



BRAINWAVES NEWSLETTER



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

IN THIS ISSUE...

We have information about the upcoming AGM. There is also our upcoming groups and community events, a staff spotlight and a thank you to our wonderful volunteers!

MEET THE TEAM



I joined the SABIS team as a service coordinator in October, 2022. I am overwhelmed by the bravery, resilience, honesty, and dedication I witness regularly with our participants and their supporters. Your experiences are continually helping me grow professionally and personally.

In my short time, SABIS has offered opportunities for professional development and applying my experience and education in valuable ways.

In addition to my service coordinator role, I also run the weekly book club and bi-weekly supporter connections support group via zoom.

It's an honour to work for an organization that respects and appreciates their staff, participants, and supporters. I will continue to strive to be human centered, strengths based, and solution focused. I value this work and look forward to more opportunities to learn, grow, and support everyone here at SABIS.

Thank you for having me.

-Courtney

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



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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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Wheelchair access at the front of the building with automated accessible doors
(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!

**SABIS ANNUAL GENERAL
MEETING**

SAVE THE DATE!

**SABIS' Annual General Meeting will
be held on June 29th, 2023.**

**For more information, please
contact Shane at shane@sabis.ab.ca**

***Memberships must be purchased 48 hours prior
to AGM in order to attend**

Annual Membership Renewal and Application Form

- If you are a member and your contact information has changed, please complete this form; otherwise, simply pay your annual dues.
- If you want to become a member, please complete this form and pay your annual dues.
- Please pay the annual dues corresponding to your membership category.
- The back of this page describes options for paying annual dues
- A membership year is April 1 to March 31.

NAME: _____

ADDRESS: _____

City: _____ Prov: _____ Postal Code: _____

PHONE: _____ EMAIL: _____ Membership

Categories with Corresponding Annual Dues for 2023-2024

- Individual Membership Annual Dues: \$ 10.00 (one vote per person)
- Family Membership Annual Dues: \$ 15.00 (one vote per family)
- Professional Membership Annual Dues: \$ 20.00 (one vote per professional)
- Non-Profit Agency Annual Dues : \$ 20.00 (one vote per agency)
- Corporate Membership Annual Dues: \$100.00 (one vote per corporation)

Mission of the Society

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

Rights and Privileges of Full Members

Full members of the Society have the right to receive notices of meetings of the Society, vote at meetings, stand for election to the Board of Directors and receive the Society's quarterly newsletter and annual report.

Options for Paying Annual Membership Dues

Cash

Do not send cash in the mail. Please bring this form and your cash payment to the Society's office between 8:30 AM and 4 PM, Monday to Thursday. The office is closed evenings, weekends and holidays. The office address is:

Suite 140, 301 14th ST NW
Calgary, AB T2N 2A1

Cheque

This form and a cheque made payable to SABIS or Southern Alberta Brain Injury Society may be mailed to the Society's office or brought to the office between 8:30 AM and 4:00 PM Monday to Thursday. The office is closed evenings, weekends and holidays.

Credit Card Payment

- Go to: <https://www.canadahelps.org/en/dn/12815?v2=true>
- Under 'Donation Details' enter the amount (\$10 for individuals)
- In Message Box write: "*annual membership dues payment*"
- Enter your info and proceed to payment information and confirmation
- Click on "*Complete Donation Now*"

On behalf of SABIS, thank you for your support.
Membership is not required to receive services.



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COMMUNITY EVENTS!

CALGARY PRIDE

Last year, SABIS had the opportunity to participate in the 2022 Calgary Pride Parade! We are excited to announce that our application has been submitted for our participation in this year's parade on Sunday, September 3rd, 2023.

SABIS is proud to offer a safe and inclusive space for all participants, staff, volunteers, supporters and stakeholders. We are extending the invitation to folks who would like to walk in the parade with us!

Following the acceptance of our application, more information will be provided.






Show Your Pride

September 3rd, 2023

If you would like to walk with SABIS
in the 2023 Calgary Pride Parade,
please contact Haley at
403-521-5212 ext. 2 or
haley@sabis.ab.ca



COMMUNITY EVENTS!

CAMP SABIS

Camp SABIS is back!

We are pleased to announce Camp SABIS- our camp themed year end bbq- will return this year on August 25, 2023 at Bowness Park.

Join us for games, food and a great time
See the poster on the next page for registration information

**SABIS is actively
seeking
volunteers for
Camp SABIS!**

Please contact
sabis@sabis.ab.ca if
you are interested
in supporting us



Welcome back to **CAMP SABIS!**



Join the Southern Alberta Brain Injury Society
(SABIS) for a **FREE** summer BBQ!

Scan the QR code or visit [Eventbrite](#) to
register today!

Date: August 25th, 2023

Time: 11:00am - 2:00pm

Location: Bowness Park - Site 3



IMPORTANT DATES

Wednesday, May 10th - Summer group registration opens

Monday, May 22nd - Victoria Day- **Office Closed**

Friday, June 23rd- Summer group registration deadline

Thursday, June 29th- Annual General Meeting

Thursday, June 29th- Spring groups end

Monday, July 3rd- Canada Day Lieu Day- **Office Closed**

July 11-13th- Summer groups begin

Monday, July 17th- Fall group registration opens

Monday, August 7th- Heritage Day- **Office Closed**

Friday, August 23- Fall group registration deadline

Saturday, August 25th- Camp SABIS

August 31- Summer groups end

Sunday, September 3rd- Calgary Pride Parade

Monday, September 4th- Labor Day- **Office Closed**

September 12- Fall groups begin

September 30- National Day for Truth and Reconciliation

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

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*
- *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

SABIS GROUPS UPDATE

SABIS will be offering three groups over the summer semester.

For reasons of safety and practicality, participants who require Access for transportation are **unable** to register for the Community Discoveries group and the Riley Park Community Group.

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.

July-August 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.

- Riley Park Community Group (Tuesday mornings from 10:00 – 11:30 am) July 12 – August 29, 2023**
This group is for those who want to meet us in Riley Park for conversation and activities. For reasons of safety and practicality, participants who require Access for transportation are unable to attend.
- Creative Expression Group (Wednesday afternoons from 1:30– 3:00 pm) July 13– August 30, 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!
- Community Discoveries Group (Wednesdays – varied times) July 12 – August 30, 2023**
This group is for those who want to meet us in the community for activities (this excludes participants who require Access for transportation). All expenses (e.g. entrance fees, transportation, food/drink) are the responsibility of the participant. A schedule with planned activities will be provided with confirmation letter. Dates of activities vary.

This form can be filled out online at https://sabis.ab.ca/group_registration/
Group confirmations will be **mailed** to participants.

****The DEADLINE to register is JUNE 23, 2023****

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

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.

MEET OUR PEER SUPPORTERS



"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"



"Hi everyone, I am Jason.
Throughout the years serving the Royal Canadian Navy, I have had experience with people from all walks of life and various backgrounds. Having personal experience with a brain injury myself, I believe in establishing an outlet where people can be their authentic selves without letting their injuries or social status define who they are."

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

SUPPORTING SABIS

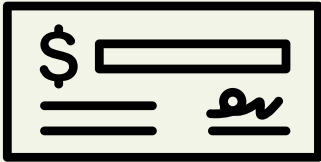
SUPPORTING SABIS MEANS SUPPORTING BRAIN INJURY SURVIVORS

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**

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.