



Fraser Valley Brain Injury Association **NEWS**

January / February 2026

In This Issue



BOOK YOUR AD SPACE:
FVbia Acquired Brain Injury Information and Resource Package



IMPROV FOR FOLKS WITH BRAIN INJURY



COFFEE AND CHAT GROUPS



PARTICIPANT REFLECTIONS



HEALTHY EATING DURING WINTER FOR PEOPLE LIVING WITH A BRAIN INJURY



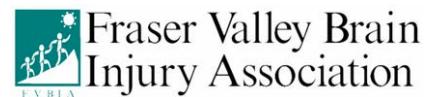
RESEARCH NEWS: CAN AI PREDICT RECOVERY AFTER TBI



REEL RECOVERY - FILMS TO WATCH: EVERY 21 SECONDS



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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

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,
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

Hope

**Community Leisure
Program**
Wed & Fri
1:00 p.m. – 3:00 p.m.
366A Wallace St. Hope
Contact 604-869-7454

Remote Groups

**Health & Wellness
Group**
Contact 604-557-1913

Langley

Coffee & Chat Group
Contact 604-557-1913



FVbia staff, Francisco, presenting a Pay it Forward: Healthy Aging session to the Chilliwack In the Now group participants about financial scam awareness.

This project is funded by a New Horizons for Seniors Grant.



Government
of Canada

Gouvernement
du Canada

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 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
- R 'n R (Relax and Revive) group
- Health & Wellness (virtual) group
- Gentle yoga (virtual and in-person)
- Art, jewelry, photography and craft classes
- Writer's Bullpen for FVBIA Newsletter
- Shared Garden project
- In the Now Group
- Concussion Support for Moms (Chilliwack)
- Healthy Aging
- Volunteering/Employment support
- Family Support group (virtual)
- Support for youth
- Coffee & Chat groups (Abbotsford & Langley)
- 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
- Joy Scobie: ijoyscobie@gmail.com
- Esther Tremblay: esther.tremblay@fvbia.org
- Wendy Kodama: wendy.kodama@fvbia.org

- Taryn Reid: treid@fvbia.org
- Jasneet Singh: Jasneet.singh@fvbia.org
- Victoria O'Brien: victoria.o'brien@fvbia.org
- Francisco Rojas Stone: francisco.rojasstone@fvbia.org

Upcoming Events

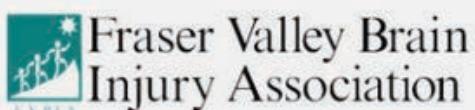
Please watch for emails and check our newsletters for the following upcoming events

- **January 10, 2026** - Toronto Rehabilitation Institute's 18th Annual Brain Injury Conference
- **January 21 - March 11 (every Wednesday)** - Improv for Folks with Brain Injuries (see page 10)
- **June 2026** - PUB NIGHT (Date TBD)
- **June 2026** - BRAIN INJURY AWARENESS PICNIC (Date TBD)



Wishing you a New Year filled with new hopes, new joys, and new beginnings. May 2026 bring you health, happiness and success!

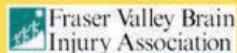
From all of us at



February is
**Preventative Health
Awareness Month**



Maintain your well-being and prevent illness through lifestyle choices like healthy eating and exercise, and through medical interventions like vaccinations and screenings



community therapists



Need flexibility?

**Community Therapists is HIRING OTs
in ABBOTSFORD & CHILLIWACK**

Why Us ?

- Flexibility & Great Pay
- Excellent Mentorship
- Admin Support
- Virtual Office to Work from Home
- Case Diversity
- Join 36 other OTs in a dynamic interdisciplinary practice!

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

www.communitytherapists.com

careers@communitytherapists.com • Career Contact: 604.566.8452

Building skills. Empowering people.

Est. 1989

Acquired Brain Injury Information and Resource Package



Eleventh Edition 2026



Fraser Valley Brain Injury Association

Book Your Ad Space TODAY
in the

Acquired Brain Injury Information & Resource Package (11th Edition)

Deadline to book your ad space:
January 22 2026



REACH. CONNECT. INSPIRE.

ABI Information and Resource Package offers a unique opportunity to showcase your services to individuals with brain injuries, their families, caregivers, and professionals across the Fraser Valley and beyond.

Your advertisement will be seen again and again.

- Direct email to +1,300 subscribers on FVBIA's mailing list
- Downloadable access on the FVBIA website (fvbia.org)
- Promotion across FVBIA's social media platforms reaching 1,500+ followers
- All advertisers will be prominently featured both in the downloadable package and on the FVBIA website, ensuring ongoing exposure.

Ad Space Pricing: (All options include your corporate logo on the fvbia.org website)

- Full Page Ad – \$2,000
- Half Page Ad – \$1,000
- Quarter Page Ad – \$500
- Business Card Size Ad – \$200

CONTACT US TO BOOK YOUR AD SPACE NOW!



Phone

604-557-1913



Email.

info@fvbia.org

18th Annual Brain Injury Conference

January 30, 2026 | BMO Education and Conference Centre

SAVE THE DATE

Toronto Rehabilitation Institute's 18th Annual Brain Injury Conference: Controversies and Challenges in Brain Injury

ABOUT THE CONFERENCE:

Toronto Rehab invites you to the 18th Annual Brain Injury Conference, themed Controversies and Challenges in Brain Injury. This one-day event features leading experts Carmela Tartaglia, Jeff Kutcher, Sarah Lidstone, and Abe Sniderman, along with interactive workshops on post-traumatic headaches, movement disorders, and legal issues in brain injury cases. Join us for insightful presentations, practical strategies, and valuable networking opportunities with peers and sponsors.

