



BRAIN WAVES

Southern Alberta Brain Injury Society—Newsletter

May 2022

A message from our Executive Director

Spring is in the air, and summer is well on its way. The days are getting longer, the weather is getting warmer, and for SABIS there are some really exciting things on our horizon which will be highlighted in this newsletter. But before we get to that, I would just like to take a moment to thank all of our supporters and express just how much they mean to me, our team here, and the hundreds of brain injury survivors we support in the Calgary region.

Without community support, we could not do what we do – make life easier for brain injury survivors and those who support them. Each act of selflessness, each minute of volunteer time, each dollar donated, or social media post shared or liked is meaningful to us.

We recently participated in an AGLC Casino event which helps fund our operations. The demand for volunteers was intimidating, but the response was incredible. In a few short days we were able to fill 25+ positions to carry out the duties for the Casino, which will result in SABIS receiving much-needed funding to continue our crucial work. Thank you to all of our volunteers who helped make that happen. You can read their names listed on page 4.



Size-wise, SABIS is small but mighty, as we say, but I would also say that our team is bigger than just the employees we have in the office; our *full* team consists of all of those who put energy into supporting us – our *community*. We couldn't do this important work without them. So, once again, thanks to all who are doing what they can to help us do what we can to make a difference in the lives of brain injury survivors.

I wish you all a safe and happy summer, whatever that looks like for you. For me, it will be some time spent in the woods.

- Shane

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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, May 11th	Summer group registration opens
Monday, May 23rd	Victoria Day– Office closed
May 25-26th	Staff attending virtual Brain Injury Canada Conference
Tuesday, May 31st	Spring session 2 peer support groups begin
June 1-30	Brain Injury Awareness Month Campaign
Tuesday, June 14th	Annual General Meeting
Thursday June 16th	Supporter Connections group begins
Friday, June 24th	Summer group registration deadline
Friday, July 1st	Happy Canada Day– Office closed
Monday, August 1st	Heritage Day– Office closed
Tuesday, August 16th	Supporter Connections group begins
Monday, July 12th	Summer groups begin
Friday, August 26th	Fall group registration deadline

Advertisement Rates

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One Issue	\$400	\$200	\$100
Full Year (4 issues)	\$1300	\$650	\$325

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A Special Thank-You

The Covid-19 pandemic has impacted everyone in many ways. One of the ways in which SABIS was impacted was the loss of the opportunity to participate in an AGLC Casino which provides a significant portion of funding toward operations.

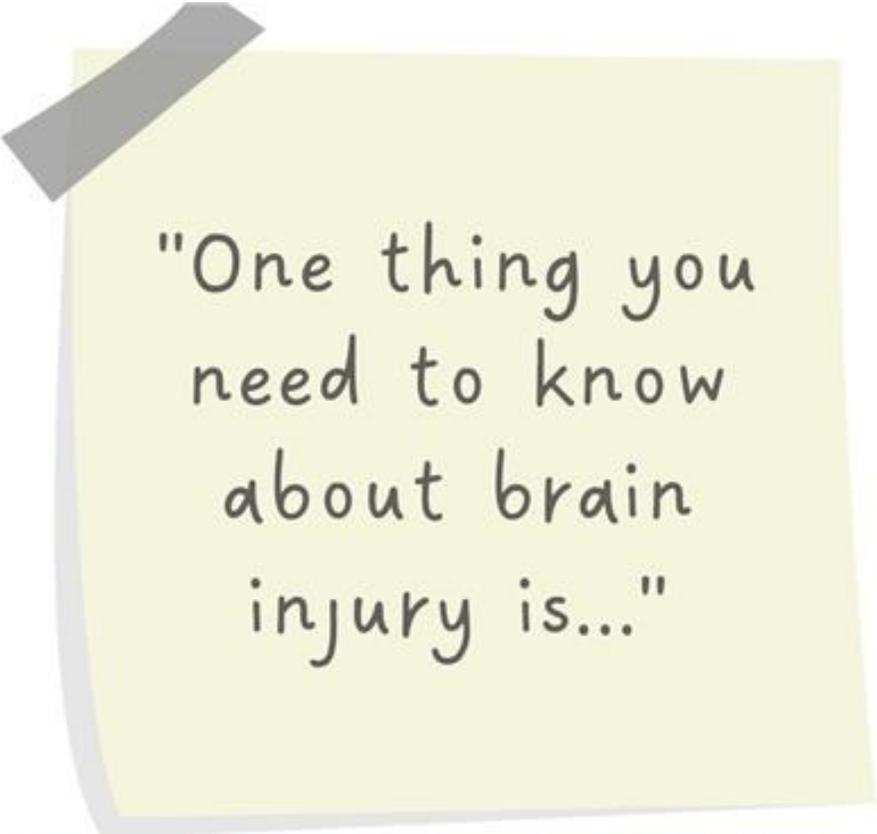
SABIS is eligible for an AGLC Casinos once every 18 months and receives a portion of the proceeds. In exchange, SABIS is required to provide volunteers to fill close to 30 shifts over two days which is no small feat! While we normally receive ample notice of an upcoming casino, SABIS was presented with the opportunity to accept a casino in April instead of September. We had a short amount of time to determine if we would be able to fill the volunteer positions and accept the casino. We took a gamble, put out the call for volunteers and were able to fill all the positions within 2 days!

