



## In This Issue



**FVBIA 50/50 JACKPOT 2024**



**2024 BRAIN INJURY GOLF CLASSIC**



**WRITER'S BULLPEN: MY TRIP TO QUEBEC BY ALEX ZARYCKA**



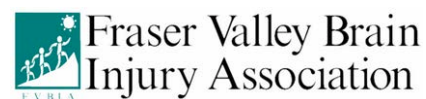
**RESEARCH NEWS: A LOOK AT TRAUMATIC BRAIN INJURY COMMUNITY PROGRAMS IN BRITISH COLUMBIA**



**RESEARCH NEWS: APPLYING VIRTUAL REALITY AND AI FOR A FASTER WAY TO TEST FOR TBI**



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Caring. Compassionate. Community-Focussed.

# Drop In's & Groups

These are some of FVBIA's regular programs and groups. Contact programs directly (below) for details and eligibility criteria or the FVBIA main office at 604-557-1913 or [info@fvbia.org](mailto:info@fvbia.org)

## Abbotsford/Mission

### Drop-In

Wed 1:00 – 3:00 p.m.  
& Fri 11:00 – 2:00 p.m.  
103 – 2776 Bourquin Cres.  
W. Abbotsford  
Contact Communitas  
604-850-6608

### Pay it Forward

(Walking Group, Yoga,  
Ladies R n' R, Community  
Kitchen, etc.)  
Contact: 604-897-1563

### Coffee & Chat

Contact: 604-897-1563

### Art & Photography

Contact 604-897-1452

## 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

### In the Now Support Group

Contact 604-557-1913  
Toll-free 1-866-557-1913

### Art Groups

Contact 604-799-2044

## Langley

### Coffee & Chat Group

Contact 604-557-1913

## Hope

### Community Leisure Program

Wed & Fri 1:00 p.m. – 3:00 p.m.  
366A Wallace St. Hope, BC  
Contact 604-869-7454

## Remote Groups

### Health & Wellness Group

Contact 604-557-1913



# Fraser Valley Services & 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](mailto: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)
- 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)
- Art and jewelry classes
- Writer's Bullpen for FVBIA Newsletter
- Shared Garden project
- In the Now Group
- Photography classes
- Concussion Support for Moms (Chilliwack)
- Crafts
- Volunteering/Employment support
- Family Support group (virtual)
- Support for youth
- Coffee & Chat groups
- 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)
  - – 4 -week ABI & Substance use education groups for inmates

## FVBIA Staff Emails

- Freddy O'Brien: [info@fvbia.org](mailto:info@fvbia.org)
- Heather Plain: [heatherplain@hotmail.com](mailto:heatherplain@hotmail.com)
- Joy Scobie: [ijoyscobie@gmail.com](mailto:ijoyscobie@gmail.com)
- Esther Tremblay: [esther.tremblay@fvbia.org](mailto:esther.tremblay@fvbia.org)
- Wendy Kodama: [wendy.kodama@fvbia.org](mailto:wendy.kodama@fvbia.org)
- Taryn Reid: [treid@fvbia.org](mailto:treid@fvbia.org)
- Jasneet Singh: [Jasneet.singh@fvbia.org](mailto:Jasneet.singh@fvbia.org)
- Victoria O'Brien: [victoria.o'brien@fvbia.org](mailto:victoria.o'brien@fvbia.org)
- Francisco Rojas Stone: [francisco.rojasstone@fvbia.org](mailto:francisco.rojasstone@fvbia.org)

# Upcoming Events

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

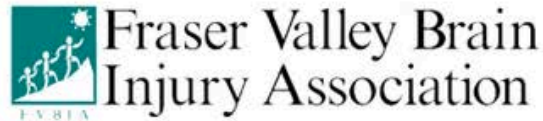
## Save the Dates:

- **August 12 - 16 - Young at Arts Summer Program**
  - Blue Heron Reserve, Chilliwack BC
- **September 18th - FVBIA Brain Injury Golf Classic, Langley, BC**
- **September 20th - Brain Injury 2024 50/50 Jackpot Draw**
- **December 11th - FVBIA Christmas Tea & Silent Auction**
  - Cascade Community Church. Abbotsford, BC



*FVBIA Booth at Chilliwack-Kent Family Day on Sunday June 23*

# Brain Injury 50/50 Jackpot 2024



## FRASER VALLEY BRAIN INJURY ASSOCIATION BRAIN INJURY 50/ 50 JACKPOT 2024

Supporting services and programs for people with acquired brain injuries in the community



### WINNER TAKES HALF!

5-Ticket Pack for \$10

15-Ticket Pack for \$20

Sales Deadline:

Midnight, Thursday, September 19, 2024

Draw:

Friday, September 20, 2024 at 3:00 p.m.

GO TO

[fraservalleybraininjury.rafflenexus.com/](https://fraservalleybraininjury.rafflenexus.com/)

OR SCAN TO  
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Actual odds depend on number of tickets sold.

BC Gaming Event Licence #149945

Problem Gambling Help Line 1-888-795-6111  
[www.gamblingsupportbc.ca](http://www.gamblingsupportbc.ca)

*Know your limit, play within it.*

19+

# FVBIA Brain Injury Golf Classic

Sponsorship & Player Registration for the FVBIA Brain Injury Golf Classic is OPEN!

<https://bit.ly/3UhD1Dn>

*(Early Bird Deadline is July 31st, so don't delay your Savings!)*



Fraser Valley Brain Injury Association



**BRAIN INJURY**  
*Golf Classic*

WHEN: Wed, Sep 18, 2024 10:00 AM - 8:30 PM PDT

WHERE: Redwoods Golf Course  
22011 88th Ave., Langley, BC

Sponsorship & Early Bird Registration  
Opens April 1st!

## 4 EASY STEPS TO REGISTER!

1

### Go to FVBIA's Eventbrite Registration to Order Your Tickets

Choose your Sponsorship and / or Registration Level on the FVBIA Eventbrite Registration page at: <https://bit.ly/3UhD1Dn>

2

### Confirm Your Order and Receive Your Tickets

Check your order and choose your payment method to confirm. You will receive an email with your Ticket Confirmation and "Additional Information"

3

### If Registering More Than One Player, Follow the Instructions in Your Ticket Confirmation Email

Player Registration for 2 or more Players at: <https://bit.ly/4bSZjlo>

If you are only registering yourself as a Player, you can skip this step.

