

BIAOV

# Newsletter

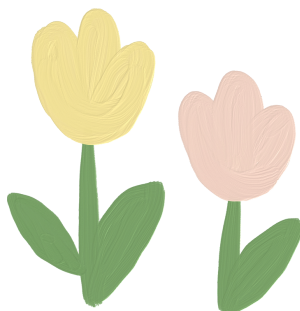
APRIL 2023

## Hello Spring!

"Spring is a lovely reminder of how beautiful change can truly be"

The BIAOV is moving again! We are looking for a central location to support our clients and return to in-person programming. We will keep you updated!

- BIAOV Team



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

- Resources
- Peer Support Corner
- Support Groups & Programs
- Brain Injury Awareness Walk
- March Cognitive Puzzle
- Sudoku
- Word Search
- April Calendar
- Puzzle Solutions
- Contact



- [Connectwell Community Health](#) will host a free [Mental Health Workshop](#) to build communication and learn skills to have difficult conversations with people living with mental health challenges
- Register for the City of Ottawa's Cleaning the Capital 2023 Spring campaign by May 1st. Then, get cleaning between April 15 – May 31!
- [Minwaashin Lodge](#) will host a [Women's Gathering](#) in June, from the 9th to the 11th.
- The Counseling Group will hold an [8-week social skills group](#) for kids (aged 9 to 11) and their parents/guardians focused on helping young people to break down barriers in making friends and socializing.
- PoutineFest is happening in Ottawa from April 27-30th! More details can be found [here](#)
- The Ottawa Grassroots Festival is happening April 20-23 and happening at St. Andrew's Presbyterian Church. Find out more details [here](#).

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## 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.

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



## Cultivate...

Hello Everyone,

I hope you are doing as well as possible!

With getting closer to Spring, some will start their seedlings for later be transplanted outside and furthermore bloom in the Summer...

Through life it is very important to implement friendships and also important to cultivate them through life, often from lack of family and support surrounding you...It might be a bit selfish of our part, but it might become the only way not to be alone in our later years and the only support we will have and cherish.

Work colleges, neighbors, physicians, therapists might become the ones we reach out during our life and some will stay friends forever!

Never underestimate the persons surroundings you, friendship might arise, when you least expect it...keep the hope alive that one day someone will be there to take the time listen, help, advise and care for you!

Take care,

Hélène Richardson

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

## Champlain Community Resources Forum



### When?

June 7, 2023, 1:00-3:00pm

### Where?

Virtual

### Who should attend?

People who have experienced a stroke and their caregivers who live in the Champlain Region interested in gaining knowledge of available community resources

### Highlights of the program:

- Mental health
- Return to work and leisure activities
- Caregiver supports
- Post stroke exercise

### And a brief introduction to:

- Mindfulness
- Yoga
- Art therapy
- Music therapy

For more information and to register click [HERE](#).

# National Caregiver Day

#CelebrateACaregiver



Four million caregivers across Ontario provide an estimated 75% of the care in our healthcare system. They play a critical role in providing physical, emotional, and mental support to family members, partners, and friends in need. While most caregivers have a positive outlook on their experience and a sense of fulfillment, two-thirds admit they had no choice but to assume the work of caregiving.

**Date:** Tuesday, April 4, 2023

**Time:** 9 a.m. - 10 a.m. ET

**Place:** Zoom (link provided via email to those who register)

**Cost:** Free

For more information and to register click [HERE](#).

**Join us on Fridays from 10:00 am - 11:00 am for a new program on hobbies and pastimes!**

Have you been looking to start a new hobby? Or own in on a skill you may already have such as painting or story telling? Maybe you're even just curious on different ways you can spend your time? The hobby group is for you! We will come together to learn new interesting hobbies together such as painting, creative writing/storytelling, Calligraphy, Chess and more.

Interested in signing up? Looking for more information?

