

Newsletter

AUGUST 2022

Thank You Christine Mockett!

A huge thank you to local artist Christine Mockett for hosting a free watercolour workshop for BIAOV members and their families!



Welcome Raidah!

We've hired a summer student! Raidah Islam is a student at the University of Ottawa and will be with us until September. Here's a short message from her below:

Hello everyone! My name is Raidah and I'm the BIAOV's new summer student. I'm really excited to be helping out with fundraising and social media and I'm looking forward to getting to know everyone! A little bit about myself, I'm a student at the University of Ottawa in the Biomedical Science program and I've been volunteering with the BIAOV for almost a year now. On my free time I love reading, watching movies, and spending time with friends and family. Feel free to reach out! I can be reached at raidah@biaov.org. I hope you all have a wonderful summer!

WHAT'S IN THIS MONTH'S ISSUE?

- Resources
- Peer Support Corner
- Save the Date: Fall Fundraiser
- OBIA Helpline Info
- Anne-Gaëlle's August Cognitive Puzzle
- Crossword
- Word Search
- August Calendar
- Puzzle Solutions

- Community Connections for Newcomer Employment have shared their [August calendar](#)
- Check out the [Activities, Support & Services Archive](#) from The Dementia Society of Ottawa and Renfrew County (dementiahelp.ca)
- [Algonquin College Dental Clinic](#) is looking for [dental patients to assist their students in completing their education in their fully functional dental clinic. Call and take advantage of summer offers](#)
- Good Companions Seniors is hosting [Viva Las Vegas Tea](#) Wednesday, August 10 at 1:00 pm (cost: \$5)! Entertainment will be provided by musical performer Bern Forestell. The dessert will feature lemon mousse with fresh berries, coffee and tea! Deadline for ticket purchase is August 8 by 3:00 pm.

Joni Mitchell's Surprise!

Check out [this article](#) about Joni Mitchell's return to the stage for a special live performance, the first time since her 2015 brain aneurysm.



Joni Mitchell floored fans at the Newport Folk Festival on Sunday, taking the stage for her first performance in nine years -- and her first full-set show in two decades.

Blessings

Hello Everyone,

Went for a walk yesterday, the weather was perfect, no humidity and a wonderful breeze...

I was thinking how much we always want or desire things, no matter how many times we cross something off the list, the list doesn't seem to go down?

The things in life we want motivate us to get up and get them.

And yet we forget that what we want might be right in front of us with what we already have; simply being alive, our health, friends, family, pets, a smile from or to somebody we know or to a pure stranger, nature, birds, the sun, even sometimes some beautiful clouds, rainbows, a hug, a kiss and I could go on and on...

Let's try to see and seize all those precious moments, things around us and especially people around us who might make a difference in our lives, or us to theirs.

And be thankful!

I wish for you to find clarity in your life and if you are in need of someone who could be able to help, the Peer Support Program might help you achieve that goal.

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

Save the date!

Join us for our Fall Fundraiser hosted by
ModernOT and Burn Tucker Lachaine on
October 19th!



More information and details on how to
get tickets will be available soon.



Call [1-800-263-5404](tel:1-800-263-5404)

There is hope, there is help!

Whether you have sustained a Mild Traumatic Brain Injury (Concussion), moderate to severe brain injury, **you are not alone, we are here to help!**

OBIA Helpline provides confidential, emotional support for anyone who needs a caring, compassionate and non-judgmental listening ear.

The Ontario Brain Injury Helpline:

- Provides listening and emotional support to discuss the difficulties and frustrations associated with brain injuries
- Empowers the caller to cope with specific aspects of their life
- Supports families, friends, co-workers as well as professionals who may be supporting survivors and seeking information
- Is responsive to the needs of persons from diverse backgrounds and experiences
- Makes the appropriate community referrals
- Provides support and advice with concerns relating to legal, financial assistance, housing, employment, transportation issues

Our callers discuss issues and feelings related to but not limited to:

- Problems with coping with a brain injury
- Loneliness and/or isolation
- Invisible disability
- Income supports such as OW, ODSP, CPP, WSIB, criminal compensation
- Information about brain injuries and concussions
- Caregiver Supports



These are just some of the issues. You are not alone when dealing with difficult or challenging issues relating to Brain Injury we are here to help!

Calls are answered Monday – Friday from 9:30 a.m. to 4 p.m. (closed statutory holidays).

