



# BRAINWAVES NEWSLETTER



Members of the SABIS Community Discoveries group visiting TELUS Spark

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

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

We have a testimony about the SABIS Peer Support Groups, information about our upcoming **peer support groups**, **Supporter Connections group** and **community events**. Also a **special thanks** to those who have supported us throughout the year.

## A NOD TO THE SABIS PEER SUPPORT GROUPS

Hello, my name is Ken, I am 63 years old and I am a brain injury survivor for many years. All survivors have their own story/journey and mine in many ways will be the same as others but the journey is long and takes a lot of time, energy and work.

I have been so fortunate to be included in the SABIS group programs and I would like to share my group experience with others. Perhaps my experience will encourage others to join the groups and learn more about themselves and others and how the discussions may assist in the development of new and useful tools.

I have been lucky to have the group leaders/facilitators that have facilitated the groups I've attended . Both of them have led in different ways, are so thoughtful and, in my opinion, wise beyond their years. I have found myself thinking about my response to various questions or remarks and in many cases mine would have been judgemental, however, their responses have always been so amazing, kind and non-judgemental. I have strived to emulate them in my day to day encounters. It is hard and they each do it so effortlessly.

The participants in my group sessions have been lovely to have along for the ride. Some participate a lot, some a little and some prefer to listen. All are welcome and I have never found it intimidating or felt a need to participate although I am a bit chatty by nature.

I would like to encourage all of the SABIS clients to think about potentially joining a group as I find it very beneficial and I am reminded by others quite often about tools that are in my kit but I have forgotten to take out for quite a while.

If you sign up for the online group , feel free to not put your camera on for the first week and participate as an observer and witness for yourself the process and the kindness and thoughtfulness exhibited by all the participants.

I realize that a number of clients may sign up and due to work or other appointments cannot always attend. Perhaps your employer will allow you to take your lunch during the 10 am on-line session or you can only join 80% of the time. No one judges your attendance nor your level of participation.

I get so much out of the group and I wish that all those dealing with brain injuries can benefit in some meaningful manner.

Give it a try!!!

Ken

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



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- Free consultation and hospital visits;
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- 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!

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

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



# Supporter Connections

The Southern Alberta  
Brain Injury Society is  
offering a free 5 week  
support group for  
supporters of brain injury  
and stroke survivors.

**bi-weekly virtual  
sessions**

**Thursday evenings**

**6:30PM - 7:30PM**

**beginning**

**September 21, 2023**

For more information  
or to register, please  
contact

Courtney Simpson  
(403) 521-5212 ext 4  
courtney@sabis.ab.ca



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## COMMUNITY DISCOVERIES GROUP 2023



This summer has allowed us to bring back the Community Discoveries Group for the first time since 2019! We have been able to host multiple group sessions in the community, including Telus Spark, Bowness Park and the Bow Habitat Station.

A very special thank you to **Telus Spark**, **the Bow Habitat Station**, **Golfuture YJC** and **Landmark Cinemas** for your donations in order to make this group possible!

# SHOW YOUR PRIDE

Sept. 3, 2023

We are proud to announce our participation in the 2023 Pride Parade!

If you would like to walk with SABIS, please contact Haley at 403-521-5212 ex.2 or [haley@sabis.ab.ca](mailto:haley@sabis.ab.ca)



# COMMUNITY EVENTS!

## CAMP SABIS

### WELCOME BACK TO... **CAMP SABIS!**

Register now for a **FREE** summer BBQ hosted by the Southern Alberta Brain Injury Society (SABIS).



**Date: August 25th, 2023**

**Time: 11:00am - 2:00pm**

**Location: Bowness Park - Site 3**

**Sponsored By:**



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

Please contact [sabis@sabis.ab.ca](mailto:sabis@sabis.ab.ca) if you are interested in supporting us



# CASINO VOLUNTEERS NEEDED

## OPEN POSITIONS

- GENERAL MANAGER
- BANKER
- CASHIERS
- CHIP RUNNERS

Show your support for SABIS  
by volunteering at our  
upcoming casino!

