

# Fraser Valley Brain Injury Association

# News

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**March/April 2023**

Photo by Carol Paetkau

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

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Caring. Compassionate. Community-Focussed.

## 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](mailto: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.

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## FVBIA Staff Emails

Freddy O'Brien: [info@fvbia.org](mailto:info@fvbia.org)

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Taryn Reid: [treid@infinityhealth.ca](mailto:treid@infinityhealth.ca)

Jasneet Singh: [Jasneet.singh@fvbia.org](mailto:Jasneet.singh@fvbia.org)

## Upcoming Events

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

April, May – ArtWorks in Abbotsford

June is Brain Injury Awareness Month – Picnic

## 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.**

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## Little Reminders

by Alex Zarycka

Hello all, Alex here, and a late happy new year! It's 2023! Wow! I hope you all enjoyed the holidays. I am here to talk about the little things in life that remind us of our loved ones who have gone. It's a more sensitive topic, but it is something that has been on my mind recently. I hope you, dear readers, will enjoy it.

Most of us, and maybe all of us, have lost someone in our lives at some point. It could be a very close family member, a more distant relative, a friend, or even a pet that you loved dearly. For me, there have been several losses. I noticed over the years that there are certain little things that always bring those loved ones to memory. It can be different for each and every one of us. It can make us sad, or make us happy. Grief is different for all of us.

For me, one of the first family members to pass was my great - grandmother, my mom's grandmother. She lived in California. Aside from meeting her once when I was 2 (which I really don't remember) I would talk to her on the phone excitedly every once in a while, as a child. When I was 6 years old, my great - grandmama (that's what I called her) passed away. I was not really sad, having very little recollection of her. But I knew it was supposed to be sad. Every time I remember my phone calls with her, I recall the Easy Bake Oven she sent to me. My mother and I only used it once, or at least, that I remember, and we made a marble cake. It was fun! A good cake, too.





Then there was my dad's dad, whom I called "Jaja". It's Polish for the word "grandfather". My parents and I would visit him in the senior home where he stayed in Toronto. He appeared to be getting dementia. When we'd visit, it would take a while for my grandfather to remember who my dad was; my dad would have to share tons of childhood memories before my Jaja would realize who he was. Aside from that, visits were fun. I'd talk excitedly to my grandfather who would always have a Coffee Crisp chocolate bar for me. I had not seen my Jaja since I was 6, and he passed away when I was 9. I, once again, wasn't really sad, but my dad was. To this day, whenever I see a Coffee Crisp bar, I think of my grandfather.

The biggest losses for me were my parents when I was 10. There are many things that bring both or either of them to mind. For my mama, it's usually the fern plant. I saw one on my path during my walk today and thought of my mama. Sewing, baking, cooking and certain foods bring her to mind as well, especially apple pie (hers was the BEST) and tomato sauce. For my dad, whom I called Tata (Polish for dad; it's Slavic) it's Mickey Mouse, Pinocchio, leather jackets and leather backpacks and jeans, drawing, and movies like Spiderman (2002), and The Great Escape. But there are things that remind me of both of them, like the song "Michelle" by The Beatles. My dad loved the Beatles and my mom's name was Michelle. Her name was pronounced just like in the song as she was French, Québécois, to be exact.

These memories don't always have to be sad. In fact, they bring me smiles and warm my heart, just like how the fern plant brought me joy today. I hope that you, readers, find joy in the little reminders too, in your life.

All the best and Happy 2023!



### Marvin the Martian Sewing Project

By Judy Craig

I completed my very first sewing project. I have been learning to sew with the aid of Diane and Kortnaye Neufeld. Diane has a lot of patience which is important because not only was I a beginner but I couldn't even read a pattern. I am very proud of the outcome and I made it myself.

My husband is an avid book reader and often goes to the library for books. I made him a book bag with his favorite character Marvin the Martian.

I know he will love it. Thank you Kortnaye and Diane. Now I just have to buy him a couple of books.

## Celebrations Throughout the World

There are many different holidays throughout the world that celebrate different people, religions and cultures. <https://childhood101.com/celebrations-around-the-world-calendar-2023/>.

For example, March has St. Patrick's Day and marks the beginning of Ramadan. April includes Easter and Çocuk Bayramı.

### What Is Ramadan?

“[Ramadan](#) commemorates the month during which Muslims believe the prophet Muhammed was given the first revelations of the Quran, the holy book of Islam, from the angel Gabriel. It's an extremely important month in the Muslim year. During this time, Muslims fast during daylight hours (no food or drink—even water—permitted from dawn to sunset) and strive to avoid any impure thoughts or immoral behavior.

