

Fraser Valley Brain Injury Association

News

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November/December 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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Drop In's and Groups

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

Abbotsford/Mission

Drop-In

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

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

Contact: 604-897-1563

Coffee and Chat

Contact: 604-897-1563

Art and Photography

Contact 604-897-1452

Chilliwack

Drop-in

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

In the Now Support Group

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

Art Groups

Contact 604-799-2044

Langley

Coffee and Chat Group

Contact 604-557-1913

Hope

Community Leisure Program

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

Remote Groups

Health & Wellness Group

Contact 604-557-1913

FVBIA Services and Programs

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

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

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

FVBIA Staff Emails

Freddy O'Brien: info@fvbia.org

Heather Plain: heatherplain@hotmail.com

Joy Scobie: ijoyscobie@gmail.com

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

Esther Tremblay: esther@communitas.com

Taryn Reid: treid@infinityhealth.ca

Jasneet Singh: Jasneet.singh@fvbia.org

Upcoming Events

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

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

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.

Almost Famous

By Alex Zarycka

Hi there, readers! Question: Are you familiar with the film "Almost Famous"? If not, please do watch it! See if you like it. It is a personal favourite for me!

Directed by Cameron Crowe in the year 2000, Almost Famous is a drama/comedy film that stars actors Billy Crudup, Kate Hudson, and Patrick Fugit.

The film takes place in 1973, with main character William, a bright, 15-year-old who dreams of being a journalist for Rolling Stone magazine. Against his controlling mother's wishes, William joins the band "Stillwater" as they tour across the US. During this tour, William befriends not only the band and their manager, but also Miss Penny Lane, who is played by actress Kate Hudson. Not only does William become fast friends with Penny Lane, but it is obvious how smitten he is with her. Sadly though, Penny loves Russel, the guitarist of Stillwater, and Russel has a girlfriend who he chooses to be unfaithful to as he spends time with Penny Lane.

Miss Penny Lane is a "Band-aid", someone who is a fan of the band, as opposed to what people would call "groupie". Unfortunately, Russel breaks Penny's heart. She resorts to drugs, and William finds her in a hotel room and calls a medic, thus saving her life. The band gets a new manager who convinces the band to take a plane rather than their usual bus. It is on this plane that the band and William fear for their life due to the strong turbulence. Everyone goes from making confessions of things they regretted to suddenly fighting. My most favourite part is

William's speech. While one member referred to Penny (who admitted to William her real name finally, Lady), as a "groupie", William gets mad and says, "That groupie?! She was a Band-aid! All she ever did was love your band! And you all used her and threw her away! All of you! She almost died last night while you were with Bob Dylan! You guys are always talking about the fans, the fans, the fans. She was your biggest fan, and you threw her away! And if you can't see that, that's your biggest problem. And I love her! I love her!" William yelled this all in front of Russel's girlfriend, who had come to join the tour.

It is after this speech that the turbulence ends, and everyone lands safely to their destination, now in a bad mood due to the confessions. William goes back home with his older sister, who had run away earlier in the film due to how controlling their mom was. As they go home, the sister and the mom reunite. Russel attempts to make things right with Penny, who gives him William's address. It is here that William interviews Russel, which he had wanted all along. The movie ends with everyone getting a happy ending as Led Zeppelin plays. It is an absolutely beautiful ending.

This film is full of absolutely great soundtrack (for those of you who love classic rock, especially Led Zeppelin), friendship, betrayal, love and heartache. It will always be one of my favourites, and I hope you will all check it out if you haven't already. That's all for now! Take care.



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Est. 1989

Choosing Hope Art and Poetry Exhibit

Communitas Supportive Care Society will be exhibiting art and poetry at The Reach from artists from their various programs, including several that have acquired brain injuries.

We have received more than 30 pieces of art and several poems, all on the theme of *Choosing Hope* – we are so excited for this exhibit!

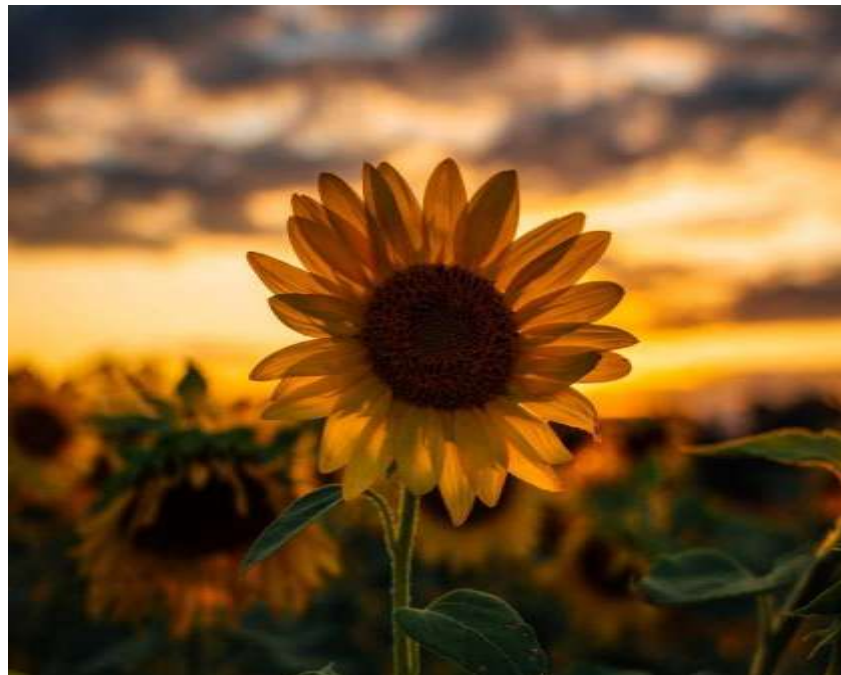
Below you'll find some information about the grand opening but **even more important: *The Artist Talk and Poetry Reading Evening***. Both of these events are free of charge and are open to anyone to attend, please invite your family and friends!

Choosing Hope Art and Poetry Exhibit Grand Opening
Friday, December 8, 2023
6:30 pm – 8 pm

Join us at the Reach Gallery Museum Abbotsford, 32388 Veteran's Way, for the gallery's grand opening of all their winter exhibits.

