



Photo by Carol Paetkau

Fraser Valley Brain Injury Association E-Newsletter

April May 2020

Due to social distancing requirements of COVID-19 and to protect staff and our clients, the office of the Fraser Valley Brain Injury is closed until further notice.

Although the main office is closed, phones and emails will be answered during regular office hours.

8:00 am – 2:30 pm Monday – Friday

Case Management is still available as are some new, innovative and physically distant group activities. If you have been assigned a Case Manager, please contact them directly.

We are still busy providing services although they look quite different than usual so please contact us at our new temporary number at **604-858-9027** for further inquiries, questions or concerns.

Everyone's health is uppermost in our minds and hopefully it will not be long before we can continue with business as usual. Please stay healthy and safe!

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The content of submissions or editorials does not necessarily reflect the views and opinions of the FVBIA. They may be edited for length. Ads in this newsletter are not an endorsement of services provided by the advertisers. This is an E-newsletter. If you prefer to have it mailed to you, please call 604-557-1913 or Toll-Free 1-866-557-1913 or email info@fvbia.org



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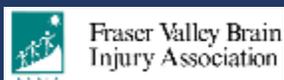
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Funding from Fraser Health Authority Acquired Brain Injury Brain Injury Alliance and the Province of BC

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. Feedback amongst readers was positive and more submissions were requested for future newsletters.

Editor's Note: Thank you to all of the writers for their contributions! Submissions may be edited for length.

COVID-19 and Face Masks

Masking the Problem by Peter Clay

In order to gain a better understanding of how face masks are used globally, Peter studied numbers and graphs for various countries on <https://www.worldometers.info/coronavirus/>.

He found it interesting that, in countries where people wear masks, like China and the Philippines, there are fewer new cases. Some countries wear masks to protect from dust when travelling in open transport.

Focusing on the Philippines and models used in China, Peter was inspired to submit the following piece to The Province and Peace Arch News:

"In my opinion, the official advice we are getting that we do not need to wear masks in public is dangerously wrong. Not only do masks protect the wearer - if they did not, health care workers would not insist on having them - but also, masks stop infected people from giving the disease to others.

There are many asymptomatic but infected people out in public spreading droplets as they go. That is why cases increase.

The Chinese and some other Asian countries are well aware that masks protect us all, yet Canada and western countries illogically discourage using them. That is one major reason for the differences in infection rates between East and West.

Find, buy or make a mask to wear, to protect you from others, and others from you. This is just common sense."



Photo by Carol Paetkau

Mother Earth Speaks

By Frances McGuckin



Poor Mother Earth groaned as she bore the weight
of racism, anger, killing and hate.
“This all must cease, its very sad,
There is too much poverty, fear and bad.
I need you all to unite as one,
And when you do, my work is done.

This enemy so small, you will not see,
No one immune to it’s ferocity,
And although the innocent too will die,
The nation together will unite and cry.
World leaders to be brought upon their knees,
None protected from this viral disease.

Your world will never ever be the same,
For you treated her with indifference and shame,
You all will learn to love all things that the
beauty of Mother Nature brings.

The world you know will cease for good,
The money gone and a shortage of food.

But through all this, the skies will clear,
And strangers will hold each other dear,
No time for wars, no time for hate,
No more to overpopulate.
And finally, you will all emerge
as butterflies who survived the scourge.

You’ll learn true love and what to hold dear,
And treat Mother Earth with more respect and fear.
You’ll give thanks for every breath that you
take,
And finally, physically hug the friends whom you
make.”
Said Mother Earth, “You were killing my land
and I’m sorry to say
that I had to teach you this lesson this way.”

Face Mask Project

by Judy Craig

When I saw the crisis in China I sat up and paid attention. I knew this was serious. I continued to watch the news for any new information. This was still the stage where they were trying to find out what caused it. One clip showed me how Japan was dealing with this crisis. The city was divided into districts. You could not enter or leave your district without going through a checkpoint. Your temperature was checked and by law you were required to wear a mask. This made perfect sense to me.

It was at this time that I decided to start making facemasks. Call it intuition or foresight I don't know, but I felt this was something I had to do. It proved to be very challenging. The first 5 or 6 were just one mistake after another. I used my seam ripper more than my sewing machine.



I have a lot of difficulty with comprehension. Even though I could watch them being made in front of me on you tube, I couldn't connect visually what they were saying verbally. Finally, after a week of trying I had success. I still make an error in every batch of masks inevitably ruining one or two. Over time I have created my own system. One night I just cut out 6 by 9-inch pieces, as many as I could get from what I was using. The next night I ironed everything then pinned the pieces to get ready for sewing. The day after was just ironing and sewing and this set up allowed me to make a large quantity. I was so worried no one would want them.

I contacted the Sterilization department. I spoke to a lovely Lady named, Neatu. She made the calls to the wards to find out who was in need of masks. We agreed that I would drop them off in the staff parking lot where she would take them and then bring them in and distribute them. This has worked well. So far, I have given 70 masks to them, 10 to my veterinarian office, a private citizen who works with seniors took 16 and I have given half a dozen to people that have asked for them. It amazes me that I have now created 100 masks.

My family and I know what it's like to require the help of the 1st responders and the front liners. Just a couple of years ago my son was fighting for his life with a serious auto immune disorder that caused his intestine to rupture in his chest. He spent 2 months in the hospital and one week in ICU, not expected to make it. The staff was so encouraging. Their strength gave us strength to carry on.

Two years ago, my daughter was in a serious bus accident. She is physically and mentally disabled and nonverbal. She was not able to communicate the pain that she was in. She got nothing but respect, care and compassion from the people that dealt with her that day.

Last year my husband had heart surgery. A month after that surgery he had a stroke. Two days later he had another stroke. I remember how informative the staff were in explaining what had happened and what needed to be done. I myself have had 17 concussions all of which have caused me to lose consciousness. The third last one resulted in a moderate traumatic brain injury. I have been unable to work since. Our family without a doubt, knows what it takes for these people to do what they have to do. It's a calling and a blessing to have them there. It just seems completely natural to me to take care of the people that are taking care of us.

There is so much each and every one of us can do. It's the little things that make a difference. Knock on a neighbor's door see if they are ok. If you're not a people person, make a blue thank you heart and put it in your window. I bake a lot and exchange it with a friend for fresh fruit and vegetables even for soup. Another lady and I exchange what we can spare and when this pandemic is all done, she is going to teach me to crochet. So, it's not about money it's about care and compassion for each other in a world that seems to be falling apart all around us. Be safe be well and be the person that stepped up and made a difference.



Fraser Valley Brain Injury Association is very proud to be able to help Judy with her Face Mask project in a small way through the Pay It Forward: Health and Wellness for ABI program. This program encourages volunteerism and giving to your community. Thank you for being a wonderful volunteer Judy!

Pay it Forward: Health and Wellness for ABI is funded through ICBC, the Brain Injury Alliance and the Province of BC.