4

### Polish Your Clubs & Get Ready for a DAY PACKED WITH FUN and PRIZES!

And don't forget to tell your friends and colleagues about the great cause you will be playing for on Wednesday, September 18 2024, at Redwoods Golf Course! See you on the green!





*Thank You*

to the sponsors of the 2024 Brain Injury Golf Classic



BC EARTH EXCHANGE



**Sponsorships are still available!**  
Contact [info@fvbia.org](mailto:info@fvbia.org) or scan the code




# Upcoming Events



## YOUNG AT ARTS SUMMER PROGRAM

**FREE**

Day Camp at the Blue  
Heron Reserve  
Chilliwack, BC




**AUGUST 12 - 16 | 10AM - 2PM DAILY**

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

Contact [info@fvbia.org](mailto:info@fvbia.org) or 604-557-1913  
for more information.

*Children that require 1:1 support must be  
accompanied by an attendant.  
Transportation is not provided.*



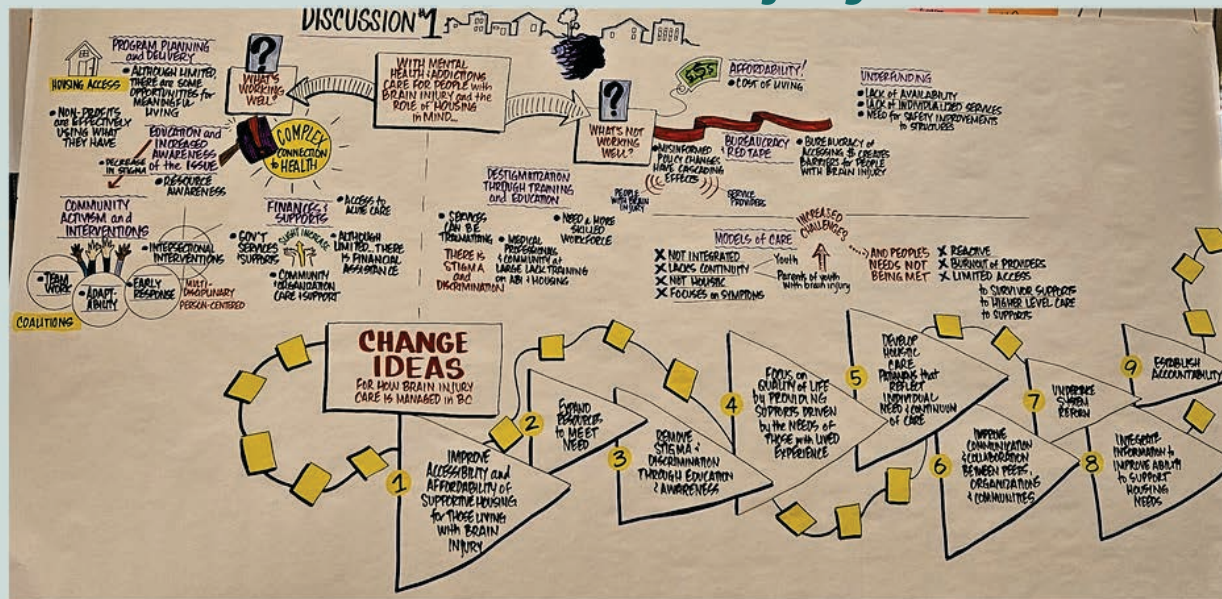
 Fraser Valley Brain  
Injury Association



We acknowledge the support of the Province of British Columbia

# Current Events

## BC Consensus on Brain Injury Conference



Members of the brain injury community including people with brain injuries, representatives from the Provincial government, municipalities, researchers and other partners met recently to discuss the intersections between brain injury, mental health, addictions and homelessness. <https://bcconsensusonbraininjury.com/>



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# 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.*

## FVBIA Newsletter Submission Deadlines

For upcoming 2024 newsletters, please note these deadlines for all written and photo submissions. All submissions are to be sent to [info@fvbia.org](mailto:info@fvbia.org).

*September / October  
Issue*

Submit by:  
**August 27**

*November / December  
Issue*

Submit by:  
**October 25**

Written articles & stories should be **maximum 500 words**, and submitted as a document file (i.e. Word). For photos submissions, please attach as **separate files as .jpeg, .png or .pdf at minimum 1800 pixels / 300 dpi** (not inserted in document or body of email).

*The content of articles, editorials or advertisements does not necessarily reflect the views and opinions of the FVBIA. Submissions may be edited for length.*

*Published advertisements or articles are not an endorsement of services.*

## My Trip to Quebec by Alex Zarycka

Hello all, and welcome to summer of 2024! It's an exciting time filled with (hopefully) some vacations, nicer weather, and long, sunny days.

Speaking of vacations, I just got back from one recently!

Last December, as I flew on a plane from Toronto to Abbotsford, the flight attendants of the Flair Airlines were handing out tickets that you could scratch to see if you'd win a trip. The options were 50% off a flight, or a free boarding pass for 2 anywhere that Flair flies from Canada.

I didn't expect to win, but I did! I won a free boarding pass for 2!

It was difficult at first to decide who to go with, and where. But I decided to go with a cousin to Quebec City! I'd never been there before, and neither had my cousin. So this May, we embarked on a trip to Quebec City. We spent 4 days within the city, and 1 day in Montreal. This meant a lot to me to go to Montreal as it's the city my mom was from. I felt more connected to her in a way.

Here are pictures from my trip to Quebec City and Montreal.

It shows Old Quebec, the Fairmont Frontenac, the St. Lawrence River, and Montreal, where we saw the Notre Dame Basilica Cathedral, and Old Montreal.

I tried poutine, and it did not disappoint. It was overall a good, relaxing trip!

Enjoy your summers, everyone!





## STRETCHING OUR BRAIN WITH PAINT

by Frances McGuckin

We are so lucky to have the amazing talent of John LeFlock teaching us so many different painting techniques. Each one is a challenge for the hand/eye/brain coordination – and for our patience.

This semester, our first challenge was the owl. Now anyone looking at this guy will agree that he is one angry owl. He obviously has an axe to grind - maybe his mouse dinner got away.

So with this project, we learned a different background technique. Oh so easy! Just splash many paint dribbles onto the canvas, grab a small roller, maybe one to two inches wide, and roll away. You get this very different background, completed in a few minutes.

Now, if you get too picky and keep rolling, it will turn muddy and look like a pig had a bath in it. Which I did with my first one and had to relegate it to the recycle pile. Lesson learned. Less is more. More is a mess.

