

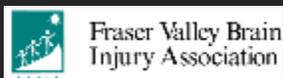
Fraser Valley Brain  
Injury Association  
E-Newsletter



January/February 2021

# Happy New Year and all the best in 2022!

The Fraser Valley Brain Injury Association office is closed from December 24, 2021 to January 4, 2022.  
There will be emergency contact information on the office voicemail.



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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*Serving the Community and Advocating for  
the Brain Injured Victims of Motor Vehicle  
Accidents for 50 Years*

# The Road to Recovery

## B.C.'s Pioneering Law Firm For Motor Vehicle Cases

Your experienced legal team at Simpson, Thomas & Associates will obtain for you the best possible settlement, either through negotiations, mediation or trial. We are experienced in successfully settling cases involving:

- Brain Injury
- Paraplegia
- Quadriplegia
- Spinal Cord Injury



### Low legal fees

We offer a reduced legal fee of 20% on brain injury, paraplegia and quadriplegia cases.



### We handle all of the expenses

If no settlement, no legal fees or expenses.

Call Anthony Thomas, Steve Yung or Bernie Simpson at 604-689-8888 to set-up a complimentary consultation or visit our website at [simpsonthomas.com](http://simpsonthomas.com)

**Vancouver Office**  
1301 808 Nelson Street,  
Vancouver, BC, V6Z 2H2,  
Canada  
Phone: (604) 689-8888  
Fax: (604) 684-1881

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.**

## Throwing Me A Lifeline

By Frances McGuckin

Covid has changed our world in so many ways: some good, some not so good. We all have to learn to adapt to change, accept what is happening and then find new ways to cope and to incorporate these changes into our lives.

It's easier said than done, isn't it? As brain injury survivors, much of how we learn to cope and to positively function is by utilizing the three Rs – routine, repetition and “riting” it down (yes, I spelled that word wrongly but it sounds like an “R”). Then Covid comes along and turns our world upside down.

No more face-to-face group meetings; limited social interaction with family and friends; heightened fear, panic and anxiety for many of us who suffer from these residual pests. A whole lifestyle change that is difficult for everyone, let alone if you are a brain injury survivor. And as Covid isn't going away any time soon, we must continue to adapt.

I am a survivor of over 16 years. In a second, a woman speeding through a red light changed my life from a globally-recognized author and speaker to not. A lifetime of work lost. It's been a gruelling path back with a decade of grieving for the lost me before I learned a powerful lesson: you don't heal unless you can be positive. To heal, our brain requires that we don't function in continual negativity and stress.

I reached out again to Fraser Valley Brain Injury Association in 2017, when a traumatic event emotionally set me back. I was desperate for help to re-balance and move forward. This started a great healing and educational period for me. A case manager came to my house, listened, guided, helped me to set goals and even inspired me to start writing again!

I then attended the weekly coffee group, meeting some awesome, amazing, caring and talented survivors. It was great to see how they supported each other and formed friendships, which I have also done. And they “get it” when we do or say things that may seem a little odd to others.

Although I've had a few case managers, each one has been empathetic, caring and able to help me take those daily baby steps. As you all know, some days are not as productive as others.

And then Covid hit and our world spun upside down. We learned how to Zoom and meet each other

online. I made more new friends, some of whom I visit and keep in touch almost daily. The weekly sessions have become my lifeline to sanity. Something to look forward to, friendly faces and tools to help us heal and stay positive in an often-negative world.

In 2020 and 2021, FVBIA employed the services of Janelle Breese-Biagioni, a Registered Professional Counsellor and Master Practitioner in Clinical Counselling. Janelle delivered many educational sessions to teach us how to better cope with trauma, negativity and life challenges. An empathetic and caring counsellor, her sessions were invaluable to many of us, and we hope that she will return with more online gems.

Now we have weekly online wellness session with Taryn. I schedule these into my diary as “not to be missed” events. Taryn and Jill have just developed a great online bi-monthly FIT program. As a registered kinesiologist, Taryn is a goldmine of information and Jill an incredible and creative, inspiring, knowledgeable long-standing member of the organization. The executive director, Carol, Paetkeu, is an innovative, caring and incredible woman who faces the challenges of our changing environment head-on to ensure that her clients are cared for. Thank you, ladies!

It takes a lot of work to put these programs together for FVBIA clients. I strongly encourage any member to log on to these sessions to help themselves and to support the organization. They cannot help you if you don't attend. They have been – and still are – a lifeline for me. I am now 71 years old, home alone a lot and immune-compromised to some degree. FVBIA threw me a lifeline and I tell you, I am not ever letting go of it. I hope that I see you too online – and maybe soon in person!

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## Glenda's Corner: Tips and Resources

Glenda shares some helpful tips and resources:

### Telus for Good

- <https://www.telus.com/en/social-impact/connecting-canada>
- The “TELUS for Good” program provides cell phones and cheap internet for qualified low-income seniors and families. Have a look and if you think you may qualify, contact your FVBIA case manager for support in applying. Documentation of income is required.

### Uber vs. Taxi

- “I've been using Uber to get around since selling my car, and discovered that they're more cost-effective than taxis as cabs charge while they're sitting and waiting at a light and Ubers charge a flat rate. You do need a Credit Card to use Uber, and there is a monthly fee, but I feel that they offer a better service than a cab. “

### BCRent Bank

- <https://bcrentbank.ca>
- BC Rent Bank is a housing stability and homelessness prevention resource that offers interest-free financial assistance, advice and a friendly face to help low to moderate-income renters through difficult times. Contact your FVBIA case manager for assistance in assessing your eligibility.



