

BIAOV

Newsletter

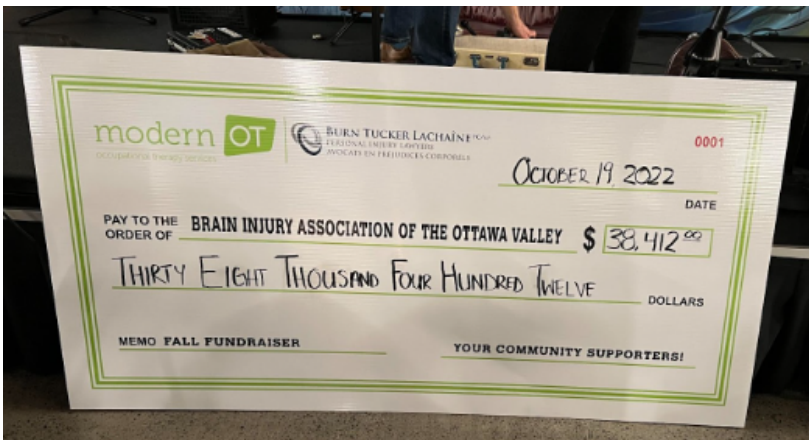
NOVEMBER 2022

Fall Fundraiser Recap!

On October 19, 2022 we had another successful fundraiser for the BIAOV. Many thanks to the ModernOT and Burn Tucker Lachaine teams for once again putting on this amazing event. Over \$20,000 was raised for the Association! We are already looking forward to the event next year!

modern OT

 BURN TUCKER LACHAÎNE PC
PERSONAL INJURY LAWYERS



WHAT'S IN THIS MONTH'S ISSUE?

- Resources
- Peer Support Corner
- PranaShanti Yoga Session
- Disability Seminar
- Giving Tuesday
- Support Group Column
- November Cognitive Puzzle
- Crossword
- Word Search
- November Calendar
- Puzzle Solutions

- On November 16th, the Gloucester 50+ Centre will host an in-person Information Fair for adults 50+. This event is free of charge and everyone is welcome. Coffee and Tea will be available throughout the event.
- Dementia Society of Ottawa and Renfrew County has shared its Calendar of Live and Virtual Events.
- The not-for-profit Funeral Co-operative of Ottawa is offering a FREE Presentation on Consumer Information on Funeral Planning in Ontario and how the Funeral Co-op can assist in planning a funeral for loved ones or even yourself. With retired social worker Beverle McIntosh. Please call (613) 288-2689 or email info@fco-cfo.coop to register. All welcome.
- Join Dress for Success Ottawa's FREE 2022 All Women Empowered Virtual Conference from November 14th -18th to move forward in your career! Whether you are looking, looking to move up, want to start a business, or just need stress relief guidance for the position you are in now. There are 15 professional development workshops waiting for you!
- Interval House of Ottawa recognizes that lived experience and connection with peers is a powerful tool for healing from abuse. To encourage community connection and support, IHO and Nelson House are launching a new Peer Support Program for survivors of violence to meet, learn about the dynamics of abuse and share their experiences and learning with one another. Start date October 27th, 2022

Join the Family Support Group

Family Support is back! Join caregivers, spouses and family members at our monthly Family Support Group on Wednesday November 23, 2022.

To sign up please contact H  l  ne Richardson (pscbiaov@gmail.com)



Remembrance

Hello Everyone,

In this month of remembrance, let's take the time to reminisce on the loss of departed spouses, partners, family members, friends and/or acquaintances from our lives...

It is always with sorrow, good or sometimes not so good memories, due to illness, tragedies, struggles that led to it that we must try to reverse the negative part of it to being thankful to be alive, healthy and lucky to be able to realize that we are fortunate to be able to get up in the morning and appreciate that all the people present in our lives, for the most part, are there to support, listen, help, understand and share each other's experiences throughout our lives.

Day to day, we should try to exchange/talk to people close to us about what troubles us or what our situation is, for them to be able to understand and in turn for them to be able to recognize what we are going through & able to help us better in return. It takes a village...

It might not be easy to open up, but worthwhile to at least try...

In the hope of holding on to the best memories,

Take care!

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

PranaShanti Yoga Session!

Join us on November 3rd from 1:30-2:30 pm for a free brain-friendly yoga session with a PranaShanti Yoga! We hope to see you there!



Interested in registering? Looking for more information?

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



Long-Term Disability Seminar

Join us on November 10th from 12:00-1:00 pm for a seminar on long-term disability with lawyer Ted Bergeron, presented by Reach Canada! Click [HERE](#) to register today!