Day shifts 11:00 am- 7:30 pm  
Night shifts 7:00 pm- Close

For more information or to  
register phone  
403-521-5212 ext. 5 or email  
annalise@sabis.ab.ca

COWBOYS  
CASINO

NOVEMBER 21  
NOVEMBER 22



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

## IMPORTANT DATES

August 9- Fall Group registration opens

August 31- Summer groups end

September 1- Fall group registration closes

September 4- Labor Day, office closed

September 19- Fall groups begin

September 30- National Day for Truth and Reconciliation

October 9- Thanksgiving, office closed

October 9-12- No Groups

October 11/12-ABIIN Forum, office closed

October 31- Halloween

November 11- Remembrance Day, office closed

November 21/22- SABIS Casino

December 9- Fall groups end

### 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 GROUPS UPDATE- ACCESS CALGARY FAQ'S**

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 Peer Support Group Information and Acknowledgment**

SABIS is proud to offer a variety of peer support groups on a weekly basis with most of the groups being led by peer facilitators with lived experience.

Due to an increase in demand for SABIS services, including support groups, SABIS has made changes to the registration process to ensure participants are given the opportunity to attend groups in line with their goals or interests.

As indicated on the Group Registration forms, regular attendance is required. If you are unable to commit to attending regularly, please consider attending the Drop-In group or waiting for the next semester to register. Participants who regularly register and do not attend will not be placed in groups.

The Group Registration Form now indicates if a group is Social , Activity Based , Information Based , or Skill Building . Please use this information to select groups in line with your interests. If you have questions about groups, please speak to your Service Coordinator.

**Please read and initial each line below prior to selecting group choices on the attached registration form.**

- I understand that groups are not first come, first served and that completing a registration form does not guarantee a spot in a group. \_\_\_\_\_ (Initial)
- I understand that regular attendance is required and that my registration for groups will be discontinued if I am frequently absent without cause (ie. illness) \_\_\_\_\_ (Initial)
- I am willing to engage and participate to the best of my ability in group. \_\_\_\_\_ (Initial)
- Participants are responsible for their own personal care. Supporters are asked to remain in lobby during group times. \_\_\_\_\_ (Initial)

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Client signature/Guardian Signature

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Date

NAME:




PHONE:




EMAIL:





**Please complete the following question before making your top 3 group selections**



I am looking for a group that is (Check all that apply):



- Social 
 Information Based 
 Activity Based 
 Skill Building 




**Wellness Group \*Online\***     
Tuesday, Sept 19-Nov 28<sup>th</sup> 10:00-11:00 am  
 Online Wellness includes a variety of topics that promote health and wellbeing.

**Practical Wellbeing**     
Wednesday, Sept 20-Nov 29<sup>th</sup> 10-11:30 am  
 With self-care as a foundation, we will talk about using strategies and practical skills to increase overall wellbeing.

**Book Club**      
Tuesday, Sept 19-Nov 28<sup>th</sup> 10:00-11:30 am  
 Join us for a weekly discussion focused on a portion of the book. Benefits include increased memory/comprehension and improved reading/writing skills. Final two classes are dedicated to watching the movie based on the book.

**Think Together Men's Group**    
Thursday, Sept 21-Nov 30<sup>th</sup> 10-11:30 am  
 This group is for male identifying individuals to discuss topics including well-being, relationships, and dealing with day-to-day difficulties.

**Creative Expression**      
Tuesday, Sept 19-Nov 28<sup>th</sup> 1:30 – 3:00 pm  
 This group offers a safe and relaxing space for participants to create and explore different artistic styles and mediums.

**Drop In**     
Wednesday, Sept 20-Nov 29<sup>th</sup> 1:30-3:00 pm  
 Spend an afternoon with other survivors and be prepared to have fun!  
 \*Registration is **not required** for the Drop-In group; however, you must be a SABIS client.

**EMERGENCY INFORMATION \*\*We will not accept forms without completed Emergency Information\*\***

Emergency Contact Name (please print):

Relationship:

Home Phone:

Cell Phone:

Allergies/medical conditions:

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

**You must be an active SABIS client to join or attend groups. Groups require regular attendance; frequent absence will result in removal from the group. Group confirmation letters will be sent by mail.**

**\*\*The DEADLINE to register is September 1<sup>st</sup>, 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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## 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](mailto:sabis@sabis.ab.ca)

# SUPPORTING SABIS

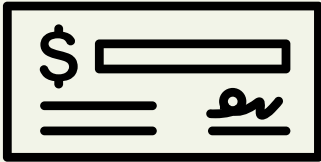
## **SUPPORTING SABIS MEANS SUPPORTING BRAIN INJURY SURVIVORS**

### ***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](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.