Participating in this observance is one of the five pillars of Islam, meaning that it is required for all healthy adult Muslims.

Ramadan ends in a festival called Eid-al-Fitr, or the Festival of Breaking the Fast. Muslims celebrate and give thanks for the strength Allah imparted in them during fasting. Children receive presents and new clothes, and young girls may decorate their hands with henna.”

### What is Çocuk Bayramı?

“National Sovereignty and Children's Day (Ulusal Egemenlik ve [Çocuk Bayramı](#)) is a national holiday in Turkey, always celebrated on April 23rd. Known as "23 Nisan", the day commemorates the first opening of the Grand National Assembly of Turkey at Ankara in 1920.

On April 23rd 1920, during the War of Independence, the Grand National Assembly, the nation's unicameral parliament, met in Ankara to begin to lay the foundations of the new Turkish republic after the end of the Ottoman Empire. To mark the event, April 23rd was proclaimed a national holiday in 1921, making this the first public holiday in the new republic.

Since 1927 it has also become Children's Day, when the founder of the Turkish Republic, Mustafa Kemal Atatürk, dedicated April 23rd to the children of Turkey to recognise that children are the future of the nation. With this, Turkey became the first country in the world to celebrate an official Children's Day, as a gift to the children in Turkey and around the world.

In 1979, UNICEF recognised this important national day as an international event. In the years since 1979, Turkey has hosted thousands of children from 150 different countries on Children's Day.”



## What is Easter?

“There’s a lot to love about Easter, from the springtime setting with newly bloomed flowers to the fun [Easter traditions](#), like [dyeing Easter eggs](#) and putting together cute [Easter baskets](#). It’s a holiday loved by many: Eight in ten Americans celebrated the holiday in 2021, and while only 3 percent of those responding to a Harris Poll chose Easter as their favorite holiday (unsurprisingly, most picked [Christmas](#)), it consistently ranks in the top five most popular holidays in the United States. But what is Easter all about?

Some celebrants might say it’s about [Easter candy](#)—giving it, getting it, and gobbling it down before dinner. (The little ones would agree.) But for many people, Easter is more in line with the religious [observances of Lent](#) and [Good Friday](#). Before you look into [what day Easter is](#) or send those [Easter wishes](#) to loved ones, read up on the origins of the holiday as we know it.

### What is the original meaning of Easter?

Easter is a religious Christian holiday observed around the world that celebrates the resurrection of Jesus Christ, the spiritual leader of Christianity—and to Christians, the son of God. But with some aspects of the holiday rooted in pagan and Jewish traditions, the origin of Easter dates back to centuries before Christ was even born. These days, many people celebrate Easter, regardless of their religion.” <https://www.rd.com/article/what-is-easter/>

## Cartoon by Cass



# 101 HOLIDAYS & CELEBRATIONS

*to celebrate in 2023*

## JANUARY

- 1 New Year's Day
- 14 International Kite Festival (India)
- 17 Kid Inventor's Day
- 22 Chinese New Year\*
- 26 Australia Day (Australia)
- 28 International Lego Day
- 31 Up-Helly Aa (Scotland)\*

## FEBRUARY

- 1 Black History Month begins (USA)
- 2 Candlemas (Christian)
- 14 Valentine's Day
- 17 Random Acts of Kindness Day
- 17 Carnival (Rio de Janeiro)\*
- 27 International Polar Bear Day

## MARCH

- 1 St David's Day (Wales)
- 3 World Wildlife Day
- 7 Holi begins (Hindu)\*
- 8 International Women's Day
- 14 Pi Day
- 17 St Patrick's Day
- 20 World Storytelling Day
- 21 Shrove Tuesday (Christian)\*
- 21 World Poetry Day
- 23 Ramadan begins (Islamic)\*

## APRIL

- 1 April Fool's Day
- 2 International Children's Book Day
- 7 Good Friday (Christian)\*
- 9 Easter Sunday (Christian)\*
- 13 Songkran begins (Thailand)
- 22 Earth Day
- 23 St George's Day (Europe)
- 23 Çocuk Bayramı (Turkey)
- 25 Anzac Day (Australia & New Zealand)
- 27 World Autism Awareness Day

## MAY

- 1 May Day
- 1 Vappu (Finland)
- 4 Star Wars Day
- 5 Cinco de Mayo (Mexico)
- 5 Kodomo No Hi (Japan)
- 15 International Day of Families
- 20 World Bee Day
- 29 Cheese-Rolling Festival (UK)\*

