

Newsletter

MARCH 2023



Welcome March...

Surprising facts* about Saint Patrick's Day that you may not know!

- The real St. Patrick was born in Britain
- Leprechauns Are Likely Based on Celtic Fairies
- The Shamrock Was Considered a Sacred Plant
- The First St. Patrick's Day Parade Was Held in America
- Corned Beef and Cabbage Was an American Innovation



Happy Saint Patrick's Day on March 17!

*Reference

WHAT'S IN THIS MONTH'S ISSUE?

- Resources
- Peer Support Corner
- Support Groups & Programs
- March Cognitive Puzzle
- Crossword
- Word Search
- March Calendar
- Puzzle Solutions
- Contact

- The Community Employment Resource Centre (CERC) is offering various workshops in March regarding employment opportunities. To register and learn more click [here](#).
- The Pinecrest-Queensway Community Health Centre (PQCHC) has shared its [March workshop calendar for PQ Employment Services](#).
- The Canadian Observatory on Homelessness has shared a publication
- Steps to Justice has updated information about [getting home care when someone is seriously ill](#), like How can I get care services at home if I don't want to move into a long-term care home?, Can I be treated at home for a serious illness?, Can I get end-of-life care at home if I don't want to die in a hospital? and What do I need to do when a family member dies?
- Mindful moments programming March schedule is now available [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. Applications are open until March 31st.

Yoga with Sandy Jones

Join us for two upcoming accessible yoga sessions with Sandy Jones, who is Love Your Brain certified. Recordings will be available for two weeks after the practice.

March Session: Monday March 13, 10:00 - 11:00 am

April Session: Monday April 17, 10:00 - 11:00 am





ARE YOU READY FOR A PAINT SESSION?

THEME: THERE'S ALWAYS A LIGHT

DATE : SATURDAY, MARCH 25, 2023

TIME: 3:00 P.M. TO 5:00 P.M.

LOCATION: ST. LOUIS BAR & GRILL
(101-1331 Clyde Ave)

Join us for a fun afternoon with friends while bringing awareness to Traumatic Brain Injuries (TBI) through the Jodi Graham Foundation.

REGISTRATION

Maximum: 30 participants

Cost: \$35.00 per participant

To pay for your registration, please e-transfer \$35.00 to **lauren_adamson85@hotmail.com**

Registration covers supplies: canvas, paint, paintbrushes, water bowls etc.

There will also be door prizes and a silent auction.

EVENT TIME

Registration opens at 2:30 p.m.

Starts at 3:00 p.m.

Ends at 5:00 p.m.

At 5:30 p.m. an information session will be held to learn more about TBI including housing issues, plus an opportunity to network with others. No registration is required for the session.

To learn more about Jodi and the Foundation, please visit jodigrahamfoundation.ca

We accept cash and e-transfers. Tax receipts are not available at this time.

Believe In Me...I Do



Sunny Days Ahead



Hello Everyone,

I hope life is or treating you well!

We can finally start seeing the light at the end of the tunnel and appreciate a bit warmer weather and some sunny days which should make us feel alive and optimistic.

Lets be open to our needs and appreciate what we already have in resources and try to resolve issues and adapt what we can to our everyday life to ease off the load.

It is important to recognize if and when we need to ask for help in reaching out to friends, mentor, colleagues, family members when needed. It is also vital not to wait too long when it is the case to avoid all kinds of heartaches and issues and try to solve the situation early on...

Life brings us all kind of challenges which we, all in good time, will be able to overcome with effort, courage and patience.

I wish you all a good month and if in need of reaching out, please contact me. See information below:

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

Spring Forward!

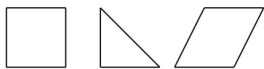
Daylight savings starts on March 12, 2023
Don't forget to change your clocks!





