

SASKATCHEWAN BRAIN INJURY ASSOCIATION

Annual Report
2017-2018

About the Saskatchewan Brain Injury Association

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Since 1985, the Saskatchewan Brain Injury Association (SBIA), a registered charity, has been helping individuals and families deal with the effects of brain injuries. Founded by families whose loved ones sustained brain injuries, it offers support and programs free of charge to individuals and families who are living with the effects of brain injury. Much of our work seeks to enhance services for persons with brain injuries and their families and caregivers. Although we acknowledge that every brain injury is different we believe in the value of group and individual support. SBIA gathers people together from around the province in positive environments to learn from one another as they share experiences and get on with the business of living. By looking to those who have lived with the experience of brain injury to educate the public, health care professionals and students, we continually educate and promote understanding.

Each year, the Saskatchewan Brain Injury Association reaches out into the community offering:

- Public prevention and awareness programs for children, youth and adults. SBIA provides information, about brain injury as well as service advocacy, support and guidance for individuals and families coping with the effects of ABI. Each month, the Provincial Toll Free Support Line receives many calls and our website receives thousands of hits. SBIA Facebook group & Twitter are gaining popularity. The Quarterly newsletter goes to more than 700 addresses.
- Referrals to and support of peer Support Chapters in Saskatoon, Regina, Prince Albert, Moose Jaw, Kindersley and Yorkton. Support Chapters meet weekly or monthly and organize regular programs for survivors. Annually, three major retreats are held around the province. Retreats as well as the annual Brain Boogie held in parks around the province, provide opportunities for brain injury survivors, their families and caregivers to gather as a community to learn from each other.

Mission Statement

The Saskatchewan Brain Injury Association strives to prevent brain injuries and to improve the lives of survivors and their families.

Vision Statement

A world without brain injuries with survivors at their full potential.



A Letter From The President

Over the past couple of years, I have had the pleasure of watching the Saskatchewan Brain Injury Association (SBIA) truly raise the bar for ourselves and for our members.

While the external environment for non-profit organizations remains a very challenging one, I have seen our community come together and show resilience, determination and a shared sense of purpose...all working together effectively. While the obstacles have been many, including a persistently tough fundraising climate, what has shone through is our commitment to helping those individuals with an acquired brain injury, their families and caregivers.

I am tremendously grateful to our partners in our community that continue to support through the donation of time and money. Work Safe Saskatchewan continues to support SBIA and was our presenting partner at the Brain Blitz Gala, allowing us an opportunity to hear keynote speaker Stu Grimson. Saskatchewan Blue Cross continues to support SBIA and was our Brain Injury Awareness partner, allowing us to create awareness and prevention posters and videos for distribution across the province and nation. Saskatchewan Royal Purple Association continues to be our partner in the ever growing Brain-Love campaign.

We continue to collaborate and work together to improve the community for all brain injury survivors. And that is where our members and supporters can provide invaluable assistance.



The greater the awareness, the better we are able to serve the survivors of brain injury.

I am very grateful for and reliant on my fellow board members and our Executive Director. Their judgement and dedication to doing what is right is unparalleled, as has been their willingness to put in the time and effort to make SBIA what it is today and providing a road map for our future.

Thanks to the generosity of our thoughtful donors and friends, especially my family! You are many and have been with SBIA a long time, frequently supporting our local chapters in the community.

As you read this annual report, I hope it will remind you of our recent successes and energize you for the future as you envision the mission of SBIA. For those of you who have tirelessly committed time and energy to the success of this organization, I thank you; for the many of you who are new, I welcome you to SBIA. I look forward to being and working with all of you in 2018.

**With gratitude,
Lynne Back, President/Chair
Saskatchewan Brain Injury Association**

A Year In Review

A Message from our Executive Director

Every organization goes through changes and this past year involved a number of changes. But members and supporters stepped up to ensure that the support groups and programs they value continued without interruption.

In local chapters, members stepped up for each other with meeting date notifications, refreshments and transportation, to register for the Brain Boogie online and support outside of the formal meetings.

Some members joined Saskatchewan Royal Purple Association (SRPA) to raise funds to support brain injury prevention through BrainLove. This valuable partnership with SRPA raised much needed funds and has also provided invaluable volunteers for awareness and prevention programs.

