

## APRIL 2022 NEWSLETTER

### Executive Director's Message



WELCOME SPRING...

Hello BIAOV Members,

I hope you are all doing well and enjoying the sunny days! I have a few updates for you:

- Have you filled out the member survey? If not, please give us your feedback by clicking [here](#). As always we welcome your suggestions and ideas for programming.
- The BIAOV is getting a new look! Be on the look out for our new logo.
- Mark your calendars: the 9th Annual BIAOV Golf Tournament is happening on Tuesday June 21st at Loch March Golf Course. We are truly grateful for Fleming Fitness' support!
- Have you joined a social group? Please join us!
- Family/Caregiver support - join Helene on the 4th Wednesday of the month (April 27th) to meet via Zoom
- More programming will be coming soon!

It has been way too long since we have all been together ... we will be planning an in-person meeting very soon.

Take good care and please reach out if you need support.

Warm wishes,

Faith

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

#### PAGES:

- BIAOV News
- Tania's Poem
- Peer Support
- Virtual Speech Therapy Group
- Recipe
- Puzzles
- Calendar
- Puzzle Solutions

# Resources

- On April 27th, ABLE2 will host a free webinar on [Transitioning from High School to College with Algonquin College](#).
- On April 13th, ABLE2 will host a free virtual webinar on [Mental Health Resilience: Supporting Families and Loved Ones Through Challenging Times](#).
- The Pinecrest-Queensway Employment Services have shared their [April 2022 Employment Workshop Calendar](#).
- The Community Employment Resource Centre (CERC) is offering various workshops in April regarding employment opportunities. To register and learn more click [here](#).
- On April 13th, the Ontario Native Women's Association (ONWA)'s Aakode'ewin / Courage for Change program's Elaine Kicknosway will host [Sugar Bush Moon Teaching](#), to learn about one of the Thirteen Grandmother moons.
- The Dementia Society of Ottawa and Renfrew County has shared their latest [peer support group schedule](#).
- The Royal has a line-up of client and family-oriented events coming up in April, including [Family Information & Support Groups](#).

# Tania's Poem

## Music

Aids to one to express their environment,  
Perhaps relays the creators' sentiments,  
Helps you savor the world around,  
Perhaps an expression of scenery that abounds.

It provides an outlet of one's emotions,  
Also it may demonstrate an artists devotions,  
Upon experiencing the artists creation,  
The audience often experiences elations.

During music we absorb, dance, share and sing,  
It's enlivening inspiring and invigorating,  
The experience may generate internal energy,  
Choices may demonstrate individuality.

Tania M.

April 2022

# Peer Support corner

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Spring

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**Hello Everyone,**

## **LIFE IS SO SHORT.**

We spend so much time sweating the small stuff, worrying, complaining, gossiping, comparing, wishing, wanting and waiting for something bigger and better — instead of focusing on the simple blessings that surround us every day.

Life is so fragile and all it takes is a simple moment to change everything you take for granted. Focus on what's important and be grateful. You are blessed! Believe it! Live your life and leave no regrets.

— *Melanie Koulouris*

Let's cultivate these new thoughts for years to come...

Hélène Richardson- Peer Support Coordinator  
pscbiaove@gmail.com- 613-233-8303

# Virtual Speech Therapy Group

1 time per week for 6 weeks, 1 hour per session. Available to anyone in Ontario with communication impairments.



Next session running  
from April 20th to  
May 25th, 2022 for  
adults with speech,  
language, and  
cognitive-  
communication  
difficulties.



Speaking

Listening

Reading

Writing

Thinking



Crystal Branco,  
Speech-Language  
Pathologist



Natalie  
Kuzmanovich,  
Speech-  
Language  
Pathologist

Call or email for pricing and  
additional details.



[natalie@wordplayspeech.ca](mailto:natalie@wordplayspeech.ca)

(226) 927-4617

# Recipe: Date Energy Balls

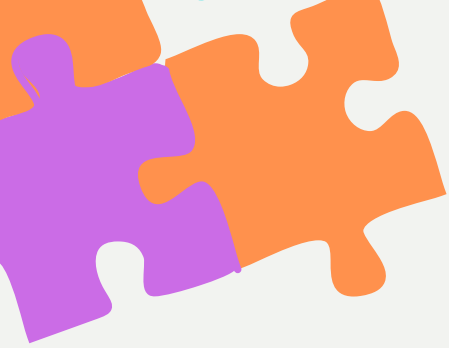


## Ingredients

**1 Cup Pitted Dates**  
**3 Tb Peanut butter**  
**2/3 Cup Cup Rolled Oats**  
**1 Tb Chia seeds**  
**1/4 Cup Chocolate**

## Directions

1. If dates are dry, soak in warm water for 10 minutes, then drain.
2. Pulse dates in food processor or blender until they break up into small pieces.
3. Add oats, pieces of chocolate, chia seeds, peanut butter and pulse or mix until roughly combined.
4. Roll into 1-inch balls using hands (yields around 15 balls).
5. Last in the fridge for week, freezer for 2-3 weeks.



# Puzzles

## Easter Word Search

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

APRIL

BASKET

BLOOMING

BONNET

BUNNY

CANDY

CHICK

CHOCOLATE

EASTER

EGGS

FLOWERS

HOLIDAY

JELLYBEANS

MARCH

MARSHMALLOWS

PASTEL

SPRING

SUNDAY

SUNSHINE

TULIPS

# Sudoku

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



# Calendar

## APRIL 2022

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5 Social Group with Katie 1-2pm	6	7 Social Group with Katie 10-11am  Step Up Group with Wendy 2-3pm	8	9
10	11	12 Social Group with Katie 1-2pm	13	14 Social Group with Katie 10-11am  Step Up Group with Wendy 2-3pm	15	16
17	18	19 Social Group with Katie 1-2pm	20 Trivia with Katie 10-11am	21 Social Group with Katie 10-11am  Step Up Group with Wendy 2-3pm	22	23
24 Women's Support Group with Faith 7-8pm	25	26 Social Group with Katie 1-2pm	27 Family Support Group with Hélène 7-8pm	28 Social Group with Katie 10-11am  Step Up Group with Wendy 2-3pm	29	30

**Register for the Women's Support Group by emailing  
[contact@biaov.org](mailto:contact@biaov.org).**

**Register for Trivia with Katie [here](#).**

**Register for the Social Group [here](#).**

# Puzzle Solutions

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

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