



**Brain Injury  
Association  
of the  
Ottawa  
Valley**

# NEWSLETTER October 2020

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



300-211 Bronson Avenue , Ottawa, ON K1R 6H5 ▪ Phone: 613-233-8303 ▪ Fax 613-233-8422  
[www.biaov.com](http://www.biaov.com) ▪ [contact@biaov.org](mailto:contact@biaov.org)

## Love your Brain



Local *Love your Brain* certified teacher, Sandy Jones, has brought her Accessible Gentle Yoga online via Zoom.

This practice supports those with brain injuries and how yoga can be accessible to all. Through the language of invitation

and inquiry, a supportive space is held for people to make clear choices based on their unique experiences in the moment. Try a class to see if it is of interest then decide if you would like to join. New students can begin at any time.

For more information, including schedules, class descriptions, pandemic stories and testimonials, visit: [www.sandyjonesyoga.com](http://www.sandyjonesyoga.com)

Testimonial: Yoga has been extremely helpful during my ongoing brain injury recovery journey. I started doing Yoga with Sandy three and a half years ago (in-person classes) and have kept going ever since. I really like the fact that classes are offered as a series, lasting a few weeks each, as I find



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**STEP UP**  
**Work Centre**



this both convenient and flexible. The classes include not only yoga poses but also a short inspirational reading and a relaxation at the end. Sandy brings such warmth to her teaching that going to class feels like a pure treat. Yoga has become like a sanctuary for me, and I protect class time from any other commitment as much as possible. For in-person classes, I

was very fortunate to live within a few minutes' walk of the practice location, so even during setbacks, when I had very limited energy, as long as I could walk I would go to yoga even if all I could do was lie on



my mat. I am thrilled and grateful that Sandy is now teaching yoga online, and that more people with brain injury may benefit from her classes. - Anne



Dear Step Up Work Centre Members,

Covid-19 has provided the Brain Injury Association of the Ottawa Valley and the Step-Up Work Centre a great opportunity. We are moving. To where you ask? Well, we don't know yet. We could use your help in locating a perfect location for when we are able to re-open physically. So please keep your ears and eyes open, and if you have any ideas or suggestions, please feel free to pass them on to Hannah or myself. As you all know, due to Covid-19 our physical place at the Bronson Centre has been closed. Starting this past June, we started up Virtually Step Up and some of the members have been working on the monthly newsletter. It is still unclear as to when we will all be able to meet in person, but we are looking at setting up some individual/small group meetings in the community.

So back to the point of us moving. I want to stress that we are in no way closing. Before Covid-19, we had already been looking into moving. When Covid-19 happened, we were approached by the attached agency on the third floor. They run a women's shelter and wanted our space so that they don't have more than one woman per room for safety. We debated giving up half of our area, moving to another spot in the Bronson Centre, etc. But the fact that we have not used the Step-Up Work Centre in five months and have no idea when we can safely return to it. The stars seemed to be aligning and the Board made the decision to give up our space and to take the leap.

Change is hard for everyone. The fear of the unknown can be debilitating. But opportunity is energizing. Covid-19 isn't closing down the Step-Up Work Centre, but instead, it's created an opportunity for us to grow and transition.

If you have any questions, concerns, or ideas ... please feel free to contact Hannah or Scott.

Thanks,

Scott Vernon  
President,  
Brain Injury Association of the Ottawa Valley  
300-211 Bronson Ave  
Ottawa, ON  
K1R 6H5  
613-233-8303 Ext 203  
613-323-6560 (Cell)  
[www.biaov.org](http://www.biaov.org)  
To Donate to BIAOV,  
<https://www.canadahelps.org/en/dn/8076>





# A BIG THANK YOU...

Hosted by - **FLEMING FITNESS**  
Leading Fitness & Injury Rehab Specialists



Platinum



Wine



Beer



Gold



Silver



Bronze



Driving Range



... to all the wonderful sponsors, and Pat Fleming for hosting

## ***the 7th Annual Fleming Fitness Golf Tournament***

in support of the Brain Injury Association of the Ottawa Valley, on Sept 15th at Loch March.

