



BRAINWAVES NEWSLETTER



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

IN THIS ISSUE...

We have information about our upcoming **peer support groups**, **companion support group** and **community events**, including Camp SABIS and Elf Yourself Holiday Hampers. There is information on **important upcoming dates** and a **special thank you** to those who have supported us throughout the year.

WELCOME TO THE TEAM!



My name is Shulyre (Shoe-ler) and I am the newest service coordinator here at SABIS! In 2021 I graduated from Northern Lights College with my Health Care Aide certification. I have also completed additional healthcare related courses in Harm Reduction, Fundamentals of Mental Health and Violence Prevention. Alongside that I also completed and hold my General Alberta Insurance Broker License. My time in the human services industry has been spent in different roles such as a community health worker and a Life Skills Worker in the mental health and addictions sector.

Growing up I have always strived to have a career where I can help others. I am so grateful to say that my position with SABIS supports that! I am thrilled to be working with the SABIS team and look forward to meeting our community that we serve.

In my time away from the office I can usually be found reading, crocheting or hanging out with my dog Peeko!

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.

Listed in: Best Lawyer & LEXPERT®.

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Calgary, Alberta T2R 1M6

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!

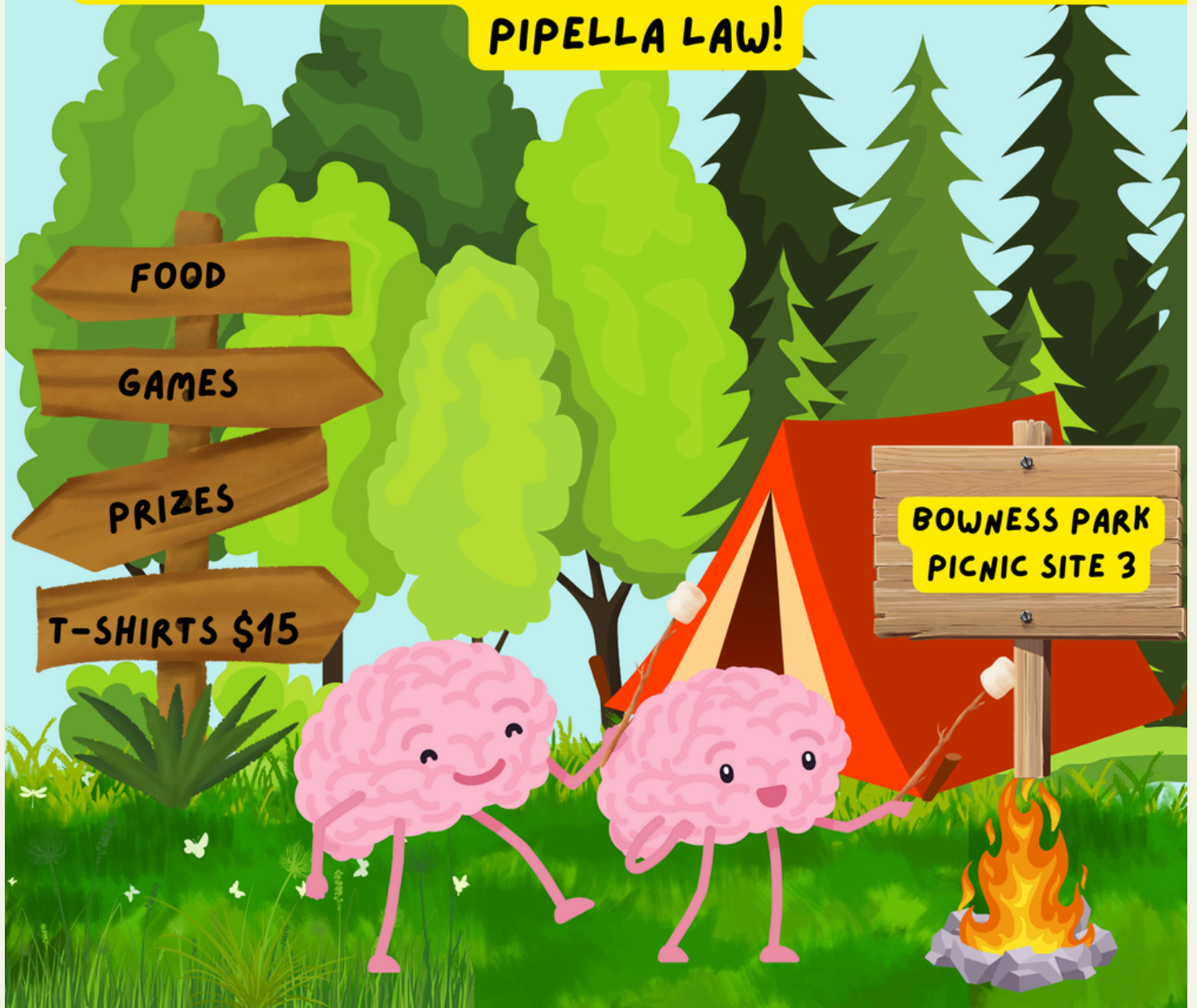
- Free consultation and hospital visits;
- Home visits;
- No Fee unless recovery;
- Assistance with securing medical aid; and
- We only act for the injured, not the insurance company.

- 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!

CAMP SABIS 2024

JOIN THE SOUTHERN ALBERTA BRAIN INJURY
SOCIETY FOR A FREE SUMMER BBQ SPONSORED BY
PIPELLA LAW!



AUG 23, 2024
11:00AM-2:00PM

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PERSONAL INJURY LAWYERS
www.pipellalaw.com



SCAN TO
REGISTER

WWW.SABIS.AB.CA

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



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Community Discoveries Group



SABIS would like to extend a heartfelt thank you to Bow Habitat Station, Landmark Cinemas and the Military Museum for their generous donations!



