



Brain Injury Association of the Ottawa Valley

NEWSLETTER August 2021

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



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www.biaov.com - contact@biaov.org

The Final Vaccine Push

"Theresa Tam says it's crucial that more
Canadians get vaccinated" ~ CBC

[How to book a COVID-19 vaccine appointment](#)



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STEP UP
Work Centre



*Welcoming our
new Executive
Director to the
BIAOV family...*

Faith Neale

Faith has experience
in non-profit
management,
advocacy, project

management, community partnerships,
fundraising and marketing. She has an Honours
BA in Communications from the University of
Ottawa.

Faith brings a great deal of enthusiasm to her
position as Executive Director at the Brain Injury
Association of Ottawa Valley. She is excited to
build on her strengths, experience and
commitment by engaging with the community
members to foster her passion for helping and
supporting others.

In her spare time, you can find her venturing
around the Ottawa Valley, discovering new local
coffee shops or out hiking with her Goldendoodle
Beau.

Contact her today at faith@biaov.org

Life's Paths

Resembling wood grain's distinct lines,
A destination is sought over time,
Sometimes it seems it cannot be reached,
Still, we continue onward to seek.

Perhaps there's a desire or a pleasure,
Or a need we truly must treasure,
We may reach in the path a knot,
Thus choosing another path to what's sought.

A path's grain's wave of elation,
May offer within each destination,
Truly an experience divine,
Exuberant pleasantry highly fine.

Life's path's that we follow and choose,
May excite and challenge as we do,
Valiantly we attain the desired,
Value and comfort onward inspire.

Tania M.



August 2021

Peer Support Corner

Hello Everyone,

Friendship

Here we are again, and another month has passed. Today I would like to talk about Friendship, in fact about friends. Some are luckier than others to have many friends, but I really believe that you have to cultivate Friendship like you would flowers. Sometimes it takes months or even years to develop a real Friendship. It can start very slowly and get stronger with time.

Smiles, small gestures, a helping hand, moral support and kindness will make the Friendship grow and expand to new horizons...

There are different types of Friendship, but a real friend will always have your back and your interest in mind.

With long-time friends, you can talk about memories and situations that you experienced together, keeping your mind alert in the exchange.

I wish for you to find a new Friendship, or cultivate one that you already have. Make it a big part of your life that you can enjoy and appreciate.

If you feel in need of support, the Peer Support Program can provide you with that kind of comfort. You can share what you have been going through with someone else, and you can find the encouragement and peace of mind that you may be searching for.

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

Hélène Richardson
Peer Support Coordinator – BIAOV

E-mail pscbiaov@gmail.com
or leave a voicemail at (613)233-8303

NeuroSask: A free online exercise program

The University of Saskatchewan's College of Medicine is running NeuroSask, a free online seated exercise program for people with neurological conditions. The target audience is mainly people with Multiple Sclerosis (MS), Spinal Cord Injury, and Parkinson's Disease, but it can be helpful for those who have other neurological conditions such as a Traumatic Brain Injury (TBI).

The NeuroSask program began in April, 2020 as a 9-wk research project. Fortunately, it has received additional funding and has been extended to the end of 2021. Participants from across Canada and other countries were very happy to receive this information (around 200 people attend each session!).

The program is focused on exercises for people with mobility impairments, done in a seated position. This can be helpful for people with a TBI who experience balance issues or other issues that may hinder them from participating in a regular exercise routine.

Although done in a seated position, the sessions include the same elements found in a non-seated program, including a warm-up period, exercises that incorporate cardio, stretching and resistance training, and a cool-down period. You can go at your own pace and do only what you can.

Melanie, the physiotherapist who leads the sessions, gives various options to adapt the exercises for different mobility levels. As well, although meant to be done seated, many exercises can be done standing.



Living With Concussion

NeuroSask uses the Zoom platform. All microphones are muted, and there is no music, so there is no background noise. You only hear Melanie talking. And, if you set Zoom to the speaker view and minimize your view of the other participants, you can see only Melanie, with no visual distractions.

On Tuesdays, there is an additional 15-minute stretching session offered for those who can attend.

On most Thursdays, after the exercise session, there is a 30-minute "Connect" presentation by an expert (e.g. a neurologist discussing neurological conditions & the Covid vaccine, a neuroscientist giving an overview of neuroanatomy, etc.).

Note that the Connect sessions will be on a break in August and will resume in September.

NeuroSask is a free drop-in program, with no obligation to attend, but you need to be registered to get the Zoom link (sent by e-mail the day before each session).

