



Brain Injury Association of the Ottawa Valley

NEWSLETTER July 2021

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



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Happy Canada Day

As we reach our nation's birthday, the news is full of stories, both good and bad.

There is emerging information and protests are taking place as we wait for the full story of lost indigenous children.

Politicians argue for attention in anticipation of a possible election.

Covid-19 vaccines are working, and Canadians continue to receive their shots in increasing numbers.

Overall, it has been a difficult year.

However, there are positive changes happening. We need to continue to support friends and family, and be grateful that as Canadians we have the opportunity to work together for a better future.



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STEP UP
Work Centre

Goodness in Every Canadian

There's goodness in every Canadian,
Through work, play and other actions,
It's demonstrated every day,
And displayed in several ways.

Our children in parks and at home,
Often their imagination is shown,
As they help, learn, study, and play
Developing their life's own way.

In how they produce, devise, and design,
Our farmers, gardeners and artisans,
Our scientific researchers demonstrate,
In how they adapt and discover, and create.

Transit operators taking time to aid,
Many young families and disabled is made,
Donators and volunteers as they share,
Demonstrate that they DO care.

Those who build, labour, and clean,
Contribute to the overall national scene,
The goodness of all together leads,
TO a Canadian society that succeeds.



Tania M.

July 2021

Peer Support Corner

Hello Everyone,

Caregivers

How would we survive without Caregivers?

With great difficulty, I would say. We talk about the Acquired Brain Injury survivors, but not often enough about the people surrounding them: parents, grandparents, siblings, spouses, as well as friends and acquaintances.

Caregivers are all responsible for the well-being and recovery of the ones who suffered injuries. Without them there would be no continuity and rehabilitation, which are a result of their love, attention, perseverance, wisdom, care and advocacy.

Caregivers are a big part of the success of the system and are often forgotten.

I would like to tip my hat to them. And to those fortunate enough to have a caregiver, I ask you to take the time to appreciate and recognize the positive impact that they bring to your life.

As mentioned previously the Peer Support Program also includes caregivers.

If you have any questions, please don't hesitate to contact me.

Voicemail: (613) 233-8303 or E-mail: pscbiaov@gmail.com

I wish you great Health and Safety.

Helene Richardson
Peer Support Coordinator - BIAOV

Ontario Brain Injury Association (OBIA) Resources

Living With Concussion

1) OBIA's Lunch & Learn Webinar Recordings Now Available



If you missed watching OBIA's **Distinguished Speaker's Webinar Series** live (April 22nd to June 3rd, 2021), the recordings are now available.

<https://obia.ca/resources/obia-webinar-archive/>

As mentioned in the May edition of this newsletter, the series was designed to be a source of expert information about topics in the field of brain injury. It is aimed at those living with a brain injury and their caregivers, as well as health care workers and professionals.

Each one-hour session is focused on a different topic:

1. Aerobic exercise to improve brain health for concussion (Dr. John Leddy)
2. Brain food: How to eat for optimal brain health (Dr. Mary Scourboutakos)
3. Cognitive & neurological consequences of Covid-19 (Dr. Adrian Owen)
4. **Part 1:** Shaping the brain: The woman who changed her brain (Barbara Arrowsmith)
Part 2: Exercise for rehabilitation after brain injury (Enrico Quilico)
5. A holistic approach to brain and heart health (Dr. Paul Oh)
6. Emphatic strain & trauma: Understanding the essentials during times of crisis (Françoise Mathieu)
7. From TBI survivor to medical doctor: My road to recovery – a 5-pillar approach (Dr. Matthew Galati)

Note: Slides for each recording, except for the last webinar (#7), are available on the OBIA site for download in PDF format.

Living With Concussion

2) OBIA's Multimedia Podcast Series: <https://obia.ca/events/multimedia-podcasts/>



Last year, OBIA, HeadsupCAN (a concussion advocacy network) and the Ontario Neurotrauma Foundation (now closed), developed a multimedia series: **Sharing Experiences with Concussion/TBI**.

The goal is to provide more context and understanding to the many different experiences that follow concussions and Traumatic Brain Injuries.

The series has 7 episodes that were released throughout June as part of Brain Injury Awareness Month in Canada. Episodes range between 1 and 1.5 hours.

