



BRAIN WAVES

Southern Alberta Brain Injury Society

Fall 2017

Walk & Roll 2017

Another great year at Bowness Park for our annual Walk & Roll. The sun was beaming, the breeze was light and our pledge earners were ready to stroll the paths. We have so many amazing supports and we are truly grateful to all the volunteers and donors who helped us raise over \$20,000 this year!

I would like to thank Patty from the Calgary Police for coming out for the past 4 years and starting our Walk off with a bang! Patty will be moving on to another department in the police force and will not be joining us at our future Walk & Roll. You will be missed .



Congratulations to our top three pledge earners:

1st place: Shannon Richmond

2nd place: Harvey Olsen

3rd place: Emma Glover

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SABIS

102, 2116 27th Avenue, NE
Calgary, AB T2E 7A6

Phone: 403-521-5212

Fax: 403-283-5867

Volunteers:

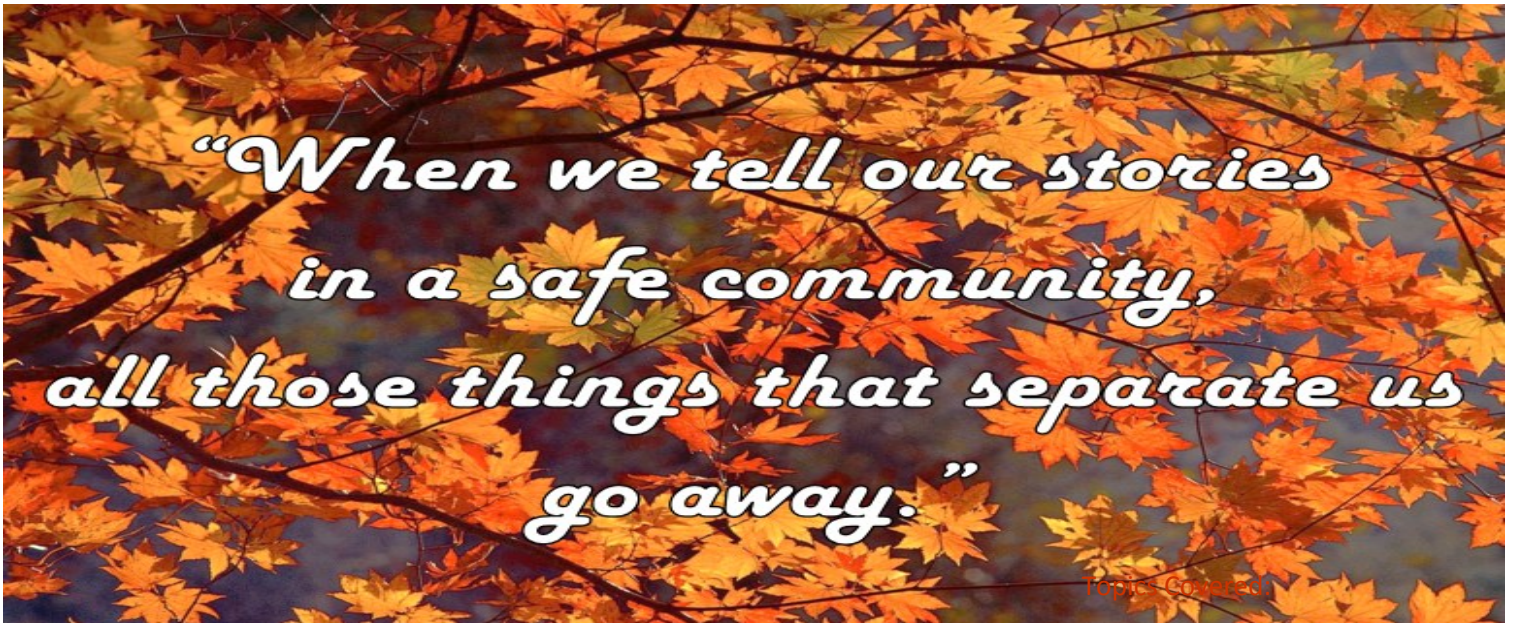
- Aeliot
- Brianne
- Cal
- Caroline
- Darryl
- Daryl
- Doug
- Ellen
- Gerry
- Johnny
- Kristen
- Meagan
- Robert
- Rowena
- Stephanie



Would you like to help us save paper and stamps?

