



Fraser Valley Brain Injury Association

# E-Newsletter

November/December 2020

Needless to say, the past seven months have been quite a change for everyone due to the Pandemic.

The team at Fraser Valley Brain Injury Association have been in transition as well. While most of our staff are used to working from a cell phone, laptop and home office, moving most of our services to remote and virtual, presented us with an unprecedented challenge.

After the initial shock of the lockdown in mid-March 2020 because of COVID-19, the FVBIA team took a big, collective deep breath and rolled up our sleeves to figure out how we could continue to offer supports in the safest way possible. We learned how to do video conferencing and many other things we'd never done before.

Things that most people take for granted like online banking, emails, texting, and social media became a seeming insurmountable barrier for some of our clients with acquired brain injuries, so moving everything online wasn't realistic for everyone.

When a problem came up, our dedicated staff figured out a way around it and created some wonderful, innovative programs. They reached out to as many people as they could, using whatever means they were able to use.

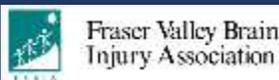
The Coffee and Chat groups went virtual, ArtWorks continued through zoom and small in-person groups. Young at Arts summer art camp became the Young at Arts Summer Program with zoom art with John LeFlock, summer fun baskets and educational classes with teacher, Jeana Boyd. Ladies R 'n' R and Joy's walking group met outdoors and FVBIA artists joined the "Kindness Rocks" project with communications through facebook messenger, a new FVBIA Creative Arts page and emails. Zoom sessions were held with Janelle Breese Biagioni, a counselor over in Victoria and the list goes on.

Even though not everything is the same as it used to be, and not everything went perfectly over the past seven months, the resilience, adaptability of our staff, board, volunteers, sponsors and members during this extremely difficult time is admirable and you should all be very proud. I know I am! Have a wonderful holiday season and best wishes for a safe and prosperous 2021.

Carol Paetkau, FVBIA Executive Director

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## FVBIA Writer's Bullpen

Writers abound within the Fraser Valley Brain Injury Association (FVBIA) membership so the FVBIA Writer's Bullpen was created to provide a place for writers with brain injuries to come together to hone their craft and share ideas. In 2017, individual writers began submitting pieces to the FVBIA Newsletter as a means of sharing their thoughts and ideas through the Pay it Forward: Health and Wellness for ABI program, funded by the Brain Injury Alliance, ICBC and the Province of BC.

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

## Book Reviews

Our Writer's Group rose to the challenge of reviewing some of their favorite books. What a great way to spend all that isolation time! We have a very diverse group of readers. Enjoy!

### The Secret Daughter

**by Shilpi Somaya Gowda (adult fiction)**

Reviewed by: Helena Wiest

Vividly exploring the timeless themes of motherhood, adoption, and identity, *The Secret Daughter* artfully weaves between the extremes of the slums of Mumbai and the well to do life of a doctor and his wife in California who adopted the baby girl from India. Told with compassion and grace, the reader witnesses first hand the transformation of these families through the child that unites them.

If you like this author's style, you should also check out her other two equally engaging books: *The Golden Son* and *The Family*.

### Beneath A Ruthless Sun

**A (non-fiction) novel by Gilbert King**

Reviewed by: Judy Craig

This book is a historical insight into the prejudices of a small town and a harsh insight into poverty at its core. This story takes place in a small town in 1957. Prejudice towards those of colour and those who were considered simple-minded runs rampant. The sheriff, Willis McCall, rounds up people at will for questioning in a crime against a white woman

Jesse Daniels is a kind nineteen-year-old white boy who is considered mentally challenged. He does poorly in school, spending five years in one grade alone, never completing it. Finally, he is asked not to return. However, that being said, he is a hard worker who will do anything that needs to be done, including working long, hot hours in the orchards near his home. This young man gets railroaded for a crime he didn't commit. Without a trial and no evidence against him, he is locked away in a state hospital for the mentally insane. It will be over a decade before he will see the light of day again.

There is one bull-headed man with too much power who shapes events to meet his own personal needs, yet someone has to be held accountable. A journalist, Mabel Norris Rose, works for years to bring justice for Jesse, but it comes at a great cost. The truth will shock the reader.

In my opinion, it is the end of this story which is the most tragic as justice never truly happens. I highly recommend this great read.

## Alphabet Series

**By Sue Grafton**

Reviewed by: Jane Mason

I started reading some of the Sue Grafton alphabet books and am having a great time with the reading. It is simple enough that I can follow who the characters are without constantly looking back to try to figure out who's who. The heroine, tough talking private investigator Kinsey Milhone is a junk food eating, non committed, goof ball for the most part.



Her antics are for the most part entertaining and comical. I just finished A is for Alibi, where she takes on an old case for the woman accused of murder who is now out on parole. She is tasked with finding the real killer after 8 years of the wife being in jail and accused of the murder of her husband. The trail is cold, but because of her pushy demeanor, she uncovers more than she bargained for and solves the mystery.

## Animorphs

**by K.A. Applegate**

Reviewed by Alex Zarycka

Here is a question for you, dear reader: do you like fantasy? Do you also like science fiction? What if I told you that there is a book series that has a combination of both of these genres? Sounds interesting? Then look no further as I share "Animorphs". What is "Animorphs", you may ask? Well, it is a book series containing 54 different books! Thankfully they are small books.

This series follows six kids, aged twelve to thirteen, walking home through an abandoned construction site one night and encountering a crash-landed spaceship. Out comes a dying alien, called an Andalite, that looks somewhat like a blue deer with four eyes; two of them are stalk eyes on the head and a tail with a scythe blade. Moments from death, the Andalite warns the kids of a species of parasitic aliens called Yeerks who plan to take over the earth. In its last dying act, the Andalite gives the kids the ability to morph into any animal by touching it. Unfortunately, there is a 2-hour morphing time limit that, if exceeded, causes the person to remain forever morphed as the chosen animal. That night led to a long journey filled with terror, nightmares, battles, war and lessons learned. Throughout the books, there are six characters, each given the chance to present their own views throughout the books.

