



# BRAINWAVES NEWSLETTER



***SABIS MAKES  
LIFE EASIER  
FOR BRAIN  
INJURY  
SURVIVORS  
AND THEIR  
SUPPORTERS.***

## ***IN THIS ISSUE...***

We have information about our upcoming groups as well as opportunities for 1:1 peer support. Also a few special thanks to those who have supported us this past year and a profile of one of our amazing program participants!

# THANKS A BUNCH!

## BRACKO HOME - PARADE OF TREES

During the month of December, Bracko Home invited several non-profits and charities to participate in their 2nd annual Parade of Christmas Trees, in support of the Calgary Food Bank. This is a friendly competition to see which organization can collect the most items for the food bank. SABIS came in third place (!!!) with \_\_\_ items collected through the efforts of SABIS supporters. Amazing work, everyone!! We are so grateful for the community support, and for Bracko Home for inviting us to participate again this year. We're going for first place next year! We can do it!



## SHIP & ANCHOR HOMEMADE EGGNOG

**THANK YOU!**

**\$4490  
RAISED!**



The AMAZING folks over at Calgary's most beloved pub, The Ship & Anchor were so so so kind to include us in their annual fundraising campaign again this year. AND they raised \$4490 for brain injury survivors and their supporters!

Each year, the Ship whips up a huge batch of the most delicious homemade egnog this side of the North Pole. Donating \$5 from each glass sold and \$15 from each bottle sold, to local charities and non-profits in the Calgary region. We are so honored to be a recipient of their generosity. Thank you, so much.

# THANKS A BUNCH!

## CALGARY FOUNDATION

Late in 2021, SABIS was facing some difficulties with funding, due to the lingering impact of the COVID-19 Pandemic.

SABIS is partially funded by the government of Alberta, but there are significant and necessary expenses that we need to fundraise for each and every year. Things such as rent, utilities, financial management, and many other expenses are required for SABIS to function, yet are not often covered with typical funding agreements.

SABIS fundraises year after year to ensure that we can cover these costs. With the COVID-19 Pandemic, fundraising was significantly impeded, and we were facing a challenging deficit in funding. The Calgary Foundation stepped up with an operational grant to support many of our operational costs to ensure that we could continue to make life easier for brain injury survivors and their supporters.

Thank you to the Calgary Foundation for your constant support of SABIS and the many brain injury survivors (and their supporters) who we work to support each and every year. We could not have done this without you.



**CALGARY  
FOUNDATION**  
**FOR COMMUNITY, FOREVER**

For more information about the amazing work the Calgary Foundation does in our community, visit: <https://calgaryfoundation.org/about-us/>

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



**PIPELLA LAW**



Patricia M. Gutek

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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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- No Fee unless recovery;
- Assistance with securing medical aid; and
- We only act for the injured, not the insurance company.

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- 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!

[WWW.SABIS.AB.CA](http://WWW.SABIS.AB.CA)

**SABIS MAKES LIFE EASIER FOR BRAIN INJURY SURVIVORS AND THEIR SUPPORTERS.**

## IMPORTANT DATES

Wednesday, February 8th - Spring group registration opens

Monday, February 20th - Family Day- Office Closed

Friday, March 24th- Spring group registration deadline

Thursday, March 30th- Winter groups end

Friday, April 7th- Good Friday- Office closed

Monday, April 10- Easter Monday- Office closed

April 11-13th- Spring groups begin

Wednesday, May 10th- Summer group registration opens

Monday, May 22nd- Victoria Day- Office closed

### Newsletter Advertising Rates

Full Colour Ad	Full Page	1/2 Page	1/4 Page
One Issue	\$500	\$300	\$150
Full Year (4 Issues)	\$1500	\$800	\$500

## COMING SOON...

*SABIS Supporter Connections group-- March 14-May 30th bi weekly.*

*Please contact Haley for more information: 403-521-5212 ext. 2 or email [haley@sabis.ab.ca](mailto:haley@sabis.ab.ca)*



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## SABIS VOLUNTEERS

*SABIS WOULD LIKE TO RECOGNIZE THE FOLLOWING SELFLESS INDIVIDUALS WHO HAVE MADE TIME TO SUPPORT US BY VOLUNTEERING. WE COULDN'T DO WHAT WE DO WITHOUT YOU. SO, THANK YOU*