Each episode examines a different aspect of the recovery process. Episodes feature a small group of individuals who had sustained brain injuries. They discuss their experiences on a topic, guided by experts in that field.

Episode topics:

1. Diagnosing concussion/TBI: The physician's perspective
2. Return to education: Understanding what's best for your brain throughout recovery
3. Return to work: Re-integration after concussion/TBI
4. Return to sport: Overcoming the stigma of concussions in sport
5. Support systems: Supporting persons who've had a concussion/TBI
6. Life after a Concussion/TBI: Adapting to a new way of life
7. Facilitators' experiences: Insights from the entire series

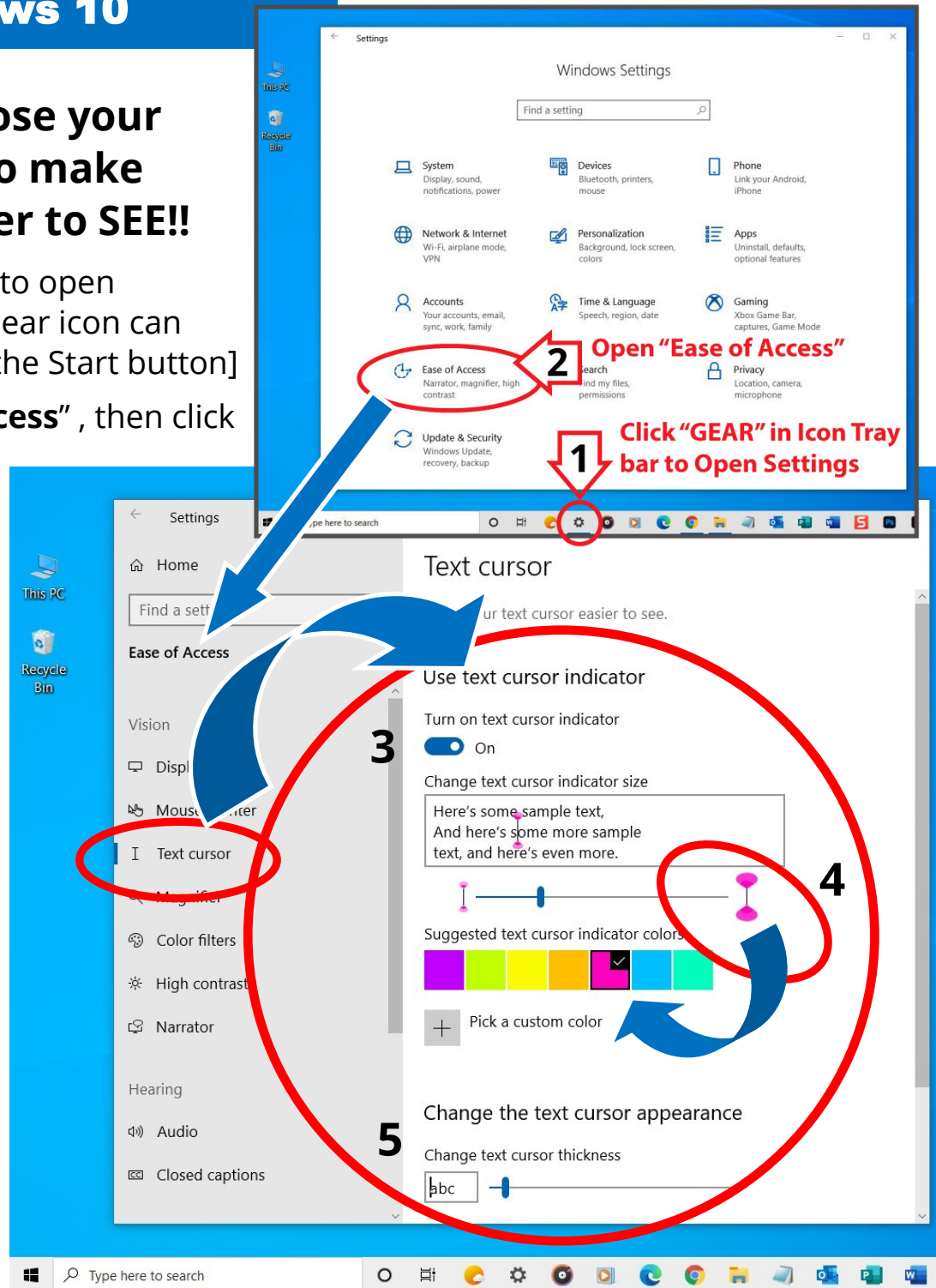
Computer Tips for the Brain: Cursors!! “foiled again” Windows 10

Ease of Access settings in Windows 10 is online:

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

If you type and lose your Cursor, try this to make your Cursor easier to SEE!!

