



BIAOV

Newsletter



BRAIN INJURY
ASSOCIATION
of the Ottawa Valley



DECEMBER 2022

Saying goodbye to Katie Hoferek, our Recreation Program Coordinator

We are sad to be saying goodbye to Katie Hoferek, our Recreation Program Coordinator. She has been with BIAOV since January 2022 and will be moving on to pursue graduate school. We thank Katie for all that she has done for the Association and we will miss her! Katie's last day with the BIAOV will be Friday December 23, 2022.

We are working on finding a new Recreation Program Coordinator to join us in the New Year and will update our members as more information is available.

Our best wishes to Katie on this next chapter!

WHAT'S IN THIS MONTH'S ISSUE?

- Resources
- Peer Support Corner
- Holiday activities in Ottawa
- Board Member Recruitment
- BrainFit
- December Cognitive Puzzle
- Crossword
- Word Search
- December Calendar
- Puzzle Solutions

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- The Community Employment Resource Centre (CERC) is offering various workshops in December regarding employment opportunities. To register and learn more click [here](#).
- The Royal will host many different [Family Information and Support Groups](#) in December!
- Bereaved Families of Ontario – Ottawa Region BFO will host weekly [Virtual Support and Share events](#) in December.
- On December 7th, the Ottawa Regional Cancer Foundation will host Moments of Meditation, a [free session for those affected by cancer and their caregivers](#). Sign up today!
- On December 7th, the Ottawa Regional Cancer Foundation will host [Root in Nature: For Individual With Cancer](#).
- Looking to celebrate the holidays in Ottawa? [Here](#) is a list of activities and events happening this holiday season.
- PACE offers short and long term community-based support services to adults 18 years of age and over, living with the effects of an acquired brain injury (ABI). We are committed to working collaboratively with individuals to support their lives in the community. Sign up for free virtual programming [here](#).

Family Support Group

The Family Support Group is cancelled for December. We will resume in January!

Happy Holidays!



Season's Greetings

Hello Everyone,

At the start of this month a lot of us will be apprehending the holiday season.

It can bring a lot of stress to some of us when people think of the gift sharing, parties, unexpected expenses, being alone, not being able to see our family and friends for financial or health reasons, not being well physically or emotionally and trying to please everyone...

It is a valid stress enhancer, but sometimes we bring it upon ourselves and make it more complicated than it should be.

We all have to remember to keep our stress level down to keep healthy, which is really the most important thing followed by enjoying all the beautiful things, scenery and the most important one is the love we get and give to each other, not to forget our pet if fortunate enough to have one or two and sometimes more.

Let's take a breath of fresh air and remember what is most valuable and makes us feel good...

Wishing you well this holiday season!

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

Women's Brain Health Initiative is Launching BrainFit

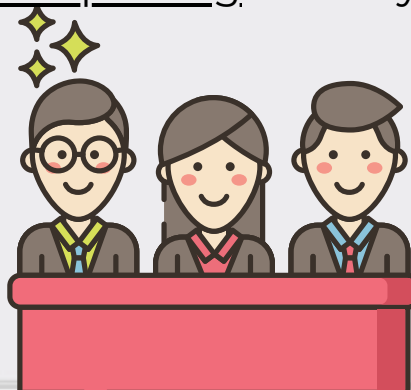
As an integral component of its Mind Over Matter® campaign, Women's Brain Health Initiative has created a mobile app called BrainFit, a unique habit tracker designed to help you prolong your cognitive vitality.

BrainFit is the only app of its kind to focus on optimizing brain health, with an emphasis on each of the Six Pillars of Brain Health, and is completely free to use.

Learn more about BrainFit [here](#).

BIAOV is looking for Directors!

The BIAOV is searching for Board members.
Please share [this posting](#) within your networks!



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?