Thank you to our Health Care workers, First Responders and all of those who are working so hard to keep supplies and food moving during the COVID-19 Pandemic. Please stay safe and well.

FVBIA COVID-19 Resource Manual

If you are struggling financially during the COVID-19 crisis, please click on the following link for FVBIA's [COVID-19 Resource Manual](#) for information about financial assistance and help with banking, car insurance, utilities, phone bills etc.

The Government of Canada also has financial programs to help individuals during COVID-19

<https://www.canada.ca/en/department-finance/economic-response-plan.html#individuals>

REDUCE THE SPREAD OF COVID-19. WASH YOUR HANDS.



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For more information about COVID-19, go to www.canada.ca/coronavirus

Free Things to do While Socially Isolating

Artistsnetwork (From Glenda Kandt)

For those who have a creative/artistic bent to practice while you're taking a break. Or if you've been afraid to try, thinking that you're not artistic, now's the time to try in the privacy of your own home. Here's a great online free course: <https://www.artistsnetwork.com/drawing-together-live-video-streams/>

Surrey Neuroplasticity Clinic is offering a variety of free online classes to keep your brain learning and your body moving while staying safe at home. <https://snpc.tech/online-classes/>

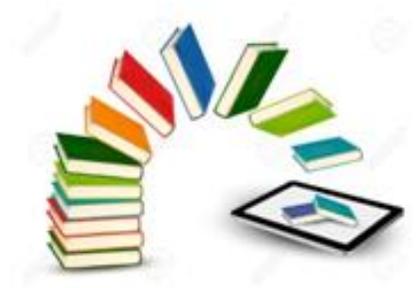
Fraser Valley Regional Library

A great free resource while you are distancing is your local library!

While the branches are closed, extensive digital content is available to anyone with a library card. Go to fvrl.bc.ca and go to the digital content tab, drop down menu includes eBooks/audiobooks, learning, kids, music/ video, news/magazines.

Under music/video is Acorn TV (British specialties) and Kanopy which has a diverse selection of movies, documentaries, and even courses! For those who don't have a library card, the FVRL e-card is up and running.

Go to FVRL.bc.ca and there is a link to the form on the banner on the home page. If anyone signs up through this link, let us know how it worked.



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Website address: www.chuckjung.com

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

Haiku Challenge

The first ever FVBIA Haiku Challenge proved a great success as both members and staff contributed!

“The most basic definition of haiku is a three-line poem where the 1st and 3rd lines are 5 syllables and the 2nd line is 7 syllables.” <https://writingcooperative.com/how-to-write-haiku-fa5fe7792661>

In addition to discovering hidden talents, we also learned that, like those potato chips...it's hard to write just one! Feel free to enjoy this Haiku binge without gaining a pound and try doing some yourself!

And the Potato Chip Awards go to...

Loves Those Potato Chips Award Winner

Haiku by Peter Clay

My brain was altered,
But I never gave up hope.
I made up my mind.

Memories; some fade
While others stay inside us,
Adding to our joy.

Waiting for new days
Watching sorrows disappear
Wondering what's next

Staring at water,
Watching koi swim calmly,
I find peace within.

Feel the sun's warm rays
Breathe in fresh air around you
Know you'll be alright

Butterflies flit by
Birds are building nests for Spring
Nature brings beauty

Chips De Pomme De Terre Award for Translation from French to English Winner

Haiku by Esther Tremblay

A cry in the night
Wonder should I be scared or not
Oh, it is the dog

The wind is blowing out
The umbrella is turning upside down
Oops I am just enjoying it

Proud and adventurous I try
Developing new way to communicate with you
Building bridge to meet you

Take a deep breath now
Enjoy the air in feeling your lungs
It is delight every day

Giving me so many sweets
It does make me nicer to everyone
Just a little gift back

Transparent and vulnerable I find
Joy in stretching my mind and heart
Hope you can reach out

Solo Potato Chip Award for Being Able to Just Write One Winner

***Forced to stay at home
Is it worse than getting out?
Not for my comfort***

Haiku by SE Estabrooks

Creative Potato Chip Award for Most Syllable Combos Winner

Haiku by Alex Zarycka

Falling

Pretty cherry blossoms
are falling just like the snow
Petals are pink

Life is Good

The sun shines
The flowers are blooming
Life is good

Moonlight

They danced barefoot
Under the pale moonlight
So in love

Longing

She looks outside
While the cars drive by
She misses peace

Petals

Petals so pink
Are falling like snow
Spring is here

A Spring Day

The sun shines bright
Grass is getting greener
And birds sing



Photo by Carol Paetkau

Mother's Day May 10, 2020

See if you can write your mother some simple Haikus for Mother's Day!



"A mother's love for her child is like nothing else in the world. It knows no law, no pity, it dates all things and crushes down remorselessly all that stands in its path."

- Agatha Christie

<https://parade.com/1024151/kelseypelzer/mexican-mothers-day/>

Zoom Meeting Security Concerns

Due to social distancing, many organizations, families and groups of friends are holding meetings by Zoom or other programs such as FaceTime, Facebook Messenger, WebEx, etc. There are no guarantees for personal privacy when you are using any of the video conferencing programs so be aware when setting up or joining any video conferencing meeting not to share private information such as passwords or banking information or to sync your contacts on them. Make sure to use a unique password, not one that you use for any of your other programs or emails. Paid versions of video conferencing programs tend to have more security with them than free ones so it may be worth the monthly subscription cost if you host meetings often.

There are concerns about the security of Zoom so here is an excerpt from an articles with tips to help to improve your zoom chats if you are the host of a zoom meeting. Joining a zoom meeting doesn't seem to be as much of a risk and is pretty simple so have fun!

Zoom security: Your meetings will be safe and secure if you do these 10 things (adapted)

<https://www.zdnet.com/article/make-sure-your-zoom-meetings-are-safe-by-doing-these-10-things/>

- 1. Password protect your meetings** The simplest way to prevent unwanted attendees and hijacking is to set a password for your meeting.
- 2. Authenticate users** When creating a new event, you should choose to only allow signed-in users to participate.
- 3. Don't allow 'Join Before Host'** Do not allow others to join a meeting before you, as the host, have arrived. You can enforce this setting for a group under "Account Settings."
- 4. Lockdown your meeting:** Once a session has begun, head over to the "Manage Participants" tab, click "More," and choose to "lock" your meeting as soon as every expected participant has arrived.
- 5. Turn off participant screen sharing:** This option can be accessed from the new "Security" tab in active sessions.
- 6. Use a randomly-generated ID:** You should not use your personal meeting ID if possible, as this could pave the way for pranksters or attackers that know it to disrupt online sessions. Instead, choose a randomly generated ID for meetings when creating a new event. In addition, you should not share your personal ID publicly.
- 7. Use Waiting Room feature:** The Waiting Room feature is a way to screen participants before they are allowed to enter a meeting.
- 8. Avoid file sharing:** Be careful with the file-sharing feature of meetings, especially if users that you don't recognize are sending content across, as it may be malicious. Instead, share material using a trusted service such as Box or Google Drive.
- 9. Remove nuisance attendees:** If you find that someone is disrupting a meeting, you can kick them out under the "Participants" tab. Hover over the name, click "More," and remove them.
- 10. Check for updates:** As security issues crop up and patches are deployed or functions are disabled, you should make sure you have the latest build. In order to check, open the desktop application, click on your profile in the top-right, and select 'Check for updates'."