- *TERRY AVRAMENKO*
- *ALLISON PARDER*
- *MEGAN RUTLEDGE*
- *MEGHAN MUTRIE*
- *TRISH FOWLER*
- *ROSIE TAYLOR*
- *VERONIKA KIRYANOVA*
- *JASON KAZLOW*

*CURIOUS ABOUT HOW SUPPORT SABIS BY VOLUNTEERING?*

# 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](mailto:sabis@sabis.ab.ca)

## **MEET ROSIE!**



**TANSI! HELLO! MY NAME IS ROSIE, I AM A CLIENT OF SABIS SINCE 2022. I CAME TO THEM IN A FRUSTRATING PLACE; I WAS FEELING OVERWHELMED. I AM VERY GRATEFUL FOR ALL OF THE SERVICE COORDINATORS' SUPPORT, DILIGENCE, AND WILLINGNESS TO ASSIST ME BY SUPPORTING ME WITH TASKS AND RESPONSIBILITIES I STRUGGLED WITH. THE ENTIRE TEAM ARE VERY EXPERIENCED WITH COGNITIVE DISADVANTAGES, AND THEY ARE PREPARED TO SUPPORT IN THE MOST FLEXIBLE WAYS THEY CAN. I AM VERY INSPIRED BY OTHER CLIENTS; I ENJOY LEARNING FROM THEIR STORIES, IN THE VARIOUS GROUPS THAT ARE OFFERED AT SABIS.**

**THERE IS ALWAYS OPPORTUNITY TO CONTRIBUTE AND PARTICIPATE, AND EVERYONE I'VE MET THROUGH THIS COMMUNITY HAS MADE MY DAY-TO-DAY A LOT EASIER WITH THEIR TIPS AND SOLUTIONS TO UNIQUE CHALLENGES THAT WE COLLECTIVELY FACE. I AM LEARNING TO HAVE GRACE WITH MY DECEPTIVE BRAIN MESSAGES, AND ACCEPTANCE OF WHERE I AM AT NOW BECAUSE ALTHOUGH MANY OF MY CHALLENGES ARE INVISIBLE, IN THESE ROOMS THEY ARE VALIDATED, RECOGNIZED, AND ACCOMMODATED. IT TAKES A LONG-TERM APPROACH TO BRAIN INJURY RECOVERY, AND IT TAKES A REALLY STRONG SUPPORT SYSTEM; I AM REALLY THANKFUL SABIS IS AT THE CORE OF MY NETWORK.**

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**THANKS SO MUCH, ROSIE, FOR SHARING A BIT ABOUT YOURSELF. IT'S BEEN A PLEASURE TO GET TO KNOW YOU!**

**- THE SABIS TEAM**



## SABIS GROUPS UPDATE

As we move into 2023, the SABIS staff would like to extend a sincere thank you to everyone for your patience and understanding over the past few years as we navigated and adapted to the Covid-19 pandemic.

As of January 23rd, face masks are no longer required while attending groups or visiting the SABIS office. Participants, visitors, and staff are encouraged to continue masking and taking precautions to their individual comfort levels. Staff will continue masking during one-on-one appointments upon request.

Based on feedback and internal discussion, SABIS has decided to resume **mailing** group confirmation letters.

If you are a Calgary Transit Access customer, it will remain your responsibility to book your trips. SABIS recommends setting up a permanent (weekly) booking and asks that you do not book trips outside of the times listed on your group confirmation letter.

### Why did SABIS stop booking Calgary Transit Access trips?

SABIS stopped booking Calgary Transit Access trips for groups due to policy changes by Calgary Transit Access.

### What is a Permanent Booking?

A Permanent Booking is a booking that can be made for weekly trips exceeding 6 weeks. Participants can phone Access one time to set up their trips for SABIS groups instead of having to call on a weekly basis.

### Why does SABIS recommend Permanent Bookings?


SABIS recommends Permanent Bookings to ensure participants' rides are consistent, to avoid disruptions and missing group, and for safety reasons. SABIS is provided a Daily Trip Sheet report which allows us to see who is arriving by Access and at what time. If a ride is booked outside of a certain time, the individual is not included in the report and we do not know you are coming.

### How do I set up a Permanent Booking?

Contact Calgary Transit Access 403-537-7777 and ask to set up a permanent booking. The times you should request are listed on your group confirmation letter.


