

BIAOV

Newsletter


BRAIN INJURY
ASSOCIATION
of the Ottawa Valley



FEBRUARY 2023

Meet our new Recreation Coordinator Rheann!

Hi everyone, I am grateful for the opportunity to introduce myself in this month's newsletter! My name is Rheann Quenneville and I am the new Recreation Program Coordinator.

Here is a little about me, I love to spend my free time reading and playing sports. I love all animals, especially horses and cats. I have just recently graduated from my undergraduate degree at Carleton University in Psychology and Neuroscience. I would describe myself as enthusiastic, joyful and determined. I enjoy chatting with everyone at the BIAOV, and I am very grateful to have been given this opportunity to work here!



I hope to contribute great new things to the BIAOV and continue to provide the amazing programs offered here.

I can't wait to meet you all!

WHAT'S IN THIS MONTH'S ISSUE?

- Resources
- Peer Support Corner
- Support Groups & Programs
- Mindful Moments & Tax Credit Info
- February Cognitive Puzzle
- Crossword
- Word Search
- February Calendar
- Puzzle Solutions

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- Missed our last yoga session? Watch the Zoom recording from our event (originally hosted on December 1st) [here!](#)
- 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.
- Ottawa Public Health has shared a resource document of [Places to Warm Up in Ottawa Map 2022/23](#).
- Ontario Caregivers Organization's SCALE program (Supporting Caregiver Awareness, Learning and Empowerment) is back by popular demand. The program aims to empower caregivers with practical information and skills to focus on their mental health and well-being needs. You will receive the following: Weekly webinars (LIVE or RECORDED) divided into two 4-week sessions, strategies, tools, and resources to better cope with difficult caregiving emotions, free and confidential online group and/or individual counselling (OPTIONAL). Space is limited, registration is based on first come, first-served basis. [Learn more](#) about SCALE.

Family Support Group

The Family Support Group is back!
Join us on **Wednesday February 22 at 7:00 pm**
Email contact@biaov.org for the Zoom link



Peer Support

Hello Everyone,

I hope you are doing well.

I would like to talk about the importance of support available to you by participating in the Peer Support Program offered to you by the Brain Injury Association of the Ottawa Valley under the umbrella of the Ontario Brain Injury and 16 other Association in the province sharing a common database in search of compatible pairing of Partners and Mentors.

The Mentors participants get a day Training and will be paired with Partners, they are all either brain injury Survivors, Caregivers, Partners or family Members who will be paired according to the type of Injury, gender, age, hobbies and interests, etc.

If you are in need of support as a Partner or want to give your support to someone in need by becoming a Mentor, please do not hesitate to contact me.

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 or leave a voicemail at (613) 233-8303

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

New Virtual Programs this month!



Brain Fitness: Give your brain a workout with this movement based, multi-sensory brain stimulation program. This program can help improve many areas including; cognition, memory, concentration, sleep, communication, mobility, energy levels, stress management and overall well-being. All activities will vary by week!

News and Coffee: Do you feel passionate about something you may have read, seen or heard on the news recently? Do you simply want to discuss amongst peers interesting things you have learned recently on television or anywhere else? Or do you enjoy listening and learning about a variety of topics while sipping on your morning coffee? The new News and Coffee program might be for you!

Women's Support Group: The goal of this group is to provide women an opportunity to express their emotions, receive support from others who have experienced brain injury, assist individuals with brain injury and simply want to feel connected to a safe community surrounded by others who understand and respect their struggles. This support group will also foster a positive environment for women to help improve their daily lives.



February 2023 Program Descriptions

Chair Yoga (Feb 1st): Join us for a seated gentle yoga practice. All abilities are welcome.


Progressive Muscle Relaxation (Feb 8th): Join us to learn about and practice PMR, a relaxation technique which involves tightening and relaxing your muscle groups, one at a time, in a specific pattern. This technique can help you release tension from your muscles on your own while also promoting mental relaxation.

Art Journalling: Self-Love (Feb 15th): Collage art allows us to indulge in our creativity while exploring and expressing our inner world. Grab some old magazines and join us to explore the practice of art journalling with a focus on self-love. *Note: Materials will be provided to those who have not attend this type of session previously.*

Mandala Art (Feb 22nd): Mandalas are used as an important meditation tool in many spiritual practices. The process of drawing and/or colouring mandalas can be a great tool to calm the mind and bring awareness to the present moment. These beautiful pieces of art are easier to create than you might think!