Our paintings and poems will be hanging in the Community Art Space and you can see all of the other exhibits in the main hall as well.

Choosing Hope Artist Talk and Poetry Reading
Thursday, December 14, 2023
5pm – 7pm at The Reach, 32388 Veteran's Way, Abbotsford



<https://www.communitascare.com/stories/choosing-hope/>

Jason's Art Life - Introduction

By Esther Tremblay

Jason has been a member of FVBIA's Chilliwack Brain Injury program and the Chilliwack Brain Injury Drop In Centre (Communitas Supportive Care Society) since 2014.

He was in a car accident as a teenager, which left him with a traumatic brain injury.

Jason has always cultivated his ability with art, joined the Fraser Valley Brain Injury Association's art program and kept on developing his craftsmanship.

Over the years, Jason has taken part in many events, such as fundraising and art expositions. Jason's art work had been selected to be part of Communitas Supportive Care Society's annual Christmas cards and some of his work will be on display at the Reach Gallery in Abbotsford in December 2023.

Over the year Jason abilities and self-confidence have grown, and he eventually started teaching art to his peers in the Chilliwack Brain Injury programs. The members have enjoyed the experience so much that Jason will be doing more painting classes for them in the very near future.

Jason is a delight to work with, he has been using his art as a tool to help him deal with tragic events in his life and has develop wonderful coping skills over time. He is proud to share his gift with others.

Chilliwack Brain Injury programs are funded by Fraser Health's Acquired Brain Injury Services, the Province of BC, the Brain Injury Alliance and Fraser Valley Brain Injury Association.

Jason's Art Life

By Jason

Jason was born into a Christian family...

When Jason was a young boy, he was known to be very shy. He didn't talk much, but he loved playing with various popular toys of the 90's. From a young age, it was apparent that he was into art and drawing. He often drew his favorite characters from cartoons and anime.

He lived in a small house with a big family... Jason grew up with his brothers. His younger brother was the only person he talked to for fair bit of his childhood.

He lived in Nova Scotia for a few years of his life and when he came back to British Columbia, he got depressed so he used art to cope with life.

Jason used to write short stories. He struggled in elementary school and didn't make many friends. When Jason got to high school, things were better and his art had advanced as well. He enjoyed art classes, although he found it hard to keep up with all the assignments while having depression.

When Jason was 14 years old, he was involved in a car crash that gave him his brain injury. This made things harder, but he continued to pursue art as a passion.

Jason ended up in the psych ward when he was 17 years old. His dad would often visit him in the Psych Ward...and afterwards was put in a foster home. He tried to finish school, but never did get his grade 12 diploma.



Eventually Jason came to live in Chilliwack BC, and he met John Le Flock the art teacher. John noticed Jason's exceptional gift for art. Jason always needed a challenge.

Jason has had a few set backs now and then, but he managed to recover well. These days, Jason can teach others art.

Jason lost his mother to a terminal illness and more recently, he lost his sister to an unfortunate event. Although Jason's passion for art has helped him cope with life's troubles

Jason's family of 6 siblings and his mother and father have been a big part of his life and countless extended family members and friends have made a huge impact on Jason's journey/recovery!

Thanks to all for the support!

FVBIA Pub Night Fundraiser


FRASER VALLEY BRAIN INJURY ASSOCIATION

*Games &
Silent Auction* **PUB
NIGHT
FUNDRAISER** *Saturday
November 25*

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

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

TICKETS \$25 - INCLUDES BURGER AND BEVERAGE
DOORS OPEN AT 5:00 PM

WESTJET 

Bid for your chance to win a roundtrip flight for two guests to any regularly scheduled and marketed WestJet destination*, and a 2-Piece Hardside Spinner Wheel Luggage set. (*No cash value. Fees, taxes, surcharges not included. Blackout dates and restrictions apply).

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 Christmas Tea

 Fraser Valley Brain Injury Association

Christmas Tea & Silent Auction

Wednesday December 6, 2023
2:00 - 4:30 PM
Cascade Community Church
35190 Delair Road, Abbotsford, BC

Tickets: \$30
FVBIA Members with ABI: \$15
Non-members with ABI: \$25
Table Sponsor: \$300
Ticket Deadline: November 29, 2023

Order tickets online
<https://FVBIA-Christmas-Tea.eventbrite.ca>
or contact info@fvbia.org or 604-557-1913

FVBIA's Pay It Forward: Health and Wellness Programs

FVBIA has an active 'Pay It Forward: Health and Wellness for ABI' program. The FVBIA team offers several different components of this program that all focus on rebuilding one's sense of self after an acquired brain injury and 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. 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 etc.

Wondering how you can contribute? Take a minute to think about your strengths, talents, interests and networks. Then contact your case manager to share your gifts. This can be contributing to the FVBIA newsletter, demonstrating a craft to other members in a mini-workshop, supporting others, volunteering in the community etc.

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

Health & Wellness Group

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

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

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

For more information or suggestions for topics, contact your case manager or Taryn Reid at treid@fvbia.org

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

Coffee and Chat Groups



Abbotsford Coffee & Chat

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

Day: Tuesday
Nov 14, Dec 19, 2023
Time: 10:30 a.m. until noon
Place: FVBIA Boardroom
201 – 2890 Garden Street, Abbotsford, BC

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

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

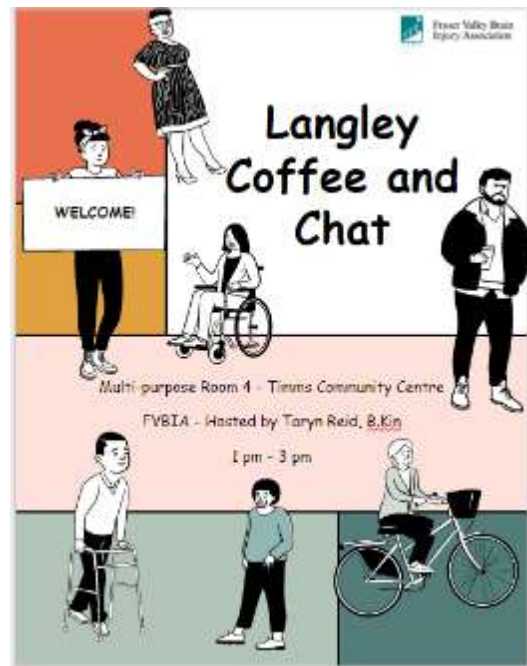
Langley Coffee and Chat

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

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

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

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



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

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

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

Day: Thursday
Nov 9 & 23, Dec 14, 2023
Time: 10 a.m. until noon
Place: FVBIA Boardroom
201 – 2890 Garden Street, Abbotsford, BC

*** FVBIA cannot guarantee 1:1 staff at activities. If you require 1:1 care, we ask you to bring a support person with you. For more information, please call Joy at 604-897-1563.

