

BIAOV

# Newsletter

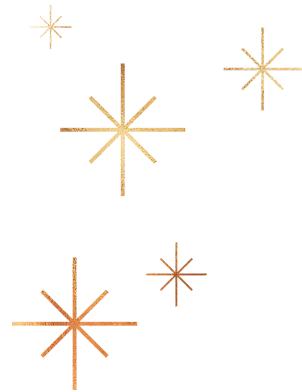


JANUARY 2023

## Happy New Year from the Brain Injury Association of the Ottawa Valley!

As we ring in 2023, here is a short poem with inspiration for the year ahead:

“When you look back  
on the past year,  
Don’t think of the pain you felt.  
think of the strength you gained,  
and appreciate how far you’ve come.  
You’ve been through a lot,  
but you’ve grown a lot too.  
Give yourself credit  
for your resilience,  
and step forward again with grace.”  
- marcandangel



Wishing you a beautiful year ahead!

The BIAOV Team

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

- Resources
- Peer Support Corner
- Support Groups & Programs
- Membership Renewal Reminder
- Mindful Moments & LYB Programs
- January Cognitive Puzzle
- Crossword
- Word Search
- January Calendar
- Puzzle Solutions

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- The [interim Canada Dental Benefit](#) is intended to help lower dental costs for eligible families earning less than \$90,000 per year. Parents and guardians can apply if the child receiving dental care is under 12 years old and does not have access to a private dental insurance plan.
- The [one-time top-up to the Canada Housing Benefit](#) aims to help low-income renters with the cost of renting. You may be eligible for a tax-free one-time payment of \$500 if your income and the amount that you pay on rent qualify.
- Epilepsy Ottawa has shared its latest [Brain Waves Newsletter](#)
- Community Navigation of Eastern Ontario have shared our [List of Out of the Cold locations \(Ottawa\) 2022-2023](#)
- On January 12th, the Council on Aging of Ottawa will host a [Snow Moles Promote Safe Winter Walking in 2023 event](#).
- Serenity Renewal for Families will host webinars in January: [Body Image: Our Need for Self-Acceptance](#) on January 14th and [Couples' Communication Workshop](#) on January 28th.

## Family Support Group

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The Family Support Group is back!  
Join us on **Wednesday January 25th at 7:00 pm**  
Email [contact@biaov.org](mailto:contact@biaov.org) for the Zoom link



# *New Year*

Hello Everyone,

It is hard to believe that a New Year is upon us.

I want to personally take the time to wish you all the best and especially good health and lots of love your way filled with many special moments for the year ahead.

Call me an eternal optimist, but I have the feeling and hope we are leading to a better year than the past ones, which were full of difficult and unexpected challenges for most of us.

May the light at the end of the tunnel bring us calmness and peace. Let's try to enjoy every special moment offered to us and thankful to be able to share it with the people we love and love us in return...

You all take care,  
Hélène

You can contact me regarding the Peer Support Program at:

Hélène Richardson

Peer Support Coordinator – BIAOV

E-mail [pscbiaov@gmail.com](mailto:pscbiaov@gmail.com) or leave a voicemail at (613) 233-8303

## Acquired Brain Injury / Post Stroke Day Program Hosted by the City of Ottawa

Description: Therapeutic recreation and life skills day program offered in partnership between the City of Ottawa, the Ministry of Health and Ontario Health East

Eligibility: Individuals 21-85 years old with an Acquired Brain Injury (ABI) or who have experienced a stroke

Contact:

Terry Lynn Costello, ABI Inclusive Program Administrator

Phone: 613-807-1077 / more information [here](#).

## Join our new Women's Support Group



Interested in joining us on January 19?

Email the BIAOV office at [contact@biaov.org](mailto:contact@biaov.org)

# Concussion Support Group & BIAOV Membership

## 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?

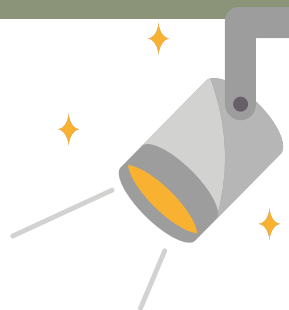
Email the BIAOV office at  
[contact@biaov.org](mailto:contact@biaov.org)



## Don't forget to renew your BIAOV membership!

Did you know? The Ontario Brain Injury Association (OBIA) offers a dual membership with local community associations (BIAOV!). The membership form and free dual membership by participating in the Brain Injury Impact Study is available [here](#).

