



Brain Injury Association of the Ottawa Valley

NEWSLETTER November 2021

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



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www.biaov.com - contact@biaov.org

Happy Fall!

Dear Members:

It is hard to believe that we are already into November! It has been a busy few months at the BIAOV as we settled into our new office at 150 Katimavik Road, Suite 201, Kanata, ON, K2L 2N2.

We had two successful fundraisers as well:

1. BIAOV Annual Golf Tournament sponsored by Pat Fleming of Fleming Fitness.



go to 2

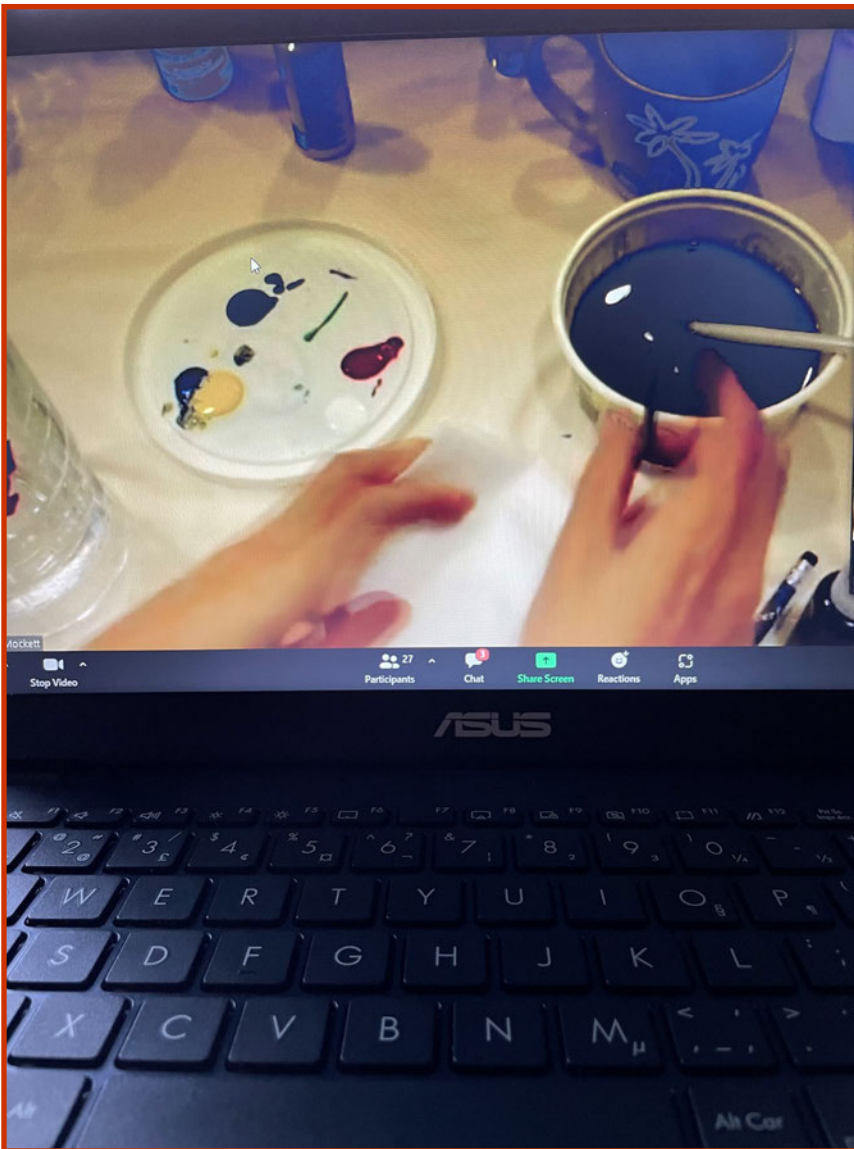


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2. BIAOV Fall Fundraiser presented by Burn Tucker Lachaine PC & ModernOT Occupational Therapy Services. Thank you to all who attended to support the BIAOV! We had a guided art session by local artist [Christine Mockett](#).



Thank you so much to our sponsors for all of their dedication to the BIAOV!

What is upcoming at the BIAOV?

The BIAOV is getting ready to re-start virtual programming. A calendar should be released soon! Did you fill out the membership survey? There is still time to give us your ideas and feedback. [Access the form here](#). If you have any suggestions for new programs, services, or just want to reach out, please contact Faith Neale, Executive Director at faith@biaov.org

Watch out for a special email inviting you to our Annual General Meeting (virtual) on November 23, 2021. More details will be coming soon!

We are also planning a virtual Holiday celebration in December. Have ideas? Contact me to share your ideas!

