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Caring. Compassionate. Community-Focussed.

Drop In's & Groups

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

Abbotsford Mission

Drop-In

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

Pay it Forward

(Walking Group, Yoga,
Ladies R n' R,
Community Kitchen, etc.)
Contact: 604-897-1563

Coffee & Chat

Contact: 604-897-1563

Art & Photography

Contact 604-897-1452

Chilliwack

Drop-in

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

In the Now Support Group

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

Art Groups

Contact 604-799-2044

Langley

Coffee & Chat Group

Contact 604-557-
1913

Hope

Community Leisure Program

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

Remote Groups

Health & Wellness Group

Contact 604-557-1913

Fraser Valley Services & Programs

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

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

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

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

FVBIA Staff Emails

- Freddy O'Brien: info@fvbia.org
- Heather Plain: heatherplain@hotmail.com
- Joy Scobie: ijoyscobie@gmail.com
- Esther Tremblay: esther.tremblay@fvbia.org
- Wendy Kodama: wendy.kodama@fvbia.org
- Taryn Reid: treid@fvbia.org
- Jasneet Singh: Jasneet.singh@fvbia.org
- Victoria O'Brien: victoria.o'brien@fvbia.org
- Francisco Rojas Stone: francisco.rojasstone@fvbia.org

Upcoming Events

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


Save the Dates:

- **November 22nd** - FVBIA Annual General Meeting, 11:30 a.m.
- **December 11th** - FVBIA Christmas Tea & Silent Auction
Wednesday, December 11, 2024, 2:00 - 4:30 PM
Cascade Community Church. Abbotsford, BC
35190 Delair Road, Abbotsford, BC




Fraser Valley Brain Injury Association

ANNUAL GENERAL MEETING



Ask us about becoming a Member!
info@fvbia.org

-  Friday November 22, 2024
-  11:30 AM, followed by lunch
-  Abbotsford Brain Injury Drop In
103-2776 Bourquin Crescent W,
Abbotsford, BC V2S 6A4
-  RSVP at: <https://bit.ly/4fb4b6f>
or email info@fvbia.org


FVBIA Christmas Tea and Silent Auction

**Wednesday, December 11, 2024
2:00 – 4:30 PM**


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

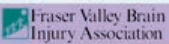
Tickets: \$30
FVBIA Members with ABI: \$15
Non-members with ABI: \$25
Table Sponsor: \$300
 Ticket Deadline: November 29, 2024

Order tickets online
[FVBIA-Christmas-Tea-2024.eventbrite.ca](https://www.eventbrite.ca/e/fvbia-christmas-tea-2024)
 or contact us at info@fvbia.org or 604-557-1913

With the support of

[wcsoroptimist.org/clubs-1/abbotsfordandmission](https://www.wcsoroptimist.org/clubs-1/abbotsfordandmission)

— December 2nd —
 Women's Brain Health
 Day



womensbrainhealth.org 

**December 3rd is
 International Day of
 Persons with Disabilities**







Congratulations to A. Wright of Langley, BC with ticket #120248 who won 50% the FVBIA 50/50 Jackpot totalling \$2,130! The remaining 50% will go into programs and services for individuals with acquired brain injury.



Fraser Valley Brain Injury Association

♦ BRAIN INJURY ♦

Golf Classic

Thank You

to the sponsors of the 2024 Brain Injury Golf Classic



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Psychological and Counselling Services
www.chuckjung.com



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- Inland Truck & Equipment
- Carol Paetkau
- David Hildebrand
- Freddy O'Brien
- Hayden Mowbraw
- Chris Gledhill & Robin Newbery
- Southwest Contracting Ltd.

2024 Brain Injury Golf Classic Photo Album

View all the photos from the 2024 Brain Injury Golf Classic
<https://bit.ly/3Y9Piu0>



2024 Brain Injury Golf Classic Photo Album



2024 Brain Injury Golf Classic Photo Album



MagikMoments Photos

(view them all at: <https://bit.ly/4dS8ZMy>)



Brain Injury Golf Classic Tournament



Brain Injury Golf Classic Tournament



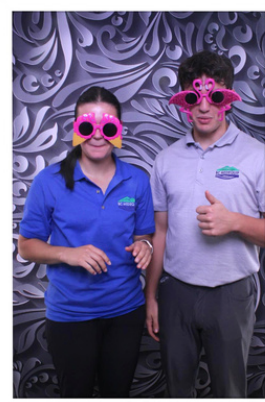
Brain Injury Golf Classic Tournament



Brain Injury Golf Classic Tournament



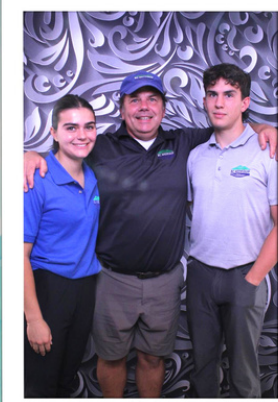
Brain Injury Golf Classic Tournament



Brain Injury Golf Classic Tournament



Brain Injury Golf Classic Tournament



Brain Injury Golf Classic Tournament

Holidays

by Alex Zarycka

Hello all!

It's been a bit. I hope that everyone is doing well and that you all enjoyed your Thanksgiving!

As we near the holidays, I am reminded of great times as a child with family on Christmas Eve, which is when we all opened our gifts. For me, though, the best part of the holidays was being with family.

I especially loved playing with my cousins who are around the same age as me. I actually used to be the last in the games with the cousins as I was the oldest. I'm still the oldest among the cousins on my dad's side (where I spent most holidays) but am now also the shortest! I embrace my height, though, and love it.

Back to what I was saying before. These times with family were the best of times, and made childhood memories so great to look back on. I hope that in this season, you will take time to reflect on cherished childhood memories and loved ones.

Attached to this submission is a picture of most of my cousins and I on my dad's side, in order from oldest to youngest, as well as shortest to tallest!

Take care, everyone!





FVBIA Writer's Bullpen

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

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

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

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

FVBIA Newsletter 2025 Submission Deadlines

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

January / February 2025 Issue	March / April 2025 Issue	May / June 2025 Issue
Submit by: December 20	Submit by: February 25	Submit by: April 25
July / August 2025 Issue	September / October 2025 Issue	November / December 2025 Issue
Submit by: June 26	Submit by: August 27	Submit by: October 28

Written articles & stories should be **maximum 500 words**, and submitted as a document file (i.e. Word). For photos submissions, please attach as **separate files as .jpeg, .png or .pdf at minimum 1800 pixals / 300 dpi** (not inserted in document or body of email).

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



FVBIA's Chilliwack Centre Case Management Program: Food Donation Project

The Chilliwack food donation project through FVBIA's Chilliwack Centre Case Management program is well supported by volunteers from FVBIA and the community.

COBS BREAD and a generous anonymous donor contribute to this project every week as well as avid local gardeners who share their produce.



