



## Brain Injury Association of the Ottawa Valley

# NEWSLETTER September 2021

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



150 Katimavik Road, Suite 201, Kanata, ON K2L 2N2 - Phone 613-233-8303 - Fax 613-233-8422  
[www.biaov.com](http://www.biaov.com) - [contact@biaov.org](mailto:contact@biaov.org)

## **KEMPTVILLE & KANATA DENTAL CLINICS GIVE BACK**

### **Free Day Of Dentistry at Al Yazdani Family Dentistry.**

*We are committed to providing dental  
services to those who can't afford it.*

This is why we hold a special event called  
**Smiles on Us.**

**Our Smiles on Us** is a **FREE DAY** of  
dentistry that will take place on **Saturday,  
September 11, 2021** at both our  
Kemptville, Kanata clinic and our sister  
company at Costello Family Dentistry in  
Carleton Place.

We recognize the tremendous need for  
emergency dental services because of this  
pandemic. We have all proper PPE, air  
filtration systems and screening protocols  
in place to ensure the safety of our patients  
as well as our team. Social distancing rules  
apply.

<https://www.yazdanidental.ca/>



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

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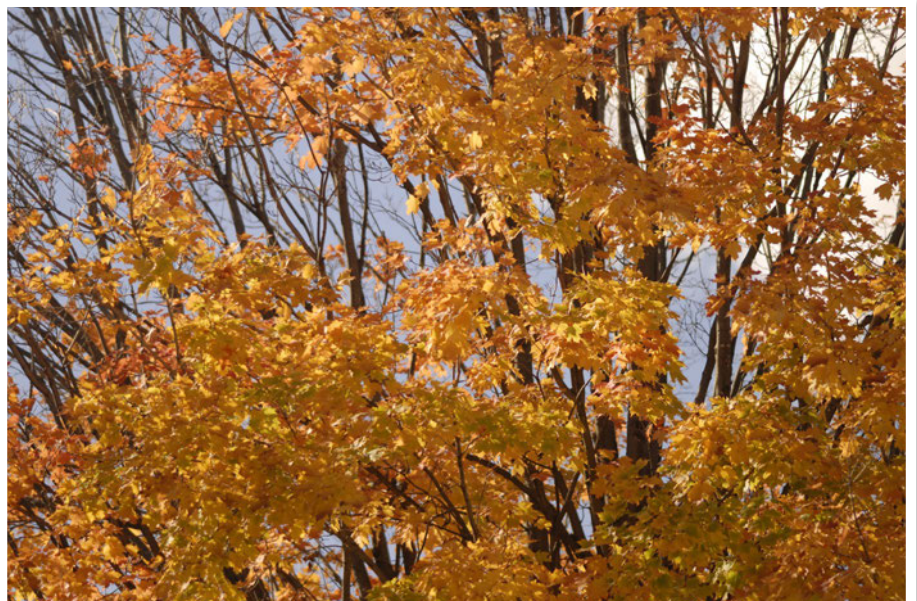
## Autumn's Colours

Beams of sunlight sparkle through the colour,  
Autumn's loss of chlorophyll in the leaves,  
Renders a damp, wet, cool season fuller,  
A river of variety it weaves.

The variety of a vibrant day,  
Displaying nature's unique resplendence,  
Enhancing a time leading a restful way,  
To the deciduous need of dormance.

Travelling along the GATINEAU Hills,  
There is Oak, Sumac, Maple, Ash and more,  
Wine, orange, red, and yellow are a thrill,  
Softly rolling we continue to explore.

Tania M.



September  
2021

# Peer Support Corner

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## *Knowing your limits*

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Hello Everyone,

I hope that you are all doing as well as can be.

With our unique aptitudes and qualities, our goal is to thrive. But, by trying to achieve everything in life, we might get exhausted or overwhelmed.

When we begin to understand our limits and how to reasonably manage our capacities, we can gradually learn to recognize that we have control over our well-being.

Determining where our limits lie can be difficult. It can result in discomfort, fatigue and stress - which can present as a real physical issue which is often discounted or not discussed.

