

BIAOV

# Newsletter

JUNE 2022

## June is Brain Injury Awareness Month!

Brain Injury affects over 1.5 million Canadians in differing ways. This June, we are celebrating Brain Injury Awareness month. Help us raise awareness by using the hashtags #BrainInjuryAwarenessMonth and #ShineALightOnBrainInjury. The BIAOV is proud to be part of the brain injury community and the effort to create a safe space for survivors and caregivers.



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

- Resources
- BIAPH Health Advocates Conference
- Katie's Corner: Tuscan Scallops Recipe
- BIAOV Golf Tournament Fundraiser
- Murray's Story
- Puzzles
- Calendar of Events
- Puzzle Solutions
- Contact us





**Ontario Brain Injury Association**

Yesterday at 12:15 PM · 🌐

Last year, we partnered with the [Concussion Advocacy Network](#) to produce a multi-media podcast series for [#braininjuryawarenessmonth](#) 💚💜

The podcast series was a huge success with over 1k+ downloads, and we are very excited to announce a 2nd season will be released this June!!!

Missed last year's? Watch them ➡ <https://bit.ly/3pl4e0O> and get ready for this year's series, starting June 1, 2022.

## SHARING EXPERIENCES WITH CONCUSSION/TBI

**SEASON I: REVIEW**

**7 TOTAL EPISODES  
1,091 DOWNLOADS**



**OBIA Helpline: 1-800-263-5404**

- The [City of Ottawa](#) has shared an Invitation to the [City of Ottawa's 2022 AccessAbility Day](#) on June 1st.
- Family Services Ottawa will host an upcoming [Parent Coaching Program](#).
- As part of the Together Ottawa Ensemble events, Hospice Care Ottawa is hosting a [virtual Bereavement Retreat](#) on June 15th. This nurturing online event includes a presentation, time for supportive sharing with other and a guided yoga.
- On June 8th, ABLE2 will host a free in-person [Yoga in the Park with Sabrina event](#).
- The Council on Aging of Ottawa will host [Smart Aging Workshops](#).
- The City for All Women Initiative will hold a [three-day workshop about the upcoming Provincial Elections](#).
- Sharing Experiences with Concussion webinars: [Upcoming Events for OBIA - Ontario Brain Injury Association / June 1 / 8, 2022](#)
- [OBIA 2022 AGM - Ontario Brain Injury Association](#)

Reminder: Vote on June 2nd; accessible voting information here:  
<https://www.elections.on.ca/en/voting-in-ontario/accessible-voting.html>

---



We proudly invite you to our  
**3rd Health Advocates  
Education Conference!**

**What You're Missing: Practical Tips and  
Strategies from Industry Professionals**

**Wednesday June 29th, 2022**

**Mississauga Convention Centre**

**[75 Derry Rd, Mississauga, ON](#)**

Join us **ONLY IN-PERSON!**  
Experience the unique rapid  
podium presentations to soak  
up the most knowledge!



**Conference Highlights:**

- Are you properly being heard when testifying before the Licence Appeal Tribunal (LAT)?
- Understand the difference between you testifying as a fact witness vs an expert?
- Unpacking the meaning of criterion 8 of the AMA Guides when reporting on client mental and behavioural issues
- How is sex rated under the AMA Guides?
- The interplay of brain injury and sexual assault survivors
- Panel Discussion

Click [here](#) to register. Group rates are available, early bird pricing ends May 31st.

For more information, click [here](#).

# Creamy Tuscan Scallops Recipe

## Directions

1. Pat the scallops dry.
2. Heat olive oil in a large pan/skillet over medium-high heat until sizzling. Add scallops in a layer without overcrowding the pan.
3. Season with salt and pepper to taste and fry for 2-3 minutes on one side (until golden), then flip and fry again for 2 minutes until crisp, lightly browned and cooked through. Remove from skillet and transfer to a plate.
4. Melt butter in the pan. Sauté onion until soft (~ 4 minutes). Add in the garlic and sauté until fragrant (30 seconds). Add in sun-dried tomatoes and cook for 1-2 minutes.
5. Reduce heat to low-medium heat, add in heavy cream. Bring to gentle simmer while stirring occasionally. Season to taste.
6. Add in spinach and allow to wilt in the sauce, then add in parmesan cheese. Simmer for a minute until cheese melts.
7. Stir in herbs, take pan off heat, add scallops with their juices into the pan. Mix through slightly before serving.
8. Serve over pasta, rice, zoodles, cauliflower rice or steamed vegetables.