Fleming Fitness offers in-home exercise therapy or in-clinic exercise therapy to individuals suffering from ABI's (MVA's, VAC's, etc).

***To date the Fleming Fitness Golf Tournament has raised over \$135,000 for the BIAOV.***

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## Autumn's Colours

Beams of sunlight sparkle through the colour,  
**Autumn's loss of chlorophyll in the leaves,**  
Renders a damp, wet, cool season fuller,  
A river of variety it weaves.

The variety of a vibrant day,  
**Displaying nature's unique resplendence,**  
Enhancing a time leading a restful way,  
To the deciduous need of dormance.

Travelling along the GATINEAU Hills,  
There is Oak, Sumac, Maple, Ash and more,  
Wine, orange, red, and yellow are a thrill,  
Softly rolling we continue to explore.

~ Tania M.



# RECIPES

## Sweet Potato Pie with Marshmallow Meringue

<https://www.mccormick.com/gourmet/recipes/dessert/sweet-potato-pie-with-marshmallow-meringue>

### Crust

- ◆ 1 1/4 cups flour
- ◆ 1 tablespoon granulated sugar
- ◆ 1/4 teaspoon salt
- ◆ 1/2 cup (1 stick) cold butter, cut into chunks
- ◆ 3 tablespoons ice cold water

### Sweet Potato Filling

- ◆ 1 1/2 pounds sweet potatoes , about 2 large
- ◆ 1/2 cup firmly packed brown sugar
- ◆ 1 cup heavy cream
- ◆ 1/2 cup (1 stick) butter, melted
- ◆ 2 eggs, lightly beaten
- ◆ 2 teaspoons McCormick® All Natural Pure Vanilla Extract
- ◆ 1 teaspoon McCormick Gourmet™ Organic Ground Saigon Cinnamon
- ◆ 1 teaspoon McCormick Gourmet™ Organic Ground Ginger

### Marshmallow Meringue

- ◆ 1 jar (7 ounces) marshmallow creme
- ◆ 1 teaspoon McCormick® All Natural Pure Vanilla Extract
- ◆ 3 egg whites
- ◆ 1/4 teaspoon McCormick Gourmet™ All Natural Cream Of Tartar
- ◆ 1/8 teaspoon salt
- ◆ 1/4 cup granulated sugar

### Preparation [continues on next page]

1. For the Pie Crust, mix flour, granulated sugar and salt in large bowl. Cut in butter with pastry blender or 2 knives until mixture resembles pea-size crumbs. Add ice water, a tablespoon at a time, tossing dough with fork after each addition. Add enough water so that dough comes



# RECIPES

## Sweet Potato Pie - continued

together. Gather dough into a ball. Roll dough on lightly floured surface to a 12-inch circle, about 1/8-inch thick. Carefully place pie crust on rolling pin and transfer to 9-inch deep dish pie plate. Gently press the pie crust onto bottom and up sides of pan. Trim pie crust so that it extends 1/2-inch beyond edge of pie plate. Fold under excess pie crust. Flute the edges of the pie crust or press with tines of a fork. Refrigerate until ready to fill.



