

Fraser Valley Brain Injury Association **News**

In this Issue:

Drop-Ins and Groups	5
Broken Brains, Broken Families	9
FVBIA 50/50 Tickets	12
FVBIA Pub Night Fundraiser	13
Pay It Forward: Health and Wellness Programs	14
Brain Injury Awareness Picnic Photos	20

July August 2023

Happy Summer!

Photo by Carol Paetkau

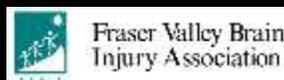
201 2890 Garden St. Abbotsford, BC, V2T 4W7

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

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

Contents

- Advertising Opportunities..... 3**
- Drop In’s and Groups 5**
 - Abbotsford/Mission 5
 - Chilliwack 5
 - Langley..... 5
 - Hope 5
 - Remote Groups..... 5
- FVBIA Services and Programs..... 6**
- FVBIA Staff Emails..... 6**
- Upcoming Events 7**
- FVBIA Writer’s Bullpen 7**
 - Funny Stories 7
 - Broken Brain, Broken Families 9
- Emergency Preparedness Program: Be Ready Before It Happens! 11**
- Fraser Valley Brain Injury Association 50/50 Jackpot Tickets 12**
- FVBIA Pub Night Fundraiser 13**
- FVBIA’s Pay It Forward: Health and Wellness Programs 14**
 - Health & Wellness Group..... 14
 - Coffee and Chat Groups..... 15
 - Abbotsford Coffee & Chat..... 15
 - Langley Coffee and Chat 15
 - “Ladies' R 'n' R" 16
 - Mill Lake Walking Group 16
 - Paying it Forward in the Community 17
 - Uplift your Life and Experience with the Power of Love Peace Harmony Song! 17
 - Photos by Carol Jackson..... 18
 - Sewing Camp – Why?..... 19
- West Coast Brain Injury Conference Sessions on Youtube 19**
- Annual Brain Injury Awareness Picnic 20**
- Brain Injury Information for Kids..... 23**



Caregiver Supports	24
Pets Corner!.....	25
Time to Talk TBI Podcast	26
Sign up for the Fraser Valley Brain Injury Association Newsletter	26
Blue Sheet Clubhouse Song Release	27
Tickling our Funny Bones	28
Advertising Opportunities in the 2023 Acquired Brain Injury Info & Resource Package	29
Connect with FVBIA on Social Media.....	30
FVBIA Community Facebook Page	30
FVBIA’s Instagram	30
Concussion Resources and Programs	31
FVBIA Concussion Program	31
FVBIA’s Concussion Program Resource Package.....	31
Concussion Awareness Training Tool (CATT) Parent or Caregiver Course.....	31
Online Concussion Tool for Teens.....	31
Fraser Health’s Concussion Clinic.....	31
How you can Support FVBIA Programs and Services.....	32
Donate to Fraser Valley Brain Injury Association at CanadaHelps.org	32
Facebook and PayPal Fundraisers.....	32
Membership and Donations.....	33

Advertising Opportunities

Advertising opportunities are available in the FVBIA News (6 issues/year) and the new 2023 Information and Resource Package. Contact info@fvbia.org or 604-557-1913 for more information.

CELEBRATING 50 YEARS
"The name that you know and trust"

*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

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

Caring. Compassionate. Community-Focussed.

Drop In's and 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 and Chat

Contact: 604-897-1563

Art and 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 and 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

FVBIA Services and 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)
- Lifeskills
- 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)
- Fitness group
- Art and jewelry classes
- Writer's Bullpen for FVBIA Newsletter
- Shared Garden project
- In the Now Group
- Photography classes
- Facebook Community group
- Crafts
- Volunteering/Employment support
- Family Support groups
- Support for youth
- Brain Injury and Mental Health - information sessions for the South Asian Community
- Coffee & Chats
- 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) – 8-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

Victoria O'Brien: victoria.o'brien@fvbia.org

Esther Tremblay: esther@communitas.com

Taryn Reid: treid@infinityhealth.ca

Jasneet Singh: Jasneet.singh@fvbia.org

Upcoming Events

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

August – Young at Arts Summer Camp – Blue Heron Reserve, Chilliwack

November 25, 2023 – Pub Night Fundraiser at Jimmy Mac's Pub in Langley, BC

December – Annual Christmas Party and Silent Auction

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.

Funny Stories

by Alex Zarycka

Art and How I've Improved

Hello all! I hope that you've been getting nice, sunny weather in Abbotsford and the surrounding area! There's similar weather on the island, where I am.

Today I wanted to show you all a few of my most recent paintings, and a drawing from a few years ago.

I love painting. Acrylic painting, to be exact. What started this love, you may ask? The FVBIA art class led by John! It started in 2016. I have always been artsy, but drawing used to be more of my thing. That is, until joining the art class in 2016. This is what sparked a love for what is now my most favorite hobby. The first painting wasn't good, but that's OK. That could even be expected. What matters is having fun.

Since that first class I joined years ago, I have come a long way. A friend in Abbotsford let me know this when I posted a picture of a painting of mine on Facebook. I am very happy about this. I give credit to the time I've been putting into my art recently. Practice makes perfect!

Drawing is not completely gone for me, though. I just need to have something in front of me to draw, and inspiration. The same goes for painting. One of the pictures I'll show is of a drawing of a car I did some years ago for a kid I knew in Brazil. The words in the picture are in Portuguese.