Mill Lake Walking Group

Join us for a relaxing walk around beautiful Mill Lake in Abbotsford and connect with others who have shared experiences with brain injury.

Mondays Wednesdays Fridays
2 Meeting Places:
2 P.M. at the Bourquin Entrance benches
2:15 P.M. at the Mill Lake Road Dock

*** FVBIA cannot guarantee 1:1 staff at activities. If you require 1:1 care, we ask you to bring a support person with you. For more information, please call Joy at 604-897-1563.



Photo by Joy Scobie 2022

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, December 12, 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.

*Funding is provided through the Brain Injury Alliance, ICBC and the Province of British Columbia. **Our special sponsors for this event are Chris Gledhill and Robin Newbery, parents of Dylan, a former Community Kitchen participant. We thank them for their generous donation to honor his memory.***

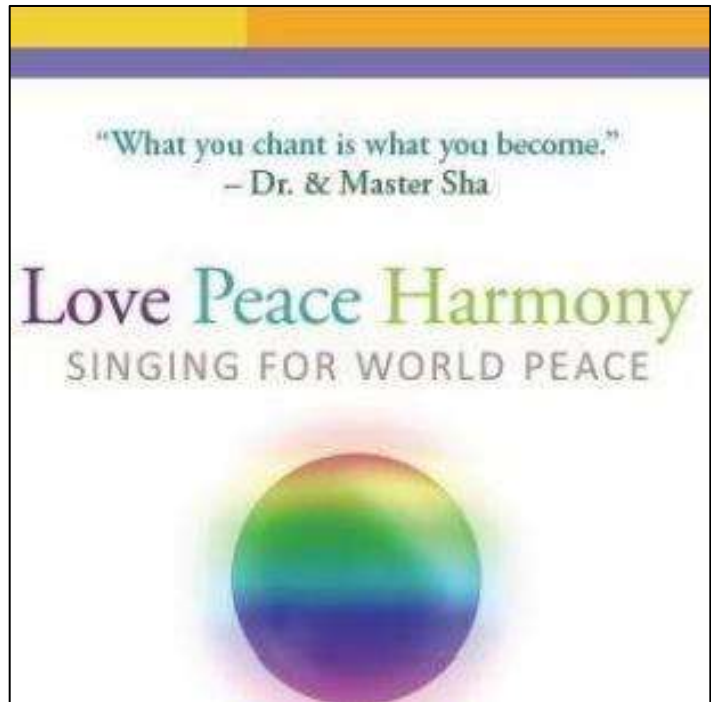
Uplift your Life and Experience with the Power of Love Peace Harmony Song!

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

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

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

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



Photos by Carol Jackson

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



Fraser Valley Brain Injury Association

Annual General Meeting

Tuesday November 21, 2023
10:30 am

Chilliwack Brain Injury Drop In Centre
45825 Wellington Ave, Chilliwack, BC (Presbyterian Church)

2023 Annual General Meeting Agenda

1. Welcome and Introductions
2. 2022 Annual General Meeting Minutes
 - A motion will be presented to approve the minutes from the 2022 Annual General Meeting.
3. Financial Statements and Annual Review
 - A motion will be presented to approve the financial statements for the fiscal year ended July 31, 2023
 - A motion will be presented to appoint Steve Fehlauer, KPMG as the accountant for the fiscal year ending July 31, 2024.
 - The Board approved budget for the fiscal year ending July 31, 2024 will be presented.
4. Executive Director's Report
5. Chairperson's Report
6. Candidates for Board of Directors and Election of Directors
 - A motion will be presented to elect directors to fill vacancies on the Board of Directors.
7. Adjournment

Become a sustaining Member of Fraser Valley Brain Injury Association!

<https://www.fvbia.org/wp-content/uploads/2022/11/Membership-Donation-Form-FVBIA-2022-FINAL.pdf>

How to Help Someone with a Brain Injury

June 19, 2023

<https://braincanada.ca/how-to-help-someone-with-a-brain-injury/>

1. Believe them when they say they can't do something, are having difficulty, or tell you about certain symptoms they're experiencing.
2. Avoid responding in ways that show suspicion or downplay their experience, such as "You don't look injured," "Look on the bright side," "You must be fully recovered," "Shouldn't you be better now?" "You're so intelligent, you can't be disabled," "Can't you just push through?" or "Stop being so emotional!"
3. Try not to use "at least" phrases— "At least you didn't die!" "At least you can still walk/work/bike etc.!"—that downplay the difficulties they are experiencing.
4. Offer to attend appointments with them and take detailed notes, as some patients may struggle to remember everything that's said. You could also go over potential questions a few days before appointments, so the person has time to process and articulate thoughts and concerns.
5. Continue to check in with a call or visit, even if they can't always reciprocate. Ask them when the best time of day is to be in touch.
6. Help limit the number of interactions they have or activities they do in a day to protect their energy.
7. Offer to help with day-to-day tasks: picking up kids from school, grocery shopping, household chores, or scheduling appointments.
8. Bring over nutritious meals.
9. Help them navigate services, apply for eligible supports, or drive them to appointments.
10. Keep a journal if they're unable to (dates, times, observed symptoms, feelings, etc.).
11. Don't take anything personally and be flexible when plans need to change if someone is experiencing increased symptoms or are not feeling well.
12. Be patient. Allow yourself to slow down to the pace and 'real-time' for the person with a brain injury.
13. Offer support for the caregivers and family members of the survivor – many of whom are dealing with their own traumas related to a loved one's brain injury. As one survivor, Peter, told us, "Families need to be taken care of as well."

