



BRAIN WAVES

Southern Alberta Brain Injury Society

Winter 2018

MISSING



Have you seen these people?

Age: Unknown
Gender: Unknown
Eyes: Beautiful

The SABIS North Pole Patrol is on the lookout for Sponsor Elves to provide Christmas cheer to low income clients. Help us spread the word to find these kindhearted individuals and ensure Operation: Elf Yourself is a success.

Approximate cost to sponsor an individual: \$ 100.00- \$ 150.00
Approximate cost to sponsor a family: \$300.00- \$500.00



If you would like to sponsor an individual or family please contact SABIS at 403-521-5212 by November 15th

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

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

**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



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!



GROVER LAW FIRM
EXPERIENCE. KNOWLEDGE. DEDICATION.

Derek Allchurch | Tara D. Pipella | Graham Semeniuk



Kimber R. Pipella

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(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 & Punjabi spoken and professional translators available upon request!

Important Dates:

Saturday, November 11th

Monday, November 13th

Wednesday, November 15th

Friday, December 1st

Thursday, December 14th

Thursday, December 21st

December 12th — 14th

December 19th — January 2nd

Tuesday, January 9th

Wednesday January 10th

Thursday, January 11th

Wednesday, February 14th

Monday, February 19th

Remembrance Day

SABIS Holiday (Office Closed)

Elf Yourself application deadline for sponsors and recipients

Holiday Open House 11 am- 2pm

Elf Yourself Gift Delivery

Winter Solstice

Last Week of Fall Support Groups

SABIS Office Closed for the Holidays

Men's group and Recreation Groups begin

Moving with Brain Injuries and Healthy Relationships begin

Drop-In Group and Artistic Expressions groups begin

Valentine's Day

Family Day-Office Closed

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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SGROVER@GROVERLAWFIRM.COM

SABIS Winter 2018 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.


Men's Group (Tuesday mornings – 10:00 – 11:30 am) January 9- March 27, 2018
 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.

Recreation Group (Tuesday afternoons – 1:30 – 3:00 pm) January 9 – March 27, 2018
 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.

Moving with Brain Injury (Wednesday mornings – 10:00 – 11:30 am) January 10 – March 28, 2018
 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!

Relationships and Communication (Wednesday afternoons – 1:30 – 3:00 pm) January 10 – March 28, 2018
 Our relationships and interactions with others are an important part of our daily lives. Join others to discuss topics such as types of relationships, communication strategies, boundaries, and emotional wellness. Share your experiences and challenges with others in a supportive environment. Please note this is a communication group.

Drop-in Group (Thursday mornings – 10:00 – 11:30 am) January 11 – March 29, 2018

 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.**

Artistic Expression (Thursday afternoons – 1:30 – 3:00 pm) January 11 – March 29, 2018
 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.

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 DECEMBER 8, 2017****

If you have any questions, email sabis@sabis.ab.ca or call 403-521-5212 and press 5 to leave a message

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

Elf Yourself Christmas Basket Application



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, toothbrush, toothpaste | 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:

Brian Beck
Brienne Carter
Bruce Dolphin
Gordon Williams
United Way of Calgary
TransCanada Pipelines Ltd

In memory of Barbara Johnson
In memory of Gordon Frank Williams

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



ATTENTION CHRISTMAS SHOPPERS



ARE YOU TIRED OF BATTLING CROWDS AT THE MALL?

ARMS TIRED FROM CARRYING HEAVY BAGS?

TRYING TO MAKE YOUR GIFT GIVING GO A LITTLE FURTHER?

WE HAVE THE SOLUTION!

Shop and Share allows you to shop at a variety of online retailers from the comfort of your own home! Aside from shopping from home, using Shop and Share offers other perks

- No battling crowds at the mall
- Save your muscles for Christmas Dinner bicep curls
- Save time by shopping at the many available retailers in one place
- Find the perfect gift for that special someone while giving back to the community
- Sign up is FREE

SIGN ME UP!

Visit www.ShopandShare.ca for a list of retailers

Sign up for a FREE account

Choose SABIS as your favourite charity

SHOP! SHOP! SHOP!