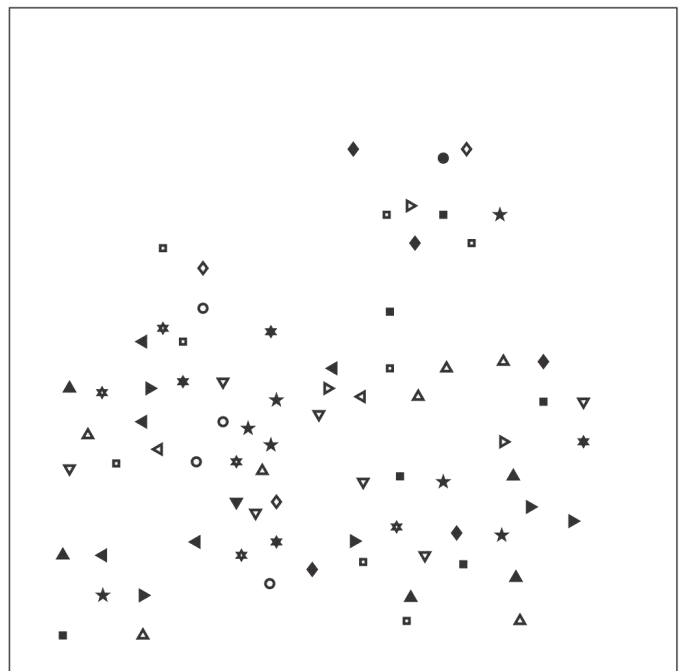
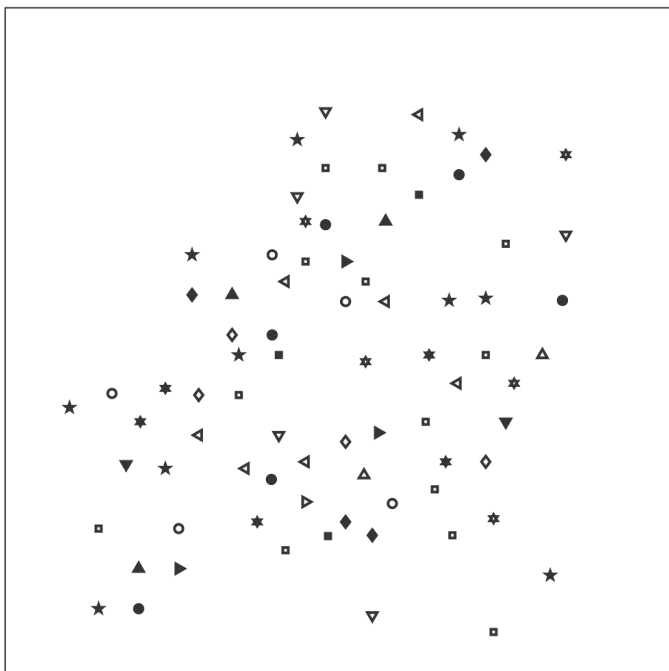
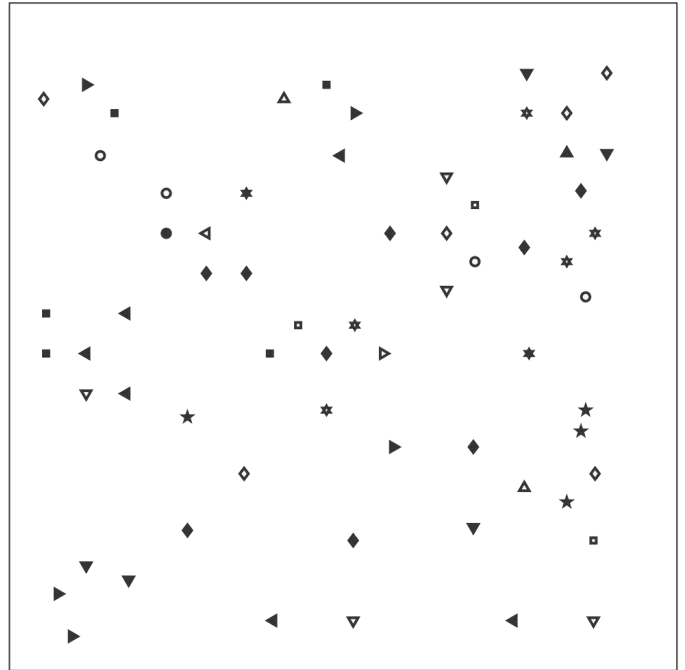
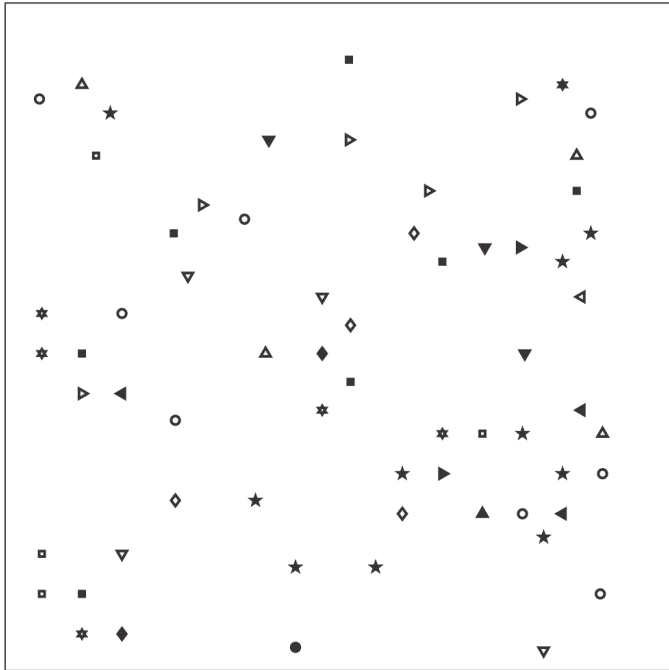
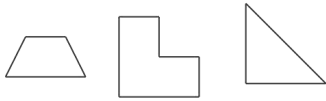
2. Preheat oven to 350°F. For the Sweet Potato Filling, pierce sweet potatoes with a fork. Place on foil-lined baking pan. Bake 1 hour or until fork tender. Increase oven temperature to 425°F. Cool sweet potatoes slightly. Halve sweet potatoes. Scoop out flesh into large bowl. Mash with potato masher until smooth. Add remaining ingredients; mix well. Pour into prepared crust.