If you're feeling

BounceBack[®]
reclaim your health



Bounce Back[®] can help!

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/>

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.

Understanding Traumatic Brain Injury

A Workshop for Family & Friends



Thursday Nov 9th, 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

Reduced Cost Counselling Program – Chuck Jung Associates

Now Accepting Referrals

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

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



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

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

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

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

Chuck Jung Associates – Psychological and Counselling Services

Vancouver: (Main Office)

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.

Autonomic Arousal Problems Following Brain Injury

By Dr. Douglas Lee

Autonomic arousal is typically defined by the following symptoms: (1) Palpitations or pounding heart, or accelerated heart rate. (2) Sweating. (3) Trembling or shaking. (4) Dry mouth (not due to medication or dehydration).

This is not a typical outcome of a brain injury but can happen. Such arousal is controlled by the autonomic nervous system, which is made up of the sympathetic and parasympathetic nervous systems. The sympathetic nervous system is responsible for our “fight or flight” activation while the parasympathetic system promotes our “rest and digest” processes.

Bill (pseudonym) was in a car crash. While he suffered only minor long term physical injuries, his major issues were due to a frontal lobe injury resulting in impairments in executive functioning (i.e., planning, impulse control, organizing etc.). I was asked to become involved due to his outbursts of anger.

He had a very skilled 1-1 worker who was able to develop 2-3 clear non-verbal signs to let Bill know that he was starting to get agitated and should move away from the situation.

One of the signs was the worker moving a colorful handkerchief from one pocket to the other, making sure Bill see him do this.

Such support was necessary as Bill could rarely articulate what he was getting worked up about, even when it was obvious to his worker.

His worker would explain things to him once they were both out of the situation (e.g., having left the store). Such support allowed Bill much more freedom to be the community in a wide range of everyday activities.

However, Bill still wanted to do some things on his own, typically very familiar routine activities which usually went smoothly. From what we could gather any outbursts were almost always similar to events that the 1-1 worker had also encountered. There were, however, occasional severe outbursts that occurred, at times resulting in police involvement.

These seemed a complete mystery for several months as they seemed completely unexpected and were often the most serious outbursts.

One meeting we had at Bill’s home revealed the underlying issue. While this was a regular update and planning meeting which Bill typically enjoyed, about 15 minutes into the meeting, Bill made a quote from the bible. I asked him about this and over the next 10 minutes the exchange between Bill and I continued to heat up.

Dr. Lee is a retired clinical psychologist who was also Board Certified in Behavioral and Cognitive Psychology and was a Board-Certified Behavior Analyst.

He has over 30 years experience working with children and adults with moderate to severe brain injury. He consulted throughout BC and occasionally in Alberta. His focus was on developing individualized treatment plans for a wide range of behavioral and cognitive issues.

Due to the severity of most client’s injuries, he saw them in their local homes and communities. He is currently a board member of Fraser Valley Brain Injury Association.

Once I saw Bill shift forward in his chair and clench his fists, I diverted the topic and we returned to the regular meeting. For the next hour Bill was engaged, happy and appeared calm. Upon leaving I shuck Bill's and found his palm to be completely covered in sweat (over and prolonged activation of his sympathetic nervous system).

This revealed the root cause of the unexplained outbursts. Although infrequent, all the "mystery" outbursts occurred, sometimes up to two hours after an initial problem. Bill's lack of awareness of his heightened arousal left him completely exposed to minor incidents sending him off into a tirade.

The solution (not 100%) was for Bill to immediately return home if he had an initial incident (all his independent routines were within walking distance of his apartment) and call either his 1-1 worker or one of his brothers who best understood what was happening. He was to remain in his apartment for a minimum of four hours. Whenever possible either the 1-1 worker or his brother would visit him during this time.

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?	\$650	\$390	\$260
The interim Canada Dental Benefit provides payments up to \$650 per eligible child under 12 years of age, per year for two years.	If the family's adjusted net income is under \$75,000	If the family's adjusted net income is between \$75,000 and \$75,000	If the family's adjusted net income is between \$80,000 and \$95,000

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

WHO can apply?	HOW can you apply?
<p>Parental Guardians who:</p> <ul style="list-style-type: none"> 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 \$95,000 per year. Have filed last year's federal 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. 	<p>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.</p> <p>You will need to provide information on the dentist you visit, including the name of your child's dental care provider(s) and your employer information.</p> <p>If you apply online and set up opt-in to CRA direct deposit, you can receive your payment within 10 business days!</p> <p>If you'd prefer to apply for the Canada Dental Benefit online, call 1-800-715-0836 to get your application started.</p> <p>Make sure you have your Social Insurance Number, address, date of birth and a copy of your income tax return from last year.</p>

WHEN can you apply?	WHAT if I don't read or speak English or French?
Parents can now apply for dental care-recovered by their eligible child back to October 1, 2022, as long as their child will still be under 12 on December 1. For the revised benefit, parents can apply starting July 1, 2023.	The application portal is only available in English and French. However, if you need help with the application, you can use an English or French speaking friend to fill out your application or call our toll-free application support line at 1-800-715-0836. If you don't have a friend available to assist with the process, the CRA can arrange to call you back or offer to have someone on the line who speaks your language.

Visit Canada.ca/dental for more information, or call 1-800-715-0836

Government of Canada / Gouvernement du Canada

Canada

Insight And Problem Solving Without Self-Awareness

By Dr. Douglas Lee

For individuals with moderate to severe brain injuries it is oftentimes very challenging to be able, particularly in the moment, to see their role within the context of an event. This can be observed as them not anticipating that their actions may lead to a problem and/or not seeing themselves as at least partially responsible for things going wrong as they occur. On the other hand, they may be quite good at being able to assess the situation and other people's behavior when being an observer.

This can lead people working with such individuals to think that someone with a brain injury is simply trying to shift blame to others or are trying to avoid blame.