# SABIS GROUPS

## **WELLNESS - TUESDAY MORNINGS, 10:00AM-11:00AM \*VIRTUAL GROUP\***




Join us weekly via Zoom as we explore a variety of topics related to health and wellbeing. Topics may include relationships, sleep, boundaries, and healthy lifestyle choices.

## **RECREATION - TUESDAY AFTERNOONS 1:30-3:00PM**




Exercise your brain by joining other participants for an afternoon of activities including word games, Bingo, and trivia.

## **PRACTICAL WELLBEING - WEDNESDAY MORNINGS 10:00AM-11:30AM**




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.

## **BOOK CLUB - WEDNESDAY AFTERNOONS 1:30-3:00PM**



Book Club is SABIS' newest group! Join other participants as we read and discuss a the chosen book together each week. Previous books have included *Ice Bound: A Doctor's Incredible Battle for Survival at the South Pole* and *Between a Rock and a Hard Place*.

## **MEN'S GROUP - THURSDAY MORNINGS 10:00-11:30AM**



This group is for male identifying individuals to discuss topics including well-being, relationships, and dealing with day-to-day difficulties. Please note this is a communication group.

## **CREATIVE EXPRESSIONS - THURSDAY AFTERNOONS 1:30PM-3:00PM**



Creative Expressions is a safe , relaxing space for participants to explore different artistic styles and mediums. Projects may include self-portraits, abstract art, and experimenting with charcoal. No experience necessary!

**REGISTRATION FORMS ARE AVAILABLE ONLINE OR ON THE FOLLOWING PAGE**

**[WWW.SABIS.AB.CA](http://WWW.SABIS.AB.CA)**

***SABIS MAKES LIFE EASIER FOR BRAIN INJURY SURVIVORS AND THEIR SUPPORTERS.***

## April-June 2023 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. Groups require regular attendance. Participants are required to follow current COVID-19 protocols while attending groups.

- Wellness Group \*Online\*** (Tuesday mornings from 10:00 – 11:00 am) April 11<sup>th</sup> – June 27<sup>th</sup>, 2023  
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) April 11<sup>th</sup> – June 27<sup>th</sup>, 2023  
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) April 12<sup>th</sup> – June 28<sup>th</sup>, 2023  
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.
- Book Club Group** (Wednesday afternoons from 1:30-3:00pm) April 12<sup>th</sup> – June 28<sup>th</sup>, 2023  
The SABIS book club reads and discusses a portion of a book together on a weekly basis. The book selected for this semester is to be determined and will be named in your confirmation letter.
- Think Together Men's Group** (Thursday mornings from 10:00– 11:30 am) April 13<sup>th</sup> – June 29<sup>th</sup>, 2023  
This group is for male identifying individuals to discuss topics including 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) April 13<sup>th</sup> – June 29<sup>th</sup>, 2023  
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/](https://sabis.ab.ca/group_registration/)

Group confirmations will be mailed to participants.

**\*\*The DEADLINE to register is March 24, 2023\*\***

If you have any questions, email [sabis@sabis.ab.ca](mailto:sabis@sabis.ab.ca) or call 403-521-5212 and press 2 to leave a [message](#)



# 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.

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### 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](mailto: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.

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### 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"

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

## MEET THE TEAM

As springtime fast approaches, I will have been with the SABIS team for two years. It feels like yesterday I was walking through the door for my first day, excited to learn and meet the folks I would be working with and supporting.

I have learned a lot during my time here. The biggest lesson being that when we share our personal experiences, we are presented with the ability to learn from each other, find a community, and grow into the best versions of ourselves.



I want to extend my gratitude to each and every participant, supporter, SABIS staff member, board member and community partner for taking the time to share your stories. Thank you for showing up as you are, authentically, for sharing your experience, for being open and being a part of SABIS. It is because of this that we can do our work with true meaning.

Each day I am awarded with new opportunities to learn from, connect with, and support folks in our community, and for that, I am truly thankful. For 2023, it is my hope that we continue to learn from each other and grow both as individuals and an organization.

Our peer support groups have returned to full capacity, allowing for the development of an even stronger SABIS community. I look forward to the many events we have in store and continue to find opportunities to expand our programs and services.

SABIS is committed to constant improvement and ensuring we are meeting the needs of those we support. We will be conducting regular (quarterly) check-ins with our program participants in the form of a Satisfaction Survey.