All my best until then,

Faith Neale



Remembrance Day: November 11th

The symbol of Remembrance Day is the red poppy, which grows on the First World War battlefields of Flanders (in Belgium) and northern France. The poppy as a symbol of death and renewal predates the First World War. The seeds of the flower may remain dormant in the earth for years, but they will blossom in abundance when the soil is disturbed. As the artillery barrages began to churn the earth in late 1914, the fields of Flanders and northern France saw scores of red poppies appear.

Canadian Lieutenant-Colonel John McCrae wrote his famous war poem “In Flanders Fields” in 1915, taking his view of the poppy-strewn battlefield as artistic inspiration:

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the dead: Short days ago,
We lived, felt dawn, saw sunset glow,
Loved and were loved: and now we lie
In Flanders fields!

Take up our quarrel with the foe
To you, from failing hands, we throw
The torch: be yours to hold it high
If ye break faith with us who die,
We shall not sleep, though poppies grow
In Flanders fields.



<https://www.thecanadianencyclopedia.ca/en/article/remembrance-day-poppy>

National Remembrance Day Ceremony info:

<https://www.legion.ca/remembrance/remembrance-day/the-national-ceremony>

Edge of the Suburb

Through my rear window, beyond my back door,
There lies a field, a marsh, stream, and more.

A tree line with maples, spruce, cedars, and birch,
Closer, a tree's remains where birds like to perch.

We've seen crows, robins, and a red-winged black bird,
In the evening at sunset, toads croaking we've heard.

Seen a rabbit under the steps, seen a squirrel and a deer,
At the edge of a suburb, there's so much to see and hear.

Tania M.



November
2021

Peer Support Corner

*Never
better
said...*

Hello Everyone,

This month I found this piece of writing, and as I could not say it better myself, here it is for anyone who needs some encouragement today...

"A shout out to everyone who is trying right now.
Trying to do the right thing.
Trying to stay open.
Trying to keep going.
Trying to hold on.
Trying to let go.
Trying to find their flow.
Trying to stay afloat.
Trying to meet each new day.
Trying to find their balance.
Trying to love themselves.
Trying new things and new ways.
I see you. I'm there too.
We're in this together."

~ S.C. Lourie

<https://tinybuddha.com/wisdom-quotes/a-shoutout-to-everyone-who-is-trying-right-now/>

I wish you great health and safety,

Hélène Richardson

Peer Support Coordinator – BIAOV

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

Update: Canadian Concussion Centre's 1-year Webinar Series

The Canadian Concussion Centre continues to host their free one-year Webinar series. They are around halfway through the 25-session series. The series is for people with persisting concussion symptoms, their families, friends, and caregivers, as well as for health care professionals.

Sessions take place live every 2nd Tuesday from 6-7 p.m. and recordings are available shortly afterward: [https://www.uhn.ca/Krembil/Research/Projects/Canadian Concussion Centre/Pages/web seminar series.aspx](https://www.uhn.ca/Krembil/Research/Projects/Canadian%20Concussion%20Centre/Pages/web%20seminar%20series.aspx)

Each session starts with a 30-minute expert speaker presentation, and is followed by a moderated 30-minute question and answer period. Questions can be submitted live or in advance.

Here's the link to general information, registration, and the list of topics from September 14th to December 7th: [https://www.uhn.ca/Krembil/Research/Projects/Canadian Concussion Centre/Documents/CCC-Webinar-Series.pdf](https://www.uhn.ca/Krembil/Research/Projects/Canadian%20Concussion%20Centre/Documents/CCC-Webinar-Series.pdf)

Upcoming topics:

- Nov 9th Visual Symptoms Treatment (Dr. Paul Ranalli)
- Nov 23rd Drugs for Neuropsychiatric Symptoms of Concussion (Dr. Abe Snaiderman)
- Dec 7th Strategies for Improving Mental Health: Cognitive Behaviour Therapy and Mindfulness Meditation (Dr. Lesley Ruttan)

Living With Concussion



The Peer Support Program is looking for Volunteer Mentors!

Do you have lived experience with a brain injury?
Are you a caregiver to a loved one with a brain injury?
Do you have 1 hour each week to make a phone call?



Peer Support Program Funding provided by:



The FREE Peer Support Program provides weekly one-on-one support from a trained Volunteer Mentor, over the phone, in the comfort of your own home.

For more details,

Contact: 1-800-263-5404 (ask for Carla @ ext 227)

or email: peersupport@obia.on.ca

This program is available to Ontario residents only.

For more information on being a Volunteer Mentor, please contact:

**Hélène Richardson, Peer Support Coordinator
Brain Injury Association of the Ottawa Valley**

E-mail: pscbiaov@gmail.com

Phone: (613) 233-8303



More on Preventing Falls:

People who experienced a concussion/mTBI (mild Traumatic Brain Injury) can be at a higher risk for falls. Last month, in this section of the newsletter, we focused on fall prevention. Here are two more resources for indoor and outdoor fall prevention.

