

# CONNECTIONS

## INDIANA JONESASK

### Survivor & Family Camp Weekend



Topped by Indiana Jones style hats, SBIA campers embarked on an adventure at SBIA camp on Arlington Beach.

It was a weekend full of new experiences, learning opportunities, friends and memory making. The Indiana Jones theme for camp addressed the importance of relationships and finding your tribe.

A campfire supper launched the event, as campers roasted hot dogs and marshmallows, wrestling with the sticky treats into S'mores. Friends, new and old, were eager to meet, which made the campfire a welcoming space, especially for first timers. Food was enjoyed by all, along with live music. Ron Keck, the musician, encouraged everyone to sing along, and some broke out in dancing around the campfire! He inspired one camper to sing a birthday greeting to her father back home through FaceTime. As the campfire came to an end, campers gathered back into the conference centre to enjoy a movie and popcorn to finish off the evening!

Campers signed up for a variety of adventures over the weekend. They could face their fears at a Tribal Challenge, join a tribal drumming session, check out a reptile show, challenge their aim in archery, make rock art, team up for a scavenger hunt or compete in a cribbage tournament. All of the activities were enjoyed, but the definite favourites were the drumming session, reptile show and the cribbage tournament.

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#### Long Term Partners



## Summer 2019

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### It's the SBIA... 50/50 Take Half Raffle!



The Saskatchewan Brain Injury Association is excited to announce that we have a new raffle! Tickets are now on sale! The winning ticket will be drawn on Saturday October 19, 2019 at 8pm at the Royal Executive Hotel in Regina.

Tickets are one for \$5 & only 2000 tickets are available. Total retail price maximum value is \$5,000.00 but will be 50% of all tickets sold. Winner will be notified by phone. Tickets may only be purchased/sold within Saskatchewan. You can get your tickets today by contacting the SBIA at 1-888-373-1555.

# INDIANA JONESASK



In between activities, a variety of information sessions were available to campers and their families. For the first session, campers joined Eryn Langdon for a presentation focused on creating intentional relationships and how to maintain them. Campers learned about the meaning of friendship, qualities of a good friend and the importance of building friendships and relationships.



Next, the campers had the opportunity to take part in a drumming session with Christine Ciona, followed by relaxation and meditation. Campers took part in a drum, dance and mindfulness experience. They formed a drum circle and played different types of hand drums. Drumming helps with stress management, meditation and movement to increase well-being, self-awareness and acceptance.

The Annual General Meeting was held Saturday evening. Glenda James discussed the year in review for SBIA while President, Lynne Back, reviewed the financial statements. The Annual General Meeting wrapped up quickly and then evening activities continued.



In the tribal challenge, campers were asked to get out of their comfort zone. The challenge involved digging through slime with eyes closed to find a number of items in the bucket. Next, campers were challenged to eat chocolate-covered crickets and dried worms. The challenge finished with an Indiana Jones themed riddle. Campers supported and encouraged each other acting as a "tribe" to complete the challenge.

The evening climaxed with some friendly competition, in the cribbage tournament. Campers were assigned partners to play together, encouraging the formation of new friendships, and added the challenge of playing with someone different. Win or lose, the cribbage tournament was enjoyed by all and seems to be one of the biggest hits at camp every year!

Sunday morning, campers participated in tribal yoga led by Adrianna Hackl Pinno from Evolutional Fitness. This session helped campers develop the practice of movement, breath use, meditation and mindfulness. They found new ways and opportunities to open up their body, create release and practice relaxation.



To wrap up camp, the best session was saved for last. Lisa Hangs, a member of the Saskatoon Chapter, shared her story. As Lisa discussed specifically what happened to her, she also highlighted the importance of having support through family, friends and programs offered by SBIA. Her positive energy and outlook on life left campers feeling inspired and motivated. Her session wrapped up with a standing ovation from survivors, family and staff.

As camp came to an end, campers left for home with full hearts. They took with them new memories, friendships, photos, experiences and information—not to mention, awesome hats!



# 2019 Brain Boogie

August 24  
Regina

August 25  
Moose Jaw

September 7  
Prince Albert  
& Yorkton

September 8  
Saskatoon

Fun Walk, 2km,  
and 5km events  
Run, Walk,  
Dance  
or Wheel!



