



# BRAIN WAVES

Southern Alberta Brain Injury Society

Winter 2016

## Spring Forward Brunch and Learn Sunday, March 12th, 2017 Keynote Speaker, Don McGillivray

Don McGillivray - M.Sc., University of Wisconsin and M.Ed., University of Alberta

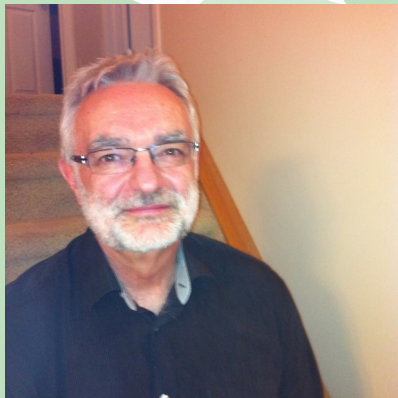
Don is a registered member of the Canadian Counselling and Psychotherapy Association and for the past 10 years has been recognized as a Certified Canadian Counsellor with this association.

Don uses narrative ideas and practices working with people.

Don has been working in the areas of FASD (Fetal Alcohol Syndrome Disorder), Traumatic Brain Injury, Divorce and Separation, Sexual and Physical Abuse, Self-Harm, Suicide, Child, Adolescence, and Adult Depression and Anxiety.

Don has a private narrative counselling practice in Edmonton.

[www.storiesinmotioninc.com](http://www.storiesinmotioninc.com)



Don offers and provides trainings in using narrative ideas and practices to caregivers, educators, social workers, and psychologists.

Don enjoys, in his energetic and curious manner, exploring and investigating new approaches to inviting

others to join with him in understanding the meaning-making the problem stories have upon us and to begin taking new positions to create new and counter stories that open hopeful pathways to preferred ways of living.

Find details about our brunch event on the next page!



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

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

## SABIS Update:

As we approach the end of 2016, I would like to take this opportunity to thank the staff and volunteers for their hard work this past year. We at SABIS have been very fortunate to have such a great group of individuals who give their time week after week to ensure that our support groups are running smoothly. Our volunteers are the reason SABIS has been around for 31 years, and we can't thank you enough for your support.

SABIS is currently seeking a few administrative volunteers who are willing to contribute a few hours a week to assist with daily operations. If you feel that this is something that you are interested in, please contact the office for more details.

I hope for the most wonderful Christmas to all SABIS clients, members and staff. I look ahead to the new year with gratitude and excitement and welcome a prosperous 2017.

Merry Christmas and a very Happy New Year!

Natasha Bodei

Executive Director

## Southern Alberta Brain Injury Society **SPRING FORWARD** BRUNCH AND LEARN

Tickets available through Eventbrite. Visit our web page at [www.sabis.ab.ca](http://www.sabis.ab.ca) and follow the link from the Events page.

Adults (13+): \$45  
Seniors (60+): \$35  
Children (4-12): \$20  
Children (0-3): Free  
Table of 8: \$325  
\*Information Booth: \$50

- Join us for a presentation by Don McGillivray
- Enjoy the best brunch buffet in the city
- Find information on resources and services in your community

**Sunday, March 12<sup>th</sup>, 2017**  
**Executive Royal Hotel - 2828 23 St., NE**  
**9 am – 1 pm**

\* Information booths are available for community partners, healthcare providers and other organizations who offer supports and services to survivors of acquired brain injuries. With the purchase of a booth, you will receive one complimentary ticket to the brunch.



For more information, email [sabis.ab.ca](mailto:sabis.ab.ca)  
or call 403-521-5212

Derek Allchurch | Tara D. Pipella | Adrienne N. Staley



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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- 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:

Friday, December 2 <sup>nd</sup>	Holiday Open House
Thursday, December 15 <sup>th</sup>	Elf Yourself Gift Deliveries
Wednesday, December 21 <sup>st</sup>	Winter Solstice
December 13 <sup>th</sup> — 15 <sup>th</sup>	Last Week of Fall Support Groups
December 19 <sup>th</sup> — January 2 <sup>nd</sup>	SABIS Office Closed for the Holidays
January 10 <sup>th</sup> — 11 <sup>th</sup>	First Week of Winter Support Groups
February 6 <sup>th</sup> — 7 <sup>th</sup>	SABIS Casino
Tuesday, February 14 <sup>th</sup>	Valentine's Day
Monday, February 20 <sup>th</sup>	Family Day — Office Closed
Sunday, March 12 <sup>th</sup>	Brunch and Learn

