



Fraser Valley Brain Injury Association

# E-Newsletter

March April 2020

Fraser Valley Brain Injury Association Brain Injury Golf Classic  
Thursday September 24, 2020  
Redwoods Golf Course, Langley, BC



To sponsor or register for the event  
<https://fvbraininjurygolfclassic2020.eventbrite.ca>

or contact us at [info@fvbia.org](mailto:info@fvbia.org)

## Contents

Fraser Valley Brain Injury Association Brain Injury Golf Classic.....	1
FVBIA Writer’s Bullpen .....	4
Family Tree .....	4
Soroptimist International Abbotsford Mission.....	6
Chair Yoga.....	7
Ladies' R 'n' R.....	7
Chuck Jung Associates – Psychological and Counselling Services .....	8
"Pay it Forward": Healthy Lifestyles for ABI Activities .....	8
Social Media .....	9
FVBIA Concussion Program .....	9
Simpson Family Award .....	10
Fun facts about St. Patrick's Day .....	11
Changes coming to ICBC.....	12
Community Kitchen .....	12
Facebook and PayPal Fundraisers .....	13
Cindy’s Journey.....	13
16 things you probably didn't know about Easter.....	16
Specialized Equine Facilitated Learning Programs .....	17
Concussion Awareness Training Tool (CATT) Parent or Caregiver Course .....	20
Funding for Training Available.....	21
Advertising Opportunities .....	22
Are you a caregiver looking for more support?.....	23
Resource Package Advertising Opportunities .....	23
Fraser Valley Brain Injury Association Endowment Fund.....	24
Abbotsford Legacy Stories Program .....	25
Membership and Donations .....	26
FVBIA Groups & Drop-in Programs.....	26
Fraser Valley Brain Injury Assoc. Membership Form.....	27



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- E. NG



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## 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 in part by the Brain Injury Alliance. Feedback amongst readers was positive and more submissions were requested for future newsletters.

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

## Family Tree

By Sonya A. Wood (nee Schmidt)

This is the story of how Mildred Florentina Krahenbil became a part of my Family Tree.

I sometimes use vintage book paper in Art Journals that I make. While shopping for vintage books in a local thrift store in early 2019, I came across a small black leather bound book, typeset in Old German font, with the name "Millie Floratina Krahenbil" embossed in gold type on the front cover. I purchased it, thinking the old German font might enhance some of my artwork. Some days later, intending to take the book apart - I couldn't! It was such a lovely small book, obviously vintage. It was an Evangelical Lutheran hymnal/church song book. An interesting coincidence, as I had been christened in that faith. So I just laid the book on a shelf, thinking one day I may research her name, to see if I could determine who Millie Floratine Krahenbil was.

Time passed... On Dec. 31, 2019 I was working on my online Ancestry family tree, on the Adam Mayer/Meyer branch. He married my first cousin 3x removed - Katharine Schmidt - and after Katherine died in Galicia Austria, Adam remarried and immigrated to Canada in the late 1890's.

While building the Mayer branch in my tree, I suddenly came across a name that I had seen somewhere before - KRAHENBIL! But this particular Krahenbil family had lived in Saskatchewan.

My immediate thought...could it be possible? Is the Saskatchewan Krahenbil family, somehow related to the Millie Floratina Krahenbil whose song book I had located in Abbotsford BC? I had such a strong 'gut feeling' about it, I told my husband, daughter and our family friends about it, when they gathered at my house that evening, for our annual New Year's Eve crab dinner. I explained that I had not figured out the exact connection yet, but I was certain that Millie Krahenbil would somehow link into my family tree. Well, as it turned out, after just a few days of research, on Friday Jan. 3, 2020, my gut feeling was substantiated.

Millie's birth name is Mildred Florentine Krahenbil. She was born June 1920 in Neudorf, Saskatchewan, to Martin Krahenbil and Friederika Strobel. Her husband was a forklift operator at the Vancouver waterfront, and they were living on East 33rd in Vancouver when Edward died in 1986 of heart failure.

