

Fraser Valley Brain Injury Association
News



2023

HAPPY NEW YEAR!

January/February 2023

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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

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Fraser Valley Brain Injury Association Acknowledges that we work and gather on the Traditional, Ancestral And Unceded Territory of The Coast Salish Peoples–Sḵwxwú7mesh (Squamish), Stó:lō And Səlilwataʔ/Selilwitulh (Tsleil-Waututh) and xʷməθkʷəy̓əm (Musqueam) Nations.

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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 at Fraser Regional Corrections in Maple Ridge.

FVBIA Staff Emails

Freddy O'Brien: info@fvbia.org

Heather Plain: heatherplain@hotmail.com

Joy Scobie: ijoyscobie@gmail.com

Esther Tremblay: esther@communitas.com

Taryn Reid: treid@infinityhealth.ca

Jennifer Dedels: jenn.dedels@fvbia.org

Chantelle Capone:

chantelle.capone@fvbia.org

Upcoming Events

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

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.

Traditions for this Holiday

Traditions for this Holiday

by Alex Zarycka

Hello everyone! Welcome to December! It's here! That means that the holidays are fast approaching. That can mean a lot of different things for different people. For those who celebrate Christmas, there are many different traditions in each household. I'd like to share a few of my own traditions for Christmas that I've had throughout my life.

The first tradition that I can recall is having chocolate umbrella ornaments on the tree! They were so good and all I can remember of celebrating with my parents, other than my mom having a decoration put up on the wall that said "Joyeux Noël" as she was French - Canadian.

Later on, when moving to Ontario (from BC) as a child, my cousins and I, all on my dad's side, would come together on Christmas Eve. The kids and I would play together while the adults spent time together. This was followed by turkey dinner, and then gift opening. My family and I open most gifts on the 24th of December. This is what I grew up with.

The following day, Christmas Day, I would attend church with my grandmother and aunt whom I lived with, but first open my stocking and extra gifts. Later on, when moving back to BC to live with an aunt, uncle and cousin, it looked different. The family and I would bring out the Christmas music on December 1st. These were songs that would be played every December. We would watch movies leading up to Christmas. Movies like Home Alone, A Christmas Carol, A Christmas Story, and Scrooged (with Bill Murray). Then my aunt's side of the family would come over on the



24th and we'd have turkey dinner. The next day the cousins and I would get up early, open stocking and then open gifts once everyone was up. Then there were cinnamon buns with breakfast. Yum!

Now as an adult, I choose to visit Ontario every year. There, the family does a "meatless Christmas Eve." That's right: no meat! Just snacking all day on chips, veggies, prawns with sauce, etc. Then after dinner and dessert we open our gifts. But we can only open once everyone has a gift in their hands! Music plays throughout the day too. Usually, I go back to my uncle Dan's house after and we all open more gifts and stockings on Christmas Day, which is when turkey dinner is. On Boxing Day, we see Dan's wife's side of the family. More gifts are opened of course, along with playing games as we meet up at a game's cafe that Nicki's (Dan's wife) brother owns.

So, those are the few different traditions I've had throughout life thus far. I hope that you all have many fun traditions that bring cheer and joy, if you celebrate this holiday season.

This year I'm going to Ontario again, and am excited of course. I hope that you all have a merry Christmas if you choose to participate, and a wonderful December and holiday season! May this time of year bring joy.

I'll be trying to get more into the spirit of Christmas by listening to music, including my favorites: Jingle Bell Rock and Rockin' Around the Christmas Tree (the version from Home Alone). Wishing you all a Merry Christmas and happy holidays.

All the best, Alex.

Succeeding in the Business World as an Adult with a disability

By Don Lewis abilitylabs.com

Success in the business world depends less on an individual's physical capabilities than their acumen, effort, and experience. If you are trying to find a path in life that you can pursue while living with disabilities, a career in business could be the right choice for you. Just as there are tools that can [help you reclaim mobility](#), there are also tools that can help you reclaim your career goals.

You will be able to break into the business world with confidence once you understand the resources and options available to you. Here are some tips and resources from [Fraser Valley Brain Injury Association](#) to help you get started.

Pursue Education

Obtaining the knowledge, you need for business success is only possible through education. While there are alternative ways to learn the ropes, earning a university degree is the most straightforward path. [Business majors](#) can use their degree and their university connections to get a foot in the door in the fields of economics, market analysis, or a number of other related positions.

Enrolling in online business courses can also be a great option to start learning while providing some flexibility to your learning schedule. After you have earned a degree or even a certificate, you will have a greater chance of securing an internship where you can further your education in a more hands-on manner.

The university route isn't for everyone, however. If you'd rather take on an accelerated learning track, the best medical coding online course for your learning style may be of interest to you. In as little as one week you can complete a training course that will prepare you for a professional role in medical coding. This fast, flexible path is ideal for broadening one's skill set.

Gain Practical Experience

Earning your first internship or entry-level job is possibly the largest hurdle in your business career. Your previous education is a powerful asset, but connections tend to be more important than anything. You can use [LinkedIn](#) to make professional connections similar to how you use other social media platforms. When creating an account on LinkedIn, it is essential to include a [professional photo](#) and complete your profile. For the best results, try to keep your posts on-subject and respond to inquiries as quickly as possible.

