



In This Issue



REGISTER YOUR TEAM PLAYERS: 2024 BRAIN INJURY GOLF CLASSIC



FVBIA 50/50 JACKPOT 2024



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BRAIN INJURY IN THE WORKPLACE



AMENDMENTS TO THE WORKERS COMPENSATION ACT: DUTY TO COOPERATE AND DUTY TO MAINTAIN EMPLOYMENT



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Drop In's & Groups

These are some of FVBIA's regular programs and groups. Contact programs directly (below) for details and eligibility criteria or the FVBIA main office at 604-557-1913 or info@fvbia.org

Abbotsford/Mission

Drop-In

Wed 1:00 – 3:00 p.m.
& Fri 11:00 – 2:00 p.m.
103 – 2776 Bourquin
Cres. W. Abbotsford
Contact Communitas
604-850-6608

Pay it Forward

(Walking Group, Yoga,
Ladies R n' R,
Community Kitchen, etc.)
Contact: 604-897-1563

Coffee & Chat

Contact: 604-897-1563

Art & Photography

Contact 604-897-1452

Chilliwack

Drop-in

Tues 10 am-1:00 pm &
Thurs 11:00 am-2:00 pm
45825 Wellington St.
(Presbyterian Church)
Contact 604-792-6266

In the Now Support Group

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

Art Groups

Contact 604-799-2044

Langley

Coffee & Chat Group

Contact 604-557-1913

Hope

Community Leisure Program

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

Remote Groups

Health & Wellness Group

Contact 604-557-1913

Fraser Valley Services & Programs

FVBIA offers a variety of programs throughout the Fraser Valley. Some examples are below but may not always be offered throughout the whole year. Groups may be time limited or subject to change due to funding, locations or client interests/needs. We are always offering new activities so stay connected!

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

In order to access FVBIA's regular programs, individuals must meet eligibility criteria and be able to provide proof of acquired brain injury: <https://www.fvbia.org/criteria-for-services/>.

- Case Management (virtual and in-person)
- Drop In/Leisure Programs (Hope, Chilliwack, Abbotsford)
- Mill Lake Walking Group - Abbotsford 3x/week
- Community Kitchen
- Ladies R 'n R (Relax and Revive) group
- Health & Wellness (virtual) group
- Gentle yoga (virtual and in-person)
- Art and jewelry classes
- Writer's Bullpen for FVBIA Newsletter
- Shared Garden project
- In the Now Group
- Photography classes
- Concussion Support for Moms (Chilliwack)
- Crafts
- Volunteering/Employment support
- Family Support group (virtual)
- Support for youth
- Coffee & Chat groups
- ABI Awareness and Education
- First Aid training, Food Safe and funding for other certifications to support volunteer/employment opportunities
- Young at Arts Summer program - for kids with ABI, siblings of kids with ABI or kids that have a parent with ABI
- Corrections Liaison program (virtual)
 - 4 - week ABI & Substance use education groups for inmates

FVBIA Staff Emails

- Freddy O'Brien: info@fvbia.org
- Heather Plain: heatherplain@hotmail.com
- Joy Scobie: ijoyscobie@gmail.com
- Esther Tremblay: esther.tremblay@fvbia.org
- Wendy Kodama: wendy.kodama@fvbia.org
- Taryn Reid: treid@fvbia.org
- Jasneet Singh: Jasneet.singh@fvbia.org
- Victoria O'Brien: victoria.o'brien@fvbia.org
- Francisco Rojas Stone: francisco.rojasstone@fvbia.org

Upcoming Events

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

Save the Dates:

- **September 10th** - Registration for Brain Injury Golf Classic Closes
- **September 10th** - Understanding Strokes: A Virtual Workshop for Family & Friends
- **September 18th** - FVBIA Brain Injury Golf Classic, Langley, BC
- **September 20th** - Brain Injury 2024 50/50 Jackpot Draw
- **September 25th** - Suicide Awareness & Response Training (Virtual Workshop)
- **December 11th** - FVBIA Christmas Tea & Silent Auction
Cascade Community Church. Abbotsford, BC



FVBIA Brain Injury Golf Classic

Sponsorship & Player Registration for the FVBIA Brain Injury Golf Classic is OPEN!

<https://bit.ly/3UhD1Dn>

Regular Registration Closes September 10th!

Don't forget to register your team players too!



Fraser Valley Brain Injury Association



BRAIN INJURY
Golf Classic

WHEN: Wed, Sep 18, 2024 10:00 AM - 8:30 PM PDT

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

Regular Registration: \$225
(Registration closes September 10th)

Sponsorships are still available! Contact us at info@fvbia.org or go to: bit.ly/3UhD1Dn

4 EASY STEPS TO REGISTER!

1

Go to FVBIA's Eventbrite Registration to Order Your Tickets

Choose your Sponsorship and / or Registration Level on the FVBIA Eventbrite Registration page at: <https://bit.ly/3UhD1Dn>

2

Confirm Your Order and Receive Your Tickets

Check your order and choose your payment method to confirm. You will receive an email with your Ticket Confirmation and "Additional Information"

3

If You Register a Team or More Than One Player, go to <https://bit.ly/4bSZjlo> to register each team player

If you are only registering yourself as a Single Player, you can skip this step.

4

Polish Your Clubs & Get Ready for a DAY PACKED WITH FUN and PRIZES!

And don't forget to tell your friends and colleagues about the great cause you will be playing for on Wednesday, September 18 2024, at Redwoods Golf Course! See you on the green!



Thank You

to the sponsors of the 2024 Brain Injury Golf Classic



BC EARTH EXCHANGE



Sponsorships are still available!
Contact info@fvbia.org or scan the code



FVBIA 50 / 50 Jackpot 2024

FRASER VALLEY BRAIN INJURY ASSOCIATION BRAIN INJURY 50/ 50 JACKPOT 2024

Supporting services and programs for people with acquired brain injuries in the community



WINNER TAKES HALF!

5-Ticket Pack for \$10

15-Ticket Pack for \$20

Sales Deadline:

Thursday, September 19, 2024, Midnight

Draw:

Friday, September 20, 2024 at 3:00 p.m.

GO TO

fraservalleybraininjury.rafflenexus.com/

OR SCAN TO
PURCHASE



Actual odds depend on number of tickets sold.

BC Gaming Event Licence #149945

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

Know your limit, play within it.

19+

Upcoming Events



VIRTUAL WORKSHOP: SUICIDE AWARENESS & RESPONSE

Fraser Valley Brain Injury Association is offering a **free** virtual training (*limited spots available*)



Wed, September 25 2024



9:00 AM to 10:30 AM

Suicide Awareness & Response is a 90-minute session aimed at reducing stigma, increasing awareness, and motivating personal and collective action for suicide prevention.

The session opens up a dialogue about suicide, a stigmatized and challenging topic for many. It helps participants understand the nature of suicide in communities, the needs of people who have thoughts of suicide, and the resources available within the agency or community.

Who is this training for?

