



## Brain Injury Association of the Ottawa Valley

# NEWSLETTER March 2021

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



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## Happy St. Patrick's Day!

Breaking into a jig to wish you a pot of luck,  
full of smiles, top of cheer kind of day!

### Some St. Patrick's Day Facts

- St. Patrick was not Irish.
- St. Patrick's Day used to be a dry holiday.
- New York City's St. Patrick's Day parade has been happening since 1762.
- Chicago celebrates St. Patrick's Day by dumping green dye into the Chicago River.
- The colour of St. Patrick's Day was originally blue.
- Legend says that each leaf of the shamrock has a meaning: *Hope, Faith, Love and Luck.*



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

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# A Blanket of White

A blanket of white expands in every way,  
Brightening the morning of each day.

Offering some views of animal tracks,  
Providing play perhaps to build or pack.

Invigorating to cross on skis ,  
Sleds, smooth gliding, refreshing air indeed.

Awakening, uplifting with a blue sky,  
A pleasure-full image until night.

Tania M.



Photo by Tania M.

# National Arts Centre / Centre National des Arts

## *Free Online Concerts in March - sign up here:*

[https://www.facebook.com/CanadasNAC.CNAduCanada/live\\_videos/](https://www.facebook.com/CanadasNAC.CNAduCanada/live_videos/)

Follow **#CanadaPerforms** and our Facebook, Instagram and Twitter to find out about exciting, live online performances.

[https://nac-cna.ca/en/canadaperforms?](https://nac-cna.ca/en/canadaperforms?gclid=EAlaIQobChMI3Ny8svuI7wIViZOzCh1TmQxxEAAYASAAEgLwR_D_BwE)

[gclid=EAlaIQobChMI3Ny8svuI7wIViZOzCh1TmQxxEAAYASAAEgLwR\\_D\\_BwE](https://nac-cna.ca/en/canadaperforms?gclid=EAlaIQobChMI3Ny8svuI7wIViZOzCh1TmQxxEAAYASAAEgLwR_D_BwE)

MARCH 5, 2021  
8 PM EDT

**Kadeema** -  
FACEBOOK LIVE



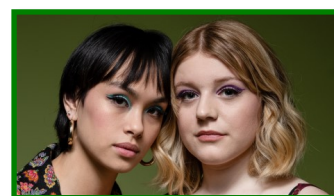
<https://nac-cna.ca/en/event/28178>

Fridays at the Fourth Live from the Horseshoe Tavern, Toronto ON

"**Kadeema** are a duo who write rock songs with sarcasm and wit, capturing day-to-day malaise and finding empowerment in expressing their frustrations on their debut EP, the tongue-in-cheek Napoleon Tornapart, released in June 2020."

MARCH 12, 2021  
8 PM EDT

**Moscow Apartment** -  
FACEBOOK LIVE



<https://nac-cna.ca/en/event/28313>

Fridays at the Fourth Live from the Horseshoe Tavern, Toronto ON

"From **Moscow Apartment's** humble ukulele-and-guitar beginnings to indie pop and rock flirtation, the Toronto-based folk-propelled pop sculptors' charm and savvy has taken them so far in so little time."

MARCH 19, 2021  
8 PM EDT

**Shawn Jobin** -



Fridays at the Fourth Live from Saskatoon, SK

<https://nac-cna.ca/en/event/28301>

"**Shawn Jobin**, a leading figure in the French-Canadian Hip-hop movement, comes from the heart of the prairies and has broken free from all clichés."

MARCH 26, 2021  
8 PM EDT

**BLAKDENIM**

- FACEBOOK LIVE



Fridays at the Fourth

<https://nac-cna.ca/en/event/27495>

"Formed in a basement in Ottawa, Ontario, in late 2012, **BLAKDENIM** blends genres like no Canadian act today."

# Living With Concussion

## Resources from Parkwood Institute

Parkwood Institute is based at St. Joseph's Health Care London (in London, Ontario). Among many other services, it provides information and rehabilitation programs for people with brain injuries.

On February 1, 2021 their Acquired Brain Injury Outpatient and Outreach Program launched an online toolkit that people can use at home. The goal is to help patients get back to living full lives.