## Christmas Light Display Benefitting FVBIA

If you are looking for a beautiful Christmas Light display to add to your annual tour of lights this year, check out 29029 Maclure Road (between Abbotsford and Aldergrove)!

This home is extra special, not just because of their awesome light display, but because they have added a collection box for anyone wishing to donate and have chosen Fraser Valley Brain Injury Association as their charity.

Thank you to this very supportive family!

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## Sparkle Habit Tracker” App: Get Your Sparkle On!

Sparkle Habit Tracker is a simple tracker and journal for your self-care activities (=Sparkles).

Create a list of all the things that make you happy. Track and document them daily to keep you accountable for doing some happy things. It’s simple to use, free and has reminders to keep you on track.

Get it in your favorite app store.



# Are you living with a traumatic brain injury?

-----  
If so, do you identify  
as living well?

We are  
conducting in-  
depth interviews  
on the experience  
of finding  
meaning in life  
after surviving a  
traumatic brain  
injury (TBI).

## We are looking for:

- Adults who are living in Canada
- Who are at least 2 years post injury
- Who believe they are living well with a brain injury
- Who are willing to participate in 90 minute virtual interview

To inquire about participating in this study please  
contact [Esther.Nordin@mytwu.ca](mailto:Esther.Nordin@mytwu.ca)

Approved by the Human Research Ethics Board at Trinity Western University

Have you got a Pain in the \_\_\_\_\_???

Chronic pain is often a part of ABI and it can be hard to find relief. Fortunately, PainBC provides numerous free resources and ways of connecting with others to find support and share strategies for coping.

<https://painbc.ca/find-help/self-management>

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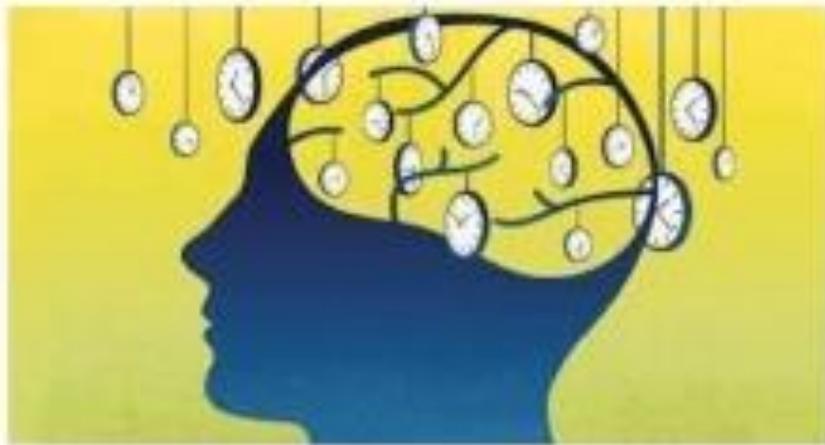
How much do you know about Depression?

Take this short quiz to learn more about depression.

<https://thelostconnections.com/the-quiz/>

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## TIME TO TALK



## TRAUMATIC BRAIN INJURY

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.

## New Year's Resolutions You Can Actually Keep in 2022

**Adapted from: A go-to (and diet-free) list of achievable changes you can make in the new year.**

**LEAH HALL DEC 10, 2021**

"We've seen all those popular New Year's resolution lists before—the ones with the complicated This year, pursue some choice goals in small steps. After all, change doesn't have to come all at once. To help spark some ideas, we've compiled a list of top New Year's resolutions to help you celebrate what's to come in 2022."

### **Schedule More Girl Time**

"I've just had too much girl time lately," said NO. ONE. EVER. Plan a shopping, dinner, or coffee date!

### **Get Outside**

Take a hike (or even a stroll), watch a sunrise or sunset with someone you love, or take that extra lap around the park with your dog. The fresh air will do you good!

### **Compliment Someone and Mean It**

Although this may be harder for some than others (introverts, we see you), go the extra mile and pay someone a compliment. Share the love with those closest to you, too.

### **Make Your Bed**

Make your bed every day. It makes your whole bedroom feel neater and cleaner.

### **Keep Your Car Clean**

Give your vehicle one, good deep clean early in the year, then maintain it. Remind passengers to dispose of snack wrappers and other trash. Keep wipes in the car. Line ups are great time for a quick wipe-down!

### **Grow Something**

Start small. Try your hand at growing indoor house plants, air plants (you practically do nothing!), or even container vegetable garden (who doesn't love fresh herbs and grape tomatoes?).

### **Don't Hit Snooze**

Think twice before hitting snooze. Wake up when the alarm says so. Consider what that extra 8 minutes does for your morning routine—or just stay in the shower an extra 8!

### **Paint a Room**

Once you've picked a color, study up on [how to paint a wall and the materials you need](#). Check out [best bedroom paint colors](#), [kitchen paint color ideas](#), and [best paint colors for small spaces](#). If you're not ready to tackle an entire room, consider [painting your front door a pretty hue](#) or [updating your kitchen cabinets](#).

### **Journal One Line A Day**

Keep a consistent journal, whether it's about your day or to record memories, express emotions, and find contentment.

### **Read More**

If you love to read, commit to reading one new book (or more) a month or join or start a book club.

### **Write Snail Mail**

Start this goal by sending a few letters or cards over a couple of months. Think beyond holidays—a "just because" note will totally make someone's day!

### **Drink More Water**

Start small by replacing 1-2 drinks a day with water. Buy a fun water bottle or cup or try some healthy add-ins like fresh lemon, lime, fruit, or cucumber.

### **Try Something New Each Month**

Try something new and different each month like a new restaurant, recipe, or ingredient. Start small, get creative and don't forget to get your friends and family involved!