****You must select retailers through www.ShopandShare.ca for SABIS to receive donations****

NOVEMBER 2017

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|------------------------------------|---|--|---|-----|-----------------------|
| | | | 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 | 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

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|---|---|--|---|-----|
| | | | | | 1 SABIS Christmas Party Glamorgan Community Centre | 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 1:30-3:00 | 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 Elf Yourself Deliveries | 15 | 16 |
| 17 | 18 | 19 | 20 SABIS Office Closed for the Holidays | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 SABIS Office Closed for the Holidays | 28 | 29 | 30 |
| 31 | | | | | | |

JANUARY 2018

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-------------------|---|--|--|-----|-----|
| | 1 Happy New Year! | 2 SABIS Re-opens | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 Men's Group 10-11:30 Recreation Group 1:30-3:00 | 10 Movement Group 10-11:30 Healthy Relationships 1:30-3 | 11 Drop In 10-11:30 Art Group 1:30-3:00 | 12 | 13 |
| 14 | 15 | 16 Men's Group 10-11:30 Recreation Group 1:30-3:00 | 17 Movement Group 10-11:30 Healthy Relationships 1:30-3 | 18 Drop In 10-11:30 Art Group 1:30-3:00 | 19 | 20 |
| 21 | 22 | 23 Men's Group 10-11:30 Recreation Group 1:30-3:00 | 24 Movement Group 10-11:30 Healthy Relationships 1:30-3 | 25 Drop In 10-11:30 Art Group 1:30-3:00 | 26 | 27 |
| 28 | 29 | 30 Men's Group 10-11:30 Recreation 1:30-3:00 | 31 Movement Group 10-11:30 Healthy Relationships 1:30-3 | | | |

FEBRUARY 2018

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|--|---|--|--|-----|-----|
| | | | | 1 Drop In 10-11:30 Art Group 1:30-3:00 | 2 | 3 |
| 4 | 5 | 6 Men's Group 10-11:30 Recreation Group 1:30- | 7 Movement Group 10-11:30 Healthy Relationships 1:30-3 | 8 Drop In 10-11:30 Art Group 1:30-3:00 | 9 | 10 |
| 11 | 12 | 13 Men's Group 10-11:30 Recreation Group 1:30-3:00 | 14 <i>Valentine's Day</i> Movement Group 10-11:30 Healthy Relationships 1:30-3 | 15 Drop In 10-11:30 Art Group 1:30-3:00 | 16 | 17 |
| 18 | 19 <i>Family Day— Office closed</i> | 20 Men's Group 10-11:30 Recreation Group 1:30-3:00 | 21 Movement Group 10-11:30 Healthy Relationships 1:30-3 | 22 Drop In 10-11:30 Art Group 1:30-3:00 | 23 | 24 |
| 25 | 26 | 27 Men's Group 10-11:30 Recreation Group 1:30- | 28 Movement Group 10-11:30 Healthy Relationships 1:30-3 | | | |



CHRISTMAS MORNING FRENCH TOAST CASSEROLE

Ingredients

*1 Cup Brown Sugar
1/2 Cup Butter
1 Loaf Crusty French Bread
2 Cups Milk
6 eggs
2 Teaspoons Vanilla Extract
1 Pinch Cinnamon
1 Tablespoon Brown Sugar*

The secret ingredient is always love



Directions

Grease a 9 x 12 inch baking dish

Cut the loaf of French Bread into bite sized pieces

Heat the butter and 1 cup of brown sugar over medium-low heat until the sugar is dissolved

Pour the butter mixture into the baking dish and layer the bread on top

In a separate bowl, beat the eggs, milk, and vanilla extract. Pour over the bread and ensure all the bread is absorbing liquid

Cover with plastic wrap and refrigerate overnight

Preheat oven to 450 F

Remove plastic wrap and sprinkle the remaining brown sugar and cinnamon over the bread mixture

Bake for 30 minutes or until browned and bubbling

Serve warm with desired toppings

'Twas The Night Before Christmas

Clement Clarke Moore

'Twas the night before Christmas, when all through the house
Not a creature was stirring, not even a mouse;
The stockings were hung by the chimney with care,
In hopes that St. Nicholas soon would be there;

The children were nestled all snug in their beds,
While visions of sugar-plums danced in their heads;
And mamma in her 'kerchief, and I in my cap,
Had just settled down for a long winter's nap,

When out on the lawn there arose such a clatter,
I sprang from the bed to see what was the matter.
Away to the window I flew like a flash,
Tore open the shutters and threw up the sash.

The moon on the breast of the new-fallen snow
Gave the lustre of mid-day to objects below,
When, what to my wondering eyes should appear,
But a miniature sleigh, and eight tiny reindeer,

With a little old driver, so lively and quick,
I knew in a moment it must be St. Nick.
More rapid than eagles his coursers they came,
And he whistled, and shouted, and called them by name;

"Now, DASHER! now, DANCER! now, PRANCER and VIXEN!
On, COMET! on CUPID! on, DONDER and BLITZEN!
To the top of the porch! to the top of the wall!
Now dash away! dash away! dash away all!"