Then we had to paint this owl. Needless to say, the owl may appear angry, but he had nothing on me by the time I finished him. You probably wouldn't have wanted to listen in when the owl did not comply with my idea of where the paint should go.

So, I now have one angry owl who glares at me whenever I open the closet door. Where he belongs with that attitude! But the background turned out well.



John was away, so we had the wonderful pleasure of Jill returning to host a session. A total breakaway from painting, we learned how to draw mini-lines and lots and lots of diddly dots on small greeting cards.

I finished it at home and made a birthday card for my girlfriend in Australia. She really loved it and it saved me going to the dollar store to buy her a card! And she really liked it.



*continued next page...*

## STRETCHING OUR BRAIN WITH PAINT Cont'd

Last but not least, very interesting and challenging was "the log", or more correctly, the piece of driftwood on the beach that looks like Woody Woodpecker. In fact, I named my painting Woody, most apt. One person insulted Woody, thinking it was a seahorse. Duh!

The technique here was quite fascinating. First you painted the background sky, then the wave and beach. John introduced us to this gooky goopy paste-like white gook, which you smeared onto the outline of the log (and your hands etc), with a palette knife.

Then you dried it with the hair dryer and then proceeded to paint "the log" any which way that worked for you, copying from John's amazing painting.

It was quite intricate work, but the end result is a 3-D painting, because when you feel it, it actually feels like the texture of bark. No, you are not barking up the wrong tree, it does truly, really feel like tree bark.

So as this term comes to an end, maybe the most rewarding part of the art lessons through FVBIA is the wonderful people in the class, Mary and her delightful little dog providing us with coffee, snacks and encouragement.



Even more special is our teacher, John, who is an incredible senior with God-given talents.

Although John has some challenging personal issues to deal with, his patience, devotion to the class and warmth and empathy is truly amazing.

I take my hat off to you John. Thank you for bringing a new dimension of happiness to me and the whole class. You have helped us to discover talents we didn't know we had; friendships which we treasure, and a deep, deep gratitude to FVBIA and to you. You are AWESOME!



Hey, Healthcare Partners!  
Order Your Copies of our Newest Resource!

# Rehabilitation After Brain Injury brochures

brought to you by:  
Fraser Valley Brain Injury Association



tri-fold brochure



2-sided rack card



If you are in our Fraser Valley service region from Boston Bar to Chilliwack, we will deliver these resource brochures (2 styles to choose from) **to have in your office or waiting rooms - free of charge!!**

*Scan me*  
or go to: [forms.gle/yk6FQBj9xVhZhAbK9](https://forms.gle/yk6FQBj9xVhZhAbK9)

## DID YOU KNOW?



Brain freeze is practically a rite of summer. It happens when you eat ice cream or gulp something ice cold too quickly. The scientific term for brain freeze is a sphenopalatine ganglioneuralgia. The cold creates a dilation and contraction of arteries, causing a rapid-onset headache.

credit: Wake Forest Baptist Medical Center. "Neuroscientists explain how the sensation of brain freeze works." ScienceDaily. ScienceDaily, 22 May 2013. <[www.sciencedaily.com/releases/2013/05/130522095335.htm](http://www.sciencedaily.com/releases/2013/05/130522095335.htm)>.





# FVBIA's Pay It Forward: Health & Wellness Programs

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 and improve their overall mental and physical well-being.

This can be through healthy eating, sleep management, improving coping strategies, developing natural support networks, fitness and engagement in the community through volunteerism.

FVBIA's 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 etc.

Wondering how you can contribute? Take a minute to think about your strengths, talents, interests and networks. Then contact your case manager to share your gifts. This can be contributing to the FVBIA newsletter, demonstrating a craft to other members in a mini-workshop, supporting others, volunteering in the community etc.

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](mailto:info@fvbia.org).

## Health & Wellness Group

The Health and Wellness Group has returned to an online zoom setting due to minimal attendees for the "Hybrid" setting.

Attend via zoom with Kinesiologist and case manager Taryn Reid on Thursday afternoons from 2:00 - 3:00pm.

This group provides a safe space to discuss a variety of topics, connect with other survivors and to learn about health and wellness topics. For more information or suggestions for topics, contact your case manager or Taryn Reid at [treid@fvbia.org](mailto:treid@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.*



# Coffee & Chat Groups



## Abbotsford Coffee & Chat

FVBIA's "Pay it Forward": Healthy Lifestyles for ABI Project invites you to attend Abbotsford Coffee & Chat

Join us in our spacious new boardroom for coffee and a chat. This is a great opportunity to meet with others who have experienced a brain injury. Coffee will be provided.

**Days:** Tuesdays - July 16, August 13, 2024

**Time:** 10:30 a.m. until noon

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

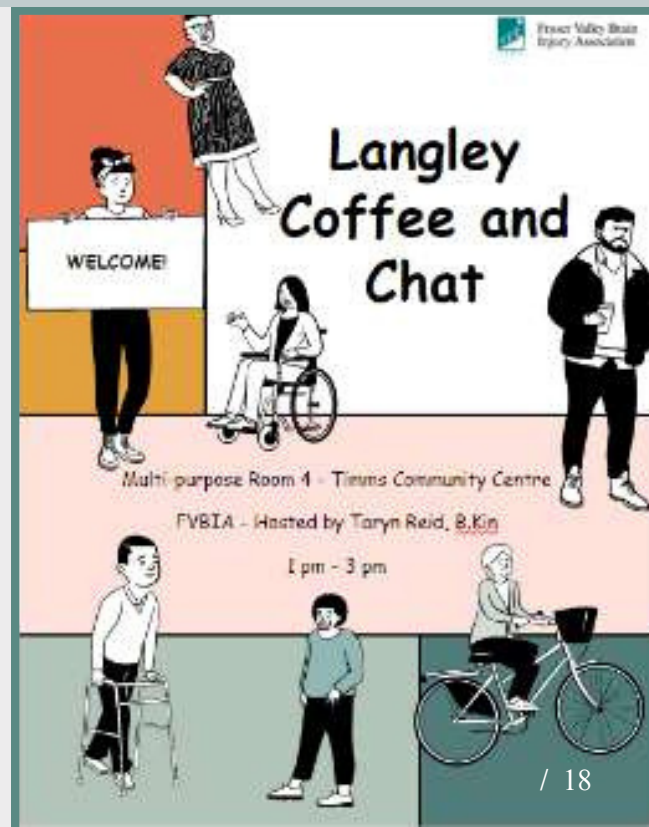
**\*\*\* FVBIA cannot guarantee 1:1 staff at activities. If you require 1:1 care, you must bring a support person with you.**

## Langley Coffee & Chat

Join us at Timms Community Centre (20399 Douglas Crescent) for Langley's Coffee and Chat!