KEY DATES:

Registration Opens: September 5, 2025

Early Registration Rates Expire: January 5, 2026

EVENT:

Toronto Rehabilitation Institute's 18th Annual Brain Injury Conference: Controversies and Challenges in Brain Injury

DATE: Friday January 30, 2026

LOCATION: BMO Education and Conference Centre
60 Leonard Avenue, Toronto Western Hospital, Toronto

For more information:



conferences@uhn.ca



events.myconferencesuite.com/BrainInjury2026

TEENS & CAREGIVERS NEEDED!

HAVE YOU HAD A CONCUSSION?

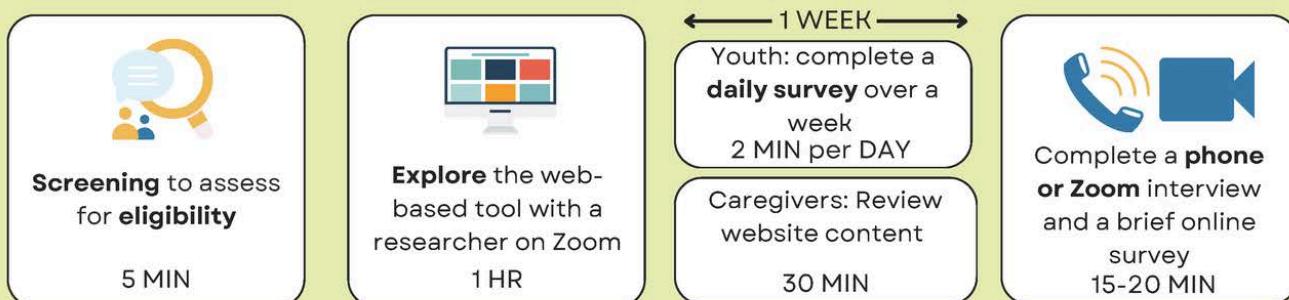
We are recruiting **teens & their caregivers** to participate on a study evaluating the user-friendliness & credibility of a web-based concussion self-management tool **designed for teens**.



WHO IS ELIGIBLE?

- ✓ **Youth aged 12 to 18** who have experienced a **concussion** within the past 6 months and who are still experiencing at least one symptom related to their concussion
- ✓ **Parents and/or legal guardians** of youth aged 12 to 18 who have experienced a concussion within the past 6 months
- ✓ Youth & caregivers must have **access to internet** and must be able to **read and understand English**
- ✓ Must reside in **British Columbia or Yukon**

WHAT IS INVOLVED IN THE STUDY?



YOU WILL EACH RECEIVE UP TO \$30 IN AN E-GIFT CARD FOR YOUR TIME COMPLETING THE STUDY

FOR MORE INFORMATION & TO PARTICIPATE



Participant Interest Form
(Scan the QR code or go to link:
<https://redcap.link/a91a0irh>)

Please note that posting to comments sections, liking or sharing on social media or other forums about this study may identify you as a participant.



G. F. Strong Rehab Centre





IMPROV FOR FOLKS WITH BRAIN INJURIES WITH SYD CAMPBELL

FV Brain Injury Association presents an 8-week improv group starting in January with Blind Tiger Comedy.

Days: Every Wednesday, January 21st - March 11th

Time: 12:30-2:30 pm

Where: Langley Arts Council,
26770 29 Ave, Aldergrove, BC, V4W 3B8

Price: FREE!

*Thanks to the support of the
Brain Injury Alliance
Dr. Gur Singh Memorial Education Fund*

To register,
email info@fvbia.org
or lauren.webb@fraserhealth.ca
or call FVBIA 604-557-1913
or Lauren at 236-332-1057

Curious to hear more?
Ask your FVBIA case manager about it!





Volunteer Facilitator Wanted – Brain Injury Support Group (Maple Ridge)

The Maple Ridge monthly Brain Injury Support Group is looking for a new facilitator to help guide discussions and support members living with the effects of brain injury.

The group meets once a month, currently on Tuesdays from 6–8 PM at Golden Ears United Church in Maple Ridge. The church has been very welcoming, and other time slots may be possible if needed.

We're looking for someone with experience working with people with cognitive impairments and ideally some group facilitation background. More importantly, we value compassion, flexibility, and a genuine interest in supporting people with brain injuries.

The role focuses on facilitating group sessions – there's no requirement for outreach or individual follow-up, and meeting reminders are already handled by volunteers. The current organizer is happy to provide mentorship and support as the new facilitator settles in.

If you're interested, or know someone who might be, please **contact Nora directly at norachambers@shaw.ca** to learn more.

Together, we can continue providing a warm, understanding space for people to connect and share their experiences.



FEBRUARY 17 2026 RANDOM ACTS OF KINDNESS DAY

Inspire a ripple effect of kindness in the community and empower people to pay it forward. You can create a positive cycle that improves community spirit, promotes empathy, and makes the world a better place - one kind gesture at a time.

Here are 100+ ideas for small, random acts of kindness:

<https://bit.ly/4pnQy8t>



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

Langley Office

#200-4769 222nd St.
Langley, BC V2Z 3C1
Phone: 604-256-5954

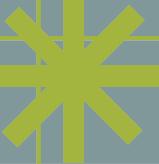
Maple Ridge Office

#203- 22471 Lougheed Hwy
Maple Ridge, BC V2X 2T8
Phone: 604-305-1432

Aldergrove Office

#100-26641 Fraser Hwy
Aldergrove, BC V4W 3L1
Phone: 604-256-9785

"WORKING WITH OUR CLIENTS FOR
TODAY AND THE FUTURE SINCE 1997"



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 2026 Submission Deadlines

For upcoming newsletters, please note these deadlines for all written and photo submissions. All submissions are to be sent to info@fvbia.org.

