

Fraser Valley Brain Injury Association

News



Photo by Glenda - Hatzic Lake

March 2022

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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. 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.

The Speed of my future with ABI

By Kat Gordon

There is something that can seem so impossible about learning, or even relearning things, in a world that is trying to move faster in every way, every day.

Type faster, know faster, get there faster. Why don't you just Google it?! Don't you have GPS?

Ever since my brain injury, and after every seizure consequently, I can act, and carry on with an acquired intelligence of sorts that seems to fool even the brightest of people.

This deceit leaves me to feel like a fraud, a phoney and sometimes as if I'm not real! But I still want to learn, do, and be who I am!

In this new world of artificial intelligence and speed, this new type of "speed learning" seems unavailable to me. The lessons for all the "adaptive" technology evolve faster than my new brain processor can keep up with and I tend to fall further behind. It is truly a helpless feeling.

This all being said, I have developed tools that help me to stay in the game. So, I make lists for small steps as well as thoughts and plans. I try to ensure little or NO distractions during anything I am hearing, learning, and accomplishing things. Funny thing is, a lot of information can seem new again anyways due to my memory deficit.

I have heard people say on occasion that some people with cognitive challenges can just be lazy and could just "get a job". I had a vast array of skills and education before my brain injury occurred, and although some of these skills can now come quite naturally, they seem useless to me now, even though my logic tells me that they are not.

Organizational skills are imperative in most jobs. Although my life is fanatically organized in most ways because it HAS TO BE, most employers have a new way of doing things. Unless taught at my own comprehension speed and with patience, with notes, diagrams, and keywords on sticky notes...Well, lets face it, its not attractive in an interview process for any job.

Relationships with others can present their own challenges. Hearing the phrase “I already told you that” is particularly exhausting. Remembering names, keeping appointments, repeating information that was so kindly given to begin with, are all challenges in relationships. Family members and close friends may think they know you better along with your capabilities and can even make the assumption that you have a lazy mind.

And when it comes to intimacy, a lack of confidence can present as a large thorn.

I tend to quote a lot when I use some of the phrases and words around “disability”, because the definition is unclear to me. Am I simply disabled because of societal expectations of what we deem as “functional” on a larger scale in regard to activities of daily living? The spectrum is a large one.

In my current state of mind, in the last few years of living with ABI, I can only say this...

I can truly appreciate the simple pleasures of being able to walk, speak well, and learn without having to know it all. I have the privilege of being free to air my stories and challenges with those who have similar issues to my own.

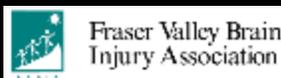
We can strive to be better if we wish. We are an incredibly diverse group of people who share talents, resources and advice.

We are Warriors!

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

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



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AND THE FUTURE SINCE 1977"**



Fraser Valley Brain
Injury Association

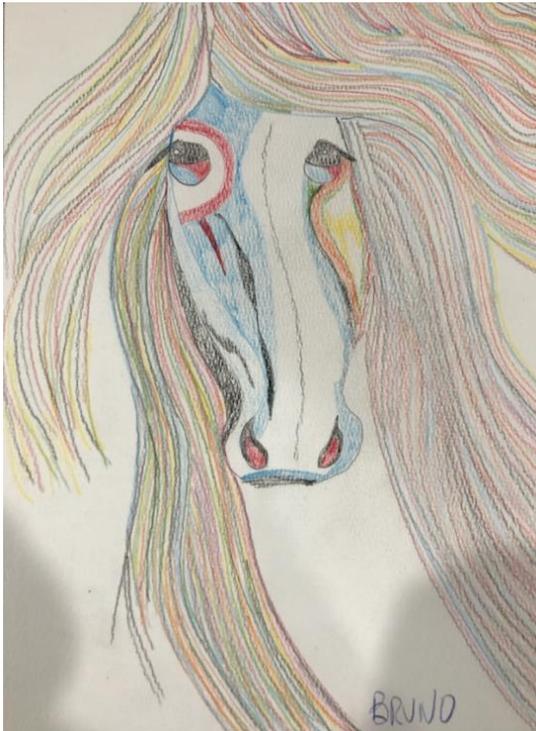
ArtWorks!

FVBIA always has some ArtWorks classes going on throughout the year in different locations or formats depending on COVID restrictions. It is wonderful to see that our members continue to do art at home, so thank you for sharing these with us!

“My painting (right) is of a pink waterfall and pond surrounded by trees and a starry night sky.

I got the inspiration for this painting on Pinterest. It was a fun process that only took me 2 hours. I felt confident after painting this and am sure my painting has improved over the years and will continue to do so.”