BRAIN INJURY
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March Cognitive Puzzle



Cognitive puzzles (#22)

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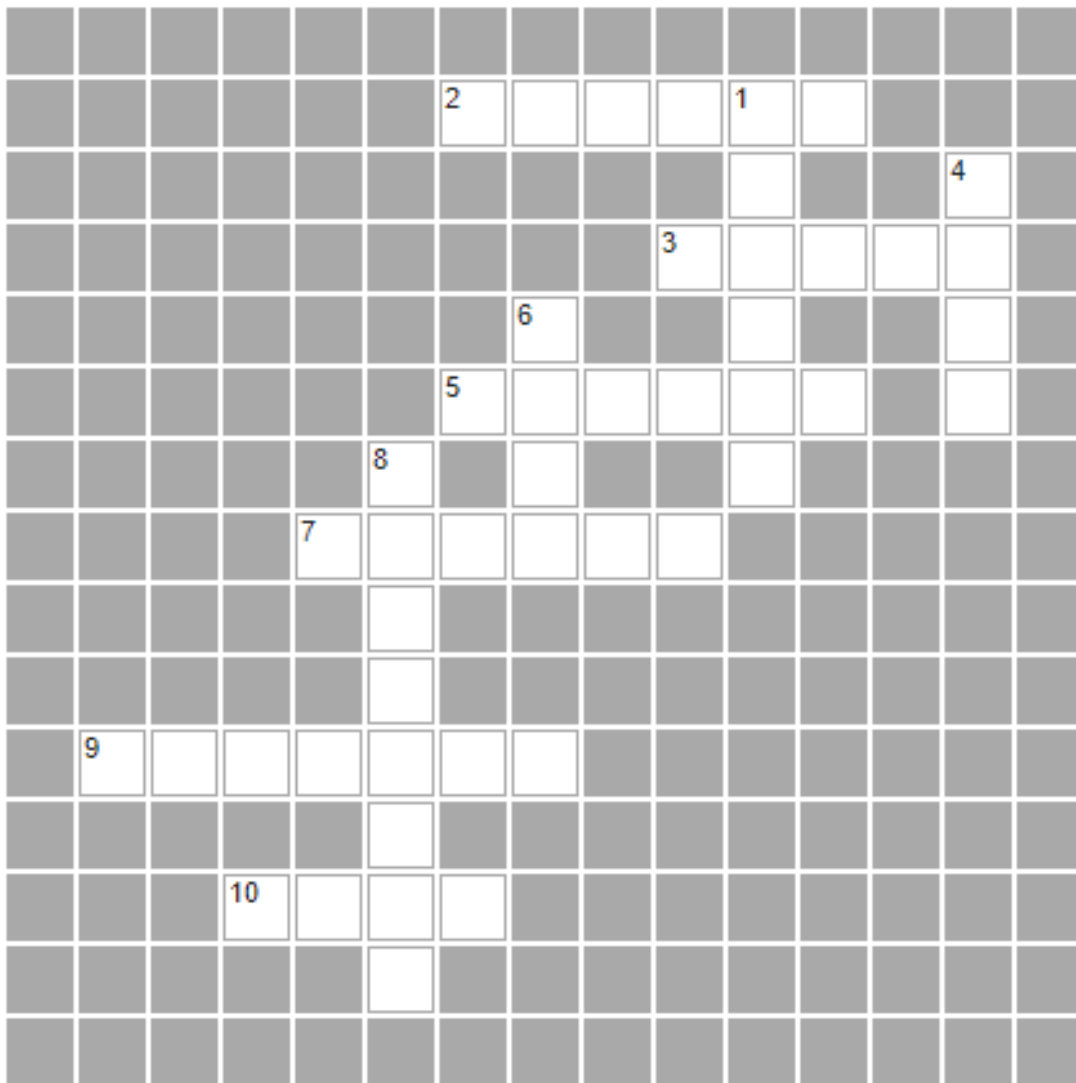
Print this page. For each frame, find the reference shapes displayed above the frames. To find shapes, link dots together with a pencil. Each dot should be used once. In frames labeled with 'R', shapes may be rotated. In frames labeled with 'O', shapes may overlap. In frames labeled with 'RO', shapes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



BRAIN INJURY
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March Crossword

