

BIAOV

Newsletter

OCTOBER 2022



Join us on October 19th!



The 15th Annual Fall Fundraiser will be held on Wednesday October 19th at Bayview Yards in Ottawa. This event is proudly presented by ModernOT and Burn Tucker Lachaine. If you would like to join us, please send us a message. Tickets are available for purchase [here](#).



Happy Thanksgiving!

On behalf of the BIAOV we are wishing you and your families a Happy Thanksgiving!

Here are a few events going on in Ottawa this weekend/month:

- Carleton University Butterfly Show: free of charge. During the 9 days leading into the Thanksgiving weekend, over 1300 live exotic butterflies are released into the Nesbitt Biology building greenhouses. More information [here](#).

WHAT'S IN THIS MONTH'S ISSUE?

- Resources
- Peer Support Corner
- Save the Date!
- Support Group Column
- Anne-Gaëlle's October Cognitive Puzzle
- Crossword
- Word Search
- October Calendar
- Puzzle Solutions



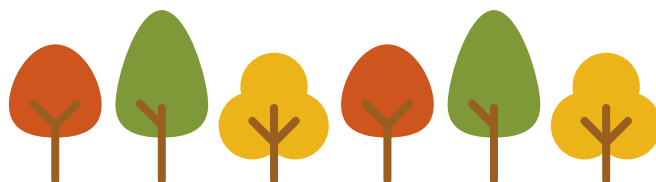
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- Pumpkinferno: Upper Canada Village: take a tour through this spectacular outdoor art exhibit of over 7,000 handcrafted pumpkins all lit at night along a 1km path. Guests with limited mobility or sensory processing issues can ride in the comfort of their own vehicles to view Pumpkinferno. There will be accessible nights on October 11, 18 and 25, 2022.
- Fall Rhapsody - the NCC Fall Rhapsody shuttle service will be operated by a local school bus provider. A shuttle service with accessible vehicles is also available to people with reduced mobility, with departures at 9 am and 1 pm on weekends (including Thanksgiving Monday). Details here.

Resources

- The Royal's Family Information and Support Groups are returning in September!
- On October 6th, The Royal will host an event called In This Together on World Mental Health Day.
- ABLE2 will host Sibling Groups - for siblings of children with disabilities.



Support

Hello Everyone,

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 are paired with partners, both being part of the program. It starts with a telephone intake, their information will be entered into the provincial database, where 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 need a helping hand from this program.

I wish you a Happy Thanksgiving and to be able to share your company with friends and family.

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!



BURN TUCKER LACHAÎNE^{SP}
AVOCATS EN PRÉJUDICES CORPORELS

modern OT

**BRAIN INJURY
ASSOCIATION**
of the Ottawa Valley

ModernOT & Burn Tucker Lachaine
proudly present

BIAOV FALL FUNDRAISER

Wednesday October 19, 2022
From 5:00 - 8:00 pm


Join us at Bayview Yards for an evening of fun!
Sponsorship opportunities are available.


Nutrition Webinar

ZOOM WEBINAR

Nutrition for Brain Injury: Manage Symptoms + Menu Guide

With Registered Dietitian
Krystal Merrells, RD



 Join us October 19
11:00 am-12:00 pm

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

PranaShanti Yoga Session!



Join us on October 13th from 1:30-2:30 pm for a brain-friendly yoga session with PranaShanti Yoga instructor Monique! We hope to see you there!

Interested in registering? Looking for more information?