Animorphs is an overall intense book series that keeps you on the edge of your seat. Sometimes readers forget it's just 5 kids battling the Yeerks to save the world, and their own little worlds. These kids have gone through more than anyone could know or understand. They have seen horrible things and must keep it all a secret and lie to their parents, saying they're sleeping over at a friend's, etc., so as not to cause any suspicion when they are actually on a mission. They want badly for things to be normal, but at their young ages, have learned that normal is no longer reality for them.

Animorphs is a tearjerker. But, it is also the best series I have ever read. It is so profound. Never would I have ever thought of something so brilliant and creative for a story. I began reading the series off and on 12 years ago and am now on book number 43 and this time I'm determined to finish. I hope you, dear readers, enjoyed hearing what Animorphs is all about and that you may pick up one of the books. If so, I recommend starting from the beginning, or else you'll be confused. Happy reading!

## Pay it Forward Shout-Out!

In the last newsletter we shared how FVBIA rock painters provided baskets of painted rocks to the Abbotsford Hospice Society to help with their fund-raising scavenger hunt.

They also created a dozen artful gift baskets that were given out in the community to provide some cheer to others. The latest contribution from the group, with the help of FVBIA volunteer Lydia Maes, was the donation of a huge tote of art supplies for the 2<sup>nd</sup>/3<sup>rd</sup> grade class at Bernard Elementary in Chilliwack.

Teacher Tami Hellinger, a talented artist in her own right, shared how challenging it can be to access art supplies for the kids in this area and was delighted to receive the donated items.

Special shout-outs to Judy Craig and Lydia Maes for spearheading the community contributions.



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## Social Media

Do you like to stay on top of current research, news articles, inspirational stories/quotes and FVBIA activities?

We are sending out fewer emails, are putting some great articles, and research information out on social media instead.

<https://twitter.com/fvbi>

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



## FVBIA Office Hours and Programs

Due to COVID-19, the main office of the Fraser Valley Brain Injury is still closed to visitors until further notice. Although the main office is closed, phones and e-mails will be answered during regular office hours

**8:00 am – 2:30 pm Monday – Friday**

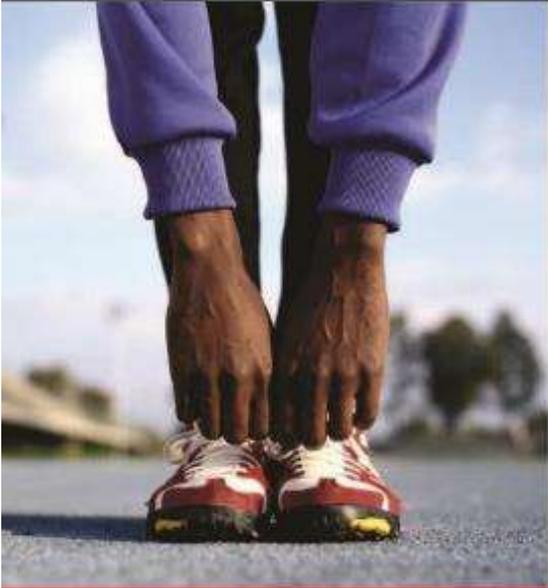
Case Management is still available as are some new, innovative and physically distant group activities. If you have been assigned a Case Manager, please contact them directly.

Some group programs are slowly opening with lower numbers of participants and strict COVID-19 safety protocols so contact program facilitators/Case Managers directly for details or contact us at [info@fvbia.org](mailto:info@fvbia.org).

We are still busy providing services although they look a lot 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 so we ask for your continued patience and welcome any suggestions for better ways to meet your needs.



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## Volunteers are the Heart of an Organization

Thank you to all our volunteers, donors, sponsors and supporters throughout the year.

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Soroptimist International of Abbotsford/Mission  
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Lydia Maes  
Community Kitchen Volunteers:  
Keith Hearn, Judy Craig, Debi Leduc, Marilyn Wood,  
Claudia Hidalgo  
Ladies' Group Coffee Service Volunteers:  
Sherry Bruce, Judy Craig, Laura Solomon, Claudia  
Hidalgo  
Room Setup and Cleanup:  
Sherry Bruce, John Penner, Keith Hearn, Laura Solomon,  
Jay Wieler, Liz Fraser, Ann McNulty  
Group Snacks and Donations:  
Laura Solomon, Ann McNulty, Sonya Wood,  
Betty Henneberry  
Donations  
Judy Craig, Denise Parkes, Sherry Bruce

### Bread Donation Program

Armande & Raymond Klapprat,  
Ruth Hoxie - Cobb's Bread

### Outstanding Peer Support

Laura Solomon, Kathleen Devaney  
David Hildebrand

### Christmas Party

Rosa & Bernie Wiens  
Nathan Unger and Lesley Unger  
Victoria O'Brien and All the Christmas Elves

### Young at Arts

Blue Heron Reserve, John LeFlock, Jeana Boyd  
Abbotsford Community Foundation

### Artworks

John LeFlock, Pat Girlach

### Golf Tournament

Teresa Ciolfitto, Joanna Bailey, Linda Gertsen  
Linda Gilzean, Jared Huber, Lesley Larden  
Silvano Maschi, Audrey Maschi, Giuliana Maschi  
Justin Wise, Mikaela Montagano, Freddy O'Brien  
Tracy Parker, Colleen Schmidt, Morgan Shaegger  
Grace Vierra

### Community Support

Trinity Memorial United Church Meeting Room  
Christy Choquette-Chair Yoga Instructor

### Donors, Partners, Sponsors and Funders!

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Brain Injury Alliance  
The Douglas Centre in Langley  
Soroptimist International of Abbotsford/Mission

### Drop in Centres and Hope Leisure Program

Fraser Health Authority  
Communitas Supportive Care Services  
Order of Eagles – Hope  
Bill Harvey, Heather Plain, Sharon Wells  
Vicki Gilberg, Renate Thomas  
Ross Scofield, Mike Warner  
Anna Huston, Janice Huston, Gerald Wall, Carl Holmes  
James Douglas Corley, Kenneth Brown

**And everyone else who helps out by cooking,  
cleaning, donating and offering support to other  
members!**

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### Others who help throughout the year!

