



January/February 2021

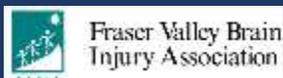
## Fraser Valley Brain Injury Association E-Newsletter

The transition to a new calendar year is often viewed as the “beginning of a new chapter”, as the “closing of one door and the opening of another”, or “a fresh start”.

2020 has tested our strength, resiliency and kindness. The compassion and care that our members have shown towards others, when they are facing so much adversity in their own lives, has been remarkable. As long as we continue to support and care about one another, 2021 is going to be a fresh start.

Fraser Valley Brain Injury Association is closed over the Holidays. We will reopen on January 4, 2021

**Happy Holidays and Best Wishes for a Healthy and Safe New Year!**



201 2890 Garden St. Abbotsford, BC, V2T 4W7  
Tel: 604-557-1913 Fax: 604-850-2527 [info@fvbia.org](mailto:info@fvbia.org) [www.fvbia.org](http://www.fvbia.org)  
Funding from Fraser Health Authority Acquired Brain Injury  
Brain Injury Alliance and the Province of BC

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## Advertising Opportunities

Thank you to all of our advertisers! FVBIA welcomes submissions and advertising. Please call us at 604-557-1913 or email [info@fvbia.org](mailto:info@fvbia.org) about advertising opportunities.

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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.**

### A Walk in The Woods on an Autumn Day

By Barbara Haynes

There is no other season as wonderful as Autumn in the woods

Brilliant colours yellow, red, orange  
A backdrop of evergreen trees  
Natures glorious painting against a blue sky

Misty morning, cool breeze  
Leaves flutter to the ground  
A tapestry of colour  
Creating a blanket of warmth

A path winds along a stream nearby  
Red wild berries cling to fragile bushes  
Fragrant scent of soggy wood, mushrooms and pine

A faraway call of geese as they leave autumn in their final goodbye

A time of pause before the quiet of winter.



Photo by Dave Paetkau

## Places Unknown

By Barbara Haynes

Oftentimes, I find life is like a winding path  
 It is a journey not knowing where it may lead

I feel a gentle nudge to keep moving forward  
 Called by curiosity to discover what lies ahead

Uneven ground beneath my feet  
 Uphill, downhill around a bend  
 Splashing through puddles  
 Steadily moving forward

The path awakens a quiet place in my heart  
 Where there is no need to plan or worry  
 I find inner peace with the unknown

The rhythm is calming  
 Uphill, downhill, around a bend

Unexpected bumps and turns along the way  
 Create a sense of adventure  
 What will I find?  
 Who will I meet?

I am not afraid of the unknown  
 Surely, I will find a place of belonging, acceptance and love

I will follow the path wherever it leads  
 Even to places unknown



“I FIND THAT BEING AT PEACE WITH LIFE AS IT IS WITH A BRAIN INJURY IS A  
“PATH UNKNOWN” BUT NOT NECESSARILY TO BE FEARED”

Barbara Haynes

## FVBIA Pay it Forward: 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

Monthly Wellness chats facilitated by FVBIA Case Manager/Kinesiologist Taryn Reid will continue in the new year.

The November session was around the importance of pacing and participants shared their own strategies for conserving energy and optimizing how to move through the day. Key strategies involve recognizing early signs of energy crashes and breaking up activities into manageable chunks.

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.



Some of the topics suggested include:

- 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

For more information or to suggest future topics, contact Taryn Reid at [treid@infinityhealth.ca](mailto:treid@infinityhealth.ca)

### Chilling Out: Self-Managing Anxiety Sessions

Four weekly sessions of Chilling Out were held in November to share experiences with anxiety and strategies that can help get some relief. As we move into 2021, another year filled with uncertainty, we will continue to explore how to best support health and well-being during this pandemic.