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

Learn more [HERE](#)



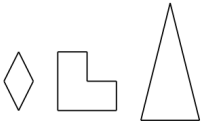
Learn About the Disability Tax Credit!

The disability tax credit is a non-refundable tax credit that helps persons with disabilities or their supporting persons reduce the amount of income tax they may have to pay. An individual may claim the disability amount once they are eligible for the DTC.

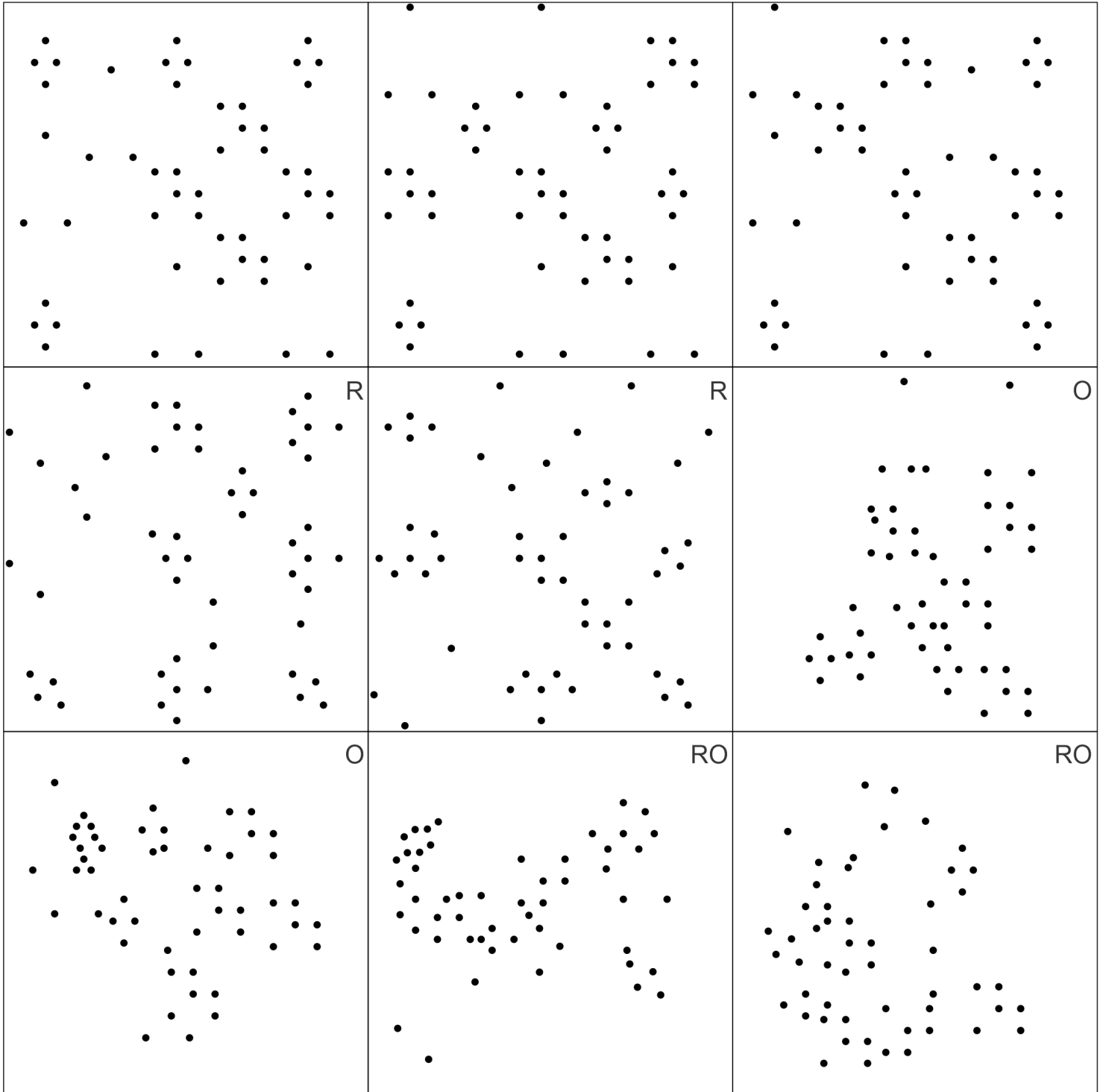
February 21 from 7:00 pm to 8:30 pm

Register [HERE](#) for an information session on the Disability Tax Credit hosted by the BIAWW!

