



BRAIN WAVES

Southern Alberta Brain Injury Society—Newsletter

August 2022

A message from our Executive Director

It's been a year since I joined this amazing group of folks dedicated to making life easier for brain injury survivors, and while it hasn't always been easy, and there's been a lot of hard work, it has also been an incredible experience. Time flies when you're having fun, they say, (I mean, even when you're not having fun...) and I have enjoyed my time here immensely over the past year.

I have had the pleasure of meeting many of the folks we work with, and I find myself feeling grateful for the opportunity to do what I can to support this organization, this amazing team, and all the folks that we work alongside. I am reminded often of why this work is so important. And yes, while our work here is important, what's more important is *how* we do the work. Digging into the *how* is where we find our ambitions.

If you are familiar with the Kaizen concept (popularized by companies like Toyota or Fujifilm), then you are no stranger to our ambitions. Kaizen is a Japanese term meaning "change for the better" or "continuous improvement" and it is based on the idea that small, ongoing positive change can yield significant improvements. In business, it is a unique concept in that it includes all employees, rather than a top-down approach.

At SABIS, we are taking this philosophy and adapting it to our operations by including not only the SABIS team, but those who we are in business to support. We are ensuring that we don't miss opportunities for suggestions for improvement by curating conversations with brain injury survivors and their supporters through our Lived Experience Advisory Panel (LEAP) as well as regular check-ins through our quarterly satisfaction surveys.

The LEAP is a group of passionate and brilliant individuals with personal connections to brain injury who are trying to make a difference in the lives of other survivors/supporters. Participants have come together to collaborate on ways to improve services and supports while allowing SABIS to become a stronger and more effective organization and I can't wait to see where this learning journey takes us. We are grateful for our partners at the Government of Alberta for making LEAP possible.

Lastly, we are excited to announce *Camp SABIS*, a camping-themed event for family and friends of SABIS – **and that includes YOU!** We hope that you can join us in the spirit of gathering for *Camp SABIS* on August 26th in Bowness Park (site 3), I hope to see you there!

- Shane



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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- Free consultation and hospital visits;
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- 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, August 10th	Fall group registration opens
Friday, August 26th	Fall group registration deadline
Friday, August 26th	Camp SABIS– Bowness Park Site #3
Thursday, August 31st	Last day of summer groups
Sunday, September 4th	Calgary Pride Parade
Monday, September 5th	Labour Day– Office closed
September 13th– December 8th	Fall groups
Friday, September 30th	National Day for Truth and Reconciliation
Monday, October 10th	Thanksgiving– Office closed
October 13-14th	Staff attending Alberta Brain Injury Network Forum– Office closed
October 18th– December 6th	Supporter Connections caregiver group
Wednesday, November 9th	Winter group registration opens

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

SABIS Covid-19 Update

The SABIS team has had several discussions regarding the on-going Covid-19 pandemic and our response as an organization.

SABIS serves a large number of individuals, some of whom live with ongoing medical conditions that impact their ability to fight viruses and infections. For the health, safety, and comfort of all our participants, supporters, staff, and visitors to the SABIS office, SABIS has the following policies in place:

- Masks remain mandatory in the SABIS office including during group
- Support group sizes remain limited
- Temperatures are checked upon entering the office
- Increased cleaning and sanitization of high touch surfaces

We understand the past few years have been challenging and look forward to welcoming everyone back to the office as safely as possible. Please do not visit the office if you are feeling unwell, services remain available virtually if you are unable or do not feel comfortable visiting the office.

Thank you for your patience and understanding.





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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)
- Trish Fowler (peer support)
- *You...? (see below)*

VOLUNTEER!

You can also help SABIS by offering to volunteer.

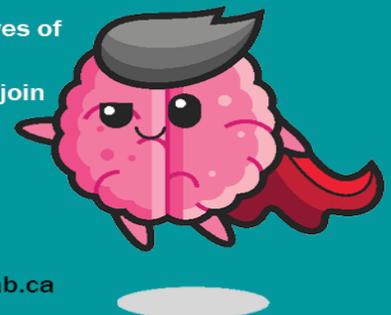
Our **VIP** program is an exciting way to stay involved and offer your volunteer support when/where you can.

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



MEET OUR SUPERSTAR TEAM MEMBERS!

Jeri MacDonald

Jeri is the newest member of the SABIS team joining us as a Service Coordinator in July. Jeri has extensive experience working in peer support and is looking forward to meeting the individuals we support and contributing to expanding peer support group offerings and opportunities. Stop by Camp SABIS on Friday, August 26th to say hello!



Hi everyone!

My name is Jeri. I have always had a strong commitment to my core values of inclusion, equity, and diversity, and anti-racism. I was happy to learn that SABIS is just as passionate about these beliefs as I am.

I am a Pet Parent to 2 senior citizen cats , Foxy and Felix, who are very lively and young at heart. They constantly make my day with their age defying antics.

I enjoy sampling specialty coffee shops (think raspberry mocha coffee, Nutella and chocolate coffee) with my friends and love exploring the live music scene.

In my time away from the office, I like taking day trips to Canmore and Banff and urban hiking at Fish Creek Park. I find watching the sailboats on the Glenmore Reservoir very relaxing. There are some awesome trails to take in there as well. Summer isn't over yet but I am looking forward to perusing the Inglewood Night Market in the fall .

