



BRAINWAVES NEWSLETTER



IN THIS ISSUE...

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

A Message from the Executive Director

Hello!

As we head into May and the summer months, the SABIS team is hard at work preparing for our 40th Anniversary and several events featured throughout this edition of Brainwaves.

We are excited to share a letter of recognition SABIS has received from Mayor Jyoti Gondek acknowledging SABIS' dedication to the community over the years.

I would like to extend a sincere thank you to Pipella Law not only for their generous sponsorship of Walk & Roll but for their ongoing dedication to SABIS through their support of the SABIS board throughout the years. The Pipella family has a long history with SABIS and have provided support to many members of our community.

Collaboration with other agencies is an important part of the work SABIS does. In recognition of Brain Injury Awareness month, SABIS will be co-hosting a free barbecue at ARBI on June 2nd. We hope you can join us, please [RSVP here](#).

With Kindness,
Anna

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



Tara D. Pipella, K.C., is rated as a leading practitioner in the area of personal injury and is consistently recommended.

Listed in: Best Lawyers & LEXPERT®.



SERIOUS PERSONAL INJURY LAWYERS

A Team Approach to Winning

Your personal injury experts with over 60 years combined experience in the area of personal injury law.

403-265-8733

www.pipellalaw.com

24 hours

No Fee Until You Get Paid

Pipella Place

**Suite 220, 2004 - 1st Avenue NW
Calgary, Alberta T2N 0B3**

**Wheelchair access at the front of the building
with external accessible doors Street Parking.
Accessible by transit**

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.

*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).

Hello! I'm Yonatan, a practicum student at the Southern Alberta Brain Injury Society (SABIS).

SABIS has supported individuals with brain injuries since 1985. Celebrating our 40th anniversary, we've evolved from a family support group to a key resource for over 200 individuals yearly. Our services include coordination, peer support groups, and community education, all designed to assist Brain Injury Survivors and their supporters.



We are thrilled to announce the return of the Walk & Roll on June 20th, 2025, at Bowness Park to celebrate Brain Injury Awareness Month. From 9:30 AM to 2:00 PM, participants can enjoy a scenic walk or roll, a silent auction, a 50/50 draw, free massages, and a complimentary BBQ lunch.

Commemorative hats will be available for \$20 to support our programs. This event symbolizes our community's resilience, raising awareness and supporting recovery journeys. Join us in making this 40th anniversary memorable.

For details and to RSVP, visit Eventbrite: [2025 Walk & Roll Registration](#). We look forward to a brighter future for Brain Injury Survivors and their supporters.

Warm regards,
Yonatan Y



Calgary

Jyoti Gondek, Mayor

LETTER OF RECOGNITION

Since 1985, the Southern Alberta Brain Injury Society (SABIS) has been a beacon of hope and support for brain injury survivors and their supporters in Calgary and surrounding communities. Through a dedication to advocacy, education, and providing resources and support, SABIS has empowered survivors to navigate their journeys with resilience and dignity. These efforts have not only improved the quality of life for individuals affected by brain injuries but have raised awareness and understanding of these injuries within our community.

The City of Calgary celebrates the *40th Anniversary of the Southern Alberta Brain Injury Society* and recognizes the organization's ongoing dedication and support for brain injury survivors.

JYOTI GONDEK
MAYOR





Join us for a Fundraising Walk Down Memory Lane

*AS WE CELEBRATE 40 YEARS OF MAKING
LIFE EASIER FOR BRAIN INJURY SURVIVORS*

JUNE
20
2025

BOWNESS
PARK SITE
#3

9:30–11:30
WALK AND ROLL

9:30–1:00
SILENT AUCTION

10:00–2:00
ACMT FREE
MASSAGES

11:00–1:00
BBQ

SILENT AUCTION
ITEMS INCLUDING
CALGARY FLAMES
MERCH,
TELUS SPARK AND
CALVARY FC
+ A 50/50 DRAW

LIMITED EDITION
SABIS
BASEBALL HATS
\$20.00

FOR TICKETS AND
MORE INFORMATION,
VISIT US ON
EVENTBRITE:





2025 SABIS Walk & Roll

In celebration of *40 years* of service to brain injury survivors and their supporters, SABIS is proud to be bringing back Walk & Roll!

Walk & Roll is a fundraising walk followed with a barbecue, silent auction, free massages, and a 50/50 raffle to celebrate our history and support our future.

When is Walk & Roll?

Friday, June 20th, 2025 in Bowness Park picnic site #3. The walk will kick off at 9:30 AM followed by a barbecue, silent auction, and other activities. Everyone is welcome to attend, please RSVP through Eventbrite.

What does SABIS do?

SABIS is a registered non-profit dedicated to supporting brain injury survivors and their supporters in accessing necessary services and resources to live as independently as possible in the community. SABIS provides non-medical services to SABIS clients and their supporters. Visit www.sabis.ab.ca to learn more.