March / April 2026 Issue

**Submit by:
February 23**

May / June 2026 Issue

**Submit by:
April 23**

*July / August 2026
Issue*

**Submit by:
June 25**

*Sept / October 2026
Issue*

**Submit by:
August 25**

*November / December
2026 Issue*

**Submit by:
October 26**

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, grammar and punctuation. Published advertisements or articles are not an endorsement of services.



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 improves 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.

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’s Pay it Forward Program offers a variety of activities including art, walking groups, In the Now group, Coffee & Chat groups, Health & Wellness group, Healthy Aging etc. Things are always changing so please contact FVBIA staff directly for more information and details about locations and times. For general inquiries, contact info@fvbia.org or 604-557-1913.

Health & Wellness Virtual Group

Attend via zoom with Kinesiologist and FVBIA 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



Funding for the Pay it Forward program is provided by ICBC, the Brain Injury Alliance, and Soroptimist International of Abbotsford Mission. We also acknowledge the financial support of the Province of British Columbia.



Coffee & Chat Groups

Welcome

Abbotsford Coffee & Chat

Place: Mill Lake Park, Bevan Avenue Picnic Shelter #4 Abbotsford, BC
Time: 10:30 - noon

Contact Joy Scobie at 604-897-1563 or ijoyscobie@gmail.com for more details

Fraser Valley Brain Injury Association

Abbotsford Coffee & Chat

Join us in our spacious 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: Tuesday, Jan 6 & 20, Feb 3 & 17, 2026

Time: 10:30 a.m. until noon

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

For more info AND to confirm your attendance, please call Joy at 604-897-1563.

Please note that the "R 'n' R" ("Relax and Revive") has merged into the Abbotsford Coffee and Chat

***** 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 for details regarding dates and times.

Welcome

Langley Coffee & Chat

Timms Community Centre (20399 Douglas Crescent)
Hosted 1x/month
Contact Taryn Reid at treid@fvbia.org for further details regarding group dates and times

Fraser Valley Brain Injury Association



Group Activities

Please note that the "R 'n' R" ("Relax and Revive") has merged into the Abbotsford Coffee and Chat

Mill Lake Walking Group

"Pay It Forward": Health & Wellness for ABI Program
Join us for a relaxing walk around beautiful Mill Lake!

DAYs: Mondays Wednesdays Fridays

2 MEETING PLACES:
2 P.M. - Bourquin Entrance benches

2:15 P.M. - Mill Lake Road Dock

***** FVBA cannot guarantee 1:1 staff at activities.**

If you require 1:1 care, you must bring a support person with you.



VALENTINE'S DAY is FEBRUARY 14th

Valentine's Day is a time to celebrate all kinds of love and appreciation with friends and family. A party, special baked goods, or a beautiful handmade Valentine's Day card are all great ways to show your kids, grandkids, and friends the importance of friendship and love.

FUN FACT: To find their Valentine during the Middle Ages, young men and women drew names from a bowl and wore the name on their sleeves for one week, coining the expression "wear your heart on your sleeve."

<https://www.comfortlife.ca/blog/little-known-facts-about-valentines-day-5515/#:~:text=Reviews%20&%20Comparisons,patients'%20pining%20for%20lost%20love.>



Participant Reflections

What Our Members Say about Groups and Activities at FVbia

Kortnnaye, Judy and Kim

“(Groups) offer more than just activities—they create spaces where healing, connection, and confidence can grow.”

About Community Kitchen:

“Kortnnaye enjoys the smaller group size and the chance to learn how to cook a wide variety of dishes. She especially loves being able to take the food home to enjoy later. For Kim, cooking in a group feels much less complicated than doing it alone. “Cooking on your own can take twice as long and feel overwhelming,” she shares. “Here, we work as a team. If I lose focus, I just look to the person beside me and I’m back on track.”

About Chair Yoga:

“Kim describes this gentle practice as “a way to relax your brain, feel more mobile, and improve your balance.” It’s a calming, restorative experience that supports both physical and emotional wellbeing.”

About Walking Group:

“This group offers a chance to get outdoors, move your body, and connect with others who understand. It’s a simple but powerful way to feel part of something and enjoy easy conversation with like-minded people.”

About Art with John LeFlock:

“Led by a gifted and approachable teacher, this class welcomes all styles—painting, sketching, card making, or anything at all. John sees the artist in everyone and encourages each person with warmth and respect. His gentle presence lifts spirits and inspires confidence, making it easier to try something new.”

About Coffee Chat:

“Unstructured and welcoming, this group is a soft landing for those who find socializing difficult after a brain injury. Many prefer to isolate, but here, connections and friendships begin to form. It’s a space to share stories, learn from one another, and feel less alone.”



Participant Reflections

What Our Members Say about Groups and Activities at FVbia

Sean N.

The weekend after John Le Flock introduced us to our first neurographics art class, I was experiencing a particularly difficult time. I have a strong aversion to fireworks, and they were going off in the distance, just to add to my stressed-out brain.

I was also suffering from PTSD from an abusive situation months ago with my inflammatory neighbour who had discriminated against my brain injury. Instead of attempting my family's taxes, I put on my noise-cancelling headphones, sat down at my dining room table with pencil, pens and water colour pencils. Put on some meditation music and let my brain choose the colours and textures.

I did this for two evenings. It was amazing how it cut out the rest of the world and allowed me to settle down and focus instead on making a piece of art. My tenseness and anxiety disappeared, turning negative thoughts into bright, positive ones as I watched the colours unfold different patterns. I finished it in the next class.

So, I must thank John and Fraser Valley Brain Injury Association for these wonderful classes. Since Covid in 2019, I have learned so much from John and found new ways to deal with anxiety, depression and stress. Apart from the artwork, I have found new friends – such talented people – and a positive, supportive group. You have been my lifeline.”