### **Support Local Restaurants**

Make it a point to pick a new spot each time and support the local haunts that need it the most.

### **Pay Off Some Debt with a Spending Fast**

Fast from ordering out for 30 days and only cooking at home. See what you've saved and apply that money to paying down debt.

### **Make Monthly Playlists**

Document your favorite songs each month by saving them to a monthly playlist on [Spotify](#). As you hear a song that speaks to you or you find yourself listening to on repeat, add it to the playlist.

### **Learn a New Hobby**

Try one of the many hobbies out there, like knitting, sewing, or embroidery or try your hand at gardening.

### **Walk a Mile a Day**

Try parking at the back of the parking lot at the grocery store to get in more steps, or take the stairs instead of the elevator when it makes sense. Set a step or distance goal and get creative!

### **Shed Some Weight by Decluttering**

Spend some time going through all that stuff you've accumulated, one room and closet at a time, and donate your gently used items to a local goodwill store.

### **Put Away Laundry—All the Way**

Try dividing your clothes before they get washed into piles of their final destination. Once a destination is washed and dried, fold or hang within an hour to avoid the dreaded wrinkles (and procrastination!).

### **Start Meal Planning One Meal**

Try to meal-plan just one particular meal. For lunch, plan a few take-to-work meals a week or your goal could be breakfast planning with a few grab-and-go options you buy and prep for each week,

### **Send Birthday Cards**

Send actual birthday cards. Be on the lookout at different shops or paper stores that have fun cards on sale and create a collection to pull from throughout the year or make your own.

### **Hang Some Pictures**

Start with just a few. Look to your social media accounts for the favorite photos you posted this year. Pick your top 10 or 20 and print them in various sizes for framing and hanging.

### **Take More Road Trips**

Check off some of your bucket list trips by taking to the open road. You will see more than flying there.

## Stay in Touch

If there's one thing the past couple of years has proven, it's that there's no excuse for not staying in touch with those we love. With so many ways to connect—from texts and phone calls to email and virtual celebrations—there are endless ways to stay in touch from afar.

Try to connect with a few people every week or so who aren't on your favorites list. Plan a time to meet in person when it makes sense.

<https://www.countryliving.com/life/entertainment/g34924352/new-year-resolutions/>

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## Family Focus Groups Starting in the New Year!

FVBIA will be offering a virtual Spouse's Group and a Parent's group in the New Year with Chuck Jung Associates <https://www.chuckjung.com/home/> .

Thank you to everyone that joined us for the FVBIA/CJA Town Hall Meeting to discuss what these groups might look like. Stay tuned for details!

---

## 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/>

### Chuck Jung Associates – Psychological and Counselling Services

<b>Vancouver: (Main Office)</b>	<b>Surrey:</b>	<b>Abbotsford:</b>	<b>Chilliwack:</b>	<b>Langley:</b>
1001 – 805 W. Broadway Vancouver, B.C. V5Z 1K1 Tel: (604) 874-6754 Fax: (604) 874-6424	232 – 7164 120 <sup>th</sup> St. St Scottsdale Square Bus. Ctr Surrey, B.C. V3W 3M8 Tel: (604) 874-6754	260 – 2655 Clearbrook Rd Abbotsford, B.C. V2T 2Y6 Tel: (604) 852-7885	201 – 45625 Hodgins Ave. Chilliwack, B.C. V2P 1P2 Tel: (604) 792-7177	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.

## FVBIA Fundraiser Through Meridian and Ralph's Markets

If you already love shopping at Meridian and Ralph's markets, or are you looking for that perfect gift? You can get some holiday shopping done while also supporting programs for people with acquired brain injuries by ordering your holiday season gift cards through Fraser Valley Brain Injury Association. You get the full amount of your gift card and the Farm Fresh Fundraiser provides 30% of sales to FVBIA. Order now by contacting us at [info@fvbia.org](mailto:info@fvbia.org).



### ABOUT MERIDIAN & RALPH'S

Our family business began 30 years ago with a small butcher shop on Coast Meridian Road in Port Coquitlam (hence the name Meridian!). Fast forward to today, despite having a few more stores, we're still trying our best to replicate the same business we started in 1989.

Meridian is an old-fashioned style butcher shop specializing in **100% grass-fed beef, free-run poultry, local pork, sustainable seafood and the latest plant-based protein.** Ralph's and our Farm Market locations also include local fresh fruits & vegetables, artisan deli, fresh baked breads and grocery essentials.

Visit us online at:

[meridianfarmmarket.ca](http://meridianfarmmarket.ca) or [ralphsfarmmarket.com](http://ralphsfarmmarket.com)

Or, shop online for **Butcher Bundles** and specialty items like **free-range turkeys**: [shop.meridianfarmmarket.ca](http://shop.meridianfarmmarket.ca)

### ABOUT OUR FUNDRAISER

We've developed our **Farm Fresh Fundraiser** to be as simple (and profitable!) as possible. We're celebrating Meridian's 30th anniversary by giving 30% of the proceeds of all gift cards sold directly to participating organizations.

Meridian and Ralph's gift cards never expire. They're 100% redeemable at any one of our eight (and growing, thanks to you!) convenient Meridian or Ralph's locations throughout Vancouver and the lower mainland.

Learn more, or apply for your **Farm Fresh Fundraiser** at:

[meridianfarmmarket.ca/fundraising](http://meridianfarmmarket.ca/fundraising)

THANK-You!

