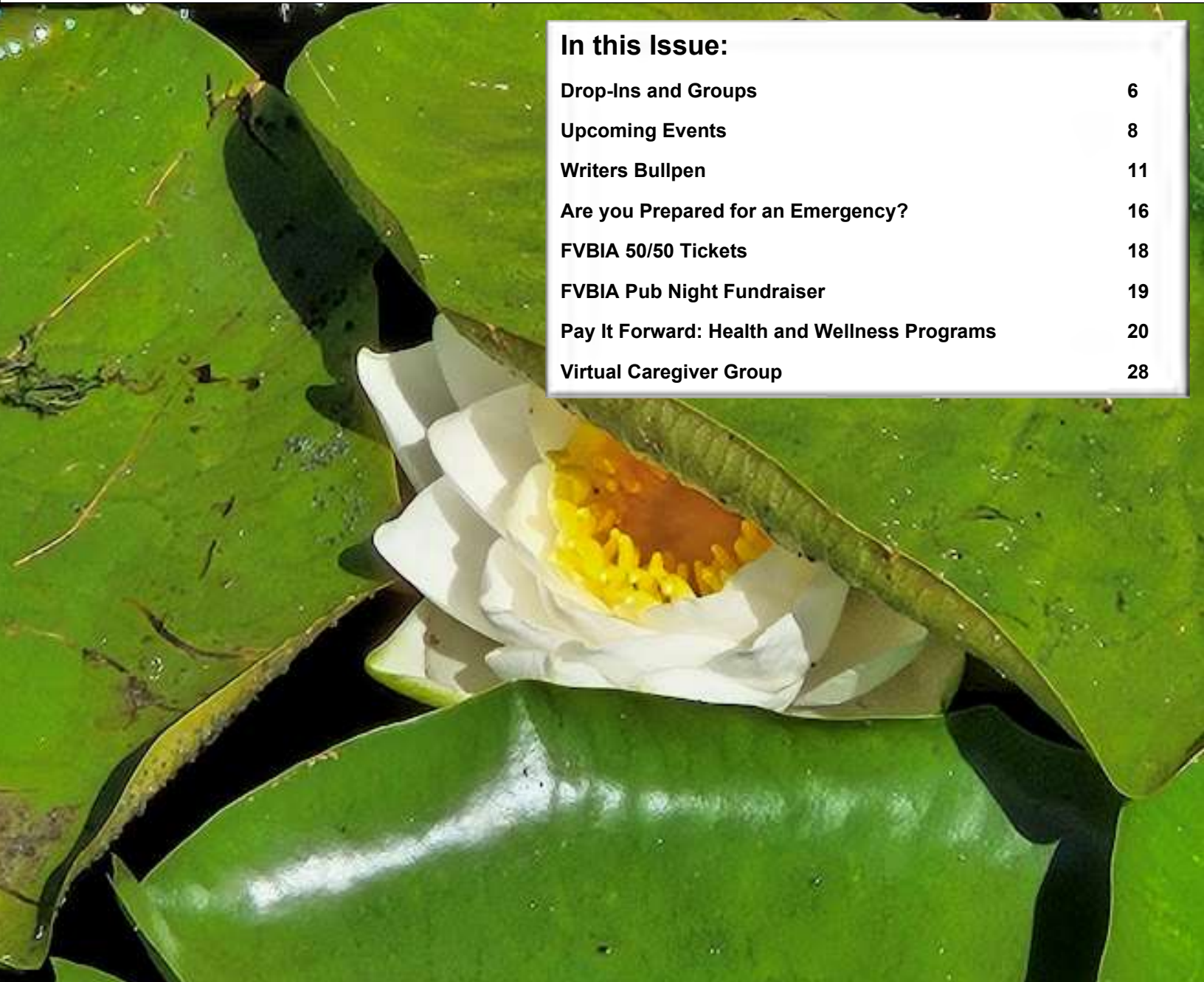


Fraser Valley Brain Injury Association

News

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September October 2023

Photo by Carol Paetkau

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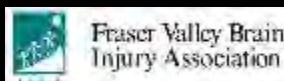
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Sign up for the Fraser Valley Brain Injury Association Newsletter

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 .



CELEBRATING 50 YEARS
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Canada
Phone: (604) 689-8888
Fax: (604) 684-1881

Caring. Compassionate. Community-Focussed.

Drop In's and Groups

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

Abbotsford/Mission

Drop-In

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

Pay it Forward (Walking Group, Yoga, Ladies R n' R, Community Kitchen, etc.)

Contact: 604-897-1563

Coffee and Chat

Contact: 604-897-1563

Art and Photography

Contact 604-897-1452

Chilliwack

Drop-in

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

In the Now Support Group

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

Art Groups

Contact 604-799-2044

Langley

Coffee and Chat Group

Contact 604-557-1913

Hope

Community Leisure Program

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

Remote Groups

Health & Wellness Group

Contact 604-557-1913

FVBIA Services and Programs

FVBIA offers a variety of programs throughout the Fraser Valley. Some examples are below but may not always be offered throughout the whole year. Groups may be time limited or subject to change due to funding, locations or client interests/needs. We are always offering new activities so stay connected! Contact info@fvbia.org or 604-557-1913 for more information.

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

- Case Management (virtual and in-person)
- Drop In/Leisure Programs (Hope, Chilliwack, Abbotsford)
- Lifeskills
- Mill Lake Walking Group - Abbotsford 3x/week
- Community Kitchen
- Ladies R 'n R (Relax and Revive) group
- Health & Wellness (virtual) group
- Gentle yoga (virtual and in-person)
- Fitness group
- Art and jewelry classes
- Writer's Bullpen for FVBIA Newsletter
- Shared Garden project
- In the Now Group
- Photography classes
- Facebook Community group
- Crafts
- Volunteering/Employment support
- Family Support group – contact [Chuck Jung and Associates](#)
- Support for youth
- Brain Injury and Mental Health - information sessions for the South Asian Community
- Coffee & Chats
- ABI Awareness and Education
- First Aid training, Food Safe and funding for other certifications to support volunteer/employment opportunities
- Young at Arts Summer program - for kids with ABI, siblings of kids with ABI or kids that have a parent with ABI –
- Corrections Liaison program (virtual) – 8-week ABI & Substance use education groups for inmates

