



Fraser Valley Brain
Injury Association

NEWS

May / June 2025

In This Issue



**JUNE IS BRAIN INJURY
AWARENESS MONTH!**



**BRAIN INJURY
AWARENESS PICNIC**



**GOLF TOURNAMENT
REGISTRATION IS OPEN**



**SETTLE YOUR NERVES
WITH NEUROGRAPHICS**



**REEL RECOVERY:
FILMS TO WATCH:
CONCUSSION**



**RESEARCH NEWS:
NASAL SPRAY SHOWS
PRECLINICAL PROMISE
FOR TREATING
TRAUMATIC BRAIN
INJURY**



**HEALTH & WELLNESS
FOR ABI - HEALTHY
AGING PROJECT**



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Drop In's & Groups

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

Abbotsford Mission

Drop-In

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

Pay it Forward

(Walking Group, Yoga,
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

Hope

Community Leisure Program

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

Remote Groups

Health & Wellness Group

Contact 604-557-1913

Langley

Coffee & Chat Group

Contact 604-557-1913

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

FVBIA Staff Emails

- Freddy O'Brien: info@fvbia.org
- 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

Fraser Valley Brain Injury Association



★ BRAIN INJURY ★ *Golf Classic*

2025

**ACCEPTING
SPONSORS
NOW!**



**Redwoods Golf Course
22011 88th Ave., Langley, BC**

Wednesday September 17 2025

SPONSORSHIP & PLAYER REGISTRATION NOW OPEN!

Click here or Go to: fvbia-brain-injury-golf-classic-2025.eventbrite.ca

A vibrant, multi-colored floral border surrounds the text. It includes various flower types like daisies, tulips, and sunflowers in shades of red, orange, yellow, blue, and purple, with green leaves interspersed.

YOU ARE INVITED TO



Fraser Valley Brain
Injury Association

BRAIN INJURY AWARENESS PICNIC

JUNE 14 2025 / 2 - 4 p.m.

Mill Lake Park, Shelter #4
33015 Bevan Avenue
Abbotsford, BC

- BBQ and Food
- Games and Activities
- Balloon Festival

RSVP TO FVBIA or
COMMUNITAS DROP-IN STAFF
info@fvbia.org / 604-557-1913



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.

May / June
2025 Issue

Submit by:
April 25

July / August
2025 Issue

Submit by:
June 26

September / October 2025 Issue

Submit by:
August 27

November / December 2025
Issue

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.*



June is Brain Injury Awareness Month

Each year national, provincial, and local associations run campaigns to increase awareness about the prevalence of brain injury, the obstacles that exist for those with brain injury, and the need for more services and support at all stages of recovery.

Learn more: www.fvbria.org



**Fraser Valley Brain
Injury Association**



Share your thoughts and ideas to help us plan forward



Fraser Valley Brain
Injury Association

We're undertaking a strategic planning process to help guide our work in the coming years.

We want to hear from you, whether you're a community member, program participant, or partner/funder.

Your insights are vital in helping us reflect on what we're doing well and how we can grow.

Please take a few minutes to answer the survey questions.

Thank you for being part of this journey with us.
Please respond before May 10, 2025.

[Click Here to go to Survey](#)

forms.gle/E85gz7PFqAaRiLDV8



FVBIA's Pay It Forward: Health & Wellness Programs

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

FVBIA's Pay it Forward Program offers a variety of activities to support physical and mental well-being including art, yoga, walking groups, 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 also acknowledge the financial support of the Province of British Columbia.



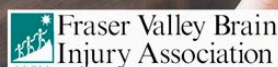
Coffee & Chat Groups

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

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 - May 13, June 10, 2025

Time: 10:30 a.m. until noon

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

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

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

Langley Coffee & Chat

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

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

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

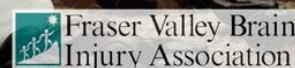
Welcome

Langley Coffee & Chat

**Timms Community
Centre (20399
Douglas Crescent)**

Hosted 1x/month

**Contact Taryn Reid
at treid@fvbia.org
for further details
regarding group
dates and times**





Group Activities

“R 'n' R” (“Relax and Revive”)

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

DAYS: Thursdays
May 8 & 22, June 5 & 19

TIME: 10:30 a.m. until noon

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

Mill Lake Walking Group

“Pay It Forward”: Health & Wellness for ABI Program

Join us for a relaxing walk around beautiful Mill Lake!

