



Brain Injury Association of the Ottawa Valley

NEWSLETTER June-July 2020

A place where adults with brain injury can learn, socialize, and have fun!



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Introducing....

On behalf of the Board of the Brain Injury Association of the Ottawa Valley, we would like to introduce the new President (Scott Vernon) and Vice-President (Jessica Podpallock) of the BIAOV.

Jessica

Podpallock,

brings a wealth of experience and knowledge from over 20 years in the human services sector. In addition to her



non profit board experience she is a dynamic community focused leader. She is a strategic Executive Director of a seniors non profit supportive housing and recreational therapeutic adult day program for clients who have some form of cognitive impairment.

Jessica has supported the BIAOV board of directors for three consecutive years as an active board member. Jessica's main focus in life has always been to ensure others continue to grow and thrive and enjoy their



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STEP UP
Work Centre

lives. Jessica has chaired and participated in many local fundraising efforts to enhance and supply funds that are necessary to sustain essential community resources, education and support for individuals living in south eastern Ontario and beyond. She has influenced a greater understanding of positive human service culture, through partnerships including multi-generational learning with local high schools, Colleges and Universities and volunteer initiatives. She has been invited to deliver many conference sessions, graduation speeches, volunteer recognition programs and workshops.

“Jessica can apply personal experience in living with and adapting to a brain injury...”

Jessica can apply personal experience in living with and adapting to a brain injury, as she has supported, coached and enabled family members to achieve their greatest level of independence and well being.

In her off time, she uses her unique leadership style to inspire others as she coaches and plays in two adult softball leagues. She enjoys the challenge of integrating players who have mixed skills, different cultural backgrounds and unique social dynamics while making everyone feel equally included.

Jessica is honored to be nominated as Vice President of the BIAOV because this organization aligns with her mission of improving quality of life for everyone through partnerships with families, communities and networks across Ontario and abroad.



Scott Vernon has been actively working in the social services field for 25 + years, supporting people with exceptional needs. In 2002, Scott ventured into working with people who have survived Traumatic and Acquired Brain Injuries, working as a Lifeskills Counsellor at Vista Centre Brain Injury Services, providing support for individuals in a group home environment.

“Scott's passion for sport and for the members at the SUWC also saw him run and raise funds for the Step Up Work Centre...”

Scott became involved with the Brain Injury Association of the Ottawa Valley's (BIAOV) Step Up Work Centre (SUWC) while working with Vista Centre Brain Injury Services clients in an Outreach capacity. Scott organized “The Steppin' It Up Running Group”, approximately ten years ago. With Scott's enthusiasm for a

healthy lifestyle, Scott and the members participated in several 5k and 10k races within the Ottawa area; Ottawa Race Weekend, The Army Run, and a festive Santa Shuffle. Scott created an opportunity for The Steppin' It Up running group to meet and run with David McGuire on his cross Canada "Run to Remember". The following year, Scott again had the running group meet up with another runner, Troy Adams, on his cross Canada run, raising brain injury awareness.



Scott's passion for sport and for the members at the SUWC also saw him run and raise funds for the Step Up Work Centre in 2012 during the Ottawa Race Weekend Marathon and the following year completing the 10k and half marathon with the slogan "Steppin' It Up for the Step Up Work Centre".

Scott was invited to become more involved with BIAOV and joined the Board in 2015. In 2017 Scott was voted in as Treasurer. 2019 Scott was nominated and voted in as Vice-President. And recently, at the last AGM Scott was nominated and voted in as President of the BIAOV.





Lilacs

Lilacs in bloom,
Above the head loom,
Peaceful purple or white,
Visually a delight.

With an aroma that wafts,
From nearby aloft,
Enrich all inhalations,
Offer welcome elation.

Plenty flower together,
In early spring weather,
Absorbed by sight and scent,
A pleasing seasonal event.

~ Tania M.

Passing the Torch!

As Christie Swann's term as President of the Brain Injury Association of the Ottawa Valley has recently come to a close, we would like to take this opportunity to say thank you for her hard work and commitment in building and growing BIAOV to what it is today. Christie has been on the board of BIAOV for three years, the last two years as the President. Her stewardship has been characterized by innovative ideas, strategic thinking and, most valuable, her tireless efforts to increase the credibility and visibility of BIAOV. The relationships she has fostered with our partners and stakeholders will ensure BIAOV will prosper and continue to offer opportunities to best serve our members at the Step Up Work Centre. By all measures, BIAOV has improved on your watch with cementing the confidence of our donor partners through engaging the community in fundraising, increasing our membership, building a growing team of committed talents inside the organization, enhancing the quality and impact of the board of directors, recognition of its outputs, and improving the financial stability.



Christie's energy and devotion to the role will be difficult to match. It is our great pleasure on behalf of the board of directors, to thank Christie for her dedication and the great job she has accomplished in her two year term as President and we look forward to Christie's ongoing involvement on the BIAOV board of directors as a member at large.