FVBIA Staff Emails

Freddy O'Brien: info@fvbia.org

Heather Plain: heatherplain@hotmail.com

Joy Scobie: ijoyscobie@gmail.com

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

Esther Tremblay: esther@communitas.com

Taryn Reid: taryn.reid@fvbia.org

Jasneet Singh: Jasneet.singh@fvbia.org

Upcoming Events

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

September 2023 – Community Kitchen, Virtual Caregivers Group

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

December 6, 2023 – Annual Christmas Party and Silent Auction

September 18, 2024 – FVBIA Brain Injury Golf Classic – Redwoods Golf Course, Langley, BC

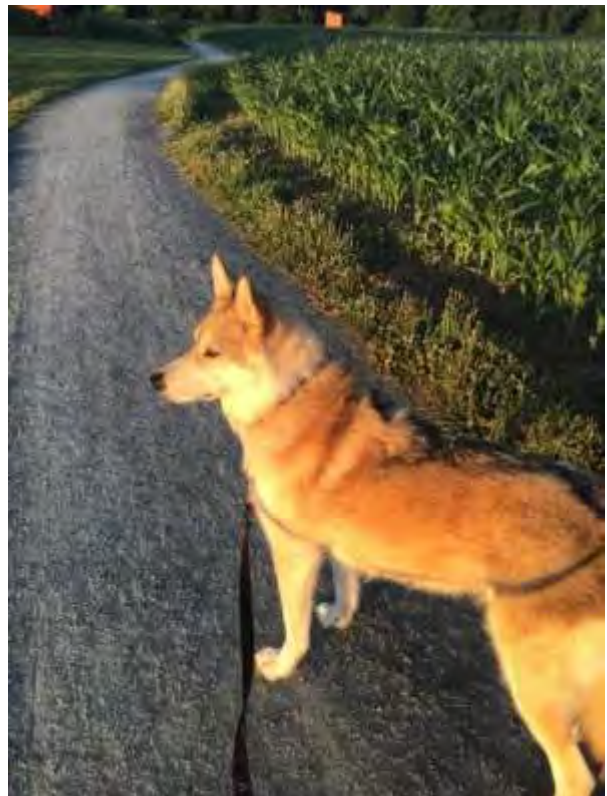
Pets Corner!

Muddy and Faelan

By Freddy O'Brien

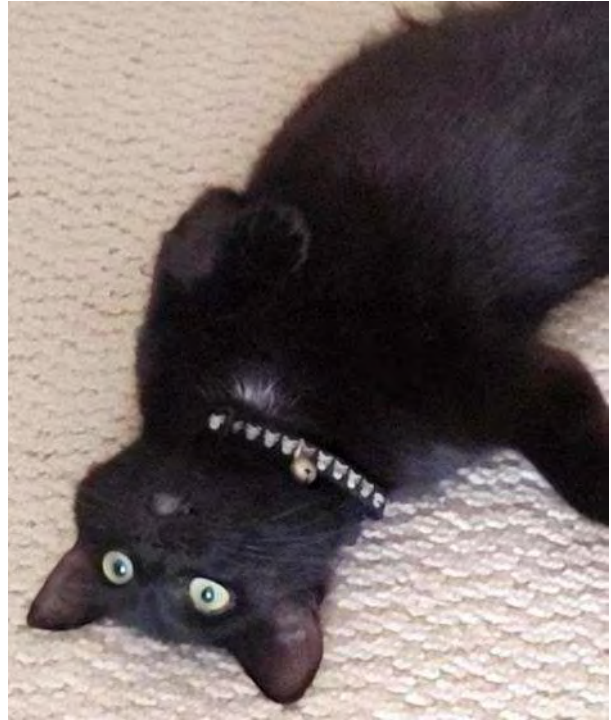
Some of you may have already met my daughter's cat, Muddy. I thought an up-to-date pic of him would be nice, seeing as our boy is now 11 years old. Muddy as you can see loves his treats and he has become quite the traveler. He has flown from Alberta to BC and then back to Alberta. What a good boy!

I thought I would share another pic of Faelan, my wolf hybrid. She turned 9 in July. I was hoping that she would slow down as she gets older, but that has yet to be seen. This girl still keeps me on my toes. Here we are doing our morning walk.



If you look closely, you might be able to find Joy's little kitty playing peekaboo! (Below left).

Carol's one year old kitten Nyx (below right), looking like Carol does after a week of writing proposals, budgets and doing newsletter stuff for FVBIA!



Protect Your BRAAAIINS Presentation

FVBIA has a Halloween-themed brain injury prevention presentation for Elementary students that can be done for your school.

Contact info@fvbia.org for more information.



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. We welcome submissions of cartoons, poetry, short articles and stories from writers with ABI and their family members.

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

All About Pets

by Alex Zarycka

Hello there, readers! Hopefully you have all enjoyed your summers! I sure did. I even got to visit Abbotsford for a week, and then worked on a farm all of August.

Today though, I want to talk to you all about pets. While not everyone has a pet or likes animals, a vast majority of people do; whether that be cats, dogs, hamsters, rats, fish, or even horses.

Pets are a lovable addition to the family that bring comfort, companionship, and fun to the home. They are loving and are meant to be loved and cared for. My personal favourite domestic animal is the cat. I have had many cats in life. My landlord's cat is also very fond of me.

I have had dogs as well, when living with an aunt and uncle in high school years. They were Boston terriers - very energetic, sweet dogs.

My most beloved pet was a cat named Piepurr (pronounced Piper). He was a Lilac Burmese cat, and he was lovely and cuddly. He would curl up next to me whenever I would read. Sadly, Piepurr was put down in 2015. He didn't even live to be 10 years old, but he had many health issues.

That's the thing about the animals in our lives. They don't live forever. Neither do we, but pets have a shorter life span than we humans do. There have been other cats in my life, and they and Piepurr will always be cherished and remembered in my heart and mind.

Above my dear readers, will find a picture of me at age 10 with Piepurr the cat in 2006.

I hope that this newsletter entry has brought some joy to each of you and that it has made any animal lovers and pet owners think fondly of their own beloved animals. Until next Time!



My Life Stroke by Stroke

By Frances McGuckin

I started writing and doodling at the tender age of six, then producing my first newsletter (with the aid of an old letter-by-letter toy typewriter). Writing, horses and drawing became my escape from a harsh childhood. I doodled well into my late teen years, until life and raising a family became more important.

