

BIAOV

Newsletter

MAY 2022



Hello May...

Happy May, BIAOV members! I am pleased to virtually unveil our new logo which you will now find on our website, social media pages and our newsletter.

I hope you are staying well, enjoying the sun and fresh air.

Message continued on page 2

WHAT'S IN THIS MONTH'S ISSUE?

- Resources
- Katie's Corner: Veggie Burger Recipe
- Puzzles
- Calendar of Events
- Puzzle Solutions
- Contact us



Our 9th annual golf tournament, presented by [Fleming Fitness](#) will be happening Tuesday June 21, at Loch March Golf Course. Access the [Registration Form here](#).

As we continue to build on our programs and services, I encourage you (if you have not yet!) to fill out our [member survey](#) that was sent out last month. Your feedback, ideas and suggestions are so meaningful to us.

Please take a look throughout this month's newsletter with excellent resources for the month ahead. If you are interested in joining a program please contact us at contact@biaov.org or phone us at 613-233-8303.

Wishing you a beautiful month ahead!



Resources

- Learn more about ABLE2's "Disassembling Disability with Holly Devine" virtual webinar on May 11th.
- In May and June, [Reach Canada](#) will host the [Reach 2022 Hoarding Conference: Increasing Awareness, Legal Challenges and Community Collaboration](#)
- The Ottawa Tool Library will host many workshops in May, including Intro to Women in Woodworking: Make a Planter Stand on May 10th, Garden Tool Maintenance & Sharpening Night on May 12th, Intro to Hand Planes on May 17th, Make Your Own Cedar Planter Box Workshop on May 19th, Bring Your Bike Out of Hibernation on May 24th, Lawn Mower Maintenance Demo Night on May 26th, WorkSpace Safety 101 Workshop on May 27th. [Register here](#).
- The Community Employment Resource Centre (CERC) is offering various workshops in April regarding employment opportunities. To register and learn more click [here](#).
- Pinecrest-Queensway Employment Services will host workshops in May, including Ontario Works discussing Earning Income While Receiving OW Benefits on May 25th. [Register here](#).
- Canadian Mental Health Week is **May 2-6**. The Ottawa Public Library is hosting programming to support the discussion of mental health. More information [here](#).
- The Royal has announced some changes in store for the Women's Mental Health Program. Get additional information [here](#).

Directions

1. Shred the potato using a cheese grater or food processor.
2. Place grated potato in a bowl with beans, mash with fork until smooth. Then add in egg, spices and panko. Allow to sit for 10 minutes.
3. Form the patties by creating balls, then flattening into 3/4 inch thick disks.
4. Heat 1 Tb oil on skillet at medium heat. Cook patties 4-5 minutes per side until crispy. Assemble with desired toppings. Makes 4 patties.

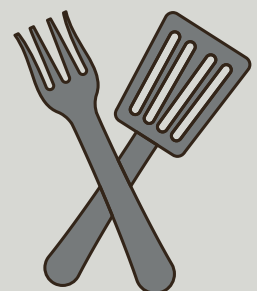


Ingredients

1 medium sweet potato
5 oz can small white beans, drained
1 egg, lightly beaten
1 cup panko
1 Tb chili powder
1/2 tsp cumin
1/2 tsp coriander
1/2 tsp garlic powder
1/2 tsp sea salt
1 tbs oil

Have a recipe to share?

Contribute to our BIAOV cookbook;
we are building up our member's
favourite recipes.
Share your recipe by clicking [here](#) or
emailing contact@biaov.org



I hope life is treating you well.

Today I would like to remind you of the benefits of the Peer Support Program.

My Coordinator at OBIA and myself regularly train mentors which will be paired with partners, both being part of the program.

It starts with a telephone intake, their information will be entered in the provincial database from which we will try to pair them according to their type of acquired brain injury, age, gender, interests and needs...

The Mentor will call his/her Partner weekly for up to a year period.

It has been found most beneficial for both parties where they find emotional support and someone to talk to, who has been there and understands what they have been through.

Please don't hesitate to contact me if you or someone you know who may need a helping hand and may benefit from this program.

Take care and keep smiling!

Hélène Richardson

Peer Support Coordinator – BIAOV

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



What are the best flowers to plant in May?

May is a great time to get a head start on your garden!