## A-Drumming We Will Go!

FVBIA members and staff were able to attend a Zoom drumming session given by Rhythm Bliss and funded by Fraser Health Authority. The hour-long session included some fun exercises for stretching and breathing as well as the drumming and chanting that are so good for the soul. The session was easy to follow and did not require a drum as you can play on your lap or a table. [www.rhythmbliiss.com](http://www.rhythmbliiss.com)

## Speaking of Music...

Alex Bird, one of our new case managers, brings his talents as a DJ and guitarist to our offerings. Alex is hoping to start online guitar lessons for our members. Anyone interested can contact Alex at: [alex.bird@fvbia.org](mailto:alex.bird@fvbia.org).

If you always wanted to try playing a guitar but don't have one, we have one official FVBIA spare guitar and are happy to loan it to anyone wanting to give it a try.



## New! Live Love Laugh Group Sessions

Janelle Breese Biagioni, RPC, MPCC of the Constable Breese Centre for Traumatic Life Losses <http://traumaticlifelosses.com/> will be leading Live Love Laugh group sessions over zoom in the New Year for FVBIA members.

"Although there will plenty of opportunity for therapy, we are looking to balance the sessions with 'lightness'.

**Mondays from 1 pm - 2 pm beginning January 4<sup>th</sup>, 2021**

For more information, contact [info@fvbia.org](mailto:info@fvbia.org)

## Resources for Health and Wellness

FVBIA member Glenda shared a mental health resource she found interesting and useful. <https://www.therapistaid.com>

Anxiety Canada has an amazing Anxiety Self-Management course online that helps you build an individualized plan for coping with anxiety. <https://www.anxietycanada.com>

## “Pay It Forward”: Health and Wellness for ABI

### Mill Lake Walking Group

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

Mondays and Fridays

(on Fridays only for the winter)

#### **2 Meeting Places:**

2 P.M. at the Bourquin Entrance benches

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

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

For more info, 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.*

This beautiful Muscovy duck was spotted at Mill Lake by FVBIA’s Walking Group a couple of weeks ago. They are about the size of a goose and are native to Mexico and Central and South America. This one was particularly friendly and apparently a bit lost! Photos by Joy Scobie



## Government of British Columbia BC Recovery Benefit

Online applications for the [BC Recovery Benefit](#) begin on Friday, December 18.

British Columbians, including those on disability benefits, can now apply for the BC Recovery Benefit. This one-time, tax-free payment of up to \$1,000 for families and single parents, and up to \$500 for individuals, will help support British Columbians who are dealing with the pressures of COVID-19.

**Please note: The BC Recovery Benefit does not affect BC Persons with Disability Benefits, but you must report it in your Monthly Income report.**

The BC Recovery Benefit is a one-time direct deposit tax-free payment for eligible families, single parents and individuals. It is based on net income from a 2019 tax return. Deadline is June 30, 2021.

Learn more: [gov.bc.ca/recoverybenefit](http://gov.bc.ca/recoverybenefit)

To apply and determine eligibility you will need your:

- ✓ Social insurance number
- ✓ 2019 income tax notice of assessment from the CRA
- ✓ If applicable, spouse's 2019 income tax notice of assessment from the CRA
- ✓ Direct deposit information

Support will be available by phone starting Monday, December 21 at 1-833-882-0020, Monday to Friday (7:30am - 5pm).

## Disability Alliance BC Notice on the BC Recovery Benefit and BC Recovery Supplement

<https://disabilityalliancebc.org/>

DABC followed up with the Ministry of Social Development and Poverty Reduction last week on a few questions related to the BC Recovery Benefit.