- This session is for community groups, businesses, government and non-profit organizations, as well as youth in grades 10, 11 and 12.



This session is led by skilled and experienced trainers who care deeply about creating life-promoting communities.

Registration is **free** but spots are **limited!**

RESERVE YOUR SPOT NOW

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

✉ info@fvbia.org 🌐 fvbia.org

Upcoming Events

Understanding Stroke: A Virtual Workshop for Family & Friends



Tues, Sept 10th, 2024
4:00 - 5:15 pm
via **Zoom** videoconferencing

Join and learn about how the brain works, brain injury and recovery. Participate in a discussion about life after a stroke, strategies to help, and available resources.

For zoom link, questions and registration:
Call Gina Galway, GF Strong Educator @ 604-737-6221 or
email gina.galway@vch.ca



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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 by the Brain Injury Alliance, ICBC and the Province of BC.

The Bullpen has expanded to include art, photography, cartoons and poetry.

Editor's Note: Thank you to everyone for their contributions! Submissions may be edited for length.

FVBIA Newsletter Submission Deadlines

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


November / December 2024 Issue Submit by: October 25	January / February 2025 Issue Submit by: December 20	March / April 2025 Issue Submit by: February 25	May / June 2025 Issue Submit by: April 25
July / August 2025 Issue Submit by: June 26	September / October 2025 Issue Submit by: August 27	November / December 2025 Issue Submit by: October 28	

Written articles & stories should be **maximum 500 words**, and submitted as a document file (i.e. Word). For photos submissions, please attach as **separate files as .jpeg, .png or .pdf at minimum 1800 pixals / 300 dpi** (not inserted in document or body of email).

The content of articles, editorials or advertisements does not necessarily reflect the views and opinions of the FVBIA. Submissions may be edited for length. Published advertisements or articles are not an endorsement of services.

Hey, Healthcare Partners!
Order Your Copies of our Newest Resource!

Rehabilitation After Brain Injury brochures

brought to you by:
 Fraser Valley Brain Injury Association



tri-fold brochure



2-sided rack card



If you are in our Fraser Valley service region from Boston Bar to Chilliwack, we will deliver these resource brochures (2 styles to choose from) **to have in your office or waiting rooms - free of charge!!**

Scan me
 or go to: forms.gle/yk6FQBJ9xVhZhAbK9

Colouring Contest Winners



1st Place: Caleb - age 10

June is Brain Injury Awareness Month
WEAR A HELMET

COLOUR THE PAGE and CIRCLE THE 6 DIFFERENCES on the bottom picture

1st Place \$500 Visa Gift Card	2nd Place \$250 Visa Gift Card	3rd Place \$100 Visa Gift Card
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Drop off entries at:
The Langley Adolescent Times office
2028 Fraser Highway
Langley, BC V2A 6K6
Q! take a picture of your entry and email it to info@ivba.org

Contest is open to children ages 5 - 15 years. All entries must be received by June 30, 2024. Draw date July 5, 2024.
Prizes will be accepted as awarded and no further correspondence will be entered into. No cash value.

Sponsored by Fraser Valley Brain Injury Association and Black Press Media



2nd Place: Lydia - age 7

June is Brain Injury Awareness Month
WEAR A HELMET

COLOUR THE PAGE and CIRCLE THE 6 DIFFERENCES on the bottom picture

1st Place \$500 Visa Gift Card	2nd Place \$250 Visa Gift Card	3rd Place \$100 Visa Gift Card
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Sponsored by Fraser Valley Brain Injury Association and Black Press Media



3rd Place: Ellie - Age 8

June is Brain Injury Awareness Month
WEAR A HELMET

COLOUR THE PAGE and CIRCLE THE 6 DIFFERENCES on the bottom picture

1st Place \$500 Visa Gift Card	2nd Place \$250 Visa Gift Card	3rd Place \$100 Visa Gift Card
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Sponsored by Fraser Valley Brain Injury Association and Black Press Media



FVBIA's Pay It Forward: Health & Wellness Programs

FVBIA has an active 'Pay It Forward: Health and Wellness for ABI' program. The FVBIA team offers several different components of this program that all focus on rebuilding one's sense of self after an acquired brain injury and improve their overall mental and physical well-being.

This can be through healthy eating, sleep management, improving coping strategies, developing natural support networks, fitness and engagement in the community through volunteerism.

FVBIA's Pay it Forward Program offers a variety of activities to support physical and mental well-being including art, yoga, walking groups, Ladies R&R, In the Now group, Health & Wellness group etc.

Wondering how you can contribute? Take a minute to think about your strengths, talents, interests and networks. Then contact your case manager to share your gifts. This can be contributing to the FVBIA newsletter, demonstrating a craft to other members in a mini-workshop, supporting others, volunteering in the community etc.

FVBIA staff are involved in many Pay it Forward: Health and Wellness for ABI in our communities and things are always changing so it is best to contact them directly for more information and details about locations and times. For general inquiries, contact info@fvbia.org.

Health & Wellness Group

Attend via zoom with Kinesiologist and case manager Taryn Reid on Thursday afternoons from 2:00 - 3:00pm.

This group provides a safe space to discuss a variety of topics, connect with other survivors and to learn about health and wellness topics. For more information or suggestions for topics, contact your case manager or Taryn Reid at treid@fvbia.org

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



Coffee & Chat Groups



Abbotsford Coffee & Chat

FVBIA's "Pay it Forward": Healthy Lifestyles for ABI Project invites you to attend Abbotsford Coffee & Chat

Join us in our spacious boardroom for coffee and a chat. This is a great opportunity to meet with others who have experienced a brain injury. Coffee will be provided.

Days: Tuesdays - Sept 10, Oct 15, 2024

Time: 10:30 a.m. until noon

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

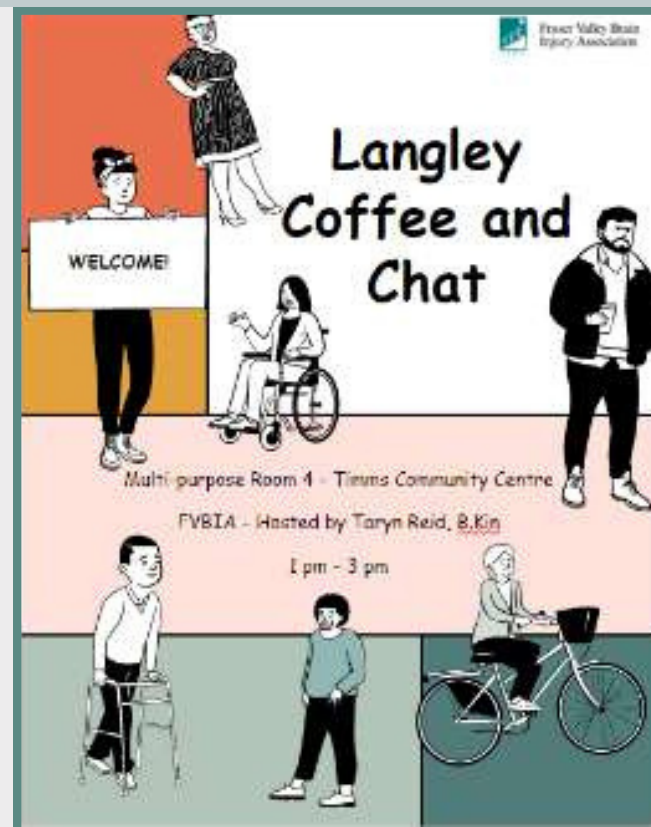
***** FVBIA cannot guarantee 1:1 staff at activities. If you require 1:1 care, you must bring a support person with you.**

Langley Coffee & Chat

Join us at Timms Community Centre (20399 Douglas Crescent) for Langley's Coffee and Chat!