In running anger management groups for individuals with moderate to severe injuries, I developed homework assignments for each person to track events specific to their situation and lead to anger or aggressive outbursts.

As this is a group who has limited patience and insight, the task was reduced to filling out a small set of fill-in-the-blank items on a business card. Each person was given a set of pre-printed business cards with a small foldable card case and a pen. They were instructed to fill out one card each time an incident happened.

By the fourth week of the group, individuals had started to collect enough cards (I was going for a minimum of 8-10 cards) that it might be possible to look for trends in their data. Each session for the remainder of the group, 1-2 participants per session would present their findings (I would help as required).

The format was for the person to briefly talk about each incident specifically using the information from each card. Once they were finished reviewing each card, they were asked if they could see any pattern in the information they presented (i.e., all incidents occurred between 4-6 PM or all incidents occur when standing in line-ups of more than two people).

Across the board, the response was that they could see no reason or pattern for the incidents. From their body language, it was very clear that for many individuals they were clearly completely baffled about why these events were occurring to them.

When I asked the participants who were listening to the presentation to respond, the response from the audience was completely different. Hands shot up almost instantly and typically very clear and concise answers were given as to what potential patterns were present in the data presented. Clearly there were times when patterns were more or less obvious, but in general the audience responses were realistic interpretations.

The point here is that when the participant was the presenter, they almost universally had little to no awareness of the patterns that audience participants saw clearly.

The presenter would then become an audience member and have no problem identifying the behavior patterns of other presenters.

To take this further, while a few participants appeared to try and articulate this obvious response pattern, no one was able to clearly articulate the issue. Most participants seemed completely unaware of their divergent behavior as presenter or audience member.

The observation that someone with a moderate to severe brain injury, given external support, can function well, but show great challenges when operating independently, is consistent with the findings of these anger management groups.

Contextualized self-awareness, that we all take for granted, is typically greatly impaired in individuals with moderate to severe brain injury.

Telecare Crisis Line

Telecare is a phone-in support service in British Columbia and Canada through our 1-888-852-9099 number. We train our call responders who listen, not counsel, and refer callers to social agencies located nearby. Telecare exercises an approach to supportive care that recognizes Canadians who value spirituality as a source for personal resilience.

Our Services

- Supportive listening by phone at 1-888-852-9099; we listen, not counsel.
- Crisis Response by phone at 1-888-852-9099 (In case of emergencies, dial 911)
- Youth Chat support (provided in partnership with [Youth in B.C.](#))
- Workshops in active empathetic listening for community organizations ([Listen Up!](#))
- Volunteer [Opportunities](#) in call responding and operations
- Internships for students in social services, counselling, and related fields
- Supportive care resources, including:
 - “Caring Conversations” [Blog](#) A compendium resources on supportive care
 - “Encouraging Words” [resource](#) Quotations on care from diverse sources
 - “Learn to Listen Well” A [free video series](#)
- Contact [information](#)

Website: www.telecarebc.com



QR Code for our support number. **Need someone to talk to?**
Scan this link to reach our phone-in number.





Push For Accessibility: Mapping Project

Langley Pos-Abilities is engaged in a Mapping Program. The purpose is to enable access to public buildings for anyone who might have challenges, such as seniors, mothers with strollers, and people with disabilities. Disabilities include mobility issues, hearing loss, blindness, and many other conditions requiring assistive devices.

This can be easily accessed on any device (laptop, phone, iPad). We are encouraging all members of our community to take time and review different locations you go to in terms of 3 main accessibility features: mobility, vision, and hearing.

[VISIT THE ACCESSIBILITY MAP HERE](#)

Tech for Good

Tech for Good provides people of all ages with professional assistance so you can independently use or control your mobile phone and tablet. Tech for Good offers customized recommendations, training and support on mobile devices and related assistive technology in order to help you overcome barriers to digital accessibility.

<https://www.marchofdimes.ca/en-ca/programs/atech/techfg/Pages/Tech-for-Good.aspx>

Abbotsford Brain Injury Drop In Program

This month we will be having a special guest speaker Amelia coming to talk with us for 4 sessions. Below you will see her picture and Bio.

We will also be having an emergency preparedness presentation with Fraser Valley Brain Injury Association's Presenter, Rachel Czarnecki, so it is going to be a month full of learning and fun!

Elder Amelia

My Sto:lo name is Txqwelemeux and my English name is Amelia Anne Roberts. I am an elder from the Tzeachten First Nation which is a part of the 11 nations that make up the Sto:lo Nation territories. I have a background and discipline in social work. My training involves counseling, support and suicide prevention.



I had facilitated groups in First Nations parenting, women's healing circles, as well as providing 1-1 support. I had also volunteered at the Crisis line for Chilliwack community services.

My traditional and cultural values are deeply rooted and connected with the Sto:lo nations. I believe in the sacredness of mother earth and reaching to the land for healing.

What I have learned and practice is our culture is of love and respect. I believe sharing in this manner is giving back to my ancestors and mother earth.

I come from a family of 13. I have 6 children, 10 grandchildren and 2 great grandchildren. I enjoy attending pow wow's, music, sewing, crafting and gardening.

November

ABI Calendar for  2023!

