



**Brain Injury
Association
of the
Ottawa
Valley**

NEWSLETTER December 2020

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



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BIAOV wishes you warmth and good cheer this holiday season and throughout the New Year.

This year has been quite the rollercoaster ride. The coronavirus has made a huge impact on everyone since it arrived in March.

There have been many negatives, but also positives. Through this time, we have learned how to connect virtually with our members on a regular basis, and we were given the opportunity to grow and transition by giving our space to a women's shelter.

The holidays are a wonderful time to be grateful for you and your family, especially in a time like this.

We hope you have a healthy and happy Christmas, and a Happy New Year!



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**STEP UP
Work Centre**

Christmas Treasures

Visually, a blanket of white,
Snow cover awakens both day and night,
There's a seasonal sparkle of lights,
In and out, an illuminating sight.

Activities of pleasure that day,
families sharing traditions their way,
The gleeful sound of many children's joy,
Enthusiastic play of girls and boys.

Prepared specially a delight to savour,
With a diversity of flavour,
Roast beef, turkey, fruitcake and more,
Delectable tastes offered to explore.

Moments experiencing Christmas cheer,
Activities over the season shared,
Memories of festivities dear,
An opportunity to love with care.

~ Tania M.

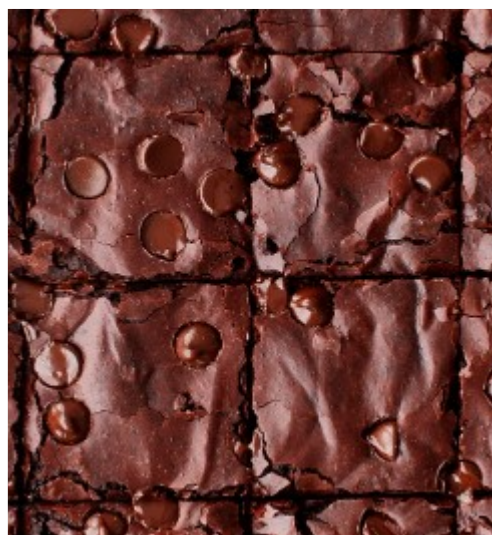


RECIPES

Tania's Brownies

Brownie Mix

- ♦ 1/2 cup butter
- ♦ 2 squares unsweetened bakers choc.
 - ♦ (or 6 tbsp. cocoa + 2 tbsp. butter)
- ♦ 3/4 cup sugar
- ♦ 2 eggs
- ♦ 1 tsp. vanilla
- ♦ 2/3 cup flour
- ♦ 1/2 cup chopped nuts (optional- walnuts are best)
- ♦ 1/2 tsp. baking powder
- ♦ 1/4 tsp salt
- ♦ 1/4 - 1/2 cup chocolate chips - optional



Preheat oven to 350 F./ 175 C

Grease and flour bottom only of 8 or 9 inch square pan.

In a large saucepan over low heat melt butter and chocolate.

Cool slightly, add sugar.

One at a time, break each egg then add to chocolate mixture. Add vanilla.

In a separate bowl combine dry ingredients with nuts*.

Add dry ingredients to chocolate mixture.

Spread in prepared pan. Bake 350 F./ 175 C for 25 to 30 min.

Cool slightly, frost with icing or dust with icing sugar.

Cool, cut into bars. Yield 16 to 24 bars.

Frosting

- ♦ 3 tbsp butter
- ♦ 2 cup icing sugar
- ♦ pinch of salt
- ♦ 2.5 tbsp. cocoa
- ♦ 1.5 tbsp milk (or orange juice*)
- ♦ 1/2 tsp vanilla

**Doubling the frosting
recipe will frost a
2 layer cake**

Soften butter in bowl, add all of the remaining ingredients, beating until smooth. spread. Note: the juice without milk and vanilla turns frosting into bittersweet frosting, if you prefers less creamy, more strong a chocolate.