Participant Reflections

What Our Members Say about Groups and Activities at FVBA

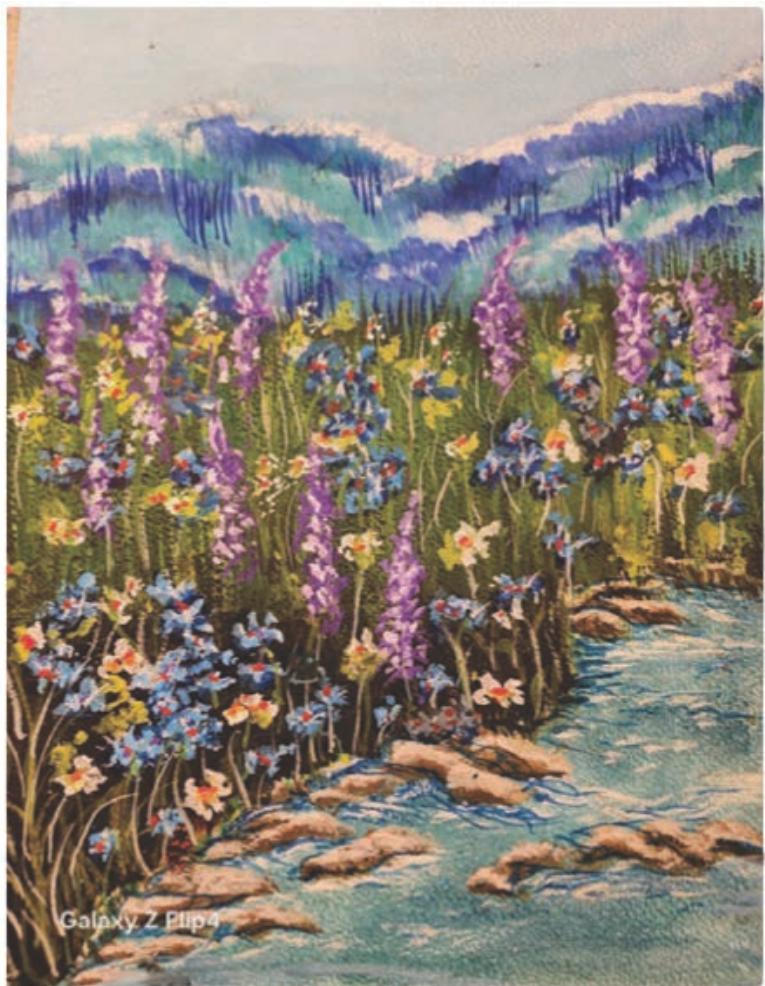
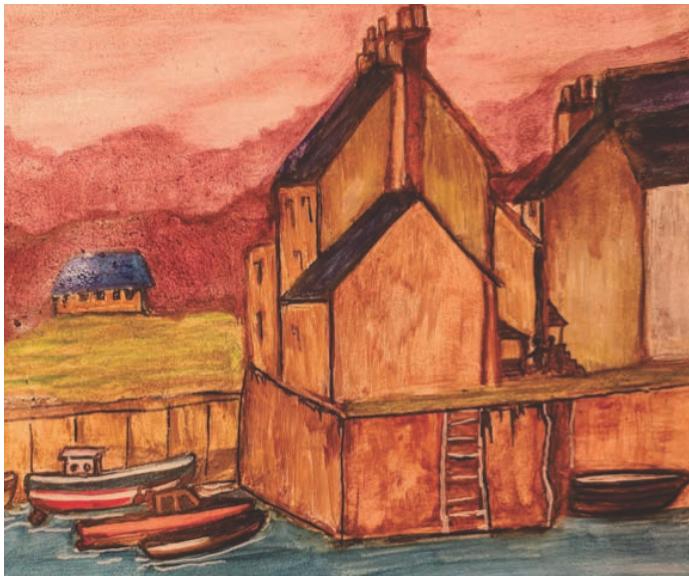
Dave H.

"FVBA helped me a lot through their programs and seminars that they held. I attended the seminars as much as I could and soaked up as much of the information as I could.

I learned that it was important not to push myself too hard, but gently push my limits and then take a break. I took up photography as a way to keep my brain active, learning something new."

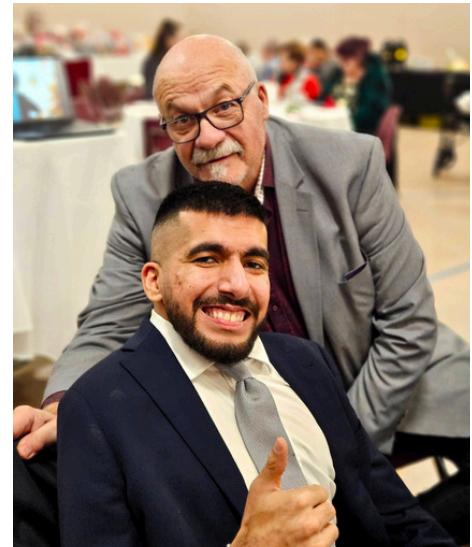
Sonya W.

"If not for the FVBA, and the various opportunities it provides, I would have spent the past 10+ years sitting at home all week, Fall & Winter & Spring, depressed and lonely. Its provided unmeasurable pleasure, motivation and vital social interaction, which I am so very grateful for."