LONG TERM DISABILITY BENEFITS:

WHAT YOU AND YOUR LOVED ONES NEED TO KNOW



WHEN

Thursday, November 10, 2022, 12:00 PM -1:00PM

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**

November 29th is Giving Tuesday

Giving Tuesday is the world's largest generosity movement. Whether it's making someone smile, helping a stranger, or giving to those who need our help, every act of generosity counts, and everyone has something to give.

This year Giving Tuesday will be held on Tuesday November 29th.

Please consider donating to the BIAOV to support our organization. You can click [here](#) to donate, feel free to share this link with your friends, family and colleagues!

#GIVING TUESDAY™



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

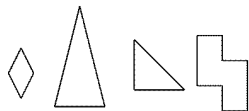
Interested in our Social Groups?



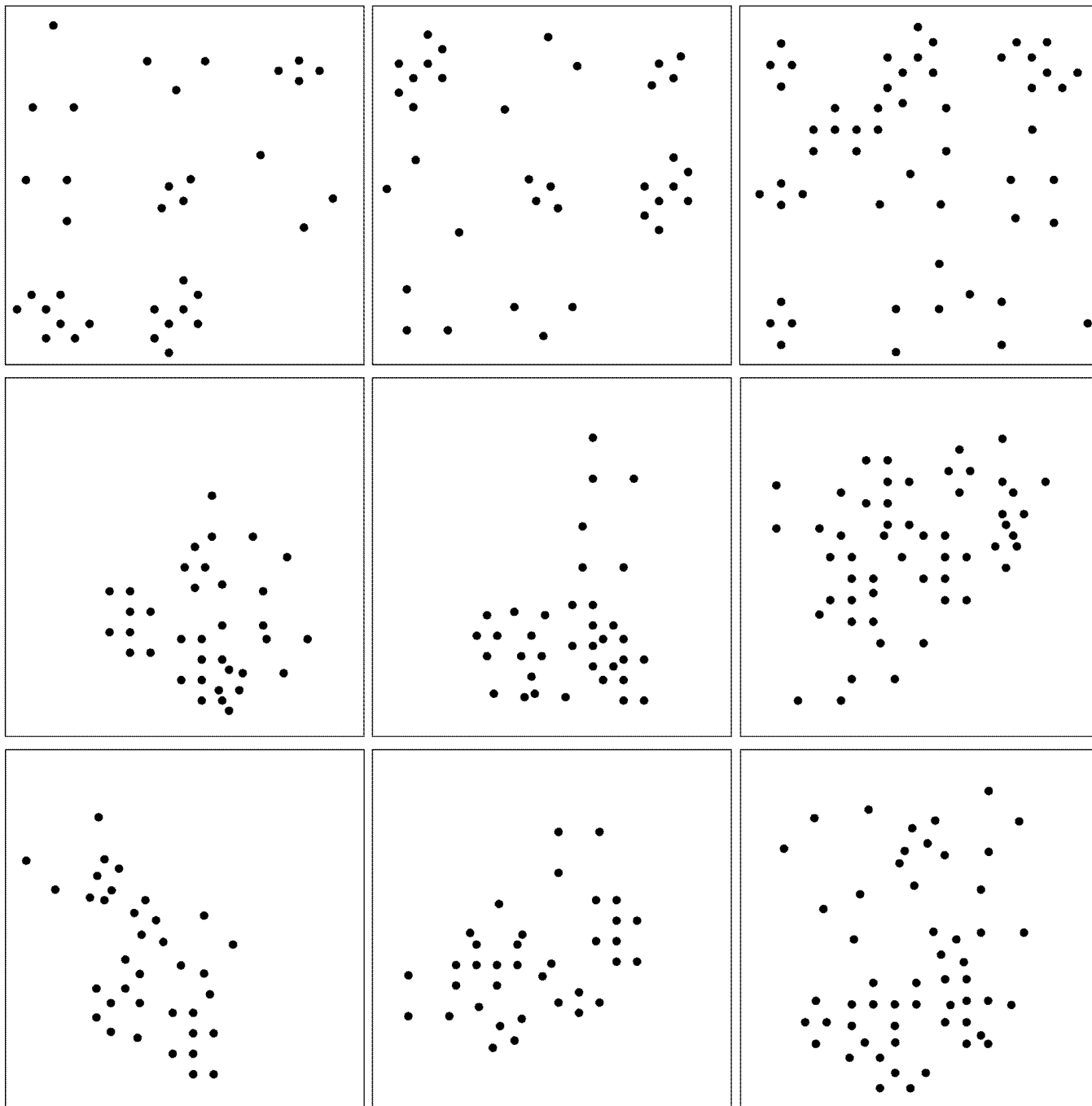
Interested in signing up? Looking for more information?

