



# Fraser Valley Brain Injury Association E-Newsletter

September/October 2020

## Fraser Valley Brain Injury Association Brain Injury Golf Classic Thursday September 24, 2020

Redwoods Golf Course, Langley, BC



The Brain Injury Golf Classic Tournament is still planned for September 24, 2020 with social distancing measures in place. Spots may be limited so register soon. To sponsor or register for the event <https://fvbraininjurygolfclassic2020.eventbrite.ca> or contact us at [info@fvbia.org](mailto:info@fvbia.org).

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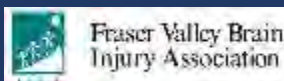
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## Advertising Opportunities

Thank you to all of our advertisers! FVBIA welcomes submissions and advertising. Please call us at 604-557-1913 or email [info@fvbia.org](mailto:info@fvbia.org) about advertising opportunities.

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*The content of submissions or editorials does not necessarily reflect the views and opinions of the FVBIA. They may be edited for length. Ads in this newsletter are not an endorsement of services provided by the advertisers. This is an E-newsletter. If you prefer to have it mailed to you, please call 604-557-1913 or Toll-Free 1-866-557-1913 or email [info@fvbia.org](mailto:info@fvbia.org)*

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# Brain Injury Golf Classic

Thank you to our 2020 Brain Injury Golf Classic Sponsors!



A Better Way After Brain Injury



## 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.

**Editor's Note: Thank you to all of the writers for their contributions! Submissions may be edited for length.**

## World Trivia Question

By Sonya W.

How far is it from Vancouver to Antarctica?

**Answer:**

15,584 km

While lots of people are happy cruising the Caribbean, FVBIA Member Sonya and husband, Shawn, decided to head to the other end of the world: Antarctica!

Following are some excerpts and photos from their adventure.

"In January 2020 my husband and I went on our first cruise (with 2800 other passengers) aboard the "Eclipse" bound for Antarctica.



The Eclipse docked at Puerto Madryn and by 0730, Shawn and I had walked down the gangplank (gangplank??? seriously???) for our private tour to see penguins at Ponto Tomba, a 2-hour drive through dry, hot landscape (picture Ashcroft/Cache Creek, or the Drumheller area in Alberta).

On the way to Punto Tomba, we saw a life-size statue of a dinosaur - representing the largest dinosaur skeletons in the world, found in this part of Argentina.

We also saw Guanacos - a wild llama with very different colored fur, armadillos, and a local bird that looks like a hybrid between a quail and a roadrunner called a Martinetta.



Having a private tour guide made the trip so much more enjoyable as we were able to avoid the huge crowds - which cause my twerky-jerky body to rebel-and we were able to walk among the penguins without me losing my coordination and mobility.

I am now a bonafide cruiser! I loved all the relaxing as well as enjoying the wealth of ship activities.

Best part was the ability to go ashore to see new things/places without having to pack up one's suitcases and haul them around!

The ocean was rough with big swells for most days, so there was rocking and rolling — and when you walked, sometimes it felt as though you drank too much, but the rocking made for an excellent sleep and I was not seasick at all.

Additional stops on the way to Antarctica included Montevideo, Uruguay and Buenos Aires. We were able to tour Montevideo but opted out touring Buenos Aires due to the high incidence of pickpockets.

Antarctica! From the veranda of our room, we saw chinstrap penguins swimming beside the ship as we cruised along — they swim like porpoises!

We saw the blow, back and tail of a humpback whale ....and almost right next to it an Orca breached high into the air, two times in a row! Sadly, I didn't have my camera/cell phone handy for that, but hopefully the "memory photo" will stick with me forever."



## Tribal Art by Cindy LeGrier

FVBIA member Cindy specializes in African Tribal Art, in particular the women of Africa.

Her work brings alive both color and motion capturing the spirit of the women.



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**"WORKING WITH OUR CLIENTS FOR TODAY AND THE FUTURE SINCE 1977"**

## Mind your Matter-Protecting the Brain Against Concussion

By Kim Gorgens

For many years FVBIA's Prevention Program, funded by the Brain Injury Alliance and the Province of BC, has included an annual bike and helmet safety program promoting safe bike riding and wearing helmets properly. The program is currently looking different due to COVID-19, but we are still committed to the message. Enjoy this informative, entertaining TED Talk about kids and concussions.

[https://www.ted.com/talks/kim\\_gorgens\\_protecting\\_the\\_brain\\_against\\_concussion](https://www.ted.com/talks/kim_gorgens_protecting_the_brain_against_concussion)



## FVBIA Office Hours and Programs

Due to COVID-19, the main office of the Fraser Valley Brain Injury is still closed to visitors until further notice. Although the main office is closed, phones and e-mails will be answered during regular office hours

**8:00 am – 2:30 pm Monday – Friday**

Case Management is still available as are some new, innovative and physically distant group activities. If you have been assigned a Case Manager, please contact them directly.

Some group programs are slowly opening with lower numbers of participants and strict COVID-19 safety protocols so contact program facilitators/Case Managers directly for details or contact us at [info@fvbia.org](mailto:info@fvbia.org).

We are still busy providing services although they look a lot different than usual so please contact us at our new temporary number at 604-858-9027 for further inquiries, questions or concerns.

Everyone's health is uppermost in our minds and hopefully it will not be long before we can continue with business as usual.



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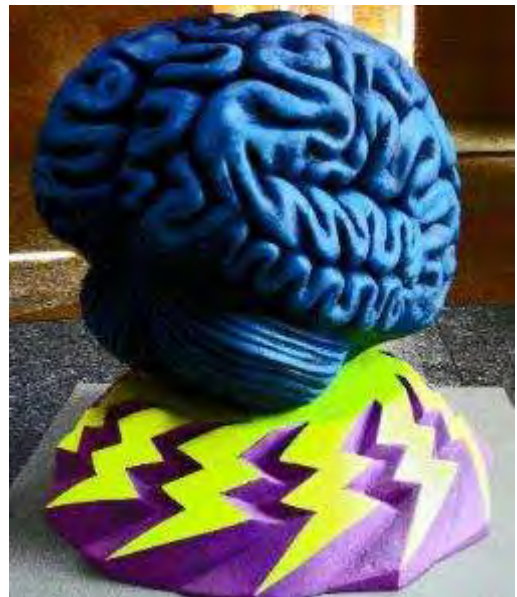
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## Big Brain Quiz

Test your knowledge of brain trivia! Complete quiz and answers through link below.