Here's the link for registration and more information:

<https://rehabscience.usask.ca/neurosask/>

Sessions are held on Tuesdays and Thursdays from 4:00 to 4:30 (Ottawa time). Note that the NeuroSask website information lists the time as 2:00-2:30 because of the Saskatchewan time zone.

They open the Zoom meeting early, and usually have some riddles that are sent in from a member before each class.



Sensory-Friendly Shopping at Sobeys

In 2019 Sobeys introduced their “Sensory-Friendly Shopping” initiative that continues in their Ottawa stores. It is aimed at individuals with sensory sensitivities, which can be helpful for those with a brain injury.



Sobeys recognized that bright lights, music, store announcements and other noise can be barriers to shopping for those with sensory sensitivities.

On their website, they state that “instead of putting the accountability on our customers to accommodate their own disabilities... we introduced our Sensory-Friendly Shopping Program to stores across Canada to create a more inclusive grocery shopping experience for everyone.”

All Sobeys stores in Ontario offer Sensory-Friendly Shopping on Wednesdays from 6:00 p.m. to 8:00 p.m.

At the time of this newsletter publication, accommodations include: dimmed lighting, no music, no paging/announcements, suspended collection of shopping carts, and reduced volume of cash/scanner sounds.

Sensory-Friendly Shopping is listed for the following Ottawa stores:

Orleans store at 2276 Tenth Line Road (613-590-9179)

Orleans store at 5150 Innes Road (613-590-2205)

Kanata store at 700 Terry Fox Drive (613-831-1444)

Kanata store at 840 March Road (613-599-8965)

For information about the program on the Sobeys website:

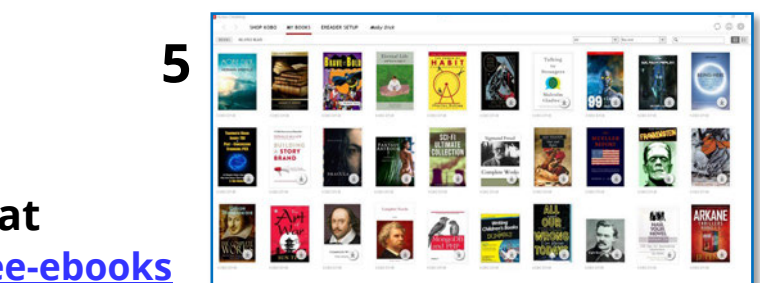
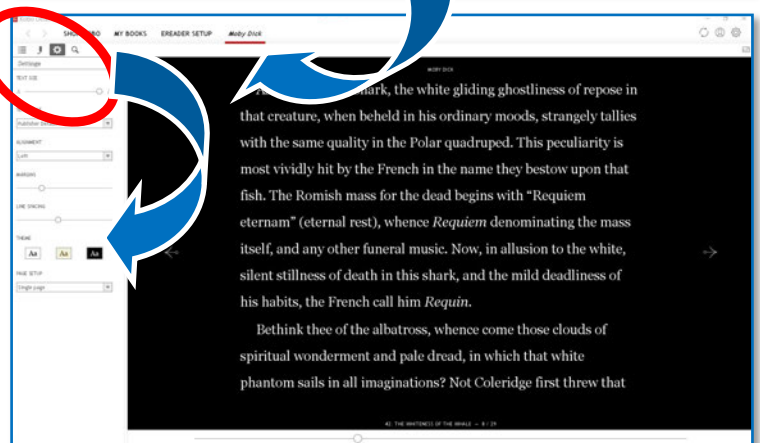
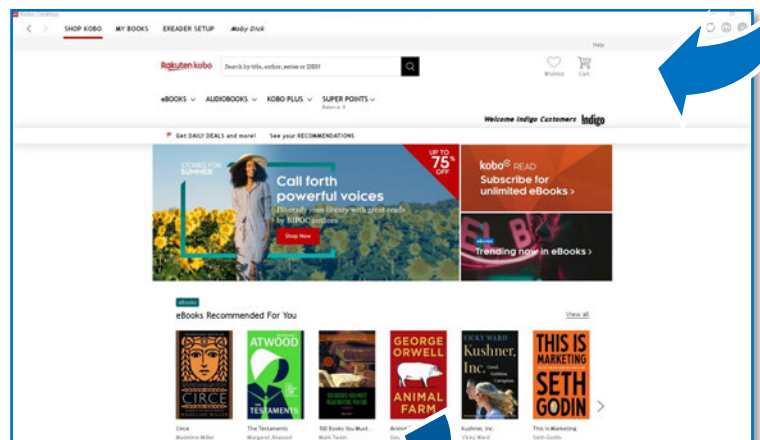
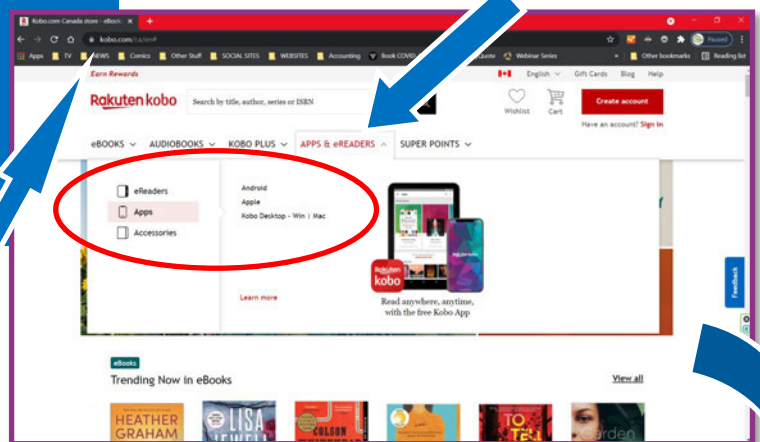
<https://corporate.sobeys.com/corporate-responsibility/leverage-diversity-inclusion-amplify-innovation/>