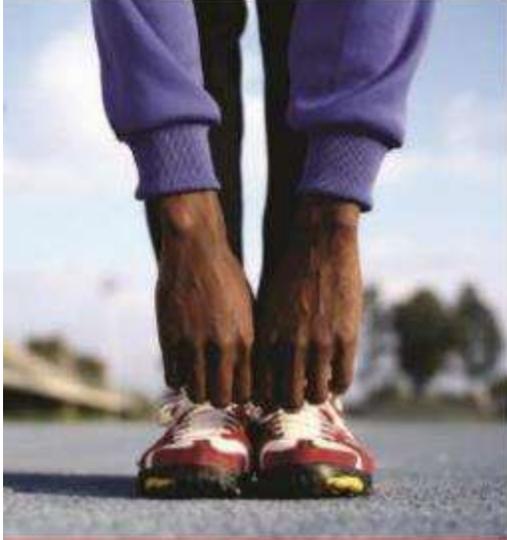


Well, I hope you've all enjoyed this read, and that you like seeing my art. I hope I've brought some inspiration too! Anyone can do art, and you can draw or paint anything as long as you have the motivation!





community therapists



Need flexibility?

Community Therapists is HIRING OTs in the FRASER VALLEY

Why Us ?

- Flexibility and Great Pay – earn \$56 - \$67/hour
- Excellent Mentorship
- Admin Support
- Virtual Office to Work from Home
- Case Diversity
- Join 50 OTs in a dynamic interdisciplinary practice

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

www.communitytherapists.com
careers@communitytherapists.com • Career Contact: 604.566.8452
 Building skills. Empowering people.
 Est. 1989

Broken Brain, Broken Families

By Frances McGuckin

Did your brain injury rip your family into shreds? Being post-injury of 17 years, I still reel from the effects of how my car accident and subsequent traumatic brain injury tore our family apart. Today is no better than 17 years ago. I have lost my daughter, my little princess who could not understand what happened to her loving mom after the accident.

The more survivors with whom I have spoken, the more people I realize are suffering the same fate. We are the walking wounded, the invisibly injured that few care to understand.

Our families want us to be the same person. Without visible injuries, they expect us to be that same person and rarely understand the complexities of these injuries. Our pain from these broken family relationships far outweighs that of our injury itself and the resulting life-altering changes.

I read about families torn apart on various brain injury support sites and groups; my heart breaks when I read of survivors reaching out to others for that magic answer as they share their confusion and pain. Thank goodness we have these various groups to support each other.

Our family life was no bed of roses. My ex-husband was bipolar, aggressive, pot-smoking, almost-alcoholic, and suffered from depression and anger issues. Thus, as an overly protective mom, I mistakenly did my best to be both parents to my daughter.

He left a year before my accident. With a divorce looming, it was all a recipe for disaster. I also had a 95-year-old mom living with me and was responsible for her, two acres and assorted dogs, cats, horse and pony.

Before the accident, I was spring boarding onto a global career as a flourishing speaker and author. In 2005, in a split second, when the other driver hit me, all was lost, a lifetime of work over, and a daughter lost. At that time, she was too young to understand the dynamics of a serious brain injury. Coupled with the influence of a toxic father, I stood by helplessly as our relationship became strained. Over the years, no matter how I reached out, the damage seemed irreparable.

Then, a year ago, along came my grandson. A beautiful child, yet I am now kept at arm's length from him. Yes, he has a right to know his grandma, but the times I see him are only at occasional joint family occasions. At age 72, I have little time on this earth to enjoy him. Now my daughter recently decided that she didn't want to try to reconnect.

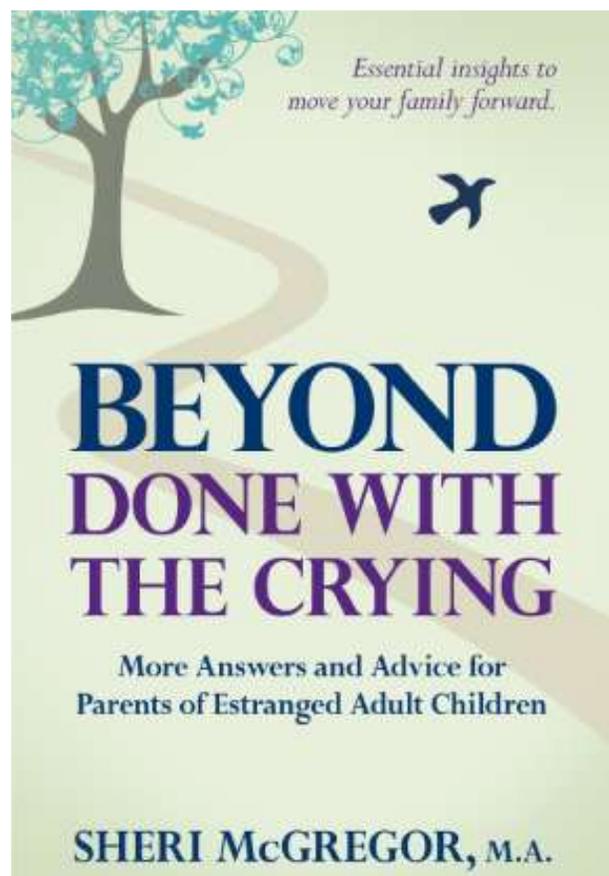
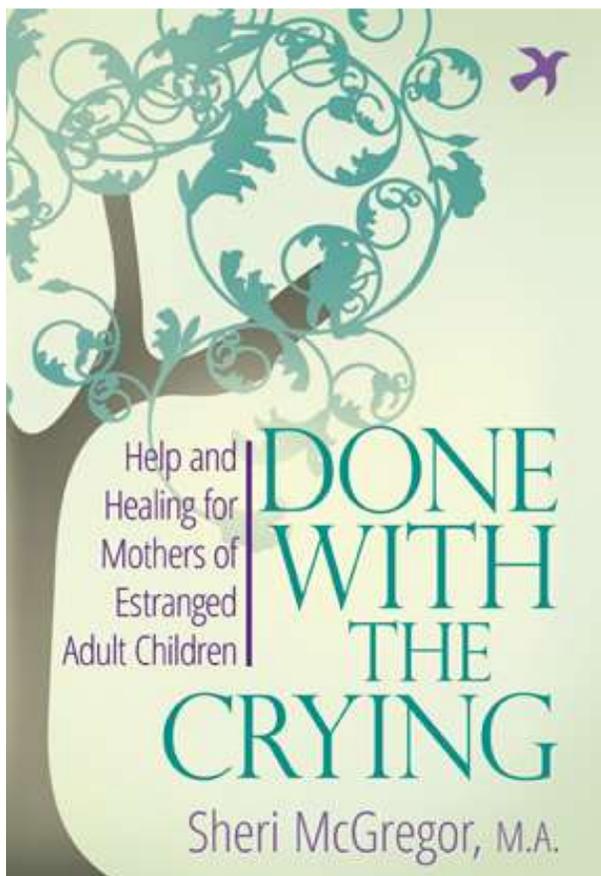
There comes a point in our lives when enough is enough. Dealing with the ongoing residuals of our brain injuries is bad enough, but dealing with family pain seems even more difficult. It erodes our self esteem; we feel like we have failed as parents and want to fix it.