By Alex Zarycka



Featured artists: Bruno (left) and Judy (right)

In Memory

By Frances McGuckin

Sadly, there comes a time in our lives when we will lose someone whom we love. It may be a grandparent, family member or a close friend – or a friend of a friend. On these occasions, it's difficult to know what to say as you feel their grief.

I recently lost a friend of nearly 45 years who lived in Australia. Of course, I couldn't fly home for the service, yet in the days of cyberspace, I was able to watch the service via a webcast. The family felt devastated, and not knowing how to help, I wrote this poem of comfort for them. I felt honoured that they read it out at the service and loved the words, saying that they felt this was exactly what their mom would say.

Many people liked the words, so I am sharing my poem with you, because in a time of grief, these words may help. Please share with anyone who needs to hear some words of comfort.

Please don't cry my family,
For I am no longer in pain,
The day will come when you will rise
And we will meet again.

That illness crippled my body,
But it didn't ruin my mind,
And through it all I felt your love,
So beautiful and kind.

My life became so difficult,
I was trapped and could not say
That I was so very grateful
that you were there each day.

But now I am not suffering,
I can walk and run and sing,
Be happy for my freedom
As I test my angel's wings.

In spirit, I'm lovingly with you all,
And together we will always walk tall.



Our deepest condolences to Janelle Breese Biagioni, and family on the loss of their beloved husband, father and grandfather, Lyle Biagioni.

Time to Talk Traumatic Brain Injury Podcasts

Hi Listeners,

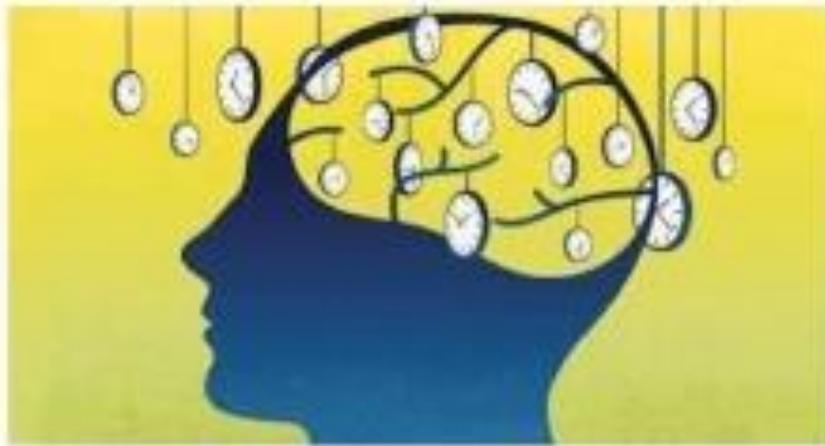
Enjoy and listen to all podcasts here:

Time to Talk Traumatic Brain Injury

<https://timetotalktbi.libsyn.com/website>

Thanks for your support - Greg and the entire podcast team.

TIME TO TALK



TRAUMATIC BRAIN INJURY

Pro Bono Counselling for TBI Individuals & Family Members

Chuck Jung Associates is pleased to offer Pro Bono/No Cost Counselling for individuals with TBI and their family members.

For complete details on the Services offered, please click on the following link.
<https://www.chuckjung.com/pro-bono-counselling-tbi/>

Let's Eat!

By Glenda

Apple Crisp

4 cups sliced tart apples (about 4 medium – but you can use a few more and leave the peels on or take half the peels off)

2/3 to 3/4 cups packed brown sugar (try the lesser amount)

1/2 cup all-purpose flour

1/2 cup oats

3/4 tsp. cinnamon

3/4 tsp. nutmeg

1/3 cup margarine or butter, softened

Heat oven to 375 degrees.

Arrange apples in greased square pan, 8x8x2 inches.

Mix remaining ingredients, sprinkle over apples.

Bake until topping is golden brown, and apples are tender, about 30 minutes.

Serve warm and, if desired, with cream, whipped cream or ice cream.

6 servings

This recipe can easily be doubled

Betty Crocker's COOKBOOK

NEW AND REVISED EDITION 1978

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Website address: www.chuckjung.com

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

Killer Cole Slaw

KILLER COLE SLAW

ANOTHER FOREVER FAMILY FAVOURITE!