To All FVBIA Artists

By Mary McKee

I've been working with artist, John LeFlock, to see how we might have an art program using the Zoom App.

In order to do this, I have a few questions:

- Do you have the ability to add the Zoom App to your current computer system, I-pad, I-phone etc.?
- Are you interested in joining a Zoom ArtWorks program?
- What art materials do you have on hand?

John has purchased a webcam, overcome technical challenges and he has come up with some interesting ideas for a "Zoom Art Class or two".

Please let me know whether or not you would like to join the Group. The 'Zoom' program is open to Langley, Abbotsford, Mission, Chilliwack, and Hope participants.

Volunteers for an initial trial run would be welcomed.

Contact Mary at: confusion12@telus.net

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



Alexandra (“Alex”) Zarycka Reviews an Online Creative Writing Course

Funding provided by [The Dr. Gur Singh Memorial Education Grants for Individuals](#).

For those who love to write but struggle with ideas and how to improve skills, online courses can be just the ticket. But, how do you decide what online courses to take? Alex graciously agreed to trial a course through [Udemy](#), an online platform providing numerous low-cost learning opportunities.

The course chosen was “Creative Writing: Writing Tips by Morgen Bailey.”

<https://www.smashwords.com/profile/view/morgenbailey>.

Alex provided the following review of the course:

“I like to write. It’s a hobby I’ve enjoyed since before high school. I had forgotten my love of writing, however, until being introduced to this course. Udemy offers writing courses online meant to sharpen your skills and help you improve on your ability to write. Since taking it, a couple of things have happened.

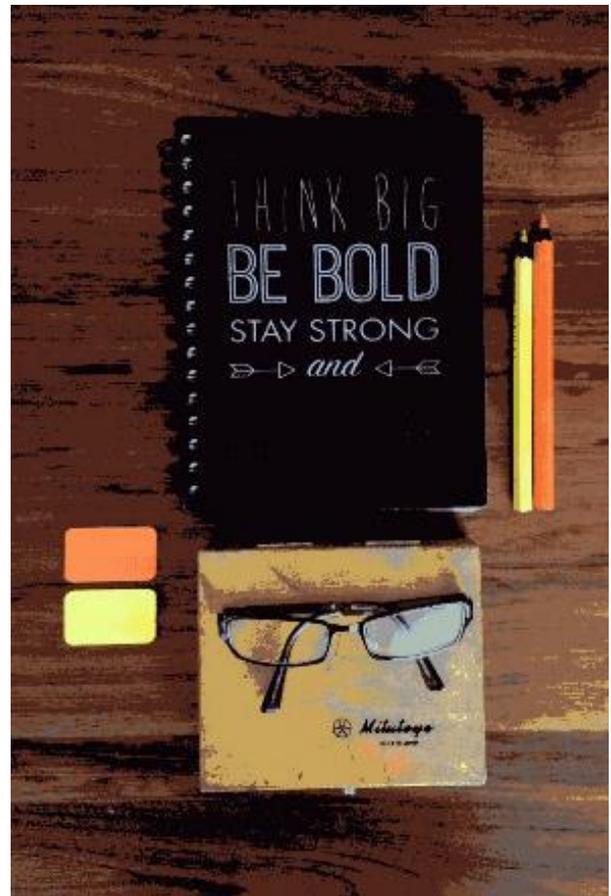
First, I have become more aware of what I am writing. I think more about what I am going to say and how I will say it. Second, I’ve rediscovered that I am somewhat of a good writer. People told me before, but now I see it myself. I can write. It showed me that you can do anything you want. You can do whatever you set your mind to. You just have to take the step and do it.

Unfortunately for me, that’s the hard part. I don’t tend to take that step. But this time I did take the step as I was offered this course funded through FVBIA and the Dr. Gur Singh Grant. I am happy I did so. Now, about the course, as I’ve talked enough about myself.

It is a creative writing course, teaching you first what creative writing is then the basics of creative writing. Throughout the course we are taught the do’s and don’ts of creative writing and are given many different exercises. These exercises include writing short stories based on each lesson. For example, if the instructor was talking about clichés, she’d then give us several exercises to do that involve clichés.

There are suggestions, such as writing about twins who get confused for each other, and so on. I love this part of the course. This is what helps us practice our writing skills and it is what helped me see that I can write. I’ve written many short stories since taking this course! I haven’t finished the course yet, I’m embarrassed to say, but I am enjoying what I’m learning and doing.

I think this course is a great and fantastic way to teach anyone how to do creative writing of all sorts. This can work for those who have traumatic brain injury, such as myself, because you don’t just listen to the instructor.



You are also supposed to be doing something; the exercises to be precise. Everyone has their own way of learning, but I think this course is very good as it helps you to both listen and write. Not only will this help to learn about creative writing, it will sharpen and enhance your writing skills and cause you to improve and grow!

I suggest that once you finish the course, keep practicing. When it comes to writing, if you don't continue to practice, skills will quickly be forgotten. I used to just complain about how I missed writing and wanted to improve. Well, I just needed to pick up a pen, find a notebook, and practice." - Alex

Research Study for Caregiving Spouse or Partner of a TBI Survivor

You are being invited to participate in a brief research study being conducted by a clinical psychology doctoral student (PsyD) from Loyola University Maryland. We are looking to better understand the unique experience of burden that many spousal caregivers face following TBI, so that caregivers at greatest risk can be more quickly and easily identified, and may begin to receive appropriate referrals and much-needed support.

*NOTE: You do not need to currently live with your partner to participate in this survey!

To access this study, please follow this link to the online survey. You will be asked to review additional information about the study before you begin.

**NOTE: This survey is NOT compatible with mobile devices (smart phones, iPads) at this time!

SURVEY LINK: https://loyola.co1.qualtrics.com/jfe/form/SV_2sJHniCXeWk3WAZ

Any questions pertaining to this research study may be addressed to the Principal Investigator, Paige Victorine, M.S., Clinical Psychology Doctoral Candidate, Psy.D. (pvictorine@loyola.edu) Loyola University Maryland, 4501 North Charles Street, Baltimore, MD or her research advisor, Dr. Christopher Higginson (chigginson@loyola.edu).

Are you a caregiver looking for more support?

Let us know what you need.

