



Saskatchewan Brain Injury Association

History

Since 1985, the Saskatchewan Brain Injury Association has been helping individuals and families deal with the effects of traumatic or acquired brain injury. Founded by families whose children sustained brain injuries, the Saskatchewan Brain Injury Association (SBIA) is a registered charity, registered under the Saskatchewan Non-Profit Corporations Act, which provides support and service free of charge to individuals and families who are living with the effects of acquired brain injury.

Each year, the Saskatchewan Brain Injury Association reaches out to many survivors, family members, and caregivers, offering:

- Information, service advocacy, support and guidance for individuals and families coping with the effects of ABI. Each month, our Provincial Toll Free Support Line receives between 50 and 100 calls, and our Web Site provides information to nearly 7,000 hits.
- Educational programs for the public as requested and regularly for ABI Survivors and their families at three major retreats held around the province. Retreats, as well as the Brain Boogie Walk-a-thon, provide opportunities to gather as a community to learn from each other.
- 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 activities for survivors.
- We distribute information and educational materials about acquired brain injury and its PREVENTION throughout the province.
- We manage and maintain a Provincial Information/Resource Centre for students, professionals, survivors, and their families.

SBIA has a strong presence at the national level, with representation on the Brain Injury Association of Canada board. SBIA is a leader in developing initiatives that can expand into national programs.

Mission Statement

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

Vision

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

Values

We believe in:

- The dignity and self worth of the individual with an acquired brain injury; their contribution and that of family members is valued
- Promoting connections/networking of survivors with other survivors for support, education and understanding
- The value of group and individual support for individuals and families coping with effects of a brain injury; support and respite for care givers
- Sharing the lived experience; educating others about living with an acquired brain injury
- Partnerships with other community organizations/governments to create and enhance services and programs for people with acquired brain injury
- Quality in all we do
- Continuity of Service
- Balance between immediate needs and longer term needs
- Using positive – asset based approaches
- Preventing Brain Injuries

From The President

“Thank you for making possible the work we do as it’s truly work worth doing.”

Dear Friends:

Thank you for the trust you have placed in the Saskatchewan Brain Injury Association (SBIA). With your help and support, we embraced real challenges and opportunities in 2015-2016, and we did so with wisdom, passion, and courage.

On behalf of the Board of SBIA, I would like to thank all of the members and volunteers who have contributed in so many countless ways to our fundraising efforts and to the programs we provide for brain injury survivors, their families and caregivers. The Brain Blitz, Brain Boogie and Brain Love fundraisers have become recognized events in the Saskatchewan community. SBIA's retreats and family camp are valued events in our members' year.

Never before has SBIA been a stronger, more active voice for the people we serve: individuals with brain injury, family members and caregivers alike. SBIA's accomplishments would not have been possible without the generous support of our partners, donors, friends and family. We are thankful for Jim Hopson, former President and CEO of the Saskatchewan Roughriders, who renewed commitment to be SBIA Honourary Spokesperson. SBIA is also represented on the Provincial Disability Strategy Committee and Disability Income Support Coalition.

As each person begins the process of recovery, or has been living with a brain injury for many years, SBIA is here to offer hope, healing, support and a community to which one can belong. We work to ensure that people with brain injuries and their families have access to the care that they need and deserve. SBIA continues to encourage and support while increasing public awareness and investing in prevention programs. Brain Injury Awareness Month posters have been developed and distributed around the province through partnership with Saskatchewan Blue Cross.

The Board has challenged itself and is focusing on its governance, making the best use of its resources and the time of its valuable volunteers, and ensuring long term sustainability. As a result, a number of fundamental things have changed this year. The Board is working hard to move towards becoming more of a 'governance' board and less of a 'working board'. Glenda James, SBIA's tireless Executive Director, provides strong direction and is supported by a very competent team.

A heartfelt thank you to all our Board (past and present), SBIA employees and volunteers, whose ongoing dedication and commitment allows SBIA to grow and give hope to those individuals whose lives have been impacted due to a brain injury. Thank you for making possible the work we do as it's truly work worth doing.