What have I learned through all of this? That there are some things we cannot fix. I cannot fix my broken daughter; she has to fix herself. I learned that we must grieve the death of a relationship and experience all the stages of grief and anger to final acceptance. We need to forgive to help with our healing and know that we are not at fault.

Reach out and surround yourself with the positive people who know what a beautiful person you are and who understand your injury and situation. Find positive ways to get through each hour of each day, If you can, volunteer or pursue a hobby that you love. I volunteer, took up water colour painting (thanks to FVBIA) and also a horse-riding class.

I also discovered this wonderful site for parents who are rejected by their adult children. www.rejectedparents.net is a mine of information. Sheri McGregor has written two great books and surveyed over 50,000 people. She also has a Facebook site with over 17,000 followers.

So don't feel alone in your rejection. Sheri cites that parental rejection is at epidemic proportions. We are not alone in our sadness. Be strong, be resolute, be done with the crying and embrace all those around you who love you for the special person that you are.



Emergency Preparedness Program: Be Ready Before It Happens!

Fires, Floods, Heat Waves! Oh No! Here we go again!

Through the generosity of The Brain Injury Alliance and the United Way of BC, FVBIA can again offer emergency preparedness sessions this year! Three sessions will be offered in August in Langley, Abbotsford and Chilliwack. And this year, it will be better than ever!

Why, you ask???

FREE STUFF!!!

Participants will be given Emergency Back Packs, including the coveted hand-cranked radios and chargers!!!

You will also receive a Life Box from Healthy Aging Abbotsford <https://abbotsfordhealthyaging.ca/our-programs/lifebox/>

with support in setting up your documents if needed!

But wait! There's more!!!

Remember FVBIA member Rachel Czarnecki, our amazing Emergency Preparedness Presenter? She has started her own business!!! Rachel is now the proud owner of E.P.I.C Emergency Preparedness and Consulting!

You are not going to want to miss these fun sessions filled with information and free stuff!!!

Come join us on Thursday, July 27, 2023 from 11:00 am to 12:00 pm at 45825 Wellington St. (Presbyterian Church), Chilliwack, BC

or

August 9, 2023, 11:00 – 12:00 at the offices of FVBIA, 201 – 2890 Garden St., Abbotsford, BC

Contact your case manager to sign up for the sessions



Working with communities in BC's Interior, Lower Mainland, Central & Northern Vancouver Island



Fraser Valley Brain Injury Association 50/50 Jackpot Tickets

Supporting services and programs for people with acquired brain injuries in the community

50/50 tickets are: 5-Ticket Pack for \$10; 15-Ticket Pack for \$20

Winner takes half. The last two winners took home close to \$1000 so be sure to get your tickets for a chance to win

Tickets may be sold and purchased in British Columbia only. Orders will not be accepted via the Internet from anyone outside the Province of British Columbia.

Deadline: Friday, September 29, 2023 at 12:00 p.m.

Draw: Friday, September 29, 2023 at 3:00 p.m.

<https://fraservalleybraininjury.rafflenexus.com/>

Fraser Valley Brain Injury Association
Fraser Valley Brain Injury Association
Brain Injury 50/ 50-Jackpot 2023

ORDER TICKETS

Prizes Order Tickets Manage Order Rules of Play

CURRENT 50/50 JACKPOT
\$0
WINNER TAKES HALF

50/50 tickets are: 5-Ticket Pack for \$10; 15-Ticket Pack for \$20

ORDER TICKETS

Tickets may be sold and purchased in British Columbia only. Orders will not be accepted via the Internet from anyone outside the Province of British Columbia.

SHARE

Facebook Twitter Share

Shared 21 times

Deadline: Friday, September 29, 2023 at 12:00 p.m.
Draw: Friday, September 29, 2023 at 3:00 p.m.

FVBIA Pub Night Fundraiser

FRASER VALLEY BRAIN INJURY ASSOCIATION

Games & Silent Auction

PUB NIGHT FUNDRAISER

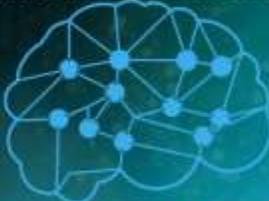
Saturday November 25 5:00 pm

DOORS OPEN AT 5:00 PM

JIMY MAC'S PUB | 19935 96 AVENUE, LANGLEY, BC

TICKETS \$25 - INCLUDES BURGER AND BEVERAGE

ORDER TICKETS ONLINE AT
[HTTPS://FVBIA-PUB-NIGHT.EVENTBRITE.CA](https://fvbia-pub-night.eventbrite.ca)
CONTACT FVBIA AT [INFO@FVBIA.ORG](mailto:info@fvbia.org) OR 604-557-1913



PLEASE DRINK RESPONSIBLY. PLAN AHEAD FOR A SAFE RIDE HOME.