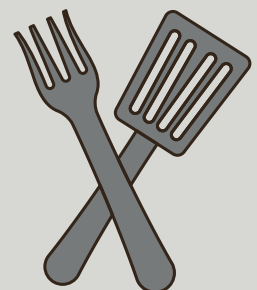


## Ingredients

- 28 oz (800g) of scallops
- 2 Tb salted butter
- 4 cloves garlic, finely diced
- 1 small yellow onion, diced
- 5 oz (150g) jarred sun-dried tomato strips in oil, drained
- 1 3/4 cups heavy cream
- Salt and pepper, to taste
- 3 cups baby spinach leaves, washed
- 1/2 cup fresh grated Parmesan cheese
- 2 tsp dried Italian herbs
- 1 Tb fresh parsley, chopped

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





# BIAOV Golf Tournament Fundraiser

There are only 4 foursome spots remaining at the upcoming golf tournament on Tuesday June 21 at the Loch March Golf Course. Thank you to our sponsors for their support.



## Interested in joining a women's support group?

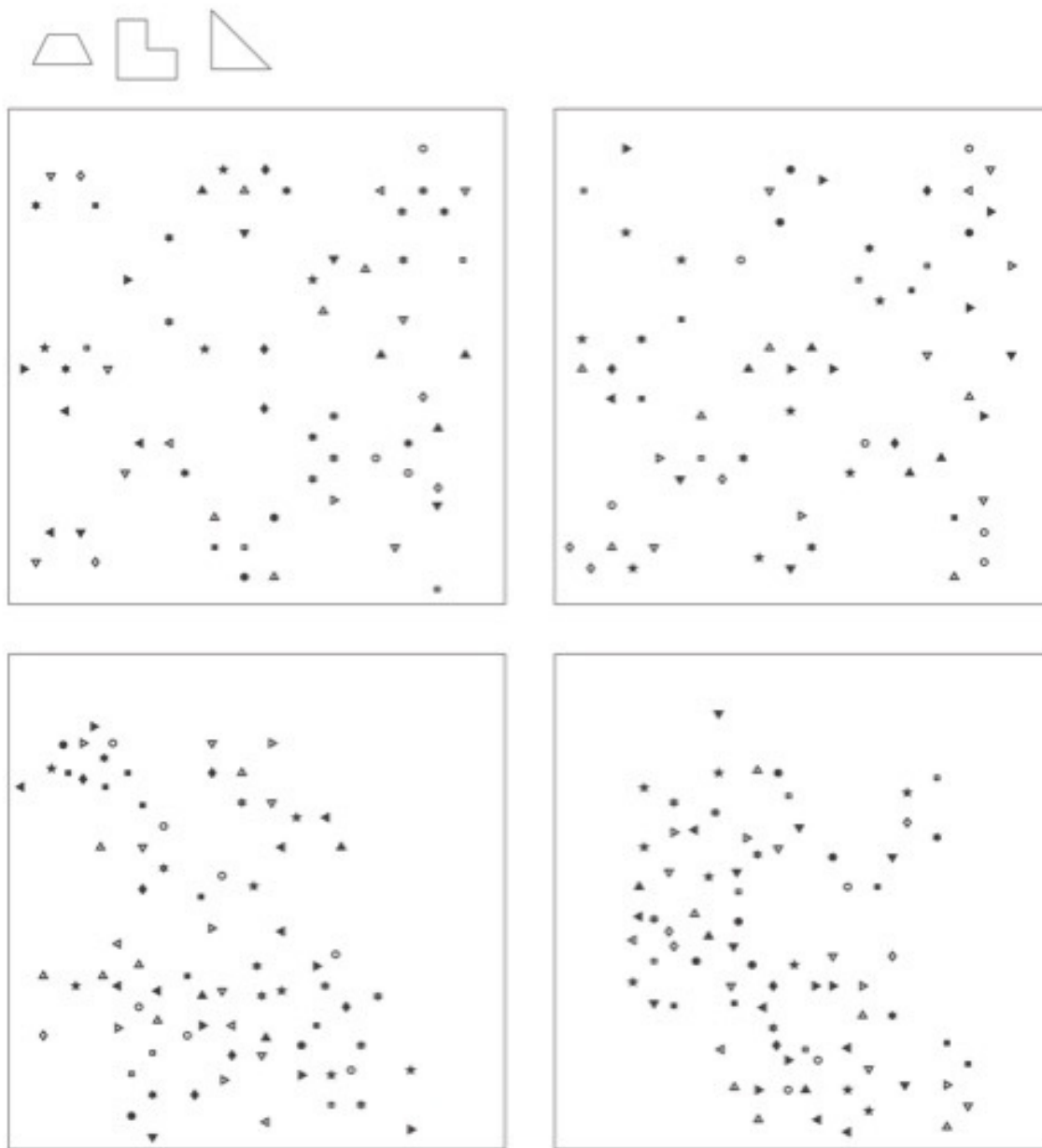
We are getting ready to start our Women's Support Group - if you are interested and a brain injury survivor, please email Faith Neale at [faith@biaov.org](mailto:faith@biaov.org). We hope to start this group soon.