SALAD INGREDIENTS:

- 1/2 CABBAGE - CHOPPED
- 5 STALKS GREEN ONIONS - CHOPPED
- 1/4 CUP SLIVERED ALMONDS - TOASTED 50 mL
- 1/4 CUP SUNFLOWER SEEDS - TOASTED 50 mL
(OR SESAME SEEDS)
- 1 PKG JAPANESE NOODLE SOUP MIX -
CRUSHED UP (ICHIBAN)
(-SAVE SEASONING PACKAGE FOR DRESSING)

DRESSING:

- 1/4 CUP RICE (OR WHITE) VINEGAR 50 mL
- 1/4 CUP SALAD OIL 50 mL
- SEASONING PACKAGE FROM NOODLES

COMBINE ALL SALAD INGREDIENTS EXCEPT NOODLES. BEFORE SERVING, TOSS WITH THE DRESSING. ADD CRUNCHED UP NOODLES AND TOSS AGAIN. SERVES 6. IF THERE'S ANY LEFT OVER - SAVE IT! KIDS LOVE IT THE NEXT DAY!

CAN YOU IMAGINE THE INCREDIBLE COURAGE IT TOOK TO FIRST DISCOVER FROGS LEGS WERE EDIBLE?



Virtual Caregivers Support Group

When a person suffers from a Traumatic Brain Injury (TBI), their loved ones are catapulted into the caregiver role to support and look after their injured family member. Relationships, responsibilities, and roles shift suddenly, which can be confusing and overwhelming for the non-injured caregiver.

Chuck Jung Associates and Fraser Valley Brain Injury Association will be launching its Virtual Caregivers Support Group in March of 2022. From March to August of 2022, the group will meet monthly for 90-minutes to engage in discussions to provide important information and teach skills that will help caregivers negotiate and manage a new role in their life.

Topics will include:

- A-B-C for Caregivers
- Emotional Changes in your loved one and its impact on you.
- How to help your children with change.
- Solving Stress when you give, give, give
- Developing boundaries, self-compassion, and private time.

Registration is limited. To register or for more information about the group, please contact us at admin@chuckjung.com or call us at [604-874-6754](tel:604-874-6754).

WHAT? Monthly Caregiver Support Group
WHERE? Virtual
WHEN? 6-Monthly Sessions from March to August
WHO? Facilitated by Dr. Laura Klubben, R. Psych. and Xiaolei Deng, UBC Doctoral Candidate and Practicum Student

THIS IS A FREE GROUP!

The Emotional Challenges of Traumatic Brain Injury

Making room for sadness, anger, and shame

Posted January 3, 2022 | Reviewed by Michelle Quirk

” One and a half million people in the United States suffer a traumatic brain injury (TBI) each year. Attention tends to be focused on regaining physical health and brain recovery—to the extent possible—including speech, mobility, sight, hearing, and often emotional lability. Having lived with TBI for nearly 13 years, my friend Joanie knows the emotional by-products of this injury that linger— often untreated—often dismissed as “overreacting.” We speak about the challenges, confusion, and loneliness of dealing with anger, sadness, and shame.

Joanie was attacked by a violent stranger, a man with a hammer. A mother, a college professor with a Ph.D. in social work, and an activist, she is one of the kindest and most loving people I know. "When bad things happen to good people" is the phrase that comes to mind when I think of what happened to Joanie.

I asked Joanie if she might write down some of her experiences dealing with emotions in the hopes that it would help others. Here are her words:

Anger

When the constant head pain abated and bones healed, I began to understand what had happened to me, both the precipitating incident and the magnitude of my injuries.

And then anger entered. I was angry at the person who attacked me. Angry at the police who didn't seem to care about me. Angry at friends who asked too few questions and those who asked too many. When I was able to walk outside for short outings, I was angry at the people who could simply walk, without thinking about what might happen to them, without pain, without caution. When I was able to go back to work, I was angry at the administration for not giving me the accommodations I asked for. When I was able to go out to dinner, I was angry at the restaurants for being too loud or too bright. When I got lost, I was angry that I no longer had my keen sense of direction. I was angry at myself for being injured in the first place.

I was so often angry. It took years for me to understand that my anger was misplaced and blocking my healing and ability to create a new normal.

Sadness

Before that split second of time when traumatic brain injury invaded my world, I didn't give much thought to the ordinary things that I could do. Since I could do them, I was oblivious to my good fortune. And then, I got lost on my way to the home of a close friend. Places that were once familiar were now strange and felt unfamiliar.

I could no longer move seamlessly in the world because my brain couldn't do the shifts and turns necessary. I felt like I had lost a dear friend, this inner self who, with her navigation skills, guided me and kept me feeling strong. This loss left me with a constant, underlying sense of sadness.

Words have always come easily to me. They were an essential part of my work and of my ability to connect to people. While I still have words, they are more difficult to access in the mornings when I wake up feeling exhausted, and at night when the exertion of simply moving through a day

is so tiring. Fatigue and TBI are yoked together. I am saddened by the loss of abilities that gave me a sense of strength and by the tiredness that tamps down my energy and dulls my motivation.