At the tender age of 17, I got abruptly fired from my first job in Australia for doodling on a proofreading manuscript (see picture of doodles at age 17). It was late at night and we were proofreading the Pink Pages telephone directory. I mean, something has to keep you awake. Sigh! Lost that job, but still continued to doodle my life away.

In the early eighties, I was given a paint-by-numbers set with two horse paintings. I ran out of brown paint to finish them, and went to the Langley art store to get more paint. That was the start of dabbling with oils. I loved their feel and texture.

My unexpected late-in-life daughter was born twenty years after my son. After painting a few Care Bear pictures, sadly, diapers replaced doodling and the brushes went into storage. Then careers, writing and my subsequent brain injury took over until the last year or so

Even at age seventy-something, writing, drawing, horses (and fast sporty cars) are still my passions. To be transported into another world where stressors and worries disappear – and you produce something that you are somewhat proud of... That is the reward from learning to paint both water colours and acrylics from John Le Flock through FVBIA.



So, what do you do with these works of art? Well, some of them have become presents, with each one having a story. A landscape picture of a lake and mountains was my first acrylic from John's class.

A dear girlfriend of decades camps weekends at Cultus Lake, six months of the year, along with her brain-injured 75-year-old husband. It's her quiet place, away from running a busy business. Caring for her husband – who could pass at any time – is stressful. The lake painting will be framed for Christmas, to remind her of the peaceful lake (see pic)

A dear man came into my life a year ago and is a pillar of strength for me. He lovingly bakes his friends, my family and me the bestest-ever muffins, peanut butter and oatmeal cookies. He loves waterfalls, so the second acrylic at John's class was a waterfall – with way too many difficult rocks and leaves!



However, just as my friend bakes us all goodies with love, so I persevered for countless weeks to finish the painting. A trip to Michaels for varnish and a nice frame completed the project. He was thrilled at the painting and it hangs in his bedroom, where he sees it when he wakes up. (see pic).

I painted my son a 2010 Dodge Challenger, which he has and loves with a passion. My daughter-in-law loves black and white paintings, so YouTube again to the rescue.

My daughter just recently married, so I spent countless hours “doodling” to decorate the front and inside of a plain card, along with penning a poem, and decorating the envelope. When her son was born, I painted two Winnie the Pooh paintings for his room.

My neighbour - who is wheelchair-bound - has a granddaughter who recently was turning two. Every day for months, my neighbour wheel-chaired her beautiful granddaughter to my house to count the garden owl ornaments.

The little girl loves owls! So, I YouTube-painted her an 8 x 10 little girl-style owl and framed it. She loves her owl and it hangs in her room, where she has learned to point to it and say “owl”. It warms my heart to see her owl-counting each day. (see pic).



So again, heartfelt thanks to John.

We look forward to more classes. I also thank YouTube tutorials. Between the two, I am learning much about painting in different mediums, the techniques and different styles.

More important, it helps to keep my brain active and reduce stress.

Even more special is giving some of these paintings to people who really appreciate the love put into them and to know that you put a smile on their face that day.

Wondering?

By Judy Craig

How did all of you cope with the heat this summer? British Columbia has had its share of forest fires and I for one will be glad when fall begins. It's also kept families apart as many roads or sections of highway are closed.

When I go grocery shopping, I wonder how can anyone feed a family at these prices. I spent over \$60 shopping today and came home with 2 bags of food.

I didn't buy any meat, bread, milk, or eggs. How do you stay within budget?

Do you make a budget? I can say I do but every month I go over it. Sometimes by a lot but not always. I consider myself a savvy shopper.

That being said sometimes being creative isn't just about using paint and a brush. It's about raising families, developing coping skills, money management and lending a hand. I wonder what you think?

Speaking of paint and a brush, I just finished a painting. It's an impressionism painted with acrylics. I was trying to create a dramatic effect with colors and this what I came up with I call it a burst of color.



Advertising Opportunities

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

Emergency Preparedness Program: Be Ready Before It Happens!

Through the generosity of The Brain Injury Alliance and the United Way of BC, FVBIA was able to offer emergency preparedness sessions again this year.

Sessions were presented by FVBIA member Rachel Czarnecki, who has started her own business. Rachel is now the proud owner of E.P.I.C. Emergency Preparedness and Consulting.

Participants were given Emergency Back Packs filled with supplies, including hand-cranked radiochargers and first aid kits along with a [Life Box](#) from Healthy Aging Abbotsford to help organize important documents so you can grab them quickly in an emergency.



FVBIA also has a section on the website for Emergency Preparedness.

Links take you to topics of interest such as what to include in an emergency kit, what to do about pets in an emergency etc. See the list on the next page.

FVBIA's Emergency Preparedness Information can also be found online at <https://fvbia.org/emergency-preparedness/>



United Way
British Columbia

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



Are you Prepared for an Emergency?

FVBIA has created a reader-friendly emergency preparedness package geared towards people with acquired brain injuries, learning challenges and other cognitive challenges. This is available on the FVBIA website at <https://fvbia.org/emergency-preparedness/>

For more detailed information about specific topics, please click on the links below.

[Emergency Preparedness Checklist](#)

[How to Prepare for an Emergency](#)

[What to Include in Your Emergency Kit](#)

[How to Expand Your Emergency Kit](#)

[Documents for Your Emergency Kit](#)

[Heat: Heatwave, Heatstroke](#)

[Flooding, Blackwater](#)

[Natural Disasters: Earthquake, Tsunami, Avalanche & Landslides](#)

[Natural Disasters: Fire, Wildfires and Power Outages](#)

[Evacuation Process: Evacuation Alert, Evacuation Order](#)

[Evacuation Process: Stay in Place, Evacuation Rescind](#)

[Transportation Plan in Case of Emergency](#)

[What to do When Ordered to Shelter in Place](#)

[What to do about Pets in an Emergency?](#)

[What to Do After an Emergency – Returning Home](#)

Funding for this project is provided by the Brain Injury Alliance and United Way British Columbia.



EMERGENCY PREPAREDNESS CHECKLIST

Do this before an emergency happens!



Do you have enough water for 3 days?



Do you have a week's worth of non-perishable food?



Do you have an emergency kit packed and ready?



Do you have an emergency contact list prepared?



Do you have an evacuation plan?



Do you have transportation for your family/pets?



Do you have a shelter in place plan?



