









In This Issue

-  **NEW YEAR'S MESSAGE FROM THE ED**
-  **FV BIA 2024 CHRISTMAS TEA AND SILENT AUCTION: PHOTOS**
-  **BILL C-277 RENEWED CALL TO ACTION**
-  **WINTER SPORTS: A SILENT THREAT TO BRAIN HEALTH**
-  **REEL RECOVERY: FILMS TO WATCH: THE CRASH REEL**
-  **RESEARCH NEWS: TRAUMATIC BRAIN INJURY AND HOUSING INSTABILITY**
-  **UNDERSTANDING BRAIN INJURIES:**
 - PART 1 - TYPES & CAUSES
 - PART 2 - PREVENTION
 - PART 3 - MENTAL HEALTH



CONTENTS

- [New Year's Message from the Executive Director](#) / 3
- [Drop In's and Groups](#) / 5
- [FVBIA Services and Programs](#) / 6
- [Staff Emails](#) / 6
- [Upcoming Events](#) / 7
- [2024 Christmas Tea and Silent Auction](#) / 8
- [Call to Action - Bill C-277](#) / 9
- [Writers Bullpen - Submission Deadlines](#) / 10
- [Call to Action: Surveys](#) / 11
- [Pay It Forward: Health & Wellness](#) / 12
- [Coffee and Chat Groups](#) / 13
- ["Ladies' R 'n' R"](#) / 14
- [Mill Lake Walking Group](#) / 14
- [Photo Album - Groups & Activities](#) / 15
- [Winter Sports: A Silent Threat to Brain Health](#) / 16
- [Reel Recovery: Films to Watch](#) / 17
- [Reduced Cost Counselling Program](#) / 18
- [Understanding Brain Injury](#)
 - [Part 1 - Types & Causes](#) / 19
 - [Part 2 - Prevention](#) / 21
 - [Part 3 - Mental Health](#) / 22
- [Virtual Caregiver Support Group](#) / 23
- [Traumatic Brain Injury and Housing Instability: A Critical Connection](#) / 24
- [Recruiting for Equit Stroke Study](#) / 26
- [Pets Corner!](#) / 27
- [Tickling our Funny Bones](#) / 28
- [Acquired Brain Injury Info & Resources](#) / 29
- [Advertise with Us!](#) / 30
- [Connect with FVBIA on Social Media](#) / 31
- [Donate to Fraser Valley Brain Injury](#) / 32
- [Facebook and PayPal Fundraisers](#) / 32
- [Membership and Donations](#) / 33



A New Year's Message from the Executive Director

As we step into the New Year, I want to take a moment to reflect on an incredible year of growth, resilience, and community at FVBIA in 2024. Our dedicated staff have shown remarkable creativity, flexibility, and innovation, and it has been heartening to see so many individuals with brain injuries engaging in small group settings and thriving together.

Highlights from the past year include the continued success of *ArtWorks* with the talented John LeFlock, the return of the *Young at Arts* summer camp at Blue Heron Reserve, and the ongoing vibrancy of our *Ladies R 'n' R* group and *Walking Group at Mill Lake*. *Coffee & Chat* gatherings in Abbotsford and Langley, as well as the *In the Now* group in Chilliwack, remain essential spaces for connection.

We are also grateful for our food donation program in Chilliwack, which provides weekly groceries to 23 families, seven of which have children—a vital effort made possible by our amazing volunteers and donors.

Our collaboration with *Communitas Supportive Care Services* continues to strengthen brain injury drop-in programs in Abbotsford and Chilliwack, while virtual initiatives like the *Zoom Health & Wellness* group, family counseling sessions, and inmate education programs have extended our reach.

Local events, the annual coloring contest, and the distribution of new brochures further raise awareness about brain injury and prevention.

Last year, we redesigned our newsletter into a lively news magazine, now enjoyed by over 1,160 subscribers. Increased inquiries for services reflect the impact of these efforts, supported by our new Intake Worker.

FVBIA's work is bolstered by incredible support from funders and donors, including Fraser Health's Acquired Brain Injury Services, the Province of BC, Brain Injury Alliance, ICBC, Soroptimist International Abbotsford-Mission, BC Housing, the Hope Eagles, and corporate sponsors of the Brain Injury Golf Classic tournament.

Heartfelt thanks also go to our steadfast board of directors and the many volunteers, sponsors, and businesses who contribute to our mission.

Most importantly, I extend my gratitude to the individuals we serve. Your courage, growth, and wisdom inspire us daily and drive our commitment to excellence.

Here's to a New Year of hope, health, and community. Together, we look forward to continuing this meaningful journey in 2025.

Carol Paetkau,
Executive Director
Fraser Valley Brain Injury Association



Reach Minds Change Lives

Fraser Valley Brain Injury Association has been providing support and services to people with acquired brain injuries and their families since 1997.

Our bi-monthly newsletter informs brain injury survivors and their families, caregivers, and healthcare professionals who are actively seeking information, support, and community in their recovery journeys.

Advertising opportunities are available in the FVBIA Newsletter (6 Issues per year) and in the Information and Resource Package.

Published as an e-magazine, our newsletter is widely distributed through Mailchimp (1180 subscribers), Facebook (657 followers), Instagram (327 followers), and X (1375 followers), and is linked online at fvbia.org/fvbia-newsletter.