3. Bake 15 minutes. Reduce oven temperature to 350°F. Bake 35 to 40 minutes longer or until a knife inserted near center comes out clean. Cool completely on wire rack.



4. Preheat oven to 400°F. For the Marshmallow Meringue, mix marshmallow creme and vanilla in large bowl. Set aside. Place egg whites, cream of tartar and salt in mixer bowl. Beat on medium speed with whisk attachment until well blended. Add granulated sugar, 1 tablespoon at a time, beating on high speed 2 to 3 minutes or until shiny stiff peaks form. Gently stir 1/2 of the egg white mixture into marshmallow cream until well blended. Gently stir in remaining egg white mixture. Spread meringue evenly over sweet potato filling, forming decorative peaks with spatula.
5. Bake 4 minutes or until meringue is lightly browned. Serve immediately.

# Cognitive puzzles (n°10)

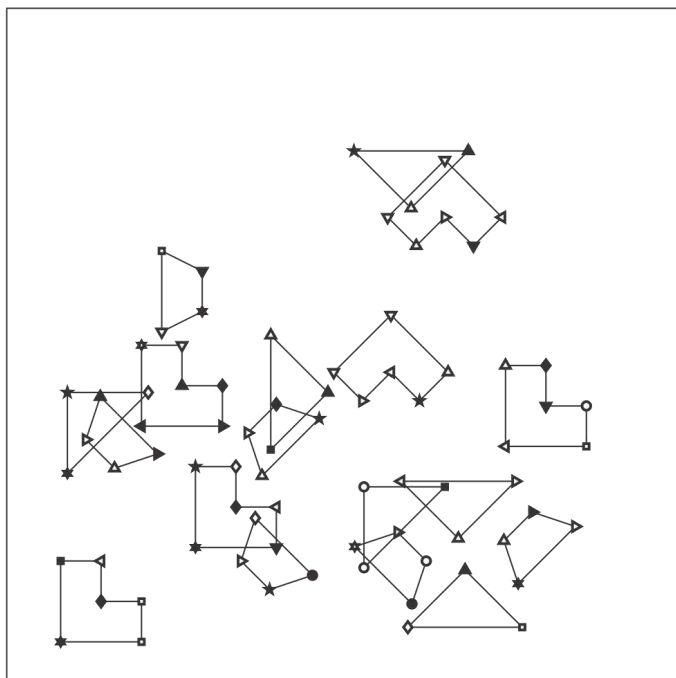
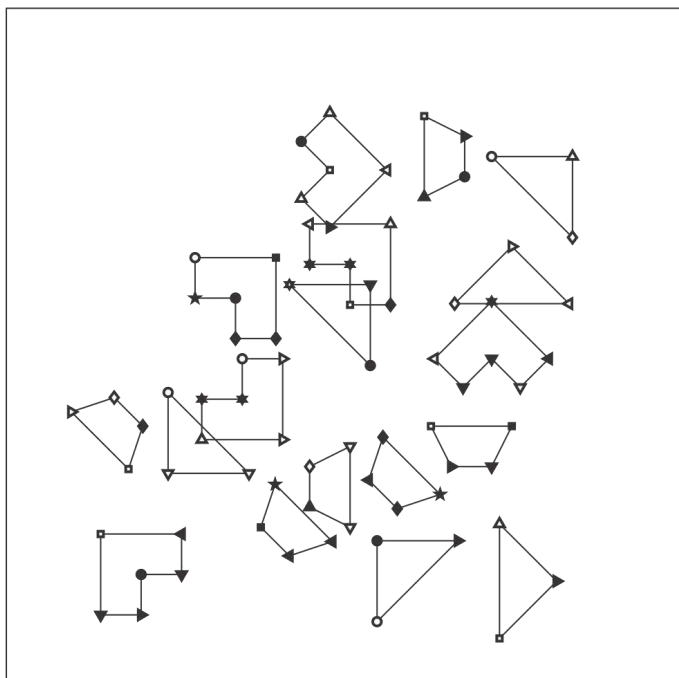
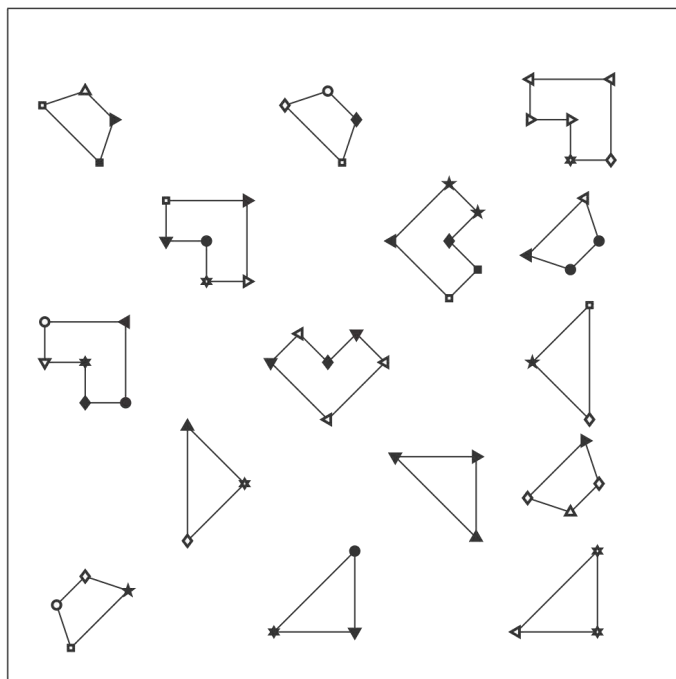
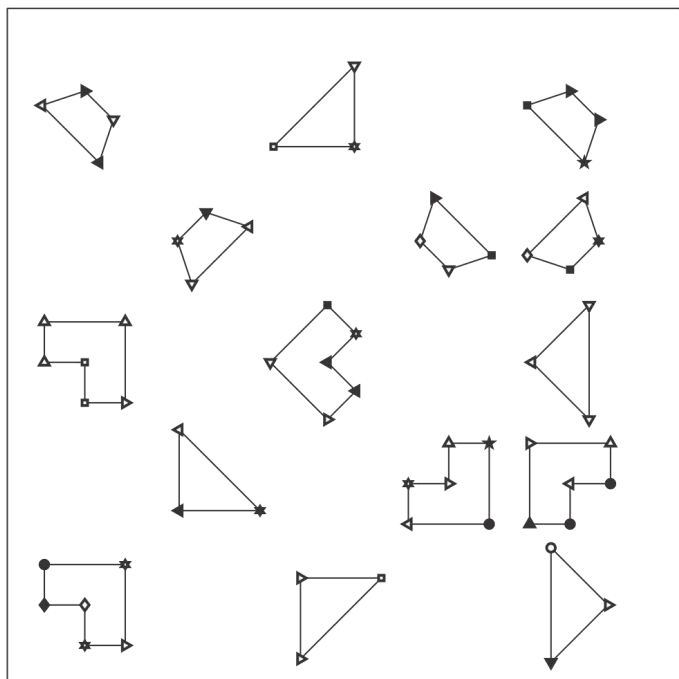
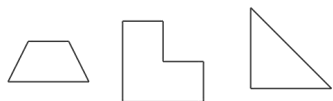