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### Departing Board Member(s)

John Hinton



I can no other answer make but thanks, and thanks; and ever thanks...

~William Shakespeare, Richard III

## Brain Injury Golf Classic Volunteers and Sponsors

Thank you to all of the volunteers and staff that helped with the annual Fraser Valley Brain Injury Association's Brain Injury Golf Classic Tournament. They braved COVID-19, thunderstorms and apparently a few bears to make the 2020 golf tournament an unprecedented success! Thank you also to all the volunteers from ICBC, local students and the tournament planning committee consisting of Audrey Maschi, Giuliana Maschi, Justin Wise and Derek Knox from BC LeaderBoard. This event raised almost \$40,000!



Pictured below are three members of Soroptimists International Abbotsford Mission (Linda, Colleen and Linda) who support many community programs with generous contributions of their time, resources and energy including Fraser Valley Brain Injury Association's ArtWorks program and the golf tournament!

Thank you to all of  
our fantastic  
volunteers! We  
couldn't have done  
this without you.

**Teresa Ciolfitto**  
**Joanna Bailey**  
**Linda Gertsen**  
**Linda Gilzean**  
**Jared Huber**  
**Lesley Larden**  
**Silvano Maschi**  
**Audrey Maschi**  
**Giuliana Maschi**  
**Justin Wise**  
**Mikaela Montagano**  
**Freddy O'Brien**  
**Tracy Parker**  
**Colleen Schmidt**  
**Morgan Shaegger**  
**Grace Vierra**



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# Brain Injury Golf Classic

Thank you to our 2020 Brain Injury Golf Classic Sponsors!



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Lydia Maes  
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## Brain Injury Golf Classic Photos

Thank you to all the golfers that joined us on September 24, 2020 at Redwoods Golf Course in Langley for an eventful day of golf. This was a record breaking year with over 130 golfers having fun as you can see from the photos below! Check out some more of the photos from the day online.

Thank you to all of our sponsors, especially our Tournament Partner BC Earth Exchange (pictured below at the Marshmallow Long Drive hole)!

<https://www.dropbox.com/sh/pursm7bmvtxror/AABP25DP4GCUYihYzo-BRjpPa?dl=0>



## FVBIA Gets “Healthy-Er”

This strange new world of COVID has taken a toll on us all. We miss the many activities we used to share in person through FVBIA. Social and physical isolation takes a toll on health and wellbeing. So, when all else fails, we go back to basics.

Members of the FVBIA Zoom Coffee Chat Community came together recently to talk about how to stay healthy during these uncertain times. Lots of great ideas came about and FVBIA will be hosting some Health and Wellness Education, Information and Coaching sessions to create some “healthy-er” habits.

The sessions will be specific to member’s goals and will be offered both via Zoom and in small, COVID compliant groups, facilitated by Taryn Reid, our resident Kinesiologist, and case manager and Jill Koppang, resident RN and Health and Wellness Coach.

The Coffee Chat Community identified the following topics for planning the sessions:

- Strategies for supporting emotional health and wellbeing
- Getting/Staying connected with others, especially during COVID time. Creating buddy systems to decrease loneliness and disconnection post ABI/COVID
- Health and Wellness goal setting; creating and sustaining healthy habits, accountability and support
- Strategies for improving physical balance, increase walking and exercise, smoking cessation, nutrition
- Sharing community resources around health and wellbeing
- Managing chronic conditions in healthy ways
- Pain management
- Have weekly check-ins to support habit development and accountability

Stay tuned for the launch date!

For any questions or suggestions, contact:

Jill Koppang [jkoppang@shaw.ca](mailto:jkoppang@shaw.ca)

or Taryn Reid [treid@infinityhealth.ca](mailto:treid@infinityhealth.ca)



## Community Art Exhibit Focuses on Brain Injury

Reprinted from:

<https://www.comunitascare.com/stories/community-art-exhibit-focuses-on-brain-injury/>

In a creative collaboration between community groups, [Communitas Supportive Care Society](#) and the [Fraser Valley Brain Injury Association \(FVBIA\)](#) are pleased to present artistic work created by people living with acquired brain injury.

The exhibit titled “Happiness” will be shown at [The Reach Gallery Museum](#) from November 5, 2020 to January 9, 2021 in the Community Art Space.



The theme developed as participants in the project reflected on the journey with brain injury in the midst of a pandemic.

“We wanted to invite viewers to consider the sources of happiness even while they are experiencing the challenges of living with COVID,” says Mary McKee, case manager with FVBIA.

The exhibit includes art from nearly two dozen artists, all who live with an acquired brain injury. The artists are connected through the Brain Injury Drop-In groups hosted by Communitas in Abbotsford and Chilliwack, and through the FVBIA. At the beginning of the pandemic, some of the artists continued to work on their art in the safety of their homes.



Others participated in art classes online. When the province began to open again, the two organizations coordinated in-person classes for those who wanted to explore painting further.

Artist and teacher, John Le Flock has been leading art classes through these organizations for several years. He enjoys working with the brain injury groups and says the art classes are more than simply something to do. The camaraderie of being together with people who understand life with a brain injury and the positive feedback they receive is vital.

“Creating art is about confidence as much as it is about talent,” he says. “It is important to stimulate the brain but it’s also important to realize that you are creating something unique, that gives others happiness too.”

As confidence grows, so does skill and those who have been taking part in these art classes echo John's sentiments. Esther Tremblay who coordinates the Brain Injury Drop-In in Chilliwack says that she has heard participants talk about the impact that has come out of these classes.

"They use words like 'connection', 'hope', and 'support' as they talk about building their self-confidence and self-esteem," she says.

Sheral Jones coordinates the Brain Injury Drop-In in Abbotsford. She is amazed at the level of artistic talent in the group and the variety of artistic means that these artists use to express themselves.

