### **BIAOV**

# Newsletter



SEPTEMBER 2022

# Fall is just around the corner!

As summer comes to an end, we prepare for yet another season of colourful leaves, cozy sweaters, and crisp autumn air. Fall is upon us and whether it's with family, friends, or just by yourself, take some time to check out some of the fun fall events our city has to offer!



### **Ottawa Fall Events**

- Help raise awareness for mental health with art at <u>Paint Fest Ottawa!</u> Happening September 4th at Confederation Park. Free admission but donations are appreciated.
- The <u>Gatineau Hot Air Balloon Festival</u> is happening this Labour Day weekend (September 1-5)!
- Check out the Metcalfe Farmer's Market throughout the month on Saturdays!
- Pumpkins? Hayrides? Get into the fall + Halloween spirit early at <u>Saunders Farm</u> starting September 24!

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

- Resources
- Peer Support Corner
- Save the Date!
- Support Group Column

- Anne-Gaëlle's September Cognitive Puzzle
- Crossword
- Word Search
- September Calendar
- Puzzle Solutions









### Resources

- Register for the <u>City of Ottawa's Cleaning the Capital 2022 Fall campaign</u> by September 30th. Then, get cleaning between September 15 October 15! Cleanup kits will be made available for pick-up at seven City of Ottawa facilities.
- Toronto ABI Network Conference happening November 3-4, 2022 at the Marriott Downtown at CF Toronto Eaton Centre Hotel.
   Registration available here <u>ABI Conference 2022 – ABI</u> (abinetwork.ca)
- FREE Capital City Tour Registration, Multiple Dates | Eventbrite

# **Purposeful Empathy Podcast**

Check out <u>this episode</u> of Professor Anita Nowak's *Purposeful Empathy* Podcast! Anita chats with TBI survivor Chandra Groves about her journey to recovery and how having a TBI has affected her life.

# PURPOSEFUL EMPATHY with Anita Nowak



THE WORLD
NEEDS MORE
EMPATHY



Traumatic Brain Injury & Empathy
A Survivor's Story



# **Peer Support Corner**

### Awareness

Hello Everyone,

I hope life is treating you well!

Today I would like for you to be aware of your environment, people you know and/or surround you...

Being aware of your every steps, making sure you concentrate when walking, going up or downs the stairs and while bicycling will avoid you many mishap or accident.

Being aware of people you know might be a blessing when you need help with something, make sure you have a name and a phone number handy near your phone, someone you can call when in need; maybe for the answer of a question, an errand, a ride somewhere or in case of an emergency.

Being aware of people around you could make you aware of someone in need of help, showing them you care, small gesture like bringing their garbage cans from the curb, smiling at them when they seem down or waving to them and letting them know that they matter. Those gestures will also ground you and in turn make you feel useful and warm inside...

We all need to matter and be visible.

I wish you a good month and if in need of reaching out, please contact me, information down below.

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



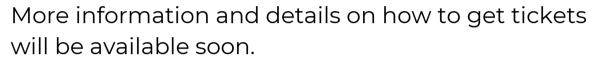


# Fall Fundraiser

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









Our Annual General Meeting this year will be held on Tuesday November 22, 2022 at 7:00 pm EDT via Zoom!

A link will be created and available on our website closer to the date.

All BIAOV members are welcome! However, membership must be up to date to vote. We hope to see you there!







### **Support Groups**

### Join our Concussion Support Group!

Our group is facilitated by Tricia and Natalie and is a safe space for survivors of concussion-related brain injury.



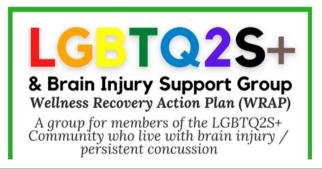
Interested in signing up? Looking for more information?

Email our Recreation Coordinator Katie Hoferek: recreation@biaov.org

The Brain Injury Society of Toronto is introducing two new <u>WRAP (Wellness Recovery Action Plan)</u> mental health support groups for people living with the effects of brain injury/concussion, including a support group specifically for members of the LGBTQ2S+ community. Click the links below to register!

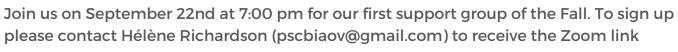
<u>Morning Session</u> - for members of the LGBTQ2S+ community living with brain injury <u>Afternoon Session</u> - for adults who live with brain injury/concussion symptoms

If you have any questions, please contact Isabelle at: isabelle@bist.ca or visit www.bist.ca/WRAP





### Family Support is back!







### Anne-Gaëlle's September Cognitive Puzzle

# Cognitive puzzles (#16)

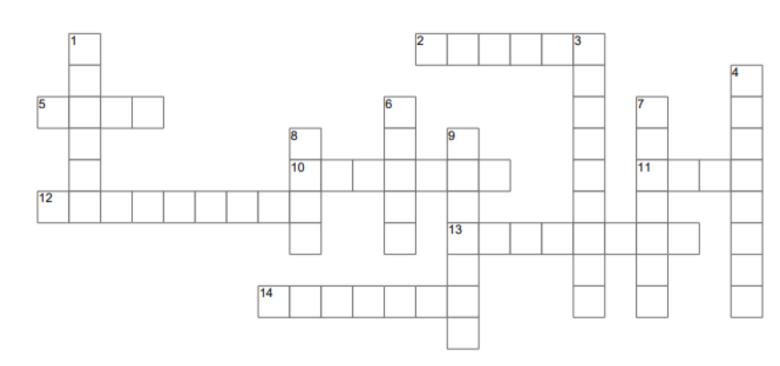
© Anne-Gaëlle Rolland-Lagan, 2022

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. Top row: shapes are in the same orientation as their reference (i.e. not rotated) and do not overlap. Middle row: Shapes may be rotated but do not overlap. Bottom row: shapes may overlap but are not rotated.