DAYS: Mondays Wednesdays Fridays

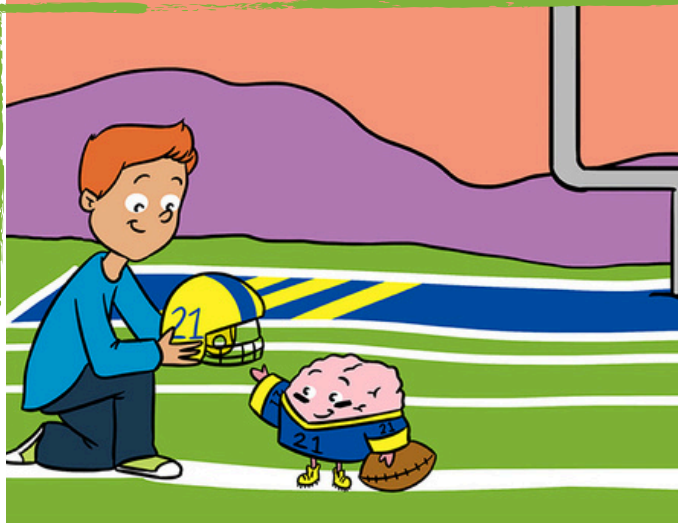
2 MEETING PLACES:

- **2 P.M.** - Bourquin Entrance benches
- **2:15 P.M.** - Mill Lake Road Dock

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

*** FVBIA cannot guarantee 1:1 staff at activities.

If you require 1:1 care, you must bring a support person with you.



Protect your head!

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CBM Lawyers

Your community law firm.™



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- 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

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

**“WORKING WITH OUR CLIENTS FOR
TODAY AND THE FUTURE SINCE 1997”**

GROUP ACTIVITIES

ArtWorks/PhotoClub is usually offered in groups (virtual or in-person) designed to develop skills and build the self-confidence of people who have survived acquired brain injuries.

Groups are offered in 8-week cycles in different communities in the Fraser Valley and feature a number of different local artists/photographers and different mediums (watercolours, acrylics, sketching, beading, card making, photography, crafting etc.)

Art and Photography programs are part of FVBIA's Pay it Forward: Health & Wellness for ABI program with funding provided by the Brain Injury Alliance, Soroptimist International of Abbotsford Mission, ICBC and a Charitable Gaming Grant.

Keep an eye out for the next series of ArtWorks.



SETTLE YOUR NERVES WITH NEUROGRAPHICS

by Frances McGuckin

Our amazing art teacher, John LeFlock - through FVBIA ArtWorks - introduced our class to an absolutely wonderful way to de-stress and in the process, produce a work of art. The benefits for the novice artist? You don't need any artistic skills to relax, re-focus and reward your self with an art piece.

It is called neurographics, and to quote the Minnesota Landscape Arboretum, "Neurographic painting is a therapeutic, intuitive art form developed in 2014 by Russian psychologist, artist, and architect, Dr. Pavel Piscev. Neurographic art creates a mindful, meditative, yet aware state that allows for creative freedom thanks to its simple but effective technique."

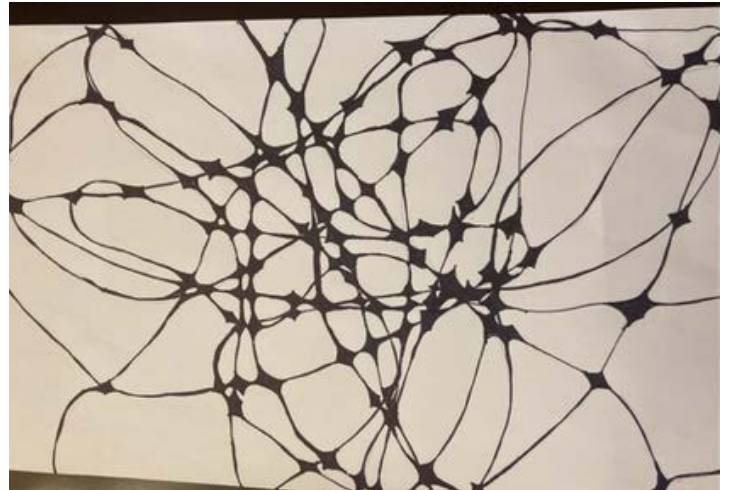
The benefits of this form of art is that it can reduce anxiety, depression, stress and re-focus you. It drowns out those rampant thoughts swirling around in your brain. In fact, according to the Vancouver Visual Art Foundation, "*Neurographics has been scientifically validated and proven, and it is one of the most widely used psychological techniques in art therapy today.*"

So to get started, play some meditative music to relax yourself, preferably five up to fifteen minutes. With eyes closed, imagine each part of your body relaxing. We only had a few minutes in class, but it was enough to get us in the mood.

While relaxing, think of something that is stressing or worrying you, then, with eyes still closed, take up a pencil in your non-dominant hand and for three or more seconds. Let your subconscious mind direct the pencil to draw swirling lines on the paper. If you tape all sides of the paper, it helps with the end product having a more finished look.

Then, with a Sharpie or similar, where ever the lines cross, you take the pen and make the sharp line crossing into rounded corners (see my black and white picture). I "swirled" too long a time and made lots of knots.

What this process is doing, is drawing a picture of what is on your mind and smoothing out the sharp edges and knots, turning them into soft curves. Keep playing the meditation music while you work on this to keep you focused and calm.



Now you have the choice of which medium you want to use to colour the picture in. I used water colour pencils, a permanent Sharpie marker and then used water to bleed the water colour pencils. I also tried some different colour mixes and textures (see the finished picture). You can erase any lines you don't like and can add extra lines or even circles to fill in any gaps.

The weekend after introduction to our neurographics art class, I was experiencing a particularly difficult time. I have a strong aversion to fireworks and they were going off in the distance, just to add to my stressed out brain.