February Cognitive Puzzle



Cognitive puzzles (#21)



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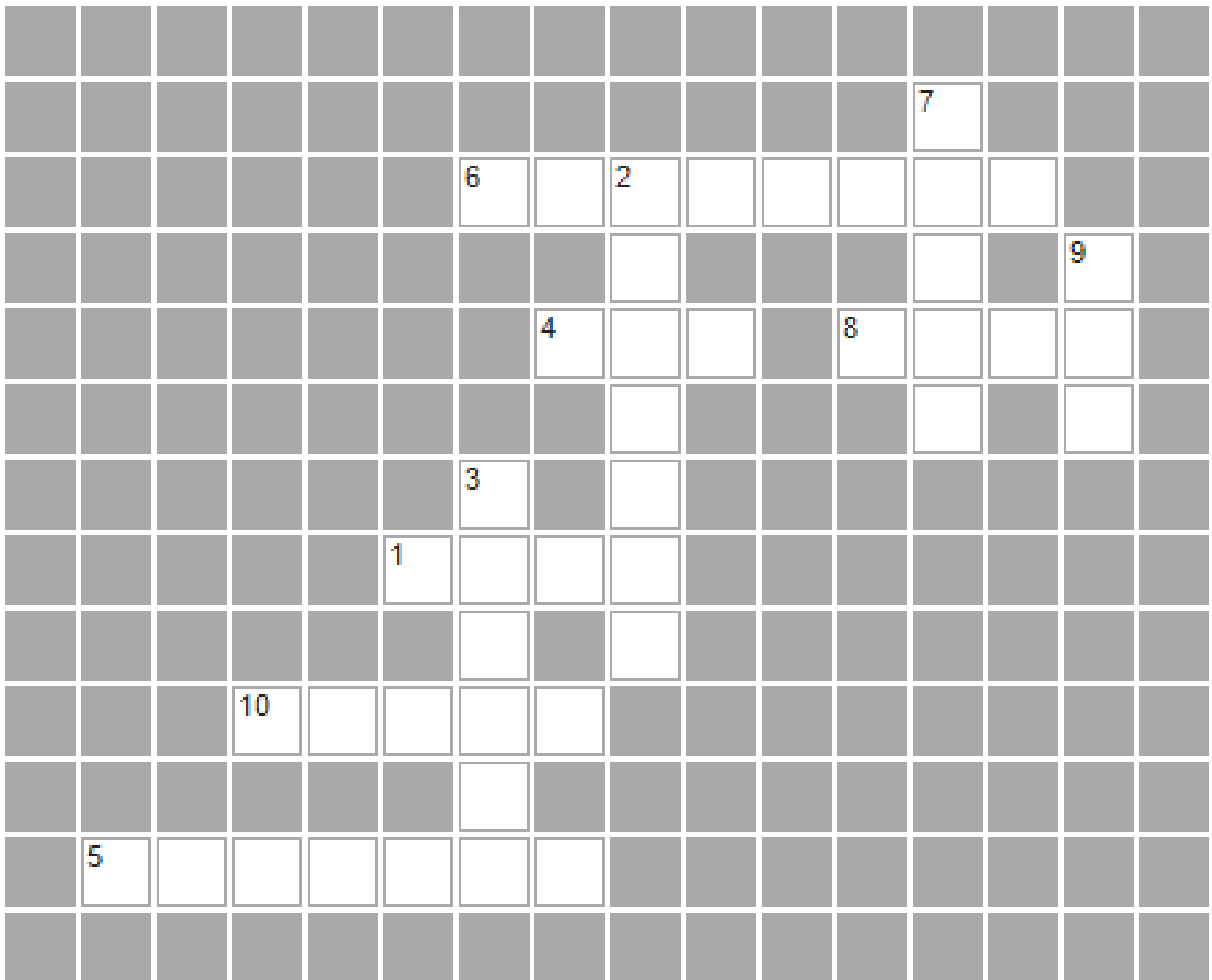
Print this page. For each frame, find the reference shapes displayed above the frames. To find shapes, link dots together with a pencil. Each dot should be used once. In frames labeled with 'R', shapes may be rotated. In frames labeled with 'O', shapes may overlap. In frames labeled with 'RO', shapes may be rotated and may overlap. (In frames that are unlabeled, shapes are not rotated and do not overlap).