Mildred died in February 1996 in Menno Home, here in Abbotsford, B.C. To me, "Millie" is now much more than a name, embossed in gold, on a hymnal. Millie/Mildred now has her own place on my Schmidt Family Tree, because she belongs there. Mildred is the "paternal 1st cousin of husband of step granddaughter" of my 1st cousin 3x removed: Katherine Schmidt. And that's how Mildred MILLIE Florentina Krahenbil became a part of my Ancestry family tree.



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Home Physiotherapy, and Vocational Placement Services.

## Soroptimist International Abbotsford Mission



The Abbotsford-Mission club was founded in 1981 as part of Soroptimist International of the Americas, which works to improve the lives of women and girls through programs leading to social and economic empowerment.



*Soroptimist International Abbotsford-Mission  
empowering women and girls  
through education*

# Black & Bling

*Live Your Dream Awards Lunch & Fashion Show*

**Saturday, 18 April 2020**

DOORS OPEN AT 11:30 AM HOT LUNCH AT NOON

Cascade Community Church  
35190 Delair Road, Abbotsford

**Advance Tickets Only**

**\$40.00**

*Wear black and accessorize with  
Rhinestones & Bling!*

**To Purchase Your Fundraiser Tickets**

<https://www.eventbrite.ca/e/soroptimist-black-bling-noon-gala-tickets-92081808167>

SIABBOTSFORD.MISSION@SOROPTIMIST.NET

**Contact 604-613-2334**



Fashions  
By  
*Suzanne's*



**\$10**

# Spaghetti Dinner

*Spaghetti, Bread, Tea/Coffee or Juice*

**3<sup>rd</sup> Tuesday of every month!**

4:30 – 6:30 pm

**ADULTS \$10 SENIORS & UNDER 12 YRS \$8  
UNDER 5 FREE**

**Pay at the door**



Proceeds to support programs offered by  
**SOROPTIMIST of Abbotsford - Mission**  
in partnership with the  
Ancient and Accepted Free Masons of Abbotsford  
Lodge No. 70.



**33860 Pine St & Gladys Ave, Abbotsford, BC**

Soroptimist International of Abbotsford Mission is a long time supporter of Fraser Valley Brain Injury Association's art and photography programs.



FVBIA's "Pay it Forward": Healthy Lifestyles for ABI

Invites you to attend:



### Chair Yoga

Classes will include stretching, strengthening and breathing exercises combined with relaxation techniques and mindfulness.

**Please PRE-REGISTER as class size is limited. Call Joy at 604-897-1563.**

DAY: Tuesdays – March 3, 10, 17, 24  
TIME: 2 to 3 p.m.  
PLACE: Trinity Memorial United Church  
33737 George Ferguson Way  
(at Montrose), Abbotsford, BC

### 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.

DAY: Thursday Mar 12, 2020  
TIME: 10:00 a.m. to noon  
PLACE: Fraser Valley Brain Injury Association  
Boardroom  
201 – 2890 Garden Street, Abbotsford

Funding for Pay it Forward: Healthy Lifestyles for Acquired Brain Injury (ABI) is provided by Charitable Gaming, ICBC and through the Brain Injury Alliance with financial support from the Government of British Columbia.



## "Pay it Forward": Healthy Lifestyles for ABI Activities

### Current Scheduled Activities

Mondays	Mill Lake Walking Group
Fridays	Indoor Walking at Abbotsford Recreation Centre
Monthly	Ladies' R 'n' R ("Relax and Revive")

### Special Upcoming Activities in 2020

Tuesday March 3	Chair Yoga
Tuesday, March 10	Chair Yoga
Thursday, March 12	Ladies' R 'n' R – Topic: TBA
Tuesday, March 17	Chair Yoga
Tuesday, March 24	Chair Yoga
Thursday, April 16	Ladies' R 'n' R – Topic: TBA

\*\*\* **COMING SOON** - "Mindfulness and Meditation" – Information on classes to follow

Remember to check out the **Special Needs Access Program** through Abbotsford's Parks, Recreation & Culture Department. Qualified individuals with a permanent disability can receive a 50% discount on admissions, drop-in, tickets and membership at our local recreation centres. This is a great way to save money while maintaining your good health and being active in the community. The benefits of this easy, one-time application will last for your lifetime!