1) Recent episode of the CBC radio show “White Coat, Black Art”

“White Coat, Black Art” is hosted by Dr. Brain Goldman, an award-winning Toronto-based Emergency Room physician. The weekly show covers a wide range of topics in the world of medicine.

This episode originally aired on Oct 16th, 2021. It identifies 6 overlooked fall risks and offers tips on how to prevent them. Although the focus is on seniors, these risk prevention tips may apply to people with a concussion/mTBI.

The CBC site has a written summary of the show, as well as an option to listen to the original audio that was aired (26 minutes):

<https://www.cbc.ca/radio/whitecoat/6-overlooked-risks-of-falls-for-seniors-and-how-to-prevent-them-1.6202152>



MORE ON Preventing Falls... continued

2) Rate My Treads

<https://ratemytreads.com/>

As winter approaches, you might be thinking about footwear for icy conditions. Rate My Treads is a Canadian website that rates winter footwear for safety and slip resistance in winter conditions. There are ratings for casual and safety footwear, for men and women.

The ratings are based on research done by the KITE Research Institute, the research arm of the Toronto Rehabilitation Institute at the University Health Network.

The research uses WinterLab, a unique testing facility in the world, where scientists study how challenging icy, snowy and cold conditions impact mobility and safety. They recreate typical Canadian winter conditions within the safety of a controlled laboratory setting. So, scientists can study winter slips and falls, without exposing study participants to the risks that those conditions would create in the real world.

The lab has people walking back and forth on a floor made entirely of ice. The lab also has a motion platform that tilts to create slopes. This enables the footwear research to include safety ratings for walking at 4 different sloped angles, both uphill and downhill, on either wet ice or cold ice.

Here's more information on how they test footwear:

<https://ratemytreads.com/how-we-test/>

Here's a link to their most recent rating chart:

<https://ratemytreads.com/wp-content/uploads/2021/10/Complete-RMT-Boots-Tested-Updated-Oct-3-2021.pdf>

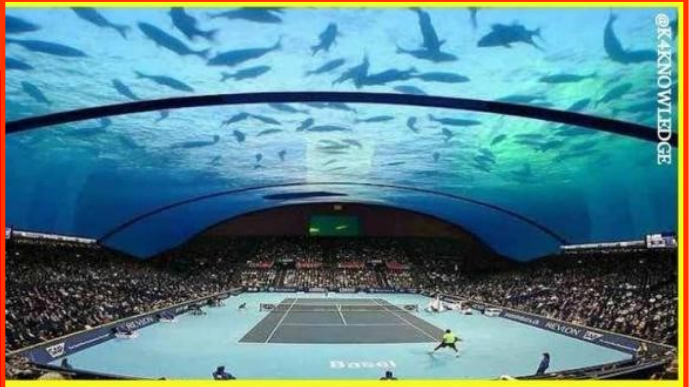


Did You Know?



DID YOU KNOW?

A flight's pilot and co-pilot eat different meals, in case one of the meals causes food poisoning.



DID YOU KNOW?

This is the world's first under water tennis stadium, in Dubai



DID YOU KNOW?

The Japanese passport is the world's most powerful passport. It grants visa-free access to 190 out of 195 countries.



DID YOU KNOW?

At a resort in Japan, located on a mountain peak, you can watch a sea of clouds float below you.



Dad Jokes

@Dadsaysjokes

What did Yoda say when he saw himself in 4K?
“HDMI”

My wife asked me today if I had seen the dog bowl.
I said no I didn't know he could.

A bald man got a great deal on a wig today - only \$1!
It was a small price toupee.

I spent my entire life savings on pasta.
It was worth every penne.

My daughter told me nothing rhymes with orange. I told her she's wrong.
Nothing and orange have completely different ending sounds.

Shop assistant fought off armed robber with his labeling gun.
Police are now looking for a man with a price on his head.

I can tolerate algebra, maybe even a little calculus...
...but graphing is where I draw the line.

I just called the paranoia hotline.
A guy answered, “How did you get this number?!”

My wife said if I bought her one more stupid gift, she would burn it.
So I bought her a candle.

RECIPE

Tuna And Cherry Tomato Pasta

<https://www.chatelaine.com/recipe/pasta/tuna-cherry-tomato-pasta/>

INGREDIENTS

- 450 g dried penne pasta
- 1 tsp olive oil
- 1/4 tsp red pepper flakes (optional)
- 2 pints cherry tomatoes, halved
- 2 garlic cloves, minced
- 2 tbsp tomato paste
- 2 tsp fish sauce, or anchovy paste
- 4 cups packed baby spinach
- 3 80-g cans chunk tuna, packed in oil
- 1/4 cup grated Parmigiano-Reggiano cheese (optional)

DIRECTIONS

Cook pasta in a large pot of boiling water according to package directions. Reserve 1/4 cup pasta water, then drain pasta.