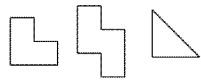
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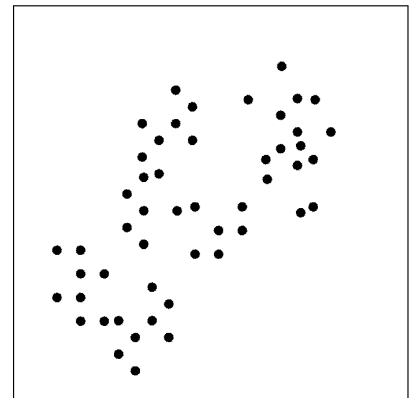
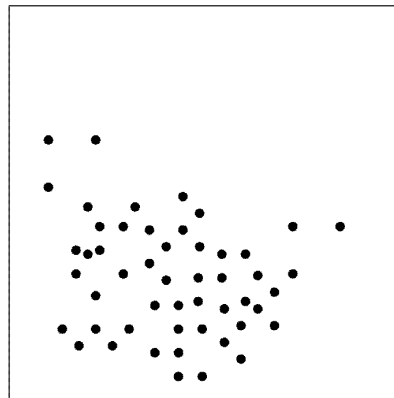
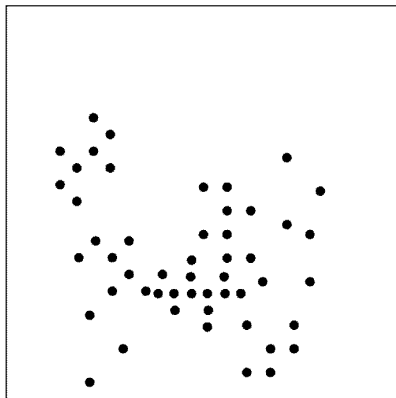
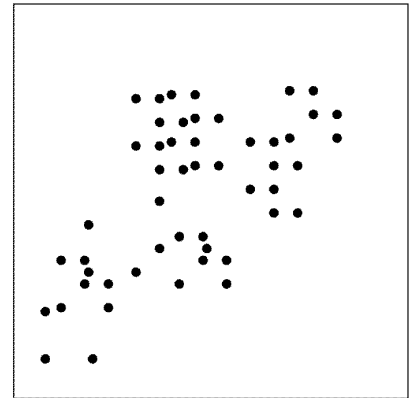
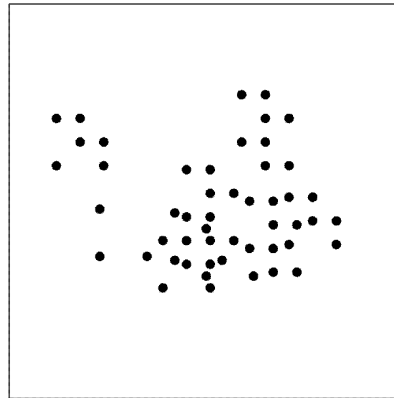
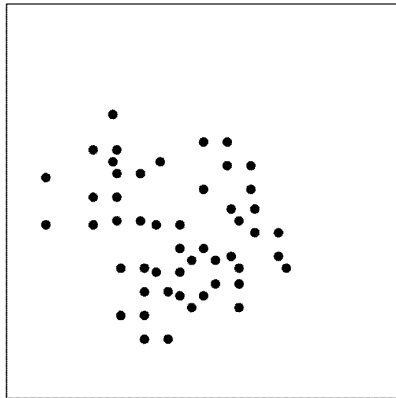
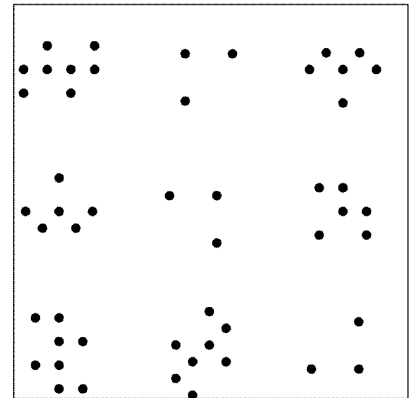
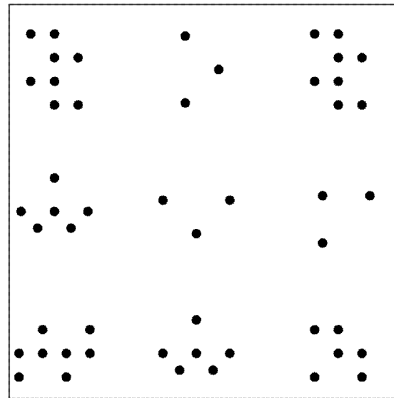
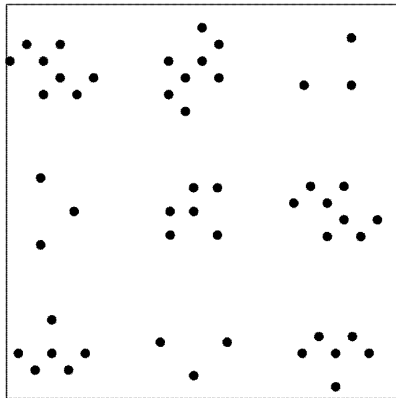
Family Support is back!

