



BRAIN WAVES

Southern Alberta Brain Injury Society—Newsletter

February 2022

A message from our Executive Director

Here we are: 2022. The past two years have forced us to be resilient in the face of uncertainty as we have constantly adapted to the changes we have encountered, time and time again. I am finding myself reflecting a lot on the good things that have happened despite the many challenges we have faced together. Collecting the positives, to me, fosters and promotes a sense of gratitude, and gratitude is (in my opinion) necessary for true happiness. I am grateful for many things, but one of the things I find myself most grateful for time and time again, is connection. Connection to peers, family, friends, community, etc. When we have meaningful connections, we thrive, and when we thrive, life feels just a little bit easier.

SABIS has been working hard over the past several months to define our Purpose. Our purpose is important because it reminds us of why we exist and why each of us on the team come into the office every day. Our purpose is very succinct and guides our daily interactions with those who we support, each other as colleagues, and our community partners.

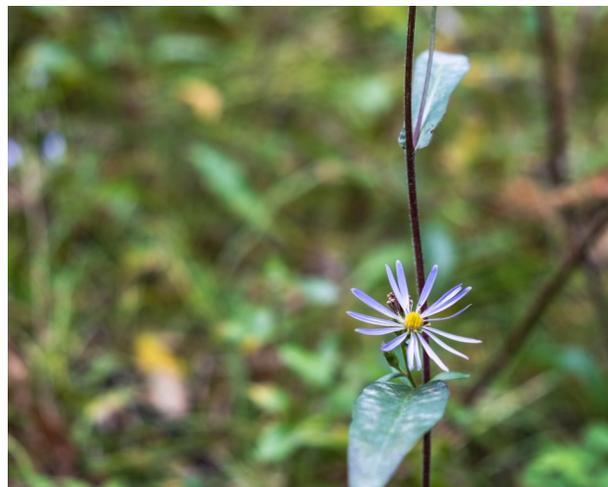
SABIS makes life easier for brain injury survivors and their supporters. That is our purpose.

This will be the cornerstone of everything we do. And connection is a key component of this pursuit. Whether this means connecting someone to financial support to make paying bills a bit easier or connecting them to peers to provide some social engagement, we will strive to do what we can to make life easier for those who we support. We will remain anchored in this mantra as we move forward, and we are incredibly excited to forge ahead with this newly defined purpose.

For those who we have worked with in the past, we hope we made your life easier. And for those who are currently working with, we will do what we can to ensure we make your lives easier too.

Lastly, I want to take moment to highlight the generosity we experienced over the holiday season. To everyone who donated or purchased tickets for our 50/50 cash raffle – thank you. To everyone who volunteered their time or invited us to participate in collaborative initiatives such as the Bracko Brothers' Tree Parade – thank you. To everyone who supported us in any way (including reading this newsletter) – thank you. We wouldn't be us without you. You are helping us make life easier for brain injury survivors and their supporters, so, thank YOU. I am grateful that we are connected to you.

Shane



Connect with us online



SABIS VOLUNTEER APPRECIATION

SABIS relies heavily on community support in our operations. Being a small team of five, we all wear many hats and dabble in various things necessary to keep things running smoothly. Volunteers help to support our team by lending their expertise to enhance our organizational effectiveness. We would like to thank the following individuals for their contributions towards helping us make life easier for brain injury survivors and their supporters. If you are interested in offering your skills (or learning new ones!), please see the information at the bottom of this page.

SABIS VIPs

- Susan Mate (social media/marketing)
- Kelly Bishop (fund development)
- Terry Avramenko (groups/board)
- Jason Kazlow (groups)
- Meghan Mutrie (groups)
- Allison Parder (website)
- *You...? (see below)*

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



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



Patricia M. Gutek

Dan Thorn

Tara D. Pipella is rated as a leading practitioner in the area of personal injury and is consistently recommended.