## JUNE

- 3 World Bicycle Day
- 5 World Environment Day
- 8 World Oceans Day
- 18 International Picnic Day
- 19 Juneteenth (USA)
- 20 World Refugee Day
- 21 World Music Day
- 22 World Rainforest Day
- 28 Eid al-Adha begins (Islamic)\*
- 29 International Mud Day

## JULY

- 1 Canada Day (Canada)
- 1 International Joke Day
- 2 NAIDOC Week (Australia)\*
- 4 Independence Day (USA)
- 7 Calgary Stampede begins (Canada)\*
- 10 Naadam Festival begins (Mongolia)\*
- 14 Matariki (New Zealand)\*
- 14 Bastille Day (France)
- 30 International Day of Friendship

## AUGUST

- 1 World Wide Web Day
- 13 Left-Handers Day
- 15 World Photography Day
- 15 World Senior Citizens Day
- 23 World Elephant Day

## SEPTEMBER

- 5 International Day of Charity
- 8 International Literacy Day
- 15 Rosh Hashanah begins (Jewish)\*
- 21 International Day of Peace
- 24 Yom Kippur (Jewish)\*
- 29 Michaelmas (Christian)
- 29 World Maritime Day

## OCTOBER

- 4 World Space Week begins
- 4 World Animal Day
- 5 World Teacher's Day
- 7 Albuquerque International Balloon Fiesta (USA)\*
- 10 World Mental Health Day
- 16 Dictionary Day (USA)
- 24 United Nations Day
- 31 Halloween

## NOVEMBER

- 2 Dia de Muertos (Mexico)\*
- 5 Guy Fawkes Night (UK)
- 11 Remembrance Day
- 11 World Origami Day
- 12 Diwali (Hindu)\*
- 13 World Kindness Day
- 15 Shichi-Go-San (Japan)
- 20 Universal Children's Day
- 23 Thanksgiving (USA)\*
- 28 Loy Krathong Lantern Festival (Thailand)\*
- 30 St Andrew's Day (Scotland)

## DECEMBER

- 6 St Nicholas' Day (Europe)
- 7 Día de las Velitas (Colombia)
- 8 Hanukkah (Jewish)\*
- 13 St Lucia Day (Europe)
- 16 Las Posadas (Mexico)
- 25 Christmas
- 26 Kwanzaa (USA)
- 31 New Year's Eve (Scotland)

# Celebrations Around the World

## PRINTABLE CALENDAR 2023

print now @ [childhood101.com](http://childhood101.com)

<https://childhood101.com/celebrations-around-the-world-calendar-2023/>

## National Strategy for Brain Injury: Help move Bill C-277 Forward

In June 2022, Member of Parliament Alistair MacGregor introduced Private Members' Bill C-277, calling for the establishment of a national strategy for brain injury. A national strategy for brain injury would mean more unification and greater commitments to building supports for people with brain injury and their caregivers, friends, and families. Here is a link to the first reading: <https://www.parl.ca/DocumentViewer/en/44-1/bill/C-277/first-reading>

Brain Injury Canada has partnered with the CGB Centre for Traumatic Life Losses; the BC Brain Injury Association; and the Cowichan Brain Injury Society to develop a petition and letter writing campaign to support Bill C-277.

There are two steps to this process:

- 1) [Sign the e-Petition to the Government of Canada](#) - online form that is easy to fill out
- 2) [Send an Email to Your Government Representatives](#) - also an online form where all people need to do is fill in their name and email and the letter is sent to government officials on their behalf.

Advertising Opportunities are available in FVBIA's newsletter, 2023 Information and Resource Package and through special events.

Contact [info@fvbia.org](mailto:info@fvbia.org) for details.

### Chuck Jung Associates – Psychological and Counselling Services

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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](http://www.chuckjung.com)

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



## Emergency Preparedness Program

By **Natasha Elliott Herrick**

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/>

Thank you to the [Brain Injury Alliance](#), [United Way BC](#) and Healthy Aging CORE for new funding to expand FVBIA's work in this area.

The Emergency Preparedness Manual that is currently available online <https://www.fvbia.org/abi-and-emergency-preparedness/> on the FVBIA website has been reviewed to see how it can be made more accessible for clients, especially those who may need a more mobile easily accessible version.



Recommendations include having the manual as a banner on the homepage of the FVBIA website with an option to click to add to favorites on whatever device people are using. This allows a person to save it on as many devices they choose.

