

BRAIN WAVES

Spring 2017



SABIS WALK & ROLL

Fundraiser in support of the Southern Alberta Brain Injury Society

Participants get a free BBQ lunch, t-shirt, water bottle, keychain and a chance to compete for one of the top three prizes! Minimum pledge of \$75.

Personal online fundraising page available through Calgary Health Trust. Pledge envelopes are available from the SABIS office.



June 24th, 2017



9 am - 1 pm



Bowness Park



Donate online at www.sabis.ab.ca



BBQ lunch for friends, family and spectators for only \$10

For more information, call 403-521-5212 or email sabis@sabis.ab.ca

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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, Swiss, German, Punjabi, Cantonese and Mandarin spoken and professional translators available upon request!

IMPORTANT DATES

March 28th — 29th	Last week of Winter groups
April 11th — 13th	First week of Spring groups
Friday, April 14th	Good Friday (Office Closed)
Monday, April 17th	Easter Monday (Office Closed)
Monday, May 22nd	Victoria Day (Office Closed)
Friday, June 16th	Annual General Meeting
June 20th — 22nd	Last week of Spring groups
Saturday, June 24th	SABIS Walk & Roll Fundraiser

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

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One Issue	\$400	\$200	\$100
Full Year (4 issues)	\$1300	\$650	\$325

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

DONORS

Brian Beck
Amy Britton-Cox
Brienne Carter
Cenovus Employee Foundation - Thanks and Giving Campaign
Len Clayton Enterprises
Barry Fitzel
FS Financial Strategies - Mission of Care Association
Roy Tupkal - Jack Carter
Karen Wallebeck
Winnifred Griffith Legacy Fund at the Calgary Foundation
Josefa Wolfe

ELF YOURSELF SPONSORS

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Angelique Molloy
Brenda Molloy
Donna Morris
Pipella Law
Becky Small

HOLIDAY OPEN HOUSE SPONSOR

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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 is:

10799-5714 RR 0001

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

102, 2116 27th Avenue, NE



SABIS Update

Over the past month, there have been a few changes at SABIS. Kasey and Cassie, both wonderful staff members, have moved to other provinces. We miss them dearly, and wish them the best of luck in their new adventures.

We have two new staff members — Emilie and Cassandra. Emilie is in the role of Service Coordinator and Cassandra will be assisting with our administrative duties. Welcome to the team, ladies!

I would like to extend a big thanks to Grover Law Firm for supporting our annual Holiday Open House. Your continued support allows us to provide a fun-filled Christmas party for our clients and their families. Thank you, Steve!

Our Elf Yourself program was a success for the second year in a row. Thank you to the generous donors who provided gifts for 13 individuals and 3 families. Earlier this month, we also had a casino and would like to thank Jan Sproule and the other volunteers who gave their time to this event.

Unfortunately, we will have to cancel our SABIS Brunch and Learn. We have not had much interest in this event, and did not sell enough tickets to go forward with it.

As we approach spring and summer, we look forward to warm weather and another successful Walk & Roll taking place in June at Bowness Park. Pledge forms are available for pick up at SABIS. I look forward to seeing you there!

Natasha

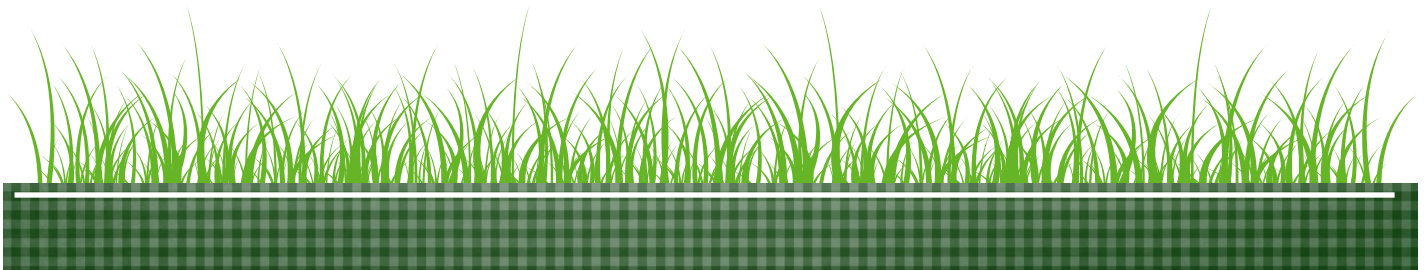
Membership

Our new fiscal year will begin April 1, 2017, so once again it's time to talk about membership. Full voting members of our society are reminded to renew their membership and those people who would like to become members of The Southern Alberta Brain Injury Society are invited to purchase a membership.

Full members are entitled to receive notice of and attend meetings of the society, speak at any general meeting and to vote at these meetings. Members also receive the quarterly newsletter, have library borrowing privileges, and receive the annual report. Membership is not required to receive service

MEMBERSHIP

There are five areas of Full Membership:
Individual Membership Annual Dues: \$ 10.00
Family Membership Annual Dues: \$ 15.00
Professional Membership Annual Dues: \$ 20.00
Non-Profit Agency Annual Dues: \$ 20.00
Corporate Annual Dues: \$ 100.00




SABIS Spring 2017 Group Registration Form

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.

