Fraser Valley Brain Injury Association NEWS

November / December 2026

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Drop In's & Groups

These are some of FVBIA's regular programs and groups. Contact programs directly (below) for details and eligibility criteria or the FVBIA main office at 604-557-1913 or info@fvbia.org

Abbotsford Mission

Drop-In
Wed 1:00 – 3:00 p.m.
& Fri 11:00 – 2:00 p.m.
103 – 2776 Bourquin Cres. W. Abbotsford
Contact Communitas 604-850-6608

Pay it Forward
(Walking Group, Yoga, Community Kitchen, etc.)
Contact: 604-897-1563

Coffee & Chat
Contact: 604-897-1563

Art & Photography
Contact 604-897-1452

Chilliwack

Drop-in
Tues 10 am-1:00 pm &
Thurs 11:00 am-2:00 pm
45825 Wellington St.
(Presbyterian Church)
Contact 604-792-6266

In the Now Support Group

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

Art Groups
Contact 604-799-2044

Hope

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

Remote Groups

Health & Wellness Group
Contact 604-557-1913

Langley

Coffee & Chat Group
Contact 604-557-1913

Congratulations to B. Coss of Coquitlam, BC with ticket #120090 who won 50% the 2026 FVBIA 50/50 Jackpot of $970!

The remaining 50% will go into programs and services for individuals with acquired brain injury. Thank you to everyone who bought tickets!

Fraser Valley Services & Programs

FVBIA offers a variety of programs throughout the Fraser Valley. Some examples are below but may not always be offered throughout the whole year. Groups may be time limited or subject to change due to funding, locations or client interests/needs. We are always offering new activities so stay connected!

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

In order to access FVBIA's regular programs, individuals must meet eligibility criteria and be able to provide proof of acquired brain injury: https://www.fvbia.org/criteria-for-services/.

- Case Management (virtual and in-person)
- Drop In/Leisure Programs (Hope, Chilliwack, Abbotsford)
- Mill Lake Walking Group - Abbotsford 3x/week
- Community Kitchen
- Health & Wellness (virtual) group
- Gentle yoga
- Art, jewelry, photography and craft classes
- Writer's Bullpen for FVBIA Newsletter
- Shared Garden project
- In the Now Group
- Healthy Aging
- Volunteering/Employment support
- Family Support group (virtual)
- Support for youth
- Coffee & Chat groups (Abbotsford & Langley)
- ABI Awareness and Education
- First Aid training, Food Safe and funding for other certifications to support volunteer/employment opportunities
- Young at Arts Summer program - for kids with ABI, siblings of kids with ABI or kids that have a parent with ABI
- Corrections Liaison program (virtual)
  - 4 - week ABI & Substance use education groups for inmates

FVBIA Staff Emails

- Heather Plain: heather.plain@fvbia.org
- Jenny Archondous: jenny.archondous@fvbia.org
- Joy Scobie: ijoyscobie@gmail.com
- Esther Tremblay: esther.tremblay@fvbia.org
- Wendy Kodama: wendy.kodama@fvbia.org
- Taryn Reid: treid@fvbia.org
- Victoria O'Brien: victoria.o'brien@fvbia.org

Upcoming Events

Please watch for emails and mark your calendars for the following upcoming events

- **November - Fall Prevention Month**
- **November 11 - Remembrance Day**
- **November 24 - FV Brain Injury Association Annual General Meeting**
- **December 1 - Giving Tuesday**
- **December 2 - Women's Brain Health Day**
- **December 3 - International Day of Persons with Disabilities**
- **December 9 - FVBIA Christmas Tea & Silent Auction**

Upcoming Events

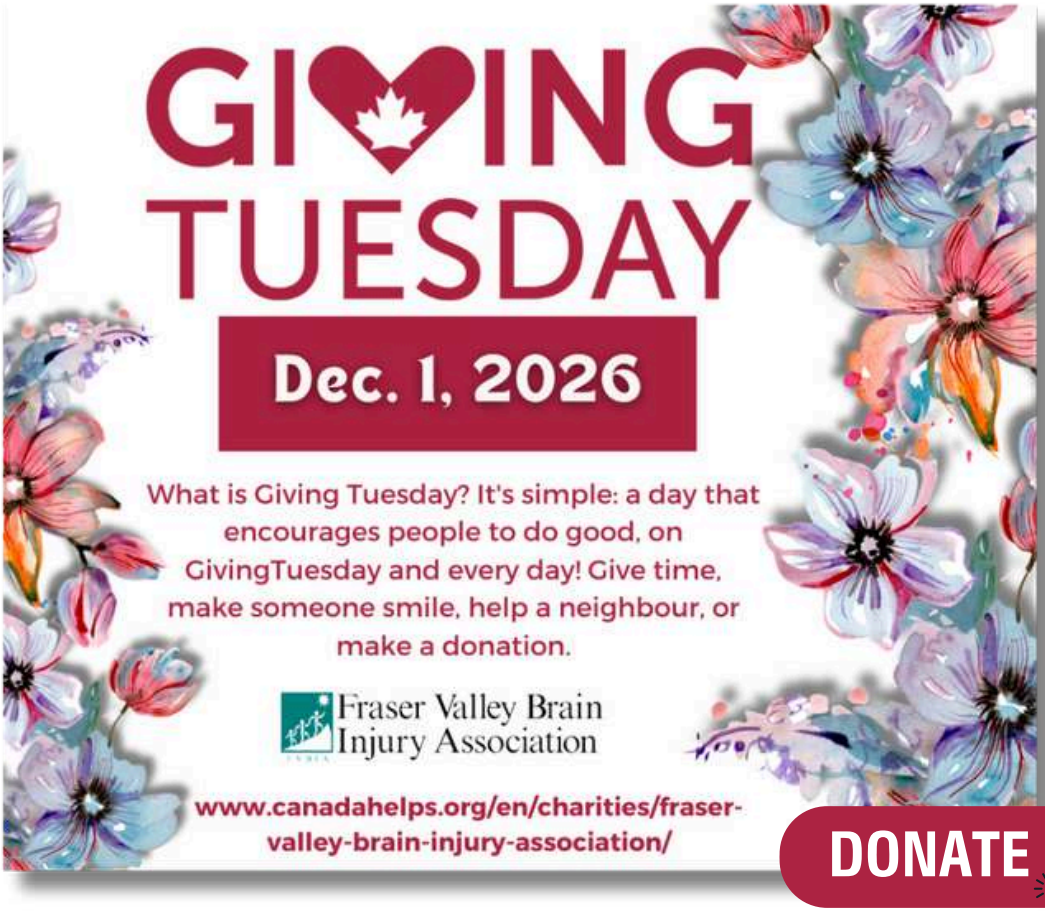
Please watch for emails and check our newsletters for the following upcoming events

November is Fall Prevention Month

- In adults 65 and older, falls account for over 80% of TBIs, and nearly two-thirds of all reported concussions in 2022 were the result of falls.
- For youth aged 5 to 19, sports and falls are the most common causes of TBIs, and for adults aged 20 to 64, falls are the leading cause of TBIs.