By advertising in our newsletter, you're not just promoting your business; you're contributing to a cause that empowers individuals with brain injuries and their families to thrive!

Ad Rates

	<i>per issue</i>	per 6 months (3 issues)	per year (6 issues)
Business Card size:	\$30	\$90	\$180
1/4 Page:	\$75	\$225	\$450
1/2 Page:	\$100	\$300	\$600
Full Page:	\$200	\$600	\$1200

Contact us to learn more, or to book your ad space today!



Fraser Valley Brain Injury Association

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

info@fvbia.org fvbia.org

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

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

Langley

Coffee & Chat Group

Contact 604-557-1913

Fraser Valley Services & Programs

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

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

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

- Case Management (virtual and in-person)
- Drop In/Leisure Programs (Hope, Chilliwack, Abbotsford)
- Mill Lake Walking Group - Abbotsford
3x/week
- Community Kitchen
- 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 Date:

September 17 2025: FVBIA Brain Injury Golf Classic 2025



2024 FVBIA Christmas Tea and Silent Auction

Thank you to all the sponsors, donors and volunteers from Soroptimist International of Abbotsford Mission!

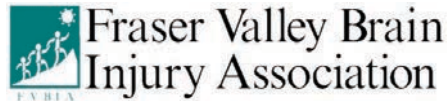




NEW CALL FOR SUPPORT:

Urge members of the House of Commons to adopt Bill C-277 without further delay

A message from



A recent decision to block Bill C-277, which sought to establish a National Strategy for Brain Injury, has left many Canadians feeling disheartened.

Over 165,000 traumatic brain injuries (TBIs) occur each year - one every three minutes - with many more unreported cases and injuries from overdose survival remaining uncounted. This silent epidemic touches lives across the country, creating significant challenges for survivors and their families.

Brain injury survivors often face stigma, limited access to care, and financial and emotional strain. A national strategy would address these challenges by closing critical gaps in prevention, education, and support services, offering a foundation of hope and tangible change.

The voices of survivors, caregivers, and advocates were loud and clear in their support for Bill C-277, with thousands reaching out to government leaders to share their stories and call for action. Their appeals emphasized the urgent need for a coordinated effort to address the growing impact of brain injuries.

Now is the time for leaders to step up and demonstrate commitment to addressing this public health crisis. Canada cannot afford further inaction.

Join the call for Bill C-277 to take action and ensure that brain injury survivors are no longer overlooked.

**Please sign this electronic letter
urging Conservative MPs to make Bill C-277 a priority again.**

 <https://win.newmode.net/braininjurycanada/c277>



FVBIA Writer's Bullpen

Writers abound within the Fraser Valley Brain Injury Association (FVBIA) membership so the FVBIA Writer's Bullpen was created to provide a place for writers with brain injuries to come together to hone their craft and share ideas.

In 2017, individual writers began submitting pieces to the FVBIA Newsletter as a means of sharing their thoughts and ideas through the Pay it Forward: Health and Wellness for ABI program, funded by the Brain Injury Alliance, ICBC and the Province of BC.

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

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

FVBIA Newsletter 2025 Submission Deadlines

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

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.*

Your Input Matters!

Call to
Action



SURVEY:

Share your thoughts about traumatic brain injury and equity

Brain Injury Canada is part of a global research team composed of scientists, clinicians, people with lived experience, advocates, and members of brain health organizations is conducting a study to explore how social parameters are integrated in traumatic brain injury research.

We are looking for adults lived experience of traumatic brain injury and people who support them in personal or professional capacity to complete our **research survey**. The aim is to understand which social parameters are most important to people with brain injury and their support systems. The survey takes approximately 25-30 minutes of your time.

You can read more about the study on this **Consent Form**. If you have any questions about this research, please reach out to the Principal Investigator Dr. Tatyana Mollayeva at tatyana.mollayeva@uhn.ca



SURVEY:

Provide your input on concussion informational resources for older adults

From our colleagues at Parachute

Many concussion resources are aimed at children and youth, parents, coaches, health professionals and other adults in roles caring for children and youth. Older adults who have experienced a concussion may not feel represented in these resources or that any resources have been developed for them or with them.

To start addressing this gap, Parachute, a national injury prevention charity, is developing an informational resource about concussion specifically for older adults, in English and French. We are seeking input from older adults, families and caregivers, and health professionals and other service providers who care for older adults.

Link to survey: <https://www.surveymonkey.com/r/OlderAdultsConcussion>

The survey will close January 8, 2025.

If you have any questions, please contact Stephanie Cowle, scowle@parachute.ca



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 Virtual Group

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

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



Funding for the Pay it Forward program is provided by ICBC, the Brain Injury Alliance, and Soroptimist International of Abbotsford Mission. We 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 - Jan 14, Feb 11, 2025

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 regarding dates and times.



Langley Coffee & Chat

Timms Community Centre (20399 Douglas Crescent)

Hosted 1x/month

Contact Taryn Reid at treid@fvbia.org for further details regarding group dates and times

Fraser Valley Brain Injury Association



Group Activities

“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: Jan 9 & 23, Feb 6 & 20, 2025

TIME: 10 a.m. until noon

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

Mill Lake Walking Group

Join us for a relaxing walk around beautiful Mill Lake in Abbotsford and connect with others who have shared experiences with brain injury.

