



Fraser Valley Brain
Injury Association

NEWS

September / October 2025

In This Issue



**BRAIN INJURY GOLF
TOURNAMENT**
SIGN UP BY SEPT 10TH!



50 / 50 DRAW



**FRASER VALLEY
RECOVERY DAY**



COMMUNITY KITCHEN



**BILL C-206 SIGN THE
PETITION**



RESEARCH NEWS:
SCIENTISTS DISCOVER
“MASTER KEY” PROTEIN
FOR STRONGER
MEMORY AND
LEARNING



**REEL RECOVERY -
FILMS TO WATCH:**
THE DIVING BELL AND
THE BUTTERFLY



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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

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

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

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

**Please register by
September 10th**

REGISTER HERE:
fvbia-brain-injury-golf-classic-2025.eventbrite.ca



**GIVING
TUESDAY**




Dec. 2, 2025

What is Giving Tuesday? It's simple: a day that encourages people to do good, on GivingTuesday and every day! Give time, make someone smile, help a neighbour, or make a donation.



Fraser Valley Brain Injury Association

www.canadahelps.org/en/charities/fraser-valley-brain-injury-association/





Chris Gledhill & Robin Newbery



Chuck Jung Associates
Psychological and Counselling Services

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+

TEENS & CAREGIVERS NEEDED!

HAVE YOU HAD A CONCUSSION?

We are recruiting **teens & their caregivers** to participate on a study evaluating the user-friendliness & credibility of a web-based concussion self-management tool **designed for teens**.

WHO IS ELIGIBLE?

- ✓ **Youth aged 12 to 18** who have experienced a **concussion** within the past 6 months and who are still experiencing at least one symptom related to their concussion
- ✓ **Parents and/or legal guardians** of youth aged 12 to 18 who have experienced a concussion within the past 6 months
- ✓ Youth & caregivers must have **access to internet** and must be able to **read and understand English**
- ✓ Must reside in **British Columbia or Yukon**

WHAT IS INVOLVED IN THE STUDY?



Screening to assess for **eligibility**

5 MIN



Explore the web-based tool with a researcher on Zoom

1 HR

← 1 WEEK →

Youth: complete a **daily survey** over a week
2 MIN per DAY

Caregivers: Review website content

30 MIN



Complete a **phone or Zoom** interview and a brief online survey

15-20 MIN

YOU WILL EACH RECEIVE UP TO \$30 IN AN E-GIFT CARD FOR YOUR TIME COMPLETING THE STUDY

FOR MORE INFORMATION & TO PARTICIPATE



Participant Interest Form
(Scan the QR code or go to link:
<https://redcap.link/a91a0irh>)

Please note that posting to comments sections, liking or sharing on social media or other forums about this study may identify you as a participant.

SEPT
13TH

FRASER VALLEY RECOVERY DAY

Recovery Day is a powerful celebration of hope, resilience, and the reality that recovery is possible.

Rain or
Shine!

SEPTEMBER 13, 2025

TIME: 11AM – 3PM
MILL LAKE PARK
(BEVAN AVE ENTRANCE)



RAINY DAY LOCATION:
ABBOTSFORD EXHIBITION
PARK (32470 HAIDA DRIVE)

This free, family-friendly event brings together people in recovery, their loved ones, service providers, and the broader community to reduce stigma and celebrate transformation.

Join us for a fun-filled day with live music, games, and inspiring stories from individuals who have overcome addiction and are building healthy, fulfilling lives.

JOIN US FOR A VARIETY OF FAMILY-FRIENDLY ACTIVITIES AND ATTRACTIONS!



DJ & MUSIC



FAMILY
PHOTOBOOTH



GAMES &
ACTIVITIES



FOOD



VENDOR
MARKETPLACE

Access local support and resources from service providers, wellness organizations, and vendors dedicated to recovery, mental health, and community connection!

abbotsford.ca/abbotsfordaccess



ABBOTSFORD
ACCESS



ABBOTSFORD



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.

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.

YOUNG AT ARTS SUMMER PROGRAM

Day Camp at the **Blue Heron Reserve** in Chilliwack, BC
Held August 18th - 22nd

We had 9 happy campers, and all but two have been attending the camp for many years. Some of the children who have aged out often come back and ask to volunteer. This is amazing and we are proud that the camp has such loyal followers.