**The PRC Subsidy Program has changed.** If you qualify for this annual program (which is still based on residency and income level), you can now receive **FREE** admission to swimming, skating, drop-in fitness, and you can receive a discount on some other programs as well!

\*\*\* We have other great activities happening in the coming months, and we are always looking for new ideas, too. For more information, please contact **Joy** at **604-897-1563**. New members of FVBIA are always welcome!

Funding is provided by Charitable Gaming, ICBC and through the Brain Injury Alliance with financial support from the Government of British Columbia.

## Chuck Jung Associates – Psychological and Counselling Services

Vancouver (Main Office)	Surrey	Abbotsford	Chilliwack	Langley
100–805 W. Broadway Vancouver, B.C. V5Z 1K1  Tel: (604) 852-7885	232–7164 120 <sup>th</sup> St. Scottsdale Square Bus. Ctr Surrey, BC V3W 3M8  Tel: (604) 792-7177	260–2655 Clearbrook Rd Abbotsford, B.C. V2T 2Y6  Tel: (604)-874-6754	201–45625 Hodgins Ave. Chilliwack, B.C. V2P 1P2  Tel: (604) 874-6754	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.





## 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.

**ICBC & PERSONAL INJURY CLAIMS**

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MCMULLAN LLP

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- We Provide Access to Needed Support Services
- You Pay Nothing Until We Collect for You

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Langley Office 200-4769 222nd Street Langley, BC V2Z 3C1 T: 604 533 3821	Maple Ridge Office 22717-119 Avenue Maple Ridge, BC V2X 8S5 T: 604 467 9937	Abbotsford Office #260-2655 Clearbrook Road Abbotsford, BC V2T 2Y6 T: 604 852 6685
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[www.cbmlawyers.com](http://www.cbmlawyers.com)

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

### 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>



## Simpson Family Award

The Simpson Family Award was created by John and Morna Simpson to honour families and family members who have a loved one with an acquired brain injury that have made an outstanding contribution to the acquired brain injury community. John Simpson is a founder of the BC Brain Injury Association and the Fraser Valley Brain Injury Association and has been a strong advocate and community developer for acquired brain injury since 1982.



Non-profit organizations, community groups, businesses or individual may nominate a family that has made outstanding contributions to the acquired brain injury community. The recipient will be a family (Two or more persons who are bound together over time, living in the same community) or family member who has demonstrated outstanding and consistent caring for the acquired brain injury community.

### Simpson Family Award Nomination Form

#### Nominee Information

Family Name:

*Last*

*First Name(s)*

Address:

City/Prov.

Postal Code

Phone:

#### Nominee Description

1. *Give a description of each family member's outstanding contribution over the past years, including what you feel is their motivation for this contribution. /50*
2. *If applicable, give us an example of how the family or family member showed leadership in their activities (for example, in identifying a need, building and attracting support, fundraising and overcoming obstacles). /30*

**\*\*NOTE** – Attach all supporting documentation such as letters of support, news articles etc. The nomination must be accompanied by at least one letter of support. /20

#### Nominator information

Name(s):

Organization:

Address:

Postal Code:

Phone:

Email:

Signature

Signature:

Date:

*Nominations can be emailed or sent to Fraser Valley Brain Injury Association*

*201 – 2890 Garden Street, Abbotsford, BC, V2T 4W7*

*Phone: 604-557-1913 Fax: 604-850-2527*

[info@fvbia.org](mailto:info@fvbia.org) [www.fvbia.org](http://www.fvbia.org)

## Fun facts about St. Patrick's Day

St. Patrick's Day is the one day a year where everyone is a little bit Irish, but how much do you know about the holiday? Here are our top facts about St. Patrick's Day.

