



BRAIN WAVES

Southern Alberta Brain Injury Society—Newsletter

November 2021

A message from our Executive Director

As we embark on the sunset of 2021, I find myself reflecting on the past several months. We have seen a tremendous amount of change, generally, as a community: the way we think about caring for those who are vulnerable, the way we now connect or stay connected with each other differently via virtual platforms, and our resilience to endure nearly two years of what often feels like an alternate reality, facing changes to our everyday lives and finding necessary adaptations.

We often refer to pre-pandemic life as the before times and find ourselves searching for ways to get back to a sense of normalcy, or life as we knew it before. In many ways this parallels the experience of someone who is living with the effects of a brain injury. The normal way of life is uprooted, and adaptations must be made, in attempts to achieve some semblance of life as it was before.



SABIS is committed to working alongside those we serve, to support them on their journey toward enhanced wellness and quality of life. It is important to acknowledge the strengths of our clients in the face of immense challenge. I am constantly inspired by the stories that I hear of resilience and fortitude, and the work of the team here at SABIS to remain steadfast in our efforts to provide the necessary resources to help someone move from a place of merely surviving, to thriving in their community.

This time of year is often one of celebration and connection. And this year, SABIS is celebrating the theme of *comfort and joy*. Over the past few weeks, SABIS clients and their supporters have been expressing what brings them comfort and joy by creating ornaments to decorate a tree as a part of a friendly fundraising competition in support of the Calgary Food Bank. It's a great way for us to contribute to an essential service in our community while seeking to gain support for SABIS. You can find more information on this and how you can support SABIS' efforts later in this newsletter.

Personally, it brings me comfort and joy to witness the amazing work of our team at SABIS. I am constantly humbled by the talented folks I am lucky enough to call colleagues, and I am excited about the amazing things on the horizon for us. I am also humbled by our clients and their supporters. I am grateful to be a part of their journey and to be included in such a compassionate, caring, and supportive community.

Coretta Scott King once said, "the greatness of a community is most accurately measured by the compassionate actions of its members". As we enter the holiday season, I encourage you to reflect on how you can act compassionately and support the community around you.

SABIS is an integral part of our community, and if you have the means, perhaps you may think about taking action and supporting us this year. There are various ways you can do this: through volunteering, [donating](#), or purchasing a [50/50 ticket](#) to support our fundraising campaign. Our fundraising and incoming donations have steeply declined for the past two years as we've weathered this storm, and your act of support will go a long way in ensuring those who are living with brain injuries (and their supporters) can continue to thrive in our community.

I wish you a safe and joyous holiday season, and I look forward to continuing this journey with you into 2022.





You Could Win Up To \$10,000 by Supporting SABIS

We are excited to announce our end of year 50/50 raffle fundraiser – *the gift that gives back!*

This raffle is chance to *give back* to SABIS and our clients while giving you the opportunity to win **up to \$10,000!** Funds raised by this raffle will help SABIS continue to support brain injury survivors in our community.

There are limited ticket packages available, so don't hesitate!

Ticket sales begin on November 15th and run until December 30th at midnight.

Here's how it works:

By purchasing a ticket, you are giving back roughly 50% of your ticket(s) purchase to SABIS to help us continue our dedication to working alongside brain injury survivors and their supporters to help them shift from surviving to thriving. The more you purchase the more SABIS will receive, and the more chances you have of winning up to \$10,000!

The winning ticket at the end of the campaign will receive 50% of the raised funds, which could be up to \$10,000! The draw will be held on December 31st, 2021.

You can contribute by purchasing your tickets at: <https://www.rafflebox.ca/raffle/sabis>

Connect with us online



**This Holiday Season, You Can Support the
Calgary Food Bank and Support SABIS While
You're Doing It!**

SABIS is excited to announce we will be participating in a holiday fundraiser competition this year! The fundraiser, run by Bracko Bros. Furniture during the months of November and December, is a contest to see who can best decorate a tree representing their cause while collecting non-perishable food items in support of the Calgary Food Bank.

Customers of Bracko Bros. Furniture will vote for their favorite tree by placing a non-perishable food item in front of the tree they like the most. The tree with the most non-perishable food items wins the contest and the corresponding agency receives a monetary donation as a prize.

The theme for SABIS' tree will be **Tidings of Comfort and Joy**. Our clients, volunteers, supporters, staff, and board helped to decorate a tree with representations of what brings comfort and joy to them, whether that be family, friends, pets, special places, or hobbies.

You can support SABIS by visiting the Bracko Bros. Furniture Store at 5711 Blackfoot Trail SE, Calgary, AB with a non-perishable food item to place before our tree.

