



**Brain Injury
Association
of the
Ottawa
Valley**

NEWSLETTER January 2022



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

Executive Director's Message

Happy New Year!

Dear BIAOV Members and Supporters,



Welcome to 2022! I hope everyone had a nice holiday season with some time to rest and recharge for the New Year. It will be a busy few months at the BIAOV as we recently received a \$10,000 grant from the [Ottawa Community Foundation](#) under their Community Grants. We are so thankful for their support! With these funds, we will be hiring a part-time Recreation Program Coordinator to support virtual programming for our clients. Be on the lookout for more news and a calendar of activities - we will post more information on the new programming as it becomes available.

Best wishes for a safe, happy and healthy 2022!

Faith Neale



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Picture: <https://www.almanac.com/content/month-january-holidays-facts-folklore>

Resources

Ontario Electricity Support Program (OESP)

If you are a customer of an electricity utility and in a lower-income home, you may qualify for a reduction on your electricity bill.

The OESP will reduce the cost of your household electricity by applying a monthly credit directly to your bill. The credit amount will depend on how many people live in your home and your combined household income.

Info: 1-855-831-8151 (Mon-Fri 8am-9pm)

<https://ontarioelectricitysupport.ca/>



Rogers: Connected for Success Program

You could be eligible for discounted Internet rates with Rogers if you are a recipient of the Ontario Disability Support Program (ODSP), Ontario Works (OW), Federal Government Guaranteed Income Supplement (GIS), or you qualify for Rent-Geared-to-Income (RGI) housing where technology/access permits.

Info: 1-866-689-0758 (Mon-Fri 9am-6pm, Sat-Sun 9am-5pm)

<https://about.rogers.com/our-impact/connected-for-success-ontario/>

Out of the Cold: Free meals, snacks, and drop-ins

Community Navigation of Eastern Ontario (CNEO) has a list of organizations that offer a variety of services such as free meals & snacks, a place to drop-in, access to shower and laundry facilities, computers, etc.

The list specifies: the organization, their services, available hours, eligibility, accessibility, language, and other specific information (e.g. Covid-related protocols).

Info: INFO-LINE 2-1-1, or CNEO Admin 613-683-5400

https://cneo-nceo.ca/wp-content/uploads/2021_outofthecold_en-FINAL.pdf

go to 3

Events

Free skin care & makeup workshop on January 19th (6:30-8:00 pm)

This online workshop will provide tips and tools to help you build a daily skin care routine. You'll learn how to apply a simple makeup look, and you'll get suggestions for products that fit your budget.

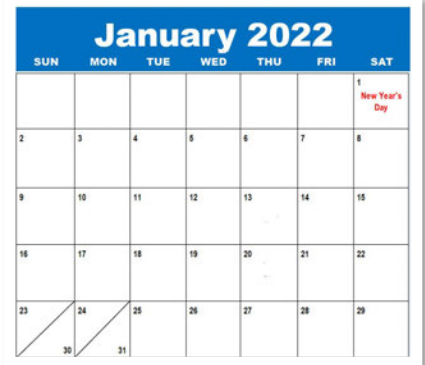
This workshop is intended for people with disabilities.

Registration closes on January 19th at 5:00 pm.

Info:

<https://www.able2.org/events/skin-care-and-makeup-your-daily-routine-grow-education-series/>

This workshop is funded by the City of Ottawa and the Ontario Trillium Fund. It is presented by ABLE2, an organization that supports people of all ages across the disability spectrum and their families.

A calendar for January 2022. The header shows the days of the week: SUN, MON, TUE, WED, THU, FRI, SAT. The dates are arranged in a grid. January 1st is marked as 'New Year's Day'. The 19th is the date of the workshop.

SUN	MON	TUE	WED	THU	FRI	SAT
						1 New Year's Day
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Employment-related workshops in January

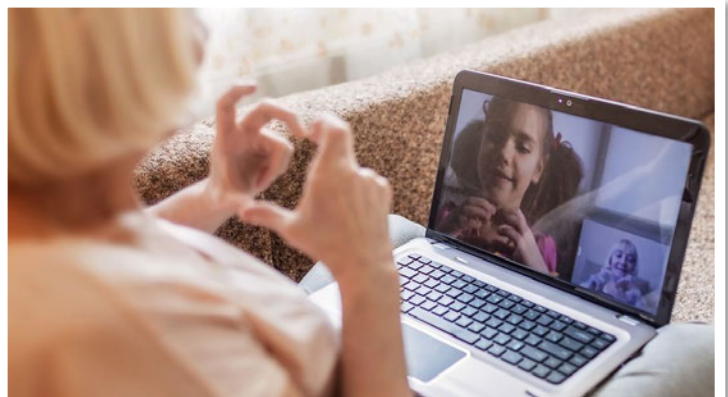
The Community Employment Resource Centre (CERC) is presenting a variety of employment-related workshops in January.