Are you interested in being part of a Caregiver's Coffee and Chat or would you like short information sessions on Self Care, Brain Injury Basics, Caregiver Burnout, Communication?

Please contact FVBIA at 604-557-1913 or info@fvbia.org to share your thoughts or to find out more about our Family Focus Groups.

STUDY PARTICIPANTS NEEDED!

Enter to win \$50 Amazon gift card as thank-you!

TBI Spousal Caregiver Survey

TO QUALIFY, YOU MUST BE:

- In a committed relationship (married or partnered) for at least 2 years pre-TBI
- TBI classified as MODERATE or SEVERE
- 21+ years old
- TBI occurred >1 year and <10 years ago
- Currently in relationship with TBI survivor**

**Do not have to live in same household

Please contact the study's Principal Investigator, Paige Victorine, M.S. at pvictorine@loyola.edu with questions and for a secure link to the online survey

*Online survey will take approximately 20-30 minutes to complete

2020

By HC Anderson

A smooth, cool, mechanical click as the new lens slides into place. Click. Which is better?

Click.

1?

Click.

Or 2?

Before the new lens, my unaided eyes, tired from years of straining to reach imperfect standards amidst far from perfect conditions, saw only the blurriness of failure and shame, obscuring the beauty that lay beneath.

Slowly, with each click of a new lens sliding on top, a new experience emerges.

And here's 2 again.

Click.

And now 3.

Click.

Which is better?

I pondered the image I'd received with lens 2. Some things shifted into focus, faintly though, just barely perceptible in the background. My strength and beauty smudged over with my fear.

Again please.

Here's 2.

Click.

And 3

Click.

I pause with lens 3, breathing in deeply to gather my strength.

Lens 3 brought the clarity of loss. Ambiguous, but loss nonetheless. Deep, intense pain that punctured the picture into a distorted chaos. But I see it clearly for the first time. I want to see it again. And again.

It is real.

I need more. We are not there yet.

Which is better now?

Here's 3.

Click.

And now 4.

Click.

I stare into the view of lens 4. I strain on this one. Lifelong lessons of wrongness are overlaid like gauze on the background of loss, stealing it's rightful presence.

I skip over this one, promising to look again later.

May I try something different please.

Lens 5 clicks quietly into place with a slight hush.

Again, a deep breath. Anticipating, but hopeful of clarity.

Oh! An involuntary, sharp intake of my breath. A soft but clear focus. A place to rest my eyes. I'm okay.

It's not my fault. I'm not a problem. I see with eyes of kindness, compassion, and hope. At last.

Satisfied, the prescription is written, the giant eyes of the phoropter swing out of the way, and I slide off the hard backed black exam chair.

Thank you, Doctor.

Meet FVBIA Member Cindy LaGrier!

Cindy's life changed dramatically in 2017 when she experienced a burst aneurysm that resulted in a serious brain bleed that caused a coma, a mini-stroke and required two brain surgeries. Three years later, Cindy remains in a wheelchair with a paralyzed left arm, left sided weakness and is legally blind. She and her husband raise their active young daughter and continue to figure out this new life.

Prior to injury, Cindy was an avid photographer but can no longer manage a camera.

Despite her obstacles, Cindy has gone on to create a blog called Walking Home Melania (<https://walkinghomemelania123blog.wordpress.com>) and hone her artistic skills.

She attended an FVBIA painting class in Langley and was bitten by the art bug. One would not think that a one-armed, legally blind person in a wheelchair might consider art as an outlet for her creativity...but have a look at what can happen!

Original Art by Cindy LaGrier



Coping during COVID-19

This is a difficult time. People are worried about many things during COVID-19. We are social beings and it is harder than ever to stay connected to our loved ones and friends. Many counselors are currently offering remote counselling either through video or phone. If you need support for dealing with the stress of social isolation, please reach out to FVBIA or contact some of the programs below.

BounceBack™

BounceBack™ provides free access to online, video and phone-based coaching and skills-building program. Seniors, adults and youth who are experiencing low mood, mild to moderate depression, anxiety, stress, or worry, can receive care.

- Register for programs and connect with a coach at [BounceBack™](#)
- Learn more at [Canadian Mental Health Association – B.C. Division: COVID-19](#)

Virtual Counselling Services

Virtual community counselling for individuals or groups at low or no cost.

- Learn more at [Canadian Mental Health Association – B.C. Division: COVID-19](#)

Mental Health Check-in (Canadian Mental Health Association)

This free, anonymous self-assessment tool helps you understand how you are feeling and reflect on your mental, physical and social well-being. It helps cut through the wealth of information available online to find the resources most useful to you.

- Try the [Mental Health Check-in](#) now

COVID-19 Psychological Support Service

Free psychological first aid is available to all B.C. residents (19+) who are experiencing stress, anxiety, or uncertainty due to the COVID-19 pandemic over the phone.

- Fill out a form online through the [BC Psychological Association](#) to access this service
- Call [1-604-827-0847](tel:1-604-827-0847)



bc211 we can help
In partnership with
the United Way

[Homepage - 211 British Columbia](#)

Find services in your area. Find organizations.
<http://redbookonline.bc211.ca/>

For more resources:

<https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/virtual-supports-covid-19>

We are Physically Distant but FVBIA Programs Are Still Running!

In the Now group in Chilliwack is meeting by Zoom on Thursday mornings. Contact Esther Tremblay at 604-792-6266 or esther@communitascare.com



Abbotsford Brain Injury Drop in is meeting by Zoom Friday mornings at 11:00. Contact Sheral Jones at 604.897-2593 or sheral@communitascare.com

We will be offering modified art and health and wellness programs through Zoom. Contact FVBIA at info@fvbia.org or call our temporary number at **604-858-9027 to find out more.**

Hope Leisure program is still open with intense cleaning and social distancing. Contact Heather at 604-869-7454.

Case Management services are available. If you have a case manager already, please contact them directly. If you are inquiring about this program, please contact FVBIA at info@fvbia.org or call our temporary number at **604-858-9027.**

Support groups are running on Zoom. Contact FVBIA at info@fvbia.org or call our temporary number at **604-858-9027 for contact information for your community.**

FVBIA has joined the Kindness Rocks Project. Contact Jill at jillkoppang@shaw.ca

Pay It Forward's walking group at Mill Lake is still going, See below!

"Pay it Forward": Healthy Lifestyles for ABI Activities

Mill Lake Walking Group

Join us for a relaxing walk around Mill Lake, Abbotsford, BC!

Mondays

Two Meeting Places:

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

Fridays (for a limited time)

Two Meeting Places:

10:30 A.M. at the Bourquin Entrance Benches
10:45 A.M. at the Mill Lake Road Dock

BE READY FOR PHYSICAL DISTANCING!

For more information, Call Joy at 604-897-1563.

FVBIA joins “The Kindness Rocks Project”!