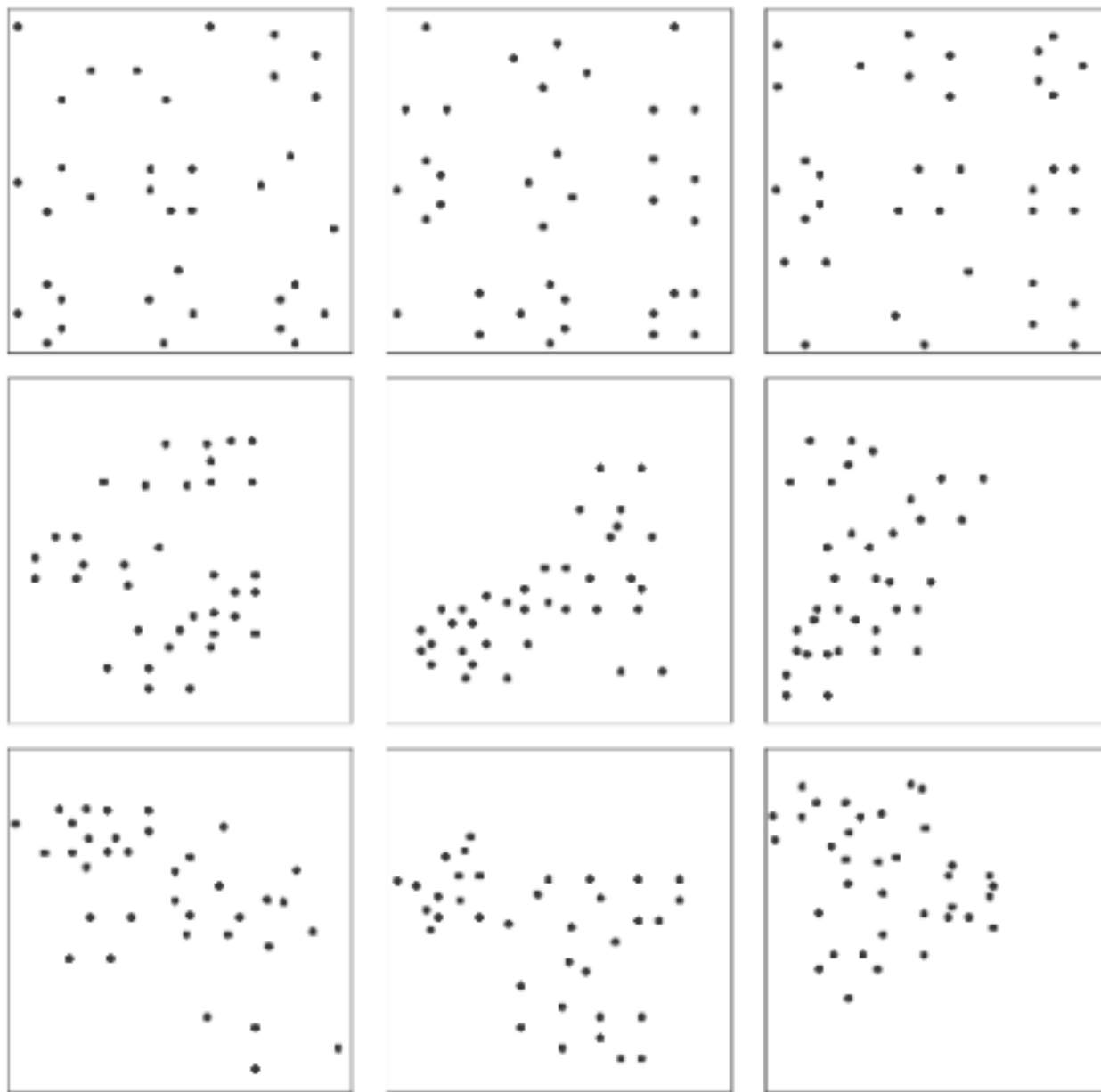
After hours, please leave a message or contact us by email: support@obia.on.ca

Family Support Group

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



Cognitive puzzles (n°15)



© 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.