Computer Tips for the Brain: Read Books on a Computer: Using the KOBO App

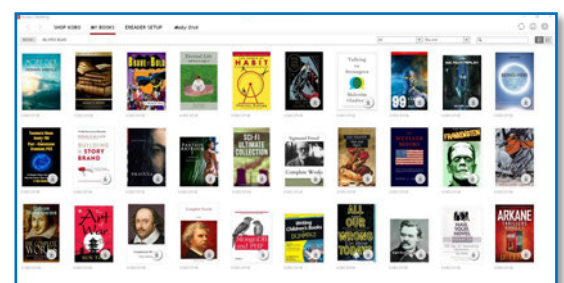
You don't need a KOBO reader to read eBooks!

If you read on your computer and want to adjust type sizes and styles

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2. Download the app to your computer
3. Install the app on your computer and log in
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5



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Dad Jokes

@Dadsaysjokes

In the old days, excessive use of commas was considered to be a serious crime.
It usually resulted in a long sentence.

My wife blocked me on Facebook because I post too many bird puns.
Well, toucan play at that game.

People call me self-centred.
But that's enough about them.

I was arrested yesterday after neighbours complained about me playing Engelbert Humperdinck records all night.
Police released me, let me go.

What's the difference between a sharply dressed man on a bicycle, and a poorly dressed man on a unicycle?
Attire.

I've recently started a dating app for chickens. It's not my normal day job, it's just to make hens meet.

Does anyone want my old copies of Chiropractor Monthly?
I've got loads of back issues.

I was wondering why music was coming from my printer..
..apparently the paper was jamming.

What did the surgeon say to the patient who insisted on closing up his own incision?
Suture self.

How About A Quick Quiz?

Q1: How many notes are there in a musical scale?

Q2: What temperature centigrade does water boil at?

Q3: What company is also the name of one of the longest rivers in the world?

Q4: What in the animal kingdom is a doe?

Q5: What is the tallest mountain in the world?

Q6: How many centimetres in a metre?

Q7: What language is spoken in Norway?

Q8: What is the busiest airport in Britain called?

Q9: Who is next in line to the British throne after Queen Elizabeth II?

Q10: What number is a baker's dozen?

ANSWERS

A1: 7

A2: 100 degrees centigrade

A3: Amazon

A4: A female deer

A5: Mount Everest

A6: 100

A7: Norwegian

A8: London Heathrow

A9: Prince Charles

A10: 13

Life Lesson

"Oh, take your time, don't live too fast. Troubles will come and they will pass..."
~ Lynyrd Skynyrd

RECIPE

LIGHT CITRUS STRAWBERRY SPREAD



FROM THE COMPLETE BOOK OF SMALL-BATCH
PRESERVING

1	large orange	1
4 cups	strawberries, washed and hulled	1 L
1 tbsp	lemon juice	15 ml
2 tbsp	granulated sugar	25 ml
1	box light fruit pectin	1
1 cup	granular low-calorie sweetener	250 ml.

DIRECTIONS

- Grate 2 tsp (10 mL) rind from orange; place in a large stainless steel or enamel saucepan. Remove and discard remaining white rind from orange. Chop pulp and place in a 4-cup (1 L) measuring cup.
- Mash strawberries; add to orange. You should have 3 cups (750 mL) fruit.
- Combine fruit, lemon juice, sugar and pectin in saucepan; mix well. Bring to a boil over high heat, stirring constantly. Stir in sweetener, return to a boil and boil hard for 1 minute, stirring constantly.
- Once made, this spread is best kept in the refrigerator and used within 3 weeks.

