Yule.
- Dec. 25: Christmas.
- Dec. 26: Kwanzaa.

<https://web-holidays.com/holiday-calendar/december-holidays-celebrations/>

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 important information.

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 info@fvbia.org.



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

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.

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.



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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

Teaching the Young Ones about Bees Pollination and Food Security



FVBIA Member Diane Stewart, Beekeeper Extraordinaire, recently provided an education session to Grade 1/2's at Bernard Elementary School in Chilliwack.

Originally, Diane was going to bring her travelling beehive to show the kids, but the smoke and chilly weather made that impossible.

In a graceful pivot, Diane provided an information session about the life of bees and brought a honeycomb and popsicle sticks for each kid to taste fresh organic honey.

The kids were totally engaged in the presentation and there were so many questions and discussions!

You can catch up with Diane and her Bees here:

<https://nectarnews.ca/>

<https://www.facebook.com/groups/2926923190876198/about>



From Paintings, Pastels and Woodcarving

Check out some more of the beautiful new pieces of art from the very talented Judy Craig! Judy is a sculptor and painter. She and her painting pals were featured in a recent story written by Communitas. photos.app.goo.gl/13newitemsbyJudyCraig

<https://photos.app.goo.gl/ugMKh25zodK446AN8>



The Chilliwack Sunflower Festival

Photo by Carol Jackson

CAPA District Area Rep Lower Mainland (shared)
President Surrey Photography Club
VP BC Cocker Club



In Memorium – Morna Simpson

Our deepest condolences to the family and friends of Morna Simpson. Morna was the wife of renowned brain injury advocate and FVBIA founder, John Simpson.

Friendship and Creativity Grow in the Park

<https://www.comunitascare.com/stories/friendship-and-creativity-grow-in-the-park/>

Three friends sit underneath their favourite trees at Mill Lake, easels out, paint brushes in hand, each creating a unique work of art. Although they are unique artists, each working in different media and focusing on different themes, they have a lot in common. They are artists, they love being outdoors, they love creating in community, and each one lives with an acquired brain injury.

Larry takes a 'selfie' with Judy and Kortnnaye in the background, painting at Mill Lake



Judy, Larry, and Kortnnaye met at the [Acquired Brain Injury Drop-In](#) group offered by Communitas Supportive Care Society. Each one has a piece of artwork hanging in the meeting room at the Communitas offices in Abbotsford, so they were aware of each other's talents. Judy and Larry also attend free art classes offered through a local church. It was Judy who decided to invite them to paint together.

"I thought I'd ask Larry if he wanted to paint in the park with me and he was game, so that's how it got started," Judy says. Larry and Judy have become good friends

When [Kariton House](#) in Abbotsford hosted a Paint Mill Lake event, the two friends decided to go. Judy invited Kortnnaye to join them and they've been painting outdoors together once or twice a week ever since (weather permitting.)

"It's always fun to paint with friends rather than painting alone," Judy says.

Kortnnaye loves being outside with the trees and animals. Their spot also offers them enough privacy so that they are not interrupted. It has created a safe space to grow as artists.



The trees offer shade and privacy

“I’ve started exploring abstract art,” Kortnnaye says. “I like that each of us is painting something different – it’s really freeing.”



Larry agrees and says that painting with friends helps him to feel less isolated.

“It is nice to be outside with friends who have the same interest and friends you feel safe with,” he says.

Even though they each work on separate paintings, being together creates the opportunity to share skills and ideas with each other. Kortnnaye paints in acrylics. Larry has been growing and developing skills with water colour and loves painting animals and scenery. Judy also paints in acrylics and focuses on landscapes but she’s trying new things.

“I’m adding texturing paste to my medium and an edging technique that Larry taught me,” Judy says.

Since September, Kortnnaye’s dad, Pete, has also joined them so they are often a group of four. Judy says it has been such a wonderful experience because being outside is so relaxing. The friendships have become an added bonus.