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

**The Canadian Concussion Centre (CCC) presents**

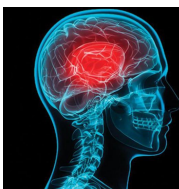
in association with the 10th annual Concussion Research Symposium

## **Public Forum**

# **Concussions and their Effects on the Person, the Family and Friends**

Thursday April 20, 2023 5:30pm-8:00pm | Hybrid Zoom & BMO Education & Conference Centre

This informative public forum will feature a variety of guest presenters discussing topics such as concussion in women and how concussion affects work life and more. A Q&A will also take place.





**BrainSTRONG  
Network**

**#IamBrainSTRONG**

**OTTAWA**

**AWARENESS**

**& WALK**

**ANDREW HAYDON PARK, CARLING AVENUE,  
NEPEAN, ON, CANADA**

**Saturday June 3, 2023 1pm EDT**

Join us at the 8th Brain Injury Awareness Walk as we take strides toward raising awareness and funds to help to make this in/visible injury better known!

[go.brainstrong.ca/walk](https://go.brainstrong.ca/walk)

# Take our online survey!



Fondation  
Brain Canada  
Foundation



Have your voice heard! Brain Canada invites you to participate in an online survey on the needs of people with traumatic brain injury (TBI). This survey is open for 8 weeks, from now until Sunday May 28th, 2023. We encourage anyone with a perspective on TBI to take part and provide their input. This survey is part of our current stakeholder consultation exercise, and will be part of the learnings which will inform future funding opportunities in TBI research, so your input is critical. To navigate the survey, the “back” and “previous” buttons should automatically change to English or French depending on which language you usually use in your browser. If not, you can change it manually by scrolling down to the footer, under the title “Languages”. Click on your desired language for these buttons.

Don't miss out on this opportunity to have your voice heard and help shape the future of TBI research in Canada!

English version of the survey:

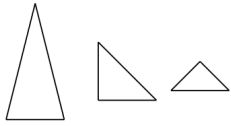
[https://pollunit.com/en/polls/tbineeds\\_en](https://pollunit.com/en/polls/tbineeds_en)

French version of the survey:

[https://pollunit.com/en/polls/tbineeds\\_fr](https://pollunit.com/en/polls/tbineeds_fr)



# April Cognitive Puzzle



## Cognitive puzzles (#23)


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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).





## April Sudoku Puzzle



2	6	8	5		1		7	3
5	7		4		3	6	9	2
	9		2		6		5	
9		5	6			2	8	
	2	4	3	1				9
	8	6	9	5	2	3	4	7
	1		8	3	5		2	4
3		2			9	8	1	5
8	5	9		2	4	7		

**Instructions:** Fill in the missing numbers (from 1 to 9) to solve the Sudoku puzzle. Each column, row and 3x3 subgrid **must** only contain each number once.



## April Themed Word Search

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

Umbrella

Passover

Showers

Eggs

Flowers

Rabbits

Blossom

Buds

Diamond

Easter

Fools

Aries

Taurus

Earth

Daisy



## Brown Sugar Pineapple Ham

This zingy retro classic glazed ham is a stunner set in the center of a table, and just a few easy sides short of a fantastic feast. Beyond the eye-popping pineapple rings and bright maraschino cherries, the glaze lends a shine and texture to the ham's caramelized crust.

### Ingredients


- 1 8-lb. smoked half bone-in spiral-cut ham
- 1 1/2 c. pineapple juice
- 3/4 c. packed light brown sugar
- 1/2 c. apple cider vinegar
- 1 tbsp. Dijon mustard
- 1 tsp. hot sauce
- 1/4 tsp. ground allspice
- 1 (20-oz.) can pineapple slices, drained
- Maraschino cherries