HAPPY HOLIDAYS

Elf Yourself Holiday Hampers

Spread some holiday cheer by sponsoring a SABIS client or family this holiday season.

To sign up as a sponsor, please email annalise@sabis.ab.ca by November 8, 2024

**PIPELLA LAW**
PERSONAL INJURY LAWYERS
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Elf Yourself Holiday Basket Application

What is the Elf Yourself Holiday Basket Program?

Elf Yourself is an opportunity for individuals and families to be matched with a Sponsor to provide a hamper of essential and luxury items during the holiday season. Applicants provide a Wishlist of items which is then anonymously provided to the Sponsor. Sponsors shop for the items and deliver them to the SABIS office to be distributed to the Applicants.

Application Deadline: Friday, November 8th, 2024

Eligibility Criteria

To be eligible to receive an Elf Yourself Christmas Basket, individuals and families must be current SABIS clients, meet the low-income cut offs listed below, or be experiencing hardship. **Income is self-reported, there is no need to provide proof of low income.**

Low-Income Cut-off (LICO) for the 2017 Tax Year	
Size of Family	Total household income
1 person	25,338
2 persons	31,544
3 persons	38,780
4 persons	47,084
5 persons	53,402
6 persons	60,228
7 or more persons	67,055

If you are unsure if you meet the eligibility criteria, please contact SABIS at 403-521-5212 ext. 5 or email annalise@sabis.ab.ca.

Application Suggestions

The list below contains suggestions for the basic and luxury items on the application. Your request does not need to be listed here; these are simply suggestions to get you started!

Basic Items		Luxury Items	
Grocery store gift card *Include which store*	Books, or gift card for bookstore	Bath goodies	Concert or comedy tickets
Toiletries – e.g. shampoo, conditioner, soap, toothbrush, toothpaste	Winter wear – e.g. hats, gloves, scarves, mittens	Store gift certificate	Attractions Passes- <u>e.g. Telus Spark/ Zoo/Movies</u>
Clothing *include size*	Calendar or day timer	Toys	Yoga pass

Elf Yourself Holiday Basket Application

SABIS Client Information

SABIS Client Name: _____ Age: ____ Gender: _____

Phone Number: _____ E-Mail: _____

Allergies (if requesting treats): _____ Size (if requesting clothing): _____

Essential Items Requests: _____

Luxury Items Requests: _____

Please provide any information about yourself that we can share with a Sponsor or Donor. Examples include your hobbies and interests, favorite color, and anything else you would like to share.

Additional Applicants- Additional forms available on request

Name: _____ Age: ____ Gender: _____

Relationship to SABIS Client: _____

Allergies (if requesting treats): _____ Size (if requesting clothing): _____

Essential Items Requests: _____

Luxury Items Requests: _____

Please provide any information about yourself that we can share with a Sponsor or Donor. Examples include your hobbies and interests, favorite color, and anything else you would like to share.

Name: _____ Age: ____ Gender: _____

Relationship to SABIS Client: _____

Allergies (if requesting treats): _____ Size (if requesting clothing): _____

Essential Items Requests: _____

Luxury Items Requests: _____

Please provide any information about yourself that we can share with a Sponsor or Donor. Examples include your hobbies and interests, favorite color, and anything else you would like to share.

Please return completed application forms to the SABIS office by Friday, November 8th, 2024.

Forms can be returned via email, fax, or dropped off during regular business hours.

Email: annalise@sabis.ab.ca Fax: 403-283-5867 Business Hours: 8:00-4:30 Monday through Thursday

The background of the entire page is decorated with various autumn-themed illustrations. These include several large and small leaves in shades of orange, red, and brown, as well as green fern-like leaves. There are also several acorns with brown caps and tan bodies scattered throughout. The overall aesthetic is warm and seasonal.

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 6:30-7:30PM
BEGINNING SEPTEMBER 26, 2024

FOR MORE INFORMATION OR TO REGISTER,
PLEASE CONTACT ANNALISE
403-521-5212 EXT. 5
ANNALISE@SABIS.AB.CA

IMPORTANT DATES

- *August 23- Camp SABIS Year End BBQ*
- *August 29- Summer groups end*
- *August 30- Fall group registration deadline*
- *September 2- Labor Day, office closed*
- *September 17- Fall groups begin*
- *September 26- Supporter Connections group begins*
- *September 30- National Day for Truth and Reconciliation, office closed*
- *October 14- Thanksgiving, office closed*
- *October 1-3- No Groups*
- *November 8- Elf Yourself Application Deadline*
- *November 11- Remembrance 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

SABIS GROUPS - 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)

Client signature/Guardian Signature

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, September 17th-November 26th
10-11:00 am
 Online Wellness includes a variety of topics that promote health and wellbeing.

Practical Wellbeing   
Wednesday, September 18th-November 27th
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, September 17th-November 26th
10-11:30 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, September 19th-November 28th
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, September 17th-November 26th
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, September 18th-November 27th
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 August 31, 2024****

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

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. THANK YOU!

- *TERRY AVRAMENKO*
- *ALLISON PARDER*
- *MEGHAN MUTRIE*
- *JASON KAZLOW*
- *HEATHER COVEY*
- *KEN TRUSCOTT*

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

SUPPORTING SABIS

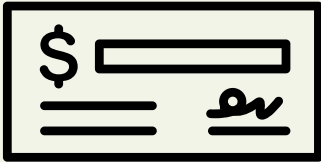
SUPPORTING SABIS MEANS SUPPORTING BRAIN INJURY SURVIVORS

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.