One positive approach is to create a list of the tasks and situations that leave you feeling drained. This can give you insight into your own personal limits.

You will know that you are operating within your limits when you have the necessary energy and drive to address your personal and professional commitments.

You may be surprised to discover that your limits change over time, hopefully for the better...

Focus your energy on what you can do, seek success within your limits, and actively shape your circumstances. You can avoid anguish by simply recognizing that certain aspects of life nourish you, while others drain you.

If you are willing to accept your limits as they reveal themselves, you can have an easier passage through life, and the means to flourish.

Hélène Richardson

Peer Support Coordinator – BIAOV

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

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



## **Federal Government survey: Disability Inclusion Action Plan**

The Government of Canada is currently asking for feedback on how to improve the lives of Canadians with disabilities. This is being done with a survey on issues that will help inform the development of the Government of Canada's Disability Inclusion Action Plan.

Please note that the survey is open until September 30<sup>th</sup>, 2021.

<https://www.canada.ca/en/employment-social-development/programs/accessible-canada/consultation-disability-inclusion-action-plan.html>

The Disability Inclusion Action Plan will focus on:

- reducing poverty among Canadians with disabilities
- getting more persons with disabilities into good quality jobs
- helping meet the *Accessible Canada Act* goal of a barrier-free Canada by 2040
- making it easier for persons with disabilities to access federal programs and services
- fostering a culture of inclusion

All Canadians are encouraged to participate in this consultation:

- persons with a disability
- organizations working with persons with a disability
- caregivers or family members of persons with a disability
- persons identifying as First Nations, Inuk (Inuit), Métis or Indigenous
- members of racialized groups, the LGBTQ2 community or an official language minority community
- all Canadians

The survey asks questions about:

- financial security
- employment
- disability-inclusive spaces
- a modern approach to disability

## **OC Para Transpo's Taxi Coupon Program**

<https://www.octranspo.com/en/para-transpo/taxi-coupons/>

You may be aware that Para Transpo offers a door-to-door accessible public transit service for people with disabilities who can't take conventional public transit (see following article). However, you may not be aware that registered Para Transpo customers can also take advantage of Para Transpo's Taxi Coupon Program.

The Taxi Coupon Program allows Para Transpo customers to take a discounted taxi service as an alternative to Para Transpo. This means booking a private trip at your convenience, with a 55% discount off the regular taxi fare.

So, even if you don't use the regular OC Transpo service, you can use the Taxi Coupon Program if you become a registered customer.

### **How it works**

When you book a trip, you tell the dispatcher that you are using Para Transpo taxi coupons. If you use a mobility device or require assistance, please advise the taxi dispatcher when you book your trip.

Currently, the following companies are participating in the program: Blue Line, Capital Taxi, and West-Way.

- A coupon book costs \$18 (a value of \$40 for full taxi fares)
- Each book has a selection of \$1, \$2, and \$5 coupons
- Para Transpo customers can buy up to 8 coupon books per month

Coupons are accepted at their face value and the taxi driver cannot provide change from coupons. So, you may need cash to supplement the coupons if the fare is not an even amount. Coupons cannot be used for tips.

There's no extra charge for friends or family to travel with you.

You can order coupon books by phone or mail, allowing two weeks for delivery.



## OC Para Transpo: How to apply

<https://www.octranspo.com/en/para-transpo/>

Para Transpo's service is for people who can't take conventional public transit (bus, O-train) due to a disability. Even if you haven't had the need to use this service, it might be worth applying for it in case you have a need in the future, or if you want to use the Taxi Coupon Program (see preceding article).

There is no fee to apply, or to be a registered Para Transpo customer. There are only fees for use.

Unlike many other programs for people with disabilities, Para Transpo acknowledges cognitive disabilities in their disability list, and the application form also includes questions that can be applied to people with a concussion/mild Traumatic Brain Injury.

Eligibility categories for Para Transpo use are:

- Unconditional
- Temporary (for a defined period of time due to a temporary disability)
- Conditional (for situations like bad weather conditions, or a person's variable health condition)

Para Transpo uses minibuses and contracted taxi services in Ottawa's urban communities.