Members from around the province stepped up to increase awareness about brain injury. They shared photos and videos to give brain injury a face during BrainLove in March and Brain Injury Awareness Month in June. They also shared their stories in the video series that accompanies the posters for the 2017-2019 campaigns.

Brain Injury Can Happen to Anyone, Anywhere, Anytime was the theme of Brain Injury Awareness Month which for the first time, became a national campaign through collaboration with other brain injury associations across the country. Hailey Harms posed for the poster and with Evan Wall, her high school friend, shared their experience with very different brain injuries in a four part video series. Their stories resonated not only throughout Saskatchewan at presentations in schools and festivals but also across the country as the videos were shared on social media.

The wave of brain injury awareness continued into the fall. When Ken Dryden launched his new book, *Game Change*, in Saskatoon, he and McNally Robinson partnered with SBIA to increase awareness to Take Brain Injury Out of Play in the sport he so loves. He credited the Round Table SBIA held several years ago in Regina with sports leaders from around the province as the inspiration for the book.



His visit to Saskatoon was followed by one by the “Grim Reaper” Stu Grimson, who spoke at the Brain Blitz presented by Worksafe Saskatchewan in November. Partners and sponsors over the last decade were inspired by his story and thanked for their years of support. Hailey Harms with her story, touched the hearts of the SBIA’s four year Brain Injury Awareness Month partner, SK Blue Cross. Through their partnership with SBIA, awareness increased significantly as thousands of posters and presentations were seen throughout the province.

Members also stepped up to provide their feedback for the needs assessment survey that was conducted in partnership with the Community Research Unit of the University of Regina. The report provides valuable information that will inform future developments. It will be published in the coming year.

Each step up, by members, donors and long term sponsors, has increased the impact that the Saskatchewan Brain Injury has made to prevent brain injuries and to improve the lives of survivors and their families.

Glenda James,
Executive Director

Annual Fundraisers

The Saskatchewan Brain Injury Association proudly hosts events throughout the year to raise money for programs that provide support to brain injury survivors, their families and caregivers.

In addition to supporting programs the funds are used to promote awareness of brain injuries. Prevention is the only cure.

By attending and sponsoring our fundraising events, individuals and companies are supporting our vision of a world without brain injuries with survivors at their full potential.



Brain Blitz Gala



On November 23rd, SBIA partners, sponsors and volunteers gathered to celebrate 10 Years of Giving to SBIA at the Brain Blitz presented by WorkSafe Saskatchewan. There was much to celebrate that has been a result of their generosity over the past decade. SBIA has been able to expand its impact around the province. It raised funds to develop better programs and services for survivors and their families.

The Brain Blitz supported the development and spread of SBIA's prevention programs. Save Your Melon! encourages helmet use to prevent brain injuries. Take Brain Injury Out of Play encourages those playing sports to make safety a priority and to check it out when they take a hit or fall. Inspiring retreats and expanded local programs provide much appreciated support to members. Many say that these events are the highlights on their calendar.

As Brain Blitz guests entered the room they were welcomed with a sparkling berry filled beverage. While guests perused the lineup of silent auction items, the room buzzed with conversation and excitement. Players from the U of S Huskies Soccer Team circulated with raffle tickets for the SBIA 50/50 Take Half Raffle.

Music lovers at the Brain Blitz received a treat during dessert when Jack Semple joined his very talented daughter Zenaya for a spine-tingling performance.

After dessert, Hailey Harms shared her emotional story of acquiring a brain injury as a figure skater.

Stu Grimson, nicknamed The Grim Reaper during his career as an NHL enforcer was the keynote speaker. He shared his struggles after sustaining multiple concussions.

A thank you to the amazing committee and volunteers who work so hard on the Brain Blitz year after year.

partners and sponsors

PRESENTING PARTNER



Work to live.



BRAIN INJURY AWARENESS MONTH PARTNER



BRAINLOVE PARTNER



MEDIA PARTNER



SPORTS PARTNERS



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Brain Boogie... Positive Steps in Motion celebrated the 15th annual season and what a season it was!