*Volunteer Bob F. with Esther Tremblay,
FVBIA Case Manager.*



*23 families benefit from the food donations.
Seven of these families have children.*

Funding for the Chilliwack Centre Case Management program is provided through a Charitable Gaming Grant, the Brain Injury Alliance and the generosity of our donors. We acknowledge the financial support of the Province of British Columbia.



Acquired Brain Injury Drop-In Centres: Abbotsford & Chilliwack



Sheral Jones (left), Program Manager and a participant at the Abbotsford Brain Injury Drop-In during the Thanksgiving lunch.

The artwork behind them was produced by people who participate in various Communitas programs.



Brain Injury Drop-in Centres are operated by Communitas and funded by Fraser Health Acquired Brain Injury Services and Fraser Valley Brain Injury Association (FVBIA).

Communitas Brain Injury Drop-in Centres are located in Abbotsford and Chilliwack. Proof of brain injury is required.

Abbotsford Brain Injury Drop-In

Location: 103 – 2776 Bourquin Cres. W., Abbotsford

Day/Time: Wednesdays 1 - 3 pm and Fridays 11 am - 2 pm (except statutory holidays)

Chilliwack Brain Injury Drop-In

Location: 45825 Wellington Ave., Chilliwack

Day/Time: Tuesdays 10 am - 1 pm and Thursdays 10:30 am - 2 pm (except statutory holidays)

ICBC & PERSONAL INJURY CLAIMS

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Langley Office #200-4769 222nd St. Langley, BC V2Z 3C1 Phone: 604-256-5954	Maple Ridge Office #203- 22471 Lougheed Hwy Maple Ridge, BC V2X 2T8 Phone: 604-305-1432	Aldergrove Office #100-26641 Fraser Hwy Aldergrove, BC V4W 3L1 Phone: 604-256-9785
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"WORKING WITH OUR CLIENTS FOR TODAY AND THE FUTURE SINCE 1997"



FVBIA's Pay It Forward: Health & Wellness Programs

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

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 etc.

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

FVBIA staff are involved in many Pay it Forward: Health and Wellness for ABI in our communities and things are always changing so it is best to contact them directly for more information and details about locations and times. For general inquiries, contact info@fvbia.org.

Health & Wellness Virtual Group

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

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



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



FVBIA ArtWorks! Sessions

with John LeFlock (professional artist)

Leave your cares at home and come join in the fun with John LeFlock, professional artist, and create beautiful art pieces. Coffee, goodies, comradeship and great conversations are all part of the fun.

Location: Trinity Memorial United Church – 33737 George Ferguson Way

Date: Runs Tuesdays until December 3 from 1 pm to 3 pm.

Contact: For more details or to register, contact Mary @ 604-897-1452 or me2mck2e@gmail.com



www.youtube.com/watch?v=aT_903MJogq

“

This 7 year old SHAW TV video - available to view on Youtube - shows John LeFlock, Mary McKee and various FVBIA clients. I had forgotten it was filmed during Artworks, brings back good memories... and I'm so happy to still be participating now with FVBIA and Artworks, 7 years later.

If not for the FVBIA, and the various opportunities it provides, I would have spent the past 10+ years sitting at home all week, Fall & winter & Spring, depressed and lonely. It's provided unmeasurable pleasure, motivation and vital social interaction, which I am so very grateful for.

With many thanks to Mary McKee, John LeFlock, you and Taryn and the entire FVBIA organization for their unwavering commitment and all that you do.

~ Sonya

”



Coffee & Chat Groups

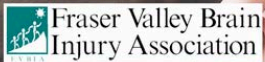


Welcome

Abbotsford Coffee & Chat

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

Contact Joy Scobie at
604-897-1563 or
ijoyscobie@gmail.com
for more details



Abbotsford Coffee & Chat

FVBIA’s “Pay it Forward”: Healthy Lifestyles for ABI Project invites you to attend Abbotsford Coffee & Chat

Join us in our spacious boardroom for coffee and a chat. This is a great opportunity to meet with others who have experienced a brain injury. Coffee will be provided.

Days: Tuesdays - Nov 12 and Dec 10

Time: 10:30 a.m. until noon

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

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

Langley Coffee & Chat

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

This is a great opportunity to meet other survivors and chat. Group members must be eligible for FVBIA services, so please contact your case manager or Taryn Reid at treid@fvbia.org for details.

The group is held the first Wednesday of each month from 1:00 pm to 3:00 pm.



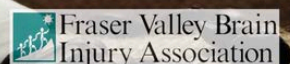
Welcome

Langley Coffee & Chat

Timms Community Centre (20399 Douglas Crescent)

First Wednesday of each month from 1:00 pm to 3:00 pm

Contact Taryn Reid at treid@fvbia.org for details





Group Activities

“Ladies' R 'n' R”

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

DAYS: Thursday, Nov 7 and 21, Dec 5 and 19

TIME: 10 a.m. until noon

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

***** If you require 1:1 support, please bring a support person with you.**

Mill Lake Walking Group

Join us for a relaxing walk around beautiful Mill Lake in Abbotsford and connect with others who have shared experiences with brain injury.

DAYS: Mondays Wednesdays Fridays

2 Meeting Places:

2 P.M. - Bourquin Entrance benches

2:15 P.M. - Mill Lake Road Dock



Community Kitchen

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

DAY: Tuesday, Dec 3, 2024

TIME: 1 to 3 p.m.

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

Space is limited so please contact Joy at 604-897-1563 to register.

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

Our special sponsors are Chris Gledhill and Robin Newbery, parents of Dylan, a former participant.

We thank them for their generous donation to honor his memory.

**TO REGISTER for groups, please contact Joy at 604-897-1563.
Space is limited.**

Provincial exemption means people in B.C. will keep full Canada Disability Benefit (*excerpt*)



British Columbia continues to take action to help people with the cost of living by deciding that people receiving disability assistance can keep all of the new Canada Disability Benefit (CDB).

This decision by the Province means CDB-eligible income, disability and hardship assistance recipients could receive up to \$200 per month or \$2,400 per year in additional federal income, and it will not be deducted from their provincial monthly assistance cheques.

