



Brain Injury Association of the Ottawa Valley

NEWSLETTER December 2021

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



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www.biaov.com - contact@biaov.org

Executive Director's Message

Dear BIAOV Members:
Happy Holidays!

Wow....how is it already December? 2021 has flown by! There is much to reflect upon this year, here are a few of the top highlights in 2021 at the BIAOV:



- The BIAOV moved office locations to 150 Katimavik Road, Suite 201 in Kanata. In the New Year we hope to hold an open house where we can showcase our new space.
- Our Peer Support Program is continuing to grow as we are receiving more and more referrals daily. Thank you to H el ene Richardson, our Peer Support Coordinator for her dedication to this program - we truly appreciate you!

go to 2



IN THIS ISSUE

Page

1-3	BIAOV News
4	Tania's Poem
5	Peer Support
6	Did You Know?
7-10	Living With Concussion
11	Did You Know?
12	Dad Jokes
13	Did You Know?
14-15	Recipes
16-18	Puzzles
19	Calendar
20	Puzzle Solutions

Picture: <https://ottawastart.com/featured-christmas-lights-across-canada-will-glow-your-mind/>

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- We did not add any programs this year; but we are preparing for a big 2022 - in January we will have an updated calendar of events for our members. Be sure to check it out!
 - Our Board of Directors remained diligent and strong throughout 2021; a special thank you to our Board of Directors: especially our President, Scott Vernon (currently on leave) and our acting President Jessica Podpallock

Although I wish we could be all together for the annual holiday celebration, we will be holding the BIAOV's first ever **virtual holiday celebration on December 12, 1:00 pm**. Please be on the lookout for a special email with more information; RSVP will be required.

The holidays can be a tough time for some and I thought it might be helpful to share a few tips on helping you enjoy the holidays. The holidays bring out different emotions for all of us, which is okay! It can be a stressful time due to overscheduling, overindulging and overspending. Other stress-inducing feelings might come from juggling multiple caregiving roles, work demands, expectations about what you should do, or other health conditions which can add stress. No matter how you feel, accept your feelings and here are a few tips to help you enjoy the holidays:



- Who is important to you this holiday season? Is it your friends? Family? Caregiver? Whoever it is, try to spend some time with those most meaningful to you.
- Plan early! Making a plan over the holidays should ease stress and help you feel a greater sense of control.
- Communicate: It is important to communicate your feelings and ask for assistance when you need it!

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- Pace yourself: The holiday season can be busy, busy, busy! Take your time, plan your activities and try not to get overtired.
 - Stay healthy: The holidays are often a time when we may overindulge. Be sure to continue to make healthy food choices and include some exercise.

If you feel like you need help or someone to talk to, please remember that the Ottawa Distress Centre is a free service available to everyone in Ottawa (and region). The Distress Centre is your local connection to mental health support and resources, 24 hours a day, 7 days a week. The distress number is 613-238-3311, the crisis number is 613-722-6914 or 1-866-996-0991. There is also a Chat & Text line (available 10am-11pm) 343-306-5550.

I am truly appreciative of all of our members. I wish you all the best during this holiday season and I am very much looking forward to a wonderful 2022!

As always, I am available for you by email (faith@biaov.org) or phone (613) 233-8303 x 200.

With much gratitude,
Faith Neale



BIAOV Awarded \$10,000.00 for New Program Coordinator!

Thank you to the [Ottawa Community Foundation](#) for providing the BIAOV with a \$10,000 grant for a new program coordinator. We will be hiring a program coordinator and implementing more services in January!

