



Brain Injury Association of the Ottawa Valley

NEWSLETTER June 2021

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



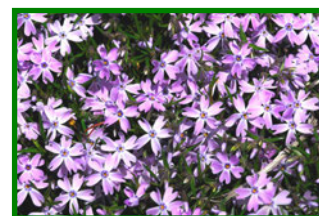
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www.biaov.com - contact@biaov.org



June is Brain Injury Awareness Month in Canada!

This month, we are committed to shining a **#SpotlightOnBrainInjury** and sharing the stories of those impacted by brain injury. Brain injury affects over 165,000 Canadians per year and is often impacted by factors such as race, religion, environment, gender, and poverty. Help us raise awareness for **#BrainInjury** by following the hashtags **#BrainInjuryAcrossCanada** and **#SpotlightonBrainInjury** and sharing our posts.

Together, we can create a better world for the brain injury community.



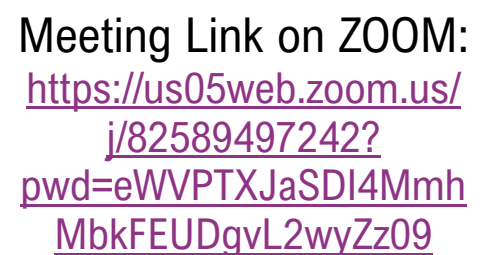
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Virtual Monday Night Relaxation

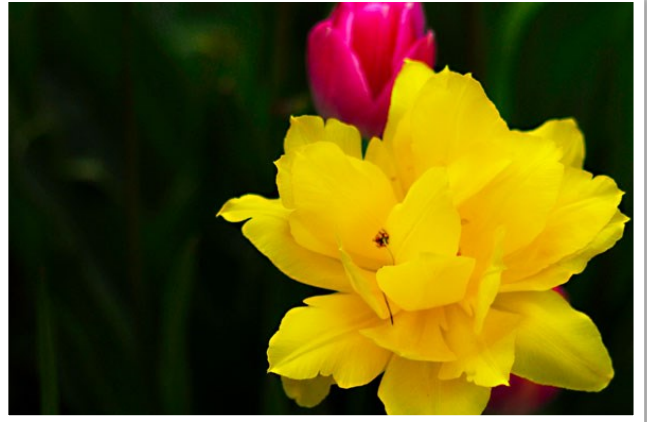


Monday Nights until June 14th

Where? Hosted virtually on Blue Jeans

Download Zoom App: https://zoom.us/download#client_4meeting

Confidence



There is an internal confidence,
Derived from your experiences,
Allowing one to feel achievement,
Offering personal fulfillment.

Within a person can truly find,
Multiple mastered skills of varied kinds,
Enjoy all that offers pleasure,
For they are activities to treasure.

Perhaps through a service offered,
Or an item one has produced,
These lead to increased self esteem,
Reaching towards ones goals and dreams.
Confidence.

Tania M.

June
2021

Peer Support Corner

Losses and Grief

Hello Everyone,

I hope that you had a good month during these hard times!

Today I would like to address the Mentors that have departed this world over the past years. May they Rest In Peace and never be forgotten.

They were part of the Peer Support Program and touched many lives along the way with their smiles, presence, support, and love of life and mentoring.

I thought that this was a very relevant sentiment, given the present challenges we face every day with the Covid-19 pandemic. We miss our hugs, interaction, human warmth and contact with others. Over the last 18 months or so, some of us have lost some family members or friends which resulted in many different ways of mourning. It is always very hard, physically and mentally, to see someone we love leave our lives.

We have to remember the good times, try to stay positive, and keep busy.

I know it is easier said than done, with all of the sacrifices we have made, but we have to believe that better times are ahead, rely on our beliefs, and hope for a better tomorrow...

For information about the Peer Support Program, please don't hesitate to contact me.

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

By E-mail: pscbiaov@gmail.com

Stay safe and stay well.

