



## In This Issue



**DROP-INS AND GROUPS**



**UPCOMING EVENTS**

YOUNG AT ARTS SUMMER PROGRAM DAY CAMP

BRAIN INJURY GOLF CLASSIC

BRAIN WAVES



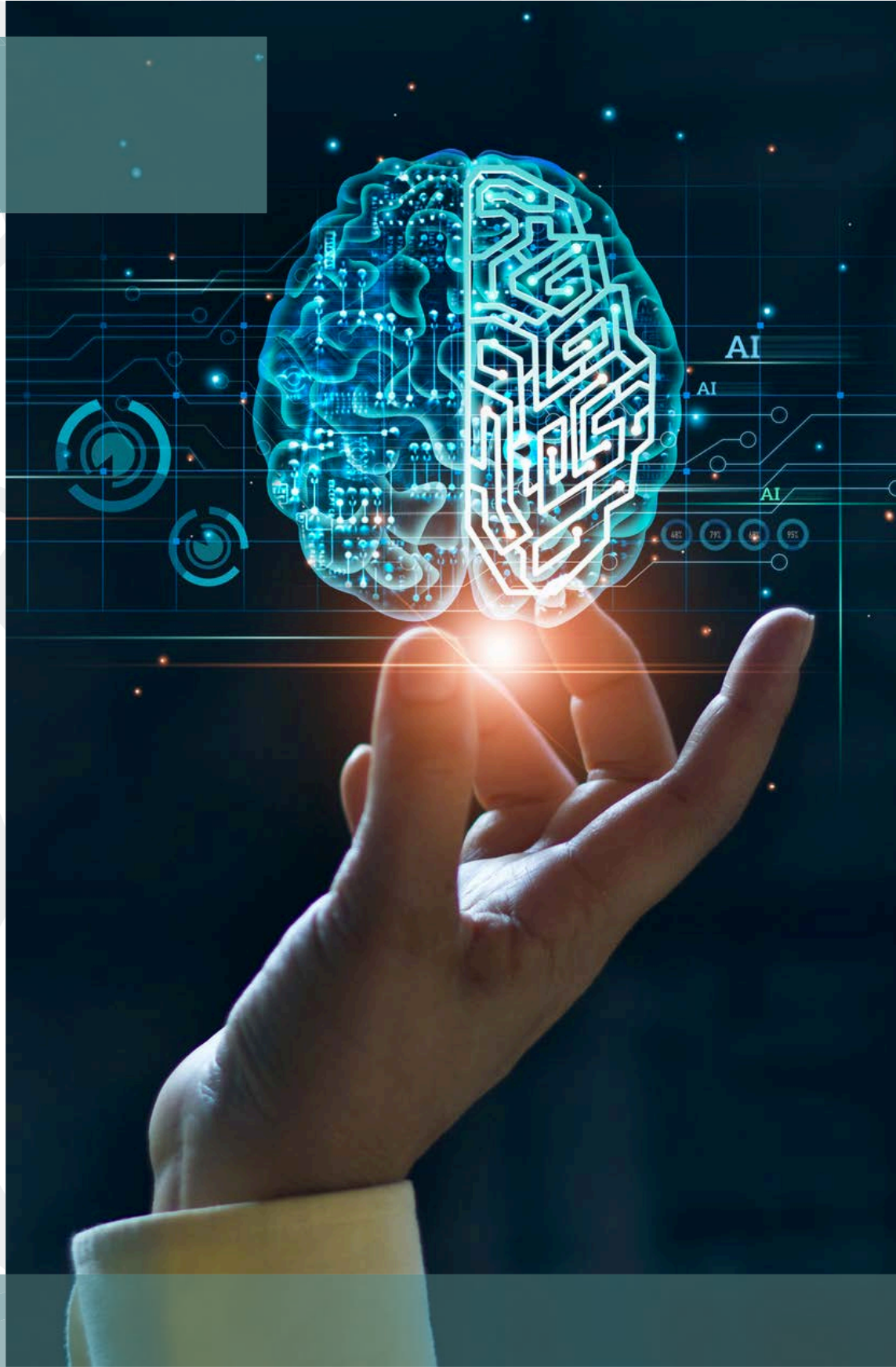
**EXCITING UPDATE ON THE NATIONAL STRATEGY ON BRAIN INJURY**



**STUDY: RISK MARKERS FOR NOT RETURNING TO WORK AMONG PATIENTS WITH ACQUIRED BRAIN INJURY**



**BC RENTER'S TAX CREDIT**



# CONTENTS

- [Drop In's and Groups](#) / 4
- [FVBIA Services and Programs](#) / 5
- [Staff Emails](#) / 5
- [Upcoming Events](#) / 6
- [FVBIA Writer's Bullpen](#) / 11
- [Rehab After Brain Injury Brochure](#) / 12
- [FVBIA's Pay It Forward: Health and Wellness Programs](#) / 13
- [Coffee and Chat Groups](#) / 14
- ["Ladies' R 'n' R"](#) / 15
- [Mill Lake Walking Group](#) / 15
- [ArtWorks Spring 2024](#) / 16
- [A Very Big and Exciting Update on the National Strategy on Brain Injury](#) / 17
- [Share Your Story](#) / 18
- [Reduced Cost Counselling Program – Chuck Jung Associates](#) / 19
- [Research News: Risk Markers for Not Returning to Work](#) / 20
- [Study: Brain Implants Revive Cognitive Ability](#) / 21
- [Be a Hero: Consider Donating a Kidney](#) / 22
- [Virtual Caregiver Support Group](#) / 23
- [How a Kinisiologist Can Help](#) / 24
- [BC Renters Tax Credit](#) / 25
- [Pets Corner!](#) / 26
- [Tickling our Funny Bones](#) / 27
- [Acquired Brain Injury Info & Resource Package](#) / 28
- [Connect with FVBIA on Social Media](#) / 29
- [Subscribe and Advertise with Us!](#) / 30
- [Donate to Fraser Valley Brain Injury Association](#) / 31
- [Facebook and PayPal Fundraisers](#) / 31
- [Membership and Donations](#) / 32





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& Associates**  
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CELEBRATING 50 YEARS  
*"The name that you know and trust"*

*Serving the Community and Advocating for  
the Brain Injured Victims of Motor Vehicle  
Accidents for 50 Years*

# The Road to Recovery

## B.C.'s Pioneering Law Firm For Motor Vehicle Cases

Your experienced legal team at Simpson, Thomas & Associates will obtain for you the best possible settlement, either through negotiations, mediation or trial. We are experienced in successfully settling cases involving:

- Brain Injury
- Paraplegia
- Quadriplegia
- Spinal Cord Injury



### Low legal fees

We offer a reduced legal fee of 20% on brain injury, paraplegia and quadriplegia cases.