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

A Year In Review

A Message from our Executive Director

Thirty years ago, a group of volunteers formed the organization we now know as the Saskatchewan Brain Injury Association (SBIA). They were, as volunteers are today, the backbone of the organization. Because of their efforts, not only do we today have SBIA's programs and supports for brain injury survivors and their families, but also because of their advocacy on the political front, 20 years ago additional and broader reaching services were added through the ABI Partnership Project.

Committed volunteers during this past year have worked hard to maintain SBIA fundraisers, in the midst of an economic downturn, so that SBIA could continue to respond to its members' requests for programs. The Brain Blitz gala presented by WorkSafe Saskatchewan, the Brain Boogie and the BrainLove campaign in partnership with SK Royal Purple Association were successful in raising both funds and awareness about SBIA, brain injury and its prevention.



Volunteers from the community and the two universities help with annual events including the annual Camp at Arlington Beach as well as the Fall and Spring Retreats. Volunteers add to our community and our success. Partnerships have increased SBIA's capacity. Sherbrooke Community Centre in Saskatoon provides space for the monthly Saskatoon Chapter and Caregiver Support group meetings. Wascana Rehab Centre provides space for the weekly Regina Chapter, Social Beans and SOAR groups as well as the monthly Caregiver support group. Pioneer Village in Regina provides space for the weekly Drumming Group. Safe Saskatchewan provides space for the Regina summer student to work in.

Brain Awareness Week in March generated strong interest from the media as people become more aware of how important it is to take care of their brains. A poster showing the differences between a healthy and an injured brain was printed and distributed thanks to a new partnership with Vale. Brain Injury Awareness Month in June tackled the issue of concussions in sport, encouraging athletes to "Check it out, Don't Tough it out" after a hit or fall. In partnership with Saskatchewan Blue Cross, a poster was printed and distributed to schools and recreation centres around the province.

The Save Your Melon prevention program in partnership with WorkSafe Saskatchewan and Saskatchewan Roughriders encourages helmet use. Throughout the summer, students set up displays and give presentations around the province educating the public about brain injury prevention.

While volunteers are essential, so too, are our committed and skilled staff: Tracey Monette in Saskatoon and Robin Tresco in Regina, keep the events and programs on track.

Thank you to all SBIA volunteers, board and staff. Your dedication and efforts make SBIA stronger each year.

**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 support our vision of a world without brain injuries with survivors at their full potential.



Brain Blitz Gala

The 2015 theme was 'Escape to Wonderland'. One got the sense of entering Wonderland immediately upon entering TCU Place.

The staircase was lined with living cards (costumed children of committee members) to greet the guests as they made their way up to the Grand Salon. At that point the Red Queen and the Mad Hatter would pause in their life size chess game to greet them and direct them to the reception.

The White Rabbit circulated the room, warning guests that they should not be late to take their seats for the start of the program. Alice, too, circulated the room wondering - and asking - who would want to take a picture with her and her fellows.

They were all actors from Saskatchewan Express who entertained the crowd throughout the evening, adding great fun to what many said was the best Brain Blitz yet!

Hayley Wickenheiser planned to talk to the Brain Blitz crowd about what it takes to be a Gold Medal winner, and bring her Olympic Gold Medal.

But a few weeks prior to the Gala one of her friends in hockey died suddenly due to factors related to the consequences of multiple concussions and she was so affected by that tragedy that her talk kept returning to the importance of preventing concussion.

Wickenheiser was also affected by Jamie Heward's story, which he told earlier in the evening, of how he was forced to retire due to concussion and the lasting effects that has had on his life and the life of his family.

There was overwhelming respect and appreciation for the speech by Heward. The audience enjoyed the address and it seemed some really connected to him and his message. The final quote being: "I lived the dream, now I'm living the nightmare."

Auctioneer Ken McCulloch skillfully auctioned off at the start of the evening, the opportunity to dine with Hayley Wickenheiser won by the Graham Construction table. Later, bidders purchased a 3 day fishing trip, a Holland America Cruise and a Calgary Flames game excursion.

It was clear guests enjoyed their time in Wonderland. People lingered long after the show because they were enjoying themselves and wanted to thank the organizers.