If you have been walking around local parks (social distancing of course), you may have noticed random painted rocks along the trails with messages of encouragement. The photo on the front cover of our newsletter was taken during a walk along Abbotsford’s Discovery Trail. FVBIA has joined “The Kindness Rocks Project” so you can participate in this fun activity with us!

“The purpose is simple; to cultivate connections within communities and lift others up through simple acts of kindness.”

Especially Fun for People Who “Can’t Draw/Paint” And Believe They Have “No Artistic Ability.”

The Challenge

Create some painted rocks that can be shared within your local community

Benefits:

- Cheap, easy, fun, shareable
- Focuses on positive feelings such as kindness, gratitude, joy
- Who doesn’t love a hand painted rock made specially for them?
- Can be done with felt markers or paint
- Individuals work at home but are part of a larger group that comes together thru emails to share their work and experiences
- Once physical isolation ends, a “You Rock Party” will be scheduled to celebrate our post-COVID lives

Sign Up with Jill at jkoppang@shaw.ca

The Kindness Rocks Project

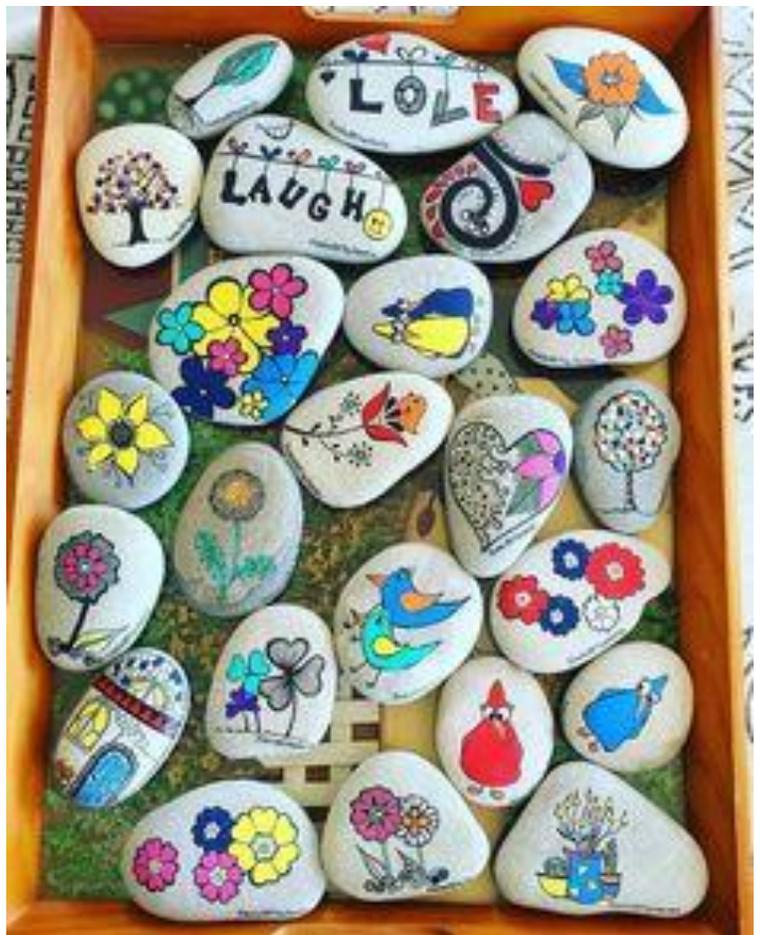
<https://www.thekindnessrocksproject.com/faq>

Rock Painting with Markers

<https://club.chicacircle.com/painting-rocks-markers/>

Dot Painting for Beginners

https://youtu.be/Pejqo_iQhCk



June is Brain Injury Awareness Month

FVBIA and Communitas Supportive Care Services usually team up in June to raise awareness of brain injury at our annual Brain Injury Awareness Walkathon at Mill Lake park in Abbotsford.

Due to social distancing measures to reduce the spread of COVID-19, the annual walkathon has been cancelled. However, there are lots of other ways to spread awareness that you can do from your home or while out on a walk.

- Join The Kindness Rocks project and paint some rocks that share messages of hope. You can use #braininjury or #FVBIA on them to help get people interested in looking for them on social media
- Brain Injury Canada and the Saskatchewan Brain Injury Association will be putting out social media messages in June that you can share on Facebook or Twitter. Make to follow them!
- Order some of FVBIA's Brain Injury Awareness pins and share them with your friends and family
- Contact your local Mayor, City Councillors, MLA's and MP's by phone, letter or email to let them know that June is brain injury awareness month. Be sure to let them know how important it is to have support from local brain injury groups like Fraser Valley Brain Injury Association.
- If you have children at home and sidewalk chalk, have them do messages about protecting your brain so the neighborhood can enjoy them while they are out on their walks.

**SPRING
2020**



IMPACT



IN THIS ISSUE

Update on our national conference

Mental health resources during COVID-19

Meet Cindy McNaughton

Take part in our weekly challenges

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Brain Injury Canada

www.braininjurycanada.ca

Contact Us
info@braininjurycanada.ca

Think about this

Think about this - you have the ability to survive anything.

That is why, despite all the storms made of pain and loss despite all the chaos that you have had to endure you are still here and you are still going strong.

Never forget how far you've come everything you have gotten through. All the times you have pushed on even when you felt you couldn't. All the mornings you got out of bed no matter how hard it was. All the times you wanted to give up but you got through another day.

Never forget how strong you are. Rupi Kaur
Christy C., Yoga Instructor



Contact FVBIA at info@fvbia.org or 604-858-9027 for more information about our Zoom video chair yoga classes!



community therapists



Need flexibility?

**Community Therapists is HIRING OTs
in the FRASER VALLEY**

Why Us ?

- Flexibility and Great Pay - earn \$56 - \$67/hour
- Excellent Mentorship
- Admin Support
- Virtual Office to Work from Home
- Case Diversity
- Join 50 OTs in a dynamic interdisciplinary practice

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

www.communitytherapists.com

careers@communitytherapists.com • Career Contact: 604.566.8452

Building skills. Empowering people.

Est. 1989

Original Photography of the Super Moon

by Peter Clay

April 7, 2020 marked the rise of a Super Pink Full Moon.

A super moon is a full moon that occurs when the moon is at its closest distance (perigee) to the earth, i.e., 356,907 km. This will be the biggest and brightest full moon of 2020.

<https://www.todocanada.ca/dont-miss-this-years-super-pink-full-moon-the-brightest-full-moon-of-2020/>

Peter shares how he got these amazing shots.

“The first was of the moon, which was particularly bright that night in the sky in the east. Then I turned to the west and saw a very bright star there, so as an experiment, I took photos of that too.

(White is Venus and gold is moon)

I was astounded at the result. I would never have believed it was possible to do that, as stars are just tiny bright specks, but here is the actual photograph.

I looked it up later online and found this is the planet Venus, which is 500 million miles, or 4 light years away. That means the light reaching us now left Venus four years ago.