The Young at Arts Summer camp has two programs: Artwork in the morning, and Nature Walks in the afternoon.

Artwork composes of sketching, painting, and airbrushing. The headliner - and a great success - is the boat-building, and then launching them on the river. The competition is fierce to see who has the best looking boat and who can sail theirs the longest (the girls seem to win it every year). They all really have a great time with it. This year, we were lucky to have two volunteers, two staff from FVBIA and, of course, the Nature Leader.

The Nature Walk aspect of this camp is also greatly enjoyed; it is a delight when campers remember so much from the year before. This year they went pond scumming, and had frog and insect inspections, before heading over to the Salmon ladders. The campers also spent time on pollination, and picked blackberries along the way.

This camp is a great hit every year, especially judging by the number of returnees. We are already looking forward to next year! This camp is funded by a Charitable Gaming grant and fundraising activities.





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

 Fraser Valley Brain
Injury Association

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: Sept 9 & 23, Oct 14 & 28, 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**

 Fraser Valley Brain
Injury Association



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
Sept 9 & 23, Oct 14 & 28, 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

Community Kitchen

Fraser Valley Brain Injury Association and Archway Community Services present a COMMUNITY KITCHEN

- Learn how to cook safely and nutritiously.
- Get ideas for simple meals that are easy to make.
- Prepare delicious meals that you can take home to enjoy!

DAY: Tuesday, Sept 30, 2025 **TIME:** 1 to 3 p.m.

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

TO REGISTER, please contact Joy at 604-897-1563.

Space is limited. *** If you require 1:1 support, please bring a support person with you.

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

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.

Keep it moving forward!

Bill C-206

A Message from



We still need your help!

Add your name to the petition for a National Strategy on Brain Injury.

On June 10, 2025, Member of Parliament Gord Johns (Courtenay-Alberni) introduced Private Member's Bill C-206: An Act to establish a national strategy on brain injuries.

So what do we need to keep moving forward?

Right now we and our advocacy partners are encouraging Canadians to sign e-Petition #6620 and help us reach 500 signatures so that it will be formally presented to the Government of Canada. It will show them how much this strategy is needed and wanted. We are so close to our goal, but we need your help to get there!

The petition must be tabled by the end of September. That means **we need 250+ signatures.**


How do I sign the petition?


- Sign the petition in English—ou signez la pétition en français.
- Once you fill out the information, *make sure you check your email. You will need to click the confirmation link that is sent to you so that your name is officially added.* Don't forget to check your email junk folder if you don't see it in your inbox.

More information about Bill C-206 and advocacy work

- Learn more about the Bill and the history of the national strategy on brain injuries
- Send a letter to your Member of Parliament through our advocacy partners

ICBC & PERSONAL INJURY CLAIMS

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

SCIENTISTS DISCOVER “MASTER KEY” PROTEIN FOR STRONGER MEMORY AND LEARNING

By Kitta MacPherson, Rutgers University - August 8, 2025

Source: <https://scitechdaily.com/scientists-discover-master-key-protein-for-stronger-memory-and-learning/>



Research led by Rutgers suggests there could be significant new possibilities for treating neurodegenerative diseases and brain injuries.

Researchers have uncovered how a specific protein supports the stability of connections between brain cells, which are essential for learning and memory.

According to the scientists, their findings, published in the journal *Science Advances*, may lead to new therapeutic strategies for treating traumatic brain injuries and neurological conditions like Parkinson's and Alzheimer's.

Cypin's role in healthy synaptic function

A research team led by a professor at Rutgers University–New Brunswick has identified a newly discovered function of cypin, a protein found in the brain. The team found that cypin increases the tagging of certain proteins located at synapses, the small junctions where neurons send and receive signals. These molecular tags help direct the proteins to their correct locations, which is essential for proper synaptic activity.

According to the researchers, this discovery could have significant implications for developing treatments for various brain disorders.

Our research indicates that developing treatments or therapies that specifically focus on the protein cypin may help improve the connections between brain cells, enhancing memory and thinking abilities,” said Bonnie Firestein, a Distinguished Professor in the Department of Cell Biology and Neuroscience in the School of Arts and Sciences and an author of the study.