Each non-perishable food item counts as a *vote* for SABIS' tree. The tree with the most *votes* at the end of the campaign will be awarded the donation to the corresponding organization.



**Come in to
Bracko Home Furnishings**
5711 Blackfoot Trail SE, Calgary

Vote for your favorite charity &
tree with a food donation for the
CALGARY FOOD BANK

November 15 - December 31

Participating CHARITIES

ARBI
Big Brothers Big Sisters
Breaking Free Foundation
Brown Bagging For Calgary's Kids
CP Kids and Families
Inn from the Cold
KidSport Calgary & Area
L'Arche
Rotary Partners
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BRACKO HOME
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enough & **SABIS**
for  **all**
Southern Alberta Brain Injury Society

SABIS is excited to announce that we are joining the Vibrant Communities Calgary Enough for All campaign. [Enough for All](https://enoughforall.ca) is working to make poverty history in Calgary. It aims to ensure that Calgary is a strong, supportive, and inclusive community, where everyone has sufficient income and assets to thrive, where all Indigenous people are equal participants in Calgary's future. See our blog post here: <https://enoughforall.ca/articles/the-before-and-after>

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Tara D. Pipella | Derek Allchurch | Kimber R. Pipella



Patricia M. Gutek

Dan Thorn

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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!

Connect with us online



Important Dates:

Thursday, November 11	Remembrance Day—Office Closed
November 12-December 31	Voting open for Bracko Home Furnishing Parade of Christmas Trees
Monday, November 15	50/50 Raffle Fundraiser ticket sales begin
Thursday, December 9	Fall Groups end
Friday, December 10	Registration deadline for January-March Groups
Monday, December 20	Office closes for the holidays. Office re-opens Monday, January 3rd
Friday, December 31	Voting closes for Bracko Home Furnishings Parade of Christmas Trees
Friday December 31	50/50 Raffle Fundraiser draw
Monday, January 3	SABIS office re-opens
Tuesday, January 11	Winter peer support groups begin
Tuesday, February 15	Caregiver Talks group begins
Monday, February 21	Family Day— Office closed

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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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January-March 2022 Group Registration

NAME:

ADDRESS:

PHONE:

EMAIL:

Allergies/medical conditions: Diabetic Type 1 Diabetic Type 2 Epilepsy Other:

Severe Allergies (Please list):

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

EMERGENCY CONTACT

We will not accept forms without completed Emergency Contact Information

Name (please print):

Relationship:

Home Phone:

Cell Phone:

TRAVEL ARRANGEMENTS:

Calgary Transit Access:

Transit: Driving: Other:

Calgary Transit Access # (if applicable):

Mark your TOP THREE choices by writing 1, 2, and 3 in the boxes (1 = first choice).

Groups require regular attendance. You must be an active SABIS client to join or attend groups. This form can be filled out online at https://sabis.ab.ca/group_registration/

- Women's Group *Online*** (Tuesday mornings from 10:00 – 11:00 am) January 11- March 29, 2022
This communication group is a way for female-identifying brain injury survivors to share their experiences, connect with other brain injury survivors, celebrate their successes, and share their strategies in overcoming challenges.
- Show and Share Activity Group** (Tuesday afternoons from 1:30 – 3:00 pm) January 11- March 29, 2022
SABIS would like to invite participants to *Show and Share* what they do best. Group members enrolled in this group will select a day throughout the semester to present something they have a passion for, are proud of, or would like to teach. Sessions will be alternated with recreational activities such as word games and BINGO!
- Practical Wellbeing** (Wednesday mornings from 10:00 – 11:30 am) January 12-March 30, 2022
This group is for those interested in gaining knowledge and practical skills to implement into their daily lives. This group will touch on topics such as communication skills, emotional wellness, and daily life skills. Participants can expect to add new tools to their toolboxes, or dust off the old tools and give them a refresh!
- Drop-in Social *Online*** (Wednesday afternoons from 1:30 – 2:30 pm) January 12-March 30, 2022
This group is great for those who are wanting to stay connected but are unable to commit to an entire group session. This group is a free-flow, conversation group offered virtually via Teams.
- Think Together- Men's Fellowship** (Thursday mornings from 10:00 – 11:30 am) January 13 – March 31, 2022
This communication group is a way for male-identifying clients to share their experiences and connect with other brain injury survivors. Topics in this group are open and include well-being, relationships, and dealing with day-to-day difficulties. .
- Creative Expressions** (Thursday afternoons from 1:30 – 3:00 pm) January 13-March 31, 2022
This group offers a safe and relaxing space for participants to create and explore different artistic styles and mediums. Creative Expression will focus projects such as self-portraits, abstract art, and experimenting with charcoal!