Thanks to the support of the individuals below we were able to accept the casino, the funds from which allow us to continue making life easier for brain injury survivors and their supporters.

Dymphny Dronyk	Jesse Harris	Byron Thompson
Brian Stanko	Annalise Harris	Jeff Justason
Tara Paisley	Roberta Harris	Megan Justason
Josh Naud	Christine Verdone	Elizabeth Mackay
Paige Baker	Anita Gaylard	Kevin Schwaiger
Sasha Robinson	Terry Avramenko	Stephanie Barrett
Haley Christensen	Luanne Whitmarsh	Aeliot Blackwater

Thank You!





"One thing you
need to know
about brain
injury is..."

WHAT DO PEOPLE NEED TO KNOW ABOUT BRAIN INJURY?

TELL US IN YOUR OWN WORDS

SABIS is looking for volunteers for our
Brain Injury Awareness Month campaign.

We want to create awareness and reduce the stigma
around brain injury in our community this June,
and you can help!

We are looking for brain injury survivors and
supporters who have something to say about what
people need to know about brain injury.

Want to lend your voice? Get in touch: shane@sabis.ab.ca



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.

SABIS VIPs

- Kelly Bishop (fund development)
- Terry Avramenko (groups/board)
- Jason Kazlow (groups)
- Meghan Mutrie (groups)
- Allison Parder (website)
- Megan Rutledge (peer support)
- *You...? (see below)*

VOLUNTEER!

You can also help SABIS by offering to volunteer.

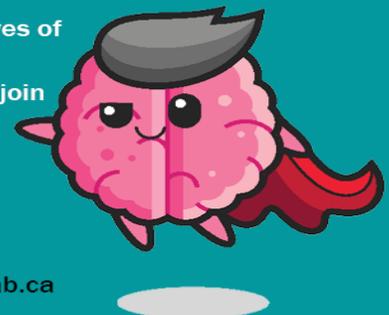
Our **VIP** program is an exciting way to stay involved and offer your volunteer support when/where you can.

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





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MEET OUR SUPERSTAR TEAM MEMBERS!

This is Anna Harris, Director of Operations with SABIS.

Anna will be celebrating 5 years with SABIS this June!

Hello! My name is Anna , if you have been a SABIS client for a while you may remember me as either Annalise or Anna, and I am the Director of Operations with SABIS.

I am excited to be celebrating 5 years at SABIS this June while still trying to figure out where the time has gone. I joined the SABIS team in June 2017 and with the support of the amazing SABIS team and clients have been fortunate to grow professionally and gain experience in a number of roles.

What do you like about working at SABIS?

I am fortunate to be able to honestly say I love my job. Every day presents new challenges, opportunities to learn, and opportunities to connect with our clients and their supporters. I have met so many wonderful people that shared their stories and allowed me to be part of their journey.

How do you enjoy your time away from the office?

Outside of the office I enjoy spending time with my husband and our pets, family, and friends. I have a few hobbies I have been dabbling in such as photography, hiking, various crafts, and most recently cross stitch.

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

It is becoming more common knowledge that I am the "crazy reptile lady" and truthfully, it is a title I am happy to accept!

My husband and I share our home with a number of pets including our dog Maggie, ball python Molly, boa constrictor Dobby, bearded dragon Milo, crested gecko Neville Longbottom, black and white tegu Beetlejuice, and two blue frogs name Huey and Louey although I can't tell you which is which. The snake in the photo does not belong to me, she is an ambassador for conservation named Tonks and she weighs approximately 47 pounds!



" ... I have met so many wonderful people that shared their stories and allowed me to be part of their journey... "

MEET OUR SUPERSTAR CLIENTS!

We want to hear from YOU!

We know we have amazing clients with talents to share and we want everyone else to know too! We are putting out the call for clients to share their stories, thoughts, talents, and experiences in upcoming newsletters.

What can I share?