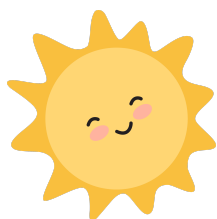
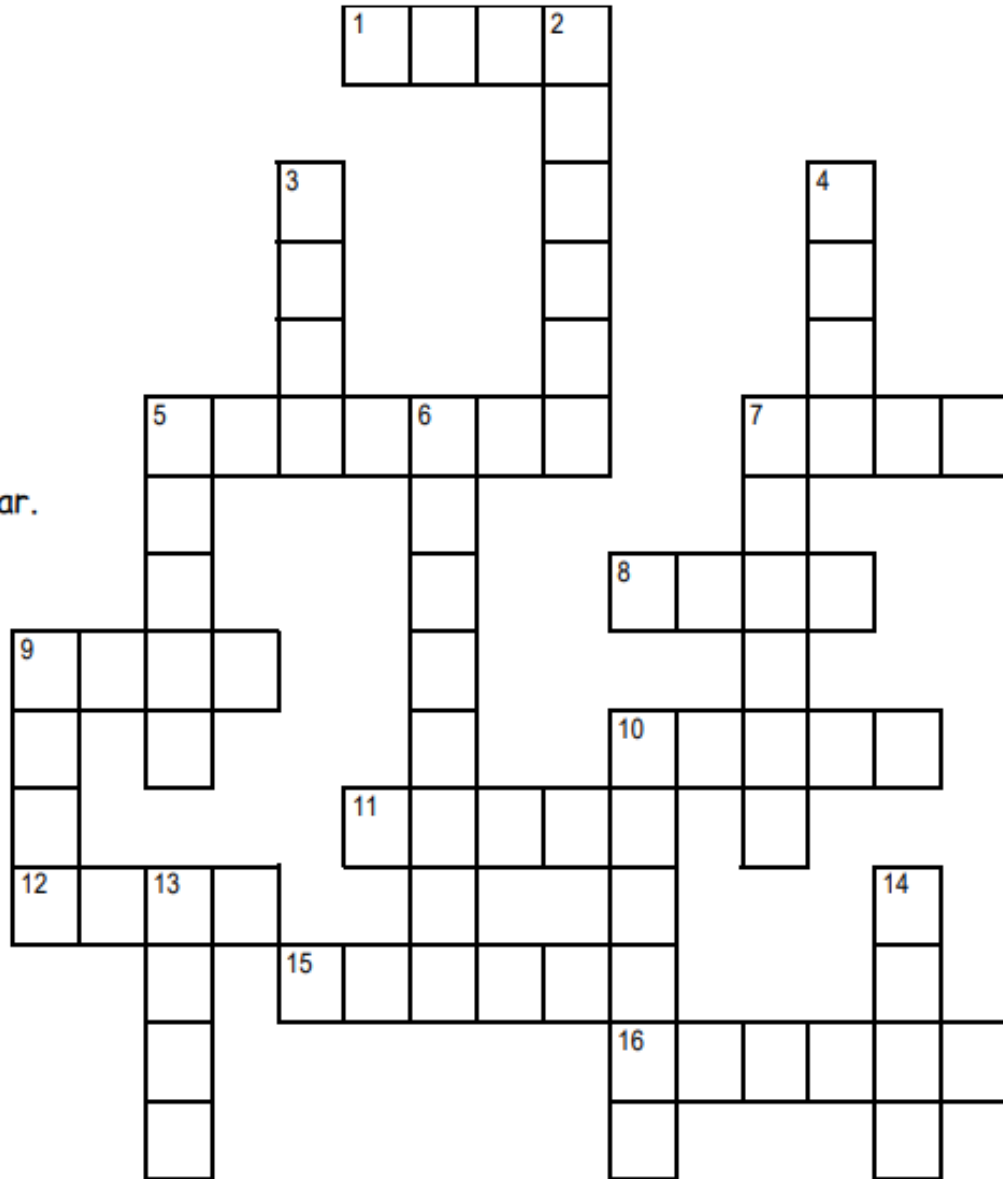
Summer Themed Crossword

Across

1. Grains on the beach.
5. Living in a tent.
7. It warms you up.
8. Two wheeled transportation.
9. Comes with a shovel.
10. Full of daylight.
11. A sandy shore.
12. Area of inland water.
15. Warmest 3 months of the year.
16. Top for warm weather.

Down

2. Plunging into the water.
3. Move through the water.
4. Summer hazard.
5. House in the woods.
6. Frozen treat.
7. Trail walking.
9. A place to swim
10. Pants for hot weather.
13. Toy for a windy day.
14. Mildly hot.



