









Fraser Valley Brain
Injury Association

NEWS

March / April 2025

In This Issue

-  **IN REMEMBRANCE OF JOHN SIMPSON**
-  **PUB NIGHT FUNDRAISER APRIL 5TH**
-  **THE ZENTANGLE METHOD**
-  **REEL RECOVERY: FILMS TO WATCH: WELCOME TO MARWEN**
-  **RESEARCH NEWS: HEAD TRAUMA REACTIVATES HIDDEN VIRUSES THAT FUEL ALZHEIMER'S DISEASE**
-  **BRAIN INJURY AND EMERGENCY PREPAREDNESS: EARTHQUAKE, TSUNAMI, AVALANCE, LANDSLIDES**



CONTENTS

- In Remembrance of John Simpson / 3
- Drop In's and Groups / 7
- FVBIA Services and Programs / 8
- Staff Emails / 8
- Pub Night Fundraiser / 9
- Upcoming Events / 10
- Writers Bullpen Deadlines / 10
- SURVEY: Share your thoughts about traumatic brain injury and equity / 12
- Pay It Forward: Health & Wellness / 13
- Coffee and Chat Groups / 14
- R 'n' R Group / 15
- Mill Lake Walking Group / 15
- Community Kitchen / 15
- The Zentangle Method / 16
- Reel Recovery: Films to Watch / 17
- Research News: Head Trauma Reactivates Hidden Viruses That Fuel Alzheimer's Disease / 17
- Reduced Cost Counselling Program / 19
- Virtual Caregiver Support Group / 20
- Heart to Home Meals / 21
- Brain Injury and Emergency Preparedness / 23
- Pets Corner! / 24
- Tickling our Funny Bones / 25
- Acquired Brain Injury Info & Resources / 26
- Advertise with Us! / 27
- Connect with FVBIA on Social Media / 28
- Donate to Fraser Valley Brain Injury / 29
- Facebook and PayPal Fundraisers / 29
- Membership and Donations / 30



In Remembrance of John Simpson



SIMPSON, Michael John
September 20, 1935 -
February 17, 2025

Celebration of Life

Monday March 17, 2025

Newlands Golf Course, Langley, BC
2:00 PM
The Copper Room

www.newlandsgolf.com

vancouverunandprovince.remembering.ca/obituary/michael-john-simpson-1092666920

With heavy hearts, we share John's passing at 89 years of age on February 17, 2025. John was predeceased by his loving wife of 67 years, Morna, on October 29, 2022. John and Morna met riding the train to work in Dublin and immigrated to Vancouver Canada in 1966 with their two children, Paul and Nicola. John and Morna loved the outdoors, and the family spend many happy years camping and later at beloved cabins, first at Chilliwack Lake and later at Deka Lake.

The first half of John's career was spent in the automobile insurance industry as an adjuster where John developed a passion for assisting injured accident victims and their families. This passion led to John and Morna's decision to form Simpson Rehab Management which allowed John to provide customized care for his clients. John also helped form the Fraser Valley Brain Injury Association.

John is survived by his brother Allen in Dublin Ireland, son Paul (Wendy), daughter Nicola, grandchildren Sean, Devin, Brendan, Nina and Roni and great-grandchildren, River, Nora, Tao, Levon, August and Tripp.

The family wishes to express their appreciation for the compassionate care John received at Fort Langley Seniors Community.

In lieu of flowers please consider making a donation to the Fraser Valley Brain Injury Association. Condolences may be offered at:

www.arbutusfuneralservice.com



In Remembrance of John Simpson



John Simpson was the foremost leader in the development of services for people with acquired brain injury in the Province of British Columbia since 1982.

His compassion for individuals and families affected by acquired brain injury moved him to generously dedicate decades of voluntary service to improve the lives of thousands of Canadians affected by this invisible disease.

Since the 1980s, John Simpson dedicated more than 16,000 hours of volunteer support to individuals with acquired brain injuries (ABI), their families, and the development of services for those affected by ABI.

His outstanding and selfless efforts played a crucial role in establishing the current level of services and support available to this population across the Province of British Columbia.

John was honored with the BC Medal of Good Citizenship and the Governor General of Canada's Caring Canadian Award for his exceptional voluntary service.

John was also deeply committed to educating both the community and professionals about brain injury.

In 1981, he helped establish the first annual brain injury conference, which continued until 2011. His mission was to raise awareness and foster

understanding of ABI, saying, "My passion is to help those living with an acquired brain injury and their families, and to educate the system."