Here are a few tips to help plan your garden:

- Decide if you want to have a vegetable or flower garden
- Take a look at your space and the location of the sun
- Figure out where the water will come from, do you have a hose?
- Determine how much space you will need for your garden. If you are planning a vegetable garden, plan accordingly!
- Research the best soil for your garden. Better quality soil will help your garden flourish!

Below are a few ideas of flowers and vegetables you could consider planting:

Vegetables

- Lettuce
- Peas
- Carrots
- Beans
- Garlic
- Onions

Flowers

- Red roses
- Peonies
- Hydrangeas
- Geraniums
- Forget-me-nots
- Daisies

Reference: <https://www.desjardinsgeneralinsurance.com/blog/-/spring-gardens-for-beginners-in-ontario>



Interested in joining a women's support group?

We are getting ready to start our Women's Support Group - if you are interested and a brain injury survivor, please email Faith Neale at faith@biaov.org. We hope to start this group in June.

Mother's Day Word Search



AUNT

BRUNCH

CANDY

CARD

CARING

CHILDREN

DAUGHTER

FAMILY

FLOWERS

GRANDMOTHER

HUGS

KIDS

LOVE

LOVING

MAY

MOMMY

MOTHER

PARENT

PRESENTS

SUNDAY

Suduko

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				1		4		
7			2		3		9	6



**BRAIN INJURY
ASSOCIATION**
of the Ottawa Valley

May Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Social Group with Katie 1-2 pm	4	5 Social Group with Katie 10-11 am Step up Group with Wendy 2-3pm	6	7
8	9	10 Social Group with Katie 1-2 pm	11	12 Social Group with Katie 10-11 am Step up Group with Wendy 2-3pm	13	14
15	16	17 Social Group with Katie 1-2 pm	18	19 Social Group with Katie 10-11 am Step up Group with Wendy 2-3pm	20	21
22	23	24 Social Group with Katie 1-2 pm	25	26 Social Group with Katie 10-11 am Step up Group with Wendy 2-3pm Family Support Group with H������ 7-8:30 pm	27	28
29	30	31 Social Group with Katie 1-2 pm				

OBIA Webinar: Disability Tax Credit (DTC) & Registered Disability Savings Plan (RDSP) Open Discussion - May 3, 2022

OBIA is pleased to present two upcoming open discussion webinars specifically tailored for caregivers and survivors of acquired brain injury (ABI).

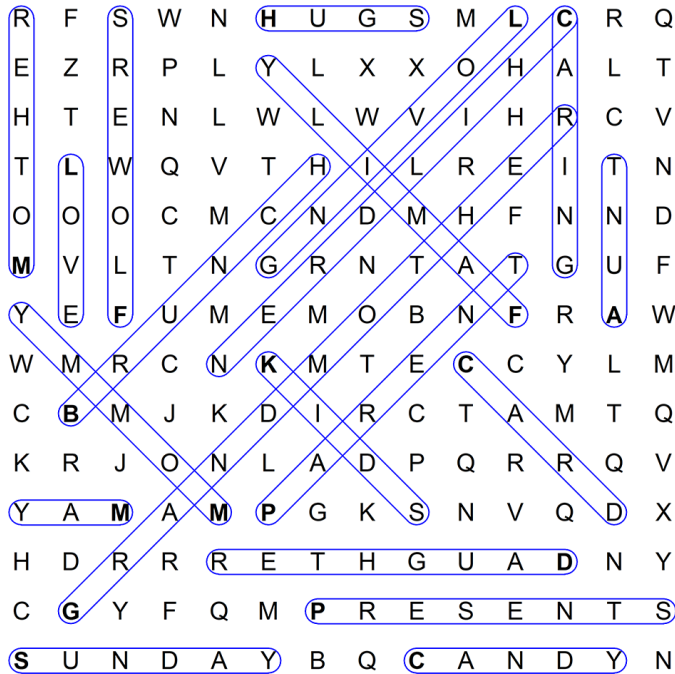
Join Daniel Carroll and Maria Campanella of Hudson Wealth and Trust Planning Group as they examine some of the key concerns around the Disability Tax Credit (DTC) and the Registered Disability Savings Plan (RDSP) and how survivors of ABI can benefit from these.

Register [here](#).



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Puzzle Solutions



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

Contact Us

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Please note...

Our team is working hard remotely to serve you - please leave us a voicemail if we miss you or email us at contact@biaov.org



Get social with us

