



Brain Injury  
Association  
of the  
Ottawa Valley

150 Katimavik Road, Suite  
201, Kanata, ON K2L 2N2  
Phone: 613-233-8303  
Fax: 613-233-8422

[contact@biaov.org](mailto:contact@biaov.org)

Visit us at [www.biaov.org](http://www.biaov.org)

## FEBRUARY 2022 NEWSLETTER

### Executive Director's Message

DEAR BIAOV MEMBERS...

Happy February from the BIAOV!

I hope you are keeping well and keeping warm during this cold February! We have exciting news here at the BIAOV - I am happy to announce that we have hired a part-time Recreation Program Coordinator. Katie Hoferek has started at the BIAOV on February 7, 2022. Katie can be reached at [recreation@biaov.org](mailto:recreation@biaov.org) and her phone is currently being set up. If you need to phone Katie, please contact us at 613-233-8303.

We will be starting virtual programming this month and the calendar will be updated in March with new programs. Helene Richardson has started a new Family Support Group happening the 4th Wednesday of the month, if you would like to join please email us at [contact@biaov.org](mailto:contact@biaov.org).

Wendy Charbonneau is holding a Virtual Step-Up Group on every Thursday of the month from 2:00-3:00 pm via Zoom. If you would like to see Wendy and fellow members, please email us at [contact@biaov.org](mailto:contact@biaov.org).

March will bring a Women's Support Group with myself - more details will be available soon!

If you have any suggestions or recommendations for programs, please do not hesitate to reach out to myself, Helene or Katie. We are here for you and grateful for you!

Warmest wishes,

Faith Neale  
Executive Director

#### WHAT'S IN THIS MONTH'S ISSUE:

- Resources
- Tania's Poem
- Gratitude Quote
- Peer Support Corner
- Recipe
- Puzzles
- Calendar
- Puzzle Solutions

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# Events Happening this Month & Other Resources

- WenFamily Services Ottawa will host upcoming Parenting Groups, including [Beyond the Baby Blues \(February 9th – April 13th\)](#), [Just For Dads \(February 15th – April 12th\)](#) and [Parenting for Connection \(March 22-April 19th\)](#)
  - Join the Ontario Caregiver Organization's [online support groups](#)
  - Join The Royal's upcoming [Family Information & Support Groups](#), weekly on Tuesdays.
  - Community Navigation of Eastern Ontario have shared our [List of Out of the Cold locations \(Ottawa\) 2021-2022](#) (updated January 17th).
  - The Council on Aging of Ottawa will host Smart Aging Workshops, including [Nurturing Resiliency and Mental Wellness](#) on March 16th.
  - Register now for ABLE's free virtual webinar "[Smooth Transitions: Helping your family through daily routines](#)" to be held on March 9th.
  - The Bereaved Families of Ontario - Ottawa Region are now accepting pre-registration for their [Spring 2022 Virtual Closed Groups](#).
  - Epilepsy Ottawa will hold social or support groups they will be holding this month, including a [Support Group \(by video conference\)](#) on February 7th and a [Social Group \(by video conference\)](#) on February 16th.
  - The Royal has a line-up of client and family-oriented events coming up in February, including [Family Information & Support Groups](#)
  - The Community Employment Resource Centre (CERC) is offering various workshops in February regarding employment opportunities. To register and learn more click [here](#).
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# Tania's Poem

## Canada's Athletes with Prowess

Canada's Athletes with prowess perform,  
As they position, leap and soar,  
Often in unison indeed,  
Also reaching exuberant speeds.

Using implements of blade, sled, and ski,  
Athletes demonstrate ability,  
Gliding across in their own groove,  
Resembling a cross entity cruise.

Performing precise flowing and smooth,  
Style and abilities shine through,  
Demonstrating skill with precision,  
Allows for worlds athletic inclusion.

While national colours are displayed,  
Athletic abilities are portrayed,  
At a place to meet, many share greets,  
Accomplishing with strength great feats.

**Congratulations to all of the Canadian Athletes and their Olympic successes**

**Tania M.**

# Peer Support Corner



**Love**

**Hello Everyone,**

**With this month being February and Valentines Day around the corner I thought I would talk about Love and different ways to look at it.**

**For the ones being alone or not being able to see or be with the ones you love, parents, family members or best friend might be found very difficult these days...**

**The word Love is mostly used according to the first definition in the dictionary as an intense feeling of deep affection, something we feel.**

**Maybe Love could also be looked not only as feeling but also as an act of Love.**

**Love is also when a person believes in another person and shows it, taking care of an animal, giving a helping hand to your neighbour, a friend or family member; gestures done for others, not by obligation.**

**Most importantly is accepting to receive it from others in return, which will bring light and peace in your life.**

**I wish you Love in any shape or form and the means to recognize happiness around you...you are not alone!**

**Hélène Richardson**

**Peer Support Coordinator – BIAOV**

**E-mail [pscbiaov@gmail.com](mailto:pscbiaov@gmail.com) or leave a voicemail at (613) 233-8303**

# Katie's Corner

Hello,

My name is Katie Hoferek and I am your new Recreation Program Coordinator! I am excited to meet you all and get started on some great new programs. Feel free to contact me at [recreation@biaov.org](mailto:recreation@biaov.org) with any suggestions or questions about future programming. I heard that some of you enjoy cooking so I thought I would share the best (and simplest) hollandaise sauce recipe I have ever tried! If any of you feel like treating yourself to an Eggs Benedict on a nice morning like me, please try it and let me know if you like it.