This is a great opportunity to meet other survivors and chat. Group members must be eligible for FVBIA services, so please contact your case manager or Taryn Reid at treid@fvbia.org for details.

The group is held the first Wednesday of each month from 1:00 pm to 3:00 pm.





Group Activities

“Ladies' R 'n' R”

FVBIA’s “Pay it Forward”: Healthy Lifestyles for ABI Project invites you to attend “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.

DAYS: Thursday, Sept 5 and 19, 2024
(*weather permitting*)

Place: Mill Lake Park,
Bevan Ave picnic shelter
Time: 10:30 a.m. until noon

and

DAYS: Thursday, Oct 10 and 24, 2024

Place: FVBIA Boardroom
201-2890 Garden Street
Time: 10:30 a.m. until noon

Mill Lake Walking Group

FVBIA’s “Pay it Forward”: Healthy Lifestyles for ABI Project invites you join us for a relaxing walk around beautiful Mill Lake!

DAYS: Mondays, Wednesdays and Fridays

2 MEETING PLACES:

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

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

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

News Alert: National Strategy on Brain Injury Bill C-277 moves to the health committee

A message from



— “

We are pleased to share that the House has voted unanimously to send Bill C-277, the private members bill calling for a national strategy on brain injuries, to the health committee. This is a milestone in the journey that started in 2022 when this private members bill was first introduced by Member of Parliament for Cowichan-Malahat-Langford Alistair MacGregor.

We'd like to thank everyone in the community who took action to support Bill C-277, as well as the fantastic organizations who came together to spearhead this initiative.



Developing a National Strategy for Brain Injury

In June 2022, Member of Parliament Alistair MacGregor introduced Private Members' Bill C-277, calling for the establishment of a national strategy for brain injury. A national strategy for brain injury would mean more unification and greater commitments to building supports for people with brain injury and their families/caregivers.

A National Strategy on Brain Injury would focus the Minister of Health in consultation with representatives of the provincial governments responsible for health, Indigenous groups and relevant stakeholders (including individuals and families living with the effects of brain injury), to develop a national strategy to support and improve brain injury awareness, prevention and treatment as well as the rehabilitation and recovery of persons living with a brain injury.

[Click here to
Read Bill-C277](#)

[CLICK HERE](#) to subscribe to *Brain Injury Canada's* Newsletter, "**Connections**"

National Strategy on Brain Injury Your Support is Needed:

URGENT!

Please send a letter or brief in support of Bill C-277, an Act to establish a national strategy on brain injury.

The following information is from [Brain Injury Canada](#).



On June 12 2024, the House of Commons voted unanimously in favour of [Bill C-277, An Act to establish a national strategy on brain injuries](#).

This was an incredible moment for the brain injury community as brain injury has never had this level of focus in the House of Commons. But the work is just getting started and we have a few more big hurdles before this becomes law.

The bill has now been referred to the [Standing Committee on Health](#). What does this mean?

- The committee examines the bill in detail, holds hearings, and may invite witnesses.
- The committee may propose amendments to the bill. Amendments are debated and voted on by the committee members.
- The committee reports the bill back to the House of Commons with or without amendments.

There are multiple stages a bill has to go through to receive Royal Assent, and it takes a long time. And if it isn't passed before the next election, we have to start all over again.

So this means we have to work fast—and we need the help of everyone.

How can I help?

Our goal is to flood the Standing Committee on Health with letters and briefs from individuals and organizations to demonstrate the cross-Canadian support for a National Strategy. This is an important and long-overlooked need on behalf of Canadians living with brain injury and this is our chance to make ourselves heard.

You can help by submitting a letter or brief sharing your perspective of why a national strategy is needed and how it will improve the lives of individuals and families living with the effects of brain injury

[I want to send a letter or a brief](#)

A letter is a written submission to the Health Committee that provides your opinions, comments and recommendations. If you want to share your perspective as an individual with a brain injury, a caregiver or a friend/family member, you can send a letter via email or physical mail.

A brief is similar to a letter, but is often more formal with more statistics. If you are speaking on behalf of an organization, you should send a brief. Staff who work for organizations that support individuals and families living with brain injury can also submit a letter sharing their experience and support for a strategy. You can access a template and view an example on our website.

We have samples and a template for you on our website.

**Send in your letter or brief for
Bill C-277 by September 16**

Together, we can show the Standing Committee on Health that Bill C-277 is needed, and will make a real difference for the Canadian brain injury community.

Thank you for your support.

Preventing Brain Injuries in the Workplace

According to the Northern Brain Injury Association (NBIA), around 10 per cent workplace injuries are brain injuries – and 95 per cent of these injuries are preventable.

Slips, trips, and falls are particularly common, affecting around 60,000 workers each year leading to various injuries including brain trauma.

Surprisingly, most falls occur at the same level rather than from heights, accounting for 65% of all fall-related injuries and 80% of occupational brain injuries.

Young workers, especially those under 25 and new hires, are susceptible to injuries, particularly within the first six months of employment. In contrast, while older workers may experience fewer injuries, their injuries tend to be more severe.

Gender also plays a role, with men more likely to suffer fatal injuries, while women, particularly in healthcare, are more prone to serious injuries requiring medical attention.

Preventing brain injuries begins with awareness of commonly injured body parts, including the eyes, ears, lungs, hands, feet, legs, spine, head, bones, and skin.



Injuries to these areas can increase the likelihood of further injuries by compromising balance and reaction times. To mitigate risks, workers should assess their surroundings for potential hazards, including chemical, physical, biological, musculoskeletal, and psychosocial dangers.

Workplace safety requires more than just protective measures; it's an attitude. Rushing, overconfidence, distractions and taking shortcuts are major contributors to accidents.

Using appropriate personal protective equipment (PPE) such as safety glasses, gloves, hard hats, and safety shoes is essential. Proper footwear with good traction is also crucial to prevent slips and falls. Protecting the head is vital, as brain injuries can have long-lasting and severe consequences.

Wearing the correct type of helmet for the job is critical. Type 1 helmets protect from blows to the top of the head, while Type 2 helmets offer protection from both top and side impacts.

Despite safety protocols and protective gear, many injuries occur due to a lack of attention.