Use the Right Tools

It's important to keep your resume up to date as you acquire new skills and experience. That's easy to do with an online resume guide. This way, you can quickly create a good-looking, custom resume when you need it. Once you've finished your resume, consider converting it to a PDF so you can easily send it via email. There are many online guides that can walk you through the process of [converting your resume to a PDF format](#) so that it's easier to share.

After landing your first position, your next priority is to perform your best and learn new skills. To that end, it may be necessary to use special assistive technologies so that you can maintain a high quality of work despite any disabilities that might otherwise hinder you. While employers are [required to make reasonable accommodations](#), you might have to find your own solutions if you work from home or have other unique circumstances.

Going along with that, make sure you're taking steps to help you manage the stress that comes with changing careers and facing new challenges. For starters, **do your best** to make sure your home is as stress-free as possible. Also, eliminate clutter as much as possible – not just for safety reasons but because it will help you to focus better with fewer distractions.

The Assistive Technology Industry Association explains that assistive technology can be a [physical piece of equipment or digital software](#) that enhances the work of people with disabilities. Depending on the nature of your disability, you might use one or more of the following tools:

- Screen readers
- Video relay services
- Adaptive keyboards
- Voice recognition software



Start Your Own Business

Honing your business skills can empower you to climb the corporate ladder, but you can also leverage your experience to start your own business. You might even launch your new venture while continuing to build your knowledge through an online MBA program.

Running your own enterprise requires you to continuously sharpen your strategy, leadership, and self-assessment abilities. With the right skill set, you will be able to **draft a business plan** that can yield success for years to come.

It is easy to believe that your disability is a handicap that makes it overly difficult to fulfill your dreams. While you may have to find clever workarounds at times, you can succeed in the field of business by dedicating yourself to constantly learning new things. With knowledge and a little motivation, you can carve out your own place wherever you want to be.

<https://www.fvbia.org/succeeding-in-the-business-world-as-an-adult-with-a-disability/>

New Years Eve Origins

Every Year people from all over the world make New Years Resolutions. Did anyone ever think how and when this started?

Early 20th-century New Year's resolution postcards

“A New Year's resolution is a tradition, most common in the Western World but also found in the Eastern World, in which a person resolves to continue good practices, change an undesired trait or behavior, accomplish a personal goal, or otherwise improve their behaviour at the beginning of a calendar year

Religious origins

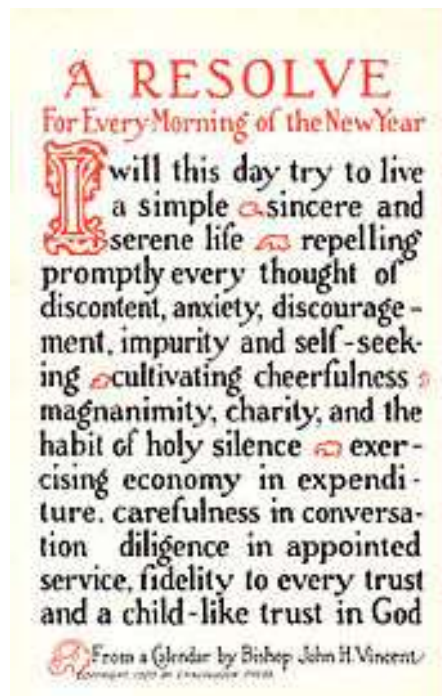
The people made promises to their gods at the start of each year that they would return borrowed objects and pay their debts.]

The Romans began each year by making promises to the god Janus, for whom the month of January is named.

In the medieval era the knights took the “peacock vow” at the end of Christmas season each year to re-affirm their commitment to chivalry

At watchnight services, many Christians prepare for the year ahead by praying and making these resolutions. In Methodist Christianity the liturgy used for the watchnight service for the New Year is the Covenant Renewal Service: in addition to being traditionally held on New Year's Eve, many churches offer the Covenant Renewal Service on both New Year's Eve and on the morning of New Year's Day.

This tradition has many other religious parallels. During Judaism's New Year Rosh Hashanah, through the High Holidays and culminating in Yom Kippur (the Day of Atonement), one is to reflect upon one's wrongdoings over the year and both seek and offer forgiveness.



People can act similarly during the Christian liturgical season of Lent, although the motive behind this holiday is more of sacrifice than of responsibility. The concept, regardless of creed, is to reflect upon self-improvement annually.

Participation

The 1671 diary of Anne Halkett includes an entry on January 2nd titled "Resolutions," which contained a number of religious pledges taken primarily from bible verses, such as "I will not offend any more."

By the beginning of the 19th century, the tendency of people to make (and fail to keep) resolutions was commonly known and satirized. Walker's Hibernian Magazine in 1802 contained an article stating that "the following personages have begun the year with a strong of resolutions, which they all solemnly pledged to keep", then listing a series of obviously fictitious resolutions ("Statesmen have resolved to have no other object in view than the good of their country...the physicians have determined to follow nature in her operations, and to prescribe no more than is necessary, and to be very moderate in their fees.")