To purchase tickets online:

<https://www.eventbrite.com/e/pub-night-fundraiser-tickets-673309836847>

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

FVBIA's Pay It Forward: Health and Wellness Programs

FVBIA remains committed to fostering health and wellness within our membership as well as contributing to our local communities through our Pay It Forward Programs. Connecting with others and our communities is a huge contributor to health and well-being.

FVBIA programs offer many opportunities to connect within our programs as well as sharing and celebrating the contributions being made by so many of our members in the community. New ideas are welcome and we look forward to seeing you all continue to share your unique gifts and talents.

Wondering how you can contribute and be part of making things better? Take a minute to think about your strengths, talents, interests and networks. Then contact your case manager to share your gifts. When members contribute ideas and talents, we all become healthier and happier.

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

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 Group

The Health and Wellness Group has returned to an online zoom setting due to minimal attendees for the "Hybrid" setting. **Attend via zoom with Kinesiologist and case manager Taryn Reid.**

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 Charitable Gaming, ICBC, Soroptimist International of Abbotsford Mission and through the Brain Injury Alliance with financial support from the government of British Columbia.

Coffee and Chat Groups



Abbotsford Coffee & Chat

Join us in FVBIA's 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.

Day: Tuesday

July 18, 2023

NEW TIME: 10:30 a.m. until noon

Place: FVBIA Boardroom

201 – 2890 Garden Street,
Abbotsford, BC

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

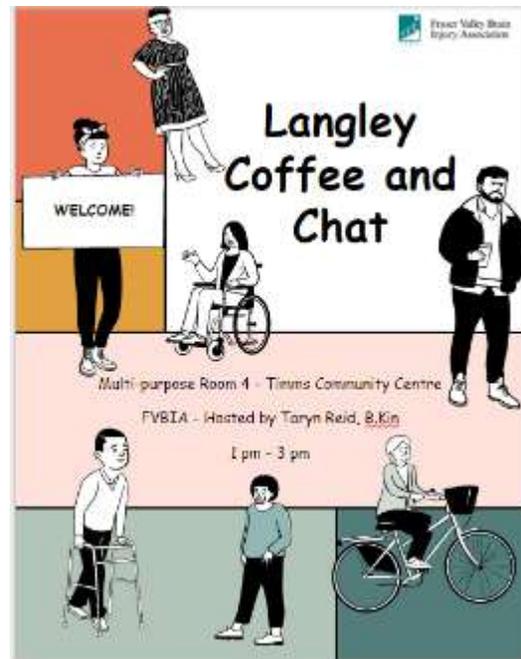
Langley Coffee and Chat

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 will be held the first Wednesday of each Monday from 1:00 pm to 3:00 pm.



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

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

Days: Thursday, weather permitting
July 13 and 27, 2023

Time: 10 a.m. until noon

Place: Mill Lake Park, Abbotsford
Under the Bevan Avenue Picnic Shelter

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

Mill Lake Walking Group

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

You never know what you might see, like the 7 geese hiding in the lily pads. See if you can find all of them.

(Photo by Joy Scobie)

Mondays Wednesdays Fridays

2 Meeting Places:

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

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

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



Paying it Forward in the Community

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.

Pay it Forward encourages people with acquired brain injury to focus on and further develop their strengths 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.

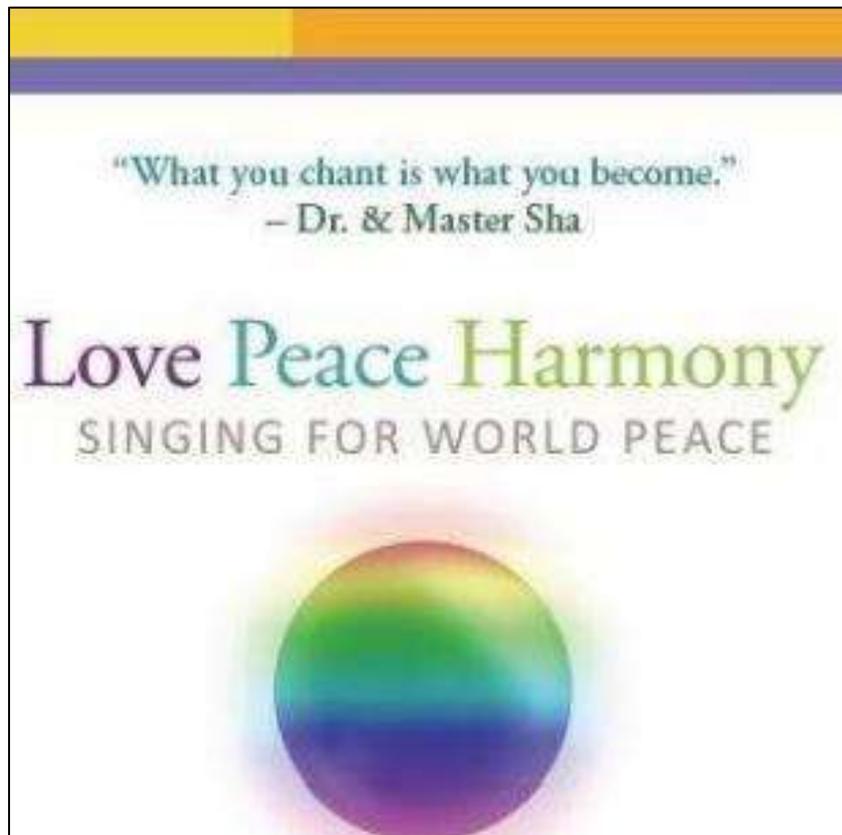
Uplift your Life and Experience with the Power of Love Peace Harmony Song!