Night Horizon's Sight

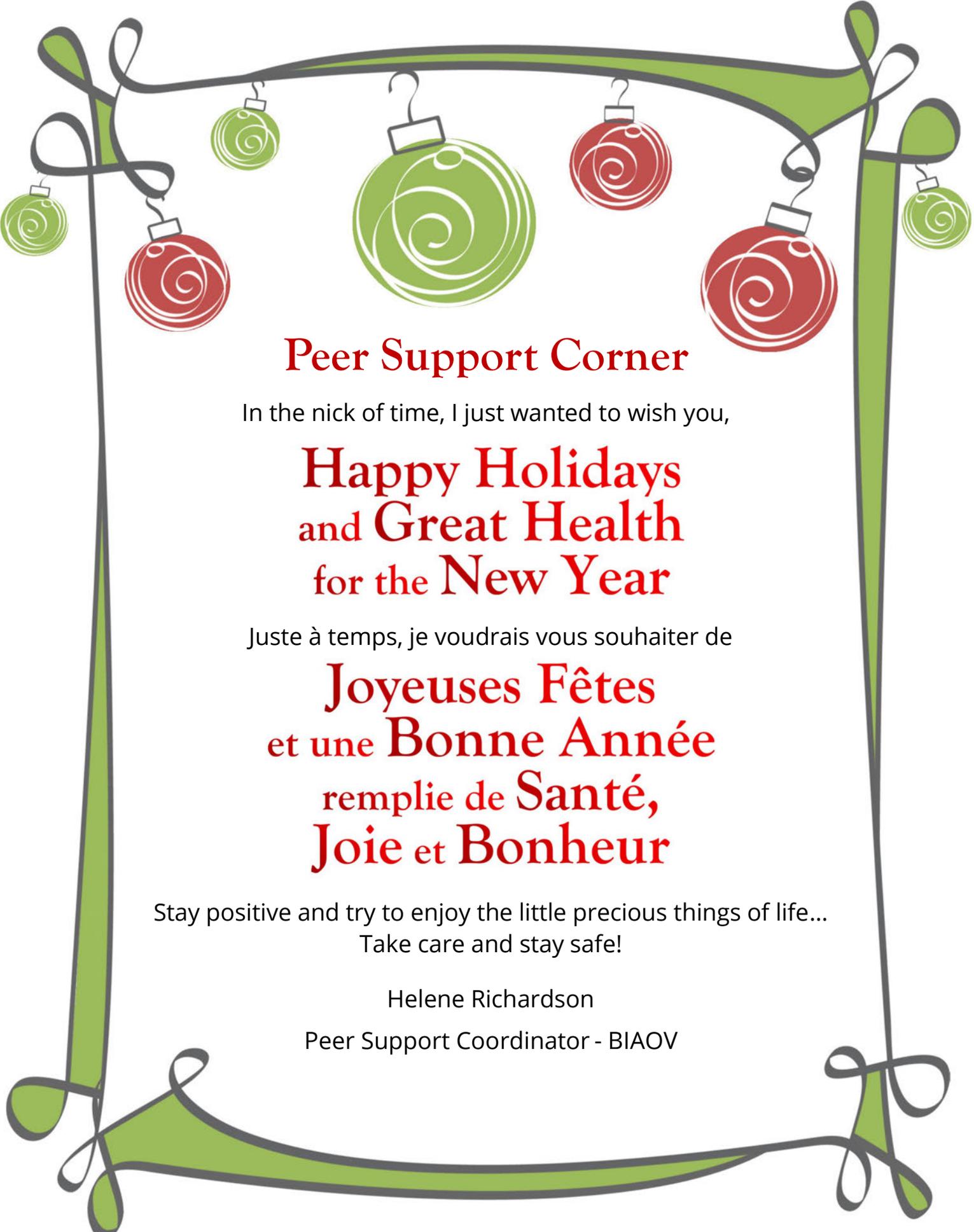
Notice the sky with stars of light,
The snow cover appears most bright.

Beyond the curl and curve of a stream,
The shadows of the textures of trees.

Visible in a unique way,
At the end of a winter day.

Tania M.





Peer Support Corner

In the nick of time, I just wanted to wish you,

**Happy Holidays
and Great Health
for the New Year**

Juste à temps, je voudrais vous souhaiter de

**Joyeuses Fêtes
et une Bonne Année
remplie de Santé,
Joie et Bonheur**

Stay positive and try to enjoy the little precious things of life...
Take care and stay safe!