Thank-you to our Long-Term Partners and Brain Blitz Sponsors

Our Long-Term Partners

Presenting Partner



Brain Injury Awareness Month Partner



SOAR Partner



BrainLove Partner



Silver Partner



Media Partners



Sports Partners



Sponsors

Thank-you for supporting the 2015 Brain Blitz Gala presented by WorkSafe Saskatchewan

Dinner Sponsor



Wine Sponsor



Gold Sponsors



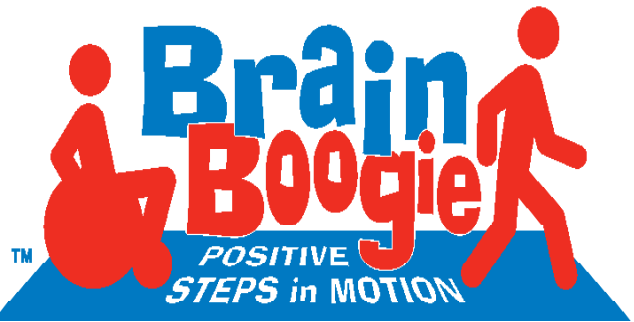
Signature Drink Sponsor



Silver Sponsors







Brain Boogie...Positive Steps in Motion was another fun and successful set of events, raising awareness and funds for the Saskatchewan Brain Injury Association and the local chapters.

Attendance was outstanding in most locations once again. Over 325 participants took part and raised over \$50,000 in pledges. In addition to the large amount of money raised, there were numerous sponsors and in kind donations, making the 13th annual Brain Boogie the most successful ever.

Each year participants, volunteers and staff get together for fellowship, to raise awareness, and much needed funds for programs. The money raised is to help fund Chapter activities and provincial events for survivors and families.

Moose Jaw kicked off the season on Saturday, August 29 in the beautiful Crescent Park in the downtown area.



A new route made the course even more accessible to those with mobility issues. Glenda James welcomed everyone.

When participants arrived back at the amphitheatre, volunteers had the bbq fired up and hot dogs, burgers and veggie burgers were on the grill. Local teenage musician, Ethan Bretnell entertained the small but enthusiastic crowd. The kids enjoyed the bounce house and everyone enjoyed the festive environment. A local radio station surprised everyone and set up for an on location broadcast throughout the day, the Executive Director and volunteers were interviewed.

Attendance and volunteer input was down this year, but thanks to dedicated pledge earners and some new runners the amount raised was over \$3500.

September 12 was a busy day with events being held in Prince Albert, Regina and Yorkton.

Prince Albert came out in full force to support SBIA's efforts. The beautiful day in scenic greenspace near the Elks Hall in Prince Albert saw in addition to many volunteers participants. Elaine Perkins and the Saskatchewan Royal Purple Association continue to have the walk, bbq, games and raffles that have come to mean so much to the brain injury community in the north eastern part of the province. It was a recording breaking year in Prince Albert, over \$9500 was raised.

The 2015 Brain Boogie in Regina was, in the words of Ralph Goodale, MP, one of the finest days weather-wise we have had in his memory of past walks.

The walk kicked off with MC Creeson Agecutay of CTV introducing Ralph, a long time walk supporter, MLAs Christine Tell and Trent Wotherspoon who all brought greetings to the gathered group of about 130 walkers and brain injury supporters.

The crowd included a team from Fedex who donated \$5000 provincially, Team Get Educated who brought in the most money as a team and Gordie Fisher who was the top individual pledge earner.



After a pre-walk stretch with the Roughrider Cheer Team the walkers began the walk in style with piper Betty Anne Sinclair leading the way.

After the walk those in attendance enjoyed the music of The Relatives as they ate a BBQ lunch, award presentations and prize draws. It was a successful walk, raising over \$20,000, under the leadership of Nicole Wall and her team.

Yorkton tried a new version of the Brain Boogie this year. Lynette Strom organized a golf tournament and steak night. The fun filled day raised much needed funds for the Yorkton area survivors.

The Saskatoon Chapter decided to hold their Boogie on a Sunday this year – September 13 turned out to be a good fit. Over 115 people attend the event and over \$14000 was raised this year.

Cynthia Block, one of SBIA's board members MC'd the event. Participants from Kindersley made the trip to Saskatoon this year.

