



## Brain Injury Association of the Ottawa Valley

# NEWSLETTER May 2021

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



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[www.biaov.com](http://www.biaov.com) - [contact@biaov.org](mailto:contact@biaov.org)

## GOODBYE HANNAH!



As I move on to the next chapter of my professional life, I thank you for being an amazing set of people who I've really enjoyed working with. Thanks to each of you, I'll never forget being a part of the BIAOV team.

Best wishes to all!



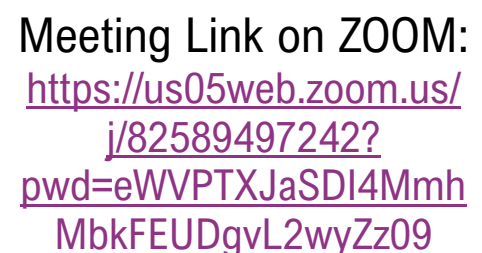
## IN THIS ISSUE

### Page

- 1 Bye from Hannah
- 2 Monday Relaxation Meetings
- 3 **Tania's Poem**
- 4 Peer Support
- 5 Web Links
- 6-8 Living With Concussion
- 9-10 Computer Tips
- 11 Dad Jokes
- 12-13 Recipes
- 14 Word Search
- 15 Sudoku
- 16 May Calendar
- 17 Solutions

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

# Virtual Monday Night Relaxation



## Monday Nights until June 14th

**Where?** Hosted virtually on Blue Jeans

Download Zoom App: [https://zoom.us/download#client\\_4meeting](https://zoom.us/download#client_4meeting)

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## Music



Aids to one to express their environment,  
Perhaps relays the creators' sentiments,  
Helps you savor the world around,  
It's an expression of scenery that abounds.

It provides an outlet of one's emotions,  
Also it may demonstrate an artists devotions,  
Upon experiencing the artists creation,  
The audience often experiences elations.

During music we absorb, dance, share and sing,  
It's enlivening, inspiring and invigorating,  
The experience may generate internal energy,  
Choices may demonstrate individuality.

Through classic, regional, or rock and roll,  
It warms the heart and moves the soul,  
Regardless of the piece's score,  
Music does all the above and so much more.

Tania M.

May  
2021

# Peer Support Corner

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Partners &  
Mentors

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Hello Everyone,

I hope you are all doing well in these very difficult times.

Today I would like to talk about the Peer Support Program in more detail.

Once or twice a year, my Coordinator from OBIA and I train new Mentors who will be matched with Partners for a Partnership that will last for one year.

Both Mentors and Partners are either brain injury survivors, family members or unpaid caregivers.

After detailed interviews and paperwork have been completed, I search in our provincial database for a suitable match based on: type of brain injury, gender, hobbies, interests and specific life challenges. Once a match has been found, the Mentor will call their Partner once a week at a mutually pre-agreed day and time.

I have been the Peer Support Coordinator for over 6 years and have observed how beneficial the Mentor-Partner relationship is on both sides of the equation; the Mentor offers support and friendly advice to the Partner, and in return, the Partner has someone who listens and really understands what he or she is going through... from lived experience. So, neither of them feels isolated and lonely.

If you are interested in participating in the Peer Support Program, please don't hesitate to contact me.

By phone: (613) - 233 - 8303 (please leave a message)

By Email: [pscbiaov@gmail.com](mailto:pscbiaov@gmail.com)

I wish you good health and safety,

Helene Richardson  
Peer Support Coordinator - BIAOV



# Live Video Cam Links

*On Those Days  
When You  
Can't Get Out*

## Window Swap:

<https://www.window-swap.com/>

Click on *"Open a new window somewhere in the world"* [will open a new tab]

Or - Try to search <https://www.youtube.com/> :

- "live bird feeder cam"
- "live cameras around the world"
- "live camera streaming animals"

Next Month  
We Explore:  
<https://archive.org/>

**Live Coral Reef-** <https://www.youtube.com/watch?v=xk7z4F9REuM>

**Live Coral Reef Aquarium -** <https://www.youtube.com/watch?v=a-C8x6BDHUg>

**Panama Fruit Feeders at Canopy Lodge -** <https://www.youtube.com/watch?v=WtoxxHADnGk>

**LIVE HD - Hornbill, Wood hoopoes, Coucal, Loeries, Bushbaby, and more -** [https://www.youtube.com/watch?v=2ld56oOE\\_Kk](https://www.youtube.com/watch?v=2ld56oOE_Kk)