**St. Patrick was not Irish** - Ireland's patron saint was, in fact, from

**The shamrock was originally a teaching tool** - St. Patrick is said to have used the three leaved plant to explain the Holy Trinity (Father, Son, and Holy Spirit) to the pagan Irish. This is not necessarily true, but a nice sentiment regardless.

**First St. Patrick's Day parade** - The first St. Patrick's Day parade took place in New York in the 1760s.

**Wear blue on St. Patrick's Day** - For many years, blue was the color most often associated with St. Patrick. Green was considered unlucky. St. Patrick's blue was considered symbolic of Ireland for many centuries and the Irish Presidential Standard is still blue.

**Worlds shortest St. Patrick's Day parade** - For many years, Dripsey in County Cork had the world's shortest parade, just 77 feet, the distance between two pubs – The Weigh Inn and The Lee Valley. Currently, the town of Hot Springs Arkansas, claims to have the shortest parade – a 98-foot route on Bridge Street. Recent participants included the Irish Elvises and the San Diego Chicken.

**Over 200 years of St. Patrick's Day in Sydney** - In 2010, the Sydney Opera House went green to mark the 200th anniversary of St. Patrick's Day there. In Sydney, St Patrick's Day was first marked in 1810, when Lachlan Macquarie, the Governor of New South Wales, provided entertainment for Irish convict workers.

**The Chicago green river** - In Chicago every year, the Plumbers Local 110 union dyes the river "Kelly" green. The dye lasts for about five hours.

**Shamrocks at the White House** - Traditionally, every year, the Irish leader hands a crystal bowl full of shamrock to the US President. The shamrock, grown in Kerry, is immediately destroyed by the Secret Service after the exchange.

**Guinness sales St. Patrick's Day** – Guinness sales soar on St. Patrick's Day. Recent figures show that 5.5 million pints of the black stuff are downed around the world every day. On St. Patrick's Day that figure is doubled.



IrishCentral Staff [@IrishCentral](#) Mar 06, 2019



## 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 \$1000** 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.



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## Cindy's Journey

"Hi! My name is Cindy and I am 44 years old. The time between 9:25AM and 9:30AM on October 29, 2017 changed my life forever. I suffered a burst aneurysm that resulted in a severe brain bleed. In an instant everything changed. The following week I was in a coma, had two brain surgeries, and suffered a mini stroke! My goal is to go "Walking with Melania" again!!

I have spent the past 2 years dealing with my new reality: in a wheelchair, paralyzed left arm, waiting for ankle surgery so I can stand and maybe walk again, memory issues, no left peripheral vision and housebound! I have lost a job I loved and I'm trying to rebuild relationships with family and friends; especially my sweet adorable 10-year-old daughter."

Please read, follow and share. Hoping to reach people who have issues that maybe reading about will help them and also to share their story and ideas

[walkinghomemelania123blog.wordpress.com](http://walkinghomemelania123blog.wordpress.com)

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[www.rightathomecanada.com/fraser-valley](http://www.rightathomecanada.com/fraser-valley)

## “changing disabilities into possibilities”

“Langley [Pos-Abilities Society](#) is a non-profit volunteer supported agency that helps improve the quality of life for people with disabilities, including those living with mobility issues, hearing loss blindness, plus many other conditions requiring assistive devices.

Langley Pos-Abilities Society provides a safe environment for people with disabilities.

Our Services include:

- providing and upgrading assistive equipment for our clients as needed
- accepting donations and providing access to and maintenance of assistive devices
- advocating & acting as a resource for people with disabilities”



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.

# MIGRAINE HEALING STUDY

Do you suffer from Frequent or Chronic Migraines?

Do you have Migraines & Headaches because of a Head Injury?

Are your migraines out of control and disrupting you and your family's life?