1. Click on “**Gear**” Icon to open “**SETTINGS**” [Note: Gear icon can also be found from the Start button]
2. Click on “**Ease of Access**”, then click on “**Text Cursor**”
3. Click on slider “**Turn on text cursor indicator**”.
4. Now you can make the cursor bigger using the slider and even add your favourite colour to the top and bottom to help find the text cursor faster!
5. There is also an adjustment slider on this page for cursor thickness.
6. Also works in Dark Mode!



... and now you can find your cursor easier as you type!

How About an “Automobile Quiz” ?

Q: What is the Spirit of Ecstasy?

A: The official name of the mascot of Rolls Royce, she is the lady on top of their radiators. Also known as "Nellie in her nighty".



Q: What was the lowest priced mass produced American car?

A: The 1925 Ford Model T Runabout. Cost \$260, \$5 less than 1924.



Q: What's the only car to appear simultaneously on the covers of Time and Newsweek?

A: The Mustang



Q: Where did the name "Pick-Up Truck" come from?

A: Ford, who made the first pick-up trucks were shipped to dealers in crates that the new owners had to assemble, using the crates as the beds of the trucks. The new owners had to go to the dealers to get them, thus, they had to: "pick-up" the trucks.



Dad Jokes

@Dadsaysjokes

How does Darth Vader like his toast?
On the Dark Side.

What's red and smells like blue paint?
Red paint.

I'm making a new documentary series
on how to fly an airplane.
We are currently filming the pilot.

When I was young my mom would tear
out the last page of all my comics. She
wouldn't tell me why.
I had to draw my own conclusions.

My friend Joe recently went on the
Dolly Parton diet...
It really made Joe lean, Joe lean, Joe
lean, Joe leannnnnnnn....

Do they allow loud laughing in Hawaii?
Or just a low ha?

Archaeologists are having a party to
celebrate unearthing the largest ever
dinosaur tibia.
It's going to be quite the shindig.

I've got a condition which causes me to
make terrible puns.
It's a dad-ly disease.

What tastes better than it smells?
A tongue!

RECIPE

Best Tuna Salad

From: <https://www.delish.com/cooking/recipe-ideas/a19637640/best-tuna-salad-recipe/>



YIELDS: 4 SERVINGS / PREP TIME: 0 HOURS 5 MINS
TOTAL TIME: 0 HOURS 10 MINS

INGREDIENTS

2 tbsp. mayonnaise
2 tbsp. plain Greek yogurt
Juice of 1/2 lemon
Dash hot sauce, optional
2 (6-oz.) cans tuna (preferably packed in olive oil)
1/4 small red onion, finely chopped
2 dill pickles, finely chopped
Kosher salt
Freshly ground black pepper
Lettuce, for serving

DIRECTIONS

- In a large bowl, whisk together mayonnaise, yogurt, lemon juice, and hot sauce (if using).
- Drain tuna then add to mayonnaise mixture. Use a fork to break up tuna into flakes. Add red onion and pickles and toss to combine. Season with salt and pepper.
- Serve on lettuce or bread as a sandwich.

RECIPE

Parmesan Chicken Cutlets

Find here: <https://www.delish.com/cooking/recipe-ideas/g2801/summer-dinner-recipes/?slide=22>



INGREDIENTS

- 4 boneless skinless chicken breasts
- Kosher salt
- Freshly ground black pepper
- 3 large eggs, beaten
- 1 c. all-purpose flour
- 2 1/4 c. panko
- 3/4 c. freshly grated Parmesan
- 2 tsp. lemon zest
- 1/2 tsp. cayenne pepper
- Vegetable oil
- Lemon wedges, for serving

