



BRAINWAVES NEWSLETTER



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

IN THIS ISSUE...

We have information about our upcoming **fall fundraiser**, **peer support groups**, **important upcoming dates** and a **special thank you** to those who have supported us throughout the year.

A Message from the Director of Operations

I know what you're thinking, Happy New Year?!
It isn't even Halloween yet!

You may find our winter newsletter has arrived earlier than normal but we just couldn't wait to share some exciting updates and upcoming events.



You may have noticed in our fall newsletter that SABIS brought back the Elf Yourself Holiday Hamper campaign. With the generous support of Pipella Law and donors in the community, **30** individuals and families will receive a hamper with some extra holiday cheer this season. Thank you to all the sponsors for your support.

SABIS is excited to announce our fall fundraiser with Meela's Mixes. This is a tasty opportunity to stock up your pantry with soup and baking mixes while supporting SABIS programs. The fundraiser runs **Monday, October 28th to Monday, November 11th**, for more details see page 4.

Lastly, we would like to formally welcome our newest staff member, Shulyre (Shoe-ler), who has been with us for three months and say congratulations to Ven who has gone on maternity leave. We wish Ven and her family all the best and look forward to meeting baby soon.

From our team to you, we wish you all a safe and happy Halloween and holiday season.

Sincerely,
Anna

Tara D. Pipella, K.C. | Derek Allchurch | Kimber Pipella



Patricia M. Gutek | Dan Thorn

Tara D. Pipella, K.C., 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;
- Home visits;
- No Fee unless recovery;
- Assistance with securing medical aid; and
- We only act for the injured, not the insurance company.

*English, Mandarin, Punjabi, Hindi, Malayalam, Urdu, Russian and Ukrainian spoken and professional translators available upon request.

- Brain Injury;
- Severe Spinal Cord Injury;
- Quadriplegia;
- Paraplegia;
- Hemiplegia;
- Wrongful Death; and
- Permanent Disabilities including (Fractures, TMJ, Chronic Pain, Post-Concussive Syndrome and PTSD).

Meela's Mixes Fundraiser

SABIS is running a fall fundraiser through Meela's Mixes beginning Monday, October 28th and ending Monday, November 11th. Orders will be delivered to the SABIS office 1-2 weeks after the fundraiser ends.



Fundraising has never been tastier with **Meela's Mixes!** Cookies, Muffins, Soups and more! All you have to do is add the wet ingredients.

HELP SABIS RAISE FUNDS!



**ALL ORDERS DUE:
NOVEMBER 11th**



GO to www.MEELAS.org





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Camp SABIS



This year, Camp SABIS had over **80** attendees spending the day with us!

Thank you to the volunteers who came and supported SABIS in hosting this event!



SABIS would like to extend a heartfelt thank you to the following donors that helped make Camp SABIS a success!

- Pipella Law
- Earls Resturant
- Original Joe's
- Telus Spark
- Calgary Roughnecks
- Lyann Christensen
- Dandy Brewing



IMPORTANT DATES

- October 28- SABIS' Meela's Mixes fundraiser begins
- November 6- Winter Groups registration begins
- *November 8- Elf Yourself Application Deadline*
- *November 11- Remembrance Day, office closed*
- *November 11- SABIS' Meela's Mixes fundraiser ends*
- *November 28- Fall groups end*
- *December 6- Winter group registration deadline*
- *December 19- Office closes for winter break*
- *January 1- Happy New Year!*
- *January 6- Office re-opens*
- *January 16- Winter Groups begin*

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

WE ARE
CLOSED

FOR THE HOLIDAYS

FROM DECEMBER 19 2024 -

JANUARY 6, 2025

The SABIS Office will re-open on
January 6th, 2025 at 8:00am



If you are in
need of
immediate
assistance,
please contact
the Distress
Centre at
403-266-4357

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, January 21st-March 25th 10-11:00 am
 Online Wellness includes a variety of topics that promote health and wellbeing.

Practical Wellbeing   
Wednesday, January 22nd-March 26th 10-11:30 am
 With self-care as a foundation, we will talk about using strategies and practical skills to increase overall wellbeing.

Creative Expression   
Tuesday, January 21st-March 25th 1:30 – 3:00 pm
 This group offers a safe and relaxing space for participants to explore their creativity in various ways, including artistic mediums and creative writing.

Think Together Men’s Group  
Thursday, January 23rd -March 27th 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.

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 December 6, 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*
- *DONNA MORRIS*
- *BRIAN HENNESSEY*
- *LYANN, BRAD AND NEVADA CHRISTENSEN*
- *SHAUN FJAAGESUND*

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

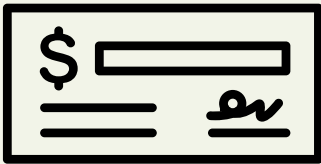
SUPPORTING SABIS MEANS SUPPORTING BRAIN INJURY SURVIVORS

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.