This is a great opportunity to meet other survivors and chat. Group members must be eligible for FVBIA services, so please contact your case manager or Taryn Reid at [treid@fvbia.org](mailto:treid@fvbia.org) for details.

The group will be held the first Wednesday of each Monday from 1:00 pm to 3:00 pm.





## “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:** (*weather permitting*) Thursdays, July 11 and 25, August 8 and 22, 2024

**TIME:** 10:30 a.m. until noon

**PLACE:** Mill Lake Park, Abbotsford  
Under the Bevan Avenue Picnic Shelter

## Mill Lake Walking Group

FVBIA’s “Pay it Forward”: Healthy Lifestyles for ABI Project invites you join us for a relaxing **walk around beautiful Mill Lake!**

**DAYS:** Mondays, Wednesdays Fridays

### 2 MEETING PLACES:

- 2 P.M. at the Bourquin Entrance benches
- 2:15 P.M. at the Mill Lake Road Dock

**TO REGISTER, please contact Joy at  
604-897-1563.  
Space is limited.**

**\*\*\* If you require 1:1 support, please bring a support person with you.**

# Photos by Carol Jackson

CAPA District Area Rep Lower Mainland (shared)  
Surrey Photography Club Communication Director  
VP BC Cocker Club  
<http://www.caroljjackson.ca>

## Springtime at the Reifel Migratory Bird Sanctuary



# News Alert:

## Bill C-277 moves to the health committee

A message from



— “

We are pleased to share that the House has voted unanimously to send Bill C-277, the private members bill calling for a national strategy on brain injuries, to the health committee. This is a milestone in the journey that started in 2022 when this private members bill was first introduced by Member of Parliament for Cowichan-Malahat-Langford Alistair MacGregor.

We'd like to thank everyone in the community who took action to support Bill C-277, as well as the fantastic organizations who came together to spearhead this initiative.



### ***Developing a National Strategy for Brain Injury***

*In June 2022, Member of Parliament Alistair MacGregor introduced Private Members' Bill C-277, calling for the establishment of a national strategy for brain injury. A national strategy for brain injury would mean more unification and greater commitments to building supports for people with brain injury and their families/caregivers.*

*A National Strategy on Brain Injury would focus the Minister of Health in consultation with representatives of the provincial governments responsible for health, Indigenous groups and relevant stakeholders (including individuals and families living with the effects of brain injury), to develop a national strategy to support and improve brain injury awareness, prevention and treatment as well as the rehabilitation and recovery of persons living with a brain injury.*

[Click here to  
Read Bill-C277](#)

[CLICK HERE](#) to subscribe to *Brain Injury Canada's* Newsletter, "**Connections**"

# Reduced Cost Counselling Program

## Chuck Jung Associates

### *Now Accepting Referrals*

Chuck Jung Associates is providing a Reduced Cost Counselling Program in our Vancouver office. This service is in-person and/or via Telehealth. We are aware of the significant cost of psychological counselling, which puts this service out of the reach for many.

In our Reduced Cost Counselling Program, a senior doctoral student in psychology, is supervised by a senior psychologist in our practice. Services are provided in a broad range of areas, treating problems of depression, anxiety, anger, adjustment difficulties to physical injury (e.g., chronic pain, emotional adjustment to brain injury). The cost is \$70.00 per session.

We are pleased to have doctoral student, Ms. Sarah Panofsky, MA, RCC as our therapist-student. Please see her bio below.

Also, see our weblink below for more information:

<https://www.chuckjung.com/doctoral-student-therapists/>

<https://www.chuckjung.com/services/reduced-cost-counselling/>

You can also reach us at 604-874-6754 or [admin@chuckjung.com](mailto:admin@chuckjung.com)



### Chuck Jung Associates – Psychological and Counselling Services

Vancouver: (Main Office)	Surrey:	Abbotsford:	Chilliwack:	Langley:
1001 – 805 W. Broadway	232 – 7164 120 <sup>th</sup> St. St	The Mark (North Building	201 – 45625 Hodgins Ave.	8661 201 St. (2 <sup>nd</sup> floor).
Vancouver, B.C. V5Z 1K1	Scottsdale Square Bus. Ctr	102-32625 S. Fraser Way	Chilliwack, B.C. V2P 1P2	Langley, B.C. V2Y 0G9
Tel: (604) 874-6754	Surrey, B.CV3W 3M8	Abbotsford, BC V2T 1X8	1-877-870-6754 (toll free)	Tel: (604)-874-6754
Fax: (604) 874-6424	Tel: (604) 874-6754	1-877-870-6754 (toll free)		

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

Website address: [www.chuckjung.com](http://www.chuckjung.com)

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

# “Brain Waves” School Presentations

FVBIA and BC Injury Research and Prevention Unit (BCIRPU) teamed up to present Brain Waves from Parachute Canada in several Chilliwack schools in May 2024.

Brain Waves is a fun and educational program for students in Grades 4 to 6.

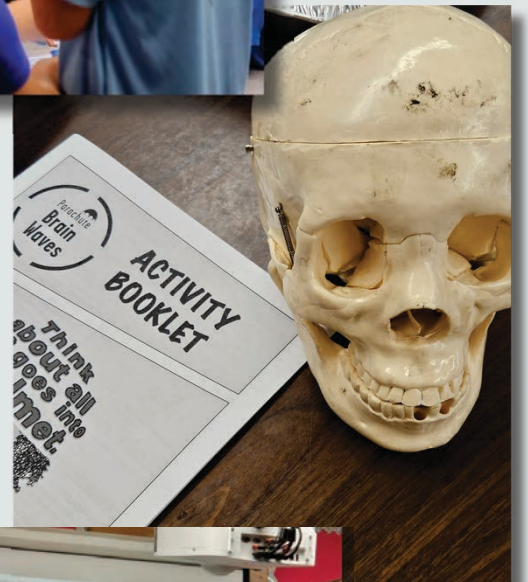
Students learn about the structure and function of the nervous system through experiments and interactive lessons, and about the importance of protecting the brain and spinal cord from injury.