DAYS: Mondays Wednesdays Fridays

2 Meeting Places:

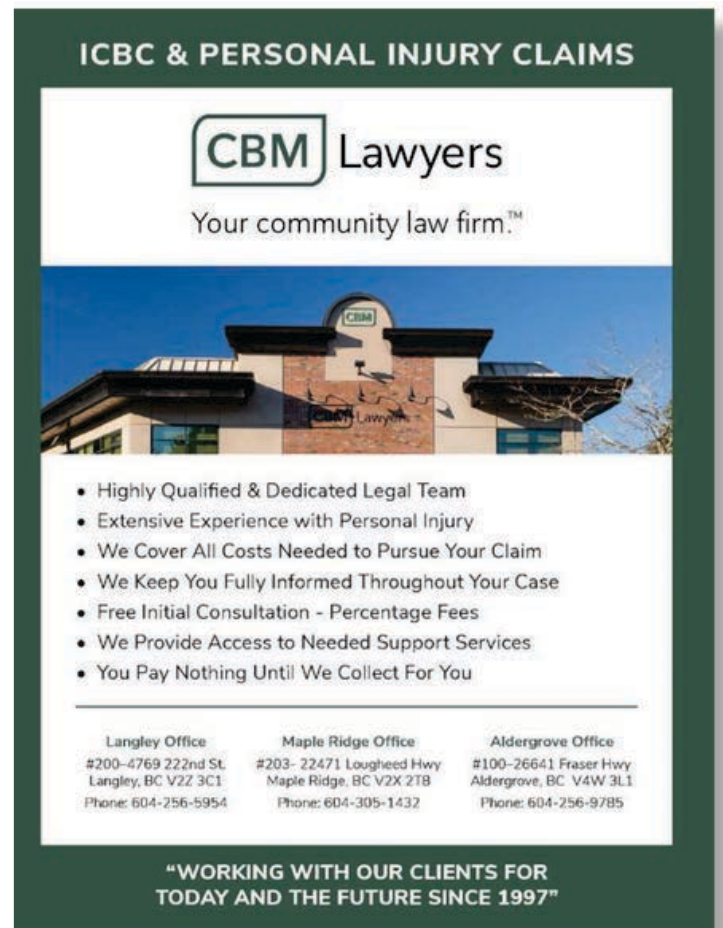
2 P.M. - Bourquin Entrance benches

2:15 P.M. - Mill Lake Road Dock

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

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

- Funding is provided through the Brain Injury Alliance, ICBC and the Province of British Columbia.
- Our special sponsors are Chris Gledhill and Robin Newbery, parents of Dylan, a former participant.
- We thank them for their generous donation to honor his memory.



ICBC & PERSONAL INJURY CLAIMS

CBM Lawyers
Your community law firm.™

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

Langley Office #200-4769 222nd St. Langley, BC V2Z 3C1 Phone: 604-256-5954	Maple Ridge Office #203- 22471 Lougheed Hwy Maple Ridge, BC V2X 2T8 Phone: 604-305-1432	Aldergrove Office #100-26641 Fraser Hwy Aldergrove, BC V4W 3L1 Phone: 604-256-9785
--	---	--

“WORKING WITH OUR CLIENTS FOR TODAY AND THE FUTURE SINCE 1997”

Photo Album - Groups & Activities

Sonya leading an art class, crafting bird cards



Making Healthy Meals at Community Kitchen



WINTER SPORTS: A SILENT THREAT TO BRAIN HEALTH



Winter sports are a popular way to stay active and have fun during the colder months. However, these activities also come with a risk of head injury. In fact, head injuries are one of the most common types of injuries sustained in winter sports, including tobogganing, skiing, snowboarding and ice skating.

According to the Canadian Community Health Survey (CCHS), approximately 1.6% of Canadians aged 12 and older reported sustaining one or more concussions in 2019.

Sports and recreational activities were a significant contributor to TBIs, with falls being the most common mechanism of injury.

The Canadian Ski Council reports that TBI can account for up to 47% of all skiing or snowboarding injuries.

Head injuries are also the leading cause of death in these sports. The rate of head injuries is higher in snowboarders than in skiers.

Ice skating is another winter sport that can lead to head injuries. According to the CCHS, 14.1% of emergency department visits for ice skating injuries are due to traumatic brain injuries. 11.3% of hospital admissions for ice skating injuries are due to traumatic brain injuries.

Sledding and tobogganing are also popular winter activities that can lead to head injuries. According to Health Canada, 21.4% of sledding and tobogganing injuries are to the head and face.

To reduce your risk of head injury in winter sports, it is important to wear a helmet, take lessons from qualified instructors, and be aware of your surroundings. You should also avoid drinking alcohol or using drugs before or during winter sports activities.

If you do sustain a head injury, it is important to seek medical attention immediately. Even a mild head injury can have serious consequences if not treated properly.