Register or donate today!

Go to: [www.sbia.ca](http://www.sbia.ca)

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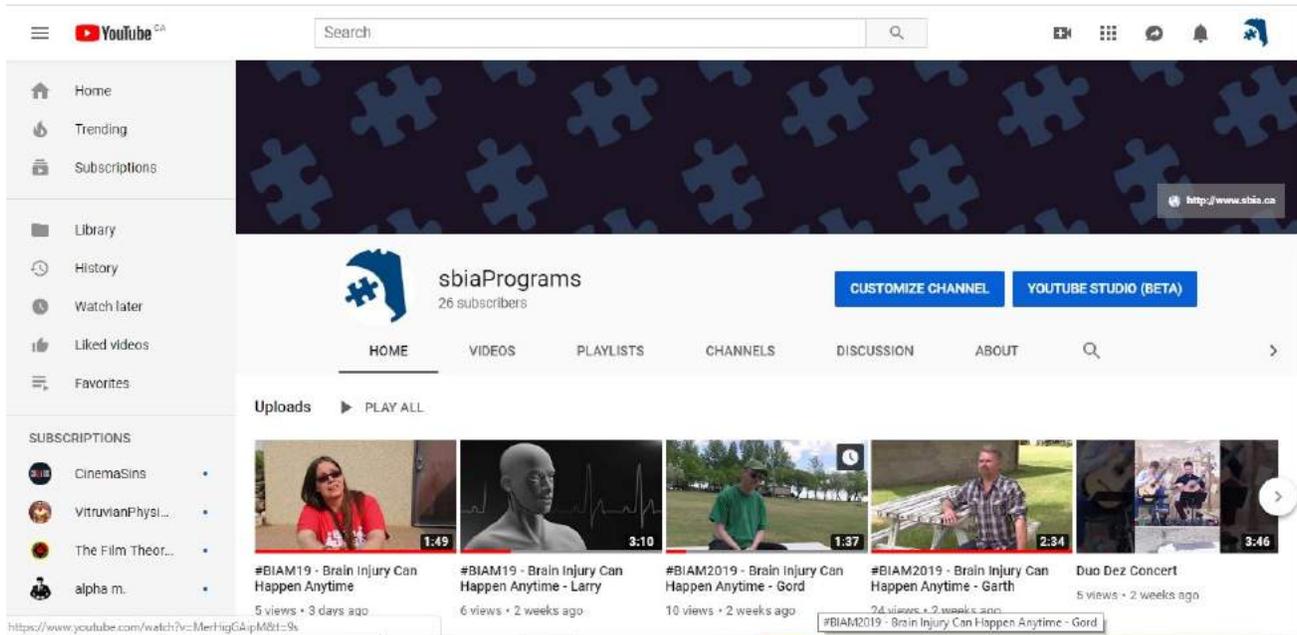
City of Regina



[www.sbia.ca](http://www.sbia.ca) | [brainboogie@sbia.ca](mailto:brainboogie@sbia.ca) | 1.888.373.1555

# Brain Injury Awareness Months 2019

## #BIAM2019



Brain Injury Awareness Month keeps getting bigger and bigger. In June 2019 BIAM grew again! Provinces across Canada are working together to raise awareness about brain injury prevention.

A video mini-series featuring several of SBIA's members was created for SBIA's YouTube channel. From there, it was posted to the Facebook and Twitter accounts of Brain Injury Canada and Brain Injury organizations across the country. In Saskatchewan, the Brain Injury Awareness Month postings received hundreds of hits and dozens of shares.

The third installment of the three year video series focused on: *Anyone, Anywhere, ANYTIME*. ANYTIME videos featured Garth, Gord, Larry and Shelley. This mini-series is the third in a three-year video campaign for Brain Injury Awareness Month in June.

In 2017, the theme was *Brain Injury Can Happen to Anyone*. Featured in video interviews were Evan Hailey and their families. They are two young people with bright athletic and academic futures who grew up in the same rural Saskatchewan communities, but acquired unrelated brain injuries. In 2018, the series emphasized *Anywhere*.