"We've got people working in oils, acrylics, photography, and more," she says. "Their work is amazing by any standard. The fact that they are all living with the impact of an acquired brain injury makes it all the more astounding."



Along with the physical exhibit, The Reach will also have images of the art work and artist statements on their website.

***Happiness opens at The Reach Gallery Museum Abbotsford on Thursday, November 5, 2020 and runs until January 9, 2021.***

The exhibit is presented by Communitas Supportive Care Society, the Fraser Valley Brain Injury Association, and The Reach.

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*We are incredibly grateful to have this work in our space! Please pass on my sincere thanks to all the organizers and participants. I truly appreciate how much time and effort it takes to do this work during a pandemic – it's a challenge in and of itself, so thank you." - Diana*

---

## ArtWorks Sessions

There are four (4) zoom art sessions coming up with John LeFlock on November 4, 11, 18 and 25, 2020.

Time 1:00 p.m.-1:45 pm.

Each session will be dedicated to a specific topic. The first one is 'how to paint snow into your art piece.' like the one below.

To join these sessions artists will need art supplies and know how to access Zoom. Interested individuals also need to be comfortable with sharing their email address with our artist John LeFlock as he will be setting up the Zoom meetings and sending out the invitations to join the classes.

If you are interested in participating, please contact us at [info@fvbia.org](mailto:info@fvbia.org). If you need art supplies, please let us know.



## FVBIA Staff Changes

As many of you are already aware, FVBIA has had a number of staff changes over the past six months so we apologize for any inconvenience or delays in service. We want to welcome and introduce you to the newest additions to our case management team.

We have been very lucky to have Taryn Reid from Infinity Health step in to help us out recently while Natasha is off. Taryn is a Kinesiologist and has jumped into the role of case manager with enthusiasm and energy! She is also doing some of the Pay it Forward Health and Wellness zoom groups with Jill.

We also have some very recent new additions to our dedicated team, Alex Bird and Jasneet Singh.

Jasneet has strong background in working with people with disabilities through her work in the education system and the Ministry of Children and Family Development. She is currently completing her degree with a double minor in counselling and geography so be prepared to do some neat zoom travel meetings! Alex comes to us from Kelowna with lots of experience in rehabilitation and a degree in Health Sciences. We hear that he is also a musician so maybe a virtual guitar group is in our future?

Have a Safe and Happy Halloween from Carol's spooky little black cat, Minnie!



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## Chilling Out: A Self-Management Support Group for Anxiety

### Anxiety. Uncertainty. Worries. COVID Fears. UGH!

We are all struggling to find our balance these days. There are some amazing free resources out there! Anxiety Canada offers a free online course that guides you in building your own plan for managing anxiety.

“Chilling Out” is a new FVBIA group that will take the online course together, sharing and supporting each other in chilling out. The course can be taken at your own speed. Participants will come together in a variety of ways that accommodate member’s preferences for interacting and communicating.

Have a look at the course: <https://maps.anxietycanada.com/en/courses/my-anxiety-plan-map-for-adults/>

If you are interested in a participating, contact Jill Koppang at [jkoppang@shaw.ca](mailto:jkoppang@shaw.ca)

**The proposed start date is November 9. We will be creative in how you want to participate. Let’s Chill Out together!**

# Thrive

## FAMILY AND FRIEND CAREGIVER SUPPORT PROGRAM

Program description	Services and supports provided*
<p>The BC Centre on Substance Use’s Family and Friend Caregiver Supports Program, is funded by the Government of BC and managed by the United Way. This program is also supported by Family Caregivers of BC.</p> <p>The program serves unpaid family and friend caregivers of older adults who use substances or whose health is affected by polypharmacy (use of multiple prescription medications).</p> <p> This program provides emotional support, education and hands-on learning, and peer support.</p>	<ul style="list-style-type: none"><li>• Monthly support groups online</li><li>• Peer support networks</li><li>• Access to BCCSU’s educational content</li><li>• Workshops and training</li></ul> <p>*Services will be adapted using feedback from caregivers and peers</p> <p></p> <p><b>Program service hubs:</b></p> <ul style="list-style-type: none"><li>• Vancouver</li><li>• Fort St. John</li></ul> <p>Some programming will also be offered remotely</p> <p></p>



Get in touch for more info  
e: [michee.hamilton@bccsu.ubc.ca](mailto:michee.hamilton@bccsu.ubc.ca)  
p: 236-335-5793

MICHEE HAMILTON, PROJECT COORDINATOR

**Healthy Aging**

by United Way  
At home. In community.



Family Caregivers  
of British Columbia



## FVBIA Health and Wellness Programs

Staying healthy and well during this time of pandemic and seasonal changes can be a challenge. In addition to the realities of living with a brain injury, members and families have shared their experiences with additional challenges such as chronic pain, anxiety and depression. The loss of our “in-person” groups has taken a toll and we continue to explore new and different ways of supporting each other.

### Monthly wellness chats

FVBIA is now offering monthly wellness chats via Zoom on a variety of topics. So far, topics have included managing chronic pain and setting SMART goals.

The sessions are open to all FVBIA members and for those unable/uncomfortable using Zoom, emails and phone chats are available so all can be included.

For more information or to suggest future topics:

Contact Taryn Reid at [t Reid@infinityhealth.ca](mailto:t Reid@infinityhealth.ca)

Here’s an excellent resource for those experiencing chronic pain:

PainBC <https://www.painbc.ca/about>

And a link for setting SMART Goals <https://bist.ca/goal-setting-after-a-brain-injury/> to the other side of the world through a self-constructed time and space portal.

### COVID-19 Resource Information

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 subsidies and help with utilities, phone bills etc.