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&/OR

**HEAD/Brain INJURY MIGRAINE & Headache**

**March – April 2020**

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*(SEE REVERSE FOR DETAILS)*

**FOR MORE INFORMATION or TO REGISTER  
PLEASE CONTACT**

**[MigraineHealingStudy@gmail.com](mailto:MigraineHealingStudy@gmail.com) Tel. (604) 856-8806**

## 16 things you probably didn't know about Easter

"Easter decorations and egg hunts always add excitement and fun to this spring holiday. Looking for additional inspiration for your Easter celebration? Although you might *think* you know everything about Easter, you probably haven't heard these 16 facts before. <https://www.yellowpages.ca>

1. Chocolate eggs: The United Kingdom was the first country to make and distribute chocolate eggs for Easter.
2. Largest chocolate egg: The largest chocolate egg was made in Italy. It was almost 10.5 metres high, and it weighed more than an elephant.
3. Easter Bunny: The Easter Bunny originated in Germany and was formerly known as the Easter Hare. The tradition made its way to North America during the 18th century.
4. Easter flower: The official Easter flower is the white trumpet lily – the symbol for resurrection.
5. The date of Easter: The date of Easter is based on moon phases. Every year after March 21st, there's a full moon. Easter begins on the Sunday immediately following that full moon.
6. Why the Easter egg? The egg has become a major symbol of the Easter holiday because it represents life and rebirth.
7. Cost of Easter: A household will spend an average of approximately \$130 to celebrate Easter.
8. Chocolate bunnies: When eating a chocolate bunny, three out of four people eat the ears first. The rest either start at the feet or break off pieces.
9. Easter and Christianity: Easter is the oldest Christian holiday, and it has become one of the most important days of the year for churches across the globe.
10. Easter and kids: About one in every five children will make themselves sick by gorging on chocolate and candy during their Easter celebrations.
11. Easter of the past: During medieval times, churches held an egg-tossing event. During this event, boys would toss hard boiled eggs to each other in the yard of the church. When the clock struck noon, whoever was holding the egg got to keep it.
12. Origin of the Easter egg: The Egyptians and Persians began the tradition of giving eggs as presents on Easter.
13. Changes to the Easter egg: The first Easter eggs were small and solid, not hollow like today's chocolate eggs or bunnies.
14. What's in a name? Easter is named after the Saxon goddess, Ēostre, who was the goddess of springtime.
15. Did you know? During the 19th century, if a family could not afford a birth certificate, they would inscribe a person's name and birth date onto a coloured egg, which would be considered an acceptable form of identification.
16. Jelly beans and Easter: Sixteen billion jelly beans are produced for Easter every year!
17. Whether you celebrate Easter with a ton of candy or a church service, you're sure to impress your friends with your newfound knowledge of this wonderful holiday. Happy Easter!"





## Specialized Equine Facilitated Learning Programs

### Introducing a Unique Approach to the Management of Brain Injury

Elisse Miki, owner of Equilibria Therapeutics, is now offering specialized equine facilitated learning programs to individuals affected by traumatic brain injury. Yes, that's right, a program with horses! This ten-week program focuses on cognitive remediation and life skills development utilizing the unique attributes of the horse to learn skills that clients may apply to everyday life. Over the course of her career as a clinician in the field of human therapy, Elisse has spent much of her time working with clients suffering from traumatic brain injuries. She quickly came to understand the main challenges faced and the need for alternative therapies. It was for this reason that she began developing the programs. Her mission is to offer a powerful and effective alternative treatment intervention that delivers more than just in-clinic outcomes. Utilizing the well-researched experiential learning model she successfully created this ten-week program that provides skill development in the main areas required for successful return to work and life.

Clients work from the ground with horses through various activities devised to promote physical engagement, cognitive remediation, and skill development in areas such as problem solving, decision making, communication, impulse control, emotional regulation, leadership, negotiation, and trust. Each session builds skills for the next session and follows a logical order of progression in order to meet overall program objectives. Additionally, the program assists in fostering healthy coping skills in a low stress and serene environment.





The benefits of equine facilitated skill development programs are extensive and have been well documented over the last several decades but Elisse is one of the first clinicians to successfully bring this modality to life in BC.

This program also qualifies for ICBC funding contingent on direct referral from an Occupational Therapist and a pre-approval.