Spring Themed Crossword



Across

2. Colorful parts of a flower
3. To emerge from an egg
5. Light, outer garment
7. Person engaged in agriculture
9. Spectrum of light in the sky after rain
10. Also known as insects

Down

1. Grow on trees and plants
4. To change from a frozen to a liquid
6. Temperature between hot and cold
8. Insects with a red back and spots



March Themed Word Search

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

Basketball

Leprechaun

Shamrock

Luck

Spring

Rainbow

Clover

Gold

Tulips

Green

Rainy

Wet

Slush

Women

Birds



Irish Soda Bread

Irish soda bread made with buttermilk and basic ingredients. The buttermilk gives this crusty loaf a good flavor. It's the best Irish soda bread around!

Ingredients

- 4 cups all-purpose flour
- ½ cup margarine, softened
- 4 tablespoons white sugar
- 1 teaspoon baking soda
- 1 tablespoon baking powder
- ½ teaspoon salt
- 1 cup buttermilk
- 1 egg
- ¼ cup butter, melted
- ¼ cup buttermilk



Instructions

1. Preheat the oven to 375 degrees F (190 degrees C). Lightly grease a large baking sheet.
2. Mix flour, softened margarine, sugar, baking soda, baking powder, and salt together in a large bowl. Stir in 1 cup of buttermilk and egg. Turn dough out onto a lightly floured surface and knead slightly. Form dough into a round and place on the prepared baking sheet.
3. Combine melted butter with ¼ cup buttermilk in a small bowl; brush loaf with this mixture. Use a sharp knife to cut an 'X' into the top of the loaf.
4. Bake in preheated oven until a toothpick inserted into the center of the loaf comes out clean, 45 to 50 minutes. Check for doneness after 30 minutes. You may continue to brush the loaf with the butter mixture while it bakes.

Reference and recipe [here](#)

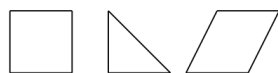
March Calendar

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



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Puzzle Solutions

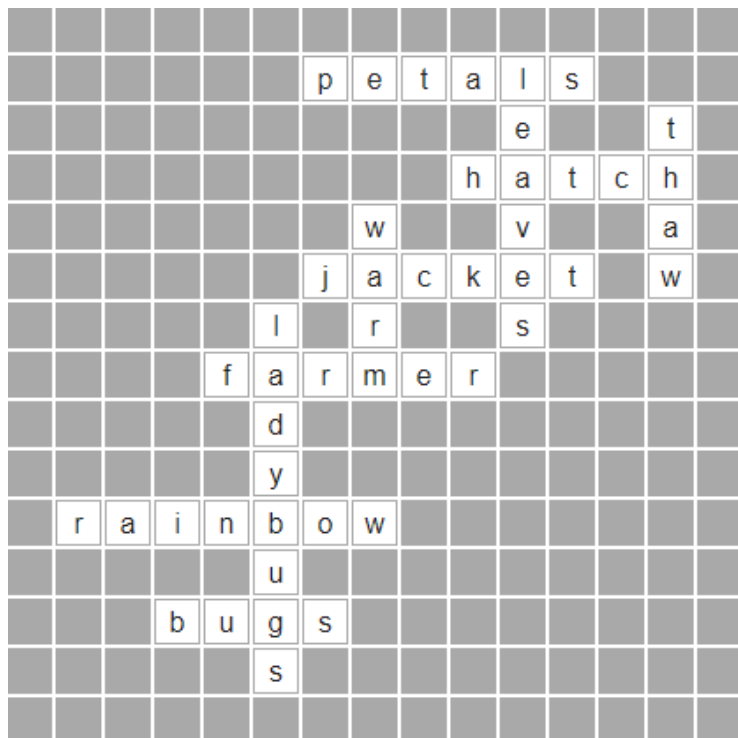


Cognitive puzzles (#22) - Solutions



**BRAIN INJURY
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Puzzle Solutions



Contact Us

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613-233-8303

Rheann Quenneville

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613-233-8303

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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