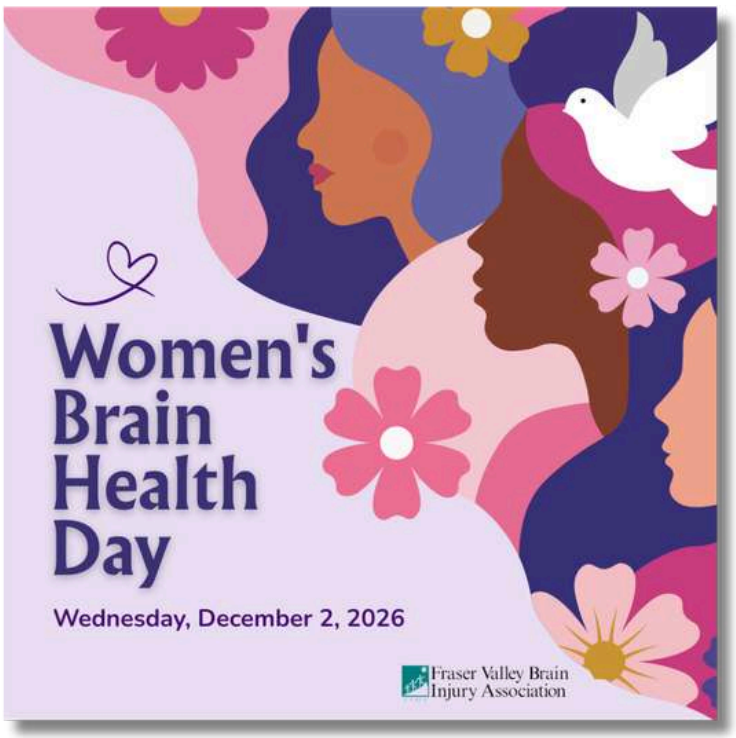
https://www.statcan.gc.ca/o1/en/plus/5563-concussions-happen-home-too

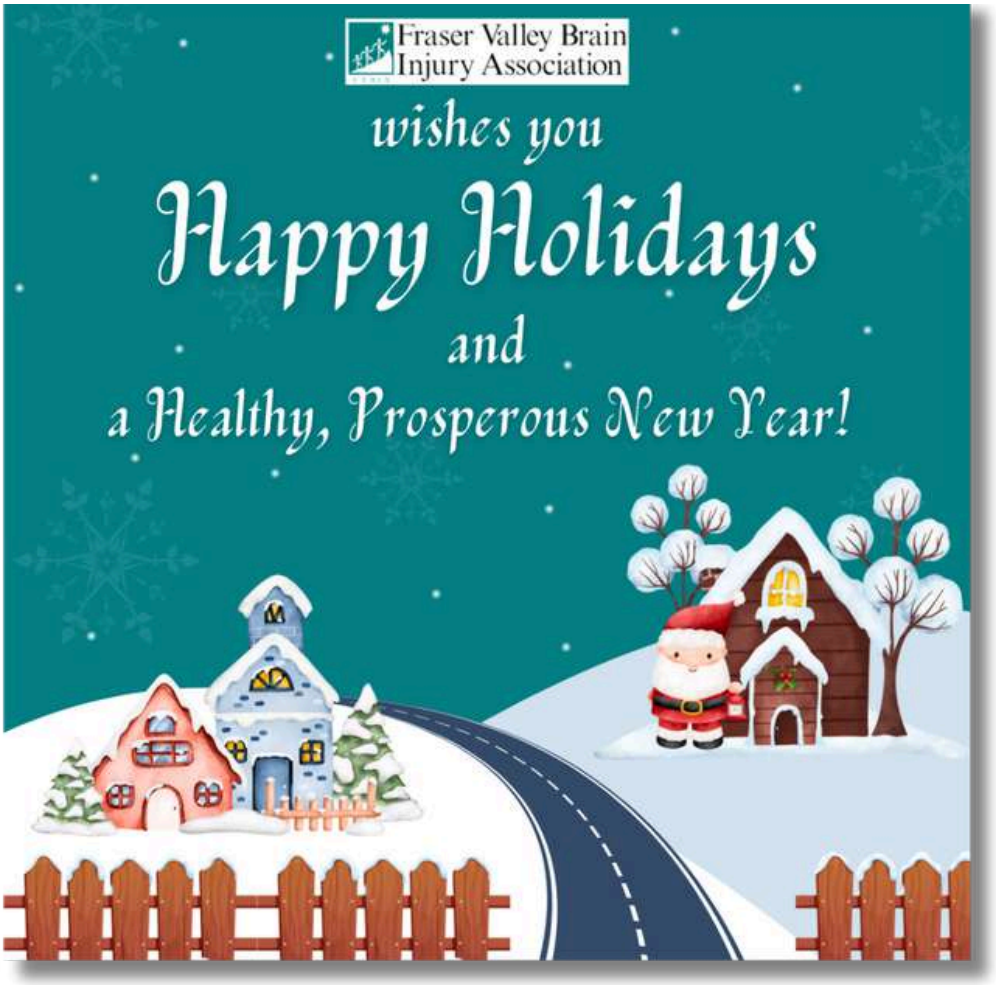
Learn more at: https://www.fallpreventionmonth.ca/additional-resources



Upcoming Events

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





Fraser Valley Brain Injury Association

FVBIA

Christmas Tea and Silent Auction

Wednesday December 9, 2026
2:00 - 4:30 PM

Cascade Community Church. Abbotsford, BC
35190 Delair Road, Abbotsford, BC

Tickets:

Regular: $30

FVBIA Members with ABI: $15

Non-members with ABI: $25

Table Sponsor: $300

Ticket Deadline: November 30, 2026

Order tickets online at:
2026_FVBIA_Christmas_Tea.eventbrite.ca
or contact us at info@fvbia.org or 604-557-1913

With the support of

SOROPTIMIST

Best for Women

wcsoroptimist.org/clubs-1/abbotsfordandmission

Fraser Valley Brain Injury Association

FVBIA

We Need Your Support This Year! While we aren't hosting our Annual Golf Tournament this year, the need for brain injury support in our community hasn't changed. We are asking our amazing supporters, sponsors, donors, and community partners to help us continue making a difference in other ways.