Sessions are between 60-90 minutes and new programs begin monthly. Please note this is not a riding program. Participants work individually or in small groups with their horse from the ground to achieve daily objectives.

To learn more about the specific benefits for traumatic brain injury clients please [click here](#).

Elisse Miki, BSc, RMT, CEFL, EPT





## Brain Injury & Post-Concussion Rehabilitation

**WHAT IS EFL?** *Equine* facilitated learning is a learner based educational experience with horses. It is an effective approach to skill development using experiential learning and has well researched and documented outcomes. Participants work through objectively driven exercises and find themselves learning valuable life skills in a fun and exciting atmosphere while working with horses.

### Benefits of Equine Facilitated Therapy

- Improved communication
- Trust building
- Impulse control
- Relationship boundaries
- Stress reduction
- Developing leadership
- Goal setting
- Negotiation tactics
- Decision making
- Working in a team



### TBI Specific Activities are Designed to Improve

- Executive functioning
- Memory (short-long term)
- Balance and proprioception
- Light and noise sensitivity
- Cognitive tolerance
- Movement capacity and tolerance

### Program Costs

1 Session weekly (1.5 hrs): \$90 + GST  
 Duration: 10 weeks  
 On-line booking and billing available

### EQUILIBRIA THERAPEUTICS

Elisse Miki, BHK Bachelors Kinesiology  
 RMT, Registered Massage Therapist  
 EPT, Equine Performance Therapist  
 CEF, Certified Equine Facilitator  
[equilibriatherapeutics.com](http://equilibriatherapeutics.com)  
[elisse@equilibriatherapeutics.com](mailto:elisse@equilibriatherapeutics.com)  
 778-241-5256



### Location

Hoofprint Farm  
 2133 208 Street, Langley BC

## 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>



community therapists



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[www.communitytherapists.com](http://www.communitytherapists.com)

[careers@communitytherapists.com](mailto:careers@communitytherapists.com) • Career Contact: 604.566.8452

Building skills. Empowering people.

Est. 1989

Fraser Valley Brain Injury Association staff and members at [WorkSafeT Solutions](#) taking Occupational First Aid Level 1. First Aid training for members with acquired brain injuries is funded through the Brain Injury Alliance Gur Singh Endowment Fund.



### 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 has only two functions; the acquisition of funding to support community non-profit brain injury associations and groups, and to provide Government with an unbiased peer driven mechanism for fair and accountable funding disbursement.

“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.



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>



[Homepage - 211 British Columbia](#)

Find services in your area. Find organizations.  
<http://redbookonline.bc211.ca/>



## 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.

<b>Business Card Size</b>	<b>\$30.00</b>
<b>¼ Page</b>	<b>\$75.00</b>
<b>½ Page</b>	<b>\$100.00</b>
<b>Full Page</b>	<b>\$200.00</b>

*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)*

## Resource Package Advertising Opportunities

Advertising opportunities are now available in the upcoming 9<sup>th</sup> edition of Fraser Valley Brain Injury Association's Acquired Brain Injury Information and Resource Package expected to be out in March 2020!

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

Ad submission deadline is April 15, 2020. Contact [info@fvbia.org](mailto:info@fvbia.org) or 604-557-1913 for more information.

# Acquired Brain Injury Information and Resource Package

Ninth Edition March 2020



Produced by:



Fraser Valley Brain  
Injury Association

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.

## Fraser Valley Brain Injury Association Endowment Fund

Endowment funds offer permanent financial support because of the income generated through careful investment management. The FVBIA endowment fund will benefit people with acquired brain injuries of today and tomorrow in perpetuity.

Your contribution will leave a lasting legacy forever linked with Fraser Valley Brain Injury Association. Please contact either the Abbotsford Community Foundation at 604-850-3755 Email: [info@abbotsfordcf.org](mailto:info@abbotsfordcf.org) or FVBIA at 604-557-1913 Email: [info@fvbia.org](mailto:info@fvbia.org) if you are interested in finding out more about the Legacy Stories project and the Fraser Valley Brain Injury Association's Endowment Fund.

