

BIAOV



BRAIN INJURY
ASSOCIATION
of the Ottawa Valley

Newsletter

JULY 2022

FLEMING FITNESS

Fitness & Injury Rehabilitation

Thank you Fleming Fitness...

For hosting a fantastic golf tournament and raising \$15,000 for the BIAOV! We had a great day, despite the rain. Thank you to the sponsors:

- SG Injury Law
- Burn Tucker Lachaine
- Bergeron Clifford Injury Lawyers
- Fitness Depot
- Tierney Stauffer Lawyers
- Kompass Claims Management Group
- McNally Gervan Lawyers
- Modern OT
- Integra



We are already looking forward to next year's tournament!

WHAT'S IN THIS MONTH'S ISSUE?

- Resources
- YorkU Brain Health Study
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- Resources
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- Tania's Poem
- Programs in July
- Anne-Gaëlle's June Cognitive Puzzle
- Sudoku
- Crosswords

WWW.BIAOV.ORG



YorkU Brain Health Study Seeking Participants

A York University research team is currently looking for participants for a study on

CONCUSSION with PERSISTENT SYMPTOMS

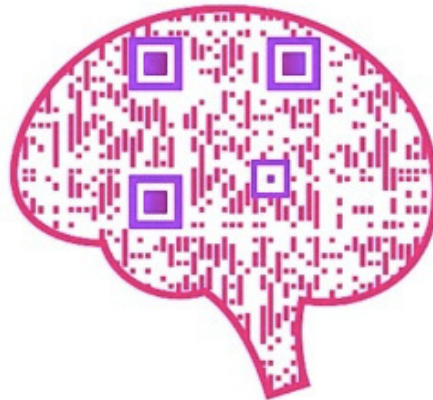
To be included in this study, you must 1) be affected by symptoms from a concussion sustained more than 3 MONTHS ago, and 2) be between 30 and 65 years of age.

The study involves completing questionnaires, performing two coordination tasks, MRI scans of your brain, and a saliva sample. This study takes approximately 90 minutes to complete.

Parking will be provided if required. In addition, you will receive a payment of \$50 to help compensate you for your time.

The study will take place at York University's MRI Facility (Sherman Health Science Research Centre, Keele Campus, near Jane and Steeles and TTC Pioneer Village station, Toronto). If you are interested in participating in this study and would like further information, please contact us by email at **concussionyorku@gmail.com**, or by phone at 416-736-2100 extension 33641.

***SCAN THE QR CODE BELOW TO SEND US AN EMAIL DIRECTLY IF YOU
ARE INTERESTED IN PARTICIPATING IN THIS STUDY!***



Phone number: 416-736-2100 ext. 33641

Email: concussionyorku@gmail.com

Family Support Group

The Family Support Group will be on hold until September. Please watch your email for more details! - BIAOV team



- Dementia Society of Ottawa and Renfrew County has shared its [Calendar of Live Virtual Events](#).
- The Community Employment Resource Centre (CERC) is offering various workshops in July regarding employment opportunities. To register and learn more click [here](#).
- Immigrant Women Services Ottawa will host [Free Computer Classes for Women, Permanent Residents, Convention Refugees, Care-Givers](#) in July and August.
- On July 27th, Reach Canada will host a [webinar on CRA's Benefits and Credits Available to Persons with Disabilities](#).
- Family Services Ottawa is offering the following parenting Services: [Connecting with your Teens Workshop](#) and the [Parent Coaching Program](#)

Peer Support

Hello Everyone,

Throughout the years we have all accumulated a lot of baggage, physically or emotionally. Things to look at, clothes, shoes and lots of resentment towards neighbours, friends or family members...

With age comes wisdom and you realize that the load of it becomes too heavy and it is time to declutter your life if you want to be able to move forward and live a better life...

It will not be easy but little by little you will strip layers of material and sentiments that need to be addressed.

It will take time and great effort but it will be worth it at the end and you will be able to breathe, feel free and become more stable emotionally.