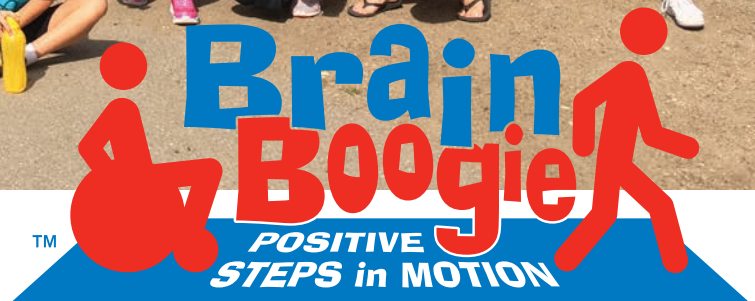
Each year participants, volunteers and staff get together for friendship and support, to raise awareness, and necessary funds for brain injury survivor programs. The money raised is to help fund Chapter activities and provincial events for survivors and families.

Moose Jaw Brain Boogie was held in beautiful Crescent Park. We could not have asked for better weather as the sun was shining all day long. Participants arrived with great energy and fun was had by all.

The day started out with registration. As more and more participants started to arrive, so did conversations between old friends. Glenda James, Executive Director, welcomed everyone and officially kicked off the day. The stretch was led by local cheer group, Cheer Infinity Athletics, and then participants were on their way.

When participants completed the walk the dogs were on the grill. The BBQ lunch was provided by Hub Meat Market and Superstore, Volunteers from the Knights of Columbus were gracious barbecue masters. A local radio station was live at the Boogie and the reporter interviewed Glenda live. Moose Jaw Express was also on hand to report on the day.

As the food was enjoyed, participants were awarded prizes from local donors and names were picked for door prizes.



TM

Recipients included the top earning team: Prayers for Bob. The top earner was Bob Spuzak. The Moose Jaw Boogie raised more than \$3000 for the chapter!

Yorkton had a fun golf tournament and steak night on September 9.

Organizer Lynette Strom had surprises at some of the holes such as: driving with a pool noodle, using a tennis ball for first drive, longest drive, longest putt, and spin to drive. A marshmallow drive in which each participant got a large marshmallow to drive as hard as they could challenged golfers to see who got the farthest!

- Best game - Hector Reese
- Top pledger- Kevin Pickup
- Longest Drive - Hector Reese
- Longest Putt - Rylan McLeod
- Horses Ass - Dwayne Derbowka

Regina and Prince Albert held their Brain Boogie the same day and both locations reported they had a fun and lucrative day.

In Regina the weather was perfect, but Queen City Marathon competed for space and an audience. Nonetheless, the participants and volunteers had a good time and raised over \$12,000!

Special guests included MP Ralph Goodale, MLA Christine Tell, Mayor Michael Fougere, and Emcee Creeson Agecutay.

Bagpiper Betty Anne Sinclair. Cheerleaders from the Rider Cheer Team were awarded the Tony Resling Volunteer award and then proceeded to lead the stretches and cheered on participants. K9 was also on hand to greet participants and add to the festivities.

In addition to the special guests, a CTV reporter was on location to interview dignitaries, Glenda James and Barb Butler.

Also earning recognition was the top team: Team MJ, who raised over \$3000. Way to go everyone!

Prince Albert was the third city to hold their Boogie on September 9. The weather was beautiful... not too hot, not too cold, just right!

Under the guidance of Connie Farish, Ivania Choma, Janine Van Nes and Lorraine Farish the Prince Albert Brain Boogie is definitely growing in numbers. There were 53 people in attendance & the Prince Albert Boogie raised over \$10,600!

Top pledge earners were Ivania Choma and Murray Taylor/Rose James! Great job everyone! Once again the Royal Purple were there to help out in addition to many other volunteers. Thank you to everyone that contributed to the day!

Saskatoon once again held their Brain Boogie in gorgeous Victoria Park. It was a warm, but windy day and the community was out in full force.

SBIA President, Lynne Back and long time sponsor and volunteer, Karmelle Solvason, were our MCs and welcomed everyone to the Brain Boogie.

Cynthia Block, City Councillor from Ward 6, brought greetings on behalf of the city. Local musicians Dale and Terry provided great musical entertainment and added to the fun atmosphere.

Also adding to the excitement was, the Race Against Drugs Race Car. They present a great message in a fun and accessible way. And who doesn't love it when they rev the engines! Thank you once again to Larry & Joanne Schwan for bringing their golf cart and helping out our participants!

In addition to the entertainment, Saskatoon Brain Boogie gratefully received a donation of water by Robynne Smith from SaskBalance.