Instead of attempting my family's taxes, I put on my noise-cancelling headphones, and sat down at my dining room table with pencil, pens and water colour pencils. Put on some meditation music, and let my brain choose the colours and textures.

I did this for two evenings.

SETTLE YOUR NERVES WITH NEUROGRAPHICS

by Frances McGuckin

It was amazing how it cut out the rest of the world and allowed me to settle down and focus instead on making a piece of art. My tenseness and anxiety disappeared, turning negative thoughts into bright, positive ones as I watched the colours unfold different patterns. I finished it in the next class.

So I have to thank John and Fraser Valley Brain Injury Association for these wonderful classes. Since COVID in 2019, I have learned so much from John and found new ways to deal with anxiety, depression and stress. Apart from the art work, I have found new friends – such talented people – and a positive, supportive group. You have been my lifeline.



Click the image or go to
www.youtube.com/watch?v=376LSKe8tcs
for a tutorial.



Pay it Forward: Health & Wellness for ABI - Healthy Aging Project

FVBIA will be offering information sessions on:

- ✔ Digital Literacy
- ✔ Scams (email, texts, calls and dating)
- and
- ✔ Elder Abuse

This project is funded through the New Horizons for Seniors Grant which supports initiatives that:

- ✔ Promote volunteerism among seniors and other generations
- ✔ Engage seniors in the community through the mentoring of others
- ✔ Expand awareness of elder abuse, including financial abuse
- ✔ Support the social participation and inclusion of seniors

For more information, contact Francisco at francisco.rojasstone@fvbia.org



Thanks



for the generous donation of
12 Abbotsford Canucks tickets for the April 5th Game.

BADESHA & ASSOCIATES
NOTARY PUBLIC

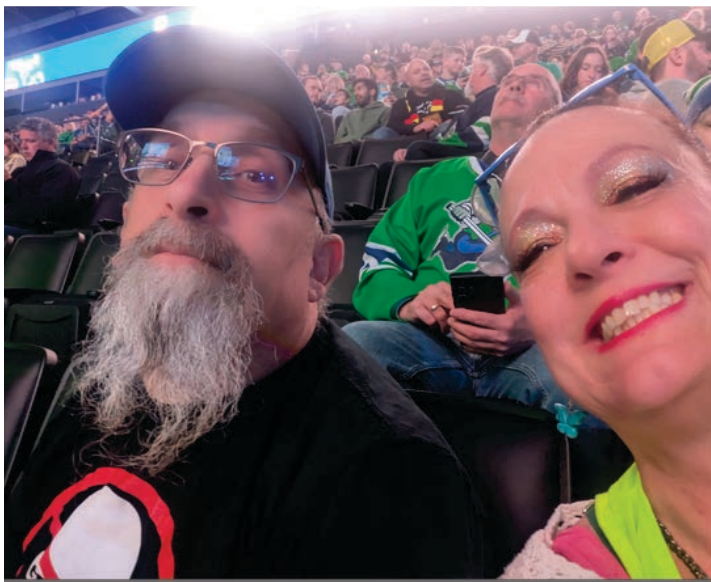


Fraser Valley Brain
Injury Association

MEMBER

www.fvbria.org

According to Lisa M, a client of FV Brain Injury Association who was given one of the donated tickets, it was a great game to watch! The Abbotsford Canucks won the game in a shootout, and her seats were right behind the penalty box. Lisa dressed up for 80's night at the game and ended up winning concert tickets too! Congratulations Lisa and thank you to Badesh & Associates Notary Public for this generous donation.



JUNE IS BRAIN INJURY AWARENESS MONTH.



An acquired brain injury can happen to anyone, anywhere, anytime. Visit www.braininjurycanada.ca to find out more about acquired brain injury (ABI) in Canada.

Click the image to watch the awareness video from Brain Injury Canada, and don't forget to share!



Discover the success FVBIA clients have experienced with this trusted program!



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Gordon Watt

Phone: 1-877-673-4636

Email: gordonw@neilsquire.ca



Neil Squire

NASAL SPRAY SHOWS PRECLINICAL PROMISE FOR TREATING TRAUMATIC BRAIN INJURY

(EXCERPT ARTICLE)

A new study led by researchers at Mass General Brigham suggests a nasal spray developed to target neuroinflammation could one day be an effective treatment for traumatic brain injury (TBI). By studying the effects of the nasal anti-CD3 in a mouse model of TBI, researchers found the spray could reduce damage to the central nervous system and behavioral deficits, suggesting a potential therapeutic approach for TBI and other acute forms of brain injury. The results are published in *Nature Neuroscience*.

"Traumatic brain injury is a leading cause of death and disability -- including cognitive decline -- and chronic inflammation is one of the key reasons," said lead author Saef Izzy, MD, FNCS, FAAN, a neurologist and head of the Immunology of Brain Injury Program at Brigham and Women's Hospital (BWH), a founding member of the Mass General Brigham healthcare system. "Currently, there is no treatment to prevent the long-term effects of traumatic brain injury."

