



BRAINWAVES NEWSLETTER

Join the
CELEBRATION!

40

IN THIS ISSUE...

We have information about our upcoming **casino 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

Welcome back!

Reflecting on 2024, I am grateful for all of the opportunities we have had to learn from those we serve and for the support of our community.

The SABIS team would like to extend gratitude to Pipella Law and the generous sponsors that allowed us to bring back the Elf Yourself Holiday Hamper program for the first time since 2018. Through your generosity, **34 participants and their families** received a boost this holiday season.

A month into 2025 the SABIS team is working hard to plan exciting events throughout the year to acknowledge and celebrate **40 years** of making life easier for brain injury survivors! Follow us on Facebook or Instagram, @sabisalgary, for all the details.

As a small (but mighty!) team, SABIS supports 200+ brain injury survivors each year but we can't do it alone. SABIS is looking for volunteers for our upcoming casino, which provides a significant amount of funding for our programs and services, on **May 13th and 14th**. If you are able to support brain injury survivors with a few hours of your time, please [sign up online](#) or contact annalise@sabis.ab.ca.

Looking for other ways to give back to SABIS? Consider joining the board! The SABIS board is looking for some new faces with fresh perspectives. For more information please contact annalise@sabis.ab.ca

My best,

Anna Schwaiger
Director of Operations

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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Call (403)660-9383 after hours!

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

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 2024-2025

- | | |
|--|---|
| <input type="checkbox"/> Individual Membership | Annual Dues: \$ 10.00 (one vote per person) |
| <input type="checkbox"/> Family Membership | Annual Dues: \$ 15.00 (one vote per family) |
| <input type="checkbox"/> Professional Membership | Annual Dues: \$ 20.00 (one vote per professional) |
| <input type="checkbox"/> Non-Profit Agency | Annual Dues : \$ 20.00 (one vote per agency) |
| <input type="checkbox"/> 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: www.canadahelps.org
- Click on: Make a Donation
- Search for a Charity Box: Southern Alberta Brain Injury Society
- Click on: Charity Profile
- Click on: Donate Now
- Enter: Your annual dues payment
- In Message Box: Write annual dues payment
- Click on: Continue
- Proceed to payment information and confirmation