Any Chilliwack Schools that are interested in having Brain Waves in Spring 2025 can contact Fraser Valley Brain Injury at [info@fvbia.org](mailto:info@fvbia.org)

## Learn more at:

[parachute.ca/en/program/brain-waves/](https://parachute.ca/en/program/brain-waves/)

*Brain Waves Project is funded by  
Brain Injury Alliance  
[www.braininjuryalliance.ca](http://www.braininjuryalliance.ca)*



Celebrating  
Friends &  
Partners

# Communitas 50th Anniversary



Lots of visitors came by FVBIA's booth to learn about the brain and win prizes. Communitas operates the Abbotsford and Chilliwack Brain Injury drop in programs. Funded by Fraser Valley Brain Injury Association and Fraser Health ABIS.



# A LOOK AT TRAUMATIC BRAIN INJURY COMMUNITY PROGRAMS IN BRITISH COLUMBIA: BARRIERS AND FACILITATORS OF IMPLEMENTATION (EXCERPTS)



*Citation:*  
Tsow, R., Pollock, C., Mehta, S., Turcott, A., Kang, R., & Schmidt, J. (2024). A Look at Traumatic Brain Injury Community Programs in British Columbia: Barriers and facilitators of implementation. *Brain Injury*, 38(7), 539–549. <https://doi.org/10.1080/02699052.2024.2327471>

<https://www.tandfonline.com/doi/full/10.1080/02699052.2024.2327471>

Published online: 11 Mar 2024

“As people with TBI continue to experience decreased quality of life, lowered mental health and unmet needs ([Citation5](#), [Citation38–40](#)), it is important to consider all available programs to understand what exists for the TBI population and how these have built self-acceptance and resiliency. This will lend a deeper understanding of what renders certain programs more useful than others, as well as what hinders their implementation and success.”

The aims of this study were to:

“1) characterize the delivery of programs that aim to support acceptance and resiliency for people with brain injury in the healthcare sector, and

2) understand the barriers and facilitators in implementation of programs that aim to support self-acceptance and resiliency for people with brain injury.”

Analysis identified an overall theme of **Rebuilding Life After Brain Injury**.

This characterized the common mission described by all participants and their representative organizations, programs and services to *help the process of reconstructing life and self after brain injury*.

Within this, three themes with respective sub-themes were identified.

The first theme, **Navigating external systems**, discussed systems and factors requiring support to negotiate through. Several sub-themes emerged: *Finances, Systems & Norms, and Planning Ahead*.

The second theme, **Offering consistent resources and supports**, outlined basic and fundamental supports that foster a sense of ‘normalness’ after brain injury. Two sub-themes included: *Addressing Fundamental Needs, and Facilitating Support Circles*.

The last theme, **Connecting with the community**, highlighted how meaningful engagement with activities and people in the community contributes to the recovery experience. Three sub-themes are discussed: *Sharing & Belonging, Engaging in Community, and Self-discovery Through Shared Connection*.

Overall, this study informs individual- and community-level approaches to brain injury programming. Findings can be used to outline adaptation priorities and guide multiple stakeholders (e.g., policy makers) in their decision-making, increasing program sustainability in the rehabilitation field, and acknowledging that:

- systemic challenges such as access to and allocation of funding require navigation support;
- resource consistency and availability, including stable program leaders and a welcoming atmosphere, are important for program implementation and sustainability;
- shared experiences promote connection with the community and personal development.

The study included a wide range of organizations across the province of British Columbia, and findings may be more transferable to similar provinces or states.

## COULD YOU BE SOMEONE'S HERO?

Consider Donating a Kidney.



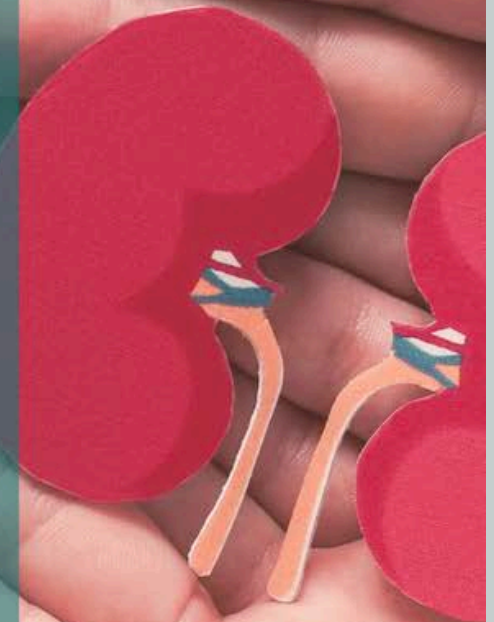
You can make a directed donation (which can still be anonymous) to **Russell Sundstrom, Recipient File # 26580**. The donor must self-register at [donornurse@providencehealth.bc.ca](mailto:donornurse@providencehealth.bc.ca) or 604-806-9027

Kidney donors can live a normal and healthy life with just one kidney, and donors don't have to be related or be the same blood type in order to donate. Donors are carefully screened to make sure it is safe for them to donate and it is all done privately, by a separate donor team. It will all be confidential, and the recipient will not know anything about the donor, unless the donor chooses to tell them. All information is private and confidential and any potential donor can make the choice to back away from the process at any point.

Plus, through the Living Organ Donor Expense Reimbursement Program, donors are reimbursed for their eligible expenses related to the assessment, surgery and recovery phases of the organ donation process. See <https://kidney.ca/britishcolumbia/loderp> for more information on the LODERP.

If donation is not for you, please consider spreading the word in case someone else might want to find out more.

If you would like to learn more about living donation, you can get more information from the donor nurse coordinator at St. Paul's Hospital (604 806 9027 or 1-877-922-9822; [DonorNurse@providencehealth.bc.ca](mailto:DonorNurse@providencehealth.bc.ca)) or Vancouver General Hospital (604 875-5182 / 1-855-875-5182; [kidneydonornurse@vch.ca](mailto:kidneydonornurse@vch.ca)) or on the BC Transplant website ([www.transplant.bc.ca](http://www.transplant.bc.ca)).



# VIRTUAL CAREGIVER SUPPORT GROUP

If you identify as a caregiver of a partner or child (of any age) of a person who has had an acquired brain injury and you are looking for some support, FVBIA and Chuck Jung Associates are offering a Virtual Caregiver Support group for caregivers in the Lower Mainland.

Find out more at [admin@chuckjung.com](mailto:admin@chuckjung.com) or call 604-874-6754.



**Virtual Caregiver Support Group**

**for partners and parents of people who have acquired brain injuries**

Sessions will be offered virtually once a month starting in September 2023

Registration is limited.