Lydia is a Fraser Valley Brain Injury Association volunteer who is kindly offering these groups to our members free of charge.

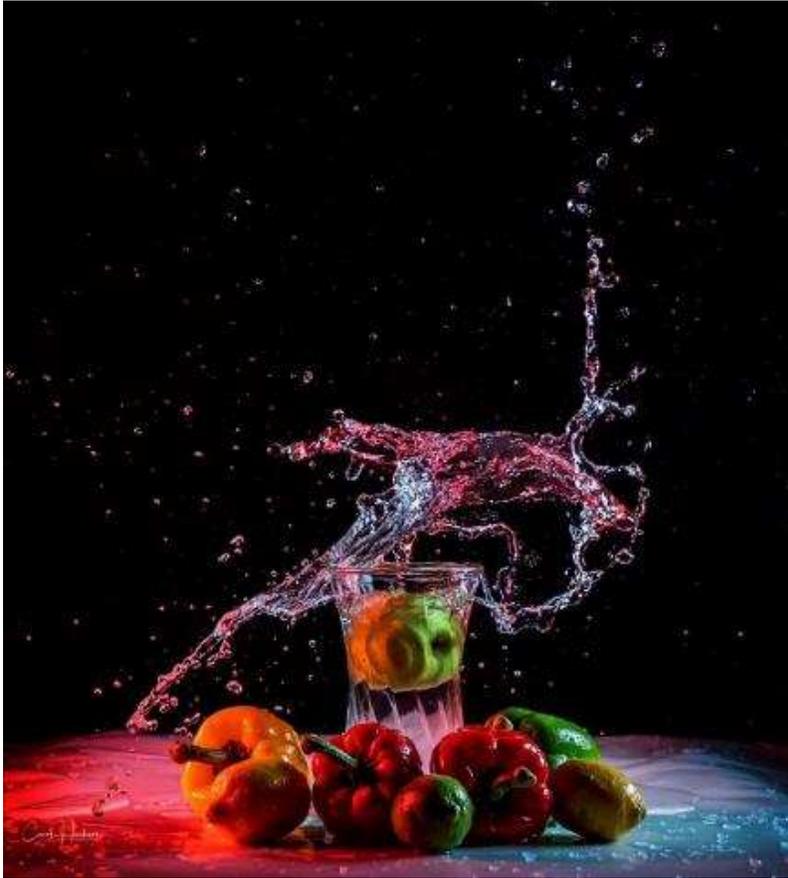
During these weekly FREE sessions, use the Love Peace Harmony Field, which is a combination of the Love Peace Harmony song, Tao Calligraphy and meditation to bring more relaxation, rejuvenation, peace and positive transformation in your life.

Take this half hour to immerse yourself in a uniquely refreshing experience to reconnect with the universal message of Love, Peace and Harmony Song.

Contact Lydia Maes at Lmaes84785@aol.com or phone: 306-380-3377 to register and receive the zoom link.



Photos by Carol Jackson



CAPA District Area Rep Lower
Mainland (shared)
President Surrey Photography
Club
VP BC Cocker Club
<http://www.caroljackson.ca>



Sewing Camp – Why?

By Judy Craig

I am very happy to say that I continue to make beautiful things while learning to sew. I was always known as a tomboy growing up. Dresses and dolls were not for me. When I was 14 my father announced to me that he had registered me for sewing camp.

Thanks Dad. Can you believe that SEWING CAMP!!! Who ever heard of such a thing and “Why, dad, Why?”

I never had a mother growing up so my father felt that would give me feminine skills that could be useful.

I hated it. My bobbin ran out of thread, my thread kept breaking, I ended up with a tangled mess of thread and a project never finished let alone barely started. So here I am marvelling at the craziness of it all. To think that sewing is now something I enjoy and want to do. It is rewarding to see the finished projects in my hand.

This is my most recent piece. It's a table runner for my dining room table.

Thanks to Diane for being such a good tutor! With a tonne of patience, her secret is stop listen and repeat. It seems to be working.



West Coast Brain Injury Conference Sessions on Youtube

For those who would like to revisit the sessions or could not attend some of them, BrainTrust Canada has shared the link to the YouTube playlist, where you can view all the recordings from the West Coast Brain Injury Conference in June, including concurrent sessions:

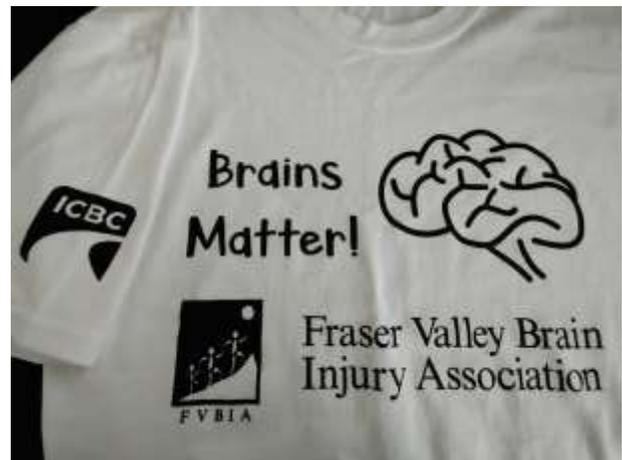
[YouTube Playlist](#)

Annual Brain Injury Awareness Picnic

Thank you to all the FVBIA staff, friends, Communitas, Don, John, Robert, Jill, Maddie and board members that came out to help with set up, activities, take down or just came to visit with our members. About 50 people came, including some new people that haven't been involved with FVBIA before and are just learning about us.

