

NEWSLETTER October 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 - contact@biaov.org

Greeting Fall, and avoiding falls...

Welcome to Fall!

It's a time of cooler weather, beautiful falling leaves and an opportunity to think about preventing falls.

This month we're highlighting tips to reduce the risk of falls.

Although we can't eliminate the chance of falling, there are things that we can do to help.

On pages 5 to 12, you'll find practical tips and information about fall prevention.

There are fall prevention topics such as improving balance, increasing body strength, removing trip hazards, and being mindful of how to safely navigate our surroundings.

There is also information about triggers that can aggravate vestibular symptoms like vertigo and nausea.

Enjoy the fall season, stay safe, and practice fall prevention strategies when you can.





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Presented by Burn Tucker Lachaîne PC & ModernOT Occupational Therapy Services

This year we are hosting a virtual art therapy session led by talented local artist, Christine Mockett! After purchasing your ticket, you will receive a painting kit and a mug in the mail, which we will decorate together during the event. Please join us for a fun and relaxing evening of expression!

Tickets: A single ticket can be purchased for \$100. The first 20 people to buy tickets will receive a free \$10 Starbucks gift card! <u>Buy tickets HERE</u>.

The Fall **Fundraiser** is organized and presented by a volunteer committee who have generously donated their time. The committee is comprised of: Colleen Burn, Lori Mitchell and Debi Dryden, Burn Tucker and Lachaîne PC, Fiona Smith Bradley and Teke Rerri, ModernOT

Become a Sponsor

The success of the15th Annual Brain Injury Association's Fall Fundraiser is dependent on the support and generosity of the community that it serves. Please review the opportunities below and consider becoming a sponsor.

The BIAOV needs to raise funds this year in order to continue providing services to brain injury survivors and their families.

If you have any questions, or would like to become a sponsor, please contact cburn@burntucker.com

 Master Artist - \$1, 200 Logo on pre-event messaging Logo on BIAOVFallFundraiser.com Logo in event waiting room Verbal recognition at event 1 speaker to share why they support BIAOV 6 event participation packages 	 Professional Artist - \$750 Logo on pre-event messaging Logo on BIAOVFallFundraiser.com Logo in event waiting room Verbal recognition at event 4 event participation packages 	 Amateur Artist - \$500 Logo on pre-event messaging Logo on BIAOVFallFundraiser.com Logo in event waiting room Verbal recognition at event 2 event participation packages
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Atop a Building on Lees Avenue

Atop a building, a penthouse, on Lees Avenue,

It displayed Ottawa, many things you could see, Albert, Slater, Wellington and Sparks Streets too;

Museum of Civilization and National Gallery, The byward market's culture, or national capital bars for you,

Museum of Nature, headquarters of DND, Truly a complete national capital view,

Parks, the Rideau Canal, Ottawa University, A visit to Canada's Parliament you may do... All seen from a penthouse party on Lees Avenue.

Tania M.



October 2021

Peer Support Corner

Hello Everyone,

Self-Care Putting yourself first means that it may be necessary to say no to someone else, in order to say yes to yourself.

Ironically, it seems to say that if you can't take care of yourself for yourself, do it for others. Compare it to oxygen needed to breathe, don't wait until the lack of it leads you to get sick, overwhelmed or exhausted, and you suddenly don't have the energy to care for yourself. It also goes for the people who take care of you.

That is when you realize you haven't been getting the oxygen we need to sustain ourselves...

Taking care of yourself is neither selfish nor indulgent; it's plain practical and a survival need and it doesn't need to be massively time- consuming, it can only be taking the time to read, meditate, journal or just be.

The oxygen you need is all around you: sometimes you just need to remind yourself to BREATHE...

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

Hélène Richardson Peer Support Coordinator – BIAOV <u>pscbiaov@gmail.com</u> or leave a voicemail at (613)233-8303



Fall prevention has received a lot of attention, especially linked to older adults who are at a higher risk for falls. However, people who have had a concussion/ mTBI (mild Traumatic Brain Injury) can also be at a higher risk for falls.

Below is general information and advice concerning fall prevention. As well, there is information that specifically addresses the vestibular system, which can be affected by a concussion/mTBI, and can be implicated in falls.