An early instance of the complete phrase "new year resolution" is found in a January 1st issue of a Boston newspaper from 1813:

And yet, I believe there are multitudes of people, accustomed to receive injunctions of new year resolutions, who will sin all the month of December, with a serious determination of beginning the new year with new resolutions and new behaviour, and with the full belief that they shall thus expiate and wipe away all their former faults.[7]

At the end of the Great Depression about a quarter of American adults formed New Year's resolutions. At the start of the 21st century, about 40% did. In fact, according to the American Medical Association, approximately 40% to 50% of Americans participated in the New Year's resolution tradition from the 1995 Epcot and 1985 Gallop Polls.]

A study found 46% of participants who made common New Year's resolutions (e.g., weight loss, exercise programs, quitting smoking) were likely to succeed, over ten times as among those deciding to make life changes at other times of the year.

Success rate

In a 2014 report, 35% of participants who failed their New Year's Resolutions admitted they had unrealistic goals, 33% of participants did not keep track of their progress, and 23% forgot about them; about one in 10 respondents claimed they made too many resolutions.

A 2007 study by Richard Wiseman from the University of Bristol 3,000 people showed that 88% of those who set New Year resolutions fail despite the fact that 52% of the study's participants were confident of success at the beginning. Men achieved their goal 22% more often when they engaged in goal setting, wherein resolutions are made in terms of small and measurable goals (e.g., "lose a pound a week" rather than "lose weight").

And now you know!!!"

From Wikipedia, the free encyclopedia

Interested in Photography?

CONTACT INFO@FVBIA.ORG FOR MORE INFORMATION



Fraser Valley Brain
Injury Association

PHOTOGRAPHY *workshops*

Are you a person with an
acquired brain injury
interested in learning more
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there to offer some
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email info@fvbia.org.

WWW.FVBIA.ORG



Fraser Valley Brain
Injury Association

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

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Brain Injury Alliance and the Province of BC

Emergency Preparedness Package

FVBIA's Emergency Preparedness Guide that is user-friendly for people with acquired brain injuries and cognitive/learning challenges is available on the Fraser Valley Brain Injury Association website <https://www.fvbia.org/abi-and-emergency-preparedness/>

Advertising opportunities are available in FVBIA's newsletter, 2023 Information and Resource Package and through special events. Contact info@fvbia.org for details.

WHAT DO I DO DURING AN EMERGENCY?

Heat Wave:

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

Earthquake:

- Move far away from traffic and stop.
- Don't park under or on bridges.
- If indoors: Drop, Cover and Hold.

Wildfire:

- Drive to a safe place, pull over and call 911.
- If at home: follow the evacuation stages.

Tsunami:

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

For Alerts: Go to EmergencyInfoBC website or call 288 for help finding services.

www.fvbia.org

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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.

The world around us can be a confusing and scary place as we worry about making ends meet and all the craziness in the news. 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.

FVBIA Staff Emails

For more information about Joy's programs: ijoyscobie@gmail.com

For more information about Esther's programs: esther@communitas.com

For more information about Taryn's programs: treid@infinityhealth.ca

For more information about Jenn's programs: jenn.dedels@fvbia.org

For more information about Freddy's programs and general enquiries info@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.

Health & Wellness Group

The Health and Wellness Group with Kinesiologist Taryn Reid, who is also a case manager with FVBIA is held on Thursday afternoons from 2:00-3:00 pm.

Once a month, this is a hybrid group and you can attend in person at the FVBIA office as well as over Zoom.

This group provides a safe space to discuss a variety of topics, connect with other survivors and to learn about health.

For more information **contact your case manager** or Taryn Reid at treid@fvbia.org.

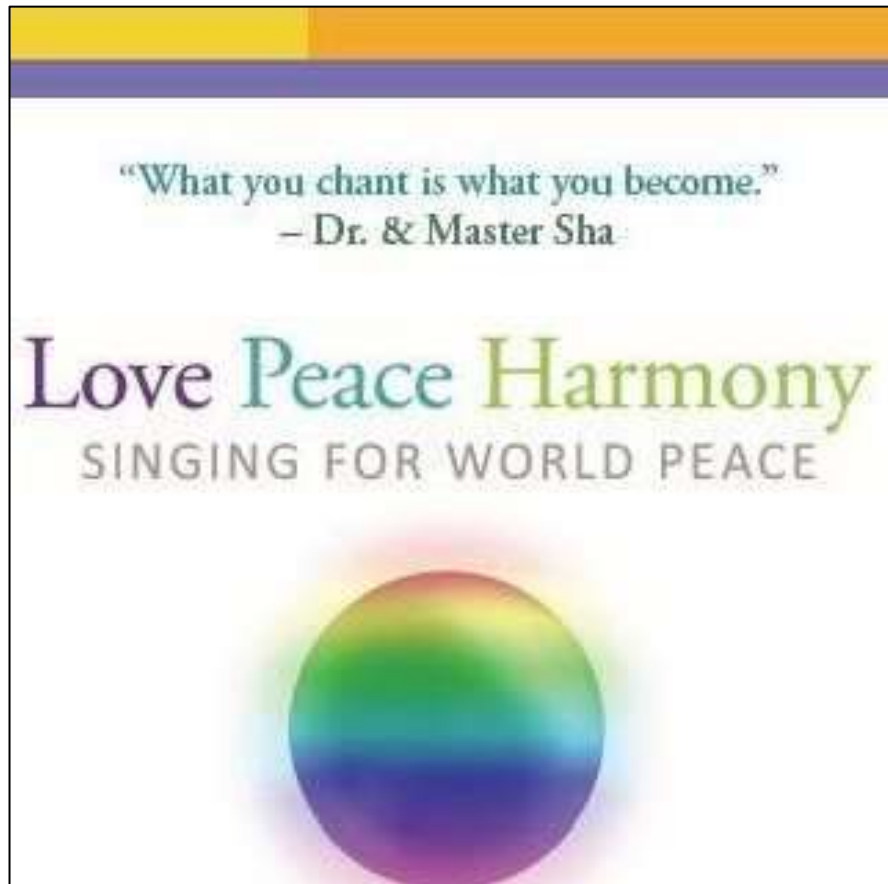
Uplift your Life and Experience with the Power of Love Peace Harmony Song!