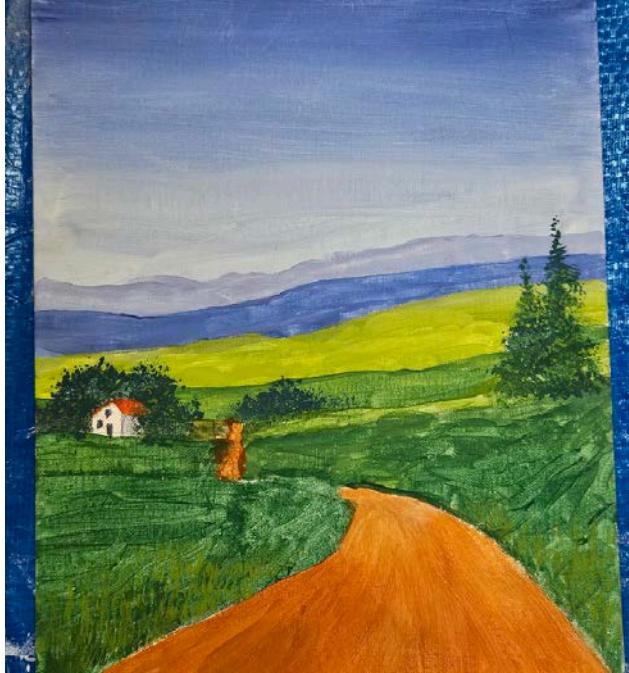
FVBIA ACTIVITIES & STAFF CONTRIBUTIONS

2025 FVBIA Christmas Tea and Silent Auction



ArtWorks

with John LeFlock



Healthy Eating During Winter for People Living With a Brain Injury

Winter in Canada can make healthy eating harder. Cold weather, shorter days, and less sunlight can affect energy, mood, and motivation. For people living with a traumatic brain injury (TBI), good nutrition is especially important. Eating well can help support brain health, improve concentration, keep your energy steady, and boost overall well-being.

According to Brain Injury Canada, healthy eating after brain injury means consuming a variety of nutrient-rich foods: vegetables, fruits, legumes (beans, lentils), meats or lean proteins, dairy or alternatives, and whole grains.

With shorter days and less sunlight, vitamin D levels may drop. Vitamin D is important for mood and brain function, and though sunlight helps produce it, in winter foods like egg yolks, fatty fish, and fortified milk or plant beverages become more important.

Cold weather and busy holidays can lead to more comfort eating, often of processed or sugary foods. For brain health, it's better to focus on "whole" foods with minimal additives.

Smart Food Choices – What to Eat

- Soups and stews – Use seasonal, affordable vegetables (carrots, squash, potatoes, onions, cabbage), beans or lentils, and lean meat or poultry. These meals are warm, nourishing, and easy to digest. They also last: you can cook a big pot, freeze portions, and heat them up on low-energy days.
- Frozen fruits and vegetables: Berries (e.g. blueberries), spinach, mixed vegetables. Frozen produce retains nutrients, often costs less in winter, and helps make healthy cooking easier at home.



- Fatty fish – like salmon or sardines – rich in omega-3 fatty acids. Healthy fats are vital: 60% of the brain is fat, and omega-3s (especially DHA) support neuronal function.
- Nuts, seeds, and natural nut butters – good sources of unsaturated (healthy) fats and vitamin E. Antioxidants such as vitamin E may help support brain performance.
- Whole grains: Brown or wild rice, multigrain breads or cereals, oats – provide B-vitamins important for brain functions such as messaging, memory, and muscle control.
- Lean proteins: Eggs, legumes (beans, lentils), lean meats, poultry – proteins supply amino acids for repair and maintenance of body tissues, including brain tissue.

Water and warm drinks: Staying hydrated is often overlooked in winter. Drinking water, herbal teas, warm water with lemon, or milk helps avoid dehydration. Dehydration can impair brain function.

Healthy Eating Continued...

Tips to Make Eating Easier in Winter:

- **Plan meals ahead:** If memory, organization or energy are affected after TBI, planning meals can help. Use weekly meal plans, write out recipes, or use a grocery list. Planning cuts decision stress and reduces impulse purchases.
- **Cook in bulk:** Make stews, soups or casseroles in larger batches. Freeze single-meal portions so on days when cooking feels hard, you still have a nutritious meal ready.
- **Use simpler recipes:** Frozen vegetables, canned beans, pre-cut chicken, whole-grain pasta or oats — these make cooking faster and easier. It's okay to rely on convenience when energy or memory is low, as long as you stick with healthy, whole-food ingredients.
- **Eat regularly:** After TBI, your brain may need more energy. Eating regular meals and snacks helps keep blood sugar stable. That supports focus and mood.



Creamy Winter Squash Soup

Cost: Low

Prep Time: 5 minutes

Cook Time: 20–25 minutes

Difficulty: Easy

Servings: 4



Ingredients

- 1 small butternut squash, peeled and cubed (or 3 cups frozen)
- 1 small carrot, chopped
- 1 small onion, chopped (optional)
- 2 cups vegetable or chicken broth
- 1 tbsp olive oil
- $\frac{1}{4}$ tsp ground cinnamon
- Salt & pepper to taste
- Optional: 2 tbsp plain yogurt for creaminess

There is no “magic food” that will heal a brain injury. In fact, as Brain Injury Canada notes, no single food has been proven to repair the brain after TBI. But good nutrition gives your brain and body the building blocks needed for recovery, daily function, and long-term brain health.

During winter, when the days are long and grey, healthy eating can also support mood, energy, and general wellness. Taking small steps — like adding an extra serving of vegetables, choosing whole grains, drinking water, or cooking once and freezing reserves — can add up.

If you want more detailed information or help in building a meal plan, consider consulting a registered dietitian, especially one experienced with brain injury recovery.

Resources and Links

Brain Injury Canada — Nutrition after brain injury:

<https://braininjurycanada.ca/en/living-brain-injury/nutrition/>

Brain Injury Canada — Cooking on a budget for brain injury community: Sources:

<https://braininjurycanada.ca/en/living-brain-injury/nutrition/cooking-on-a-budget/>

Instructions:

- Heat olive oil in a pot over medium heat.
- Add onion and carrot; cook 2–3 minutes until softened.
- Add squash, broth, cinnamon, salt, and pepper.
- Bring to a boil, then simmer 15–20 minutes until squash is tender.
- Use a hand blender or regular blender to puree until smooth.
- Stir in yogurt if desired and serve warm.