If you are interested in donating without contributing a story, tax-deductible contributions can be made to FVBIA's endowment fund through the [Abbotsford Community Foundation](#).



### GIVING BACK

The Abbotsford Legacy Stories program offers participants an opportunity to leave both a financial legacy and a historical legacy to their community. A donor makes a promise to leave a bequest to a fund held by the Abbotsford Community Foundation and their family story is inscribed in the Abbotsford Legacy Stories book on display at The Reach Gallery Museum Abbotsford and on the Foundation's website.

There is no cost to participate. We provide a writer who will interview you. The stories are placed into a special leather-bound book. When you sign your story you are agreeing that you will leave a bequest for a fund held by the Abbotsford Community Foundation. Signers receive a copy of their story.

### EVERYONE HAS A STORY

Whether your family moved here five years ago or 100 years ago makes no difference. You have a story about how you or your family got here and why. Your story tells us what's important to you and to your family. It tells us what they value and how their lives reflect their values. Maybe your dad coached hockey or your mom was the president of your school's Parent Advisory Committee. Maybe the family ran a business or a farm. Maybe your family came here from another country or another province. At some point a decision was made to live here in Abbotsford and this is your home.



### YOUR CHOICE

Donors may leave a bequest to support an existing donor designated or student award fund including endowments established by local charities or for ACF's Smart and Caring Community Fund supporting local charitable projects or programs. If you prefer you can establish a named fund for a specific charity, new scholarship or area of interest. To participate complete the form on the back and mail it in the self-addressed envelope provided.





## Abbotsford Legacy Stories Program

You can leave both a financial and historical legacy to the community of Abbotsford by participating in the Abbotsford Legacy Stories Program.

<http://www.abbotsfordcf.org/wp-content/uploads/2016/01/Abbotsford-Legacy-Stories-Brochure.pdf>

By participating, you agree to leave a bequest to a fund (Fraser Valley Brain Injury Association) held by the Abbotsford Community Foundation and your story or the story of a member of your family you wish to honour will be written and added to the Abbotsford Legacy Book and the Abbotsford Community Foundation website. <http://www.abbotsfordcf.org/abbotsford-legacy-stories-form/>

### ABBOTSFORD LEGACY STORIES PARTICIPATION FORM

- Yes I would like to tell my story!  
 I would like to leave a legacy but not tell my story.

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Street Address: \_\_\_\_\_  
\_\_\_\_\_