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 an 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.



Adapted Chair Yoga on Zoom

Robert Henderson is Yoga Alliance certified and qualified in several other related disciplines. With kindness, he guides Adapted Yoga which integrates the mind/body connection with meditation for the heart. He is now certified by the Love Your Brain Foundation after successfully completing the Yoga Alliance course. In these anxious times, taking care of our body with Yoga is a beautiful gift to our mental health. Please join us!

DAY: Tuesday, starting January 3, 2023

TIME: 1:00 p.m. to 2:00 p.m.

***** The link will be sent to you before each class. For more information, please call Joy at 604-897-1563.

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: 2nd & 4th Thursdays of the month
Starting January, 2023
Time: 10 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, we ask you to bring a support person with you. For more information, please call Joy at 604-897-1563.



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 see the camera on your smart phone to scan the QR code to find our webpage link to sign up. All you need to enter is your name and email address.

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

Mill Lake Walking Group

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

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

FVBIA cannot guarantee 1:1 staff at activities. If you require 1:1 care, you must bring a support person with you. For more info, call Joy at 604-897-1563.



'Neurons in the Ice at Mill Lake" - Photo by Joy Scobie

Abbotsford Coffee & Chat

Join us in the FVBIA's new, spacious boardroom for coffee and a chat. This is a great opportunity to meet others who have experienced a brain injury.

Group members must be eligible for FVBIA services, so please contact Joy at 604-897-1563 to find out more about criteria.

Jan 17 and Feb 14

Time: 10:00 AM to 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. For more information, please 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.

Teachings from Local First Nations Elder

FVBIA is pleased to welcome Elder Amelia who will be joining the groups out in Chilliwack once a month starting January 12, 2023 to provided teachings, stories and art.

Contact Esther Tremblay at 604-792-6266 for more information.

FVBIA West Coast Christmas Show Tree Entry 2nd Place

FVBIA staff created this beautiful tree for the West Coast Christmas Show which is attended by thousands of people in November. This is one of the many activities that we do as part of our ABI Awareness and Prevention programs (funded in part by the Brain Injury Alliance and the province of BC through a Charitable Gaming Grant).

“Members of the media and local business community attended as judges and they chose the Circle F Horse Rescue Society for 1st place with their ‘upside down tree’. The 2nd Place prize was awarded to the Fraser Valley Brain Injury Association.”- West Coast Christmas Show



The Fraser Valley Brain Injury Association’s Mythical Unicorn says “There are many myths about brain injury.” The focus of Fraser Valley Brain Injury Association’s programs is to support people with finding or rebuilding skills and interests after their brain injuries. Acquired brain injury occurs after birth, and can result in permanent changes to the brain.

Our goal is to reduce the stigma around brain injury, raise awareness, and prevent future brain injuries. Unlike the mythical unicorns on our tree, we want to dispel some of the myths around brain injury.

Myth : People with brain injuries can’t work.

Fact : With the right supports and accommodations, many people with brain injuries can work.

The more that people understand about this invisible disability that affects thousands of Canadians each year, the more likely people will seek the help they need early in their recovery. Early support is the key to opening up endless possibilities for a bright future.

This tree is covered with mythical, magical creatures to remind us to learn more about brain injuries and dispel the myths and stigma around them.

FVBIA Annual Christmas Dinner & Silent Auction



Thank you to all the people that helped make our Annual Christmas Dinner and Silent Auction a big success.

Thank you to all the staff that helped set up and take down, Table Donors, Christ Gledhill and Robin Newbery and all the people that donated silent auction items.

We could not have made this possible without all of your help. Happy New Year!



FVBIA Members' Corner

FVBIA members are into all kinds of neat things and have so many different talents. Our Members' Corner features just a few of these skills and interests.

