



BRAIN WAVES

SOUTHERN ALBERTA BRAIN INJURY SOCIETY

Summer 2017

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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

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

Phone:
403-521-5212
Fax: 403-283-5867

www.sabis.ab.ca


Gold Sponsor:



IMPORTANT DATES:

| | |
|----------------------|------------------------------|
| Monday, May 22nd | Victoria Day (office Closed) |
| Friday, June 16th | SABIS Annual General Meeting |
| Sunday June 18th | Father's Day |
| June 20th—22nd | Final Week of Spring Groups |
| Wednesday, June 21st | Summer Solstice |
| Saturday, June 24th | Walk & Roll |
| Saturday, July 1st | Canada Day |
| July 1st - July 3rd | Closed (Holiday) |
| July 11th— July 13th | First Week of Summer Groups |
| Monday, August 7th | Heritage Day (Office Closed) |

SABIS Update

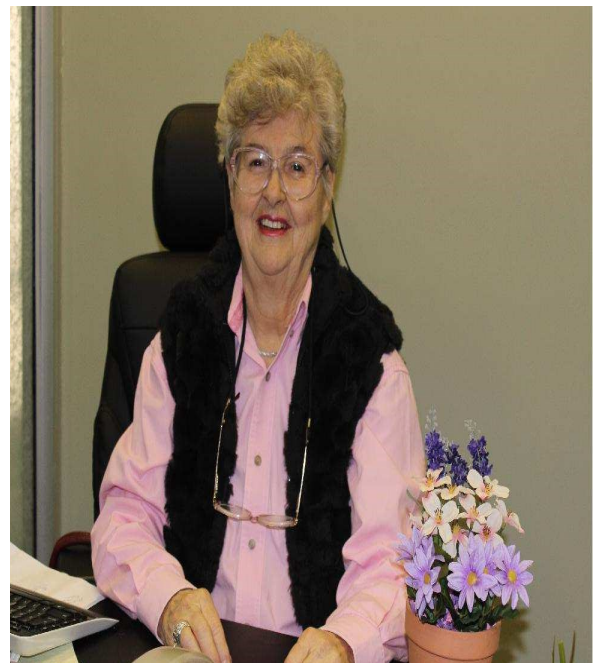
I would like to take this time to remember SABIS' most wonderful volunteers. It is with great sadness that I inform you that Janice Sproule passed away last week. She was a much loved friend and volunteer with SABIS and she will be greatly missed. Jan has been a part of SABIS since 1987. Her love and dedication as a volunteer is something I have never seen. Jan was a funny and spunky woman. I know many of you knew Jan from seeing her face when you walked in to SABIS or receiving a phone call from her asking if you would like to volunteer for the casino. She was never afraid to share what was in her heart or on her mind. Her laugh and funny stories will be missed by everyone who knew her. We will miss you, Jan. 

Annual General Meeting

Our Annual General Meeting will be held on Friday, June 16th 11:30—1:30
Join us as we report on the 2016-2017 fiscal year. All are invited, and light refreshments will be served.

Please note that if you wish to be able to vote you must purchase a membership no later than June 14th, 2017.

For More information, please contact
Natasha Bodei at 403-521-5212, ext 26 or
natasha@sabis.ab.ca



Derek Allchurch | Tara D. Pipella | Graham Semeniuk



Kimber R. Pipella

Loretta A. Murphy

Patricia M. Gutek

Edward S. Pipella Q.C. was repeatedly selected as one of the best lawyers in Canada. Under the tutelage of her father, Tara D. Pipella carries on his legacy and is rated as a leading practitioner in the area of Personal Injury Law and is consistently recommended. Listed in: Best Lawyer & LEXPERT®.



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Wheelchair access at the front of the building with automated accessible doors
(6 blocks from the LRT line - Park Plus street parking, daily parking at Best Western across the street)
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!

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 |

Mission

SABIS offers lifelong support and services for adults with acquired brain injury and their families.

Vision

SABIS promotes open and inclusive communities for all persons regardless of the severity of their brain injury.

Values

Respect, Support, Inclusiveness, Learning and Encouragement

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SABIS Summer 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: | |

The Healthy Relationships group requires registration and regular attendance. Check the box if you are interested in attending this group. The Drop-in Coffee and Conversation group does not require registration, but you are expected to stay for the duration of the group.


Healthy Relationships (Tuesday mornings – 10:00 – 11:30 am) July 11 – August 22, 2017

We are pleased to once again offer this group, facilitated by a staff member from the Calgary Sexual Health Centre. Topics include sexuality, anatomy, consent, decision-making, birth control, rights, and sexually transmitted infections (STIs).

SABIS will arrange a permanent booking for Access clients to attend the Healthy Relationships group. 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.

Drop-in Coffee and Conversation Group (Thursday mornings – 10:00 – 11:30 am) July 13 – August 24, 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.

 **Community Discoveries Group** (Wednesdays – varied times) July 12 – August 23, 2017

This group is for those who want to meet us in the community for activities (this excludes clients who require Access for transportation). All expenses (e.g. entrance fees, transportation, food/drink) are the responsibility of the client. Please call if you are interested in this new group, and we will add your name to the contact list. We will have a group meeting to discuss possible activities and places to explore within the city!

****The DEADLINE to register is JUNE 23, 2017****

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

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

Douglas Ambedian

Ursula Genower

Sunnyside Greenhouses Ltd.