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November Cognitive Puzzle



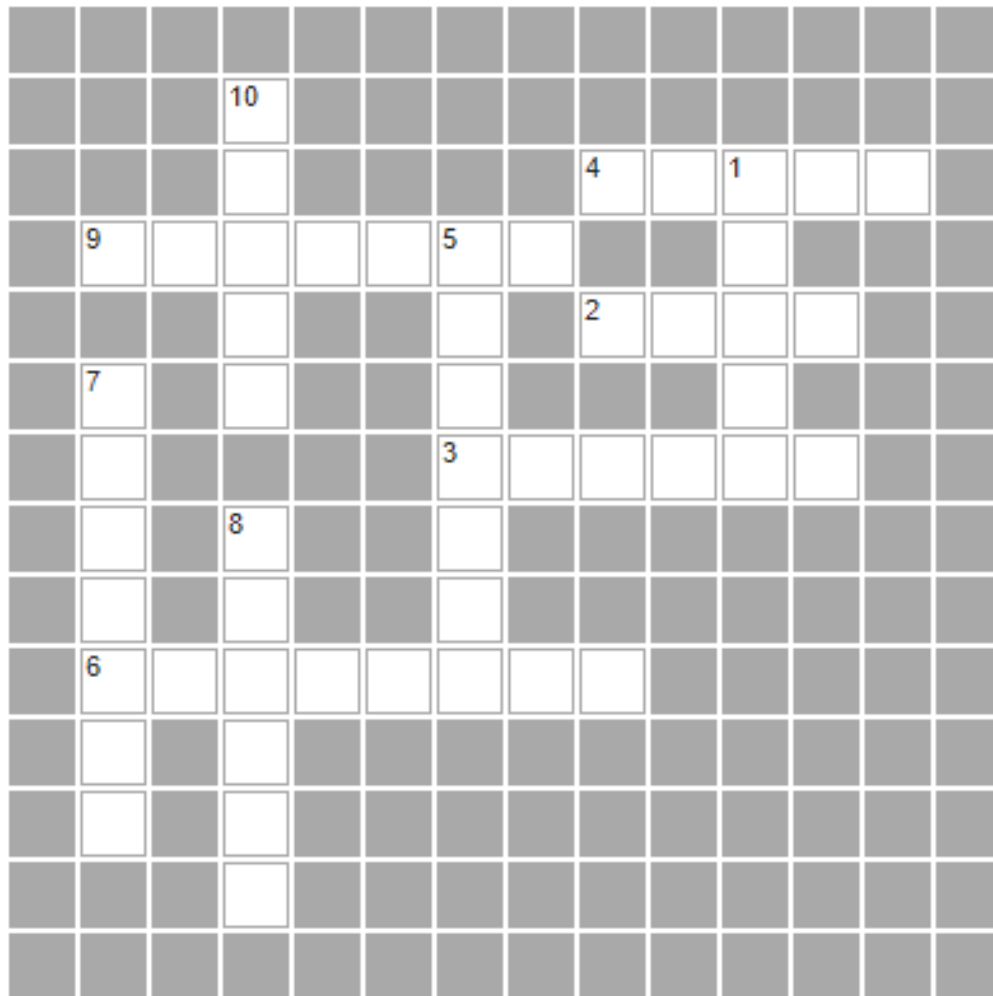
Cognitive puzzles (#18)



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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.

Remembrance Day Crossword



Across

2. Symbol of a country
3. Procession of marching bands and floats
4. A battle or combat
6. Soldiers or military units that fight on foot
9. An identifying outfit or style of dress

Down

1. To keep safe from harm or danger
5. To hold in esteem or honor
7. Person who loves, supports, and defends the country
8. To ward off attack
10. Multifaceted response to loss



BRAIN INJURY
ASSOCIATION
of the Ottawa Valley

November Word Search

November Themed Word Search

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

Remembrance

November

Decorate

Rain

Veteran

Clouds

Leaves

Cold

Winter

Scarf

Frost

Fall

Mittens

Nutmeg

Poppy

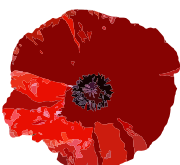
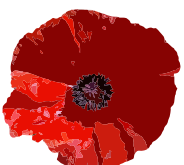
Family