Nectar News

Pollinators/Honeybees

As we are in the throes of winter/late fall, our honeybee friends are still busy keeping their colonies alive for the eventual arrival of spring! As the outdoor temperatures drop, the internal temperatures in the hives maintain at a cozy 32-37C (90-100F). The bees cluster in a ball with their queen in the middle. They vibrate their bodies to keep each other warm and cozy, rotating around who gets to be inside and who is on the outside of the cluster.

They move throughout the hive body to get to the stored food to eat. While bears are known to hibernate and sleep the winter and cold weather away, bees do not. The queen still lays eggs and, albeit a smaller number than in spring and summer.



Usual activities that are happening in the hive at this time of year are cleaning, feeding the queen, keeping warm, rearing any brood(babies) that have been laid and removing any of the dead bees. The guards of the colonies still take note of what is going on during days when it's warmer and any intruders may be present.

As a beekeeper, I've made it easier for my colonies to make it through the winter, to give them a fighting chance. Each hive box is wrapped in a waterproof (but not completely sealed) wrap, topped with a nice bit of sugar patty in case they run out of food, and they have what's called a quilt box on top.

A quilt box consists of a 4" shell box with a mesh bottom filled with pine shavings (like in a hamster cage). This absorbs any moisture from the colony and allows any moisture rising from the warmth within to not be chilled or frozen and "rain" back down onto the bees thereby killing them.

The sugar patty also has essential oils included as well as apple cider vinegar for the bees' gut systems. Bees don't eliminate in their hive houses and will wait until temperatures reach 7-8C to get out to eliminate, called a cleansing flight, so having a strong gut for my bees is essential. Water is not a needed part of the bee's system unless they are cooling their colonies, which they aren't doing at this time of year.

How can you help pollinators?

As the spring approaches, Mason Bee houses and cocoons will be available.

You can become an entry level beekeeper by starting with those! Some nurseries have them available for ordering and pre-purchase just after New Year. They are great for pollination and are great for learning with kids, rarely sting and are solitary creatures.

They don't require much from you as an entry level beekeeper at all! They are fun to watch and can be kept on a balcony or anywhere you may have space. If you have any questions, please check out our website or facebook group below for more information.

<https://nectarnews.ca/>

<https://www.facebook.com/groups/2926923190876198/about>



American Bittern seen out at Willband Creek Park

Carol Jackson

CAPA District Area Rep Lower Mainland (shared)

President Surrey Photography Club

VP BC Cocker Club

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](#)

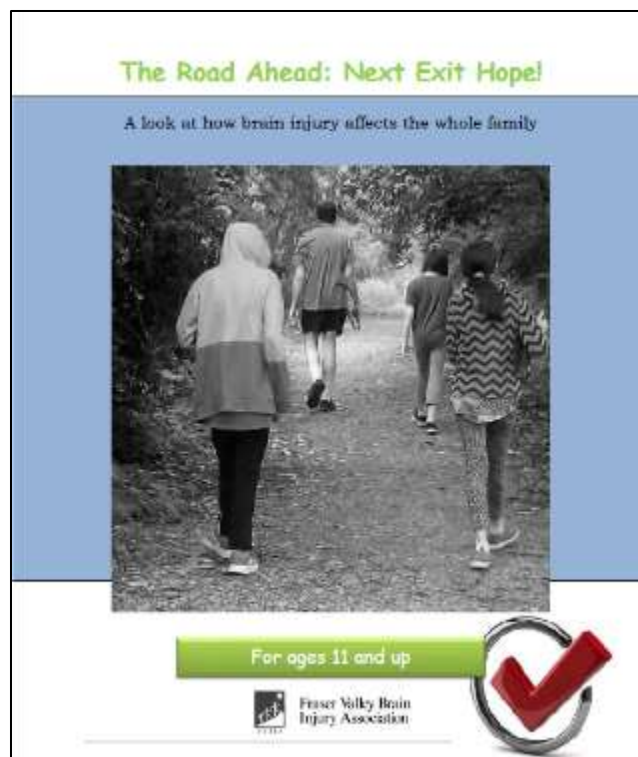
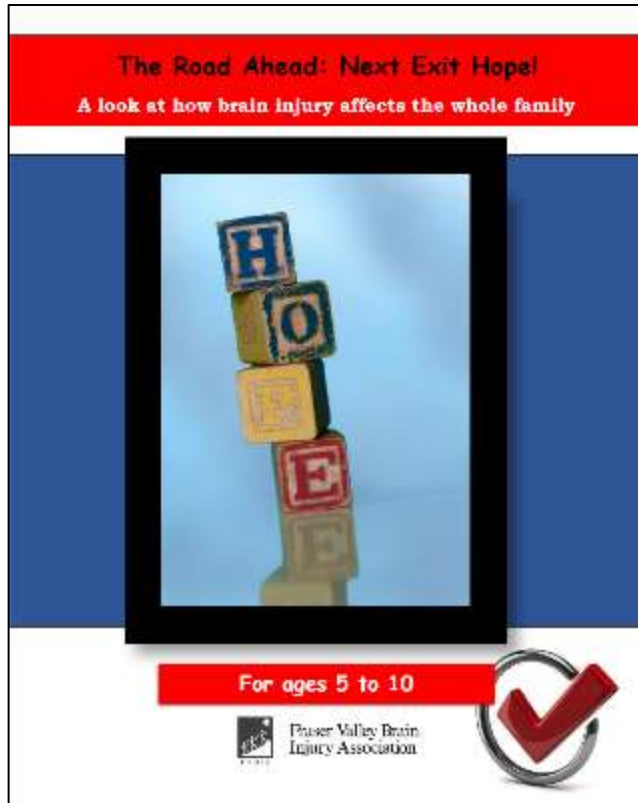
Original Funding for development, production and distribution provided by:

Ronald McDonald House Charities

Soroptimist International of Abbotsford

and

Fraser Health Authority's Acquired Brain Injury Program.



