



Brain Injury Association of the Ottawa Valley

NEWSLETTER Aug - Sept 2020

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



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Introducing.... Hannah McNaught



Hannah is the Recreation Program Coordinator at the Brain Injury Association of the Ottawa Valley. Two days a week, she facilitates the day program at the Step Up Work Centre for individuals who have

an acquired brain injury. As a recent graduate from the Recreation and Leisure Program at Algonquin College, Hannah brings a fresh mindset and newly acquired skills to BIAOV .

Prior to this position, she was a Program Facilitator at the Carleton Place CORE Youth Centre, where she planned and implemented various after school/p.d day programs for local youth. During college, Hannah completed a two-week full time field placement at Orchard View by the Mississippi in Almonte. She used her knowledge and skill



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STEP UP
Work Centre

set to help run specialized programming for the residents who have Alzheimer's and dementia.

Outside of work, Hannah enjoys spending weekends with her family at their trailer, going fishing, geocaching with her younger brother, and making frequent trips to her local ice cream shop.

..and speaking of Ice Cream... Hannah's Famous Chocolate Popsicles!

Ingredients

3/4 cup sugar
3 tablespoons all-purpose flour
3 tablespoons cocoa powder
4 cups of milk

Directions

In a large saucepan, combine the sugar, flour, and cocoa powder. Gradually stir in milk until smooth. Bring to a boil over medium heat; cook and stir for 2 minutes or until thickened. Cool slightly.

Pour into popsicle molds. Freeze until set. May be frozen for up to 3 months.

Enjoy!



A Garden

A garden offers a special place to be,
Herbs, vegetables, bushes, and flowers there grow,
It's a different place for my family,
As there we harvest our tossed salads I know.

Also it does offer my children a school,
Learning of chlorophyll that renders plants green,
Teaching us many natural science rules,
For busy insects pollenating one sees.

More than a tool, a garden is an image,
Of enormous beauty of flowers' colour,
Aromas sweet as roses, unique as sage,
A garden's pleasure compares to no other.

Landscaping offers a vision of design,
Sowing vegetables, useful, for growing food,
Especially a garden offers over time,
Pictures, activity, and a pleasing mood.

The plants outdoors, a varied experience,
Magnificent teachers of science and life,
Refreshing scent breezes they produce and hence,
Beyond a tool, they're a hobby of delight.

~ Tania M.



RECIPES

Pasta Salad

INGREDIENTS

- bacon cooked crisp and diced
- pasta cooked and cooled (bowtie or rotini)
- mayonnaise
- ranch dressing
- cherry tomatoes, sliced in half
- cheddar cheese shredded
- red onion diced
- romaine lettuce
- fresh parsley for garnish –optional



PREPARATION

Start out by whisking together the mayonnaise and ranch dressing.

In a large bowl assemble the pasta, tomatoes, cheese, red onion, lettuce and bacon. Pour the dressing over and toss to combine. Garnish with parsley and serve.

Magic Bars

INGREDIENTS

- 1 /2 cup melted butter
- 1 1 / 2 cups of graham cracker crumbs
- 1 can of Borden “Eagle Brand” Sweetened Condensed Milk
- 2 cups Ghirardelli Chocolate Baking Chips
- 1 cup of Nestle Toll House Butterscotch Morsels
- 1 1 /2 cups of coconut



PREPARATION

- Heat oven to 350. Melt butter and pour into a 9 x 13" pan . Mix in graham cracker crumbs.
- Pour condensed milk over the crumbs and then layer the remaining ingredients evenly. Bake for 25 minutes. Cool.

Gardening Word Search

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

CLEMATIS
CLIMBER
FLOWERS
GLOVES
GRASS
GREENHOUSE
HOSE
LEAVES

MUD
NURSERY
PLANT
POT
PRUNE
RAKE
SEEDLING
SOIL

SUN
TREE
TRELLIS
TROWEL
TWIGS
WATERING CAN
WEEDS
WORMS

August 2020

SUN

MON

TUE

WED

THU

FRI

SAT

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

Legend Birthdays

Bernie LaGuff - August 21

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.

September 2020

SUN

MON

TUE

WED

THU

FRI

SAT

		1	2	3 Virtually Step Up	4	5
6	7 Labour Day Holiday	8	9	10 Virtually Step Up Don Wardell 	11	12
13	14	15	16	17 Virtually Step Barry Detrie 	18	19
20	21	22	23	24 Virtually Step Up	25	26
27 Hannah McNaugh 	28	29	30			

Legend Birthdays

Don Wardell - September 10

Barry Detrie - September 17

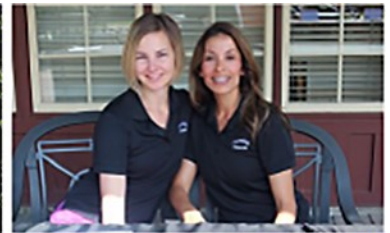
Hannah McNaught - September 27

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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