Toque

Shawl

Boots

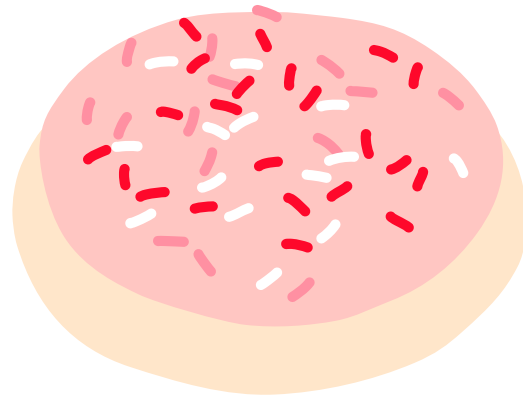
Snow



Easy Cut-Out Cookies Recipe

Ingredients

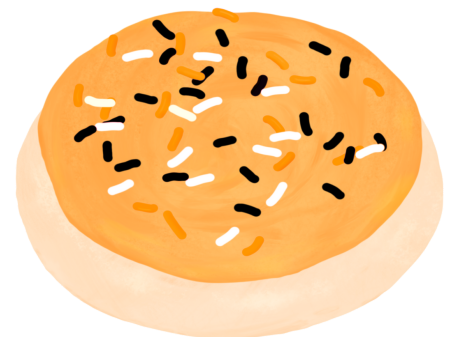
- 2 ¼ cups all-purpose flour
- 1 cup confectioners' sugar
- 1 cup butter, melted
- 1 egg
- 1 teaspoon vanilla extract



Instructions

1. In a medium bowl, combine the flour and confectioners' sugar. Stir in the melted butter, egg, and vanilla until well blended. Cover, and refrigerate dough for at least 2 hours.
2. Preheat oven to 350 degrees F (175 degrees C). Line baking sheets with parchment paper.
3. On a lightly floured surface, roll the dough out 1/4 inch thick. Cut into desired shapes using cookie cutters.
4. Bake for 8 to 10 minutes in the preheated oven. Allow cookies to cool on baking sheet for 5 minutes before transferring to a wire rack to cool completely.

Reference and recipe [here](#)





**BRAIN INJURY
ASSOCIATION**
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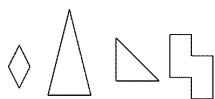
November Calendar