<https://science.howstuffworks.com/life/inside-the-mind/human-brain/brain-quiz.htm#nextpage5>

1. How much of the brain does the average human use?
  - a. 10%
  - b. 50%
  - c. 100%
2. Which side of the brain helps you be more creative?
  - a. Left
  - b. Right
  - c. Both
3. Which part of the brain can you blame when you get emotional?
  - a. Occipital
  - b. Amygdala
  - c. Parietal
4. What does the presence of wrinkles on the brain mean?
  - a. You are smart
  - b. You are old
  - c. You are big
5. Which part of the brain weighs the most?
  - a. Cerebrum
  - b. Cerebellum
  - c. Hippocampus



## Resiliency Defined

**By Carol Paetkau**

I've worked with hundreds of people who have brain injuries since 2002 and I have always been amazed at how many of you seem to have more than your share of challenges, not only from your brain injuries, but from all the other things that life throws at you along the way. I'm thinking of you during these difficult times.

Resiliency means toughness and flexibility, which to me, is a perfect description of people with brain injuries and their supporters. When things get tough or you come up against a barrier, you seem to find a way around it, over it, under it, or sometimes you just get through it.

I've learned from you that when adversity comes, you take a deep breath, put one foot in front of the other, and just keep moving forward.

Hopefully, there will be someone there to take your hand to help you along the way. If not, reach out to our team and let us give you that helping hand. Stay well and safe.

## FVBIA Gets “Healthy-Er”

This strange new world of COVID has taken a toll on us all. We miss the many activities we used to share in person through FVBIA. Social and physical isolation takes a toll on health and wellbeing. So, when all else fails, we go back to basics.

Members of the FVBIA Zoom Coffee Chat Community came together recently to talk about how to stay healthy during these uncertain times. Lots of great ideas came about and FVBIA will be hosting some Health and Wellness Education, Information and Coaching sessions to create some “healthy-er” habits.

The sessions will be specific to member’s goals and will be offered both via Zoom and in small, COVID compliant groups, facilitated by Taryn Reid, our resident Kinesiologist, and case manager and Jill Koppang, resident RN and Health and Wellness Coach.

The Coffee Chat Community identified the following topics for planning the sessions:

- Strategies for supporting emotional health and wellbeing
- Getting/Staying connected with others, especially during COVID time. Creating buddy systems to decrease loneliness and disconnection post ABI/COVID
- Health and Wellness goal setting; creating and sustaining healthy habits, accountability and support
- Strategies for improving physical balance, increase walking and exercise, smoking cessation, nutrition
- Sharing community resources around health and wellbeing
- Managing chronic conditions in healthy ways
- Pain management
- Have weekly check-ins to support habit development and accountability

Stay tuned for the launch date!

For any questions or suggestions, contact: Jill Koppang or Taryn Reid

[jkoppang@shaw.ca](mailto:jkoppang@shaw.ca)

[treid@infinityhealth.ca](mailto:treid@infinityhealth.ca)

### Social Media

Do you like to stay on top of current research, news articles, inspirational stories/quotes and FVBIA activities?

We are sending out fewer emails, are putting some great articles, and research information out on social media instead.

<https://twitter.com/fvbi>

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



## Healthy Brains through the Cleveland Clinic

“Want to improve your memory, lower your risk for brain disease, and participate in discovering new therapies for Alzheimer’s disease, Parkinson’s disease and multiple sclerosis?”

You can do all that and more with a simple tool. [HealthyBrains.org](http://HealthyBrains.org) is an innovative website and mobile app that Cleveland Clinic Lou Ruvo Center for Brain Health designed and launched in 2015, with generous support from the Caesars Foundation.

On the site, you’ll learn about the six pillars of a brain-healthy lifestyle. You can also:

- Take a free, self-administered brain checkup
- Get your Brain Health Index (BHI) score and report
- Use your personal dashboard to track progress and get tips
- Test your memory as often as you’d like
- Stay up to date on new trends in brain health
- Learn about clinical trials and participation

Remember, you have control over the modifiable components of your lifestyle. Join 10,000 like-minded individuals who have calculated their Brain Health Index score using a free, online self-assessment.

Think about it – and get started by visiting [HealthyBrains.org](http://HealthyBrains.org).

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## Staying Healthy During Uncertain Times

### By Amos Moses the Hound Dog

Getting enough rest and exercise are two proven strategies for staying well during 2020. People often learn best with visual aids, so Amos Moses has agreed to demonstrate how to take a nap followed by an enthusiastic gym program.

Even when you are feeling fenced in, you can make the best of your circumstances by attempting to travel to the other side of the world through a self-constructed time and space portal.



## Fraser Valley Brain Injury Association is part of CanadaHelps

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

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

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

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



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

# Thrive

## FAMILY AND FRIEND CAREGIVER SUPPORT PROGRAM

Program description	Services and supports provided*
<p>The BC Centre on Substance Use’s Family and Friend Caregiver Supports Program, is funded by the Government of BC and managed by the United Way. This program is also supported by Family Caregivers of BC.</p> <p>The program serves unpaid family and friend caregivers of older adults who use substances or whose health is affected by polypharmacy (use of multiple prescription medications).</p> <p> This program provides emotional support, education and hands-on learning, and peer support.</p>	<ul style="list-style-type: none"><li>• Monthly support groups online</li><li>• Peer support networks</li><li>• Access to BCCSU’s educational content</li><li>• Workshops and training</li></ul> <p>*Services will be adapted using feedback from caregivers and peers</p> <p></p> <p><b>Program service hubs:</b></p> <ul style="list-style-type: none"><li>• Vancouver</li><li>• Fort St. John</li></ul> <p>Some programming will also be offered remotely</p> <p></p>

 Get in touch for more info  
e: [michee.hamilton@bccsu.ubc.ca](mailto:michee.hamilton@bccsu.ubc.ca)  
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**MICHEE HAMILTON, PROJECT COORDINATOR**

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

## Beware of Phone Scams

By Glenda

On the Telus website, I discovered this link to the Canadian Anti-Fraud Centre and found out that even if nobody had actually taken something from you and committed fraud, you should report it to this government organization.

The Canadian Anti-Fraud Centre collects information on fraud and identity theft. We provide information on past and current scams affecting Canadians.

If you think you're a victim of fraud, report it! [www.antifraudcentre-centreantifraude.ca](http://www.antifraudcentre-centreantifraude.ca)

One day, I received at least one call from a man asking me if I had a Visa card, and then asking for my number. I didn't give it to him, and just kept asking him which bank he was calling from until he hung up on me. Then called the Executor of Mom's estate to ensure that there wasn't any paperwork or card that had gone missing.

There was also one call from a recorded Japanese woman's voice, with a number from the interior (area code 250), and she may have been asking for something from me. But as the only thing I understood was Konishiwa, which is hello in Japanese, I hung up and blocked the number.