**Live Allen's Hummingbird Nest Cam -** <https://www.youtube.com/watch?v=z3HDROQc2eU>

**California Eagles Live Nest Webcam -** <https://www.youtube.com/watch?v=-CVZT7aOcj8>

**Live Webcam from Kenya -** <https://www.youtube.com/watch?v=s4SiFUNYdT8>

## Chip's Tips

What Will Happen to Your Body If You Walk Every Day - YouTube  
<https://www.youtube.com/watch?v=3Ka7B3hCg08>

## Ottawa Public Library Resources: Part 2

The Ottawa Public Library (OPL) has a range of services and accessible collections that can be of help to those living with concussion/mTBI.

Here's the link to an overview on the OPL's accessibility page:

<https://bibliooottawalibrary.ca/en/category/subjects/accessibility>

### Services available if you can't go to a library branch:

#### 1) Homebound Service

<https://bibliooottawalibrary.ca/en/homebound-services-0>



The Homebound service is free, and available to library users who are confined to their home or residence for 3 months or more, and can't go to a library branch or Bookmobile stop because of disability, age, or illness.

You can ask for specific titles, or OPL employees can select material for you based on your profile preferences.

Items are delivered to your door monthly by OPL employees or volunteers.

To register, contact OPL's **Homebound Services:**

[Homebound@BiblioOttawaLibrary.ca](mailto:Homebound@BiblioOttawaLibrary.ca)

613-580-2944

#### 2) Bookmobile Service

<https://bibliooottawalibrary.ca/en/library/bookmobile>

The OPL has a Bookmobile service for those who can't go to an OPL library branch, but are able to go to a designated Bookmobile stop.

The OPL has two Bookmobile vehicles with items that can be checked out. Each of



the Bookmobile vehicles has its own unique collection of items, in a range of formats.



Items that are in the Bookmobile collection cannot be put on hold, to ensure that everyone has equal access to the collection.

However, if you place an item on hold from the regular OPL collection,

you can choose a specific Bookmobile stop as the designated pick-up location (vs a library branch).

No appointment is needed to return items or pick up holds at a Bookmobile stop.

To see whether an item you want is available at a particular stop, call 613-580-2424 x32629 (Mon-Fri: 8:00-4:00), or send an e-mail message to

[Bookmobile@BiblioOttawaLibrary.ca](mailto:Bookmobile@BiblioOttawaLibrary.ca)

The Bookmobile service is available Monday to Saturday at various times, at designated stops across the city.

For the current schedule and list of stops:

<https://bibliootawalibrary.ca/en/library/bookmobile>

For general Bookmobile service updates, you can go to the OPL's Twitter account:

<https://twitter.com/OttBkMobileBus>

### ***PLEASE NOTE:***

**OPL users are normally allowed inside the Bookmobile to browse the available items. However, due to Covid-19 restrictions, users are not currently allowed to enter the Bookmobile, and returns and pick-ups are available “curbside” only.**

**As well, since the publication of this newsletter, the above information may have changed.**

**Please consult the OPL for up-to-date information and procedures.**

**For all OPL-related questions: 613-580-2940 (Infoservice)**

**For Covid-related updates (OPL blog):**

**<https://bibliootawalibrary.ca/en/blogs/opl-services%E2%80%AFduring-stay-home-order>**

# Free Lunch & Learn Webinars

## Living With Concussion

The Ontario Brain Injury Association (OBIA) and The Brain Changes Initiative (BCI) have joined together to offer a series of free webinars.

This Distinguished Speaker's Webinar series was designed to inform health care workers and professionals about topics in the field of brain injury. It can also be a useful source of expert information for those living with a brain injury and their caregivers.

The upcoming webinar sessions are hosted on Zoom from 12:00 noon until 1:00 p.m. on the dates listed below (note that the May 13 session will be 90 minutes).

If you would like to attend, you need to register for each session separately. You will be sent a unique Zoom link before each session.