Fraser Valley Brain
Injury Association

www.fvbia.org

Fraser Valley Brain Injury Association 50/50 Jackpot Tickets

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

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

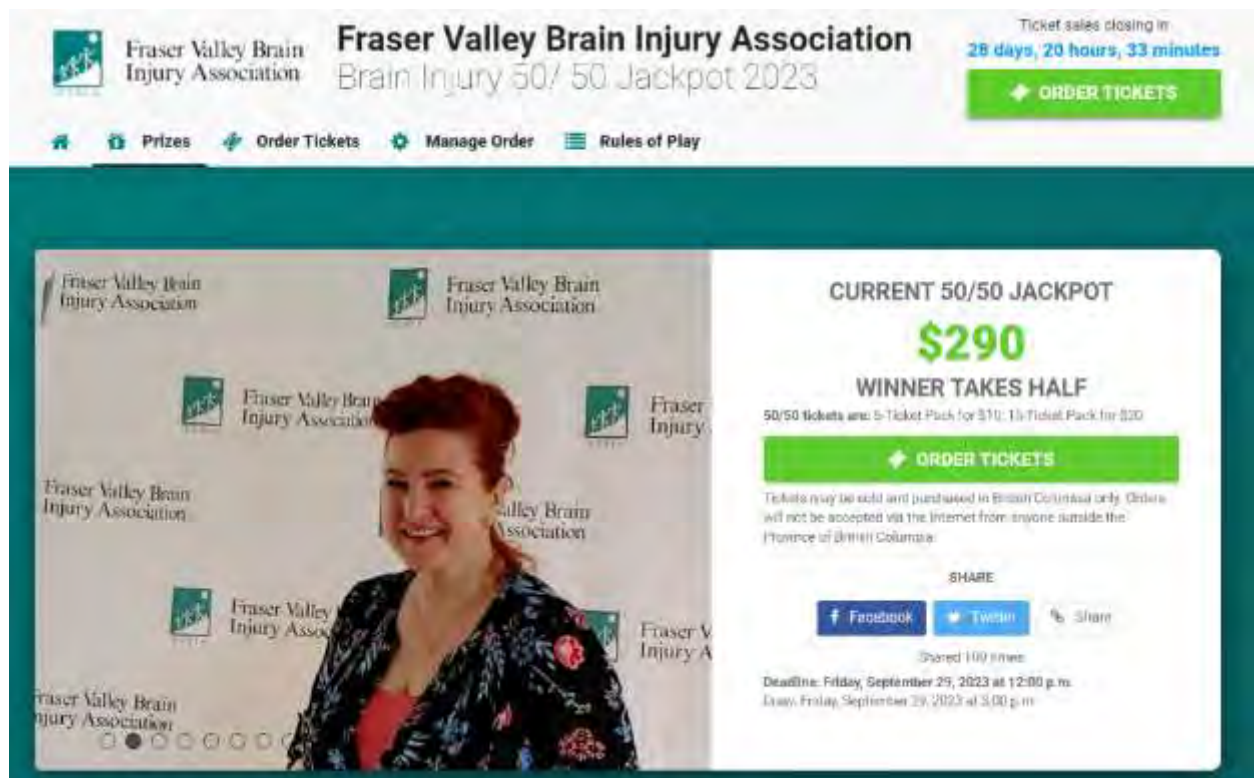
Winner takes half. The last two winners took home close to \$1000 so be sure to get your tickets for a chance to win

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

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

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

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



The screenshot shows the website for the Fraser Valley Brain Injury Association 50/50 Jackpot 2023. The header includes the organization's logo and name, the event title, and a countdown timer for ticket sales closing in 28 days, 20 hours, and 33 minutes. A green button labeled "ORDER TICKETS" is visible. Below the header, there are navigation links for Prizes, Order Tickets, Manage Order, and Rules of Play. The main content area features a photo of a smiling woman in front of a backdrop with the organization's logo. To the right of the photo, the current jackpot amount is displayed as \$290, with the text "WINNER TAKES HALF". Below this, there is another "ORDER TICKETS" button and a note that tickets may only be sold and purchased in British Columbia. Social media sharing options for Facebook, Twitter, and Email are provided, along with a "Shared 100 times" indicator. The deadline and draw date are listed at the bottom of the main content area.

FVBIA Pub Night Fundraiser

FRASER VALLEY BRAIN INJURY ASSOCIATION

Games & Silent Auction

PUB NIGHT FUNDRAISER

Saturday November 25 5:00 pm

DOORS OPEN AT 5:00 PM

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

TICKETS \$25 - INCLUDES BURGER AND BEVERAGE

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



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

To purchase tickets online:

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

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

FVBIA's Pay It Forward: Health and Wellness Programs

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

FVBIA'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.

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 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

Coffee and Chat Groups



Abbotsford Coffee & Chat

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

Day: Tuesday
September 12 and October 17, 2023

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

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

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

Langley Coffee and Chat

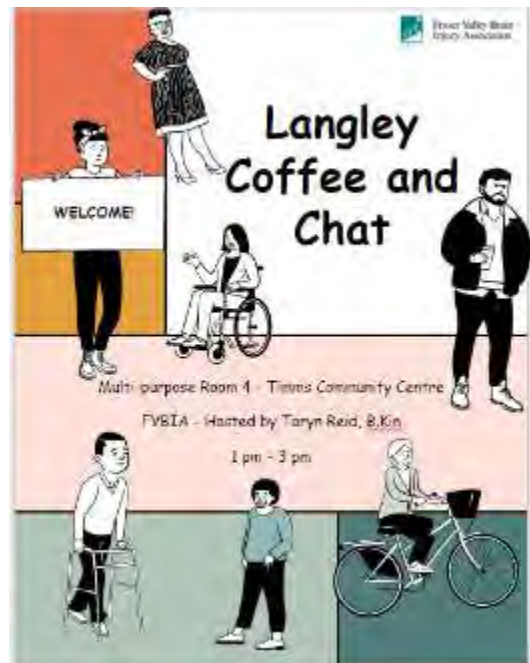
Join us at Timms Community Centre (20399 Douglas Crescent) for Langley's Coffee and Chat!

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

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

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

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



NEW!!!

Community Kitchen

Learn how to cook safely and nutritiously.

Get ideas for simple meals that are easy to make.

Prepare delicious meals that you can take home to enjoy!

DAY: Tuesday, Sept 19, 2023

TIME: 1 to 3 p.m.

