



Fraser Valley Brain
Injury Association

NEWS

July / August 2025

In This Issue



**BRAIN INJURY GOLF
TOURNAMENT**



50 / 50 DRAW



COFFEE & CHAT



**YOUNG AT ARTS
SUMMER PROGRAM**



**BILL C-206
RESUBMITTED**



**RESEARCH NEWS: AI
ALGORITHM REVEALS
HOW OUR BRAIN IS
MOTIVATED**



**REEL RECOVERY -
FILMS TO WATCH:
THE VOW**



**BOOK
RECOMMENDATION:
PLAN BUY COOK**



CONTENTS

- Drop In's and Groups / 3
- FVBIA Services and Programs / 4
- Staff Emails / 4
- Upcoming Events - Golf Tournament / 5
- Golf Classic Sponsors / 6
- Upcoming Events - 50 / 50 Draw / 7
- Picnic Photo Album / 8
- Writers Bullpen Deadlines / 9
- Pay It Forward: Health & Wellness / 10
- Coffee and Chat Groups / 11
- Young at Arts Summer Program / 12
- "R & R" Group / 12
- Mill Lake Walking Group / 12
- Bill C-206 Reintroduced to Parliament / 13
- Applications for Canada Disability Benefit Opens / 14
- Research News: AI Algorithm Reveals How Our Brain Is Motivated / 15
- Emergency Transit Allowance Program (ETAP) / 16
- BC Ferries Accessibility Program / 17
- Reduced Cost Counselling Program / 18
- Virtual Caregiver Support Group / 19
- Photos by Carol Jackson / 20
- Opioid Overdoses / 21
- Small Talk with Nancy Guitar / 22
- Reel Recovery: Films to Watch / 23
- Book Recommendation / 23
- Recognitions & Celebrations / 24
- Pets Corner! / 25
- Tickling our Funny Bones / 26
- Acquired Brain Injury Info & Resources / 27
- Advertise with Us! / 28
- Connect with FVBIA on Social Media / 29
- Donate to Fraser Valley Brain Injury / 30
- Facebook and PayPal Fundraisers / 30
- Membership and Donations / 31

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
Contact 604-869-7454

Remote Groups

Health & Wellness Group

Contact 604-557-1913

Langley

Coffee & Chat Group

Contact 604-557-1913



Abbotsford Brain Injury Drop In Group. They created a poster for Brain Injury Awareness month about what they would like you to know about their brain injury.

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, jewelry, photography and craft classes
- Writer's Bullpen for FVBIA Newsletter
- Shared Garden project
- In the Now Group
- Concussion Support for Moms (Chilliwack)
- Healthy Aging
- Volunteering/Employment support
- Family Support group (virtual)
- Support for youth
- Coffee & Chat groups (Abbotsford & Langley)
- 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
- 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



★ BRAIN INJURY ★ *Golf Classic*

2025



**ACCEPTING
SPONSORS
NOW!**

**Redwoods Golf Course
22011 88th Ave., Langley, BC**

Wednesday September 17 2025

SPONSORSHIP & PLAYER REGISTRATION NOW OPEN!

Click here or Go to: fvbia-brain-injury-golf-classic-2025.eventbrite.ca



BC EARTH EXCHANGE



Chris Gledhill & Robin Newbery

Dinora Swanson



Sponsorship Opportunities are still available!
Go to:
fvbia-brain-injury-golf-classic-2025.eventbrite.ca

FRASER VALLEY BRAIN INJURY ASSOCIATION BRAIN INJURY 50/ 50 JACKPOT 2025

Proceeds help to support programs for people with acquired brain injuries in the Fraser Valley.



WINNER TAKES HALF!

5 Ticket Pack for \$10

15 Ticket Pack for \$20

Sales Deadline:

Wednesday, September 24, 2025 4:00 p.m.

Draw:

Wednesday, September 24, 2025 5:00 p.m.

GO TO

fraservalleybraininjury.rafflenexus.com

**OR SCAN TO
PURCHASE**



Actual odds depend on number of tickets sold.

BC Gaming Event Licence #149945

Problem Gambling Help Line 1-888-795-6111
www.gamblingsupportbc.ca

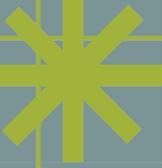
Know your limit, play within it.

