BRAIN WAVES

Southern Alberta Brain Injury Society Winter 2020

SABIS Update

The past eight months have brought unprecedented changes on a global scale, in our communities, and in our daily personal lives. In mid-March, unable to continue seeing clients in person, we had to find new ways in which to connect. We added Activities and Resources to our website https://sabis.ab.ca/programs-services/activities-and-resources/, began offering groups online through Zoom, and posting videos on YouTube https://www.youtube.com/channel/UC9sHCk9II0w1Xgqm-JKDHdw/videos. Topics included Art, Recreation, and Wellness. From June until mid-September, we met for a physically-distanced Community Group in Riley Park every Wednesday.

We are excited to announce that we have resumed in-person groups at the SABIS office. These groups are kept small to ensure we are following the guidelines of the Government of Alberta and Alberta Health Services. If you are interested in registering for any of these groups, please fill out the registration form found at https://sabis.ab.ca/group_registration/

We understand that the increase in COVID-19 cases may cause a bit of anxiety around leaving your homes. If you are interested in groups but are unsure about attending them in-person, you can join online via Zoom. Contact a SABIS staff member to get more information. Technology can be difficult at times, but we are here if you need us to walk you through the process.

SABIS staff are here to help. We are meeting clients in person, and staying connected over the phone and on Zoom. We want to ensure that you are supported through these times. Our emotional wellness is key in getting past this challenging period in our lives. Please reach out if you need help. If we are unable to assist you, we can connect you to the people who will.

On behalf of the SABIS staff, we thank you for continued support. We wish you good health.

Sincerely,

Natasha

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Calgary, AB T2N 2A1

Phone: 403-521-5212
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SABIS is no longer mailing out copies of the newsletter. You can subscribe to our newsletter email list or download a copy on our website at www.sabis.ab.ca

Brian Beck
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Allan Boss
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United Way of Alberta—Capitol Region
United Way of Calgary and Area
Calgary Foundation
Lou Schiavon
Bridge City Chrysler
Frances Butler
Laura Lagendyk

We gratefully acknowledge receipt of a Community Initiatives Program Operating Grant

Making a Donation to SABIS

We have several donation options:

- Cheques can be made out to Southern Alberta Brain Injury Society or SABIS
- On the SABIS website (www.sabis.ab.ca), click on DONATE and choose one of the following options:

SABIS is a Canadian registered charity authorized to issue official tax receipts for income tax purposes for all donations. 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:

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- Home visits;
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- 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:

November 3—December 10	Winter 2020 Support Groups
Wednesday, November 11	Remembrance Day - Office Closed
December 21—January 1	Christmas and New Year Holidays - Office Closed
Sunday, February 14	Valentine's Day ♥
Monday, February 15	Family Day - Office Closed
January 12—February 18	Winter 2021 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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Suggestions for Self Care

- Listen to music you enjoy
- Try deep breathing, visualization or guided meditation
- Get some exercise by going for a walk, practicing seated yoga, or stretching
- Try Yoga, Tai Chi or Qigong
- Practice good sleep hygiene
- Cuddle with your pet(s)
- Eat a healthy diet
- Practice mindfulness
- Get a massage or give yourself one with a tennis ball against the wall or floor
- Go outside and appreciate the wonder and beauty of nature
- Do something creative – paint, draw, collage, knit, write, or cook
- Play a musical instrument
- Talk to a friend or family member
- Join a peer-support group
- Read a good book or magazine
- Watch a favourite movie
- Daydream
- Dance like no one is watching
- Sing along to a song on the radio
- Learn something new
- Write down things you're grateful for and save them in a jar to read later
- Create a "feel good box" that contains things that make you smile
- Use affirmations
- Be kind to yourself; practice positive self-talk
- Listen to a positive or funny podcast
- Have a relaxing bath or a nice warm shower

Winter 2021 Group Registration

NAME:

ADDRESS:

PHONE: EMAIL:

Allergies/medical conditions:

Medication for emergency use (e.g. EpiPen):

Date: Signature:

EMERGENCY CONTACT
We will not accept forms without completed Emergency Contact Information

Name (please print):
Relationship:
Home Phone: Cell Phone:

TRAVEL ARRANGEMENTS:

Transit: ☐ Driving: ☐
Calgary Transit Access # (if applicable): 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. You must be an active SABIS client to join or attend groups.**

☐ **Recreation** (Tuesday afternoons from 1:00 – 2:30 pm) January 12 – February 16, 2021
Spend an afternoon with other survivors and be prepared to have fun! Word games and Bingo are favourite activities in this group.

☐ **Women's Group** (Wednesday mornings from 10:00 – 11:30 am) January 13 – February 17, 2021
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.

☐ **Art** (Wednesday afternoons from 1:00 – 2:30 pm) January 13 – February 17, 2021
Join other survivors in a fun and relaxing environment as we complete various artistic projects and learn about using creativity to improve wellness and well-being. Please note this is not a formal art instruction group.