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

TO REGISTER, please contact Joy at 604-897-1563. Space is limited. ** If you require 1:1 support, please bring a support person with you.



community therapists



Need flexibility?

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Why Us ?

- Flexibility & Great Pay
- Excellent Mentorship
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- Virtual Office to Work from Home
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- Join 36 other OTs in a dynamic interdisciplinary practice!

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

www.communitytherapists.com
careers@communitytherapists.com • Career Contact: 604.566.8452

Building skills. Empowering people.
Est. 1989

Mill Lake Walking Group

Join us for a relaxing walk around beautiful Mill Lake in Abbotsford and enjoy the company of other people with shared experiences with brain injury.

You might see some interesting local wildlife like this amazing blue heron (photo by Joy Scobie)

Mondays Wednesdays Fridays

2 Meeting Places:

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

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

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



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

Days: Every Thursday, weather permitting

Time: 10:00 am until noon

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

**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.

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

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

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

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

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

Photos by Carol Jackson

Carol Jackson is the CAPA District Area Rep Lower Mainland (shared), President Surrey Photography Club and VP of the BC Cocker Club. See more of her beautiful photos on her website. <http://www.caroljackson.ca>



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.

Understanding Traumatic Brain Injury

A Workshop for Family & Friends



Thursday Sept 7th, 2023

4:00 – 5:15 pm

Via Zoom Videoconferencing

Come learn about how the brain works, brain injury, and recovery. Participate in a discussion about life after a brain injury, strategies to help, and available resources.

For Zoom link, questions and registration:
Contact Gina Galway Email: gina.galway@vch.ca
Or call 604-737-6221

Online Cognitive Behavioural Therapy Tools

Life can get on top of us all at times due to work related issues, family worries, sleep difficulties or physical health problems. Bounce Back aims to be an empowering and practical way of learning key life skills that can boost your mood and help you turn the corner.

Bounce Back uses resources based on the proven cognitive behavioural therapy (CBT) approach.

<https://online.bouncebackonline.ca/>

If you're feeling




BounceBack®
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Bounce Back® can help!

ICBC & PERSONAL INJURY CLAIMS

CBM Lawyers
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- Highly Qualified & Dedicated Legal Team
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- You Pay Nothing Until We Collect For You

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

Virtual Caregiver Support Group

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

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



The poster features a teal background with a central globe surrounded by six circular icons of diverse people. Text is centered and right-aligned. A white box on the right contains contact information for Chuck Jung Associates. Another white box at the bottom right identifies the sponsor, Fraser Valley Brain Injury Association.

Virtual Caregiver Support Group

for partners and parents of people who have acquired brain injuries

Sessions will be offered virtually once a month starting in September 2023.

Registration is limited.

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

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

Sponsored by:
 Fraser Valley Brain Injury Association

Simpson Family Award

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

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

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



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

Caregiver Supports

Virtual Caregivers Support Group (for parents and partners of people with acquired brain injuries)
<https://www.fvbia.org/virtual-caregivers-group/>

Family Caregivers of B. <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://efaidnbmninnibpcapjpcqjclefindmkaj/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.

Brain Injury Disproportionally High Among Indigenous People

Fraser Valley Brain Injury Association acknowledges that we work and gather on the traditional, ancestral and unceded territory of the Stó:Lō and Coast Salish People.

Thank you to Jody Jones, First Nations Health Authority for connecting FVBIA with Indigenous Elder Amelia (right with Chilliwack Brain Injury Centre Manager Esther Tremblay).

Elder Amelia shared stories, sacred teaching and healing with FVBIA members in Chilliwack during six visits.

Traumatic brain injury disproportionately affects indigenous people. ([Brain Injury Canada](#)).

In a 2017 review of 15 published studies that focussed on the prevalence or incidence of traumatic brain injury (TBI) in indigenous populations, 12 of them demonstrated that indigenous people have a higher rate of TBI compared to non-Indigenous people.

Few studies explored culturally appropriate rehabilitation and intervention methods and Indigenous understandings of TBI. ¹



A Conversation with Indigenous Elders

This is an interesting webinar to watch if you'd like to learn more about how to engage with Indigenous Elders and learn more about indigenous culture.

<https://www.vawlearningnetwork.ca/our-work/special-events/meaningful-collaboration-with-indigenous-elders/index.html>



¹ Lakhani A, Townsend C, Bishara J. Traumatic brain injury amongst indigenous people: a systematic review. Brain Inj. 2017;31(13-14):1718-1730. doi: 10.1080/02699052.2017.1374468. Epub 2017 Sep 19. PMID: 28925726.

Canada Dental Benefit Factsheet



Canada Dental Benefit

Factsheet

Tooth decay is the most common, but preventable, childhood chronic disease both in Canada and around the world. Oral diseases frequently begin in the preschool years which is why it is so important to establish good oral hygiene behaviours as soon as possible.

The Government of Canada has implemented the interim **Canada Dental Benefit**, which is designed to provide some financial support to help Canadian families access dental care. With this benefit, families can start addressing some of the basic dental care that their young children need while the Government continues its work to develop a long-term Canadian dental care program.

? WHAT is the benefit?

The interim Canada Dental Benefit provides payments **up to \$650** per eligible child under 12 years of age, per year for two years.

\$650

if the family's adjusted net income is **under \$70,000**

\$390

if the family's adjusted net income is **between \$70,000 and \$79,999**

\$260

if the family's adjusted net income is **between \$80,000 and \$89,999**

The benefit can be used for any dental care provided by any regulated dental professional.



WHO can apply?

Parents/Guardians who:

- ✓ Have a child under 12 years of age, who does not have access to private dental care insurance.
- ✓ Have an adjusted family net income under \$90,000 per year.
- ✓ Have filed last year's income tax return—for more information on how to file a return, visit Canada.ca/doing-your-taxes.
- ✓ Receive the Canada Child Benefit for each eligible child.
- ✓ Have or will have dental care expenses for each eligible child that have not been fully reimbursed under another federal, provincial or territorial government program.



HOW can you apply?

Canada Revenue Agency (CRA) **My Account** will be the quickest, easiest and most secure way to apply for the Canada Dental Benefit. If you don't yet have a CRA My Account, you can register at Canada.ca/my-cra-account.

You will need to **provide information** on the dental care visit, including the name of your child's dental care provider(s) and your employer information.

