

# Fraser Valley Brain Injury Association E-Newsletter



July/August 2021

Summer is definitely here judging by the recent extreme heat wave! Along with the warmer weather, COVID-19 appears to be on the retreat and life is returning to some semblance of normal. Phase 3 of BC's Restart Plan is on page 8 and starts on July 1, 2021.

Some of the in-person groups such as Ladies R&R and Chair Yoga are returning in July and FVBIA staff are busy planning other activities so contact your case manager or program facilitators to find out more about what's coming up. The Mill Lake Walking group celebrates its 10<sup>th</sup> Anniversary this month and members get to enjoy this beautiful park, its various geese (photo above by Joy Scobie) and other wildlife in Abbotsford three times a week now.

FVBIA Young at Arts Summer Program is starting in July and the annual golf tournament is scheduled for Thursday September 23, 2021.

FVBIA will continue to follow Public Health Guidelines and remote programs are going to be offered as well so people can join us at their own pace.

We are excited to start seeing your faces again! Stay cool and safe.

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.

<b>Business Card Size</b>	<b>\$30.00</b>
<b>¼ Page</b>	<b>\$75.00</b>
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*The content of submissions or editorials does not necessarily reflect the views and opinions of the FVBIA. They may be edited for length. Ads in this newsletter are not an endorsement of services provided by the advertisers. This is an E-newsletter. If you prefer to have it mailed to you, please call 604-557-1913 or Toll-Free 1-866-557-1913 or email [info@fvbia.org](mailto:info@fvbia.org)*



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Caring. Compassionate. Community-Focussed.

## 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.**

### Come Sit with me Awhile...

**By June Deranja**

Pause, if you will... take your rest.

Enjoy the calm, amidst the ever pressing surge of the world, swirling around you. Threatening to consume...

Push it back, push it back!

Harness the noise as it makes its unwanted presence into your very being.

Come sit with me awhile....

Feel the breeze as it caresses you ever so gently...

Slowly inhale, filling your lungs with air so fresh and invigorating....

With your eyes, drink in the beauty of your surroundings...

Feel the warmth of the sun as it kisses your skin.

Relax, unwind, as you become reconnected with nature and mother earth.

For a moment set your worries aside....

Feel the weight of the world fall away.

As you...

Come sit with me a while.



## Trust is Healing

By Ken Collins

*Can be found on the Brain Injury Awareness Facebook web site.*

<https://www.facebook.com/groups/BrainInjuryAwarenessSupportGroup>

In the beginning there is the Emergency Room (ER), and after we are saved from death's grip comes the jargon mouthed helpers and the labels we all must take responsibility for perpetuating.

Away we go – off on a journey – trying our best to re-build our shattered lives in a society that ill equips us to deal with our new selves – the loss – the pain – the fear – the lack of self-confidence and lowered self-esteem – no job – little hope – the list goes on...

Friends who are no longer friends because they want to help but don't know how? Lovers who will never love again because of a divorce rate among the highest of any disability group in the U.S. (and worldwide). Families caught in the middle desperately trying to help and understand our issues and new lives.

They try to help but don't know how?

We try – we fail – some will try again – some succeed – some don't.

For those of us who were fortunate to have learned the valuable skills of Mindfulness that taught us - discipline, focus, sacrifice, and determination before our injuries.

We are more likely to benefit from the assistance it will take for us to get on with the rest of our lives without getting caught up in the "victim mentality" that keeps us trapped and isolated.

To be a victim creates a partnership with dysfunction, and the brotherhood of misery and disdain! We must look deep inside ourselves to find the discipline and hope to persevere. The road to recovery begins with the person standing in front of the mirror. We must hold ourselves accountable for our actions and well being. It also takes personal responsibility to get better and move on. It's our obligation to get better and rebuild our lives and not be held back when people don't understand the consequences of our actions.

We must find hope – because hope enables us to try again – not give up – believe we can make it - keep trying until we succeed and then move on to the next challenge!

I don't care if you are a doctor, caring professional or a person with a brain injury. We must speak to each other and hear what we are saying and try our best to overcome the burden this tragic turn of events has created in our lives. We must trust what each of us has to say and not dictate our values and prejudices into each other's lives. Our knowledge is based on experience. We all have much to learn from each other and much to gain from our collaborative experience. Trust flourishes and is nourished when we hear and understand what each of us is saying.

Walk in Beauty – Live in Balance and Harmony.