Shame

It is not my fault that I have a TBI. I was an innocent victim. I always add the word innocent so that it is clear that I didn't cause my injury. And what if I did? Would that make it less onerous? When someone asks me about my accident, I almost always snap, "It wasn't an accident." Even as I stress my innocent victimhood, I often feel ashamed of what happened to me and how the after-effects are so palpable, every day, in so many ways.

I become ashamed of the words I can't remember or the ones I mispronounce, or the times I get confused about where I am, or the times when my emotions boil up and I want to yell at whoever is nearby.

I feel shame when someone hears about the assault and looks at me as if I'm now suddenly fragile and someone to pity.

I am ashamed of my persistent fatigue and the ways in which it interferes with most social gatherings. My shame comes from inside me, not from what's being said or asked of me. It's just there, available and waiting for a trigger to bring it to the surface of my consciousness.

Emotions like anger, sadness, and shame are deeply painful and difficult for most of us to process following trauma for many reasons including the lack of emotions education provided by our dysfunctional society. The good news is that tuning into our emotions can pave the way to further growth and healing.

For example, when we feel anger, we can process that anger up and out. On our own or with the guidance of an emotion-centered trauma therapist, we can enlist imagination to fulfill revenge and retribution fantasies in actively healing ways. In addition, we can use the enlivening energy of anger to make a difference—as Joanie did—by writing a wonderful book to help others.

What Is Trauma?

When we feel sadness, we are called to fully accept our suffering and mourn for the loss of cherished parts of ourselves. Our sadness is our self-love and self-compassion.

And when we feel shame, we know we must tend to the parts of us that are still hidden away, mistaking our suffering for a flaw.

After TBI and other traumas, we are called to help the shamed and wounded parts of us to see our extraordinary courage, strength, and ongoing contributions with or without our disabilities. And we are called to build a new society where each and every one of us understands that suffering is a call for more love and steadfast connection to ourselves and others."

https://www.psychologytoday.com/ca/blog/emotion-information/202201/the-emotional-challenges-traumatic-brain-injury?fbclid=IwAR2grn7HArb34zktWdK2AUGEkMZbXrSAUpnAA67LqkFIPri_-OrxOHYVMM

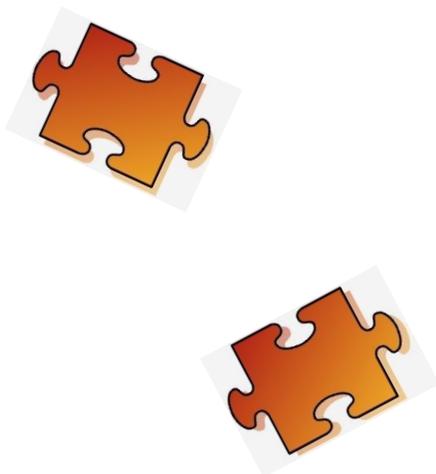
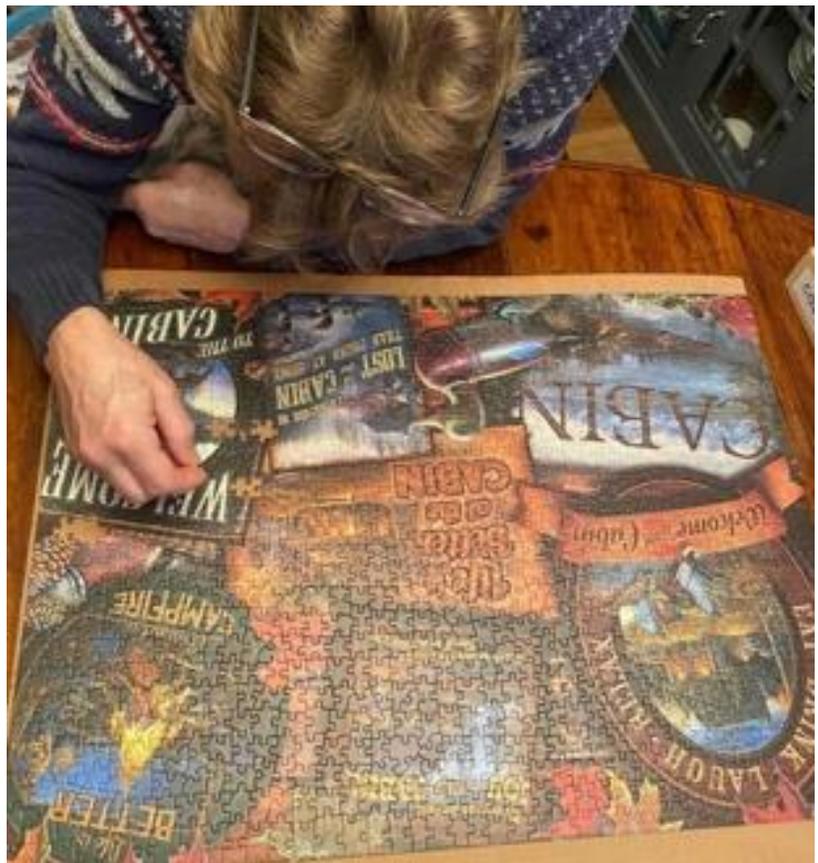
Cartoon by Cass



Fueling the Body and Brain for Optimal Health

From Pete and Ang ... wishing they were at the cabin!