Calendar:

<https://www.cercottawa.ca/calendar-register/2022-01/>

The CERC is a not-for-profit community-based organization with over 30 years of experience in providing employment services to the Ottawa community. It serves all Ontario residents who are looking for employment and training, as well as Ontario employers who are seeking candidates to fill their open positions.

CERC is a service of the John Howard Society of Ottawa. It is an Employment Ontario program, funded in part by the Government of Canada.



Reach to a Future Desired

Set life's goals high,
Go forward out there and try,
Strategize, formulate, shine.

Celebrate as you succeed,
If there is failure indeed,
Accept what is not achieved.

Refocus, adapt, retry,
Reasonably, not sky high,
Reach to a future desired.

Tania M.



January Facts

Did You Know?



Perihelion: When Earth Passes Closest to the Sun

On January 4, 2022 , Earth reaches this year's perihelion, which is the point in its orbit where it is closest to the Sun. At perihelion, the Earth will be 91,399,454 miles from our star.

The Full Wolf Moon

January's Moon is called the Wolf Moon. The Saxon word for the month is "Wulf-monath" or wolf month, appearing Monday, January 17, 2022.

The Quadrantid Meteor Shower

The Quadrantids appear in the early January sky, producing up to 80 meteors per hour at their peak on January 3, 2022, 4:40 p.m. Eastern Time.

*MOVING
FORWARD....*

Hello Everyone,

As we commence a New Year, I thought that we could have a look at the past one, which has been greatly challenging for most of us, and try to find ways to move forward in a positive light...

It would be easier to stay with the same routine, negative ways, and some bad habits that we picked up in the last few months, but let's try to turn those around.

The best practice is to always put yourself first, by doing things that make you feel good. Things such as: picking up old hobbies that you used to enjoy, reconnecting with family and friends you haven't talked to or seen in a while, going for a walk or exercising if you prefer, giving yourself the right to pace yourself, and accepting the fact that you don't have to make yourself dizzy with added or self-imposed responsibilities that could wait. Instead, take the time on some days to allow yourself to do nothing. Just relax, grab a cup of tea or coffee, curl up with a good book, listen to soothing music, or watch a good movie.

We sometimes search too far for things when we have people and activities right at our fingertips. Things that we can think of, do, or share.

Let's just take the time to reflect.

Take care of yourself and enjoy the little things in life.

I wish you good health and safety for this New Year!

Hélène Richardson

Peer Support Coordinator – BIAOV

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

Motivation and Initiation After Brain Injury

Have you experienced difficulty getting started on a task?

It's possible that this is a result of having a concussion/mild Traumatic Brain Injury (mTBI). The terms "motivation deficit" and initiation deficit" are often used to describe this issue.

A person with a brain injury may have every intention of doing something, and may even have a plan in place, but it can still be very challenging to actually get started.

Although there could be other reasons for this, the issue may be directly related to brain injury. This is something that can be difficult to deal with, and very frustrating to explain to someone without a brain injury. There might be a perception that things aren't getting done due to a lack of interest, laziness, selfishness, etc.

Below are two resources from the Ontario Brain Injury Association (OBIA)/Ottawa Hospital, and the Brain Injury Association of America that look at the connection between brain injury and a lack of initiation or motivation, and include some management tips and strategies.

1) Fact sheet published by OBIA and the Ottawa Hospital

"Cognitive Changes After Brain Injury: Initiation & Motivation"

<https://caregiverinfo.ca/wp-content/uploads/2020/03/CCABI-Initiation-Motivation-edited.pdf>

2) Article published by the Brain Injury Association of America

"Brain Injury and Deficits in Initiation"

<https://www.biausa.org/public-affairs/media/brain-injury-and-deficits-in-initiation>



FACT SHEET

Cognitive Changes After Brain Injury Initiation & Motivation

QUICK FACTS

- The ability to initiate activities and see them through to completion is an important skill for everyday life
- Initiation & motivation are considered executive functions regulated by the frontal lobes
- **Adynamia** is the term used to describe the lack of motivation. It is very common after brain injury and is not the same as laziness
- Initiation is an important part of motivation; you need to get started in order to complete a task

WHAT MIGHT IT LOOK LIKE?