To learn more about all 10 survivors and their journeys visit our website or YouTube channel: <http://www.sbia.ca/> <https://www.youtube.com/user/sbiaPrograms>

All month, SBIA, along with other provincial organizations, helped to spread awareness online by participating in the national hashtag, #BIAM19. Executive Director, Glenda James, was interviewed by several media outlets about Brain Injury Awareness Month and the new #BIAM18 video series. Summer students once again proved to be helpful getting the word about brain injury prevention into classrooms and communities around the province as part of the SBIA partnership with WorkSafe Saskatchewan.

# A Year In Review

## from the Annual Report - by Glenda James & Lynne Back

SBIA strives to prevent brain injuries and to improve the lives of survivors and their families. Work to fulfill this mission is unmistakable at the many chapter events around the province as well as the camp and retreats. Particularly, local chapters and support groups exist to improve lives through the power of community, social connections and fun activities that foster long term friendships.

In 2018, brain injury took the front page in news stories as the coverage of the Humboldt Broncos tragedy unfolded. The outpouring of support for those affected, spilled over to SBIA which was the beneficiary of some of the fundraisers.

In June, SBIA was named the beneficiary of the \$10,000 NHL Foundation Willie O'Ree Community Award in honor of Darcy Haugan, coach of the Humboldt Broncos who throughout his career had encouraged the players he coached to give back to their communities. The decision was made by his widow, Christina Haugan, whose family had also been affected by brain injury. The Haugans with the rest of Christina's family had entered a team in the 2017 Brain Boogie in memory of her father.

Later, several tournaments were held in memory of Evan Thomas, one of the players lost in the accident. SBIA held displays at the events and was the recipient of funds raised through them. Swift Current Broncos in support of the Humboldt Broncos, also held a fundraiser that donated funds to SBIA.

Brain Injury can happen to Anyone, Anywhere, Anytime and this message was emphasized during Brain Injury Awareness Month in June. SBIA produced posters and videos of its members telling their stories. This campaign was shared with brain injury associations across the country.

This year the message was spread further with increased engagement in social media on all fronts...

Twitter, Instagram, Facebook and other channels help connect SBIA to the community, resulting in increased

public awareness and spontaneous donations from around the province. Traditional media has also consistently helped to spread awareness by covering BrainLove in March, Brain Injury Awareness Month in June as well as the Brain Boogie in late summer.

BrainLove in March, the partnership with the Saskatchewan Royal Purple Association (SRPA) grew again in 2019. A number of SBIA members have found in SRPA, another community that provides an opportunity to give back to SBIA while developing a larger social network for themselves. This partnership has truly been a win-win for both groups.

To all our volunteers, board members and staff, we humbly say thank you. You each make a difference. To our members who face the daily realities of living with the effects of brain injury and never tire of helping one another and lending a hand, we say thank you. To all of our partners and donors who believe in SBIA in its tireless pursuit of its vision...we say thank you.

As we look ahead we are mindful of the great gift we each have and the role we play in making a difference. Together with you we strive to ensure Saskatchewan is a place that is inclusive and safe for all and provides opportunity for all of us.

Sincerely,

Glenda James,  
Executive Director

Lynne Back,  
President



*Glenda James' photo by Trevor Hopkin, Photography Dept. U of R*



# Our Programs

More information can be found at: [www.sbia.ca/programs.aspx](http://www.sbia.ca/programs.aspx)

## REGINA

Chapter Support Group

- When: Thursdays, 11:00 – 12:00 pm
- Where: Wascana Rehab Centre

Drumming resumes in SEPTEMBER

- When: Fridays, 1:30 – 2:30pm
- Where: Pioneer Village Hall

Caregiver Support Group

- When: 2nd Tuesday of the month, 7-9:00pm
- Where: Wascana Rehab RM #5

Social Beans (ages 18-30)

- When: Thursdays, 6:30 – 8:00pm
- Where: Various coffee shops

Social Beans Support Group

- When: 3rd Thurs of the month, 6:30 – 8:00pm
- Where: Wascana Rehab RM #5

Contact Eryn at

[sbia.support@sasktel.net](mailto:sbia.support@sasktel.net)