Make sure to register with the same e-mail address that you will be using to access each Zoom session.

<https://obia.ca/complimentary-brain-injury-webinars-for-professionals/>

### Topics and Speakers (click on each title for more info, or to register)

- **May 6** - [Cognitive & Neurological Consequences of COVID-19](#) with guest speaker Dr. Adrian Owen
- **May 13** - [Shaping the Brain: The Woman Who Changed her Brain AND Exercise for Rehabilitation After Brain Injury](#) with guest speakers Barbara Arrowsmith and Enrico Quilico
- **May 20** - [Holistic Modalities: Evidence Based Healing of the Brain](#) with guest speaker Dr. Paul Oh
- **May 27** - [Empathic Strain & Trauma: Understanding the Essentials During Times of Crisis](#) with guest speaker Francoise Mathieu
- **June 3** - [From TBI Survivor to Medical Doctor: My Road to Recovery - A Five Pillar Approach](#) with guest speaker Dr. Matthew Galati



# Computer Tips for the Brain: “A Bigger Mouse Pointer”

There are 2 ways to make your Mouse Arrow bigger

- Version 1 uses the older Control Panel
- **OR - Version 2 uses the “Settings”**

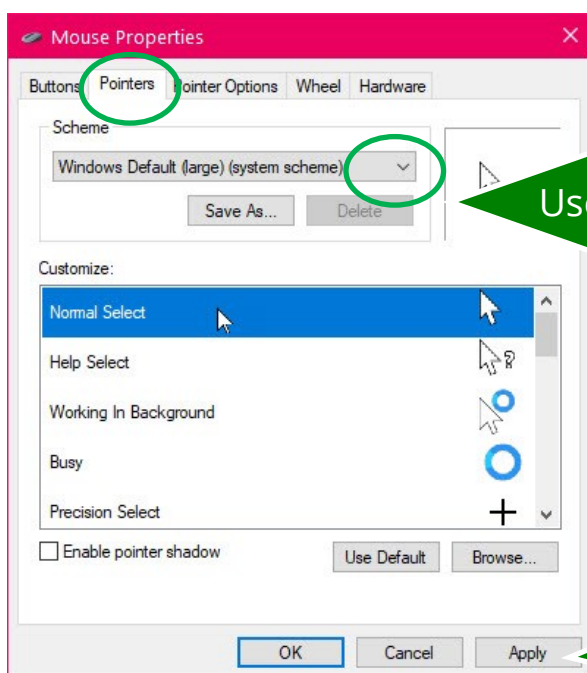
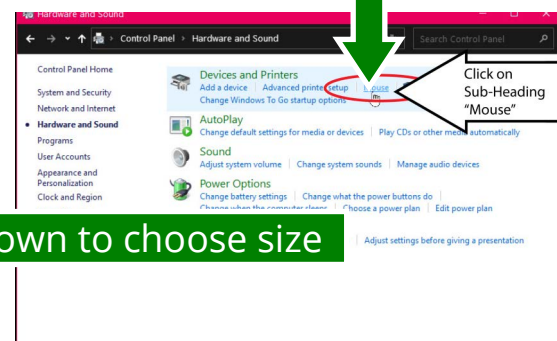
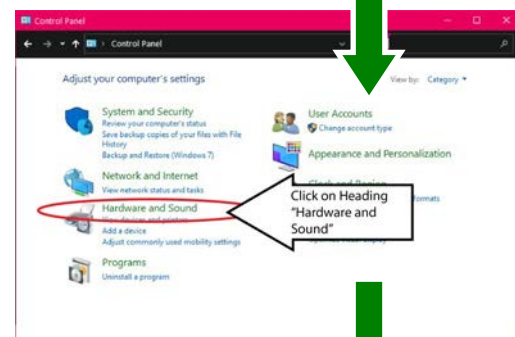
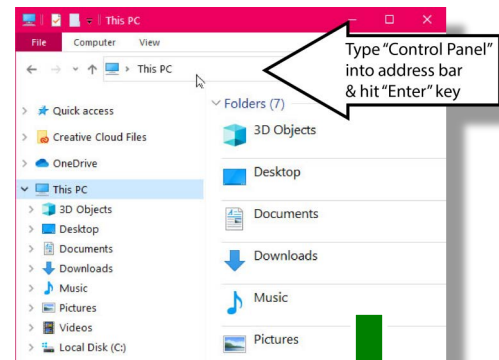
**Don't use both Versions!**

May cause system to be unstable!!