- Everyone, regardless of whether you are or not on provincial income or disability assistance, will need to apply separately to receive the BC Recovery Benefit.
- Ministry clients who receive the BC Recovery Benefit will be able to keep it in addition to any income and disability amounts for which they are eligible. You must report it on your monthly income report.
- In addition, the **\$300 monthly COVID-19 Crisis Supplement is being replaced with a \$150 per adult per month BC Recovery Supplement** for people receiving income assistance, hardship assistance, provincial disability assistance, or comforts payments.
- The last payment date of the \$300 COVID-19 Crisis Supplement is December 16, 2020 (for January benefit month)
- The BC Recovery Supplement will be automatically added to cheques issued January through March 2021 (February through April benefit months). There is no need to apply for it.
- People who are receiving federal benefits, including the Canada Recovery Benefits (CRB, CRSB, CRCB) or Employment Insurance (EI) will not receive this supplement.

## Attention Representatives!

Are you a representative named in a Representation Agreement under section 7 (RA7All or RA7F+L) with authority for routine management of the adult's financial affairs? Has the adult you support applied for the BC Recovery Benefit?

Learn more: [gov.bc.ca/recoverybenefit](http://gov.bc.ca/recoverybenefit)

Do they need your assistance to apply? As a representative with authority for routine finances, you have legal authority to assist the adult or to apply for benefits on their behalf.

The BC Recovery Benefit does not affect BC Persons with Disability benefits - but keep the adult's PWD benefits in a separate bank account.

### What if the adult did not file taxes in 2019?

A representative with authority for routine finances can get information from the Canada Revenue Agency on behalf of the adult. (Send your request with a copy of the RA7 by regular mail - the RA7 shows your legal authority and CRA can keep the copy on file. A representative has legal authority to retain qualified services to do the adult's taxes if the adult is behind in filing.

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

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

There are advantages for the adult to file taxes as they may be eligible for GST rebates. Some additional benefits are based on applying for the Disability Tax Credit from CRA.

### What if the adult does not have their own bank account?

A representative has authority to open a bank account in the adult's name.

A representative can NOT open a joint bank account - the bank account is in the adult's name and a representative has legal authority to help the adult. This provides accountability. (Joint accounts, while common for convenience of spouses, have NO safeguards.)

A representative, with the help of the financial institution, can arrange direct deposit (and direct bill payment) for the adult's account.

Go to [www.nidus.ca](http://www.nidus.ca) for more information on Representation Agreements.

## Our Zoom Rooms - A Sanity Saver

By Frances McGuckin



There's nothing "normal" about our "new normal", the age of Covid. As if we brain injury survivors didn't have enough to contend with, at least we had our activities and support groups to help us heal, socialize and feel that we were not alone.

I remember my first coffee chat at the Trinity Church in 2017. It was such a relief to meet other people like me who coped with an array of behaviour which was foreign to us until we suffered our brain injuries. It was so comforting when I explained the silly things I do, to be told, "It's okay Fran, we get it!"

From there on, having the support and friendship of a great group of people made such a difference in my life. The newsletter group started, and along with my case counsellor and such supportive staff of the Fraser Valley Brain Injury Association (FVBIA), it encouraged me to start writing again. I felt connected and started to make some friends. The events and whole positive role of the organization made such a difference to being able to cope with life alone...and then Covid hit. All our lives changed, and not for the better. Suddenly, we are not allowed to meet in our groups. The virus has taken hold and is with us for many months to come.

We social animals, in most cases, centre our lives around family, friends, events, clubs, shopping, sporting activities and entertainment. We love to hug, to be close to the ones we love and to share our lives with others. Now, many of us are alone, trying to cope with our own isolation and health problems. The future looks bleak to many.

Thank goodness for the FVBIA zoom meetings! They are my lifeline and have saved my sanity. Just to connect with an understanding and friendly face, to meet friends and new friends online severs the feeling of disconnection and reconnects me with the outside world. The recent course on dealing with anxiety is helping me tremendously to understand this life change we are all going through.

I learned about transition, how we have to grieve what we have lost, which includes our old lifestyle. There is an ending where we grieve; a neutral zone where we grapple with these changes, and then the new beginning when we accept and incorporate these changes into our lives. Also, setting some small goals each day gives one a sense of purpose; all such helpful tools to cope with change.