Sample items to create a “grab and go” emergency bag have been purchased will be purchased for any FVBIA client that may need one. These items include a super light weight back pack in a “bright” colour for easy visibility in the need to leave quickly as well as a hand crank flash light/phone charger and radio all in one that is light weight and waterproof and also has two other options on top of the hand crank to charge including solar power.

Additional items for the “grab and go” bags will be supplied as well as supplementary bags specific for the users need. For example, kits for women with feminine hygiene products and kits for pet owners with pet food and extra water. Along with these Emergency To Go Kits, FVBIA staff will be assisting with creating a folder for clients to keep important documents and medication information to keep with them using the Health Aging Abbotsford's Life Boxes (see next page).

In spring 2023, education sessions for clients on seasonal-specific emergency preparedness will be planned with an instructor who has lived experience and a background in workplace safety. For more information, contact Natasha at [Natasha.Herrick@fvbia.org](mailto:Natasha.Herrick@fvbia.org) .



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





## Life Boxes from Healthy Aging Abbotsford

Thanks to FVBIA member Fran McGuckin for introducing us to Abbotsford Association for Healthy Aging. Not only do they have some amazing programs and activities FVBIA members are welcome to join, but they created Life Boxes to help people manage important documents such as health records, insurance etc.

These boxes are portable so you can take them with you if you have to leave your home in an emergency, with file slots for important information.

FVBIA will be using The Life Boxes as part of the Emergency Preparedness program. If you are interested in getting one or finding out more, contact [info@fvbia.org](mailto:info@fvbia.org) .



<https://abbotsfordhealthyaging.ca/our-programs/lifebox/>

## FVBIA's Pay It Forward: Health and Wellness Programs

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

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

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

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

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

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### Health & Wellness Group

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

**Thursday afternoons from 2:00-3:00pm.**

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

For more information or suggestions for topics, contact your case manager or Taryn Reid at [treid@fvbia.org](mailto:treid@fvbia.org)

**Funding for the Pay it Forward program is provided by Charitable Gaming, ICBC, Soroptimist International of Abbotsford Mission and through the Brain Injury Alliance with financial support from the government of British Columbia.**

## Coffee and Chat Groups are Back!

### Abbotsford Coffee & Chat

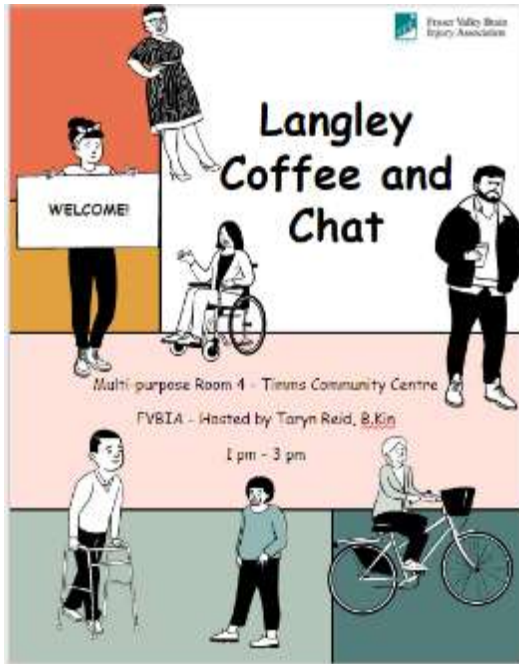
Join us in FVBIA's spacious new boardroom for coffee and a chat. This is a great opportunity to meet with others who have experienced a brain injury. Coffee will be provided.

Day: Tuesday  
March 21 and April 18, 2023

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

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

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



### Langley Coffee and Chat

Join us at Timms Community Centre (20399 Douglas Crescent) for the return of 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](mailto:treid@fvbia.org) for details.

The group will be held the first Wednesday of each Monday from 1 pm to 3 pm starting in March.

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

## Photography Group

The Fraser Valley Brain Injury Association is pleased to offer a five-week photography program with Ted Karlsalr from [Omnilargess Photography Academy](#) beginning March 8, 2023 for up to five participants.

This is an ideal program for people with acquired brain injuries who have an interest in photography. We can lend you a camera for the program duration if you don't have access to one.

This program includes six hours of classroom (in three sessions) and a two-hour field trip.

The classroom sessions cover the technical part of photography (such as shutter speed, aperture, and ISO) plus the artistic composition rules for creating outstanding images.

The field trip provides opportunities for participants to use the techniques, and the instructor walks them through different skills.

If you are interested in learning more about the program, please contact Mary at: 604-897-1452 or by email [memmckee@telus.net](mailto:memmckee@telus.net)

Funding provided by the Brain Injury Alliance, Soroptimist International of Abbotsford/Mission and ICBC.