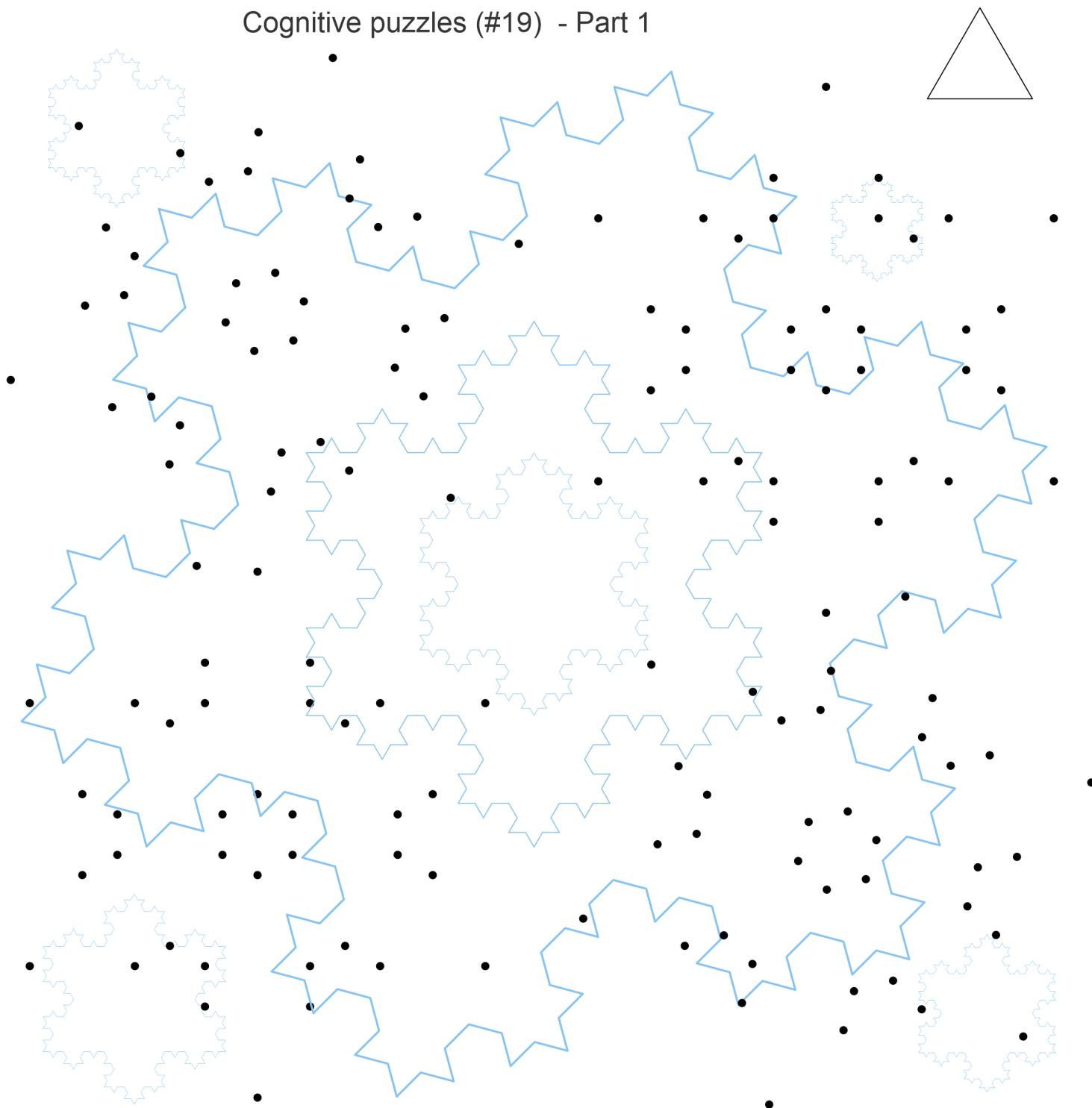


Interested in signing up? Looking for more information?