Provide us with your email address, and we'll send you the next newsletter electronically! You can also download it or click on the **sign up for our newsletter**

link on our website at www.sabis.ab.ca



COMPANIONS ON THE ROAD LESS TRAVELLED...

The Southern Alberta Brain Injury Society is offering a 6-week facilitated companion support group for family, friends, and neighbors of brain injury and stroke survivors.

The group will be held Thursday evenings from 5 to 7 p.m. beginning October 19th, 2017.

Registration is mandatory prior to attending the group.

Registration begins: Monday, September 4th, 2017

Registration deadline: Friday, October 6th, 2017

Location: 102, 2116 27 Avenue, NE

For more information or to register, please contact Cheryl Sayward at 403-521-5212, ext. 31 or cheryl@sabis.ab.ca

Week 1 – October 19th, 2017 Sharing our stories, fears, and hopes

Week 2 – October 26th, 2017 Adjusting to life after brain injury

Week 3 – November 2nd, 2017 Coping with Caregiver Stress

Week 4 – November 9th, 2017 Changes in Social Life

Week 5 – November 16th, 2017 Guest Caregiver Speaker

Week 6 – November 23rd, 2017 Looking to the Future: Accessing Resources

The Southern Alberta Brain Injury Society provides lifelong supports and services for adults with acquired brain injuries

Derek Allchurch | Tara D. Pipella | Graham Semeniuk



Kimber R. Pipella

Loretta A. Murphy

Patricia M. Gutek

Tara D. Pipella is rated as a leading practitioner in the area of personal injury and is consistently recommended.

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Call (403) 660-9383 after hours!

- Free consultation and hospital visits;
- Home visits;
- No Fee unless recovery;
- Assistance with securing medical aid; and
- We only act for the injured, not the insurance company.

- Brain Injury;
- Severe Spinal Cord Injury;
- Quadriplegia;
- Paraplegia;
- Hemiplegia;
- Wrongful Death; and
- Permanent Disabilities including (Fractures, TMJ, Chronic Pain, Post-Concussive Syndrome and PTSD).

*English & Punjabi spoken and professional translators available upon request!

Important Dates:

Monday, September 4 th	Labour Day (Office Closed)
Tuesday, September 5 th	SABIS Holiday (Office Closed)
September 13 th — 15 th	First Week of Fall Support Groups
Thursday, September 22 nd	First day of Fall
Monday, October 9 th	Thanksgiving Day (Office Closed)
October 11 th — 13 th	SABIS Office Closed for ABIN Conference (no groups)
Monday, November 13 th	SABIS Holiday (Office Closed)
Wednesday, November 15 th	Elf Yourself application deadline for sponsors and recipients
Friday, December 1 st	Holiday Open House 11 am- 2pm
Thursday, December 14 th	Elf Yourself Gift Delivery
Thursday, December 21 st	Winter Solstice
December 12 th — 14 th	Last Week of Fall Support Groups

Advertisement Rates

Full Colour Ad	Full Page	1/2 Page	1/4 Page
One Issue	\$400	\$200	\$100
Full Year (4 issues)	\$1300	\$650	\$325

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SABIS 2017 Fall Group Registration

NAME: _____

ADDRESS: _____

PHONE: _____ EMAIL: _____

EMERGENCY CONTACT Name (please print):		Relationship:	
Home Phone:		Cell Phone:	
Travel Arrangements (choose one):	Driving	Access: #	Any allergies/medical conditions:
	Transit	Other:	

Mark your **TOP THREE** choices by writing 1, 2, and 3 in the boxes. (1 = first choice) If you do not indicate more than one choice, you may not get into a group this semester. Groups require regular attendance.