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

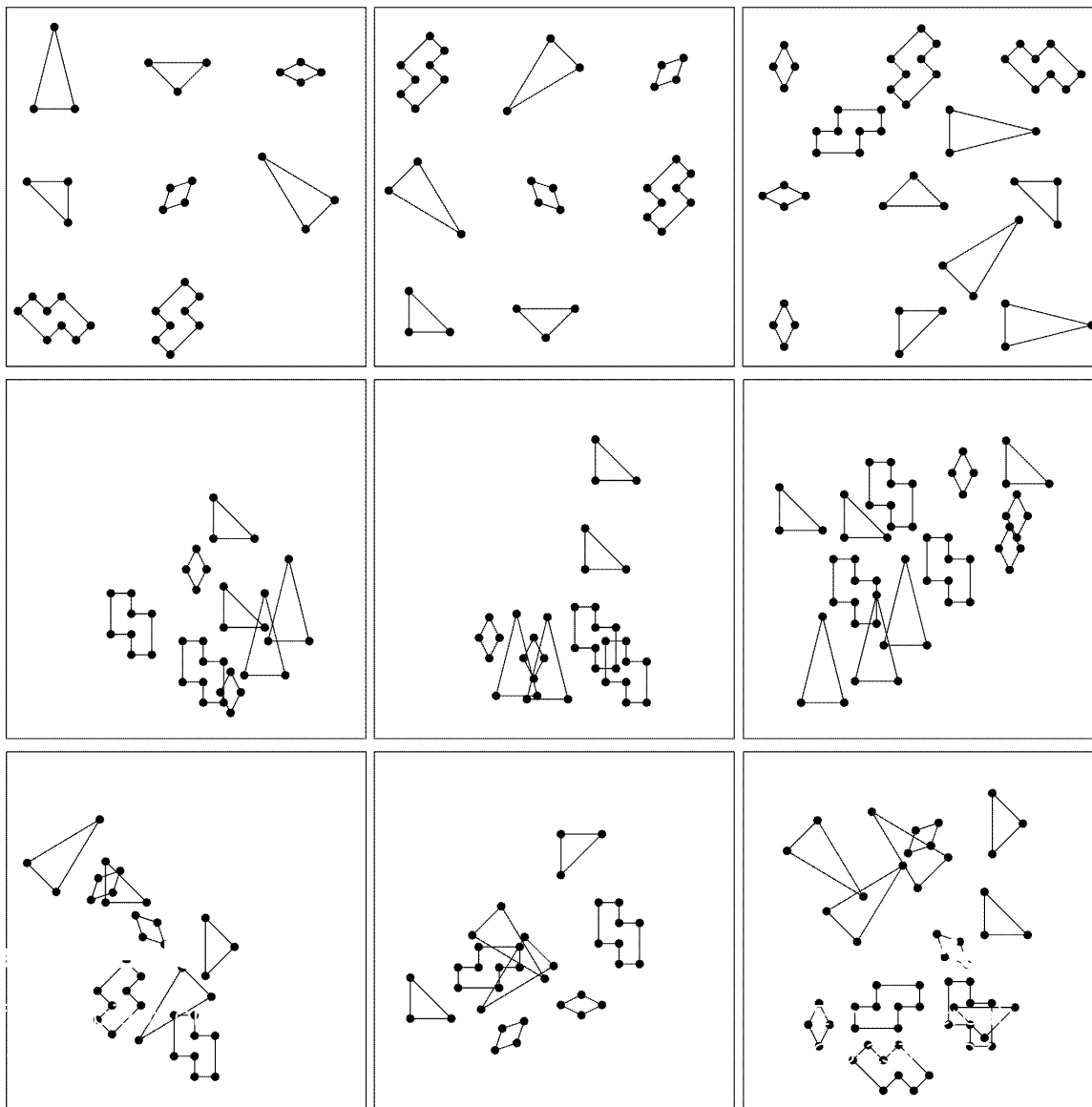


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Puzzle Solutions

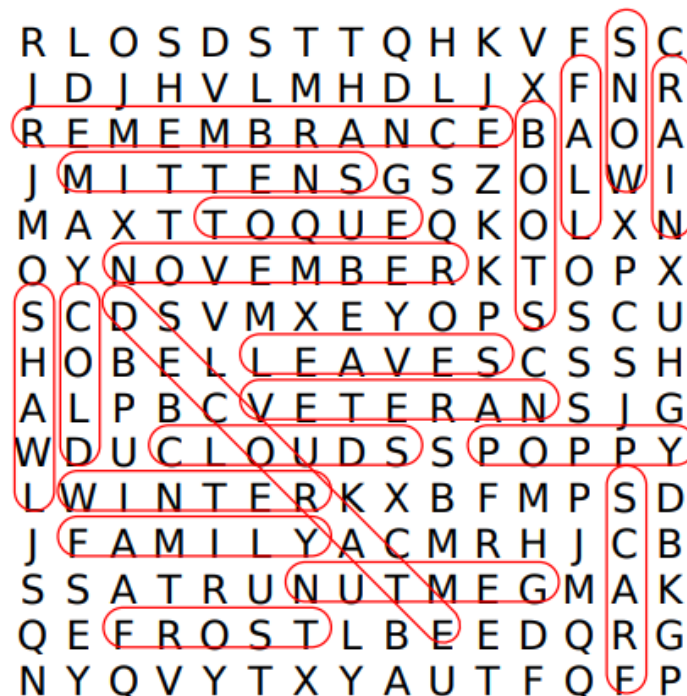
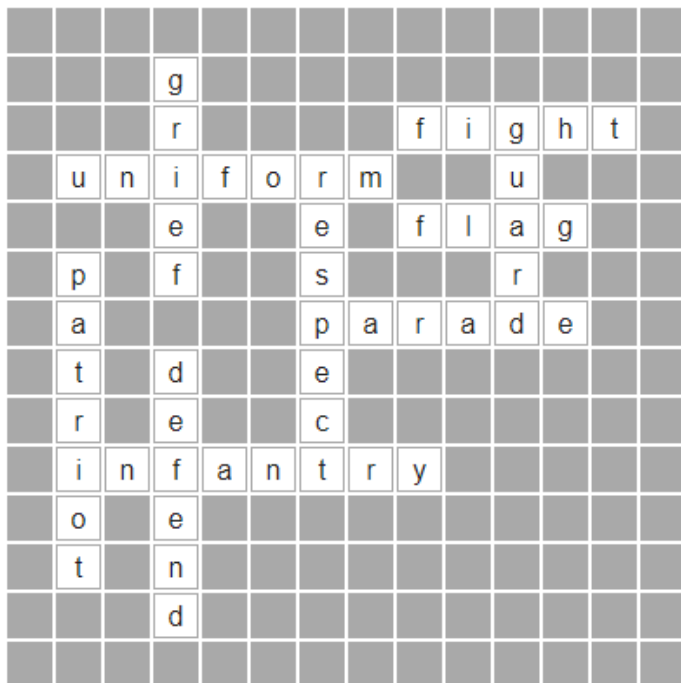


Cognitive puzzles (#18) - Solutions



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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