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recreation@biaov.org

December Cognitive Puzzle

Cognitive puzzles (#19) - Part 1



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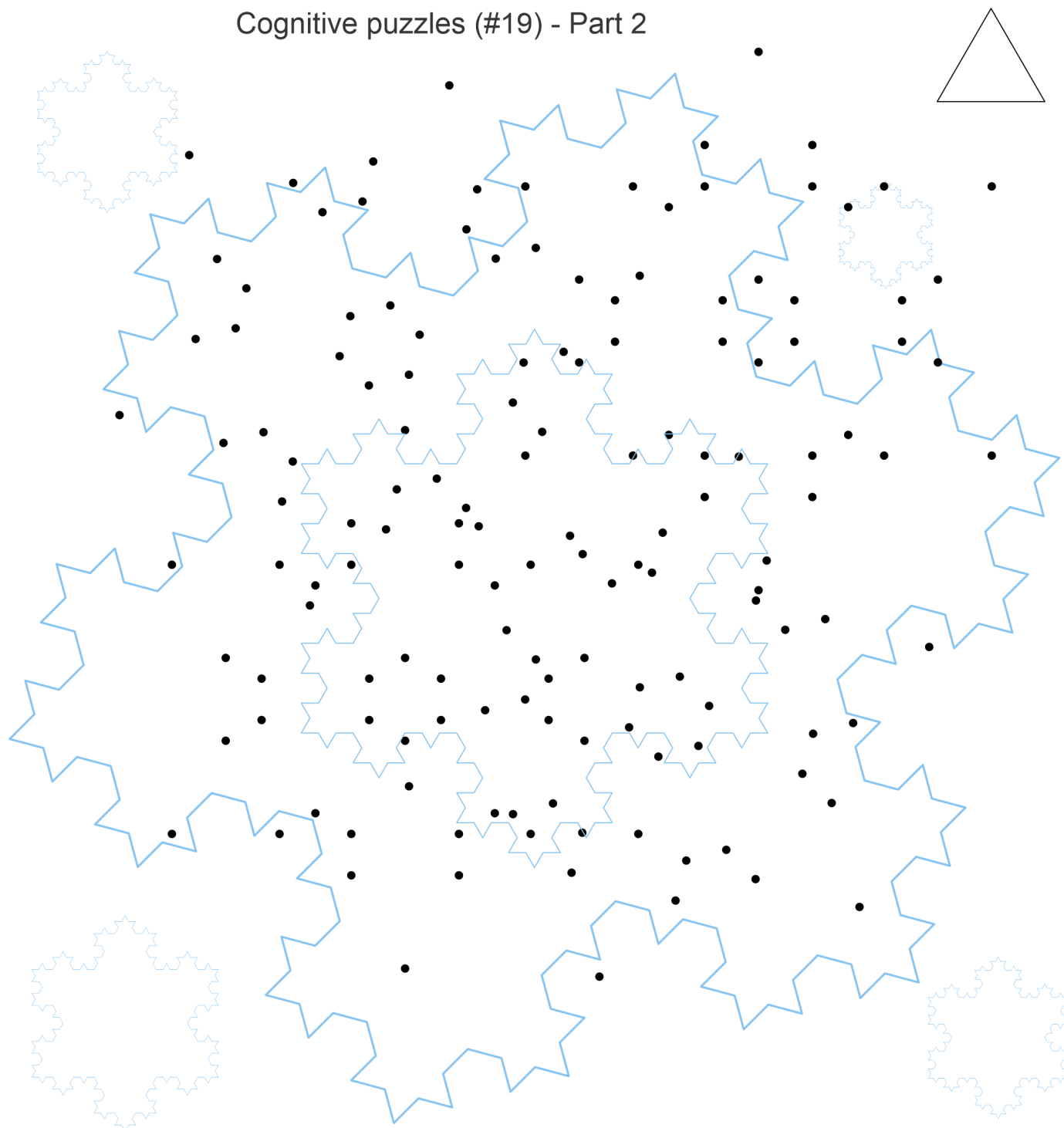
Print this page. Find all the triangles (reference triangle is shown in the top right corner). To find shapes, link dots together with a pencil. Each dot should be used once. All triangles are the same. They may be rotated but do not overlap. (Note: Snowflake shapes are added for visual distraction).