Monday	Tuesday	Wednesday Drop-In 1:00-3:00 pm	Thursday	Friday Drop-In 11:00am- 2:00pm	Saturday
		1 Guest Speaker Elder Amelia	2	3 Ted talks and Discussion Beet, Cabbage and farmer sausage	4
6	7	8 Guest Speaker Elder Amelia	9	10 Emergency Preparedness Presentation Spaghetti, salad and garlic bread	11 
13	14	15 Guest Speaker Elder Amelia	16	17 Games and Visiting Chicken, rice and veggies with salad	18
20	21	22 Guest Speaker Elder Amelia	23	24 Birthday celebrations Pizza and Dessert (Upstairs in Room G)	 25
27	28	29 Coffee at Seven Oaks mall	30		

Brain Injury Information for Kids

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

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

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

[For Ages 5 to 10](#)

[For Ages 11 and up](#)

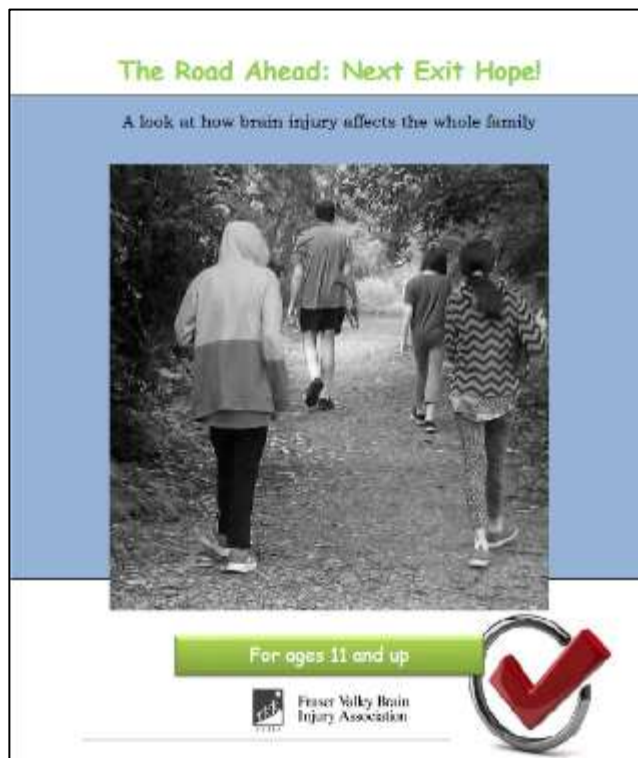
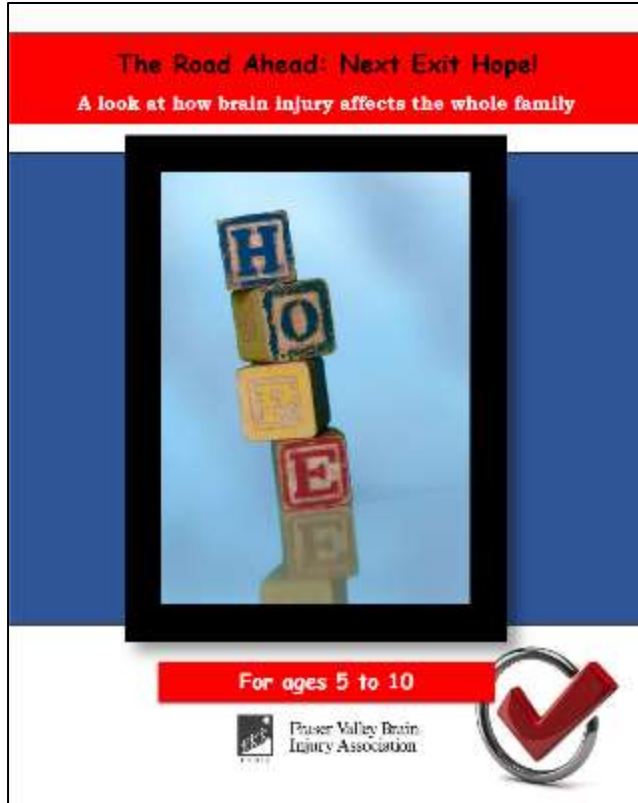
Original Funding for development, production and distribution provided by:

Ronald McDonald House Charities

Soroptimist International of Abbotsford

and

Fraser Health Authority's Acquired Brain Injury Program.



Simpson Family Award

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

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

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



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

Caregiver Supports

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

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

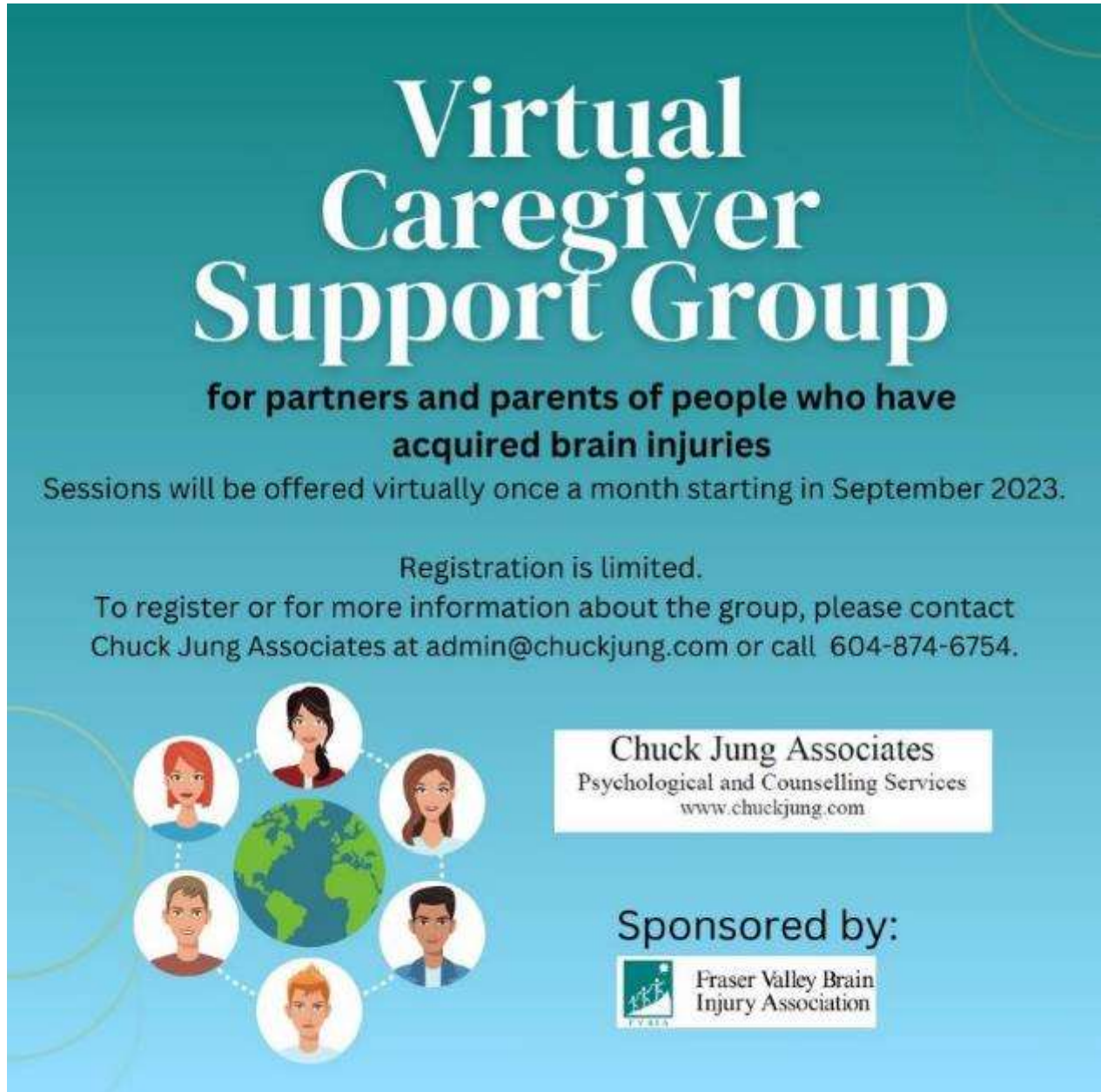
Doctors of BC tear sheet has a good list of resources for people taking care of loved ones. <chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/https://www.doctorsofbc.ca/sites/default/files/resourcesforcaregivers-tearsheet.pdf>