I am looking forward to meeting all of you and I hope to see you at Camp SABIS!

“ I have always had a strong commitment to my core values of inclusion, equity, and diversity, anti-racism. I was happy to learn that SABIS is just as passionate about these beliefs as I am“



FALL SATISFACTION SURVEY

We want to hear from YOU!



SABIS sends out a [satisfaction survey](#) on a quarterly basis to ensure we aren't missing opportunities for improvement and that we are continuously working towards our purpose; To make life easier for brain injury survivors and those who support them.

All SABIS participants and supporters are encouraged to participate in this anonymous, seven question survey to make their voices heard. The results of these surveys help SABIS improve as an organization and better serve our community.

If you have feedback or a comment to share regarding SABIS' Satisfaction Surveys or your experience, please contact shane@sabis.ab.ca

MEET OUR SUPERSTAR CLIENTS!

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?

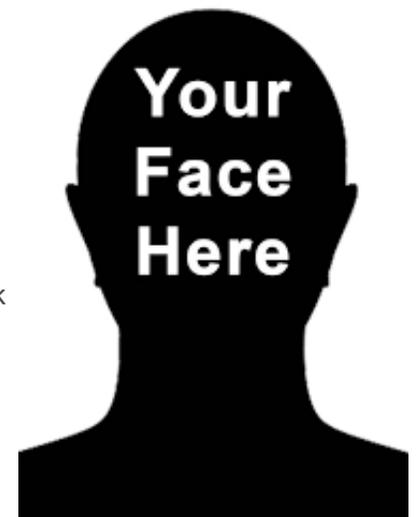
Yes! We can provide suggestions and prompts to help you share your story, passions, and talents.

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 Winter newsletter, please submit your contribution by Wednesday, November 2nd.



Come join us at..

CAMP SABIS

August 26th, 2022

The Southern Alberta Brain Injury Society is hosting a FREE summer BBQ, and you are invited!



Date: August 26th, 2022

Time: 11:00am - 2:00pm

Location: Bowness Park - Site 3

Sponsored by:



Connect with us online



SABIS is proud to be a part of the 2022 Calgary Pride Parade

Sunday, September 4th, 2022

If you would like to show your support and walk with
SABIS in the parade, please contact Haley at
403-521-5212 ext.2 or haley@sabis.ab.ca



Connect with us online



Fall 2022 Group Registration

NAME:

PHONE:

EMAIL:

Allergies/medical conditions:

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

Date:

Signature:

Emergency Contact Name:

Relationship:

Phone Number:

You must be an active SABIS client to join or attend groups. Groups require regular attendance. Participants are required to follow current COVID-19 protocols, including wearing a mask or face shield, while attending groups.

Please select your top 3 choices

- Wellness Group *Online*** (Tuesday mornings from 10:00 – 11:00 am) September 13th – December 6th, 2022
Online Wellness includes a variety of topics that promote health and wellbeing. We will talk about using strategies and developing skills to increase confidence and independence in our lives.
- Recreation Group** (Tuesday afternoons from 1:30 – 3:00 pm) September 13th – December 6th, 2022
Spend an afternoon with other survivors and be prepared to have fun! Word games and Bingo are favourite activities in this group.
- Practical Wellbeing Group** (Wednesday mornings from 10:00– 11:30 am) September 14th – December 7th 2022
Practical Wellbeing 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 practical skills to increase confidence and independence in our lives.
- *NEW* Book Club** (Wednesday afternoons from 1:30-3:00pm) September 14th-December 7th, 2022
Join us in a weekly discussion of Cameron Bloom and Bradley Trevor Greieve's *Penguin Bloom: The Odd Little Bird Who Save a Family*. This group will end with a viewing of the film, Penguin Bloom.
- Think Together Men's Group** (Thursday mornings from 10:00– 11:30 am) September 15th – December 8th 2022
This is a group for male identifying individuals to discuss topics which may include well-being, relationships, and dealing with day-to-day difficulties. Please note this is a communication group.
- Creative Expression Group** (Thursday afternoons from 1:30 – 3:00 pm) September 15th – December 8th, 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!

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 August 26, 2022****

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





SUPPORTER CONNECTIONS

The Southern Alberta Brain Injury Society is offering an 8-week facilitated support group for family, friends, and neighbors of brain injury and stroke survivors.

The group will be held Tuesday evenings from 6:15 to 7:30p.m. beginning October 18th, 2022.

Registration is mandatory prior to attending the group.

Registration begins Monday, August 22nd, 2022

Registration deadline: Tuesday, October 11th, 2022

Location: This groups is held virtually on Zoom. A link will be sent out the morning of October 18th.

For more information or to register, please contact Haley Christensen at 403-521-5212, ext. 2 or haley@sabis.ab.ca



Topics Covered:

Week 1 – October 18th, 2022
Sharing our stories, fears, and hopes

Week 2 – October 25th, 2022
Adjusting to life after brain injury

Week 3 – November 1st, 2022
Coping with Caregiver Stress

Week 4 – November 8th, 2022
Changes in Social Life

Week 5 – November 15th, 2022
Boundaries

Week 6 – November 22nd, 2022
Self Care

Week 7 – November 29th, 2022
Looking to the Future

Week 8- December 6th, 2022
Sharing our Experience

The Southern Alberta Brain Injury Society makes life easier for Brain Injury survivors and their supporters.

www.sabis.ab.ca



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