A Summer Themed Word Search

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

AUGUST
BARBECUE
BASEBALL
BEACH
BIKING
GOLF
HATS
HOLIDAY
HOT
HUMID

JULY
RELAX
SANDALS
SHORTS
SOCCER
SUNBURN
SUNSCREEN
SUNTAN
SWIMMING
VACATION



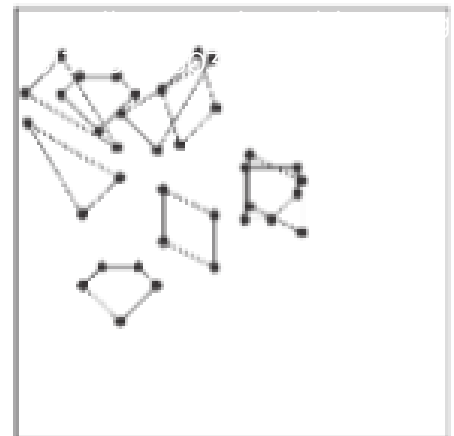
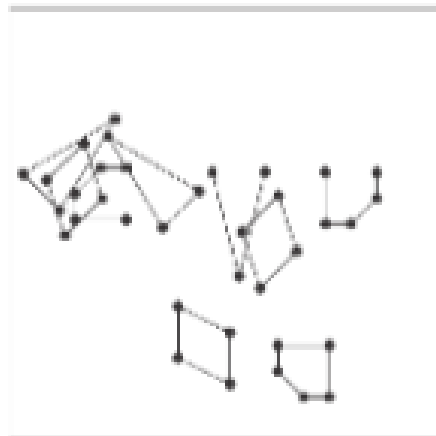
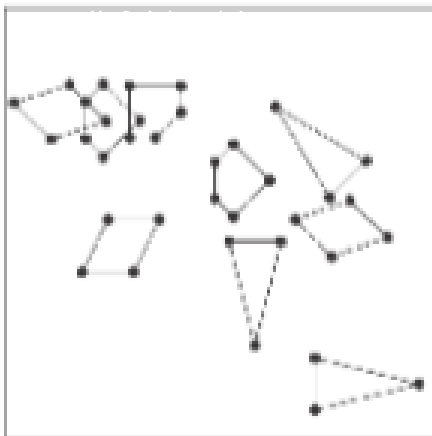
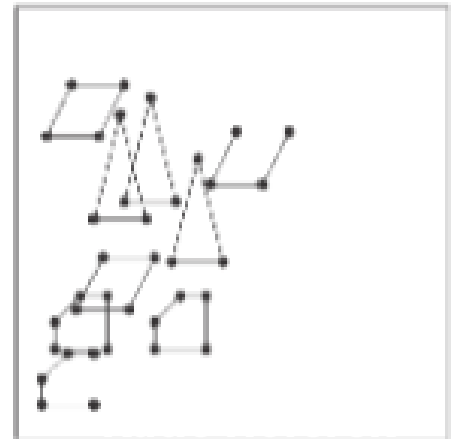
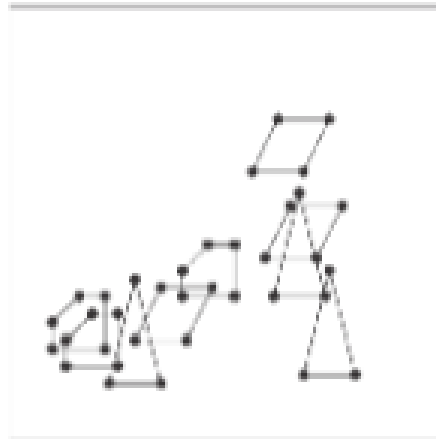
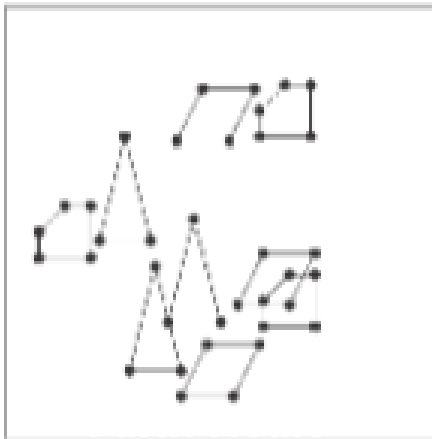
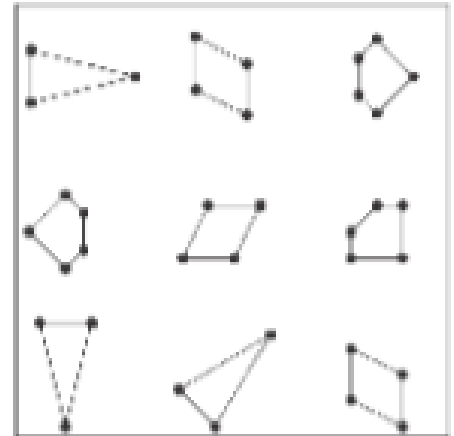
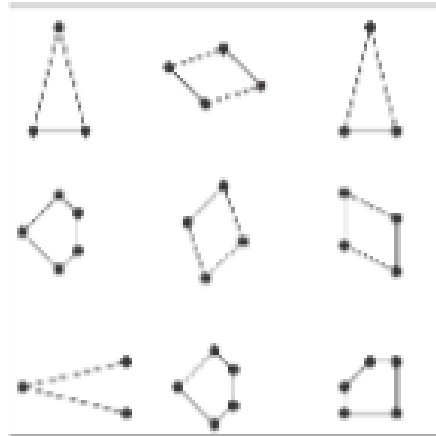
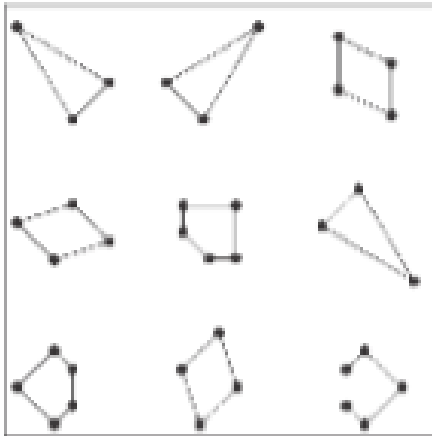
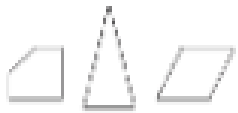