Another returning favourite was Michael Turner from Long Run Studios who created a Boogie video for us last year! Michael, assisted by his sister, came out to film and take videos of the 2017 walk.

This year Michael created a buzz when he took out a drone to take aerial views. With the footage from the 2017 Brain Boogie, Michael will be creating a new video, so keep watching for a sneak peek of the upcoming Brain Boogie video!

After the walk and thoroughly being entertained, Karmelle Solvason and her incredible team, Solvason



Insurance Group fed the masses a fantastic BBQ lunch. Prizes were awarded to Top Pledge Earner Tobias Quiring and Rachel Medernach for Most Effort!

A Brain Boogie love story started three years ago when Cynthia Block's sister, Corey, met Kevin Clarke at the event.

A special presentation was made to the lovebirds, as they were married earlier this summer. With over 100 people in attendance, there was more than \$11,000 raised and still counting!

The Brain Boogie was once again a great a success because of our wonderful SBIA volunteers, participants, sponsors and partners!

Thank-you to our long-term partners and 2017 Brain Boogie sponsors for their support of Saskatchewan Brain Injury Association in its endeavour to prevent brain injuries and support survivors and their families.

THANK YOU!!



Annual Events

The Saskatchewan Brain Injury Association hosts three annual events each year - Camp, Fall Retreat and Spring Retreat. It has been demonstrated year after year these events are annual highlights for survivors, families, the staff and volunteers.

Camp is an opportunity to experience the great outdoors with qualified staff, friends and specific programming.

Spring and Fall Retreats offer insightful topics, crafts, recreation, delicious food and entertaining evening activities to survivors and families all in modern, comfortable hotel accommodations.

We read in our feedback surveys how much members look forward to these three events each year and the staff is dedicated to making each event memorable and fun.



SURVIVOR & FAMILY CAMP

On June 9th, carloads of campers arrived at the grounds of Arlington Beach Camp and Conference Centre, marking the beginning of SBIA's Survivor and Family Camp/Conference and Annual General Meeting 2017.

As floods of eager campers streamed through the lodge doors, SBIA summer students collected their bags and showed them to their rooms. SBIA staff then assisted campers to reconvene at the fire pit where the first event of the weekend, Hook's Camp Fire Gathering, was to take place!

Campers, students, and staff shared s'mores and hotdogs while listening to Ron Keck play his guitar, rekindling old friendships, and discovering new ones.

Once everyone had been refueled by a campfire supper, they made their way back to the lodge where the Pirate and Popcorn movie night was taking place. As the movie ended, so did the first day of camp. Campers retreated to their rooms to rest up for the busy weekend to come.

Saturday began bright and early with breakfast at 8:00am sharp. Following breakfast, camp kicked off its first session – Pirate Fuel with Michelle Archer.

Michelle used her expertise as a licensed dietician to talk about the healthiest way to fuel a body. Using Canada's food guide as a template, her presentation taught campers about the importance of each of the food groups. She also had interesting and interactive exercises to engage both campers and staff.

The second session was a yoga and body talk class taught by Jenelle Finch. Jenelle took everyone through simple yoga exercises that encouraged mindful movement. She taught campers to take control of their own bodies by listening to, and trusting the wisdom of their physical selves.

Jenelle's session encouraged people to trust themselves and listen to their bodies.

She then ended her session with sleep yoga, which almost put everyone to bed early!

After the morning sessions were done, lunch was served. Hungry campers enjoyed their meals and quickly got situated for the third and final session of the day, Chinese Medicine with Fiona Meng. Fiona taught campers all about alternative pain therapies that deviate from the use of medication such as acupuncture and BodyTalk.



The rest of the afternoon offered campers a variety of activities to choose from. Mike Pelzer, who coordinates weekly drumming sessions for Regina members, led a Band of Pirates Drumming Circle. Other campers chose to attend the craft station, where Jeanine led a bandana-decorating project as some joined Sarah on a nature walk.

And, of course, the cribbage enthusiasts were eager to start playing in the cribbage tournament. That night, after campers were nourished by a delicious roast beef supper prepared by the wonderful staff at the Kinney Lodge, they enjoyed a musical performance from Regina's Keiran and Zenaya Semple. By the end of their set everyone was either singing, dancing, or clapping along!