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December Cognitive Puzzle

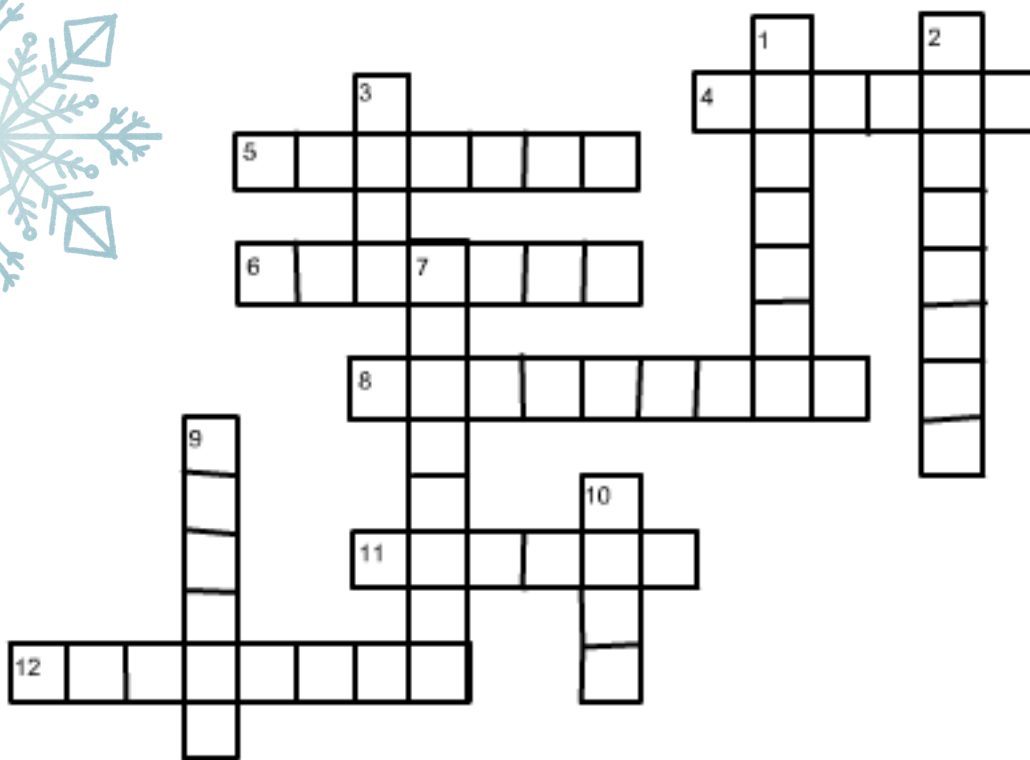
Cognitive puzzles (#19) - Part 2



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Winter Themed Crossword



Down:

1. A large piece of woolen or similar material used as a covering on a bed or elsewhere for warmth.
2. The twelfth month of the year in the northern hemisphere usually considered the first month of winter.
3. Burning
7. A severe snowstorm with high winds.
9. Shake slightly and uncontrollably as a result of being cold.
10. Make or become liquefied by heat.

Across:

4. A covering for the hand-worn for protection against cold or dirt and typically having separate parts for each finger and the thumb.
5. A vertical channel or pipe which conducts smoke and combustion gases up from a fire or furnace and typically through the roof of a building.
6. A large floating mass of ice detached from a glacier or ice sheet and carried out to sea.
8. (of an animal or plant) spend the winter in a dormant state.
11. An outer garment extending either to the waist or the hips typically having sleeves and a fastening down the front.
12. Wood that is burnt as fuel.





BRAIN INJURY
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December Word Search

Winter Holiday Word Search



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

Gingerbread

Presents

Kwanzaa

Holiday

Winter

Fireplace

Hanukkah

Snowman

Lights

Angel

Christmas

Festive

Friends

Family

Snow



Mini Strawberry Santas

Ingredients

- 1 pint fresh strawberries, hulled
- 1 cup heavy whipping cream
- 1 tablespoon confectioners' sugar
- 1 tablespoon chocolate sprinkles



Instructions

1. Cut the hulled-side strawberries so they can stand up on a plate. Slice the tip off each strawberry to make the 'hat'; set aside.
2. Beat cream and confectioners' sugar in a glass or metal bowl until soft peaks form. Lift your beater or whisk straight up: the whipped cream will form soft mounds.
3. Spoon a large dollop of whipped cream on top of strawberry base for the 'face' and 'beard'. Set the 'hat' atop the 'face'. Add a dot of whipped cream, using a toothpick, on top of the 'hat' for the 'pom-pom' and 2 dots on the strawberry base for 'buttons'. Place 2 sprinkles on the 'face' for 'eyes'.