Please note that there will be no groups from October 10th – 12th

Men's Group (Tuesday mornings – 10:00 – 11:30 am) September 12 – December 12, 2017

This is a great group for men looking to discuss any challenges they may be having in their lives. Topics in this group are open and can include well-being, relationships, and dealing with day-to-day difficulties. Please note this is a communication group.

Drop-in Group (Tuesday afternoons – 1:30 – 3:00 pm) September 12 – December 12, 2017

Looking for an opportunity to make new friends and chat with people in a comfortable space? This group is perfect for those who want to stay connected but are unable to commit to one of our registered groups. Come to as many or as few of these drop-in sessions as you choose. **SABIS will not make regular Calgary Access bookings for this group.**

Women's Group (Wednesday mornings – 10:00 – 11:30 am) September 13 – December 13, 2017

Empower yourself! Whether you are coping with life changes, difficulties with daily tasks & maybe understanding what steps to take next on your own personal journey, there's nothing better than sharing these stories & experiences with other women who are going through these same challenges. Please note this is a communication group.

Artistic Expression (Wednesday afternoons – 1:30 – 3:00 pm) September 13– December 13, 2017

The creative process allows individuals to express themselves while increasing self-awareness and well-being. Join other survivors in a fun and relaxing environment as we explore various artistic forms including music, painting, sculpting and drawing. No experience is necessary...the only requirement is that you have an open mind and a positive attitude! Please note this is not a formal art instruction group.

Brain Injury Wellness (Thursday mornings – 10:00 – 11:30 am) September 14 – December 14, 2017

Engage with other brain injury survivors in gentle exercise and learn strategies to achieve overall wellness. Participants will be sharing information and stories in a positive and supportive environment. The group will end with a gentle exercise and stretching session designed to suit every ability. Topics will include: emotional management, stress management, sleep and fatigue, physical wellness, nutrition and much more!

Games Group (Thursday afternoons – 1:30 – 3:00 pm) September 14 – December 14, 2017

Spend an afternoon with other survivors and be prepared to have fun! Examples of games include Bingo, Pictionary, Apples to Apples and Hangman. This group will be facilitated by a volunteer.

SABIS will arrange a permanent booking for Access clients. To change or cancel this booking, Contact Cheryl Wilson at Calgary Transit by calling 403-268-2222, ext. 0634 or email cheryl.wilson@calgary.ca with SABIS in the subject line.



PLEASE JOIN US TO CELEBRATE THE HOLIDAYS

WHERE

Glamorgan Community Centre
4207 41 Avenue, SW

WHEN

Friday, December 1st, 2017
11 am - 2 pm

Join our clients, their families, and our friends in the community to celebrate the Holidays. Enjoy delicious food provided by Sunterra in the company of great friends. RSVP's are not required however, if you have any questions please contact SABIS at 403-521-5212.

We would like to extend a special thank you to Grover Law Firm for their ongoing support and sponsorship.

We look forward to celebrating
with you!



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ELF YOURSELF!

Christmas Basket Program

Apply to sponsor a deserving individual or family!

Deadline to sign up as a sponsor is: **NOV 15th 2017**

How does sponsorship work?

- ❄ Choose to shop yourself or have SABIS elves do the shopping for you!
- ❄ Items must be delivered to our office by December 4th
- ❄ SABIS elves will deliver baskets on December 14th
- ❄ Approximate cost to sponsor an individual: \$100 - \$150
- ❄ Approximate cost to sponsor a family: \$300 - \$500



Are you a SABIS client?

Apply to receive a Christmas Basket!

Deadline to sign up as a recipient is: **NOV 15th 2017**

- ❄ Low-income SABIS clients can fill out an application for an individual or a family basket
- ❄ Application forms are available from the SABIS office or on our website

For more information contact us at: **403-521-5212**
or sabis@sabis.ab.ca

Eligibility Criteria

To be eligible to receive an Elf Yourself Christmas Basket, individuals and families must meet the low-income cut offs listed below:

(LICO Statistics Canada 2015)

Number of Individuals per Household	Income After Taxes Annually	Income After Taxes Monthly	Income Before Taxes Annually	Income Before Taxes Monthly
1	\$20,386	\$1699	\$24,600	\$2050
2	\$24,811	\$2068	\$30,625	\$2552
3	\$30,895	\$2575	\$37,650	\$3138
4	\$38,544	\$3212	\$45,712	\$3809
5	\$43,890	\$3658	\$51,846	\$4321
6	\$53,460	\$4056	\$58,473	\$4873

If an individual or family meets the low income cut off listed above, they are eligible to receive an Elf Yourself Christmas Basket. **Income is self-reported, there is no need to provide proof of low income.**

If you are unsure if you meet the eligibility criteria, please contact SABIS at 403-521-5212 or at sabis@sabis.ab.ca.