## 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: Tuesdays

TIME: 1 to 2 p.m.

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

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### Words of Guidance and Wisdom

#### By Robert Henderson, FVBIA's Adapted Chair Yoga Guidance

To the Beautiful LOVE YOUR BRAIN Community! I love my yoga classes that I am a part of. I attend practices lead by my Yogini friends.

I enjoy my practices as they help me to stay well & active. We all tend to attend practices so that we may improve upon our health. We breathe, we move our bodies & most importantly we have times of REST. It is in the "doing nothing" (it may seem like that!) that we gain the most value from our practice. If all of us could still our monkey minds, ALL of us would be so much more able to live our lives in peace & with intention.

Focus on our precious breath & be STILL Yoga is for our benefit. It is also with awareness that we are knowing what is going on in the world, with our fellow sentient beings. Today, we learn of the terrible tragedy in Turkey & Syria. EARTHQUAKES. In the middle of wars & disruption. What can we do, as Yogis, people who care deeply about our fellow beings. I'm sure there will be opportunities for giving.

However, in a very real & practical way, we can focus... & in moments of stillness. PEACE BREATH. Close your eyes, tune into your breath, and send PEACE to All beings & especially to the Earthquake disaster areas. INHALE. drawing peace into your heart. EXHALE. to spread this peace to every being involved with the Earthquake situation. You might enjoy sitting still & breathing this way for a time. Do it several times a day.

When we send our Love & our focus to folks way worse off than ourselves, we can truly appreciate that "We are really pretty fortunate". GRATITUDE for our situation will bring us peace & help us appreciate our good fortune.

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: 2<sup>nd</sup> & 4<sup>th</sup> Thursdays of the month  
March 9<sup>th</sup> & 23<sup>rd</sup> and April 13<sup>th</sup> & 27<sup>th</sup> 2023  
Time: 10 a.m. until noon  
Place: FVBIA Boardroom  
201 – 2890 Garden Street, Abbotsford, BC

For more information, 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.**



community therapists



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[www.communitytherapists.com](http://www.communitytherapists.com)  
[careers@communitytherapists.com](mailto:careers@communitytherapists.com) • Career Contact: 604.566.8452  
Building skills. Empowering people.  
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## Mill Lake Walking Group

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

You never know what you might see, like the little bunny hiding in “plain sight” by the Mill Lake dock or the new kind of “wildlife” below.

**(Photos by Joy Scobie)**

Mondays Wednesdays Fridays

2 Meeting Places:

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

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

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

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



## 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.

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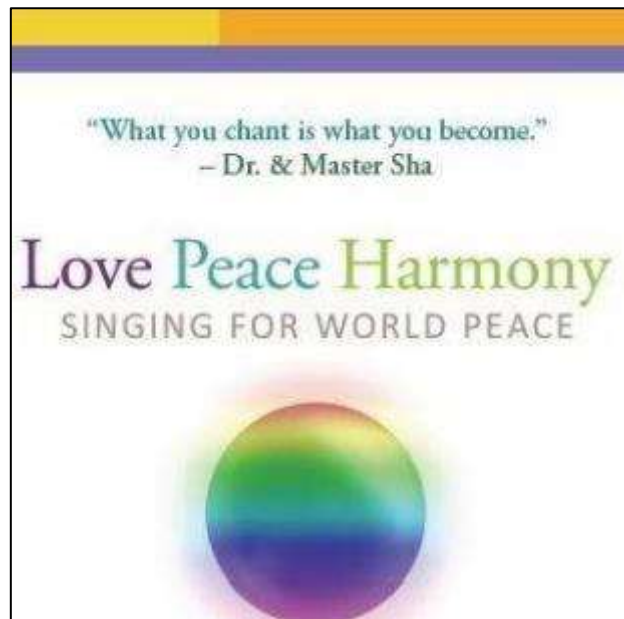
## Uplift your Life and Experience with the Power of Love Peace Harmony Song!

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](mailto:Lmaes84785@aol.com) or phone: 306-380-3377 to register and receive the zoom link.



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## Teachings from Local First Nations Elder

FVBIA is pleased to welcome Elder Amelia who has been 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.



## ArtWorks! Sessions with John LeFlock Coming to Abbotsford

The Fraser Valley Brain Injury Association is pleased to offer a 6-week ArtWorks! Course beginning April 25, 2023. This program is open to people with an acquired brain injury who are over age 19 that are clients of FVBIA. You must pre-register.