He was instrumental in founding what is now the BC Brain Injury Association in 1982, and the first drop-in center for people with ABI in the province was named in his honor.

His commitment extended to regular volunteering in local prisons, where he ran support groups for inmates with brain injuries and provided valuable information sessions to staff and caregivers.

In 1997, John founded the Fraser Valley Brain Injury Association, and in 2014, he helped establish the Brain Injury Alliance.

His unwavering resolve to improve services for individuals with ABI remained steadfast throughout his life. He inspired countless people to work with this population, encouraged organizations to include them in their programs, advocated for increased support and funding and mentored many professionals through regular calls and meetings.

John's tireless efforts significantly raised awareness about acquired brain injuries and the challenges those living with brain injury face.

His selfless dedication and profound compassion touched lives on a global scale, leaving a lasting legacy in the field.

While he is no longer with us, his impact continues to resonate, and his contributions have made an indelible difference in the lives of individuals with ABI and the communities that support them.

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.

For more information, contact Fraser Valley Brain Injury Association:
Phone: 604-557-1913
Email: info@fvbia.org

FVBIA / John Simpson Student Award

The FVBIA / John Simpson Student Award is available to graduating Abbotsford High School students through Abbotsford Community Foundation.

John Simpson has been the foremost leader in the development of services for people with acquired brain injury in the Province of British Columbia since 1982.

His compassion for individuals and families affected by acquired brain injury moved him to generously dedicate decades of voluntary service to improve the lives of thousands of Canadians affected by this invisible disability. He has mentored countless professionals and supported the development and growth of several agencies.

Contributions to this fund can be made as a tribute to John online:

https://abbotsfordcf.fcsuite.com/erp/donate/create/fund?funit_id=1160

Number of Awards Given: 1

Amount: \$500

Priority: Community Service (volunteerism, leadership)

Deadlines: February 1st - 28th

Criteria:

- Barriers to Success (dyslexia, mental health, other challenges, etc), Physical Disabilities (mobility, vision, hearing, etc), Special Criteria Awards

Available to graduating students of:

- All Schools (ASD/MEI), ASD, Abby Senior, Abby Traditional, Abby Virtual, ASIA, Bakerview, MEI, Rick Hansen, Robert Bateman, WJ Mouat, Yale Secondary

Applicants should meet one of the following criteria:

1. Someone who has sustained a brain injury.
2. Someone who wants to work with brain injured individuals.
3. Someone who has a family member who has sustained a brain injury.

For more information, contact Fraser Valley Brain Injury Association:
Phone: 604-557-1913
Email: info@fvbia.org



Reach Minds Change Lives

Fraser Valley Brain Injury Association has been providing support and services to people with acquired brain injuries and their families since 1997.

Our bi-monthly newsletter informs brain injury survivors and their families, caregivers, and healthcare professionals who are actively seeking information, support, and community in their recovery journeys.

Advertising opportunities are available in the FVBIA Newsletter (6 Issues per year) and in the Information and Resource Package.

Published as an e-magazine, our newsletter is widely distributed through Mailchimp (1180 subscribers), Facebook (657 followers), Instagram (327 followers), and X (1375 followers), and is linked online at fvbia.org/fvbia-newsletter.

By advertising in our newsletter, you're not just promoting your business; you're contributing to a cause that empowers individuals with brain injuries and their families to thrive!

Ad Rates

	<i>per issue</i>	per 6 months (3 issues)	per year (6 issues)
Business Card size:	\$30	\$90	\$180
1/4 Page:	\$75	\$225	\$450
1/2 Page:	\$100	\$300	\$600
Full Page:	\$200	\$600	\$1200

Contact us to learn more, or to book your ad space today!



Fraser Valley Brain Injury Association

201 – 2890 Garden St. Abbotsford, BC, V2T 4W7 604-557-1913 / 1-866-557-1913 604-850-2527

info@fvbia.org fvbia.org

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

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,
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

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

Langley

Coffee & Chat Group

Contact 604-557-1913

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 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
- R 'n R (Relax and Revive) group
- Health & Wellness (virtual) group
- Gentle yoga (virtual and in-person)
- Art and jewelry classes
- Writer's Bullpen for FVBIA Newsletter
- Shared Garden project
- In the Now Group
- Photography classes
- Concussion Support for Moms (Chilliwack)
- Crafts
- Volunteering/Employment support
- Family Support group (virtual)
- Support for youth
- Coffee & Chat groups
- 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)
 - 4 - 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
- Esther Tremblay: esther.tremblay@fvbia.org
- Wendy Kodama: wendy.kodama@fvbia.org
- Taryn Reid: treid@fvbia.org
- Jasneet Singh: Jasneet.singh@fvbia.org
- Victoria O'Brien: victoria.o'brien@fvbia.org
- Francisco Rojas Stone: francisco.rojasstone@fvbia.org

Upcoming Events

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

Fraser Valley Brain Injury Association

PUB NIGHT FUNDRAISER

Jimmy Mac's Pub

19936 96th Avenue, Langley, BC

Saturday
April 5th

Games
and Silent
Auction!