I hope you will think about it and act on it and realize how beneficial it becomes... be well and stay safe!

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

Hélène Richardson

Peer Support Coordinator – BIAOV

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

Creating an Accessible Canada Survey

Creating an | Créer un



My Canada Includes Me | Je fais partie de mon Canada

You have a right to accessible information. What should that look like?

We know that accessibility is key to people with disabilities participating fully and equally in society.

Fill out a survey to help us tell the federal government how they can do better and communicate more accessibly.

Inclusion Canada is looking for people with an intellectual or developmental disability and their supporters to speak up. We want your voices to be heard!

You can do the survey in three ways:

- Online
- With support over the phone or a video call
- On paper (we will mail you a printed copy of the survey)
Please contact AIIDD.Study@camh.ca or by phone 437-328-6761.

The survey is available in English, French, Inuktitut.

When you complete the survey you will be entered into a draw for 1 of 12 gift cards. But the real prize helping improve how the Government of Canada communicates with people with disabilities in the future.

This project is a partnership between Inclusion Canada, the Centre for Addiction and Mental Health (CAMH), People First of Canada, the British Columbia Aboriginal Network on Disability Society (BCANDS), and Surrey Place.

English: <https://edc.camhx.ca/redcap/surveys/?s=LXT739FXRXMRHRYH>

French: <https://edc.camhx.ca/redcap/surveys/?s=RA97KNR3JRN98Y8H>

Inuktitut: <https://edc.camhx.ca/redcap/surveys/?s=4DW8TMMFH48FWAHW>

Peanut Butter Cookie Recipe



Directions

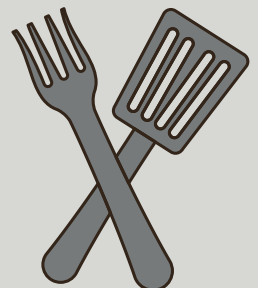
1. Preheat oven to 325 degrees Fahrenheit.
2. Combine all the ingredients in a bowl with a large spoon.
3. Roll into balls.
4. Place the balls about 4 inches apart.
5. Flatten the balls with a fork to create a grid pattern.
6. Bake for 20 minutes or until lightly brown.
7. Cool on baking sheets before transferring to wire racks. Enjoy!

Ingredients

- 1 cup creamy peanut butter
- 1/2 cup granulated sugar
- 1 large egg

**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



Opportunities

As many occasions arrive,
Take them and allow to permit drive,
Consider all offered by the deal,
And the experience one feels.

Opportunities truly elate,
Allowing one to feel fortunate,
Offering in life's special ways,
Joyful activities through the days.

The moments allow all to take hold,
Of that which is positively bold,
Expanding upon that which one dares,
Done with gleeful pleasurable care.

Tania M.





**LONG TERM
DISABILITY
BENEFITS:**
WHAT YOU AND YOUR LOVED ONES NEED TO KNOW

WHEN
Friday July 8, 2022, 3:00pm - 4:00pm

SPEAKER
Ted Bergeron
Founding Partner,
Bergeron Clifford
Injury Lawyers

TOPICS

- who qualifies / exclusions and conditions
- how much does it pay
- how long can you stay on LTD
- how to maintain your benefits
- what is covered ("appropriate and reasonable" treatment)
- what if your claim was denied? Legal action?
- LTD and CPP disability benefits; how they work together

REGISTER NOW!