Why it's good for the brain:

- *Extremely high in Vitamin A, which supports immune function, vision, and cellular repair (including brain tissue support).*
- *Contains antioxidants from squash and carrot that help reduce inflammation.*
- *Low fat, low sugar, gentle on digestion.*
- *Complex carbohydrates provide steady energy without spikes.*



Lemon-Blueberry Poke Cake

Active Time: 25 mins

Total Time: 1 hr 40 mins

Servings: 10

Ingredients:

- 1 ¼ cups sugar, divided
- ½ cup neutral oil, such as avocado or light olive oil
- ⅓ cup low-fat plain yogurt
- 2 tablespoons lemon zest
- 1 teaspoon vanilla extract
- 2 large eggs
- 1 cup whole-wheat pastry flour or white whole-wheat flour
- ¾ cup all-purpose flour
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ¼ teaspoon salt
- 1 ½ cups fresh blueberries
- 5 tablespoons lemon juice

Instructions:

1. Preheat oven to 350°F. Coat a 9-by-5-inch loaf pan with cooking spray.
2. Beat 3/4 cup sugar, oil, yogurt, lemon zest and vanilla in a large bowl with an electric mixer on medium speed until combined. Add eggs and beat until completely combined.
3. Whisk pastry flour (or white whole-wheat flour), all-purpose flour, baking powder, baking soda and salt in a medium bowl.
4. Add the flour mixture and blueberries to the wet mixture and fold with a wooden spoon until just combined. Transfer to the prepared pan.
5. Bake until golden and a wooden pick inserted in the center comes out clean, about 1 hour.
6. Let cool for 5 minutes in the pan, then run a knife around the edges to loosen the cake. Invert onto a cooling rack, then return to the loaf pan.
7. Whisk lemon juice with the remaining 1/2 cup sugar in a small bowl until smooth.
8. Using a metal or wooden skewer, poke 1 1/2-inch-deep holes all over the cake. Spoon the glaze all over the surface of the cake, letting it seep down the edges and into the holes.
9. Let stand for 15 minutes then, using a pie server or flexible spatula, remove the cake to the cooling rack.
10. Cool completely before slicing.

Nutrition Facts (per serving)

Calories 335
Fat 13g
Carbs 52g
Protein 5g

CAN A.I. (ARTIFICIAL INTELLIGENCE) HELP PREDICT RECOVERY AFTER SERIOUS BRAIN INJURIES?



Traumatic brain injury (TBI) is one of the leading causes of disability and death worldwide. For people with moderate to severe TBI, it can be extremely difficult for doctors to predict how well a patient will recover. Families often ask: Will they wake up? Will they walk again? What can we expect? Unfortunately, current medical tools offer only limited answers.

A new study reviewed how artificial intelligence (AI) is being used to improve these predictions. The researchers analyzed 39 studies involving more than 592,000 patients with moderate or severe TBI. Their goal was to understand whether AI can help doctors forecast outcomes more accurately—and whether these models are reliable enough for real-world medical use.

What the researchers found

AI models are increasingly being used to predict two main outcomes after brain injury:

- Functional recovery (how well someone is able to think, move, and live independently)
- Survival (risk of death following injury)

The review found that AI tools often performed as well as or slightly better than traditional methods, such as statistical formulas doctors have used for years. Many AI systems used information like age, level of consciousness, CT scan results, and pupil response—factors already known to relate to outcomes.

However, the study discovered major weaknesses that limit whether these AI tools can be trusted in real hospitals:

- Most studies used small datasets, which increases the risk of errors.
- Only 8 out of 39 studies checked how well their AI performed on patients from a different hospital or population—an important step to ensure the model works broadly.
- Many tools lacked proper testing for bias, meaning they might work well in some groups (e.g., high-income countries) but poorly in others.
- Reproducibility was low—other researchers would struggle to recreate or verify many of the published models.

Why this matters

AI has the potential to help doctors and families by offering clearer predictions earlier in the recovery process. But because of the weaknesses found, the authors caution that most existing AI models are not ready for safe clinical use.

What needs to happen next

The researchers recommend:

- Larger, more diverse datasets
- Better reporting of how models were built and tested
- External validation before any clinical rollout
- Transparency to reduce bias and improve patient safety

AI shows real promise in helping predict outcomes after serious brain injury—but the field is still young. With stronger research standards, these tools could eventually support better decision-making for patients, families, and care teams.

*Citation: (Predicting outcomes after moderate and severe traumatic brain injury using artificial intelligence: a systematic review, *npj Digital Medicine*, 2025)*

Read the original paper: <https://www.nature.com/articles/s41746-025-01714-y>

Reduced Cost Counselling Program

Chuck Jung Associates

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 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



Chuck Jung Associates – Psychological and Counselling Services

Vancouver: (Main Office)

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

Surrey:

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Scottsdale Square Bus. Ctr
Tel: (604) 874-6754

Abbotsford:

The Mark (North Building
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Tel: (604) 874-6754

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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.

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, FVBA and Chuck Jung Associates are offering a FREE Virtual Caregiver Support group for caregivers in the Lower Mainland.

Find out more at 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

Registration is limited.

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



Chuck Jung Associates
Psychological and Counselling Services
www.chuckjung.com

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The Day The Colors Came Back

- Judy Craig

There was a time when my days felt like they belonged to someone else — as if tomorrow I would wake up from this dream and go back to my life like it was before my brain injury. I participated in the FVBIA painting class with John LeFlock. He'd set a sample painting at the front — an image with shades of green in the background and tall white birch trees in front. Everyone had their canvas ready, brush in hand, and I was right there with them, staring at that blank space in front of me.