Jigsaw puzzles can be so relaxing and a great way to unwind (unless the dog has eaten that one last missing piece of the puzzle).



Simpson Family Award Nominations

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



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

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

Volunteers needed for Beta testing for Accessibility Mapping Project



“changing disabilities
into possibilities”

What is the Mapping Project?

The mapping project is an accessibility map for the people in your community. It is in its beta testing phase with the goal of increasing accessibility for all.

How you can help

- You can fill out the Accessibility Report here: <https://pushforaccessibility.pos-abilities.org/>
- This will bring you to a map of the community
- You can enter facility of your choice in the “search by location tab”
- Click on “Submit my report” and fill out the accessibility report by answering the questions.

This will help us determine how accessible the facility is to those facing disability from your perspective

For any questions, please contact: 604-961-0117.



FVBIA's Pay It Forward: Health and Wellness Programs

FVBIA's commitment to health and wellness continues to be a priority for 2022 even though staying healthy and well during this time of pandemic and seasonal changes can be a challenge.

FVBIA's Pay it Forward Program offers a variety of activities to support physical and mental well-being including art, yoga, walking groups, Ladies R&R, In the Now group, Health & Wellness group along with some new groups and activities that are just starting.

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

Adapted Chair Yoga (on zoom)

Robert Henderson is Yoga Alliance certified and qualified in several other related disciplines.

With kindness, he guides Adapted Yoga which integrates the mind/body connection with meditation for the heart. In these anxious times, taking care of our body with Yoga is a beautiful gift to our mental health.

Please join us!

DAYS: Tuesdays, starting February 1, 2022
TIME: 1:00 to 2:00 PM

The link will be sent to you before each class. These classes are currently offered on zoom but keep in touch for information about in-person classes as Public Health Orders allow.

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



Mill Lake Walking Group

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

Mondays Wednesdays Fridays
2 Meeting Places:
2 P.M. at the Bourquin Entrance benches
2:15 P.M. at the Mill Lake Road Dock

For more info, call Joy at 604-897-1563.
*** We practise physical distancing! ***

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



Photo by Joy Scobie

Health & Wellness Group Survey

Taryn has put together a bit of a survey and would love for you to help us out and fill it out. It is completely anonymous so we will not know who answered what.

The survey is to give us an idea of how everyone is liking the Health and Wellness Group, if there is anything we can add to it, or take away. If you have never attended the group, please also answer the survey and let us know what would make you more likely to attend.

This survey will help us to make this group (and others) geared more towards what you like and what you enjoy. The more people who answer, the more likely we will get an accurate view of what people like and don't like.

<https://www.surveymonkey.com/r/ZH6TKR3>

If you have any questions on how to take the survey, contact Taryn Reid (she/her), B.Kin, Kinesiologist at treid@fvbia.org

Health and Wellness Group with Kinesiologist Taryn Reid, who also happens to be an FVBIA Case Manager, is held on Thursday afternoons from 2:00-3:00 PM via Zoom. This group provides a safe space to discuss a variety of topics and includes an education component. For more information, contact Taryn Reid at treid@infinityhealth.ca

Nutrition and Health Sessions with Amber Whittlemore, RD and owner of The Nourished Collaborative were so well-attended and enjoyed that we are making this an ongoing event! Sessions so far included "Balanced Eating" and "Brain Foods" and the next topics are "Intuitive Eating" and "Eating Well on a Budget. For more information, contact Jill at jill.koppang@fvbia.org.

Food Insecurity means not having reliable access to a sufficient quantity of affordable, nutritious food and affects many people within our organization and community. People on disability income are particularly high risk but even those with "adequate" income are finding it challenging to make ends meet.

FVBIA's Chilliwack Centre Case Management Program with Esther Tremblay provides a variety of foods generously donated by the community to members. Many of the Chilliwack members are avid gardeners and share produce in the summer as well. For more information contact Esther Tremblay at esther@communitascare.com

Community Garden

Carla Schellenberg and Jill Koppang have teamed up to start a **Community Garden** that will provide an abundance of fresh produce to FVBIA members as well as other organizations in the Fraser Valley (barring any more natural disasters!).