Workers must remain vigilant and aware of their surroundings to avoid walking into obstacles, slipping on wet floors, or tripping over clutter.

Preventing workplace injuries involves addressing various hazards, including obstructed visibility, poor lighting, elevation changes, chemical exposure, and elevated objects. Regularly cleaning up spills, managing heat sources, and ensuring good housekeeping practices can also prevent accidents.

continued next page...

Preventing Brain Injuries in the Workplace continued...

Additional preventive measures include keeping distractions like smartphones away from the work area, securing all tools and equipment, and using furniture and tools as intended.

Workers should also be cautious of electrical hazards, cluttered workspaces, and excessive noise. Ensuring safety in specific environments, such as industrial tanks, walkways, and stairways, is also crucial.

Finally, it is important to report any workplace injuries, no matter how minor they may seem, to ensure proper medical attention, documentation, and prevention of future incidents.

Workplace safety is essential for reducing costs, minimizing pain and suffering, and ensuring a safe environment for everyone.

Sources:

[Northern Brain Injury Association](#)

[Workplace Safety and Prevention Services - WSIB "Preventing Slips, Trips and Falls in the Workplace"](#)

[National Brain Injury Association](#)

[Canadian Centre for Occupational Health and Safety](#)

[Statistics Canada](#)

Transparency: this article was written and fact-checked with the assistance of Google Gemini AI.



Preventing Workplace Brain Injury

What are the common causes of concussions at work?

Concussions are often related to slips, trips and falls, strikes to the head, or motor vehicle accidents. Inanimate objects, such as falling boxes, might cause a strike to the head. In other cases students, patients or co-workers might strike an employee.

To prevent concussions in the workplace, encourage employees to take the following precautions:

- Remove tripping hazards. Make sure walkways and workspaces are free of clutter, cords, puddles of water or anything else that could cause a slip, trip or fall.
- Use proper signage to alert employees of wet surfaces.
- Use handrails when taking the stairs.
- Avoid standing on chairs, desks or tables. Use a step stool instead.
- Use caution when working from heights. Never stand on the top two steps of a ladder.
- If a job requires wearing a helmet, make sure it's properly fitted and in good condition.

Northern Brain Injury Association
<https://www.nbia.ca/preventing-workplace-brain-injury/>

Did You Know?

A concussion does not automatically lead to unconsciousness:

A concussion is a mild form of a TBI, however only around 10% of concussion incidents result in a loss of consciousness.

You do not have to hit your head to suffer a concussion:

It is possible to have a concussion due to whiplash, or rapid rotation, shaking or jerking of the head or even the body. On a worksite, hazards that may cause a fall, slips and trips, and vehicle collisions can result in injuries that can lead to concussions.

Canadian Centre for Occupational Health and Safety -
<https://www.ccohs.ca/newsletters/hsreport/issues/2015/05/ezine.html#hsreport-ontopic>



BILL 41: FINAL AMENDMENT TO THE WORKERS COMPENSATION ACT IN EFFECT (FOR EMPLOYERS AND WORKERS)



Learn more

Visit

worksafebc.com/returntoworkduties
or scan the QR code to learn more.



Bill 41: Amendments to the Workers Compensation Act

In October 2022, the B.C. government announced Bill 41, introducing seven amendments to the Workers Compensation Act.

The final amendment came into force by regulation of the Lieutenant Governor in Council on January 1, 2024. This amendment adds a legal duty for workers and employers to cooperate in the worker's early and safe return to work, as well as a legal duty for employers with 20 or more workers to maintain the employment of injured workers who have been employed with them for at least 12 months.

This amendment provides WorkSafeBC with the authority to reduce or suspend benefits or apply penalties should workers or employers fail to comply. However, our approach will focus primarily on educating our stakeholders, providing support to ensure that the injured worker remains employed with their employer, and facilitating the best return-to-work outcomes.

[EMPLOYERS: Duty to cooperate and duty to maintain employment](#)

Supporting injured workers in their recovery at work is good for employers and their businesses. Having workers perform some duties while they recover keeps them connected to their workplace and can minimize the disruptive impact of workplace injuries. Returning to work helps workers avoid other health complications and protects their income, employment benefits, social contacts, regular routines, and job security.

[WORKERS: Duty to cooperate and duty to maintain employment](#)

There are many benefits to returning to work as soon as it is safe to do so after an injury. When workers perform some duties while they recover, it keeps them connected to their workplace and can minimize the disruptive impact of workplace injuries. Returning to work helps workers avoid other health complications and protects their income, employment benefits, social contacts, regular routines, and job security.

Reduced Cost Counselling Program

Chuck Jung Associates

Now Accepting Referrals

Chuck Jung Associates is providing a Reduced Cost Counselling Program in our Vancouver office. This service is in-person and/or via Telehealth. We are aware of the significant cost of psychological counselling, which puts this service out of the reach for many.

In our Reduced Cost Counselling Program, a senior doctoral student in psychology, is supervised by a senior psychologist in our practice. Services are provided in a broad range of areas, treating problems of depression, anxiety, anger, adjustment difficulties to physical injury (e.g., chronic pain, emotional adjustment to brain injury). The cost is \$70.00 per session.

We are pleased to have doctoral student, Ms. Sarah Panofsky, MA, RCC as our therapist-student. Please see her bio below.

Also, see our weblink below for more information:

<https://www.chuckjung.com/doctoral-student-therapists/>

<https://www.chuckjung.com/services/reduced-cost-counselling/>

You can also reach us at 604-874-6754 or admin@chuckjung.com



Chuck Jung Associates – Psychological and Counselling Services

Vancouver: (Main Office)	Surrey:	Abbotsford:	Chilliwack:	Langley:
1001 – 805 W. Broadway	232 – 7164 120 th St. St	The Mark (North Building	201 – 45625 Hodgins Ave.	8661 201 St. (2 nd floor).
Vancouver, B.C. V5Z 1K1	Scottsdale Square Bus. Ctr	102-32625 S. Fraser Way	Chilliwack, B.C. V2P 1P2	Langley, B.C. V2Y 0G9
Tel: (604) 874-6754	Surrey, B.CV3W 3M8	Abbotsford, BC V2T 1X8	1-877-870-6754 (toll free)	Tel: (604)-874-6754
Fax: (604) 874-6424	Tel: (604) 874-6754	1-877-870-6754 (toll free)		