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If no settlement, no legal fees or expenses.

Call Anthony Thomas, Steve Yung or Bernie Simpson at 604-689-8888 to set-up a complimentary consultation or visit our website at [simpsonthomas.com](http://simpsonthomas.com)

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Fax: (604) 684-1881

Caring. Compassionate. Community-Focussed.

# Drop In's & Groups

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

Contact: 604-897-1563

### Art & Photography

Contact 604-897-1452

## Chilliwack

### Drop-in

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

### In the Now Support Group

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

### Art Groups

Contact 604-799-2044

## Langley

### Coffee & 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



Before we start group, we chat about our day, and when someone is having a problem or a bad day, Fred is the first to offer some wise words and helpful advise.

Fred always has a smile and positive things to say about anything. He has applied to be a volunteer bus driver for Care Transit in Hope, as he enjoys helping people.

Dora, his faithful companion, comes to group, and in her own way she helps calm people with her cuddles and kisses.

~ Heather



# Fraser Valley Services & Programs

FVBIA offers a variety of programs throughout the Fraser Valley. Some examples are below but may not always be offered throughout the whole year. Groups may be time limited or subject to change due to funding, locations or client interests/needs. We are always offering new activities so stay connected!

Contact [info@fvbia.org](mailto:info@fvbia.org) or 604-557-1913 for more information.

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

- Case Management (virtual and in-person)
- Drop In/Leisure Programs (Hope, Chilliwack, Abbotsford)
- Mill Lake Walking Group - Abbotsford 3x/week
- Community Kitchen
- Ladies R 'n R (Relax and Revive) group
- Health & Wellness (virtual) group
- Gentle yoga
- Art, crafting and jewelry classes
- Writer's Bullpen for FVBIA Newsletter
- In the Now Group
- Photography classes
- Volunteering/Employment support
- Family Support group (virtual)
- Support for youth
- Coffee & Chat groups
- In the Now education group
- 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) – ABI & Substance use education groups for inmates

## FVBIA Staff Emails

- Freddy O'Brien: [info@fvbia.org](mailto:info@fvbia.org)
- Heather Plain: [heatherplain@hotmail.com](mailto:heatherplain@hotmail.com)
- Joy Scobie: [ijoyscobie@gmail.com](mailto:ijoyscobie@gmail.com)
- Esther Tremblay: [esther@communitas.com](mailto:esther@communitas.com)
- Taryn Reid: [treid@fvbia.org](mailto:treid@fvbia.org)
- Jasneet Singh: [Jasneet.singh@fvbia.org](mailto:Jasneet.singh@fvbia.org)
- Victoria O'Brien: [victoria.o'brien@fvbia.org](mailto:victoria.o'brien@fvbia.org)


# Upcoming Events

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

## Save the Dates:

- **June 15th** - **Communitas 50th Anniversary Celebration, Chilliwack, BC**
- **August 12 - 16** - **Young at Arts Summer Program, Blue Heron Reserve, Chilliwack BC**
- **September 18th** - **FVBIA Brain Injury Golf Classic, Langley, BC**
- **December 11th** - **FVBIA Christmas Tea & Silent Auction, Cascade Community Church. Abbotsford, BC**

**JUNE IS  
BRAIN INJURY AWARENESS MONTH**

 Fraser Valley Brain  
Injury Association



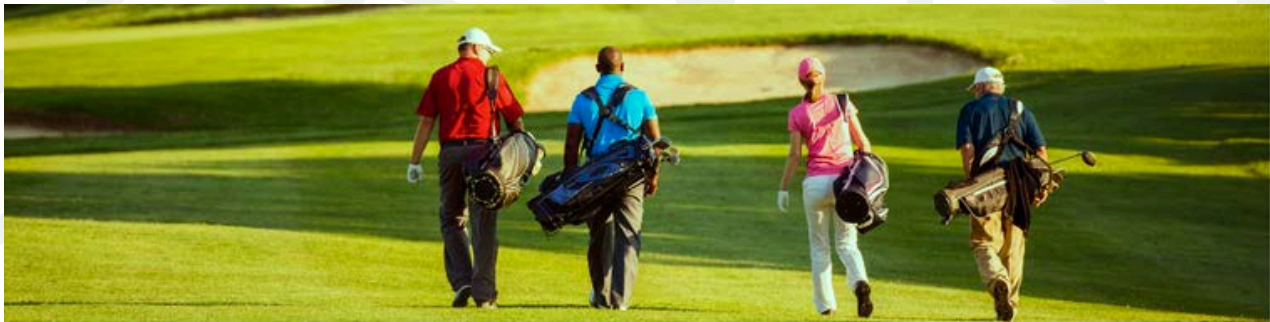


# FVBIA Brain Injury Golf Classic

Sponsorship & Player Registration for the FVBIA Brain Injury Golf Classic is NOW OPEN!

<https://bit.ly/3UhD1Dn>

*(Early Bird Deadline is July 31st, so don't delay your Savings!)*



Fraser Valley Brain Injury Association



**BRAIN INJURY**  
*Golf Classic*

WHEN: Wed, Sep 18, 2024 10:00 AM - 8:30 PM PDT

WHERE: Redwoods Golf Course  
22011 88th Ave., Langley, BC

Sponsorship & Early Bird Registration  
Opens April 1st!