Helene Richardson

Peer Support Coordinator - BIAOV

From **Brian Earl**, host of the *Christmas Past* [podcast](#), [blog](#), and [YouTube channel](#)

Did You Know?



Santa Claus was a gnome?

In 1938, Coca-Cola and artist *Haddon Sundblom* decided to depict Santa as a "six-foot, full-grown human grandfather," says Earl.

Due to their massive marketing budget, Coke's version of Santa Claus spread far and wide, and soon became the standard image of Santa throughout the United States and much of Europe.

Before that, however, descriptions of Santa were "all over the map," Earl explains. This included variations of Santa as an elf and a gnome — in fact, much of the time, he wasn't depicted as fully human at all.



Tips for enjoying winter celebrations

December can be filled with more activity than usual, with many celebrations happening. This can be both a source of joy, as well as a big challenge for those who have had a concussion/mild Traumatic Brain Injury (mTBI). Added stimuli, stress, disruption in routines, as well as changes in diet and sleep can trigger post-concussive symptoms.

Here are some tips that may help you manage activities in order to enjoy them more. Please visit the links below for more tips and information.

Tips adapted from VEDA (Vestibular Disorders Association)

<https://vestibular.org/holiday-tips-for-vestibular-patients/>

<https://vestibular.org/article/coping-support/living-with-a-vestibular-disorder/travel-strategies/>

Tips for managing social situations:

- **Manage your energy level**

Consider that you only have a limited number of “spoons” or “points,” each representing a unit of energy. When they are used up, you need to rest. Use your energy wisely.

- **Take short breaks**

Find a quiet room for a break. If there is no empty room available, find a quiet bathroom.

- **Establish an “exit plan” in advance**

Arrange for transportation, if you aren't driving yourself.

- **Communicate your needs in advance**

Let people know that you might need to leave early or might need to find a quiet place to rest.

- **Know your triggers**

When it is not possible to avoid triggers, do what you can to minimize them. Check in with your body periodically so you do not push yourself beyond your limits without realizing it.

- **Avoid triggers when possible**

In a large space such as a restaurant or hotel, try to avoid sitting near ceiling fans, speakers, doors to a noisy kitchen, etc. At a dinner table, sit at an end or a corner so you don't have to move your head so much to follow dinner conversation. It also makes getting up from the table for a short break easier.

- **Keep hydrated**

- **Adhere to your regular medication schedule**

- **Be safe**

Use assistive devices as needed to prevent falls. This isn't the time to shirk your cane or walker because you're afraid of what people might think.

- **Leave early, if you need to**



Tips for travelling by car, on longer trips:

- If you have a cell phone, make sure you have a charger with you.
- Carry important phone numbers on a piece of paper, in case your phone loses its charge. You can ask to borrow someone's phone.
- Have your medical information available in case emergency medical responders need it.
- Make sure you have an ample supply of necessary medication on hand. You may need to order some in advance, as filling prescriptions can take longer over the holidays.
- Let someone know when you leave, what your destination is, what route you are taking, and when you expect to be there.
- If you can, avoid high traffic commutes. This may mean leaving a day before most other holiday travellers and returning a day before or after.
- Make sure you have a good emergency road service plan.
- Know where the nearest medical services are along your route and keep that information handy.
- Plan your trip with the predicted weather in mind.
- If you have motion sensitivity, and can safely drive, be the driver rather than the passenger so your body knows when acceleration and deceleration are going to happen. This will help your body adjust to the motion more easily.
- If you are the passenger on any form of transportation, be sure you can see outside when seated. Focus on the horizon to help stabilize your vestibular system. Avoid reading, using your phone/electronic device, or other activities that require your head to be down during the trip.
- If possible, get out and walk around frequently to help decrease the length of time you are in passive motion.