The SABIS Satisfaction Survey should only take a few minutes and will provide SABIS with valuable insight into how our program participants are feeling about the support they receive from us.

Your input is incredibly valuable to our pursuit of improving the experience of brain injury survivors and those who support them.

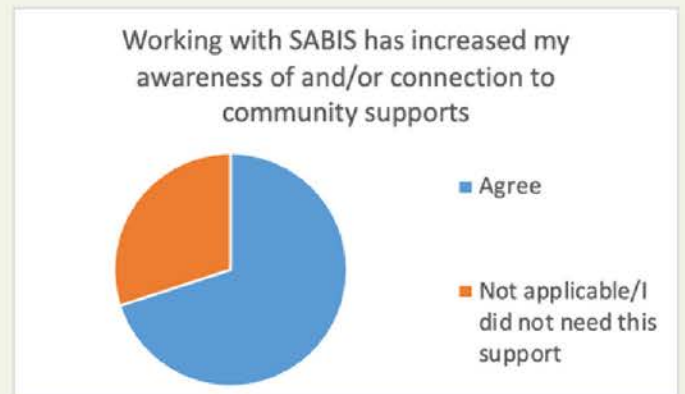
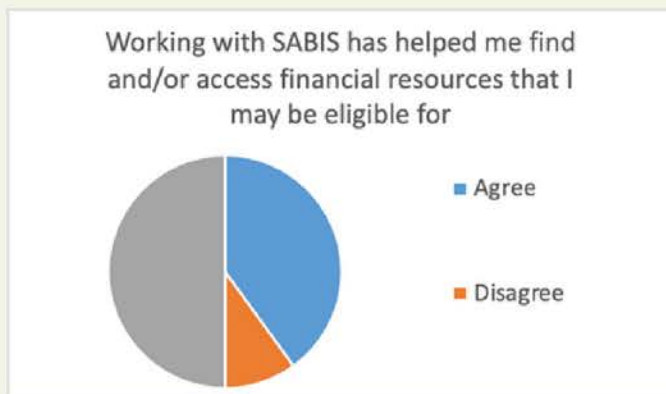
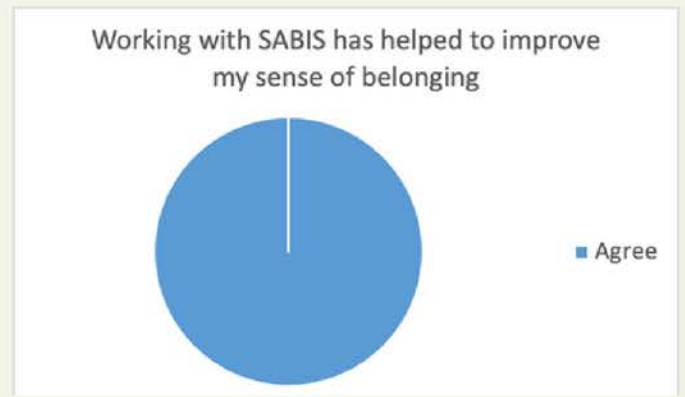
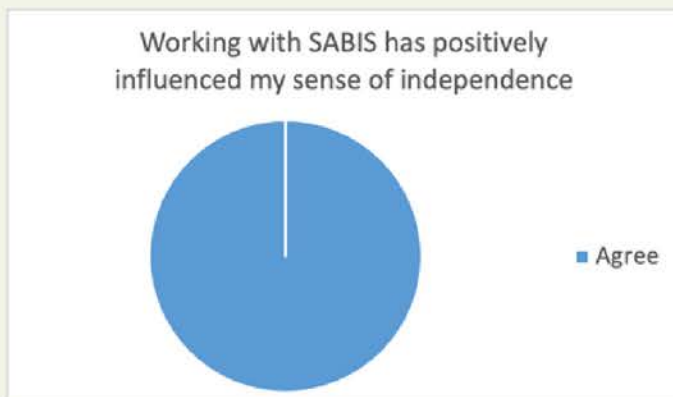
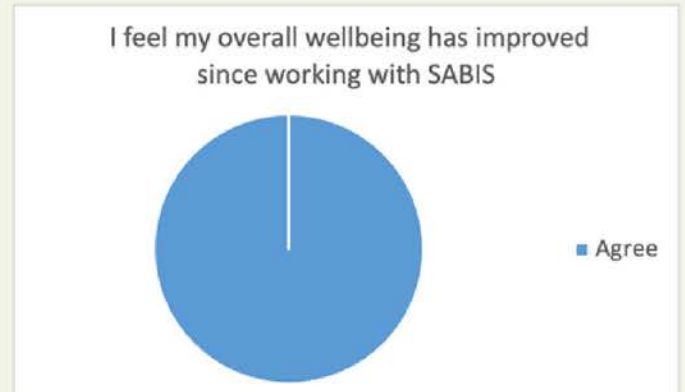
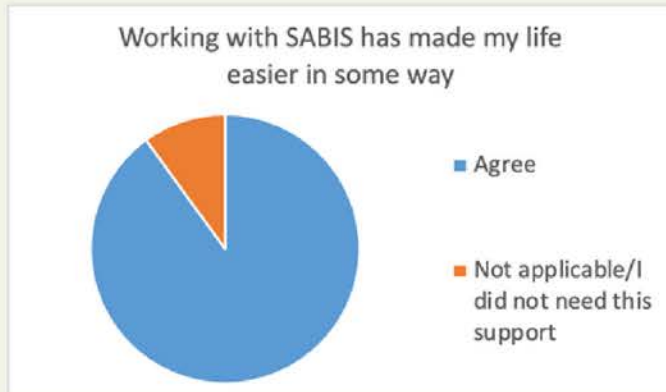
Best,  
Haley