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Print this page. For each frame, find the reference shapes displayed above the frames. To find shapes, link dots together with a pencil. Each dot should be used once. Top row: shapes may be rotated compared to their reference. Middle row: shapes may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



# Cognitive puzzles (no10) – Solutions



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# Photography Word Search

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

**APERTURE**  
**CAMERA**  
**DARKROOM**  
**DENSITY**  
**DEVELOP**  
**EMULSION**  
**EXPOSURE**  
**FILM**

**FISHEYE**  
**FLASH**  
**FOCUS**  
**GRAIN**  
**ISO**  
**LENS**  
**LIGHTING**  
**MACRO**

**NEGATIVE**  
**PANORAMA**  
**PIXEL**  
**SHUTTER**  
**STROBE**  
**TRIPOD**  
**VIEWFINDER**  
**ZOOM**

Answers on last page

# October Sudoku

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

EASY level - answers on last page

# October 2020

SUN

MON

TUE

WED

THU

FRI

SAT

				1 Virtually Step Up	2	3
4 Stephane Decoste 	5	6	7	8 Virtually Step Up	9	10
11	12 Thanksgiving Day	13	14	15 Virtually Step Up	16	17
18	19	20	21	22 Virtually Step Up  Bob Charbonneau	23	24
25	26	27	28	29	30 Richard Ward 	31

## ***Birthdays***

Stephane Decoste - October 4

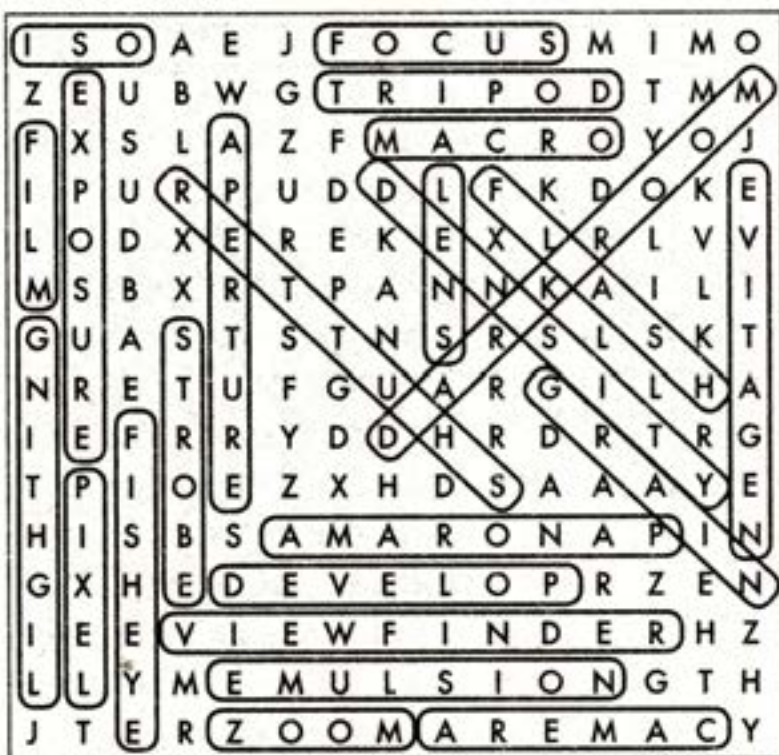
Bob Charbonneau - October 22

Richard Ward - October 30

Contact [hannah@biaov.org](mailto:hannah@biaov.org)  
for weekly time for the ***Virtually Step Up*** Meeting !



## PHOTOGRAPHY



## OCTOBER SUDOKU

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

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](mailto:hannah@biaov.org) for future issues.