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

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

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 icon. Surrounding the globe are seven circular icons, each containing a stylized illustration of a person's face. The text is arranged in a clear hierarchy, starting with the main title in large white font, followed by the target audience in bold black font. Below this, the session schedule and registration details are provided. The contact information for Chuck Jung Associates is presented in a white box, and the sponsor's name and logo are shown in another white box at the bottom right.

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

Pets Corner!

Robbie & Emmy By Carol Jackson

Hello all, I hope you are enjoying the Fall, as much as you can. My 2 dogs are loving the cooler temperatures.

Robbie, my 11 yr. old has enjoyed Tracking and Rally Obedience in the past and I will be starting him in Nosework or Scent detection, shortly.



Emmy, my 5-year-old 'wild child' has excelled in Nosework over the past 3 years earning several titles in the game she loves.



When they aren't out and about, they are relaxing at home.



Stop and Smell the Flowers

Rachel's adorable new puppy reminding us to take time to stop and smell the flowers.



Halloween Kitties

Carol's kitty's Luna 'Bumble Bee' and Nyx the skunk, spent Halloween night safe at home but they weren't able to escape dressing up!



Tickling our Funny Bones

You: I love this time of year!
Me: You mean you 'ove' it.
You: What?
Me: Because there's Noël.

"Let's go get a Christmas tree!" — A divorce story

I bought a treadmill because my New Year's resolution is to have more things to put my laundry on.

I don't know who's worse, the people who sign their cats' names on Christmas cards or the cats who refuse to sign. (*this ones for our Boss, Carol hehehehe*)

<https://www.readersdigest.ca/culture/funny-holiday-jokes/>



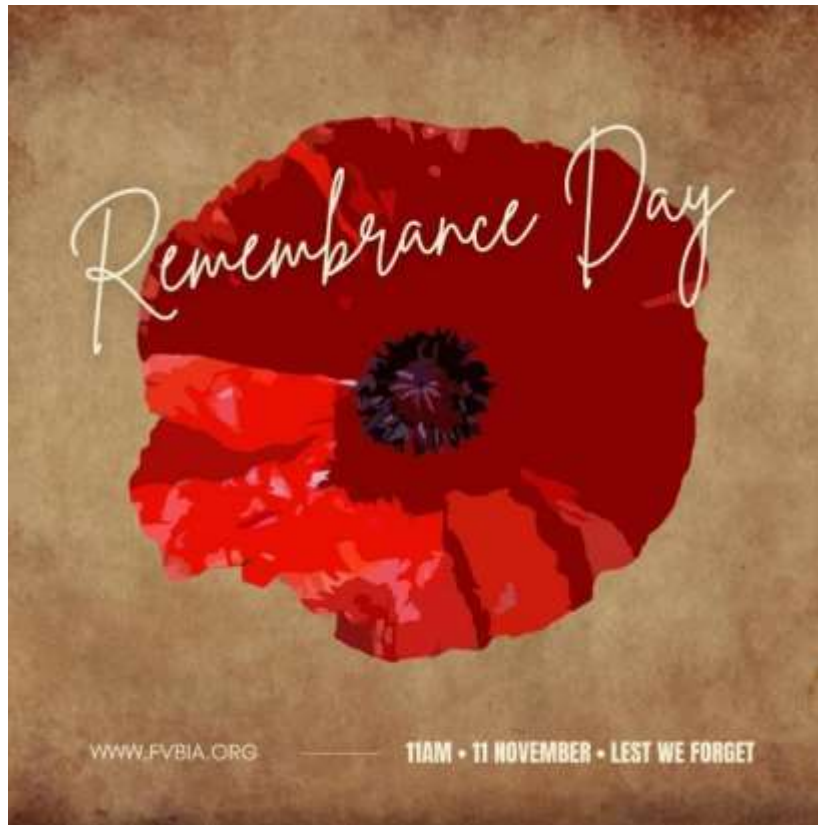
Sign up for the Fraser Valley Brain Injury Association Newsletter

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.



Acquired Brain Injury Info & Resource Package

FVBIA's 2023 [Acquired Brain Injury Information and Resource Package](https://www.fvbial.org/abi-information-resources/) contains pages of brain injury information and contact information for a wide variety of resources for any person with a disability. This extensive resource package is available on our website <https://www.fvbial.org/abi-information-resources/>

Advertising opportunities are still available. Contact info@fvbia.org or 604-557-1913 for details.