This amazing night-time spectacle left me in awe of the magnitude of the heavens, and somehow changed my perspective on our existence on Earth.

It is hard to describe, but after another day here, look up. You might see things differently.

(Technical note. Nikon B700 at 60x optical zoom, on a tripod and 10 second timer to eliminate vibration, one second exposure).



Concussion Resources

Concussion Awareness Training Tool (CATT) Parent or Caregiver Course



The Concussion Awareness Training Tool (CATT) is a program designed to provide parents or caregivers with the information they need to take an evidence-based approach in responding to and managing concussion.

At the end of the course, you will be prompted to enter your information to receive a certificate of completion.

If you belong to an organization that has mandated the CATT training, a copy of your certificate will also be sent directly to the organization.

Estimated time to complete: 30 minutes

<https://cattonline.com/parent-caregiver-course>

FVBIA Concussion Program

This is a short education and support program about concussion for:

- Those who are not eligible for Fraser Health's Concussion Clinic or
- Whose concussion was more than 6 months prior or
- are under 18/over 65

Participants in the Concussion Program are not eligible to attend other FVBIA programs without meeting proof of brain injury criteria.

Contact FVBIA at 604-557-1913 or info@fvbia.org for more information and criteria details.



For other concussion resources in your community, contact your local Health Authority, physiotherapist, or rehabilitation clinics

Chicken Soup for The Soul - Recovering from Traumatic Brain Injuries: 101 Stories of Hope, Healing, and Hard Work

by Amy Newmark and Dr. Carolyn Roy Bernstein Foreword by Lee Woodruff

Lash & Associates is proud to announce that we've added this book to our lineup.

In the U.S., a TBI occurs every 18.5 seconds.

TBIs occur due to accidents, sports, and also are common in soldiers returning from active duty.

Chances are you (or someone you know) has been touched in some way by this experience. This book is perfect for any (or all) of these people!

Whether you're recovering from a traumatic brain injury or supporting someone with a TBI, this collection of 101 inspiring and encouraging stories by others like you will uplift and encourage you on your healing journey.

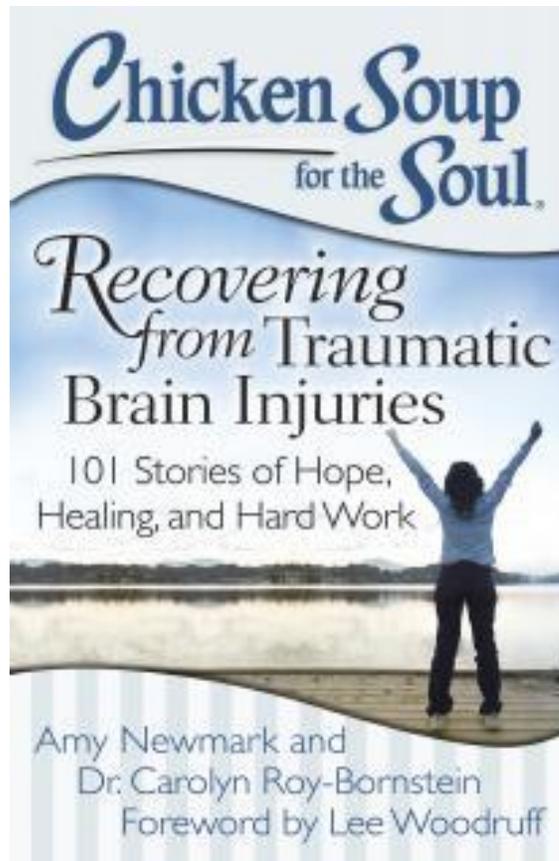
Makes a great gift of encouragement for a TBI survivor, their family, caregiver, friends, etc.

Item: CSSTBI Price: \$17.00

[CLICK HERE TO ORDER!](#)

Check out our entire store at www.lapublishing.com

You can search products by title or keyword. Make a change for the better with our wonderful product line!



Funny Happy Fathers Day Quotes

Fathers Day - June 21, 2020

These funny happy father's day quotes and sayings capture the father-child relationship with light-heartedness and humor.

"When I was a boy of fourteen, my father was so ignorant I could hardly stand to have the old man around. But when I got to be twenty-one, I was astonished at how much the old man had learned in seven years."

~ *Mark Twain*

"Dad taught me everything I know. Unfortunately, he didn't teach me everything he knows."

~ *Al Unser*

"The older I get, the smarter my father seems to get."

~ *Tim Russert*

"Dad, you're someone to look up to no matter how tall I've grown."

~ *Anon*

"A man knows when he is growing old because he begins to look like his father."

~ *Gabriel Garcia Marquez*

"Dads are like chocolate chip cookies; they may have chips or be totally nutty, but they are sweet and make the world a better place."

~ *Hillary Lytle*

"If at first you don't succeed, call Dad."

~ *Anon*

"Who needs a super-hero when I have you as my Dad?"

~ *Anon*

"Some people don't believe in heroes but they haven't met my dad!"

~ *Anon*

"Daddy, you are as smart as Ironman,
as strong as the Hulk,
as fast as Superman,
as brave as Batman.

You are my favorite super-hero."

~ *Anon*



<https://www.homemade-gifts-made-easy.com/fathers-day-quotes.html>

Fraser Valley Brain Injury Association Brain Injury Golf Classic

Thursday September 24, 2020 Redwoods Golf Course, Langley, BC



To sponsor or register for the event <https://fvbraininjurygolfclassic2020.eventbrite.ca>
or contact us at info@fvbia.org

Simpson Family Award

The Simpson Family Award was created by John and Morna Simpson to honour families and family members who have a loved one with an acquired brain injury that have made an outstanding contribution to the acquired brain injury community. John Simpson is a founder of the BC Brain Injury Association and the Fraser Valley Brain Injury Association and has been a strong advocate and community developer for acquired brain injury since 1982.



Non-profit organizations, community groups, businesses or individual may nominate a family that has made outstanding contributions to the acquired brain injury community. The recipient will be a family (Two or more persons who are bound together over time, living in the same community) or family member who has demonstrated outstanding and consistent caring for the acquired brain injury community.

Contact us for Nomination Forms. Nominations can be emailed or sent to Fraser Valley Brain Injury Association

201 – 2890 Garden Street, Abbotsford, BC, V2T 4W7
Phone: 604-557-1913 Fax: 604-850-2527
info@fvbia.org www.fvbia.org

Brain Injury Awareness Pins for Sale!

Fraser Valley Brain Injury Association's board of directors has created a brain injury awareness pin.

There is no official colour of brain injury in Canada so this striking brain injury awareness lapel pin is a combination of the well-recognized colours in the US.

Blue is the colour of acquired brain injury and green is the colour of traumatic brain injury in the US, so the two have been combined in this small metal pin with a secure backing.

The pin comes secured to a card with a description of brain injury, the significance of the infinity symbol, and FVBIA's contact information.