## Version 1

In Windows 10, Vista, 7 & earlier

- Open **“File Explorer”**, also called **“Windows Explorer”** - the icon for this is a folder
- In the address line type **“Control Panel”** and click **“Enter”** key
- In the **“Control Panel”** click on the Header **“Hardware and Sound”**
- Then click on the **“Mouse”** Sub-Header
- This will open the **“Mouse Properties”** box



- Click the **“Pointer”** tab and select the pointer size and style you want
- Click **“Apply”** then **“OK”** to close the box

Click “Apply” and “OK” to Close

Continued...

# Computer Tips for the Brain: “A Bigger Mouse Pointer”

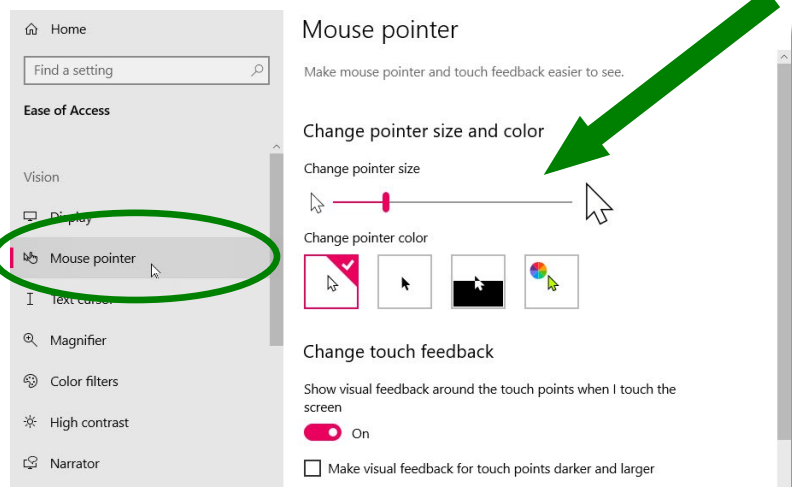
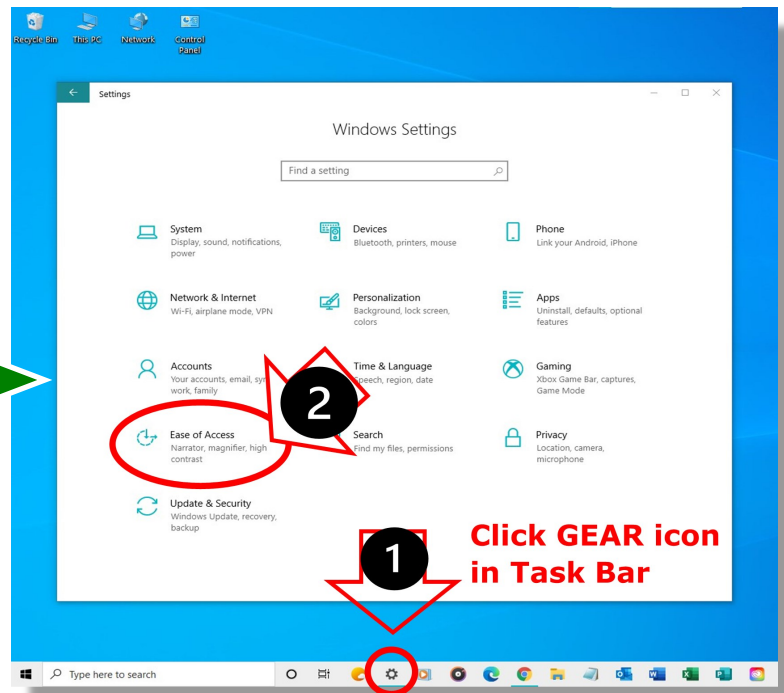
“Ease of Access” settings are described online:

<https://support.microsoft.com/en-us/windows/make-windows-easier-to-see-c97c2b0d-cadb-93f0-5fd1-59ccfe19345d>