RALPH'S FARM MARKET

MURRAYVILLE • MAPLE RIDGE • MISSION • TSAWASSEN • NORTH VAN • PORT COQUITLAM • LANGLEY • WHITE ROCK

MERIDIAN FARM MARKET LOCATIONS

MERIDIAN MEATS & SEAFOOD LOCATIONS

(604) 466-0508 | [fundraising@meridianfarmmarket.ca](mailto:fundraising@meridianfarmmarket.ca)



## SpotLight on FVBIA Executive Director, Carol Paetkau!

Was that our leader, Carol Paetkau, seen filling sandbags at Albert Dyck Lake in Abbotsford recently? Why, yes, it was! And she has the blisters to prove it! And was that our Carol serving as the co-administrator on the “Flood Cleanup Volunteers” Facebook page and helping flooded families dig out their belonging? Why, yes it was!

In addition to leading FVBIA in some of the most mundane (in my humble opinion) activities like spreadsheets, annual reports, AGM meetings, organizing fundraisers, creating our new YouTube channel, managing social media and communicating with various funding bodies, she also works closely with staff (she may have said it’s like herding cats!) in ensuring we all have the best chance to be creative and continue to serve FVBIA members. Not an easy job and the hours can be very long.

Carol also does the final editing on these newsletters, and it is quite the job getting the various submissions looking good by publication.

As this new year starts and continues to be filled with uncertainty and edginess, Carol keeps FVBIA up and running through it all. We just wanted to say thanks!



## An Invitation from First Light Social Club to the Brain Injury Community



One of the biggest challenges of the 21st century is social isolation. Many groups, including people with acquired brain injury, are particularly vulnerable to isolation and the loneliness that accompanies it. This is more than a challenge for the individual. Loneliness is now seen as an international health problem and is acknowledged as more critical to public health than smoking (loneliness is now seen as more dangerous than a two-pack a day habit)

The focus of First Light Social Club is to address this age-old problem of social isolation and loneliness that has become epidemic. First Light Social Club brings together people in positive social situations that are engaging and active. As a direct by-product of these interactions, participants make new friends and perhaps laugh a little. Levity and all the nuances of social interaction are basic human needs and the basics for health.

Participants in the First Light Social Club come from both the dementia and the brain injury communities. However, this is not intended or advertised as a cure. Equally, this program is not for rehabilitation or vocational retraining. While these rehabilitation programs are wonderful and necessary, the First Light approach is different and unique. The priority of First Light is to facilitate quality of life. That is, making use of the participant's resources. Getting into the "now" and making the most of what is possible and available. To that end, First Light has a range of activities.

- Fireside chats
- Good conversation around home-cooked meals
- Woodworking
- Cooking & baking
- Movement around music
- Sing-a-longs
- Arts & crafts
- Board games
- Improv Theater

First Light also organizes excursions to local sites of interest: museums, art galleries, historical sites and anything that would make a good small adventure.



Keynote speakers and visitors are also invited to our social club from time to time. Recently, we have had a pianist from the Netherlands and a Sergeant from the armed forces talking about her cold war experiences.

Leslie and Ramsey are the hosts of the program. Their background in nursing and education gives them a depth of knowledge to draw upon. They have multiple certifications in dementia, years of experience with Montessori education, as well as practical experience working in hospitals. All of these influences come together to create First Light Social Club.

The physical space is anything but institutional. Housed in an Edwardian home, painted yellow and surrounded by a half-acre of garden, this quaint space is ideal to bring people together in a friendly and warm atmosphere.

There are fireplaces in most of the rooms and a wonderful turn of the century kitchen and pantry. Outside is a vegetable garden, an orchard and an herb garden. Recently, a pizza oven has been added to the kitchen patio and any sunny day can be a handmade pizza day.



Speaking of food, Leslie and Ramsey bring home cooking and some wonderful baking recipes to the table. Most things are made from scratch and have a whole lot of heart put into them. Fresh bread and scones, cookies and handmade desserts. Cooking is simple and down to earth and participants are welcome to work alongside the volunteers coming from around the world (Netherlands, Switzerland, Germany, etc.)

Not to be forgotten, is “Lady, a golden retriever with a long resume as a therapy dog in the Abbotsford community. She is the heart of the project.

The social club meets every Wednesday at 9:30 am to 1:30. The cost is \$35 per session if paid monthly and \$50 for a drop in.

Above all this is a low key and friendly place where people can interact with safety and support. Leslie & Ramsey invite from the brain community to drop by for a complimentary pass.

Check us out at [firstlightsocialclub.ca](http://firstlightsocialclub.ca) , phone 604-755-4664 or email us at [firstlightsocialclub@gmail.com](mailto:firstlightsocialclub@gmail.com)



## 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. 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 Chats along with some new groups starting soon.

Funding for Pay it Forward 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.

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### Joy's Fall/Winter 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** on Zoom **OR** at Trinity Memorial United Church, 2 to 3 pm

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

**1<sup>st</sup> and 3<sup>rd</sup> Thursdays – Ladies' R 'n R Group** at FVBIA's Boardroom at 2890 Garden Street, 10 am until noon

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

For more information or to register for these activities, please contact **Joy** at **604-897-1563**. New ideas for activities and new members of FVBIA are always welcome!

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### Adapted Chair Yoga

#### FVBIA's "Pay it Forward": Healthy Lifestyles for ABI Project and Robert Henderson

Robert 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!

DAY: Tuesday  
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. Proof of full vaccination is required.  
Call Joy at 604-897-1563.

## Pay it Forward Health and Wellness Chats

The Health and Wellness Group meets over zoom on **Thursdays at 2:00 pm** 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).