*"THE ONLY TRUE WISDOM IS KNOWING YOU KNOW NOTHING."*  
-SOCRATES

# SABIS SATISFACTION SURVEY

The SABIS Satisfaction Survey promotes transparency and accountability by amplifying the voices of those who utilize SABIS' services and supports.

Quarterly, we seek anonymous Input from our program participants to provide us with a gauge to measure how we are providing supports. Here are some responses from our latest survey, delivered In November of 2022.



We are so grateful to the many brain Injury survivors who took the time and put In the effort to provide these responses. Our organizational ambition Is one of constant Improvement as we live Into our purpose of making life easier for brain Injury survivors and their supporters.

# SUPPORTING SABIS

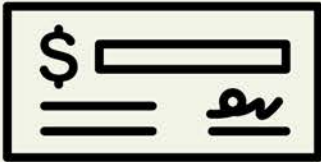
## *SUPPORTING SABIS MEANS SUPPORTING BRAIN INJURY SURVIVORS*

### *YOUR SUPPORT MAKES A DIFFERENCE*

#### *HELP US MAKE LIFE EASIER FOR BRAIN INJURY SURVIVORS AND THEIR SUPPORTERS*

- Approximately 70% of our work is helping brain injury survivors live as independently as possible in the community by linking them to supports, services and programs in the Calgary region.
- About 20% of our work is facilitating weekly support groups for survivors of acquired brain injury.
- The remaining 10% focuses on educating the public and other agencies about the causes and effects of acquired brain injury, its effects on individuals, families and the community.
- SABIS advocates for open and inclusive communities for all persons, regardless of the severity of their brain injury. Travel along the road to recovery can be challenging. Your donation makes a difference in the lives of brain injury survivors and their families.

### **HOW TO SUPPORT**



***CHEQUES CAN BE SENT TO THE SABIS OFFICE:  
140 - 301 14TH ST NW, CALGARY, AB, T2X 2A1***



***DONATE ONLINE USING A CREDIT CARD VIA CANADA HELPS.  
VISIT [HTTPS://WWW.CANADAHELPS.ORG/EN/DN/12815](https://www.canadahelps.org/en/dn/12815)***

**FIND MORE WAYS TO SUPPORT SABIS BY VISITING OUR WEBSITE AT:  
[WWW.SABIS.AB.CA/GETINVOLVED](http://WWW.SABIS.AB.CA/GETINVOLVED)**

SABIS is a Canadian registered charity authorized to issue official tax receipts for income tax purposes for all donations. To review our annual charitable registration with Canada Revenue Agency, please go to CRA's list of registered charities. Our legal name is: Southern Alberta Brain Injury Society. Our charitable registration number (BIN) is: 10799-5714 RR 0001  
SABIS does not sell or share its lists of private and corporate donors, volunteers, members or clients to any person or organization, for any reason whatsoever. SABIS does, however, recognize its volunteers and donors at society events, in our quarterly newsletter and in our annual report. If you would like a copy of our annual report, please contact us.