The federal government passed the Canada Disability Benefit Act in June 2023, and recently published a draft of the proposed regulations that will make it possible for the benefit to be paid. If the new federal regulations pass, the first payments are anticipated to begin in July 2025. READ MORE: <https://bit.ly/47ZLQgg>

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Reduced Cost Counselling Program

Chuck Jung Associates

Accepting Referrals

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

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

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

Also, see our weblink below for more information:

<https://www.chuckjung.com/doctoral-student-therapists/>

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

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



Chuck Jung Associates – Psychological and Counselling Services

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

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

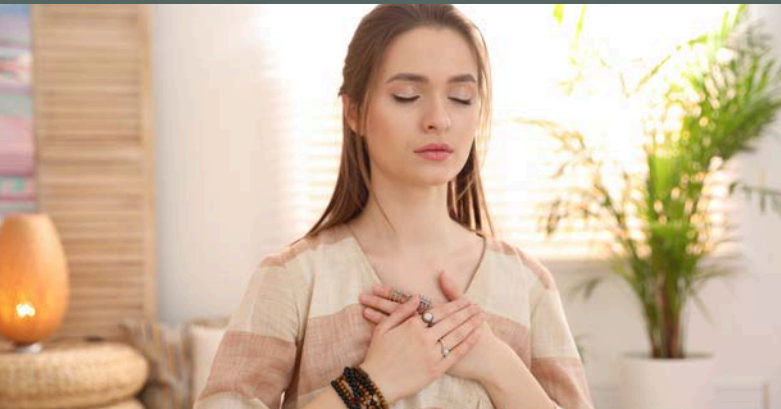
Website address: www.chuckjung.com

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

Care for the Caregiver

Canadian Mental Health Association

<https://cmha.ca/brochure/care-for-the-caregiver/>



More and more Canadians take care of friends, family members, and loved ones of all ages living with a mental health problem, whether they live together at home or not. Caring for a loved one can be rewarding, but it can also be tiring, overwhelming, confusing, and stressful. Many caregivers feel obligated to put the needs of others before their own. Yet, when you make the time to take care of yourself, you can help avoid burnout, isolation, depression, anxiety, and other problems that caregiving might bring up. Here are some tips to reduce the impact that caregiving can take.

Educate yourself

Ongoing education can help you understand what's going on and build realistic and hopeful expectations. Education includes learning more about the mental health and social services available in your community and province or territory. With your loved one's permission, you can also ask their mental health care team for information and advice.

Ask your loved one what they need most

It's natural to want to help as much as you can. However, it's unrealistic to expect that you can do everything, and it might not be what your loved one needs. Building independence is an important part of recovery. It can be difficult when what your loved one says they need most is not what you think they should be focusing on.

For example, if a loved one is focused on finding employment, putting a lot of effort into finding new treatment providers might not be the best use of your caregiving resources. Taking more time to listen and understand the reasons behind your loved one's priorities can help you use your energy better.

Practice clear communication skills

Clear communication means that everyone can discuss their thoughts or concerns respectfully. The ingredients of clear communication include active listening without distractions, being specific, focusing on one topic at a time, and using respect and empathy in every discussion. Assertiveness can help people communicate well in difficult situations. Many community organizations offer assertiveness courses so you can practice these skills.

Be mindful of any extra barriers to good communication. For example, your loved one may find it harder to filter out distractions, may need more time to think about what they'd like to say, or may have focus or energy for a respectful conversation only at certain times of day.

Dealing with difficult thoughts, beliefs, or experiences

Mental illnesses can cause a lot of upsetting or difficult thoughts or experiences. People who experience depression may talk about feeling worthless or hopeless. People who experience an anxiety disorder may bring up unrealistic fears. People who experience episodes of psychosis may experience hallucinations (sensations that aren't real) or delusions (strong beliefs that can't possibly be true).

All of these situations can be very upsetting for caregivers. You may be frightened or confused by the things you hear.

continued next page...

Care for the Caregiver continued...

A helpful approach to these difficult statements is to simply acknowledge your loved one's feelings around the thoughts. You could say, "I can see how upset you're feeling right now. I can only imagine how scary those thoughts must feel."

It's unrealistic to expect that you can solve or even fully understand what your loved one is experiencing, but the simple act of acknowledging and empathizing shows that you are listening and you care. Often, that's enough to reduce some distress.

Set healthy limits

It's easy to feel like you have to be there for a loved one all the time or find yourself spending more time caregiving than you'd like. Limits are a healthy part of any relationship—even more so when you are juggling a lot of different priorities. Think about your own needs, then work with everyone around you to find a solution.

You could set limits around behaviours, the time that you will focus on caregiving, expectations around the home, or whatever makes sense in your situation. Part of setting limits is letting go of the idea that you can control someone else's symptoms or behaviours. You may have influence, but in the end, your own actions are the only things you have control over.

Do you need more help?

Contact a community organization like the Canadian Mental Health Association to learn more about support and resources in your area.

Visit the [Find Your CMHA](#) page here to find help near you.

Canadian Mental Health Association
Mental health for all

Association canadienne pour la santé mentale
La santé mentale pour tous

Download the brochure:
cmha.ca/wp-content/uploads/2021/07/CarefortheCaregiver-NTNL-brochure-2017_web.pdf

CARE FOR THE CAREGIVER

Canadian Mental Health Association
Mental health for all



NEW Caregiver E-courses



Brain Injury Canada has developed a variety of courses for family caregivers of people with brain injury. Our courses are designed to be accessible, focused on topics that caregivers have told us are important to them. These courses are free of charge and self-guided, meaning you can learn on your own time. Check out our current courses below.

NEW: Family Caregivers: Planning for the Future

The future can seem really far away most days, especially for caregivers. You're mostly focused on today, tomorrow and the immediate needs of your loved one. But there may come a day when you are no longer able to be a primary caregiver. Do you have a plan in place?

Family Caregivers: Introduction to Brain Injury

Brain injury (also called acquired brain injury, or ABI) is a unique and complex condition. This means that for family caregivers, it's a lot of learning as you go – there's no set guidelines for how to care for someone with a brain injury. While we don't know the specifics of your caregiving role, we can give you an introduction to brain injury to help answer some of your questions and give you practical tips/tools for supporting your loved one and yourself.

Family Caregivers: Your Health & Wellbeing

As a caregiver, much of your time and energy is devoted to the health and wellbeing of your loved one(s). Unfortunately, this means that your own health and wellbeing may be neglected. But if you aren't taking care of yourself in the ways you need, this could impact your ability to be a caregiver. The purpose of this course is to provide caregivers with an introduction to different areas of wellbeing that impact you as a person and as a caregiver.

Learn More and Register for one or more of these valuable courses:

<https://braininjurycanada.ca/en/caregiver/resources/courses/>

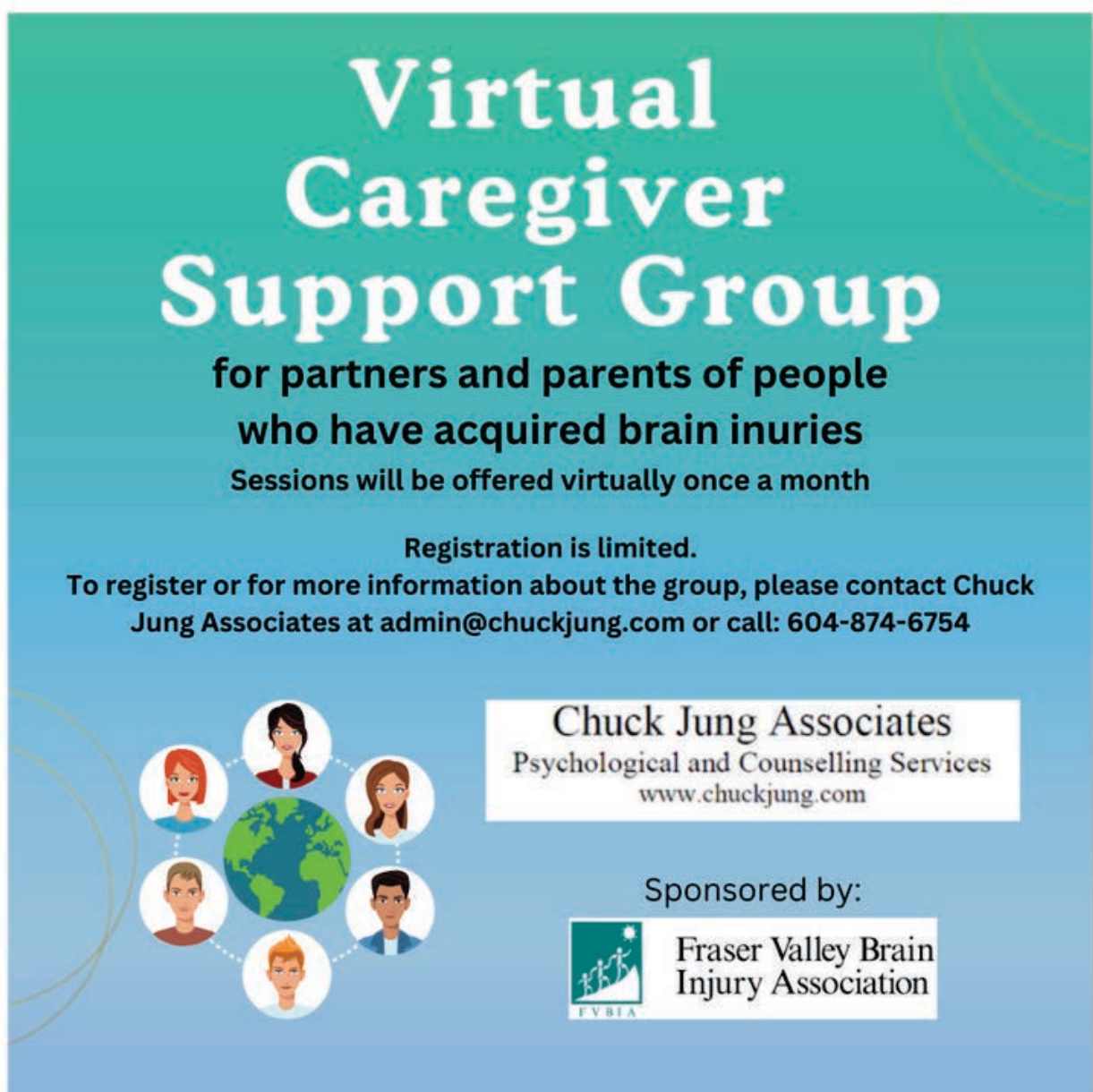


These courses are made possible and supported by the Petro-Canada CareMakers Foundation, an organization that supports programs, tools, and resources from charitable organizations that serve family caregivers.

Virtual Caregiver Support Group

If you identify as a caregiver of a partner or child (of any age) of a person who has had an acquired brain injury and you are looking for some support, FVBIA and Chuck Jung Associates are offering a Virtual Caregiver Support group for caregivers in the Lower Mainland.

Find out more at admin@chuckjung.com or call 604-874-6754.




**Virtual
Caregiver
Support Group**

**for partners and parents of people
who have acquired brain injuries**

Sessions will be offered virtually once a month


Registration is limited.

To register or for more information about the group, please contact Chuck Jung Associates at admin@chuckjung.com or call: 604-874-6754



Chuck Jung Associates
Psychological and Counselling Services
www.chuckjung.com

Sponsored by:



**Fraser Valley Brain
Injury Association**

Circle of Support



Supporting and caring for an individual living with a brain injury can leave both you and the survivor feeling isolated and alone. This may not be the case at first.

While your loved one is in the hospital or when they first come home, people are dropping by to visit; food is being dropped off at home; and people are calling and texting for updates.

As time goes by, this often changes. You may realize your social circle, and the social circle of your friend or family member, has decreased significantly since the injury. The offers of help fade away, and you may be facing the daunting task of having to handle their care on your own.

People need the support of others, particularly when it comes to situations such as caring for someone with a brain injury. And you may have more support than you realize – you just need to take some time and visualize the whole network.

When you develop a circle of care, you build a network of people you know you can count on for support for yourself and your loved one.

Learn more at:

braininjurycanada.ca/en/caregiver/mental-health-caregiver/circle-of-support/



SURVEY: Share your thoughts about traumatic brain injury and equity

Brain Injury Canada is part of a global research team composed of scientists, clinicians, people with lived experience, advocates, and members of brain health organizations is conducting a study to explore how social parameters are integrated in traumatic brain injury research.

We are looking for adults lived experience of traumatic brain injury and people who support them in personal or professional capacity to complete our **research survey**. The aim is to understand which social parameters are most important to people with brain injury and their support systems. The survey takes approximately 25-30 minutes of your time.

You can read more about the study on this **Consent Form**. If you have any questions about this research, please reach out to the Principal Investigator Dr. Tatyana Mollayeva at tatyana.mollayeva@uhn.ca



Crisis Centre of BC

Fraser Valley Brain Injury Association is thankful to The Crisis Centre of BC for the suicide awareness and prevention training provided to our staff, volunteers and community.

The Crisis Centre of BC offers 24/7 immediate access to barrier-free, non-judgmental support via phone lines and online services, providing help and hope to individuals, organizations, and communities. Our education and training programs promote mental wellness and empower schools, organizations, and communities to assist those at risk of suicide.



Be informed about resources, including how to access and what services are offered. If using this resource for suicide safety, ensure they are able to help with suicide safety, are approachable in accepting suicide connections, and are available (knowing when they are available, length of wait time, etc.)

24/7 Phone Suicide Support:

BC Suicide Helpline: 1-800-SUICIDE (1-800-784-2433)

Aboriginal Crisis Line (KUU-US): Toll-free: 1-800-588-8717

Kids Help Phone: 1-800-668-6868 (up to age 20) Or text "HELLO" to 686868

Crisis Services Canada 1.833.456.4566 text 45645

Download the **Crisis Centre BC Resource List**

Entrepreneurship: Initiating a Venture as a Parent Facing Disabilities

By Don Lewis abilitylabs.com



Initiating a venture when navigating the responsibilities of parenthood and the nuances of a disability presents an intricate landscape. Yet it's precisely these intricacies that can help you carve out an entrepreneurial niche characterized by your own resilience, innovation, and uniqueness. This article from [Fraser Valley Brain Injury Association](#) offers some time-tested tips to help you navigate this journey, balancing parental duties, and personal challenges to set a solid foundation for a prosperous business.

Understand Your Strengths

Every individual's story is distinct, and for those with disabilities, this story is layered with unique challenges and triumphs. Such experiences not only cultivate resilience but also offer a different lens to view the world. Businesses built on these foundations resonate with authenticity and stand out, not because of their origin but because of the innovative approaches they bring to the table.