To register or for more information about the group, please contact Chuck Jung Associates at [admin@chuckjung.com](mailto:admin@chuckjung.com) or call: 604-874-6754



**Chuck Jung Associates**  
Psychological and Counselling Services

**Sponsored by:**



**Fraser Valley Brain Injury Association**

# APPLYING VR AND AI TO FIND A FASTER WAY TO TEST FOR TBI

(EXCERPTS)



Credit: University of Arizona  
Health Sciences

Published: Feb 8 2024

<https://healthsciences.arizona.edu/news/stories/applying-vr-and-ai-find-faster-way-test-tbi>

## A new tool for the medic bag

University of Arizona Health Sciences researchers are developing the Virtual Reality Military Operational Neuropsychological Assessment, or *VRMONA*, which will combine virtual reality and artificial intelligence to identify traumatic brain injury.

William D.S. Killgore, PhD, a professor and the director of the Social, Cognitive and Affective Neuroscience Lab in the College of Medicine – Tucson’s Department of Psychiatry, and his team are developing a small, portable tool to quickly diagnose military personnel with TBI in the field.

*VRMONA* will use virtual reality and artificial intelligence to identify brain deficits through a combat-type “game.”

The gold standard for assessing a traumatic brain injury is a neuropsychological assessment usually consisting of a battery of paper-and-pencil tests administered by a highly trained psychologist. This can take as long as four to eight hours.

“The traditional style of assessment can be taxing on a person. You want to measure multiple domains, like memory, language and spatial skills. On paper, that involves a separate test for each,” said Killgore, who is a member of the university’s BIO5 Institute.

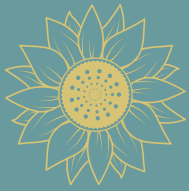
If successful, *VRMONA* will be able to instantly collect and analyze data allowing it to identify deficits associated with TBI in a fraction of the time of a traditional assessment.

Killgore hopes future iterations and advancements of *VRMONA* will be scaled down in size so that the equipment can fit into a medic’s bag and be operated by nonmedical personnel, if needed.

“Eventually, we also want to increase the diagnostic abilities to precisely identify what type of neurological disorder someone is suffering from. This could be anything from adult attention deficit disorder to Parkinson’s or Alzheimer’s disease,” Killgore said. “I think we will be able to adapt *VRMONA* for people outside of the military as well. Instead of a combat-style game, it could be a simulation where you need to drive to the store for groceries or prepare a dinner.”



[CLICK HERE TO READ THE FULL ARTICLE](#)



# YVR HIDDEN DISABILITIES SUNFLOWER PROGRAM

Vancouver International Airport is proud to offer the globally recognized Hidden Disabilities

Sunflower Program to support passengers with hidden disabilities, also known as invisible disabilities.

The Sunflower logo aims to assist those travelling with invisible disabilities who may need a little extra patience, care, and assistance during their travel experience.

## How Does the Program Work?

Do you or someone you are travelling with have an invisible disability, such as:

- autism,
- chronic pain,
- epilepsy,
- low vision,
- hearing loss,
- dementia,
- anxiety disorders,
- brain injuries, and many more

You may choose to wear the Sunflower lanyard as a discreet way to indicate to our airport staff that you may need a little more help or time when going through the airport processes. Wearing the Sunflower lanyard is voluntary.

The Sunflower lanyard provides a helpful identifier to airport staff to best assist and supports anyone with an invisible disability.

## Sunflower Lanyard Pick Up Locations:

You can pick up a free Sunflower lanyard (or sticker) from our Customer Care and Information counters at the Main and South terminals.

Can't find the information counters or have any questions?

Please call:

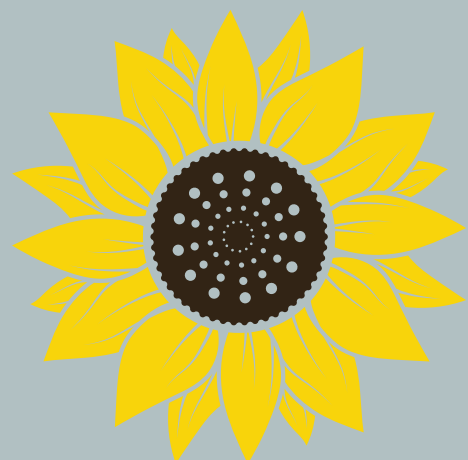
Customer Information Line 604-207-7077  
TTY/(TDD) 604.207.7070  
or email [customercallcentre@yvr.ca](mailto:customercallcentre@yvr.ca).

**I DON'T ALWAYS TAKE THE VESPA WHEN I PICK UP DINNER FOR THE FAMILY... BUT WHEN I DO, I ALWAYS WEAR MY HELMET!**

While 45.5% of Canadians reported that they always wore a helmet when bicycling in the past 12 months, 30.9% (roughly 3.5 million people) reported that they never wore one.

Statistics Canada - Helmet use in recreational activities, 2017

Fraser Valley Brain Injury Association  
www.fvbia.org / info@fvbia.org





# FVBIA STAFF NEWS & ANNOUNCEMENTS

**Freddy O'Brien - our wonderful Office Manager - was the proud Mother of the Bride Victoria - our wonderful Intake Worker on June 8! Congratulations Vic and Alix!**



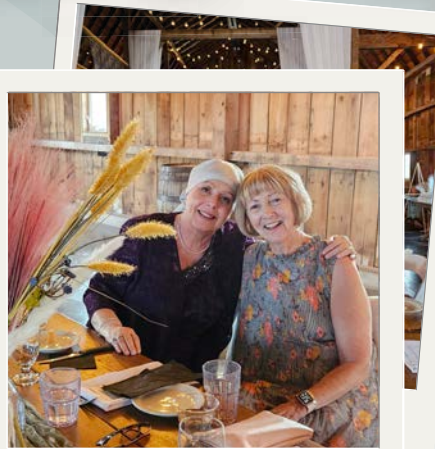
*Proud mom Freddy and daughter Victoria*