We want to showcase our members!  
Interested in getting featured in the next  
Newsletter?



Please contact the office at [contact@biaov.org](mailto:contact@biaov.org)



## January 2023 Program Descriptions

**Meditation (Jan 11th):** The beginning of a new year can bring up all sorts of emotions, especially for those of us navigating the uncertainty of brain injury recovery. Join us for a guided meditation intended to offer time for reflection, self-compassion and community.

**Making a Wellness Plan (Jan 18th):** Join us to learn about behavioural activation and how creating a monthly wellness plan can support your well-being through your recovery .

**Grounding (Jan 25th):** There are many ways we can use our five senses to relax and bring our minds back to the present moment. Join us to learn about and practice a handful of grounding techniques that you can use at home or "on the go".

Mindful Moments programs are FREE to attend and all materials are provided!

Learn more [HERE](#)



LoveYourBrain's FREE Mindset program is offering 6-week programs of mindfulness, gentle yoga, and community connection

Learn effective ways to:

- Tap into your inner resilience
- Use mindfulness to create steadiness within
- Interrupt disruptive negative thoughts with intention
- Find acceptance and hope with realistic optimism
- And more!

All sessions are six weeks - various times available!

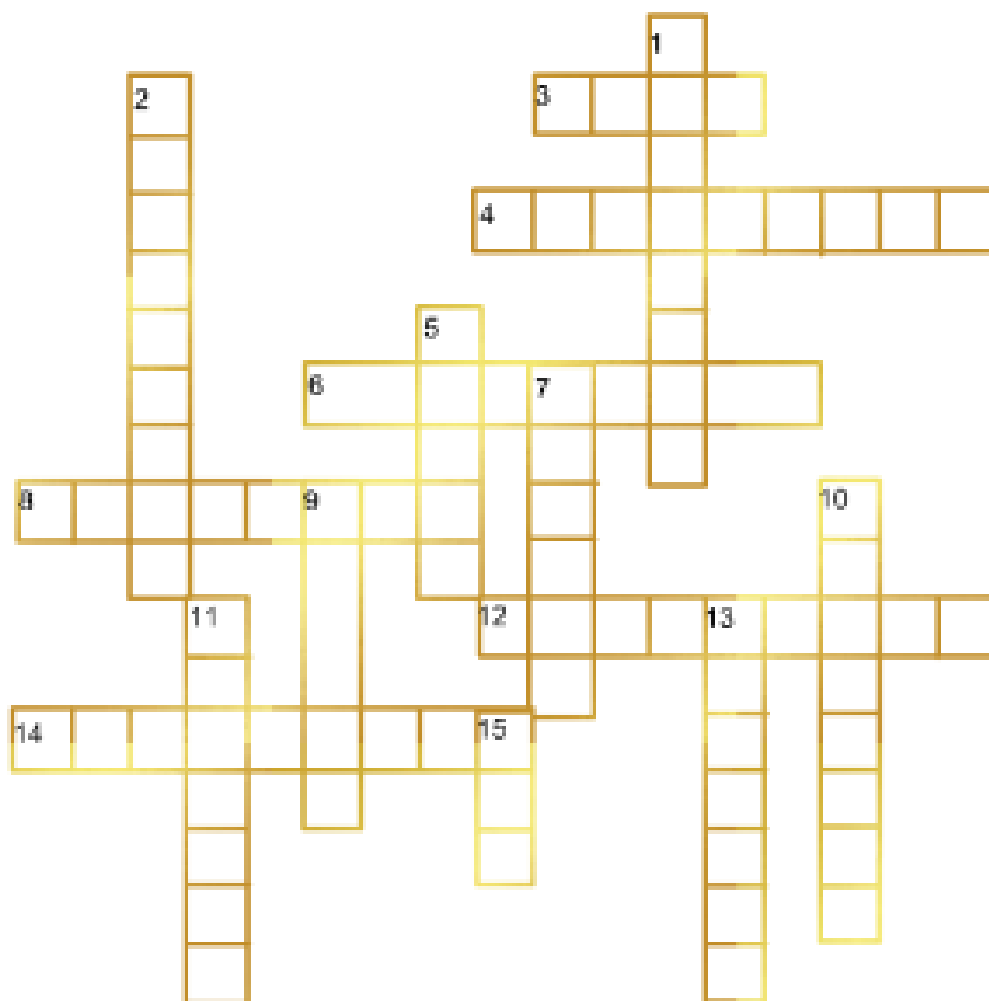
Sign Up [HERE](#)