- Difficulty getting started with a task or activity
- May have difficulty following through once an activity is started
- Does not always mean the person feels unmotivated; he/she may talk about their plans and know what they want to do, yet they don't know how to start the activity

WHAT ARE THE POSSIBLE CAUSES AND COMPLICATIONS?

Possible Causes:

- Often due to injury of frontal lobe
- **Adynamia** can be confused with other aspects of ABI such as fatigue and depression

Possible Complications:

- Difficulties with motivation can make an impact on aspects of recovery such as rehabilitation, learning coping skills, social functioning and a return to work/study
- Social isolation because individuals may not have the motivation to go out or call a friend

WHAT CAN WE DO?

- Structure and routine will help individuals complete activities
- Use prompts to start and continue activities (e.g. alarm clocks, mobile phones, and visual reminders)
- Find activities that are interesting and will increase motivation and interest
- Engaging in the activity with the person may help them get started and keep them involved
- Break tasks down; smaller steps and checklists can make the task seem less overwhelming
- Structure and remove clutter from the environment
- Schedule events with built-in rest periods, create task lists, and keep the environment free of distractions
- Encourage a healthy lifestyle that includes sleep, regular exercise, avoiding/limiting alcohol, maintaining a healthy diet, and maintaining social contact

Disclaimer: This information is not meant to replace advice from a medical doctor. Consult the primary care physician regarding specific medical concerns or treatment.

Link to original document

<https://caregiverinfo.ca/wp-content/uploads/2020/03/CCABI-Initiation-Motivation-edited.pdf>

Brain Injury and Deficits in Initiation

*By Taylor Sustarsic, M.S., CCC-SLP, CBIS, Prisma Health- Roger C. Peace
Rehabilitation Hospital*

Individuals with brain injury may experience a number of challenges that can impact daily efficiency. More noticeable deficits – such as visual impairments, memory and balance issues, difficulty with problem solving, etc. – frequently receive greater attention during the recovery process. Initiation, on the other hand, can be less obvious and as a result, often goes unidentified and unaddressed. Decreased initiation can be present in a person's physical, social, cognitive, and/or emotional abilities. Failure to identify and treat initiation deficits can negatively impact a person's independence and quality of life.

Damage to the frontal lobe of the brain may result in myriad deficits. An injury to this area is frequently associated with changes to one's executive skills, which involve the planning, coordination, and execution of daily tasks. Initiation is part of this skill set, and it normally involves your "internal monitoring system" identifying the need to act and then letting you know when it's time to get started. Tasks can range from simple to complex and can include things like starting a new project, quickly going from sitting to standing up if the doorbell rings, taking a turn in conversation, or even calling 9-1-1 in the event of an emergency. When a brain injury occurs, this system can be interrupted. While one may understand and be able to state what needs to happen next, it may be difficult to actually do what needs to be done. An example of this might be hearing the doorbell ring, verbalizing or acknowledging the doorbell rang, but not physically getting up from the couch to go answer the door. Problems



with initiation can have a negative impact on a person's ability to live alone, complete activities of daily living, and engage socially with friends.

In order to understand what initiation is, it is also important to understand what it is not. Decreased initiation is not an unwillingness to do something or defiance against the person making the request. Although it might appear this way on the surface, initiation deficits are not due to a lack of understanding of what needs to be done or how to do something. The lack of initiation often gets labeled as a person being “unmotivated,” but this incorrectly implies that a person is actively and independently making a decision about whether or not to complete a task. Initiation is an organic deficit that is a direct result of a traumatic brain injury.