Application Suggestions

The list below contains suggestions for the basic and luxury items on the application. Your request does not need to be listed here; these are simply suggestions to get you started!

Basic Items		Luxury Items	
Grocery store gift card	Books, or gift card for bookstore	Bath goodies	Concert or comedy tickets
Toiletries - e.g. shampoo, conditioner, soap, tooth-	Winter wear - e.g. hats, gloves, scarves, mittens	Store gift certificate (e.g. Canadian Tire, Sears)	Telus Spark/ Zoo/ Glenbow tickets
Clothing *include size*	Calendar or day timer	Movie DVD or music CD	Yoga pass
Socks *include size*	Magazine subscription	Restaurant gift card	Hockey tickets
Underwear *include size*	Transit tickets or monthly pass	Treats - e.g. candy, chocolate, cookies	Toys
Water bottle or coffee mug	Blanket	Art supplies or class	Sporting equipment

Christmas Basket Application

Client Information

****For family applications, please fill out one form for each household family member****

Name	
Street Address	
City, Province, Postal Code	
Home Phone	
Cell Phone	
E-Mail Address	
Age	
Gender	
Size (if requesting clothing)	
Allergies (if requesting treats)	

Additional Information

Please provide any information about yourself that we can share with a sponsor or donor. Examples include your hobbies and interests, favourite colour, and anything else you would like them to know about you. SABIS will not share your name or contact information with any sponsor or donor.

Please indicate your top five choices for basic items, and top three for luxury items. See previous page for suggestions.

1. _____
2. _____
3. _____
4. _____
5. _____

1. _____
2. _____
3. _____

In the last quarter, SABIS received support from the following donors:

Ivonne Abes
Kay Alexander
All Ways Scrapbooking
Darryl Allen
Allise Anderson
Lynda Anderson
Jen Anema
Deborah Angus
Roderick Ballecar
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Brian Beck
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Nancy Campbell
Brianna Carter
Ronald Chan
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Alix Christoffersn
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Elaine Drummond
Rachel Elliott
Val English
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Kyla Neil
Ethan Ng
Felicia Ng
Floria Ng
Ken Ng
DeAnn Nikiforuk
Kayla Nnaemeka
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Ruth Osterhout
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Daryl Streimer
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Samantha Underwood
Leslie Valentine
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Monica Viste
Suzanne Vozniak
Arlene Wahl
Teresa Watt
Sue Weatherhead
Rebecca Wheatley
Sandy Willaims
Clara Wright
Winnie Wyman
Chuck Young
Doug Young
Sharon Young
Qiulin Yu
Gordon Zachariassen
Jennifer
Meagan

Thank You for your Support!!

Making a Donation to SABIS

We have several donation options:

- Cash (please do not send cash in the mail)
- Cheque
- On the SABIS website (www.sabis.ab.ca), click on the Donate Today link and donate through one of the following options:



Charitable Giving:

SABIS is a Canadian registered charity authorized to issue official tax receipts for income tax purposes for all donations. To review our annual charitable registration with Canada Revenue Agency, please go to CRA's list of registered charities. Our legal name is: Southern Alberta Brain Injury Society.

Our charitable registration number (BIN) is:

10799-5714 RR 0001

Charitable Purpose:

Approximately 70% of our work is helping individuals with acquired brain injury live as independently as possible in the community by linking them to supports, services and programs in the Calgary region. About 20% of our work is in facilitating weekly support groups for survivors of acquired brain injury. The remaining 10% focuses on educating the public and other agencies about the causes and effects of acquired brain injury and its effects on individuals, families and the community.