Reference and recipe [here](#)





December Calendar

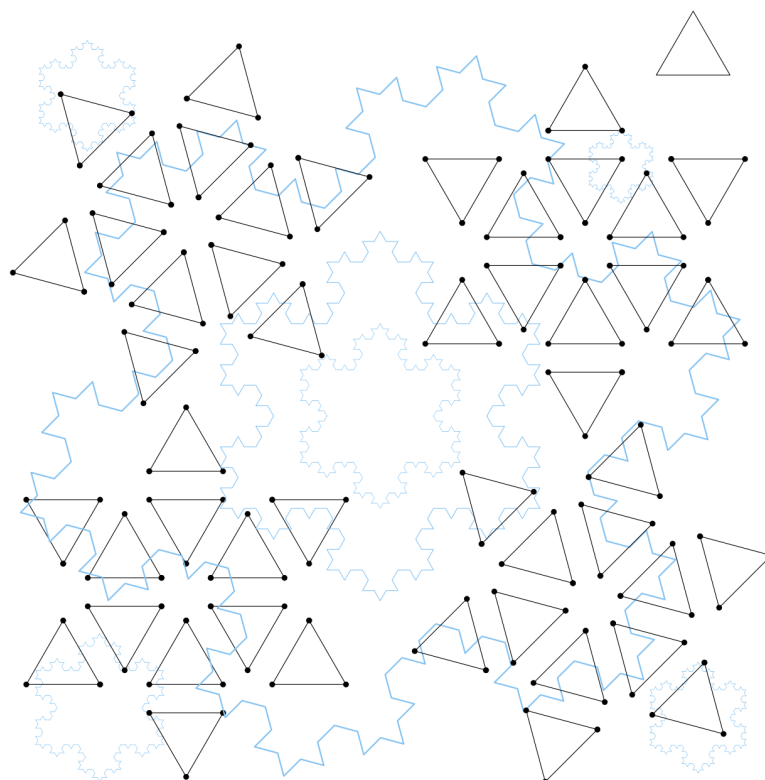
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Social Group with Katie 10-11 am PranaShanti Yoga Session 1:30-2:30 pm	2	3
4	5 Step up Group with Wendy at 2:00-3:00 pm Concussion Support Group with Tricia and Natalie 10:30-11:30 am	6 Social Group with Katie 9:00-10:00 am	7	8 Social Group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



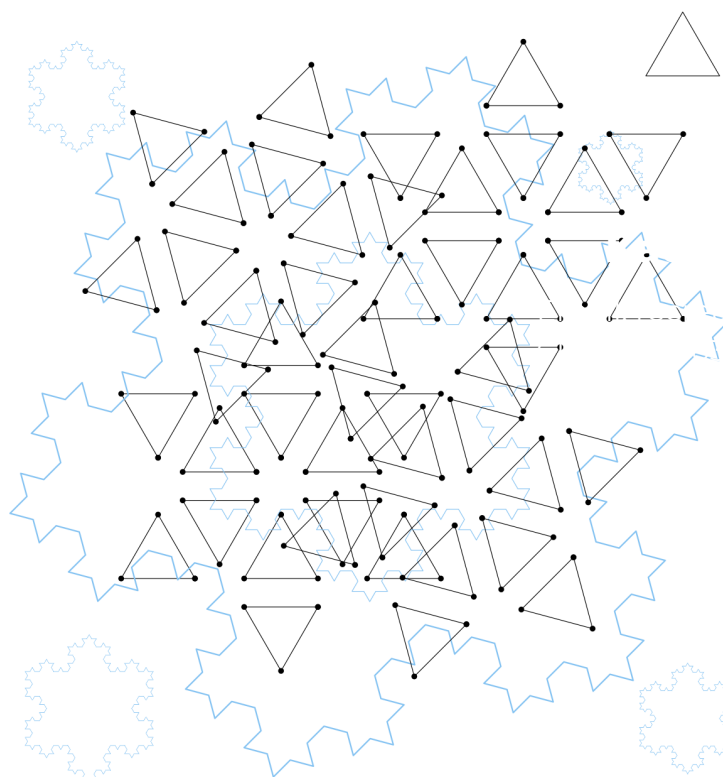
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Puzzle Solutions