Tips adapted from Brainline

<https://www.brainline.org/article/15-tips-surviving-and-enjoying-holidays-brain-injury>

Tips for shopping



- If shopping in a store, make a list in advance and plan your trip when there might be fewer people.
- Wear a cap with a brim and/or tinted sunglasses to minimize the glare of bright lights in stores or flashing lights on a tree.
- Wear noise-reducing headphones or earbuds. These are also great gift ideas for others with mTBI if they don't already have them.
- Ask a friend to go with you to stores to help you navigate anxiety-producing situations.
- Remember to ask for help when needed and accept help if it is offered to you.
- Ask someone you trust to help you with a budget to avoid overspending on gifts.

**Chanukah begins Sunday evening,
November 28, 2021 and continues
through Monday, December 6, 2021**

Chanukah is the Jewish eight-day, wintertime “festival of lights,” celebrated with a nightly menorah lighting, special prayers and fried foods. [Read more about Hanukkah](#)

**Did You
Know?**



What Is Hanukkah? Or Chanukah ?

Chanukah is the Jewish eight-day, wintertime “festival of lights,” celebrated with a nightly menorah lighting, special prayers and fried foods.

The Hebrew word Chanukah means “dedication,” and is thus named because it celebrates the rededication of the Holy Temple (see link for more details).

Also spelled Hanukkah (or variations of that spelling), the Hebrew word is actually **pronounced with a guttural, “kh” sound, kha-nu-kah, not tcha-new-kah.**



Dad Jokes

@Dadsaysjokes

If slow old men use walking sticks,
what do fast old men use?

Hurry canes.

If Apple made a car what would be
missing? Windows.

An optimist says, "the glass is half full."
A pessimist says, "the glass is half
empty."

An optometrist says, "you both need
glasses."

My wife asked me to go get 6 cans of
Sprite from the grocery store. I realized
when I got home that...
I had picked 7 up!

Today I saw an ad for a used radio. It
read: "Just \$1. Sound is very clear, but
volume is stuck on high."

"Wow!", I thought. "I can't turn that
down!"

What do you get when you drop a
piano down a mine shaft?
A flat minor.

Dogs can't operate MRI machines.
But Catscan.

Went to the doctors for a problem with
my hearing and an ache in my ear.
Doctor: "Can you describe your
symptoms?" Me: "Marge has blue hair,
and Homer is a fat guy."

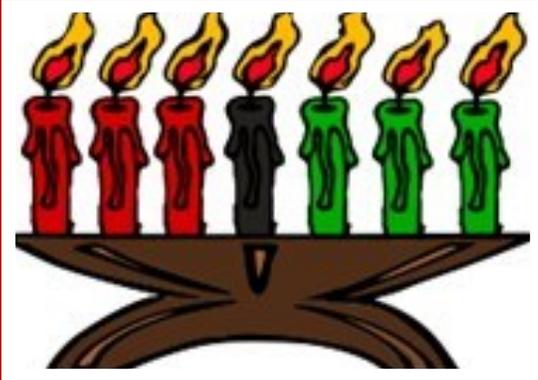
What's the best way to watch a fly
fishing tournament?

Live stream.

Did You Know?

Kwanzaa 2021 in Canada will begin on Sunday, December 26 and end on Saturday, January 1, 2022

<https://en.wikipedia.org/wiki/Kwanzaa>



What is Kwanzaa and why is it celebrated?

Beginning December 26 and lasting for seven days, Kwanzaa is a celebration of community, family and culture, established as a means to help African Americans reconnect with their African roots and heritage.

Nguzo Saba (The Seven Principles)

Kwanzaa celebrates what its founder called the seven principles of Kwanzaa, or Nguzo Saba (originally Nguzu Saba – the seven principles of African Heritage). They were developed in 1965, a year before Kwanzaa itself. These seven principles comprise Kawaida, a Swahili word meaning "common."

Each of the seven days of Kwanzaa is dedicated to one of the principles:

1. Umoja (Unity): To strive for and to maintain unity in the family, community, nation, and race.
2. Kujichagulia (Self-Determination): To define and name ourselves, as well as to create and speak for ourselves.
3. Ujima (Collective Work and Responsibility): To build and maintain our community together and make our brothers' and sisters' problems our problems and to solve them together.
4. Ujamaa (Cooperative economics): To build and maintain our own stores, shops, and other businesses and to profit from them together.
5. Nia (Purpose): To make our collective vocation the building and developing of our community in order to restore our people to their traditional greatness.
6. Kuumba (Creativity): To do always as much as we can, in the way we can, in order to leave our community more beautiful and beneficial than we inherited it.
7. Imani (Faith): To believe with all our hearts in our people, our parents, our teachers, our leaders, and the righteousness and victory of our struggle.