RECIPES

Sarah's Gluten-Free Banana Chocolate Chip Muffins

Dry Mixture

- 2 cups Bob's Gluten Free [GF] Blend Flour
- 1 Teaspoon baking soda
- 1 cup semisweet chocolate chips
- 1/2 cup walnut pieces
- 1/2 Teaspoon salt
- 1/2 Teaspoon cinnamon

Moist Mixture

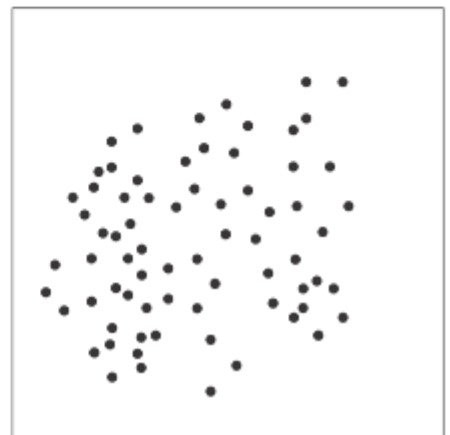
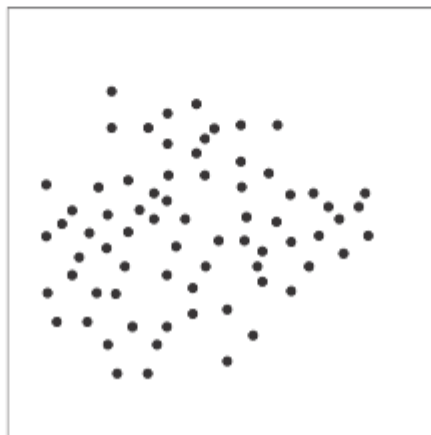
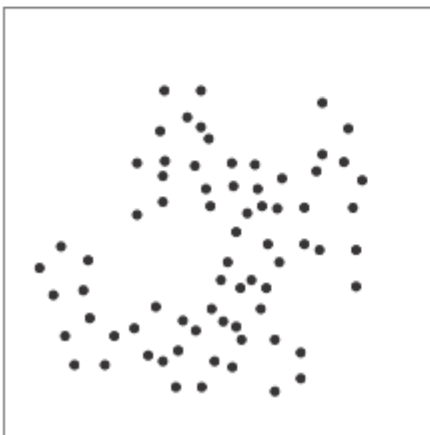
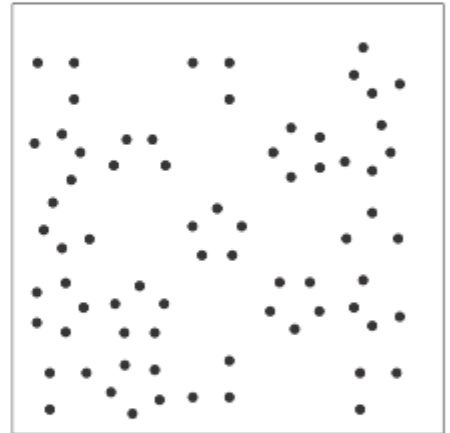
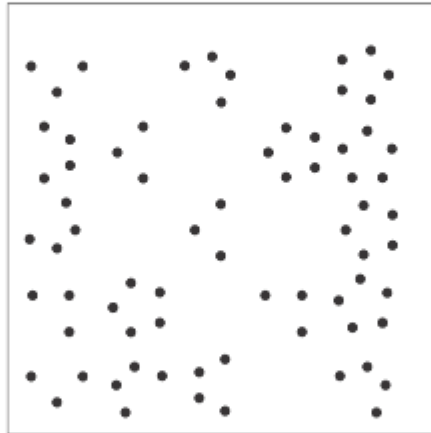
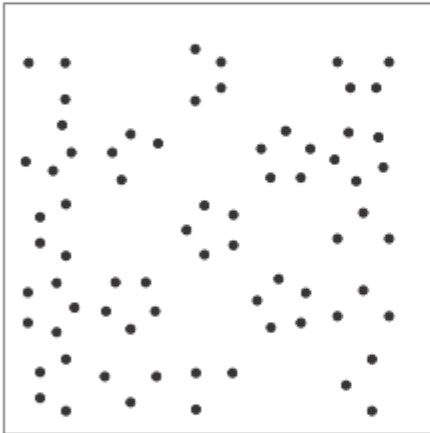
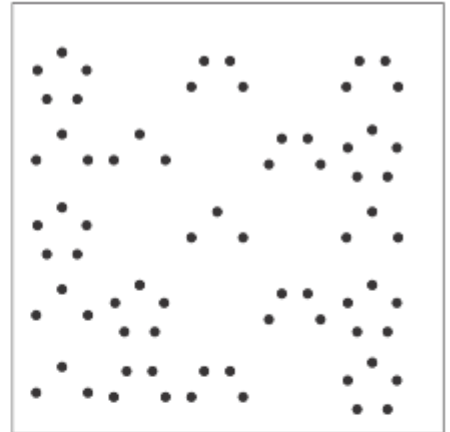
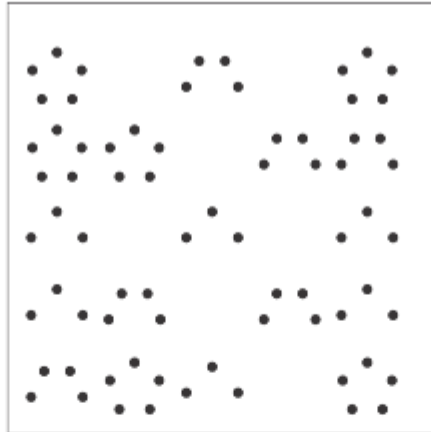
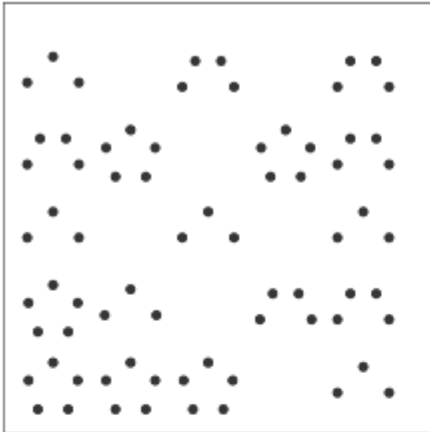
- 1/2 cup butter or canola oil
- 3/4 cup brown sugar
- 2 large eggs
- 1 Teaspoon vanilla
- 2 large bananas
- 1/2 cup apple sauce
- 2 Tablespoons Almond butter

Instructions

- Add Moist Mixture to Dry Mixture
- Combine all ingredients in a small bowl until smooth.
- Butter or oil the muffin tin cups
- Makes 12 muffins
- Preheat Oven to 350° F / 175° C
- Bake 20 minutes



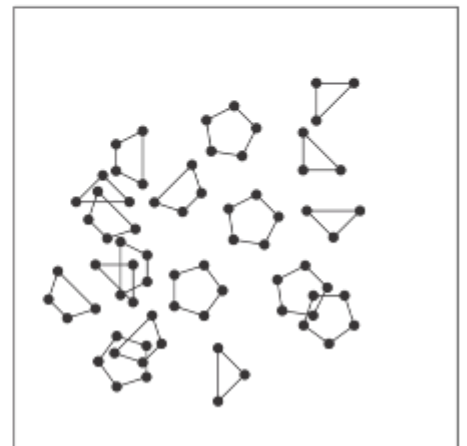
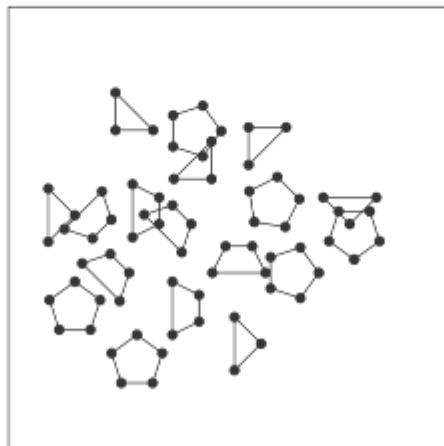
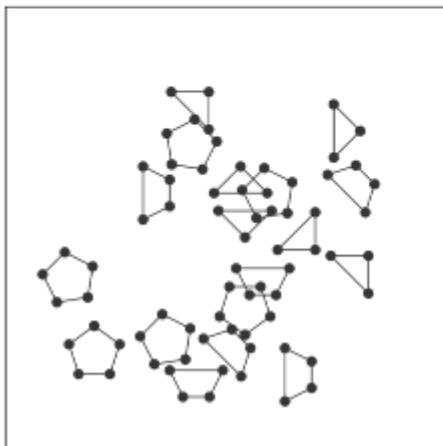
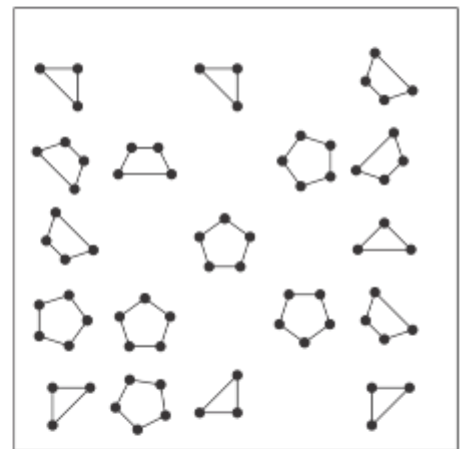
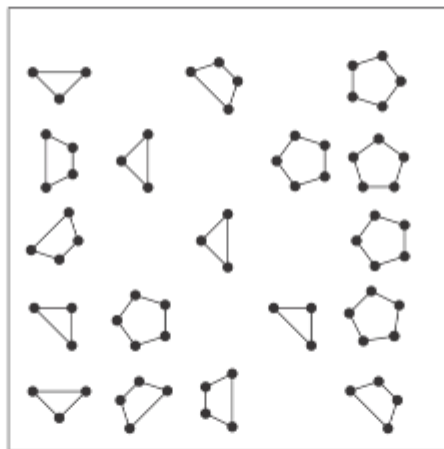
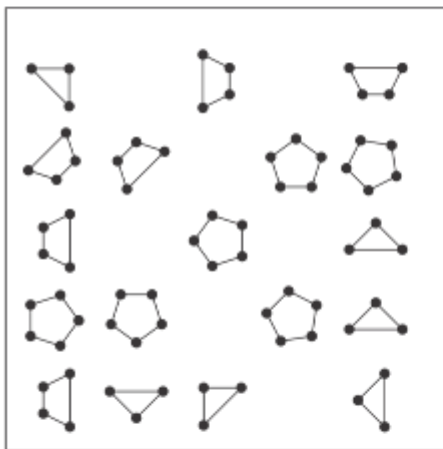
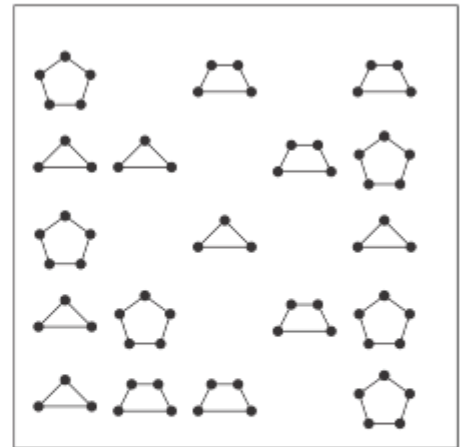
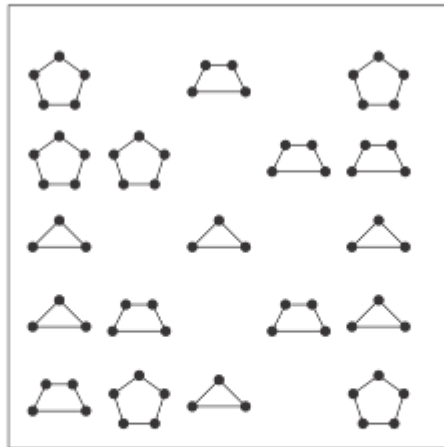
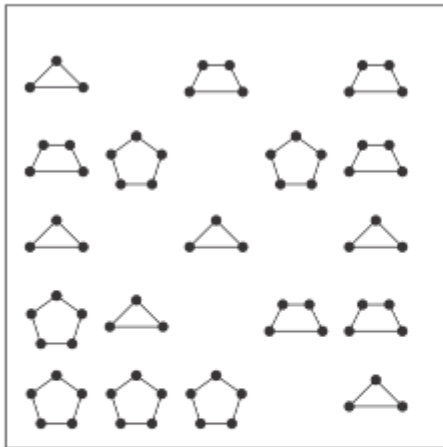
Cognitive puzzles (n°12)



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Print this page. For each frame, find the reference shapes displayed above the frames. To find shapes, link dots together with a pencil. Each dot should be used once. Top row: shapes may be rotated compared to their reference. Middle row: shapes may overlap but are not rotated. Bottom row: shapes may overlap and be rotated. **Solutions are on - next page.**

Cognitive puzzles (n°12) – Solutions



On a Diet Word Search

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

BMI
 CALORIE
 CARBOHYDRATE
 CHOLESTEROL
 DIURETIC
 ENERGY
 FLUFFY
 EXCERCISE

FAT
 INCHES
 LABEL
 LEAN
 LIFESTYLE
 METABOLISM
 OBESITY
 LIPIDS

PLATEAU
 PORTION
 POUNDS
 PROTEIN
 SCALE
 SERVINGS
 VITAMINS
 WEIGHT

Answers on last page

December Sudoku

	3		7	9			8	
8	4	6				9		2
			2			6		
5		3		6		7	2	
			3		1			
	1	2		5		8		6
		9			5			
7		5				1	9	8
	2			8	9		5	

EASY level - answers on last page

December 2020

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3 Virtually Step Up	4	5
6	7	8	9	10 Virtually Step Up Derek Hiscoe 	11	12
13  Tania McElrea	14	15	16	17 Virtually Step Up	18	19
20	21	22	23	24 Christmas Eve	25 Christmas Day	26 Boxing Day
27	28 Boxing Day / Bank Holiday	29	30	31 New Years Eve		

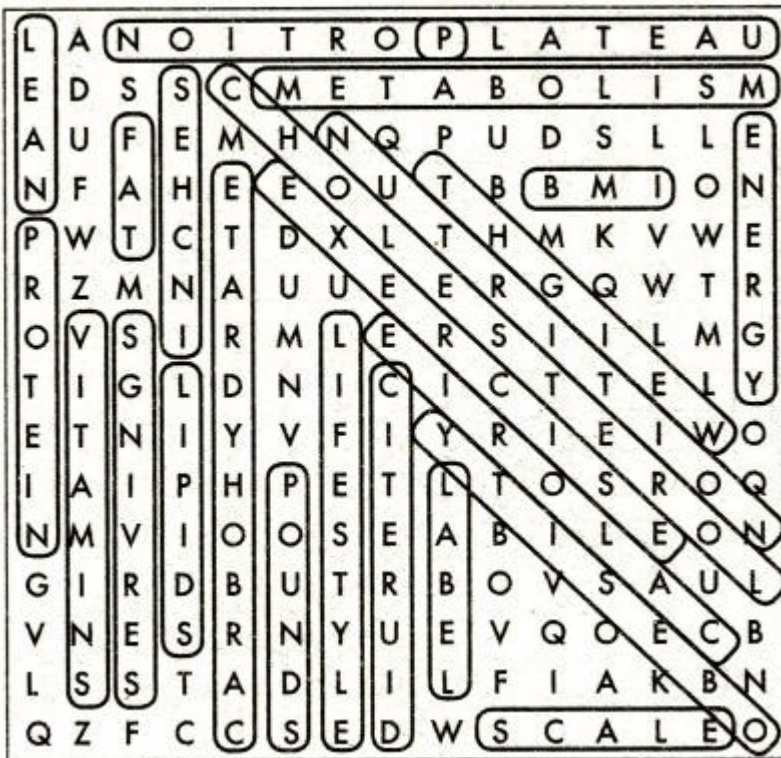
Birthdays for December

Derek Hiscoe - Dec.10th

Tania McElrea - Dec.13th

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

ON A DIET



DECEMBER SUDOKU

2	3	1	7	9	6	4	8	5
8	4	6	5	1	3	9	7	2
9	5	7	2	4	8	6	1	3
5	9	3	8	6	4	7	2	1
6	7	8	3	2	1	5	4	9
4	1	2	9	5	7	8	3	6
3	8	9	1	7	5	2	6	4
7	6	5	4	3	2	1	9	8
1	2	4	6	8	9	3	5	7

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.