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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:

| | |
|-----------------------|-------------------------------------|
| Wednesday, February 9 | Spring group registration opens |
| Tuesday, February 15 | Supporter Connections group begins |
| Monday, February 21 | Family Day– Office closed |
| Sunday, March 13 | Daylight Savings Time begins |
| Thursday, March 24 | Supporter 101 registration deadline |
| Friday, March 25 | Spring group registration deadline |
| Thursday, April 7 | Supporter 101 begins |
| Tuesday, April 12 | Spring groups begin |
| Friday, April 15 | Good Friday-Office closed |
| Friday, April 18 | Easter Monday-Office closed |
| Wednesday, May 11 | Summer group registration opens |
| Monday, May 23 | Victoria Day– Office closed |

Advertisement Rates

| Full Colour Ad | Full Page | 1/2 Page | 1/4 Page |
|----------------------|-----------|----------|----------|
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| Full Year (4 issues) | \$1300 | \$650 | \$325 |

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SABIS COVID-19 Updates



As the ever-evolving situation with the COVID-19 pandemic continues to present obstacles to our service delivery, we have had to continually adapt. SABIS staff are currently working from home, which in itself presents a multitude of challenges. With a generous donation from [Stringham LLP](#), we were able to provide our staff with the necessities to continue our important work remotely.

Please note: our office is currently closed to the public. If you need assistance please contact us at: sabis@sabis.ab.ca

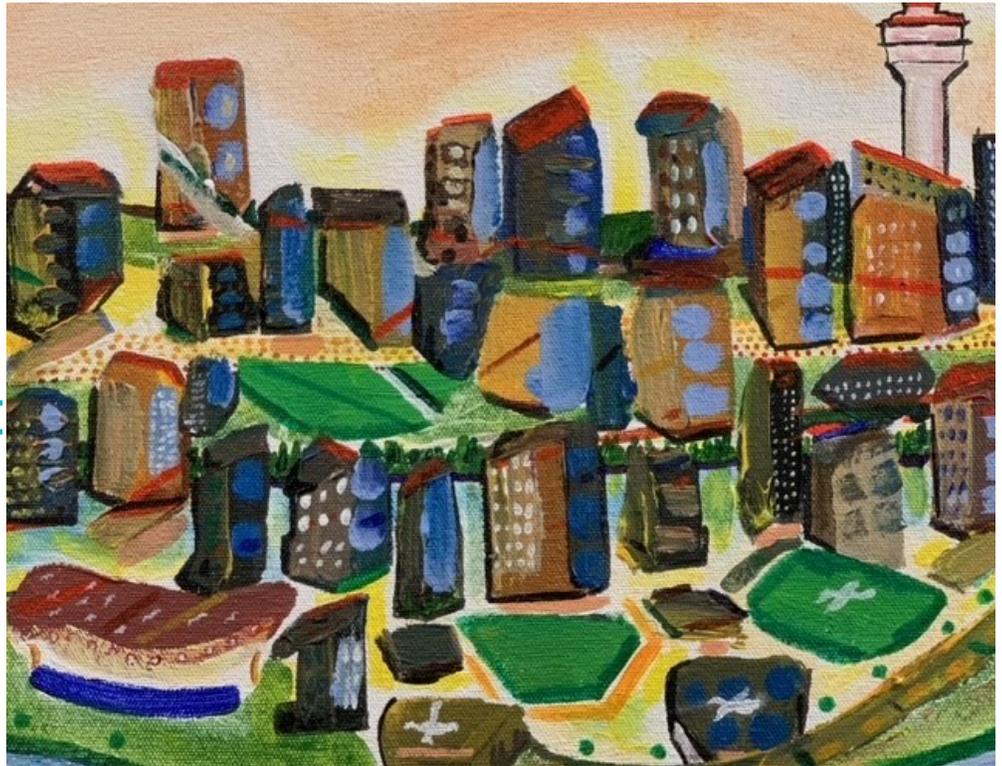


SABIS ART GROUP CONTINUES DESPITE PANDEMIC CHALLENGES

"If you hear a voice within you say 'you cannot paint,' then by all means paint, and that voice will be silenced."