If you apply online and are signed up for **CRA direct deposit**, you can receive your payment within five business days!

If you're unable to apply for the Canada Dental Benefit online, **call 1-800-715-8836** to get your application started.

Make sure you have your Social Insurance Number, address, date of birth and a copy of your income tax return from last year.



WHEN can you apply?

Parents can now apply for dental care received by their eligible child back to October 1, 2022, so long as their child will still be under 12 on December 1. For the second benefit, parents can apply starting July 1, 2023.



WHAT if I don't read or speak English or French?

The application portal is only available in English and French. However, if you need help with the application, you can ask an English or French-speaking friend to sit with you while you fill out the application, or have them with you when you call **1-800-715-8836**.

If you don't have a friend available to assist with the process, the CRA can arrange to call you back in order to have someone on the line who speaks your language.

Visit Canada.ca/dental for more information, or call 1-800-715-8836



Government of Canada / Gouvernement du Canada

Canada

<https://www.canada.ca/en/services/health/healthy-living/dental-oral/canada-dental-benefit-multilingual-resources/fact-sheets/english.html>

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



The Silent Suffering of Canadians Living with Traumatic Brain Injury National Figures Expose the Nationwide Neglect of Individuals and Their Families

Today, a significant collaboration between Brain Injury Canada and the Canadian Traumatic Brain Injury Research Consortium (CTRC) called for moderate to severe Traumatic Brain Injury (TBI) to be officially classified as a chronic condition in Canada.

This move would significantly enhance nationwide healthcare strategies, policies, and patient outcomes.

“My severe brain injury just didn’t happen to me. It happened to my whole family,” said Barb Butler, a former teacher from Regina who was seriously injured in a motor vehicle accident in 1993. “My husband suddenly didn’t have his wife, and our children didn’t have their mother. The injury never goes away, and you are never the same person you once were.”

This announcement marks a significant milestone in the recognition and proposed designation of moderate to severe TBI that impacts Canadians of all ages.

Primarily caused by motor vehicle collisions in the younger population and falls among the elderly, this condition continues to be the leading cause of death and disability in children, youth, and adults under 40.

Despite the persistence of cognitive, behavioural, physical, and emotional impairments throughout a person’s life - a profile aligning with the World Health Organization’s definition of a chronic disease - the Canadian healthcare system is currently geared towards its management as a single event rather than a chronic condition.

This significant gap leaves affected individuals and their families to manage brain injury’s profound, lifelong challenges without consistent and essential support.

Data in a groundbreaking position paper released today highlighted the staggering, broad societal impacts of TBI:

- Over 50% of Canada's homeless population report a history of TBI
- TBI patients are 2.5 times more likely to be incarcerated
- TBI disproportionately affects Indigenous Canadians due to poverty, inadequate housing, limited healthcare access, and inter-generational trauma
- Among Canadian women who have survived intimate partner violence, 60% reported a TBI history
- TBI is linked to a 50% increase in psychological distress and nearly triple the suicide attempt rate among school-aged Canadians
- Post-TBI, the employment rate drops drastically from 75% to 13%
- Contrary to older theories, new data links moderate to severe TBI to ongoing cognitive and neurological decline

"The emotional, physical, and financial strain of TBI are all-encompassing, spanning direct healthcare costs, lost productivity, and intensive, daily stress for individuals and their families," said Michelle McDonald, CEO of Brain Injury Canada. "An official recognition of TBI as a chronic condition could mean a world of difference in ensuring that continuous care, support, and rehabilitation services for TBI patients are available nationwide."

Recognizing TBI as a chronic condition within the Canadian Chronic Disease Surveillance System would allow for standardized data gathering, healthcare utilization tracking, and management research. It could also help address the disparities of care nationwide and the fragmented nature of program funding for TBI patient care.

The call to action is also an urgent response to emerging research that TBI can lead to a progressive neurodegenerative process like Alzheimer's and Parkinson's.

"Recognizing TBI as a chronic condition is pivotal for improving patient outcomes and tackling this public health issue," stated Dr. Jamie Hutchison and Dr. Alexis Turgeon, Co-Chairs of the Canadian Traumatic Brain Injury Research Consortium. "This would allow us to improve our knowledge of this major health condition and help us improve outcomes for TBI by identifying more effective treatments and interventions. We believe high-quality research will significantly improve the quality of life for individuals and those who care for them, as the daily requirements of moderate to severe TBI often become more challenging over time."

In a nation grappling with the wide-ranging effects of TBI, this initiative could spark a wave of improved healthcare strategies and policies, leading to enhanced outcomes for those suffering from moderate to severe TBI."

[CLICK HERE](#) for the position paper Moderate to Severe Traumatic Brain Injury: A Lifelong Condition.

About Brain Injury Canada

Brain Injury Canada is a national non-profit advocacy organization dedicated to enhancing the quality of life for individuals living with brain injury.

www.braininjurycanada.ca



About The Canadian Traumatic Brain Injury Research Consortium

The Canadian Traumatic Brain Injury Research Consortium is a collaborative research group of healthcare professionals, researchers, and advocates aiming to improve patient care and outcomes for individuals with TBI.

www.ctrc-ccrt.ca



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

ICBC Sharing Tips as Kids Head Back to School

<https://www.icbc.com/about-icbc/newsroom/Pages/2022-aug29.aspx>

“Every month in B.C., 31 children are injured in crashes while walking or riding their bike.”

As kids return to school next week, we're sharing important tips for drivers, parents and caregivers to help children get a safe start to the school year.

Police and Speed Watch volunteers will be closely monitoring drivers' speeds in school zones. Last year, 6,500 tickets were handed out to drivers for speeding in school and playground zones in B.C.

We're working to make roads safer near schools. We've spent \$950,000 on 84 projects focused on school safety since 2016. Last year, we completed seven projects.

Upgrades include adding pedestrian signals to crosswalks, rapid rectangular flashing beacons, raised medians, pedestrian refuge islands, speed reader boards and speed humps.”