“These findings suggest that cypin could be used to develop treatments for neurodegenerative and neurocognitive diseases, as well as brain injuries.”

How cypin stabilizes brain communication

For over twenty years, Firestein has focused her research on cypin, a brain protein with critical roles in maintaining neural function. Her most recent findings reveal several key insights into how cypin operates and why it matters for brain health.

One major discovery is that cypin plays a role in attaching specific molecular tags to proteins at synapses, the sites where neurons communicate. These tags help position the proteins correctly, ensuring they can transmit signals efficiently. Accurate tagging and protein placement are vital for neurons to function properly.

Another key finding shows that cypin interacts with the proteasome, a protein complex that breaks down unneeded or damaged proteins. When cypin binds to the proteasome, it slows down this degradation process, allowing certain proteins to accumulate. This buildup can enhance several cellular processes that support effective communication between brain cells.

Continued next page...

Strengthening memory through synaptic support

Firestein’s research also shows that when there is more cypin present, the levels of important proteins in the synapses increase. These proteins are vital for effective communication between neurons, empowering learning and memory.

Additionally, cypin increases the activity of another protein called UBE4A, which also helps with the tagging process. This indicates that cypin’s influence on synaptic proteins is partly because of its effect on UBE4A.

The work highlights the importance of cypin in maintaining healthy brain function and its potential as a target for therapeutic interventions.

“Even though this study is what we call ‘basic research,’ it eventually can be applied in practical, clinical settings,” said Firestein, who already is conducting such “translational” work in parallel.

Translational research is a type of research that takes

discoveries made in the lab and turns them into practical treatments or solutions to improve human health.

Cypin’s significant role in the workings of the brain’s synapses makes it highly relevant to the potential treatment of neurodegenerative diseases and traumatic brain injury, she said. For example, healthy synaptic function is often disrupted in diseases such as Alzheimer’s and Parkinson’s.
as Alzheimer’s and Parkinson’s.

In addition, the protein’s role in promoting synaptic plasticity – the ability of synapses to strengthen or weaken over time – means it may be used to help counteract the synaptic dysfunction seen in neurodegenerative diseases and brain injuries.

Reference: “Cypin regulates K63-linked polyubiquitination to shape synaptic content” by Srinivasa R. Gandu, Ana R. Rodriguez, Jared Lamp, Mihir V. Patel, Kiran Madura, Irving E. Vega and Bonnie L. Firestein, 11 July 2025, Science Advances.

DOI: [10.1126/sciadv.ads5467](https://doi.org/10.1126/sciadv.ads5467)



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Building skills. Empowering people.

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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.C.V3W 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