Stay tuned for updates! To sign up please contact H  l  ne Richardson (pscbiaov@gmail.com) to receive the Zoom link





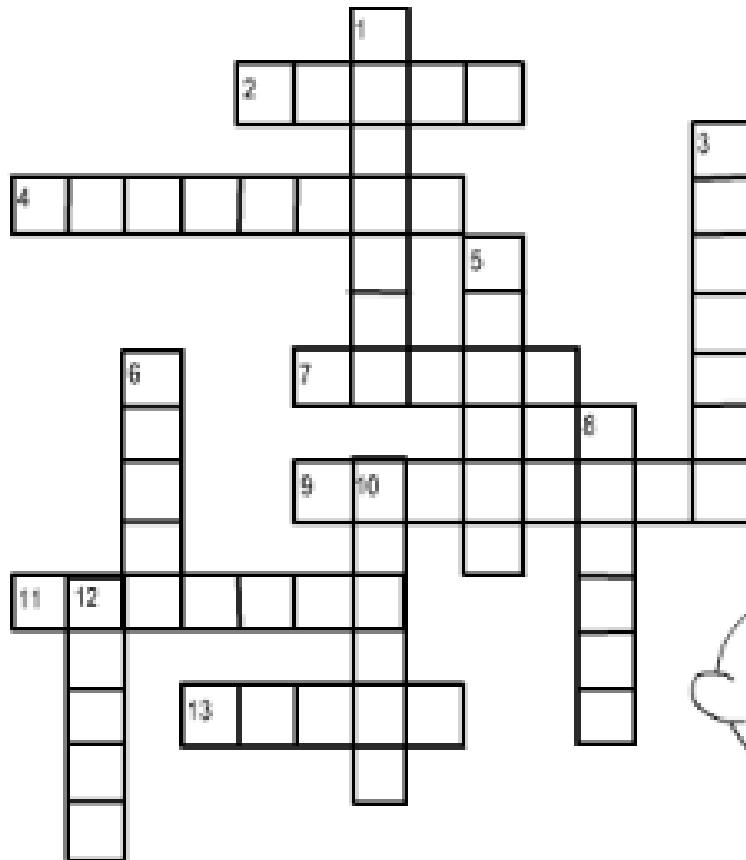
Cognitive puzzles (#17)



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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. Top row: shapes may be rotated compared to their reference but do not overlap. Middle row: Shapes may overlap but are not rotated. Bottom row: shapes may overlap and may be rotated.

Halloween Themed Crossword



Down:

1. a large, ugly, and frightening imaginary creature.
3. a large rounded orange-yellow fruit with a animals. thick rind.
4. the partial or total absence of light.
5. laugh in a loud, harsh way.
6. an animal, especially a large or dangerous four-footed one.
8. a sudden intense feeling of fear.
10. frightened
12. sweets

Across:

2. the red liquid that circulates in the arteries and veins of humans and other vertebrate
4. the partial or total absence of light.
7. a cunning act or scheme intended to deceive or outwit someone.
9. a large metal pot with a lid and handle, used for cooking over an open fire.
11. the tenth month of the year
13. the supreme spirit of evil





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October Word Search

Fall Themed Word Search



acorns	cobweb	harvest	October	seasons
apples	corn	hayride	orange	September
autumn	Fall	jackets	pumpkin	squash
bonfire	festivals	leaves	quilt	squirrel
brown	foliage	maize	rake	sweaters
chestnuts	football	migrate	red	Thanksgiving
chilly	gourds	November	scarecrow	wagons
cider	green	nuts	scenic	yellow