[COVID-19 Resource Information](#)

For more information about COVID-19, go to [www.canada.ca/coronavirus](http://www.canada.ca/coronavirus)

## Fraser Valley Brain Injury Association Annual General Meeting

**Due to the unusual circumstances of Covid-19, and to ensure members' health and safety, FVBIA will host the 2020 Annual General Meeting through Zoom on:**

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**Thursday November 19, 2020  
3:30 PM**

Please RSVP to [info@fvbia.org](mailto:info@fvbia.org) and a link will be sent to you

### **2020 Annual General Meeting Agenda**

1. Welcome and Introductions
2. 2019 Annual General Meeting Minutes
  - A motion will be presented to approve the minutes from the 2018 Annual General Meeting.
3. Financial Statements and Annual Review
  - A motion will be presented to approve the financial statements for the fiscal year ended July 31, 2020.
  - A motion will be presented to appoint Steve Fehlauer, KPMG as the accountant for the fiscal year ending July 31, 2021.
  - The Board approved budget for the fiscal year ending July 31, 2021 will be presented.
4. Executive Director's Report
5. Chairperson's Report
6. Candidates for Board of Directors and Election of Directors
  - A motion will be presented to elect directors to fill vacancies on the Board of Directors.
7. Adjournment

From our Resident Cartoonist Cass



# BUBBLES

by CASS

If I close my eyes when I look at people, I don't see people's colours or differences, so we are all alike

No, my son.  
Only if you open your eyes fully, can you see past the differences, and know we are all truly alike.  
We are all just people.



## Pets Corner

**Animals play such an important role in our lives. Send us your pet stories and photos. We'd love to meet them!**

One of the most enthusiastic walkers at our weekly Mill Lake Park walks is Zoey, who loves to feel the breeze in her flowing locks whether she's walking or riding on a scooter with her "mom", Kim.

Zoey always attracts a LOT of attention with her beauty and with her verbal invitations to other dogs to play with her. She has quickly become a Mill Lake Park celebrity!



Fraser Valley Brain Injury Association Website

Check out the new Fraser Valley Brain Injury Association website at [www.fvbia.org](http://www.fvbia.org).

## Family Focus Groups

Our Virtual Family Focus Groups are back and are facilitated by Janelle Breese Biagioni. In response to feedback from families, there are now two separate groups: one for parents/siblings and one for spouses/partners.

For more information, contact Jill Koppang at [jkoppang@shaw.ca](mailto:jkoppang@shaw.ca)

***Janelle Breese Biagioni, RPC, MPCC***

CEO & Founder [Constable Gerald Breese Centre for Traumatic Life Losses](#)

[www.traumatichlifelosses.com](http://www.traumatichlifelosses.com)

Full Member, Canadian Professional Counsellors Association (#306)

Janelle Breese Biagioni has several free e-books on grief and loss available online.

<http://traumatichlifelosses.com/e-books/>

## In Memoriam

It is never easy to lose someone you love. It is particularly hard during the COVID-19 Pandemic. So many of our members have endured terrible losses over this past year and our hearts are with you. Our deepest condolences to all of you.

Our condolences to the family and friends of Dylan Scharft (pictured below).



## November Remembrance Day



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*"In Flanders Fields, the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below."  
—John McCrae*

---

Remembrance Day in 2020 is on a Wednesday. It won't be a typical Remembrance Day however, because of COVID-19. Most, if not all events will likely be cancelled or take place virtually.

For a list of November 11th Remembrance Day events at specific locations throughout the region, click [Lower Mainland Remembrance Day Venues](#).

### Chuck Jung Associates – Psychological and Counselling Services

**Vancouver: (Main Office)**

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

**Surrey:**

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

**Abbotsford:**

260 – 2655 Clearbrook Rd  
Abbotsford, B.C. V2T 2Y6  
Tel: (604) 852-7885

**Chilliwack:**

201 – 45625 Hodgins Ave.  
Chilliwack, B.C. V2P 1P2  
Tel: (604) 792-7177

**Langley:**

206 – 20641 Logan Ave.  
Langley, B.C. V1M 2G5  
Tel: (604)-874-6754

Other locations in Port Coquitlam and Richmond

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

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

## 20 Celebrations This Holiday Season Besides Christmas

Written by Jody Ellis October 18, 2019

Adapted from: <https://stacker.com/stories/3598/20-celebrations-holiday-season-besides-christmas>

When you think of winter holidays, Christmas is most likely to be the first one that comes to mind. Celebrated around the world, Christmas is considered both a religious holiday, honoring the birth of Jesus, and a cultural one, with a history and tradition that combines Christian beliefs with ancient folklore and pagan rituals. In 1870, Christmas was declared a federal holiday and is now one of the most popular holidays in the United States, as well as being widely celebrated in other countries.

But Christmas isn't the only holiday celebrated during the winter season. Take a look at these 20 diverse holidays celebrated between October and February and check out the website above for more details about them.

**Diwali:** Otherwise known as the Festival of Lights, Diwali is a holiday of Hindu origin and is widely celebrated throughout India. The five-day event takes place on the 15th day of the month of Kartik in the Hindu calendar, which falls in October or November.

**Kwanzaa:** Kwanzaa, which is observed from Dec. 26 to Jan. 1, is a holiday that celebrates African culture and community

**Hanukkah:** The Jewish festival of Hanukkah is an eight-night celebration that commemorates the rededication of the Second Temple in Jerusalem during the Maccabean Revolt beginning on the 25th of Kislev on the Hebrew calendar, which usually occurs in November or December.

**Chinese New Year:** The Chinese New Year marks the start of the lunar new year, which occurs sometime between Jan. 21 and Feb. 20

**St. Lucia's Day:** Celebrated in Sweden, Norway, and Swedish-speaking parts of Finland, St. Lucia's Day takes place on Dec. 13, in honor of St. Lucia, an early Christian martyr who was killed by the Romans in 304 A.D.

**Día de los Muertos:** Commonly known as Day of the Dead, the Mexican holiday of Día de los Muertos takes place during the first two days of November.

**Las Posadas:** Las Posadas, a Mexican holiday that takes place between Dec. 16 and Dec. 24, honors the journey of Joseph and Mary as they made their way from Nazareth to Bethlehem.