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### Ladies' R 'n' R" ("Relax and Revive")

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

Day: 1<sup>st</sup> and 3<sup>rd</sup> Thursday of the month  
Time: 10 a.m. until noon  
Place: FVBIA Boardroom 201 – 2890 Garden Street, Abbotsford, BC

\*\*\* Proof of full vaccination required \*\*\*

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

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### 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.**



### Zoey – a Mill Lake Celebrity

Zoey (left) has been a Mill Lake celebrity for some time, always attracting lots of attention during our walks. In the cold weather, she sometimes prefers to have the royal treatment and snuggles inside her mom Kim's jacket for a while to keep warm.

You can see why she's still a favourite!

### Peanut – a new Mill Lake Celebrity!

We have a new Mill Lake celebrity – Peanut (right)! She is 17 and runs Jay and Debbie's home. She is beautiful although she lost an eye several years ago in a dog attack.



She is a little mixed up with the seasons as she is shedding lots of beautiful soft hair right now. But she has a wonderful personality and loves to walk as fast as her little legs will carry her (which is pretty fast).

She just started coming to our walk in November and she already has lots of fans at Mill Lake!

---

## 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 Class**
- **Guest speakers:**
  - Amber Whittemore, Registered Dietician and owner of Nourish to Flourish  
<https://www.nourishstoflourishdietetics.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](mailto:jill.koppang@fvbia.org)

## Fueling the Body and Brain for Optimal Health

Join Amber Whittemore, Registered Dietician, for these two informative sessions to start the new year with some good food! These sessions are open to FVBIA members, families and staff...because we all want to get the right fuel in our tanks to weather whatever is coming next!

**Monday, January 10, 2022 via Zoom**

### **Nutrition Seminar #1: How balanced eating fuels our whole body for optimal health**

The goal of this seminar is to increase participants' confidence and autonomy in fueling their bodies with balanced nutrition. We will discuss sustainable ways to optimize our overall health through healthy eating, as well as the essential nutrients required to do so.

These essential nutrients come from a variety of foods, such as protein, grains, fat, fruit, and vegetables. When the body is properly nourished and hydrated, it is given the best chance possible to thrive and we will discuss why this is!

**Monday, January 17, 2022 via Zoom**

### **Nutrition Seminar #2: How food can aid in healing and optimizing our brain health**

The goal of this seminar is to gain a deeper understanding of how and why proper nutrition can help to foster optimal brain health and function.

We will discuss strategies to make nourishing our brain and bodies easier, tips for making simple on-the-go meals, and some specific dietary approaches for promoting brain health and healing.

Cheers,

*Amber Whittemore RD, BSN, MHSc*

Pronouns: she, her, hers

Registered Clinical Dietitian, CDBC #2633  
Owner of Nourish to Flourish

(c) 250-681-5170

(f) 778-699-4518

(e) [amber@nourishtoflourishdietetics.com](mailto:amber@nourishtoflourishdietetics.com)

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## 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>

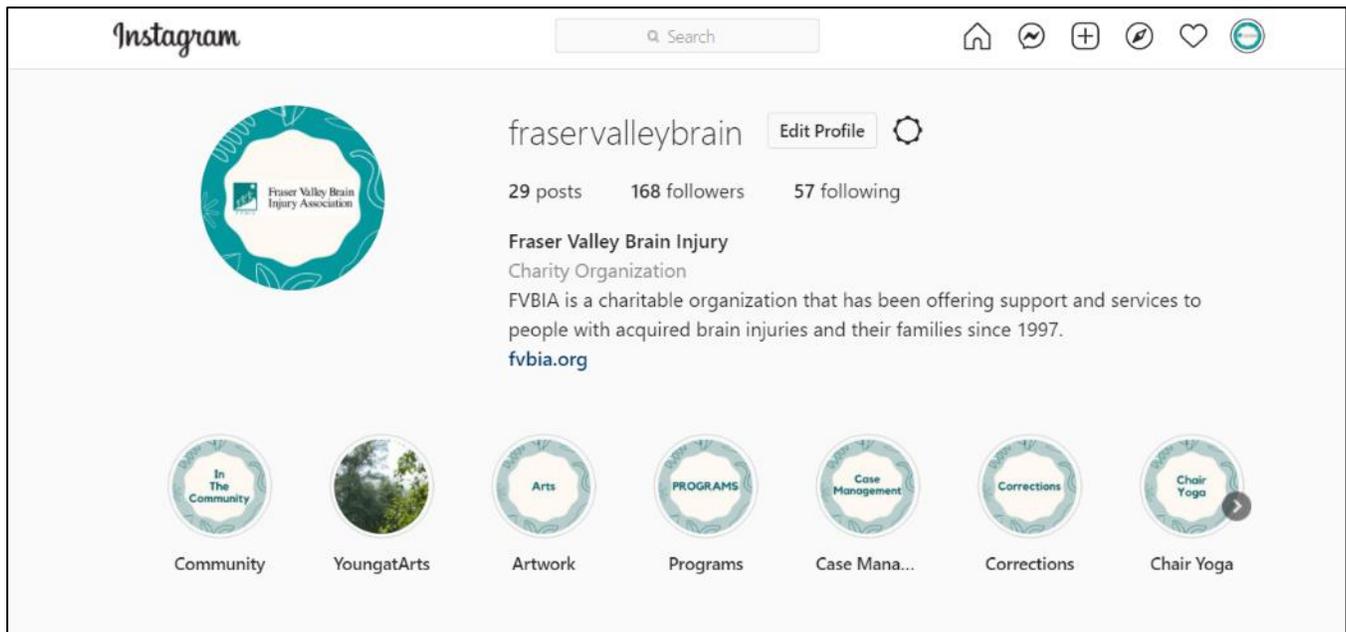
<https://www.instagram.com/fraservalleybrain/>

<https://www.facebook.com/fvbiaarts>



### FVBIA's Instagram

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



## Pets Corner

### Noodle the Cat!

by Alex Zarycka

Hello all you readers! Hope you're enjoying the holidays! It's been another tough year, so I thought I'd brighten your day with my dear cat, Noodle!