Thank you to our t-shirt sponsors - ICBC. We were able to hand out t-shirts to everyone that came! Thank you to our generous donors Robin Newbery & Chris Gledhill. Their kindness helped us with snacks and entertainment. Lots of work goes on behind scenes to get something like this organized, so thank you to Freddy for getting this all set up.

More photos of this event are available online. <https://photos.app.goo.gl/nQ8thcQbn9sk4gCt9>







ICBC & PERSONAL INJURY CLAIMS



CBM Lawyers

Your community law firm.™



- Highly Qualified & Dedicated Legal Team
- Extensive Experience with Personal Injury
- We Cover All Costs Needed to Pursue Your Claim
- We Keep You Fully Informed Throughout Your Case
- Free Initial Consultation - Percentage Fees
- We Provide Access to Needed Support Services
- You Pay Nothing Until We Collect For You

<p>Langley Office #200-4769 222nd St Langley, BC V2Z 3C1 Phone: 604-256-5954</p>	<p>Maple Ridge Office #203- 22471 Loughhead Hwy Maple Ridge, BC V2X 2T8 Phone: 604-305-1432</p>	<p>Aldergrove Office #100-26641 Fraser Hwy Aldergrove, BC V4W 3L1 Phone: 604-256-9785</p>
--	---	---

"WORKING WITH OUR CLIENTS FOR
TODAY AND THE FUTURE SINCE 1997"

Brain Injury Information for Kids

Fraser Valley Brain Injury Association's The Road Ahead: Next Exit Hope! booklets for children who have been affected by acquired brain injury in their families are updated and available for download off our website on the ABI for Children and Youth page

<https://www.fvbia.org/abi-information-for-children-and-youth/> .

The Road Ahead: Next Exit Hope! A look at how brain injury affects the whole family

[For Ages 5 to 10](#)

[For Ages 11 and up](#)

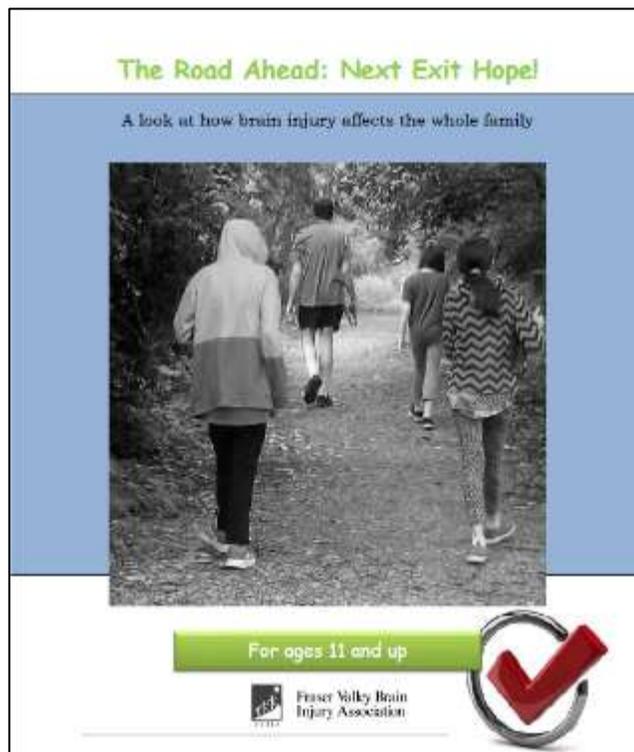
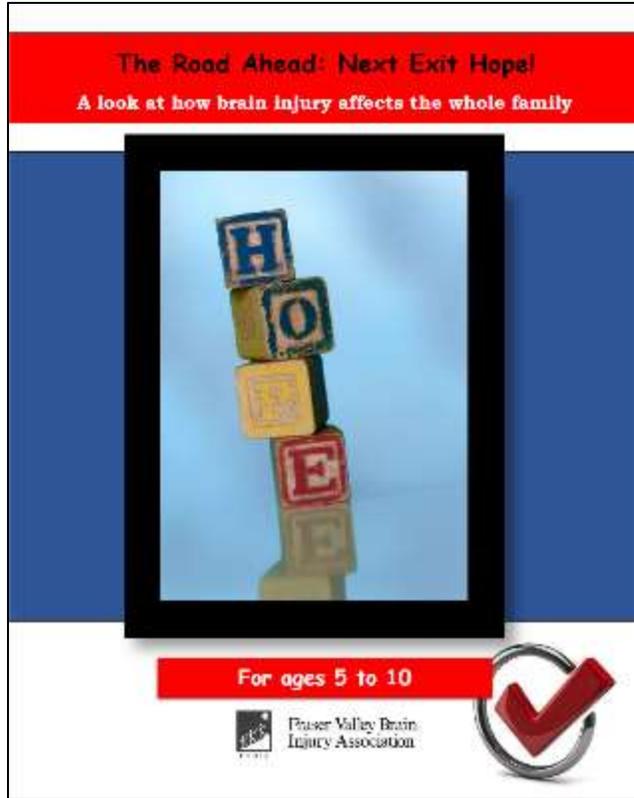
Original Funding for development, production and distribution provided by:

Ronald McDonald House Charities

Soroptimist International of Abbotsford

and

Fraser Health Authority's Acquired Brain Injury Program.



Simpson Family Award

The Simpson Family Award was created by John and Morna Simpson to honour families and family members who have a loved one with an acquired brain injury that have made an outstanding contribution to the acquired brain injury community.

John Simpson is a founder of the BC Brain Injury Association and the Fraser Valley Brain Injury Association and has been a strong advocate and community developer for acquired brain injury since 1982.