Although the information may not be applicable to everyone, we hope that you find the following four documents helpful.

1) Checklist from "You can prevent falls!" (Public Health Agency of Canada/Ottawa Public Health)

This is a general checklist of things that can help identify hazards inside and outside of the home (the exterior, living room, bedroom, kitchen, stairs, and bathroom).

It is on page 3 of the document found at the following link: <u>https://www.ottawapublichealth.ca/en/professionals-and-partners/resources/</u> <u>Documents/you_can_prevent_falls_en.pdf</u>

2) "Too Fit to Fall or Fracture" (Osteoporosis Canada)

This document contains general information and advice on strength training, balance exercises, posture awareness, aerobic physical activity, and strategies to maintain back/spine health.

https://osteoporosis.ca/wp-content/uploads/OC-Too-Fit-to-Fall-or-Fracture.pdf

3) "Vestibular Symptoms Triggers" (VEDA: Vestibular Disorders Association, a non-profit organization in the United States)

This document groups things that can trigger vestibular symptoms into four categories: physiological, lifestyle, psychological, and environmental/sensory. The aim is to identify triggers in order to better manage symptoms. https://vestibular.org/wp-content/uploads/2021/08/Vestibular-Triggers.pdf

4) Excerpt from the article "All Can Fall" (VEDA: Vestibular Disorders Association, a non-profit organization in the United States)

This excerpt lists tips for balance and stability

Note the links to additional information on proper footwear (in the section "Put your best foot forward") and on home safety (in the section "Rework your living and office space for activity").

The full article, which includes two balance tests, can be found at the following link:

https://vestibular.org/article/diagnosis-treatment/types-of-vestibular-disorders/ age-related-dizziness-and-imbalance/all-can-fall/



CHECKLIST

Identify and remove hazards with this checklist:

Your home Exterior

- Keep front steps and walkway ingood repair and free of snow, iceand leaves.
- □ Keep front entrance well lit.
- Put garden tools such as hoses and rakes away when not using them.

Living room

and bedroom

- Reduce clutter! Get rid of loose wires and cords as well as any other obstacles.
- Consider using a cordless phone to avoid rushing to answer.

□ Have good lighting throughout the house and install night lights.

□Make sure the path is clear between the bedroom and bathroom.

Get rid of scatter mats or make sure they are non-slip.

Get out of your bed or chair slowly; moving suddenly can make you dizzy.

Kitchen

- ■Store kitchen supplies and pans in easy-to-reach locations.
- □Store heavy items in lower cupboards.
- □Always wipe up any spills immediately to prevent slipping

□If you use floor wax

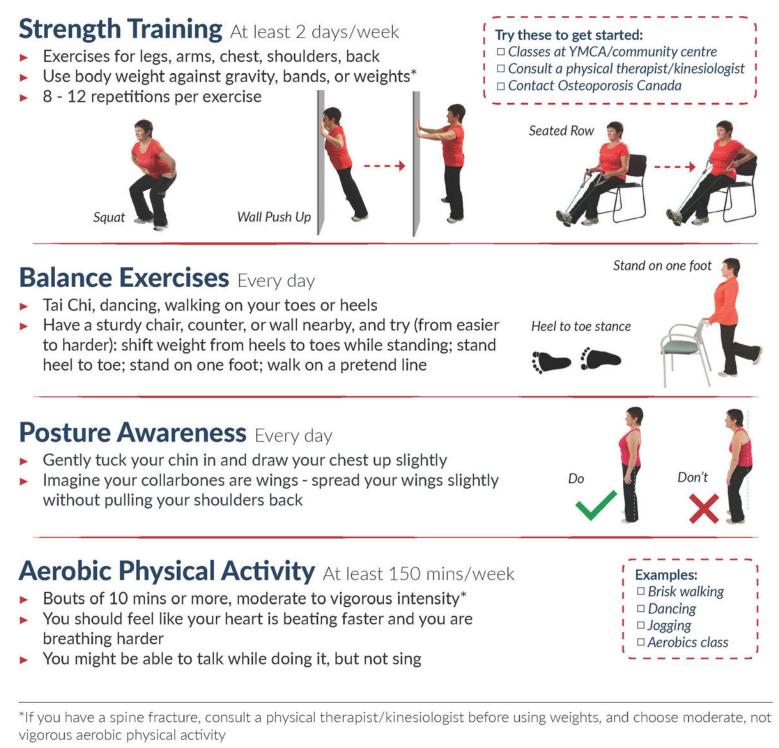
- use the non-skid kind.