The page with the Acquired Brain Injury Education Toolkit is here:

<https://www.sjhc.london.on.ca/regional-acquired-brain-injury-outpatient-program/information-patients>

The following is a general description of the sections on the site. Please visit the link listed above for all of the details.

### 1) ABI Information for Patients

You'll find information, tips, and resources for the following topics.

On the Parkwood Institute site, each topic below has its own link to a separate page.

- **Activity & Exercise** (meal planning, activity planning, pacing, etc.)
- **Sleep** (good sleep habits, what to avoid, etc.)
- **Hearing** (hearing protection, ear plugs, noise exposure, ringing, etc.)
- **Mental Health** (behaviour & personality changes, self-esteem, triggers, etc.)
- **Balance** (static & dynamic exercises, compression vests, dizziness, etc.)
- **Vision** (eye-tracking exercise, taping of glasses, coloured overlays, etc.)
- **Memory & Attention** (memory and attention strategies)

### 2) *MyBrainPacer* App



This is an app for planning activities. The goal of the app is to help users manage their symptoms by facilitating the planning and pacing of activities.

In 2013, the *Parkwood Institute Outpatient Acquired Brain Injury Team* developed a paper-based pacing and planning points system. It uses a scale that rates the difficulty of daily activities (like grocery shopping, driving, and reading). The scale is based on the amount of energy each activity requires, and the severity of symptoms that each activity triggers.

The paper-based activity point system is now incorporated into the *MyBrainPacer* app. Users are assigned a daily point maximum based on symptom severity. Users record their daily activities in the app and track the maximum number of points that they can comfortably expend in a day. This can help users learn how to manage their symptoms and improve their participation in daily activities.

- There is a step-by-step guide with pictures on how to add the *MyBrainPacer* App to your home screen.
- There is also a link to a step-by-step video guide to the *MyBrainPacer* app (on YouTube).
- Registration for the app: <https://www.mybrainpacer.ca/app/login>

#### **Important Note:**

The *MyBrainPacer* app is currently being made available as part of a research study. Therefore, while using the app, you will be prompted to fill out some paperwork:

- **short assessments** once a month (to monitor symptoms)
- **a community participation questionnaire** once every 6 months (to see how you are performing everyday activities)
- **an overall symptom question** once a week (where you rate how you are feeling, from a lot better to a lot worse).

Paperwork will all be completed within the app. The answers from your questionnaires will be used to assess the usability of the app and your satisfaction with it. Your answers will be used to understand activity and symptom patterns, and to customize the app for future users.



### 3) Patient Handouts

There are four 1 to 2 page handouts that can either be viewed online, or can be downloaded as PDF files.

On the Parkwood Institute site, each handout has its own link.

There are strategies and tips dealing with the following topics:

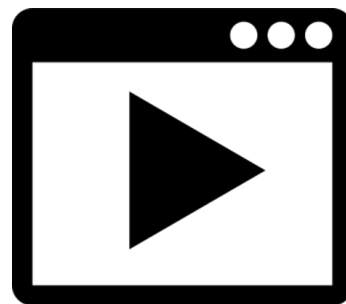
- **Anger** (using an “anger ruler” tool to recognize and manage anger)
- **Light sensitivity** (tips on reducing light and visual motion sensitivity)
- **Mindfulness** (myths, benefits and tips on using mindfulness exercises)
- **Noise sensitivity** (managing noise sensitivity and building noise tolerance)

### 4) Concussion Care Video Series

<https://www.youtube.com/playlist?list=PLvD7HhN5mi-ML63F7N0F6oj1yiIrUJmw>

There are six videos available in this “Caring For Yourself After a Concussion” series. Videos are 9 to 18 minutes long.