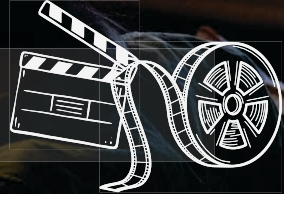
Sources:

- [*Canadian Ski Council*](#)
- [*Canadian Community Health Survey \(CCHS\)*](#)
- [*Health Canada*](#)

SAFETY TIP:

Wear a ski helmet as head injuries while sledding can be serious. A ski helmet is recommended because they are designed for use in cold weather and for similar falls and speeds. A hockey helmet may also be used.

Reel Recovery - Films to Watch



The Crash Reel

Snowboarder Kevin Pearce suffers a traumatic brain injury while training for the 2010 Winter Olympics. His family stands by his side as he struggles through rehab, but they object when he expresses his desire to return to his favorite sport.

This inspiring concussion documentary shows how Kevin and his family and friends adapted to his “new normal” after his injury.

Available to rent or buy on Amazon Prime Video, AppleTV, Youtube Movies & TV



community therapists



Need flexibility?

Community Therapists is HIRING OTs in ABBOTSFORD & CHILLIWACK

Why Us ?

- Flexibility & Great Pay
- Excellent Mentorship
- Admin Support
- Virtual Office to Work from Home
- Case Diversity
- Join 36 other OTs in a dynamic interdisciplinary practice!

Please visit our website at communitytherapists.com/careers for more information or contact Laura Doig, HR Manager at careers@communitytherapists.com

www.communitytherapists.com

careers@communitytherapists.com • Career Contact: 604.566.8452

Building skills. Empowering people.

Est. 1989

Reduced Cost Counselling Program

Chuck Jung Associates

Accepting Referrals

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

1001 – 805 W. Broadway
Vancouver, B.C. V5Z 1K1
Tel: (604) 874-6754
Fax: (604) 874-6424

Surrey:

232 – 7164 120th St. St
Scottsdale Square Bus. Ctr
Surrey, B.C. V3W 3M8
Tel: (604) 874-6754

Abbotsford:

The Mark (North Building
102-32625 S. Fraser Way
Abbotsford, BC V2T 1X8
1-877-870-6754 (toll free)

Chilliwack:

201 – 45625 Hodgins Ave.
Chilliwack, B.C. V2P 1P2
1-877-870-6754 (toll free)

Langley:

8661 201 St. (2nd floor).
Langley, B.C. V2Y 0G9
Tel: (604)-874-6754

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.

Understanding Brain Injuries - Part 1

Types & Causes



Brain injuries are among the most complex and potentially life-altering medical conditions. They can have profound effects on physical abilities, cognitive functions, and emotional well-being. In severe cases, they may lead to long-term disabilities or even death. However, understanding the types, causes, and prevention strategies for brain injuries can significantly reduce their occurrence and impact. This article delves deeper into these aspects, offering comprehensive insights into how brain injuries affect individuals and society.

Brain injuries are classified into two broad categories: traumatic brain injuries (TBI) and non-traumatic brain injuries. Each has distinct characteristics, causes, and consequences.

Traumatic Brain Injuries (TBI)

Traumatic brain injuries occur when an external force impacts the skull, disrupting normal brain function. TBIs can range from mild to severe and are categorized into several subtypes:

Concussions:

A concussion is the most common type of TBI. It occurs when a sudden impact or jolt causes the brain to move within the skull, potentially damaging brain cells.

Symptoms include headaches, confusion, dizziness, and sensitivity to light or sound. While concussions are often mild, repeated injuries can lead to long-term complications like chronic traumatic encephalopathy (CTE).

Contusions:

A contusion refers to a localized bruise on the brain tissue caused by a direct blow to the head. Severe contusions may require surgical intervention if swelling or bleeding occurs.

Diffuse Axonal Injury (DAI):

This occurs when rapid rotational forces, such as those experienced during car accidents, cause extensive damage to brain cells. DAI often results in widespread cell death, leading to severe impairments or coma.

Penetrating Injuries:

Penetrating injuries happen when an object, such as a bullet or knife, pierces the skull and damages brain tissue. These injuries often result in immediate and severe consequences, including loss of function or life.

Non-Traumatic Brain Injuries

Non-traumatic brain injuries result from internal factors rather than external forces. These are often associated with medical conditions or environmental exposures:

Stroke:

A stroke occurs when blood flow to the brain is disrupted, either by a blocked artery (ischemic stroke) or a ruptured blood vessel (hemorrhagic stroke). Strokes are a leading cause of disability and often require extensive rehabilitation.

Hypoxia or Anoxia:

Hypoxia refers to a reduced supply of oxygen to the brain, while anoxia indicates a complete lack of oxygen. Causes include drowning, cardiac arrest, or complications during surgery.

Infections:

Brain infections like meningitis (inflammation of the brain's protective membranes) or encephalitis (inflammation of brain tissue) can lead to permanent brain damage if untreated.

Continued next page...

Understanding Brain Injuries - Part 1 continued...

Toxic Exposure:

Prolonged exposure to harmful substances, such as carbon monoxide or certain drugs, can impair brain function.

Brain Tumors:

Both malignant and benign brain tumors can disrupt normal brain activity by pressing on surrounding tissues or causing swelling.

The causes of brain injuries are as diverse as the injuries themselves. They can result from accidents, medical conditions, or lifestyle factors.