Location: 201-2890 Garden Street, Abbotsford, BC  
Dates: April 25, May 2,9,16,23,30  
Time: 1:00 p.m. – 3:00 p.m.  
Instructor: John LeFlock, Professional Artist

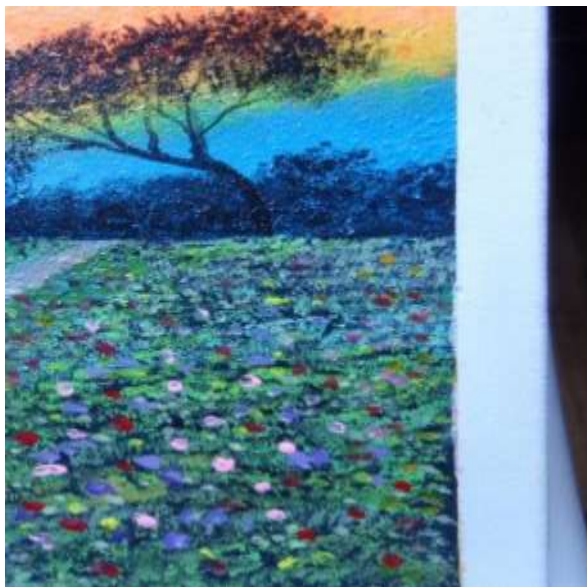
This is an opportunity to join in the fun world of painting and experience something new. It is also an opportunity for participants who have been to previous ArtWorks programs to refresh our artistic skills as well as to learn new techniques. Samples of sponge painting and pouring techniques are below.

If you have art materials, please bring these with you on April 25th. Otherwise, materials will be provided. Participants who would like to attend, but would rather work on drawing or Adult Coloring books are welcome to join the group, providing space is available. There is room for 10 participants.

For further information and/or to pre-register please contact Mary McKee at [memmckee@telus.net](mailto:memmckee@telus.net), or 604-897-1452.

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### Paintings by John LeFlock



## FVBIA Members' Corner

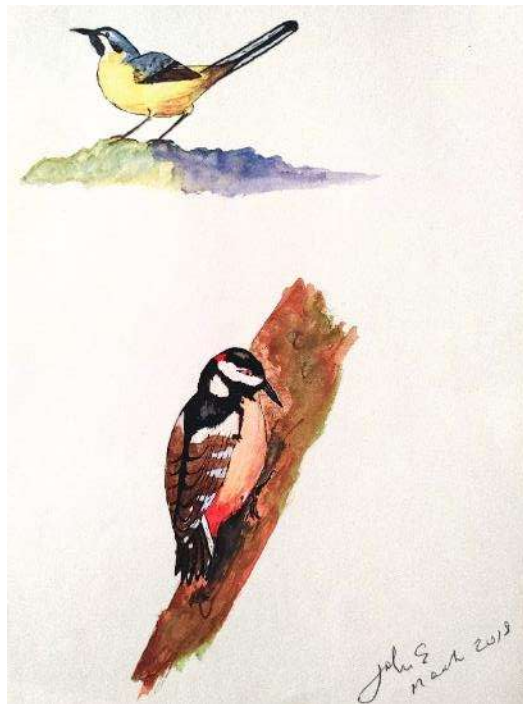
FVBIA members are into all kinds of neat things and have so many different talents.

Members' Corner features just a few of these skills and interests.

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### Watercolour Painting by John Simpson

The lovely bird painting below was done in watercolours by FVBIA founder, John Simpson. John and his brother are both talented artists. His brother ran art programs for people with acquired brain injuries in Ireland for many years.



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AND THE FUTURE SINCE 1977"**

Photos by Carol Jackson



Fort Langley, BC



Essence of Dance

Carol Jackson  
CAPA District Area Rep Lower Mainland (shared)  
President Surrey Photography Club  
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](#)