# January Cognitive Puzzle



## Cognitive puzzles (#20)


## New Years Themed Crossword



### Down:

1. a chart with days weeks and months
2. a white sparkling wine
5. beautiful vocal instrumental or combined sound
7. a drinking glass with a foot and a stem
9. a man's dinner jacket.
10. a handheld firework that emits sparks.
11. the first month of the year
13. round rubber bag that is inflated with the air
12. observe and used as decoration or a toy.
14. an act of counting numerals in reverse order
15. opposite of old to zero

### Across:

3. the period of 365 days
4. a device containing gunpowder and other combustible chemicals which causes spectacular effects and explosions when ignited
6. a timing device with two connected glass bulbs containing sand
8. small bits of paper usually colored
12. observe
14. an act of counting numerals in reverse order



## January Themed Word Search

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

Celebration

Tradition

New Year

Scarf

Hockey

Resolution

January

Skating

Slush

Goals

Beginning

Fireworks

Sweater

Chilly

Ice

## Power Cookies

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### Ingredients

- 4 cups rolled oats
- 1 (15 oz) can cannellini beans, rinsed
- 1/2 cup white sugar
- 1/2 cup brown sugar
- 1 teaspoon vanilla extract
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 1/2 cup chopped pitted dates
- 1/2 cup flaked coconut
- 1/2 cup raisins
- 1.2 cup chopped walnuts



### Instructions

1. Preheat the oven to 325 degrees F (165 degrees C). Grease cookie sheets. Grind the oats in a blender until resembling coarse flour.
2. In a medium bowl, mash beans to a smooth paste. Stir in the white sugar, brown sugar and vanilla until well blended. Combine the ground oats, baking powder, baking soda and cinnamon; blend into the bean mixture. Stir in the dates, coconut, raisins and walnuts. Drop dough by heaping spoonfuls onto the prepared cookie sheet.
3. Bake for 10 to 15 minutes in the preheated oven, until golden. Cool on baking sheets for 5 minutes then remove to wire racks to cool completely.

**Reference and recipe [here](#)**



**BRAIN INJURY  
ASSOCIATION**  
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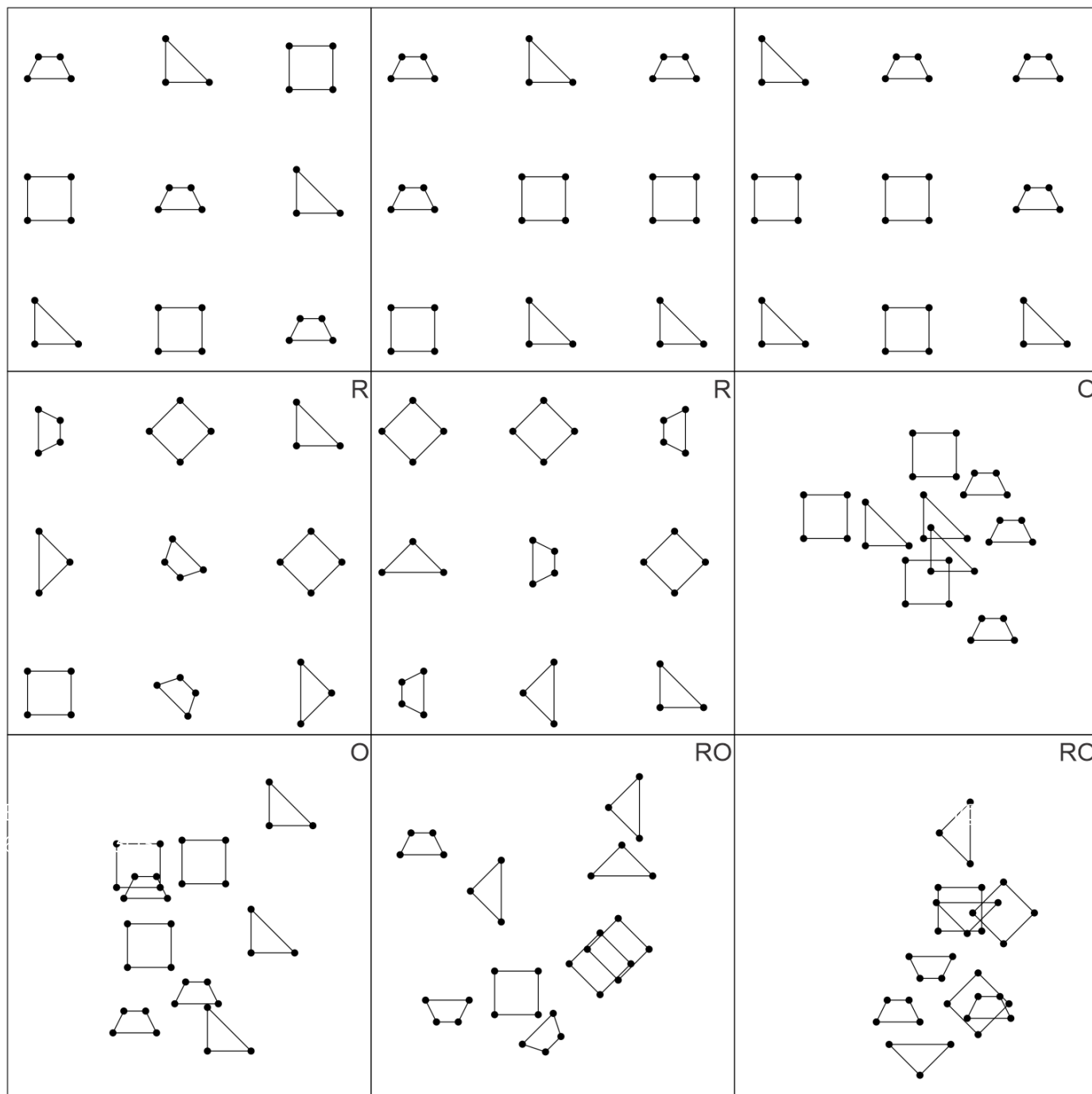
# January Calendar