## Original Art

By Judy Craig

I put 2 entries into the Richmond Virtual Woodcarving show and was very happy to find out my entries received ribbons. My dagger was carved from a dead piece of wood that I rescued from a former forest fire. I found it on the day my daughter was diagnosed with cancer of the blood.

I knew this dagger had special meaning. It represented the battle that lay ahead. The apple I carved originally as a stand that I would put the dagger through. It turned out that the apple when finished represented new life and new beginnings.

My daughter passed away 2 weeks after her diagnosis. I originally thought the battle was hers. I realize now the battle is mine as I'm left behind. The apple, I realize is my finding new purpose and a new journey. I'm learning to love again to appreciate and have gratitude for each and every day.



# BC's Restart

## Step 3: Starting July 1



Recreational travel in Canada



Wear a mask indoors until fully vaccinated



Dining - no group limits, regular liquor service



Sports and exercise - return to normal



Indoor organized gatherings - 50 people or 50% capacity, whichever greater



Outdoor organized gatherings - 5,000 people or 50% capacity, whichever greater



Personal gatherings - return to normal



Fairs and festivals - return to normal

**BC'S RESTART**



## A Relationship of a Mother and Son

By June Benedict

A relationship of a mother and son  
Is such a very special one.  
As inside me for nine months you are curled  
Until you decide it's time to enter this world.

Then the very first thing I want to do  
Is to count your fingers and your toes too.  
And I can't wait to show off our bundle of blue  
To our family and friends, that is true.

I soon realize I might have an odd sleepless night,  
But there's many good nights so that is alright.  
For the first while you just sleep and eat  
As those many new people you do meet.

Before long you learn to smile and laugh out loud,  
Of each new accomplishment I am so proud.  
I then look forward to your very first step,  
And then I soon know how much I must prep.

I get all breakables out of the way  
For I know in one place you are not going to stay.  
Next thing I know you are on the run,  
Exploring and climbing, having so much fun.

Those preschool years are just the best  
Even though you do put me through the odd test.  
Soon you are off to kindergarten and then grade one.  
My hope is you will do well, meet new friends and have fun.

I know the years go fast till you graduate,  
Hopefully the marks you achieve will define your fate.  
You may think in the teen years I am hard on you  
As I set some rules on what you can and cannot do.

I just want you to know my love for you is so strong  
That the path you choose I don't want to be wrong.  
I will always love you from the bottom of my heart  
As I always have from the very start.

May the future be full of lots of joy  
As I watch you grow into a man from "my boy".  
Remember my love follows you wherever you go  
I hope that is something you will always know.



## Fathers and Sons

By Helena Wiest

*Helena, the spouse of one of our members, has a blog *The Compassionate Voice* as a feature on the *Brainstreams* website [www.brainstreams.ca](http://www.brainstreams.ca). You can sample her writing here with this latest beautiful post about father's and sons. She would love to hear reader's comments and thoughts, especially from spouses, so please submit your pieces to [info@fvbia.org](mailto:info@fvbia.org).*

For those of you who have children, you no doubt wonder, as I did, how they are faring living with a parent with an ABI. Ours is a unique situation as our now teenage son doesn't know his dad any other way than with the ABI. It's a mixed blessing, I'm sure. He didn't know how dad struggled with him as a child, knowing that his child's brain and body was often quicker than his own would allow. Our son is thoughtful, conscientious, and aware of everything. Always has been. And that's a tough match for the parent who isn't so quick and sure anymore, who forgets things easily and feels constantly tired and fogged in. Sometimes the child becomes the parent.

"We parked over here, Dad. Do you have your wallet and keys, Dad? Did you remember to call Nana, Dad?"

Our son is intuitively protective of his Dad. When we were once walking along a river bank with a slight incline, our then 13-year-old son strategically placed himself between Dad and the river, just in case Dad lost his balance and stumbled. We watched him do it not once, but three times. Heartwarming and Bittersweet.

I've often wondered if our son knows how his family life is different from his friends. Does he wish his Dad were more active like his friend's dads, with jobs and responsibilities outside the home?

As a father, my husband has excelled at providing the intellectual stimulation our son needs. Over the years, they've spent a lot of time at home together while I worked. No, the housework list I left didn't get done. Instead, they watched a lot of documentaries on space, architecture, and engineering together. Discovery Channel and PBS were the constant hum in our home. This was never mindless watching, but always followed with discussions, and practical applications. My husband was an armchair coach for building the latest Hot Wheels track, K-Nex roller coaster, or Lego Technic machine. Just because he wasn't able to get down on the floor with him didn't mean he wasn't involved!