ICBC's tips for drivers:

- Every school day, unless otherwise posted, a 30 km/h speed limit is in effect in school zones from 8 a.m. to 5 p.m. In playground zones, a 30 km/h speed limit is in effect every day from dawn to dusk.
- Leave your phone alone, and watch for children walking or cycling. Distraction is the leading factor for drivers in crashes with pedestrians and cyclists.
- If a vehicle stops in front of you or in the lane next to you, they may be yielding to a pedestrian, so proceed with caution and be prepared to stop.
- Watch for school buses. When their lights are flashing, vehicles approaching from both directions must stop.
- Before getting into your vehicle, walk around it to make sure there are no small children hidden from view. Always look for pedestrians when backing up.
- Make sure your headlights, brake and turn indicator lights are clear, visible and in good working condition at all times. This can help pedestrians see you better.
- In residential areas, a ball or hockey net may mean that kids are playing nearby. Slow down and watch for children as they could dash into the street at any moment.

ICBC's tips for parents and caregivers:

- If you drop off your child in a school zone, they should exit the car on the side closest to the sidewalk.
- If your child walks to school, practice their route with them ahead of time. Review street names and landmarks to orient them. Make a fun, interactive game out of guessing the correct traffic signs and meanings with your child along the route.
- Teach your child the basics of crossing the street:
 - Stop at the curb or edge of the road.
 - Look left and right for oncoming vehicles, then look left over your shoulder for vehicles that might be turning.
 - Make sure all vehicles have stopped before entering the road. Make eye contact with drivers before crossing, even if the walk signal is on.
 - When the intersection is clear, start crossing and keep looking for approaching vehicles.
 - Teach your child to walk on the inside edge of the sidewalk away from the road, so they're further away from traffic. If there isn't a sidewalk, they can walk facing oncoming traffic, so they can see approaching vehicles and make eye contact with drivers.
- Set a good example by not crossing mid-block or running to cross the street. Where possible, cross at intersections with a pedestrian crossing light or marked crosswalk. Avoid shortcuts through parking lots or around parked cars where it's harder for drivers to see small children.
- Teach your child to put away electronic gadgets, cell phone and ear buds while walking or cycling so they can scan for approaching vehicles or hear traffic that may be hard to see.
- If your child will be outside at night or in poor weather, make sure they're wearing bright clothes and reflective gear.
- Discourage play around or on railways. Only cross railway tracks at designated signals or signs and watch your step.



Young at arts Summer Camp

By Freddy O'Brien

Thank you to the Blue Heron Nature Reserve for all their help in making this year's Young at Arts summer camp a great success.

We had 9 campers attending this camp. In the morning John LeFlock, a local artist from Chilliwack, showed the children how to sketch, paint, do graffiti art and the yearly favorite, build a boat out of popsicle sticks. The boats were later put in the water and the race was on!

In the afternoon, the Blue Heron provided camp counsellors who took the kids of mini hikes through the reserve looking for different birds, beaver dams and a new program called Pollinators, where the campers were encouraged to find bees and different flowers that attract the bees.

As you can see from the pictures, fun was had by all the campers.

Funding provided by the Province of BC – Charitable Gaming Grant.





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](#)

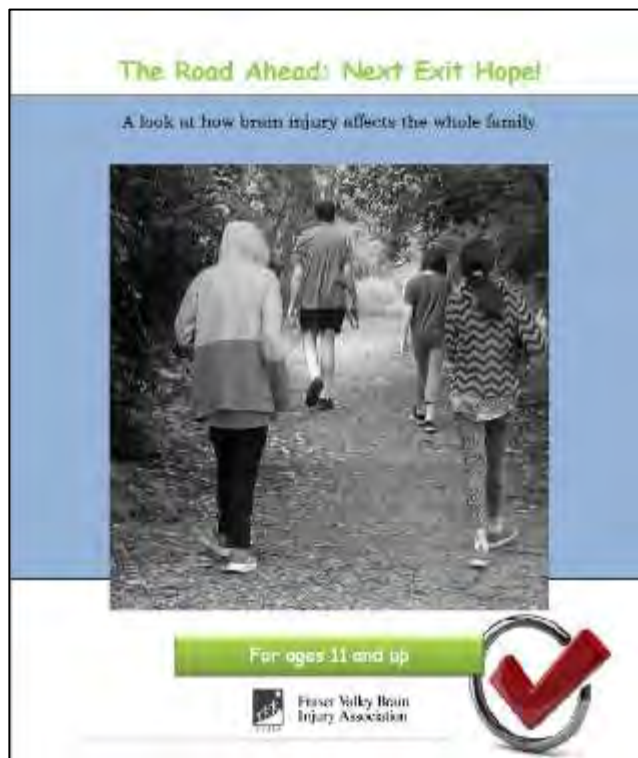
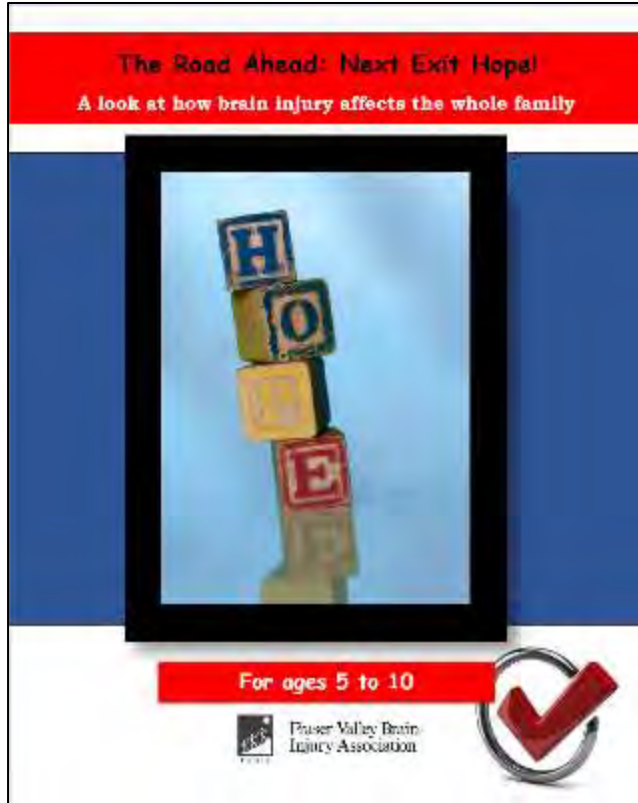
Original Funding for development, production and distribution provided by:

Ronald McDonald House Charities

Soroptimist International of Abbotsford

and

Fraser Health Authority's Acquired Brain Injury Program.