Today was unbelievable, with the first call arriving at 9:17 for a total of 6 calls by 3:32. It became ridiculous and frustrating! The recorded voice told me that Service Canada had found a problem with my SIN and unless I called them....at which point I hung up, and on the following calls even sooner. Each time, they called from a different number.

My cell starts with 226 and each of these calls begins with 226. I called the number back one time and a man answered, saying he didn't make a call to my number when he answered. What could I say?

My point is, in reading the information over from the Canadian Anti-Fraud Centre over, people who do this sort of thing, harassing you on the phone are hoping that the person who answers actually falls for the call and presses the number and gives out sensitive financial information. I have known this to happen.

I heard my own Mom do this and took the phone from her hands when I sensed there was something wrong with what she was doing.

People with a brain injury and seniors are more liable to believe a call like this than some. They need to be warned to just hang up when a caller or recorded voice says the call has anything to do with banking, finances, credit cards, computers, donations, a government agency, etc. The majority of these places do not contact you by phone, and even a limited few do more than send an email telling you that a statement or message is available for you where access it you sign in with a password.

And you certainly don't ever give anyone else your password if they've called you on the phone. The RCMP or City Police Anti-Fraud Department would be involved for significant amounts of money or value. Kudos to Telus!



[Homepage - 211 British Columbia](http://www.bc211.ca)

Find services in your area. Find organizations.

<http://redbookonline.bc211.ca/>

## Young at Arts Summer Program

The COVID-19 Pandemic threw some major wrinkles in our usual planning for the Young at Arts program this year as we had no idea if we would be able to have an in-person summer camp like previous years.

Fortunately, with some creativity we were able to come up with some fun, remote options for kids in case we couldn't get together. This was a definite team effort with many of the FVBIA team involved but special thanks to Freddy O'Brien for pulling so much of it together on short notice.

In July, we delivered outdoor fun pack hampers of toys and projects to do to 10 of our families. Hula Hoops, sidewalk chalk and stencils, bubbles, footballs, beach balls, and badminton sets. Everything a child needs to go outside and have fun. We had numerous families approach us and tell us what fun the kids were having with these hampers.



(FVBIA Case Manager, Jill Koppang helping with deliveries of pantry supplies to families!)

We also provided some families with large bags of pantry supplies and snacks to tide them over the summer as we all know how much those "littles" like to eat!

Since we know how hard it is to keep children entertained and every parent needs a break from planning and cooking once in a while, we put together a family movie night hamper for our “campers”. These hampers were filled with all the things one would find at the movies, except the movie itself - Popcorn, Twizzlers, Jujubes, and a Boston’s Pizza gift card.

In August, we decided that our kids needed some online art instruction. So art supplies were purchased and John LeFlock, our local artist, did “zoom” art classes.

Our “Chromebook Lending Library” provided some little computers for those children that didn’t have access to technology so they could all participate in the online activities.

FVBIA also joined forces with an enthusiastic local teacher, Jeana, who held several zoom meetings for the kids, especially any that couldn’t attend the Blue Heron camp. Those that attended the zoom meetings were super inquisitive asking a ton of questions. Topics such as human body, body systems and local plants, biodiversity and food webs were covered.



The week of August 10 found us at the Blue Heron Reserve with seven (7) young campers, all showing up with masks and hand sanitizers and not the least bit fazed by the new COVID-19 restrictions.



In the morning the campers were given talks, on nature, insects, trees, night creatures and fishes. They were then given the opportunity to go for walks and collect samples of dirt, insects and fishes which they released after. The children had the opportunity to climb the tower where they got a “birds eye” view of the Blue Heron Nature Reserve

In the afternoon the campers had art instructions from John LeFlock. The campers sketched robots, birds and cartoon characters. They painted a flying dragon on canvas as well as making a flower out of egg cartoons and tissue paper.

The biggest draw, which has been the campers’ favorite activity many years, is to build a boat out of wood and popsicle sticks and then have a boat floating contest. Everyone had a lot of fun and some kids are already asking about coming back next year.

Young at Arts is funded through a Smart and Caring Grant from the Abbotsford Community Foundation and we acknowledge the financial support of the Province of BC.





# HOW TO BE A GERM FIGHTER



Wash your hands like you just touched



**SPLASH**  
some water  
on your hands



**SQUIRT**  
some soap on



**SCRUB**  
the front and back of  
your hands, don't forget  
in between your fingers!



**SING**  
Happy Birthday twice  
to make sure you  
have scrubbed for  
20 seconds



**SPLASH**  
some more water  
on and rinse  
the soap



**SOP**  
up the water by  
drying your hands  
with paper towel



**Cough and  
sneeze like  
you're 'dabbing'**

Catch your cough or  
sneeze in the sleeve of  
your elbow, not your  
hands. This helps stop  
germs from spreading  
when people touch  
things after they  
cough or sneeze.

## Stay home if you're not feeling well

And if you notice someone is coughing and sneezing, give yourself a personal bubble and stay about six feet (or how long your bed is) away from them.



©2020 Fraser Health Authority

[fraserhealth.ca/coronavirus](https://fraserhealth.ca/coronavirus)



## Pets Corner

Animals play such an important role in our lives. Send us your pet stories and photos. We'd love to meet them!

### Meet Minx

Alexandra's new kitty! Minx and Alex enjoy spending time together. Can you hear the purrs?



### In Memory of Thomas TomCat

By Freddy O'Brien



Thomas TomCat, aka Fat Boy, aka Tommy, or on occasion that "blasted cat", is the cat on the right in this photo. Three years ago in October, our beloved Tommy decided to take a walk over the rainbow bridge.

To this day I sometimes catch myself reaching next to my pillow to give him a cuddle. He was the biggest bed hog and many a night I woke up to either his tail or back legs draped over my face.

Tommy had the loudest purr. You could hear him coming from the other room.

His favourite holidays were Halloween and Christmas. Tommy loved to reach into the bowl of candies and scoop them out. I still find the occasional candy under a piece of furniture.

Christmas was a nightmare when it came to our Thomas. I used to hang a bell at the bottom of the tree and when the bell went off, I knew that Tom was at it again. I would then yell from whatever part of the house of I was, usually in bed, "Tommy get your butt out of the tree", at which point I would hear a big thump (hence fat boy) and the scurry of paws. He is missed by myself, my daughter and Harry Potter, his brother.

### Our Little Wild Friends

By Carol Paetkau

One hot afternoon this summer, while my husband and I were sitting in the cool shade of the trees around beautiful Mill Lake in central Abbotsford, this little fellow wandered by looking for bugs in the grass. We chatted with him and took lots of photos while he nibbled the phone looking for bugs in it. He eventually tucked his beak into the feathers in his back and fell asleep between our chairs until it was time for us to leave.