Other locations in Tri-Cities, Burnaby, North Shore and Richmond

Website address: www.chuckjung.com

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

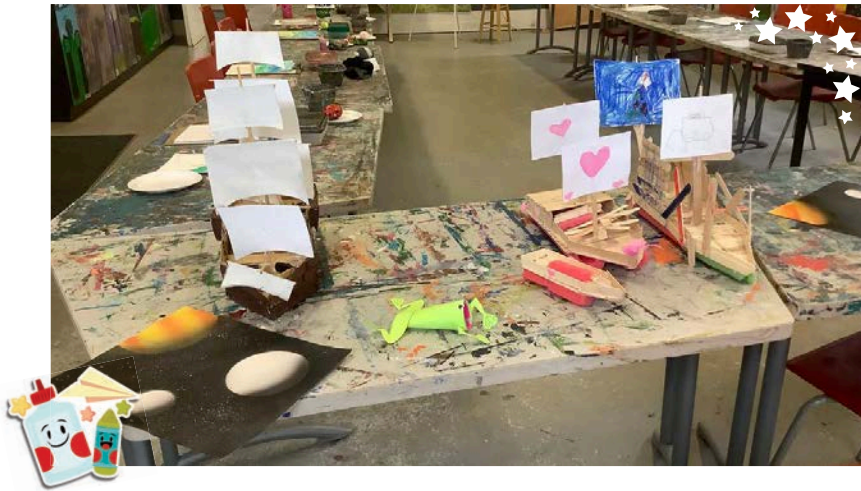
YOUNG AT ARTS SUMMER PROGRAM

It was a crafty, fun time for all the kids who participated in the 2024 Young at Arts Summer Program - Day Camp at the Blue Heron Reserve in Chilliwack in August! Paper airplanes, popsicle-stick sailboats, and learning all about streams and our Canadian mascots - beavers - who live in them!

Learn
SOMETHING
- new -
EVERYDAY



YOUNG AT ARTS SUMMER PROGRAM



ONE-QUARTER OF UNRESPONSIVE PEOPLE WITH BRAIN INJURIES ARE CONSCIOUS

More people than we thought who are in comas or similar states can hear what is happening around them, a study shows.



Excerpt from article published in *Nature*, August 14, 2024

Author: Julian Nowogrodzki

https://www.nature.com/articles/d41586-024-02614-z?utm_source=Live+Audience&utm_campaign=9cc439b1df-nature-briefing-daily-20240815&utm_medium=email&utm_term=0_b27a691814-9cc439b1df-50415352

Source research articles:

1 / [Bodien, Y. G. et al. *N. Engl. J. Med.* 391, 598–608 \(2024\).](#)
Article

2 / [Claassen, J. et al. *N. Engl. J. Med.* 380, 2497–2505 \(2019\).](#)
Article

At least one-quarter of people who have severe brain injuries and cannot respond physically to commands are actually conscious, according to the first international study of its kind.

Although these people could not, say, give a thumbs-up when prompted, they nevertheless repeatedly showed brain activity when asked to imagine themselves moving or exercising.

“This is one of the very big landmark studies” in the field of coma and other consciousness disorders, says Daniel Kondziella, a neurologist at Rigshospitalet, the teaching hospital for Copenhagen University.

The results mean that a substantial number of people with brain injuries who seem unresponsive can hear things going on around them and might even be able to use brain–computer interfaces (BCIs) to communicate, says study leader Nicholas Schiff, a neurologist at Weill Cornell Medicine in New York City.

BCIs are devices implanted into a person’s head that capture brain activity, decode it and translate it into commands that can, for instance, move a computer cursor. “We should be allocating resources to go out and find these people and help them,” Schiff says. The work was published today in *The New England Journal of Medicine*¹.

Scanning the brain

The study included 353 people with brain injuries caused by events such as physical trauma, heart attacks or strokes.

“Of the physically unresponsive people, about 25% showed brain activity across the entire exam for either EEG or fMRI. The medical name for being able to respond mentally but not physically is cognitive motor dissociation.”

Of these, 241 could not react to any of a battery of standard bedside tests for responsiveness, including one that asks for a thumbs-up; the other 112 could.

Everyone enrolled in the study underwent one or both of two types of brain scan. The first was functional magnetic resonance imaging (fMRI), which measures mental activity indirectly by detecting the oxygenation of blood in the brain. The second was electroencephalography (EEG), which uses an electrode-covered cap on a person’s scalp to measure brain-wave activity directly.

During each scan, people were told to imagine themselves playing tennis or opening and closing their hand. The commands were repeated continuously for 15–30 seconds, then there was a pause; the exercise was then repeated for six to eight command sessions.

Of the physically unresponsive people, about 25% showed brain activity across the entire exam for either EEG or fMRI. The medical name for being able to respond mentally but not physically is cognitive motor dissociation.

READ MORE

COULD YOU BE SOMEONE'S HERO?

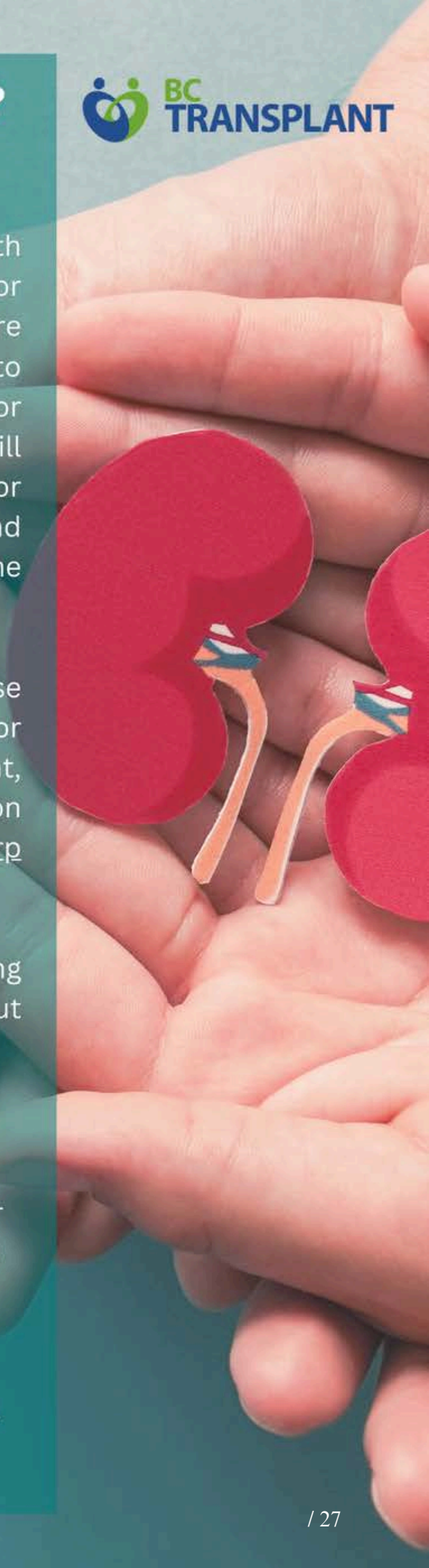
Consider Donating a Kidney.

Kidney donors can live a normal and healthy life with just one kidney, and donors don't have to be related or be the same blood type in order to donate. Donors are carefully screened to make sure it is safe for them to donate and it is all done privately, by a separate donor team. It will all be confidential, and the recipient will not know anything about the donor, unless the donor chooses to tell them. All information is private and confidential and any potential donor can make the choice to back away from the process at any point.