“We have become good friends,” Judy says. “I always wanted to get people to paint in the park with me and now it’s happening, it’s absolutely wonderful.”



Some of their recent artwork

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](#)

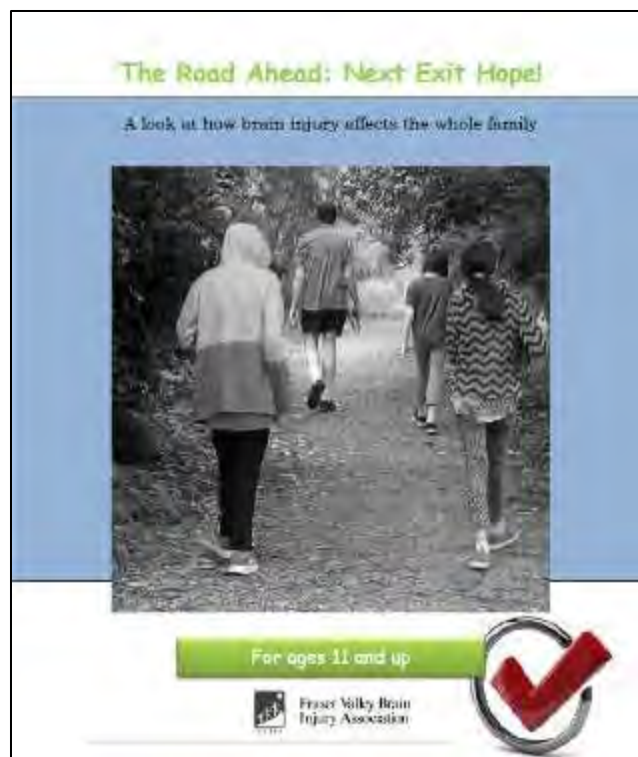
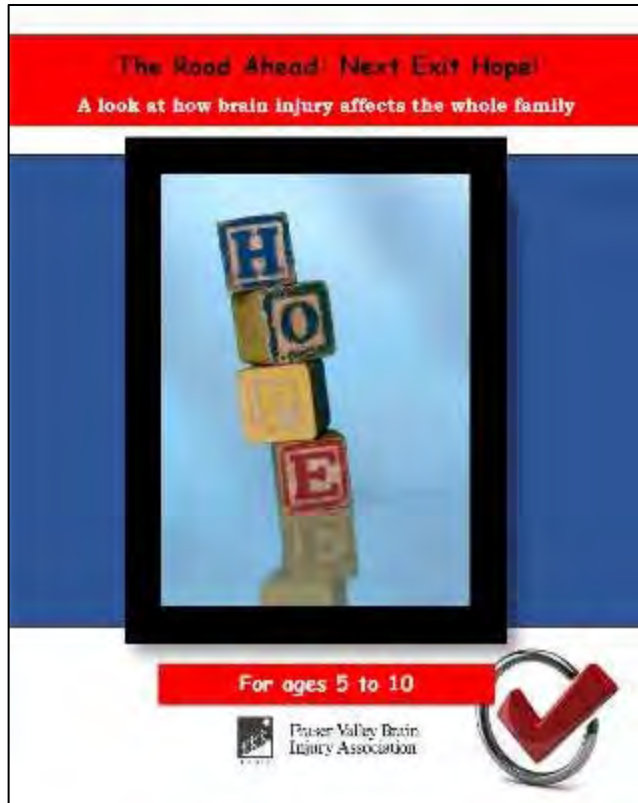
Original Funding for development, production and distribution provided by:

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

Pets Corner!

The Circle of Life...

Sadly, Jill said goodbye to her sweet, old hound dog, Amos... and welcomed an unexpected arrival, an adorable 12-week-old Rat Terrier named June Bug (right)!



Photogenic Fur Babies!

Meet Anne McNulty's photogenic fur baby Alex (named after Alex Trebek and Joy's very "Pretty Kitty" who really loves her new perch!