SABIS advocates for open and inclusive communities for all persons, regardless of the severity of their brain injury. Last year, SABIS assisted 350 individuals, families and allied professionals.

If making a donation by cheque, please make payable to Southern Alberta Brain Injury Society or SABIS and mail to:

SABIS

102, 2116 27th Avenue, NE

Calgary, AB T2E 7A6

September 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Labour Day– Office Closed	5 SABIS Holiday –Office Closed	6	7	8	9
10	11	12 Men’s Group 10-11:30 Drop In Group 1:30-3:00	13 Women’s Group 10-11:30 Artistic Expressions 1:30-3	14 Brain Injury Wellness 10-11:30 Games Group 1:30-3:00	15	16
17	18	19 Men’s Group 10-11:30 Drop In Group 1:30-3:00	20 Women’s Group 10-11:30 Artistic Expressions 1:30-3	21 Brain Injury Wellness 10-11:30 Games Group 1:30-3:00	22 First Day of Fall	23
24	25	26 Men’s Group 10-11:30 Drop In Group 1:30-3:00	27 Women’s Group 10-11:30 Artistic Expressions 1:30-3	28 Brain Injury Wellness 10-11:30 Games Group 1:30-3:00	29	30

October 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Men’s Group 10-11:30 Drop In Group 1:30-3:00	4 Women’s Group 10-11:30 Artistic Expressions 1:30-3	5 Brain Injury Wellness 10-11:30 Games Group 1:30-3:00	6	7
8	9 Thanksgiving Office Closed	10 No Groups	11 Office Closed ABIN Forum No Groups	12 Office Closed ABIN Forum No Groups	13 Office Closed ABIN Forum	14
15	16	17 Men’s Group 10-11:30 Drop In Group 1:30-3:00	18 Women’s Group 10-11:30 Artistic Expressions 1:30-3	19 Brain Injury Wellness 10-11:30 Games Group 1:30-3:00	20	21
22	23	24 Men’s Group 10-11:30 Drop In Group 1:30-3:00	25 Women’s Group 10-11:30 Artistic Expressions 1:30-3	26 Brain Injury Wellness 10-11:30 Games Group 1:30-3:00	27	28
29	30	31 Happy Halloween Men’s Group 10-11:30 Drop In Group 1:30-3:00				

November 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Women's Group 10-11:30 Artistic Expressions 1:30-3	2 Brain Injury Wellness 10-11:30 Games Group 1:30-3:00	3	4
5	6	7 Men's Group 10-11:30 Drop In Group 1:30-3:00	8 Women's Group 10-11:30 Artistic Expressions 1:30-3	9 Brain Injury Wellness 10-11:30 Games Group 1:30-3:00	10	11 Remembrance Day
12	13 SABIS Holiday– Office Closed	14 Men's Group 10-11:30 Drop In Group 1:30-3:00	15 Elf Yourself Application Deadline Women's Group 10-11:30 Artistic Expressions 1:30-3:00	16 Brain Injury Wellness 10-11:30 Games Group 1:30-3:00	17	18
19	20	21 Men's Group 10-11:30 Drop In Group 1:30-3:00	22 Women's Group 10-11:30 Artistic Expressions 1:30-3	23 Brain Injury Wellness 10-11:30 Games Group 1:30-3:00	24	25
26	27	28 Men's Group 10-11:30 Drop In Group 1:30-3:00	29 Women's Group 10-11:30 Artistic Expressions 1:30-3	30 Brain Injury Wellness 10-11:30 Games Group 1:30-3:00		

December 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 SABIS Christmas Party Glamorgan Community Centre 11-2	2
3	4	5 Men's Group 10-11:30 Drop In Group 1:30-3:00	6 Women's Group 10-11:30 Artistic Expressions 1:30-3	7 Brain Injury Wellness 10-11:30 Games Group	8	9
10	11	12 Men's Group 10-11:30 Drop In Group 1:30-3:00	13 Women's Group 10-11:30 Artistic Expressions 1:30-3	14 Elf Yourself Gift Delivery Brain Injury Wellness 10-11:30 Games Group 1:30-3:00	15	16
17	18	19	20	21	22	23
24 31	25	26	27	28	29	30