He definitely didn't fit the stereotype of our usual "raptor" type Canadian Goose that scares away animals five times their size. I worry for his safety because he is so friendly and I hope everyone respects and treats our wildlife with kindness. You just might get to enjoy their company close up!



## A Few Tips for a Healthy Brain

- Maintain a schedule or routine in your life with healthy meals at the same time daily to ensure that your brain and body has a steady and even supply of glucose.
- Ensure that your diet includes plenty of leafy greens, berries that are full of flavonoids, and walnuts which are shaped like a brain!
- Practice good sleep hygiene by going to bed and getting up at the same time daily. It is when you go into a deep sleep that the glial brain cells clear the oxidized or damaged cells away.
- If you (or others) notice that you are not hearing well, have your hearing checked by a professional and if they recommend you need a hearing aide, get one and use it. Research has shown there is a link between hearing loss and dementia.
- Get 30 minutes of moderate exercise daily. It increases body circulation and therefore brain circulation as well.
- Spend time with friends and family. Participating in fun activities in a social atmosphere, with people you love, is a mood elevator.
- Find a hobby that you are passionate about and pursue it. Learning is good and helps us meet new people, learn new skills, and grow as people.
- Join a group that meets regularly for a beverage and general conversation; a group or association that meets to plan an event based on a common a common interest; or become the member of a potluck club that meets every month with different meal themes. It will get you out of the house
- (stimulate your brain), help develop your social skills, and improve the ease with which you communicate with others.
- If you belong to a faith community, make sure to connect regularly whether online or in person.
- Make it a point to call or send an email to a friend or family member often. Don't wait for them to call you. It doesn't matter who made the last call or calls. To have a friend, you have to be a friend.
- Find an organization that you are interested in and volunteer. Helping others will help take the focus off yourself for an hour or two. Opportunities range from working with people, with computers in an office, to working with animals. Contact your local Community Service Resources Centre or check out the link: <https://volunteer.ca/>
- If you are feeling down when you get up in the morning, or any time of the day, stand in front of a mirror and smile at yourself, even if it is a fake smile. Your brain doesn't know it's not real, and the neurons will just see a happy face which pumps up neurotransmitter production and potentially the overall feeling of wellbeing and happiness that we are all looking for.
- It is the same reason cyclists were able to increase the amount of time they began to ride in a study. As they were about to start, they were given smiley faces to look at for a period. They were able to cycle quite a distance longer than the control group, who were just told to begin without a smiley face to look at.



## The Journey to Healing

By Frances McGuckin

### Can you tell me a little bit about yourself?

I grew up in Melbourne, Australia, we immigrated from England when I was six. My dad made me quit school in Grade 11 to go to work and contribute towards the household.

When I left school, I worked in a series of office jobs, starting from proofreading and filing for the Yellow Pages (boring). I would change jobs in a variety of types of businesses, from manufacturing to working in a university as a secretary to a bunch of professors.

Each time I changed jobs, I aimed to learn more and get paid more. Along the way, I also learned sales and marketing plus learned more complex accounting. I was self-taught.

I came to Canada from Australia to marry in 1981, with my then 10-year-old son, Richard, to stay for just two years – but I never got back as the recession hit. I also had my daughter about 20 years after I had my son. My ex-husband and I separated in 2004 when my daughter was about 15 years old.



Photo: Life before my accident as a professional speaker.

We sponsored my mom over here from Australia in 1987; she was 78 years old! I was her primary caregiver for 30 years until she died in early 2017. She was 96 when I had my accident and lived with us in her own little suite.

### Then what happened?

I was in Richmond in my 1985 sports car going to dinner with a friend on July 13, 2005. A lady in an SUV ran a red light coming through a small side street onto a main street. She t-boned my car at about 70 km and I hit my head on the steering wheel (contra-coupe injury).

I remember that I was hit and briefly unconscious. Someone drove me home. I didn't go to the hospital because physically, there were no visible injuries as I hit my brow area on the steering wheel. The next day is when it became real. I had horrible headaches and my body hurt all over from bracing and gripping the steering wheel so hard. The headaches became worse. I had a lot of physical pain.

The year before my accident, mom was in hospital with a suspected heart attack. I was caring for a rebellious teenage daughter, mom, a two-acre property with horses and animals, plus my professional speaking and writing business, with two books on their way to be published in the USA in spring, 2005. I then had to deal with all this and a serious contra-coupe traumatic brain injury.

### What resources did you have and how did you find them?

After six months, my doctor referred me to a psychiatrist and he confirmed that I had mild TBI (traumatic brain injury). I later developed fibromyalgia, which is more than 11 points of pain. As I had a very high IQ, doctors, neurologists and even lawyers found it really hard to believe that I had a brain injury. I still have a lot of residuals from the incident and it has been 15 years!

I am currently still suffering from panic and anxiety attacks. Even the slightest loud noise startles me. I suffered insomnia and when I wake up, it takes about quite a while to settle into the morning. A neuropsychiatrist diagnosed executive skills damage in late 2006. It wasn't until late 2008 that lawyers sent me to speech therapy and the work we did there showed that I still had cognitive damage and that my executive skills weren't as fluid as before (sequencing, technical and more).

**“I am currently still suffering from panic and anxiety attacks.”**

I saw doctors, neurologists, lawyers and sought mental health therapists when I was desperate. My lawyers sent me to a pain management counsellor and organized an in-home assessment for therapy but not until well after a year after the accident. I accessed the brain injury support in Sechelt in 2012, where I had one-on-one counselling for three years and they helped me with other resources. I also went to Langley mental health, desperate for free counselling, as we were now in debt.

It's important to apply for disability benefits from Canada Pension Plan (CPP) or the provincial government as soon as you are diagnosed and cannot work. The forms are complex and you really need help to fill them in. I was also told that CPP often rejects you the first time and that you have to re-apply with more ammunition. Mine was rejected the first time. I recently learned that the brain injury associations may well be able to help you to navigate these hurdles and help you with your applications and letters of support if you are working with them. I didn't know that when I had my accident.

**“I got no help for a long time and got worse.”**

I still had a nasty divorce case at the same time and had to change accident lawyers after a year, as they did nothing to help me. Meanwhile, my symptoms from the TBI kept getting worse. My case was resolved in 2009. It was horrific the way ICBC treated me as a criminal, not a victim.