Implement Effective Marketing Techniques

Effectively marketing your business is a cornerstone to its success. In today's digital age, crafting a compelling brand identity not only resonates with your target audience but also etches your business in their memory.

If you're aiming to carve out a distinctive space in the market, building brand awareness is paramount.

A logo is essential for your business as it serves as a visual representation of your brand. It builds recognition, and helps establish trust and credibility with your target audience. Luckily, you can make your own logo using free online tools.

Match Ventures with Capability

Choosing a business concept is more than just finding a market gap. It's about understanding personal strengths, abilities, and, most importantly, limitations. By doing so, one can find an endeavor that not just complements their lifestyle but also ensures sustainability, keeping in mind the physical and logistical aspects intertwined with their disability.

Craft a Thorough Business Plan

A well-laid plan anticipates potential hurdles and charts out strategies to surmount them. When considering disabilities, this blueprint should encompass health considerations, accessibility needs, and a work routine that aligns with both parental and personal commitments.

A thorough plan ensures that the venture remains resilient against unforeseen challenges.

Cultivate a Circle of Support

The entrepreneurial journey can be isolating. Building a network of friends, mentors, and industry professionals can provide not just strategic insights but also moral support.

This network serves as a reservoir of knowledge, experience, and encouragement, ensuring a balanced perspective and guidance at every step.

continued on next page...

Champion Accessibility and Modern Solutions

Ensuring that a business is accessible to all, especially when understanding the nuances of disabilities, is vital. By embracing technology, entrepreneurs can not only make their venture more approachable but also more efficient. Modern platforms offer solutions for every business need, be it marketing, sales, or administrative functions. Integrating these tools ensures seamless operations, making businesses more customer-centric and adaptive.

Look for Ways to Fund Your Venture

People with disabilities aspiring to start their own businesses can access a variety of grants and funding options specifically tailored to their needs.

The first step is conducting thorough research to identify grants that cater to individuals with

disabilities, as many organizations aim to support entrepreneurial ventures in this demographic. Networking with local disability advocacy groups and business incubators can also provide valuable information and resources.

Embarking on an entrepreneurial path as a parent grappling with disabilities can indeed be daunting. Yet, with the right strategies, resilience, and a dash of innovation, these challenges can be transformed into strengths.

By understanding personal strengths, creating an eye-catching logo, securing funding, and more, one can set the stage for a successful business journey, enriched by your own strengths and unique experiences!

Fraser Valley Brain Injury Association is here to help. Let us know if you have any questions!



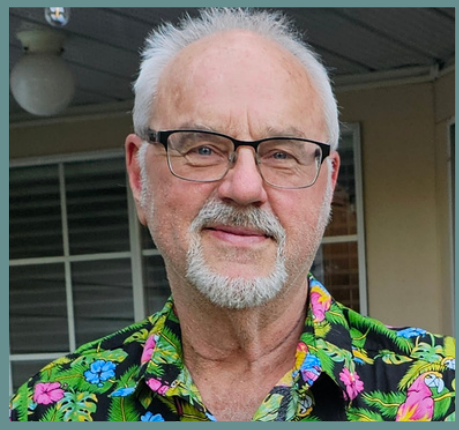
Falls are the leading cause of TBI in both adults aged 20-64 (37%) and those aged 65 and older (86%)



<https://health-infobase.canada.ca/brain-injuries/>

My Brain Injury Story

by David Hildebrand



It's February 24, 2009, just after lunch. I'm on the job site measuring a deck for railing. That is basically my last memory for the next seven or so hours. Apparently, I fell off the deck and my head took the brunt of my fall. I had a fractured neck, a traumatic brain injury, subdural hematoma (bleeding in the lining of the brain), and spinal cord bruising.

The spinal cord bruising caused temporary, partial paralysis on my right side. The paralysis went away over the next few weeks, but I was left with neuropathy in my right leg below the knee as well as in my right foot. The neuropathy remains in my foot to this day. I also had numerous fractures in my face, including my nose. My neck injury required surgery, and a plate was put in my neck to support C5-C7.

I had no idea what to expect from my TBI and my doctor wasn't any help with that. I thought I would be back to work in three months. Well, after three months, I thought, maybe six months. I was suffering from neck pain, headaches, struggling with balance, and extreme neuro fatigue.

I could not be around people for more than half an hour without needing to lie down and rest. I could not spend more than 15 minutes in a grocery store without my brain freezing.

At the six-month point, I was doing a little bit better and one of my doctors suggested that I try one aspect of my job to see if I could do it. Well, I tried, and what should have taken me an hour and a half, took me three and a half hours, and I was so exhausted I could barely drive home. I spent the next two weeks recovering from that. That is when I came to the conclusion that I might never go back to my job.

I continued to struggle with neuro fatigue as I tried to do more things, including taking dance lessons. I only made it

through five weeks of those lessons, and that, together with being asked to do a few things at physiotherapy, caused my symptoms to get worse.

I went to my doctor asking to be referred to a neuropsychologist. WorkSafe stepped in and sent me to a brain injury assessment and treatment program in Vancouver. I spent twelve weeks there and learned a lot about brain injury. It was hard for me to complete the program, but I was allowed to skip Fridays and that helped me make it to the end. I improved quite a bit through that program, and I knew I was on the right path to getting better.

FVBIA helped me a lot through their programs and seminars that they held. I attended the seminars as much as I could and soaked up as much of the information as I could.

I learned that it was important not to push myself too hard, but gently push my limits and then take a break. I took up photography as a way to keep my brain active, learning something new.

continued on next page...

Photography gave me a hobby where I could do as much or as little as I had the energy for. I joined the FVBIA photography group and had a great time getting to know fellow brain injured people and learn about photography.

I also enjoyed the regular coffee and chat group where we shared our experiences and knowledge. Eventually, I joined the art group for a while. We also had yoga classes which were very beneficial for mobility and self confidence. The Fraser Valley Brain Injury Association played a huge role in my road to recovery and forging a new life for myself.

Ten years after my injury I was introduced to some natural supplements that were designed to support the thyroid gland.

Six months later, I realized that I wasn't experiencing the neuro fatigue any more. Three months later, I returned to work on a part-time basis. I worked part time for the next four years, gradually building up my strength and endurance. My job is a physical one, so it takes quite a bit of physical energy.

Three years ago, I started using light therapy patches that gave me another boost in energy and healing, and I now am working full time, often putting in some overtime. All this at the age of seventy.

As I look back on my journey since my accident, there are a few things that stand out for me.

First, unfortunately my doctor was no help in my recovery.

Second, there are resources that we can access for help, but these resources can't help if we don't know about them.

Third on my list is the Fraser Valley Brain Injury Association. The FVBIA provided the programs and information that I needed to gain the knowledge and environment to recover from my TBI and make a new life for myself.

Last, but not least, I made a plan for healing and kept a positive attitude, looking forward to the future and to what I could accomplish.

In conclusion, I could not thank and recommend the FVBIA more for helping me on my road to the new me and recovery.

Thank you from the bottom of my heart.