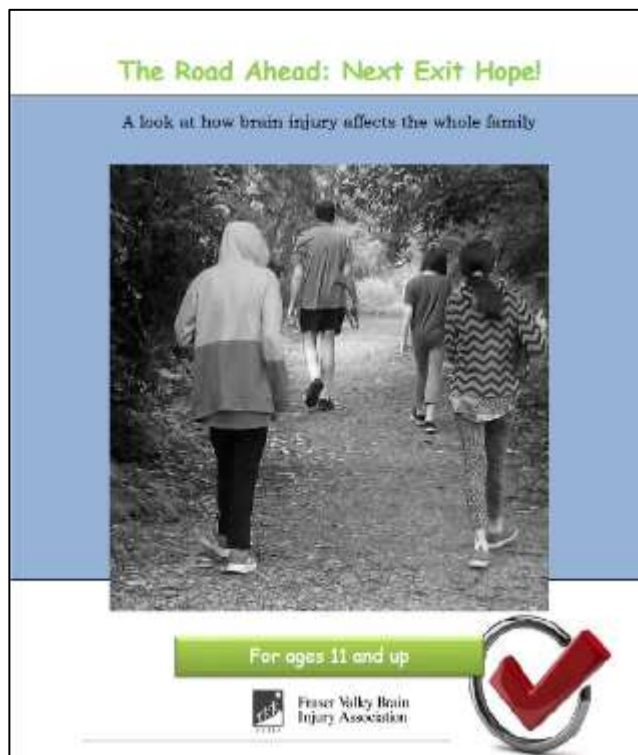
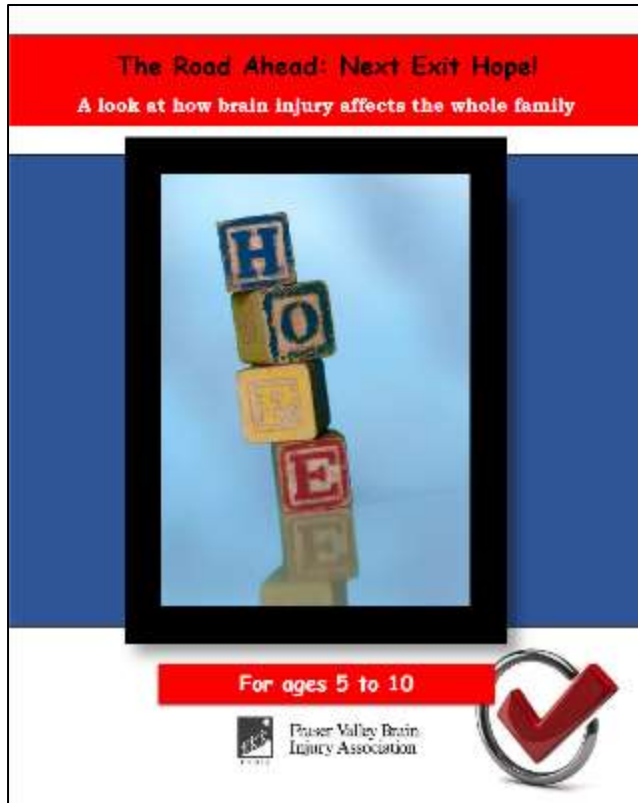
Original Funding for development, production and distribution provided by:

Ronald McDonald House Charities

Soroptimist International of Abbotsford

and

Fraser Health Authority's Acquired Brain Injury Program.





## 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/>



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## Sign up for the Fraser Valley Brain Injury Association Newsletter

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

You can use the camera on your smart phone to scan the QR code to find our webpage link to sign up.

Then all you need to do is enter your name and email address.

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



## Simpson Family Award

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

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

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



Contact Fraser Valley Brain Injury Association  
Phone: 604-557-1913 [info@fvbia.org](mailto:info@fvbia.org)

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## 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://efaidnbnmnnibpcajpcqlclefindmkaj/https://www.doctorsofbc.ca/sites/default/files/resourcesforcaregivers-tearsheet.pdf>

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

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

## Pets Corner!

Freddy's Faelan (left) loving the snow. That's because she doesn't have to shovel it!! "If it fits, I sits!" says Vic's (Freddy's daughter) cat. Muddy, aka Mr. Mud



Joy's Pretty Kitty playing peekaboo behind her tail!



Carol had to say goodbye to her sweet little Minnie (right) in February. She was the tiniest kitty with the biggest personality. She was loved the minute she popped out of the animal rescue person's carrier with her brother Rascal and said, "Hi, my name is Minnie!" in her adorable, fluffy way.

Lovingly nicknamed "Notorious B.A.D." cat, she ruled the house from that moment on for 17 years. Minnie discovered little angel teddy bears on the Christmas tree one year and those became her favourite toys. She would drag them around the house and leave them as presents for her humans. We love and miss you little angel kitty.

# Happy St. Patrick's Day

## What is St. Patrick's Day?

"The holiday is always on March 17, which is the day of Saint Patrick's death. Saint Patrick is credited with bringing Christianity to Ireland. Interestingly, he was not Irish! Born in British Rome, he was enslaved and brought to Ireland later in his life. In Ireland, Saint Patrick is respected as an important religious figure.



