



Brain Injury  
Association  
of the  
Ottawa Valley

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## MARCH 2022 NEWSLETTER

### Executive Director's Message

#### DEAR BIAOV MEMBERS...

Spring is right around the corner, the days are getting longer and it is very slowly starting to warm up outside! Get some fresh air when you can - it always helps.

We have started our new social groups with the support of Katie and Hélène. All groups are thriving! We encourage you to join when you can. A new addition this month is the BIAOV Women's Support Group, happening on March 14 and 21 at 7:00 pm via Zoom.

Have a suggestion or comment about the groups? Please let one of us know.

As a reminder, we can be reached by email or phone (613-233-8303):

- Faith Neale, [faith@biaov.org](mailto:faith@biaov.org)
- Hélène Richardson, [pscbiaov@gmail.com](mailto:pscbiaov@gmail.com)
- Katie Hoferek, [recreation@biaov.org](mailto:recreation@biaov.org)

We are here to support you in any way we can. Please contact any one of us when you need us!

Take good care, enjoy the fresh air and we will be in touch soon.

Faith



**BIAOV MEMBERS! SAVE THE DATE:**  
Pat Fleming is back again this year with another golf tournament to support BIAOV programs and services. Mark your calendars: Tuesday June 21, 2022 at Loch March Golf Course in Kanata. Stay tuned for more details.

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

- Resources
- Champlain ABI Navigator
- Tania's Poem
- Peer Support
- New Programs
- Recipe
- Puzzles
- Calendar
- Puzzle Solutions

# Events Happening this Month & Other Resources

- ABLE2 will host an upcoming virtual webinar [Smooth Transitions: Helping your family through daily routines](#), to be held on March 9th.
- The Council on Aging of Ottawa will host Smart Aging Workshops, including [Nurturing Resiliency and Mental Wellness](#) on March 16th.
- CLEO Connect has shared some pre-recorded webinars on COVID-19 Income Benefits, including Don Valley Community Legal Services' [COVID-19 Income Benefits for Workers](#), (February 1st) the Workers' Action Centre's [Canada Worker Lockdown Benefit + EI](#) (January 27th) and [CLEO Connect's COVID-19 Income Benefits: what's new, what's ended](#) (November 30th).
- The Community Employment Resource Centre (CERC) is offering various workshops in February regarding employment opportunities. To register and learn more click [here](#).

## Support Groups

- BFO will host weekly [Virtual Support and Share events](#).
- Family Services Ottawa has shared details of their parenting groups, including [Parenting for Connection](#) and [Beyond the Baby Blues](#).
- The Royal has a line-up of client and family-oriented events coming up in February, including [Family Information & Support Groups](#)

# Champlain Acquired Brain Injury Navigator



Introducing Constance Coburn, Champlain System Navigator

Acquired brain injuries (ABI) result from damage to the brain caused by a traumatic or non-traumatic event after birth. There are close to half a million Ontarians currently living with acquired brain injury. As the Champlain region's ABI System Navigator, my role includes the development of a coordinated and consistent ABI service pathway that will increase service capacity for ABI survivors. This includes effective

partnerships with non-ABI service providers including mental health, addictions, developmental disabilities, geriatrics and corrections. Addressing and identifying the gaps in the system is a major role of the 14 System Navigators in Ontario.

The ABI Navigator also acts as a resource to connect ABI survivors and their caregivers to services to support them as well as to promote optimal living options and enjoyment of leisure interests. Raising awareness with continual education is imperative to ensuring timely access to appropriate services.

## Concussions and ABI

Concussions are mild traumatic brain injuries. The incidence of concussion is reaching epidemic proportions. Due to the varied nature of concussions, not all patients with a concussion require all types of interventions from all providers; there is not one single course of treatment or recovery. As with each acquired brain injury, it is necessary that all assessment and treatment be individualized.

The majority of concussions (85-90 per cent) will resolve within weeks, spontaneously, with some relative rest, guidance, follow-up from a primary care provider, and a stepwise return to activity. For patients who experience persistent symptoms and those at risk of a delayed recovery, it is necessary that they have access to appropriate and timely, coordinated, interdisciplinary, and evidence-based care.

## When should you contact the ABI Navigator?

- When you want guidance to collaborate services for ABI and another discipline (mental health, addictions, developmentally delayed, geriatrics, corrections and housing)
  - When assisting in the transition from one LHIN region to another
  - When you are seeking assistance to find the appropriate resources for someone's care
  - When you need assistance or problem solving around complex case coordination
- Requests for assistance can be made by the individual themselves, loved ones, or professionals involved. An ABI database, which includes a Primary Health Care Desktop Resource Guide, is available on the Champlain Healthline website. This database provides one-stop shopping for ABI services and supports throughout the regional health care system with the additional convenience to directly contact the ABI System Navigator – an invaluable support to the individual and family!