These pins are available for sale for \$5.00 each with all proceeds go towards programs and services provided by Fraser Valley Brain Injury Association. If other associations are interested in purchasing pins to sell with their own contact information on their cards, please contact us at info@fvbia.org or 604-557-1913.

Thank you to the FVBIA Board of Directors and the Pin Committee, led by Reverend. Dave Price, for the development of the pin.

Thank you to Mountain Image for their generous support of this awareness campaign.



<http://www.mountainimage.ca>



Acquired Brain Injury can be life-changing and permanent.

The infinity symbol on the pin signifies that with the right kind of help, the future for people with acquired brain injuries holds infinite possibilities.

You can be part of that future by donating \$5.00 to support services provided by your local brain injury association.

Please wear your pin proudly and help us spread awareness of acquired brain injury.

Contact Fraser Valley Brain Injury Association at 604-557-1913 or info@fvbia.org to order yours now or for more information.



Funding for Education and Job Training Available

Funding for Food Safe and First Aid Courses is provided by the generous support of the Brain Injury Alliance, a province wide organization in British Columbia composed of individuals and organizations working together to improve the quality of life for persons living with a brain injury, their families, and their communities.

The Brain Injury Alliance has only two functions; the acquisition of funding to support community non-profit brain injury associations and groups, and to provide Government with an unbiased peer driven mechanism for fair and accountable funding disbursement.

“Providing basic Food Safe and First Aid training has enabled persons with acquired brain injuries to volunteer for drop-in programs and fundraising activities, and has also given them valuable skills beneficial for entry into the workforce. We thank the Government of BC and the Brain Injury Alliance, for making all this possible.” - Fraser Valley Brain Injury Association

FVBIA members interested in accessing funding for specific educational or employment related training may be eligible for a grant up to \$2000 through [The Dr. Gur Singh Memorial Education Grants for Individuals.](#)

Contact an FVBIA case manager for details or if you are interested in taking Food Safe or First Aid training.

Facebook and PayPal Fundraisers

Thank you so much to those who have done Facebook Birthday Fundraisers to support Fraser Valley Brain Injury Association's programs.

You have raised **over \$1200** since December 2018.

Fraser Valley Brain Injury Association is registered with the PayPal Giving fund, which partners with Facebook to make charitable donations simple with no deductions or fees.

You can donate here and you will get a tax receipt!

<https://www.paypal.com/ca/fundraiser/hub>

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

[paypal.com/ca/fundraiser/charity/3434455](https://www.paypal.com/ca/fundraiser/charity/3434455)

PayPal Giving Fund Canada helps people support their favourite charities online and raises funds to benefit charities through PayPal and other technology platforms. Click on the Quick Easy Impactful logo below to check out a short video on how the PayPal Giving Fund works.



QUICK EASY IMPACTFUL

Fraser Valley Brain Injury Association is part of CanadaHelps

This online fundraiser connects us to donors nationwide and helped raise funds for much needed programs!

Thank you so much to all of our generous donors. Your contributions help us continue to serve the needs of our brain injury community.

“CanadaHelps champions all 86,000 charities across Canada, no matter how big or small. Every registered Canadian charity has a profile on CanadaHelps.org, connecting donors directly to the charity so donors can easily find and donate to them.

More importantly, we offer an array of powerful online fundraising solutions that are easy to use and proven to maximize donations.”

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

<https://www.canadahelps.org/en/charities/fraser-valley-brain-injury-association/>

<https://www.canadahelps.org>



**GIVING
TUESDAY**



NOW

May 5th, 2020

**Celebrating the
Strength of Community
and Doing Good Together.**

Resource Package Advertising Opportunities

This is the last chance to get your company ad into the upcoming 9th edition of Fraser Valley Brain Injury Association's Acquired Brain Injury Information and Resource Package expected to be out in May 2020! Release of this extensive resource was delayed due to the COVID-19 pandemic but now includes a section on COVID-19 related information.

Fraser Valley Brain Injury Association reaches over 550 people by email, over 500 followers on Facebook and more than 1700 on Twitter. This is a great resource for people with any disability and a good opportunity to raise awareness of your organization. Each edition is widely distributed over a two-year period and is updated regularly.

Advertising Rates:

- Full page ad \$1500
- Half page ad \$750
- ¼ page ad \$325
- Business Card size ad \$150

Contact info@fvbia.org or 604-557-1913 for more information.

Acquired Brain Injury Information and Resource Package

Ninth Edition March 2020



Produced by:



Fraser Valley Brain
Injury Association

Exceptional Home Care for Disabled Adults and Seniors

Nursing care and therapy
Companionship
Personal care and hygiene
Housekeeping, meal prep
Transportation
Shopping and errands
Continence care products
Post-operative care
From 2 hours to 24/7



Professional Caregivers

- ✓ Insured and bonded
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Call us for a free,
no commitment assessment

604.330.9909

www.rightathomecanada.com/fraser-valley

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

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

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

Fraser Valley Brain Injury Association Endowment Fund

Endowment funds offer permanent financial support because of the income generated through careful investment management. The FVBIA endowment fund will benefit people with acquired brain injuries of today and tomorrow in perpetuity.

Your contribution will leave a lasting legacy forever linked with Fraser Valley Brain Injury Association. Please contact either the Abbotsford Community Foundation at 604-850-3755 Email: info@abbotsfordcf.org or FVBIA at 604-557-1913 Email: info@fvbia.org if you are interested in finding out more about the Legacy Stories project and the Fraser Valley Brain Injury Association's Endowment Fund.

If you are interested in donating without contributing a story, tax-deductible contributions can be made to FVBIA's endowment fund through the [Abbotsford Community Foundation](#).



GIVING BACK

The Abbotsford Legacy Stories program offers participants an opportunity to leave both a financial legacy and a historical legacy to their community. A donor makes a promise to leave a bequest to a fund held by the Abbotsford Community Foundation and their family story is inscribed in the Abbotsford Legacy Stories book on display at The Reach Gallery Museum Abbotsford and on the Foundation's website.

There is no cost to participate. We provide a writer who will interview you. The stories are placed into a special leather-bound book. When you sign your story you are agreeing that you will leave a bequest for a fund held by the Abbotsford Community Foundation. Signers receive a copy of their story.

EVERYONE HAS A STORY

Whether your family moved here five years ago or 100 years ago makes no difference. You have a story about how you or your family got here and why. Your story tells us what's important to you and to your family. It tells us what they value and how their lives reflect their values. Maybe your dad coached hockey or your mom was the president of your school's Parent Advisory Committee. Maybe the family ran a business or a farm. Maybe your family came here from another country or another province. At some point a decision was made to live here in Abbotsford and this is your home.