### **How are you doing now? How are you managing your symptoms?**

My first book, *Business for Beginners*, was self-published in 1997, then *Big Ideas for Growing Your Small Business* was published by McGraw Hill in early 2000. I studied speaking professionally and sold my accounting practice. My two books were published in seven languages, and in Spring, 2005, both were published in the USA. I was Google's No. 1 “small business expert” and “small business author” from 2005-2007. *Business for Beginners* is still selling on Amazon worldwide! I had more book and North American speaking contracts when that woman hit my car. That was game over – for good.

I am now better able to multitask and can put a mean meal together and manage life in a simplified manner, as long as I plan well in advance. Routine is everything. I need to keep a routine and if anything



**“I LEARNED TO LOVE AND ACCEPT THE NEW SIMPLIFIED ME”**

Frances McGuckin

upsets the routine, I will forget to do important things, like taking medication. I am still very prone to anxiety and panic attacks, but take no medication for the brain injury or depression and anxiety. I prefer more natural methods of tackling the residuals. I am better able to multitask... as long as I plan well in advance. Routine is everything.

I am better now with loud but not sudden noises, as I go dancing with a group of friends but I still don't like bright lights. I became somewhat dyslexic – my right is left and left is right; bad for a writer as words

are often reversed. Don't ask me for directions, although it's getting somewhat better. My executive function motor skills still aren't as fluid as they were.



It took me ten years of grieving and healing to come this far and I recently have had three short stories published in two *Chicken Soup for the Soul* books.

**What is the one thing you would tell someone who knows nothing about ABI or just starting to learn about brain injuries?**

Have patience, empathy and understanding. The person you knew is in there and screaming to be their old self. Love them, hug them, don't ever desert them and don't get angry with them. It isn't their fault and they don't have control over the things that they do or say. Their brain is broken and healing is a very slow process.

**“Love them, hug them, don't ever desert them and don't get angry with them. It isn't their fault.”**

*Photo: While visiting my family in Australia November, 2017, holding a koala, my bucket list item, so thrilled!*

**What would you have liked to do without the brain injury?**

I was going global with my career which took a lifetime to achieve. I wanted to help more people through my speaking and writing and finally, that moment had arrived.

I would have loved to continue my work in helping women and small business owners worldwide to succeed and to write more books, as I had nearly signed a contract for another book. It was all taken from me in a split second.

**What are you spending most of your time these days?**

*Photo: Now volunteering with special needs children and their horse riding lessons; I wrote about volunteering with them and was published in a Chicken Soup book September 2019.*

I have loved horses since I can remember; they were my escape from an abusive childhood, but we were poor, so I chased all over the suburbs to work at riding, trotting and dairy horse stables.

I was president and treasurer and secretary for our small strata from 2016-2018. They were very cruel to me over one event and it considerably set me back emotionally with serious depression.

I reached out to the Fraser Valley Brain Injury Association in the summer of 2018 for help. I turned to volunteering with Valley Therapeutic Equestrian Association about two years ago, working with special needs children and their horse riding lessons. I miss it terribly because of COVID.



I help some of the older neighbours. I do some editing and am writing a book on brain injury, although it's stalled right now. I love my garden and grow a few vegetables and loads of flowers. My home keeps me busy. I walk every day and now my gym is closed, I do strengthening exercises at home to keep fit. I

try to stay positive with this Covid new “normal” but it’s difficult. I have spoken once on mental health and it went very well, despite my anxiety over it. I would like to do more speaking about the topic...people need to know it’s okay to talk about it.

### Last comments

I have learned that you may never be the same person you once were, and that you are allowed to grieve the loss of that person. There is no time limit to grief.

Stop trying to be the old you and focus on healing. I learned that being negative, grieving and depression from the injury stopped me from moving forward and healing. Healing doesn’t take place in a negative mindset.

Your brain needs positivity and positive influences to heal. It will find a new way of doing things. I learned to love and accept the new “2.0, simplified version” of me and to let the old me go with love. That took a long time to learn. I have learned gratitude and patience, and to laugh at “Me and I” when “We” mess up. I learned that there are others worse off than me, and that I can be there to support and encourage them.

Reach out to your local brain injury association for support, guidance and help. They are awesome and there for you.

In my dear mom’s words (who lived to be 107.5 years old), “I’m doing the best that I can with what I’ve got.”

*\*\*Story is interviewed, written and edited with the help of Ovey Yeung and Carol Paetkau, Fraser Valley Brain Injury Association*

## 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 120<sup>th</sup> St. St  
Scottsdale Square Bus. Ctr  
Surrey, B.C. V3W 3M8  
Tel: (604) 874-6754

### Abbotsford:

260 – 2655 Clearbrook Rd  
Abbotsford, B.C. V2T 2Y6  
Tel: (604) 852-7885

### Chilliwack:

201 – 45625 Hodgins Ave.  
Chilliwack, B.C. V2P 1P2  
Tel: (604) 792-7177

### Langley:

206 – 20641 Logan Ave.  
Langley, B.C. V1M 2G5  
Tel: (604)-874-6754

Other locations in Port Coquitlam and Richmond

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

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

## SPCA's tips for keeping pets safe on Halloween

Carly Yoshida-Butryn, CTV News Vancouver

Published Monday, October 28, 2019 1:58PM PDT Last Updated Monday, October 28, 2019 1:59PM PDT



### **The SPCA has released a list of tips to make sure pets stay safe this Halloween. (BC SPCA)**

VANCOUVER - Halloween can be a fun time of year for kids and adults, but the SPCA is reminding pet owners that it's not always a pleasant holiday for animals.

The SPCA has released a list of ways to help ensure pets are kept happy and safe while humans dress up and chow down on candy this Halloween.

While your cat might look adorable dressed as a pirate, the SPCA is reminding people that costumes can be uncomfortable for pets and should be avoided.

"Wearing a costume inhibits the animal's ability to move and communicate through natural body language such as tail wagging or positioning their ears," the SPCA said in a release. "Costumes can cause pets to overheat as well."

Instead, the SPCA suggests dressing up your furry friends in a fun collar or taking them for a walk with a decorated leash.

Loud noises such as doorbells ringing repeatedly or fireworks going off can also be jarring for pets and potentially trigger aggressive behaviour in dogs.

"Give pets a quiet room where they can take a break from the parade of trick or treaters arriving at the door," said the SPCA in its release. "Pets can have fun playing with Halloween-themed catnip or chew toys away from all the unfamiliar sites and smells. Prepare pets ahead of time by getting them used to the sound of the doorbell ringing and giving them a treat."

Pet owners should also make sure that animals have two forms of up-to-date identification such as a collar with tags, ear tattoo or a microchip, which also include their current address and phone number.

"Opening the door for trick-or-treaters all evening long increases the chances that a pet may escape outside," said the SPCA.