The most common causes of Traumatic Brain Injuries (TBIs) include:

Falls:

Falls account for nearly half of all TBIs, particularly among children and older adults. Slipping on wet surfaces, falling from ladders, or tripping over obstacles are common scenarios.

Motor Vehicle Accidents:

Car crashes, motorcycle accidents, and collisions involving pedestrians are leading causes of severe TBIs. The sudden impact often results in concussions, contusions, or diffuse axonal injuries.

Sports Injuries:

Contact sports like football, boxing, and hockey pose significant risks for TBIs, especially when protective gear is inadequate or rules are not enforced.

Violence:

Assaults, gunshot wounds, and domestic violence frequently result in traumatic brain injuries. In some cases, child abuse (e.g., shaken baby syndrome) can also lead to severe brain damage.

Workplace Hazards:

Jobs in construction, manufacturing, and similar industries often expose workers to risks of falling objects, heavy machinery accidents, or falls from heights.



Non-Traumatic Brain Injuries are often caused by:

Medical Conditions:

Conditions like aneurysms, brain tumors, or uncontrolled high blood pressure can lead to strokes or other brain injuries.

Substance Abuse:

Long-term abuse of alcohol or drugs increases the risk of non-traumatic injuries by contributing to conditions like stroke or oxygen deprivation during overdoses.

Environmental Factors:

Carbon monoxide poisoning or exposure to industrial toxins can impair brain function over time.

Chronic Health Issues:

Poorly managed diabetes, cardiovascular disease, or autoimmune conditions can increase the likelihood of non-traumatic brain injuries.

*See Part 2 (next page)
for more information about brain injury prevention.*

Understanding Brain Injuries - Part 2

Prevention

While not all brain injuries can be avoided, many are preventable through proactive measures, awareness, and behavioral changes. Here are key prevention strategies:

Wear Protective Gear:

Helmets are crucial when engaging in activities such as cycling, motorcycling, skiing, or playing contact sports. They provide a protective barrier, reducing the risk of TBIs significantly.

Use Seatbelts:

Seatbelts and child car seats are lifesaving tools that minimize the severity of injuries in car accidents.

Prevent Falls:

Install safety rails in bathrooms and staircases, use non-slip mats, and ensure adequate lighting in homes, especially for elderly individuals.

Follow Safety Guidelines at Work:

Workers in high-risk environments should wear hard hats, follow safety protocols, and attend regular training sessions.

Avoid Substance Abuse:

Refraining from drugs and alcohol not only reduces the risk of non-traumatic injuries but also decreases the likelihood of accidents.

Maintain a Healthy Lifestyle:

A diet rich in fruits, vegetables, and whole grains can lower the risk of strokes by improving heart and vascular health. Regular exercise and avoiding smoking are equally beneficial.

Stay Hydrated:

Dehydration can exacerbate conditions like low blood pressure, increasing the risk of strokes or fainting, which might result in TBIs.



Manage Chronic Conditions:

Proper control of diabetes, high blood pressure, and heart disease reduces the risk of strokes and related injuries.

Vaccinations:

Vaccines for diseases like meningitis help prevent infections that can lead to brain damage.

Seek Early Intervention:

Recognizing symptoms of strokes, such as sudden weakness, difficulty speaking, or severe headaches, and seeking immediate medical attention can prevent further damage.

Brain injuries, whether traumatic or non-traumatic, have far-reaching effects on individuals, families, and communities. However, by understanding their types and causes, we can implement effective prevention strategies to minimize their occurrence.

From wearing helmets and managing chronic illnesses to raising awareness about safety measures, there are numerous ways to protect ourselves and those around us. With concerted efforts at personal, societal, and policy levels, we can reduce the burden of brain injuries and ensure healthier, safer lives for all.

Understanding Brain Injuries - Part 3

Mental Health

Traumatic brain injury (TBI) can have far-reaching consequences, both physical and psychological. One of the most significant and often overlooked impacts is on mental health.

The connection between brain injury and mental health is a complex one, with a range of psychological issues that can arise.

Individuals who have experienced a brain injury are at increased risk of developing various mental health conditions. Some of the most common mental health problems associated with brain injury include:

- *Depression:* Feelings of sadness, hopelessness, and worthlessness can be common after a brain injury.
- *Anxiety:* Excessive worry, fear, and nervousness can significantly impact a person's quality of life.
- *Post-traumatic stress disorder (PTSD):* Flashbacks, nightmares, and hypervigilance can occur, especially in cases of traumatic brain injury.
- *Personality changes:* Alterations in mood, behavior, and social interactions can be distressing for both the individual and their loved ones.
- *Aggression and irritability:* Difficulty controlling emotions can lead to outbursts of anger and frustration.

While the road to recovery can be challenging, there are effective strategies to manage mental health issues after a brain injury.

These strategies include:

- *Professional Help:*
 - *Therapy:* Cognitive-behavioral therapy (CBT) and other therapeutic approaches can help individuals develop coping mechanisms and manage symptoms.
 - *Psychiatry:* Medication can be prescribed to address specific mental health conditions, such as depression or anxiety.
- *Support Groups:* Connecting with others who have experienced similar challenges can provide emotional support and practical advice.
- *Self-Care:* Prioritizing self-care activities, such as relaxation techniques, mindfulness, and physical exercise, can improve overall well-being.
- *Healthy Lifestyle:* A balanced diet, regular sleep, and avoiding substances like alcohol and drugs can contribute to better mental health.
- *Open Communication:* Honest and open communication with family, friends, and healthcare providers can help alleviate feelings of isolation and shame.