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February Crossword

Valentine's Day Themed Crossword



Across

1. Valentines are trimmed with
4. To wrap your arms around someone
5. Companions or friends
6. Second month of the year
8. Red flower given to someone you care for
10. Something sweet to eat

Down

2. Bunch of flowers given to someone
3. Piece of wax that is burned to give light
7. Cupid shoots this with a bow
9. Traditional color of a rose





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February Word Search

February Themed Word Search



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

Friendship

Chocolate

History

Candy

Shadow

Valentine

February

Jacket

Heart

Groundhog

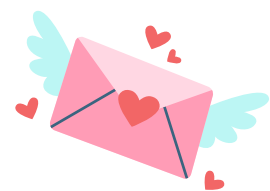
Super Bowl

Roses

Amethyst

Pink

Love



Stuffed Strawberries!

Ingredients

- 1 pint fresh strawberries
- 1 (8 ounce) package cream cheese, softened
- ½ cup confectioners' sugar, or to taste
- 2 tablespoons orange flavored liqueur, or to taste



Instructions

1. Cut the tops off of the strawberries and stand upright on the cut side. Make a cut 3/4 of the way down from the tip of the strawberry towards the bottom.
2. Beat together the cream cheese, sugar, and liqueur until smooth in a mixer or a food processor. Place into a piping bag with a star tip. Pipe into each strawberry and arrange on a serving platter.

Reference and recipe [here](#)



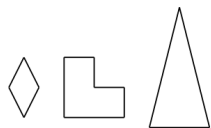
February Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Zoom Social Group 10:00-11:00 am (Virtual)	3 News & Coffee 9:00-10:00 am (Virtual)	4
5	6 Concussion Support Group with Tricia and Natalie 10:30-11:30 am (Virtual) Step up Group with Wendy at 2:00-3:00 pm (Virtual)	7 Zoom Social Group 9:00-10:00 am (Virtual)	8 Brain Fitness 10:00-11:00 am (Virtual)	9 Zoom Social Group 10:00-11:00 am (Virtual)	10 News & Coffee 9:00-10:00 am (Virtual)	11
12	13 Yoga Session 10:00-11:00 am with Sandy (Virtual) Step up Group with Wendy at 2:00-3:00 pm (Virtual)	14 Zoom Social Group 9:00-10:00 am (Virtual)	15 Brain Fitness 10:00-11:00 am (Virtual)	16	17	18
19	20 FAMILY DAY OFFICE CLOSED	21	22 Family Support Group 7:00-8:30 pm (Virtual)	23	24 News & Coffee 9:00-10:00 am (Virtual)	25
26	27 Women's Support Group 1:00-2:00 pm (Virtual) Step up Group with Wendy at 2:00-3:00 pm	28 Zoom Social Group 9:00-10:00 am (Virtual)	Please email contact@biaov.org to join any of the sessions listed			