# Tania's Poem

## Snow Falling Like Confetti

**A variety of shapes to coat the ground,  
Near structures pure white carpeting surrounds,  
Falling like crystals through far and near,  
Offering refreshing comfortable air.**

**Icing hills, tree tops and much more,  
gently coating surfaces galore,  
Offering skiing, sculpting and beyond,  
Thus activities for which many are fond**

**Tania M.**





# Peer Support Corner

## *Life*

**Life is the most precious thing we have and we should be very thankful to wake up in the morning, treasure it and not take it for granted...**

**We all have lost loved ones along the way, it is not easy and hard to keep going, a bit like life is sometimes, but positivity, great memories and people's love around you makes it worth while to take the time, cherish and at some point move on... it won't be easy but worth it. While able to appreciate the past, meeting new people who might become new friends and live new experiences with you will help. As you get older, you realize that it never fails and life must go on with its trials and tribulations.**

**Time heals...**

**The Circle of Life!**

**I wish you a great one, be happy...**

**If you are in need of someone to help you to move on, you can contact me regarding the Peer Support Program at:**

**Hélène Richardson**

**Peer Support Coordinator – BIAOV**

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

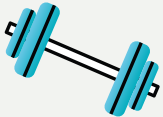
# New Programs in March

The BIAOV is pleased to announce that we are offering some new programs for the month of March. For date and time information, check the calendar.



- **Women's Support Group:** for ABI survivors that identify as women, run by Faith. To register, email [contact@biaov.org](mailto:contact@biaov.org)

- **Social Group:** the February Social Group with Katie is continuing into March! A place for survivors of ABI to talk about anything they wish each session. Register [here](#)



- **Low-Impact Exercise with Katie:** a low-impact workout aimed to accommodate all abilities. Register [here](#)

- **Music Group:** a group for sharing songs. Registrants will be asked to share up to 3 songs they enjoy with the group and discuss their thoughts. Register [here](#)



# Recipe: Quinoa Salad

## Ingredients

1 cup uncooked quinoa, rinsed

2 cups water

1 can (15oz) chickpeas, rinsed

1 medium cucumber, chopped

1 medium bell pepper, chopped

3/4 cup chopped red onion

1/4 cup olive oil

1/4 cup lemon juice

2 cloves garlic, minced

1/2 teaspoon fine sea salt



## Directions

1. Combine rinsed quinoa and water in a medium saucepan. Bring to a boil over medium-high heat, then decrease heat to maintain gentle simmer. Cook uncovered until quinoa has absorbed all the water (about 15 minutes). Remove from heat, cover and let rest for 5 minutes to fluff up.
2. In a large serving bowl, combine chickpeas, cucumber, bell pepper, onions and parsley.
3. In a small bowl, combine olive oil, lemon juice, vinegar, garlic and salt. Whisk until blended and set aside.
4. Once quinoa is mostly cool, add it to the serving bowl, and drizzle the dressing on top. Toss the mixture until combined. Let salad rest for at least 5 minutes before serving. Keeps in refrigerator for about 4 days.



# Puzzles

## A Saint Patrick's Day themed Word Search



**BLARNEY**

**CHARM**

**CLOVER**

**DANCE**

**DUBLIN**

**EMERALD**

**GOLD**

**GREEN**

**IRELAND**

**ISLE**

**LEPRAUCHAUN**

**LIMERICK**

**LUCK**

**MARCH**

**PARADE**

**RAINBOW**

**SHAMROCK**



# March Sudoku

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

# Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Social Group with Katie 1:00-2:00	2	3 Social Group with Katie 10:00-11:00 AM  Step Up Group With Wendy 2:00-3:00 PM	4 Music Group with Katie 8:30-9:30 AM
7 Women's Support Group with Katie 7-8 PM	8 Social Group with Katie 1:00-2:00 PM	9	10 Social Group with Katie 10:00-11:00 AM  Step Up Group With Wendy 2:00-3:00 PM	11 Music Group with Katie 8:30-9:30 AM
14	15 Social Group with Katie 1:00-2:00 PM	16	17 Social Group with Katie 10:00-11:00 AM  Step Up Group With Wendy 2:00-3:00 PM	18
21 Women's Support Group with Katie 7-8 PM	22 Social Group with Katie 1:00-2:00 PM	23 Low Impact Exercise with Katie 9:00-10:00 AM  Family Support Group with Hélène 7:00-8:30 PM	24 Social Group with Katie 10:00-11:00 AM  Step Up Group With Wendy 2:00-3:00 PM	25
28	29 Social Group with Katie 1:00-2:00 PM	30	31 Social Group with Katie 10:00-11:00 AM  Step Up Group With Wendy 2:00-3:00 PM	



# Puzzle Solutions

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

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