\*please note that the schedule is subject to change based on the hiring of our new Coordinator

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9 Step up Group with Wendy at 2:00-3:00 pm	10	11	12	13	14 Zoom Social Group 1:00 - 2:00 pm
15	16 Step up Group with Wendy at 2:00-3:00 pm Concussion Support Group with Tricia and Natalie 1:00-2:00 pm	17	18	19 Women's Support Group 7:00 - 8:00 pm	20	21
22	23 Step up Group with Wendy at 2:00-3:00 pm	24	25 Family Support Group (virtual) 7-8:30 pm	26	27	28
29	30 Step up Group with Wendy at 2:00-3:00 pm	31				



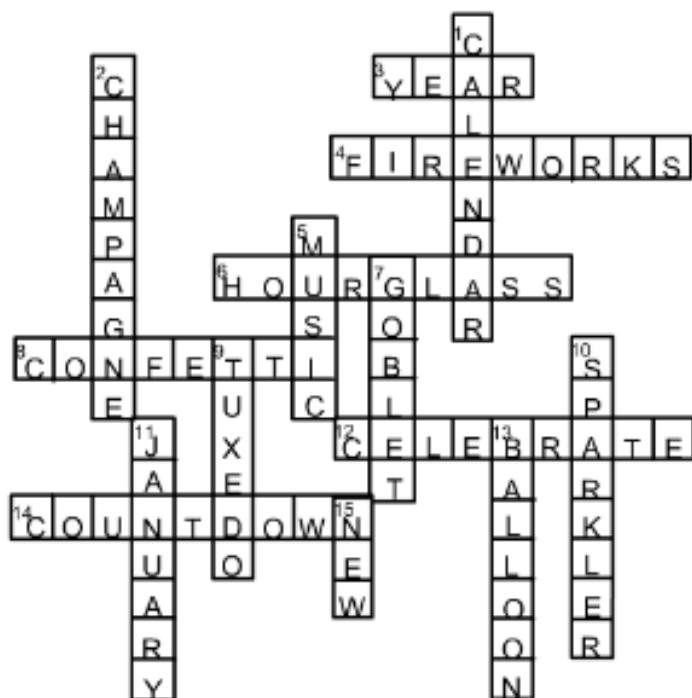
## Cognitive puzzles (#20) - Solutions





**BRAIN INJURY  
ASSOCIATION**  
of the Ottawa Valley

## Puzzle Solutions



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

## Contact Us

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### Hélène Richardson

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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](mailto:contact@biaov.org)

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## Get social with us

