



**Brain Injury
Association
of the
Ottawa
Valley**

NEWSLETTER February 2021

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



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Happy Valentines Day

This month is about spreading love and kindness. Although the lockdown affects our ability to spend time with our families and friends in person, people are finding ways to spread cheer throughout their communities.

In Almonte, Hannah's neighbours are building giant snowmen and other cool snow sculptures for the community to see...



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STEP UP
Work Centre

Here are some other resources to bring you happiness:



San Diego Zoo Live Webcam -
<https://zoo.sandiegozoo.org/live-cams>

Monterey Bay Aquarium Live Webcam -
<https://www.montereybayaquarium.org/animals/live-cams>



Tembe Elephant Park Live Webcam -
<https://www.webcamtaxi.com/en/south-africa/kwazulu-natal/tembe-elephant-park.html>



Valentine's Care

At this time of year the heart soars,
Warmth towards the one thee adores,
There is an expression of desire,
For the one who drives internal fire.

Participate with a sweetheart dear,
Time and adornment for whom one cares,
Devotion shown through attraction signs,
Passion offered to one's valentine.

Tania M.





Dad Jokes

@Dadsaysjokes

My teenage son treats me like a god.
He acts like I don't exist until he
wants something.

Give a man a fish and you will feed him
for the day.
Teach a man to fish and he's going to
spend a fortune on gear he'll only be
using twice a year.

Genie: I shall grant you 3 wishes
Me: I wish for a world without lawyers
Genie: Done, and you have no more
wishes
Me: But you said 3
Genie: Sue me.

I never wanted to believe that my
brother was stealing from his job as a
road worker.
But when I got home, all the signs
were there.

Just read an interesting fact -
Bruce Lee had a vegan brother;
Broco Lee.

My wife gets angry that I keep
introducing her as my ex-girlfriend.

This is going to be the first year our
family won't be going to Hawaii
because of COVID-19.

Usually it's because we can't afford it.

I caught my son chewing on electrical
cords.
So I had to ground him. He's doing
better currently, and now conducting
himself properly.

A sheep, a drum, and a snake fall off
a cliff ...
Ba-dumm-tsss

RECIPES

Put your slow cooker to work and save time with these 20 easy and satisfying recipes from Canadian Living.

<https://www.canadianliving.com/food/collections/article/20-slow-cooker-recipes>

Here's one delicious example:

SLOW COOKER BUTTER CHICKEN

Prep time - 20 minutes

Total time - 6 hours

Portion size - 8 servings

INGREDIENTS

- ◆ 2 onions diced
- ◆ 3 cloves garlic minced
- ◆ 3 tablespoons butter
- ◆ 2 tablespoons grated fresh ginger
- ◆ 2 tablespoons packed brown sugar
- ◆ 2 teaspoons chili powder
- ◆ 3/4 teaspoons ground coriander
- ◆ 3/4 teaspoons ground turmeric
- ◆ 1/2 teaspoon cinnamon
- ◆ 1/2 teaspoon ground cumin
- ◆ 1/2 teaspoon salt
- ◆ 1/2 teaspoon pepper
- ◆ 1 can diced tomatoes
- ◆ 1 cup sodium-reduced chicken broth
- ◆ 1/4 cup almond butter or cashew butter
- ◆ 3 lbs boneless skinless chicken thighs quartered
- ◆ 1 cup sour cream
- ◆ 2 tablespoons chopped fresh cilantro



This recipe can easily be left to simmer away in a slow cooker for eight hours before adding the chicken. It yields a large quantity of sauce that freezes well if you're feeding a smaller group. Serve over hot steamed basmati rice.

METHOD

Don't miss our recipe video where our food director walks you through the steps of this sumptuous recipe.

In slow cooker, combine onions, garlic, butter, ginger, brown sugar, chili powder, coriander, turmeric, cinnamon, cumin, salt, pepper and tomatoes.

Whisk broth with almond butter; pour into slow cooker.

Cover and cook on low for 5 hours or for up to 8 hours.

With immersion blender, purée sauce until smooth. Add chicken; cook, covered, on high until juices run clear when chicken is pierced, 30 to 40 minutes.

Stir in sour cream. Serve sprinkled with cilantro.

Here's some more recipes:

SLOW COOKER PULLED PORK

<https://www.canadianliving.com/food/recipe/slow-cooker-pulled-pork-5>

SLOW COOKER CARBONNADE BEEF POT ROAST

<https://www.canadianliving.com/food/recipe/slow-cooker-carbonnade-beef-pot-roast>

SLOW COOKER CINCINNATI CHILI

<https://www.canadianliving.com/food/recipe/slow-cooker-cincinnati-chili>

RECIPES

Country Living Recipes

<https://www.countryliving.com/food-drinks/g1115/romantic-valentines-day-dinners/>

They say the way to a person's heart is through their stomach. And it's true that one of the best expressions of love is to cook something special, just for your loved one. So instead of agonizing over dining at a restaurant (and letting strangers feed you) this Valentine's Day, why not turn on a rom-com on Netflix and treat your partner to a romantic dinner for two at the dining room table, instead?

Here's an example:

The white wine, crème fraîche, and Dijon mustard sauce are real standouts in this dish.