Candy should also be stored away from pets as chocolate is toxic for cats and dogs, and other small candies can be a choking hazard. But if you want to make sure your pets also have holiday treats to enjoy, the SPCA has posted a list of [pet-safe recipes](#) for Halloween, including canine candy corn and kitty cookies.



## Summer Fun Colouring Contest Winners

FVIA is usually out in the community promoting brain injury prevention at different local events throughout the summer. Due to COVID-19 restrictions, that wasn't possible, so we decided to spread the word with a Colouring Contest in recognition of Brain Injury Awareness Month instead.

The colouring page was sent to all the Newspapers throughout the Fraser Valley, including Hope. It was open to all children between the ages of 5 – 11.

We had a great response and several winners were chosen. First place was a \$250 Visa gift Card, second place was a \$75.00 Visa gift card and Third place was a \$25.00 Visa gift card.

It was so hard to choose from all the wonderful drawings that were sent in, we decided to do 4 runner ups who won \$20.00 Tim Horton's gift cards. Thank you to our ABI Prevention and Awareness Program sponsors, the Brain Injury Alliance and the Province of BC and to Black Press Media for their support.

**COLOURING PAGE WINNERS**

**1st Place - H - 7 yrs**

**2nd Place - Sahaj - 7 yrs**

**3rd Place - Annika - 8 yrs**

**Runner's Up**

- Laura Lee - 10 yrs
- Holly-Rae - 11 yrs
- Riley - 9 yrs
- Janessa - 9 yrs

Sponsored by Fraser Valley Brain Injury Association & Black Press Media

## Labour Day

(*Labor Day* in the United States) is an annual holiday to celebrate the achievements of workers. Labour Day has its origins in the labour union movement, specifically the eight-hour [day](#) movement, which advocated eight hours for work, eight hours for recreation, and eight hours for rest.

For most countries, Labour Day is synonymous with, or linked with, International Worker's Day, which occurs on 1 May. For other countries, Labour Day is celebrated on a different date, often one with special significance for the labour movement in that country. Labour Day is a public holiday in many countries.



[https://en.wikipedia.org/wiki/Labour\\_Day](https://en.wikipedia.org/wiki/Labour_Day)

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### Fraser Valley Brain Injury Association Website

Check out the new Fraser Valley Brain Injury Association website at [www.fvbia.org](http://www.fvbia.org).

Thank you to Amanda Rallings and Radian Baskoro for all their work redesigning and simplifying our website. This large endeavour was made possible through the ABI Prevention and Awareness program with funding provided by the Brain Injury Alliance and the Province of BC.

Are you a caregiver looking for more support?

Let us know what you need.

Are you interested in being part of a Caregiver's Coffee and Chat or would you like short information sessions on Self Care, Brain Injury Basics, Caregiver Burnout, Communication?

Please contact FVBIA at 604-557-1913 or [info@fvbia.org](mailto:info@fvbia.org) to share your thoughts or to find out more about our Family Focus Groups.

## Food access during COVID

### Foodbanks

If you are in need of extra support for food, especially during the Pandemic, please contact your local foodbank. You can find the foodbank in your community by going to FoodbanksBC

<https://www.foodbanksbc.com/find-a-food-bank/>



### Costco Same Day Delivery

Costco.ca has same day delivery with Instacart for Costco members and non-members.

<https://www.costco.ca/CanadaGroceryDeliveryRedirect>

Items may be available in-warehouse at a lower non-delivered price

A services and delivery fee applies. Instacart Express members get free delivery but tips are an option for your shopper/driver. Minimum order of \$35 before taxes

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## ArtWorks! – even during COVID!

FVBIA has been offering art classes over zoom for several months and we were finally able to do some small in-person classes in Chilliwack recently. Everyone had their own art supplies, masks and lots of hand sanitizer!



# REDUCE THE SPREAD OF COVID-19. WASH YOUR HANDS.



## COVID-19 Resource Information

If you are struggling financially during the COVID-19 crisis, please click on the following link for FVBIA's COVID-19 Resource Manual for information about subsidies and help with utilities, phone bills etc.

[COVID-19 Resource Information](#)

For more information about COVID-19, go to [www.canada.ca/coronavirus](http://www.canada.ca/coronavirus)

## Finding New Balance

By Peter Clay

Seven years ago I was a mess. A couple of bumps on the head had left me sitting at home on the sofa planning suicide, unable to speak properly, find words, count change, understand prices at the supermarket or even cook a meal. My mind had gone and I felt as if the bed was tipping over at night.

I was told that recovery would stop after two years so I was permanently disabled. But this was not the way I wanted to live, so one way or another I was determined to find a way out. If I was going to continue living, I had to try at least to find a way to overcome this. Either brain injury was going to beat me, or I was going to beat it.

Years earlier, I had learned a system that uses balance boards and speech to improve intellectual development in children, so I applied it to myself, practicing and improving my balance on the board, standing still with my eyes closed, walking along logs at the beach or a plank on my lawn. My sense of balance improved with practice.

Also I had a gym membership I had not used for a very long time, so about three years ago I decided to try one more time before quitting. I stuck with it, and was going three times a week doing cardio and strength training until gyms closed in March this year. I was fitter and stronger, and feeling better physically, but I noticed as well that my ability to think clearly had got a lot better too. It was not mere coincidence. Many scientific studies have shown that exercise improves cognitive function.

I have told people that I learn more from small children than I do from adults, and this experience is another example. As part of their natural brain development, children are drawn to playgrounds where they can exercise and practice balance, and experience the different effects of gravity as they climb, slide, run and play on swings. (I think a playground for brain-injured adults would be a great benefit to stimulate neural connections).

Without getting into the science of it too much, I will say that the relationship between body and brain is vitally important, and that balance and physical exercise have been proven to improve intellect.

Since the gym is no more, I have been busy this summer on a paddle board, in a kayak or swimming at White Rock beach during the hot weather. I will devise more exercises with weights at home in winter.

This is in addition to my studies of various subjects such as science and music. I am determined to keep making progress. Life is short, and so is my attention span, but I am working on it.