** SABIS allows enrollment in only one group at a time. Final selection is by SABIS **

- Men's Group** (Tuesday mornings – 10:00 – 11:30 am) April 11 – June 20, 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.
- Wellness and Movement** (Tuesday afternoons – 1:30 – 3:00 pm) April 11 – June 20, 2017
 To achieve a feeling of over all well being we must look at more than just the physical. This group will look at the 8 dimensions of wellness and ways to achieve overall wellness in our own lives. The group will comprise a discussion and sharing portion followed by a gentle physical movement/stretching portion from a seated position.
- Living Well** (Wednesday mornings – 10:00 – 11:30 am) April 12 – June 21, 2017
 Meet other survivors and learn strategies for living well! Participants will be sharing information and stories in a positive and supportive environment. Topics will include: managing emotions, stress reduction, tips to improve memory, how to develop self-confidence and more! Please note this is a communication group.
- Women's Group** (Wednesday afternoons – 1:30 – 3:00 pm) April 12 – June 21, 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.
-  **Drop-in Coffee and Conversation Group** (Thursday mornings – 10:00 – 11:30 am) April 13 – June 22, 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. **Please note that SABIS will not make regular Calgary Access bookings for this group.**
- Games Group** (Thursday afternoons – 1:30 – 3:00 pm) April 13 – June 22, 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.

****The DEADLINE to register is MARCH 10, 2017****

If you have any questions, email sabis@sabis.ab.ca or call 403-521-5212 and press 0 to leave a message



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 neighbours of brain injury and stroke survivors.

The group will be held Thursday evenings from 5 to 7 p.m. beginning March 23rd, 2017.

Registration is mandatory prior to attending the group.

Registration begins: Monday, February 6th, 2017

Registration deadline: Friday, March 10th, 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



Topics Covered:

Week 1 – March 23rd, 2017
Sharing our stories, fears, and hopes

Week 2 – March 30th, 2017
Adjusting to life after brain injury

Week 3 – April 6th, 2017
Coping with Caregiver Stress

Week 4 – April 13th, 2017
Changes in Social Life

Week 5 – April 20th, 2017
Guest Caregiver Speaker

Week 6 – April 27th, 2017
Looking to the Future:
Accessing Resources

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

www.sabis.ab.ca

March 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Living well 10-11:30 Women's group 1:30-3:00	2	3	4
5	6	7 Men's Group 10-11:30 am Wellness & Movement 1:30-3pm	8 Living well 10-11:30 Women's group 1:30-3:00	9	10	11
12	13	14 Men's Group 10-11:30 am Wellness & Movement 1:30-3pm	15 Living well 10-11:30 Women's group 1:30-3:00	16	17	18
19	20	21 Men's Group 10-11:30 am Wellness & Movement 1:30-3pm	22 Living well 10-11:30 Women's group 1:30-3:00	23	24	25
26	27	28 Last week of Winter groups	29 Last week of Winter groups	30	31	

April 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4 Men's Group 10-11:30 am Wellness & Movement 1:30-3pm	5 Living well 10-11:30 Women's group 1:30-3:00	6 Group Coffee 10-11:30 Games Group 1:30-3:00	7	8
9	10	11 Men's Group 10-11:30 am Wellness & Movement 1:30-3pm	12 Living well 10-11:30 Women's group 1:30-3:00	13 Group Coffee 10-11:30 Games Group 1:30-3:00	14 Good Friday Office Closed	15
16	17 Easter Monday Office Closed	18 Men's Group 10-11:30 am Wellness & Movement	19 Living well 10-11:30 Women's group 1:30-3:00	20 Group Coffee 10-11:30 Games Group 1:30-3:00	21	22
23	24	25 Men's Group 10-11:30 am Wellness & Movement	26 Living well 10-11:30 Women's group 1:30-3:00	27 Group Coffee 10-11:30 Games Group 1:30-3:00	28	29
30						

May 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Men's Group 10-11:30 am Wellness & Movement 1:30-3pm	3 Living Well 10-11:30am Women's Group 1:30-3pm	4 Group Coffee 10-11:30 Games Group 1:30-3:00	5	6
7	8	9 Men's Group 10-11:30 am Wellness & Movement 1:30-3pm	10 Living Well 10-11:30am Women's Group 1:30-3pm	11 Group Coffee 10-11:30 Games Group 1:30-3:00	12	13
14	15	16 Men's Group 10-11:30 am Wellness & Movement 1:30-3pm	17 Living Well 10-11:30am Women's Group 1:30-3pm	18 Group Coffee 10-11:30 Games Group 1:30-3:00	19	20
21	22 Victoria Day Office Closed	23 Men's Group 10-11:30 am Wellness & Movement 1:30-3pm	24 Living Well 10-11:30am Women's Group 1:30-3pm	25 Group Coffee 10-11:30 Games Group 1:30-3:00	26	27
28	29	30 Men's Group 10-11:30 am Wellness & Movement 1:30-3pm	31 Living Well 10-11:30am Women's Group 1:30-3pm			

June 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Group Coffee 10-11:30 Games Group	2	3
4	5	6 Men's Group 10-11:30 am Wellness & Movement 1:30-3pm	7 Living Well 10-11:30am Women's Group	8 Group Coffee 10-11:30 Games Group 1:30-3:00	9	10
11	12	13 Men's Group 10-11:30 am Wellness & Movement 1:30-3pm	14 Living Well 10-11:30am Women's Group	15 Group Coffee 10-11:30 Games Group 1:30-3:00	16 Annual General Meeting	17
18	19	20 Men's Group 10-11:30 am Wellness & Movement 1:30-3pm	21 Living Well 10-11:30am Women's Group	22 Group Coffee 10-11:30 Games Group 1:30-3:00	23	24 SABIS Walk & Roll
25	26	27	28	29	30	