RECIPES

Cheese Meatballs

INGREDIENTS

- ¼ c. water
- 1 large egg
- 1 lb ground beef
- ½ tsp. salt, ¼ tsp. pepper
- cheddar cheese
- ¼ c. bread crumbs



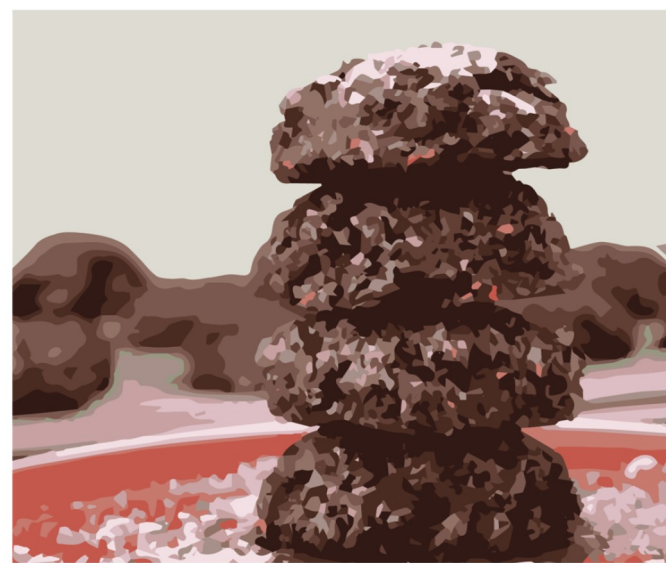
PREPARATION

- Cut cheese into 1 cm. cubes;
- Combine egg, water, salt, pepper and bread crumbs.
- Shape into 1 ½ inch balls with cheese cube in centre.
- Bake at 450 F° preheated oven for 10 – 15 minutes

Chocolate Macaroons

INGREDIENTS

- 1 ½ cups sugar
- 1 cup coconut
- 5 tbsp. cocoa
- 1 tsp. vanilla
- ½ cup milk
- ¼ tsp. salt
- ½ cup margarine
- 3 cups oatmeal



PREPARATION

- Combine sugar and cocoa in saucepan, add milk slowly. Stir over low heat until sugar dissolves, Bring to a boil, add grease and oats, stirring constantly.
- Cook 1 -2 minutes. Remove from heat, add vanilla, coconut and salt. Form with spoon and place on waxed/ parchment paper lined cookie sheet refrigerate. Yield 2.5 – 3 dozen.

Sports Word Search

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| S | N | O | O | K | E | R | U | G | B | Y | L | Q | R | A |
| E | V | Q | B | D | W | L | L | A | B | E | S | A | B | A |
| S | E | T | A | R | A | K | U | E | U | U | V | G | G | K |
| S | L | S | T | R | I | A | T | H | L | O | N | N | N | C |
| O | L | O | R | L | L | A | B | T | O | O | F | I | I | J |
| R | A | C | H | O | C | K | E | Y | U | S | Z | L | X | F |
| C | B | C | G | U | C | C | R | I | C | K | E | T | O | G |
| A | T | E | S | G | N | I | L | C | Y | C | Y | S | B | N |
| L | E | R | P | V | P | T | E | N | N | I | S | E | G | O |
| S | K | L | L | A | B | Y | E | L | L | O | V | R | N | P |
| K | S | U | R | F | I | N | G | C | Z | C | U | W | I | G |
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| G | A | F | G | N | I | L | W | O | B | L | D | Z | S | F |

ARCHERY
BASEBALL
BASKETBALL
BOWLING
BOXING
CANYONING
CRICKET
CYCLING

FENCING
FOOTBALL
HOCKEY
KARATE
LACROSSE
PING PONG
RUGBY
SKATING

SKIING
SNOOKER
SOCCER
SURFING
TENNIS
TRIATHLON
VOLLEYBALL
WRESTLING

JUNE 2020

SUN

MON



TUE

WED

THU

FRI

SAT

| | | | | | | |
|--------------------|----|---|-----------------------------|-------------------------|--|----|
| | 1 | 2 Greg's Birthday  | 3 Virtually Step Up | 4 | 5 Scott's Birthday  | 6 |
| 7 | 8 | 9 | 10 Virtually Step Up | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 Virtually Step Up | 19 | 20 |
| 21 Father's Day | 22 | 23 | 24 St. Baptiste Day (QC) | 25 Virtually Step Up | 26 | 27 |
| 28 | 29 | 30 | | | | |

Legend

June Birthdays

2 - Greg's Birthday

5 - Scott's Birthday



The Step Up Work Centre slogan is
"Member Run, Member Driven"

So we want to hear from the members!

Submissions can be sent to

hannah@biaov.org for future issues.



**JUNE IS
BRAIN INJURY
AWARENESS MONTH**

JULY 2020

SUN

MON

TUE

WED

THU

FRI

SAT

| | | | | | | |
|-----------|-----------|-----------|--|---------------------------------------|--------------------------------------|-----------|
| | | | 1 Canada Day  | 2 | 3 Virtually Step Up | 4 |
| 5 | 6 | 7 | 8 | 9 Virtually Step Up | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 Virtually Step Up | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 Virtually Step Up | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 Virtually Step Up | 31 | |

Contact hannah@biaov.org
 for weekly time
 for the
Virtually Step Up Meeting !

Virtual Ottawa Summer Festivals

<https://www.ottawafestivals.ca/virtual-ottawa-summer-festivals/>

"This is a very different summer we are looking at in Ottawa with large events cancelling or postponing until the foreseeable future, but this is not the end of Ottawa events. Many festivals that are unable to have their physical events this summer are offering forms of virtual programming for you to enjoy."



For the 7th annual...

FLEMING FITNESS

Leading Fitness & Injury Rehab Specialists

Golf Tournament

All proceeds benefiting the Brain Injury Association of the Ottawa Valley

...at Loch March Golf & Country Club

KEN EVRAIRE AS THE M.C.

"It's going to be another great day at Loch March and I can't wait to see you out there."

CONTACT PAT FLEMING
FOR SPONSORSHIP
OPPORTUNITIES
(2 PLATINUM, 1 GOLD,
1 WINE, 1 BEER, 2 SILVER,
1 BRONZE)

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