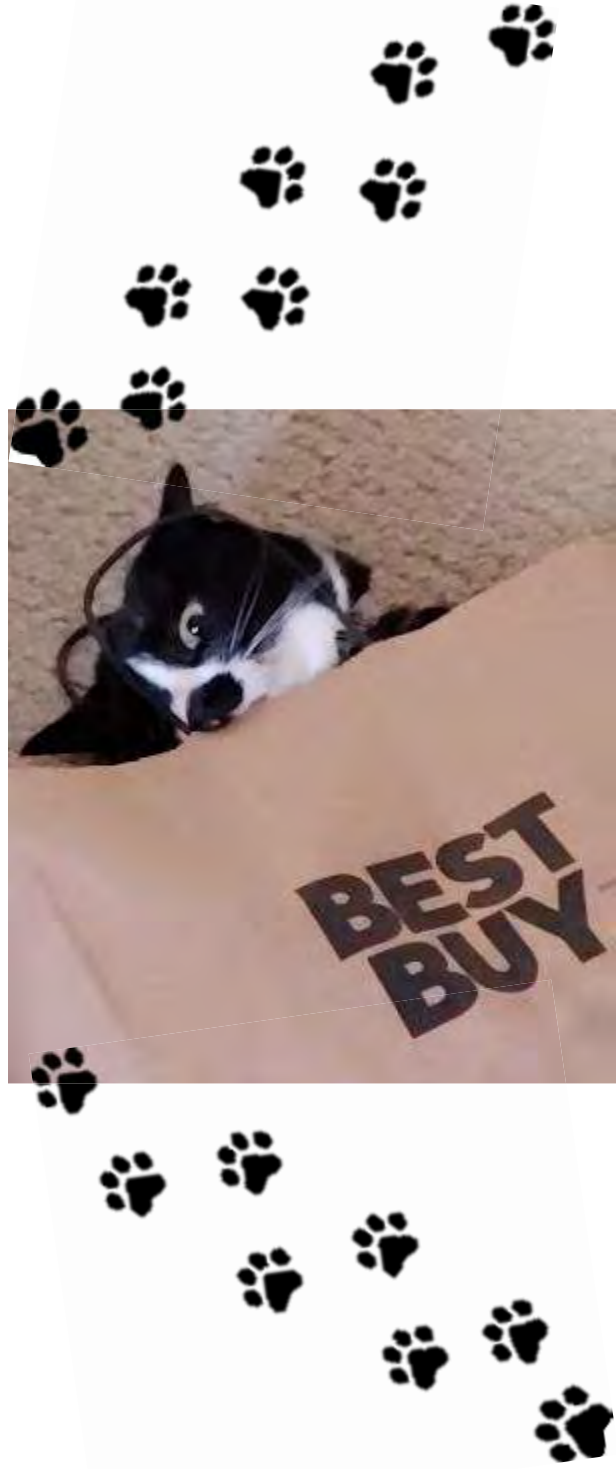
Anne says that "Alex loves chewing up Kleenex & paper towel, newspaper, anything on the floor!"

He's also a BRAT stealing socks off the bedroom floor! But he's too cute to get mad at for long!!!!"



Pets are Your “Best Buy”

Just like Carol, Luna knows a good buy when she sees one. Pets are a wonderful de-stressor, or stressor depending on who you talk to. They can help you calm down and are usually good for a laugh!



Tickling Our Funny Bones!

Who hides in the bakery at Christmas?
A mince spy

What comes at the end of Christmas Day?
The letter "Y!"

What should you give your parents at Christmas?
A list of what you want

Why does Santa work at the North Pole?
Because the penguins kicked him out of the South Pole!

<https://parade.com/1059328/maryniles/christmas-jokes/>



Who am I?

- I hide around the house
- Checking on children at night
- Charged by Santa himself
- To say which child was naughty and who was nice?

Answer below:

The Elf on the Shelf

<https://kidadl.com/funnies/riddles/best-christmas-riddles-for-adults>

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

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.