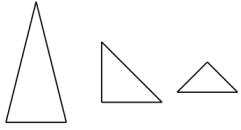


### Instructions

1. Adjust a rack to lower third of the oven and preheat to 325°. Wrap ham in aluminum foil, fat-cap-side up. Set ham on a rack in a large roasting pan and fill bottom of pan with about 1/4" water (about 4 cups, depending on the size of the pan). Bake ham until the internal temperature reaches 120°, about 1 hour 20 minutes.
2. Meanwhile, make the glaze: in a small saucepan, bring pineapple juice, brown sugar, vinegar, mustard, hot sauce, and allspice to a boil. Reduce heat to medium-high and simmer, swirling occasionally, until thick enough to coat a spoon, about 15 minutes. Remove from direct heat, and set aside atop the stove to keep warm.
3. Carefully remove the roasting pan with the ham from the oven. Increase the oven temperature to 425°. Brush the ham all over with the glaze. Arrange the sliced pineapple all over the ham, securing each slice with a few toothpicks. Add a maraschino cherry to the center of each pineapple slice and secure with a toothpick. Brush top of ham, pineapple, and cherries with more glaze.
4. Return ham to oven uncovered to keep baking, basting with more glaze every 15 minutes, until heated through, about 45 minutes more. Remove from the oven, and brush with remaining glaze. Serve warm.

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	<b>Social Group</b> 2pm-3pm (virtual)	<b>Women's Support Group</b> 11am-12pm (virtual)	1
2	3 <b>Concussion Support Group</b> with Tricia and Natalie 10:30-11:30 am (Virtual)  <b>Step up Group</b> with Wendy at 2pm-3pm (Virtual)	4 <b>Social Group</b> 9am-10am (virtual)	5 <b>Women's Support Group</b> 11 am-12 pm (virtual)	6 <b>Social Group</b> 10am-11am (virtual)	7 <b>GOOD FRIDAY</b>  	8
9	10	11 <b>Social Group</b> 9am-10am (virtual)	12 <b>Women's Support Group</b> 11am-12pm (virtual)	13 <b>Social Group</b> 10am-11am (virtual)	14 <b>Hobbies &amp; Pastimes</b> 10am-11am (virtual)	15
16	17 <b>Yoga with Sandy</b> 10am-11 am (V)  <b>Concussion Support Group</b> with Tricia & Natalie 1 pm-2 pm (V)  <b>Step up Group</b> Wendy at 2pm-3pm (V)	18 <b>Social Group</b> 9am-10am (virtual)	19 <b>Women's Support Group</b> 11am-12pm (virtual)  <b>Family Support Group</b> 7pm-830pm (virtual)	20 <b>Social Group</b> 10am-11am (virtual)	21 <b>Hobbies &amp; Pastimes</b> 10am-11am (virtual)	22
23	24 <b>Step up Group</b> with Wendy at 2pm-3 pm (virtual)	25 <b>Social Group</b> 9am-10am (virtual)	26 <b>Women's Support Group</b> 11am-12pm (virtual)	27 <b>Social Group</b> 10am-11am (virtual)	28 <b>Hobbies &amp; Pastimes</b> 10am-11am (virtual)	



## Cognitive puzzles (#23) - Solutions




**BRAIN INJURY  
ASSOCIATION**  
of the Ottawa Valley

## Puzzle Solutions

2	6	8	5	9	1	4	7	3
5	7	1	4	8	3	6	9	2
4	9	3	2	7	6	1	5	8
9	3	5	6	4	7	2	8	1
7	2	4	3	1	8	5	6	9
1	8	6	9	5	2	3	4	7
6	1	7	8	3	5	9	2	4
3	4	2	7	6	9	8	1	5
8	5	9	1	2	4	7	3	6



## Contact Us

### Faith Neale

Email: [faith@biaov.org](mailto:faith@biaov.org)  
613-233-8303

### Hélène Richardson

Email: [pscbiaov@gmail.com](mailto:pscbiaov@gmail.com)  
613-233-8303

### Rheann Quenneville

Email: [recreation@biaov.org](mailto:recreation@biaov.org)  
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](mailto:contact@biaov.org)

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## Get social with us