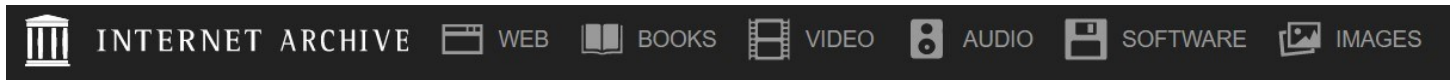
Helene Richardson
Peer Support Coordinator - BIAOV



The Archive.org

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

Search the history of over 568 billion web pages on the Internet. Internet Archive is a non-profit library of millions of free books, movies, software, music, websites, and more. <https://archive.org/>



Click on the icons on the website which will take you to different sections, or use the search.

About the Internet Archive

From <https://archive.org/about/>

The Internet Archive is building a digital library of Internet sites and other cultural artifacts in digital form. Like a paper library, it provides free access to researchers, historians, scholars, the print disabled, and the general public.

Today the archive contains:

- 475 billion web pages
- 28 million books and texts
- 14 million audio recordings (including 220,000 live concerts)
- 6 million videos (including 2 million Television News programs)
- 3.5 million images
- 580,000 software programs



They pay special attention to books. Not everyone has access to a public or academic library with a good collection, so to provide universal access they provide digital versions of books. Some of the digitized books are only available to people with print disabilities. You can follow on [Twitter](#) and [Facebook](#).

Canadian Concussion Centre's 1-year Webinar Series

The Canadian Concussion Centre (CCC), based at the Krembil Brain Institute, Toronto Western Hospital is hosting a free one-year Webinar series. It started on March 2, 2021 and will include 25 sessions. This series is for people with persisting concussion symptoms, their families, friends, and caregivers, as well as for health care professionals.

Topics include: introduction to concussions (Dr. Charles Tator), imaging of concussion, dizziness & vertigo, headaches, mental health, research-based treatments such as exercise therapy and vestibular therapy, etc.

Sessions take place live every 2nd Tuesday from 6-7 p.m. Each session has a 30-minute presentation by an expert, followed by a moderated 30-minute question period. Registered participants can either submit questions in advance, or during the live presentation.

Here's the link to the general information and the list of topics from March 2nd to June 22nd. Future topics have not yet been specified.

https://www.uhn.ca/Krembil/Research/Projects/Canadian_Concussion_Centre/Documents/CCC-Webinar-Series.pdf

Here's the link to register for the June sessions (June 8th and June 22nd).

https://events.myconferencesuite.com/Canadian_Concussion_Centre_Webinar_Series

All of the sessions are recorded, and then posted on the CCC's site. New recordings are added soon after the live session has taken place.

Here's a link to the growing list of recordings.

https://www.uhn.ca/Krembil/Research/Projects/Canadian_Concussion_Centre/Pages/web_seminar_series.aspx



Lost & Found: What Brain Injury Survivors Want You To Know

This may resonate with those who have a brain injury. It's an article called "Lost & Found: What Brain Injury Survivors Want You To Know."

It has a list of 18 common brain injury themes that may be misinterpreted or misunderstood by people who don't have a brain injury.

The article is an excerpt from the book: "Lost & Found: A Survivor's Guide for Reconstructing Life After a Brain Injury," by Barbara J. Webster.

The author has made it available online for Brainline, an American organization focused on brain injury & PTSD.

<https://www.brainline.org/article/lost-found-what-brain-injury-survivors-want-you-know>

Here are some examples:

"I am not being difficult if I resist social situations. Crowds, confusion, and loud sounds quickly overload my brain...Limiting my exposure is a coping strategy, not a behavioral problem."

"My stamina fluctuates, even though I may look good or "all better" on the outside. Cognition is a fragile function for a brain injury survivor. Some days are better than others. Pushing too hard usually leads to setbacks, sometimes to illness."