Acquired Brain Injury Information and Resource Package

Ninth Edition May 2020



Produced by



Fraser Valley Brain
Injury Association

Connect with FVBIA on Social Media

Do you like to stay on top of current research, news articles, inspirational stories/quotes creative arts and regular updates on FVBIA activities? Check out our social media pages to stay connected.



<https://twitter.com/fvbi>



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



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

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



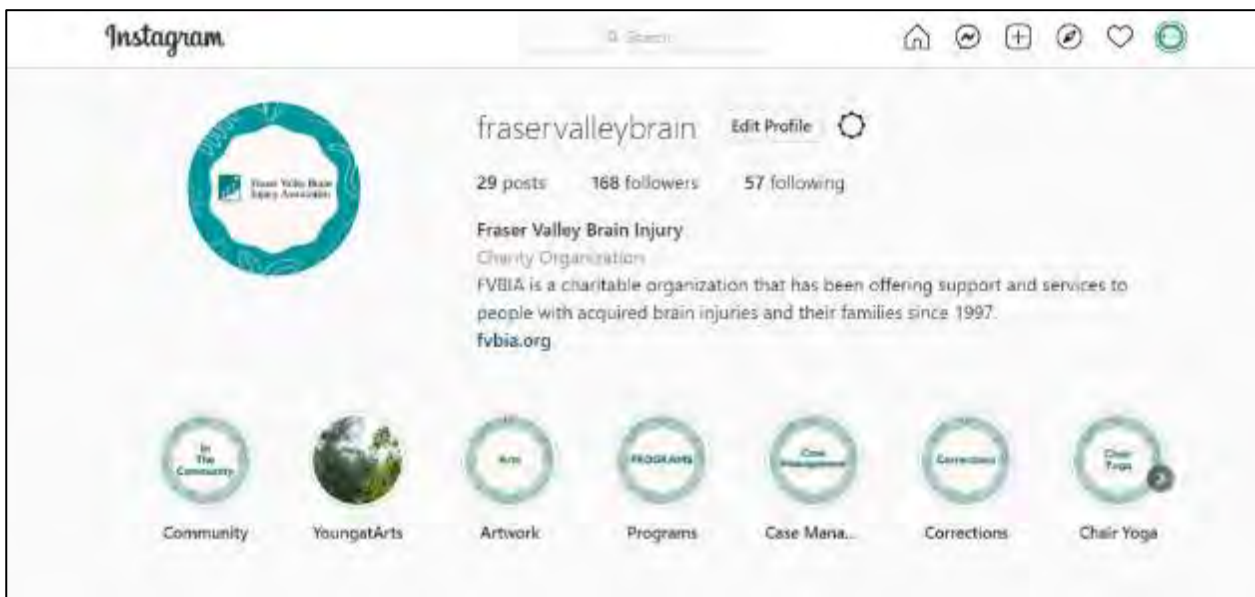
Instagram

FVBIA Community Facebook Page

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

FVBIA's Instagram

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



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.fvbja.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!

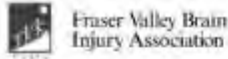
For your convenience, you can also DONATE to FVBIA through Paypal with a major credit card, Facebook fundraisers for birthdays or through PayPal Giving.

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!



MEMBERSHIP and DONATION FORM

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

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

1. Please join FVBIA
 I will sign up for my FVBIA Annual Membership

\$10 Individual
 \$50 Organization
 \$0 Courtesy
(Courtesy membership is available for pre-approved 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
 \$ _____

Payment for Membership/Donation
 Payment Method (Credit Card):

Visa MasterCard

\$ _____

TOTAL

(Add membership and donation amount)

Credit Card Number _____

Expiry Date _____

Signature _____

Date _____

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)	

3. 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.

#201 – 2890 Garden St. Abbotsford, BC, V2T 4W7 Ph.: 604-557-1913 T.F.: 1-866-557-1913 Fax: 604-850-2527 info@fvbia.org www.fvbia.org
 Funded in part by the Brain Injury Alliance, Province of BC & Fraser Health Authority Acquired Brain Injury Services