~ Vincent Van Gogh

(30 March 1853 – 29 July 1890)



The Dutch impressionist painter had it right - there's no denying the healing power of art. You'll see that clearly on the walls of the SABIS office in Calgary, which are adorned with breathtaking paintings created by our brain-injured clients.

"It's a great emotional outlet," says Christine, a SABIS program facilitator who runs the weekly Creative Expressions class. Free to clients, SABIS has had to get innovative in delivering Creative Expression during the Covid pandemic.

"That's been interesting," notes Christine. "We've dropped off a bunch of supplies to clients and we run the program online every Thursday from 1:30 to 2:30.

Known for their calming and other therapeutic benefits, art therapy programs are offered in many hospitals, seniors homes, schools and when working with the brain-injured community.

"Anyone can do this. It's fun, and whether online or at the SABIS office, it's a safe place to learn," says Christine, who enjoys painting as a hobby.

"It's a safe emotional outlet and for those who don't think they are creative, we love to show that they are!"

Classes usually start with a simple 15-minute drawing exercise to warm up participants. One example is Word Stacks, where nouns, adjectives and verbs are

turned into drawings. Other art mediums used include watercolour, charcoal and pencil crayons.

"It's so much fun and the sketches they create are so much fun! I am always blown away with the creativity I see," says Christine. "Anybody can do this stuff."

This round of Creative Expressions ends in late March, then a new program should begin in April. At this time due to Covid, it's uncertain whether classes such as this one will continue online or moved back to the SABIS office.

Click [here](#) or go to https://sabis.ab.ca/group_registration to register for SABIS programs.

If you're a person living with the effects of a brain injury, and would like to connect with SABIS, click [here](#) or go to: <https://sabis.ab.ca/application>

Please note, classes such as Creative Expressions and art supplies are funded by supporters just like you. Due to Covid, we are currently not accepting cash donations. Thank you for choosing one of our contactless options by clicking [here](#) or going to: <https://sabis.ab.ca/getinvolved>



Are you a Supporter of a Brain Injury Survivor?

The Southern Alberta Brain Injury Society makes life easier for Brain Injury Survivors and their Supporters.

Supporter 101

- Six week, facilitated group
- Weekly 2 hour information session and discussion
- Topics include Caregiver stress, self-care, life post injury, and resources
- Cost: Free!

Schedule

Thursday 6:00pm-8:00pm
April 7-May 13th

Tuesday 6:00 pm-8:00 pm
October 6-November 10

Supporter Connections

- Six week, peer led group
- Weekly 1 hour opportunity to share your successes, challenges, and connect with other Supporters
- Cost: Free!

Schedule

6:15pm-7:15pm
February 15 - March 22nd
June 16-July 21st

11:50am -12:50pm
August 16 - September 20th
December 15 - January 19th

**For more information and registration contact
haley@sabis.ab.ca or 403-521-5212**



April-June 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/

Practical Wellbeing *Online* (Tuesday mornings from 10:00 – 11:00 am) April 12- June 28, 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) April 12- June 28, 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) April 13- June 29, 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) April 13- June 29, 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) April 14- June 30, 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) April 14- June 30, 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 MARCH 25, 2022****

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 2 years. 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



Skip The Depot



You can help SABIS make life easier for brain Injury survivors and their supporters by donating your bottles and cans. Simply follow the Instructions below to get started!

- 1. Download the app and book a pickup using <https://app.skipthedepot.com/sabis>
- 2. Place your bags outside
- 3. Skip the Depot will collect your recyclables and provide a donation to SABIS!

If you have any Issues or questions, please contact us at sabis@sabis.ab.ca



Connect with us online



Thank You!