Your story, experience with SABIS, poetry, art, photography, we are open to conversations about anything you would like to share.

Can I remain anonymous?

Of course! We understand everyone has a different comfort level and will work with you to protect your privacy.

Do I have to be SABIS client to contribute?

We welcome and encourage anyone in our community to contribute.

I want to contribute but don't know where to start, will you help me?

Yes! We can provide suggestions and prompts to help you share your story, passions, and talents.

How do I get involved?

If you would like to contribute to an upcoming newsletter, please contact Anna by email annalise@sabis.ab.ca or speak with your Service Coordinator.

Is there a deadline?

To be included in the Fall newsletter, please submit your contribution by Friday, August 5th.



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**



July-August 2022 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:

You must be an active SABIS client to join or attend groups. The Men's and Wellness Groups require regular attendance. Participants are required to follow current COVID-19 protocols while attending groups.

Community Group (Tuesday mornings from 10:00 – 11:30 am) July 12 – August 30, 2022

This group is for those who want to meet us in Riley Park for conversation and activities. For reasons of safety and practicality, clients who require Access for transportation are unable to attend.

Drop In Social Group (Wednesday mornings from 10:00 – 11:30 am) July 13 – August 31, 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.

Wellness Group (Wednesday afternoons from 1 – 2:30 pm) July 13– August 31, 2022

Wellness includes activities, choices and lifestyles that lead to optimal health and wellbeing. Using self-care as a foundation, we will talk about using strategies and developing skills to increase confidence and independence in our lives.

Community Group (Thursday afternoons from 1:00 – 2:30 pm) July 14 – September 1, 2022

This group is for those who want to meet us in Riley Park for conversation and activities. For reasons of safety and practicality, clients who require Access for transportation are unable to attend.

This form can be filled out online at https://sabis.ab.ca/group_registration/

Group confirmations will be **emailed** to participants.

****The DEADLINE to register is JUNE 24, 2022****

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





L.E.A.P.

LIVED EXPERIENCE ADVISORY PANEL

SABIS is forming a Lived Experience Advisory Panel (LEAP) to support better outcomes for brain injury survivors and their supporters.

What is L.E.A.P. ?

The LEAP is a panel comprised of brain injury survivors and supporters who act as an advisory group on matters related to SABIS' operations. The goal of LEAP is to learn from those impacted by brain injury. SABIS will use this information to help improve our operations and the experience of brain injury survivors in our region.

How Does it Work?

The LEAP will meet monthly to engage in discussion on a number of topics related to improving the experience of brain injury survivors and their supporters. LEAP members earn an honorarium for their time and for sharing their expertise.

Other Details

- Open to brain injury survivors or supporters/caregivers over the age of 18 who are living within the Calgary region.
- Meetings will take place on the last Tuesday of the month
- Participants will receive a \$30-\$50 honorarium for their time.
- For more information, contact us.

Get in touch

- Phone: 403-521-5212
- Email: shane@sabis.ab.ca
- Fax: 403-283-5867
- We are located at:
#140, 301 14th St NW
Calgary, AB T2N 2A1

Or connect with us
by scanning here:





PEER SUPPORT PROGRAM

FOR INDIVIDUALS LIVING WITH THE EFFECTS OF A BRAIN INJURY

The Southern Alberta Brain Injury Society is offering 1-on-1 peer support to brain injury survivors to help them in their journey.

WHAT IS IT?

A 12-week, 1-on-1 connection to support a brain injury survivor's journey.

WHO IS IT FOR?

SABIS program participants (clients) who would like to directly connect with someone who may have similar experiences.

WHEN WILL THE PROGRAM RUN?

The first round of the program begins May 16th, 2022 and runs until July 22th, 2022

HOW TO ACCESS?

Speak to your service coordinator for more information. If you are not a SABIS client, please contact sabis@sabis.ab.ca

WHAT TO EXPECT?

You can expect an affirming, confidential space to connect with another brain injury survivor directly, 1-on-1.



ABOUT OUR PEER SUPPORTER:

"Hi Everyone, I'm Megan!

I have suffered from concussions & Brain Injuries for over a decade of my life. As a result of these injuries I am deeply committed & excited to give back to the Brain Injury Community & help others who are going through similar experiences"

For more information, contact your SABIS Service Coordinator or contact the SABIS office by phone: (403) 521-5212 or email: sabis@sabis.ab.ca





2021 ANNUAL GENERAL MEETING

JUNE 14, 2022

5:30PM, VIRTUAL/ZOOM



**FOR MORE INFORMATION,
PLEASE CONTACT:
SABIS@SABIS.AB.CA**



Connect with us online



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



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



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