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://efaidnbnmnibpcajpcglclefindmkaj/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.

Food Access

Foodbanks

If you are in need of extra support for food, please contact your local foodbank.

You can find the foodbank in your community by going to FoodbanksBC.

<https://www.foodbanksbc.com/find-a-food-bank/>



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.

Simpson Family Award Nominations

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

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

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

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



ICBC & PERSONAL INJURY CLAIMS

CBM

CAMPBELL BURTON & MCMULLAN LLP



Rick McMullan Thomas Murphy Ashley Harrison Murray Ross Paul Seale

- 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

Langley Office 200-4769 222nd Street Langley, BC V2Z 3C1 T: 604 533 3821	Maple Ridge Office 22717-119 Avenue Maple Ridge, BC V2X 8S5 T: 604 467 9937	Abbotsford Office #260-2655 Clearbrook Road Abbotsford, BC V2T 2Y6 T: 604 852 6685
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www.cbmlawyers.com

**"WORKING WITH OUR CLIENTS FOR TODAY
AND THE FUTURE SINCE 1977"**

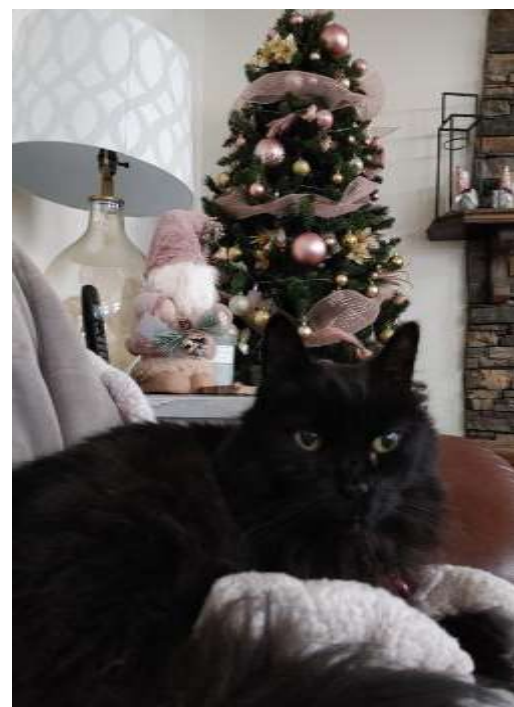
201 2890 Garden St. Abbotsford, BC, V2T 4W7

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

Pets Corner!

Faelan (Freddy's Wolf Hybrid) at her best with Santa, and Luna (Carol's kitty) not at her best with the Christmas tree! Santa knows if you are being naughty or nice! Kim P's cute little passenger on her Mill Lake Walks and Carol's kitty Minnie are both pretty in pink.



Personal Support Network Facilitation Training Course

Ending isolation through personal support networks.

PLAN Institute

Upcoming Course Dates [January 9-February 19](#)

<https://planinstitute.ca/learning-centre/personal-support-network-facilitation/>

Cost

1 seat: \$300 CAD per seat

5 seats \$1200 CAD (buy 4 get 1 free)

**If you are unable to afford the cost of this course, please see our workshop inclusion fund below.*

About the Course

Finding friendship and making personal connections in one's community can present challenges for us all under the most robust of conditions; for those who are isolated due to disability, illness or old age, developing a personal support network can seem insurmountable. At the heart of Plan Institute is the belief that in creating a caring community with the knowledgeable assistance of a Network Facilitator, a person in isolation can have an active social network playing an important role in bringing resilience, purpose and joy to an otherwise solitary life.

Building on over 25 years of experience in facilitating hundreds of personal support networks for people living in isolation, this online course uses PLAN's proven approach to provide participants with the knowledge and skills necessary to become a Personal Support Network Facilitator. As a Network Facilitator, you will have the tools to re-chart a life of isolation towards a life at the centre of an active and caring personal support network. This course was designed by Vickie Cammack, Plan Institute and PLAN co-founder, and the Plan Institute team.

This course consists of four easy to follow modules that are designed to be both practical and inspirational:

- Understanding Personal Support Network facilitation
- Exploration in developing a Personal Support Network
- Formation and maintenance of a network
- Addressing challenges and building confidence

The 25 – 30 hours of course instruction includes:

- Comprehensive, accessible, self-paced, online training. This means that there are no set times in which you must log in to the course, but can complete it at your own pace, within the 6-week window.
- Overview of the principles and theory of Personal Support Network facilitation
- How to develop a network including the three development phases
- How to maintain a network
- Certificate of Completion for those who successfully complete the course requirements

Who should take this course

- This course is designed primarily for individuals working with or living with people who are socially isolated including seniors, people with disabilities and/or chronic health challenges, and youth.
- However, the course is open to anyone, including family members and caregivers who have a loved-one with a disability.