Jeanine and Sarah closed the night with Pirate Trivia. This was definitely a crowd favourite! Campers showcased their pirate knowledge by answering pirate-themed questions like, "What is a "code of conduct" on a pirate ship" or "When would be an appropriate time to yell, "Fire in the hole?"

Following Sunday breakfast, Bruce McEachern shared

his inspiring story & about his life before his injury to give context to what he had lost. He then spoke wisely about what his life became post-injury, focusing on the positive things as well as the change and simplicity that his injury had brought into his life.

After lunch, Sarah Molder delivered a creative presentation of yoga for ABI called Pirate Poses Yoga Adventure.

This session was structured as a fun and interactive way to emphasize the connection of mind & body. The session was structured as a "Treasure Map Adventure". Each checkpoint on the map introduced a new challenge that the campers had to overcome by completing tasks related to mind & body connectivity. At the final checkpoint, the ultimate treasure of inner peace, connection, and personal acceptance awaited each camper!

Sarah's Pirate Poses Yoga Adventure session marked the end 2017's camp! Shortly afterwards, campers began the departure home. Thank you to SBIA staff, students, caregivers, and members for making camp 2017 one to remember!

FALL Retreat

The annual Fall Retreat was held on October 28th and 29th in Regina at the Executive Royal Hotel with a Back to the 80's theme.

Members enthusiastically embraced the theme and were decked out in radical gear. An excited buzz filled the room as people from around the province gathered.

Bev Barlow, started the afternoon sessions with a talk about rebuilding oneself after a relationship ends. Following the break, Tanis Ell from the Credit Counselling Society of Canada spoke about how to have "Christmas Without Debt".

The late afternoon offered two options – one session was specific to caregivers and family members. They joined SBIA's Glenda James and Tanis Ell in a caregiver session that discussed "Retiring without Debt".

In the main room, some participants created colourful sand jars while others enjoyed visiting with old and new friends. A special thank you to our SBIA Board Member Nicole Wall for organizing the Fall Retreat Craft!

The evening social began with a wonderful meal of pork loin with dijon rosemary sauce, roasted baby po-

tatoes with Montreal spice, Caesar salad, dinner rolls with butter and chocolate raspberry cheesecake. SaskExpress Minis and The Expressions provided some totally gnarly entertainment as they danced and sang an 80's themed performance.

SaskExpress Minis invited members to the dance floor when the band kicked off the retro dance party.

An 80's themed dance party topped off the evening with a live band, Darke Hall Five! Everyone enjoyed the music, dancing, treats, and fabulous company.

Sunday began bright and early with coffee and a presentation on "Grieving After Trauma" by Della Ferguson. She focused on strategies for coping with grief associated with brain injury trauma for survivors as well as their family and friends. A hearty brunch followed.

Bailey Dzialo shared her story of hope. Thank you to Bailey for sharing your empowering message reminding us that we have much to be grateful for.

As people said their goodbyes, there was general agreement that everyone had a wonderful time!



Spring Retreat

Brain injury survivors, family and caregivers had a glamorous affair on March 18 & 19 at the Saskatchewan Brain Injury Association's Spring Retreat. Participants enjoyed the Hollywood vibe as they made their way into the sophisticated splendor the Parktown Hotel was transformed into by staff and volunteers.

The "I Have a Feeling We're Not In Kansas Anymore!" Luncheon was a delicious Ukrainian Feast, with Rye Bread, Beet Salad, Tomato & Cucumber Salad, Sour Cream Dill Dressing, Cabbage Rolls, Perogies sautéed in onion, Koubassa with sauerkraut and dessert to tempt everyone. After lunch, "You Had Me At Hello", But There Is So Much More A Smart Phone Can Do! presented by Karen Loch, Saskatchewan Polytechnic was an informative session. Participants learned techniques and helpful apps that they could access on their smart phones.

A short break was followed by "May The Force Be With You", Mind - Kinetics & Self Acceptance with Crystal Willms. - A Discussion about basics of Mind Kinetics; use a coaching tool to address and analyze your self-proclaimed negative characteristics; enhance positive thinking.

After such an empowering presentation, a break was in order and then craft time. Craft time was a-buzz with succulent pots and happy chatter as participants florist. The succulent designs were nothing short of fantastic.