## Ingredients

2 egg yolks

1/4 lemon juiced, or to taste

1 pinch salt

1/4 cup salted butter, melted

1 Tb mayonnaise

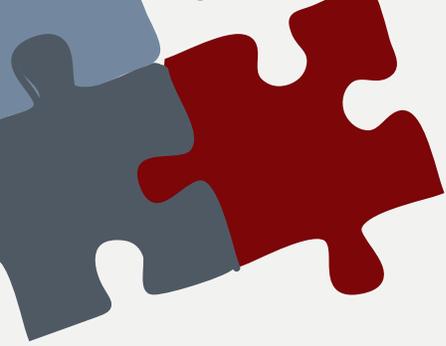
A few drops Worcestershire sauce

Chipotle Tabasco sauce, to taste  
(optional)



## Directions

1. Beat egg yolks, lemon juice, salt, Worcestershire sauce, chipotle Tabasco sauce and mayonnaise together in a microwave-safe bowl.
2. Slowly stream melted butter into the mixture while whisking to incorporate.
3. Heat in the microwave for 10 second increments, whisking vigorously after each one. The Hollandaise sauce is done when it is steaming and thick.
4. Serve over toast or an English muffin on top of a poached egg and some smoked salmon. Enjoy!



# Puzzles



**Valentine's Day themed Word Search! The remaining letters spell out a popular Valentine's Day item**

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



**ADMIRER**  
**ADORE**  
**AFFECTION**  
**ATTRACTION**  
**BEAU**  
**BELOVED**  
**BOYFRIEND**  
**CANDLES**  
**CANDY**  
**CHOCOLATES**

**COUPLE**  
**CRUSH**  
**CUPID**  
**DARLING**  
**DATE**  
**DEAR**  
**DEVOTION**  
**FANCY**  
**FEBRUARY**  
**FLAME**

**FLOWERS**  
**FONDNESS**  
**FOREVER**  
**FRIENDSHIP**  
**GIFT**  
**GIRLFRIEND**  
**HEARTS**  
**JEWELRY**  
**LIKE**  
**LOVEBIRDS**

**LOVERS**  
**PARTNER**  
**PROPOSAL**  
**RELATIONSHIP**  
**RESTAURANT**  
**ROMANCE**  
**ROSES**  
**SENTIMENT**  
**SUITOR**  
**SWEETHEART**

Answer on last page

# February Sudoku

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

# Calendar: February

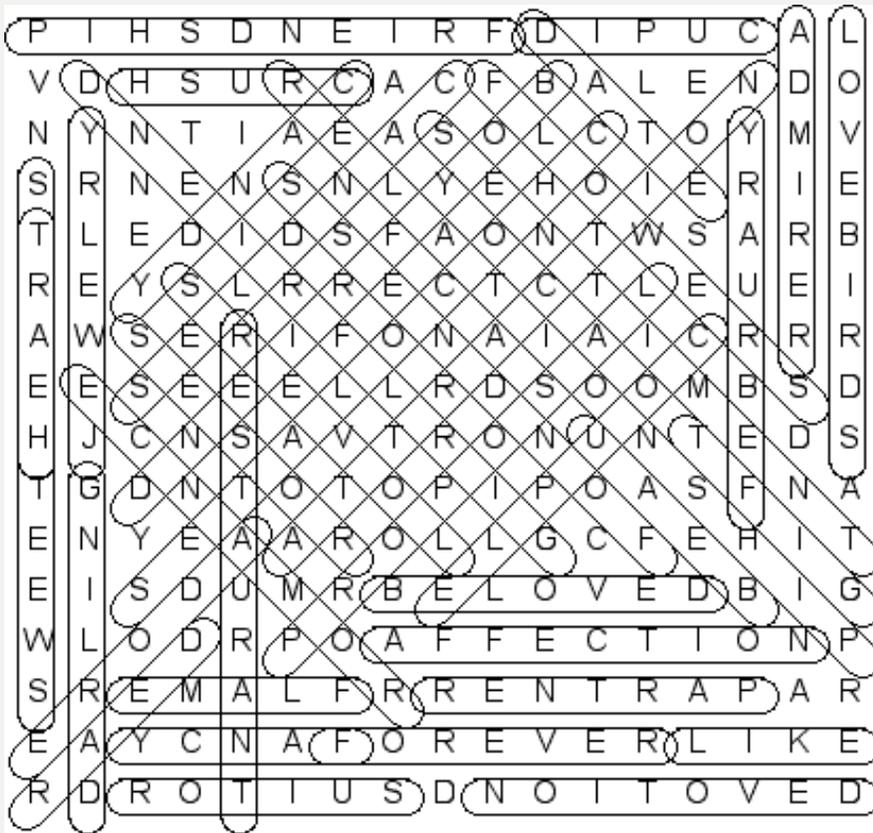
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	4	5
8	9	10	11	12
14	15 Social Group with Katie 1-2pm	16	17 Step Up Virtual Group with Wendy 2-3pm	18
21	22 Social Group with Katie 1-2pm	23	24 Step Up Virtual Group with Wendy 2-3pm  Social Group with Katie 12-1pm	25
28				

Register for our classes using the following link or by contacting us at [contact@biaov.org](mailto:contact@biaov.org)

[https://docs.google.com/forms/d/e/1FAIpQLSe6jTh88vfkUxpKiNPcM6F9JbbitPjfKk6bKAh7JSXcqbl0IQ/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSe6jTh88vfkUxpKiNPcM6F9JbbitPjfKk6bKAh7JSXcqbl0IQ/viewform?usp=sf_link)

# Puzzle Solutions

Hidden item: Valentine's Day card



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