Remember, recovery from a brain injury is a journey, and seeking support is a sign of strength.

For more information, please consult with a healthcare professional or visit the following resources:

[Fraser Valley Brain Injury Association](#)

[Brain Injury Canada](#)

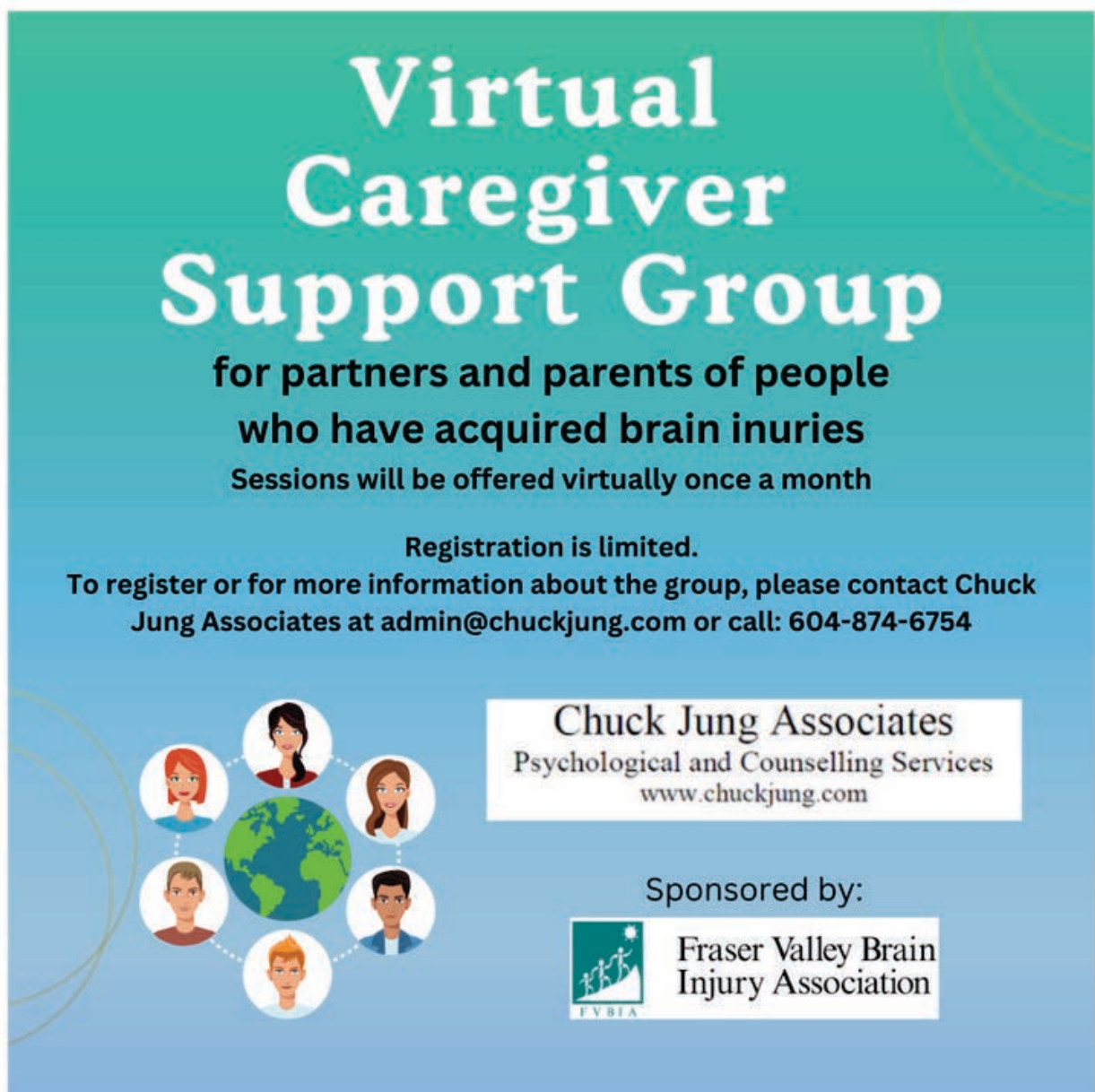
[Canadian Mental Health Association](#)

[Crisis Centre BC](#)

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**

TRAUMATIC BRAIN INJURY AND HOUSING INSTABILITY: A CRITICAL CONNECTION



Homelessness and precarious housing are urgent public health challenges affecting hundreds of thousands annually in Canada and millions globally.

Over half of homeless and precariously housed individuals report a history of traumatic brain injury (TBI), with about 20% having suffered moderate to severe TBI. Such injuries correlate with worsened physical and mental health, memory problems, increased healthcare use, and criminal justice system involvement.

Despite these alarming statistics, the relationship between TBI and housing instability remains underexplored.

Emerging studies suggest most individuals sustain their first TBI before becoming homeless. However, research has yet to fully examine how TBI severity impacts the onset or duration of homelessness.