The study examines the monoclonal antibody Foralumab, made by Tiziana, which has been tested in clinical trials for patients with multiple sclerosis, Alzheimer's disease, and other conditions.

"This opens up a whole new area of research and treatment in traumatic brain injury, something that's almost impossible to treat," said senior author Howard Weiner, MD, co-director of the Ann Romney Center for Neurologic Diseases at BWH. "It also means this could work in intracerebral hemorrhage and other stroke patients with brain injury."

Multiple experiments were done in mouse models with moderate-to-severe traumatic brain injury to explore the communication between regulatory cells induced by the nasal treatment and the microglial immune cells in the brain. Over time, researchers were able to identify how they modulate immune response.



"Modulating the neuroinflammatory response correlated with improved neurological outcomes, including less anxiety, cognitive decline, and improved motor skills," Izzy said.

In addition to assessing the effects of the treatment, the research team was able to learn about immune response over time and compare the immune responses and effects of TBI in the mice.

The next step in the research is to translate the findings from preclinical models to human patients.

"Our patients with traumatic brain injury still don't have an effective therapeutic to improve their outcomes, so this is a very promising and exciting time to move forward with something that's backed up with solid science and get it to patients' bedsides," said Izzy.

Once in the clinical setting, Weiner said the hope is this treatment could be used on a variety of traumatic brain injury patients, including football players with repetitive concussions.

"We envision giving a nasal spray right there on the sidelines," said Weiner. "It isn't something we can do yet, but we see the potential."

Citation: Mass General Brigham. "Nasal spray shows preclinical promise for treating traumatic brain injury." ScienceDaily. ScienceDaily, 27 February 2025. www.sciencedaily.com/releases/2025/02/250227125519.htm



Emergency Transit Assistance Program (ETAP)

Fraser Valley Brain Injury Association provides free transit vouchers to people who have an Acquired Brain Injury (ABI) and need to use public transportation (including HandyDart) to access services and appointments for:

- employment
- education
- medical
- dental
- social recreation
- food, and
- shelter

Contact your FVBIA Case Manager or Program/Group Facilitator to inquire about available ETAP tickets. ETAP is currently only available in Abbotsford, and supply is limited.



Fraser Valley Brain
Injury Association



604-557-1913



info@fvbia.org



THE ‘EVERYONE PROBLEM’: HOW THE UVIC CONCUSSION LAB IS ADVANCING RESEARCH ON TRAUMATIC BRAIN INJURIES (excerpt)



It's an injury that's as unique as a snowflake yet as ordinary as a drop of rain. Concussions are most often talked about in sports, but they're extremely common and not just an issue for athletes.

A University of Victoria lab dedicated to the study of concussions is advancing research to improve treatment and the lives of the injured thanks to mentorship, partnership and a video game.

“*This is an everyone problem. It's just so common. In Canada, I read a stat that came out this year that there are over a quarter of a million concussions each year and people don't really talk about it that much. We do hear about it in terms of [professional] sports, but it's not just happening in sports. It's happening to kids and parents, and it's really commonly happening to our grandparents.*”

—Taylor Snowden, a PhD candidate in neuroscience who works in the UVic Concussion Lab headed by Brian Christie

At the same time, Christie, a neuroscientist and her (Taylor's) mentor, says they're known as “snowflake injuries” because each person afflicted with a concussion experiences it differently, with unique sets of symptoms and even durations of symptoms—like a group of people filling their plates from a buffet and each coming away with a different combination of foods.

All of which presents tremendous challenges—and opportunities—to researchers in his lab studying moderate to severe traumatic brain injuries, or TBIs.

Exploring links between concussions and dementia

Snowden's primary PhD dissertation project examines the long-term effects of concussions — which can include memory loss and difficulty focusing—and included a meta-analysis that found adults who have a diagnosed history of concussion are nearly two times more likely to be diagnosed with dementia later on in life.

That prompted the question “Is there some interaction between a concussion and the natural aging process that it is then causing this increased risk of dementia later on?” And that led to a variety of assessments of patients, from memory and attention testing to advanced neuro imaging that might be able to show signs of an early relationship between concussion and dementia.

Just as going to the gym produces results in physical fitness, going to the NeuroTracker gym appears to improve brain fitness in some patients, including working memory and word generation, says the former UVic competitive swimmer who now competes recreationally in Half Ironman races—six so far— and learned about the lab because it's in the McKinnon Pool complex where she practised.

continued next page -->

THE 'EVERYONE PROBLEM' CONTINUED...

Another component of the research is looking at interventions for adults who've suffered concussions. That's where the video game comes in.

3D game tests and helps concussion patients

Participants in the research, conducted with the support of the Victoria Brain Injury Society (VBIS)—an ongoing partnership that informs researchers' work and provides society members access to testing —“play” a 3D video game called NeuroTracker.



For my [research] participants, I tell them they're taking their brain to the gym.”

—Taylor Snowden, PhD candidate in neuroscience at UVic Concussion Lab

While previous research has shown NeuroTracker's promise as a cognitive training tool for healthy older adults, Snowden is working to find out if it could have similar benefits for people with TBI.