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone Number: \_\_\_\_\_

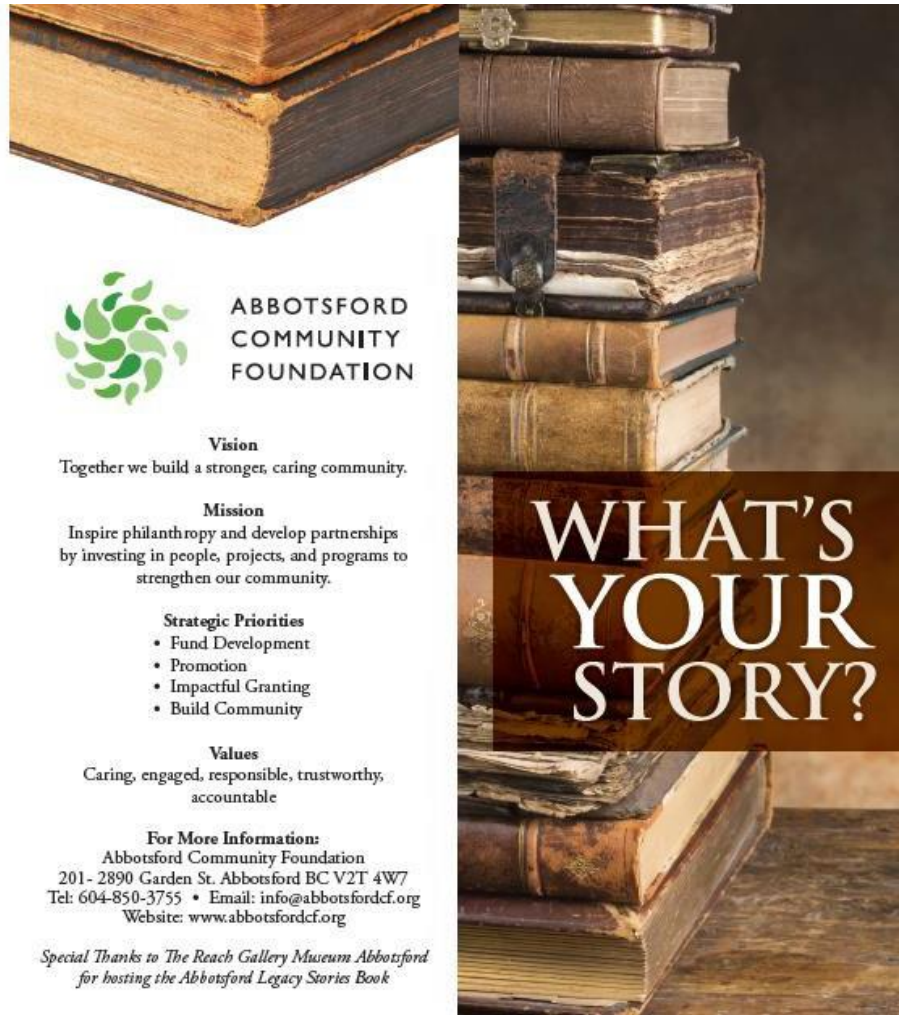
Email Address: \_\_\_\_\_

Your bequest may be directed to one or more of the following endowment funds held by the Abbotsford Community Foundation (ACF):

ACF Smart and Caring Community Fund  
ACF Student Awards Fund  
Abbotsford Community Services Fund  
Abbotsford Hospice Fund  
Abbotsford Police Foundation Fund  
Big Brothers Big Sisters Fraser Valley Fund  
Fraser Valley Brain Injury Assoc. Fund  
Fraser Valley Conservancy Fund  
Lorna Keith (Valley Concert Society) Fund  
MSA Museum Society Fund  
The Reach Gallery Museum Abbotsford Fund  
United Way Fraser Valley Fund  
Abbotsford Regional Hospital Fund

OR any other fund held by the Abbotsford Community Foundation. For a complete list visit [www.abbotsfordcf.org](http://www.abbotsfordcf.org).

You also have the option to create a new named endowment fund to be held by the Abbotsford Community Foundation.



ABBOTSFORD  
COMMUNITY  
FOUNDATION

#### Vision

Together we build a stronger, caring community.

#### Mission

Inspire philanthropy and develop partnerships by investing in people, projects, and programs to strengthen our community.

#### Strategic Priorities

- Fund Development
- Promotion
- Impactful Granting
- Build Community

#### Values

Caring, engaged, responsible, trustworthy, accountable

#### For More Information:

Abbotsford Community Foundation  
201 - 2890 Garden St. Abbotsford BC V2T 4W7  
Tel: 604-850-3755 • Email: [info@abbotsfordcf.org](mailto:info@abbotsfordcf.org)  
Website: [www.abbotsfordcf.org](http://www.abbotsfordcf.org)

*Special Thanks to The Reach Gallery Museum Abbotsford  
for hosting the Abbotsford Legacy Stories Book*

## FVBIA Groups & Drop-in Programs

### **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:**

Meeting on the 4<sup>th</sup> Monday of each month  
Trinity Memorial Church, 33737 George Ferguson  
Contact FVBIA at 604-557-1913

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

Second Tuesday of Every Month  
Mission Library, Rotary Room  
33247 2nd Ave, Mission, BC V2V 1J9  
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:**

Meeting on the 1<sup>st</sup> Tuesday of each month  
Timms Community Centre  
20399 Douglas Crescent, Langley, BC  
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:	
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