Did I mention my husband, not me, was the one who wrote the lunch box notes for our son? Our son has still kept them all tucked away in a box for safety. I wonder if he's read them lately.

And yet with all these things my husband did to be the best father he could for our son, so many times he doubted if it was enough, because it wasn't the father he had imagined he would be. Oh, the losses he felt. Afraid to go out for a walk with his young son because the sidewalk is sometimes uneven and he could easily stumble and hurt both of them. What then? Or what if he got out too far and was too tired to get them both back home safely? What if his fatigue made him miss something important? And worst of all, what if someone tells him he's a bad parent because he loses his temper too much when he can't cope anymore?

This fear was realized and he's never forgotten it's pain from those words spoken by those who didn't understand. He's had 15 years of wondering if, despite his ABI, he's been the father our son needed. It's a challenge just to rise to being a good father, but what about being a good father within the limits of your ABI? Is it enough?

My husband finally got his answer to that question last week. When our son sought out Dad to instruct him on his first shave, I had to leave the room to shield them from my tears of joy at this moment of their bonding. His son reached out to him. His son trusted him. His son wanted him in his life. They went about their business of shaving, quietly talking to each other in the way their sensitive souls do. But inside each of them, molecules moved to make room for this new relationship.

At last he knew. His son, his only child, accepted him. As he was, not as the dad he thought he should be. He was enough in his son's eyes. More than enough. <https://compassionate-voice.ca/>



**Small actions, big rewards**



## 215 Tiny T-shirts - Every Child Matters

FVBIA's Hope Leisure Program participants created 215 tiny orange t-shirts for the window after the announcement of a discovery of unmarked graves at a Kamloops Residential School recently.

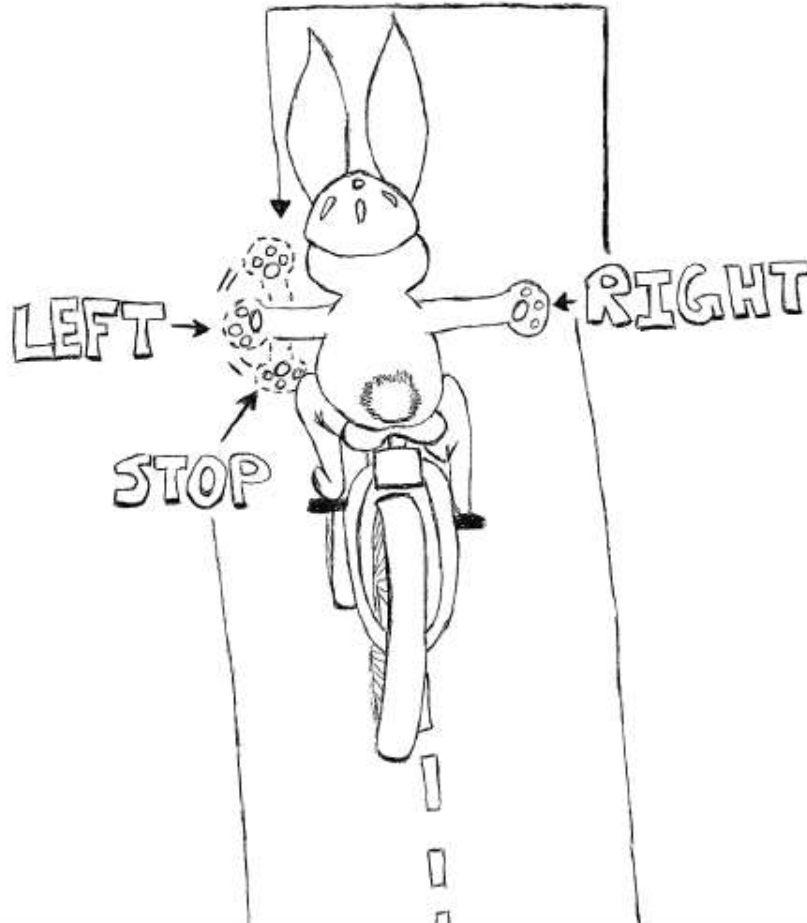
The Indian Residential Schools Resolution Health Support Program has a hotline to help residential school survivors and their relatives suffering with trauma invoked by the recall of past abuse.

The number is 1-866-925-4419.