As a super-healthy survivor, I suddenly ended up in hospital for a month with pneumonia and a hospital-contracted superbug and was very ill. My case worker was so very helpful - I cannot thank her enough. Then to come home to having to use oxygen; then contract something which affects hands and feet when cold, I feel like my whole life has shrunk into a tiny, insignificant bubble. It is difficult to come to terms with, just like my brain injury fifteen years ago.

So having the support of the FVBIA online is invaluable to my sanity. We had a zoom session today and quite frankly, I was not in a good head space, feeling like I was having difficulty keeping it together. The isolation and changing health issues are overwhelming, as they are for many of us. Yet, after the session and with a trained counsellor leading the session and seeing my friends, I came away feeling exceptionally good!

I did my exercises with a vengeance, cooked a nice dinner and got my chores done. The overwhelming feeling of not being able to cope magically disappeared. I strongly encourage any of the members who are not zooming, to join in. We would love to see you and it will be the best thing you could do to cheer yourself up. See you in the Zoom Room!

## FVBIA Holiday Scavenger Hunt



Are you looking for something to do for the Holidays? Solve the clues, create a beautiful centerpiece for your table or a decoration for your tree from your finds like Pete did above for our Holiday Scavenger Hunt Contest!

Find them all or just a few. What you can't find you can make!

### Clues

- I am the colorful finishing touch to those Christmas presents.
- I can be narrow or broad, straight or curly and added to make your Christmas presents extra special
- I come in all sorts of shapes, sizes and colours to make your Christmas tree look special
- I can be heard from Church towers (no not bats) or maybe on Santa's Sleigh
- I can be found in the night sky. I am told that I twinkle (make your own if you don't have me at home)
- I can be found on top of Birthday cakes and in the old days I adorned Christmas Trees.
- I am green, can be prickly and have red berries
- Birds often lose some of these.
- I can be found in Pine trees. I am often used as a decoration
- I can be found on the ground – sometimes naughty children break windows with me
- I can be found in damp shady areas. I am green and soft to step on
- I protect trees – if you know what I am, just take a little bit, don't leave the trees cold
- I share a song with the "Holly and the ????" What am I?

## FVBIA Has Gone to The Birds!

Through the Pay it Forward: Health and Wellness for ABI program, five FVBIA members were able to register as volunteer bird watchers for the annual Birds Canada Project Feeder Watch.

This project provides valuable data about wintering birds who show up at our feeders.

<https://www.birdscanada.org/you-can-help/project-feederwatch/>



In addition to counting birds, Birds Canada has amazing information about our feathered friends as well as an annual photography contest.

Maybe our FVBIA members might want to submit some of their work? We would love to see some bird sketching and painting from our talented artists for inclusion in our Spring Newsletter as well.

FVBIA Member Carol Jackson snapped this photo of a Northern Pygmy Owl.

Photo by Carol Jackson

<https://carolijackson.ca>

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Photos by Peter



## Humming Along with Red Green

By Fran McGuckin

If anyone is as old as I am, you will remember the TV show, *The Red Green Show*. He is my hero as he created miracles with duct tape. I even have his book! But the duct tape has become instrumental in my ability to feed the hummingbirds all winter without their feeders freezing (see enclosed photo of very professionally-insulated feeder, my invention).

The magic formula which has worked throughout two terrible winters? Two layers of bubble wrap, secured with duct tape. Then some pipe insulation, four pieces, wedged between each feeder flower to protect the base. These are secured underneath with duct tape from one side to the other and attached to the base. If it's really freezing more than a couple of degrees at night, I will bring them in or leave just one out. But generally, along with the wind blowing them to stop them totally freezing under the eaves, they are well insulated.

The hummingbirds have got used to me pottering in the garden. This little girl in the photo let me get so close this summer that I was able to take quite a few photos; I was only a few inches away from her. The magic of this photo is that although a hummingbird can flap its wings up to 80 times per second, I managed to snap this one in between flaps - and with my old I-phone 6.