SABIS relies on community support to continue our crucial work making life easier for brain injury survivors. We are so grateful to be supported by so many amazing organizations and businesses. If you have an opportunity to support SABIS, please don't hesitate to reach out: shane@sabis.ab.ca

BRACKO BROTHERS' PARADE OF TREES

We are so grateful to have been invited to participate in a FUNdraiser hosted by Bracko Brothers Furniture.

Our clients hand made ornaments to decorate a tree which was displayed in the Bracko Brothers showroom, alongside ten other charities.

Each tree received votes in the form of non-perishable food items, collected for the Calgary Food Bank. This campaign collected nearly 10,000 food items!



SHIP & ANCHOR SHIP NOG



Each year the Ship & Anchor supports a number of local non-profit agencies with proceeds from their *homemade* egg nog. This year the Ship welcomed SABIS into the fold of agencies supported through this campaign, and we are so grateful. In their inaugural week of sales, the Ship raised close to \$6000 for SABIS!

Thanks again to the amazing folks at the Ship & Anchor for the support.

Connect with us online



MEET OUR SUPERSTAR TEAM MEMBERS!

This is Sasha Robinson, Service Coordinator with SABIS.

Sasha Joined the SABIS team in November of 2021 and has been an amazing addition to the team.

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



Tell us a bit about yourself.

I started my career in the human services field 5 years ago. Previously, I had worked with the homeless population at the Calgary Drop-in Centre in the shelter, then worked my way up into the supportive housing floors. After that I worked for the Calgary Dream Centre working with men who are struggling with homelessness and addiction. Since November 2021 I have been with SABIS. I am currently exploring the achievement of either Social Work or Criminal Justice degree.

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

I wanted to use my previous experience to support and advocate for individuals living with a brain injury.

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

The work we do as a service coordinators comes with challenges, however without the team I work with, and our clients, I could not strive for more for myself and everyone I support.

1. The Team I am a part of. They are truly the most supportive teammates I have ever worked with.
2. The clients and how amazing they are, and how they want to grow and participate.

How do you enjoy your time away from the office?

I enjoy spending time with my friends and family, and I've found a new love for health and wellness so lately I spend a lot of time at the gym.

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

The majority of my family lives in England, and I go there quite often.

"...The clients and how amazing they are, and how they want to grow and participate..."



Annual Membership Renewal and Application Form

Purpose of the Society

SABIS makes life easier for brain injury survivors and those who support them.

Full members of the Society receive notice of annual general meetings where they are entitled to one (1) vote regarding Society matters. Members also receive the quarterly newsletter, have SABIS library borrowing privileges, and receive the annual report. Membership is encouraged but not a requirement to access SABIS services.

To become a member or if you are a member whose contact information has changed, please complete this form and pay your annual dues. To complete this form online, visit www.sabis.ab.ca/membership-form/

Name: _____

Address: _____

City: _____ Province: _____ Postal Code: _____

Phone: _____ EMAIL: _____

Membership and Annual Dues for 2022 - 2023:

A membership year is April 1 to March 31.

- | | |
|--|---|
| <input type="checkbox"/> Individual Membership | Annual Dues: \$10 (one vote per person) |
| <input type="checkbox"/> Family Membership | Annual Dues: \$15 (one vote per family) |
| <input type="checkbox"/> Professional Membership | Annual Dues: \$20 (one vote per family) |
| <input type="checkbox"/> Non-Profit Agency | Annual Dues: \$20 (one vote per agency) |
| <input type="checkbox"/> Corporate Membership | Annual Dues: \$100 (one vote per corporation) |

Please make cheques payable to *SABIS* or *Southern Alberta Brain Injury Society* or visit www.sabis.ab.ca/getinvolved for SABIS direct link to CanadaHelps

Please note: SABIS is unable to accept cash payments



STAY IN TOUCH: FOLLOW US ON SOCIAL MEDIA



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

<https://sabis.ab.ca>

Southern Alberta Brain Injury Society
140, 301 14th Street NW
Calgary, AB T2N 2A1

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

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