This year Caregivers went on a little getaway with a tour of Parkville Manor, led by Ruth Hayden. The Parkville Manor shared some of their many options of respite.

Afterwards the group convened back at the Parktown Hotel. Dinner was a sophisticated menu of a Bavarian boneless marinated chicken breast, grilled and topped with sour cream and dill demi-glaze, baby oven roasted potatoes and seasonal veggies.

Spring mixed salad with orange segments, feta, sliced almonds and citrus vinaigrette was served on the side. A decadent chocolate lava cake was for dessert



"It's Show Time!" was the evening's theme featuring two young dancers from River City School of Irish Dance. The party really started when Storm Music Service (DJ) played a groovy mix dance, country, rap & rock n'roll music.

Sunday morning began with coffee and fruit and was followed by "Here's Looking At You Kid" session by Carla Gradin, Body Language & Confidence Coach.

Carla taught all of us the amazing patterns and science behind how we all act, react and show up in a room full of strangers or even with people we know.

Survivors and caregivers settled in after fantastic brunch of fruit, pastries, salads, meats, eggs and desserts to listen to Sheila & Lora Solvason share Lora's story of hope.

Her inspirational story brought more than a few tears to eyes and it was clear Lora's story touched many in the audience.

After another fun-filled weekend away it was time to bid each other adieu.



Your Gifts At Work

*It's not the size of the gift,
it's how it impacts survivors and families.*

Chapter Reports



Regina

There is a power in gathering. It inspires, it delights. We become more joyful, more hopeful, more thoughtful, we feel more alive. A gathering is the best way to describe the Regina Chapter of the Saskatchewan Brain Injury. It is a planned gathering, held every Thursday from eleven to twelve at the Wascana Rehabilitation Centre. While it is planned, it tends to take on a life of its own as the ever-increasing number of attendees bring new discussions, new ideas and always more joy.

In the past year, we have had speakers attend the meetings and we recently watched a video. Lively discussions are held, always remembering that we should be respectful of each other; if someone is having a personal problem they often leave knowing they are not alone and equipped with tried and true solutions from others.

Attendance from the group was strong at both the fall and spring conferences with lessons and experiences shared with others.

The winter may have been long and harsh but Thursdays were warm and inviting. As summer approaches members are once again looking forward to camp and the chance to reconnect with survivors from far and wide.

The walk is always a topic lately as we have some competitive souls in our group who strive to be the top pledge earner!

We continue to grow, in numbers and in spirit. If you ever are in Regina on a Thursday I would invite you to stop by. You will find some of the kindest caring people you would ever hope to meet. The room is often crowded, but we can always manage to squeeze one more in. That is the power and joy of gathering.

*Respectfully submitted on behalf of
the Regina Support Group by Barb Butler*



Saskatoon

Thank you to the Board and Chapter members for a successful and enjoyable year.

This year marked the second year of the Saskatoon Caregiver Support Group which was well attended by a dedicated group of caregivers and lead by a wonderful facilitator. The group offers a safe place to discuss the stresses, challenges and rewards of providing care for a loved one.

The Saskatoon Chapter participated in camp, spring conference, Brain Boogie, walk group, community outings and monthly support group meetings. Some of our outings included a billiard pool night at Pacific Billiards and movie night at Rainbow Theatre. We also did many crafts throughout the year and enjoyed each other's company.

Walk group runs for 30 weeks coordinated by Paul and Shelly Cory, who work with many other volunteers. The walk group is hosted at the Saskatoon Field House and is well attended by Chapter members and family.

Many participants now have pedometers and are tracking their steps and quite enjoying the competition. I want to thank all our helpers for locating different items such as weights and basketballs to make things a bit different.

The "Moving On Program" members from Sherbrooke Community Center also join us once a month. We received a walk grant from Saskatchewan Lotteries Trust Fund and the City of Saskatoon which we were grateful for.

Thank you to all of the Chapter's members, volunteers, board members and family and friends that supported the Chapter throughout the year. Thank you to the many that put in countless volunteer hours and those walkers that raised pledges in the community to make the Brain Boogie a fundraising success.

And lastly, thank you to the efforts of SARBI and Chapter volunteers for organizing and hosting a wonderful Christmas Party.