Tickets \$25

includes Burger and Beverage

Order tickets online at:

fvbia_pubnight25.eventbrite.ca

Doors Open
at 5 PM

Proceeds from this event support services for people with acquired brain injuries in the Fraser Valley.

Sponsors and donors are welcome!

Contact FVBIA at info@fvbia.org or 604-557-1913 for more information.

Please drink responsibly. Plan ahead for a safe drive home!

Upcoming Events

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

Fraser Valley Brain Injury Association



★ BRAIN INJURY ★ *Golf Classic*

WHEN: Wed, Sep 17, 2025 10:00 AM - 8:30 PM

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

Sponsorships are welcome! Contact us at info@fvbia.org or go to:
fvbia-brain-injury-golf-classic-2025.eventbrite.ca

**REGISTRATION OPENS
MARCH 1st!**

fvbia-brain-injury-golf-classic-2025.eventbrite.ca

**HAPPY INTERNATIONAL
WOMEN'S DAY**

March 8th

EMPOWERED WOMEN EMPOWER WOMEN



Prioritize Healthy People for
Thriving Communities!

**WORLD
HEALTH
DAY**

April 7th

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 2025 Submission Deadlines

For upcoming newsletters, please note these deadlines for all written and photo submissions. All submissions are to be sent to info@fvbia.org.

May / June
2025 Issue

Submit by:
April 25

July / August
2025 Issue

Submit by:
June 26

September / October 2025 Issue

Submit by:
August 27

November / December 2025
Issue

Submit by:
October 28

Written articles & stories should be **maximum 500 words**, and submitted as a document file (i.e. Word). For photos submissions, 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. Submissions may be edited for length.
Published advertisements or articles are not an endorsement of services.*



Your Input Matters!



SURVEY:

Share your thoughts about traumatic brain injury and equity

Brain Injury Canada is part of a global research team composed of scientists, clinicians, people with lived experience, advocates, and members of brain health organizations is conducting a study to explore how social parameters are integrated in traumatic brain injury research.

We are looking for adults lived experience of traumatic brain injury and people who support them in personal or professional capacity to complete our **research survey**. The aim is to understand which social parameters are most important to people with brain injury and their support systems. The survey takes approximately 25-30 minutes of your time.

You can read more about the study on this **Consent Form**. If you have any questions about this research, please reach out to the Principal Investigator Dr. Tatyana Mollayeva at tatyana.mollayeva@uhn.ca

Discover the success FVBIA clients have experienced with this trusted program!

Distance Computer Comfort
A Neil Squire Program

Online Computer, Tablet, or Smartphone Tutoring for persons with disabilities.

CURRENTLY TAKING NEW CLIENTS

LEARN MORE:

www.neilsquire.ca/dcc

CONTACT:

Gordon Watt

Phone: 1-877-673-4636

Email: gordonw@neilsquire.ca

Neil Squire



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.

Health & Wellness Virtual Group

Attend via zoom with Kinesiologist and FVBIA 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



Funding for the Pay it Forward program is provided by ICBC, the Brain Injury Alliance, and Soroptimist International of Abbotsford Mission. We acknowledge the financial support of the Province of British Columbia.



Coffee & Chat Groups

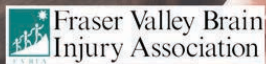


Welcome

Abbotsford Coffee & Chat

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

Contact Joy Scobie at 604-897-1563 or ijoyscobie@gmail.com for more details



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 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 - Mar 11, Apr 8, 2025

Time: 10:30 a.m. until noon

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

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

***** 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 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 regarding dates and times.



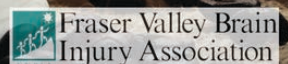
Welcome

Langley Coffee & Chat

Timms Community Centre (20399 Douglas Crescent)

Hosted 1x/month

Contact Taryn Reid at treid@fvbia.org for further details regarding group dates and times





Group Activities

“R 'n' R”

(“Relax and Revive”) This is your time to get together for relaxing and chatting, for new activities, and for gaining some new ideas, insight or information.

DAYS: Thursdays

Mar 6 & 20, Apr 3 & 17, 2025

TIME: 10 a.m. until noon

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

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.

DAYS: Mondays Wednesdays
Fridays

2 Meeting Places:

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

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, Mar 18, 2025


TIME: 1 to 3 p.m.

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

Space is limited so please contact Joy at 604-897-1563 to register.

Funding is provided through the Brain Injury Alliance, ICBC and the Province of British Columbia.

ICBC & PERSONAL INJURY CLAIMS



CBM Lawyers
Your community law firm.™



- Highly Qualified & Dedicated Legal Team
- Extensive Experience with Personal Injury
- We Cover All Costs Needed to Pursue Your Claim
- We Keep You Fully Informed Throughout Your Case
- Free Initial Consultation - Percentage Fees
- We Provide Access to Needed Support Services
- You Pay Nothing Until We Collect For You

Langley Office
#200-4769 222nd St.
Langley, BC V2Z 3C1
Phone: 604-256-5954

Maple Ridge Office
#203- 22471 Lougheed Hwy
Maple Ridge, BC V2X 2T8
Phone: 604-305-1432

Aldergrove Office
#100-26641 Fraser Hwy
Aldergrove, BC V4W 3L1
Phone: 604-256-9785

“WORKING WITH OUR CLIENTS FOR
TODAY AND THE FUTURE SINCE 1997”

TO REGISTER for groups, please contact Joy at 604-897-1563. Space is limited.

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

Groups Activities

The Zentangle Method

The Zentangle Method is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. We call these patterns, tangles. You create tangles with combinations of dots, lines, simple curves, S-curves and orbs. These simple shapes are the "Elemental Strokes" in all Zentangle art. These patterns are drawn on small pieces of paper called "tiles." We call them tiles because you can assemble them into mosaics.

Through the Zentangle Method of drawing, you can:

- Relax
- Focus
- Expand your imagination
- Trust your creativity
- Increase your awareness
- Respond confidently to the unexpected
- Discover the fun and healing in creative expression
- Enter a vibrant and supportive world-wide community
- Feel gratitude and appreciation for this beautiful world and all that you can do
- And perhaps most importantly . . . Have fun!

Stay tuned, because FVBIA will be offering more sessions with Mia over the next few months.

This unique art class was offered by Certified Zentangle Instructor Mia Lane, to the R 'n R group in January.



HEAD TRAUMA REACTIVATES HIDDEN VIRUSES THAT FUEL ALZHEIMER'S DISEASE

Head trauma reactivates dormant HSV-1, triggering Alzheimer's-like damage



A recent study led by Tufts University and Oxford University suggests that head injuries can awaken dormant herpes simplex virus type 1 (HSV-1) in the brain, potentially leading to Alzheimer's disease. Published in [Science Signaling](#), this research provides insight into how concussions may trigger long-term brain damage and offers potential ways to prevent it.

Repetitive head injuries, often seen in contact sports like football and boxing, have been linked to neurodegenerative diseases such as Alzheimer's and chronic traumatic encephalopathy (CTE). CTE, caused by repeated head impacts, leads to cognitive decline and mood disturbances. Studies have shown that traumatic brain injury (TBI) increases the risk of such conditions.

Researchers have found that one possible link between head trauma and brain diseases is the reactivation of dormant viruses. HSV-1, which causes cold sores, infects a large portion of the population and can remain inactive in brain cells for years. When reactivated, it may contribute to neurodegeneration.

Exploring HSV-1 and Alzheimer's Disease

The idea that HSV-1 plays a role in Alzheimer's has been explored for decades. Dr. Ruth Itzhaki of Oxford University was one of the first scientists to suggest that stress or a weakened immune system could wake up the virus, leading to brain cell damage and Alzheimer's symptoms.

To better understand this process, the research team, led by Dr. Dana Cairns, developed a 3D brain tissue model. Made from silk protein and collagen, this model mimics the human brain's environment and contains neural stem cells that develop into neurons and glial cells. Some models contained dormant HSV-1, while others did not.

Researchers simulated concussions by delivering mild blows to the tissue. They discovered that mechanical trauma reactivated HSV-1, causing inflammation, amyloid plaques, and tau tangles—hallmarks of Alzheimer's disease. The effects worsened with repeated injuries, supporting the idea that multiple head traumas can significantly increase the risk of neurodegeneration.

Article continued next page...

Head trauma reactivates hidden viruses” continued...

The study also explored ways to prevent virus-induced brain damage. The researchers focused on interleukin-1 beta (IL-1 β), a molecule involved in inflammation. By blocking IL-1 β , they prevented viral reactivation and reduced inflammation in lab models. This suggests that anti-inflammatory or antiviral drugs could help lower the risk of Alzheimer’s if administered soon after head trauma.

Every year, TBIs affect nearly 69 million people worldwide, costing over \$400 billion annually. This research emphasizes the importance of preventing and treating head injuries, particularly for athletes, military personnel, and others at high risk.

Using 3D brain models, scientists can now better study neurodegeneration and test potential treatments. Understanding how brain injuries contribute to diseases like Alzheimer’s could lead to early interventions, improving long-term brain health.

This study provides strong evidence that head trauma can reactivate dormant viruses, potentially leading to Alzheimer’s disease. However, blocking inflammation may offer a way to prevent damage. As research continues, antiviral and anti-inflammatory treatments could become valuable tools in protecting brain health after injury.

Source:

www.technologynetworks.com/neuroscience/news/head-trauma-reactivates-hidden-viruses-that-fuel-alzheimers-disease-394833



community therapists

Need flexibility?

Community Therapists is HIRING OTs in ABBOTSFORD & CHILLIWACK

Why Us ?

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

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

www.communitytherapists.com
careers@communitytherapists.com • Career Contact: 604.566.8452
Building skills. Empowering people.
Est. 1989

Reduced Cost Counselling Program

Chuck Jung Associates

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 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

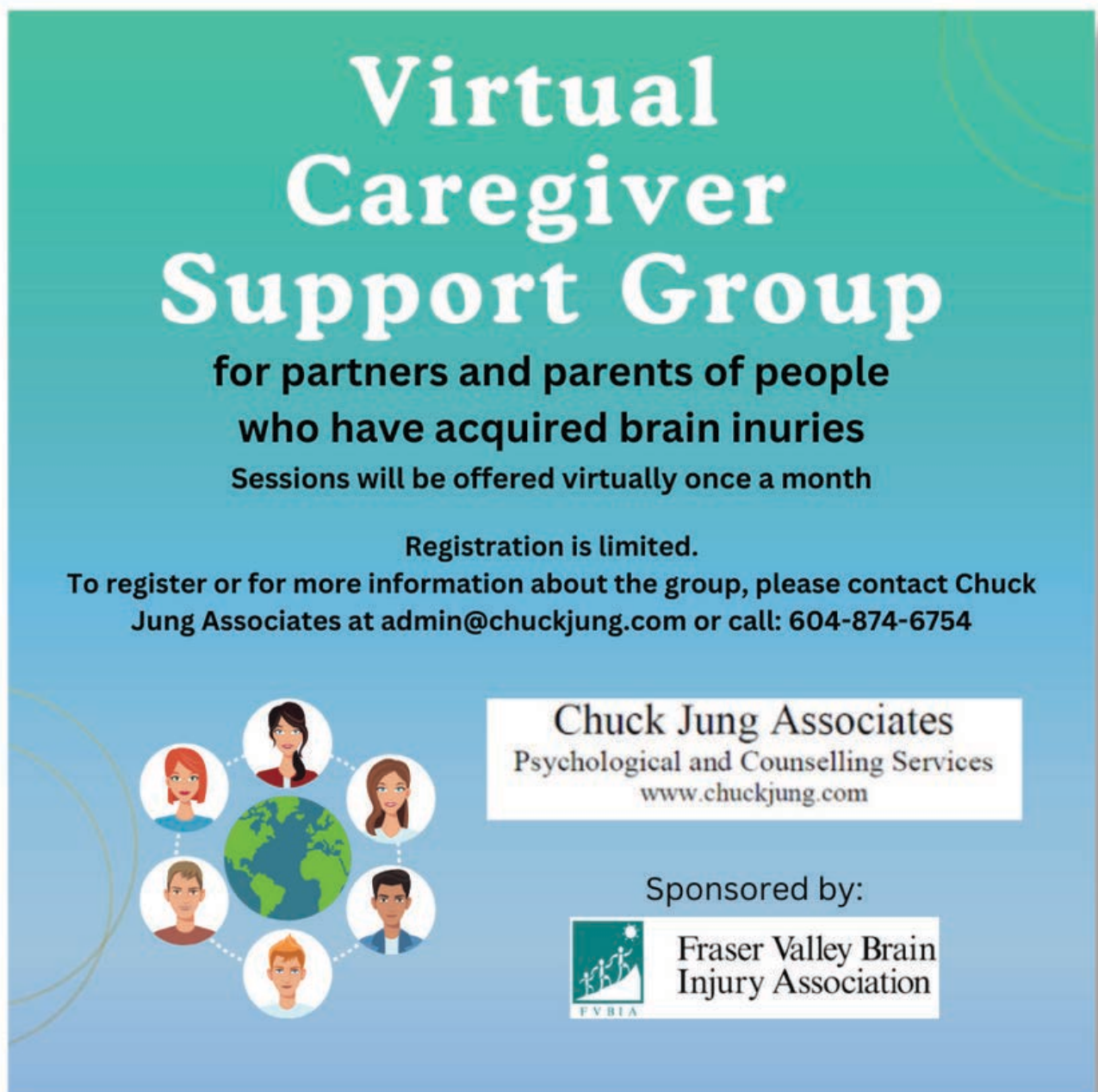
Website address: www.chuckjung.com

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

Virtual Caregiver Support Group

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


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



Virtual Caregiver Support Group
for partners and parents of people who have acquired brain injuries
Sessions will be offered virtually once a month

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**

The flyer features a central graphic of a globe surrounded by seven circular icons of diverse people's faces, connected by dotted lines. The background is a gradient of teal and light blue with faint circular patterns.

Nutritious, Ready-to-Eat Meals for Every Lifestyle and Dietary Need



For anyone seeking a convenient and nutritious meal service, Heart to Home Meals offers a simple solution. While the company is designed with seniors in mind, its offerings also cater to anyone looking for hassle-free, nutritious meals. With a focus on making life easier, the company provides a wide selection of frozen meals averaging \$10-\$11 each, designed to meet various dietary needs—all delivered straight to customers' doors.

Customers can place orders online or by phone, and a trusted member of the delivery team will not only bring the meals but, if requested, place them in the freezer.

The company offers free delivery in the Lower Mainland with a low minimum purchase. There is no subscription/membership required, just simply set up an account.

The menu features a variety of entrées, including beef, chicken, pork, fish, and vegetarian options, along with soups, breakfasts, and desserts.

The company's diet coding system makes it easy for customers to choose meals suited to specific dietary needs, such as high protein, low carbohydrates, low saturated fat, low sodium, high fiber, vegetarian, and no added sugar.

They also provide meals with modified textures, including minced and pureed options, catering to individuals with swallowing difficulties. Some meals also have controlled levels of potassium and phosphorus to support various health conditions.

While originally developed for seniors, Heart to Home Meals can also be a solution for busy professionals, individuals recovering from injury or illness, people who have difficulty shopping and preparing meals and those who simply prefer the convenience of high-quality, ready-to-eat meals.

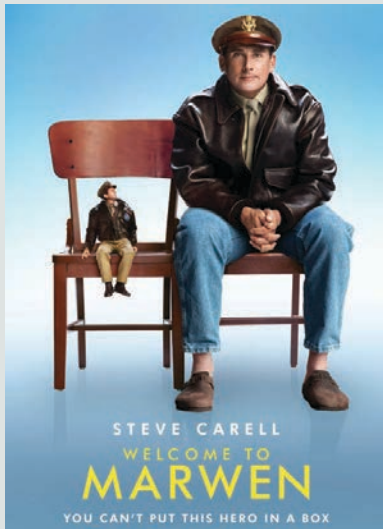
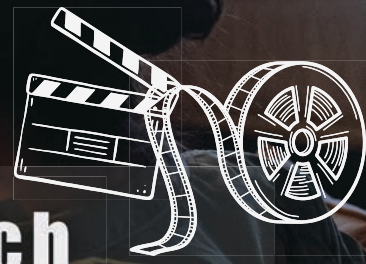
All meals arrive frozen with simple heating instructions, making preparation easy and hassle-free. While the company ensures meals meet general nutrition needs, they recommend consulting a healthcare professional for personalized dietary guidance.

With a diverse menu, a commitment to nutrition, and a hassle-free ordering process, Heart to Home Meals is providing a reliable way for their customers to enjoy tasty, well-balanced meals without the stress of cooking.

Check out their "Special Diet" menu and their "Easy Bundle Orders"!



Reel Recovery - Films to Watch



Welcome to Marwen

When a devastating attack shatters Mark Hogancamp (Carell) and wipes away all memories, no one expected recovery. Putting together pieces from his old and new life, Mark meticulously creates a wondrous town where he can heal and be heroic. As he builds an astonishing art installation—a testament to the most powerful women he knows—through his fantasy world, he draws strength to triumph in the real one.

Available on:

[YouTube](#)

[Google Play Movies & TV](#)

[Apple TV](#)

[Amazon Prime Video](#)

Brain Injury & Emergency Preparedness Earthquake, Tsunami, Avalance, Landslides

FVBIA has created an emergency preparedness package geared towards people with acquired brain injuries, learning challenges and other cognitive challenges.

This program has been funded in part by the Brain Injury Alliance and United Way BC.

For quick access to important topics, refer to the [Emergency Preparedness Topics](#)



Brain Injury & Emergency Preparedness

Earthquake, Tsunami, Avalance, Landslides

WHAT DO I DO DURING AN EMERGENCY?

Natural Disasters

Earthquake:

Move the car out of traffic and stop. Don't park under or on bridges.
If indoors: Drop, Cover and Hold.



Tsunami:

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



Avalanche and Landslides:

Leave the area immediately if you hear a rumbling sound that increases in volume.
Look out for falling rocks or boulders.
Do not drive over road affected roads.
If blocked in car, stay in car with seatbelt on.



Fraser Valley Brain
Injury Association

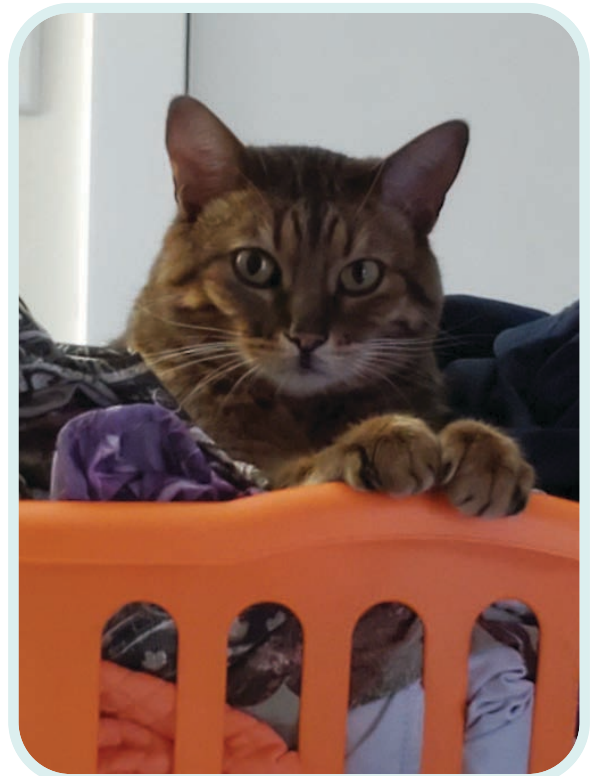
www.fvbia.org

For Alerts: Go to www.EmergencyInfoBC
website or call 211 for help finding services

Pets Corner!



Carol's little Luna is obsessed with warm laundry. "As soon as she hears the dryer door open, she comes running and meows until I pile warm clothes around her."



Joelle's Zena is also a big fan of fresh, warm laundry, but prefers it in the basket

Daylight Saving Time is Sunday, March 9th!

DID YOU KNOW: In Canada, whether to follow daylight time is a provincial matter, unlike at first, when its use varied from town to town. Regina implemented the time change on April 23, 1914, followed by Winnipeg and Brandon, Man., and eventually Halifax, Hamilton, Montreal and St. John's.

But even today, not all Canadians have to change their clocks. In Saskatchewan, unless you live in the border town of Lloydminster, you stick with Central Standard Time. And some regions in Ontario, Quebec, British Columbia and Nunavut also don't observe daylight time.





Tickling our Funny Bones Spring Giggles

What do you call a mischievous egg?

A practical yoker.

-

How do chickens bake a cake?

From scratch.

-

What does a honeybee use to style its hair?

A honeycomb.

-

**What does a clock say when you set it back an
hour?**

It's about time.

-

**How many eggs can you put into an empty
Easter basket?**

Just one. After that, its no longer empty.