# Murray MacDonald's Story: Losing my Sight

2016 started off as a year of celebration, celebrating my achievements and accomplishments since my battle began with encephalitis A in April of 2006. I have been going over notes of different accomplishments I have done: getting people familiar with using the computer, along with helping people navigate their way around downtown, to get more familiar with the bus service and things like grocery shopping. All these things at one point I could not do on my own, never mind help anybody else do them. I started off at the Brain Injury Association in 2008, slowly increasing my hours and slowly starting to accept myself thanks to the acceptance from everybody up there and how they all helped me build my self-confidence. In 2012 I had the opportunity to extend my volunteering to a retirement home called Stillwater Creek. I am so happy and lucky to be able to help there with activities as well as making residents feel accepted. I know that they can do anything they set their minds to.

I also want to add in about the "speed bump" that happened in 2016. The virus came back and started attacking my right eye. It has been a trying time, but I have learned to adapt to compensate for that lack of sight. I have an oil in my eye and once it is removed and a lens put in, I should regain some sight but no one knows how much. The volunteering I do and with the support of my family has made it easier to accept this extra problem.

## Cognitive puzzles (n°13)



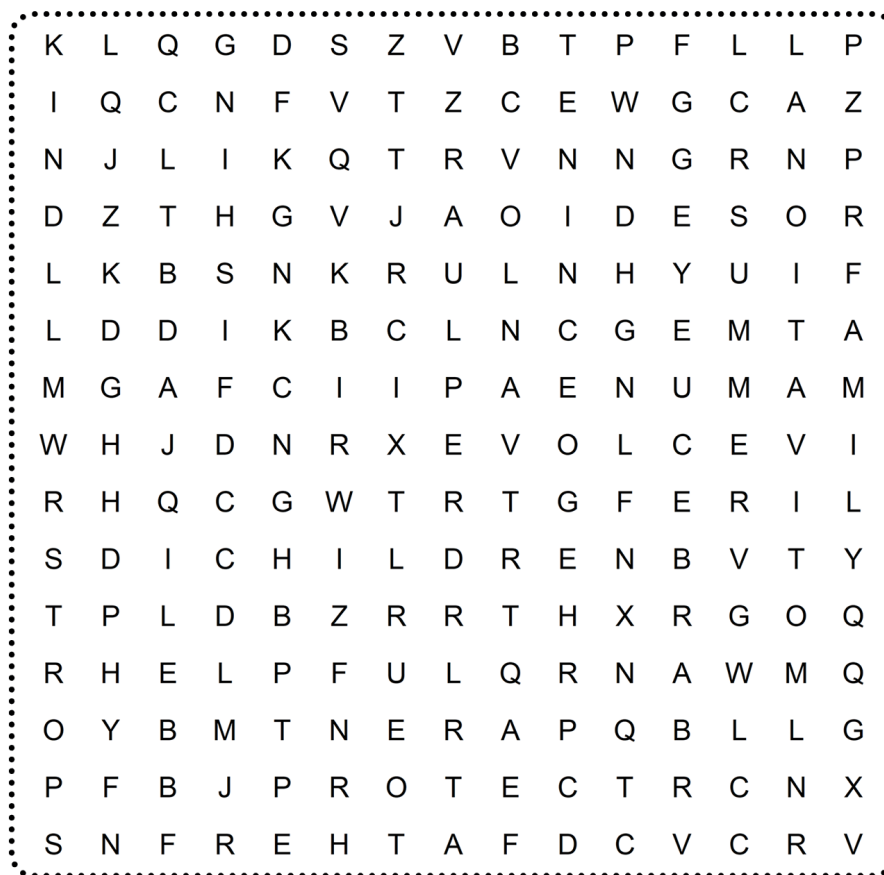
© Anne-Gaëlle Rolland-Lagan, 2022

Print this page. For each frame, find the reference shapes displayed above the frames. To find shapes, link dots together with a pencil. Each dot should be used once. The markers for the dots are of varied shapes for added visual challenge. Top row: shapes may be rotated compared to their reference. Bottom row: shapes may overlap and be rotated. Solutions are on the next page.



## Father's Day Word Search

---



**BARBECUE**  
**BRAVE**  
**CHILDREN**  
**DAD**  
**FAMILY**

**FATHER**  
**FISHING**  
**GRILLING**  
**HELPFUL**  
**JUNE**

**KIND**  
**LOVE**  
**MOTIVATIONAL**  
**PARENT**  
**PICNIC**

**PROTECT**  
**SPORTS**  
**STRONG**  
**SUMMER**  
**TEACHER**



## Sudoku

---

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



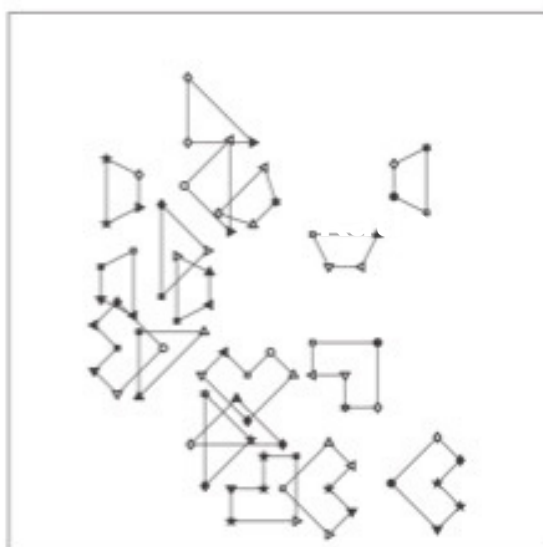
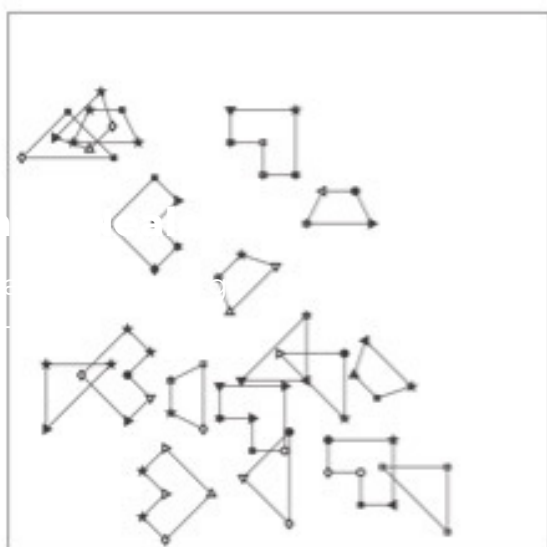
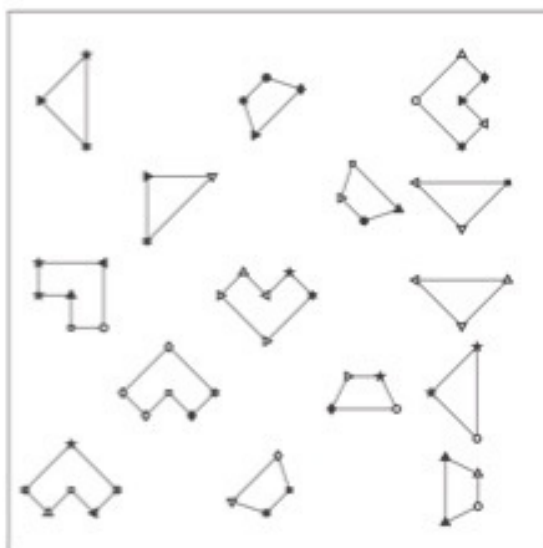
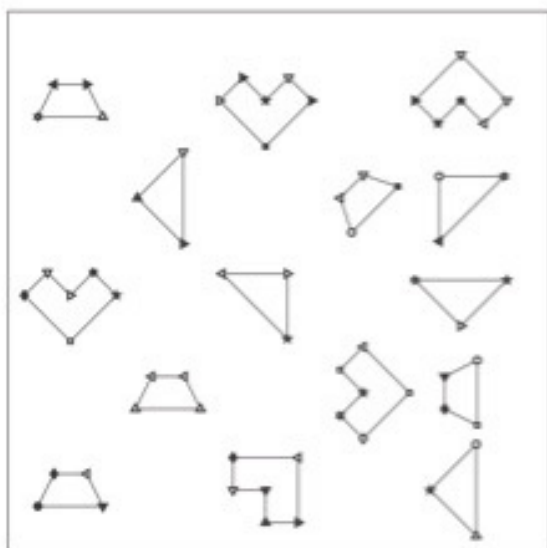
**BRAIN INJURY  
ASSOCIATION**  
of the Ottawa Valley