## 4 EASY STEPS TO REGISTER!

1

### Go to FVBIA's Eventbrite Registration to Order Your Tickets

Choose your Sponsorship and / or Registration Level on the FVBIA Eventbrite Registration page at: <https://bit.ly/3UhD1Dn>

2

### Confirm Your Order and Receive Your Tickets

Check your order and choose your payment method to confirm. You will receive an email with your Ticket Confirmation and "Additional Information"

3

### If Registering More Than One Player, Follow the Instructions in Your Ticket Confirmation Email

Player Registration for 2 or more Players at: <https://bit.ly/4bsZjlo>

If you are only registering yourself as a Player, you can skip this step.

4

### Polish Your Clubs & Get Ready for a DAY PACKED WITH FUN and PRIZES!

And don't forget to tell your friends and colleagues about the great cause you will be playing for on Wednesday, September 18 2024, at Redwoods Golf Course! See you on the green!



# Young at Arts Summer Program



## YOUNG AT ARTS SUMMER PROGRAM

**FREE**

Day Camp at the Blue  
Heron Reserve  
Chilliwack, BC




**AUGUST 12 - 16 | 10AM - 2PM DAILY**

Open to children 5- 12 years of age with  
acquired brain injuries, siblings and children  
with a parent that has a brain injury

Contact [info@fvbia.org](mailto:info@fvbia.org) or 604-557-1913  
for more information.

*Children that require 1:1 support must be  
accompanied by an attendant.  
Transportation is not provided.*



 Fraser Valley Brain  
Injury Association



We acknowledge the support of the Province of British Columbia



# Communitas 50th Anniversary Free Family Carnival



- **Date:** June 15, 2024
- **Time:** 11:00am – 3:00pm
- **Location:** Cooke's Presbyterian Church,
- **Address:** 45825 Wellington Ave, Chilliwack BC

**Help Communitas celebrate our 50th anniversary with this free, fun, family event!**

We're partnering with the Fraser Valley Brain Injury Association and the Cheam Lions Club to create a great day that includes a bouncy castle, carnival games, face-painting, and more. Enjoy live music and free hot dogs.

*Bring your family and friends and enjoy the fun!*

# Upcoming Events

## Brain Waves is Coming In-Person to CHILLIWACK!



**SPRING 2024**

### What is Brain Waves?

- A nationally recognized program created by Parachute Canada
- Designed for students in **Grades 4-6**

### What Will Students Learn?

- Facts about the brain and how it works
- Important tips about how to protect and keep the brain safe



### Program Details

- Interactive activities engage students
- **In-person** delivery for an immersive experience
- The option of a morning or afternoon session
- Workshop takes **~2 hours** to deliver

**INTERACTIVE**

**FREE**

**SCIENCE-BASED**

### Interested in a presentation?

Contact: [Brendan.Smith@bcchr.ca](mailto:Brendan.Smith@bcchr.ca)

### Want to learn more?

[injuryresearch.bc.ca/brain-waves](http://injuryresearch.bc.ca/brain-waves)



In Partnership With:

**BC INJURY** research and prevention unit



Fraser Valley Brain Injury Association





# FVBIA Writer's Bullpen

Writers abound within the Fraser Valley Brain Injury Association (FVBIA) membership so the FVBIA Writer's Bullpen was created to provide a place for writers with brain injuries to come together to hone their craft and share ideas.

In 2017, individual writers began submitting pieces to the FVBIA Newsletter as a means of sharing their thoughts and ideas through the Pay it Forward: Health and Wellness for ABI program, funded by the Brain Injury Alliance, ICBC and the Province of BC.

The Bullpen has expanded to include art, photography, cartoons and poetry.

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

## FVBIA Newsletter Submission Deadlines

For upcoming 2024 newsletters, please note these deadlines for all written and photo submissions. All submissions are to be sent to [info@fvbia.org](mailto:info@fvbia.org).

May / June  
Issue

Submit by:  
**April 24**

July / August  
Issue

Submit by:  
**June 25**

September  
/ October  
Issue

Submit by:  
**August 27**

November /  
December  
Issue

Submit by:  
**October 25**

Written articles & stories should be maximum 500 words, and submitted as a document file (i.e. Word). For supplemental photos, please attach as separate files as .jpeg, .png or .pdf at minimum 1800 pixals / 300 dpi (not inserted in document or body of email).

*The content of articles, editorials or advertisements does not necessarily reflect the views and opinions of the FVBIA and may be edited length. Advertisements or articles are not an endorsement of services.*

Hey, Healthcare Partners!  
**Order Your Copies of our Newest Resource!**

# Rehabilitation After Brain Injury brochures

brought to you by:  
**Fraser Valley Brain Injury Association**



tri-fold brochure



2-sided rack card



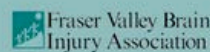
If you are in our Fraser Valley service region from Boston Bar to Chilliwack, we will deliver these resource brochures (2 styles to choose from) **to have in your office or waiting rooms - free of charge!!**

*Scan me*  
 or go to: [forms.gle/yk6FQBJ9xVhZhAbK9](https://forms.gle/yk6FQBJ9xVhZhAbK9)

## DID YOU KNOW?

Indirect economic costs due to working-age disability will increase and will be greatest for hospitalized traumatic brain injury (rising from \$7.3 billion in 2011 to \$8.2 billion in 2031) [10].

credit: [braininjurycanada.ca/en/statistics/#TBI](http://braininjurycanada.ca/en/statistics/#TBI)







# FVBIA'S PAY IT FORWARD: HEALTH & WELLNESS PROGRAMS

FVBIA has an active 'Pay It Forward: Health and Wellness for ABI' program. The FVBIA team offers several different components of this program that all focus on rebuilding one's sense of self after an acquired brain injury and 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](mailto: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 on Thursday afternoons from 2:00 - 3:00pm.

This group provides a safe space to discuss a variety of topics, connect with other survivors and to learn about health and wellness topics. For more information or suggestions for topics, contact your case manager or Taryn Reid at [treid@fvbia.org](mailto:treid@fvbia.org).

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



# COFFEE & CHAT GROUPS



## Abbotsford Coffee & Chat

FVBIA's "Pay it Forward": Healthy Lifestyles for ABI Project invites you to attend Abbotsford Coffee & Chat

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

**Days:** Tuesdays - May 14 & June 11, 2024

**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.**

## Langley Coffee & Chat

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

This is a great opportunity to meet other survivors of brain injury, have a "coffee and chat".