There is also service available between urban and rural areas, as well as service to Hull.

To apply for Para Transpo:

1. Complete the application form
2. Mail, fax, or deliver it to Lifemark (2121 Carling Avenue).

The application form has three sections.

Parts A (information) and B (consent) are to be completed by the applicant. Part C is to be completed by a health care provider (information).





The accepted health care provider list includes a wide range of 15 professions (e.g. Social Worker, Occupational Therapist, Psychologist, Recreational Therapist, Certified Orientation/Mobility Instructor, etc.).

Here's the link to the Para Transpo application form.

This PDF form includes fields that you can fill in online before printing.

[https://www.octranspo.com/images/files/forms/application\\_para\\_transpo\\_en.pdf](https://www.octranspo.com/images/files/forms/application_para_transpo_en.pdf)

Here's the link to information about the Para Transpo service.

<https://www.octranspo.com/en/para-transpo/para-registration/>

Here's the link to fare information (per ride/per month).

<https://www.octranspo.com/en/para-transpo/para-fares/>

If you have questions, or need information or help filling in the application, please contact:

Para Transpo/Lifemark at 613-218-8417

Please note that accessible formats for the application form and communication supports are also available upon request.



## Dad Jokes

@Dadsaysjokes

People say being a waiter is a bad job...  
... but, hey, it puts food on the table.

My mate broke his leg, so I wrote "You are stupid" on his cast.  
I was just adding insult to injury.

Can everyone who is here for the yodelling lessons...  
Please form an orderly orderly orderly orderly queue.

Somebody broke into my house and only stole my coffee, my lamp and my parrot.  
I don't know how they sleep at night.

My boss always laughed at my jokes at work but since the pandemic she never laughs at them in Zoom chats. I asked her why doesn't she laugh at them anymore.  
She replied, "Because your jokes aren't remotely funny."

My wife said, "I don't really understand the science behind human cloning."  
I said, "That makes two of us."

My friend once used laughing gas as deodorant.  
He smelled funny the whole day.

My friend Tony asked me not to say his name backwards.  
I asked, "Y not?"

I got banned from my local gym.  
I guess I just didn't work out.



# RECIPE

## Roasted corn, smoked paprika & lime salad

By Jennifer Bain

Travel Editor, Toronto Star

[comes from Pan Chanco in Kingston]

Photo credit:

<https://www.chelseasmessyapron.com/grilled-bacon-corn-salad/>



### INGREDIENTS

- 4 cups corn kernels (fresh or frozen and thawed)
- 1/4 cup extra-virgin olive oil
- 1 tbsp fresh lime juice
- 2 cloves garlic, minced
- 1/2 small red onion, finely diced
- 1/2 small red bell pepper, finely diced
- 1 tsp sweet smoked paprika
- Sea salt + freshly ground pepper to taste
- 1 tbsp chopped cilantro leaves

### DIRECTIONS

In mixing bowl, combine corn, oil, lime juice, garlic, onion, bell pepper and paprika. Season with salt and pepper. Spread over rimmed baking sheet. Bake in preheated 400F oven 15 minutes. Let cool 15 minutes. Mix in cilantro.

Makes 4 to 6 side servings.

# WORD SPLIT PUZZLE #23

How to Play and  
Answers on last page

**Raised**

1. 

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

**Entertainment**

2. 

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

**Expresses one's opinion**

3. 

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

**Acquiring**

4. 

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**Avoid: dodge**

5. 

--	--	--	--	--

**Timetable**

6. 

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

**Figures of speech**

7. 

