

(((VOICE)))

Volume 19 No.5

THE CABIS NEWSLETTER

Summer 2019

Silent Auction Update

Thank you to everyone that donated to our silent auction as well to everyone that came out to bid on all the items that were up for auction. Because of all of the support from the wonderful people in Red Deer and surrounding areas, we were able to bring in over \$3000. As you know, this money goes to support all of our programs here in Central Alberta. We'd also like to thank Sunny 94.1 for all of the air time they donated to our auction.



Annual CABIS Picnic Update

We had a great time at the annual picnic. The rain held out until we were wrapping up. Thanks to all that came out and thank you to Dean Ray for coming out and singing with us. We always enjoy having him.

The Travelling Brain School Update

During the 2018/19 school year, we were invited to attend 11 schools throughout the Central Alberta region. This allowed us to reach, and inspire, nearly 2500 students, teachers and volunteers as to how their brains



PLEASE NOTE SUMMER HOURS

Effective through Labour Day
 Tuesday 10-1
 Wednesday 10-1

function and ways to prevent brain injury in the future. We will be getting ready for the upcoming school year over the next few weeks.

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Central Alberta Brain Injury Society



Wellness Ride 2019

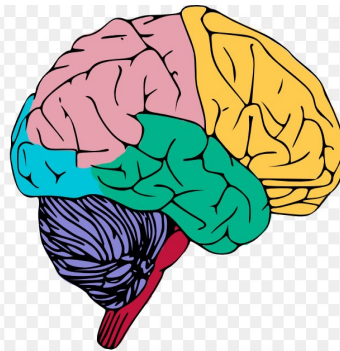
Planning is well under way for the 11th Annual Berry Architecture Community Wellness Ride. The ride will be held on August 10, 2019. If interested in either participating in the ride or volunteering on the day of the event, please go to www.wellnessride.ca and sign up. There are also sponsorship opportunities available as well. If you have any questions, call Kris at the CABIS office @ 403 341 3463 for more information.



COMPASS for Caregivers

The COMPASS course is for caregivers of all kind to learn about self care when faced with being a caregiver for a loved one. There is valuable information regarding accessing services in your

area for your loved one, as well as how to make sure you are taking care of yourself to avoid burn out, and how to effectively ask for help when you need it. We need a minimum of three people to run this course. If interested in attending, please call Kris at 403 341 3463 to register for our next session.

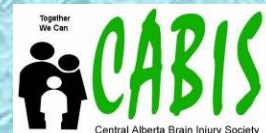


"Courage does not always roar. Sometimes courage is the quiet voice at the end of the day saying, 'I will try again tomorrow.'"

-Mary Anne Radmacher

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HOW TO STAY YOUNG

1. Throw out nonessential numbers. This includes age, weight and height. Let the doctor worry about them. This is what he is there for,
2. Keep only cheerful friends. The grouches pull you down.
3. Keep learning. Learn more about the computer, crafts, gardening, whatever. "An idle mind is the devil's workshop" And the devil's name is Alzheimer's
4. Enjoy the simple things.
5. Laugh often, long and loud. Laugh until you gasp for breath.
6. The tears happen. Endure, grieve, and move on. The only person who is with us our entire life, is ourselves.

Be ALIVE while you are alive.

7. Surround yourself with what you love, whether it's family, pets, keepsakes, music, plants, hobbies, whatever. Your home is your refuge.
8. Cherish your health: If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.
9. Don't take guilt trips. Take a trip to the mall, to the next county, to a foreign country, but NOT to where the guilt is.

10. Tell the people that you love that you love them, at every opportunity.

AND ALWAYS REMEMBER:

Life is not measured by the number of breaths we take, but by the moments that take our breath away.

I have endured pain and loss, I
have felt broken, I have
known hardship, and I have
felt lost and alone.

But here I stand, trying to
move forward, one day at a
time. I will remember the
lessons in my life because
they are making me who I am.
Stronger.

A warrior.

HealthyPlace.com

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Central Alberta Brain Injury Society



CABIS CALENDAR OF ACTIVITIES

July 2019

4, 18 Club CABIS
No Board Meeting

August 2019

1, 15 Club CABIS
10th Wellness Ride
No Board Meeting

September 2019

5, 19 Club CABIS
30th Board Meeting

*We cannot
direct the
wind . . .
But we can
adjust our
sails.*



**Read Voice
And
Pass It
On...**



Membership Form—Join CABIS!

Name: _____ Address: _____

Phone: _____ Fax: _____ E-Mail: _____

Membership with CABIS is free, but we welcome donations.
Your financial support helps us continue to run our programs and services.

\$ _____ Donation - Less than \$200

\$ _____ Patron Donor - \$200 or more Donation-(Grateful acknowledgement in CABIS publications)

Charitable Tax Receipts will be issued for all Donations of \$20.00 or more

Membership entitles you to receive CABIS newsletters and vote at our Annual General Meeting

I would be interested in helping CABIS: _____ (Please call us to discuss your area(s) of interest)

Please mail application and donation to CABIS office: #202- 4805-48 St. Red Deer, AB T4N 1S6. Thank You!

If you wish to be REMOVED from our membership list, please complete the following and return form to office.