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

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

Fraser Valley Brain Injury Association

## Langley Coffee and Chat

WELCOME!

Multi purpose Room 4 - Timms Community Centre  
FVBIA - Hosted by Taryn Reid, B.Kin  
1 pm - 3 pm

/ 14



# \* Group Activities

## “Ladies' R 'n' R”

FVBIA’s “Pay it Forward”: Healthy Lifestyles for ABI Project invites you to attend “**Ladies' R 'n' R**” (**"Relax and Revive"**).

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

**DAYS:** Thursdays  
May 9 & 23, June 6 & 20, 2024

**TIME:** 10 a.m. until noon

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

## Mill Lake Walking Group

FVBIA’s “Pay it Forward”: Healthy Lifestyles for ABI Project invites you join us for a relaxing **walk around beautiful Mill Lake!**

**DAYS:** Mondays, Wednesdays Fridays

### 2 MEETING PLACES:

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

**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.**



# ArtWorks - Spring 2024

Join us for Spring 2024 ArtWorks session in the Trinity Memorial Church Hall located on the corner of George Ferguson Way and Montrose Avenue.

The program is open to people with acquired brain injury over the age of 19. Artists will meet on the following Wednesdays:

- **May 1, 8, 15**

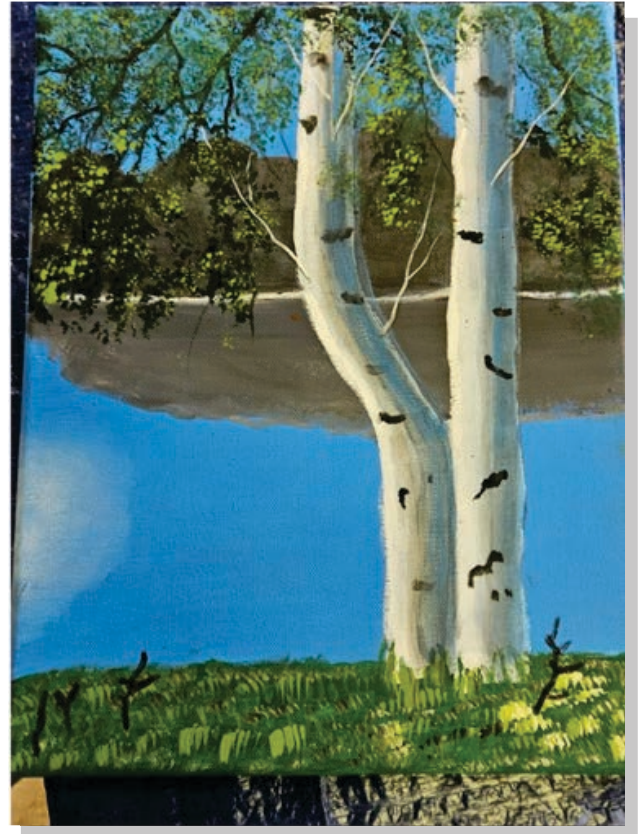
Each 2 hour session begins at 1:00 p.m. and ends at 3:00 p.m. This is an amazing opportunity to leave your cares behind for 2 hours each week to with meet fellow artists and enhance your creativity.

John LeFlock, our talented artist has some new ideas and challenges for artists to work with. Working with new mediums and techniques and introducing the idea of using completed art pieces to create greeting cards are a couple of thoughts.

You do not want to miss this art season. Put on your creative hats and join us for 2 hours every Wednesday afternoon until mid-May. Art supplies will be provided when required.


Coffee will be provided and possibly a few treats as well.

Please RSVP to ensure you have a place on Wednesdays, by responding to this email or calling Mary at 604 897 1452.



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- We Keep You Fully Informed Throughout Your Case
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- We Provide Access to Needed Support Services
- You Pay Nothing Until We Collect For You

<b>Langley Office</b> #200-4769 222nd St. Langley, BC V2Z 3C1 Phone: 604-256-5954	<b>Maple Ridge Office</b> #203- 22471 Lougheed Hwy Maple Ridge, BC V2X 2T8 Phone: 604-305-1432	<b>Aldergrove Office</b> #100-26641 Fraser Hwy Aldergrove, BC V4W 3L1 Phone: 604-256-9785
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**"WORKING WITH OUR CLIENTS FOR  
TODAY AND THE FUTURE SINCE 1997"**

# A Very Big and Exciting Update on Bill C-277

The 2nd reading of Bill C-77 and its first hour of debate have been moved up to May 1, 2024 in the House of Commons at 5:30 pm (EST).

- **Wednesday, May 1, 2024 - 9:45 a.m. PST / 12:45 pm EST / National Press Conference on Bill C-277 (remember your time zone)**
- **Wednesday, May 1, 2024 2:30 p.m. PST / 5:30 pm (EST) 1st Hour of Debate on Bill C-277 in the House of Commons (remember your time zone)**



You should be able to view it live here:

<https://parlvu.parl.gc.ca/Harmony/en/PowerBrowser/PowerBrowserV2/20240430/-1/41424>

This is a *huge development* because the 2nd reading was pushed back several times due to government business being slowed and stalled. As of yesterday, it was officially signed off on by the Clerk of the House so it's scheduled for Order of Business tomorrow.

This means that in five weeks or so, the 2nd hour of debate will take place and follows with a vote by the house a day later. Very exciting because it looks like we could have a vote and if passed it goes to committee by the time the house rises in June for its break. It's a really big deal because we now stand a chance of pushing this through before the election is called.

Now more than ever, it is important to stay connected to your MP and ask they support this, Bill. Ultimately, we would love to have an unanimous vote in favour of Bill C-277 in June (Brain Injury Awareness month!). To make it easy, you can send your support here: <https://www.alistairmacgregor.ca/support-c-277>.

The 125 Days to Say Yes! Campaign has been very effective in this quest. For more updates in coming days and weeks, follow <https://www.facebook.com/nationalbraininjurystrategy>.