 **Reach Canada™**
Increasing Legal Referrals
Through Front-line Workers

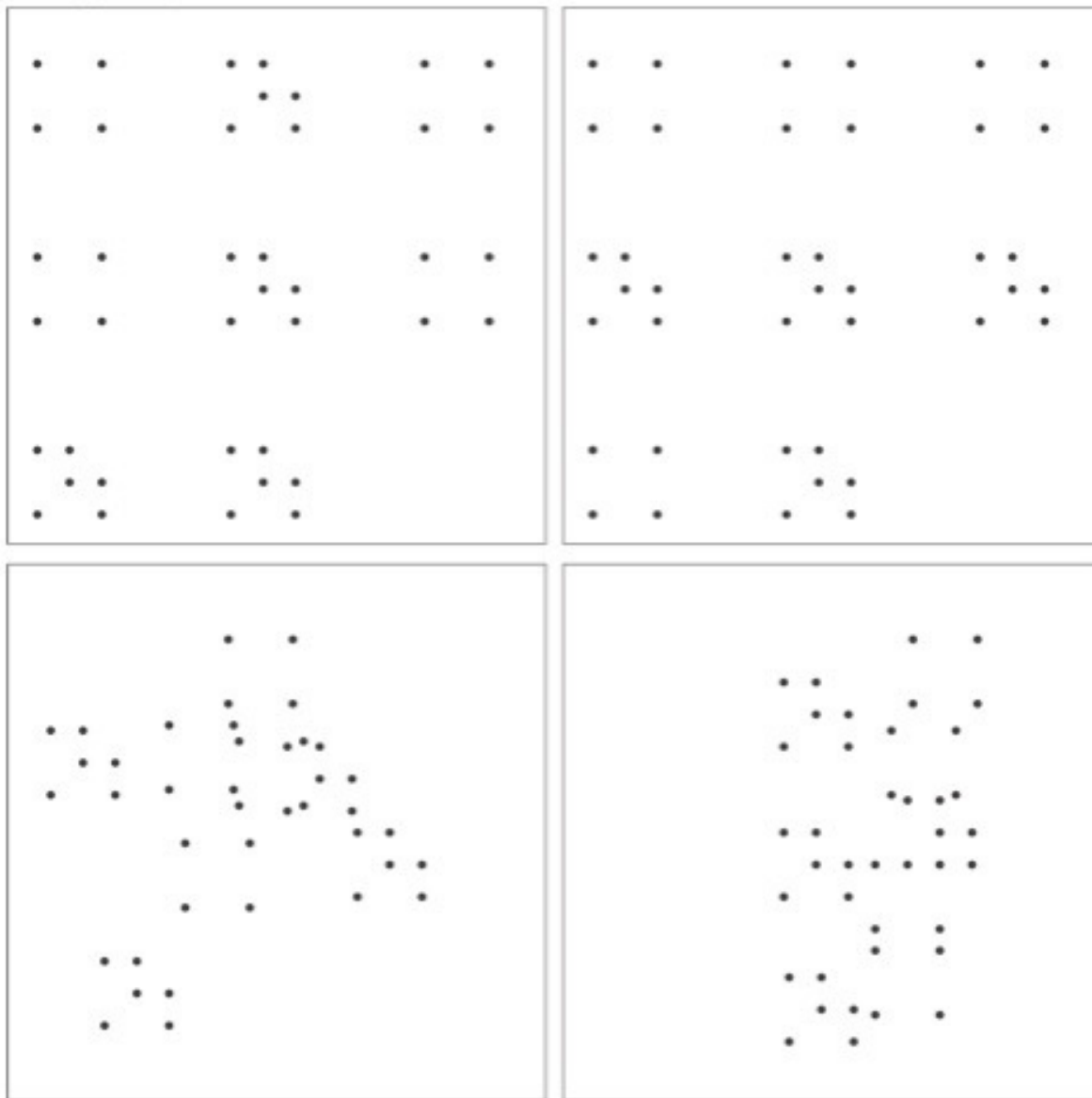
 **The Law
Foundation
of Ontario**

Long Term Disability Seminar: free for BIAOV members, their families and caretakers. Click [here](#) to register.

Watercolour Workshop - NEW DATE: a free workshop for BIAOV members and family on Monday July 25 from 10am-12pm. Contact recreation@biaov.org to register.

Concussion Support Group: for survivors of head injury with post-concussion syndrome, facilitated by Tricia and Natalie . Contact recreation@biaov.org for more details and registration information.