The first seedlings of spinach and kale were planted in the greenhouse in January (see right).

Interested members will be provided with **patio herb gardens** to share in the fun from home!

We are also starting a **Garden Group** to share ideas and tips for creating small gardens in your home.

The FVBIA community will have an active role in developing recipes, sharing the benefits of eating locally grown produce, learning how to preserve summer's abundance and creating cards, stories and artwork reflecting the abundance for FVBIA's fundraising activities.

For more information, contact Jill Koppang at jill.koppang@fvbia.org



White Rock Beach February 2022 – Photograph by “Cass”

Creative Arts

Despite pandemics, floods and freezes, the **FVBIA Creative Artists** carry on! Some of the ongoing projects include:

- Handmade **Greeting Cards** to share with people affected by the floods
 - Creation of a **Digital Quilt** of photos and art provided by FVBIA members
 - The ever-popular-getting-longer-by-the-minute FVBIA **Newsletter!**
 - Brain Trivia Quiz
 - Doodle Art and Zentangles
 - Creative Arts Party that included prizes and fun activities. Macarena, anyone?
 - Updating our social media sites (FB, YouTube, Instagram) to reflect our various activities
- For more information or to share creative ideas, contact Jill Koppang at jill.koppang@fvbia.org
-

Upcoming Creative Arts!

John LeFlock, the FVBIA resident artist, has returned! Upcoming sessions include a variety of techniques such Nature Journaling, sketching and watercolour painting.

Starting with the basics, we will build skills focusing on a big finale - the **FVBIA Creative Arts Picnic** to celebrate all the good stuff and remember what we all look like in person!

March 9th from 1:00-2:30 PM via Zoom.

For more information contact Jill at jill.koppang@fvbia.org

Upcoming FVBIA Group Activities

Stay tuned for more exciting things to do in the future!

FVBIA continues to seek out ways of staying connected as the Pandemic continues to affect our ability to gather in person.

- **FVBIA Member Survey** to discover and create new ways of filling membership needs
- **Get Fit Challenge with Taryn Reid, Kinesiologist (Flex band Exercises)**
- **Health and Wellness SMART Goal Setting with Jill and Taryn**
- **Beading Classes**
- **Guest speakers:**
 - Amber Whittemore, Registered Dietician and owner of Nourish to Flourish
<https://www.nourishtoflourishdietetics.com>
 - Sarah Muxlow, BSW, End-of-Life Doula; owner of Live Purposefully
<https://livepurposefully.ca>

Contact Jill for more information:

Ph/Text: 778-345-4742 Email: jill.koppang@fvbia.org

Pets Corner!

No! You Can't Have the Remote!



Judy's cat, Luna, guarding the remote.



"C" is for Cat, Cute or Contortionist!

Carol's cat, who is also named Luna, can make all the letters of the alphabet by twisting into all kinds of shapes. Sometimes we aren't sure where her head is at?

Literally!



Tickling Our Funny Bones!

From Bruno:

What did the cross-eyed teacher say?
Where are my pupils?

How many Easter eggs can you put in an empty basket?
Just one, because then it isn't empty anymore.

Happy Easter!

From Judy:

I'm one of those annoying people that put voices to animals and inanimate objects. You should have heard the conversation that my sock had with my foot this morning...of course, we all do that right? Lol!



Why do we wear shamrocks on St. Patrick's Day?
Because real rocks are too heavy!
Happy St. Patrick's Day!

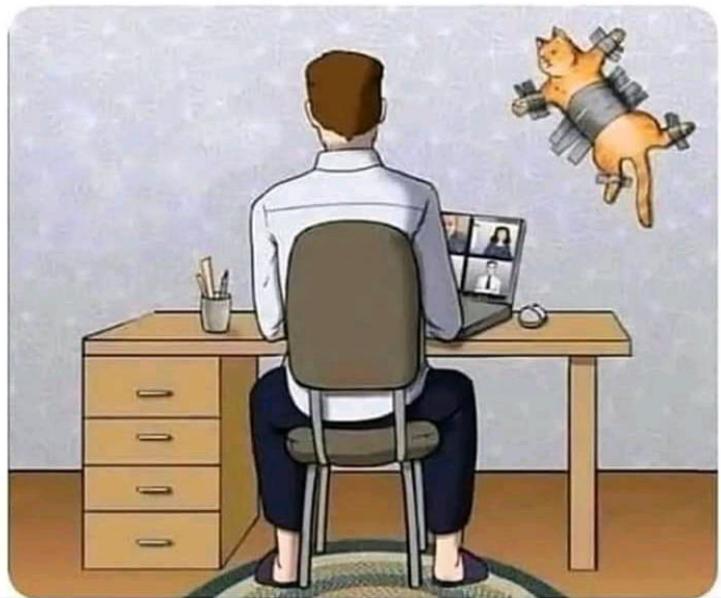
How to Prepare for a Zoom Meeting

We here at the Fraser Valley Brain Injury are very proactive when it comes to the COVID dos and don'ts. Since all of us are working remotely, our staff meetings have been done on zoom for almost 2 years now. Zoom meetings are great in more ways than one.