Heat a large non-stick frying pan over medium. Add oil, then red pepper flakes. Cook 30 sec. Add tomatoes. Cook, stirring often, until they start to break down, 3 to 4 min. Stir in garlic, tomato paste and fish sauce.

Add spinach and stir until it wilts, about 2 min. If mixture seems dry, add reserved pasta water. Add tuna and break into chunks with a spoon. Stir in pasta. Divide between plates. Sprinkle with grated cheese.

Nutrition (per serving) Calories 580, Protein 29 g, Carbohydrates 90 g, Fat 11 g, Fibre 5 g, Sodium 560 mg.



WORD SPLIT PUZZLE

How to Play and
Answers on last page

Invalidated

1.

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

Light canoe

2.

--	--	--	--	--

Use (a coupon)

3.

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

Outline of an object

4.

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

Relating to the nervous system

5.

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

Short trip undertaken for pleasure

6.

--	--	--	--	--

Revoke

7.

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

KAY	SI	NEU	RE
ED	AK	AL	FI
JAU	RAL	ET	LH
TE	NT	OU	LLI
EM	REPE	NU	DE

M is for Monster - Word Search

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

MACHLYES
MADREMONTE
MAERO
MAGOG
MAIRU
MAKARA
MANDRAKE
MANES

MARID
MATAGOT
MAYURA
MENEHUNE
MERLION
MERMAID
MINOKAWA
MIZUCHI

MOGWAI
MOHAN
MONOPOD
MORGENS
MUSCALIET
MUSE
MUSIMON
MYLING

Answers on last page

November Sudoku

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

EASY level - answers on last page

"Out of difficulties grow miracles." ~ Jean de la Bruyere

"I can, therefore I am." ~ Simone Weil

November 2021

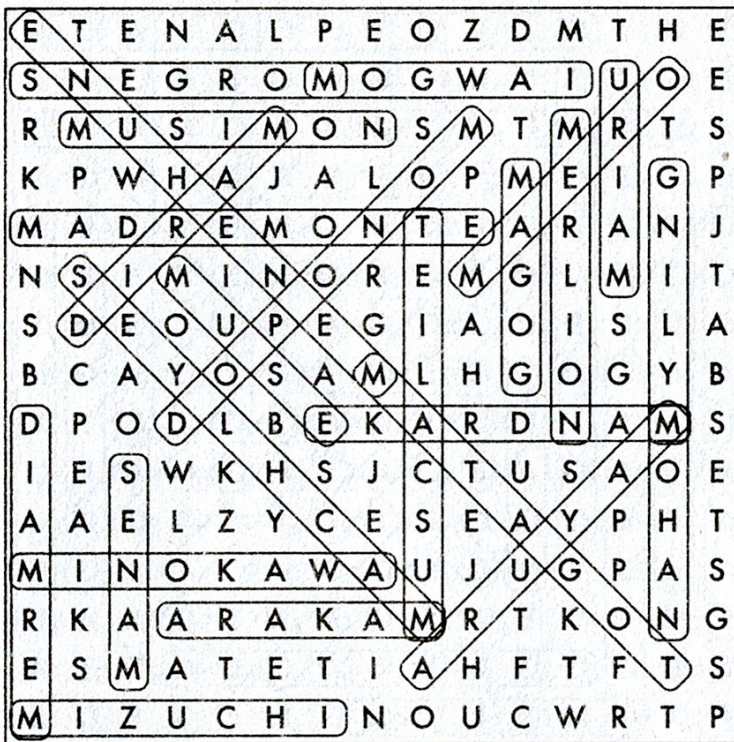
SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4 Virtually Step Up	5	6
7	8	9	10	11 Virtually Step Up Remembrance Day	12	13
14	15	16	17	18 Virtually Step Up	19	20
21	22	23 BIAOV Annual General Meeting	24	25 Virtually Step Up	26	27
28	29	30				

BIAOV Member Social Hour - coming soon!

We are preparing for an ongoing social hour for BIAOV members to catch up and re-connect. If you are interested in providing support with organizing , please contact Faith at faith@biaov.org.

"All I ask is the chance to prove that money can't make me happy." ~ Spike Milligan

'M' IS FOR MONSTER



NOVEMBER SUDOKU

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

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 N U L L I F I E D

2 K A Y A K

3 R E D E E M

4 S I L H O U E T T E

5 N E U R A L

6 J A U N T

7 R E P E A L

The Step Up Work Centre slogan is

"Member Run, Member Driven"

So we want to hear from the members!