Let us know how you, your family, friends, workplace, or business would like to help. We're happy to work with you to find the right fit.

Contact us at info@fvbia.org or call 604-557-1713

How can you support us? We have some ideas!

Fundraising

Host a simple fundraiser on our behalf, such as:

- Krispy Kreme sales
- Bottle drives
- Workplace or community fundraisers
- Facebook fundraisers

Interested? We'd love to hear from you!

Make a Donation

Every contribution makes a difference.

- Donate funds (big or small)
- Ask friends and family to support our work
- Purchase 50/50 tickets (see page 6)
- Donate directly to our programs (see pages 30–31)
- Donate Items

We welcome donations of:

- Small toys, games, and activity kits for children and youth
- Door prizes and silent auction items
- Food and grocery gift cards

Advertise

Our newsletter reaches over 1,500 subscribers every two months. See page 28 for rates.

Sponsorship Opportunities

Support:

- Brain Injury Awareness Booths at community events
- Young at Arts Summer Camp for children and youth affected by brain injury
- FVBIA Pub Night – October 3, 2026
- Annual Christmas Tea through table sponsorships, silent auction items, or door prizes

Thank you for helping us make a difference in the lives of people affected by brain injury.

BRAIN INJURY CANADA | LÉSION CÉRÉBRALE CANADA

Fraser Valley Brain Injury Association

We have partnered with Brain Injury Canada to offer their suite of online training courses specifically designed for healthcare professionals, long-term care providers, and community service providers who work with individuals living with brain injury!

Expert Information

Learn from experts providing evidence-based education.

Informed by Lived Experience

Individuals share their story, creating an informed educational resource.

Self-paced

Complete the asynchronous course on your time, at your pace.

Certificate of Completion

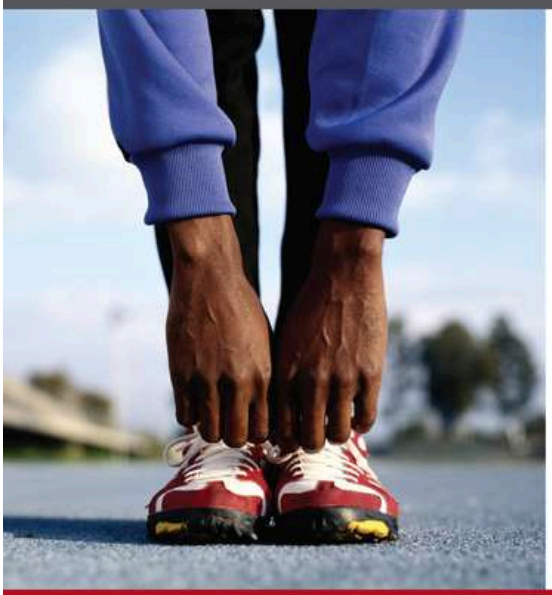
All registrants will receive a certificate of completion to recognize their hard work.

Topics Include

- Introduction to Brain Injury,
- Brain Injury in Long-term Care,
- Brain Injury for Healthcare Professionals
- Trauma Informed Care
- ...and many more!

Register today with promo code FVBIA10 to save 10% on all purchases!

community therapists



Need flexibility?

Community Therapists is HIRING OTs in ABBOTSFORD & CHILLIWACK

Why Us ?

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

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

www.communitytherapists.com

careers@communitytherapists.com • Career Contact: 604.566.8452

Building skills. Empowering people.

Est. 1989

REMEMBERING

Friederike "Freddy" Franziska O'Brien

26 August, 1954 – 16 September, 2026

Freddy O'Brien, beloved mother, aunt, and friend, passed away peacefully September 16, 2026, in Chilliwack General Hospital, at the age of 72. She will be remembered for her humour, selflessness, strength, and the love she gave so generously to her family and friends.

On August 26, 1954, Freddy was born in Garmisch-Partenkirchen, Germany before immigrating to Vancouver, Canada at the age of 3. Freddy spent her early years traveling around British Columbia with her family before settling in Summerland where they began growing grapes on their property, Saint Katharina's Vineyard.

Freddy spent the last 20 years at the Fraser Valley Brain Injury Association (FVBIA) working as the Office Manager, Events Coordinator, and as a community educator.

Freddy was passionate about her time in the community, educating individuals from all walks of life about the brain, brain injury, and how to protect your head. The FVBIA was not just a job for her, but a community and a family.

Surviving Freddy is her daughter, Victoria, and her nieces Katie and Micka, as well as many other family members and close friends. She was preceded in death by her parents Kurt and Katharina, and her nephew, Georgie.

Outside of her family, Freddy enjoyed reading, hosting dinner parties and trying new recipes, and almost any holiday (especially Christmas). She had a gift for making people feel welcome and never hesitated to lend a hand or ear. Freddy was the epitome of strong, beating stage 4 cancer as well as many other obstacles life threw in her way. Freddy leaves behind a legacy of friendship, service, love and compassion. She will be missed profoundly by her family, friends, and the many others whose lives she touched.

In lieu of flowers, please consider donating to one of the following organizations she was passionate about:

- Fraser Valley Brain Injury Association: https://fvbia.org
- BC SPCA: https://spca.bc.ca

Remembering Freddy

FVBIA Writer's Bullpen

Writers abound within the Fraser Valley Brain Injury Association (FVBIA) membership, so the FVBIA Writer's Bullpen was created to provide a place for writers with brain injuries to come together to hone their craft and share ideas.

In 2017, individual writers began submitting pieces to the FVBIA Newsletter as a means of sharing their thoughts and ideas through the Pay it Forward: Health and Wellness for ABI program, funded by the Brain Injury Alliance, ICBC and the Province of BC.

The Bullpen has expanded to include art, photography, cartoons and poetry.

Editor's Note: Thank you to everyone for their contributions! Submissions may be edited for length.