Addressing these gaps, the "Hotel Study," a long-term observational project in Vancouver, Canada, investigates the lifetime history of TBI among precariously housed individuals and its relationship to housing instability.

The study examined 285 participants living in single-room occupancy hotels or referred through a local community court. Participants underwent regular assessments, including detailed neuropsychological and housing evaluations.

Notably, 82% of participants reported at least one TBI, with 22% experiencing moderate to severe injuries. The median age of first TBI was 12, and younger adults (under 30) were particularly vulnerable, sustaining more TBIs annually and at earlier ages than older participants.

This cycle highlights the need for targeted interventions addressing TBI prevention, treatment, and rehabilitation within homeless populations.

Most TBIs in this group resulted from assaults, highlighting a stark contrast with the general population, where falls or sports injuries are more common. Women were disproportionately affected by TBIs caused by physical abuse, emphasizing the intersection of intimate partner violence and housing instability.

The study found that moderate to severe TBI frequently preceded the initial loss of stable housing, suggesting that TBI-related declines in decision-making, self-advocacy, and medical capacity may contribute to homelessness.

Furthermore, TBIs occurring closer to the onset of homelessness were associated with prolonged periods of housing instability. This reinforces the notion that TBI not only influences the transition into homelessness but also perpetuates it.

Contrary to expectations, the severity of TBI did not correlate with an earlier age of homelessness onset. However, the timing of TBI relative to housing loss was significant: individuals with TBIs shortly before losing stable housing experienced longer durations of homelessness, potentially due to impaired recovery in unstable environments.

The findings suggest a bidirectional relationship between TBI and homelessness. Homelessness increases the risk of TBIs through violence, substance abuse, and accidents, while TBIs exacerbate vulnerabilities that hinder stable housing.

continued next page...

Characterizing Traumatic Brain Injury and Its Association with Losing Stable Housing in a Community-based Sample

Stubbs JL, Thornton AE, Gicas KM, et al.

Characterizing Traumatic Brain Injury and Its Association with Losing Stable Housing in a Community-based Sample. *The Canadian Journal of Psychiatry*. 2022;67(3):207-215.

doi:10.1177/07067437211000665

<https://journals.sagepub.com/doi/full/10.1177/07067437211000665>

Traumatic Brain Injury and Housing Instability Continued...



Moving Forward

There is a high prevalence of TBI in precariously housed populations. TBI severity and timing are linked to the loss and duration of stable housing.

These findings highlight the need for targeted care and interventions for individuals with TBI in precarious housing situations.

To break the cycle of TBI and housing instability, public health initiatives should integrate brain injury screening, mental health support, and housing stability programs.

Tailored interventions, especially for youth and women affected by abuse-related TBIs, are crucial. Expanding research on TBI's role in perpetuating homelessness can guide evidence-based policies to support recovery and reintegration.

Ultimately, addressing TBI in marginalized populations offers a pathway to improving health outcomes, reducing housing instability, and fostering resilience among society's most vulnerable.

The Study in a Glance:

Method:

- 285 precariously housed participants completed the Brain Injury Screening Questionnaire and other health assessments.
- The study examined the prevalence, mechanisms, and sex differences of lifetime TBI.
- It also analyzed the impact of TBI severity and timing on becoming and staying homeless or precariously housed.

Results:

- 82.1% of participants reported a history of TBI, with 64.6% having more than one TBI, and 21.4% reporting moderate or severe TBI.
- Assault was the most common cause of TBI, with females reporting more TBIs due to physical abuse than males.
- The first moderate or severe TBI was closer to the first experience of homelessness and precarious housing than the first mild TBI.
- TBIs closer to the initial loss of stable housing were associated with a longer lifetime duration of homelessness and precarious housing.

Conclusions:

- There is a high prevalence of TBI in precariously housed populations.
- TBI severity and timing are linked to the loss and duration of stable housing.
- These findings highlight the need for targeted care and interventions for individuals with TBI in precarious housing situations.

Read the research article



Invitation to participate in a research study about Young Women Stroke Survivors' experiences in British Columbia

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

We want to hear from people between 18 and 60 years old who identify as women in British Columbia. You should be able to speak English or Portuguese to participate. We are specifically looking for young women who were diagnosed with a stroke after 2012. If that sounds like you, we would love to hear your story.

Click the image below or go to: ubc.ca/1.qualtrics.com/jfe/form/SV_3f581X9S6limhwi

**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.ca/1.qualtrics.com/jfe/form/SV_3f581X9S6limhwi

THE UNIVERSITY OF BRITISH COLUMBIA
School of Nursing
Faculty of Applied Science

Principal Investigator: Dr. Sally Thorne

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

Pets Corner!



Kim and her puppy Zoe



Zoey during Mill Lake walk



7 Ducks in a row. Ducks are a kind of lakeside, free-roam pet.

Groundhog Day is celebrated every year on February 2nd.

The day marks the beginning of spring, where a groundhog emerges from its burrow and attempts to predict when winter will end. If the groundhog sees its shadow on the ground, it will go back and hibernate for another six weeks of winter. If the groundhog does not see its shadow, it means that the worst of winter is over and spring is on its way.



Tickling our Funny Bones

Winter Giggles

What did the icy road say to the car?

"Want to go for a spin?"

Why do birds fly south for the winter?