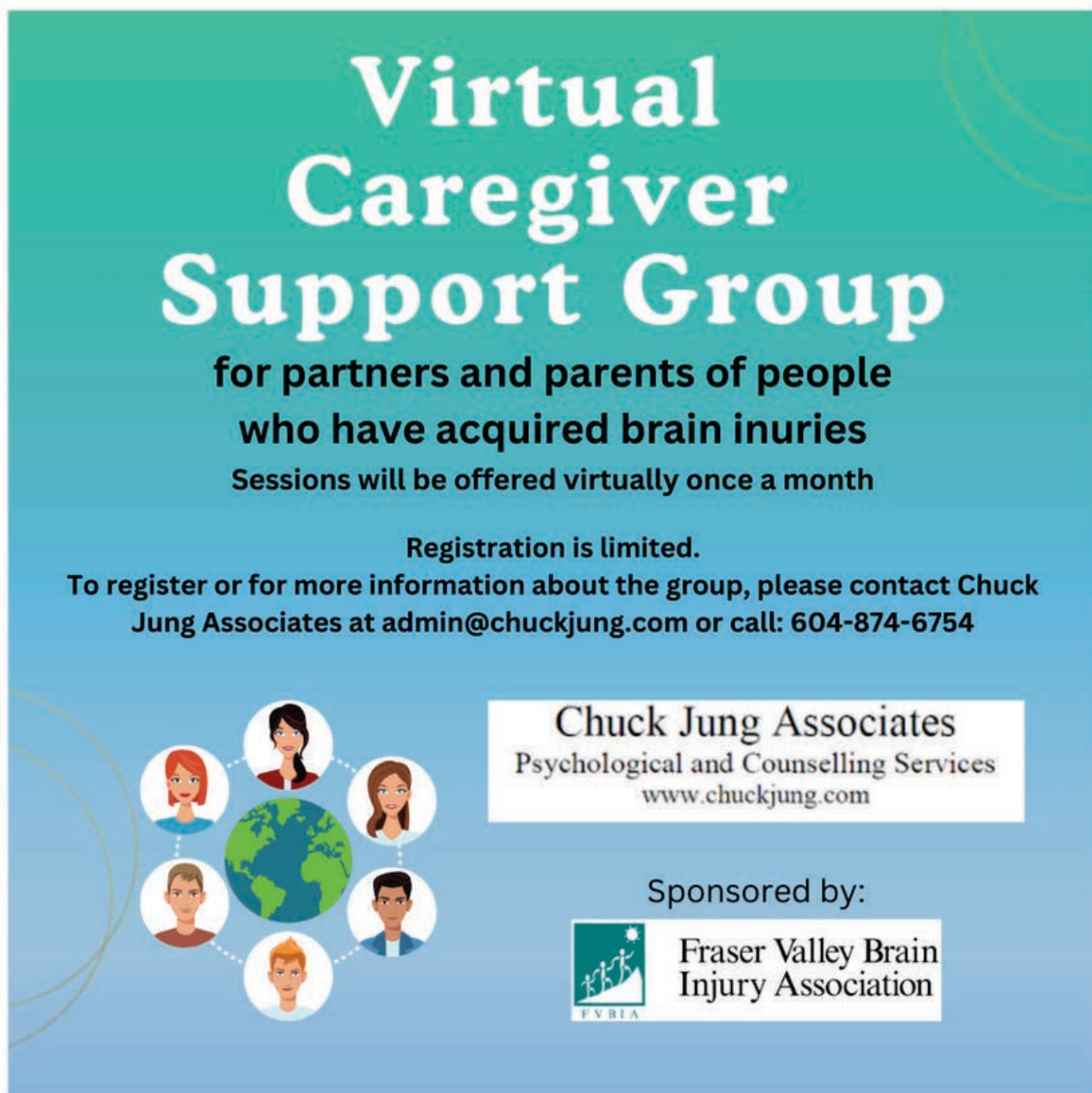
Website address: www.chuckjung.com

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.

A flyer for a Virtual Caregiver Support Group. The background is a gradient of teal and blue. At the top, the title "Virtual Caregiver Support Group" is written in large, white, serif font. Below it, in smaller black font, is "for partners and parents of people who have acquired brain injuries". Underneath that, in a smaller black font, is "Sessions will be offered virtually once a month". Further down, in a smaller black font, is "Registration is limited." Below that, in a smaller black font, is "To register or for more information about the group, please contact Chuck Jung Associates at admin@chuckjung.com or call: 604-874-6754". On the left side, there is a graphic of a globe with six circular icons around it, each containing a stylized face of a person. On the right side, there is a white rectangular box containing the text "Chuck Jung Associates" in a large, black, serif font, followed by "Psychological and Counselling Services" in a smaller, black, serif font, and "www.chuckjung.com" in a smaller, black, serif font. Below this box, there is another white rectangular box containing the text "Sponsored by:" in a black, serif font, followed by the FVBIA logo (a green square with a white sun and a white path) and the text "Fraser Valley Brain Injury Association" in a black, serif font.

**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
Surrey Photography Club Field Trip/Communication Director
[Carol Jackson Photography on Facebook](#)
caroljj53@me.com



SPECIALIZED THERAPY HELPS TEACHER WITH TRAUMATIC BRAIN INJURY MAKE REMARKABLE RECOVERY

Originally published: February 2021 / Updated: July 2022

Source: <https://ohfoundation.ca/be-inspired/specialized-therapy-helps-teacher-with-traumatic-brain-injury-make-remarkable-recovery/>



If you met Casey Delaney today, you'd never know that she was once in a life-altering accident that left her with a traumatic brain injury and an uncertain future.

When Casey Delaney was struck by an out-of-control personal watercraft two years ago, her life came to a sudden stop. Having sustained a severe traumatic brain injury, doctors weren't sure if she'd be able to walk, talk or return to her passion for teaching, ever again.