Invitation to participate in a research study about Young Women Stroke Survivors' experiences in British Columbia

This study is being conducted by researchers at the University of British Columbia

We want to hear from people between 18 and 60 years old who identify as women in British Columbia. You should be able to speak English or Portuguese to participate. We are specifically looking for young women who were diagnosed with a stroke after 2012. If that sounds like you, we would love to hear your story.

Click the image below or go to: ubc.ca1.qualtrics.com/jfe/form/SV_3f581X9S6limhwi

Help us improve stroke care

We want to hear from young women about getting care after a stroke. Share your experiences and thoughts with us!

SCAN THE QR CODE OR GO TO THE LINK FOR MORE INFORMATION

Ismália De Sousa
Registered Nurse and PhD candidate

https://ubc.ca1.qualtrics.com/jfe/form/SV_3f581X9S6limhwi

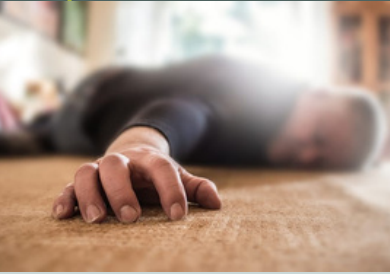
THE UNIVERSITY OF BRITISH COLUMBIA
School of Nursing
Faculty of Applied Science

Principal Investigator: Dr. Sally Thorne

EQUIT Stroke Study Ethics # H24-00702 Version 2, July 16, 2024

RISK OF DEMENTIA DIAGNOSIS AFTER INJURIOUS FALLS IN OLDER ADULTS

10.6% of patients who experienced a fall were subsequently diagnosed with dementia within 1 year.



Citation:
Ordoobadi AJ, Dhanani H, Tulebaev SR, Salim A, Cooper Z, Jarman MP. Risk of Dementia Diagnosis After Injurious Falls in Older Adults. *JAMA Netw Open*. 2024;7(9):e2436606. doi:10.1001/jamanetworkopen.2024.36606

<https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2824208>

A new study has revealed a concerning link between falls and the development of dementia in older adults. Researchers found that individuals who experience a fall are significantly more likely to be diagnosed with dementia within a year compared to those who suffer injuries from other causes.

The Study's Findings:

- **Increased Risk:** The study, which analyzed data from over 2 million older adults, found that falling increased the risk of dementia diagnosis by 21%.
- **Early Detection:** The researchers suggest that cognitive screening should be implemented for older adults who have experienced a fall that results in an emergency department visit or hospital admission.
- **Potential for Early Diagnosis:** The study's findings could lead to earlier detection of dementia, as falls may serve as a warning sign of cognitive decline.

Understanding the Link:

While the exact reasons for this connection are still being investigated, several theories have been proposed:

- **Underlying Cognitive Decline:** Falls can sometimes be a symptom of underlying cognitive decline, such as mild cognitive impairment, which is a precursor to dementia.
- **Brain Injury:** Falls can result in head injuries, which may contribute to the development of dementia.
- **Increased Vulnerability:** Falls can lead to a decline in physical function and independence, making older adults more susceptible to other health problems, including dementia.

The Importance of Cognitive Screening:

The study's findings highlight the importance of cognitive screening for older adults who have experienced a fall.

Early detection of dementia can allow for earlier diagnosis and treatment, potentially improving quality of life and slowing the progression of the disease.

Preventing Falls:

In addition to cognitive screening, it's crucial to take steps to prevent falls in older adults. This includes:

- **Home Safety Assessments:** Regular assessments of the home can help identify and address potential hazards.
- **Physical Activity:** Regular exercise can improve balance and strength, reducing the risk of falls.
- **Medication Review:** Certain medications can increase the risk of falls, so it's important to review them with a healthcare provider.
- **Vision Checks:** Regular eye exams can help ensure that vision problems are corrected, which can reduce the risk of falls.

By understanding the link between falls and dementia and taking proactive steps to prevent falls and detect cognitive decline, we can help older adults maintain their independence and quality of life.

Read the full research article

CLICK HERE



November is
Fall Prevention
Month!

Acquired Brain Injury and Nutrition

Brain Injury may change the way you relate to food.

For some survivors, memory problems may affect food intake. Damage to the brain can cause an inability to feel full or hungry, causing you to eat too much or too little without realizing it.

You may have a changed or absent sense of taste or smell. This often happens in the earlier stages of recovery and may disappear as time goes on. This could also be a side effect of medication.

The simplest way to manage many nutritional concerns is to create a meal plan and record what you are eating.

Canada's Food Guide to Healthy Eating Canada's Food Guide to Healthy Eating provides basic information of good nutrition, encouraging you to enjoy a variety of foods. Canada's Food Guide to Healthy Eating identifies the four food groups and recommends the number of servings per day required by healthy Canadians.

Factors such as age, weight, gender, activity and medical concerns will influence how many servings are required from each of the four groups. Serving sizes can be adjusted to meet individual needs.

Emphasize cereals, breads, other grain products, vegetables and fruit. Ensure that individual needs for energy, protein, and other nutrients are met.



A nutritional assessment and follow-up by a dietician may be required. Your doctor can probably recommend a dietician for you to contact.

When choosing foods, take into account any problems you have with swallowing or food allergies. A speech-language pathologist can assess and treat swallowing problems; a dietician can help with food allergies.

Choose low fat dairy products, lean meat, and food prepared with little or no fat. If you are overweight, you may need to control portion sizes as well as fat content. If you are underweight or have increased energy requirements, you may need to eat higher fat foods and maintain a healthy weight.

You can also achieve and maintain a healthy body weight by participating in regular physical activity. Keep in mind that you may be restricted in what you can do because of poor balance, poor vision, fatigue, or other complications resulting from your brain injury.

Keep looking for something that you are physically able to do, that you enjoy, and that contributes to your therapy.

Physical, recreational, or occupational therapists may provide advice on the kinds of activities most suitable for you.

Limiting salt may help control high blood pressure and fluid retention if you have these concerns.

Caffeine, which is found in coffee, tea, some colas and chocolate, is a stimulant. Your ability to tolerate caffeine may be very limited, and it may be best to avoid all caffeine, especially in the initial stages of recovery.

Even if the stimulating effect of caffeine is not a problem. Health Canada suggests having no more than four cups of brewed coffee (or the caffeine equivalent in other foods and beverages) per day.