Cognitive puzzles (#19) Part 1 - Solution



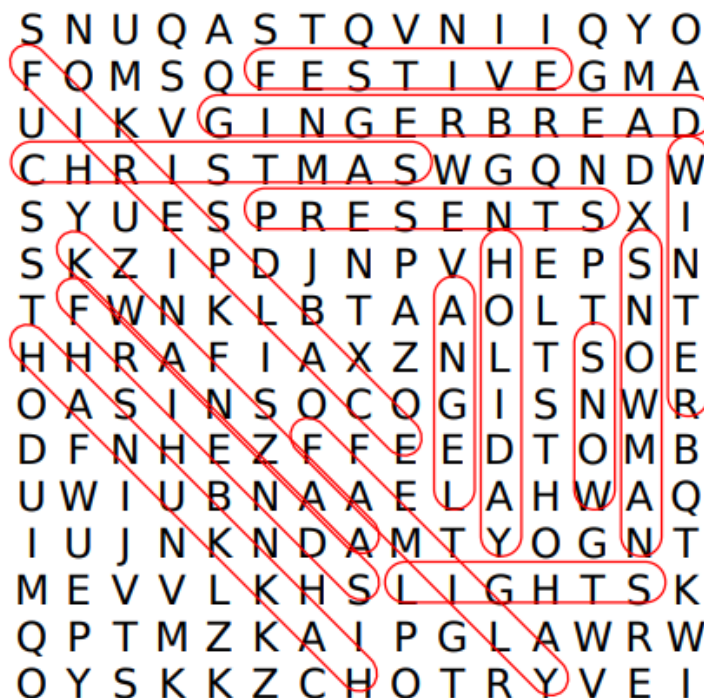
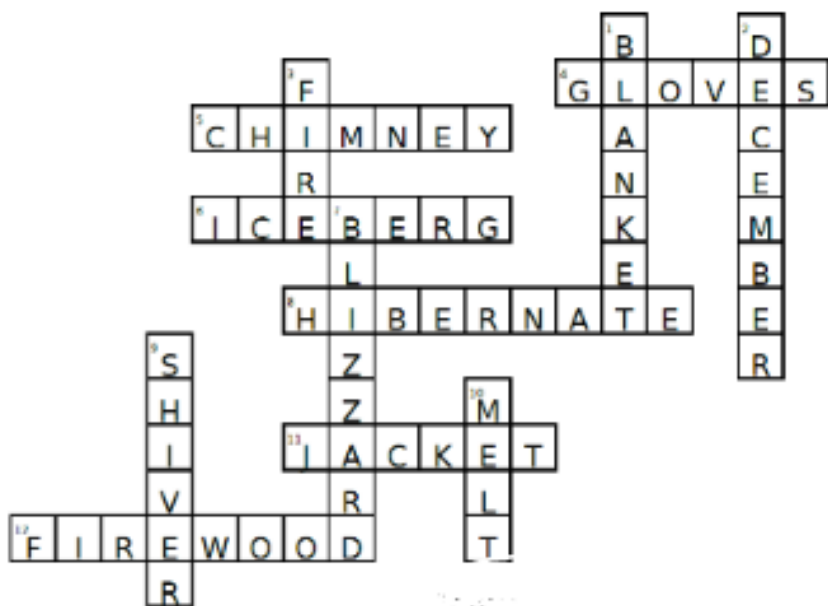
Cognitive puzzles (#19) Part 2 - Solution





**BRAIN INJURY
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Puzzle Solutions



Contact Us

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Hélène Richardson

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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

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education • awareness • support

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