Read the full article:

www.technologynetworks.com/neuroscience/news/head-trauma-reactivates-hidden-viruses-that-fuel-alzheimers-disease-394833

University of Victoria News,

The 'everyone problem': How the UVic Concussion Lab is advancing research on traumatic brain injuries

published January 24, 2025

By Richard Dal Monte



community therapists



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www.communitytherapists.com

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Building skills. Empowering people.

Est. 1989

Reduced Cost Counselling Program

Chuck Jung Associates

Accepting Referrals

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

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

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

Also, see our weblink below for more information:

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

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

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



Chuck Jung Associates – Psychological and Counselling Services

Vancouver: (Main Office)	Surrey:	Abbotsford:	Chilliwack:	Langley:
1001 – 805 W. Broadway	232 – 7164 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.C.V3W 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

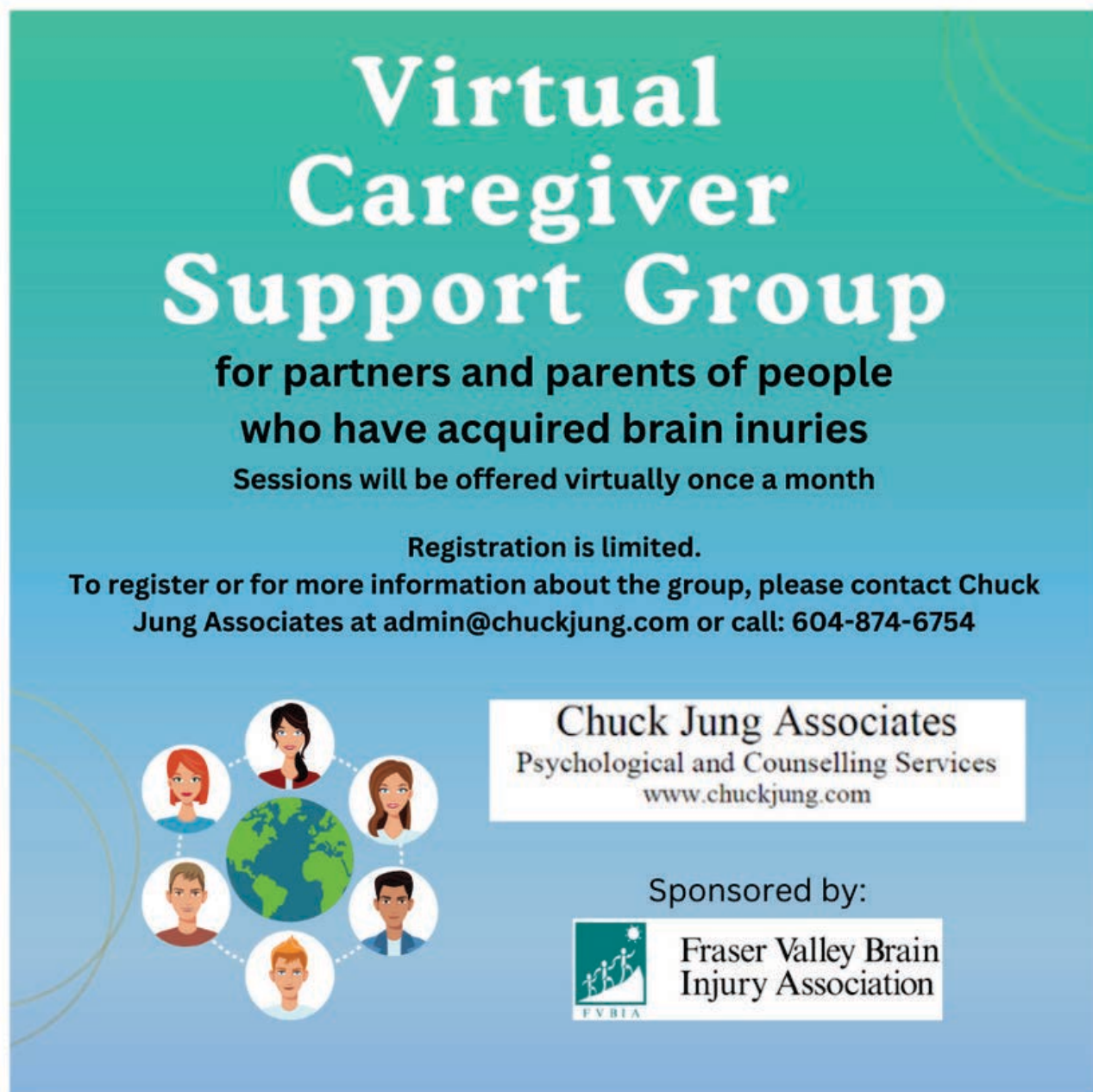
Website address: www.chuckjung.com

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

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 FREE 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**

VANCITY COMMUNITY FOUNDATION

BIG DYLAN LEGACY FUND

Dylan's family established The Big Dyl Memorial Fund to provide a lasting source of funding in support of people living with brain injuries in memory of our son Dylan.