## 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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PLEASE JOIN US FOR OUR ANNUAL

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# HOLIDAY OPEN HOUSE

## WHERE

Glamorgan Community Centre  
4207 41 Avenue, SW

## WHEN

Friday, December 2nd, 2016  
11 am - 2 pm

We welcome our clients, their families and our friends in the community to join us. As always, there will be delicious food catered by Sunterra. No RSVP is required  
Celebrate the season with good food and great friends! We look forward to seeing you!

Thank you to our generous sponsor, Grover Law Firm



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## SABIS Winter Group Registration Form

NAME: \_\_\_\_\_  
 ADDRESS: \_\_\_\_\_  
 PHONE: \_\_\_\_\_ EMAIL: \_\_\_\_\_

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

\*\* 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) January 10 – March 28, 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 anything from well-being, relationships, or dealing with day-to-day difficulties. This is a communication group and requires weekly attendance.
- Wellness and Movement** (Tuesday afternoons – 1:30 – 3:00 pm) January 10 – March 28, 2017  
 Wellness is a healthy balance of the mind, body, & spirit that results in an overall feeling of well-being. This group will include 2 parts: sharing & discussion of wellness & healthy living practices AND gentle physical movement / stretches from a seated position.
- Living Well** (Wednesday mornings – 10:00 – 11:30 am) January 11 – March 29, 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 group requires a lot of communicating and sharing.
- Women's Group** (Wednesday afternoons – 1:30 – 3:00 pm) January 11 – March 29, 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. This is a communication group & will include weekly handouts/assignments.
- If you are a Calgary Transit Access client, SABIS will arrange a permanent booking for you. Please check this box if you would prefer to book your own.**

**\*\*The DEADLINE to register is DECEMBER 9, 2016\*\***

Please contact Michelle to register. If you have any questions, email [michelle@sabis.ab.ca](mailto:michelle@sabis.ab.ca)  
 or call 403-521-5212, ext. 24

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

Brian Beck  
Brianna Carter  
Robert Sproule  
United Way of Calgary, Donor Choice Program – Alan Glover

## Donate an item to our Brunch and Learn Silent Auction

Contact SABIS by calling 403-521-5212

## 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](http://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



## December 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
				1 Men's Group 10—11:30 am Social Games 1:30 — 3 pm	2 Holiday Open House 11am-2pm	3	
4	5	6 Women's Group 10—11:30 am Living Well 1:30 — 3 pm	7 Music 10—11:30 am Wellness & Movement 1:30 — 3 pm	8 Men's Group 10—11:30 am Social Games 1:30 — 3 pm	9	10	
11	12	13 Women's Group 10—11:30 am Living Well 1:30 — 3 pm	14 Music 10—11:30 am Wellness & Movement 1:30 — 3 pm	15 Men's Group 10—11:30 am Social Games 1:30 — 3 pm	16	17	
18	19	<b>SABIS Office Closed for the Holidays</b>					24
25	26	<b>SABIS Office Closed for the Holidays</b>					31

## January 2017

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

## February 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Living Well 10—11:30 am Women's Group 1:30 — 3 pm	2	3	4
5	6 SABIS Casino	7 SABIS Casino Men's Group 10—11:30 am Wellness & Movement 1:30 — 3 pm	8 Living Well 10—11:30 am Women's Group 1:30 — 3 pm	9	10	11
12	13	14 Men's Group 10—11:30 am Wellness & Movement 1:30 — 3 pm	15 Living Well 10—11:30 am Women's Group 1:30 — 3 pm	16	17	18
19	20 Family Day— Office Closed	21 Men's Group 10—11:30 am Wellness & Movement 1:30 — 3 pm	22 Living Well 10—11:30 am Women's Group 1:30 — 3 pm	23	24	25
26	27	28 Men's Group 10—11:30 am Wellness & Movement 1:30 — 3 pm				

## March 2017

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