My claim to fame - well along with my fabulous insulated hummingbird feeder. You are welcome to copy it; it works! Photos by Frances McGuckin



## Pine Siskins

By Alex Zarycka

Why hello there, dear readers! You may be wondering as you look at the title, "What are Pine Siskins?" Well look no further! I will be able to provide the information for these North American birds.

Pine Siskins, according to Wikipedia, are of the finch family. They migrate in the winter, looking for seed crops. In regards to appearance, the Pine Siskins have sharp bills, and are known (the adults) to be brown with bits of yellow along the edges of the tail and wings. They also have streaks all throughout the feathers.

These birds visit the feeders often in winter, and prefer nyjer seed and thistle. They travel in groups, twittering to one another even while in flight! They keep in tight knit groups too. A word for this term (going in groups) is gregarious. I learned that through the study of the Pine Siskins. So fun! You learn something new every day.

Although Pine Siskins have a preferable diet, they are adaptable when it comes to food. They will forage in gardens, backyards, forests, and the list goes on. They love looking for bird feeders most though, especially ones with thistle.

Another fun fact about these tiny Pine Siskins is that they are known to cling to the branches of conifer trees, even upside down sometimes! They will feed off of the pine cones.

Since they are quite the wanderers, Pine Siskins can be in a place one winter, and then gone the next year, according to The Cornell Lab: All About Birds.

I hope that you, dear readers, learned something about this particular species, as I learned quite a bit about them myself!





## Take Control of Your Holidays

<https://www.jackrabbitclass.com/blog/take-control-of-your-holidays/>

***It's the most wonderful time of the year*** – and, if we're being honest, a chaotic one! The chaos brings with it lots of baggage in the form of emotional and financial stress and the never-ending to-do list.

We easily get caught up in all the hustle and bustle. Do you ever feel like you've lost control and you need to get a handle on your holidays before the chaos sets in? First of all – *just let it go* – because you aren't going to be able to do absolutely everything *perfectly*. Decide what your priorities are and focus on getting *those* done. You may create new traditions instead of upholding existing unfulfillable ones.

- **Stop saddling yourself with unrealistic expectations.** Maybe you don't have to put ALL your decorations out every year or get holiday cards out. Choose different ones so that each year has a bit of uniqueness to it.
- **Be present in the moment.** This means putting away your phone (You and everyone else) Watch friends and family enjoy gifts, music, decorations, and each other's company.
- **Do something for others without expecting anything in return.** This can be an activity, a donation or a prayer lifted up for those who are struggling.
- **Say No to things that don't fit your priorities and yes to those that do.** To do this you must find balance during the holiday season too – learn to set priorities. Learn that you don't have to have your hand in everything.
- **Take care of yourself.** Keep your regular exercise and rest schedule and continue to eat healthy instead of falling into the trap of the poor holiday diet. You cannot give unto others if you feel tired and irritable. **Be thankful, find the joy and have fun.** The holidays have the potential for being the time to think about everything we don't have instead of being thankful for how fortunate we are. Focus on enjoying what we have and that we have each other."

## 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**

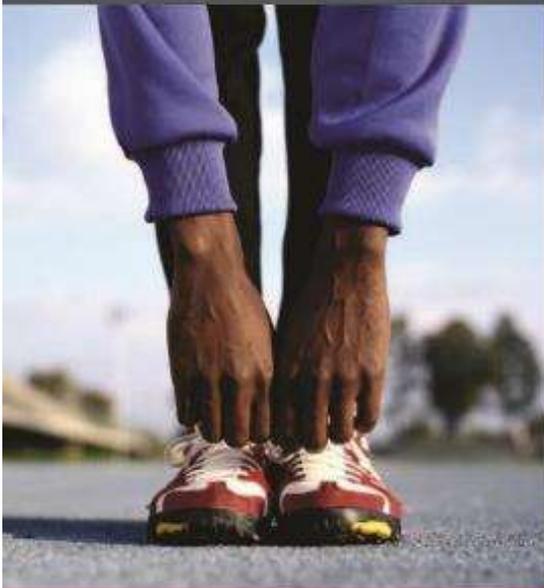
Case Management is still available as are some new, innovative and physically distant group activities. If you have been assigned a Case Manager, please contact them directly.