1. Introduction
2. Pacing & Planning
3. Noise & Light Sensitivity
4. Mindfulness
5. Attention & Memory
6. Emotional Changes

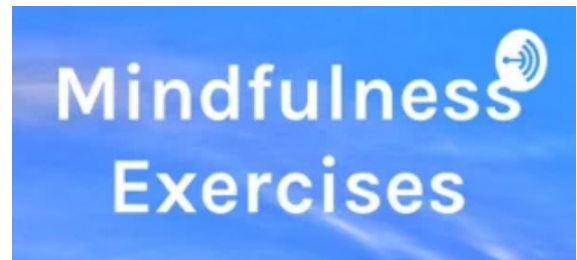


## 5) Podcast Series: Mindfulness Exercises

<https://podcasts.apple.com/us/podcast/mindfulness-exercises/id1548836278?uo=4>

There are eight audio recordings with guided mindfulness exercises.

Each one is approximately 1 to 5 minutes long.



1. Body scan
2. Safe place imagery
3. Progressive muscle relaxation
4. 54321 Grounding technique for anxiety
5. 4-7-8 Breathing technique
6. Mindful pause
7. Guided imagery – seashore
8. Compassion mindfulness

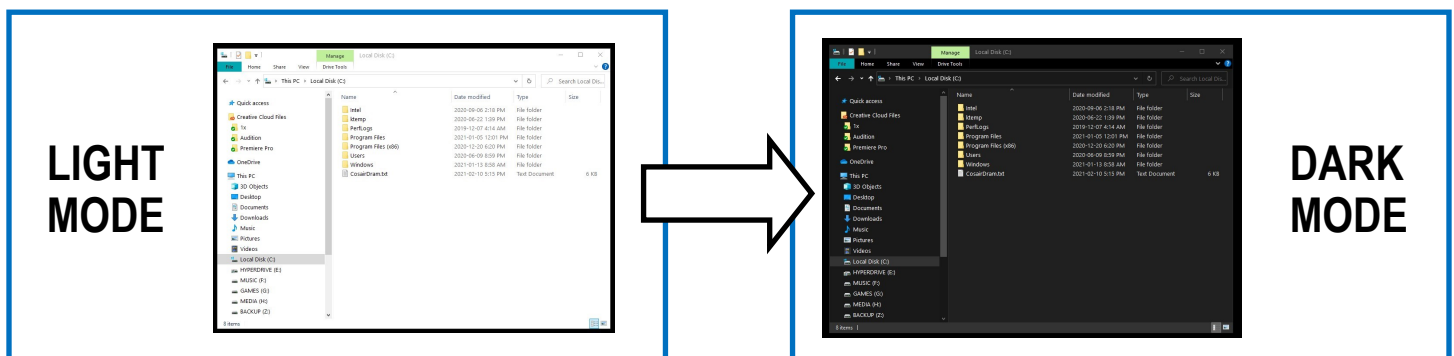
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We hope that you find these resources helpful, and that you can incorporate them as a support for your daily activities.

# Computer Tips for the Brain - "Dark Mode"

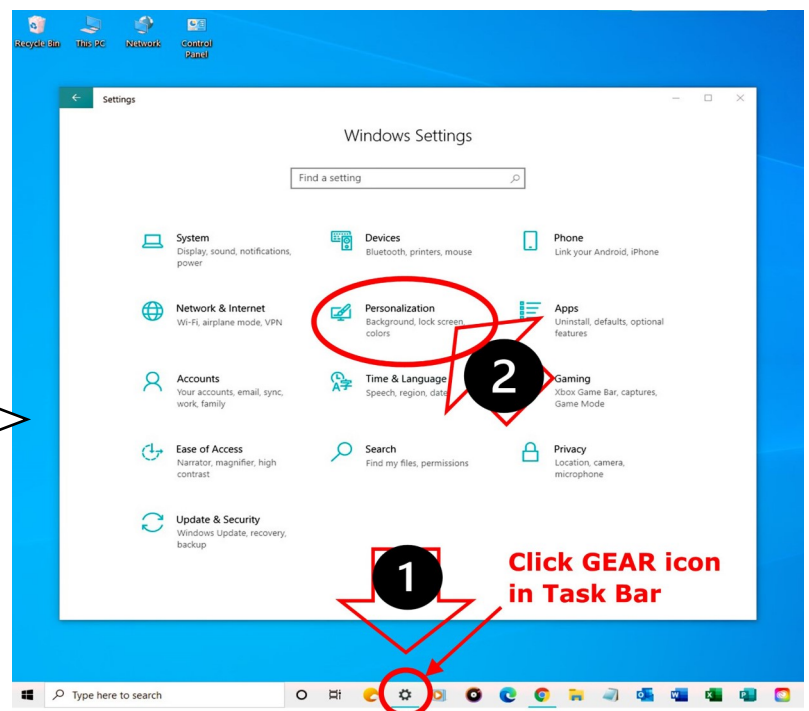
A concussion/mTBI can cause a sensitivity to light. The more light exposure, the more headaches you can get. Because of light sensitivity, do you spend much less time using a computer? Does staring at a computer or TV screen feel like staring into a light bulb. Ouch! Here's an adjustment in Windows 10 that can help.