Once again His Worship Mayor Donald Atchison attended and brought messages from the city. After opening remarks the record breaking crowd participated in the warm up lead by Brittany Molesky, from LEAD Pilates.

Participants appreciated the travelling water station courtesy of Larry & Joanne Schwan.



After everyone was done the course along the beautiful South Saskatchewan River in Victoria Park, the festival atmosphere really kicked in with a bbq, and family fun.

The bouncy castle, face painting, Warren the Balloon Man, and live music from Dale Swistun really added to the celebration. The Saskatoon Fire Dept brought their truck and Aime Decae with the Saskatoon Police Street Legal Safety Program had the "Race Against Drugs" car out. What fun for everyone to see these special vehicles!

Participants were grateful to have Jackie Kilduff owner of Electronic Muscle Stimulation giving muscle massage in the Digi-Light system after walking or running the course.

Thank you to everyone who collected pledges, sponsored a participant, volunteered or attended the 13th annual Brain Boogie. None of this would be possible without your support.



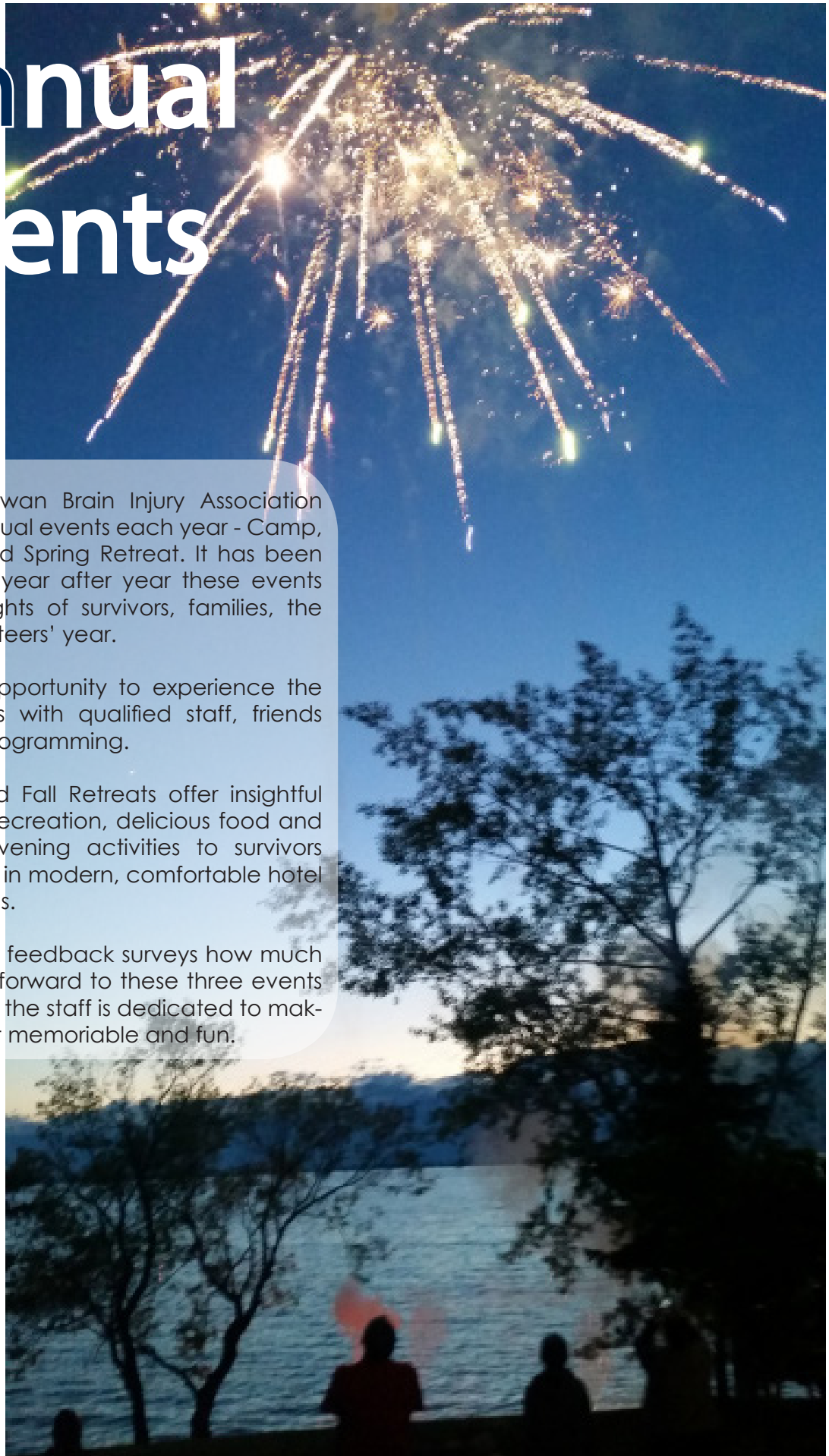
Annual Events

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 the highlights of survivors, families, the staff and volunteers' year.

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

Our 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

June brings one opportunity for everyone to come together for fun in the sun at camp!

Each year in June, SBIA hosts a survivor and family camp and annual general meeting at Arlington Beach Camp. Along with the staff and volunteers, we have many fabulous professionals brought in for shows and interactive sessions. This three day vacation weekend brings members from all across the province for the biggest event of the year.

On Friday afternoon, campers trickled in and got acquainted with their living space for the weekend.

The first group activity is the campfire with hot dogs and marshmallows for roasting. This time is for meeting new people and excitedly catching up with some familiar faces. This year, the campfire was cut slightly short as we were hit with a bit of a storm on Friday night, but we still were fortunate enough to experience an up-close and magical firework show.

The fireworks rained down like fairy dust as time went on and on.

Saturday morning came bright and early and the activities of the day left no moment to spare. Everyone relished a wonderful breakfast provided by the Arlington Camp staff.