Noodle is a 2-year-old brown tabby cat. She actually has a rather unique coat of fur. Even the vet said she's never seen a coat like it! While there is brown fur and black stripes, there are also patches of ginger fur here and there. She's a lovely green-eyed cat.

Last year I had gotten a different cat, a 4-year-old tabby by the name of Minx. It didn't work out with this one, though. While I love cats, I found Minx to be quite the attention - seeker. Her meowing was constant as well, and she usually misbehaved. I felt she was too needy for me. So, she was rehomed to a couple with a little girl who was happy to give all the attention Minx desired. She settled in well, I heard.

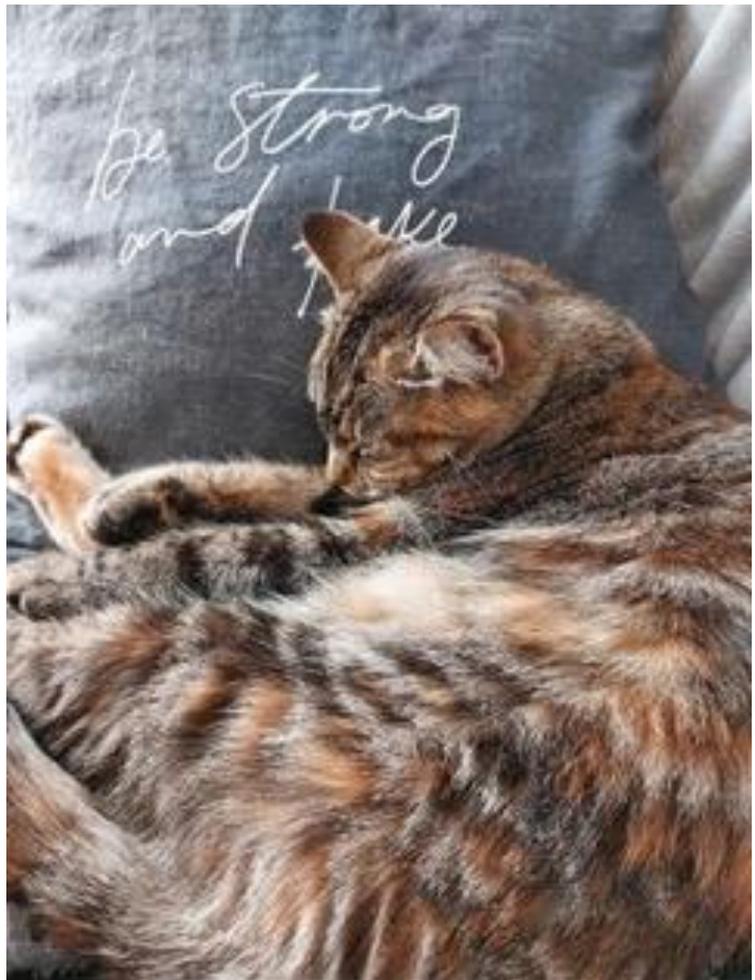
This spring I began to feel I wanted a cat again, mostly due to all the cat videos I watch! So, one day I applied for a cat on the Abbotsford SPCA branch website. They contacted me that same day, saying the cat I wanted wouldn't do well in apartments. But they had another cat available for me named Noodle. I was warned she was needy and swatted at you when she was done being petted. I did not like the sound of her. But, not wanting to say no, I looked at the cat the same day. I loved her instantly.

She had a soft, cute meow, lovely fur, and a calm demeanor. I brought her home the next day. I was hesitant at first. But not once did she swat me away when I pet her. Nor did she compare at all to the last cat when it came to neediness.

She followed and still does follow me all around the apartment. I grew to love her so much, and she loves me back. She doesn't act how I was told she would act. I think we're a match made in heaven!

I enjoy her company greatly, and the feeling is mutual. Noodle, (the name she came with; too awesome to change!) is a loving, funny, cute and quirky cat who will be with me for a long time!

Hope you enjoyed, readers!



## Faelan's Favourite Time of the Year!

By Freddy O'Brien

This is Freddy's Wolf Dog Faelan. She is 7 years old and her favorite time of the year is Christmas. She is on her very best behaviour when taking a pick with Santa. The other picture is Faelan thanking Victoria for the lovely treat.



## Reptile Booty and Smiles

Not all of our pets are fluffy. Some of them are reptiles! Here's Taryn's cute little gecko posing for the camera.



## FVBIA's Get Fit Challenge 2021

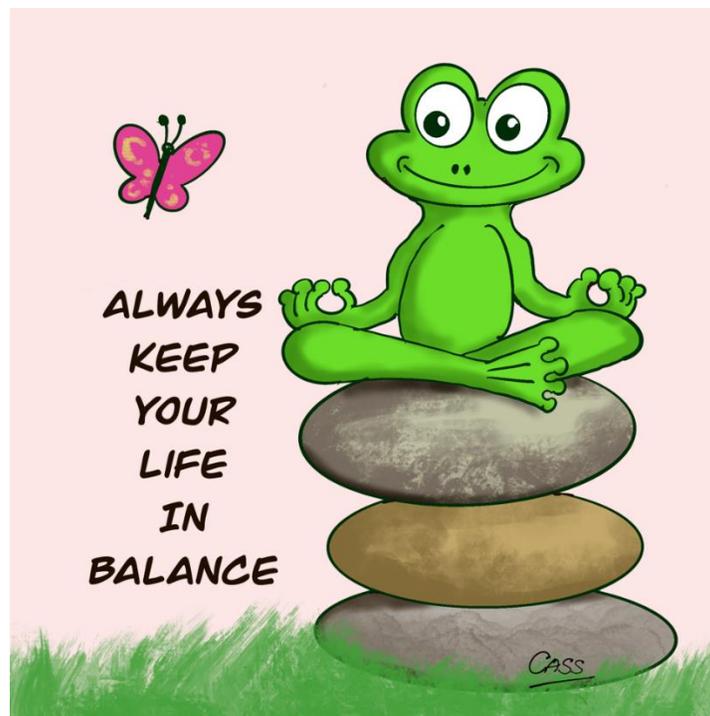
**FVBIA - Get Fit!**  
**Don't be a Chicken!**  
**Get the Jump on 2022 New Year's Resolutions!**