FAQs

Is there mandatory check in points and course deadlines for this course?

No, there are no mandatory check in points or deadlines associated with this course besides the start and end date. The learner has 6-weeks to complete this course. It is up to the learner to decide when they will sign on and complete the assignments.

Can I take this course even though I am outside of Canada?

Yes! We have had people attend the course from the USA, Australia, South America and many more countries around the world. Since there are no mandatory check ins/deadlines the course can be taken in any time zone.

What happens if something comes up and I can't finish the course?

Depending on the reason, we can offer the learner an extension or transfer to the next course. This is based on each unique situation and requires conversation with the facilitator and course administrator.

Workshop Inclusion Fund

Plan Institute endeavours to ensure full and equitable access to all of our programs, supports and services with as few barriers as possible. While our Personal Support Network Facilitation course is already significantly subsidized, we realize that the cost may still present a barrier for some. Our inclusion fund was set up to address this need.

If you are unable to cover the cost of this course, you may apply to receive partial funding. Please note that this fund is intended for low-income individuals who would otherwise not be able to attend. While we do not require proof of income we ask for honesty when assessing your situation.

Eligibility: Individuals with a disability or individuals who support a person with a disability are eligible to apply. If you are requesting a reduced fee on behalf of an organization, please contact learning@planinstitute.ca separately.

Bursary Available: We typically offer a partial bursary for this course. If you are approved, the maximum cost of the course will be reduced to \$150. Full bursaries will be considered based on individual circumstances and available funds.

[Apply for the bursary here.](#)

If you have any questions or concerns, please contact us at learning@planinstitute.ca or call 604-439-9566 ext. 121.

Instructors

Rebecca Pauls

Rebecca is the Director of PLAN. She is an enthusiastic and creative facilitator with a broad range of experiences in community development and supporting people with disabilities. She has worked in various parts of Canada and internationally in places like Ethiopia, Zimbabwe and Guatemala.



Rebecca is passionate about seeing the unique gifts that each of us have and is convinced that our communities will be stronger, safer and more vibrant when each of us is contributing and sharing our gifts. She has a deep appreciation for the roles that family and friends play in our lives and is committed to connecting people with other people and places around them.



Shelley Nessman

Shelley's passion is supporting people to discover, nurture and share their gifts, skills, and abilities. Her experience as a facilitator and planner has helped her to understand that when a person and their network combine their dreams with a plan for action – anything is possible! Two significant experiences changed everything about the way Shelley views “the work”.

First was an opportunity early in her career to be trained by Jack Pearpoint and Marsha Forrest as a PATH facilitator (followed by life altering training from Dave and Fay Wetherow). Second has been the privilege of sharing her home with people who experience disability. Life sharing has been a deep personal learning experience that shows up in everything she does. In the past 3 years, Shelley created her own consulting business “In the Company of Others” and has been privileged to work in BC, Ontario, Australia and the US.

For more information, please email learning@planinstitute.ca or call 604-439-9566.

Tickling Our Funny Bones!

My New Year's resolution was to read more, so I turned on the subtitles on my TV.

I'm going to stay up late this New Year's Eve—not to ring in the New Year, but to make sure this one leaves.

My New Year's resolution is to procrastinate. I'll start tomorrow.

"Youth is when you're allowed to stay up late on New Year's Eve. Middle age is when you're forced to." Bill Vaughan"

My New Year's resolution was to stay out of shape. Maybe I won't stick to this one either.

I was going to give up all of my bad habits for the new year, but then I remembered that no one likes a quitter.

Not to brag, but I already have a date for New Year's Eve—it's December 31.

At the beginning of the year, I made a resolution to lose 15 pounds. Only 20 more to go!

https://www.countryliving.com/life/entertainment/a35086123/best-new-year-jokes/?utm_source=google&utm_medium=cpc&utm_campaign=arb_ga_civ_md_pmx_ca_urlx_18706507122&qclid=EAlaIQobChMI157rypD1-wIVSBetBh2sAwMNEAAYASAAEgLPg_D_BwE