Because it's too far to walk.

What do you call a snowman without a carrot?

Nobody nose.

What's a good winter tip?

Never catch snowflakes on your tongue until all the birds have flown south for the winter.

When are your eyes not eyes?

When the cold winter wind makes them water!

<https://www.boredpanda.com/winter-jokes/>

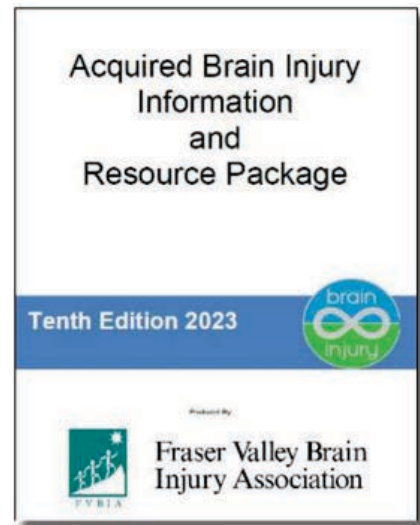


ACQUIRED BRAIN INJURY INFO & RESOURCE PACKAGE

FVBIA's [Acquired Brain Injury Information and Resource Package](#) contains pages of brain injury information and contact information for a wide variety of resources for any person with a disability.

This extensive resource package is available on our website <https://www.fvbia.org/abi-information-resources/>

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



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

Rehabilitation After Brain Injury brochures

brought to you by
Fraser Valley Brain Injury Association

tri-fold brochure

2-sided rack card

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

Scan me
or go to: forms.gle/yk6FQBj9xVhZhAbK9

The complex block contains promotional text for 'Rehabilitation After Brain Injury' brochures. It features two images of the brochures: a tri-fold brochure on the left and a 2-sided rack card on the right. A QR code is located at the bottom left. The text explains that these brochures will be delivered free of charge to healthcare partners in the Fraser Valley service region (from Boston Bar to Chilliwack). A call to action at the bottom asks to scan the QR code or visit a specific Google Form link.

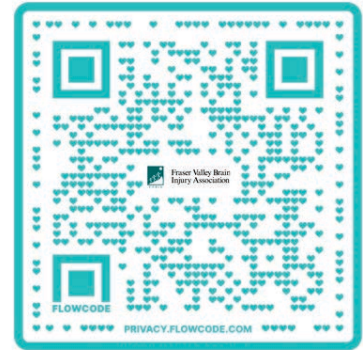
SUBSCRIBE & ADVERTISE!

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.



twitter.com/fvbi



facebook.com/FVBIA?fref=ts

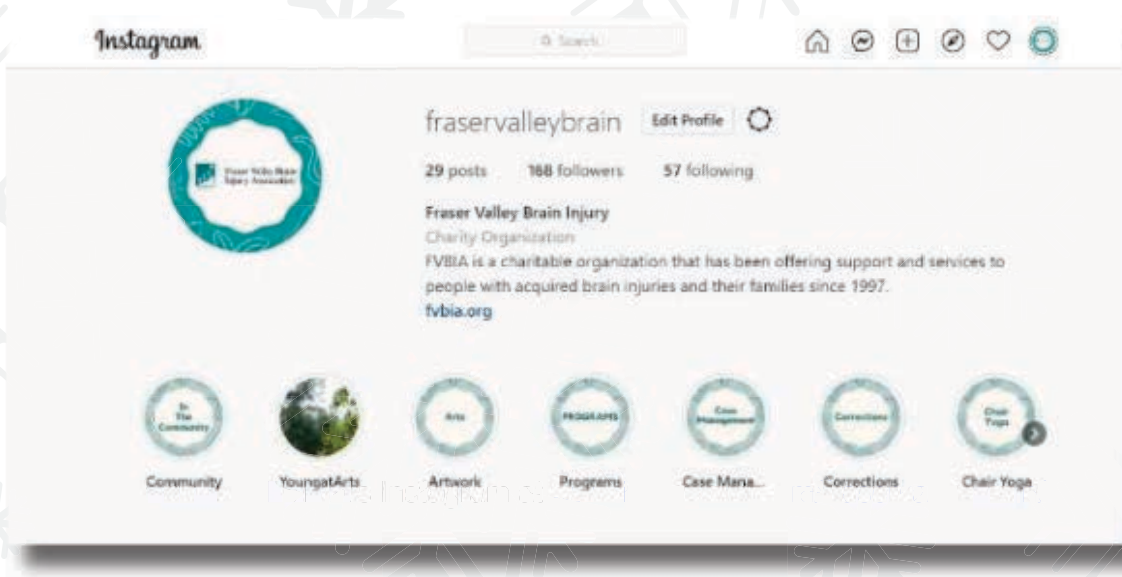


Instagram.com/fraservalleybrain/



youtube.com/channel/UCKbhePbXu5mazHxtJ9medkw

FVBIA's Instagram



HOW YOU CAN SUPPORT FVBIA'S PROGRAMS & SERVICES

Donate to Fraser Valley Brain Injury Association at CanadaHelps.org

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

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

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

Facebook and PayPal Fundraisers

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

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

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

www.paypal.com/ca/fundraiser/hub

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

paypal.com/ca/fundraiser/charity/3434455

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*