"If we are talking and I tell you that I need to stop, I need to stop NOW! And it is not because I'm avoiding the subject, it's just that I need time to process our discussion and "take a break" from all the thinking. Later I will be able to rejoin the conversation and really be present for the subject and for you."



Living With Concussion

Concussion News: From CBC Radio's science show "Quirks & Quarks"

Quirks & Quarks featured a story on April 1, 2021 about research on diagnosing concussions in athletes, and the potential of creating a rapid diagnostic test.

The 3-year study was done by Antonio Belli, a Professor of Trauma Neurosurgery at the University of Birmingham in England.

His research looked at biological markers in rugby players' saliva.

The study tested the saliva of 1,028 professional men's rugby players from England's top two rugby leagues during the 2017-18 season. Belli identified a panel of 14 saliva biomarkers that were present in players with concussions. The study then applied the test to the entire 2018-19 season, with a 94% accuracy rate in concussion detection.

The full interview with details is available in audio format (8 mins, 17 secs), as well as a brief written description, on the Quirks & Quarks Website:

<https://www.cbc.ca/radio/quirks/apr-3-gorilla-troops-raise-orphans-canadian-laser-cools-antimatter-concussion-spit-test-and-more-1.5971234/game-changing-saliva-test-could-rapidly-diagnose-concussions-for-athletes-1.5971244>

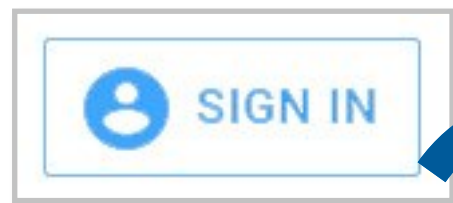
Computer Tips for the Brain:

“YouTube Dark Mode”

With Your Google Account

Create a Google Account:

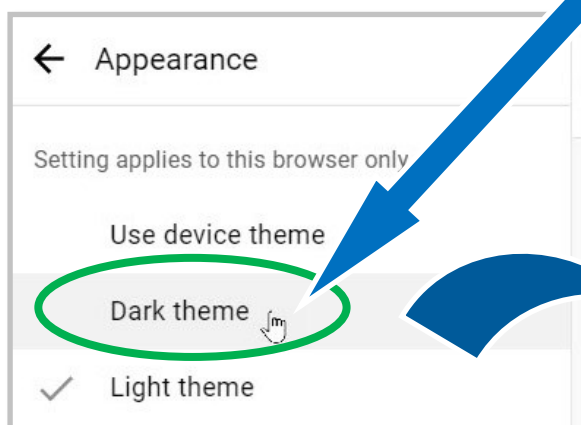
<https://support.google.com/accounts/answer/27441?hl=en>