As you can see from a cartoon submitted by Judy, cats do not respect the protocol of wait your turn to speak and not to stick your face in the camera. So drastic measures may have to be taken.

Please note, this is a joke and we do not stick our cats to the walls. Only our boss – just kidding Boss!!

How to prepare for a Zoom meeting



Connect with FVBIA 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.



<https://twitter.com/fvbi>



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

<https://www.instagram.com/fraservalleybrain/>



<https://www.youtube.com/channel/UCKbhePbXu5mazHxtJ9medkw>



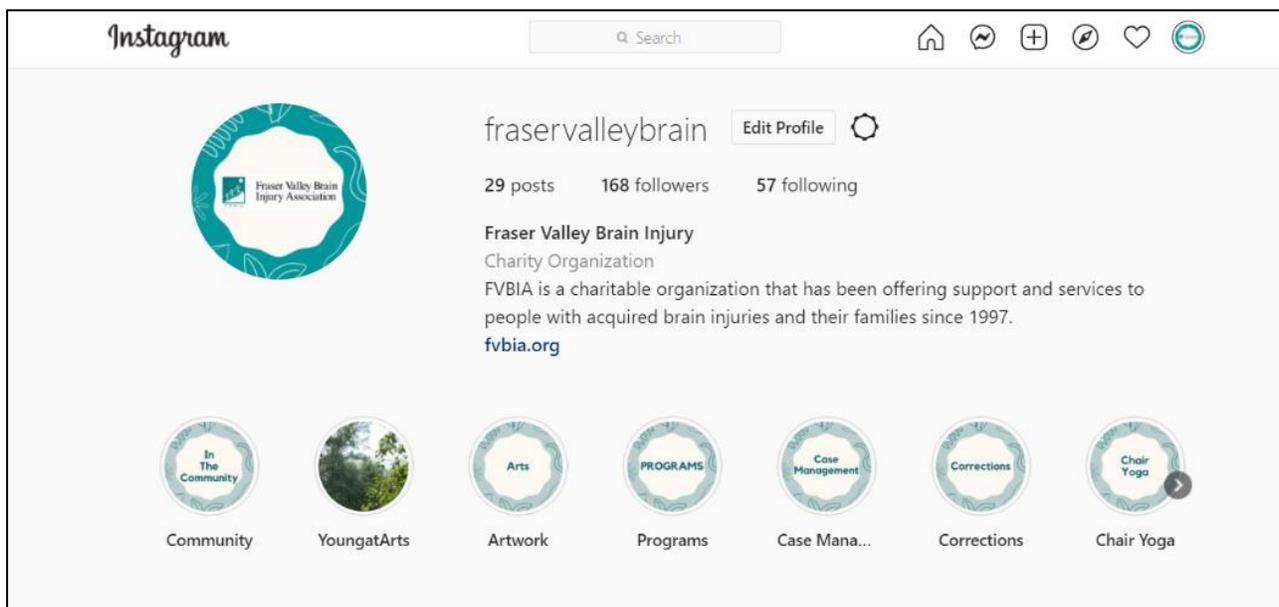
Instagram

FVBIA Community Facebook Page

We have changed the Creative Arts Facebook page to a community group page! This will allow all members to contribute and enjoy a variety of postings from fellow members and families. It is a private page with Carol and Jill as the Administrators. Now we have a place to stay connected and share our talents, thoughts and ideas! For more information or to share a post, contact Jill at jill.koppang@fvbia.org

FVBIA's Instagram

Check out FVBIA's Instagram at <https://www.instagram.com/fraservalleybrain/>.



An Employers Guide to Acquired Brain Injury

Many employers don't have the knowledge about brain injuries and how they can impact an individual's work. Kinesiologist and FVBIA Case Manager Taryn Reid, has put together this guide to help people with acquired brain injuries return to work and give employers some information on how to facilitate this.

<https://fvbia.org/employment-after-acquired-brain-injury/>



Fraser Valley Brain Injury Association

An Employers Guide to Acquired Brain Injury



WHAT DO I DO DURING AN EMERGENCY?