What can you do if you or a family member is struggling with decreased initiation? Here are a few strategies that may help:

- **Creating routines.** Establish repeatable routines and schedules and make as little deviation from them as possible. Having a morning routine or a bedtime routine can help increase independence with initiating the next step. For example, each night before bed, build a routine such as changing into pajamas, brushing teeth, taking medications, and then laying down. Keeping the routine the same allows for someone to initiate the next activity without having to decide what should come next.
- **Setting alarms.** Use a timer or a cell phone to set alarms to help trigger the individual to start or switch a task. These can serve as useful reminders that prompt initiation.
- **Using visual reminders.** Use signs, pictures, to-do lists, or written schedules that can help identify the next steps involved in tasks throughout the day.



- **Being patient.** Provide increased wait time for the person to complete a task or to respond in a conversation. This will allow their brain time to process the next step or the question they were asked.
- **Trying self-monitoring techniques.** Questions to ask oneself to prompt initiation might include “What am I doing now?” and “What needs to be done next?”

While these are helpful strategies, additional resources might include participation in rehabilitation. Working with an interdisciplinary team of brain injury specialists including a physical therapist, occupational therapist, and speech language pathologist can help identify and treat specific deficits in initiation. Importantly, an interdisciplinary team would be able to develop strategies unique to the person and the goal as well as train and educate caregivers for increased carry-over of these strategies.

Through increased awareness of initiation issues, one can learn and apply strategies to regain a sense of independence and continue to live a fulfilling life. Additional resources for life after brain injury, including family and caregiver support, can be found through national and state Brain Injury Associations.*

It is also important to identify other factors that can impact initiation, such as significant depression. If you notice problems with initiation, consider screening for and possible treatment of depression or other conditions.

<https://www.biausa.org/public-affairs/media/brain-injury-and-deficits-in-initiation>

This article originally appeared in Volume 15, Issue 1 of [THE Challenge!](#) published in 2021.

**List of resources for Ontario and other Canadian provinces: <https://obia.ca/support/local-brain-injury-associations/>*

A History of January

<https://www.almanac.com/content/month-january-holidays-facts-folklore>

Did You Know?



January was named for the Roman god Janus, known as the protector of gates and doorways who symbolizes beginnings and endings. Janus is depicted with two faces, one looking into the past, the other with the ability to see into the future.

The months of January and also February were not originally in the ancient Roman calendar as the winter months were considered dormant, both in terms of agriculture but also in terms of making war. This was a time of peace. Until 450 BCE, the Roman calendar was 10 months, beginning in March (Martius), due to the March Equinox. Remember March was named for “Mars,” the god of War who was also an agricultural guardian.

Photo <https://thebookofeveryone.com/blog/fascinating-facts-you-didnt-know-about-january/>



Dad Jokes

@Dadsaysjokes

I want to tell you about a woman who eats plants.

You've probably never heard of herbivore.

I only know one bad pun about paper.
It's tearable.

Why do seagulls fly over the sea?
Because if they flew over the bay,
they'd be bagels!

A priest, a minister, and a rabbit walk into a bar.

The barman says 'Is this some sort of joke?'

And the rabbit says, "I'm pretty sure I'm a typo."

How do you say "No TV" in Russia?
Nietflix.

Not all math jokes are terrible...
only sum.

Picked up a hitchhiker last night. He asked, "How do you know I'm not a serial killer?"

I replied, "The chances of two serial killers in one car is astronomical."

I need help. Someone glued my deck of cards together.

I don't know how to deal with it.

Did you hear about the chameleon who couldn't change color?

He had a reptile dysfunction.

RECIPE

Tania's Chicken Divan



(4 servings)

INGREDIENTS

- 4 pieces cooked deboned chicken
- 1 large pkg broccoli, firmly cooked & sliced cross-grain
- 1 can cream soup (e.g. mushroom)
- 2/3 c mayonnaise
- 1/2 tbsp lemon juice
- 1/2 tsp curry
- 1/2 c milk
- 1/2 tsp Worcestershire sauce
- 6 oz grated cheddar cheese
- 1/4 c melted margarine
- 3/4 c bread crumbs (combine with margarine)

DIRECTIONS

- Preheat oven to 350F
- Use an 8" or 9" low flat pan.
- Butter the pan and place broccoli, with chicken on top.
- Combine soup, mayonnaise, lemon juice, curry, milk, and Worcestershire sauce. Spread over chicken & broccoli.
- Sprinkle with cheese. Cover with combined bread crumbs & margarine.
- Place pan in preheated oven. Bake for 30 mins.
- Serve with potatoes or rice. Season as desired, with curry, more Worcestershire sauce, etc.