19+

Fraser Valley Brain Injury Association Brain Injury Awareness Picnic

We had a great time at FVBIA's Brain Injury Awareness Picnic on Saturday. Thanks to everyone that came by for snacks, Art in the Park with John LeFlock, Zentangle with Mia, games and visits!





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.

September / October 2025 Issue

**Submit by:
August 26**

November / December 2025 Issue

**Submit by:
October 27**

January / February 2026 Issue

**Submit by:
December 18**

March / April 2026 Issue

**Submit by:
February 23**

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, grammar and punctuation. Published advertisements or articles are not an endorsement of services.



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 improves 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.

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's Pay it Forward Program offers a variety of activities including art, walking groups, R 'n R, In the Now group, Coffee & Chat groups, Health & Wellness group, etc. Things are always changing so please contact FVBIA staff directly for more information and details about locations and times. For general inquiries, contact info@fvbia.org or 604-557-1913.

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 also acknowledge the financial support of the Province of British Columbia.



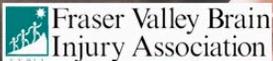
Coffee & Chat Groups

Welcome

Abbotsford Coffee & Chat

Place: Mill Lake Park,
Bevan Avenue Picnic
Shelter #4
Abbotsford, BC
Time: 10:30 - noon

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



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 - July 15, August 12, 2025

Time: 10:30 a.m. until noon

Place: Mill Lake Park, Bevan Avenue Picnic Shelter #4
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.

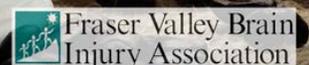
Welcome

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

July 10 & 24, August 7 & 21, 2025

TIME: 10:30 a.m. until noon

PLACE: Mill Lake Park,
Bevan Ave Picnic Shelter #4, Abbotsford, BC

Mill Lake Walking Group

“Pay It Forward”: Health & Wellness for ABI Program

Join us for a relaxing walk around beautiful Mill Lake!

DAYS: Mondays Wednesdays Fridays

2 MEETING PLACES:

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

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.

**YOUNG AT ARTS
SUMMER PROGRAM**

Day Camp at the
Blue Heron Reserve
Chilliwack, BC

FREE

AUGUST 18 - 22 | 10AM - 2PM DAILY

Open to children 6 - 15 years of age with acquired brain injuries, siblings and children with a parent that has a brain injury

Contact 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

MP Gord Johns introduces Bill C-206, to establish a National Strategy on Brain Injuries



[Click to view on YouTube](#)



On June 10, 2025, Member of Parliament Gord Johns (Courtenay-Alberni) introduced Private Members Bill C-206, An Act to establish a national strategy on brain injuries. The first reading has been completed, and we will provide updates with how you can support the bill and ongoing national advocacy work.

SEEKING ROOMMATE

A 46-year-old adult who has experienced a brain injury, is seeking a roommate to share the rent for his two bedroom apartment in Abbotsford. He cooks and cleans for himself and manages his own daily tasks. The apartment includes a cat, and has a washer and dryer.

The rent cost per person is \$750.

Serious inquiries only - please contact FVBIA at 604-557-1913 or info@fvbia.org.



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”

The Canada Disability Benefit applications are open



The Canada Disability Benefit provides financial support of up to \$200 per month to eligible people with disabilities with low income. Individuals must be between the ages of 18-64.

The first month of eligibility is June 2025, with payments beginning in July 2025 for applications received and approved by June 30, 2025.

If an individual qualifies for the benefit, payments will start the month after their application is received and approved. If the application is approved in July 2025 or later and an applicant was eligible for payments in earlier months, they will get back payments. There will be no payments before June 2025.

Am I eligible?

If you receive the [Disability Tax Credit](#), you may be eligible

You must be approved for the Disability Tax Credit before you can apply for the Canada Disability Benefit. If you have that, you will also need your:

- Social Insurance Number (SIN)
- Direct deposit information for your bank, so you can receive payments

You may have already received a letter in the mail about the Canada Disability Benefit. If you haven't, you can still apply. You will need to include your mailing address and your net income (line 23600) from your 2024 notice of assessment.