**Chung Yeung Festival:** The Chung Yeung Festival celebrated in Hong Kong, China, and Taiwan takes place on the ninth day of the ninth month using the Chinese lunar calendar, which is usually around mid-October on the Western calendar.

**Lohri:** The Lohri festival, held each year on Jan. 13, is celebrated in Northern India and marks the end of the winter when the sun changes its course.

**St. Nicholas Day:** Celebrating the Christian saint who sold everything he owned to give money to the poor, St. Nicholas Day, also known as the Feast of St. Nicholas, is observed on Dec. 6 and is celebrated throughout much of northern Europe.

**Omisoka:** Omisoka is the Japanese New Year, and like the western version of New Year's is celebrated on Dec. 31. It is considered one of the most important holidays in Japanese culture, second only to Jan. 1, known as Shogatsu or Japanese New Year's Day.

**Mardi Gras:** Mardi Gras, otherwise known as Carnival, kicks off every year on Jan. 6, marking the end of the 12 Days of Christmas and the start of several weeks of parties, parades, fireworks, music, and general entertainment.

**Boxing Day:** Celebrated primarily in the U.K. and other European countries, Boxing Day takes place on Dec. 26.

**Day of Tradition:** Day of Tradition, or Día de la Tradición, is an Argentinian holiday that takes place on Nov. 10.

**Bon Om Touk:** The Cambodian Water Festival, or Bon Om Touk, is celebrated in November, during the full moon of the Buddhist month of Kreuk.

**Día de Candelaria:** Taking place on Feb. 2, Día de Candelaria, also known as the Presentation of the Lord or Candlemas, is widely celebrated by various Christian denominations in countries such as Mexico, Spain, and France.

**Lantern Festival:** The Lantern Festival is celebrated in China on the 15th day of the first month on the Chinese calendar, which usually falls sometime in February on the western calendar.

**Waitangi Day:** Waitangi Day is the national day of New Zealand, celebrated on Feb. 6 and commemorating the signing of the Treaty of Waitangi, New Zealand's founding document.

**Guy Fawkes Day:** Celebrated in the U.K. on Nov. 5, Guy Fawkes day is a remembrance of Guy Fawkes, who was arrested as being part of a plot made by Catholic conspirators to kill King James I.

**Feast of St. Francis of Assisi:** Commemorating the life of St. Francis, the Catholic church's patron saint of animals and the environment, the Feast of St. Francis of Assisi is held on Oct. 4. On this day, many people bring their pets to the Catholic church to be blessed, as well as donating food and blankets to local animal shelters.



## FVBIA's Annual Christmas Dinner Cancelled

In order to keep our members, board, volunteers and staff safe during this holiday season due to the COVID-19 Pandemic, it is with a heavy heart that we have chosen to cancel FVBIA's annual Christmas Dinner and Silent Auction this year. We are going to miss the festivities but we know that 2021 will see us celebrating the holidays together again.

We are working on some fun, safe alternatives so stay in touch with your case manager or drop in managers and watch our social media for new developments. We hope that you have a wonderful holiday season.

Merry Christmas from all of us at Fraser Valley Brain Injury Association

Steve Poulin, Esther Tremblay and a very large bear!  
– 2019 Chilliwack Drop In Christmas



## Donate to Fraser Valley Brain Injury Association at CanadaHelps.org

This online fundraiser connects us to donors nationwide and helped raise funds for much needed programs! Thank you so much to all of our generous donors. Your contributions help us continue to serve the needs of our brain injury community.

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

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

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

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



## Food access during COVID

### Foodbanks

If you are in need of extra support for food, especially during the Pandemic, please contact your local foodbank. You can find the foodbank in your community by going to FoodbanksBC

<https://www.foodbanksbc.com/find-a-food-bank/>

Most grocery stores offer free pick up of online grocery orders or will deliver for a small charge.

### Costco Same Day Delivery

Costco.ca has same day delivery with Instacart for Costco members and non-members.

<https://www.costco.ca/CanadaGroceryDeliveryRedirect>

Items may be available in-warehouse at a lower non-delivered price. You can also order for 2-day delivery.

A services and delivery fee applies. Instacart Express members get free delivery but tips are an option for your shopper/driver. Minimum order of \$35 before taxes.



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



1-833-784-4397

canada.ca/coronavirus



Public Health - Agence de la santé  
Agency of Canada - publique du Canada

Canada

## 28 Christmas Activities for Kids and Adults

By **Minted** | Last Updated: July 23, 2020

Adapted from an article on <https://www.minted.com/lp/christmas-activities>

Many options on our list are great socially-distanced ideas you can enjoy from the comforts of your own home in 2020.

The holiday season has always represented a time to reflect on the good things, celebrate annual traditions, and connect with friends and family. Despite an unusual 2020 that has limited our social interactions and travel, there is no reason this holiday season can't be filled with fun Christmas activities, even if they are socially distanced!

**Build a Gingerbread House** Many supermarkets will sell a gingerbread house kit around the holidays. Head to the candy aisle of the supermarket and select a few custom treats that will add to your design.

- Plain or peanut butter M&M's - can be used for colored roof tiling.
- Gumdrops - can be used for colored roof tiling.
- Small candy canes - can be used for wall decorations or fence posts.
- Shredded coconut - can be used for snow on the roof, or dyed green for grass.
- Pretzel sticks - can be used for fence posts or logs for a log cabin.
- Red vines - can easily be bent and wrapped around corners and edges.
- Marshmallows - can be used to make snowmen or little snow bundles.



**Make Gingerbread Men or Sugar Cookies** Add in chocolate chips, coconut, cinnamon, and even food coloring. Pick out some holiday-themed cookie cutters.

**Cut Paper Snowflakes** Add some artistic flair to the project by buying some colored construction paper or origami paper. Fold up the paper numerous times and cut out some creative designs.

**Decorate The Christmas Tree** It can be exciting pulling sentimental ornaments out of storage and finding the perfect spot for them on the tree.