SABIS Office closed for the Holidays

SABIS Office closed for the Holidays

Fall Feast Apple Crisp

Apples

Ice Cream

Cinnamon

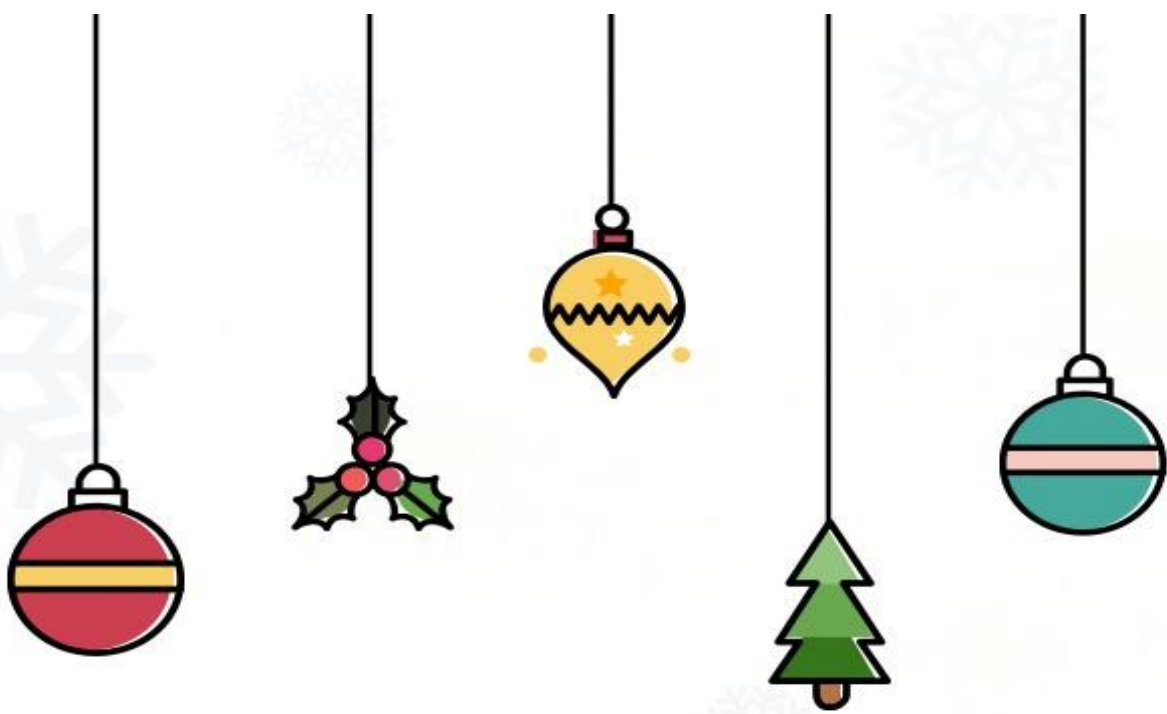


Ingredients

10 cups apples, peeled, cored and sliced
1 cup white sugar
1 tablespoon all-purpose flour
1 teaspoon ground cinnamon
1/2 cup water
1 cup quick-cooking oats
1 cup all-purpose flour
1 cup packed brown sugar
1/4 teaspoon baking powder
1/4 teaspoon baking soda
1/2 cup butter, melted

Directions

- 1 Preheat oven to 350* F (175 C)
- 2 Slice the apples and place in a 9 x 13 pan
- 3 Mix the white sugar, 1 tablespoon flour, and the ground cinnamon together. Sprinkle over apples.
- 4 Combine oats, 1 cup flour, brown sugar, baking powder, baking soda, and melted butter. Crumble evenly over the apple mixture.
- 5 Bake at 350 F for 45 minutes
- 6 Serve warm with ice cream



Happy Holidays

From all of us at SABIS

Have a safe and happy Holiday Season