Dylan was an active and outgoing young man who, throughout his school years, often, sometimes even to a fault, thought about people more than himself. He graduated in 2014 and, like many young people, he moved out with a friend and found a job shortly after.

Tragically, a few months later while walking to work he was hit by a car while crossing a crosswalk. He was airlifted to Royal Columbian Hospital in a coma. Despite the odds, he survived, but with an acquired traumatic brain injury which greatly impaired his cognitive and social functioning.



After four months in the hospital and at GF Strong he moved back home with his family, and his journey of learning to live with a brain injury began.

For the nearly 6 years that followed, we learned a lot about brain injuries. We learned about the lack of knowledge many have and the massive shortfall of funding and support.

While Dylan was a very changed person underneath his struggles, he was always well-intentioned with a good sense of humour. His doctors did a fantastic job repairing broken bones and his love for fitness helped greatly in his physical recovery. This provided additional challenges for Dylan as people often couldn't understand his struggles because, on the surface, he was a healthy man in his early 20's.

Most people don't understand brain injuries and they couldn't see his lack of ability to understand social cues, his lack of memory, his debilitating headaches, the exhaustion, the confusion, and the strain that all took on relationships he had with people.

Because of these challenges, Dylan really enjoyed the times he was able to attend programs through the FVBIA like cooking classes, coffee and chat, or guitar lessons with people who understood his struggles. Unfortunately, as we found out, these opportunities are very few and they are often underfunded and under-supported.

Continued next page



Big Dyl Legacy Fund cont'd...

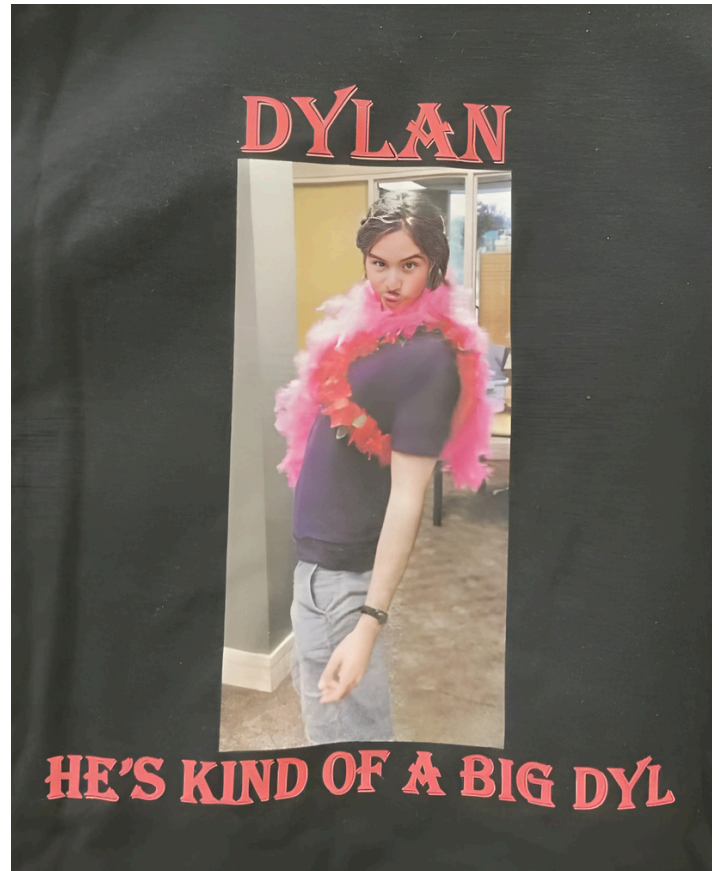


When Dylan was younger, he hated being called dill pickle, but over time it grew to not bother him. One day, while browsing in a store, we saw a shirt with a dill pickle on it that said, "I'm kind of a big Dill", so we had to buy it -- a humorous nod to that old nickname and with knowing he had an appreciation for a good pun.

Following his passing in the summer of 2020, we began working to support groups like the Fraser Valley Brain Injury Association and Communitas as a way of carrying on his giving spirit. We have tried to help those who had helped us and our son so much over the years.

Understanding that we won't always be able to support these things financially and seeing a need to put our efforts into something that will hopefully outlive us, we have recently established the Big Dyl Memorial Fund.

Contributions to this fund will be invested and continue to grow and provide lasting support for classes, social gatherings, education, and awareness far into the future, beyond what we could do with a single donation.



Vancity

Community Foundation

Give to this Fund

<https://www.vancitycommunityfoundation.ca/give/donor-advised-funds/big-dyl-legacy-fund>





YOUR NEXT WATCH ON YOUTUBE

FVBIA IMPACT STORY 2025: RACHEL'S STORY

Rachel's inspiring journey serves as a powerful testament to her remarkable strength and resilience, and it highlights the vital role that community-based brain injury organizations play in helping individuals recover and rebuild their lives. These organizations provide crucial support, resources, and advocacy for those navigating the challenges of brain injury.

This video was created by a former client of FVBIA, who has started up a brain injury association in Red Deer, Alberta, called BIARD. You can subscribe to their newsletter here: <https://www.biareddeer.org/>

Rachel played an important role in FVBIA's Emergency Preparedness project including presenting information sessions and creating a video about Heat Safety for FVBIA.