Legend has it that when Saint Patrick was spreading Christianity throughout Ireland, he used a three-leaf clover, or shamrock, to assist him in explaining the Holy Trinity. As for the leprechauns, they were fairy-like creatures often found in Celtic folktales. Before Saint Patrick converted the country to Christianity, many Irish believed in the pagan Celtic religion.

The leprechaun and the legends associated with it led to the tradition of pinching people who aren't dressed in green, as well as the popular image of a pot of gold at the end of a rainbow. The shamrock and the leprechaun have evolved over time to become symbols not just for St. Patrick's Day, but for Ireland itself." <https://www.girlspring.com/the-history-behind-st-patricks-day>

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## Tickling Our Funny Bones!

Who can catch a bad leprechaun? *An under-clover cop.*

What type of music do leprechauns love? *Sham-rock and roll*

What happens when a leprechaun falls in a river? *He gets wet.*

How can you tell if a leprechaun is having a good time? *He's Dublin over with laughter!*

Why do people wear shamrocks on St. Patrick's Day? *Because real rocks are too heavy.*

Why do you never iron a four-leaf clover? *You don't want to press your luck*



<https://www.romper.com/life/st-patricks-day-riddles>



## 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](mailto:info@fvbia.org) or check on our website at [www.fvbia.org](http://www.fvbia.org).

FVBIA is preparing our 2023 Information and Resource Package. For advertising opportunities and listings in the 10<sup>th</sup> Edition, contact [info@fvbia.org](mailto: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>



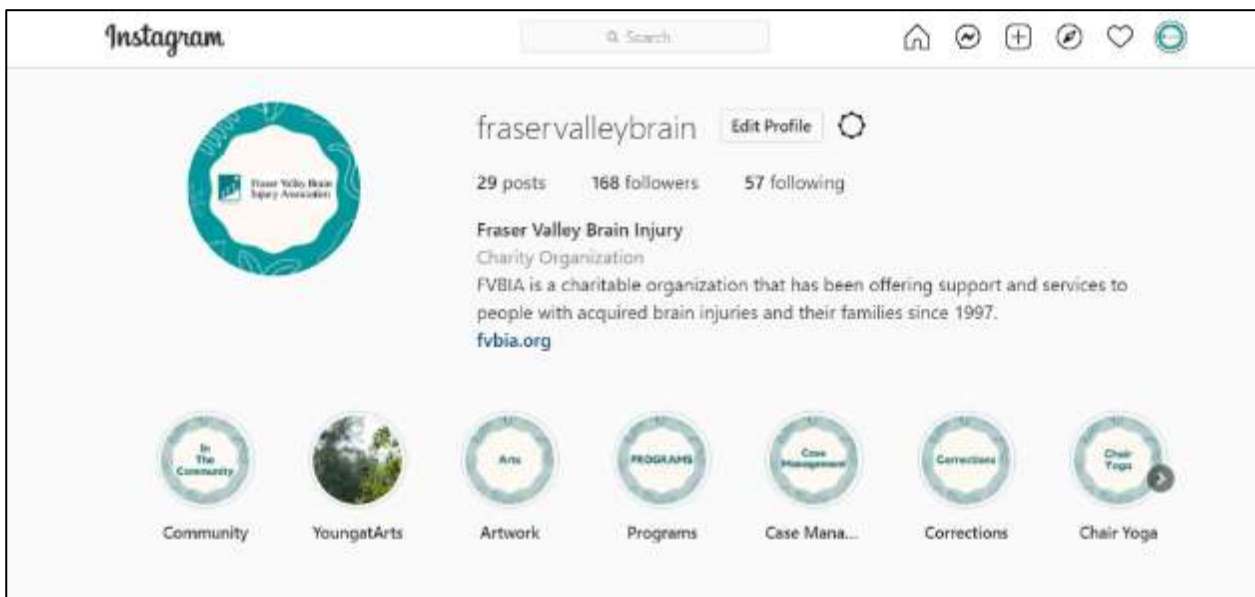
Instagram

### 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](mailto: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](mailto:info@fvbia.org) if you are interested in joining a virtual group for people who have had concussions.

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### 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/>

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### 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

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### 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.

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### 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>

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## 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>

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### 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.

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### 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](mailto:info@fvbia.org) or 604-557-1913.

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

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



<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](mailto: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.fvbia.org/membership-and-donations/>

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

**It's easy!**

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

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



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

Thank you for your support!

# 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](mailto:info@fvbia.org)

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

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

## Payment

Payment Method (Credit Card):

Visa  MasterCard

\$ \_\_\_\_\_

TOTAL

(Add membership and donation amount)

Credit Card Number

Expiry Date

Signature

Date