****The DEADLINE to register is DECEMBER 10, 2021****

If you have any questions, email sabis@sabis.ab.ca or call 403-521-5212 and press 2 to leave a message



Supporting SABIS Means Supporting Brain Injury Survivors

The COVID-19 pandemic has impacted our ability to host fundraising events for the past 18 months. With support received from generous donors and sponsors, SABIS is able to continue helping clients to thrive and work toward increasing their independence. We are grateful for the support we receive during this challenging time. There are various ways you can support SABIS through donating or volunteering. Please see the details below and follow us on social media to stay up to date!

Making a Donation to SABIS

We have several donation options. Click on any one of the options below:



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:

140, 301 14th Street NW

Calgary, AB T2N 2A1



Donate with SkipTheDepot

We've partnered with SkipTheDepot!

A door-to-door bottle collection service that makes refundable recycling and fundraising easier than 1,2,3

Download the app and book a pickup using

<https://app.skipthedepot.com/sabis>

VOLUNTEER!

You can also help SABIS by offering to volunteer.

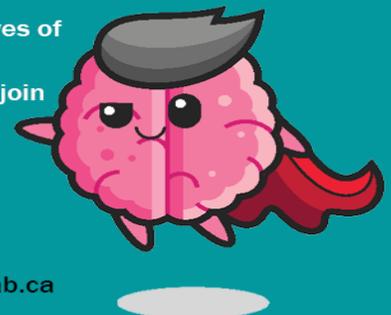
Our **VIP** program is an exciting way to stay involved and offer your volunteer support when/where you can.

There is no minimum commitment and there are a variety of ways to offer your skills, talents and time.

Contact us today to find out more!

ARE YOU READY FOR A V.I.P. EXPERIENCE?

You can help to make a difference in the lives of brain injury survivors and their supporters! We are looking for superhero volunteers to join our **Very Important Presence** program.



For more information on how to become a super VIP, please email us at sabis@sabis.ab.ca

Connect with us online



SABIS Forms Relationship With e-scooter Company Focused on Helmet Safety and Awareness



In early fall of 2021, SABIS connected with Neuron e-scooters to support their efforts in promoting helmet use for e-scooter riders. With the emergence of new e-scooter rental programs in cities across the country, more than nine out of 10 Canadians believe that rider and pedestrian safety is of central importance, with new data suggesting that more needs to be done to educate riders and encourage helmet use. These are the findings of a national survey conducted for Neuron Mobility by Maru/Blue examining Canadians' perceptions on e-scooter safety and helmet use, commissioned to coincide with Neuron's first annual Helmet Safety Awareness Week (October 1-10).

The survey found that overwhelmingly nearly all (97%) respondents believe that rider and pedestrian safety is important, while 91% believe that e-scooter riders should wear helmets. When asked directly if they would wear a helmet while riding an e-scooter, the vast majority (86%) of respondents said yes.

To educate riders and encourage helmet use, Neuron Mobility launched its inaugural national Helmet Safety Awareness Week on October 1, 2021, and SABIS was a partner in this. Throughout the week, there were education activities and incentives to encourage safe riding, including a "Wear a Helmet Challenge", Scoot Safe Events, and on the ground safety education efforts.

Of the partnership opportunity, our Executive Director, Shane Rempel, said: "We are pleased to partner with Neuron Mobility to help raise awareness of the importance of helmet use. Brain Injury is a life-long condition. While we can often see improvements in quality of life for brain injury survivors, this relies heavily on support from caregivers and community services such as SABIS. A brain injury does not fully heal like other injuries, and while not 100% preventable in all cases, there are studies that show that helmets can reduce the likelihood of an acquired brain injury by over 50%. With that in mind, there really is no good reason not to wear a helmet, as a traumatic brain injury can be life-changing, not only for the survivor, but their loved ones as well."

MEET OUR SUPERSTAR TEAM MEMBERS!

This is Christine Verdone, Service Coordinator with SABIS.

Christine Joined the SABIS team recently and has been a rising star.

We have loved getting to know her, and wanted to share the opportunity with you!



Tell us a bit about yourself.

I have been working primarily in the hospitality industry over the last 15 years. Before the pandemic I had been volunteering at the Alex community kitchen as well as studying at Mount Royal University working towards a diploma in social work. I really enjoy spending time with all sorts of folks and learning their stories. Getting to know people is what had kept me in the hospitality sector for as long as it did. I realised I wanted a change and to find a place to work that would allow me to focus on supporting my community in a meaningful way.