Photo from <https://thecozycook.com/chicken->

WORD SPLIT PUZZLE

How to Play and
Answers on last page

Including

1.

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

Recurrent topic

2.

--	--	--	--	--

School break

3.

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

Inaccurate name

4.

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

Fabric with an intricate pattern

5.

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

Fit for consumption

6.

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

Artificial water channel

7.

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

ME	MI	RE	CESS
JA	UARD	NT	CT
UEDU	IB	ED	AIN
THE	LE	SN	OMER
AQ	ING	CQ	CO

Movie Genres - Word Search

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

ACTION
ADVENTURE
ANIMATION
BIOGRAPHY
CHILDREN'S
COMEDY
CRIME
DISASTER

DOCUMENTARY
DRAMA
FAMILY
FANTASY
FILM NOIR
HORROR
MUSICAL
MYSTERY

PARODY
ROMANCE
SCI-FI
SHORT
SILENT
SPORT
THRILLER
WESTERN

Answers on last page

January Sudoku

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

EASY level - answers on last page

"The whole point of getting things done is knowing what to leave undone." - Oswald Chambers

The Days of January

<https://www.almanac.com/content/month-january-holidays-facts-folklore>

Did You Know?

January is:

**National Clean Up Your Computer Month and
National Hot Tea Month!**

Here are some more fun things to celebrate in January:

January 1: Z Day (On this day, those whose last name begins with “Z” get to go first instead of last.)

January 3: National Chocolate-Covered Cherry Day

January 6: National Bean Day

January 8: Elvis Presley’s Birthday

January 10: National Houseplant Appreciation Day

January 14: National Dress Up Your Pet Day

January 20: National Penguin Day

January 22: National Answer Your Cat’s Questions Day

January 29: National Puzzle Day

January 2022

SUN

MON

TUE

WED

THU

FRI

SAT

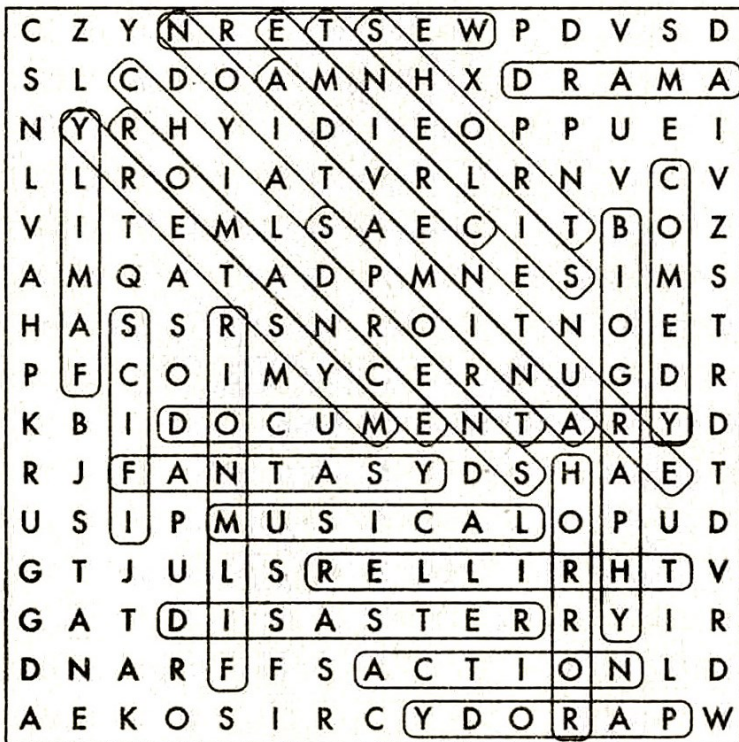
						1 New Year's Day
2	3	4	5	6 Virtually Step Up	7	8
9	10	11	12	13 Virtually Step Up	14	15
16	17	18	19	20 Virtually Step Up	21	22
23 30	24 31	25	26	27 Virtually Step Up	28	29

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 always wanted to be somebody, but now I realize I should have been more specific." - Lily Tomlin

MOVIE GENRES



JANUARY SUDOKU

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

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.

C O N T A I N I N G

T H E M E

R E C E S S

M I S N O M E R

J A C Q U A R D

E D I B L E

A Q U E D U C T

The Step Up Work Centre slogan is

"Member Run, Member Driven"

So we want to hear from the members!