As dry leaves that before the wild hurricane fly,
When they meet with an obstacle, mount to the sky,
So up to the house-top the coursers they flew,
With the sleigh full of toys, and St. Nicholas too.

And then, in a twinkling, I heard on the roof
The prancing and pawing of each little hoof.
As I drew in my hand, and was turning around,
Down the chimney St. Nicholas came with a bound.

He was dressed all in fur,
from his head to his foot,
And his clothes were all tarnished with ashes and soot;
A bundle of toys he had flung on his back,
And he looked like a peddler just opening his pack.

His eyes -- how they twinkled! his dimples how merry!
His cheeks were like roses, his nose like a cherry!
His droll little mouth was drawn up like a bow,
And the beard of his chin was as white as the snow;

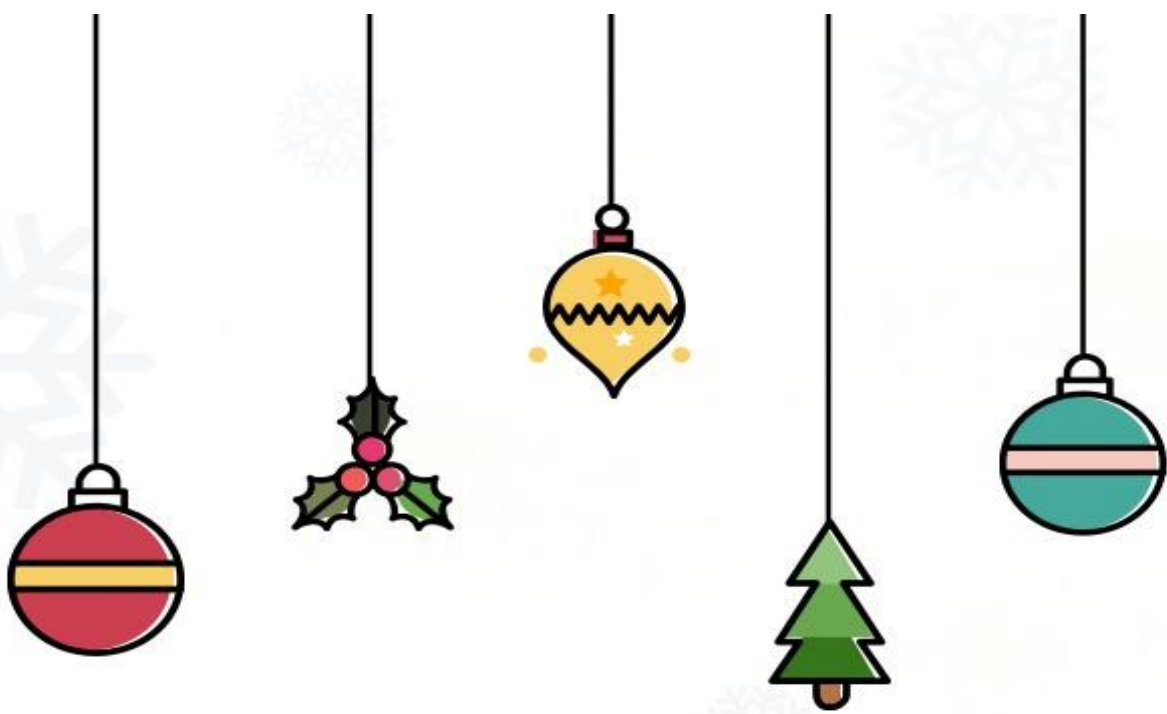
The stump of a pipe he held tight in his teeth,
And the smoke it encircled his head like a wreath;
He had a broad face and a little round belly,
That shook, when he laughed like a bowlful of jelly.

He was chubby and plump, a right jolly old elf,
And I laughed when I saw him, in spite of myself;
A wink of his eye and a twist of his head,
Soon gave me to know I had nothing to dread;

He spoke not a word, but went straight to his work,
And filled all the stockings; then turned with a jerk,
And laying his finger aside of his nose,
And giving a nod, up the chimney he rose;

He sprang to his sleigh, to his team gave a whistle,
And away they all flew like the down of a thistle.
But I heard him exclaim, ere he drove out of sight,
HAPPY CHRISTMAS TO ALL, AND TO ALL A GOOD-NIGHT!





Happy Holidays

From all of us at SABIS

Have a safe and happy Holiday Season