**BRAIN INJURY
ASSOCIATION**
of the Ottawa Valley

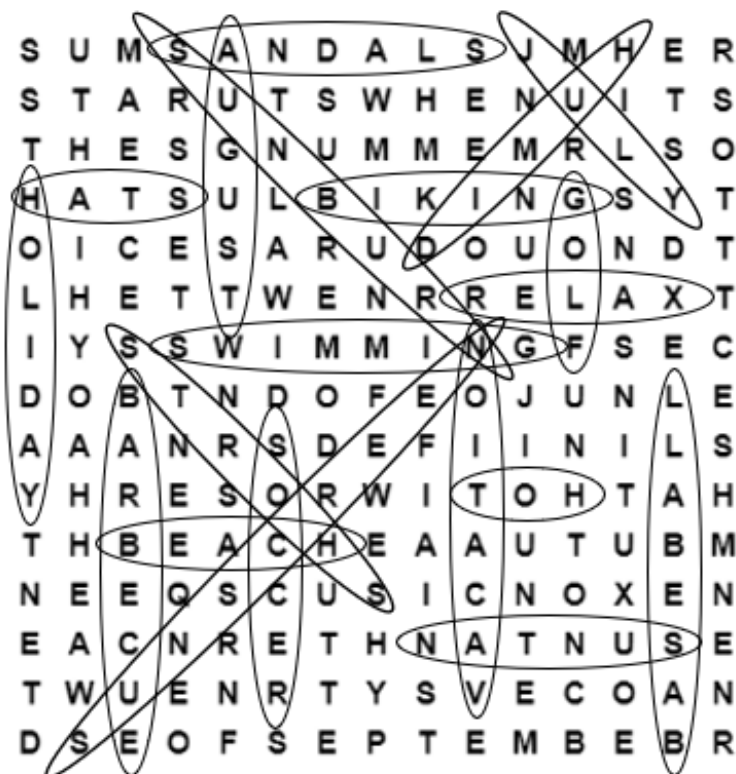
August Calendar

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

Cognitive puzzles (n°15) – Solutions



Puzzle Solutions



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

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ONTARIO BRAIN INJURY ASSOCIATION
education • awareness • support

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