TIME TO TALK



TRAUMATIC BRAIN INJURY

Time to Talk TBI Podcast

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

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

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

For this podcast episode-we will listen to the song 'You Got to know' and then let each brain injury survivor explain the significance to their situation if the song takes on any meaning to them. The brain injury survivors of The Blue Sheet Clubhouse (based in Victoria, BC) were provided with a written copy of the lyrics so they could follow along- – ENJOY! Now watch the first 5 min for a reaction video to the song on YouTube. <https://youtu.be/GgcB4J1TiEA>

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

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

Langley Coffee & Chat Music Session

Rachel Czarnecki leading the Langley Coffee and Chat group in a music session. Multi-talented bunch!



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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

Tickling our Funny Bones

Luke comes home from his first day of school, and his mother asks, "What did you learn today?" "Not enough," Luke replies. "They said I have to go back tomorrow."

Submitted by Luke C., Somers, N.Y.

Teacher: Donald, what is the chemical formula for water?

Donald: H-I-J-K-L-M-N-O.

Teacher: What are you talking about?

Donald: Yesterday you said it was H to O.

Submitted by Caleb R., Jackson, Mich.

Math teacher: A man from Los Angeles drove toward New York at 250 miles per hour and a man from New York drove toward Los Angeles at 150 m.p.h. Where did they meet?

Johnny: In jail!

Submitted by Glenn J., Santa Ana, Calif.



Connect with FVBIA on Social Media

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



<https://twitter.com/fvbi>



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



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

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



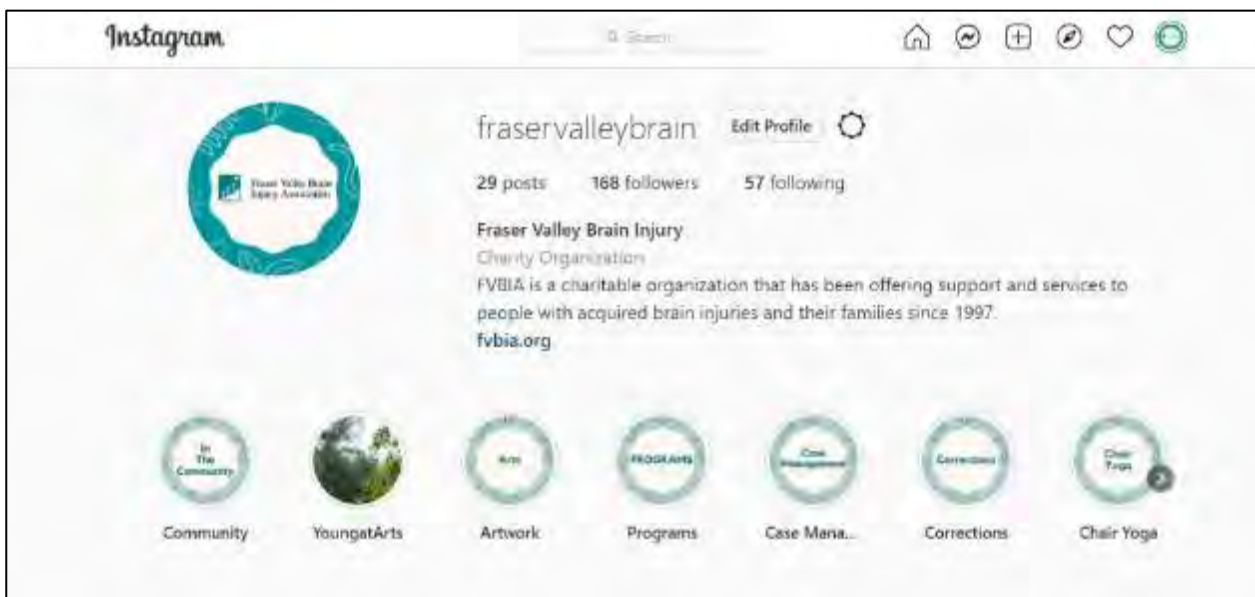
Instagram

FVBIA Community Facebook Page

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

FVBIA's Instagram

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



Concussion Resources and Programs

FVBIA Concussion Program

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

FVBIA's Concussion Program Resource Package

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

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

Concussion Awareness Training Tool (CATT) Parent or Caregiver Course

<https://cattonline.com/parent-caregiver-course>

For other concussion resources in your community, contact your local Health Authority, physiotherapist, or rehabilitation clinics

Online Concussion Tool for Teens

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

Fraser Health's Concussion Clinic

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

<https://www.fraserhealth.ca/Service-Directory/Services/Clinics/concussion-services#.YxGFgnbMK3B>

How you can Support FVBIA Programs and Services

Donate to Fraser Valley Brain Injury Association at CanadaHelps.org

This online fundraiser connects us to donors nationwide and helped raise funds for much needed programs! Thank you so much to all of our generous donors. Your contributions help us continue to serve the needs of our brain injury community.

“CanadaHelps champions all 86,000 charities across Canada, no matter how big or small. Every registered Canadian charity has a profile on CanadaHelps.org, connecting donors directly to the charity so donors can easily find and donate to them.

More importantly, we offer an array of powerful online fundraising solutions that are easy to use and proven to maximize donations.”



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

<https://www.canadahelps.org/en/charities/fraser-valley-brain-injury-association/>
<https://www.canadahelps.org>

Facebook and PayPal Fundraisers

Thank you so much to those who have done Facebook Birthday Fundraisers to support FVBIA's programs. You have raised **over \$4600** since December 2018.

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

You can donate here and you will get a tax receipt! <https://www.paypal.com/ca/fundraiser/hub>

Look for us by name or by typing in the following: [paypal.com/ca/fundraiser/charity/3434455](https://www.paypal.com/ca/fundraiser/charity/3434455)

PayPal Giving Fund Canada helps people support their favourite charities online and raises funds to benefit charities through PayPal and other technology platforms. Click on the Quick Easy Impactful logo below to check out a short video on how the PayPal Giving Fund works.

Acquired Brain Injury can be life-changing and permanent.

The infinity symbol on the pin signifies that with the right kind of help, the future for people with acquired brain injuries holds infinite possibilities.

You can be part of that future by donating \$5.00 to support services provided by your local brain injury association.

Please wear your pin proudly and help us spread awareness of acquired brain injury.

Contact Fraser Valley Brain Injury Association at 604-557-1913 or info@fvbia.org to order yours now or for more information.



Membership and Donations

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

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

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

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

It's easy!

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

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



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

Thank you for your support!