Then, campers got swept up in the day enjoying activities such as archery, mini golf, a pet therapy session, a musical instrument craft, improv, a cribbage tournament, a beautiful session about enriching our lives and letting go of the past by Robin Tresco, a guessing game with tons of candy and some of the children even swam in the lake!

Saturday night included the Wild West Cabaret with special guests Amy Nelson and Ken Burton. The Cabaret brought everyone together for country music, dancing and karaoke.

On Sunday we were again woken in time to eat a marvellous breakfast, and were again catered to by the Arlington staff.

Afterwards, everyone was treated to a very personal and moving survivor story by Damien Mackie. Damien shared his personal struggles of his life with a brain injury as well as some of the wisdom that has come to him throughout his journey.

Finally, Mike Pelzer led a therapeutic drumming circle to finish off the weekend.



FALL Retreat

SBIA's annual Fall Retreat was held on Saturday, October 24th and Sunday, the 25th, 2015 in Regina, Saskatchewan.

The theme this year was 'Under the Big Top', a playful circus theme. After the welcome luncheon, the members participated in an interactive presentation from ABI Outreach Rehabilitation Nurse, Betty Anne Sinclair. Betty Anne facilitated an educational Q & A presentation about brain anatomy and what occurs when a person acquires a brain injury.

Next, members enjoyed a thoughtful presentation from SBIA's own Social Worker, Robin Tresco. The presentation focused on ways people can support themselves to achieve more life balance.

In the afternoon, caregivers attended an informative session from Lindsay Oliver, Associate lawyer at Olive Waller Zinkhan & Waller. Lindsay helped care givers clarify legal terminology.

While the caregivers were in this session, the rest of our members were busy crafting circus masks.

For the evening meal our members were served a delicious roast beef & garlic mashed potato dinner that was followed by Saskatoon berry pie.

The entertainment for the evening was from a local magician, Bill Wilson. The evening wrapped up with some fun circus games, while members snacked on fresh popcorn.

On Sunday morning, members listened to a powerful survivor story from Regina's own Kim Burns. Kim's story was deeply honest, inspiring, and extremely funny too.

Next, our members enjoyed a warm and hearty brunch, followed by the final presentation from University of Regina theatre major, Natasha Urkow. Natasha spoke about her recovery after a car accident, and how she has defied limitations that other people have placed on her.

SBIA members had the circus spirit throughout the weekend.