Watch Rachel's Story here: www.youtube.com/watch?v=tkmrkDHBwIU
Or click on the image.



Small Talk with Nancy Guitar:

AN INTERVIEW WITH CAROL PAETKAU, EXECUTIVE DIRECTOR, FVBIA

Chilliwack local and host of "Small Talk with Nancy Guitar", Nancy chats with people on all topics from all over the world.

"In this episode, I was joined by Carol Paetkau to talk about the Fraser Valley Brain Injury Association."

"It's important for people who had a brain injury or know of someone who had, to know that there is an association they can turn to for information, where to go for support or help."



Watch the interview with Carol here:
www.youtube.com/watch?v=1GXJBhviwZ4
Or click on the image.





thank you

BC Fraternal Order of Eagles Aerie

"People Helping People"

Working with the charities close to their hearts

Brain Injury was the chosen charity of their Provincial Madam President, Gail McDonald of the British Columbia Provincial Auxiliary Fraternal Order of Eagles

The British Columbia Provincial Aerie was instituted on July 17, 1945 and is the winner of the Canadian Cancer Society's Certificate of Merit, the Chisholme Society's Award of Merit, as well as many Recognition Plaques for causes such as Cancer Fund Raising and from institutions including St Paul's Hospital and has been honored as a member of BC Children's Hospital's Wall of Fame.

- Fraternal Order of Eagles Aerie & Auxiliary #2726 (Abbotsford)
<https://2726.bcfoe.com/>
- The Fraternal Order of Eagles Aerie #2831 (Maple Ridge)
- Ladies Auxiliary to New Westminster Fraternal Order of Eagles Aerie #20 <https://20.bcfoe.com>
- BC Fraternal Order of Eagles <https://bcfoe.com>
- Special thanks to the Fraternal Order of Eagles Hope Aerie #2690
<https://www.foe2690hopebc.com/> for their long standing support of FVBIA's Hope Leisure Program for people with acquired brain injuries.



**Fraser Valley Brain
Injury Association**

Reel Recovery - Films to Watch



Concussion

2015 | Drama/Thriller | 123 min

This film is based on the true story of Dr. Bennet Omalu (played by Will Smith) and his quest to reveal the truth about the long-term effects of repeated concussions on football players. His goal, while noble, eventually puts him in danger as he takes on one of the most powerful organizations in the country.

Available on:

YouTube

Google Play Movies & TV

Apple TV

Amazon Prime Video

FVBIA Emergency Preparedness: Heat Safety Video

Several events through 2020-2023 including the Pandemic, along with extreme heat and flooding in British Columbia, Canada, highlighted the need for emergency preparedness education for people with disabilities and seniors. FV Brain Injury Association, with funding from the Brain Injury Alliance and United Way BC (Healthy Aging), developed an emergency preparedness program that includes information sheets, emergency to-go-kits, and group presentations. This video shows how to put together your own emergency-to go kit on a budget. Presented by Rachel Czarnecki.



WHAT DO I DO DURING AN EMERGENCY?

Heat



Heat Wave:

Stock up on food and pet food. Ensure enough medication for a week. Close your curtains.

Fill a spray bottle with water.

Keep cool packs in freezer.

Ensure you have enough drinking water.

Blow a fan over a bowl of ice.

Heat Stroke

Body temperature of 104 degrees Fahrenheit or more
Fainting

Confusion

Fast and strong pulse

Dizziness

Skin that is hot to the touch. The skin may also be red, dry, or damp.

Upset stomach, nausea, or vomiting

DO: Call 911 immediately if someone is showing heat stroke symptoms. Heat stroke is a medical emergency.



Fraser Valley Brain
Injury Association

www.fvbria.org

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

May 4 - 10

EMERGENCY PREPAREDNESS WEEK



Assemble a Basic emergency kit:

- Water — two litres of water per person per day (include small bottles)
- Food that won't spoil, such as canned food, energy bars and dried foods (replace once a year)
- Manual can opener
- Wind-up or battery-powered flashlight (and extra batteries)
- Wind-up or battery-powered radio (and extra batteries)
- First aid kit
- Extra keys for your car and house
- Cash, travellers' cheques and change
- Important family documents such as identification, insurance and bank records
- Emergency plan — include a copy in your kit as well as contact information

Learn more: fvbia.org/emergency-preparedness



Fraser Valley Brain
Injury Association

Pets Corner!



*In memory of our beloved wolf dog,
Faelan, whose sudden crossing over the
rainbow bridge left us heartbroken*

We miss you our sweet sweet girl

~Victoria and Freddy



*Our 8 year old girl is so sweet. She
greet everyone that comes to the door
and always wants to be with company.
Her idea of a great birthday is to cuddle
up on her favorite pillow.*

~ Judy Craig



Victoria Day - Monday, May 19th

Victoria Day, a Canadian holiday, is celebrated on the Monday preceding May 25th to honor Queen Victoria, who was the reigning monarch of the United Kingdom and Ireland when Canada became a country in 1867.