When can I apply?

You can apply starting June 20, 2025.

How can I apply?

Applications can be submitted online through the application portal, by phone, or in person at a Service Canada Centre.

Learn More about the Canada Disability Benefit



<https://www.canada.ca/en/services/benefits/disability/canada-disability-benefit.html>

AI ALGORITHM REVEALS HOW OUR BRAIN IS MOTIVATED

Reference: Masset P, Tano P, Kim HR, Malik AN, Pouget A, Uchida N. Multi-timescale reinforcement learning in the brain. *Nature*. 2025. doi: [10.1038/s41586-025-08929-9](https://doi.org/10.1038/s41586-025-08929-9)

A small region of the brain, known as the ventral tegmental area (VTA), plays a key role in how we process rewards. It produces dopamine, a neuromodulator that helps predict future rewards based on contextual cues. A team from the universities of Geneva (UNIGE), Harvard, and McGill has shown that the VTA goes even further: it encodes not only the anticipated reward but also the precise moment it is expected. This discovery, made possible by a machine learning algorithm, highlights the value of combining artificial intelligence with neuroscience. The study is published in the journal *Nature*.

The ventral tegmental area (VTA) plays a key role in motivation and the brain's reward circuit. The main source of dopamine, this small cluster of neurons sends this neuromodulator to other brain regions to trigger an action in response to a positive stimulus.

"Initially, the VTA was thought to be merely the brain's reward centre. But in the 1990s, scientists discovered that it doesn't encode reward itself, but rather the prediction of reward," explains Alexandre Pouget, full professor in the Department of Basic Neurosciences in the UNIGE Faculty of Medicine.

Experiments on animals have shown that when a reward consistently follows a light signal, for example, the VTA eventually releases dopamine not at the moment of the reward, but as soon as the signal appears. This response therefore encodes the prediction of the reward—linked to the signal—rather than the reward itself.

A much more sophisticated function

This "reinforcement learning", which requires minimal supervision, is central to human learning. It's also the principle behind many artificial intelligence algorithms that improve performance through training—such as AlphaGo, the first algorithm to defeat a world champion in the game of Go.

A recent study, Alexandre Pouget's team, in collaboration with Naoshige Uchida of Harvard University and Paul Masset of McGill University, shows that the VTA's coding is even more sophisticated than previously thought. "Rather than predicting a weighted sum of future rewards, the VTA predicts their temporal evolution. In other words, each gain is represented separately, with the precise moment at which it is expected," explains the UNIGE researcher, who led this work.

"While we knew that VTA neurons prioritised rewards close in time over the ones further in the future—on the principle of a bird in the hand is worth two in the bush—we discovered that different neurons do so on different time scales, with some focus on the reward possible in a few seconds' time, others on the reward expected in a minute's time, and others on more distant horizons.

This diversity is what allows the encoding of reward timing. This much finer representation gives the learning system great flexibility, allowing it to adapt to maximise immediate or delayed rewards, depending on the individual's goals and priorities."

AI and neuroscience: a two-way street

These findings stem from a fruitful dialogue between neuroscience and artificial intelligence. Alexandre Pouget developed a purely mathematical algorithm that incorporates the timing of reward processing. Meanwhile, the Harvard researchers gathered extensive neurophysiological data on VTA activity in animals experiencing rewards.

"They then applied our algorithm to their data and found that the results matched perfectly with their empirical findings." While the brain inspires AI and machine learning techniques, these results demonstrate that algorithms can also serve as powerful tools to reveal our neurophysiological mechanisms.



Emergency Transit Assistance Program (ETAP)

Fraser Valley Brain Injury Association provides free transit vouchers to people who have an Acquired Brain Injury (ABI) and need to use public transportation (including HandyDart) to access services and appointments for:

- employment
- education
- medical
- dental
- social recreation
- food, and
- shelter

Contact your FVBIA Case Manager or Program/Group Facilitator to inquire about available ETAP tickets. ETAP is currently only available in Abbotsford, and supply is limited.