YOUR CHOICE

Donors may leave a bequest to support an existing donor designated or student award fund including endowments established by local charities or for ACF's Smart and Caring Community Fund supporting local charitable projects or programs. If you prefer you can establish a named fund for a specific charity, new scholarship or area of interest. To participate complete the form on the back and mail it in the self-addressed envelope provided.



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

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

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

Abbotsford Legacy Stories Program

You can leave both a financial and historical legacy to the community of Abbotsford by participating in the Abbotsford Legacy Stories Program.

<http://www.abbotsfordcf.org/wp-content/uploads/2016/01/Abbotsford-Legacy-Stories-Brochure.pdf>

By participating, you agree to leave a bequest to a fund (Fraser Valley Brain Injury Association) held by the Abbotsford Community Foundation and your story or the story of a member of your family you wish to honour will be written and added to the Abbotsford Legacy Book and the Abbotsford Community Foundation website. <http://www.abbotsfordcf.org/abbotsford-legacy-stories-form/>

ABBOTSFORD LEGACY STORIES PARTICIPATION FORM

- Yes I would like to tell my story!
 I would like to leave a legacy but not tell my story.

First Name: _____

Last Name: _____

Street Address: _____

City: _____ Postal Code: _____

Phone Number: _____

Email Address: _____

Your bequest may be directed to one or more of the following endowment funds held by the Abbotsford Community Foundation (ACF):

ACF Smart and Caring Community Fund
ACF Student Awards Fund
Abbotsford Community Services Fund
Abbotsford Hospice Fund
Abbotsford Police Foundation Fund
Big Brothers Big Sisters Fraser Valley Fund
Fraser Valley Brain Injury Assoc. Fund
Fraser Valley Conservancy Fund
Lorna Keith (Valley Concert Society) Fund
MSA Museum Society Fund
The Reach Gallery Museum Abbotsford Fund
United Way Fraser Valley Fund
Abbotsford Regional Hospital Fund

OR any other fund held by the Abbotsford Community Foundation. For a complete list visit www.abbotsfordcf.org.

You also have the option to create a new named endowment fund to be held by the Abbotsford Community Foundation.



ABBOTSFORD
COMMUNITY
FOUNDATION

Vision

Together we build a stronger, caring community.

Mission

Inspire philanthropy and develop partnerships by investing in people, projects, and programs to strengthen our community.

Strategic Priorities

- Fund Development
- Promotion
- Impactful Granting
- Build Community

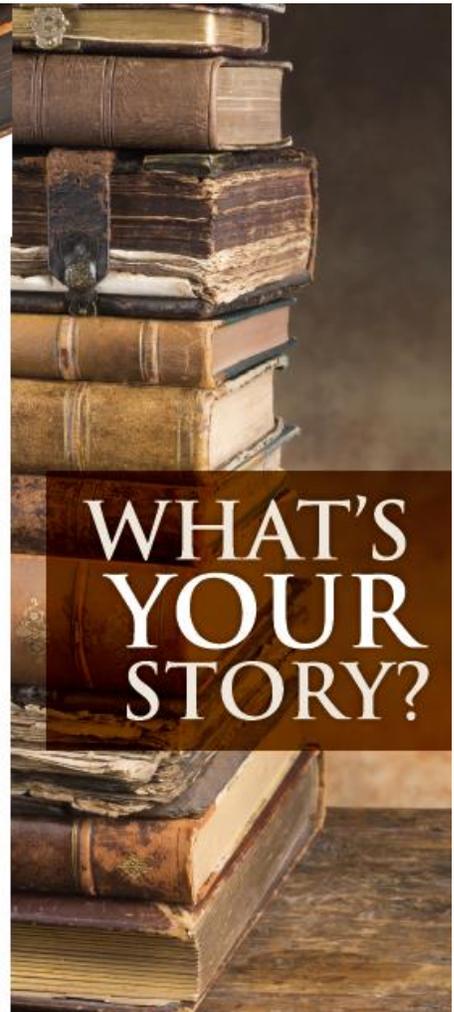
Values

Caring, engaged, responsible, trustworthy, accountable

For More Information:

Abbotsford Community Foundation
201- 2890 Garden St. Abbotsford BC V2T 4W7
Tel: 604-850-3755 • Email: info@abbotsfordcf.org
Website: www.abbotsfordcf.org

*Special Thanks to The Reach Gallery Museum Abbotsford
for hosting the Abbotsford Legacy Stories Book*



FVBIA Groups & Drop-in Programs are cancelled due to social distancing for COVID-19.

Abbotsford/Mission:

Drop-In:

Wed 4:00 – 7:00 p.m. & Fri 1:00 – 3:00 p.m.
5:00 meal on Wednesday
103 – 2776 Bourquin Cres. W. Abbotsford
Contact Communitas 604-850-6608

Abbotsford Coffee and Chat:

Meeting on the 4th Monday of each month
Trinity Memorial Church, 33737 George Ferguson
Contact FVBIA at 604-557-1913

Mission Coffee and Chat:

Second Tuesday of Every Month
Mission Library, Rotary Room
33247 2nd Ave, Mission, BC V2V 1J9
Contact FVBIA at 604-557-1913

Art and Photo Clubs: Langley, Abbotsford, Chilliwack

Contact Mary McKee 604-897-1452

Chilliwack: We have moved

Drop-in:

Tues 10:00 – 1:00 p.m., Thurs 12:00 – 3:00 p.m.
Lunch at 11:30 p.m. Tuesdays
45825 Wellington St. (Presbyterian Church)
Contact 604-792-6266

Chilliwack in the Now Support Group:

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

Langley

Langley Coffee and Chat:

Meeting on the 1st Tuesday of each month
Timms Community Centre
20399 Douglas Crescent, Langley, BC
Contact FVBIA at 604-557-1913

Hope

Community Leisure Program

Wed & Fri 1:00 p.m. – 3:30 p.m.
366A Wallace St. Hope, BC
Contact 604-869-7454

Membership and Donations

Are you interesting in supporting Fraser Valley Brain Injury Association's work with people who have acquired brain injuries and their caregivers?

An automatic monthly withdrawal from your credit card is a simple way to do that.

<https://www.fvbja.org/membership-and-donations/>

Contact us at 604-557-1913 or info@fvbia.org about making a monthly contribution to support FVBIA's services and programs.

It's easy!

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

You can also donate here by simply clicking on the **Donate** button.



FVBIA is a registered charitable organization and can issue Charitable Tax Receipts for eligible donations.

Thank you for your support!

Fraser Valley Brain Injury Assoc. Membership Form

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

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

1. Please join FVBIA

I will sign up for my FVBIA Annual Membership

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

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

2. Please make a donation

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

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

Payment

Payment Method (Credit Card):

Visa MasterCard

\$ _____

TOTAL
(Add membership and donation amount)

Credit Card Number

_____ / _____

Expiry Date

Signature

Date

3. Please become a sustaining member!

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

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

Payment Method (Credit Card) Visa MasterCard

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

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

4. Please return the form to:

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

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

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