**Watch A Christmas Movie** Do you have a favorite Christmas movie? Start a tradition of watching the same holiday movie every December. With so many online streaming and rental services like Netflix, Hulu, Amazon Prime, and iMovie, you won't even have to leave the comforts of your home to rent or buy a movie! Add some extra fun to the event by wearing Christmas-themed pajamas.

**Make Popcorn Tinsel** You don't want to go overboard on this one, or else your whole house will smell like popcorn. Get out the thread and needle, pop some popcorn (preferably non-buttered) and create a lanyard of kernels that can adorn the Christmas tree or Christmas mantle.

**Launch A Candy Cane Hunt** Just like an Easter egg hunt, spread some candy canes around the house so friends and family can collect them in a Christmas stocking.

**Listen to Christmas Songs** You could pair this at-home Christmas activity with almost all of our other suggestions to boost your holiday spirit to the next level. If you play a musical instrument, you could learn a few Christmas songs and print the lyrics for your friends and family to sing along as you play. Do this over videoconferencing like zoom, facebook meetings etc. if you can't be with them in person.

**Decorate Pine Cones** Pine cones fall during late autumn, so the timing is perfect for a fun Christmas activity involving art. Some decorating tools include:

- Glitter
- Glue
- Colorful cotton balls
- Paint
- Ribbon
- Beads
- Googly eyes

**Show Off the Holiday Sweater (In A Virtual Meeting)** If you have that ugly Christmas sweater in the back of your closet, don't forget to show it off at least once. Whether you wear it around the house to bring a smile to a loved one's face or broadcast it to the world at a social gathering or virtual webinar/party, Christmas sweaters have a way of spreading holiday joy.

**Put Up Christmas Lights** Since drive-by birthday party parades have become the new norm in 2020, it is not unreasonable to think that more people will be in cars this holiday season to view light displays in their neighborhood.

**Make and Send Christmas Cards** The COVID-19 pandemic has really transformed our traditional social practices in 2020. Take special advantage of this holiday season and send a personal update to let all those you care about know you have been thinking of them. Use some of those leftover scrapbooking supplies if you have any.



**Complete A Holiday-Themed Puzzle** Crack open a puzzle with a winter or holiday theme on December 1st and aim to have it complete by Christmas morning. A 500- or 1000-piece puzzle should be a perfect size.



**12-Days of Christmas Virtual Calls** Here's a fun socially distanced Christmas activity idea for those with type-A personalities. Grab a calendar and start to plan a virtual meeting with 12 different friends or family members spread out over 12 days. Send out your meet-up requests in advance so you can have your "12-Days of Christmas Calls" all finalized well in advance. This will make the two weeks leading up to Christmas seem to fly by.

**Have a Merry Christmas  
and a Happy New Year!**

## “Pay It Forward”: Healthy Lifestyles for ABI

### Mill Lake Walking Group

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

#### **Mondays**

2 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)**

2 Meeting Places:

10 A.M. at the Bourquin Entrance benches

10:15 A.M. at the Mill Lake Road Dock

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### "Ladies' R 'n' R"

("Relax and Revive")

This is YOUR time, ladies - to get together for relaxing and chatting, for new activities, and for gaining some new ideas, insight or information.

DAYS: 1<sup>st</sup> & 3<sup>rd</sup> Thursdays of the month

Nov 5, Nov 19, and Dec 3, 17, 2020

TIME: 10:00 a.m. to noon

PLACE: Trinity Memorial United Church

33737 George Ferguson Way (at Montrose), Abbotsford, BC

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### Chair Yoga

Christy is a certified and experienced yoga instructor. Classes will include stretching, strengthening and breathing exercises combined with relaxation techniques and mindfulness.

DAYS: 6 Tuesdays – Oct 20 to Nov 24, 2020

TIME: 2:00 pm to 3:00 p.m.

PLACE: Trinity Memorial United Church

33737 George Ferguson Way (at Montrose), Abbotsford, BC

\*\*\*Please PRE-REGISTER with Joy at 604-897-1563 as class size is limited

\*\*\* We practise physical distancing! \*\*\*

**For more information, call Joy at 604-897-1563.**

*Funding for the Pay it Forward program is provided by Charitable Gaming, ICBC and through the Brain Injury Alliance with financial support from the government of British Columbia.*

## Bruno's Steps: Focussing on Health during COVID-19



Bruno is one of our most inspiring survivors of injury. During the last months, he has persevered daily to walk incredible distances, now routinely completing 30,000 steps in a day. In his own words, this is why he pushes himself to these limits:

"I died and was brought to life by my neurologist Dr. Mendelson after the General Surgeon said that I was gone. Because of that I get my motivation from my son who did die and also my will to compete and challenge myself each and every day to do better and greater things. Also my drive comes from my Best Man Domenic and Best Friend Bobby Lenarduzzi who say that I inspire them.

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*My plaque says "Believe all things are possible."*

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When I came out of the hospital after 6 months, I was 115 pounds and in a wheelchair. I worked hard to graduate to a walker and cane, days that I will not forget, and I love to hear the comments I get from people - my wife, my son, my friends and family, my OT, my Kinesiologists and Speech Pathologist and Joy (from FVBIA).

It inspires me to push to the next level, but most of all I do it for Nicholas who is in Heaven. RIP."



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## Heads Together Think Tank

Register for the two remaining sessions of the Heads Together Think Tank virtual workshop and discussions on the intersections between Brain Injury, Mental health and addictions. Tuesday November 3 & 10<sup>th</sup> 9:00 am – 12:00 pm. <https://headstogetherthinktank.com/about-the-event/>



Fall and winter are difficult times for pedestrians and drivers due to the dark days and rainy weather so it's hard for drivers to see you. ICBC has launched their pedestrian safety program so check out their website for some tips on how to keep yourself safe!

FVBIA has some reflectors from ICBC to pass out to members so contact us at [info@fvbia.org](mailto:info@fvbia.org) to get yours or talk to your program managers or case managers.

## Pedestrian safety

<https://www.icbc.com/road-safety/sharing/pedestrian-safety/Pages/Default.aspx> .