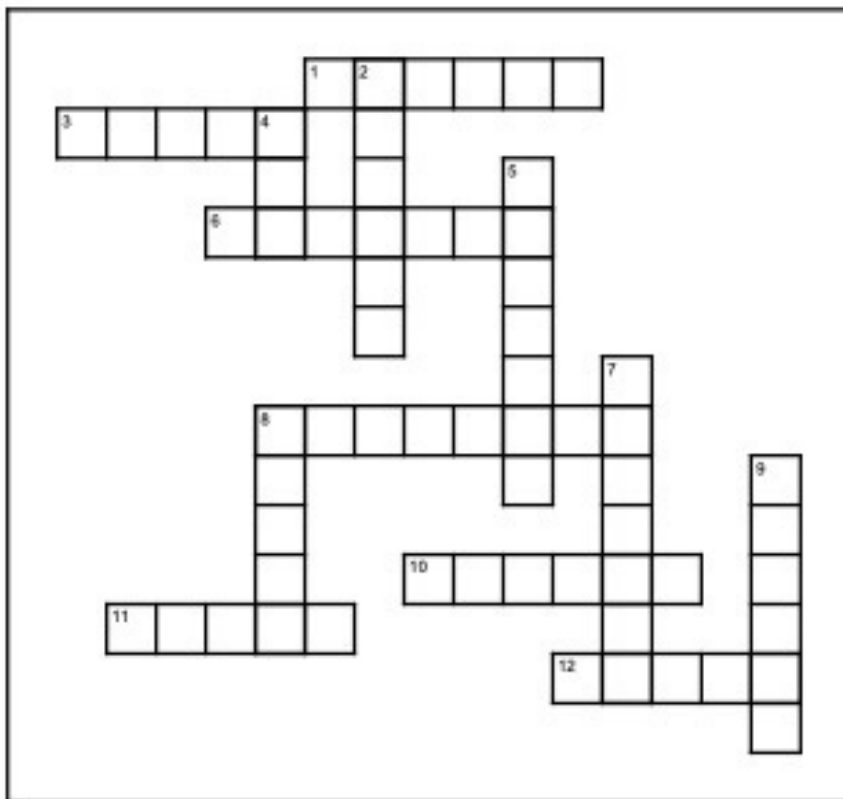
Cognitive puzzles (n°14)



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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.

Canada Day Crossword



Across

1. The basic unit of currency in Canada is the Canadian _____.
3. The Eskimos of Canada are now called the _____.
6. _____ has the largest population out of all the Canadian provinces.
8. The prime _____ is the head of Canadian government.
10. Canada borders three oceans--the Atlantic Ocean, the Pacific Ocean, and the _____ Ocean.
11. The southern border of Ontario touches the five great _____.
12. The colors on the Canadian flag are red and _____.

Down

2. The capital of Canada is _____.
4. Canada has _____ provinces and three territories.
5. _____ is the capital of Ontario, and also the largest city in the country.
7. The monarch of Canada is also the _____ monarch.
8. Canada's national symbols are the beaver and the _____ leaf.
9. Most French Canadians live in the province of _____.