YIELDS: 8 SERVINGS

PREP TIME: 0 HOURS 10 MINS

TOTAL TIME: 0 HOURS 40 MINS

DIRECTIONS

- Using a sharp knife, cut chicken breasts in half crosswise. Lay halves between 2 pieces of plastic wrap and place on a cutting board. Use a meat tenderizer or rolling pin to flatten chicken to 1/4" thickness. Season chicken on both sides with salt and pepper.
- Place eggs and flour in 2 separate shallow bowls. In a third shallow bowl, combine panko, Parmesan, lemon zest, and cayenne. Season with salt and pepper.
- Working with one at a time, dip chicken cutlets into flour, then eggs, and then panko mixture, pressing to coat.
- In a large skillet over medium heat, heat 2 tablespoons oil. Add chicken and cook until golden and cooked through, 2 to 3 minutes per side. Work in batches as necessary, adding more oil when needed.
- Serve with lemon wedges.

Neil Young Songs - Word Search

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

ALABAMA
BANDIT
BIRDS
BOXCAR
BRIDGE
CARMICHAEL
COASTLINE
COWGIRL

DOWNTOWN
DRIFTER
ELDORADO
FAMILIES
HARVEST
HITCHHIKER
HOMEGROWN
LONER

MISFITS
OHIO
SCENERY
SHOTS
SOLDIER
SOMEDAY
THRASHER
TWILIGHT

Answers on last page

July Sudoku

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

EASY level - answers on last page

"Healing takes courage, and we all have courage, even if we have to dig a little to find it."

Tori Amos

July 2021

SUN	MON	TUE	WED	THU	FRI	SAT
				1 Canada Day 	2	3
4	5	6	7	8 Virtually Step Up	9 Nunavut Day	10
11	12 Orangemen's Day (NF&L)	13	14	15 Virtually Step Up	16	17
18	19	20	21	22 Virtually Step Up	23	24
25	26	27	28	29 Virtually Step Up	30	31

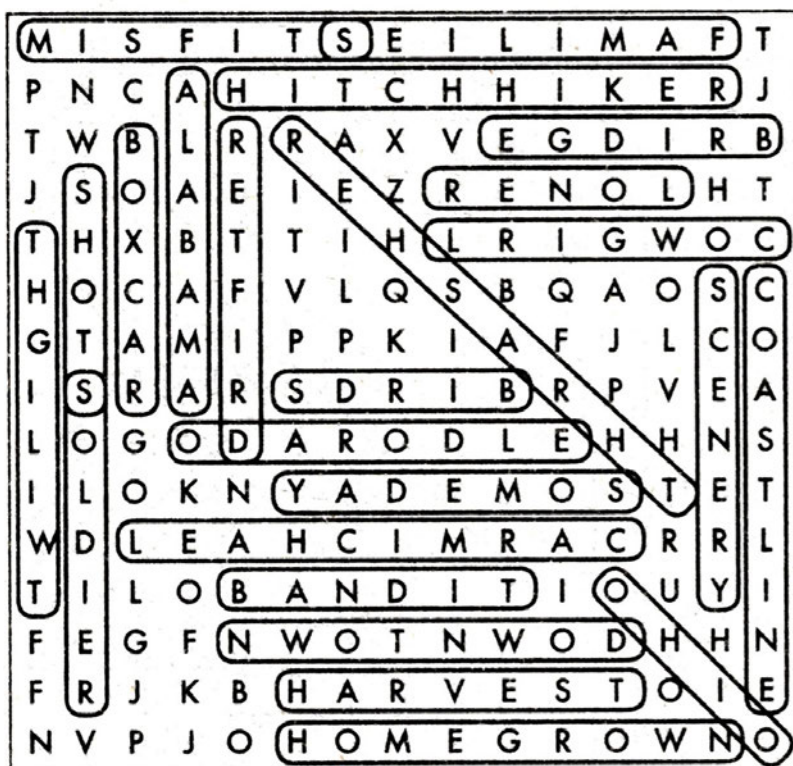
"If the world were perfect, it wouldn't be."

Yogi Berra

Contact chip@biaov.org

for weekly time for the **Virtually Step Up** Meeting !

NEIL YOUNG SONGS



JULY SUDOKU

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

Chip's Tips

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

Life Lesson

"Life is what we make it, always has been, always will be."
Grandma Moses

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 for future issues.