Spring Retreat

Escape to Wonderland was the theme for SBIA's annual Spring Retreat at the ParkTown Hotel in Saskatoon on March 26th and 27th.

The retreat began with a welcome luncheon, where we soon learned that this was SBIA's most well attended retreat with a total of 90 members joining the Escape to Wonderland.

The first speaker, SBIA's Social Worker, Robin Tresco, presented on the topic of escapism and positive coping mechanisms. The audience participated in a stimulating group discussion about why our society and people with brain injury seem to develop some unhealthy coping mechanisms in order to cope with challenges in life.

Next, Dr. Kotoo Meguro, Head of Neurosurgery in Saskatoon, kindly shared his time and expertise with us in an informative presentation about neuroplasticity and how to care for the brain. He presented some interesting case studies and discussed some recovery tactics.

Dr. Meguro met with Caregivers for an important Q & A session. The Caregivers had the opportunity to ask Dr. Meguro many questions about brain injury and challenges post-injury.

Members then spent some time with local artist, Holly Hanley, where they were guided in painting their own interpretation of Alice in Wonderland. The completed art pieces were absolutely stunning!

Participants were served a delicious dinner and were entertained with a Mad Hatter Tea Party. Several talented children from Silver Spring School sang, danced, and acted out snippets from Alice in Wonderland story.

The party continued when Storm Music DJ played an incredible mix of songs that had everyone dancing, clapping, and singing along.

Sunday morning began with coffee and fruit, followed by a Therapeutic Laughter session with the very funny, Helen Bzdel.

A warm brunch buffet filled stomachs and was followed by a soul warming Survivor Story of Hope with Rachel Medernach from Saskatoon.

Rachel was interviewed by Executive Director, Glenda James, and they talked about Rachel's quad driving accident that forever changed her life.

Rachel's candor and positive attitude was a huge inspiration to everyone who attended the Spring Retreat.



Volunteers

Thank you to survivors, family members, community and corporate volunteers for many 100s of hours of volunteer service to the Saskatchewan Brain Injury Association.

SBIA is a grassroots organization, started by families with loved ones with brain injuries, that depends heavily on our massive volunteer base. We have Chapters operating in six locations across the province and volunteers take the helm at each of them.

Our volunteers work year round with SBIA members and employees.

Brain Blitz would not happen without all the help from the volunteers. There is various volunteers on the planning committee. During the Gala, many help out with decorating, set up, and the clean up after all the fun.

Chapter Support Groups are always thankful for the help from all volunteers. Whether it is volunteering with the Chapter Board or attending events, such as Drumming Circle, to assist those who need assistance and join in on all the fun!

Brain Boogie - Positive Steps in Motion takes place in Regina, Saskatoon, Moose Jaw, Yorkton, and Prince Albert. Each chapter is able to put on this event thanks to volunteers. Volunteers help in all aspects from planning committee to the BBQ at the end of the Brain Boogie.

The volunteers of SBIA are truly unsung heroes to everyone at SBIA. All members would not have the fun they do without the volunteers and the employees would not be able to get through the busy year without their help.

From everyone at SBIA, we would like to thank all our volunteers for the continuous hard work.



Saskatchewan
Brain Injury
Association

Volunteers in Action



Photo Description (Pg. 14, Top to Bottom, L-R) Volunteers at Brain Boogie - Moose Jaw, Prince Albert and Saskatoon.

(Pg. 15, Top to Bottom, L-R) Volunteers at Brain Boogie Regina; Leslie Good - volunteering at Moose Jaw Brain Boogie, Leslie Good - awarded 2015 Tony Reslein Volunteer Award with Nicole Wall, Brain Boogie organizer and previous award winner and ; K9 Regina Pats mascot and a friend.

Your Gifts At Work *Chapter Reports*

Regina



Our weekly group meetings are held every Thursday from 11 a.m. to noon at Wascana Rehabilitation Centre.

Attendance had a huge increase this year and we are sure it's because of Robin Tresso, SBIA's social worker. She continues to be a fantastic addition to the group. We have engaging conversations and everyone takes something away when she is facilitating the conversation.

There has to be a reason to come back week after week and in addition to the fellowship and friendship, Robin is providing that.

Relationships and friendships continue to be strengthened and many linger after the official meeting is over.