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July Sudoku

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	



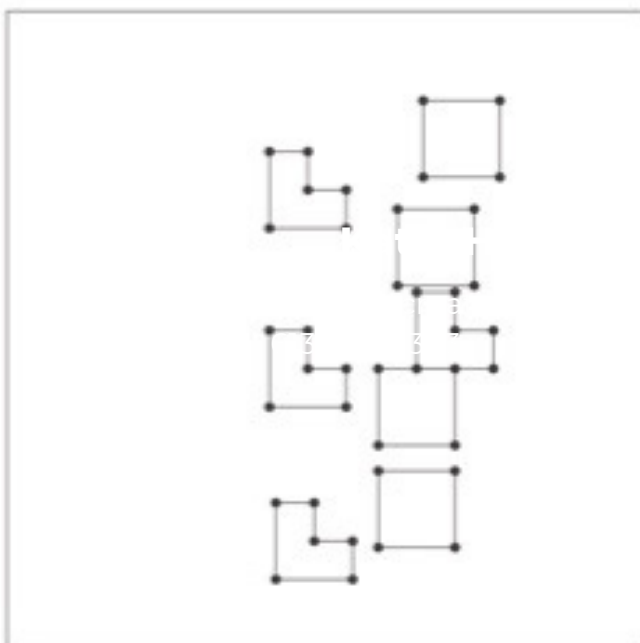
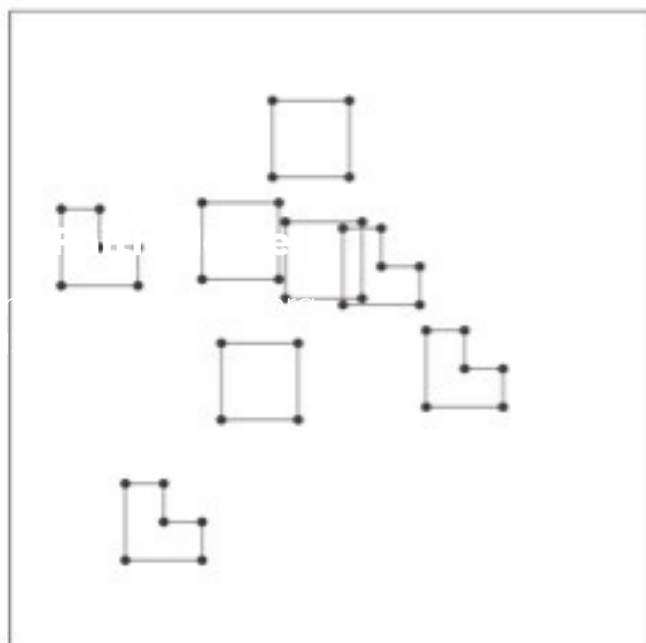
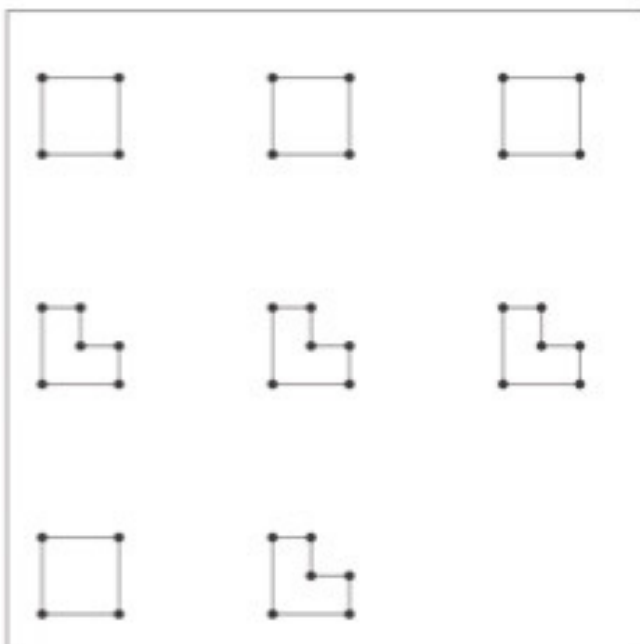
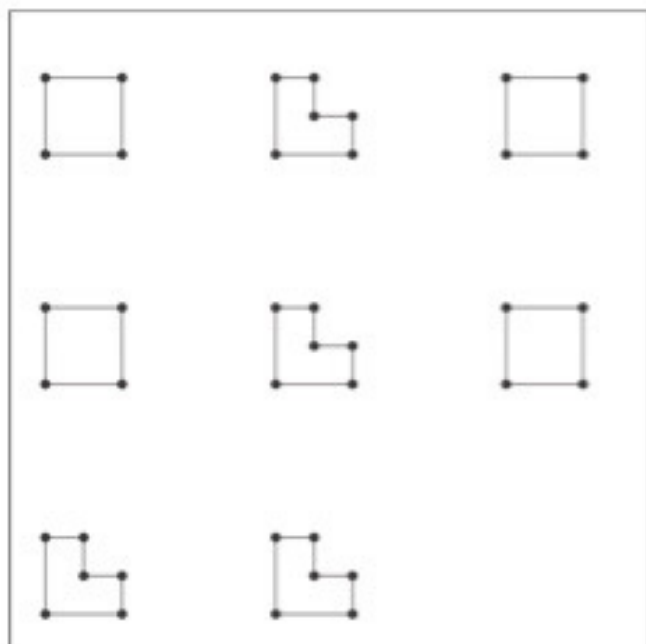
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July Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Concussion Support Group with Tricia and Natalie 10:30-11:30 am	5 Social Group with Katie 1-2 pm	6	7 Social Group with Katie 10-11 am Step up Group with Wendy 2- 3pm	8 Long Term Disability Benefits Seminar with Ted Bergeron 3-4 pm	9
10	11	12 Social Group with Katie 1-2 pm	13	14 Social Group with Katie 10-11 am Step up Group with Wendy 2- 3pm	15	16
17	18 Concussion Support Group with Tricia and Natalie 1-2 pm	19	20	21 Social Group with Katie 10-11 am Step up Group with Wendy 2- 3pm	22	23
24	25 Water- colour Workshop with Christine 10am-12pm	26 Social Group with Katie 1-2 pm	27	28 Social Group with Katie 10-11 am Step up Group with Wendy 2- 3pm	29	30
31						