*Respectfully submitted on behalf of
the Saskatoon Support Group by Lynne Back*

Your Gifts At Work

Chapter Reports

Yorkton, Moose Jaw, Kindersley, Prince Albert

In addition to Chapters located in the province's largest centres are four Chapters dispersed in smaller locations.

Yorkton, Moose Jaw, Kindersley and Prince Albert all offer peer support through coffee meetings and planned activities.

Moose Jaw Chapter recently revived a walking group and holds special occasion luncheons. Members attend Camp and the two retreats faithfully, some investing great effort into dressing for the theme. The Brain Boogie is small, but lively. Participants enjoy meeting up with other families.

The **Kindersley Chapter** has grown to include families and supporters of all ages and abilities who join the walk each week. The walk is usually held on Thursday nights at 6:30 pm at the West Central Events Centre (WCEC) followed by coffee time.

Members encourage each other and enjoy the social aspect of the group. The Kindersley group attended the Brain Boogie in Saskatoon bringing in enough pledges to support its program.

Throughout the year the group tries to meet up at community events that fall on the walk nights - for example Goose Festival for a burger, grand opening BBQs, etc.

The annual Christmas Party began with bowling and finished off with a fun gift exchange for members and supporters. Joining with the Royal Purple Association, the group has a booth at the local trade show to hand out information and recruit support for the Brain Boogie.

The **Prince Albert Chapter** has undergone some changes over the past while, but has gotten into a "new groove" with members taking on responsibility for the group.

Connie Farrish now leads the meetings and keeps

members informed of meetings and the activities they plan together. The group plans activities such as bowling and a Christmas party.

Members also organize to attend Spring Retreat and Camp together. During July and Aug 2017, members organized the Brain Boogie 2017.

It was a great event. The set up and tear down, a huge job, received a great deal of help from Connie's family.

As a close group, members planned and put on a pot luck Christmas Party with everyone contributing to the meal. It was very enjoyable. In February 2018 we took in a day at the Winter Festival, where we enjoyed sleigh rides, king trapper events, and a Fish Fry.

Yorkton Chapter is a small but busy and fun-loving group. This past year they took part in the coffee group a couple of times a month and made sure to have dessert on hand to celebrate birthdays.

The group took in movies together at the local theatre. It's always great fun to watch movies with a group of friends.

To celebrate the Christmas season, the Chapter went to a local dinner theatre production. What fun it was!

Recently, they attended a Paint Nite and each person got to complete a painting to take home with them. Great time with friends!

As always, Yorkton held the annual Brain Boogie golf tournament to coincide with other Chapter's Brain Boogie. It was a great day and fantastic meal, while raising funds for the organization.

We are looking forward to the upcoming tournament and other events, such as yoga. Yorkton Chapter is always open to trying new things!

Your Gifts At Work



Prince Albert



Yorton



Moose Jaw



Kindersley

Your Gifts At Work

Social Groups



Social Beans

Social Beans youth group meets weekly, year round, at local coffee shops for a social evening and friendship. It is attended by approximately 15 people although attendance varies according to the weather and individual's health. Participants comment that

"Social Beans is an awesome and caring place involved with people with Acquired Brain Injuries. We are people wanting to stay social and keeping alive in the process."

"Social Beans gives me social interaction, it gets me out of the house, I make good friends through SBIA, and it's fun."

Drumming

Drumming Circle is a musical and social program with therapeutic benefits that is accessible to those with a wide range of abilities, attended by a very diverse group of brain injury survivors and caregivers.

It is held every Friday afternoon at the Village Hall at Pioneer Village and attended by as many as 25 people each week. Participants in this popular program say

"I feel it's important for me to go to drumming... you get to express your feelings. It gives me satisfaction for the week. The energy in here is good...that makes me feel good about myself."



"Drumming lifts my spirits. It makes me smile...it makes me happy. My life is rocky...and after drumming... things don't seem so bad."

SOAR

SOAR provides youth with ABI an opportunity to create lasting friendships while participating in weekly recreational programs. Through these experiences participants develop meaningful friendships and have a lot of fun!

Caregivers Support

Caregivers Support Groups offer occasions to meet with other caregivers who may be facing similar challenges. The idea is to provide support, advice, sympathetic ears and celebrate triumphs.

Caregivers support groups in Regina and Saskatoon partner with the ABI teams in those communities for meeting space, presenters and referrals. The groups meet monthly.