## MOOSE JAW

Walking Group

- When: Tuesdays, 11:00 am
- Where: Yara Centre

Contact Glenda at

[info\\_sbia@sasktel.net](mailto:info_sbia@sasktel.net)

## YORKTON

Chapter Support Coffee Group

- When: Saturdays, 1:30pm (check the FB Group Yorkton Chapter SBIA Happenings and Events)

Yorkton Walking Group

- When: Wednesdays, 4:30 pm,
- Where: Gloria Hayden Centre or Logan Flats - weather permitting

Contact Lynette at

[lynnie33@hotmail.com](mailto:lynnie33@hotmail.com) or 306.782.3062

## PRINCE ALBERT

Chapter Support Group

- When: 3rd Saturday of the month 1:30pm
- Where: South Hill Mall, Community Room

Contact Tracey at

[sbia.events@sasktel.net](mailto:sbia.events@sasktel.net)

## KINDERSLEY

Walking Group

- When: Thurs, 6:30 pm
- Where: West Central Events Centre (WCEC) Walking Track

- Walk for half an hour or so and then meet for coffee.

Contact Denise at

[den.sarada@gmail.com](mailto:den.sarada@gmail.com) or 306.460.6116

## SASKATOON

Chapter Support Group

- When: 3rd Monday of the month, 7:00 pm, (Sept - April Only)
- Where: Sherbrooke Community Centre, Veteran's Lounge

Caregiver Support Group

- When: 4th Monday of the month 7:00 pm
- Where: Sherbrooke Community Centre, room by cafeteria

Walking Group

- When: Thursdays, 6:30-8 pm (Sept - May Only)
- Where: Saskatoon Fieldhouse

Contact Lynne at 306.933.0179 or

[saskatoonchapter@hotmail.com](mailto:saskatoonchapter@hotmail.com)

## We invite you to join our incredible team of volunteers!

There are many options available:

### Brain Blitz Events

- Organize a Brain Blitz event
- Join a Brain Blitz planning committee
- Set up & Decorations prior to the event
- Clean up after the event

### Chapter Support Group

- Drumming & Walking Groups
- Join a Chapter Board
- Accompany those needing assistance

### Brain Boogie

August & September

Takes place in Regina, Saskatoon, Moose Jaw, Prince Albert & Yorkton

- Planning Committee
- Event set up
- Registration & Pledge Collection station
- Route Marshalls
- Water Stations
- Run timers
- BBQ – organize, set up, cook and/or serve
- Event clean up

# Meet the 2019 - 2020 Saskatchewan Board of Directors

## Executive

Lynne Back, Saskatoon  
President  
Bryan MacFadden, Saskatoon  
Vice-President  
Gordon MacFadden, Saskatoon  
Past President

## Directors

Larry Carlson, Regina  
Annette Goski, Regina  
Leslie Good, Moose Jaw  
Dr. Patrick Neary, Regina  
Dr. Kotoo Meguro, Saskatoon  
Jennifer Vibert, Saskatoon  
Derek Yarie, Saskatoon





## TOGETHER WE CAN MAKE A DIFFERENCE IN 2019!

**Be a part of the change!** Brain Injury is the number one killer and disabler of persons under 44. Prevention is the only cure! All funds raised go towards local programs for brain injury survivors and their families, as well as awareness and education programs to prevent brain injuries, including concussions. *Together we can make a positive IMPACT in the lives of others.*

**NEW!** Join us on social media & share your fundraising efforts over the coming months!  
Facebook, Instagram & Twitter: #brainboogie2019 and tag us: @saskbraininjury

**REGISTER TODAY!**

[www.sbia.ca](http://www.sbia.ca)

**August 24**  
**Regina**

**August 25**  
**Moose Jaw**

**September 7**  
**Prince Albert &  
Yorkton**

**September 8**  
**Saskatoon**



## Saskatchewan Brain Injury Association

**Mailing Address:**

P.O. Box 3843  
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**Provincial Office:**

#322-310 Main St. N.  
Moose Jaw, SK S6H 3K1

**Saskatoon Office:**

230 Ave. R. South  
SPH Residence, Room 422  
Saskatoon, SK S7M 1Z2

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