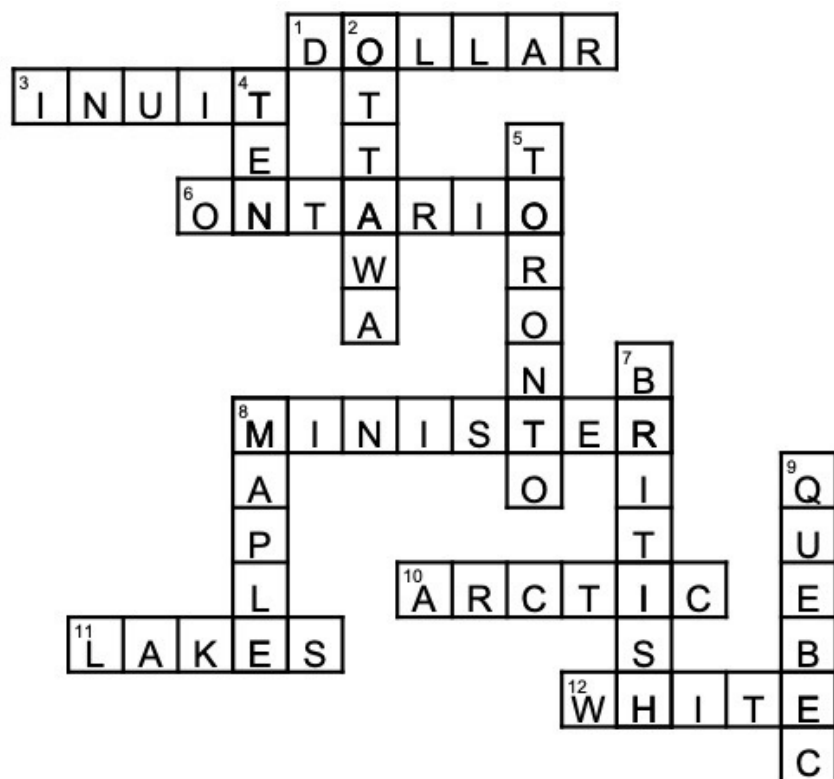
Cognitive puzzles (n°14) – Solutions





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Puzzle Solutions



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

Contact Us

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Katie Hoferek

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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