FVBIA Newsletter

2027 Submission Deadlines

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

January/February 2027 Issue	March / April 2027 Issue	May / June 2027 Issue
Submit by: December 15th	**Submit by: February 16th**	**Submit by: April 20th**
July / August 2027 Issue	**September / October 2027 Issue**	**November / December 2027 Issue**
Submit by: June 21st	**Submit by: August 23rd**	**Submit by: October 20th**

Written articles & stories should be **maximum 500 words**, and submitted as a document file (i.e. Word). For photos submissions, please attach as separate .jpeg or .png file, with a Resolution of at least 72ppi.

The content of articles, editorials or advertisements does not necessarily reflect the views and opinions of the FVBIA. Written submission may be edited for length, grammar and punctuation. Published advertisements or articles are not necessarily an endorsement of services.

Research Particpants Needed

Sleep and Motor Learning Study

Help researchers at UFV understand and improve recovery following a concussion

Participation Requires

- One in-person visit lasting approximately 1.5 hours.
- The visit includes completing questionnaires, performing a motor learning task while wearing an EEG device, and either napping or watching a video for 30 minutes.
- In appreciation of your time, you will receive $20 VISA gift card

Requirements

- Aged 19 or older, with a clinical or self-reported concussion in the past 12 months and no current headaches or light/screen sensitivity
- Normal or corrected-to-normal vision.
- No current use of psychoactive medications.
- No history of medically diagnosed or self-reported severe traumatic brain injury.
- No history of neurological conditions other than concussion (e.g., epilepsy, stroke)
- Participants must NOT be currently enrolled in KIN 268 or KIN 368.

Location

- University of the Fraser Valley, Chilliwack Campus (CEPA)

If you are interested or would like more information, please contact: **Dr. Amanpreet Sidhu at amanpreet.sidhu@ufv.ca**
UFV HREB study: 101991

Research News

Brain Injury Research Update: New Insights Into Recovery

A compilation of research on Brain Injury in 2026

What can help people recover and regain independence after a brain injury? New Canadian research published in 2026 is providing some encouraging—and sometimes surprising—answers.

Virtual reality may help with everyday skills

Researchers at the University of British Columbia and Vancouver Coastal Health investigated whether virtual reality (VR) could help people with acquired brain injury practise everyday activities.

Fifteen people with acquired brain injury completed twelve 30-minute VR sessions over three weeks. The program allowed participants to practise activities of daily living in a simulated environment. After the program, participants showed a significant improvement in their ability to carry out everyday activities.

The researchers point out that VR isn't a replacement for traditional rehabilitation, and there are still technical and practical challenges. However, the results suggest that technology could become another useful tool for helping people practise real-world skills in a safe and controlled setting.

Recovery isn't only about the injury

Another Canadian study looked at fear avoidance following mild traumatic brain injury (concussion). Fear avoidance can happen when someone becomes worried that physical or other activities will make their symptoms worse, leading them to avoid those activities.

Researchers from UBC, the Toronto Rehabilitation Institute and the University of Toronto followed more than 300 adults with concussion. They found that people whose fear avoidance remained high during the first several weeks after injury tended to have more severe symptoms later. In contrast, people whose initial fear decreased tended to recover better.

This doesn't mean that symptoms are "all in someone's head." Rather, it suggests that how a person responds to symptoms and activity may be one factor in recovery. It also highlights the importance of appropriate guidance and support during rehabilitation.

Caregivers have needs too

Recovery from a serious brain injury affects the whole family. A 2026 systematic review by researchers at Université Laval and Université de Sherbrooke examined the needs of caregivers of people with moderate-to-severe TBI.

The review included 32 studies and identified several important needs, including reliable information, mental-health support, hope, financial assistance, education for friends and family, and peer support.

This reinforces something families already know: supporting someone with a brain injury isn't simply about medical treatment. Caregivers may need information, emotional support and practical assistance as they adjust to changes in their lives.

Recovery is individual

Together, these studies remind us that brain injury recovery is not a single process with a predictable timeline. Rehabilitation may involve practising everyday activities, addressing concerns about movement and symptoms, and supporting the family and caregivers around the person.

Canadian researchers are continuing to investigate ways to make rehabilitation more practical, personalized and accessible. For people living with brain injury, that research offers an important message: recovery can take many forms, and new approaches continue to expand the tools available to support it.

Sources:

- *Grewal J, et al. Virtual reality for activities of daily living rehabilitation after acquired brain injury. Frontiers in Rehabilitation Sciences, 2026.* PubMed – full study PubMed
- *Lam B, et al. Trajectories of fear avoidance behavior and recovery after mild traumatic brain injury: Findings from the Toronto Concussion Study. Rehabilitation Psychology, 2026.* PubMed – full study PubMed
- *Simard P, et al. Comprehensive portrait of the needs of caregivers of individuals living with a traumatic brain injury. Brain Impairment, 2026.* PubMed – full study
- *Liu BC, et al. Social Determinants of Health and Symptomatic Recovery from Pediatric Concussion. Journal of Neurotrauma, 2026.* PubMed – full study PubMed

FALL PREVENTION: A FALL CAN CHANGE EVERYTHING

A fall can happen in an instant, but its effects can last much longer. While falls can cause broken bones and other physical injuries, they are also an important cause of traumatic brain injury (TBI), including concussion.

In Canada, falls are the leading cause of injury-related hospitalizations among people aged 65 and older. The Public Health Agency of Canada reports that, between 2018 and 2023, falls were responsible for 82% of TBI-related emergency department visits among Canadians aged 65 and older. Falls were also the most common cause of TBI among adults aged 20 to 64, accounting for 32% of TBI-related emergency visits in that age group.

A brain injury does not necessarily require a dramatic fall. A person can sustain a TBI when their head strikes the floor, a wall, furniture or another object. A sudden jolt can also cause the brain to move within the skull, potentially damaging brain tissue even when there is no obvious external injury.

Concussion is a form of mild TBI, but "mild" does not mean that symptoms are insignificant. After a fall, someone may experience headache, dizziness, nausea, fatigue, blurred vision, difficulty concentrating, memory problems, sleep changes or changes in mood. Some symptoms may appear immediately, while others can develop later.

Falls can be particularly concerning for older adults. Canada's fall surveillance data shows that the risk of serious fall-related injury increases with age. Problems with balance or mobility, muscle weakness and vision changes can increase the likelihood of falling. Certain medications and health conditions can also contribute to fall risk.

There is another important reason to take a fall seriously: a person can have a brain injury without realizing it. Symptoms may be subtle, and older adults' TBI symptoms can sometimes be mistaken for other age-related health problems.