What was it that made you want to join the team at SABIS?

I knew that I would be able to learn a ton of new skill sets! Being a member of a small team requires one to wear many hats! I also knew that stepping into this position I would get to work along side a small, yet mighty, team who are passionate about the work that they do.

What is your favourite part of working at SABIS so far?

My favorite part about working at SABIS so far is being part of a such an encouraging and supportive team. Both the team and clients here have been so welcoming!

How do you enjoy your time away from the office?

Away from the office I enjoy spending time Painting, reading, napping.

What's a fun fact about you that many people don't know?

In 2016 I did the Camino de Santiago pilgrimage in Spain. I walked solo over 850 km in 24 days.!

" ...I also knew that stepping into this position I would get to work along side a small, yet mighty, team who are passionate about the work that they do... "



November 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Wellness 10:00-11:00 Recreation 1-2:30	3 Drop In 10:00-11:30 Life Skills 1-2:30	4 Men's 10:00-11:30	5	6
7	8	9 Wellness 10:00-11:00 Recreation 1-2:30	10 Drop In 10:00-11:30 Life Skills 1-2:30	11 Remembrance Day Office Closed	12 Bracko Home Furnishing Parade of Christmas Trees	13
14	15 50/50 Raffle tickets available	16 Wellness 10:00-11:00 Recreation 1-2:30	17 Drop In 10:00-11:30 Life Skills 1-2:30	4 Men's 10:00-11:30	19	20
21	22	23 Wellness 10:00-11:00 Recreation 1-2:30	24 Drop In 10:00-11:30 Life Skills 1-2:30	4 Men's 10:00-11:30	26	27
28	29	30 Wellness 10:00-11:00 Recreation 1-2:30				

December 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Drop In 10:00-11:30 Life Skills 1-2:30	2 Men's 10:00-11:30	3	4
5	6	7 Wellness 10:00-11:00 Recreation 1-2:30	8 Drop In 10:00-11:30 Life Skills 1-2:30	9 Men's 10:00-11:30	10 Winter group registration deadline	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
Closed for the Holidays December 20th– January 2nd						<i>Merry Christmas</i>
26	27	28	29	30	31 Bracko Home Furnishing voting ends 50/50 Raffle Draw	
Closed for the Holidays December 20th– January 2nd						



January 2022

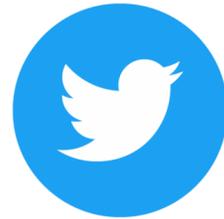
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Happy New Year!
2	3 SABIS office re-opens	4	5	6	7	8
9	10	11 Women's Group 10-11:00 Show & Share 1:30-3:00	12 Wellbeing 10:00-11:30 Virtual Drop In 1:30-2:30	13 Men's 10-11:30 Creative Expressions 1:30-3:00	14	15
16	17	18 Women's Group 10-11:00 Show & Share 1:30-3:00	19 Wellbeing 10:00-11:30 Virtual Drop In 1:30-2:30	20 Men's 10-11:30 Creative Expressions 1:30-3:00	21	22
23	24	25 Women's Group 10-11:00 Show & Share 1:30-3:00	26 Wellbeing 10:00-11:30 Virtual Drop In 1:30-2:30	27 Men's 10-11:30 Creative Expressions 1:30-3:00	28	29
30	31					

February 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Women's Group 10-11:00 Show & Share 1:30-3:00	2 Wellbeing 10:00-11:30 Virtual Drop In 1:30-2:30	3 Men's 10-11:30 Creative Expressions 1:30-3:00	4	5
6	7	8 Women's Group 10-11:00 Show & Share 1:30-3:00	9 Wellbeing 10:00-11:30 Virtual Drop In 1:30-2:30	10 Men's 10-11:30 Creative Expressions 1:30-3:00	11	12
13	14 	15 Women's Group 10-11:00 Show & Share 1:30-3:00 Caregiver Talks 6:15-7:15	16 Wellbeing 10:00-11:30 Virtual Drop In 1:30-2:30	17 Men's 10-11:30 Creative Expressions 1:30-3:00	18	19
20	21 Family Day Office Closed	22 Women's Group 10-11:00 Show & Share 1:30-3:00 Caregiver Talks 6:15-7:15	23 Wellbeing 10:00-11:30 Virtual Drop In 1:30-2:30	24 Men's 10-11:30 Creative Expressions 1:30-3:00	25	26
27	28					



STAY IN TOUCH: FOLLOW US ON SOCIAL MEDIA



And don't forget to check out our new and improved website:

<https://sabis.ab.ca>

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