The “safe” thing would've been to copy it exactly. But almost immediately, I felt this stubborn little spark — I wanted mine to be different. While the others painted soft green treetops, I saw a sunrise in my mind. I started blending warm pinks, oranges, and golds into the sky. My birch trees stayed, but the grass? I made it a burst of color, weaving between the trunks like it had a life of its own.

When I stepped back, I felt something I hadn't in a long time — pride, joy, and a sense of myself coming through. It wasn't just about the painting. It was about realizing I could make choices, trust my instincts, and create something that was beautiful in my life.

That first painting wasn't just art — it was me taking the wheel again, steering my emotions instead of being driven by them.

And from that day on, every brushstroke became a way to steady my heart — proof that I could shape beauty out of chaos, one brush stroke at a time.



FVBI A ACTIVITIES

Making Christmas Cards During Coffee Chat



Community Kitchen Fun



FVbia Activities

FVbia joins Hope community to be HGTV's Home Town Takeover Canada



“Hope’s community spirit was on full display as hundreds of people showed up to help the town be chosen for HGTV’s Home Town Takeover Canada. More than 300 residents, organizations, and businesses arrived at the stage at Memorial Park Sunday afternoon, Nov. 23, to help AdvantageHOPE make a video showing HGTV why “Hope is the greatest town in Canada.” Despite only having a few days to prepare, the community dressed up and arrived at the park with posters, balloons, and decorations.”

“Hope has made it to the final round of casting for the show. The video filmed on Sunday will be submitted to the channel’s casting team on Friday, Nov. 28, and will be used to determine if the town will be chosen or not.”

Read the full story at:

<https://bit.ly/4iBC03j>

(Hope Standard, November 28, 2025 “Hundreds show up to help Hope be chosen for ‘Home Town Takeover Canada’”



Reel Recovery - Films to Watch



EVERY 21 SECONDS

2018 | Drama

2 hrs

A happy, loving, successful man is brutally attacked in a case of mistaken identity that results in a severe TBI (Traumatic Brain Injury). As he attempts to recover against seemingly-overwhelming odds, he must find the strength to survive and become the husband and father he once was. Led by his amazing wife, his family and friends do their best to stay together and provide the support needed. During his recovery, he finds a common bond with the unlikeliest of people: a brash, somewhat-unhinged Marine Veteran.

Watch on:

[TUBI \(free\)](#)



NEW

**READ THE NEWSLETTER -
WIN A \$15 GIFT CARD***

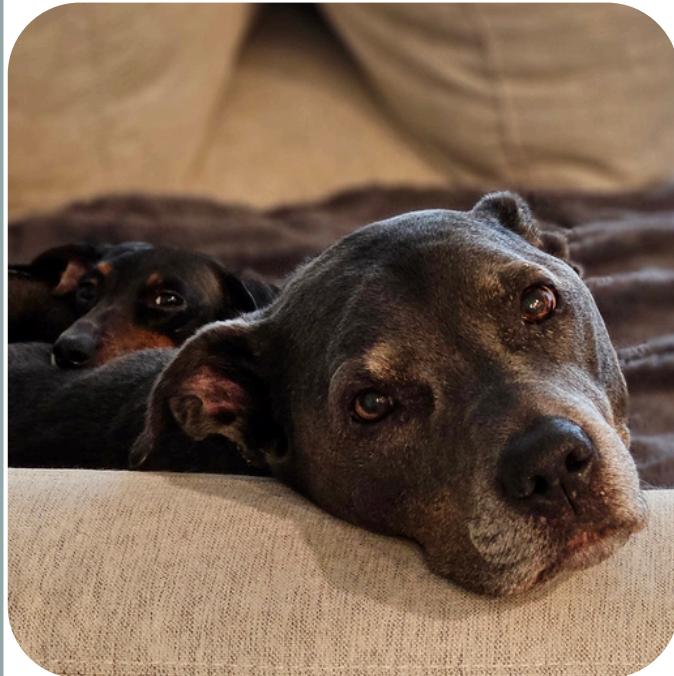
We will post a question in the emailed preview version, based on content from our PDF version of our newsletter.

To enter, find the answer in the PDF version of the newsletter and email your answer to info@fvbia.org with the subject line "Win a Gift Card."

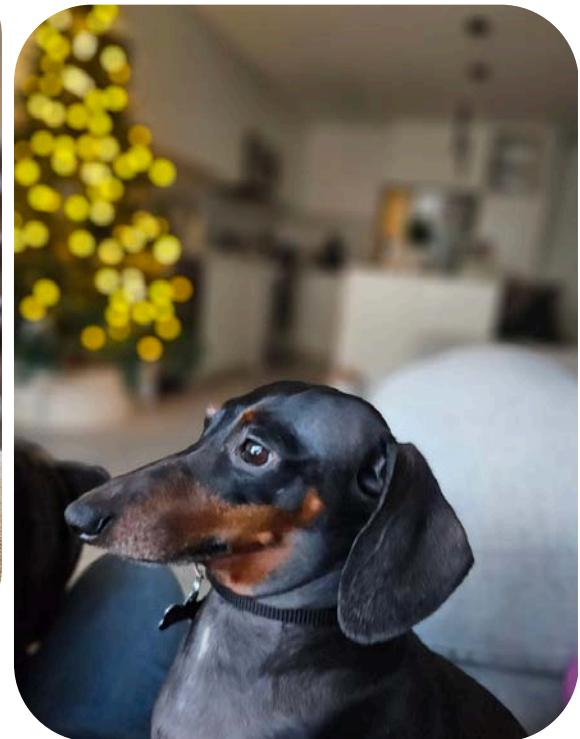
The first correct answer received will win a \$15 gift card*.

*Gift card retailer may vary. No cash value.
Contest closes once a correct answer is received.