Brian Beck

Pipella Law

Yoga Passage

Brianne Carter

Steven Hamilton

2017 Walk & Roll Gold Sponsor:
Pipella Law

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:



Help support SABIS each time you shop online at hundreds of popular stores and travel sites. Just register at ShopandShare.ca, choose SOUTHERN ALBERTA BRAIN INJURY (SABIS) as your favourite non-profit, then follow the links to your favourite online stores. It won't cost you a penny more, and you'll find everything you need from clothing to books, vacations to home improvement, gifts to entertainment, and more!



Donate A Car Canada accepts Vehicle Donations for Southern Alberta Brain Injury Society (SABIS). They provide **free towing** in many areas across Canada, or you can drop off your vehicle to maximize your donation. When you Donate your RV, boat, motorcycle or other vehicle to SABIS through Donate A Car Canada, it will either be recycled or sold at auction depending on its condition, age and location. Donate A Car Canada will look after all the details. After your Vehicle Donation is complete, SABIS will send

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

SABIS does not sell or share its lists of private and corporate donors, volunteers, members or clients to any person or organization, for any reason whatsoever. SABIS does, however, recognize its volunteers and donors at society events, in our quarterly newsletter and in our annual report.

If you would like a copy of our annual report, please visit our website at www.sabis.ab.ca, and go to About SABIS — Publications.

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

MAY

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------------------------------|---|---|---|--------|----------|
| | 1 | 2 Men's Group 10-11:30 am Wellness & Movement 1:30—3pm | 3 Living Well 10– 11:30 am Women's Group 1:30– 3pm | 4 Coffee Group 10-11:30 am Games Group 1:30-3 pm | 5 | 6 |
| 7 | 8 | 9 Men's Group 10-11:30 am Wellness & Movement | 10 Living Well 10– 11:30 am Women's Group | 11 Coffee Group 10-11:30 am Games Group | 12 | 13 |
| 14 | 15 | 16 Men's Group 10-11:30 am Wellness & Movement | 17 Living Well 10– 11:30 am Women's Group | 18 Coffee Group 10-11:30 am Games Group | 19 | 20 |
| 21 | 22 Victoria Day (Closed) | 23 Men's Group 10-11:30 am Wellness & Movement 1:30—3pm | 24 Living Well 10– 11:30 am Women's Group 1:30– 3pm | 25 Coffee Group 10-11:30 am Games Group 1:30-3 pm | 26 | 27 |
| 28 | 29 | 30 Men's Group 10-11:30 am Wellness & Movement | 31 Living Well 10– 11:30 am Women's Group | | | |

JUNE

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---|---|---|---------------------------------|----------------------------|
| | | | | 1 Coffee Group 10-11:30 am Games Group 1:30-3 pm | 2 | 3 |
| 4 | 5 | 6 Men's Group 10-11:30 am Wellness & Movement 1:30—3pm | 7 Living Well 10– 11:30 am Women's Group 1:30– 3pm | 8 Coffee Group 10-11:30 am Games Group 1:30-3 pm | 9 | 10 |
| 11 | 12 | 13 Men's Group 10-11:30 am Wellness & Movement 1:30—3pm | 14 Living Well 10– 11:30 am Women's Group 1:30– 3pm | 15 Coffee Group 10-11:30 am Games Group 1:30-3 pm | 16 Annual General Meeting | 17 |
| 18 | 19 | 20 Men's Group 10-11:30 am Wellness & Movement 1:30—3pm | 21 Living Well 10– 11:30 am Women's Group 1:30– 3pm | 22 Coffee Group 10-11:30 am Games Group 1:30-3 pm | 23 | 24 SABIS Walk & Roll |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |

JULY

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------|---------------------------|--|---|-----------------------------------|--------|--|
| | | | | | | ¹ Canada Day (Closed) |
| 2 | 3 Office Closed | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 Healthy Relationships 10:00– 11:30 am | 12 Community Discoveries (Varied Times) | 13 Coffee Group 10-11:30 am | 14 | 15 |
| 16 | 17 | 18 Healthy Relationships 10:00– 11:30 am | 19 Community Discoveries (Varied Times) | 20 Coffee Group 10-11:30 am | 21 | 22 |
| 23 30 | 24 31 | 25 Healthy Relationships 10:00– 11:30 am | 26 Community Discoveries (Varied Times) | 27 Coffee Group 10-11:30 am | 28 | 29 |

AUGUST

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|--|---|-----------------------------------|--------|----------|
| | | 1 Healthy Relationships 10:00– 11:30 am | 2 Community Discoveries (Varied Times) | 3 Coffee Group 10-11:30 am | 4 | 5 |
| 6 | 7 CIVIC Holiday Office Closed | 8 Healthy Relationships 10:00– 11:30 am | 9 Community Discoveries (Varied Times) | 10 Coffee Group 10-11:30 am | 11 | 12 |
| 13 | 14 | 15 Healthy Relationships 10:00– 11:30 am | 16 Community Discoveries (Varied Times) | 17 Coffee Group 10-11:30 am | 18 | 19 |
| 20 | 21 | 22 Healthy Relationships 10:00– 11:30 am | 23 Community Discoveries (Varied Times) | 24 Coffee Group 10-11:30 am | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 | | |