- The adjustment is called "**Dark Mode**." It can easily be turned on or off and can turn day into night on your computer screen.
- The images below show how "**Dark Mode**" can have a more restful effect on working eyes and can feel less stressful for the brain.
- Using "**Light Mode**" [the Default mode] can have too much light for people with a concussion/mTBI, leading to headaches and other symptoms.



## HOW TO USE DARK MODE:

- ♦ To access "**Dark Mode**" go to the **Task Bar** where the App icons are lined up.
- ♦ Move your mouse arrow to the "**Gear**" shaped icon (#1 in the image). Click on it and a window will pop up like this one
- ♦ Move your mouse so that your arrow is pointing to the "**Personalization**" area (#2 in the image). Click on it and it will open the next window.



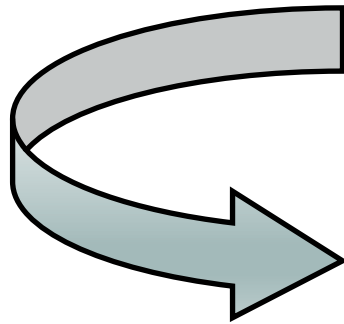
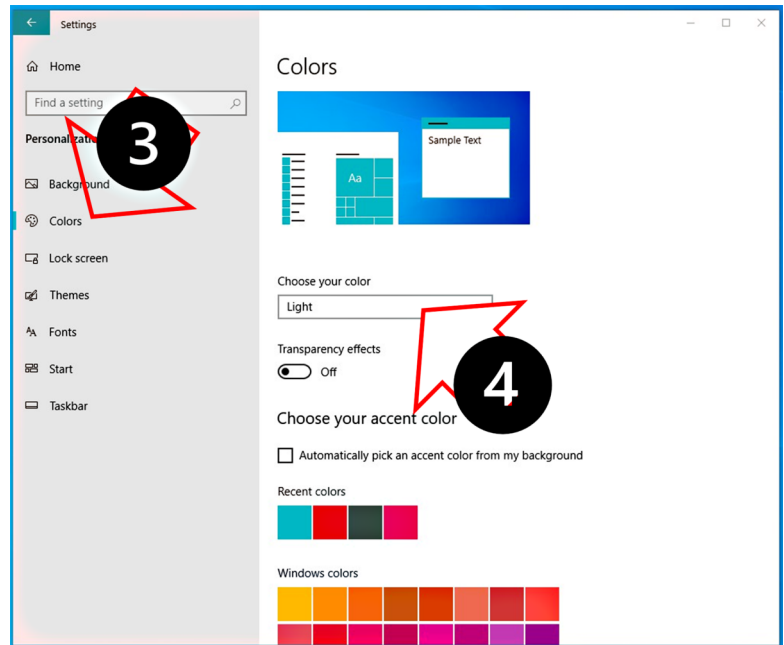
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## Computer Tips for the Brain