Open to all FVBIA Members  
October-December  
Friday afternoons: TBD

### Here's How it Works:

- Join our **FVBIA Get Fit Group** and get a set of flex bands
- Taryn Reid, B. Kin will lead a bimonthly Zoom class using flex bands
- Set your own personal fitness goals to achieve by December 31, 2021
- **Any movement/activity counts** (Joy's walks, steps, stairs, YouTube exercises, dancing around the house, yoga, etc.)
- Track your **progress**, get **inspiration** and **motivation** from the group as well as from the FVBIA Get Fit Department (located in the soon-to-be constructed virtual FVBIA Playground)
- Get Fit Participants will be **featured in the January 2022 FVBIA Newsletter** to share successes and help motivate others just starting on their New Year's Resolutions

To sign up, contact Jill: Phone, text: 778-345-4742 or email [jill.koppang@fvbia.org](mailto:jill.koppang@fvbia.org)



Cartoon by Peter Clay

## After StrokeBC

(Also known as Stroke Recovery BC)

“At this time, there are about 6,500 strokes in BC every year – and the need for our services is growing. Nearly one in four affected by stroke is under 65 years of age.



Our services and resources deliver hope and help to stroke survivors, as well as their families, friends and health care professionals. This site has guides and videos to help stroke survivors, and their loved ones, adapt to the initial effects of stroke, as well as help you through the stages of stroke recovery. New resources are uploaded on a regular basis. You'll also find news and articles that cover a variety of topics from current medical news about strokes and stories of hope by stroke survivors.

In short, we're here for you. Be sure to visit often. And don't forget to sign up for our newsletter 'SNIPPETS'.

After Stroke BC is a proud affiliate of [After Stroke](#), a program of [March of Dimes Canada](#)

<https://strokerecoverybc.ca/>

Happy Holidays from Carol's Kitten Luna!



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## Health & Wellness Chats Survey

I have 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 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 let me know.

**Taryn Reid (she/her), B.Kin, Kinesiologist**

**Direct:** [604-226-1198](tel:604-226-1198)



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## Let's Make Giving Contagious by Paying it Forward

By Carol Paetkau

Over the years, it has often been a challenge to raise money for FVBIA programs. I always thought that it is easier to raise money if people have a personal relationship to a cause, but recent events in BC made me realize that it isn't always about the connection to a cause or the money. It's more about the ability to give what we can, in whatever way we can when we are called upon.

After a brain injury, people often struggle to feel like they are a "contributing member of society" again as sometimes they don't think that they have the capacity to give to their community in the same way they did pre-injury. I think they underestimate themselves as I see evidence of their contributions in so many ways every day.

One of our programs is called Pay it Forward: Health and Wellness for ABI. This is a program that focuses not only on the health and wellness of the individual, but on the community as well. What can we give back to the world around us to help make it a better place and improve our own wellbeing while doing it? Again, this isn't about pulling out the credit card or cheque book. It's more than that.

"Pay it Forward" is based on a principle of giving to one another from the movie of the same name. If you haven't seen it, this movie is definitely worth watching as a reminder that we all have the capacity to be giving, even in small ways. <https://www.imdb.com/title/tt0223897/>. Paying it forward is about what each person can "gift" to another or their community, based on their skills, strengths and opportunities at that particular moment.

The idea is that if someone gives you a gift or does something for you, that you, in turn, do something for another. Of course, someone needs to get the ball rolling so this could be you! As an example, I've seen this happen in a Tim Hortens drive thru when someone in the line up ahead of you pays for your coffee and you do the same for the person in the car behind you and so on...

Simple, doesn't have to cost much, but can really make the difference in someone's day.

A very generous supporter of FVBIA, recently told me that it was "the giving that was the fun part", not the acknowledgment of the gift, which made me reflect on why we give and how. Don't get me wrong, non-profits need money to operate so please don't stop donating after reading this article, but we also need a community that supports the most vulnerable of its members in a variety of ways.

Sometimes the negativity and sadness of the news and social media makes us forget that most people are inherently kind and capable of giving if they are simply asked. The community's response to the recent flooding in BC, has me reflecting on what it means to be a giving person, the principle of paying it forward and what a healthy community looks like.

During this crisis, so many community members stepped up to do whatever they could to help friends, family and complete strangers. Donations poured in from around the world. People made hot lunches for farmers and volunteers, took strangers into their homes, sponsored families for Christmas; raising thousands of dollars in gift cards, toys and presents. Volunteers contributed hours of their time, managing social media pages to connect people with donations, flood resources and those desperately wanting to help in some way. Some offered something as simple as supportive comments on facebook, or directed people to where they could get help and how to find donations of desperately needed essentials.