The risk of bleeding in the brain following a head injury can also be greater for people taking blood-thinning medications.

Many falls are preventable. Simple measures can make a difference:

- Keep walkways and stairs clear of clutter.
- Improve lighting, particularly on stairs and in hallways.
- Use handrails on stairs.
- Wear properly fitting, supportive footwear.
- Have vision and hearing checked regularly.
- Review medications with a healthcare professional if dizziness or balance problems occur.
- Talk to a healthcare provider about exercises that improve strength and balance.
- Consider grab bars and other safety equipment where needed.

If someone falls and hits their head, develops concerning symptoms, loses consciousness, becomes increasingly confused, has repeated vomiting, experiences a worsening headache, has a seizure or is difficult to wake, seek urgent medical attention.

A fall may look like a simple accident, but the consequences can be serious. Knowing the risks, recognizing the signs of brain injury and making the home and community safer can help protect our brains at every age.

November is Fall Prevention Month!

FVBIA's Pay It Forward: Health & Wellness Programs

FVBIA has an active "Pay It Forward: Health and Wellness for ABI" program. The FVBIA team offers several different components of this program that all focus on rebuilding one's sense of self after an acquired brain injury and improves their overall mental and physical well-being. This can be through healthy eating, sleep management, improving coping strategies, developing natural support networks, fitness and engagement in the community through volunteerism.

Wondering how you can contribute? Take a minute to think about your strengths, talents, interests and networks. Then contact your case manager to share your gifts. This can be contributing to the FVBIA newsletter, demonstrating a craft to other members in a mini-workshop, supporting others, volunteering in the community, etc.

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

Health & Wellness Virtual Group

Attend via zoom with Kinesiologist and FVBIA case manager Taryn Reid on Thursday afternoons from 2:00 - 3:00pm.

This group provides a safe space to discuss a variety of topics, connect with other survivors and to learn about health and wellness topics. For more information or suggestions for topics, contact your case manager or Taryn Reid at treid@fvbia.org

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

Coffee & Chat Groups

Abbotsford Coffee & Chat

Join us in our spacious boardroom for coffee and a chat.

This is a great opportunity to meet with others who have experienced a brain injury. Coffee will be provided.

Days: Tuesdays - Nov 10 & 24, Dec 8 & 22, 2026

Time: 10:30 a.m. until noon

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

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

****** FVBIA cannot guarantee 1:1 staff at activities. If you require 1:1 care, you must bring a support person with you.***

Langley Coffee & Chat

Join us at Timms Community Centre (20399 Douglas Crescent) for Langley's Coffee and Chat!

This is a great opportunity to meet other survivors and chat.

Group members must be eligible for FVBIA services, so please contact your case manager or Taryn Reid at treid@fvbia.org for details regarding dates and times.

Group Activities

Mill Lake Walking Group

"Pay It Forward": Health & Wellness for ABI Program

Join us for a relaxing walk around beautiful Mill Lake!

DAYS: Mondays Wednesdays Fridays

2 MEETING PLACES (ABBOTSFORD):

Times: 2:00 P.M. at the Bourquin Entrance benches

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

***** FVBIA cannot guarantee 1:1 staff at activities.**
If you require 1:1 care, you must bring a support person with you.

FVBIA's "Pay it Forward": Health & Wellness for ABI Program
invites you to attend

AiKiJutsu with Ken

This practice involves gentle movements that build strength and stability to improve mobility and balance, and to help prevent falls.

The low-impact slow practices require coordinated movements, careful weight distribution, breathing regulation and focused attention, which can improve physical and mental wellness.

Day: Fridays, Oct 16 to Nov 20, 2026

Time: 10:30 to 11:30 a.m.

Place: Trinity Memorial United Church
33737 George Ferguson Way
Abbotsford BC

Funding is provided through the MapleWood Care Foundation

Fraser Valley Brain Injury Association and Archway Community Services present a

Community Kitchen

Learn how to cook safely and nutritiously. Get ideas for simple meals that are easy to make. Prepare delicious meals that you can take home to enjoy!

DAY: Tuesday, Dec 1, 2026

TIME: 1 p.m. to 3 p.m.

PLACE: Archway Community Services
in The Old Court House at
33780 Laurel Street, Abbotsford

TO REGISTER, please contact Joy at 604-897-1563.

Space is limited.

Funding is provided through the Brain Injury Alliance, ICBC and the Province of British Columbia.

Program Testimonial: ArtWorks with John Le Flock

“Once again, I cannot thank FVBIA for having John Le Flock teach us at our art programs. We not only learn so much, but also have the comraderie of fellow, very talented painters to inspire us to keep on keeping on.

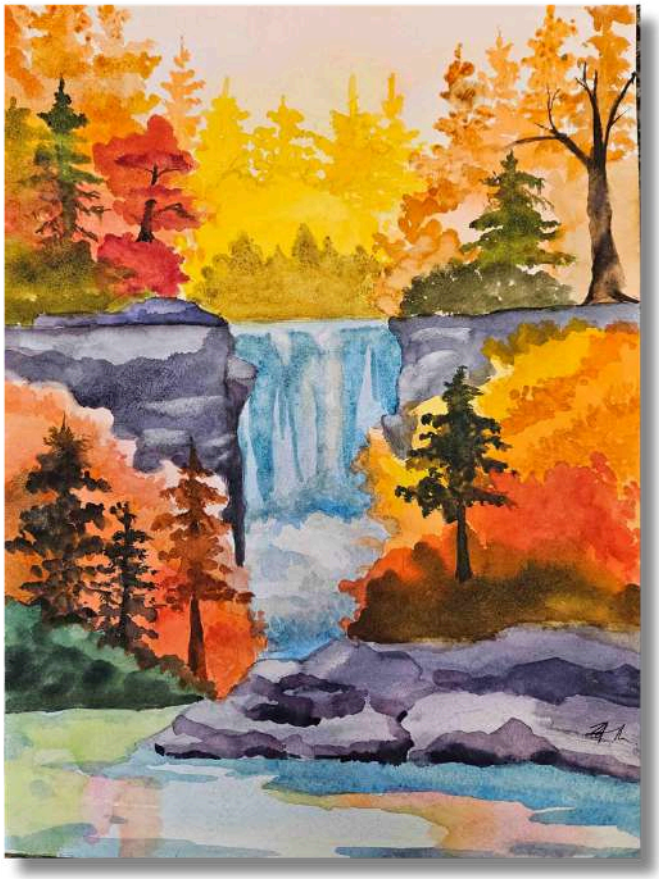
The "Crazy Bird" was painted on a friend's tee-shirt over a year ago, and I fell in love with him. Many people also want a copy of him, but he did take a lot of work. Now my son discovered there is a series of crazy birds and wants one painted for a Christmas present.