# Share YOUR STORY

Have you ever listened to someone share a story about their life and thought, *'Wow, someone else has been through that too? I thought it was just me!'*

Sharing your story has the potential to help someone else feel less alone. Our stories are powerful because they evoke compassion even among strangers. We also create opportunities to understand each other better while building our confidence and even our problem-solving.

Your story can help us connect with our sponsors and donors, so they understand how their support makes a real difference for people with acquired brain injuries and their families.

Tell us your story (in confidence - no need to use real names), so we can share it with our supporters. It makes a difference!



<https://forms.gle/sYWAjXFvv8WTn9dj7>

All stories collected remain anonymous. If you have any questions or concerns, please contact us at [info@fvbia.org](mailto:info@fvbia.org)

**community therapists**

**Need flexibility?**

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**Why Us ?**

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Please visit our website at [communitytherapists.com/careers](http://communitytherapists.com/careers) for more information or contact Laura Doig, HR Manager at [careers@communitytherapists.com](mailto:careers@communitytherapists.com)

[www.communitytherapists.com](http://www.communitytherapists.com)  
[careers@communitytherapists.com](mailto:careers@communitytherapists.com) • Career Contact: 604.566.8452  
Building skills. Empowering people.  
Est. 1989

# 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](mailto:admin@chuckjung.com)



## Chuck Jung Associates – Psychological and Counselling Services

Vancouver: (Main Office)	Surrey:	Abbotsford:	Chilliwack:	Langley:
1001 – 805 W. Broadway	232 – 7164 120 <sup>th</sup> St. St	The Mark (North Building	201 – 45625 Hodgins Ave.	8661 201 St. (2 <sup>nd</sup> floor).
Vancouver, B.C. V5Z 1K1	Scottsdale Square Bus. Ctr	102-32625 S. Fraser Way	Chilliwack, B.C. V2P 1P2	Langley, B.C. V2Y 0G9
Tel: (604) 874-6754	Surrey, B.CV3W 3M8	Abbotsford, BC V2T 1X8	1-877-870-6754 (toll free)	Tel: (604)-874-6754
Fax: (604) 874-6424	Tel: (604) 874-6754	1-877-870-6754 (toll free)		

Other locations in Tri-Cities, Burnaby, North Shore and Richmond

Website address: [www.chuckjung.com](http://www.chuckjung.com)

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



# Risk Markers for Not Returning to Work Among Patients with Acquired Brain Injury: A Population-Based Register Study (Excerpts)

**Citation:**

Matérne, M., Strandberg, T. & Lundqvist, LO. Risk Markers for Not Returning to Work Among Patients with Acquired Brain Injury: A Population-Based Register Study. *J Occup Rehabil* 29, 728–739 (2019).

<https://doi.org/10.1007/s10926-019-09833-6>

Published  
04 March 2019

Issue Date  
December 2019

The aim of this study was to investigate factors in different aspects of life were risk markers for not returning to work among patients with acquired brain injury (ABI).

The results showed that the following factors are linked to a higher risk of not returning to work:

- being a woman;
- having a lower educational level;
- not having children in the household;
- a hospital stay of more than 25 days
- those with aphasia;
- those classified as needing total assistance or some help needed;
- those with moderate disability and those with poor recovery according to the GOSE measure;
- those who were confined to bed or had problems with mobility;
- patients who had pain/discomfort or anxiety/depression;
- the type of brain injury diagnosis.

This suggests that rehabilitation and interventions need to address not only direct injury-related issues, but also person-related, activity-related, and rehabilitation-related factors in order to increase the patient's opportunities to return to work.

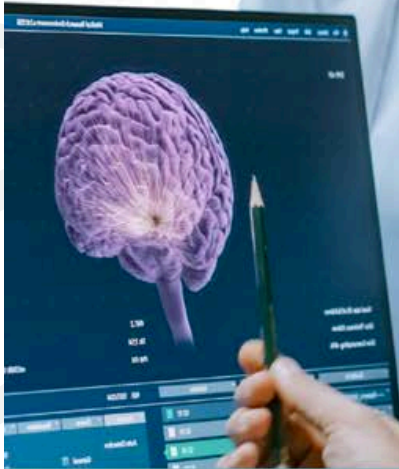
“One way to help patients understand rehabilitation is to form a rehabilitation plan that creates a predictable vocational rehabilitation process that is transparent for the patient and the staff.

However, our results showed, counterintuitively, that having a written rehabilitation plan was associated with a greater risk of not returning to work, regardless of whether this written individual rehabilitation plan was used or not.

It may be that patients with minor injuries and a short rehabilitation period are less likely to get a rehabilitation plan and more likely to be able to return to work without needing such support.

Another possible explanation is that patients with brain injury have rehabilitation plans from different hospital departments and other organizations that are not coordinated, so the plans that were created have not actually been used or followed up. Future research may shed some light on this result.

Although previous research has shown that information given to the patient and family is an important aspect in the return-to-work process [23], our study found no association between satisfaction with information about the brain injury, satisfaction with information on where to turn for information after the hospitalization period, or satisfaction with the information and attention given to the family and returning to work.”



## BRAIN IMPLANTS REVIVE COGNITIVE ABILITIES LONG AFTER TRAUMATIC BRAIN INJURY

**A new technique using deep brain stimulation tailored to each patient exceeded researchers' expectations in treating the cognitive impairments from moderate to severe traumatic brain injury.**

*"I couldn't remember anything," said Arata, who lives in Modesto with her parents. "My left foot dropped, so I'd trip over things all the time. I was always in car accidents. And I had no filter — I'd get pissed off really easily."*

*Her parents learned about research being conducted at Stanford Medicine and reached out; Arata was accepted as a participant. In 2018, physicians surgically implanted a device deep inside her brain, then carefully calibrated the device's electrical activity to stimulate the networks the injury had subdued.*

*She noticed the difference immediately.*

 [CLICK HERE TO READ MORE](#)

Credit: [Stanford Medicine](#)  
December 4, 2023 - By [Nina Bai, Mandy Erickson](#)