Members attended the 2015 fall retreat and reported back that it was fun and they enjoyed the theme. As always we are looking forward to camp!

We held our annual Christmas lunch and our friends, family and the ABI Outreach team joined us as tradition has come to dictate.

Brain Boogie was well attended and preparation is already taking place for the 14th annual Brain Boogie with members registering and gathering pledges. It has become the highlight of our year.

Information on the group can be received by emailing barblbutler@gmail.com or calling the SBIA office.

Saskatoon



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

This year marked the start of a Caregiver Support Group, facilitated by provincial social worker Robin Tresco, hosted gratis at the Sherbrooke Community Center. This group has been well received and a valuable addition to the Survivor Support Group that has been running for years.

The Chapter was also successful in a grant application to support its walk group from the City of Saskatoon and Saskatchewan Lotteries. The walk group did not walk its full 30 weeks this past year, but it is back on track to start again September 8, 2016 at the Fieldhouse, and participants are eager to return.

The Chapter had a large group attend Camp/AGM which proved again to be another unforgettable and fun time. Thank you to Convalescent House for the use of its bus and Henry Unger, the driver who graciously gave up his weekend to get members to & from Camp.

Thank you to the many that put in countless hours to make the Brain Boogie a fundraising success. The Chapter partnered with Solvason Insurance Group Ltd. which was greatly appreciated as they rolled up their sleeves and pitched in wherever needed! The Chapter had its best fundraising year.

Thank you to the efforts of SARBI and Chapter volunteers for organizing a wonderful joint Christmas party. There were over 100 attendees and it was catered by Brenda McKay and Sheila Solvason. Thank you to Paul and Shelly Cory for distributing small gifts as Mr. & Mrs. Claus.

Thank you again to all the members for attending the Survivor Support Groups which included laughter yoga, crafts, movie night, billiards night and the Chapter's AGM.

A special thanks to Evelyn Walker for spoiling the Chapter with her delicious baking.

Your Gifts At Work

Chapter Reports

Yorkton



The Yorkton Chapter is a small, but mighty Chapter and have been busy this past year. It seems things have really taken off and we have members taking part in several activities and supporting one and other better than ever.

Monthly coffee dates have members opening up and sharing and everyone really seems to enjoy our weekly walking group.

Members took part in a fun golf tournament in July and once again hosted our version of the Brain Boogie in September.

We have our own Facebook page to keep members and families updated. Follow us at:

Yorkton Chapter SBIA Happenings and Events.

Moose Jaw



The Moose Jaw chapter is a small group but always busy. They like to come together for Brain Boogie, Camp, and Retreats.

The group meets at the YaraCentre's walking track to socialize and get exercise together.

The annual Christmas lucheon was held this year, providing festive joy and laughter throughout.

Various members like to take advantage of the short drive to Regina and attend some of the Regina Chapters events as well.

We welcome new and returning members to join us. For more information, please contact Leslie Good at 306.681.9227.

Kindersley



The Kindersley Chapter is led by Denise Sarada.

The Kindersley Chapter has continued our weekly walks and coffee on Thursday nights at 6:30pm at the West Central Events Centre (WCEC). Starting the beginning of May we change to Tuesday nights (same time - 6:30pm) as summer hours start at the WCEC.

Our group attended the Brain Boogie this year and we hope to attend again in the Fall.

Throughout the year if there is an event in our community that falls on our walk night, we have been known to meet up - for example Goose Festival for a burger.

We had a Christmas Party which included socializing and a fun gift exchange with members and supporters.

We are still at four members and have families and plenty of supporters of all ages and abilities who join us every week - although one member has moved, they still try to make the walk whenever possible.

All our members encourage each other and we hope others in our area will be encouraged to join in our group as well! Everyone has enjoyed the social aspect of the group - both members and supporters.

Prince Albert



The Prince Albert Chapter has been up to various activities the past year!

The Prince Albert Chapter meets on Sunday afternoon each month at the South Hill Mall Community Room. Meetings have focused on fellowship and updates about upcoming events.

Thanks to Donna Nutter for volunteering to help with the chapter while we sought a new leader. She also provided wonderful snacks at the meetings!