I gave the hummingbird, framed, to a dear friend for her birthday recently and she was so thrilled. It is wonderful to share what we learned and to make others happy. We had a wonderful trip to pick up our paintings in October that were on display all summer at the Heron Reserve in Chilliwack.

Here is my eagle. John gave us a lesson in water colours at the studio there. It was a lovely day and such a peaceful setting.

Thanks again Mary, John and FVBIA. I don't know what I would do without the painting classes.”

Frances McGuckin



Watercolor paintings by Jeffrey Lin

Caregiver Supports

Abbotsford Hospice & Grief Support Society's Care for the Caregiver program is a new initiative focused on anticipatory grief and emotional care for caregivers supporting loved ones with life-limiting illnesses.

Brain Injury Canada has information and virtual workshops for families/caregivers including information about brain injury causes, diagnosis, recovery and rehabilitation, and living with brain injury now and for the long-term.

If you identify as a caregiver of a partner, of a child of any age, or of a person who has had an acquired brain injury, and you are looking for some support, FVBIA and Chuck Jung Associates are offering a FREE Virtual Caregiver Support group for caregivers in the Lower Mainland. Find out more at admin@chuckjung.com or call 604-874-6754.

Reduced Cost Counselling Program
Chuck Jung Associates
Accepting Referrals

Chuck Jung Associates is providing a Reduced Cost Counselling Program in our Vancouver office. This service is in-person and/or via Telehealth. We are aware of the significant cost of psychological counselling, which puts this service out of reach for many.

In our Reduced Cost Counselling Program, a senior doctoral student in psychology, is supervised by a senior psychologist in our practice. Services are provided in a broad range of areas, treating problems of depression, anxiety, anger, adjustment difficulties to physical injury (e.g., chronic pain, emotional adjustment to brain injury). The cost is $70.00 per session.

We are pleased to have doctoral student, Ms. Sarah Panofsky, MA, RCC as our therapist-student. Please see her bio below.

Also, see our weblink below for more information:
https://www.chuckjung.com/doctoral-student-therapists/

https://www.chuckjung.com/services/reduced-cost-counselling/

You can also reach us at 604-874-6754 or admin@chuckjung.com

Chuck Jung Associates – Psychological and Counselling Services

Vancouver: (Main Office)	Surrey:	Abbotsford:	Chilliwack:	Langley:
1001 – 805 W. Broadway	232 – 7164 120th St. St	The Mark (North Building	201 – 45625 Hodgins Ave.	8661 201 St. (2nd floor).
Vancouver, B.C. V5Z 1K1	Scottsdale Square Bus. Ctr	102-32625 S. Fraser Way	Chilliwack, B.C. V2P 1P2	Langley, B.C. V2Y 0G9
Tel: (604) 874-6754	Surrey, B.CV3W 3M8	Abbotsford, BC V2T 1X8	1-877-870-6754 (toll free)	Tel: (604)-874-6754
Fax: (604) 874-6424	Tel: (604) 874-6754	1-877-870-6754 (toll free)		

Other locations in Tri-Cities, Burnaby, North Shore and Richmond

Website address: www.chuckjung.com

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

SPECIAL ANNOUNCEMENT FROM EXECUTIVE DIRECTOR OF FVBIA

After 12 years of dedicated service, Carol Paetkau, founding board member and current Treasurer of the Brain Injury Alliance (BIA), will be stepping down from the BIA Board, having reached the end of her eligible term.

In recognition of Carol's many years of commitment and contributions, she was presented with a beautiful stained-glass bowl at the October 21, 2026, meeting of the Alliance Member Agencies' Executive Directors. This special gift was created by the talented artists of the Kamloops Brain Injury Association's (KBIA) Stained Glass Group and was presented by Dave Johnson, Executive Director of KBIA and fellow BIA Board Member.

Carol extends warmest wishes to the Alliance as it continues its important work supporting the brain injury community in the years ahead.

Brain Injury **Alliance**

is currently seeking one to two volunteer Board Directors, including one Director with financial expertise who is willing to serve as Treasurer.

To learn more about this volunteer opportunity, go to: https://form.jotform.com/260226321454246

Reel Recovery - Films to Watch

iBoy (2017)
1 hr 30 min
Sci-fi - Superhero - Action (TV-MA: Adult Content)

After being shot, Tom awakens from a coma to discover that fragments of his smartphone have been embedded in his head--and worse, that returning to normal teenage life is impossible because he has developed a strange set of superpowers

Streaming exclusively on Netflix

Easy Holiday Breakfast Ideas

Overnight French Toast Casserole

Active Time: 15 mins Chill Time: 8 hrs Total Time: 9 hrs 40 mins Servings: 12

Ingredients:

- 1 pound crusty whole-wheat bread, cubed (1-inch; about 10 cups)
- 2 cups whole milk
- 1 cup canned pumpkin puree
- ½ cup packed light brown sugar
- 5 large eggs
- 2 tablespoons vanilla extract
- 1 tablespoon pumpkin pie spice
- ½ teaspoon salt
- ⅓ cup chopped toasted pecans
- 4 tablespoons cold unsalted butter, cubed (¼-inch)

Instructions:

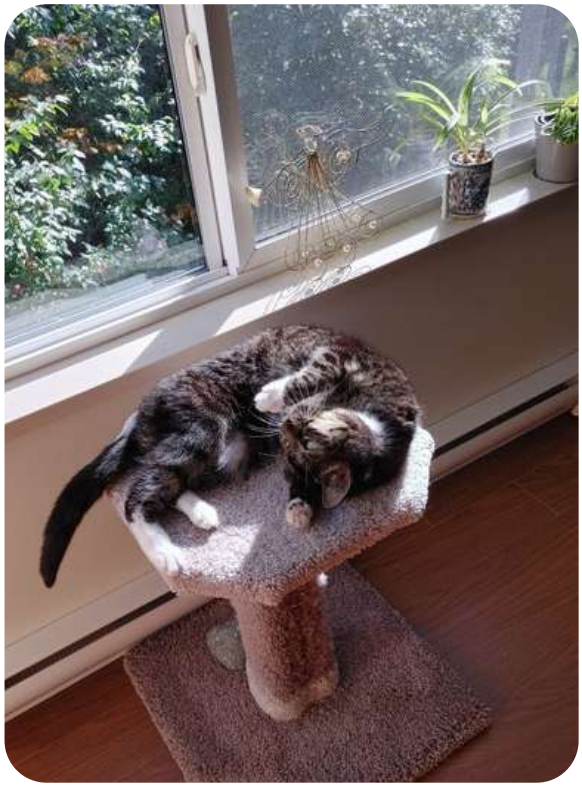
1. Preheat oven to 250°F with racks in upper and lower third positions. Spread bread cubes on a large rimmed baking sheet. Bake until dried, about 15 minutes, flipping the cubes and rotating the pan halfway. Let cool for 10 minutes.
2. Coat a 9-by-13-inch baking dish and a piece of foil (large enough to cover the dish) with cooking spray. Arrange the toasted bread cubes in the dish.
3. Whisk 2 cups milk, 1 cup pumpkin, ½ cup sugar, 5 eggs, 2 tablespoons vanilla, 1 tablespoon pumpkin pie spice and ½ teaspoon salt in a large bowl. Pour over the bread. Press gently to submerge all the cubes.
4. Sprinkle with ⅓ cup pecans and dot with the cubed butter. Cover with the foil and refrigerate for at least 8 hours (and up to 12 hours).
5. Preheat oven to 350°F. Let the casserole stand at room temperature while the oven preheats. Bake, covered, 25 minutes. Uncover and bake until golden, about 20 minutes more. Let stand for 15 minutes before serving.
6. Serve with half&half cream, maple syrup, berries or fruit compote.

Nutritional Values (per serving):
290 Calories / 15g Fat / 29g Carbs / 10g Protein

https://www.eatingwell.com/

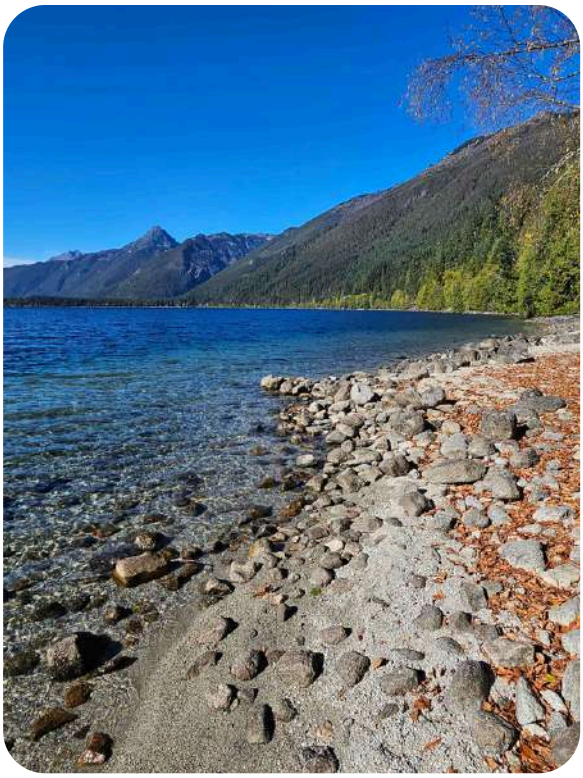
Pets Corner!

(and nature)



Sunshine and Catnip - contributed by Joy S

Chipmunk in camouflage, getting ready for winter sleep ~ contributed by Jennifer A.



Chilliwack Lake - contributed by Jennifer A.

Beautiful Mill Lake Leaf - contributed by Joy S

Tickling our Funny Bones

When does winter begin?
When autumn leaves.

What do you call a snowman in August?
A puddle.

What do you call a snowman's dog?
A slush puppy!

Why are Christmas trees so bad at sewing?
Because they always drop their needles!

What is green, covered in Christmas lights and Christmas bulbs, and goes ribbit?
A mistle-toad.

Gentle Yoga

Joy Hall, FVBIA's certified Yoga Instructor leading a Gentle Yoga class for people with acquired brain injuries.

Contact 604-897-1563 for more information about future groups.

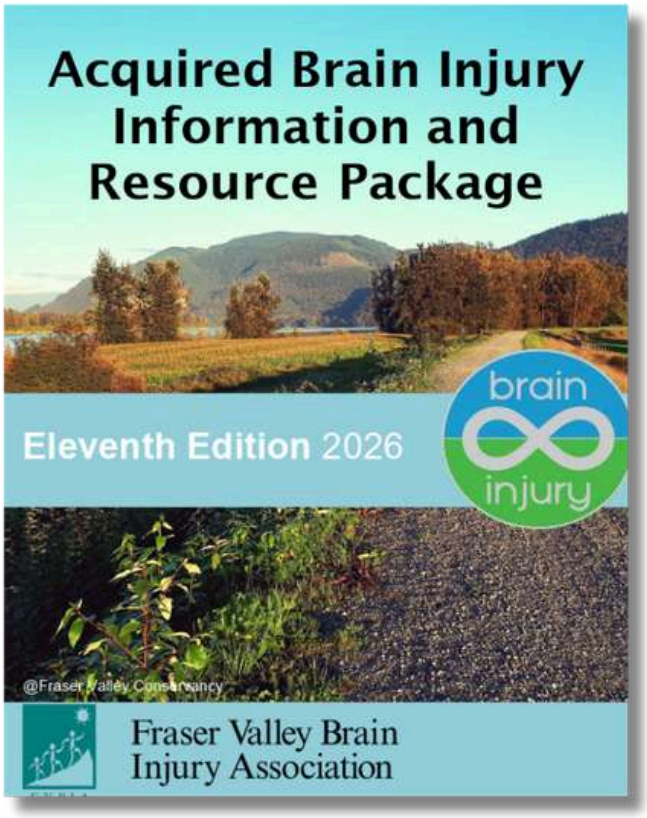
Funding is provided through the MapleWood Care Foundation