Participants report that it provides an "opportunity to come together to support one another and to share our concerns. We have many concerns and we are grateful to have this group, so that we can work together as a community and enhance the quality of life for our loved ones."

Prevention

Brain Injury Awareness Month



Saskatchewan Blue Cross continued to partner with SBIA for Brain Injury Awareness Month in 2017. Their support enabled SBIA to leverage donations to develop a new three year campaign with a series of videos in addition to the annual poster. **Brain Injury Can Happen To Anyone, Anywhere, Anytime** is the theme of the campaign that will be shared with associations across the country. Brain injury associations across the country shared the message

through social media using the hashtag, #BIAM17. The message focused on brain injury can happen to anyone.

Hailey Harms was featured as the 2017 poster person. When asked what she would like the public to know

about brain injury, Hailey stated, "That it can happen to absolutely anybody, your neighbour, your mother, your daughter. All ages. Anyone."

When Hailey was 16 years old, her competitive skating career was cut short after she suffered too many concussions. Doctors told her she would never be able to skate again. The risk of a more serious brain injury and severe consequences was just too great. Hailey's hopes and dreams for a skating career were crushed.

Hailey's high school friend, Evan Wall, experienced a more severe brain injury through another common cause, a car accident. When Hailey escorted Evan at his 2014 high school graduation, he was heading to the University of Saskatchewan to study engineering. Three years later, he is working very hard to regain his abilities.

Two talented young people from the same rural Saskatchewan community. Two brain injuries. Two different causes. Two different outcomes.

The pair shared their stories in a video series released on YouTube, and shared on SBIA website and social media.

Save Your Melon



Launched by honorary spokesman, Jim Hopson, former President and CEO of the Saskatchewan Roughriders, he has become vocal on the topic.

Summer students display and present the Save Your Melon program, with helmet giveaways, at schools in June and festivals in the summer.

Take Brain Injury Out of Play



Ken Dryden told audiences at his book tour in Saskatoon, November 2017, he was inspired to write his new book, *Game Change*, after his discussions at the SBIA Round Table for Sports Leaders in 2011.

BrainLove



The BrainLove campaign by the Sask. Royal Purple Association (SRPA) continued around the province throughout the month of March, which is Brain Awareness Month.

SRPA invited SBIA Executive Director, Glenda James, to their AGM in Saskatoon on April 21 to speak about the programs that SBIA is able to offer because of their support and how much that means to SBIA members. Each SRPA lodge presented cheques bringing the total BrainLove campaign to almost \$20,000.

Your Gifts At Work

Over **29,000**

Facebook impressions

1,228

Twitter followers

(That's about 130 more than last year)

Educating over **2,000** people at tradeshows and events

Over
31,800

People
receiving services

5,000

plus hours of direct
service provided

2 thousand
website visitor
hits each month

12 hundred
physical &
email
addresses
received
newsletter

Over **953**
service
events
around the
province



You**Tube**

Impact of 2016 -17 Fundraising

NEW	Brain Injury Can Happen To Anyone, Anywhere, Anytime posters and packages for Brain Injury Awareness Month distributed to: <ul style="list-style-type: none">• 450 Schools, community centres, recreation centres and service clubs across the province• 60 packages to elected officials• 160 emails to cities and large towns• 13 Schools in Moose Jaw, Saskatoon and Regina had presentations
Continued	Social Beans Youth Program for those 18 - 30
Continued	Weekly program for survivors: Drumming program
Continued	Caregiver support group and new rural survivor support groups
Continued	<i>Take Brain Injury Out of Play</i> Education Program <ul style="list-style-type: none">• Displays and presentations at events around the province
Continued	<i>Save Your Melon</i> Expansion: <ul style="list-style-type: none">• Preschool & Daycare version for parents and their children providing helmets, tattoos and brochures• Wear a Helmet for a Day in schools
Continued	Study and survey about the needs of survivors and their family <ul style="list-style-type: none">• Conducted around the province• Outlines housing needs for survivors
Continued	Save Your Melon campaign in partnership with Jim Hopson and SK Roughriders to promote helmet use among children
Continued	Fall Retreat in Regina For survivors and their families
Continued	To hold SBIA Retreats in comfortable, accessible facilities with budget for increased attendance
Continued	To develop new, improved SBIA Website pages and social media

SBIA gratefully acknowledges the support of our partners:



