



**Brain Injury
Association
of the
Ottawa
Valley**

NEWSLETTER November 2020

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



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Remembrance Day



Remembrance Day - November 11th - is a day for all Canadians to remember the men and women who served and sacrificed for our country. It is a day we encourage every individual,

young and old, to pause, to give thanks and to remember. Wearing a poppy is a symbol to remember those who have lost their lives in conflicts around the world and those who have been killed as a result of terrorism.



<https://www.cbc.ca/news/canada/remembrance-day-canada-ceremonies-1.4901095>



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STEP UP
Work Centre



November's Window View

Early Tuesday morning,
Through the yard's heavy haze.
In the fog a sighting,
That truly amazed.

At our property line,
A young buck so fine.
Verily free and loose,
There stood a youthful moose.

~ Tania M.

Pictures by Tania M.



PUMPKIN RECIPES

Pumpkin Pie

Filling

- ♦ 2 eggs
- ♦ 2/3 c. sugar
- ♦ 1 1/2 c. cooked pumpkin
- ♦ 1 cup evaporated milk or light cream
- ♦ 3/4 tsp. cinnamon
- ♦ 1/4 tsp salt
- ♦ 1/4 tsp. ginger
- ♦ 1/8 tsp. cloves



Combine all above ingredients, pour into pastry lined pan. Bake at 425 deg. F. or 15 minutes, reduce heat to 350 and continue baking for 35 min. Remove from heat, cool to set. Serve plain or with whipped cream.

Pie Crust

Combine 1c. flour and 1/2 tsp. salt. Cut in 1/3 c. shortening then add 1/4 c. water slowly. Roll to fit pan. then use unbaked in lemon meringue, pumpkin and other pies.

Pumpkin Muffins

EASY TIP: You can also use canned pumpkin !!

Dry ingredients

- ♦ 2 cup flour
- ♦ 2 tsp baking powder
- ♦ 1/2 tsp baking soda
- ♦ 1/2 tsp salt
- ♦ 1/2 tsp cinnamon
- ♦ 1/2 tsp ginger
- ♦ 1/2 cup raisins

Moist ingredients

- ♦ 1 large egg
- ♦ 1/3 cup butter, melted
- ♦ 2/3 cup brown sugar
- ♦ 3/4 cup milk
- ♦ 3/4 cup mashed boiled pumpkin



Preheat oven to 450 deg. F. Prepare (line or grease) 12 muffin cups. In a large bowl combine dry ingredients, In a medium bowl combine moist ingredients. Make a well in the dry mixture and add the moist mixture. Fill 12 muffin cups. Bake 20 - 25 minutes until done.

PUMPKIN RECIPES

Old Fashioned Soft Pumpkin Cookies

Ingredients:

- ◆ 2 1/2 cups all-purpose flour
- ◆ 1 teaspoon baking soda
- ◆ 1 teaspoon baking powder
- ◆ 1 teaspoon ground cinnamon
- ◆ 1/2 teaspoon ground nutmeg
- ◆ 1/2 teaspoon salt
- ◆ 1 1/2 cups granulated sugar
- ◆ 1/2 cup butter, softened
- ◆ 1 cup Libby's 100% Pure Pumpkin or E.D. Smith's Pure Pumpkin
- ◆ 1 large egg
- ◆ 1 teaspoon vanilla extract
- ◆ Glaze (recipe follows)



Directions:

Preheat oven to 350 degrees F. Grease baking sheets.

Combine flour, baking soda, baking powder, cinnamon, nutmeg and salt in medium bowl.

Beat sugar and butter in a large mixer bowl until well blended. Beat in pumpkin, egg and vanilla extract until smooth. Gradually beat in flour mixture.

Drop by rounded teaspoon onto prepared baking sheets.

Bake for 15 to 18 minutes or until edges are firm. Cool on baking sheets for 2 minutes; remove to wire racks to cool completely. Drizzle glaze over cookies.

Glaze

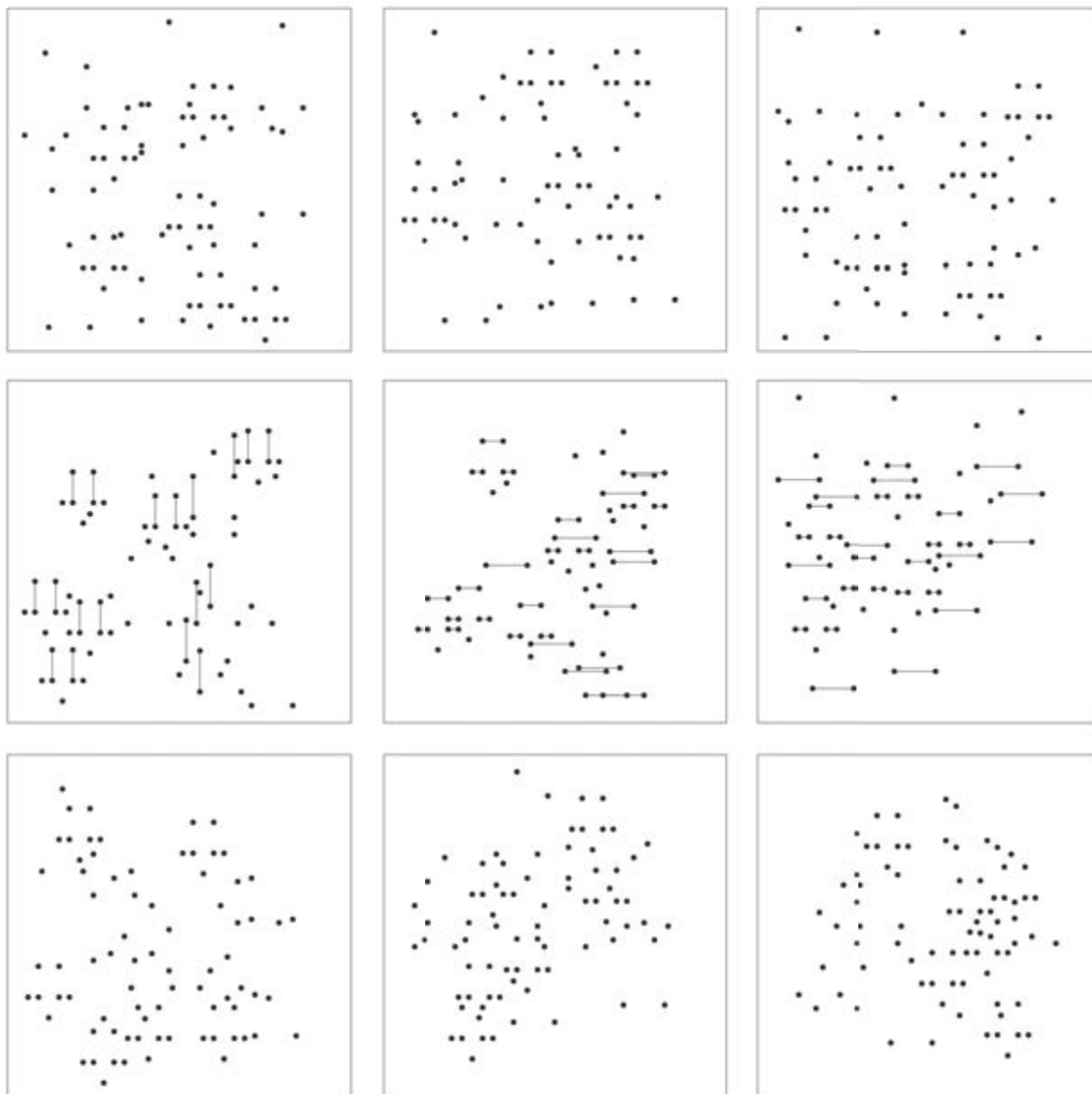
Ingredients:

- ◆ 2 cups powdered sugar (sifted)
- ◆ 2 tablespoons milk
- ◆ 1 tablespoon butter (melted)
- ◆ 1 teaspoon vanilla extract

Directions:

Combine all ingredients in a small bowl until smooth.

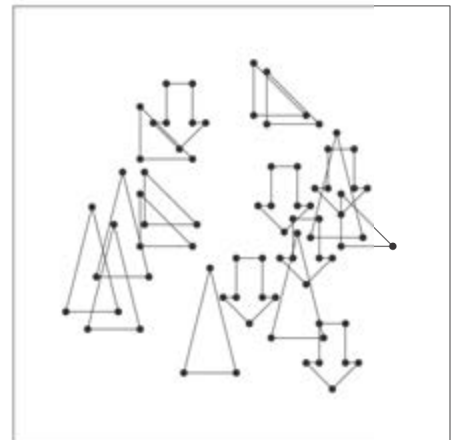
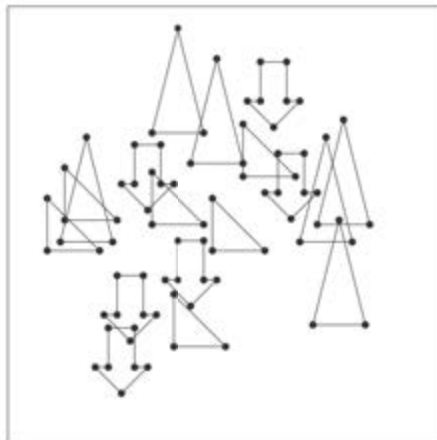
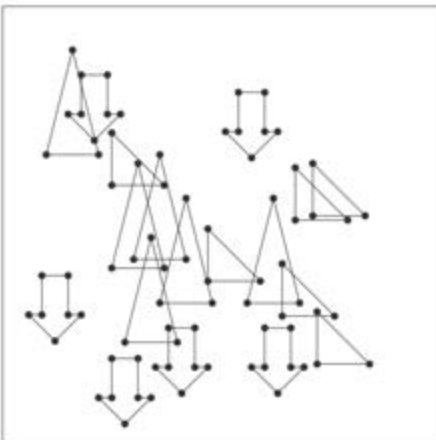
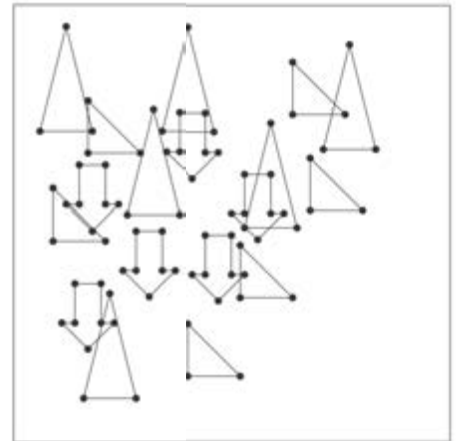
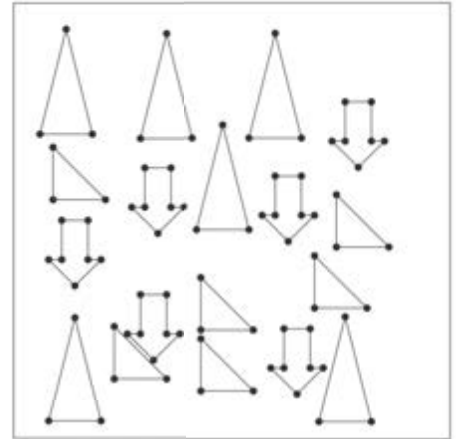
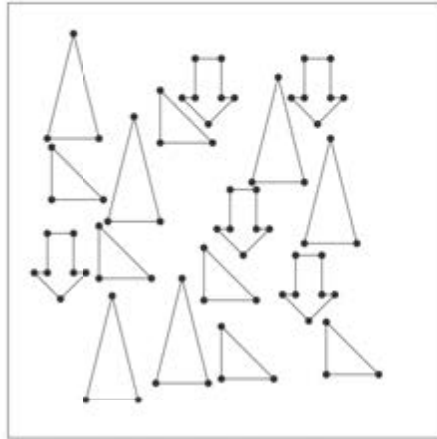
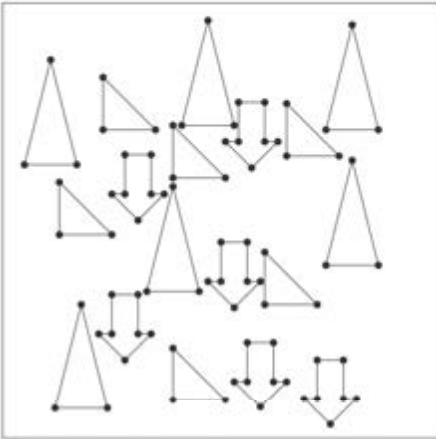
Cognitive puzzles (n°11)



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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°11) – Solutions



Popular Pet Names Word Search

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

BANDIT
BEAR
BOOTS
BUDDY
BUSTER
CHARLIE
FLUFFY
JACK

KITTY
LADY
LUCKY
MAX
MIDNIGHT
PATCH
PRINCESS
ROCKY

RUSTY
SADIE
SHADOW
SMOKEY
SPARKY
SPIKE
TIGER
WHISKERS

Answers on last page

November Sudoku

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

EASY level - answers on last page

Fall Colours



Photos by Don W

Please send your photos in for the next newsletter!!

hannah@biaov.org

November 2020

SUN

MON


TUE

WED

THU

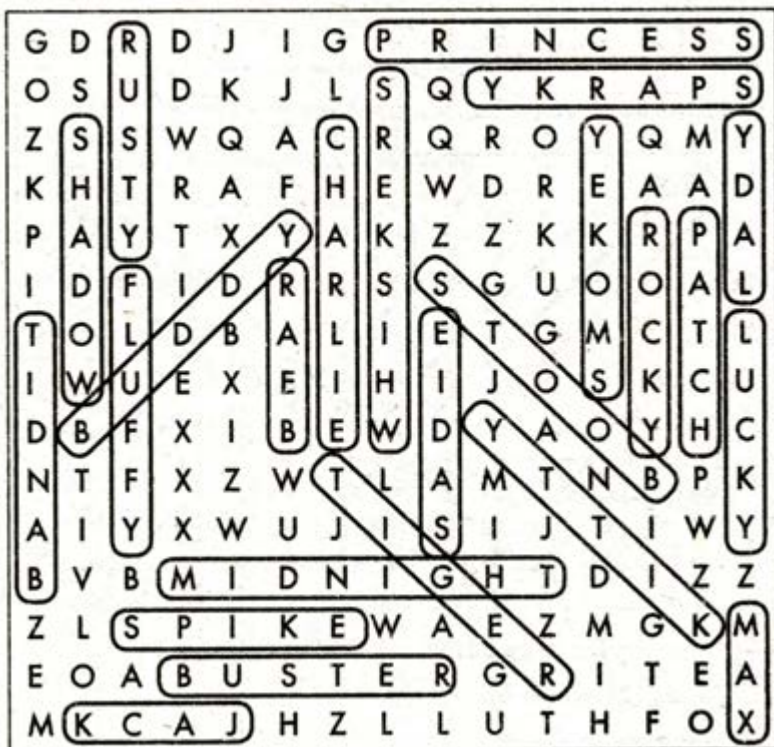
FRI

SAT

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

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

POPULAR PET NAMES



NOVEMBER SUDOKU

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

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.