Makes 3 cups (750 mL).

WORD SPLIT PUZZLE #22

How to Play and
Answers on last page

Wipe out

1.

--	--	--	--	--	--	--	--	--	--

Put money into

2.

--	--	--	--	--	--

Tremble

3.

--	--	--	--	--	--

Board used by an artist to mix paints

4.

--	--	--	--	--	--	--

Greek goddess of wisdom

5.

--	--	--	--	--	--

Breathing organs

6.

--	--	--	--	--

Imposing

7.

--	--	--	--	--	--	--	--	--	--

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'C' is for Creature - Word Search

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

CABEIRL
CACUS
CAIPORA
CALLITRIX
CANAIMA
CAPA
CARBUNCLE
CENTAUR

CERBERUS
CERCOPES
CHARYBDIS
CHERUFE
CHIMBWE
CHINDI
CHORILE
CHRYSAOR

CHUREL
COCKATRICE
COLO COLO
CU SITH
CUCO
CUEGLE
CYCLOPS
CYHYRAETH

Answers on last page

August Sudoku

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

EASY level - answers on last page

“Life is what happens to you, while you're busy making other plans.”
John Lennon

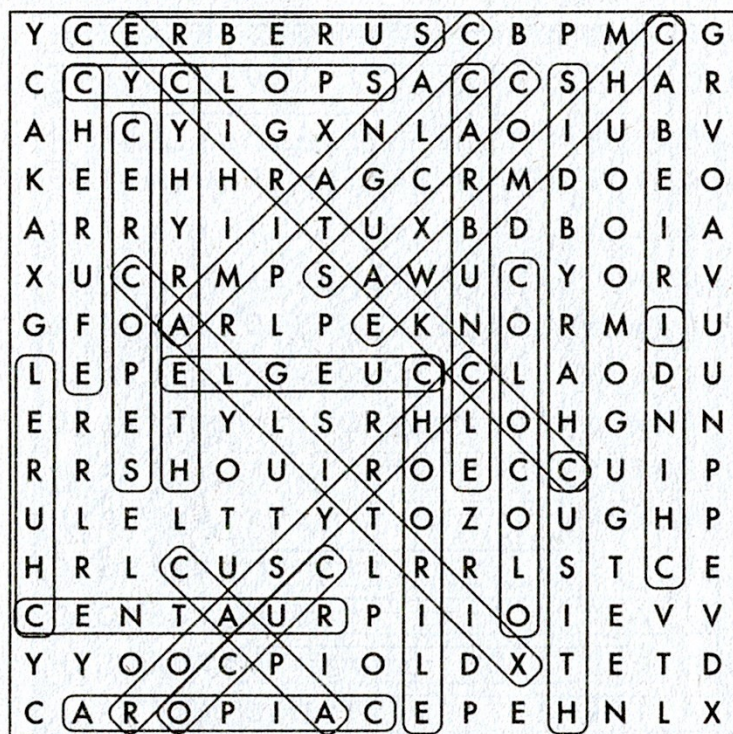
August 2021

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 Civic Holiday	3	4	5 Virtually Step Up	6	7
8	9	10	11	12 Virtually Step Up	13	14
15	16	17	18	19 Virtually Step Up	20	21
22	23	24	25	26 Virtually Step Up	27	28
29	30	31				

"Cats are intended to teach us that not everything in nature has a function." ~ Garrison Keillor

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

'C' IS FOR CREATURE



AUGUST SUDOKU

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

How to solve Word Split puzzles

Each puzzle consists of a scrambled pool of letters and a list of clues. The objective is to solve the clues and fill in the hidden words using the available letters.

All the letters in the pool can be used only once. There are no extra letters left over when the puzzle is complete.

The number of letters in each hidden word is indicated by the blank spaces under the clues.

To solve the puzzle, fill in the blanks using the clues.

Then cross the letters off the scrambled pool as you use them.

Continue until every word has been found.

PUZZLE 22

- 1

A	N	N	I	H	I	L	A	T	E
---	---	---	---	---	---	---	---	---	---
- 2

I	N	V	E	S	T
---	---	---	---	---	---
- 3

S	H	I	V	E	R
---	---	---	---	---	---
- 4

P	A	L	E	T	T	E
---	---	---	---	---	---	---
- 5

A	T	H	E	N	A
---	---	---	---	---	---
- 6

L	U	N	G	S
---	---	---	---	---
- 7

C	O	M	M	A	N	D	I	N	G
---	---	---	---	---	---	---	---	---	---

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.