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 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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## 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 FVBIA at [info@fvbia.org](mailto:info@fvbia.org)

**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/> !

# Thrive

## FAMILY AND FRIEND CAREGIVER SUPPORT PROGRAM

### Program description

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.

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).



This program provides emotional support, education and hands-on learning, and peer support.

### Services and supports provided\*

- Monthly support groups online
- Peer support networks
- Access to BCCSU's educational content
- Workshops and training



\*Services will be adapted using feedback from caregivers and peers

### Program service hubs:

- Vancouver
- Fort St. John

Some programming will also be offered remotely





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**

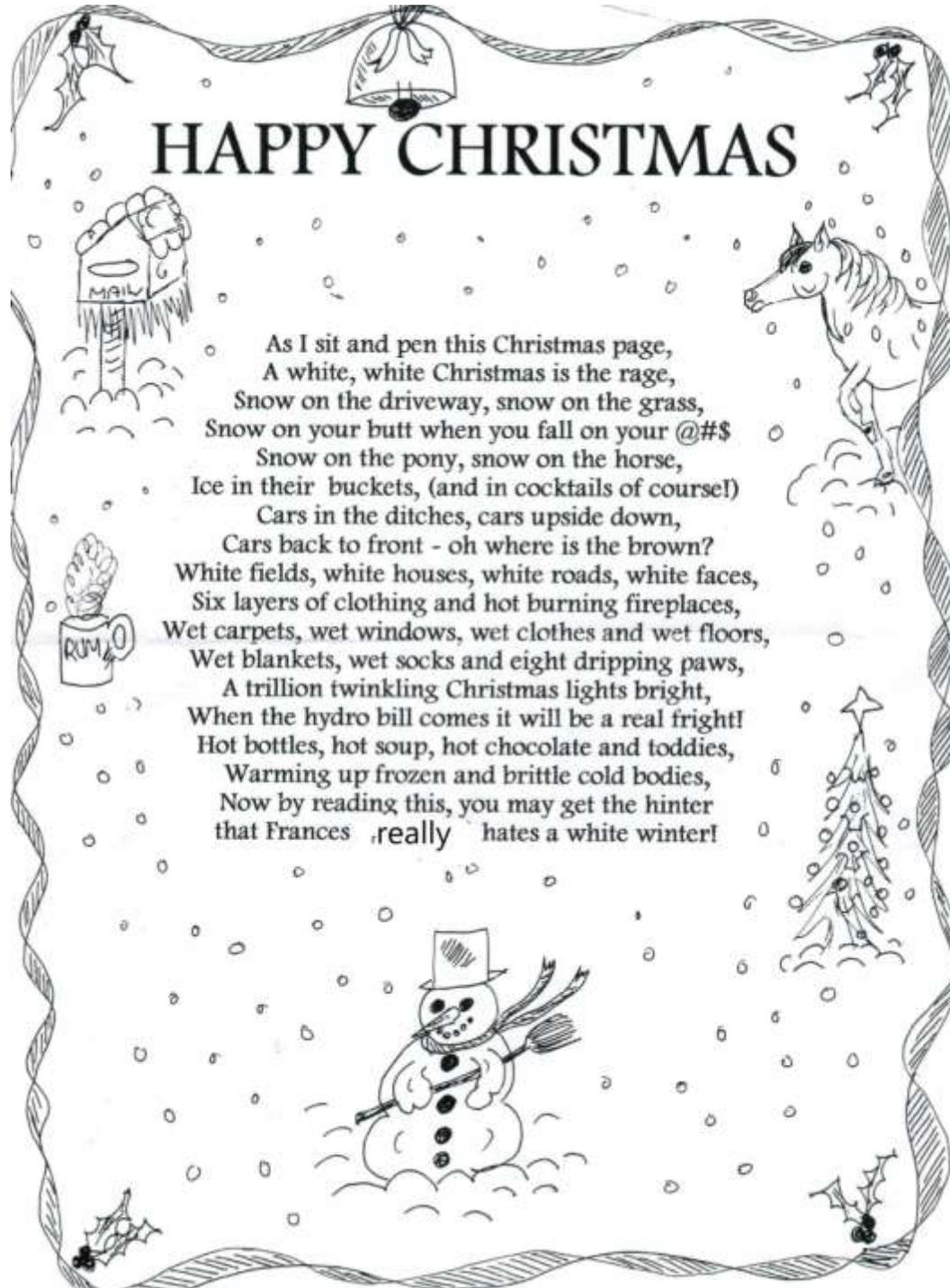
by United Way  
At home. In community.