Plus, through the Living Organ Donor Expense Reimbursement Program, donors are reimbursed for their eligible expenses related to the assessment, surgery and recovery phases of the organ donation process. See <https://kidney.ca/britishcolumbia/loderp> for more information on the LODERP.

If donation is not for you, please consider spreading the word in case someone else might want to find out more.

If you would like to learn more about living donation, you can get more information from the donor nurse coordinator at St. Paul's Hospital (604 806 9027 or 1-877-922-9822; DonorNurse@providencehealth.bc.ca) or Vancouver General Hospital (604 875-5182 / 1-855-875-5182; kidneydonornurse@vch.ca) or on the BC Transplant website (www.transplant.bc.ca).



VIRTUAL CAREGIVER SUPPORT GROUP

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

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

Virtual Caregiver Support Group

**for partners and parents of people
who have acquired brain injuries**

Sessions will be offered virtually once a month

Registration is limited.

To register or for more information about the group, please contact Chuck Jung Associates at admin@chuckjung.com or call: 604-874-6754



Chuck Jung Associates
Psychological and Counselling Services
www.chuckjung.com

Sponsored by:

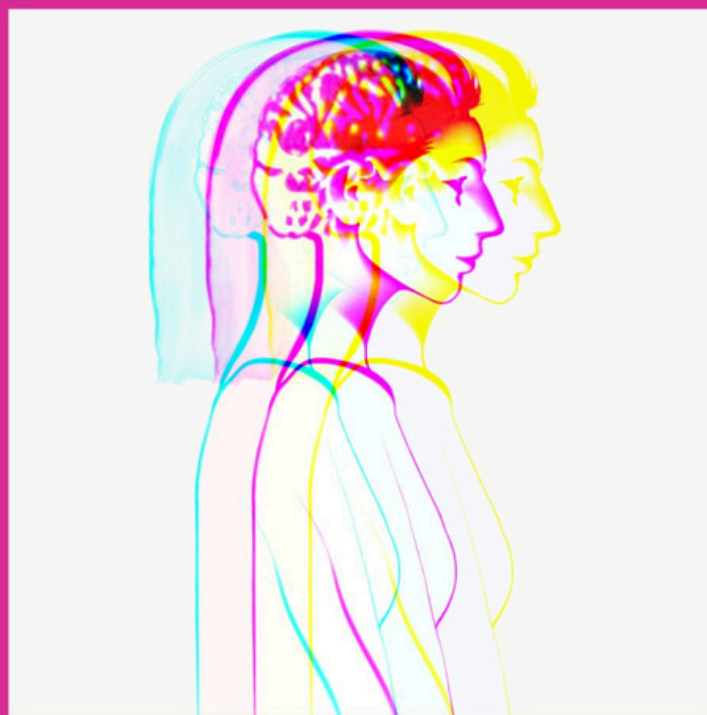


**Fraser Valley Brain
Injury Association**

EQUIT Stroke Study Recruitment

This study is being conducted by researchers at the University of British Columbia

Help us improve stroke care



We want to hear from young women about getting care after a stroke. Share your experiences and thoughts with us!

SCAN THE QR CODE OR GO TO THE LINK FOR MORE INFORMATION

Ismália De Sousa

Registered Nurse and PhD candidate



https://ubc.ca1.qualtrics.com/jfe/form/SV_3f581X9S6limhwi



Principal Investigator: Dr. Sally Thorne

EQUIT Stroke Study Ethics # H24-00702 Version 2: July 16, 2024

World's first rapid TBI blood test debuts at Orlando Health (*excerpt*)

Orlando Health Orlando Regional Medical Center (ORMC) is the first hospital in the world to use a new, groundbreaking blood test to help assess patients with suspected mild traumatic brain injuries (TBIs), or concussions.

The rapid TBI blood test provides results in just 15 minutes and was developed by Abbott, in collaboration with the Department of Defense, and built upon innovative research that Orlando Health's Dr. Linda Papa and others helped pioneer over 20 years ago.

“ Now, doctors are finally armed with a blood test to check your brain. This is a game-changer, and we are just getting started.”

Dr. Linda Papa, Director of Clinical Research, Orlando Health

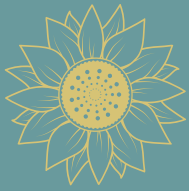
Abbott's i-STAT TBI test provides results in just 15 minutes by checking a patient's blood for two biomarkers that may be present after suffering a brain injury.

Test results can help rule out the need for a CT scan of the head and assist in determining the best next steps for patient care. Dr. Papa was a pioneer in identifying the biomarkers used in the TBI blood test and her over two decades of innovative research played a pivotal role in test development.



[CLICK HERE TO READ MORE](#)

Credit: News Medical
Published Aug 13 2024



YVR HIDDEN DISABILITIES SUNFLOWER PROGRAM

Vancouver International Airport is proud to offer the globally recognized Hidden Disabilities

Sunflower Program to support passengers with hidden disabilities, also known as invisible disabilities.

The Sunflower logo aims to assist those travelling with invisible disabilities who may need a little extra patience, care, and assistance during their travel experience.

How Does the Program Work?

Do you or someone you are travelling with have an invisible disability, such as:

- autism,
- chronic pain,
- epilepsy,
- low vision,
- hearing loss,
- dementia,
- anxiety disorders,
- brain injuries, and many more

You may choose to wear the Sunflower lanyard as a discreet way to indicate to our airport staff that you may need a little more help or time when going through the airport processes. Wearing the Sunflower lanyard is voluntary.

The Sunflower lanyard provides a helpful identifier to airport staff to best assist and supports anyone with an invisible disability.

Sunflower Lanyard Pick Up Locations:

You can pick up a free Sunflower lanyard (or sticker) from our Customer Care and Information counters at the Main and South terminals.

Can't find the information counters or have any questions?

Please call:

Customer Information Line 604-207-7077
TTY/(TDD) 604.207.7070
or email customercallcentre@yvr.ca.



While 45.5% of Canadians reported that they always wore a helmet when bicycling in the past 12 months, 30.9% (roughly 3.5 million people) reported that they never wore one.

Statistics Canada - Helmet use in recreational activities, 2017

Fraser Valley Brain Injury Association
www.fvbia.org / info@fvbia.org

ICBC & PERSONAL INJURY CLAIMS

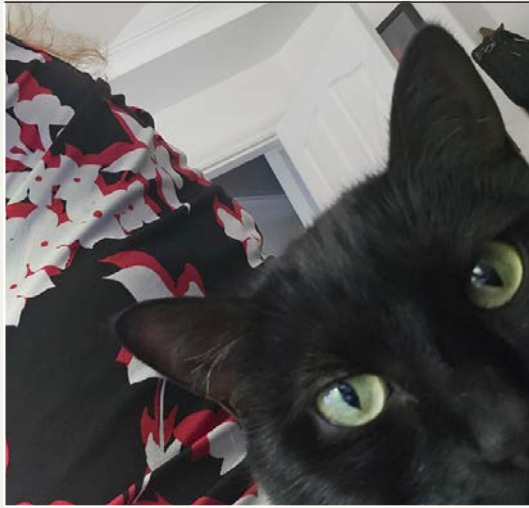
CBM Lawyers
Your community law firm.™

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

<p>Langley Office #200-4769 222nd St. Langley, BC V2Z 3C1 Phone: 604-256-5954</p>	<p>Maple Ridge Office #203- 22471 Lougheed Hwy Maple Ridge, BC V2X 2T8 Phone: 604-305-1432</p>	<p>Aldergrove Office #100-26641 Fraser Hwy Aldergrove, BC V4W 3L1 Phone: 604-256-9785</p>
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**"WORKING WITH OUR CLIENTS FOR
TODAY AND THE FUTURE SINCE 1997"**

Pets Corner!