But thanks to specialized rehab therapy at The Ottawa Hospital's Rehabilitation Centre, Casey was given the opportunity to get her life back on course.

The accident that changed everything

On Canada Day in 2018, Casey and her friends were sitting on an inflatable raft near the Gatineau River shoreline when the driver of a nearby personal watercraft lost control, hitting Casey and leaving her immediately unconscious.

Her boyfriend at the time, Scott, performed CPR until the paramedics arrived and Casey was rushed to a local hospital. However, her injuries were extensive and complex, so she was quickly transferred to our Trauma Centre at the Civic Campus for lifesaving treatment.

To reduce swelling in her brain, doctors carefully removed the left half of Casey's skull – which was later replaced with titanium mesh – and put her in a medically-induced coma. Casey was diagnosed with a severe traumatic brain injury and her medically induced coma was extended for two weeks. Her doctors weren't sure if she'd ever be able to walk, use her arms, or remember her loved ones. But when Casey woke up, there was hope.

[READ THE FULL STORY HERE](#)



Reel Recovery - Films to Watch



2020| Documentary - Drama
1 hr 39 min

The Diving Bell and the Butterfly


This film makes the top lists in this category. It tells the true story of French Elle editor Jean-Dominique Bauby who suffered a stroke at age 43 and lost movement in every part of his body except his left eye. His recovery team teaches him to communicate again using a system where he spells out words by blinking his left eye. Amazingly, Claude uses his newfound communication skills to write a book. This French film won awards at Cannes, the Golden Globes, and received four Academy Award nominations.

Available on:
[Tubi \(free subscription\)](#)
[Prime Video \(\\$\)](#)
[Amazon \(\\$\)](#)



**NATIONAL DAY
OF TRUTH AND
RECONCILIATION**
SEPTEMBER 30

#orangeshirtday #ndtr

 Fraser Valley Brain
Injury Association

Pets Corner!

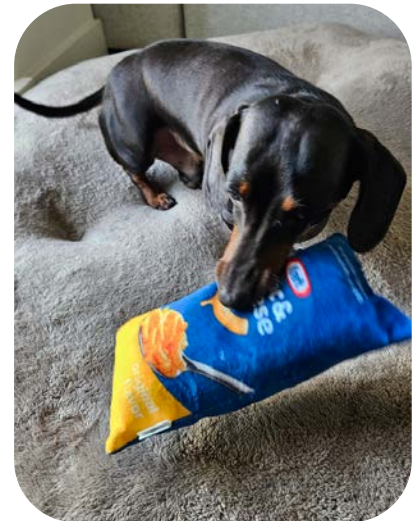
(and a few
neighborhood
critters)



Kim's Zoey, our Mill Lake celebrity, has faced some serious medical issues and has not walked the lake for a long time. She is better and finally back with us, but must now use this pet stroller for our walks.



Nyx and Luna cuddling in Carol's home office. Amazing that she gets any work done!



Jack with Mac (and Cheese)

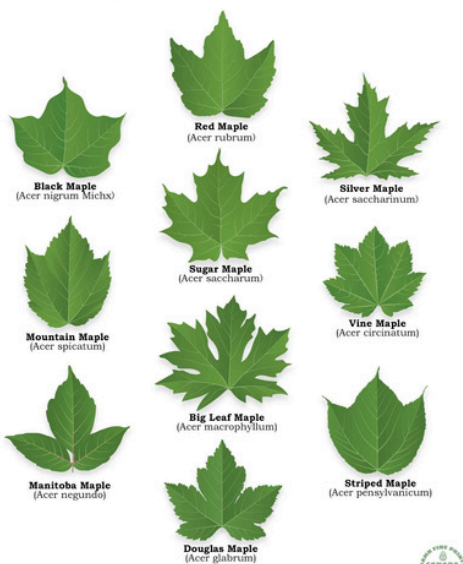


Geese hanging out at MacDonald Park



Grey squirrel in camouflage

Maples of Canada



There are ten species of maple trees that are native to Canada. These include sugar maple, red maple, silver maple, bigleaf maple, Manitoba maple, black maple, mountain maple, striped maple, Douglas maple, and vine maple. While there are over 100 different maple species worldwide, Canada's native species contribute to the country's diverse forests and cultural identity

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

Tickling our Funny Bones

**What did the jack-o'-lantern do when
pulled over by the police?**

Spilled its guts.