*The happy newlyweds - Alix and Victoria*



*A beautiful reception hall, ready for guests*



*Freddy & Mary - Friends & Colleagues*



*Mother of the Bride, Freddy*



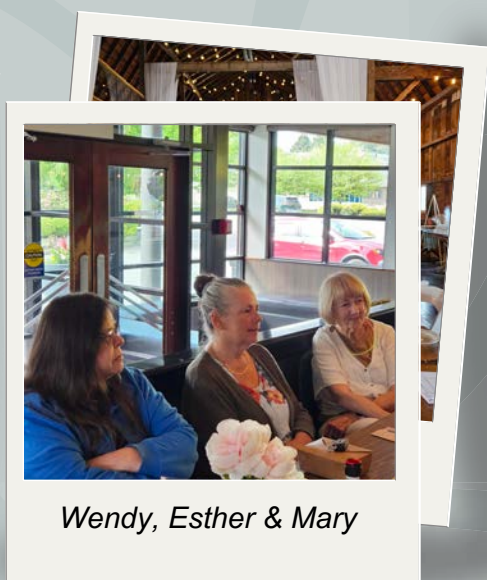
# FVBIA STAFF NEWS & ANNOUNCEMENTS



***Staff breakfast to celebrate Victoria's upcoming wedding, Freddy's last chemo treatment and Heather's retirement.***



***Vic & Freddy***



***Wendy, Esther & Mary***



***Victoria***

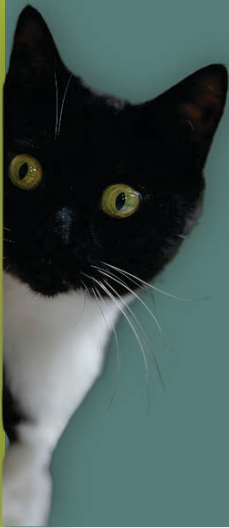
# Pets Corner!



*Carol's sad grand puppy Jack, not liking the cone!*



*Joy's kitty and ... some kind of flying squirrel?*



## August 8th is INTERNATIONAL CAT DAY

International Cat Day is observed annually on August 8. This is a day to celebrate one of the world's favorite pets. Cats provide companionship and comfort to many. Studies show having a cat can help to lower stress, anxiety and even depression. Having a cat in your home can also help reduce the risk of heart disease in high-risk individuals. It can even help fight mental illness.



## Tickling our Funny Bones

**What's Forrest Gump's password?**

*1forrest1*

-

**What do you call it when you walk into a coffee shop and feel like you've been there before?**

*Déja-brew*

-

**What did the tree say when summer finally arrived?**

*What a re-leaf!*

-

**Why do seagulls fly over the sea?**

*Because if they flew over a bay, they would be bagels.*

-

**How do you stop a bull from charging?**

*Cancel its credit card*

<https://www.today.com/life/inspiration/clean-jokes-rcna132168>





# Share YOUR STORY

Have you ever listened to someone share a story about their life and thought, *'Wow, someone else has been through that too? I thought it was just me!'*

Sharing your story has the potential to help someone else feel less alone. Our stories are powerful because they evoke compassion even among strangers. We also create opportunities to understand each other better while building our confidence and even our problem-solving.

Your story can help us connect with our sponsors and donors, so they understand how their support makes a real difference for people with acquired brain injuries and their families.

Tell us your story (can be submitted in confidence - no need to use real names), so we can share it with our supporters. It makes a difference!

<https://forms.gle/sYWAjXFw8WTn9dj7>



I DON'T ALWAYS RIDE MY BIKE WHEN I GO TO SLAY DRAGONS...

BUT WHEN I DO, I ALWAYS WEAR MY HELMET!

The use of bicycle helmets was found to reduce head injury by 48%, serious head injury by 60%, and traumatic brain injury by 53%.

Haye A. Bicycle helmets - To wear or not to wear?

A meta-analysis of the effects of bicycle helmets on injuries. *Accid Anal Prev.* 2018;117:85-97. doi:10.1016/j.aap.2018.03.026

Fraser Valley Brain Injury Association  
www.fvbia.org / info@fvbia.org

**ICBC & PERSONAL INJURY CLAIMS**

**CBM Lawyers**  
Your community law firm.™

- Highly Qualified & Dedicated Legal Team
- Extensive Experience with Personal Injury
- We Cover All Costs Needed to Pursue Your Claim
- We Keep You Fully Informed Throughout Your Case
- Free Initial Consultation - Percentage Fees
- We Provide Access to Needed Support Services
- You Pay Nothing Until We Collect For You

<small>Langley Office #200-4769 222nd St Langley, BC V2Z 3C1 Phone: 604-256-5954</small>	<small>Maple Ridge Office #203- 22471 Lougheed Hwy Maple Ridge, BC V2X 2T8 Phone: 604-305-1432</small>	<small>Aldergrove Office #100-26641 Fraser Hwy Aldergrove, BC V4W 3L1 Phone: 604-256-9785</small>
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**"WORKING WITH OUR CLIENTS FOR TODAY AND THE FUTURE SINCE 1997"**

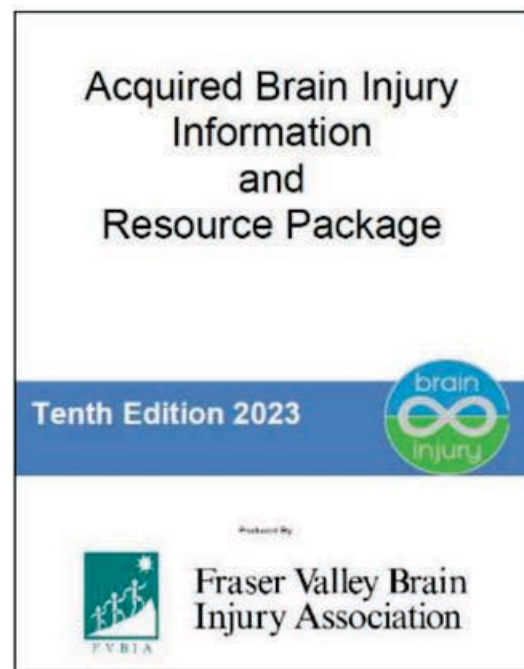
# ACQUIRED BRAIN INJURY INFO & RESOURCE PACKAGE

FVBIA's 2023 [Acquired Brain Injury Information and Resource Package](https://www.fvbia.org/abi-information-resources/) contains pages of brain injury information and contact information for a wide variety of resources for any person with a disability. This extensive resource package is available on our website <https://www.fvbia.org/abi-information-resources/>

Advertising opportunities are still available. Contact [info@fvbia.org](mailto:info@fvbia.org) or 604-557-1913 for details.