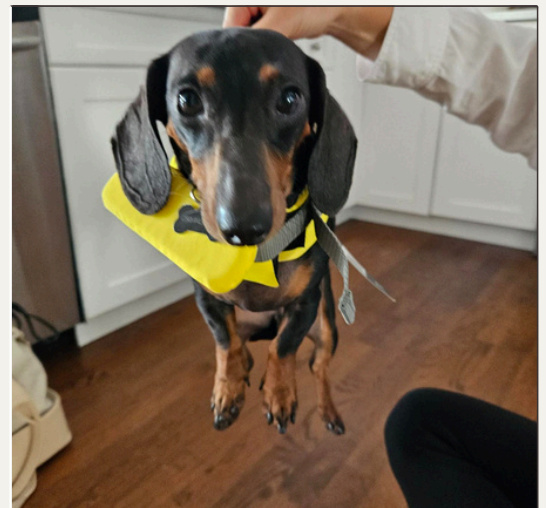
Carol's kitty Nyx helping with Carol's computer work



Jack getting hugs from Carol



Nap time for Fred's pup at Heather's retirement party



Jack getting ready to go paddle boarding



Having a pet is good for mental health.

Pets provide a sense of purpose. Being responsible for them can give you motivation, purpose and a reason to get up in the morning. This can help you establish healthy routines and improve your self-care. Looking after your pet can help your self-esteem and wellbeing, and improve symptoms of depression and anxiety.

“HA
HA
HA”



Tickling our Funny Bones



Why did the scarecrow win a Nobel prize?

He was outstanding in his field!

-

What do you get when you drop a pumpkin?

Squash.

-

What has hundreds of ears but can't hear a thing?

A cornfield!

-

What sound does a turkey's phone make?

"Wing, wing."

-

What do you call a sad cranberry?

A blueberry.

<https://www.today.com/life/inspiration/clean-jokes-rcna132168>





FVBIA STAFF NEWS, SHARES & ANNOUNCEMENTS

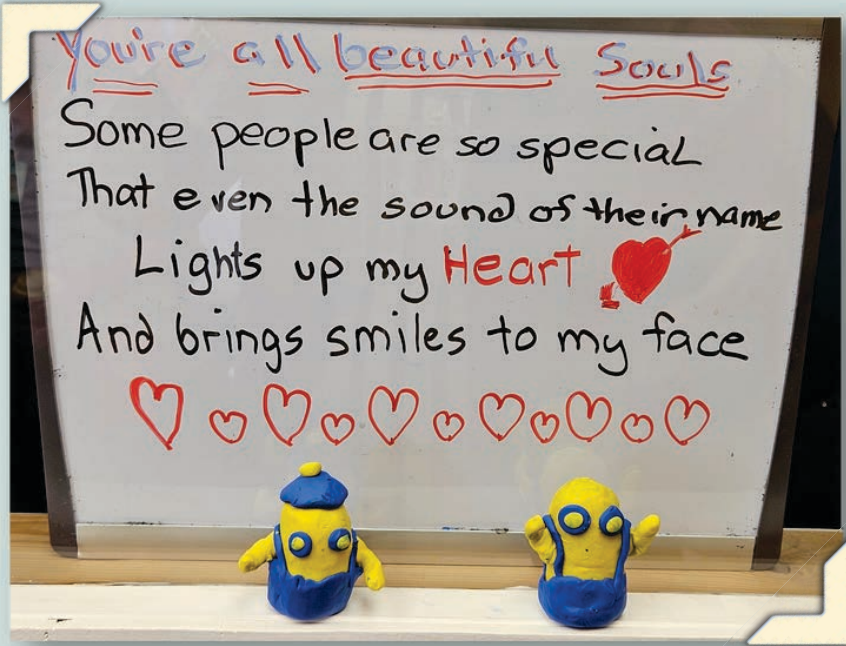


FVBIA Staff and members of FVBIA's Hope program gathered to wish Heather a happy retirement!

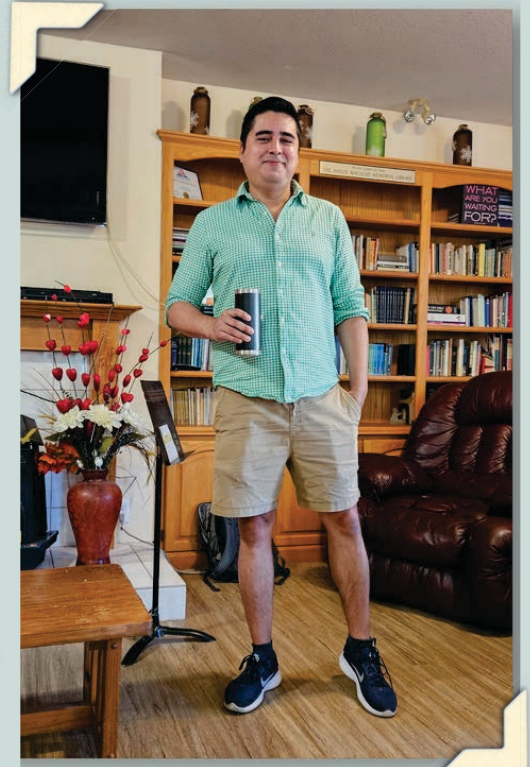




FVBIA STAFF NEWS, SHARES & ANNOUNCEMENTS



Beautiful souls from the Hope Leisure Program members



Francisco teaching In the Now classes in Chilliwack



*Summertime 2024: Kalmalka Lake. Vernon, BC
photo by Carol Paetkau*

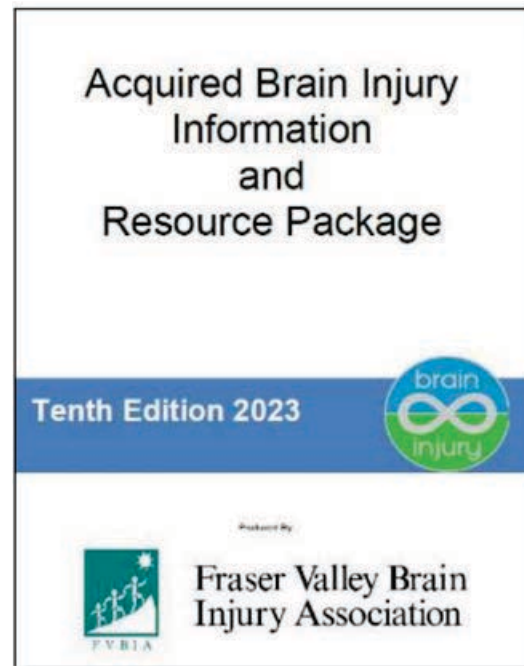
ACQUIRED BRAIN INJURY INFO & RESOURCE PACKAGE

FVBIA's 2023 [Acquired Brain Injury Information and Resource Package](https://www.fvbia.org/abi-information-resources/) contains pages of brain injury information and contact information for a wide variety of resources for any person with a disability. This extensive resource package is available on our website <https://www.fvbia.org/abi-information-resources/>

Advertising opportunities are still available. Contact info@fvbia.org or 604-557-1913 for details.