**VERSION 2** - Mouse Pointer size can be changed by going to:

**Settings > Ease of Access > Mouse Pointer**

- ♦ To access "**SETTINGS**" go to the **Task Bar** where the App icons are lined up.
- ♦ Move your mouse arrow to the "**Gear**" shaped icon (#1 in the top image). Click on it and a window will pop up like this
- ♦ Move your mouse so that your arrow is pointing to the "**System**" area (#2 in the top image). Click on "**Ease of Access**" and it will open the next window.
- ♦ In the new "**Ease of Access**" window, in the left column, click on "**Mouse Pointer**"
- ♦ You will see a **slider to increase pointer size** on your screen. Slide to pick your choice and you're done.
- ♦ You can also choose pointer colour under the slider



**Don't use both Versions to change!**  
May cause system to be unstable!!



## Dad Jokes

@Dadsaysjokes

Did you hear about the firefighter had two sons?

Hose-A and Hose-B

I saw a microbiologist today.

He was much bigger than I expected.

My neighbour rang on my doorbell at 3am. Can you believe it!?

Luckily I was still up playing the drums.

What is worse than raining cats and dogs?

Hailing Taxis.

What did the farmer say when all of his haystacks were stolen?

This is the last straw.

How do you make the number one disappear?

You add "g" and it's GONE.

I don't mean to brag, but...

cashiers are always checking me out.

My wife is blaming me for ruining her birthday.

That's ridiculous, I didn't even know it was her birthday.

I really wanted to become a monk.  
But I never got the chants.

# RECIPE

## Dill Pickle Pasta Salad

From: [https://spaceshipsandlaserbeams.com/dill-pickle-pasta-salad/?fbclid=IwAR1Fpq5tyOI3fRyu\\_1YtunVI0G-ujSSo-60psaPrMK2SrZ05uMvO\\_11KyXI](https://spaceshipsandlaserbeams.com/dill-pickle-pasta-salad/?fbclid=IwAR1Fpq5tyOI3fRyu_1YtunVI0G-ujSSo-60psaPrMK2SrZ05uMvO_11KyXI)



### INGREDIENTS

16 oz rotini pasta cooked, drained, and rinsed in cool water

2 cup whole dill pickles diced and reserve juice (about 5 large pickles)

1 1/2 cup cheddar cheese cubed (or Colby-jack cheese)

1 to 2 tbsp fresh dill chopped

1/2 cup mayonnaise

1/2 cup sour cream

1 tbsp dried dill

1/2 tsp onion powder

1/2 tsp black pepper

1/2 tsp dried parsley

2 tbsp dill pickle juice

### DIRECTIONS

- In a small mixing bowl whisk together mayonnaise, sour cream, dried dill, onion powder, black pepper, dried parsley, and pickle juice to make the dressing.
- In a large salad bowl add the cooled pasta, dill pickles, cheese, fresh dill, and dressing.
- Tip: Make sure your pasta is fully cooled before adding the other ingredients, or your cheese will start to melt.
- Stir ingredients together until well combined.
- Cover with plastic wrap and refrigerate for at least one hour to allow the flavors to blend.

# RECIPE

## INGREDIENTS

- Non-stick cooking spray
- 2 cups finely crushed vanilla wafer crumbs
- 6 tablespoons melted unsalted butter, cooled
- 2 tablespoons sugar, plus 1/2 cup
- 1(3 1/2 ounce) package instant banana pudding mix
- **1 1/2 cups whole milk**
- 3 tablespoons Bourbon
- 2(8 ounce) blocks cream cheese
- **1/2 cup sugar**
- 2 cups Cool Whip, plus 2 cups for topping
- 1 cup whole vanilla wafer