Family Caregivers  
of British Columbia



BRITISH COLUMBIA  
CENTRE ON  
SUBSTANCE USE



# HAPPY CHRISTMAS

As I sit and pen this Christmas page,  
A white, white Christmas is the rage,  
Snow on the driveway, snow on the grass,  
Snow on your butt when you fall on your @#&  
Snow on the pony, snow on the horse,  
Ice in their buckets, (and in cocktails of course!)  
Cars in the ditches, cars upside down,  
Cars back to front - oh where is the brown?  
White fields, white houses, white roads, white faces,  
Six layers of clothing and hot burning fireplaces,  
Wet carpets, wet windows, wet clothes and wet floors,  
Wet blankets, wet socks and eight dripping paws,  
A trillion twinkling Christmas lights bright,  
When the hydro bill comes it will be a real fright!  
Hot bottles, hot soup, hot chocolate and toddies,  
Warming up frozen and brittle cold bodies,  
Now by reading this, you may get the hinter  
that Frances ,really` hates a white winter!

Poem and Artwork by Francis McCuckin

## Things to Do On New Year's Eve

By Colleen Stinchcombe (adapted)

Dec 9, 2020 <https://www.womansday.com/life/g34886062/things-to-do-on-new-years-eve/>

Well, you made it. The holiday season is winding down and the end of the year is approaching. Now there's only one thing left to decide: How are you going to spend New Year's Eve?

There are plenty of things to do on New Year's Eve in a normal year; you can go to a party, attend a local parade, host a dinner party, just to name a few. But this year has been anything but normal and, thanks to the COVID-19 pandemic, most New Year's Eve traditions are now deemed dangerous. Even gathering with a few treasured friends to watch the ball drop at midnight means increased risk of catching or transmitting the coronavirus, which doesn't exactly sound like a great start to 2021. But there are ways to avoid COVID hotspots and still have a good time on Dec. 31.

There are New Year's Eve activities for every type of person. For those who want to truly celebrate the end of 2020, there are COVID-friendly party options. For those who want something chill, consider a movie marathon or game night with your 'quaranteam'. And if you want to take an entirely different approach to New Year's Eve, you can spend the evening reflecting on the past 366 days and making plans for the next 365.

As a country, and even as a world, people have had to make sacrifices in order to keep each other safe. And that includes forgoing festivities with loved ones. But with these COVID-safe New Year's Eve activities, you can still ring in (a much-needed) 2021 with your 'quaranteam'.

Be sure to follow your local Public Health Guidelines though!