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>



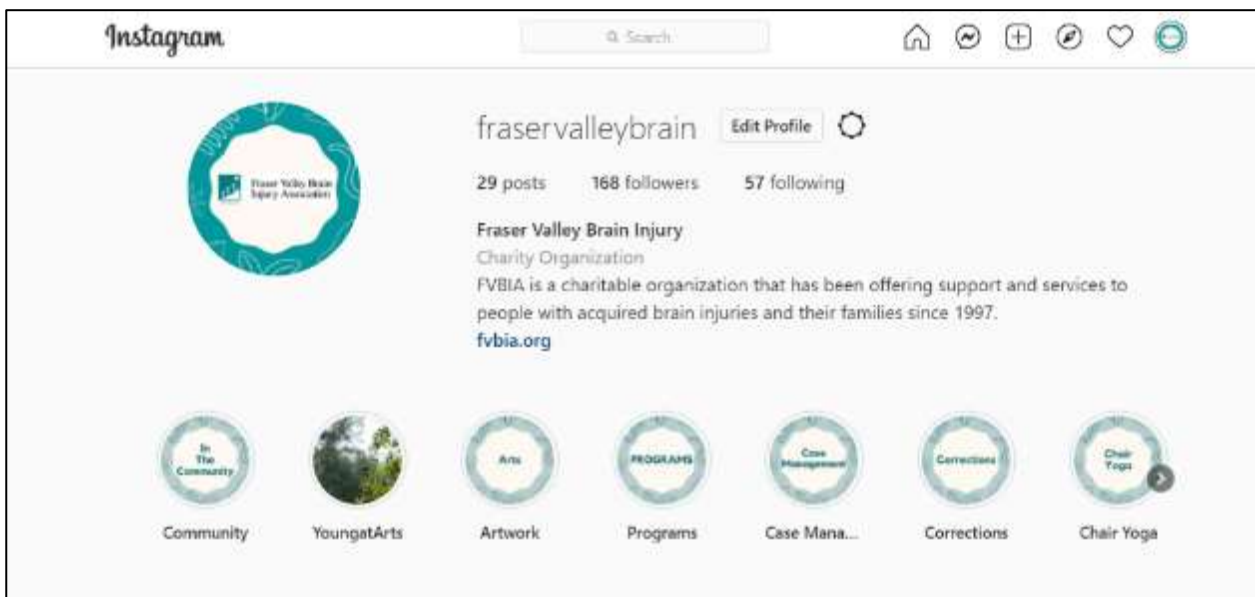
Instagram

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](https://www.instagram.com/fraservalleybrain/) 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.

Become a Member of FVBIA

Sign up to become a supporting member of Fraser Valley Brain Injury Association. (See the last page of this newsletter)

Brain Injury Awareness Pins for Sale!

Fraser Valley Brain Injury Association's board of directors has created a brain injury awareness pin.

There is no official colour of brain injury in Canada so this striking brain injury awareness lapel pin is a combination of the well-recognized colours in the US.

Blue is the colour of acquired brain injury and green is the colour of traumatic brain injury in the US, so the two have been combined in this small metal pin with a secure backing.

The pin comes secured to a card with a description of brain injury, the significance of the infinity symbol, and FVBIA's contact information.

These pins are available for sale for \$5.00 each with all proceeds go towards programs and services provided by Fraser Valley Brain Injury Association.

If other associations are interested in purchasing pins to sell with their own contact information on their cards, please contact us at info@fvbia.org or 604-557-1913.

Thank you to the FVBIA Board of Directors and the Pin Committee, led by Reverend. Dave Price, for the development of the pin.

Thank you to Mountain Image for their generous support of this awareness campaign.



<http://www.mountainimage.ca>



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.

Drop-In Centres and Support Groups

Some FVBIA programs and Drop-in programs are slowly opening to in person meetings, keeping safety as our primary concern.

Contact programs directly for details and safety protocols.

Abbotsford/Mission:

Drop-In:

Wed 4:00 – 7:00 p.m. & Fri 1:00 – 3:00 p.m.
103 – 2776 Bourquin Cres. W. Abbotsford
Contact Communitas 604-850-6608

Art and Photo Clubs: Langley, Abbotsford, Chilliwack
Contact Esther Tremblay 604-799-2044

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

Chilliwack in the Now Support Group:

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

Hope

Community Leisure Program

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

Drop In/Leisure Programs and Support Groups funded in part by Fraser Health Acquired Brain Injury Services, Brain Injury Alliance and ICBC.

Membership and Donations

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

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

<https://www.fvbja.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!

FVBIA Membership Form

Please sign up now! Your membership is vital to our success.

First Name:		Last Name:	
Address:			
City:		Province:	
Phone number:		Email:	

1. Please join FVBIA

I will sign up for my FVBIA Annual Membership

\$10 Individual
 \$50 Organization
 \$0 Courtesy

(Courtesy membership is available for low income individuals with an acquired brain injury)

2. Please make a donation

I will also support Fraser Valley Brain Injury Association's Programs and Services by donating

\$25
 \$50
 \$75
 \$ _____

3. Please become a sustaining member!

I would like to show my ongoing commitment to the work of FVBIA by becoming a sustaining member and making a monthly pre-authorized donation in the amount of:

\$10
 \$15
 \$25
 \$ _____

Payment Method (Credit Card) Visa MasterCard

I authorize deductions for this amount on the 15th or last day of each month.

Card #:		Card Expiry (MM/YY):	
Authorization (Signature):		SIGNATURE DATE: (MM/DD/YY)	

4. Please return the form to:

Fraser Valley Brain Injury Association 201-2890 Garden Street, Abbotsford, BC, V2T 4W7, Fax: 604-850-2527 or info@fvbia.org

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

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

Payment

Payment Method (Credit Card):

Visa MasterCard

\$ _____

TOTAL

(Add membership and donation amount)

Credit Card Number _____ / _____

Expiry Date _____

Signature _____

Date _____