## Banana Pudding Cheesecake Bites

<https://foodtv.com/3fHxEJh>

## DIRECTIONS

- Spray two large silicone muffin tins with non-stick spray. In a large bowl, combine the vanilla wafer crumbs with the melted butter and 2 tablespoons sugar until evenly incorporated. Divide the mixture evenly into two large silicone muffin trays. Press down evenly to form a smooth even crust. Place the pans in the freezer.
- In a medium bowl, whisk together the pudding mix, milk and bourbon until well combined. Place in the fridge and let chill until firm.
- In the bowl of a stand mixer fitted with the paddle attachment, beat the cream cheese and sugar until light and fluffy, about 2 minutes. Add the chilled pudding and mix until just combined. Fold in 2 cups Cool Whip, being careful not to over-mix.
- Divide evenly into the muffin pans over the crust and spread to make smooth. Place in the refrigerator and chill for at least 4 hours or overnight. Place in freezer for an hour before serving.
- Remove the chilled cheesecakes from the pans and place on a plate or platter. Place 2 cups cool whip in a piping bag fitted with a medium star tip. Dollop each cheesecake with a bit of Cool Whip and spread out into an even layer. Place a whole vanilla wafer in the center of each cheesecake then pipe a decorative border around the edge of each cheesecake.



# Genetics - Word Search

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

ALLELE  
 AMINO  
 CARRIER  
 CELL  
 CHROMOSOME  
 CLONE  
 CODE  
 CROSS

DNA  
 DOMINANT  
 FAMILIAL  
 GENE  
 GENOME  
 HAPLOID  
 HYBRID  
 MITOSIS

MUTATION  
 NUCLEUS  
 PLASMID  
 SEQUENCE  
 SOMATIC  
 TRANSLOCATION  
 TRISOMY  
 VIRUS

Answers on last page



# May Sudoku

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

EASY level - answers on last page

"Diapers and politicians should be changed often...  
and for the same reason."

Mark Twain

# May 2021

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3 Virtual Monday Night Relaxation Station	4	5	6 Virtually Step Up	7	8
9	10 Virtual Monday Night Relaxation Station	11	12	13 Virtually Step Up	14	15
16	17 Virtual Monday Night Relaxation Station	18	19	20 Virtually Step Up	21	22
23 30	24 Victoria Day * *VMNRS 31	25	26	27 Virtually Step Up	28	29

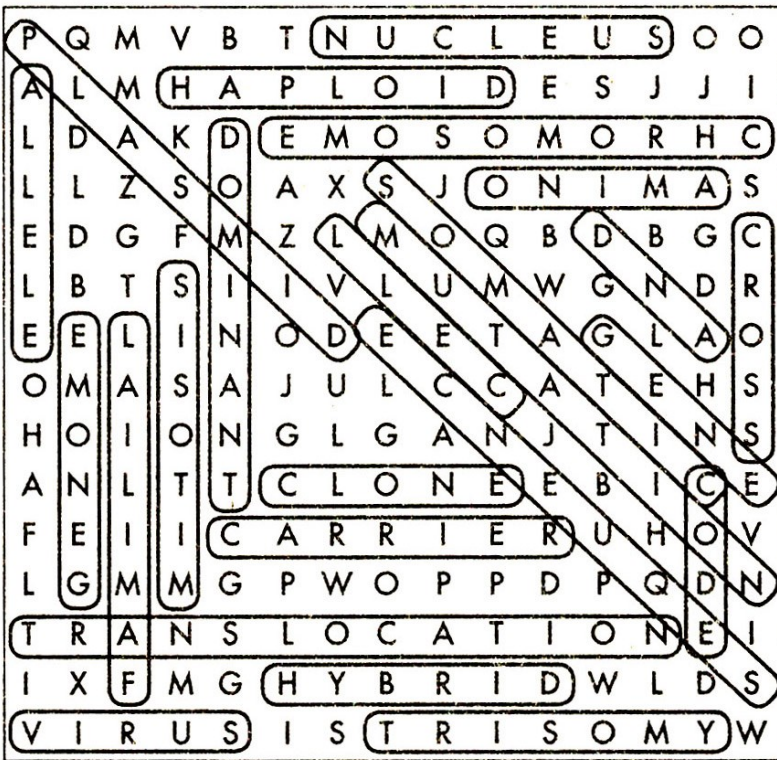
\* and National Patriots' Day (Quebec)

\*Virtual Monday Night Relaxation Station

My uncle has two dogs. Rolex and Timex.  
They're watch dogs.

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

## GENETICS



## MAY SUDOKU

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

## Life Lesson

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.

The Step Up Work Centre slogan is

***"Member Run, Member Driven"***

***So we want to hear from the members!***

Submissions can be sent to [info@biaov.org](mailto:info@biaov.org) for future issues.