# June is Brain Injury Awareness Month

## PLAY SAFE HAND SIGNALS



**COLOUR THIS PAGE and you could Win!**

**1st Place**  
\$250 Visa Gift Card

**2nd Place**  
\$75 Visa Gift Card

**3rd Place**  
\$25 Visa Gift Card

**Drop off entries at:**  
The Hope Standard office  
Box 1090, 540 Wallace St.  
Hope, BC V0X 1L0

**OR take a picture of your entry and email it to [info@fvbia.org](mailto:info@fvbia.org)**

Contest is open to children ages 5 - 15 years. All entries must be received by July 15, 2021.  
Prizes will be accepted as awarded and no further correspondence will be entered into. No cash value.

Sponsored by



Fraser Valley Brain  
Injury Association

and

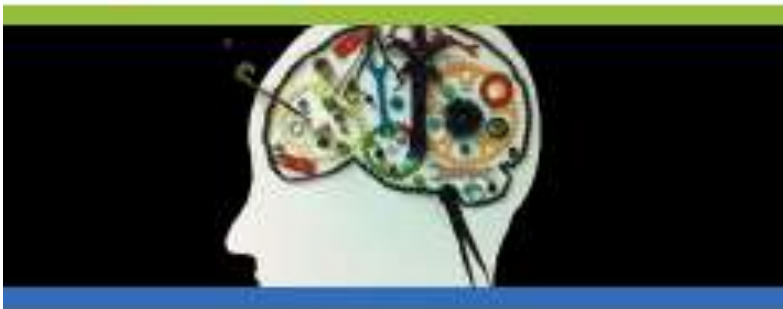


**Black Press Media**





# Acquired Brain Injury Services



## Who is UNITI?

UNITI is the partnership of three affiliated societies that have provided important community services for decades.

**Semiahmoo House Society** provides quality services and supports to people with disabilities and their families in Surrey and White Rock.

**Peninsula Estates Housing Society** provides affordable and inclusive housing that reflects the diversity of our community.

**The Semiahmoo Foundation** assures that UNITI has the recognition, relationships and resources to support an inclusive community.

Together we're stronger!



### Acquired Brain Injury Services



Unit # 3  
13550 77th Avenue,  
Surrey, B.C.  
V3W 6Y3  
604-592-1006 ext. 230

## Our Mission

People with disabilities live self-directed lives in the community, at a justifiable cost.

People are valued members of society.

People direct their own lives and make informed choices.

Personal support networks know that individuals are properly supported now and in the future.

The rights of people with disabilities

## DAY SERVICES

*Referral from Fraser Health required to access day service*

### Program Hours:

Wednesday 10 am to 5 pm

Thursday 10 am to 5 pm

Friday 10 am to 5 pm

Closed on Statutory Holidays

**Cost:** Annual fee of \$200.00 for meal costs.

### Criteria for day program:

- Must be 19 years of age or older.
- Can independently meet their self-care needs.

## Our Services

Services address various needs through support and training in the following areas:

- Social development
- Aphasia
- Self care skills
- Life skills
- Community access & integration
- Recreation & leisure
- Education
- Vocational interests
- Volunteer placements
- Person Centered Planning (Essential Lifestyle Planning)





## Never Give Up!

**By Joy Scobie**

“Life can be confusing and we may not know which way to turn. Sometimes we make mistakes. But amazing things are always possible. Never give up!”

Photos by Joy Scobie

## FVBIA's 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.

### Joy's "PIF" Summer Schedule

**Mondays – Mill Lake Walk**, 2 meeting places: Bourquin entrance benches at 2 pm, the Mill Lake Road dock at 2:15 pm

**Tuesdays – Chair Yoga** at Trinity Memorial United Church, 2 to 3 pm, starting July 13

**Wednesdays – "Early Goose" Mill Lake Walk**, meeting place: The Mill Lake Road dock at 10 am

**Thursdays – Ladies' R 'n R Group** at the Bevan Avenue parking lot picnic shelter, 10 am to noon, starting July 8

**Fridays – Mill Lake Walk**, 2 meeting places: Bourquin entrance benches at 2 pm, the Mill Lake Road dock at 2:15 pm.

### 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:** Tuesdays – starting July 13, 2021  
**TIME:** 2 to 3 p.m.  
**PLACE:** Trinity Memorial United Church  
33737 George Ferguson Way (at Montrose), Abbotsford, BC

\*\*\*Please PRE-REGISTER as class size is limited. COVID-19 safety protocols will be in place.  
Call Joy at 604-897-1563.