## COULD YOU BE SOMEONE'S HERO?

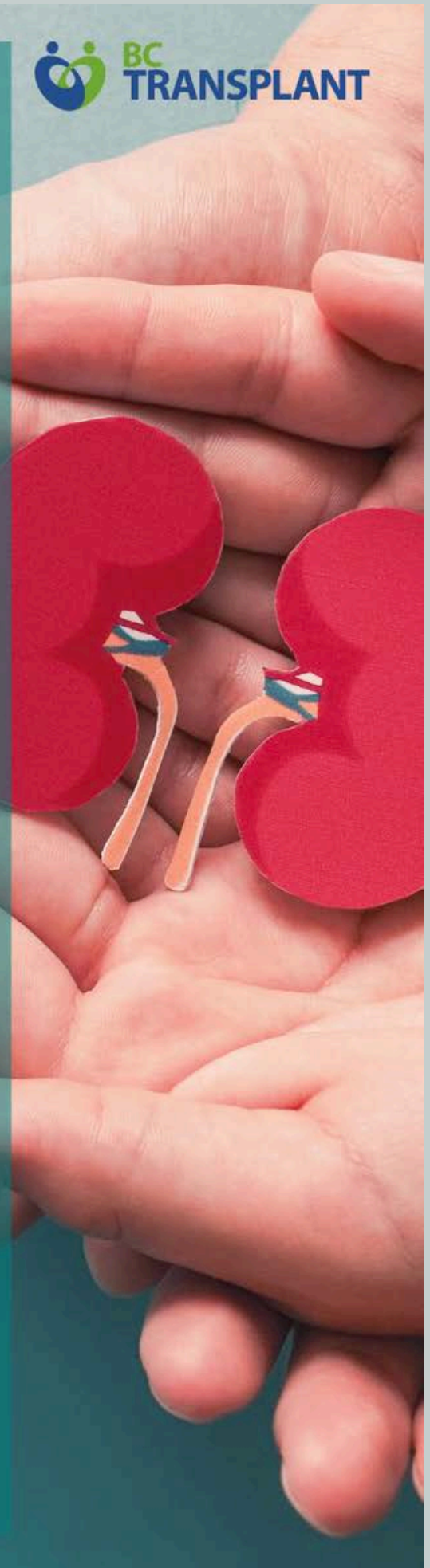
### Consider Donating a Kidney.

Kidney donors can live a normal and healthy life with just one kidney, and donors don't have to be related or be the same blood type in order to donate. Donors are carefully screened to make sure it is safe for them to donate and it is all done privately, by a separate donor team. It will all be confidential, and the recipient will not know anything about the donor, unless the donor chooses to tell them. All information is private and confidential and any potential donor can make the choice to back away from the process at any point.

Plus, through the Living Organ Donor Expense Reimbursement Program, donors are reimbursed for their eligible expenses related to the assessment, surgery and recovery phases of the organ donation process. See <https://kidney.ca/britishcolumbia/loderp> for more information on the LODERP.

If donation is not for you, please consider spreading the word in case someone else might want to find out more.

If you would like to learn more about living donation, you can get more information from the donor nurse coordinator at St. Paul's Hospital (604 806 9027 or 1-877-922-9822; [DonorNurse@providencehealth.bc.ca](mailto:DonorNurse@providencehealth.bc.ca)) or Vancouver General Hospital (604 875-5182 / 1-855-875-5182; [kidneydonornurse@vch.ca](mailto:kidneydonornurse@vch.ca)) or on the BC Transplant website ([www.transplant.bc.ca](http://www.transplant.bc.ca)).



# 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](mailto:admin@chuckjung.com) or call 604-874-6754.



**Virtual Caregiver Support Group**

**for partners and parents of people who have acquired brain injuries**

Sessions will be offered virtually once a month 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](mailto:admin@chuckjung.com) or call: 604-874-6754



**Chuck Jung Associates**  
Psychological and Counselling Services

**Sponsored by:**



**Fraser Valley Brain Injury Association**



# Have you ever wondered how Kinesiologists help with your injury? 🤔

## 5 ways a Kinesiologist can help with injury

01

### Assessment & Diagnosis:

Kinesiologists can conduct thorough assessments to evaluate the extent of the injury, identify movement limitations, & diagnose musculoskeletal issues affecting the individual.

02

### Functional Rehabilitation:

Kinesiologists focus on functional movements that mimic daily activities & sports-specific actions to help individuals regain strength, coordination, & balance post-injury.

03

### Exercise Prescription:

The Kinesiologist will design personalized exercise programs for the specific needs & abilities. The programs aim to improve strength, flexibility, mobility, & overall function.

04

### Educational Support:

They educate individuals on proper body mechanics, injury prevention, & lifestyle modifications to promote long-term health and reduce the risk of future injuries.

05

### Progress Monitoring & Adjustment:

They closely monitor progress through the rehabilitation process, tracking improvements in movement quality, strength, functional abilities and adjust as needed



**SYMMETRY**  
INJURY REHABILITATION LTD.

Kinesiologists do these 5 steps and more!

Want to learn more about how our team can help you through your injury?

Reach out today! Let's start your healing journey today!

☎: 604-751-0280

📞: 604-504-3357

✉: [info@symmetryrehab.ca](mailto:info@symmetryrehab.ca)

# B.C. Renter's Tax Credit

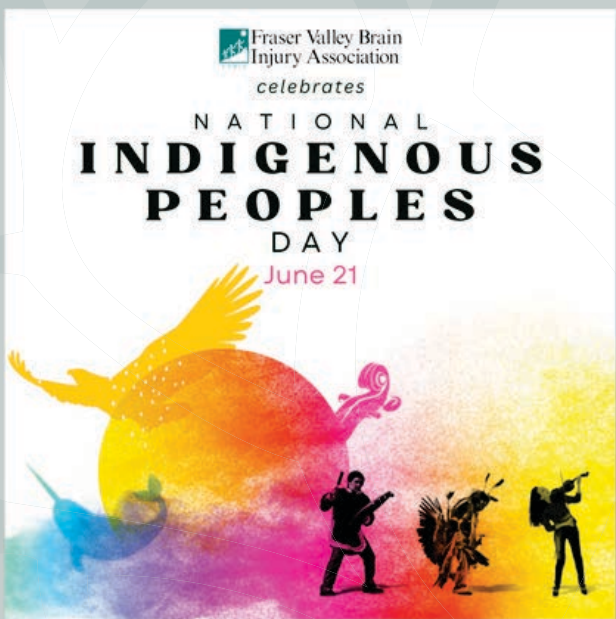
Last updated on March 15, 2024

Starting in the 2023 tax year, a renter's tax credit based on annual income has been introduced. For 2023 this tax credit will give \$400 to low- and moderate-income renter individuals and families with an adjusted income of \$60,000 or less. Individuals and families with an adjusted income greater than \$60,000 and less than \$80,000 may receive a reduced amount.