Others had “boots on the ground”, making and delivering sandbags, removing people’s belongings from mud-soaked basements, comforting homeowners, pulling out drywall, flooring and putrid water-logged carpets, rescuing animals, flying food to remote communities, and looking out for their neighbors. No matter what their skills or limitations, people simply reached out to do whatever they could within their capacity at the time. I’ve heard from people that they wish they could or feel that they should do more, and what I want to tell them, is that there no wrong way or to small of an amount to give.

If all you have the ability to do right now, is to offer a smile, words of encouragement, hot soup, or a text to someone that’s going through a difficult time, you are doing whatever you are able to within your capacity and making the world a little bit better because of it. No gift is too small, so take the moment to give what you can. Some can give more than others but your contribution is no less important.

Our clients give in to each other and their communities in all kinds of different ways. They amaze me with their pay it forward attitudes!

Most people just offer their time, compassion and kindness without expectation of anything in return. Yes, there are those that seek to take advantage of crisis for their own gains, but there are so many that will give when called upon, and this is what makes a community healthy and well.

I’ve heard from people impacted by the floods that they don’t know how they can ever express their gratitude to people that just showed up to help without even being asked. Maybe the best way to thank them is to pay that gift forward to someone else in need when you are no longer the one needing the helping hand.

Let’s make giving contagious by paying it forward!

## FVBIA Christmas Goodie Bags

Unfortunately, FVBIA wasn’t able to have our Annual Christmas Dinner and Silent Auction this year due to COVID-19 restrictions, but we heard that some of the elves gathered to put together goodie bags for those that needed a little extra care and attention this Holiday Season. Thank you to all of our donors and sponsors that help make this possible along with Lydia Maes, Freddy O’Brien and Taryn Ried who helped Santa gather presents to fill the bags and delivered most of them!



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## SELF-MANAGEMENT WORKSHOPS

### Virtual ZOOM®

#### **Chronic Pain:**

Mondays, Jan 10-Feb 14, 1pm-3:30pm  
Tuesdays, Jan 18-Feb 22, 1pm-3:30pm  
Thursdays, Jan 20-Feb 24, 1pm-3:30pm  
Saturdays, Jan 22-Feb 26, 10am-12:30pm  
Wednesdays, Jan 26-Mar 2, 10am-12:30pm

#### **Chronic Conditions:**

Thursdays, Jan 6-Feb 10, 1pm-3:30pm  
Fridays, Jan 7-Feb 11, 9:30am-12pm  
Wednesday, Jan 19-Feb 23, 10am-12:30pm  
Wednesday, Jan 26-Mar 2, 1:30pm-4pm  
Mondays, Jan 31-Mar 14, 4pm-6:30pm

#### **Diabetes:**

Tuesdays, Jan 11-Feb 15, 6pm-8:30pm  
Fridays, Jan 28-Mar 4, 1pm-3:30pm

#### **Cancer: Thriving & Surviving:**

Wednesdays, Jan 12-Feb 16, 6pm-8:30pm  
Mondays, Jan 24-Feb 28, 9:30am-12pm

### Tool Kit + Calls

#### **Chronic Pain:**

Tuesdays, Jan 11-Feb 15, 1pm-1:45pm  
Thursdays, Jan 13-Feb 17, 11am-11:45am  
Tuesdays, Jan 25-Mar 1, 1:30-2:15pm

#### **Chronic Conditions:**

Mondays, Jan 31-Mar 7, 10am-11am

#### **Diabetes:**

Tuesdays, Jan 11-Feb 15, 10am-10:45am  
Fridays, Jan 14-Feb 18, 9:30am-10:15am  
Thursdays, Jan 20-Feb 24, 1:30pm-2:15pm

To register or for further information:

[www.selfmanagementbc.ca](http://www.selfmanagementbc.ca)

604-940-1273 (Lower Mainland)

1-866-902-3767 (Toll Free)

selfmgmt@uvic.ca

Connect with us:  @SelfManagementBC  
 @SMPatUVic

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

## FVBIA Concussion Program

### FVBIA's Concussion Program Resource Package

#### Online Concussion Support Group

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

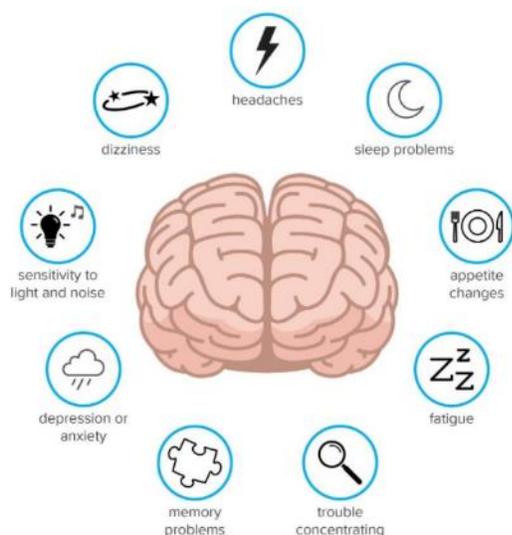
We are excited to announce that FVBIA and Aclestra Centre have partnered to offer an online Concussion Support Group on the 4<sup>th</sup> Tuesday of the month with Amanda Rallings.

Please click on the following link for more details. <https://aclestra.ca/concussion-support-group/>

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.

### 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**

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

## 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](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 \$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.

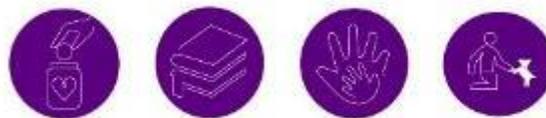
You can donate here and you will get a tax receipt!

<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.



**QUICK EASY IMPACTFUL**

# 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](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

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](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!