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DU	EVA	AT	ES
EL	ING	GETT	DE
ST	MI	LES	HE
EVAT	AMUS	SI	ED
SC	LE	EME	NT

# In the 'EU' - Word Search

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

**AUSTRIA**  
**BELGIUM**  
**BULGARIA**  
**CYPRUS**  
**CZECH REPUBLIC**  
**DENMARK**  
**ESTONIA**  
**FINLAND**

**FRANCE**  
**GERMANY**  
**HUNGARY**  
**IRELAND**  
**ITALY**  
**LATVIA**  
**LUXEMBOURG**  
**MALTA**

**NETHERLANDS**  
**POLAND**  
**PORTUGAL**  
**ROMANIA**  
**SLOVAKIA**  
**SLOVENIA**  
**SPAIN**  
**SWEDEN**

Answers on last page

# September Sudoku

	<b>1</b>		<b>5</b>		<b>9</b>		<b>6</b>	
<b>4</b>		<b>8</b>	<b>2</b>	<b>6</b>				
<b>7</b>				<b>1</b>		<b>3</b>	<b>2</b>	
<b>9</b>	<b>3</b>		<b>8</b>			<b>5</b>	<b>7</b>	
				<b>5</b>				
	<b>7</b>	<b>6</b>			<b>4</b>		<b>8</b>	<b>1</b>
	<b>4</b>	<b>7</b>		<b>8</b>				<b>2</b>
				<b>4</b>	<b>2</b>	<b>6</b>		<b>3</b>
	<b>5</b>		<b>3</b>		<b>1</b>		<b>4</b>	

EASY level - answers on last page

"Anyone who stops learning is old, whether at twenty or eighty.  
Anyone who keeps learning stays young."  
~ Henry Ford

# September 2021

SUN

MON

TUE

WED

THU

FRI

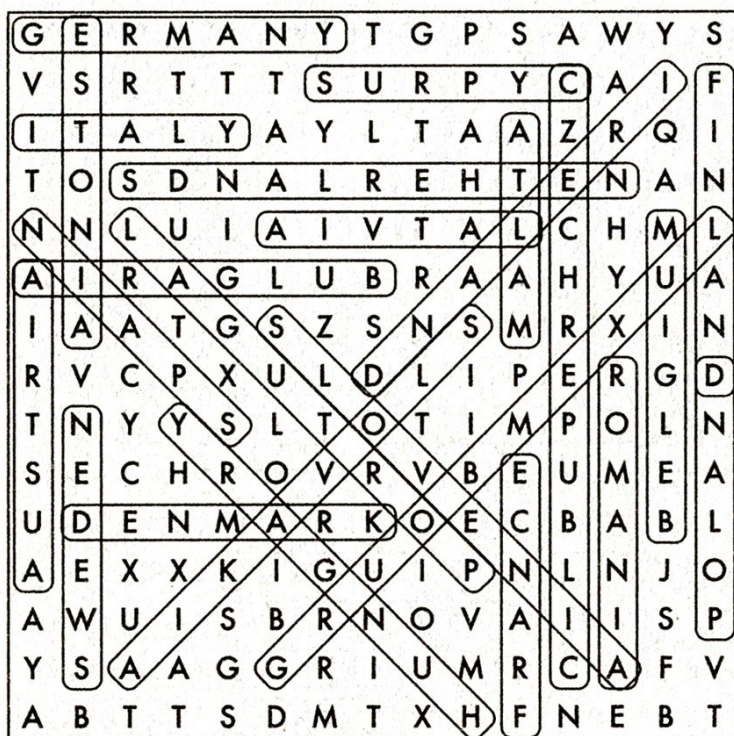
SAT

			1	2 <b>Virtually Step Up</b>	3	4
5	6 <b>Labour Day</b>	7	8	9 <b>Virtually Step Up</b>	10	11
12	13	14	15	16 <b>Virtually Step Up</b>	17	18
19	20	21	22	23 <b>Virtually Step Up</b>	24	25
26	27	28	29	30 <b>Virtually Step Up</b>		

"I have the simplest tastes.  
I am always satisfied with the best." ~ Oscar Wilde

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

## IN THE EU



## SEPTEMBER SUDOKU

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

### 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 23

- 1 E L E V A T E D
- 2 A M U S E M E N T
- 3 S T A T E S
- 4 G E T T I N G
- 5 E V A D E
- 6 S C H E D U L E
- 7 S I M I L E S

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.