You claim your renter's tax credit on your T1 Income Tax and Benefit Return. No separate application is needed.

[Learn more here:](https://www2.gov.bc.ca/gov/content/taxes/income-taxes/personal/credits/renters-tax-credit#whos-eligible-for-credit)

<https://www2.gov.bc.ca/gov/content/taxes/income-taxes/personal/credits/renters-tax-credit#whos-eligible-for-credit>





# Pets Corner!



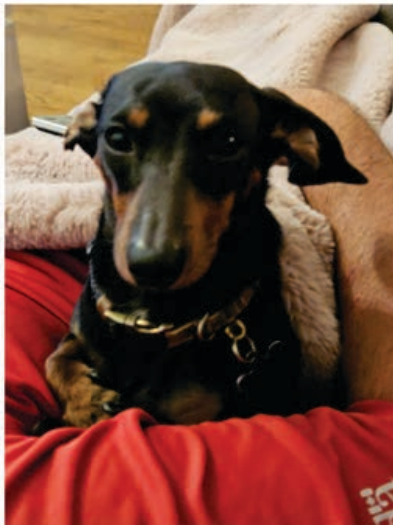
*Vic's cat muddy aka Mr Mud. "California dreamin' On such a winter's day"*



*Freddy's wolf hybrid giving the "I thought you said we're going for a walk" look*

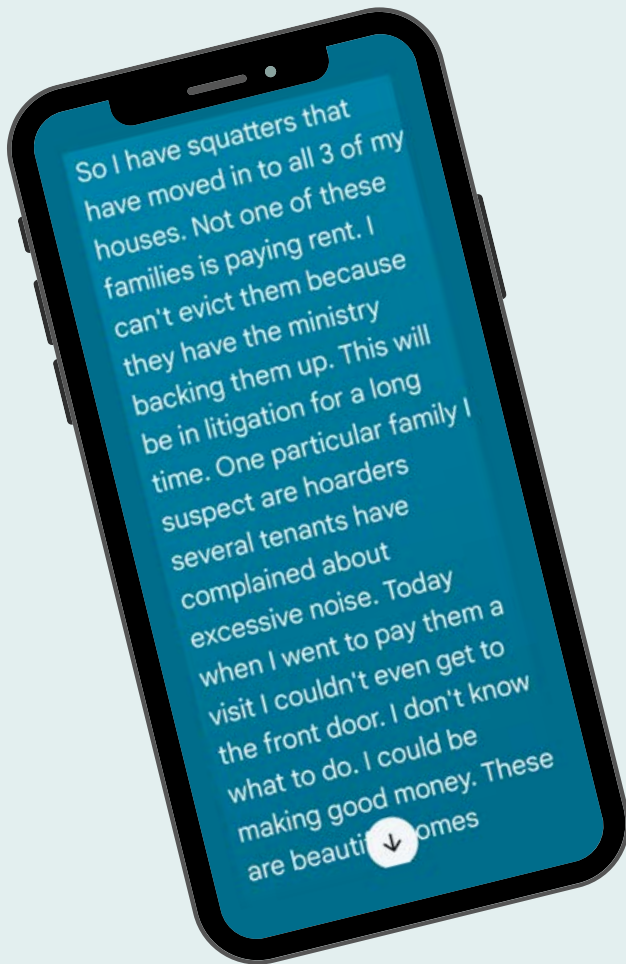


*Before and after of Zoey who joins our Mill Lake Walking group.*



*Carol was puppy sitting Jack the weiner dog recently.*

# All in Good Fun



## Tickling our Funny Bones

**Why do golfers wear two pairs of pants?**

In case they get a hole in one.

-

**What's weirder than watching a catfish?**

*Watching a fish bowl*

-

**Did you hear about the frog that lost his car?**

Apparently, it was toad.

-

• **Did you hear about the king who's only 12 inches tall?**

Technically he's just a ruler.

<https://www.today.com/life/inspiration/clean-jokes-rcna132168>



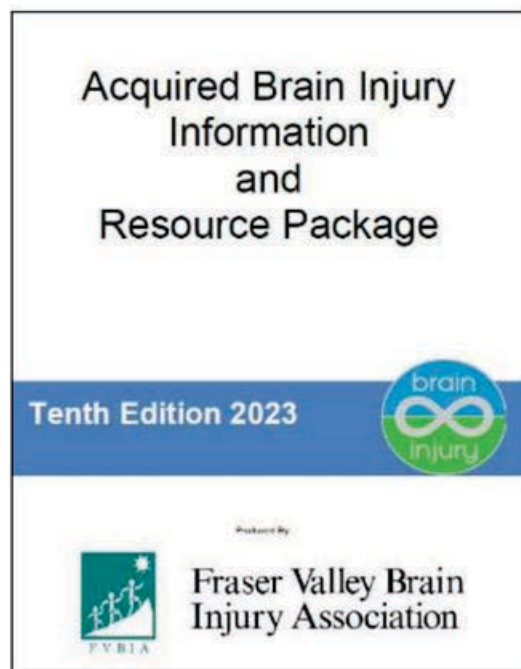
# Acquired Brain Injury Info & Resource Package

FVBIA's 2023 [Acquired Brain Injury Information and Resource Package](https://www.fvbia.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.fvbia.org/abi-information-resources/>

Advertising opportunities are still available. Contact [info@fvbia.org](mailto: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 Us 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.