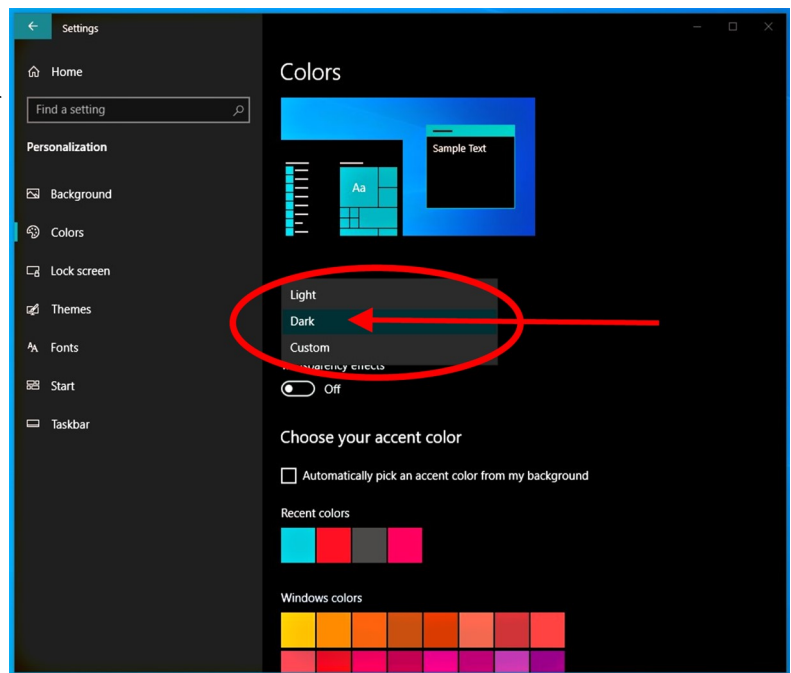
### - continued

- ♦ Move your arrow to the word "**Colors.**" Click on it and the window will change to this (#3 in the image)
- ♦ Under "**choose your color**" click on the drop-down menu (#4 in the image). Click on the word "**Dark.**" The Window box will change to white print on a black background.



***This can be much easier on your eyes and brain!***

- ♦ If you want to change back to "**Light**" mode, click on the word "**Light**" from the drop-down menu list. The Window box will change back to black print on a white background.
- ♦ If you click on "**Custom**" in the drop-down menu, you can choose different settings (**Light** or **Dark**) for the Windows default and for the Apps default. These choices will appear in the area underneath the drop-down menu.



**Watch out for more computer tips in future newsletters!**

if you have any questions, email them to [hannah@biaov.org](mailto:hannah@biaov.org)



## Dad Jokes

@Dadsaysjokes

I don't want to brag, but I finished the jigsaw puzzle in a week ...

... and it said 2-4 years on the box.

A man walks into his home to realize that all his lamps were stolen.

He was delighted.

I told my wife she should embrace her mistakes ...

She gave me a hug.

Finland has just closed their borders.  
No one will be crossing the finish line.

I answered the door this morning and a 6-foot beetle punched me.

Apparently there's a nasty bug going round!

Yesterday I saw a guy spill all his Scrabble letters on the road.  
I asked him. "What's the word on the street?"

When I was a kid I used to pray every night for a new bike.

Then I realized that God doesn't work that way, so I stole one and asked him to forgive me.

What's the difference between a hippo and a Zippo?  
One is really heavy, the other is a little lighter.

Four fonts walk into a bar.  
The barman says, "We don't want your type in here."

# RECIPE

## BRAIN FOOD 45 Healthy Salmon Recipes

Here's one from - <https://www.delish.com/cooking/g2039/salmon-recipes/>

### Baked Salmon In Foil

The garlic butter is everything.

More! <https://www.delish.com/cooking/recipe-ideas/recipes/a55315/best-baked-salmon-recipe/> for a video

#### INGREDIENTS

- 2 lemons, thinly sliced
- 1 large salmon fillet (about 3 lb.)
- Kosher salt
- Freshly ground black pepper
- 6 tbsp. butter, melted
- 2 tbsp. honey
- 3 cloves garlic, minced
- 1 tsp. chopped thyme leaves
- 1 tsp. dried oregano
- Chopped fresh parsley, for garnish



ETHAN CALABRESE



#### DIRECTIONS

- Preheat oven to 350°. Line a large rimmed baking sheet with foil and grease with cooking spray. To the center of the foil, lay lemon slices in an even layer.
- Season both sides of the salmon with salt and pepper and place on top of lemon slices.
- In a small bowl, whisk together butter, honey, garlic, thyme, and oregano. Pour over salmon then fold up foil around the salmon. Bake until the salmon is cooked through, about 25 minutes. Switch the oven to broil, and broil for 2 minutes, or until the butter mixture has thickened.
- Garnish with parsley before serving.