Stairs

- Make sure your stairs are well it.
- Install solid handrails on both sides of the stairway.
- Remove your reading glasses when you go up and down the stairs.
- Never rush up or down the stairs. It's a major cause

7

Too Fit to Fall or Fracture



Questions? Want a free physical activity booklet? Contact Osteoporosis Canada: English 1 800 463 6842 / French 1 800 977 1778 or www.osteoporosis.ca

Locate a Bone Fit[™] trained instructor: English 1 800 463 6842 / French 1 800 977 1778 or www.bonefit.ca









Strength Training (more examples) At least 2 days/week

Other exercises include:

- Upright row
- Step up



What are spine sparing strategies?

Spine sparing strategies help "spare" the spine from injury. Injuries to the spine can occur when we bend forward or twist the spine quickly or repeatedly, or if we lift something heavy, bend far forward (e.g., tying shoes) or twist the torso all the way to the side. Bending or twisting while holding a weighted object (e.g., groceries, grandchild) is also risky.

Spine sparing strategies:

- Bend with your hips and knees, not your spine
- Turn your whole body rather than twisting your spine



Ready to learn more?

Osteoporosis Canada has developed tools to help you get too fit to fracture!

- Download a free booklet, one-page summary, and other tools
- Watch videos about exercise, balance training, and safe physical activity
- Watch webcasts by expert researchers

http://www.osteoporosis.ca/osteoporosis-and-you/too-fit-to-fracture/

Not online? No problem! Just call the hotline number below to order a free booklet.

The information contained in this guide is not intended to replace health professional advice. Consult your healthcare provider or a physical therapist about what exercises are right for you.

Questions? Want a free physical activity booklet? Contact Osteoporosis Canada: English 1 800 463 6842 / French 1 800 977 1778 or www.osteoporosis.ca

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VESTIBULAR SYMPTOMS TRIGGERS



Triggers are stimuli that can aggravate and "awaken" vestibular symptoms. While triggers do not cause vestibular disorders, controlling triggers can help manage pain, tinnitus, nausea, dizziness, vertigo, and other symptoms. Triggers vary significantly person to person and illness to illness, and each person has patterns that can be identified and mitigated.

PHYSIOLOGICAL	PSYCHOLOGICAL
 Hormonal changes Inner ear pressure, altitude changes Body/head movements-up and down or side to side TMJ aggravation Head/neck/facial pain or injury (can also be a cause) 	(These triggers can also be vestibular disorder symptoms.) • Stress • Anxiety • Emotional/physical trauma
LIFESTYLE	ENVIRONMENTAL/SENSORY
 Sleep problems/insomnia Fatigue or exertion Lack of/extreme exercise High/low sodium levels, dehydration Alcohol, nicotine and/or recreational drugs Diet-high tyramine or histamine levels Food allergies/sensitivities Biggest food triggers: natural flavors (MSG), aged cheeses/meats, chocolate, caffeine, citrus (see migraine or Meniere's diets) 	 Barometric pressure changes Humidity Weather changes Allergies Lighting-fluorescent, strong sunlight/dappling, darkness Loud noise-music, alarms, crowds Air pollution Motion (car, walking, biking, etc.) Wide open spaces or spaces with overwhelming stimuli
TRACKING TOOLS:	
Veda	

LIFE REBALANCED Patient Logs



Migraine Buddy App



Symptom Trigger Tool **Rewiring Tinnitus Trigger Tool**

RESOURCES:

The Dizzy Cook (Alicia Wolf) thedizzycook.com Timothy C. Hain, MD dizziness-and-balance.com Heal Your Headache book by David Buchholz

True Kaylaisms (Kayla McCain) truekaylaisms.com Mind Over Meniere's (Glenn Schweitzer) mindovermenieres.com VeDA (Vestibular Disorders Association) vestibular.org

VESTIBULAR DISORDERS ASSOCIATION | (800) 837-8428 | INFO@VESTIBULAR.ORG | VESTIBULAR.ORG

From "All Can Fall" VEDA (Vestibular Disorders Association)

https://vestibular.org/article/diagnosis-treatment/types-of-vestibulardisorders/age-related-dizziness-and-imbalance/all-can-fall/

Tips for Balance & Stability

If you have a vestibular disorder, your first instinct may be to dial down the physical activity in your life. After all, there's less risk of falling if you stay safely seated, right?