☐ **ONLINE Men's Group** (Thursday mornings from 10:00 – 11:30 am) January 14 – February 18, 2021
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. This is a communication group and **will be offered through the Zoom application only.**

☐ **Wellness** (Thursday mornings from 10:00 – 11:30 am) January 14 – February 18, 2021
Wellness includes activities choices, and lifestyles that lead to optimal health and wellbeing. Using wellness as a background, we will talk about developing life skills to increase confidence and independence.

****The DEADLINE to register is DECEMBER 4, 2020****

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

COVID-19 Safety and Protocols

Help prevent the spread. To keep other clients and our staff safe, we require that you follow current COVID-19 health measures. COVID-19 is a new kind of virus and scientists are learning more about it as time goes on. People who have it can spread it through things like coughing and sneezing. You can get it by breathing in tiny droplets containing the virus. You can also get it by touching a surface where droplets have landed and then touching your eyes, nose, or mouth. Some people may have mild symptoms or no symptoms at all and still spread the virus. Symptoms include:

- Fever
- Cough (new cough or worsening chronic cough)
- Shortness of breath or difficulty breathing (new or worsening)
- Runny nose
- Sore throat

- Practice physical distancing. Keep a distance of at least 2 metres (6 feet) from others.
- Practice good hand hygiene. Wash your hands for at least 20 seconds with soap and water after using the washroom, blowing your nose, or touching any communal surfaces.
- Wear a mask in the building, office, and group room. No exceptions.
- Temperature will be taken upon arrival using no-contact thermometers.
- Cover coughs and sneezes with a tissue or your elbow.
- Stay home if you are feeling sick or anyone in your household or care centre is sick.
- No handshakes, hugging, or fist bumps.
- Do not touch your face (eyes, nose, and mouth).
- If you are feeling unwell during your time in group, please let a staff member know.
- Access clients: It is your responsibility to have alternate transportation available if you become symptomatic while attending group. Access will not pick you up for a return trip.
- You are legally required to self-isolate for 10 days if you develop any COVID-19 symptoms.
- You are legally required to self-isolate for 14 days if you have returned from outside of Canada or had close contact with someone with COVID-19.

Please sign below to indicate you have read and understood the above information and agree to follow protocols when attending groups at SABIS. You can send your completed registration form and this signed form by mail or take photos and send them by email. Please send photos to annalise@sabis.ab.ca

Due to physical distancing measures, we will have a maximum of 6 participants per group. If you do not get into a group, we will offer you the opportunity to attend via Zoom (this is an online option).

Signature: _____

Date: _____

alberta.ca/covid19

November 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 Wellness 10-11:30 Recreation 1-2:30	4 Women's 1-2:30	5 Men's 10-11:30 Art 1-2:30	6	7
8	9	10 Wellness 10-11:30 Recreation 1-2:30	11 Remembrance Day Office Closed	12 Men's 10-11:30 Art 1-2:30	13	14
15	16	17 Wellness 10-11:30 Recreation 1-2:30	18 Women's 1-2:30	19 Men's 10-11:30 Art 1-2:30	20	21
22	23	24 Wellness 10-11:30 Recreation 1-2:30	25 Women's 1-2:30	26 Men's 10-11:30 Art 1-2:30	27	28
29	30					

December 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Wellness 10-11:30 Recreation 1-2:30	2 Women's 1-2:30	3 Men's 10-11:30 Art 1-2:30	4 Group Registration Deadline	5
6	7	8 Wellness 10-11:30 Recreation 1-2:30	9 Women's 1-2:30	10 Men's 10-11:30 Art 1-2:30	11	12
13	14	15	16	17	18	19
20	21 Office Closed	22 Office Closed	23 Office Closed	24 Office Closed	25 Christmas Day Office Closed	26 Office Closed
27 Office Closed	28 Office Closed	29 Office Closed	30 Office Closed	31 Office Closed		

January 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Happy New Year! Office Closed	2
3	4	5	6	7	8	9
10	11	12 Recreation 1-2:30	13 Women's 10-11:30 Art 1-2:30	14 Men's 10-11:30 Wellness 10-11:30	15	16
17	18	19 Recreation 1-2:30	20 Women's 10-11:30 Art 1-2:30	21 Men's 10-11:30 Wellness 10-11:30	22	23
24 31	25	26 Recreation 1-2:30	27 Women's 10-11:30 Art 1-2:30	28 Men's 10-11:30 Wellness 10-11:30	29	30

February 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Recreation 1-2:30	3 Women's 10-11:30 Art 1-2:30	4 Men's 10-11:30 Wellness 10-11:30	5	6
7	8	9 Recreation 1-2:30	10 Women's 10-11:30 Art 1-2:30	11 Men's 10-11:30 Wellness 10-11:30	12	13
14 Valentine's Day	15 Family Day Office Closed	16 Recreation 1-2:30	17 Women's 10-11:30 Art 1-2:30	18 Men's 10-11:30 Wellness 10-11:30	19	20
21 28	22	23	24	25	26	27