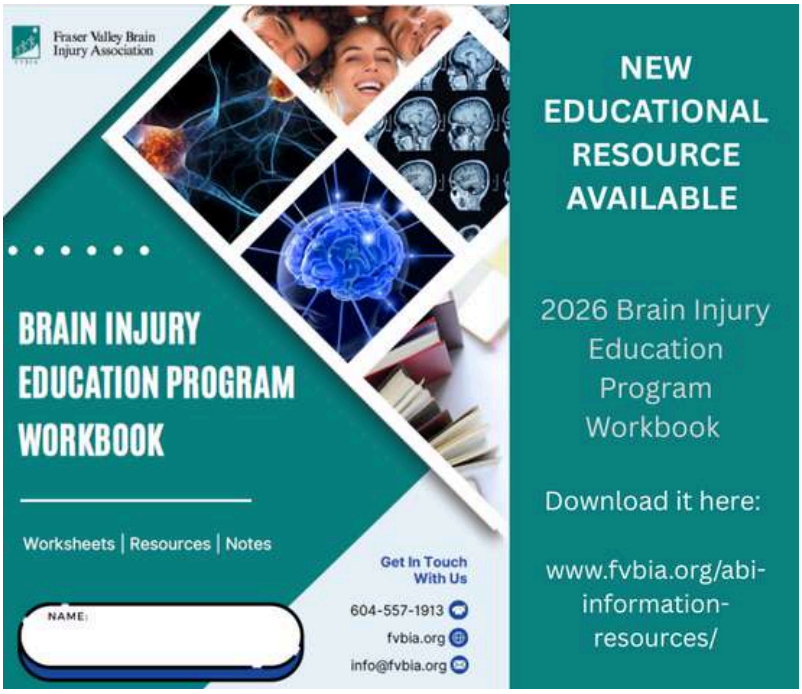
ACQUIRED BRAIN INJURY INFO & RESOURCE PACKAGE

FVBIA's Acquired Brain Injury Information and Resource Package contains pages of brain injury information and contact information for a wide variety of resources for any person with a disability.

This extensive resource package is available on our website https://www.fvbia.org/abi- information-resources/

Advertising opportunities are still available. Contact info@fvbia.org or 604-557-1913 for details.





SUBSCRIBE & ADVERTISE!

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

You can use the camera on your smart phone to scan the QR code to find our webpage link to sign up. Then all you need to do is enter your name and email address.

Sign up here or contact us at info@fvbia.org

SCAN ME

TO SUBSCRIBE

FVBIA Newsletter

Advertising

Thank you to all of our advertisers!

Advertising opportunities are available in the **FVBIA Newsletter** (6 issues / year) and the **NEW Information and Resource Package**.

Ad Rates	*per issue*	per 6 months (3 issues)	per year (6 issues)
Business Card size:	$30	$90	$180
1/4 Page:	$75	$225	$450
1/2 Page:	$100	$300	$600
Full Page:	$200	$600	$1200

For best resolution, images, ad designs and logos should be sent as **.png** or **.pdf file attachments** (*not inserted into the body of an email*), at a MINIMUM of 1800 pixals / 300 dpi

Contact info@fvbia.org or call 605-557-1813 for more information.

Please see the separate schedule for submission deadlines

Disclaimer: The content of submitted articles, editorials or advertisements does not necessarily reflect the views or opinions of FVBIA and may be edited for length or fit. Advertisements or articles are not an endorsement of services.

CONNECT WITH US ON SOCIAL MEDIA

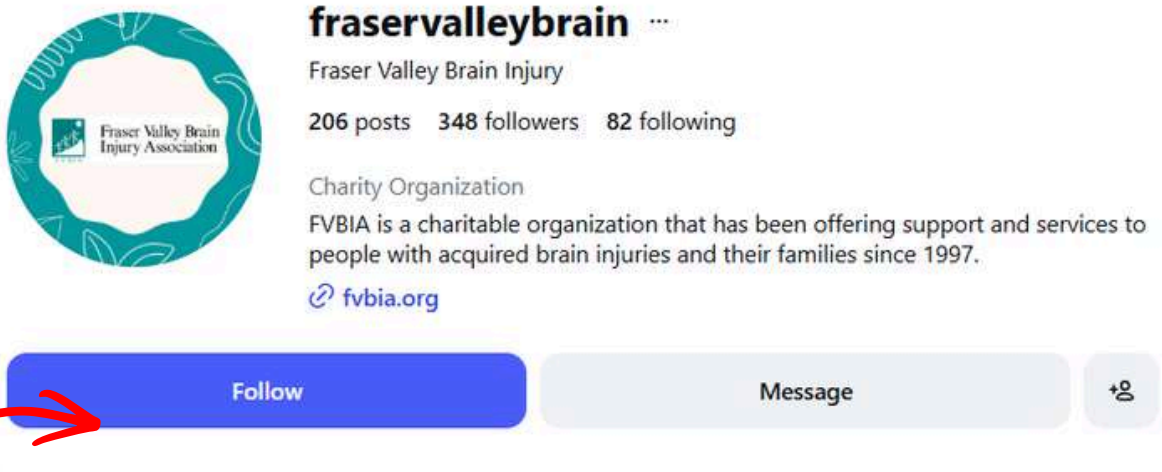
Do you like to stay on top of current research, news articles, inspirational stories / quotes, creative arts and regular updates on FVBIA activities? Check out our social media pages to stay connected.

facebook.com/FVBIA

Instagram.com/fraservalleybrain/

youtube.com/channel/UCKbhePbXu5mazHxtJ9medkw

FVBIA's Instagram



Follow Us!

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

HOW YOU CAN SUPPORT FVBIA'S PROGRAMS & SERVICES

Donate to Fraser Valley Brain Injury Association at CanadaHelps.org

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

You can find Fraser Valley Brain Injury Association here on the CanadaHelps website.
www.canadahelps.org/en/charities/fraser-valley-brain-injury-association/

"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."

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 $5000 since December 2018.

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

You can donate here and you will get a tax receipt!
www.paypal.com/ca/fundraiser/hub

Look for us by name or by typing in the following:
paypal.com/ca/fundraiser/charity/3434455

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

MEMBERSHIP & DONATIONS

FVBIA - John Simpson Memorial Student Award

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

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

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

Donate through Abbotsford Community Foundation

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

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

An automatic monthly withdrawal from your credit card is a simple way to do that.
www.fvbia.org/membership-and-donations/

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

It's easy!

For your convenience, you can also DONATE to FVBIA through Paypal with a major credit card, Facebook fundraisers for birthdays or through PayPal Giving. You can also donate here by simply clicking on the Donate button.

Donate

FVBIA is a registered charitable organization and can issue Charitable Tax Receipts for eligible donations. *CRA Number: 872023338RR0001*

Thank you for your support!

Fraser Valley Brain Injury Association

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