Smothered Pork Chops with Broccoli and Mushroom



INGREDIENTS

- 1 lb. cremini mushrooms, halved or quartered if large
- 3 tbsp. olive oil, divided
- Kosher salt and freshly ground black pepper
- 1 large head broccoli, cut into florets
- 4 small bone-in pork chops (about 2 pounds total)
- 2 large shallots, finely chopped
- 1 tbsp. all-purpose flour
- 3/4 c. dry white wine
- 1/2 c. chicken stock
- 2 tbsp. crème fraîche or sour cream
- 1 tsp. Dijon mustard
- 1 tbsp. fresh thyme leaves

DIRECTIONS

- Preheat oven to 425°F. Toss together mushrooms and 1 tablespoon oil on a large rimmed baking sheet. Season with salt and pepper. Bake for 10 minutes. Push mushrooms to one side and add broccoli to pan. Toss with 1 tablespoon oil. Season with salt and pepper. Roast until vegetables are golden brown and tender, 12 to 15 minutes.
- Meanwhile, heat remaining tablespoon oil in a large skillet over medium heat. Season pork with salt and pepper. Cook until internal temperature on an instant-read thermometer reads 140°F, 4 to 5 minutes per side. Transfer to a platter and tent with foil; reserve skillet.
- Add shallots to skillet and cook, stirring occasionally, until tender, 3 to 4 minutes. Add flour and cook, stirring, 1 minute. Add wine and simmer until thickened, 2 to 4 minutes. Add stock and simmer until thickened and reduced to about 1/2 cup, 2 to 4 minutes. Remove from heat and stir in crème fraîche, Dijon, and thyme. Season with salt and pepper. Serve pork topped with pan sauce and roasted vegetables alongside.

Ending in 'TION' Word Search

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

BASTION
CAPTION
CAUTION
CELEBRATION
CESSATION
CITATION
CORRECTION
CREATION

DELETION
GESTATION
INVENTION
LOTION
MOTION
NATION
NUTRITION
OPTION

ORATION
PERFECTION
PORITION
POTION
QUESTION
RELATION
REVISION
VIBRATION

Answers on last page

February Sudoku

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

EASY level - answers on last page

Q: Can February march?
A: No, but April may.

February 2021

SUN

MON



TUE

WED

THU

FRI

SAT

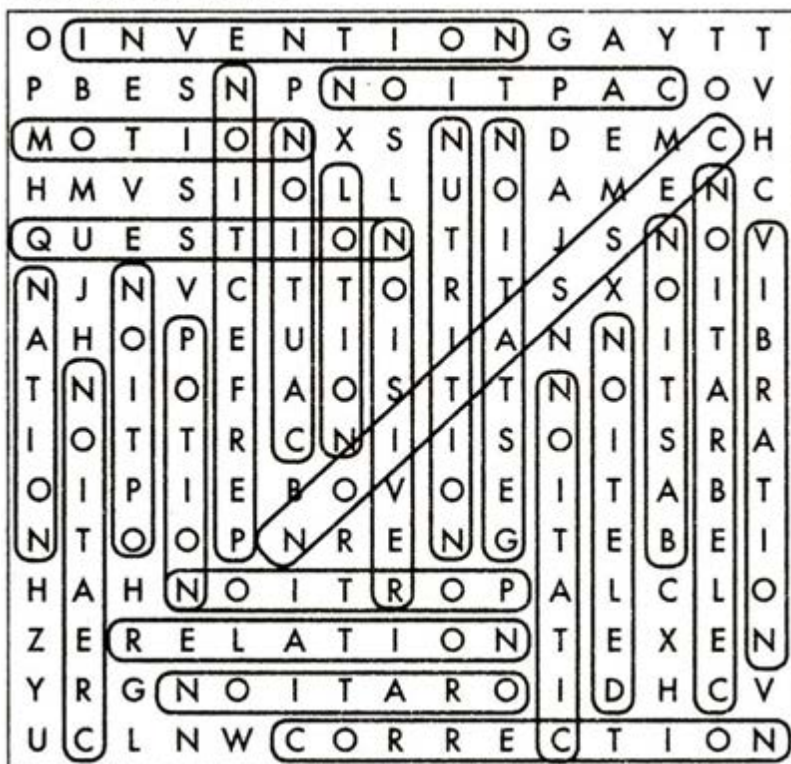
	1	2	3	4 Virtually Step Up	5	6
7	8	9	10	11 Virtually Step Up	12	13
14  Valentine's Day	15 Family Day	16	17	18 Virtually Step Up	19	20
21	22	23	24	25 Virtually Step Up	26  Richard Potvin's Birthday	27
28						

Q: What's the difference between a guitar and a fish?

A: You can tune a guitar, but you can't tuna fish.

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

ENDING IN 'TION'



FEBRUARY SUDOKU

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

Q: Why can't you trust an atom?
A: Because they make up everything.

!! SCIENCE !!

I just read a book about Helium. It was so good that I can't put it down.

Molecule 1: I just lost an electron.

Molecule 2: Are you sure?

Molecule 1: I'm positive.

A photon walks into a hotel.

The desk clerk says, "Welcome to our hotel. Can we help you with your luggage?"

The photon says, "No thanks, I'm traveling light."

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.