Topics include:

[Alcohol, Smoking, Addictions & Drug Treatment](#)

[Brain Injury – Definition and Symptoms](#)

[Brain Injury Associations in BC](#)

[Brain Injury Support Groups in BC](#)

[Child and Youth Services](#)

[Counselling Services and Support](#)

[Driving After Brain Injury](#)

[Education and Training](#)

[Epilepsy and Seizure Disorders](#)

[Equipment and Technology](#)

[Family and Caregiver Support](#)

[Financial Support](#)

[Foodbanks and Food Supports](#)

[Government Resources](#)

[Health Services and Health Authorities](#)

[Health Units](#)

[Home Care Services](#)

[Hospice Care](#)

[Housing and Residential Services](#)

[Indigenous Resources](#)

[Internet Resources](#)

[Job Skills and Training](#)

[Legal Assistance](#)

[Mental Health Services](#)

[Multicultural Services](#)

[Nutrition](#)

[Recreation and Leisure](#)

[Rehabilitation After Brain Injury](#)

[School – Returning After Brain Injury \(Children\)](#)

[Seniors Services](#)

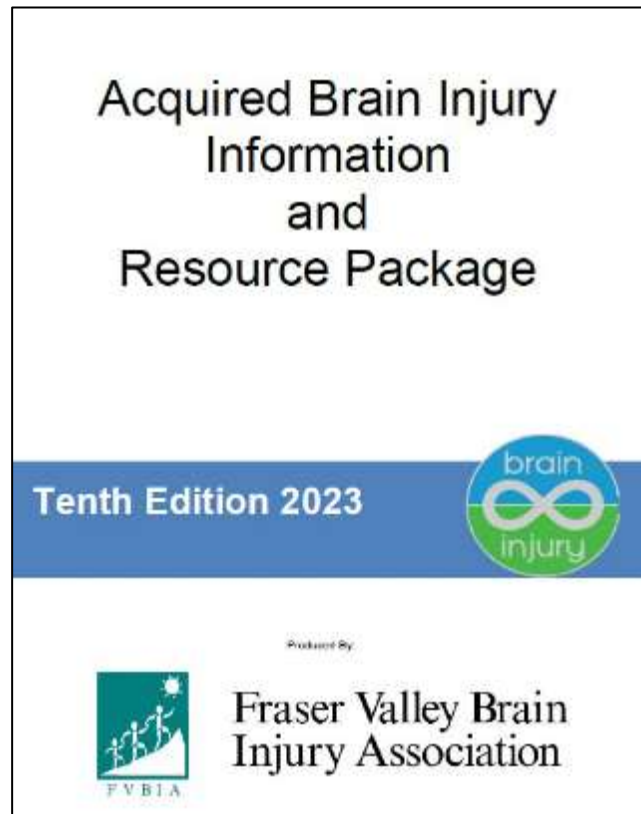
[Sexual Health Resources](#)

[Stress Management](#)

[Stroke Symptoms and Resources](#)

[Thrift Stores](#)

[Victim Services](#)



Connect with FVBIA on Social Media

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



<https://twitter.com/fvbi>



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



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

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



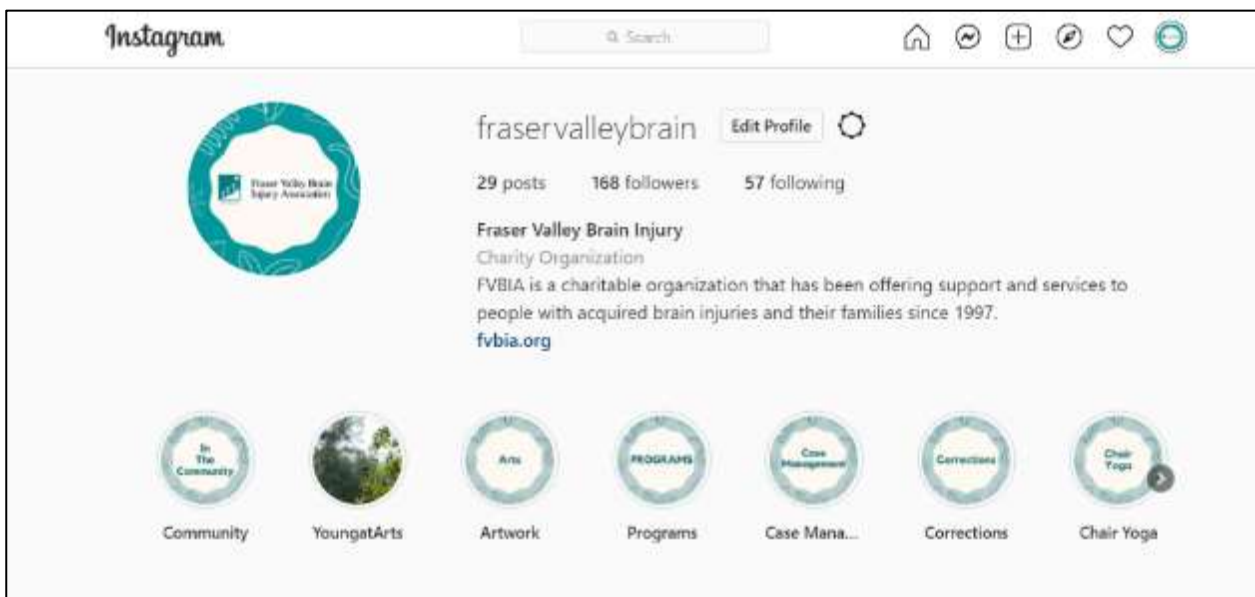
Instagram

FVBIA Community Facebook Page

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

FVBIA's Instagram

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



Concussion Resources and Programs

FVBIA Concussion Program

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

FVBIA's Concussion Program Resource Package

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

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

Concussion Awareness Training Tool (CATT) Parent or Caregiver Course

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

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

Online Concussion Tool for Teens

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

Fraser Health's Concussion Clinic

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

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

How you can Support FVBIA Programs and Services

Donate to Fraser Valley Brain Injury Association at CanadaHelps.org

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

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

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



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

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

Facebook and PayPal Fundraisers

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

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

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

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

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

Acquired Brain Injury can be life-changing and permanent.

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

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

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

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



Membership and Donations

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

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

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

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

It's easy!

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

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



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

Thank you for your support!