Members along with the Prince Albert Royal Purple group held a very successful Brain Boogie at the Elks Hall. Its success enabled 14 members to attend the Spring Retreat in Saskatoon and supports the group activities for the year.

Your Gifts At Work

Social Groups



SOAR

SOAR provides youth, ages 12-18, with opportunities to be involved with their community. The group is ran by a student from University of Regina. The group enjoys going to arcades, the leisure centre, bowling, and attending community events such as festivals.

Drumming

The drumming group provides music therapy and also a place to bond and socialize with others in the community. The group runs on Wednesday afternoons, September to May. The meetings usually includes coffee and socializing proceeded by a drum circle.

Social Beans

Social Beans provides an opportunity for young adults to socialize with each other. This group meets every Thursday evening at various coffee shops. They have recently began to meet at Wascana Rehabilitation Centre every 3rd Thursday. This meeting is more private and provides a safe place to talk about more serious topics.

Prevention

Take Brain Injury Out of Play Brain Injury Awareness Month



Take Brain Injury Out of Play is a prevention program aimed at athletes, coaches, and parents in all sports at all levels. The purpose is to raise awareness about concussions and how to prevent them.

Take Brain Injury Out of Play asks both players and leaders to make a conscious and public choice to address the issue through the signing of our pledge to take brain injury out of their own/team's play.



Saskatchewan Blue Cross continues to partner with SBIA for Brain Injury Awareness Month.

The poster, for 2015, said "A Concussion is a Brain Injury" and was distributed to over 500 schools and Recreation Centres. It was specifically targeted to young hockey players.

Save Your Melon...



Save Your Melon is a prevention program of SBIA, launched by honorary spokesman, Jim Hopson, former President and CEO of the Saskatchewan Roughriders. He and many of the Riders have become vocal on the topic. It encourages people of all ages to wear a helmet when cycling as well as participating in other activities.

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 25 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 \$10,000.

Your Gifts At Work

5,240
plus hours of direct
service provided

1,100
Twitter followers
(That's about 135 more than last year)

Educating over **2,000** people at various events

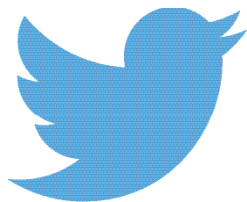
Over **28,513**
Facebook impressions

2 thousand
website visitor
hits each month

Over
23,822
People
receiving
services

7 hundred
physical & email
addresses received
newsletter

Over **570**
service
events
around the
province



Impact of 2015-16 Fundraising

NEW

A Concussion is a Brain Injury posters for Brain Injury Awareness Month distributed to:

- 20 school districts
- 563 individual schools
- 47 recreation associations
- Health and prevention partners

NEW

Saskatoon Caregiver support group and new rural survivor support groups

NEW

Development and improvement on SBIA website

Continued

Social Beans Youth Program for those 18 - 30

Continued

Weekly program for survivors: Drumming program

Continued

Take Brain Injury Out of Play Education Program

- Displays and presentations at schools and events around the province

Continued

Take Brain Injury Out of Play pledge signings

Continued

Study and survey about the needs of survivors and their family

- Conducted around the province
- Outlines housing needs for survivors

Continued

Save Your Melon campaign in partnership with Worksafe Saskatchewan, Jim Hopson and Saskatchewan 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

IMPROVED

SBIA Website features improving information and interaction

IMPROVED

Facilities possible for hosting SBIA Retreats

- 60-100 people attended each of 2 at comfortable, accessible hotels

President

Lynne Back
Saskatoon, SK

Past President

Gordon MacFadden
Saskatoon, SK

Treasurer

Rob Forrester
Saskatoon, SK

Vice President

Shannon Reschny
Saskatoon, SK

Bryan MacFadden
Saskatoon, SK

Secretary

Brenda Beavis Frey
Saskatoon, SK

Directors

Dr. Patrick Neary
Regina, SK

Nicole Wall
Regina, SK

Cynthia Block
Saskatoon, SK

Leslie Good
Saskatoon, SK

Directors

Annette Goski
Saskatoon, SK

Larry Carlson
Regina, SK

Gabe Lafond
Saskatoon, SK

Long Term Partners