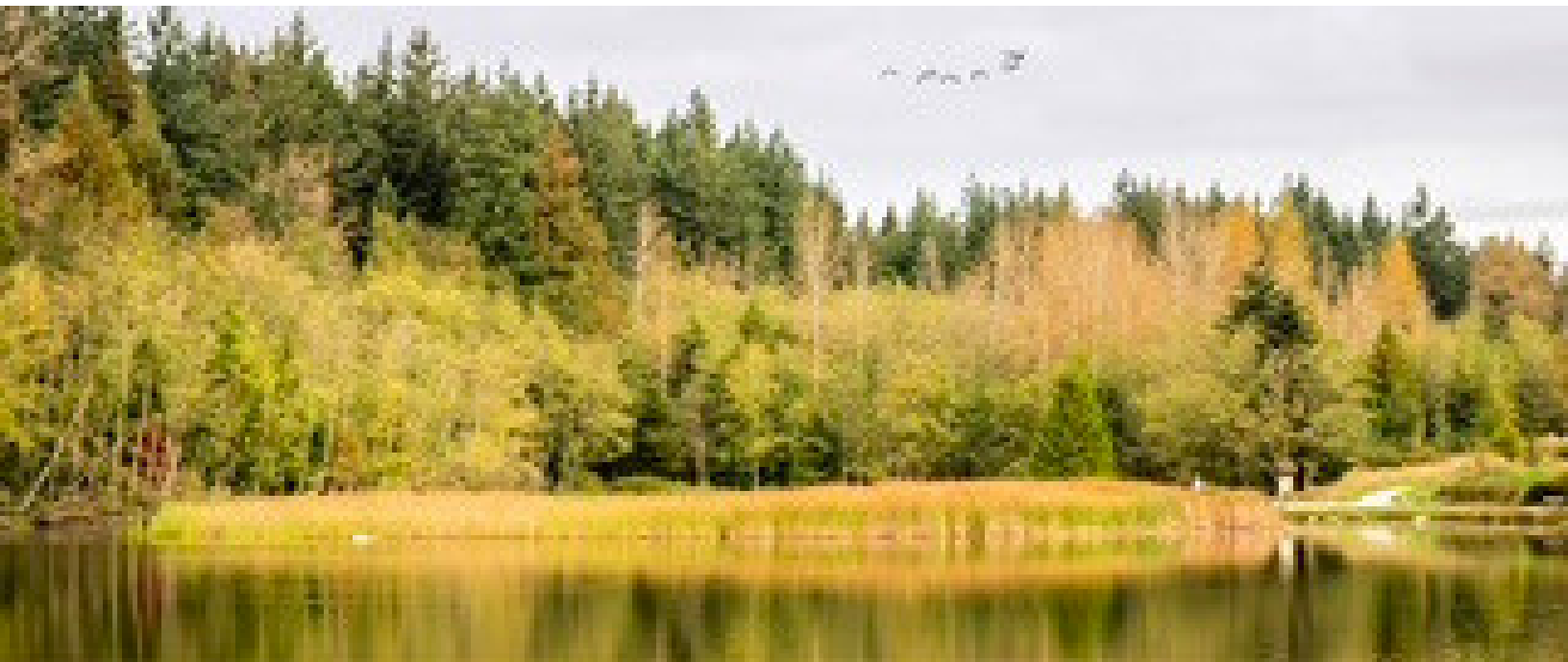
Eating well is an important part of recovering from illness and maintaining good health. Follow Canada's Food Guide. If you are concerned about your nutritional needs, ask your doctor for a referral to an outpatient dietician.

[Source: Alberta Brain Injury Network: Survival Guide (2003)]

Photos by Carol Jackson

CAPA District Area Rep Lower Mainland (shared)
Surrey Photography Club Field Trip/Communication Director
[Carol Jackson Photography on Facebook](#)

Mother Nature in Autumn Dress



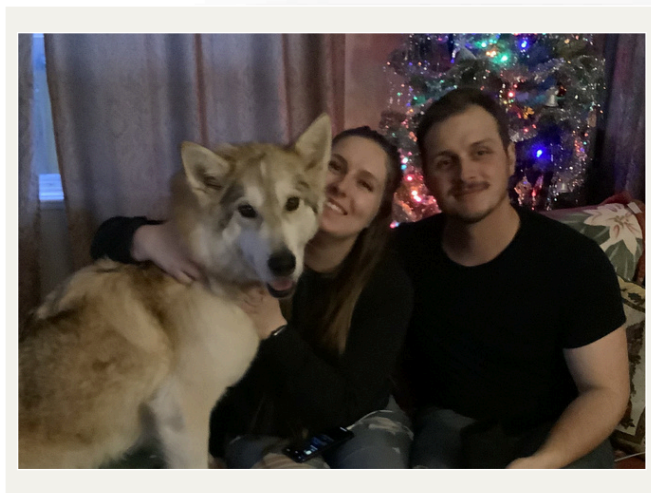
Pets Corner!



Diana waits patiently for her best buddy, Balu, to come home from Doggy Day Camp



Faelan and Santa



Victoria and Alix



Jack got a special Thanksgiving charcuterie board! "So Fetch!"



Survivors of trauma, illness or injury often find comfort and support from companion animals during the process of brain rehabilitation.

From the daily comfort of your own dog or cat to specially trained animals for therapy and assistance, dogs, cats, horses, birds and other animals can provide confidence, relieve loneliness, provide motivation or assistance with walking and other movement, and generally give a sense of purpose to life.



Tickling our Funny Bones

A gingerbread man went to the doctor's complaining of a sore knee.

"A sore knee?" the doctor said. "Have you tried icing it?"

-

I got a universal remote control for Christmas.

This changes everything.

-

How long are the elf's legs?

Long enough to reach the ground.

-

What's an animal that never forgets Christmas?

An elfant.

-

What do reindeer use to decorate their antlers?

Hornaments.





BRAIN GAME WORD SEARCH

November is Fall Prevention Month!

Submitted by Donna Collin of the Former Saskatoon Health Region

E Y T L I A R F N O I T A R D Y H E D S L L P
 G S M A L C O H O L Y C A R E T I L L I S A A
 A H E N C O G N I T I V E I S S U E S I R C I
 J U D G E M E N T S L E E P I N E S S K T K N
 I F I U S I N O I T A N I M I L E O I I N O U
 T F C A S T P I R S E O H S I N R N C O B F N
 T L A G E N S S T R O K E G L O S I I S A E E
 E I T E N E T N U O N S H L P O F T T S L X V
 R N I B E M N E N U N T I O N E A A G Y A E E
 S G O A V N I T J O I E E S D T C C N C N R N
 O R N R I O A O W N I T T T I L I H I N C C S
 S G U R S R R P G N S T I G E R C E H E E I U
 M O B I L I T Y R O G A A S F R E S T G R S R
 G S I E U V S H A I G N I L L A F F O R A E F
 N I P R P N E L B S S C I S O S L O L U L D A
 I T R S M E R A B U M P S P P S R L C E G I C
 R I R A I A N R A F T S E R P I I I M U X S E
 E R E B E R E U R N Y R U J N I L L A A S E S
 D H T W A W R T S O G I T R E V R S A T T A S
 N T T E K I T S E C I V E D E V I T S I S S A
 A R U A S S R O T C E T O R P P I H H I C E P
 W A L K I N G P O L E S S N O I S I V R O O P
 L A C E S R O O L F T E W L O N E L I N E S S

How to Play: Read the list of words then look at the puzzle. The words are in all directions – vertical, horizontal, diagonal, backward. Circle each letter of a word found and strike it off the list (examples are shown). When you find all the words listed, you will have some letters left over to spell a message.

ACHES
AGE
 AGITATION
 ALCOHOL
 ARTHRITIS
 ASSISTIVE DEVICES
 BALANCE
 BUMPS
 CLOTHING
 CLUTTER
 COGNITIVE ISSUES
 CONFUSION
 DEHYDRATION
 DISEASE
 ELIMINATION
 ENVIRONMENT
 FALL MATS

FEAR OF FALLING
 FOCUS
 FOOTWEAR
 FRAILTY
 GAIT DEFICIT
 GLARE
 GRAB BARS
 HIP PROTECTORS
ICE
 ILLITERACY
 ILLNESS
 IMPULSIVENESS
 INJURY
 JITTERS
 JUDGEMENT
 JUNK
 LACES

LACK OF EXERCISE
 LANGUAGE BARRIERS
 LIGHTING
 LONELINESS
 MEDICATION
 MOBILITY
 NUTRITION
 OBSTACLES
 OSTEOPOROSIS
 PAIN
 PARKINSON'S
 POOR VISION
 POSTURAL HYPOTENSION
 REFLEXES
 REST
 RESTRAINTS
 RISK

RUGS
 SHOES
 SHUFFLING
 SLEEPINESS
 SLIPS
 SNOW
 SOCIAL ISOLATION
 STAIRS
 STROKE
 TONE
 TRIPPING
 UNEVEN SURFACES
 URGENCY
 VERTIGO
 WALKING POLES
 WANDERING
 WEAK
 WET FLOORS

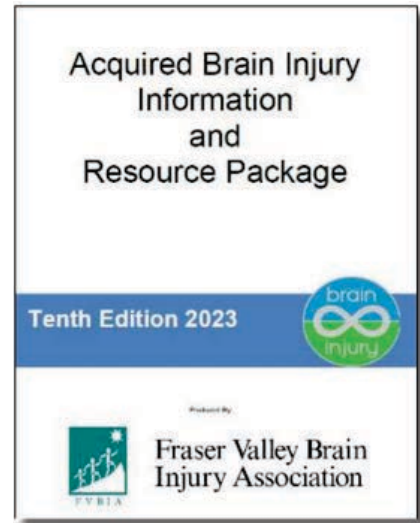
Message: _____

ACQUIRED BRAIN INJURY INFO & RESOURCE PACKAGE

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

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

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



Hey, Healthcare Partners!
Order Your Copies of our Newest Resource!

Rehabilitation After Brain Injury brochures

brought to you by
Fraser Valley Brain Injury Association

tri-fold brochure

2-sided rack card

If you are in our Fraser Valley service region from Boston Bar to Chilliwack, we will deliver these resource brochures (2 styles to choose from) **to have in your office or waiting rooms - free of charge!!**

Scan me
or go to: forms.gle/yk6FQBj9xVhZhAbK9

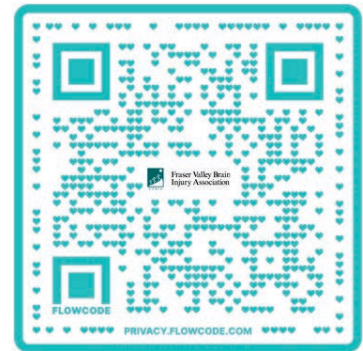
SUBSCRIBE & ADVERTISE!

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

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

Sign up [here](#) or contact us at info@fvbia.org

SCAN ME



TO SUBSCRIBE



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Thank you to all of our advertisers!

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

Ad rates:	Business Card Size	\$30
	1/4 Page	\$75
	1/2 Page	\$100
	Full Page	\$200

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

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

Please see the separate schedule for submission deadlines

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

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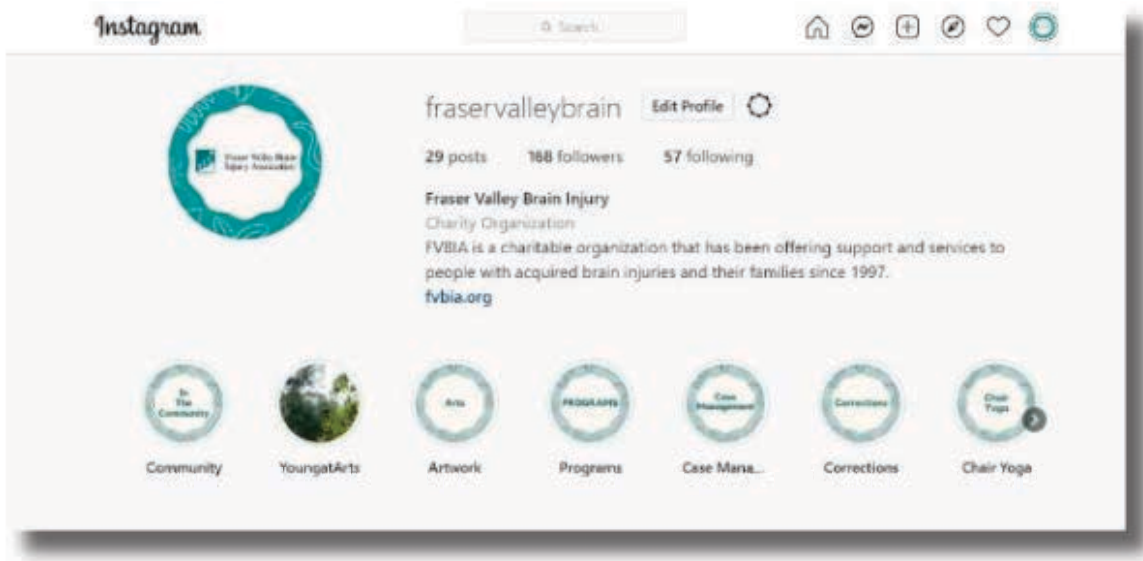


Instagram.com/fraservalleybrain/



youtube.com/channel/UCKbhePbXu5mazHxtJ9medkw

FVBIA's Instagram



HOW YOU CAN SUPPORT FVBIA'S PROGRAMS & SERVICES

Donate to Fraser Valley Brain Injury Association at CanadaHelps.org

This online fundraiser connects us to donors nationwide and 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.

You can find Fraser Valley Brain Injury Association here on the CanadaHelps website.

www.canadahelps.org/en/charities/fraser-valley-brain-injury-association/

Facebook and PayPal Fundraisers

Thank you so much to those who have done Facebook Birthday Fundraisers to support FVBIA's programs. You have raised over \$5000 since December 2018.

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

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

www.paypal.com/ca/fundraiser/hub

Look for us by name or by typing in the following:

paypal.com/ca/fundraiser/charity/3434455

PayPal Giving Fund Canada helps people support their favourite charities online and 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.

“
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.”



MEMBERSHIP & DONATIONS



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.

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

An automatic monthly withdrawal from your credit card is a simple way to do that.

www.fvbia.org/membership-and-donations/

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

It's easy!

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



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

Thank you for your support!



Fraser Valley Brain Injury Association

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