Pets Corner!



Jack and Wrangler snuggling together on a chilly day



Jack by the Christmas tree, figuring out his Christmas wish list

Tickling our Funny Bones

What is a New Year's resolution?
Something that goes in one year and out the other.



Why did the man stand on one leg at midnight on New Year's?
He wanted to start the year on the right foot.

Knock, knock.
Who's there?
Scold.
Scold who?
Scold enough out here to go ice skating on New Year's.

What did one pig say to the other on Valentines Day?
“Don’t go bacon my heart.”

What's the perfect thing to say to a barista on Valentine's Day?
“Words cannot espresso what you mean to me.”

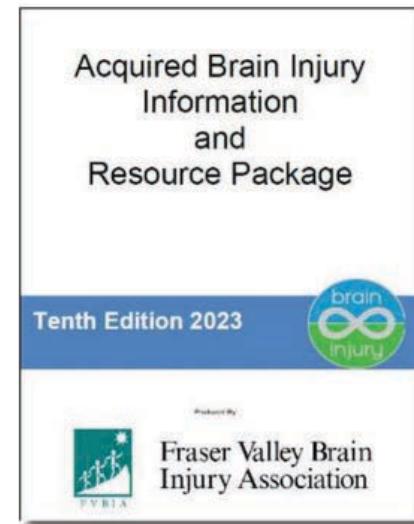
source: <https://www.rd.com/article/new-years-jokes/> <https://www.rd.com/article/valentines-day-jokes/>

ACQUIRED BRAIN INJURY INFO & RESOURCE PACKAGE

FVbia's **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.

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 or 604-557-1913 for details.



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

Rehabilitation After Brain Injury
brochures

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tri-fold brochure



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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!!**

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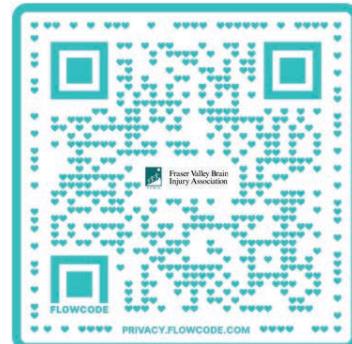
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FVbia's newsletter comes out every two months and is a great way to keep up with all the activities and services we provide.

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.

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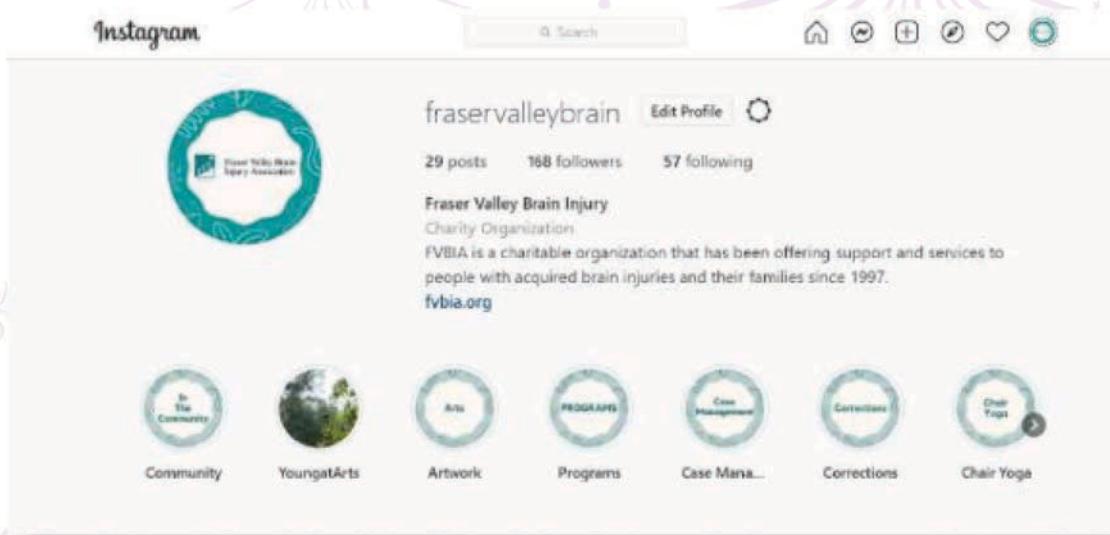


Instagram.com/fraservalleybrain/



youtube.com/channel/UCKbhePbXu5mazHxtJ9medkw

FVbia's Instagram



Check out FVbia's Instagram at www.instagram.com/fraservalleybrain/.

HOW YOU CAN SUPPORT FVIA'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/

Facebook and PayPal Fundraisers

Thank you so much to those who have done Facebook Birthday Fundraisers to support FVIA's programs. You have raised over \$5000 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

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

paypal.com/ca/fundraiser/charity/3434455

PayPal Giving Fund Canada helps people support their favourite charities online and raise 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

FVbia - John Simpson Memorial Student Award



John Simpson was the foremost leader in the development of services for people with acquired brain injury in the Province of British Columbia since 1982.

His compassion for individuals and families affected by acquired brain injury moved him to generously dedicate decades of voluntary service to improve the lives of thousands of Canadians affected by this invisible disease. He mentored countless professionals and supported the development and growth of at least a dozen agencies.

This fund offers student grants to graduating high school students in Abbotsford who have a brain injury, have been affected by brain injury in a close family member or intend to enter post-secondary education in a field that supports people recovering from brain injury.

Donate through Abbotsford Community Foundation

https://abbotsfordcf.fcsuite.com/erp/donate/create/fund?funit_id=1160

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/

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. CRA Number: 872023338RR0001

Thank you for your support!



Fraser Valley Brain Injury Association

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Tel: 604-557-1913 Fax: 604-850-2527 info@fvbia.org www.fvbia.org

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



Brain Injury Alliance

