

Annual Report



2022



Saskatchewan
Brain Injury
Association



YEAR IN REVIEW 2021-2022

Creative adaptation was called for during the second year of the pandemic. Spring 2021 brought some relief as vaccinations became available and the weather warmed up to allow for outdoor activity.

Brain Power Hour, a new adapted exercise program began as three Kinesiology students joined SBIA for the summer. Kate Korchinski led Saskatoon members in the Saskatoon park near Market Mall.

Tyler Blanchette led members in Moose Jaw's Crescent Park, making weekly excursions to join the Regina research project. Tierra Kurtz led the group in Regina's Wascana Park.

Dr. Cameron Mang and researcher Jeannie Postnikoff of the University of Regina, designed and supervised the program, recording its effects for future use. Most SBIA members reported that they noticed results soon after starting – improvements in their mood and mobility. And of course, they were happy to see each other and be together after a long winter of pandemic isolation. For a portion of the winter, Brain Power Hour continued indoors at the Saskatoon Fieldhouse, this time staffed by U of S student volunteers.

Social Beans adapted to the pandemic restrictions with different venues and formats. Social Beans on Zoom was not comparable to meeting in person but members were still happy to see each other and stay in touch. Some members from outside the major cities were able to join via Zoom which they greatly appreciated.

By grouping people into small groups of those who normally would see each other, Drumming group was able to continue in some different ways throughout the year. For a time, they joined the other programs outdoors in Wascana Park but the summer heatwaves, winds and storms added some challenges.

Brain Boogies in August were held again in the parks although they were smaller in number than Brain Boogies of the past due to the pandemic. In Saskatoon, members “boogied” to the sounds of a live band, dancing their way through the event. Regina and Moose Jaw members walked their usual routes in the parks. All participants enjoyed the boxed lunches that replaced the usual barbeques after the exercise. Although Brain Boogie is a very important fundraiser to pay for the programs that members so value, it is also a wonderful gathering of the community that SBIA exists to support.

As the weather changed, the pandemic surged, necessitating a return to Doorstep Deliveries. Members appreciated the weekly visits and packages when gathering with their friends was not possible. The success of the program was largely thanks to SBIA’s dedicated volunteers: Barb Butler and Karon Hantelman in Regina, Leslie Good in Moose Jaw and Paul and Shelly Cory in Saskatoon. Without their support, it would not have been possible to stay connected with SBIA members throughout the pandemic. As one member commented, “I loved receiving things during the lockdown. It made me feel that I was still involved and part of the group. Thank you for keeping me busy.”

BrainLove, our partnership with Saskatchewan Royal Purple, ended the year with the launch of the 2022 campaign where they celebrated the funds they had raised for SBIA, despite the restrictions of the pandemic. They met and exceeded their 2021 pledge to raise \$20,000 and pledged to increase it in 2022. The amazing volunteers of the SK Royal Purple greatly increase the awareness reach of SBIA’s prevention programs as well.

With creative adaptations and dedicated volunteers, SBIA was able to thrive despite the pandemic. Many, many thanks to all who contributed!



GLEND A JAMES
EXECUTIVE DIRECTOR



Member Comments

"SBIA provides meaningful programming to address the needs of the community it represents. It engages people in social activities who might otherwise isolate themselves due to their lack of initiation, fatigue or whatever else caused by the brain injury might entail. This serves a dual purpose, as for highly affected individuals who may require supervision and/or a support worker, the programming by SBIA can allow some respite for caregivers without adding to costs."

-SBIA member



"SBIA Thursday walking group I think is the best. It involves exercise and entertainment. I call it my walk and talk group. It allows me to meet and talk with members and volunteers."

SBIA has offered me a chance to interact with other people. It is an opportunity I would not have tried normally. I look forward to interacting with this group for quite a bit."

-SBIA member

"When Covid returned us to a sense of isolation due to gathering restrictions, SBIA stepped up again with their sidewalk delivery program, keeping some sense of connection alive, for both my wife and I. It was a small weekly gesture but deeply appreciated during a period of time where even family was not physically present in our lives.

I cannot express enough how critical SBIA has been for my personal recovery from the psychological effects of my brain injury, and I truly don't know where I'd be without them!"

-SBIA member



"Always looked forward and enjoyed our S.B.I.A. meetings over the years as you develop one of a kind friendships along our Unique Journeys; in sustaining a Positive & New To You Lifestyle !!!

Thank You for your continued support !"

-SBIA member

"SBIA is a place for resources for caregivers and families. It is a place for connection. A place for survivors to be with their peers and socialize. The organized events that took place pre-covid were a good opportunity to socialize"

-SBIA member



Saskatchewan Brain Injury Association

MISSION

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

VISION STATEMENT

Brain injuries are reduced and there exists a provincial continuum of support informed by those with lived experience that encompasses all those affected by brain injury.

www.SBIA.ca

Contact Us: 1-888-373-1555