Fraser Valley Brain
Injury Association



604-557-1913



info@fvbia.org



Changes to BC Ferries Accessible Fare Identification Card

BC Ferries recently announced changes to the *BC Ferries Accessible Fare Identification (AFI) Card*. The card allow eligible BC residents with a permanent disability—and one personal attendant 12 years and older, if required—to receive a 50% discount on passenger fares.

The card now expires and has to be renewed every two years. However, applicants can now show proof of receiving PWD or CPP-D and be approved for the card without providing any additional medical information. People with disabilities who cannot provide PWD or CPP-D documentation must still have their medical practitioner complete Section C of the application form.

Download the AFI Card application form [here](#).



community therapists



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Why Us ?

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- Excellent Mentorship
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- Join 36 other OTs in a dynamic interdisciplinary practice!

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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)	Surrey:	Abbotsford:	Chilliwack:	Langley:
1001 – 805 W. Broadway	232 – 7164 120 th St. St	The Mark (North Building	201 – 45625 Hodgins Ave.	8661 201 St. (2 nd 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

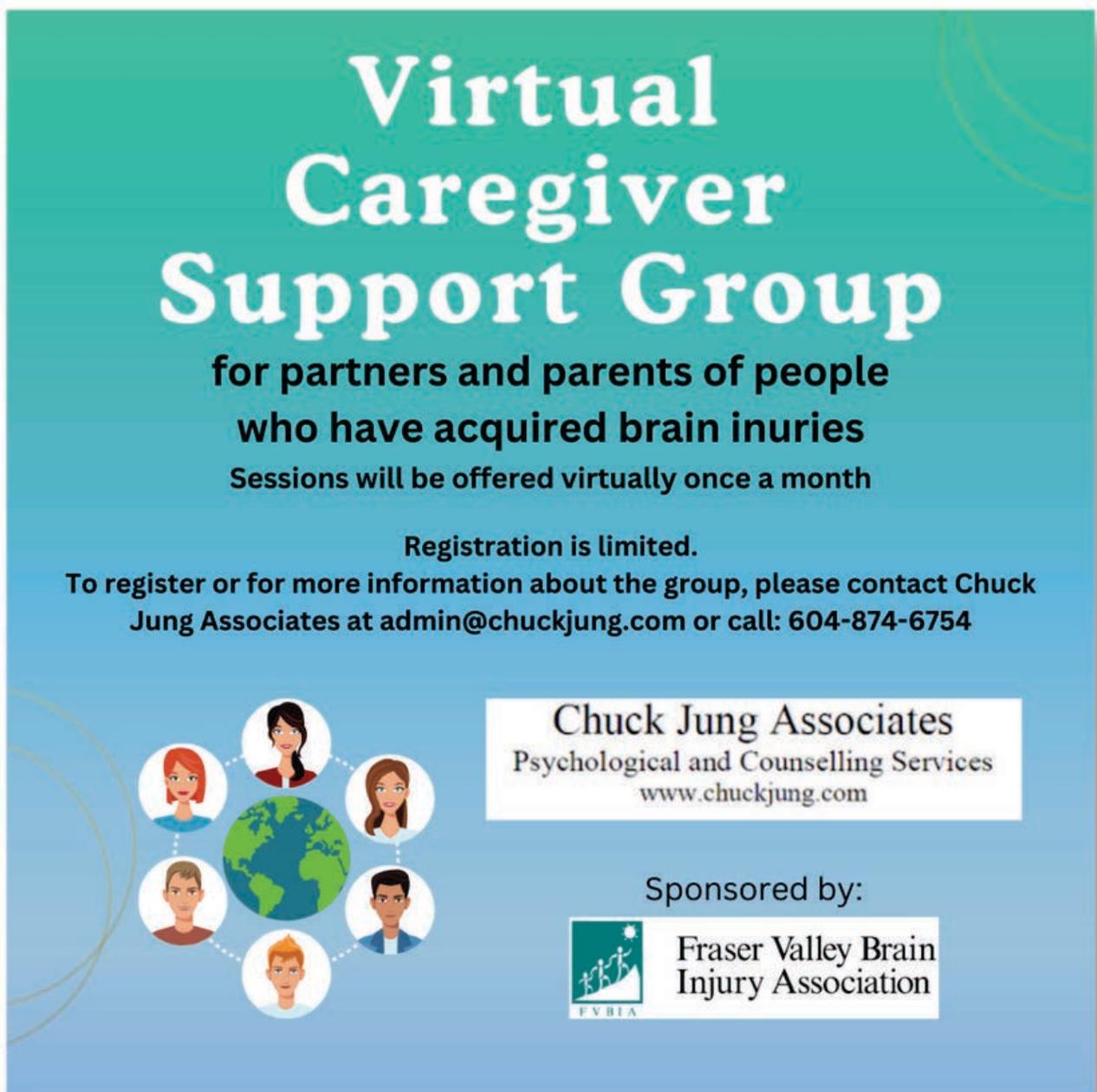
Website address: www.chuckjung.com

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 FREE 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**

Photos by Carol Jackson

Photos by Carol Jackson
CAPA District Area Rep Lower Mainland (shared)
Surrey Photography Club Field Trip/Communication Director
[Carol Jackson Photography on Facebook](#)
caroljj53@me.com

Fields in Bloom



OPIOID OVERDOSES: A HIDDEN BRAIN INJURY CRISIS

While the opioid epidemic is often discussed in terms of fatalities, the reality for many survivors is a life-altering aftermath. When an overdose leads to respiratory depression, the brain can suffer from oxygen deprivation, resulting in hypoxic or anoxic brain injuries.

These injuries can have profound and lasting effects on cognitive and emotional functioning.

Key Impacts of Opioid-Induced Brain Injury:

- **Memory and Concentration Issues:** Difficulty recalling information and focusing on tasks.
- **Speech and Language Challenges:** Struggles with communication and understanding language.
- **Motor and Coordination Problems:** Impaired movement and balance.

Emotional Regulation Difficulties: Increased anxiety, depression, and mood swings.



Repeated overdoses can compound these effects. Each incident increases the risk of more severe and widespread brain damage, making recovery more challenging.

It's crucial to recognize that surviving an overdose doesn't mean escaping unscathed.

The brain can sustain significant damage, leading to long-term challenges that are often invisible but deeply impactful.

An advertisement for a tutoring program. It features a woman wearing a headset and looking at a laptop. The text on the laptop screen and in the ad includes:

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

Small Talk with Nancy Guitar

Llorene Malboeuf - Car accident survivor

Llorene Malboeuf talks about being in a major automobile accident. Llorene suffered major brain injury and was in the hospital for about 9 months.

She was in a coma for many months. Once out of the coma, Llorene had to learn to eat, walk, talk all over again. Today Llorene has been in school and recently graduated. She has learned to speak her native language. She is an inspiration!!

Part 1



Part 2

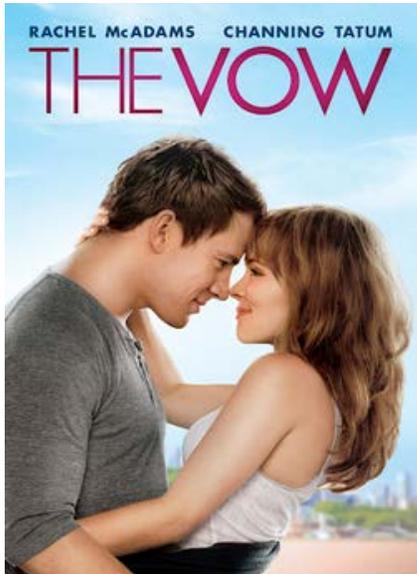
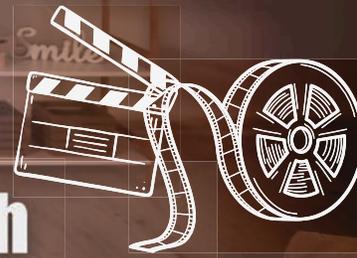


Cheque presentation to FVBIA's Executive Director Carol Paetkau (left) from the Fraternal Order of Eagles Hope - Airie 2690, to support FVBIA's Hope Leisure Program.

Thank you so much to the Eagles for their longtime support of the program in Hope.



Reel Recovery - Films to Watch



The Vow

2012 | Feel Good Drama - Inspired by real events
1 hr 44 min

A car accident puts Paige in a coma, and when she wakes up with severe memory loss, her husband Leo works to win her heart again.

Available on:
Paramount+
Prime / Starz

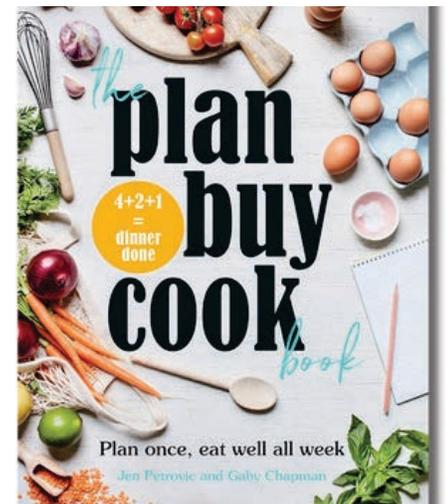


BOOK RECOMMENDATION: "Plan Buy Cook: Plan once, eat well all week"

I would like to highly recommend the book "The Plan Buy Cook Book" by Jen Petrovic and Gaby Chapman.

It is more than just a cookbook; it also serves as a guide to meal planning. The system it employs is based on a 4 + 2 + 1 approach.

Utilizing this system has assisted me in gaining control by enabling me to prepare healthy meals, shop only once a week, and save money.



+4) Prepare four dinners by doubling the quantity for two meals and freezing half of each. The other half is to be consumed that evening. This not only helps save money but also eliminates the need to decide and prepare dinner on two nights. It is advisable not to freeze rice or pasta; if your dish includes them, freeze only the sauce.

+2) Two of your meals will be taken from the freezer meals, and then you can just add sides. This will provide a quick and healthy meal.

+1) Have one simple meal, either leftovers, takeaway, or, as I prefer, a cold plate.

By: Judy Craig

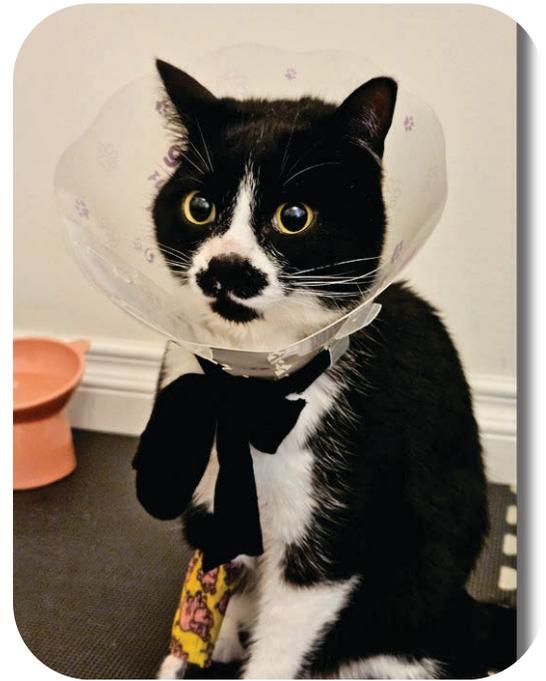
Recognitions and Celebrations



Pets Corner!



*Victoria's cat, Mr. Muddy
eyeballing her blueberries!*



*Carol's "cone" cat, Luna who is
feeling much better now*



*10 fluffy ducklings
snuggling with Mama
Taken at Mill Lake
by Joy*



The Canadian Flag

The Canadian flag, also known as the Maple Leaf or l'Unifolié, is known for its simplicity and clarity, making it easily recognizable.

The original design for the maple leaf on the National Flag of Canada, created by historian George Stanley, had 13 points.

This 13-point design was harder to recognize when the flag was seen from a distance or in windy conditions. It was simplified to its current 11-point design by artist Jacques St-Cyr to improve clarity.

Red and white were proclaimed Canada's official colors in 1921, and the flag was officially adopted on February 15, 1965.

<https://www.cbcnews.com/2025/02/celebrating-60-years-10-fascinating-facts-about-canadas-maple-leaf-flag-0251654.html#gs.n74iqp>

Tickling our Funny Bones

How do seashells stay clean?

They wash up on the beach.

-

Why doesn't the sun trust umbrellas?

Because they're so shady.

-

When does red mean "go" and green mean "stop"?

When you're eating a watermelon.

-

Why did the scientist wear so much sunscreen?

Because she was a pale-ontologist.

-

What is brown and hairy and incredibly relaxed?

A coconut on vacation.

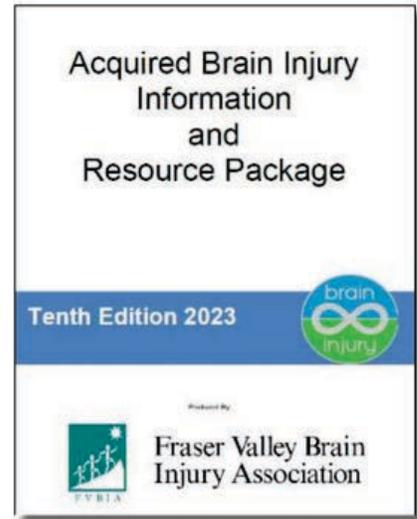
source: <https://www.rd.com/list/summer-jokes/>

ACQUIRED BRAIN INJURY INFO & RESOURCE PACKAGE

FVbia'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.fvbria.org/abi-information-resources/>

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Scan me
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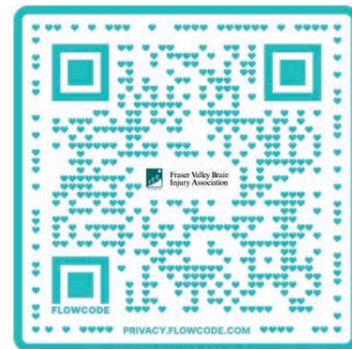
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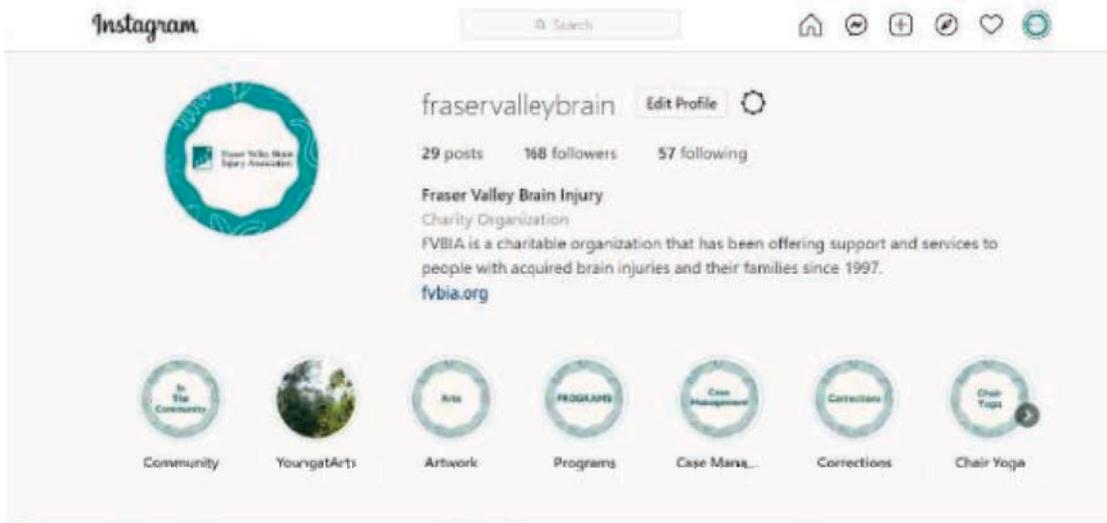


Instagram.com/fraservalleybrain/



youtube.com/channel/UCKbhePbXu5mazHxtJ9medkw

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

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find and donate to
them.

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offer an array of
powerful online
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that are easy to use
and proven to
maximize donations.”



MEMBERSHIP & DONATIONS

FVBIA - John Simpson Student Award



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. He mentored countless professionals and supported the development and growth of at least a dozen agencies.

This fund offers student grants to graduating high school students in Abbotsford who have a brain injury, have been affected by brain injury in a close family member or intend to enter post-secondary education in a field that supports people recovering from brain injury.

Donate through Abbotsford Community Foundation

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

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

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



Brain Injury Alliance