Actually, a lifestyle that includes regular physical activity can help you maintain your muscle mass and strength, and keep you flexible and limber, all of which help reduce your risk for injury and fracture.

Don't let a fear of falling rule your life and leave you sitting on the sidelines. Instead, consider these five simple fall prevention strategies:

1) Focus on leg and core muscle strength

Do some form of leg and core muscle strengthening every day to make you more stable and secure on your feet. Exercises like side leg lifts, calf raises and wall slides are often good choices. Ask your health care provider for a fracture risk assessment and for exercise recommendations that are best for you.

2) Practice balance exercises

Performing balance exercises can reduce falls, especially if practiced several times a week (such as the 30-Second Sit to Stand Test and 4 Stage Balance Test that can be found in the full article).



Living With Concussion

3) Put your best foot forward

Wear supportive, lightweight shoes that have firm, non-slip soles. (<u>Read more</u> <u>about proper footwear</u>.)

4) Use walking poles for stability

Walking poles increase upper body strength, provide stability and confidence while walking, and can be used for support during standing exercises, weight bearing activity and core muscle strengthening. Improved balance and attention to good posture are common fall prevention strategies.

5) Rework your living and office space for activity

Remove tripping hazards by eliminating clutter, such as loose rugs, storage boxes and magazine racks. Then look for opportunities to sit less and move more. For example, at the office/home regularly get up from your chair and stretch, take a stroll, stand during phone calls, or accomplish a walking errand. (Learn more about home safety.)



Source is mentioned in our blog: www.unbellevable-facts.tumbir.com



The small pocket in the larger pocket of your jeans was designed for pocket watches.

@Unbelievable

Did You Know?



DID YOU KNOW?

THE CONSTRUCTION OF THE GREAT WALL OF CHINA TOOK OVER 2000 YEARS.

DID YOU KNOW?



Chinese takeout containers are actually made to fold out into plates.

CRACKING YOUR KNUCKLES DOES NOT HURT YOUR BONES,THE SOUND YOU HEAR IS JUST GAS BUBBLES BURSTING.



The containers actually are meant to unfold into a makeshift plate, which you can easily reassemble into a box for storing leftovers.



Dad Jokes @Dadsaysjokes

It's not a Dad bod. It's a father figure.

What did the drummer name his twin daughters? Anna 1, Anna 2 My friend tony asked me not to say his name backwards I said y not?

My wife threatened to divorce me when I said I was going to give our daughter a silly name...

So I called her Bluff ...

Anyone out there interested in buying my DeLorean ? Great condition, low mileage..

.. really only driven from time to time.

Who's the genius that decided to call it "Emotional baggage ".....

.....and not "griefcase."

My mate says I'm getting fat, but in my defence...

I've had a lot on my plate recently.

I hate when my wife gets mad at me for being lazy. It's not like I did anything. Her: "Why do we need walkie-talkies? Our relationship is over." Me: "Our relationship is what? Over."

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Turkey Time! EASY STUFFING

https://www.spendwithpennies.com/easy-stuffing-recipe/

INGREDIENTS

- 2 small onions diced
- 4 stalks celery diced
- ⅔ cup butter
- 1 ½ teaspoons poultry seasoning or ½ teaspoon ground sage
- black pepper ٠
- salt to taste
- 12 cups bread cubes •
- 3-4 cups chicken broth •
- 2 tablespoons fresh parsley •
- 1 tablespoon fresh herbs sage, thyme, rosemary