Topics include:

- Alcohol
- Smoking
- Addictions & Drug Treatment Brain Injury – Definition and Symptoms
- Brain Injury Associations in BC
- Brain Injury Support Groups in BC
- Child and Youth Services
- Counselling Services and Support
- Driving After Brain Injury
- Education and Training
- Epilepsy and Seizure Disorders
- Equipment and Technology
- Family and Caregiver Support
- Financial Support
- Foodbanks and Food Supports
- Government Resources
- Health Services and Health Authorities
- Health Units
- Home Care Services
- Hospice Care
- Housing and Residential Services
- Indigenous Resources
- Internet Resources
- Job Skills and Training
- Legal Assistance
- Mental Health Services
- Multicultural Services Nutrition
- Recreation and Leisure
- Rehabilitation After Brain Injury
- School – Returning After Brain Injury (Children)
- Seniors Services
- Sexual Health Resources
- Stress Management
- Stroke Symptoms and Resources
- Thrift Stores
- Victim Services



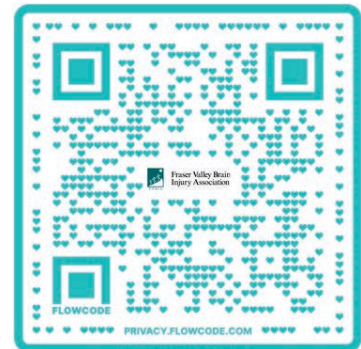
SUBSCRIBE & ADVERTISE!

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

You can use the camera on your smart phone to scan the QR code to find our webpage link to sign up. Then all you need to do is enter your name and email address.

Sign up [here](#) or contact us at info@fvbia.org

SCAN ME



TO SUBSCRIBE



FVBIA Newsletter Advertising

Thank you to all of our advertisers!

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

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

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

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

Please see the separate schedule for submission deadlines

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

CONNECT WITH US ON SOCIAL MEDIA

Do you like to stay on top of current research, news articles, inspirational stories / quotes creative arts and regular updates on FVBIA activities? Check out our social media pages to stay connected.



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facebook.com/FVBIA?fref=ts



Instagram.com/fraservalleybrain/

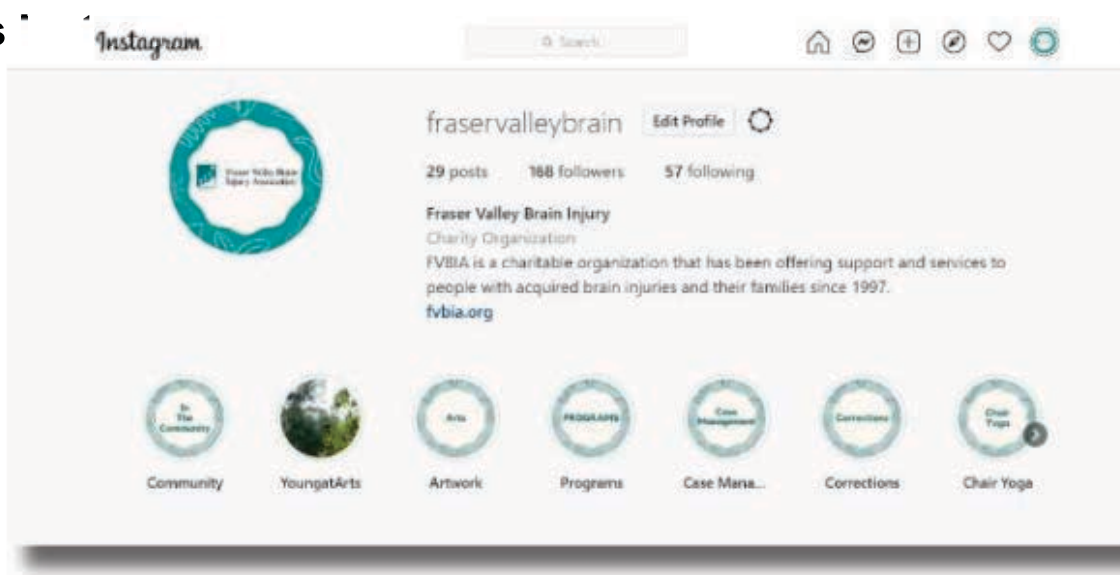


youtube.com/channel/UCKbhePbXu5mazHxtJ9medkw

FVBIA Community Facebook Page

We have changed the Creative Arts Facebook page to a community group page! This will allow all members to contribute and enjoy a variety of postings from fellow members and families. It is a private page with Carol and Jill as the Administrators. Now we have a place to stay connected and share our talents, thoughts and ideas! For more information or to share a post, contact Jill at jill.koppang@fvbia.org

FVBIA's



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

HOW YOU CAN SUPPORT FVBIA'S PROGRAMS & SERVICES

Donate to Fraser Valley Brain Injury Association at CanadaHelps.org

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

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

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

Facebook and PayPal Fundraisers

Thank you so much to those who have done Facebook Birthday Fundraisers to support FVBIA's programs. You have raised over \$5000 since December 2018.

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

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

www.paypal.com/ca/fundraiser/hub

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

paypal.com/ca/fundraiser/charity/3434455

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

“
CanadaHelps
champions all 86,000
charities across
Canada, no matter
how big or small.

Every registered
Canadian charity has
a profile on
CanadaHelps.org,
connecting donors
directly to the charity
so donors can easily
find and donate to
them.

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



MEMBERSHIP & DONATIONS



Acquired Brain Injury can be life-changing and permanent.

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

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

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

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

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

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

www.fvbia.org/membership-and-donations/

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

It's easy!

For your convenience, you can also DONATE to FVBIA through Paypal with a major credit card, Facebook fundraisers for birthdays or through PayPal Giving. You can also donate here by simply clicking on the Donate button.



FVBIA is a registered charitable organization and can issue Charitable Tax Receipts for eligible donations.
CRA Number: 872023338RR0001

Thank you for your support!



Fraser Valley Brain Injury Association

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

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

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