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



Contact Fraser Valley Brain Injury Association
Phone: 604-557-1913 info@fvbia.org

Caregiver Supports

Family Caregivers of BC. <https://www.familycaregiversbc.ca/>

Government of BC webpage for caregivers <https://www2.gov.bc.ca/gov/content/family-social-supports/seniors/caring-for-seniors/caring-for-the-caregiver>

Doctors of BC tear sheet has a good list of resources for people taking care of loved ones. <chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/https://www.doctorsofbc.ca/sites/default/files/resourcesforcaregivers-tearsheet.pdf>

Brain Injury Canada has some resources for caregivers and offers short webinars as well. <https://braininjurycanada.ca/en/caregivers>

[Caregiver Burnout, Moral Distress and Moral Resiliency: Choosing the Good vs the Perfect](#), presented by Dr. David Campbell Ethicist with Kingston Health Science Centre.

Pets Corner!



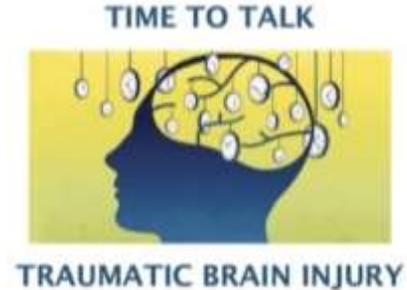
Carol's kitten Nyx searched through a bag of Fraser Valley Brain Injury Association "squishy brains" to find her favourite one.

Time to Talk TBI Podcast

LISTENERS,

Songs that provide a sense of strength and survival take on a special meaning for those with the effects of brain injury.

Here is a song by the Canadian Band -The Boomers that made me think a lot about my head injury with a theme – compiled especially for Brain Injury Awareness Month.



***LISTEN TO ALL PODCASTS HERE:** <https://timetotalktbi.libsyn.com/website>

For this podcast episode-we will listen to the song 'You Got to know' and then let each brain injury survivor explain the significance to their situation if the song takes on any meaning to them. The brain injury survivors of The Blue Sheet Clubhouse (based in Victoria, BC) were provided with a written copy of the lyrics so they could follow along- – ENJOY!

Now watch the first 5 min for a reaction video to the song on Youtube

<https://youtu.be/GgcB4J1TiEA>

***Then listen to the rest of our podcast on Spotify or wherever you get your podcasts".**

*Don't forget to also check out one of our Blue Sheet Clubhouse members presently on Spotify. Eddy vocals and the song 'trend setters' - (you'll love it). 'On my way' will be on Spotify very soon.

Sign up for the Fraser Valley Brain Injury Association Newsletter

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 .



Blue Sheet Clubhouse Song Release

Many of our survivors at the Blue Sheet Clubhouse, a support group for brain injury survivors, were fairly competent musicians before their sustaining of a traumatic brain injury. We as a group, have done a lot of speech therapy using music as a foundation but one of our survivors had a great idea. "Let's try to write a song ourselves" he suggested. This idea was met with lots of excitement and enthusiasm so we, brain injury survivors, actually started to write a song a couple of months back and since then have completed and recorded them.

Have a listen to the first two songs written by 'THE BLUE NEURONS': TREND SETTERS and ON MY WAY Available on: As well available on Spotify and wherever else you get your podcasts, check out the podcast: Time to Talk Traumatic Brain Injury. Watch Podcast here:

<https://www.youtube.com/channel/UC3zkpe-Rutq2fkqC7fXkeXA>



201 2890 Garden St. Abbotsford, BC, V2T 4W7

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

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

Tickling our Funny Bones

Q: How do you prevent a summer cold?

A: Catch it in the Winter!

Q: Why did the cheerleader put extra salt on her food in the summer?

A: She wanted to do summer salts

Q: How hot is a Los Angeles summer?

A: So hot that I saw a fire hydrant chasing a pack of dogs

Vacationing in Vermont, I picked up the local paper to check out the forecast.

It read: Today: Sunny, 76. Tonight: Not so sunny, 55.

For her summer job, my 18-year-old daughter arranged interviews at several day-care centers. At one meeting, she sat down on one of the kiddie seats, no simple task for most people. The interview went well, and at the end, the day-care center director asked the standard question, "Can you give me one good reason we should hire you?" "Because I fit in the chairs." She got the job.

<http://www.jokes4us.com/miscellaneousjokes/weatherjokes/summerjokes.html>



Chuck Jung Associates – Psychological and Counselling Services

Vancouver: (Main Office)

1001 – 805 W. Broadway
Vancouver, B.C. V5Z 1K1
Tel: (604) 874-6754
Fax: (604) 874-6424

Surrey:

232 – 7164 120th St. St
Scottsdale Square Bus. Ctr
Surrey, B.C. V3W 3M8
Tel: (604) 874-6754

Abbotsford:

The Mark (North Building)
102-32625 S. Fraser Way
Abbotsford, BC V2T 1X8
1-877-870-6754 (toll free)

Chilliwack:

201 – 45625 Hodgins Ave.
Chilliwack, B.C. V2P 1P2
1-877-870-6754 (toll free)

Langley:

8661 201 St. (2nd floor).
Langley, B.C. V2Y 0G9
Tel: (604)-874-6754

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.

Advertising Opportunities in the 2023 Acquired Brain Injury Info & Resource Package

The FVBIA Acquired Brain Injury Information and Resource Package contains pages of brain injury information and contact information for a wide variety of resources for any person with a disability. Contact info@fvbia.org or check on our website at www.fvbia.org.

FVBIA is preparing our 2023 Information and Resource Package. For advertising opportunities and listings in the 10th Edition, contact info@fvbia.org.