# Famous Explorers - Word Search

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

**BALBOA**  
**BYRD**  
**CABOT**  
**CARTIER**  
**COLUMBUS**  
**COOK**  
**CORTES**  
**CHAMPLAIN**

**DRAKE**  
**ERICSSON**  
**FROBISHER**  
**HUDSON**  
**JOLLIET**  
**LA SALLE**  
**LEWIS**  
**LIVINGSTONE**

**MAGELLAN**  
**MARQUETTE**  
**PEARY**  
**PIZARRO**  
**POLO**  
**RALEIGH**  
**SMITH**  
**VESPUCCI**

Answers on last page

# March Sudoku

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

EASY level - answers on last page

My wife told me to take the spider out instead of killing him.  
Went out. Had a few drinks. Nice guy. He's a web designer.

# March 2021

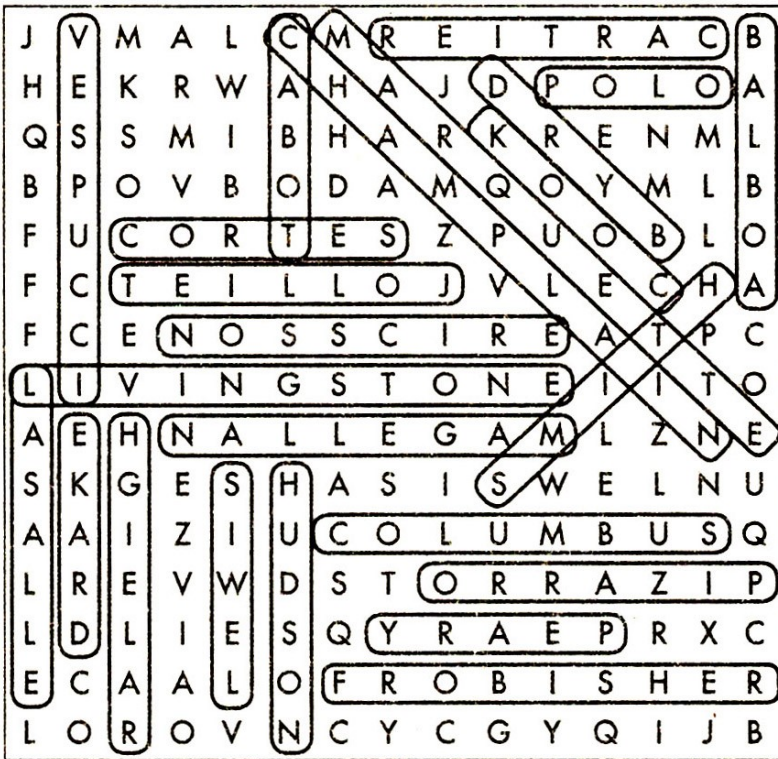
SUN	MON	TUE	WED	THU	FRI	SAT
	<b>1</b>  <i>Jody Swant</i>	<b>2</b>	<b>3</b>	<b>4</b> <b>Virtually Step Up</b>	<b>5</b>	<b>6</b>
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b> <b>Virtually Step Up</b>	<b>12</b>	<b>13</b>
<b>14</b> <b>Daylight Savings Starts</b>	<b>15</b>	<b>16</b>	<b>17</b> <b>St. Patrick's Day</b>	<b>18</b> <b>Virtually Step Up</b>	<b>19</b>  <i>Francois Blanchard</i>	<b>20</b>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b> <b>Virtually Step Up</b>	<b>26</b>	<b>27</b>
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>			

Anyone want to buy a broken barometer?  
No pressure.

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



## FAMOUS EXPLORERS



## MARCH SUDOKU

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

## Slow Humour

A guy is at home and hears a knock at the door.  
 He opens the door and sees a snail on the porch.  
 He picks up the snail and throws it as far as he can.  
 3 years later there's a knock on the door.

He opens it and sees the same snail who says: 'What the hell was that all about?'

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.