Easiest-Ever Pumpkin Pie

Ingredients

3/4 cup sugar
1 1/2 tsp pumpkin pie spice
1/2 tsp salt
1 can pumpkin
1 1/4 cups evaporated milk or half and half
2 eggs, beaten
1 crust from 1 package (12 oz) frozen Pillsbury Deep Dish Pie Crust



Instructions

1. Heat oven to 425 degrees F
2. In large bowl, beat sugar, pumpkin pie spice, salt, pumpkin, evaporated milk and eggs with wire whisk until well blended. Place frozen pie crust onto cookie sheet. Pour filling into pie crust. Place filled pie crust on cookie sheet into preheated oven.
3. Bake 15 minutes. Reduce oven temperature to 350°F; bake 40 to 50 minutes longer or until knife inserted near center comes out clean. Cool on cooling rack at least 2 hours. Serve or refrigerate until serving time. Store in refrigerator.

Click [here](#) for the full recipe

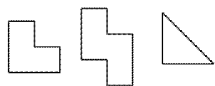




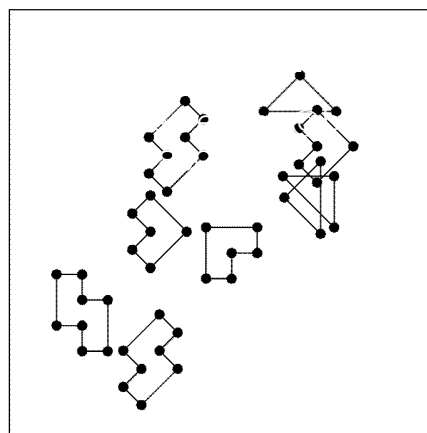
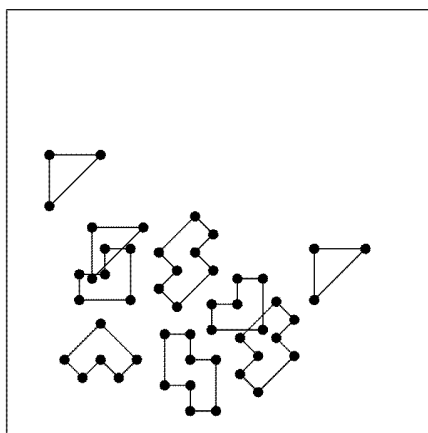
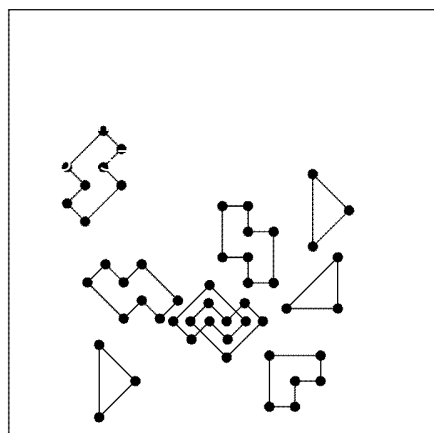
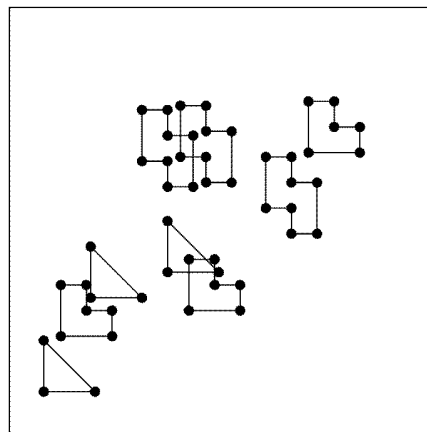
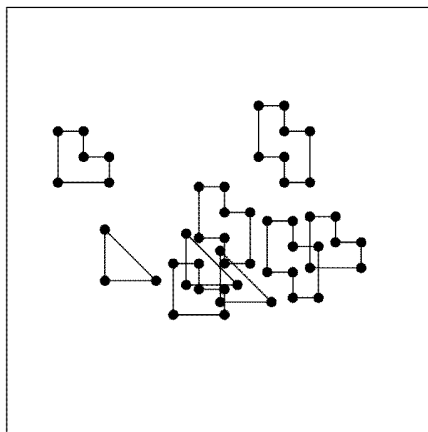
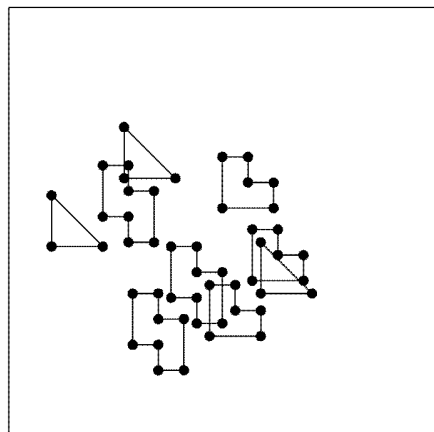