## “Pay it Forward”: Healthy Lifestyles for ABI Activities

### Mill Lake Walking Group

Join us for a relaxing walk around beautiful Mill Lake in Abbotsford, BC

#### **Mondays - 2 Meeting Places:**

2 P.M. at the Bourquin Entrance benches

2:15 P.M. at the Mill Lake Road Dock

#### **Fridays (for a limited time)**

2 Meeting Places:

10 A.M. at the Bourquin Entrance benches

10:15 A.M. at the Mill Lake Road Dock

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

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

#### **Every Thursday, weather permitting, in September & October 2020**

10 a.m. until noon

Mill Lake Park, Abbotsford  
Under the Picnic Shelter by the  
Bevan Avenue parking lot

**\*\*\* For more information, please call Joy at 604-897-1563.**

**\*\*\* BE READY FOR PHYSICAL DISTANCING! \*\*\***

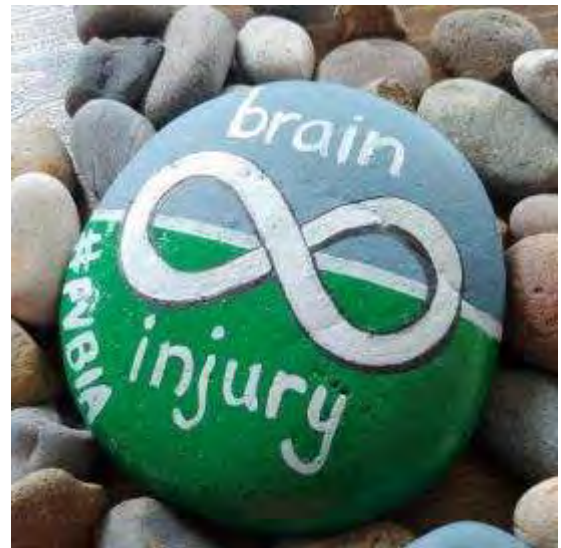
Funding for Pay it Forward programs provided by the Brain Injury Alliance, ICBC and financial support from the Province of BC.

## #FVBIA Kindness Rocks Project is a Rockin' Success!

FVBIA Creative Arts Facebook Page

[https://www.facebook.com/fvbiaarts/posts/137220171318766?comment\\_id=137315231309260](https://www.facebook.com/fvbiaarts/posts/137220171318766?comment_id=137315231309260)

June was Brain Injury Awareness Month and FVBIA members and staff (Alexandra, Judy, Kat, Barbara, Carol, Dawn, Cindy) stepped up to create some amazing painted rocks that included “#FVBIA” to promote brain injury awareness. Funding from the Brain Injury Alliance, ICBC and the Province of BC through the Pay it Forward: Healthy Lifestyles for ABI program allowed us to provide members with the supplies needed to create their masterpieces. See some of their work on the FVBIA Facebook page.



Because we have so many talented artists in our membership, we created an FVBIA Creative Arts Facebook page devoted to sharing the work of our members. This space will allow posting pictures of creations and allowing comments to celebrate and encourage each other. It does not matter if you think your work is “not good enough” just be brave and post it!

The page will be a fun, encouraging place to connect over creativity. Every artist needs an audience, so stop by and give a shout to the folks brave enough to post!

The Kindness Rocks are now being shared around the community to spread some joy and a smile. FVBIA Rock Artists donated rocks to the Abbotsford Hospice Society to bring some joy to Hospice members and help with their Community Scavenger Hunt on July 19. Details can be found at:

<https://www.abbotsfordhospice.org/roadto gratitude>

Thank you to Judy and Lydia for creating these beautiful Kindness Rocks baskets for FVBIA to use for auction items!



## Fraser Valley Brain Injury Association is part of CanadaHelps

This online fundraiser connects FVBIA to donors nationwide and helped raise funds for much needed programs!

Thank you so much to all of our generous donors. Your contributions help us continue to serve the needs of our brain injury community.

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

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

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



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

<https://www.canadahelps.org>

An advertisement for Right at Home Canada. The top half has a white background with the text "Exceptional Home Care for Disabled Adults and Seniors" in teal and blue. Below this is a list of services: Nursing care and therapy, Companionship, Personal care and hygiene, Housekeeping, meal prep, Transportation, Shopping and errands, Continence care products, Post-operative care, and "From 2 hours to 24/7". To the right of the list is the Right at Home Canada logo, which includes a house icon and the text "Right at Home CANADA Home Health Care &amp; Assistance". The bottom half of the ad features a photograph of a caregiver in blue scrubs assisting an elderly man. Below the photo, on a teal and orange background, is the text "Professional Caregivers" followed by a list of benefits: "Insured and bonded", "Yearly background checks", and "Continual education". At the bottom, it says "Call us for a free, no commitment assessment" and provides the phone number "604.330.9909" and the website "www.rightathomecanada.com/fraser-valley".

### Things to do While Physically Distancing

Free art lessons: <https://www.artyfactory.com/>

Everything about dancing by a professional dancer: <https://dancingalonetogether.org/>

Free mindfulness apps for your phone or tablet:

<https://www.puregym.com/blog/top-free-mindfulness-apps/>





# Acquired Brain Injury Information and Resource Package

Ninth Edition May 2020



Produced by



Fraser Valley Brain  
Injury Association

## Acquired Brain Injury Info & Resource Package

The FVBIA 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. Contact [info@fvbia.org](mailto:info@fvbia.org) or check on our website at [www.fvbia.org](http://www.fvbia.org).

Advertising opportunities are still available in the 9<sup>th</sup> edition of Fraser Valley Brain Injury Association's Acquired Brain Injury Information and Resource Package. Fraser Valley Brain Injury Association reaches over 550 people by email, over 500 followers on facebook and more than 1700 on twitter. This is a great resource for people with any disability and a good opportunity to raise awareness of your organization. Each edition is widely distributed over a two-year period and is updated regularly.

Advertising Rates:

- Full page ad \$1500
- Half page ad \$750
- ¼ page ad \$325
- Business Card size ad \$150

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

## Concussion Awareness Training Tool (CATT) Parent or Caregiver Course



The Concussion Awareness Training Tool (CATT) is a program designed to provide parents or caregivers with the information they need to take an evidence-based approach in responding to and managing concussion.

At the end of the course, you will be prompted to enter your information to receive a certificate of completion.

If you belong to an organization that has mandated the CATT training, a copy of your certificate will also be sent directly to the organization.

Estimated time to complete: 30 minutes

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

## FVBIA Concussion Program

This is a short education and support program about concussion for:

- Those who are not eligible for Fraser Health's Concussion Clinic or
- Whose concussion was more than 6 months prior or
- are under 18/over 65

Participants are not eligible to attend other FVBIA programs without meeting proof of brain injury criteria.

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



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



## Brain Injury Awareness Pins for Sale!

Fraser Valley Brain Injury Association's board of directors has created a brain injury awareness pin.

There is no official colour of brain injury in Canada so this striking brain injury awareness lapel pin is a combination of the well-recognized colours in the US.

Blue is the colour of acquired brain injury and green is the colour of traumatic brain injury in the US, so the two have been combined in this small metal pin with a secure backing.