# **September Crossword**

# **Autumn Themed Crossword**



### **ACROSS**

- What falls from a tree in Autumn.
- Another name for Autumn
- 10. Another Autumn month
- 11. You can gather fallen leaves with this
- 12. First month of Autumn
- 13. A small rodent
- 14. You can use it to make a pie or for carving

### **DOWN**

- 1. This color can be made from yelow and red
- 3. Scares crows from fields
- 4. Last month of Autumn
- 6. Fruit of the oak tree
- 7. To reap or gather
- 8. Vegetable that grows in stalks
- 9. Spring, summer, fall, winter are the four .....











## **September Word Search**

# **September Themed Word Search**

κ н Z м S 0 J Ε В Ρ т K т G Р κ S м В 0 Х K F А Ν U R κ Р ĸ U Ν Ν т В F D G н C М Ε G R Р R Υ А Ν Ν А C F Q Ν R Р J Ρ н В S S ı G В S В G Е В U н R н Е S В Р R L А R А R κ Е н S т U М M Е Р Α U Ν D ĸ 0 R U 0 Р D G M R А κ R R Z S Ρ W J т Υ Α Р O F ν 0 w U ĸ М 0 Ρ Υ М F ١ Ε т н Q Υ S U G М Р U

APPLES GRANDPARENTS DAY SCHOOL APPLE PIE HARVEST WORKERS

AUTUM LABOR DAY YOM KIPPUR FAIRS LEAVES FALL MIGRATE

GOURD RAKE



SEPTEMBER





# September Calendar

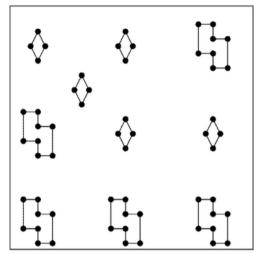
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Social Group with Katie 10-11 am Step up Group with Wendy 2- 3pm	2	3
4	5	Social Group with Katie 1-2 pm	7	Social Group with Katie 10-11 am Step up Group with Wendy 2- 3pm	9	10
11	12	Social Group with Katie 1-2 pm	14	Social Group with Katie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

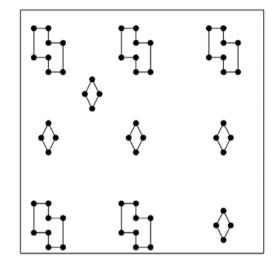


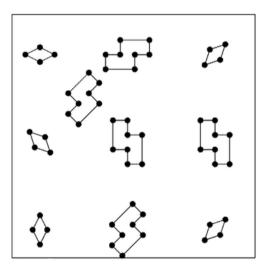
# **Puzzle Solutions**

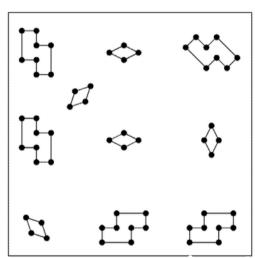
### Cognitive puzzles (#16) - Solutions

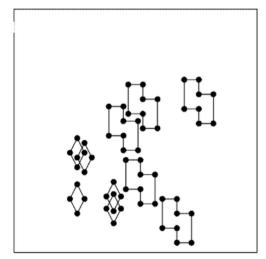


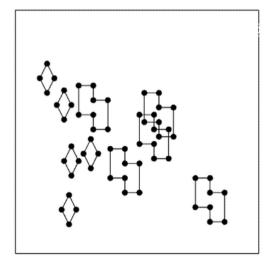






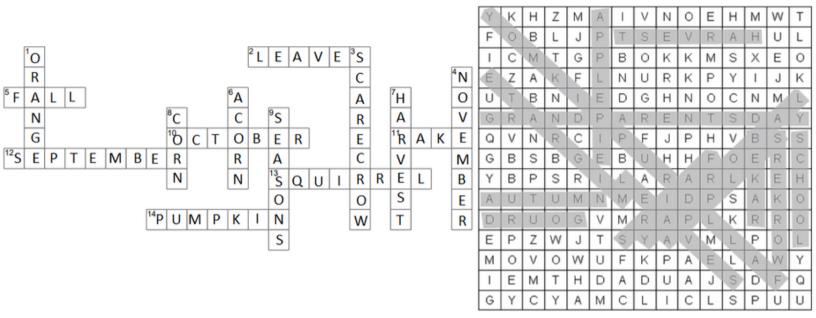








# **Puzzle Solutions**



### **Contact Us**

### **Faith Neale**

Email: faith@biaov.org 613-233-8303

### **Hélène Richardson**

Email: pscbiaov@gmail.com 613-233-8303

### **Katie Hoferek**

Email: 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



### Get social with us