<https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support/restrictions#holidays>

- **Have an early, outdoor celebration.** If you want to see someone outside your household, try a socially distanced walk.
- **Say goodbye to the year.** What challenges did you face this year, what did they teach you and consider how those lessons might help you moving forward. Take time to reflect on which ideas, habits, and relationships held you back this year and ask yourself how can you begin to lessen their presence in your daily life, or let them go entirely?
- **Set resolutions for the coming year.** Identify your goal, break it down into the exact steps you'll need to take in order to achieve it and plan for what speed bumps you might encounter. Track your progress while staying organized, and not forgetting to celebrate wins along the way.
- **Watch a New Years Eve-themed movie.** Sure, there's literally the movie *New Year's Eve*. But plenty of movies have excellent New Year's Eve scenes. *When Harry Met Sally*, for example, whose crescendo scene takes place at an NYE party. *About Time* starts at a New Year's Eve party.
- **Spend the day adventuring.** Hike, snowshoe, ski, or just take a stroll around the neighborhood. Not only will you take in some nice scenes, but, as internist Dr. Anthony Wong told *She Knows*, fresh air will help produce serotonin, which is "vital to maintaining a healthy emotional state." And kicking off the year in a good mood can't hurt, right?
- **Call a loved one.** Your loved ones probably helped you get through this year. Give them a call to say thank you, check-in, swap stories and make plans.

- **Get crafty with decor.** Just because you can't host a crowd doesn't mean you can't create a party atmosphere. Make your own New Year's Eve crackers, build your own photo booth, jazz up your table, and more.
- **Write gratitude cards to those who helped you through.** Consider putting your gratitude into words and mailing them to your friends. Sure, it won't arrive until after the New Year, but gratitude is good for everyone—and it's bound to brighten your friend's day, too.
- **Collect the year's memories.** When's the last time you actually printed photos out? It's probably been a while, so take the time to do it now. Whether you make a scrapbook of the last year or some other theme, it's nice to relive memories in a tangible way. Services like Smilebox or Shutterfly allow you to make a digital scrapbook if the whole cutting-and-gluing process isn't your thing.
- **Dress to the nines.** Many people found much use for fancy clothes in 2021. Why not pull your dressy clothes out of the closet — or buy something new — for a New Year's special occasion? Ask a friend to do the same and you can chat in your getups from afar.
- **Play online games with loved ones.** There are plenty of online games great for groups and games you can play over Facetime. Or keep it simple and play family-friendly games with your household members.
- **Watch a virtual time square ball drop.** The quintessential New Year's Eve event in the U.S. is watching the [Time Square ball drop](#). This year, the organizers have created a virtual broadcast app so you can watch from your phone.
- **Watch other countries celebrate virtually.** Check out how several different cities plan to ring in 2021.



## 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>



### 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>



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[www.rightathomecanada.com/fraser-valley](http://www.rightathomecanada.com/fraser-valley)

## 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.



## 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.

## Disability Planning Helpline

Call the helpline anytime from anywhere in Canada and one of our family experts will answer your questions about the Disability Tax Credit, the Registered Disability Savings Plan, trusts & estate planning, advocacy approaches, government benefit programs, social network building and more.

**\*NEW – We are now offering support on how to stay socially connected during COVID-19**

*The helpline will remain open throughout the holidays! 1-844-311-7526. <https://planinstitute.ca/>*

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

- 1 Wet hands with warm water
- 2 Apply soap
- 3 For at least 20 seconds, make sure to wash:
  - palm and back of each hand
  - between fingers
  - under nails
  - thumbs
- 4 Rinse well
- 5 Dry hands well with paper towel
- 6 Turn off tap using paper towel

1-833-784-4397 @canada.ca/coronavirus

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

Canada

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

Tel: 604-557-1913 Fax: 604-850-2527 [info@fvbia.org](mailto:info@fvbia.org) [www.fvbia.org](http://www.fvbia.org)

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

# 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).

### 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](#)

## 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 \$4000** 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.

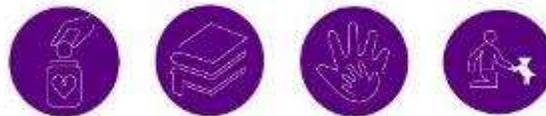
You can donate here and you will get a tax receipt!

<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