“When drivers fail to yield, pedestrians pay the price. Busy intersections and shorter days, mean that drivers need to be extra careful during fall and winter.

As the weather changes and the daylight hours decrease, pedestrians become more vulnerable.

Nearly half (45 per cent) of all crashes with pedestrians happen between October and January. Even when drivers proceed with caution, it's hard to see pedestrians when visibility is poor.

In B.C., 78 per cent of crashes involving pedestrians happen at intersections. Whether it's taking a break from your phone or yielding the right-of-way, we all need to do our part to keep pedestrians safe.



### Tips for drivers

- Focus on the road. Always leave your phone alone while driving.
- Be ready to yield to pedestrians, especially when turning at intersections and near transit stops.
- If a vehicle is stopped in front of you or in the lane next to you, they may be yielding for a pedestrian.
- Expect the unexpected, even mid-block, as pedestrians may be jaywalking.

### Tips for safe walking

- Be careful at intersections. Watch for drivers turning left or right through the crosswalk. Drivers may be focused on oncoming traffic and not see you.
- Don't jaywalk - always use crosswalks and follow the pedestrian signs and traffic signals.
- Make eye contact with drivers, as it's hard to see pedestrians when visibility is poor in fall and winter. Never assume that a driver has seen you.
- Remove your headphones and take a break from your phone while crossing the road.
- Be as reflective as possible to make it easier for drivers to see you in wet weather, at dusk and at night.”

# Look, listen & be seen

## Be a safe pedestrian



Developing your child's road safety smarts starts at home. With school back in session, here are 10 tips to guide you.

**Map it out.** Plan out your child's walking route with them ahead of time. Review street names and landmarks to help orient them.

**Road rules.** Make a fun and interactive game out of guessing the correct traffic signs and meanings with your child.

**Set a good example.** Never jaywalk or run to cross the street. Where possible, cross at intersections with a pedestrian crossing light or marked crosswalk.

**Look.** Teach your child to make sure all vehicles have stopped before entering the road. Show them how to make eye contact with drivers before crossing, even when the walk signal is on.

**Listen.** Make a habit of putting away all electronic gadgets/ear buds etc. while you're walking, so you can hear approaching traffic that may be hard to see.

**Be seen.** Make sure your child is wearing bright clothes and/or reflective gear especially at night and in poor weather.

**Railway crossings.** Only cross railway tracks at designated signals or signs and watch your step. Discourage play around or on railways.

**Parked vehicles.** Avoid shortcuts through parking lots or around parked cars where it's harder for drivers to see small children.

### More tips:

**Crossing basics.** Stop at the curb. Look left and right for oncoming vehicles, then look left over your shoulder for vehicles that might be turning. When the intersection is clear, start crossing and keep looking for approaching vehicles.

**Sidewalk/no sidewalk:** Walk on the inside edge of the sidewalk away from the road, so you're further away from traffic. Walk facing oncoming traffic if there isn't a sidewalk, so you can see approaching vehicles and make eye contact with drivers.

Once you establish these practices with your child, try asking them when they think it's safe to cross to help further their understanding of making a safe choice.

RS-33A (07/2015)

# Acquired Brain Injury Information and Resource Package

Ninth Edition May 2020



Produced by



Fraser Valley Brain  
Injury Association

## Acquired Brain Injury Info & Resource Package

The FVBIA Acquired Brain Injury Information and Resource Package contains pages of brain injury information and contact information for a wide variety of resources for any person with a disability. Contact [info@fvbia.org](mailto:info@fvbia.org) or check on our website at [www.fvbia.org](http://www.fvbia.org).

Advertising opportunities are still available in the 9<sup>th</sup> edition of Fraser Valley Brain Injury Association's Acquired Brain Injury Information and Resource Package. 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](mailto:info@fvbia.org) or 604-557-1913 for more information.

## 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 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](mailto: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**



## 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](mailto: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.



Acquired Brain Injury can be life-changing and permanent.

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

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

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

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



## Funding for Training Available

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

The Brain Injury Alliance is composed of non-profit brain injury organizations in British Columbia. The Alliance uses its collective philosophy, experience and skills to bring about positive change in British Columbia, and to improve the lives for people living with acquired brain injury in this province. The Alliance also advocates for adequate and sustainable funding for the brain injury prevention, education, and individual supports provided by community non-profit brain injury services.

“Providing basic FoodSafe 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 FVBIA's programs.

You have raised **over \$2000** 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**

Some FVBIA programs and Drop in programs are slowly opening to in person meetings, keeping safety as our primary concern. Contact programs directly for details and safety protocols.

## Drop In Centres and Support Groups

### **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:**

Contact FVBIA at 604-557-1913

#### **Mission Coffee and Chat:**

Contact FVBIA at 604-557-1913

#### **Art and Photo Clubs:** Langley, Abbotsford, Chilliwack

Contact Mary McKee 604-897-1452

### **Chilliwack:**

#### **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:**

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

Drop In/Leisure Programs and Support Groups funded in part by Fraser Health ABI Services, Brain Injury Alliance and ICBC.

## Membership and Donations

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

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

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

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

**It's easy!**

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

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



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

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:	
Phone number:		Email:	

## 1. Please join FVBIA

I will sign up for my FVBIA Annual Membership

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

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

## 2. Please make a donation

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

\$25   
  \$50   
  \$75   
  \$ \_\_\_\_\_

## 3. Please become a sustaining member!

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

\$10   
  \$15   
  \$25   
  \$ \_\_\_\_\_

Payment Method (Credit Card)     Visa     MasterCard

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

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

## 4. Please return the form to:

Fraser Valley Brain Injury Association 201-2890 Garden Street, Abbotsford, BC, V2T 4W7, Fax: 604-850-2527 or [info@fvbia.org](mailto: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](http://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](mailto: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](mailto:info@fvbia.org). All information will remain confidential.

## Payment

Payment Method (Credit Card):

Visa     MasterCard

\$ \_\_\_\_\_

TOTAL

(Add membership and donation amount)

Credit Card Number

Expiry Date

Signature

Date