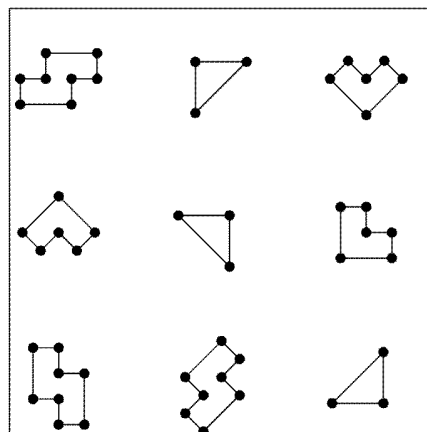
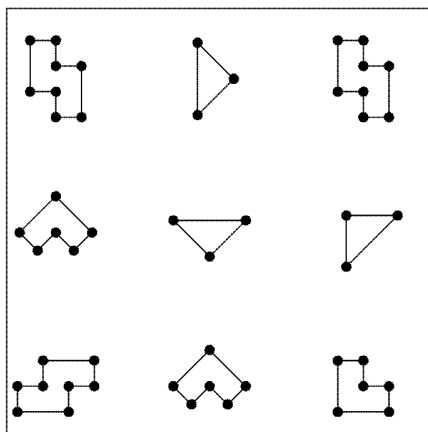
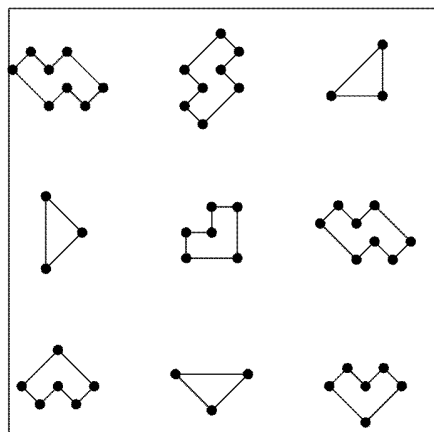
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October Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3 Step up Group with Wendy at 2:00-3:00 pm Concussion Support Group with Tricia and Natalie 10:30- 11:30 am	4 Social Group with Katie 9:00-10:00 am	5	6 Social Group with Katie 10-11 am	7	8
9	10 Step up Group with Wendy at 2:00-3:00 pm	11 Social Group with Katie 9:00-10:00 am	12	13 Social Group with Katie 10-11 am PranaShanti Yoga Session 1:30-2:30 pm	14	15
16	17 Step up Group with Wendy at 2:00-3:00 pm Concussion Support Group with Tricia and Natalie 10:30- 11:30 am	18 Social Group with Katie 9:00-10:00 am	19 Webinar BIAOV Fall Fundraiser	20 Social Group with Katie 10-11 am	21	22
23	24 Step up Group with Wendy at 2:00-3:00 pm	25 Social Group with Katie 9:00-10:00 am	26	27 Social Group with Katie 10-11 am	28	29
30	31 Step up Group with Wendy at 2:00					



Cognitive puzzles (#17) - Solutions





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Puzzle Solutions