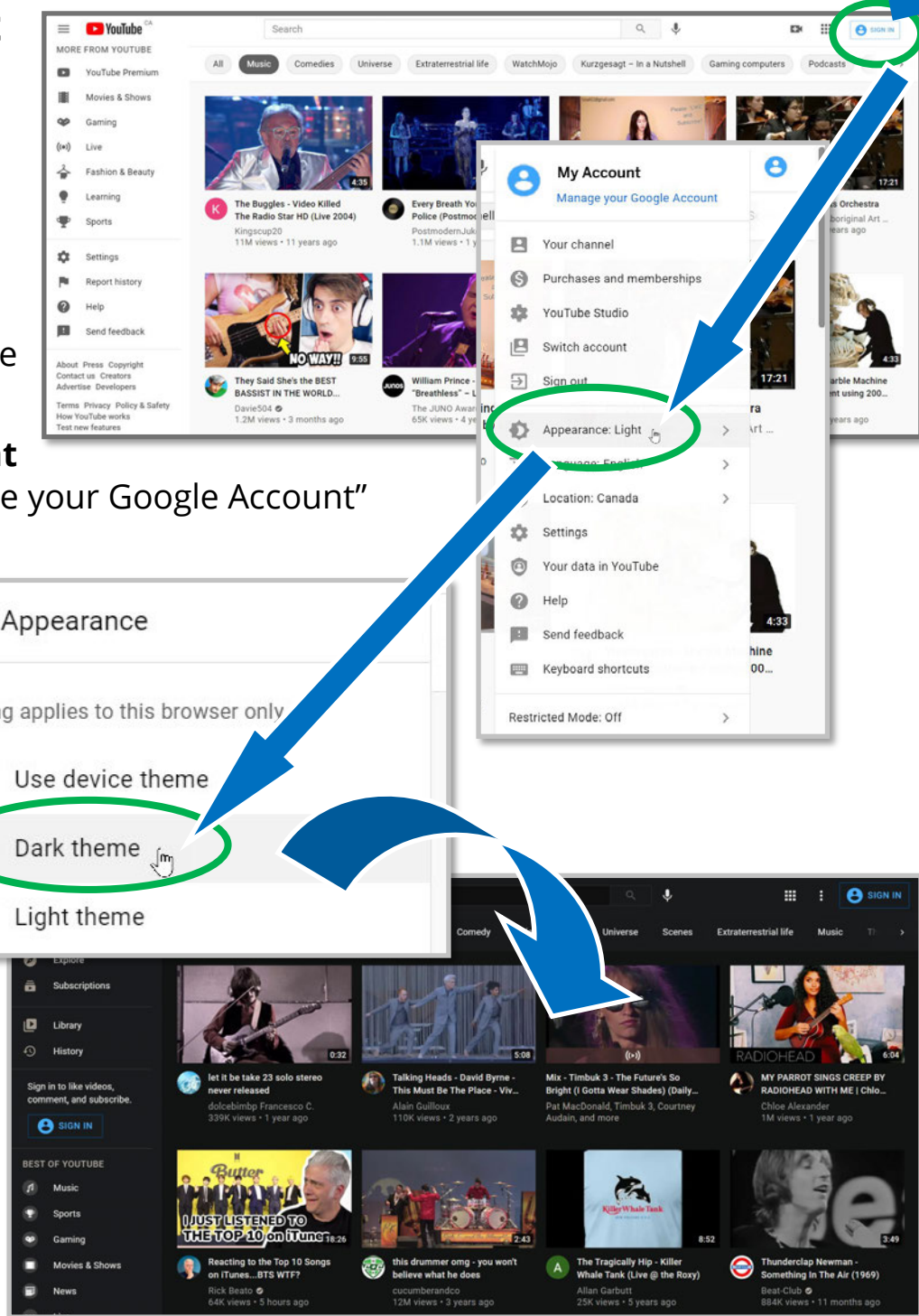
If you watch a lot of YouTube in your Chrome Browser

And you want to ease your eyestrain...

1. Sign in to your Google account in YouTube
2. Click on your **account icon** to open “Manage your Google Account”
3. Click on “Appearance” and click on “Dark theme” to change background to black.



... and now you can watch your videos with less eyestrain!





Dad Jokes

@Dadsaysjokes

I told my suitcases that there will be no vacation this year.
Now I'm dealing with emotional baggage.

I tried to re-marry my ex-wife.
But she figured out I was only after my money.

I didn't think the chiropractor could improve my posture...
but I stand corrected.

An invisible man married an invisible woman.
Their kids were nothing to look at either.

I took my new girlfriend to the ice rink on our first date.
It was half-price night. She called me a cheap-skate.

Studies show cows produce more milk when the farmer talks to them.
It's a case of in one ear and out the udder.

My wife claims I'm the cheapest person she's ever met.
I'm not buying it.

Did you know that a raven has 17 rigid feathers called pinions, while a crow only has 16?
So the difference between a raven and a crow is just a matter of a pinion.

My cross-eyed wife and I just got a divorce.
I found out she was seeing someone on the side.