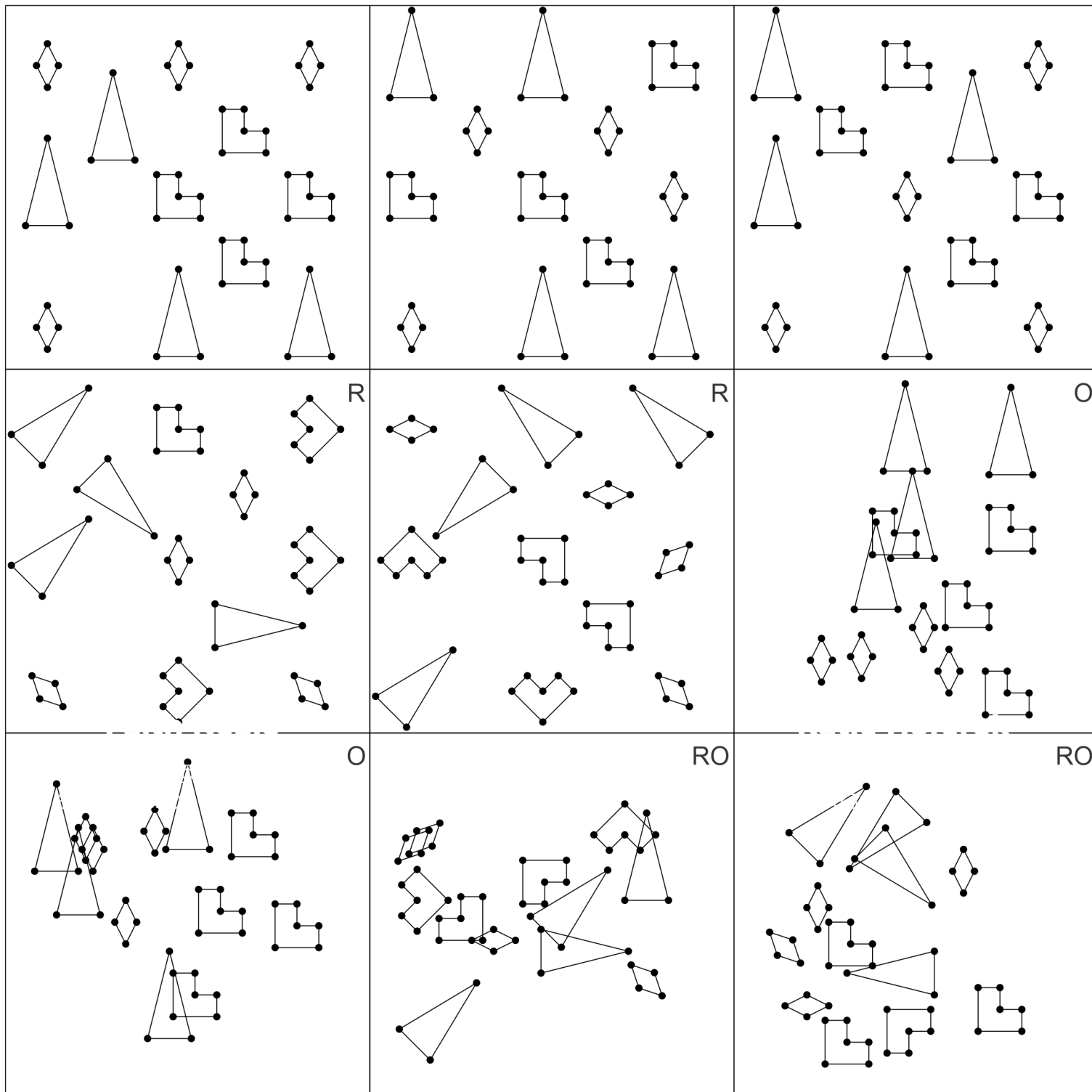


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Puzzle Solutions



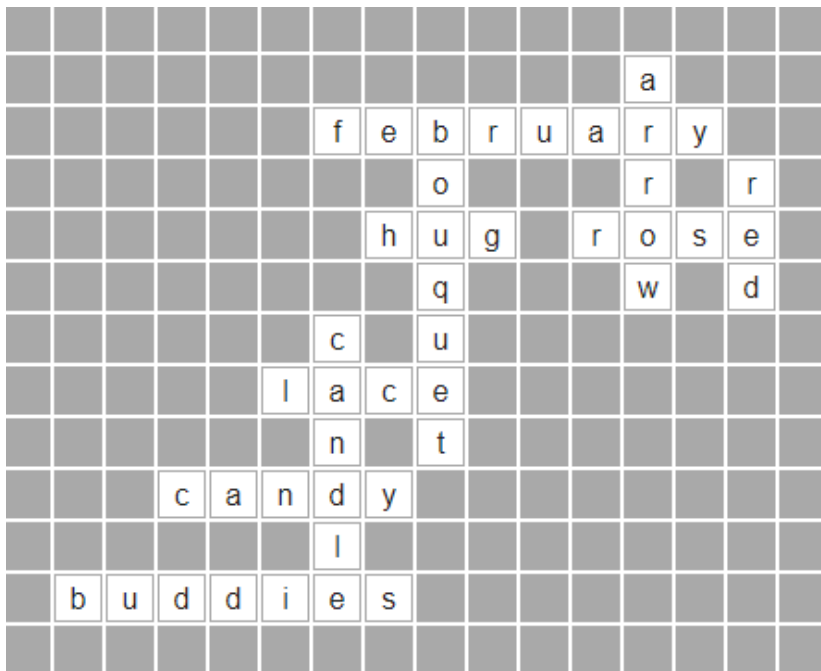
Cognitive puzzles (#21) - Solutions





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Puzzle Solutions



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Please note...

Our team is working hard to serve you - please leave us a voicemail if we miss you or email us at contact@biaov.org

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