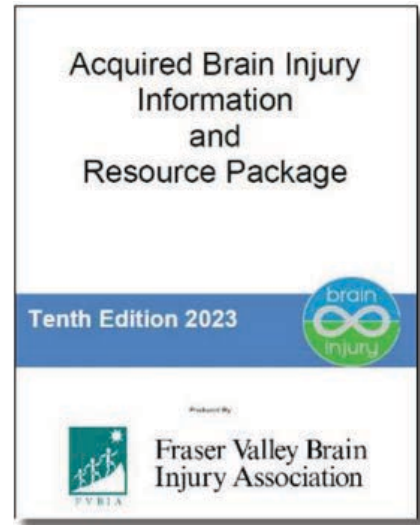
sources: <https://www.today.com/life/inspiration/spring-jokes-rcna149210>
<https://www.weareteachers.com/spring-jokes/>

ACQUIRED BRAIN INJURY INFO & RESOURCE PACKAGE

FVIA's [Acquired Brain Injury Information and Resource Package](#) contains pages of brain injury information and contact information for a wide variety of resources for any person with a disability.

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 or 604-557-1913 for details.



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

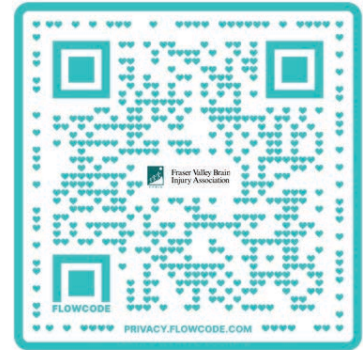
SUBSCRIBE & ADVERTISE!

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

SCAN ME



TO SUBSCRIBE

FVBIA Newsletter Advertising

Thank you to all of our advertisers!

Advertising opportunities are available in the **FVBIA Newsletter** (6 issues / year) and the new **Information and Resource Package**.

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

For best resolution, images, ad designs and logos should be sent as **.png** or **.pdf file attachments** (not inserted into the body of an email), at a MINIMUM of 1800 pixals / 300 dpi

Contact info@fvbia.org or call 605-557-1813 for more information.

Please see the separate schedule for submission deadlines

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



facebook.com/FVBIA?fref=ts

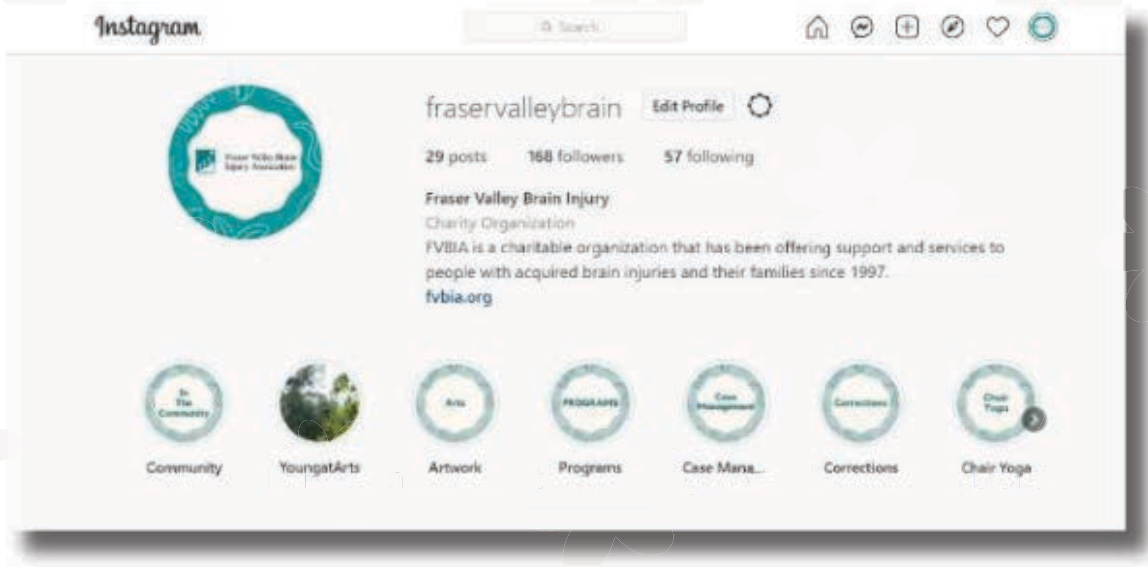


Instagram.com/fraservalleybrain/



youtube.com/channel/UCKbhePbXu5mazHxtU9medkw

FVBIA's Instagram



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/

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 \$5000 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

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

paypal.com/ca/fundraiser/charity/3434455

PayPal Giving Fund Canada helps people support their favourite charities online and raise 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 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/

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.
CRA Number: 872023338RR0001

Thank you for your support!



Fraser Valley Brain Injury Association

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

Tel: 604-557-1913 Fax: 604-850-2527 info@fvbia.org www.fvbia.org

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