Acquired Brain Injury Information and Resource Package

Ninth Edition May 2020



Produced by



Fraser Valley Brain
Injury Association

Connect with FVBIA on Social Media

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



<https://twitter.com/fvbi>



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



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

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



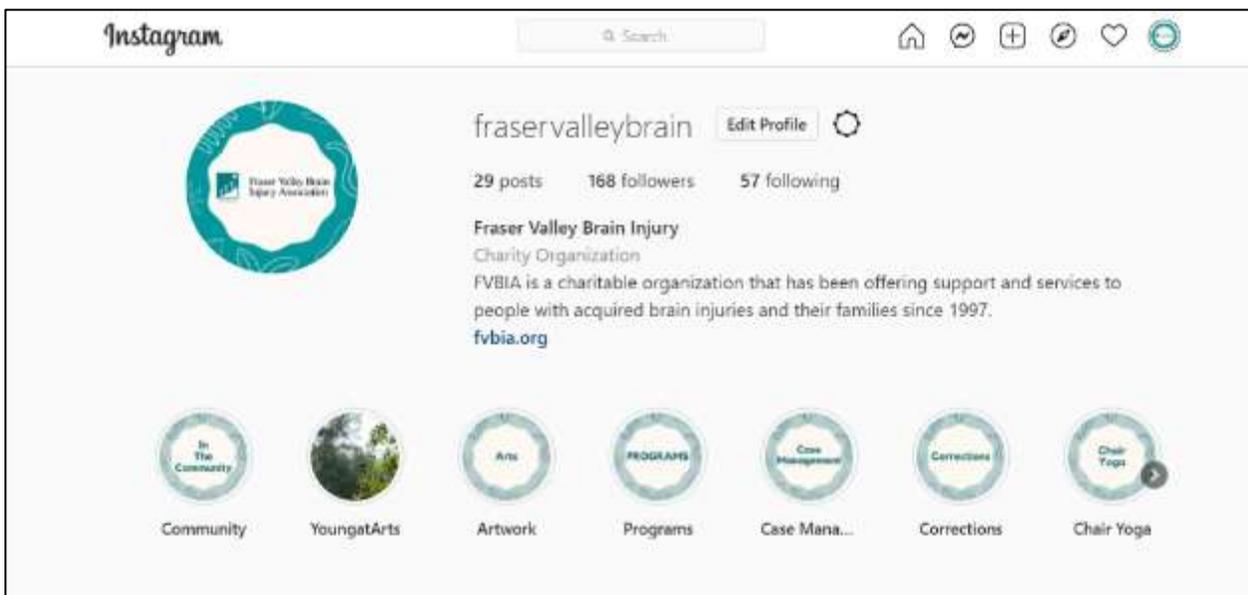
Instagram

FVBIA Community Facebook Page

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

FVBIA's Instagram

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



Concussion Resources and Programs

FVBIA Concussion Program

Please contact FVBIA at info@fvbia.org if you are interested in joining a virtual group for people who have had concussions.

FVBIA's Concussion Program Resource Package

FVBIA has a resource package for concussions. Check out our website for our Concussion Package and other resources and information.

<https://fvbia.org/concussion-resources-and-support/>

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

Online Concussion Tool for Teens

A new online tool, [The MyGuide Concussion: Teen Edition](#), is poised to help teens recover faster from concussion. *MyGuide Concussion: Teen Edition* was developed by the interdisciplinary team at GF Strong Rehabilitation Centre's Adolescent Complex Concussion Clinic (ACCC) to help youth aged 12 to 18 and their caregivers receive timely, evidence-based information to manage symptoms and support concussion recovery. The website is customizable so teens can easily access information about their specific symptoms and concerns.

Fraser Health's Concussion Clinic

Fraser Health's Concussion Services is an early intervention and follow-up service for clients living with the effects of a recent concussion/mild traumatic brain injury (mTBI).

<https://www.fraserhealth.ca/Service-Directory/Services/Clinics/concussion-services#.YxGFqnbMK3B>

How you can Support FVBIA Programs and 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.

“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>

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 \$4600** 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.

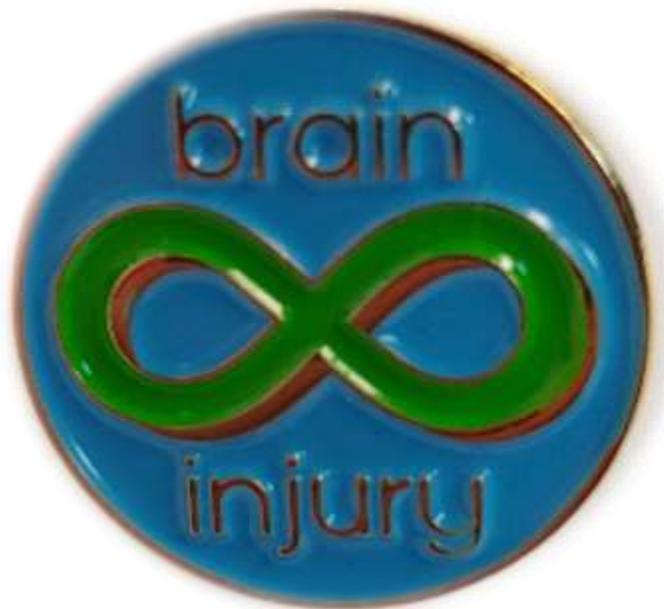
Acquired Brain Injury can be life-changing and permanent.

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.



Membership and Donations

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

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

<https://www.fvbia.org/membership-and-donations/>

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

It's easy!

For your convenience, you can also DONATE to FVBIA through Paypal with a major credit card, Facebook fundraisers for birthdays or through PayPal Giving.

You can also donate here by simply clicking on the **Donate** button.



FVBIA is a registered charitable organization and can issue Charitable Tax Receipts for eligible donations.

Thank you for your support!