# June Calendar

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



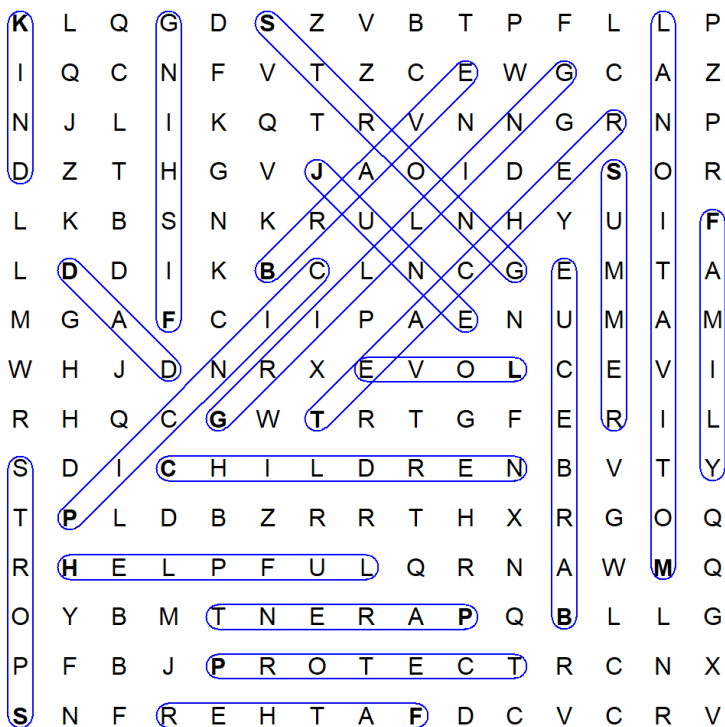
### Cognitive puzzles (n°13) – Solutions





**BRAIN INJURY  
ASSOCIATION**  
of the Ottawa Valley

## Puzzle Solutions



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

## Contact Us

**Faith Neale**

Email: [faith@biaov.org](mailto:faith@biaov.org)  
613-233-8303

**Hélène Richardson**

Email: [pscbiaov@gmail.com](mailto:pscbiaov@gmail.com)  
613-233-8303

**Katie Hoferek**

Email: [recreation@biaov.org](mailto:recreation@biaov.org)  
613-233-8303

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



**Get social with us**