RECIPE

Ramen Noodle Salad

From: <https://www.delish.com/cooking/a21087265/ramen-noodle-salad-recipe/>

YIELDS: 6

PREP TIME: 0 HOURS 25 MINS

TOTAL TIME: 0 HOURS 45 MINS



INGREDIENTS

2 3-ounce packets chicken-flavored ramen noodles, one seasoning packet reserved

1/2 c. chopped almonds

2 tbsp. extra-virgin olive oil

2 tbsp. rice vinegar

1 tbsp. toasted sesame oil

1 tbsp. low-sodium soy sauce

1 tbsp. honey

Kosher salt

Freshly ground black pepper

1/4 head red cabbage, thinly sliced (2 cups)

1/4 head green cabbage, thinly sliced (2 cups)

5 green onions, thinly sliced

1 large carrot, shaved into ribbons using a vegetable peeler

1 tbsp. sesame seeds, plus more for garnish

1 10.7-ounce can Mandarin oranges, drained

1 avocado, diced

DIRECTIONS

- Preheat oven to 400° with a rack set in the middle. Break up ramen noodles into 1" pieces and mix on a rimmed baking sheet with almonds. Toast until golden, 6 to 8 minutes, stirring once. Let cool completely.
- Whisk together olive oil, rice vinegar, sesame oil, soy sauce, and honey in a large bowl and season with salt and pepper.
- Add red and green cabbages, green onions, carrot, and sesame seeds. Let sit at least 20 minutes and up to 4 hours in the refrigerator, tossing occasionally.
- Just before serving, fold in Mandarin oranges, avocado, cooled noodles and almonds and toss to combine.
- Garnish with sesame seeds before serving.

RECIPE

Hawaiian Grilled Cheese



INGREDIENTS

- 4 tbsp. butter
- 8 slices white Hawaiian sweet bread
- 8 slices sharp cheddar
- 4 slices provolone
- 8 pineapple rings
- 1 c. teriyaki sauce

YIELDS: 4

PREP TIME: 0 HOURS 10 MINS

TOTAL TIME: 0 HOURS 10 MINS

Find here: <https://www.delish.com/cooking/recipe-ideas/recipes/a53596/hawaiian-grilled-cheese-recipe/>

DIRECTIONS

- Spread butter on one side of each slice of bread. In a large skillet over medium heat, place half the bread slices butter-side down. Top each slice of bread with 2 slices cheddar, 1 slice provolone, 2 pineapple rings, and 1/4 cup teriyaki sauce. Top with a second slice of bread, butter side up.
- Cook until bottom bread slices are golden brown, 2 to 4 minutes. Flip and cook until golden brown and cheese is melted, 2 to 4 minutes more. Serve immediately.

Ice Cream - Word Search

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

ALMOND
AMARETTO
BANANA
BUBBLEGUM
BUTTERSCOTCH
CARAMEL
CHERRY
CHOCOLATE

COCONUT
COFFEE
COOKIE DOUGH
FUDGE
HAZELNUT
LICORICE
MAPLE
MARZIPAN

MINT
NEAPOLITAN
PISTACHIO
STRAWBERRY
TIRAMISU
TOFFEE
VANILLA
WALNUT

Answers on last page

June Sudoku

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

EASY level - answers on last page

"The secret of getting ahead is getting started."
Mark Twain

June is Brain Injury Awareness Month



June 2021

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

* Quebec National Day - St. John the Baptist Day (Quebec)

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

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

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

1. **Take walks** (do at least 10,000 steps a day)
2. **Use honey** instead of sugar in coffee
3. **Watch your diet** (stay away from sugar and salt as much as possible) try not to eat after 6 p.m.
4. **Drink lots of water** - at least 2 litres a day

“If you don't know where you are going, you might wind up someplace else.” -
Yogi Berra

Submissions can be sent to info@biaov.org for future issues.