The pin comes secured to a card with a description of brain injury, the significance of the infinity symbol, and FVBIA's contact information.

These pins are available for sale for \$5.00 each with all proceeds go towards programs and services provided by Fraser Valley Brain Injury Association. If other associations are interested in purchasing pins to sell with their own contact information on their cards, please contact us at [info@fvbia.org](mailto:info@fvbia.org) or 604-557-1913.

Thank you to the FVBIA Board of Directors and the Pin Committee, led by Reverend. Dave Price, for the development of the pin.

Thank you to Mountain Image for their generous support of this awareness campaign.



<http://www.mountainimage.ca>



Acquired Brain Injury can be life-changing and permanent.

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

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

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

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



## Funding for Training Available

Funding for Food Safe and First Aid Courses is provided by the generous support of the Brain Injury Alliance, a province wide organization in British Columbia composed of individuals and organizations working together to improve the quality of life for persons living with a brain injury, their families, and their communities.

The Brain Injury Alliance is composed of non-profit brain injury organizations in British Columbia. The Alliance uses its collective philosophy, experience and skills to bring about positive change in British Columbia, and to improve the lives for people living with acquired brain injury in this province. The Alliance also advocates for adequate and sustainable funding for the brain injury prevention, education, and individual supports provided by community non-profit brain injury services.

“Providing basic FoodSafe and First Aid training has enabled persons with acquired brain injuries to volunteer for drop-in programs and fundraising activities, and has also given them valuable skills beneficial for entry into the workforce. We thank the Government of BC and the Brain Injury Alliance, for making all this possible.”- Fraser Valley Brain Injury Association

FVBIA members interested in accessing funding for specific educational or employment related training may be eligible for a grant up to \$2000 through [The Dr. Gur Singh Memorial Education Grants for Individuals](#).

Contact an FVBIA case manager for details or if you are interested in taking Food Safe or First Aid training.

## 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 \$2000** since December 2018.

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

You can donate here and you will get a tax receipt!

<https://www.paypal.com/ca/fundraiser/hub>

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

[paypal.com/ca/fundraiser/charity/3434455](https://www.paypal.com/ca/fundraiser/charity/3434455)

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



**QUICK EASY IMPACTFUL**

Some FVBIA programs and Drop in programs are slowly opening to in person meetings, keeping safety as our primary concern. Contact programs directly for details and safety protocols.

## Drop In Centres and Support Groups

### **Abbotsford/Mission:**

#### **Drop-In:**

Wed 4:00 – 7:00 p.m. & Fri 1:00 – 3:00 p.m.  
5:00 meal on Wednesday  
103 – 2776 Bourquin Cres. W. Abbotsford  
Contact Communitas 604-850-6608

#### **Abbotsford Coffee and Chat:**

Contact FVBIA at 604-557-1913

#### **Mission Coffee and Chat:**

Contact FVBIA at 604-557-1913

#### **Art and Photo Clubs:** Langley, Abbotsford, Chilliwack

Contact Mary McKee 604-897-1452

### **Chilliwack:**

#### **Drop-in:**

Tues 10:00 – 1:00 p.m., Thurs 12:00 – 3:00 p.m.  
Lunch at 11:30 p.m. Tuesdays  
**45825 Wellington St. (Presbyterian Church)**  
Contact 604-792-6266

#### **Chilliwack in the Now Support Group:**

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

### **Langley**

#### **Langley Coffee and Chat:**

Contact FVBIA at 604-557-1913

### **Hope**

#### **Community Leisure Program**

Wed & Fri 1:00 p.m. – 3:30 p.m.  
366A Wallace St. Hope, BC  
Contact 604-869-7454

Drop In/Leisure Programs and Support Groups funded in part by Fraser Health ABI Program and ICBC.

## Membership and Donations

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

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

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

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

It's easy!

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

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



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

Thank you for your support!

# Fraser Valley Brain Injury Assoc. Membership Form

**Please sign up now! Your membership is vital to our success.**

First Name:		Last Name:	
Address:			
City:	Province:	Postal Code:	
Phone number:	Email:		

## 1. Please join FVBIA

I will sign up for my FVBIA Annual Membership

\$10 Individual    
  \$50 Organization    
  \$0 Courtesy

(Courtesy membership is available for low income individuals with an acquired brain injury)

## 2. Please make a donation

I will also support Fraser Valley Brain Injury Association's Programs and Services by donating

\$25    
  \$50    
  \$75    
  \$ \_\_\_\_\_

## 3. Please become a sustaining member!

I would like to show my ongoing commitment to the work of FVBIA by becoming a sustaining member and making a monthly pre-authorized donation in the amount of:

\$10    
  \$15    
  \$25    
  \$ \_\_\_\_\_

Payment Method (Credit Card)      Visa      MasterCard

I authorize deductions for this amount on the      15th or      last day of each month.

Card #:	Card Expiry (MM/YY):
Authorization (Signature):	SIGNATURE DATE: (MM/DD/YY)

## 4. Please return the form to:

**Fraser Valley Brain Injury Association 201-2890 Garden Street, Abbotsford, BC, V2T 4W7, Fax: 604-850-2527 or [info@fvbia.org](mailto:info@fvbia.org)**

I understand that I may revoke my authorization at any time. I have certain recourse rights if any debit does not comply with this agreement. For example, I have the right to receive reimbursement for any debit that is not authorized or is not consistent with this Pre-Authorized Debit (PAD) Agreement. For more information on my recourse rights or on my right to cancel a PAD Agreement, I may contact my financial institution or visit [www.cdnpay.ca](http://www.cdnpay.ca). I agree to waive my right to receive pre-notification of any debits under this agreement. I acknowledge that I can request changes to the amount noted above by contacting Fraser Valley Brain Injury Association at 604-557-1913, 1-866-557-1913 or [info@fvbia.org](mailto:info@fvbia.org).

Fraser Valley Brain Injury Association is a federally registered charity BN # 87202 RR0001. As such FVBIA must collect some personal information in order to issue charitable tax receipts. This information includes name, address, email and phone number. FVBIA will use this information to contact you for further donations to support our programs, renew your membership, and send you newsletters and updates about upcoming events. All contributions will receive a tax receipt at the end of the calendar year. Submission of this form constitutes your consent of the collection and use of your information for the purposes listed above. You may withdraw or change your consent by contacting [info@fvbia.org](mailto:info@fvbia.org). All information will remain confidential.

## Payment

Payment Method (Credit Card):

Visa     MasterCard

\$ \_\_\_\_\_

**TOTAL**

**(Add membership and donation amount)**

\_\_\_\_\_  
Credit Card Number

\_\_\_\_\_  
Expiry Date

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date