[twitter.com/fvbi](https://twitter.com/fvbi)



[facebook.com/FVBIA?fref=ts](https://facebook.com/FVBIA?fref=ts)



[Instagram.com/fraservalleybrain/](https://Instagram.com/fraservalleybrain/)

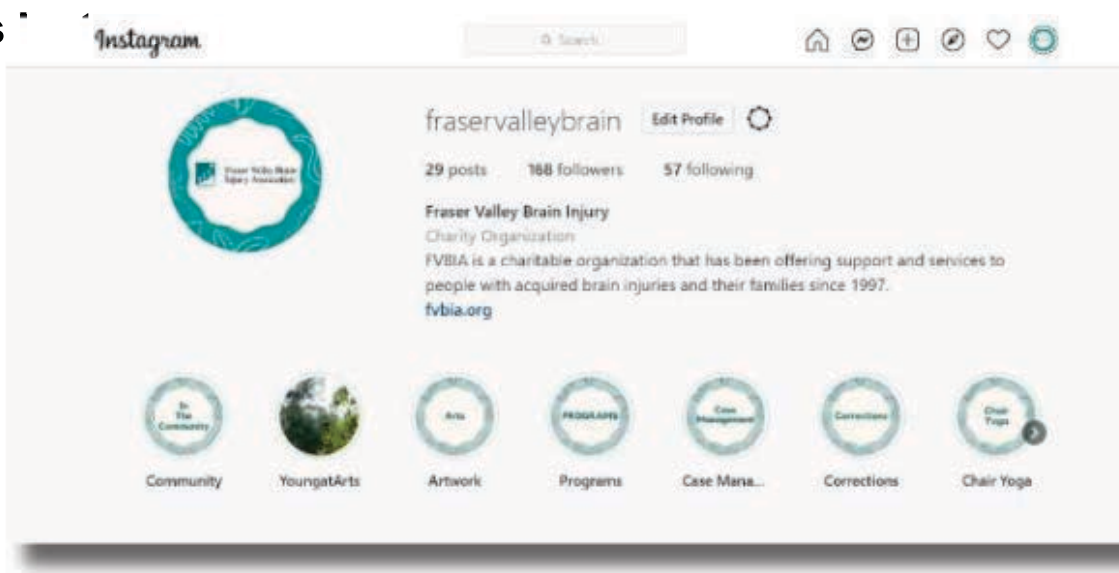


[youtube.com/channel/UCKbhePbXu5mazHxtJ9medkw](https://youtube.com/channel/UCKbhePbXu5mazHxtJ9medkw)

## FVBIA Community Facebook Page

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

## FVBIA's



Check out FVBIA's Instagram at [www.instagram.com/fraservalleybrain/](https://www.instagram.com/fraservalleybrain/).



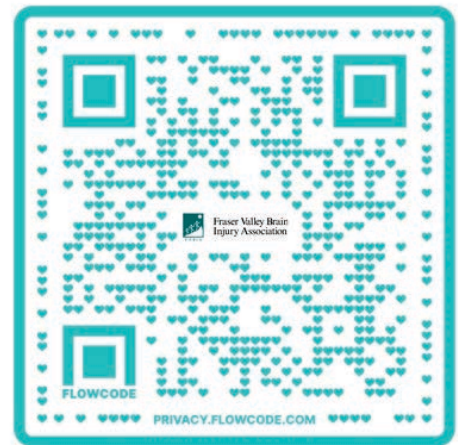
# Subscribe & Advertise!

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

You can use the camera on your smart phone to scan the QR code to find our webpage link to sign up. Then all you need to do is enter your name and email address.

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

SCAN ME



TO SUBSCRIBE



## Advertise With Us!

### FVBIA Newsletter Advertising

Thank you to all of our advertisers! Advertising opportunities are available in the FVBIA News (6 issues/year) and the new Information and Resource Package. Contact [info@fvbia.org](mailto:info@fvbia.org) or 604-557-1913 for more information. Please see the schedule for submission deadlines.

<b>Ad rates:</b>	Business Card Size	\$30
	1/4 Page	\$75
	1/2 Page	\$100
	Full Page	\$200

For best resolution and appeal, ad designs and logos should be sent as *.png* or *.pdf* file attachments (not inserted in body of email) at minimum 1800 pixals / 300 dpi.

*Disclaimer: The content of articles, editorials or advertisements does not necessarily reflect the views and opinions of the FVBIA and may be edited for length. Advertisements or articles are not an endorsement of services.*

# How You Can Support FVBIA's Programs & Services

## Donate to Fraser Valley Brain Injury Association at CanadaHelps.org

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

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

[www.canadahelps.org/en/charities/fraser-valley-brain-injury-association/](http://www.canadahelps.org/en/charities/fraser-valley-brain-injury-association/)

## Facebook and PayPal Fundraisers

Thank you so much to those who have done Facebook Birthday Fundraisers to support FVBIA's programs. You have raised over \$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!

[www.paypal.com/ca/fundraiser/hub](http://www.paypal.com/ca/fundraiser/hub)

Look for us by name or by typing in the following:

[paypal.com/ca/fundraiser/charity/3434455](http://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.

“  
CanadaHelps  
champions all 86,000  
charities across  
Canada, no matter  
how big or small.

Every registered  
Canadian charity has  
a profile on  
CanadaHelps.org,  
connecting donors  
directly to the charity  
so donors can easily  
find and donate to  
them.

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





# Membership & Donations



Acquired Brain Injury can be life-changing and permanent.

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

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

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

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

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

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

[www.fvbia.org/membership-and-donations/](http://www.fvbia.org/membership-and-donations/)

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

It's easy!

For your convenience, you can also DONATE to FVBIA through Paypal with a major credit card, Facebook fundraisers for birthdays or through PayPal Giving. You can also donate here by simply clicking on the Donate button.



FVBIA is a registered charitable organization and can issue Charitable Tax Receipts for eligible donations.  
*CRA Number: 872023338RR0001*

Thank you for your support!



# Fraser Valley Brain Injury Association

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Tel: 604-557-1913

Fax: 604-850-2527

[info@fvbia.org](mailto:info@fvbia.org)

[www.fvbia.org](http://www.fvbia.org)

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