RECIPE

Easy Chocolatey Holiday Cookies

<https://www.foodnetwork.ca/recipe/easy-chocolatey-holiday-cookies/20915/>

INGREDIENTS

- 1 pkg premade chocolate chip cookie dough
- 1 bag mini peanut butter cups or chocolate kisses (Hershey's recommended)

DIRECTIONS

TIPS AND SUBSTITUTIONS: Special equipment: 1 miniature muffin tin

Preheat oven to 375°F. Lightly grease miniature muffin tin. Press 1 tablespoon dough into each cup and top with miniature peanut butter cups or chocolate star kisses. Bake for 15 to 20 minutes or golden brown.



RECIPE

Corn Spoon Breads

INGREDIENTS

- 3/4 cup yellow cornmeal
- 1/2 cup all-purpose flour
- 3 large eggs, separated
- 1 teaspoon kosher salt
- 1/4 teaspoon baking powder
- One 14.75-ounce can creamed corn
- 2 whole scallions, white and green parts, chopped
- 1 small chipotle in adobo, finely chopped

<https://www.foodnetwork.com/recipes/food-network-kitchen/individual-corn-spoon-breads-recipe-2109267>

DIRECTIONS

- Preheat the oven to 325 degrees F. Coat each cup of a 12-cup muffin pan with baking spray.
- Whisk together the cornmeal, flour, salt and baking powder in a small bowl. Whisk together the creamed corn and egg yolks in a large bowl. Stir in the cornmeal mixture, scallions and chipotle. Whip the egg whites in another large bowl until stiff peaks form. Stir about 1/3 of the egg whites into the corn mixture to lighten it and then fold in the remaining egg whites until no streaks of white remain.
- Spoon the batter into the muffin cups (they will be very full) and bake until puffed and golden, 20 to 25 minutes. Cool the spoon breads for 5 minutes in the pans. Run a thin spatula around the edges of each to loosen and then remove the breads from the pans. Serve warm or at room temperature.



RECIPE

Food Network Kitchen's Sweet Potato Latkes

A combination of Yukon gold and sweet potatoes are used in this savoury Hanukkah dish. Yield: 8 latkes



INGREDIENTS

- ½ medium yellow onion
- ½ lb Yukon gold potato, (about 1 large)
- ½ sections sweet potato, (about 1 medium)
- 2 Tbsp all-purpose flour
- 1 tsp kosher salt
- Pinch cayenne
- 1 large egg, lightly beaten
- Vegetable oil
- 4 tsp light sour cream
- 4 tsp beet or regular horseradish
- 2 - 3 sprigs flat-leaf parsley

DIRECTIONS

<https://www.foodnetwork.ca/recipe/food-network-kitchens-sweet-potato-latkes/23057/>

1. Preheat the oven to 200°F. Put a wire rack on a baking sheet and place in the oven.
2. Grate the onion on a box grater into a large bowl. Grate both potatoes into the same bowl, grating down the length of the potato to get long strands. Toss the potatoes with the onions as you work to keep them from discoloring. Put potato mixture in a clean dish towel and wring out excess liquid. Toss the latke mixture with the flour, salt, and cayenne. Stir in the egg.
3. Heat 1/4 inch of oil in a large cast iron or other heavy skillet over medium heat. Working in batches, spoon about 1/4 cup of the latke mixture into the skillet, pressing lightly to form 3-inch pancakes. Take care not to overcrowd the pan. Cook, turning once, until just golden, about 2 minutes per side. Transfer to the rack in the oven while you cook the remaining batter.
4. Serve the latkes topped with a small dollop of sour cream and horseradish. Garnish with a parsley leaf. Serve immediately.