How many people does SABIS support?

SABIS supports over 200 clients and their supporters in the Calgary region each year.

How can I support brain injury survivors and SABIS programs?

Fundraising supports a significant portion of SABIS programs and services. Support from the community ensure SABIS can continue supporting over 200 clients each year, ensuring they can continue living as independently as possible.

Donations can be made through [Canada Helps](#) via the QR code below or by cheque made payable to the Southern Alberta Brain Injury Society with donations over \$20.00 receiving a tax receipt.

Support
Brain Injury Survivors



RSVP



Become A
Member



140, 301 14th Street NW, Calgary, AB T2N 2A1

Tel: 403-521-5212

Fax: 403-283-5867

www.sabis.ab.ca



BBQ CELEBRATING *National Brain Injury Awareness Month*

Brain Injury Awareness Month BBQ

Jun

2

Monday, June 2

11:30 a.m. - 1:30 p.m.



311 Cedar Crescent SW

Calgary, AB T3C 2Y8, Canada

Brain injury serving organizations across Calgary are coming together to celebrate the lives of brain injury survivors, kicking off Brain Injury Awareness Month of June!

If you are brain injury survivor come out and join us for a BBQ lunch at ARBI's at **no cost**.

Join us from 11:30am to 1:30pm at 311 Cedar Cres SW.

We hope you can join us, please [RSVP here](#).



GROVER LAW FIRM
EXPERIENCE. KNOWLEDGE. DEDICATION.

BRAIN INJURIES

CAR ACCIDENTS

TRUCKING ACCIDENTS

MOTORCYCLE ACCIDENTS

SLIP & FALLS

403.253.1029

FREE CONSULTATION, **NO FEES** UNTIL YOU COLLECT
HOME, HOSPITAL, EVENING & SATURDAY APPOINTMENTS AVAILABLE

SOVEREIGN CENTRE

SUITE 290, 6700 MACLEOD TRAIL S.E., CALGARY, AB, T2H 0L3

WWW.GROVERLAWFIRM.COM

SGROVER@GROVERLAWFIRM.COM

IN MAY

1985..

#1 Movie: Rambo: First Blood Part II

#1 Song: Everything She Wants - Wham!

Generation: Millennial

Famous Birthdays: Dwayne 'The Rock' Johnson, Billy Joel, Adele

Rebuilding a Brick Wall

A Special thank you to Susanne Gauthier for donating 2 copies of Rebuilding a Brick Wall to the SABIS Library!



Evan Wall is a bright, mischievous 19-year-old and self-proclaimed 'tough guy' from the small town of Shellbrook, Saskatchewan whose only concerns are football, engineering college and partying.

In 2016, a severe car accident and resulting brain injury bring his carefree life to a screeching halt.

After six months of intensive hospitalization and physiotherapy, Evan returns to a very different world, one in which his coordination and speech have been irrevocably damaged. Now visibly disabled and facing a new phenomenon, ableism, Evan finds out how tough he really is.

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.**

IMPORTANT DATES

- May 7- Summer Group Registration opens
- May 13-14- SABIS Casino Fundraiser
- **May 19- Victoria Day, Office Closed**
- June 2025- Brain Injury Awareness Month
- June 2- ARBI Brain Injury Awareness BBQ
- June 14- Summer group registration deadline
- June 19- Spring Groups end
- June 20- Walk and Roll
- **July 1- Canada Day, Office Closed**
- July 8- Summer groups begin
- **August 4- Heritage Day, Office Closed**
- August 6- Fall Newsletter distributed
- August 22- Fall group registration deadline
- August 28- Summer 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 - 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 ❄️
☐ Activity Based ❄️
☐ Skill Building 📖

☐ **Recreation Group** ❄️ ❄️

Tuesday, July 8th – August 26th 10-11:30 am

Spend the morning with other survivors and be prepared to have fun! Activities include word games, bingo and trivia.

☐ **Cultural Connections** ❄️ 📖

Tuesday, July 8th – August 26th 1:30 – 3:00 pm

This group brings people together to celebrate diverse cultures through storytelling, traditional recipes, creative projects, and presentations by local cultural leaders and organizations. Snacks will be offered in this group; a minimum \$2 donation is requested to participate in the food portion.

☐ **Community Discoveries Group** ❄️ 📖 ❄️

Wednesday, July 9th – August 27th, times vary

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.

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 email.

****The DEADLINE to register is JUNE 14th, 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

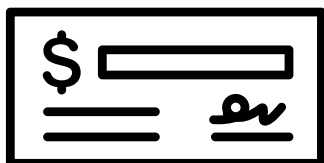
SUPPORTING SABIS MEANS SUPPORTING BRAIN INJURY SURVIVORS

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.