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



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HOME, HOSPITAL, EVENING & SATURDAY APPOINTMENTS AVAILABLE

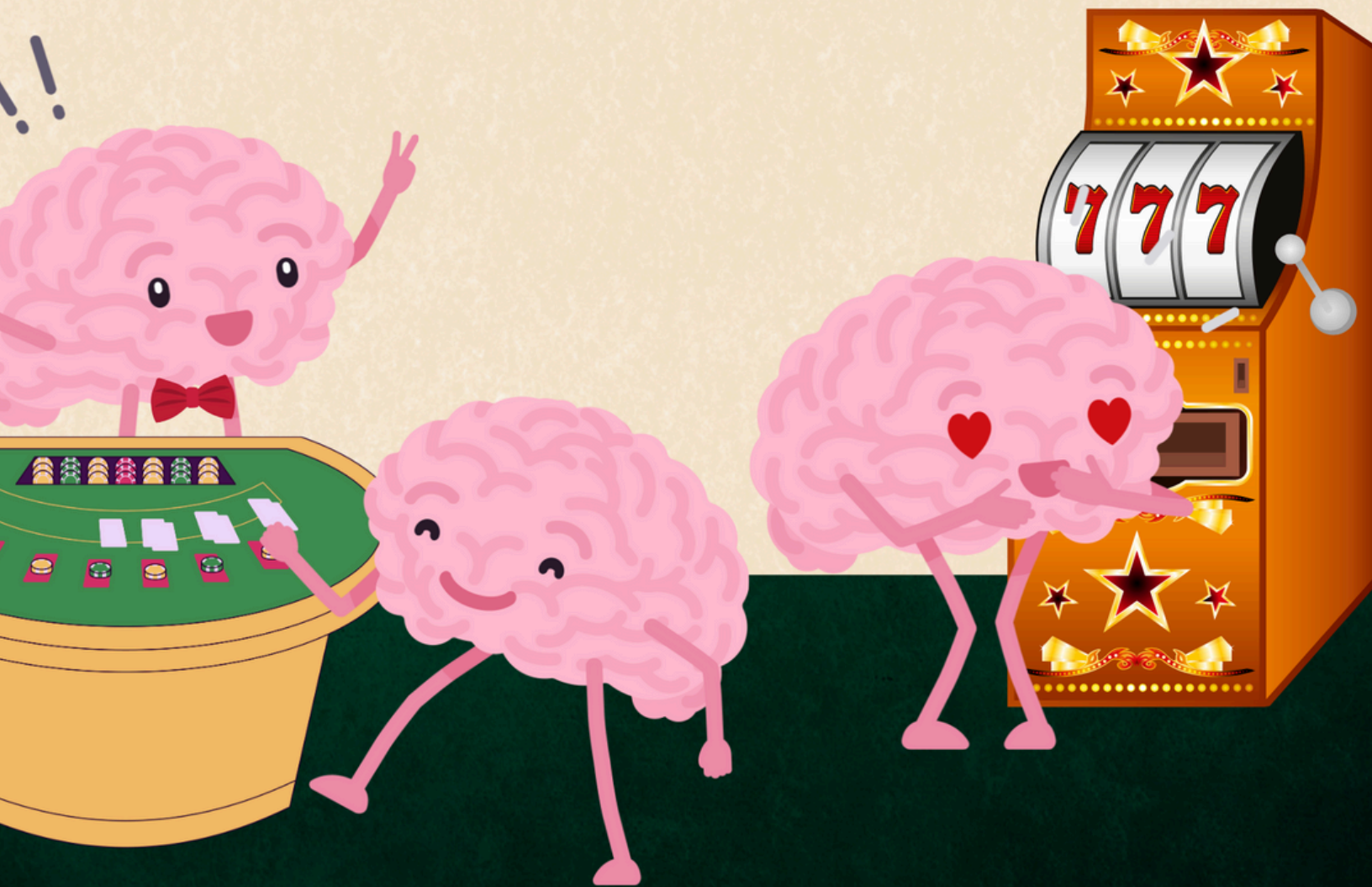
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SABIS CASINO FUNDRAISER



**SABIS is looking for volunteers for our
Casino Fundraiser on May 13th & 14th, 2025!**

**If you are interested in volunteering for this event, please
contact Annalise at annalise@sabis.ab.ca**

IMPORTANT DATES

- February 14- Valentines Day
- February 17- Family Day, **Office Closed**
- March 21- Spring group registration deadline
- March 27- Winter groups end
- April 1- Easter Monday, **Office Open**
- April 15- Spring Groups start
- May 7- Summer Newsletter distributed
- May 13-14- SABIS Casino Fundraiser
- May 19- 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

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, April 15th -June 17th 10:00-11:00 am
 Online Wellness includes a variety of topics that promote health and wellbeing.

Creative Expression   
Wednesday, April 16th -June 18th 1:30-3:00 pm
 This group offers a safe and relaxing space for participants to create and explore different artistic styles and mediums.

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Think Together Men’s Group  
Thursday, April 17th -June 19th 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.

Practical Wellbeing   
Wednesday, April 16th -June 18th 10-11:30 am
 With self-care as a foundation, we will talk about using strategies and practical skills to increase overall wellbeing.

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 March 21st, 2025****

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*
- *KEN TRUSCOTT*



INTERESTED IN VOLUNTEERING?

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

**WHAT YOU CAN
HELP US WITH**

Events

Group Facilitation

Social Media Content Creation

Education and Awareness

Thank you for supporting
SABIS

APPLICATIONS CAN BE COMPLETED ONLINE AT

WWW.SABIS.AB.CA

SUPPORTING SABIS

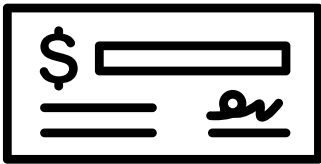
SUPPORTING SABIS MEANS SUPPORTING BRAIN INJURY SURVIVORS

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.