### "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:** Every Thursday, weather permitting, starting July 8, 2021  
**Time:** 10 a.m. until noon  
**Place:** Mill Lake Park, Abbotsford  
Under the Picnic Shelter by the Bevan Avenue parking lot

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

## Pay it Forward Health and Wellness Chats

The Health and Wellness Group meets over zoom on **Thursdays at 2 p.m.** with FVBIA case manager Taryn Reid.

We talk about many different topics relating to health and wellness including but not limited to pacing, pain, nutrition, and self-care.

It's also a place for survivors to be social, in these times with the Covid-19 pandemic, individuals are really limited in what social interactions they are having.

If you are interested in anything health and wellness or just enjoy being social reach out to your case manager to get set up in the group or for further details

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

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

### ICBC & PERSONAL INJURY CLAIMS

# CBM

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

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

## 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>





## The Mill Lake Walk's 10<sup>th</sup> Anniversary

Our “Pay it Forward”: Healthy Lifestyles for ABI Project has just celebrated a milestone. A key activity, the weekly Mill Lake Walk, started in June of 2011 and has now been going for ten years!

This walk is a great opportunity to get some exercise, to engage in good conversation and to develop meaningful relationships as you experience nature and wildlife in a beautiful setting. Participants have seen the resident eagles, hawks, owls, osprey, Blue Herons, a delightful pet Chinese goose named Momo, a misplaced but beautiful Muscovy duck, and even a lost Cape May warbler.

Also, in the spring, many baby ducks and geese are seen throughout the park. Sometimes we leave the usual path and take a “yellow chip road” and see even more amazing scenery along the lakeside. In our travels, we have met some interesting people and have even witnessed the filming of a movie at the lake.

We plan to continue the Mill Lake Walk well into the next decade. Come and join us when you can – just don't bring your chattels (your hogs, etc.) to sell as a sign indicates that that is not allowed in the park! LOL!



## Abbotsford Community Foundation grant to Young at Arts Summer Program



### 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.



## The Langley Girl Guides – Bike Rode, June 2, 2021

Thank you to the Langley Girls Guides and Katherine for inviting us to their bike rodeo. The weather was beautiful and the Guides were amazing and eager to participate. We all had a great time going over the importance of wearing a helmet how to fit your helmet properly.

The girls were all very knowledgeable when it came to traffic signs and hand signals and were eager to put into practice what we went over by riding their bikes around a course. The Wheel of Fun was a big hit and once again the Guides came through with flying colours when it came to answering questions about the “Brain” as well as questions on bike safety.



Funding for the Brain Injury Awareness and Education program is provided by the Brain Injury Alliance and the Province of BC.





**Fraser Valley Brain Injury Association**

## **Brain Injury Golf Classic**

**Thursday September 23, 2021**

**Redwoods Golf Course, Langley, BC**



## **Tournament Package**

To sponsor or register for the event

<https://fvbia-brain-injury-golf-classic-2021.eventbrite.ca>

or contact us at [info@fvbia.org](mailto:info@fvbia.org)

**Tournament Partner**



## FVBIA's Pets Corner

Pets are an important part of so many people's lives and can be a wonderful support for people with acquired brain injuries. We would love to meet your pets so send us a short introduction and some photos so we can feature them in the next newsletter.

"Survivors of trauma, illness or injury often find comfort and support from companion animals during the process of brain rehabilitation. From the daily comfort of your own dog or cat to specially trained animals for therapy and assistance, dogs, cats, horses, birds and other animals can provide confidence, relieve loneliness, provide motivation or assistance with walking and other movement, and generally give a sense of purpose to life." <https://constanttherapyhealth.com/brainwire/how-pets-can-help-with-brain-rehabilitation/>

### Rascal

True to his name, Carol's beloved kitty Rascal was always getting into some kind of mischief like climbing ladders. Fondly nicknamed "Monster Cat", his name struck fear into FVBIA staff, guests and billet students but if you were his human, he loved you with all of his little heart.

The house just isn't the same without his inquisitive chatter and constant requests for kitty treats and chin tickles! For 15 years, we were lucky enough to enjoy the company of this feisty little character who came to us as a barn cat rescue and he will always have a special place in our hearts. ❤️



## FVBIA John Simpson Student Award

Congratulations to the recipients of the FVBIA John Simpson Awards through Abbotsford Community Foundation <https://abbotsfordcf.org/student-awards/apply-for-an-award/> and to all the Grads of 2021!