DIRECTIONS

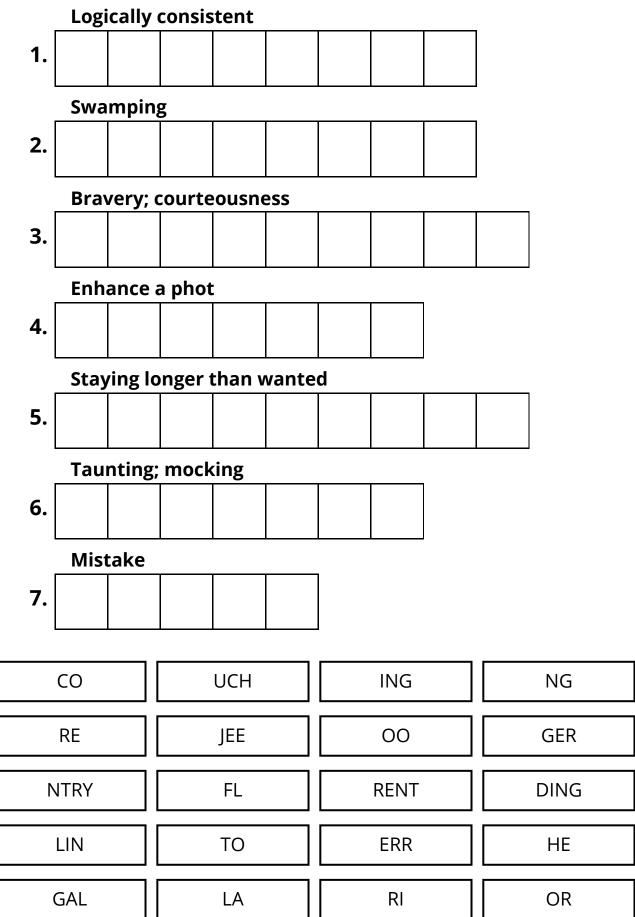
Preheat oven to 350°F. Melt butter in a large skillet over medium heat. Add onion, celery and poultry seasoning (and rosemary if using). Cook over medium-low until tender (do not brown), about 10-12 minutes.

Place bread cubes in a large bowl. Add onion mixture, parsley and fresh herbs. Pour broth overtop until cubes are moist (but not soggy) and gently toss. You may not need all of the broth. Season with salt and pepper to taste. Place mixture in a serving dish, dot with additional butter and cover. Bake 35 minutes, uncover and bake an additional 10 minutes.

Recipe Notes: If using rosemary in the herbs, cook along with the onions/celery. To stuff turkey, stuffing must be cooled completely in the refrigerator at least 45 minutes.



WORD SPLIT PUZZLE



Card Games - Word Search

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October Sudoku									
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EASY level - answers on last page

"You need to let the little things that would ordinarily bore you suddenly thrill you."

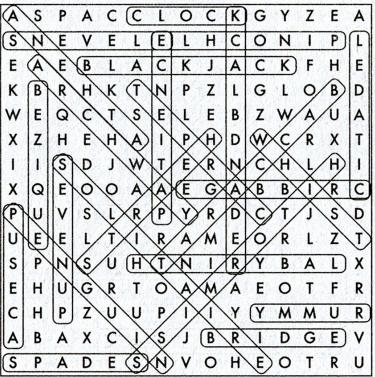
~ Andy Warhol

October 2021									
SUN	MON	TUE	WED	THU	FRI	SAT			
					1	2			
3	4	5	6	7 Virtually Step Up	8	9			
10	11 Thanksgiving Day	12	13	¹⁴ Fall Fundraiser Virtually Step Up	15	16			
17	18	19	20	21 Virtually Step Up	22	23			
24 31	25	26	27	28 Virtually Step Up	29	30			

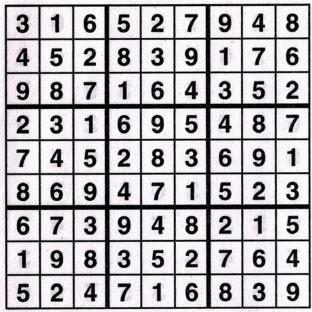
"An optimist laughs to forget; a pessimist forgets to laugh." ~ Tom Nansbury



CARD GAMES



OCTOBER SUDOKU



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.

- 1 C O H E R E N T
- 2 FLOODING
- 3 GALLANTRY
- A R E T O U C H
- 5 LINGERING
- 6 J E E R I N G

7 E R R O R

The Step Up Work Centre slogan is

"Member Run, Member Driven"

So we want to hear from the members!