WORD SPLIT PUZZLE

How to Play and
Answers on last page

Emblematic

1.

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

Mourning

2.

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

Plot outline for a play

3.

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

Tropical fruit

4.

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

Dithers

5.

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

Varied

6.

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

Made a mistake

7.

--	--	--	--	--

LA	ER	AP	NE
SCEN	SE	ERR	ED
DIV	IC	ME	DA
ONIC	PI	PLE	WD
NTI	ARIO	NG	LES

Dried Flowers - Word Search

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

ACHILIA
AGERATUM
ARTEMISIA
BLUE SALVIA
BOXWOOD
BROMUS
CANARY GRASS
FEVERFEW

FLAX
HARE'S TAIL
HONESTY
LARKSPUR
LONA
MILLET
MONKSHOOD
NIGELLA

PENNY CRESS
POPPY PODS
SEA PINKS
SILVER KING
TASSEL FLOWER
TRANSFORM
WHEAT
YARROW

Answers on last page

December Sudoku

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

EASY level - answers on last page

"Vegetables are a must on a diet. I suggest carrot cake, zucchini bread, and pumpkin pie." - Jim Davis

December 2021

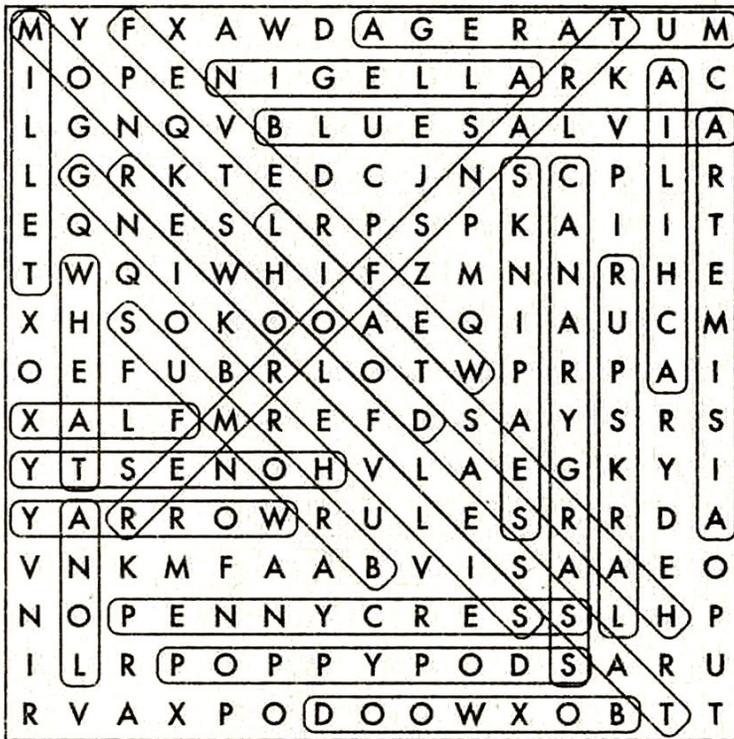
SUN	MON	TUE	WED	THU	FRI	SAT
			1	2 Virtually Step Up	3	4
5	6 Hanukkah ends	7	8	9 Virtually Step Up	10	11
12 Virtual Holiday Party 1:00pm on Zoom	13	14	15	16 Virtually Step Up	17	18
19	20	21	22	23 Virtually Step Up	24	25 Christmas Day
26 Kwanzaa begins / Boxing Day	27	28	29	30 Virtually Step Up	31 New Years Eve	

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.

"I once bought my kids a set of batteries for Christmas with a note on it saying, toys not included." - Bernard Manning

DRIED FLOWERS



DECEMBER SUDOKU

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

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 I C O N I C

2 L A M E N T I N G

3 S C E N A R I O

4 P I N E A P P L E

5 D A W D L E S

6 D I V E R S E

7 E R R E D

The Step Up Work Centre slogan is

"Member Run, Member Driven"

So we want to hear from the members!