**Sukhmanjot Brar, W.J. Mouat  
Nicholas Rabinovich, Robert Bateman**

John Simpson has been the foremost leader in the development of services for people with acquired brain injury in the Province of British Columbia since 1982. His compassion for individuals and families affected by acquired brain injury moved him to generously dedicate decades of voluntary service to improve the lives of thousands of Canadians affected by this invisible disability. He has mentored countless professionals and supported the development and growth of at least a dozen agencies.

Applicants should meet one of the following criteria:

- Someone who has sustained a brain injury
- Someone who wants to work with brain injured individuals
- Someone who has a family member who has sustained a brain injury



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[careers@communitytherapists.com](mailto:careers@communitytherapists.com) • Career Contact: 604.566.8452  
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## 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. Depending on Public Health Guidelines, we anticipate that the office will be open part time starting in September 2021. Although the main office is closed to the public, phones and e-mails will be answered during regular office hours at our temporary number 604-858-9027.

**8:00 am – 2:30 pm Monday – Friday**

Case Management is still available as are a variety of zoom groups. Some innovative and physically distant group activities are starting to meet in-person over the summer with lower numbers of participants and strict COVID-19 safety protocols.

Contact program facilitators/Case Managers directly for details or contact the office at [info@fvbia.org](mailto:info@fvbia.org).

## Young at Arts Summer Program

FVBIA's Young at Arts summer program is back again this year! **The week of August 16<sup>th</sup>** will find us back at the Blue Heron Reserve. This program is open to children with acquired brain injuries, their siblings and children who have a parent with an acquired brain injury.

We are also offering art and biology zoom sessions throughout the summer with some fun summer surprises for families starting mid-July.



For more information, contact your case manager or the FVBIA office at 604-557-1913 or [info@fvbia.org](mailto:info@fvbia.org)

Young at Arts is funded through a Smart and Caring Grant from the Abbotsford Community Foundation and we acknowledge the financial support of the Province of BC.



## Virtual Family Focus Groups

Our Virtual Family Focus Groups are facilitated by Janelle Breese Biagioni. The Parents Group is currently focussed on advocacy around housing supports with the Gerald Breese Centre for Traumatic Life Losses so if you are interested in supporting their efforts in that area, please contact Janelle directly at [janelle@traumaticlifelosses.com](mailto:janelle@traumaticlifelosses.com)

The Spouses/Partners group meets monthly over zoom.

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.traumaticlifelosses.com](http://www.traumaticlifelosses.com)

Full Member, Canadian Professional Counsellors Association (#306)

Janelle Breese Biagioni has several free e-books on grief and loss available online.  
<http://traumaticlifelosses.com/e-books/>

**Thrive** 

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**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> Program service hubs:</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>

 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

## SHRed Concussions Study

“Concussions are the most common form of head injury. Young people who get concussions take longer to recover and are at higher risk of developing symptoms that persist for many months after their injury.

We want to improve the ways in which concussions are prevented, recognized, managed, and treated. Our current understanding of sports-related concussion comes largely from adult studies.



In youth, we are less able to predict the recovery process, and have little understanding of the long-term effects of concussion, which makes this study particularly important.

### The goals of the SHRed Concussions Study are:

1. To develop better prevention strategies
2. To develop better tests to diagnose concussions and track recovery
3. To develop better strategies to help students return to school and sports quickly and safely

Students ages 13 to 17-years-old who play one of the following higher-risk sports are potentially eligible to participate: basketball, football, ice hockey, ringette, lacrosse, rugby, soccer, volleyball, cheerleading, or wrestling.”

The study is being conducted by researchers at UBC, BC Children’s Hospital Research Institute and UBC Okanagan: Dr. Ian Pike, Dr. Shelina Babul, Dr. Paul van Donkelaar, and Dr. Cheryl Wellington

<https://www.injuryresearch.bc.ca/shred/>

## 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**



## 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>



### 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](#)

## 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).

# Acquired Brain Injury Information and Resource Package

Ninth Edition May 2020



Produced by



Fraser Valley Brain  
Injury Association

## 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.  
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.  
**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:	Postal Code:	
Phone number:	Email:		

## 1. Please join FVBIA

I will sign up for my FVBIA Annual Membership

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

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

## 2. Please make a donation

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

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

## 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