Recognitions and Celebrations



MAY 26 – JUNE 1
National AccessAbility Week 2025

Forward Together:
Accessibility and
Inclusion for All



Fraser Valley Brain
Injury Association



National Indigenous Peoples Day



#NIPD2025



Fraser Valley Brain
Injury Association



Canadian Multiculturalism Day
June 27

Canadian Multiculturalism Day honours the many cultural communities that help build a strong and vibrant Canadian society.

Take this opportunity to celebrate the cultural diversity that enriches us collectively and reaffirm your commitment to equity, inclusion, and mutual respect.



Fraser Valley Brain
Injury Association



wishes you a

HAPPY VICTORIA DAY!

MONDAY, MAY 19TH



Tickling our Funny Bones

What is a flower's favorite kind of pickle?

A daffo-dill.

-

Why did the golfer bring two pairs of pants to the course?

In case he got a hole in one.

-

What goes up when the rain comes down?

Umbrellas.

-

How do brand-new spring flowers greet each other?

"Hey, bud!"

-

Why did the whale blush?

It saw the ocean's bottom.

sources:

<https://www.today.com/life/inspiration/spring-jokes-rcna149210> <https://www.weareteachers.com/spring-jokes/>
<https://www.rd.com/article/spring-jokes/>

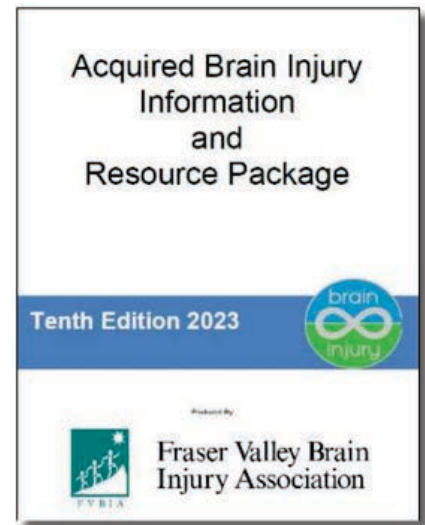


ACQUIRED BRAIN INJURY INFO & RESOURCE PACKAGE

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

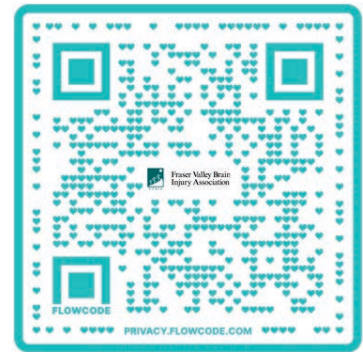
SUBSCRIBE & ADVERTISE!

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



FVBIA Newsletter Advertising

Thank you to all of our advertisers!

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

Ad rates:	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 pixels / 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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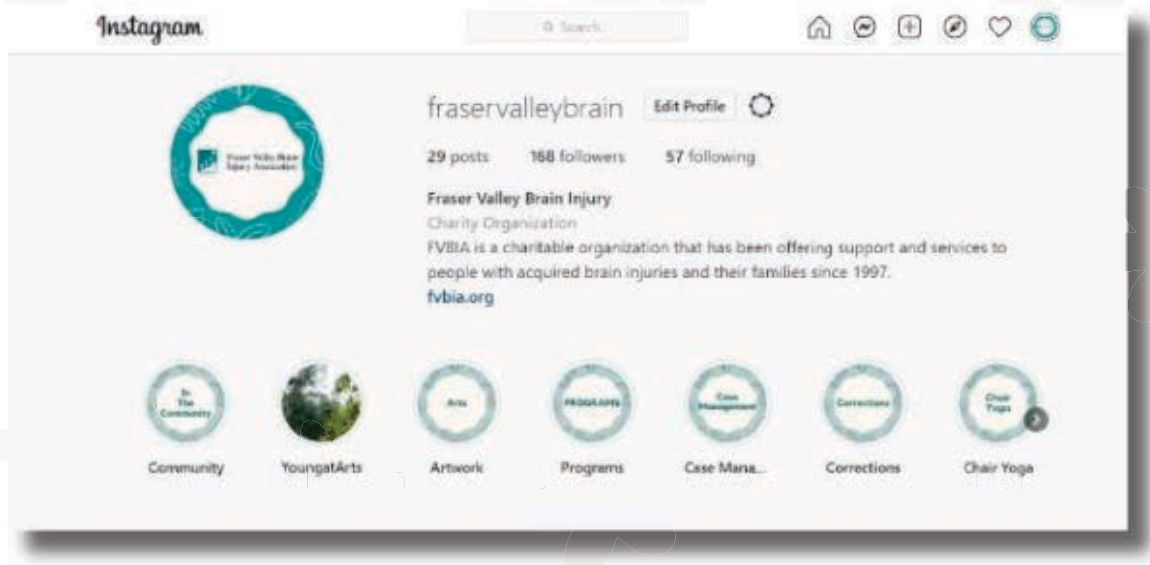


Instagram.com/fraservalleybrain/



youtube.com/channel/UCKbhePbXu5mazHxtU9medkw

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

“

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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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*



Brain Injury Alliance