-

**What do you call a bear in the autumn
rain?**

A drizzly bear.

-

**Why did the maple leaf stay green all
fall?**

It was afraid of change.

-

**What do you call an ear of corn wearing
a bow tie?**

Dandy corn.

-

**Knock, knock.
Who's there?
Venice.
Venice who?
Venice it going to stop raining?**

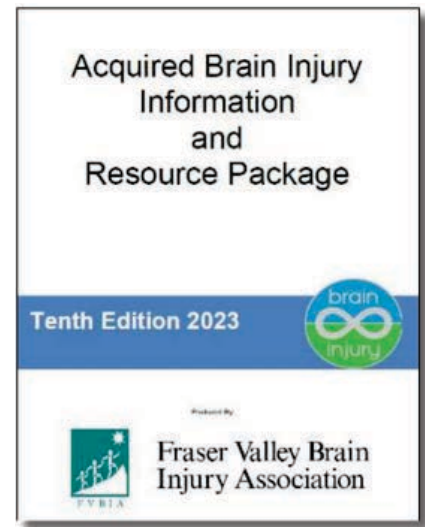
source: <https://www.rd.com/list/fall-jokes/>

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.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

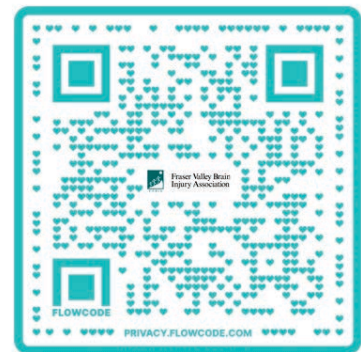
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FVBIA's newsletter comes out every two months and is a great way to keep up with all the activities and services we provide.

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.

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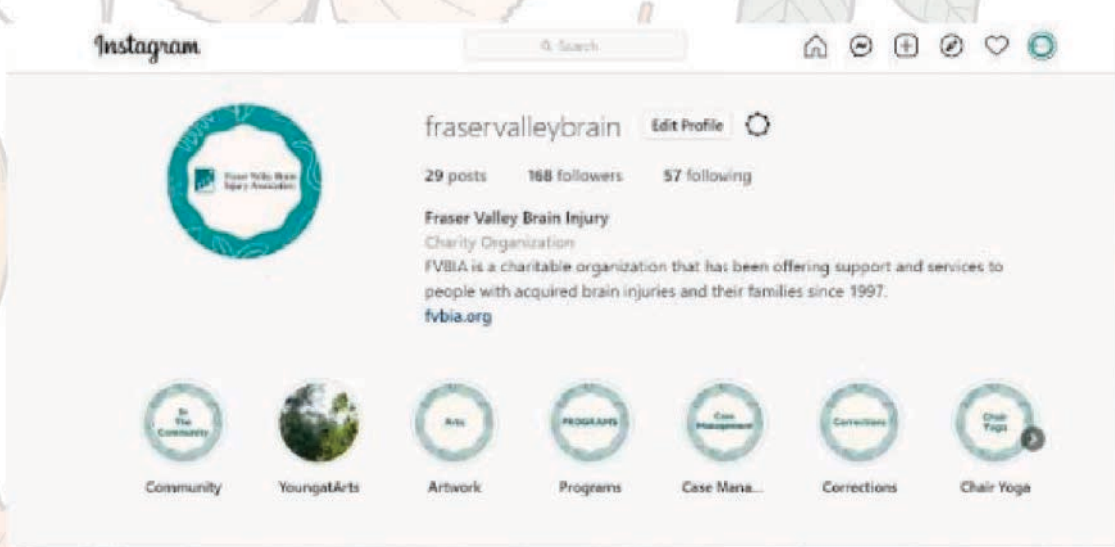


Instagram.com/fraservalleybrain/



youtube.com/channel/UCKbhePbXu5mazHxtJ9medkw

FVBIA's Instagram



Check out FVBIA's Instagram at www.instagram.com/fraservalleybrain/.

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

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