Heat Wave:

- Stock up on food and pet food.
- Ensure enough medication for a week.
- Close your curtains.
- Fill a spray bottle with water.
- Keep cool packs in freezer.
- Ensure you have enough drinking water.

Earthquake:

- Move the car out of traffic and stop.
- Don't park under or on bridges.
- If indoors: Drop, Cover and Hold.

Wildfire:

- Drive to a safe place, pull over and call *5555.
- If at home: follow the evacuation stages.

Tsunami:

- Know your emergency route.
- Get to high ground.
- Stay on higher ground until you get an all clear.


www.fvbia.org

For Alerts: Go to EmergencyInfoBC website or call 211 for help finding services.

Emergency Preparedness

FVBIA Case Manager Chantelle Capone, OT, is developing an Emergency Preparedness Guide that is user-friendly for people with acquired brain injuries.

We plan to unveil it soon after we get some feedback from our members.

Brain Injury Adjustment & Mental Health - South Asian Community

FVBIA hosted two meetings in February for the South Asian community to talk to us about brain injury. Quite a few people joined us to share their knowledge and experiences. There was general consensus that reaching out to families in the South Asian Community is a definite need along with. Information and support for the person with the brain injury

As a result of these discussions, FVBIA is pleased to announce that FVBIA and Jagdeep Hayre will be offering virtual mini-workshops on brain injury adjustment and mental health specifically for the South Asian Community.

Workshops will be starting in April, 2022 one Saturday morning/month. If you are interested in attending these groups, please contact us at info@fvbia.org for more information.



community therapists



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Community Therapists is HIRING OTs in the FRASER VALLEY

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- Admin Support
- Virtual Office to Work from Home
- Case Diversity
- Join 50 OTs in a dynamic interdisciplinary practice

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Est. 1989

FVBIA Concussion Program

FVBIA's Concussion Program Resource Package

Online Concussion Support Group

Aclestra Centre – virtual – on the 4th Tuesday of the month @ 7pm

We are excited to announce that FVBIA and Aclestra Centre have partnered to offer an online Concussion Support Group on the 4th Tuesday of the month with Amanda Rallings.

Please click on the following link for more details. [https://aclestra.ca/concussion-support-](https://aclestra.ca/concussion-support-aclestra-centre)

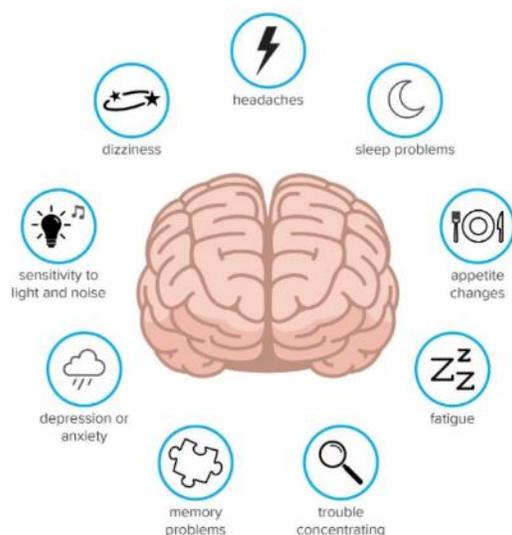
aclestra centre

OUR PRACTICE ▾

SERVICES ▾

CONTACT US ▾

Post-Concussion Syndrome



Concussions most often heal in three weeks, with little or no impact on our overall functioning. Sometimes, though, longer-term symptoms make it challenging to work and navigate everyday activities for months afterward. Our Concussion Support Group can give you extra support while your brain heals.

The group is open to anyone over 18 in BC who has had a concussion and is struggling with longer-term symptoms.

Come for one session or come for twenty – we are here for as long as you need us!

- ✓ Learn more about concussions
- ✓ Share strategies for managing symptoms
- ✓ Discover new resources
- ✓ Have a safe space to ask questions and share challenges

Our Concussion Support Group is facilitated by a counsellor on Zoom and runs for 60 minutes every 2nd Tuesday of the month.

Group members are invited to email questions ahead of time so everyone can benefit from the answers.

Please note: The group is intended for concussion support and is not a suitable environment for folks with more severe brain injuries.

[group/](#)

Concussion Awareness Training Tool (CATT) Parent or Caregiver Course

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

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

Food Access

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/>



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>



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 or check on our website at 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 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 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.

“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 \$4200** 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.

FVBIA 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

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

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

Payment

Payment Method (Credit Card):

Visa MasterCard

\$ _____

TOTAL
(Add membership and donation amount)

Credit Card Number

Expiry Date

Signature

Date

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 Esther Tremblay 604-799-2044

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

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 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!