Topics include:

- Alcohol
- Smoking
- Addictions & Drug Treatment Brain Injury – Definition and Symptoms
- Brain Injury Associations in BC
- Brain Injury Support Groups in BC
- Child and Youth Services
- Counselling Services and Support
- Driving After Brain Injury
- Education and Training
- Epilepsy and Seizure Disorders
- Equipment and Technology
- Family and Caregiver Support
- Financial Support
- Foodbanks and Food Supports
- Government Resources
- Health Services and Health Authorities
- Health Units
- Home Care Services
- Hospice Care
- Housing and Residential Services
- Indigenous Resources
- Internet Resources
- Job Skills and Training
- Legal Assistance
- Mental Health Services
- Multicultural Services Nutrition
- Recreation and Leisure
- Rehabilitation After Brain Injury
- School – Returning After Brain Injury (Children)
- Seniors Services
- Sexual Health Resources
- Stress Management
- Stroke Symptoms and Resources
- Thrift Stores
- Victim Services

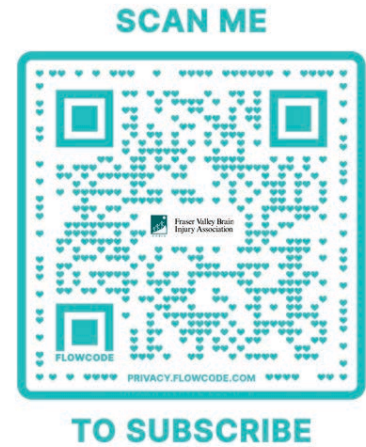


# SUBSCRIBE & ADVERTISE!

FVBIA's newsletter comes out every two months and is a great way to keep up with all the activities and services we provide.

You can use the camera on your smart phone to scan the QR code to find our webpage link to sign up. Then all you need to do is enter your name and email address.

Sign up [here](#) or contact us at [info@fvbia.org](mailto:info@fvbia.org)



## FVBIA Newsletter Advertising

**Thank you to all of our advertisers!**

Advertising opportunities are available in the **FVBIA Newsletter** (6 issues / year) and the new **Information and Resource Package**.

<b>Ad rates:</b>	Business Card Size	\$30
	1/4 Page	\$75
	1/2 Page	\$100
	Full Page	\$200

For best resolution, images, ad designs and logos should be sent as **.png** or **.pdf file attachments** (*not inserted into the body of an email*), at a MINIMUM of 1800 pixals / 300 dpi

Contact [info@fvbia.org](mailto:info@fvbia.org) or call 605-557-1813 for more information.

Please see the separate schedule for submission deadlines

*Disclaimer: The content of submitted articles, editorials or advertisements does not necessarily reflect the views or opinions of FVBIA and may be edited for length or fit. Advertisements or articles are not an endorsement of services.*

# CONNECT WITH US 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.



[twitter.com/fvbi](https://twitter.com/fvbi)



[facebook.com/FVBIA?fref=ts](https://facebook.com/FVBIA?fref=ts)



[Instagram.com/fraservalleybrain/](https://Instagram.com/fraservalleybrain/)

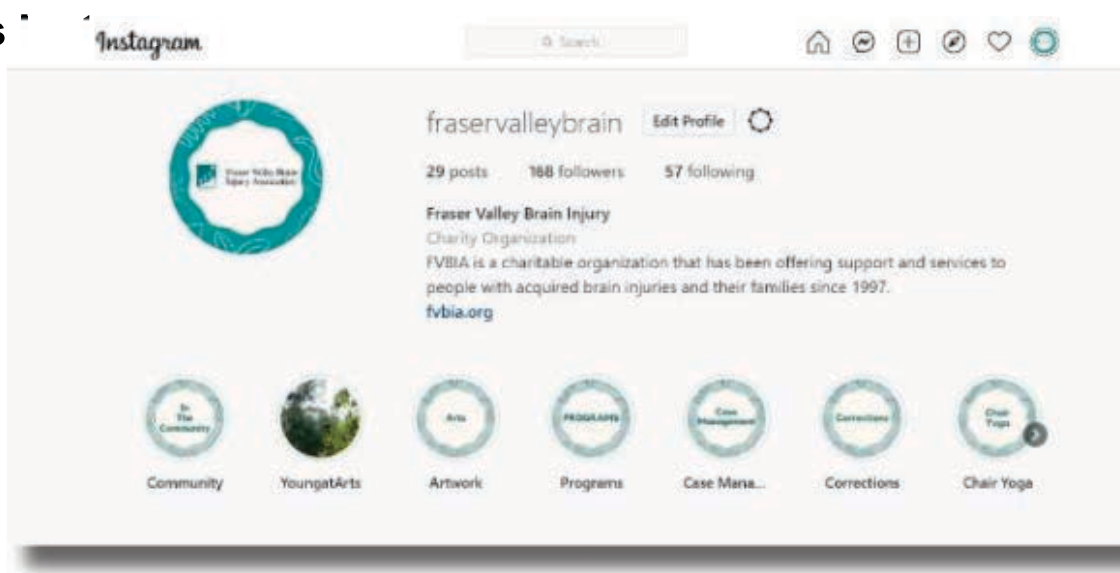


[youtube.com/channel/UCKbhePbXu5mazHxtJ9medkw](https://youtube.com/channel/UCKbhePbXu5mazHxtJ9medkw)

## 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](mailto:jill.koppang@fvbia.org)

## FVBIA's



Check out FVBIA's Instagram at [www.instagram.com/fraservalleybrain/](https://www.instagram.com/fraservalleybrain/).

# HOW YOU CAN SUPPORT FVBIA'S PROGRAMS & 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.

You can find Fraser Valley Brain Injury Association here on the CanadaHelps website.

[www.canadahelps.org/en/charities/fraser-valley-brain-injury-association/](http://www.canadahelps.org/en/charities/fraser-valley-brain-injury-association/)

## 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!

[www.paypal.com/ca/fundraiser/hub](http://www.paypal.com/ca/fundraiser/hub)

Look for us by name or by typing in the following:

[paypal.com/ca/fundraiser/charity/3434455](http://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.

“  
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.”



# MEMBERSHIP & DONATIONS



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](mailto:info@fvbia.org) to order yours now or for more information.

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.

[www.fvbia.org/membership-and-donations/](http://www.fvbia.org/membership-and-donations/)

Contact us at 604-557-1913 or [info@fvbia.org](mailto: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.  
*CRA Number: 872023338RR0001*

Thank you for your support!



# Fraser Valley Brain Injury Association

201 2890 Garden St. Abbotsford, BC, V2T 4W7

Tel: 604-557-1913

Fax: 604-850-2527

[info@fvbia.org](mailto:info@fvbia.org)

[www.fvbia.org](http://www.fvbia.org)

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

