

BIAOV

Newsletter



MAY 2023

Saying goodbye to Rheann

Rheann, our Recreation Program Coordinator will be leaving the organization as of May 5th to pursue full-time work with the Government.

Thank you, Rheann for your commitment to the BIAOV!

The BIAOV is actively searching for a new Coordinator - we will have more details soon!

WHAT'S IN THIS MONTH'S ISSUE?

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

WWW.BIAOV.ORG



- Join Hintonburg neighbours and the HCA on May 13th to clean up our parks and public green spaces. Bring the whole family! No RSVP needed—just show up at Hintonburg Community Centre (1064 Wellington St. W.).
- CLEO has updated information about the eviction process. Look at [Fighting an eviction](#) to find new informations about remote hearings at the LBT and raising your own issues during an eviciton hearing.
- The Royal shared their new Family Information and Support Groups including caring for loved ones with bipolar disorder or educational tips on schizophrenia, sleep disorders or nicotine addiction. Find the full list of their workshops and how to register [here](#).
- In collaboration with city and community partners, Ottawa Public Health offers free drop-in services to all residents of Ottawa at our accessible [Neighbourhood Health and Wellness Hubs](#) concerning vaccination, employment and social services, dental screening, mental health, addictions and substance use health, parenting in Ottawa drop-ins. You can also learn more informations by clicking [here!](#)

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.

May Session: May 17th and May 31st, 10:00 am - 11:00 am via Zoom



Guidance

Hello Everyone,

I hope Spring and better weather is bringing you a breath of fresh air...

Through your lives, you have been inspired by Mentors such as parents, teachers, coaches, relatives, friends. Hopefully those people inspired, directed, encouraged and motivated you to do your best and helped you maintain an attitude of optimism and hopefully boosted your confidence and self assurance by guiding you towards a path to fulfill your desire to drive.

In the Peer Support Program, a Mentor will help you grow by providing guidance, information, experience and support that allows you to maintain a sense of positivity and will also bring reassurance that you are on the right path for the future.

If you are in need of such Mentor, contact:

Hélène Richardson

Peer Support Coordinator- BIAOV

pscbiaov@gmail.com or by leaving a voicemail at (613)-233-8303

online workshop **FOR**
FRIENDS & FAMILY
of people who live with
BRAIN INJURY



Saturday, May 13th; 10 AM - 1 PM

Do you CARE about someone who lives with BRAIN INJURY?

Come to our ONLINE Workshop for people who CARE ABOUT folks who live with BRAIN INJURY. Learn about strategies and resources to help YOU support your loved one and take care of YOURSELF as a support person.

Attendees will receive a gift certificate for \$5 so they can get a small treat – ENJOY!

Workshops include: Q&A with Dr. Carolyn Lemsy (Neuropsychologist)
Nancy McDonough, Self Care for Caregivers
Katie Muirhead, Ontario Caregiver Association
Talk by Family Members of People Living with Brain Injury

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

Taxi coupon program for registered Para Transpo customers

Program enhancements

Coming soon, you will be able to sign up for Automatic Ordering.

With this option:

- You can sign up to receive a number of coupon books every month
- Payments are processed on the 1st of the month
- Your coupons will be mailed to you 2 to 5 business days later

Council approved funding for these improvements as part of the Vehicle-for-Hire Accessibility Fund Report. The Taxi Coupon Program allows Para Transpo customers to take discounted taxi service as an alternative to Para Transpo. You can book your trip - at your convenience, with participating Ottawa taxi companies (see below) and save 55% off the regular taxi fare. If you have any questions or comments about the Taxi Coupon Program, please contact a Customer Service Representative. More information [here](#).

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

There is no fee to attend.

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](#)



**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

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:

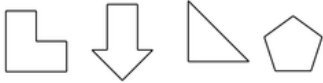
https://pollunit.com/en/polls/tbineeds_en

French version of the survey:

https://pollunit.com/en/polls/tbineeds_fr



May Cognitive Puzzle



Cognitive puzzles (#24)

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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).



May Sudoku Puzzle



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

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.



May Themed Word Search

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

Victoria Day

Butterfly

Festival

Emerald

Sunshine

Ladybug

Bouquet

Tulips

Mother

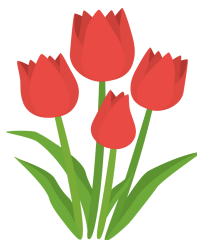
Spring

Gemini

Garden

May Day

Cards



Crunchy Chili Lime Shrimp

Easy, quick and family friendly, this chili lime shrimp recipe is dairy free and comes together in about 30 minutes. The secret is the bright flavor-packed sauce. Serve over greens, store-bought slaw or cauliflower rice. —Julie Peterson, Crofton, Maryland

Ingredients

- 2 pounds uncooked shrimp (26-30 per pound), peeled and deveined
- 4 garlic cloves, minced
- 1 teaspoon paprika
- 1 teaspoon ground ancho chile pepper
- 1 teaspoon ground cumin
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 medium lime
- 1 cup crushed tortilla chips
- 1/4 cup chopped fresh cilantro
- 1/4 cup olive oil
- 1 cup cherry tomatoes, halved
- 1 medium ripe avocado, peeled and cubed
- Optional: Additional lime wedges and cilantro



Instructions

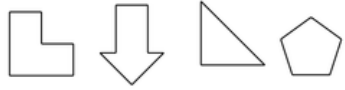
1. Preheat oven to 425°. Place the first 7 ingredients in a greased 15x10x1-in. pan. Finely grate zest from lime. Cut lime crosswise in half; squeeze juice. Add zest and juice to shrimp mixture; toss to coat.
2. In a small bowl, combine crushed chips, cilantro and oil; sprinkle over shrimp mixture. Bake until shrimp turn pink, 12-15 minutes. Top with tomatoes and avocado. If desired, serve with additional lime wedges and cilantro.

Reference and recipe [here](#)



May Calendar

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



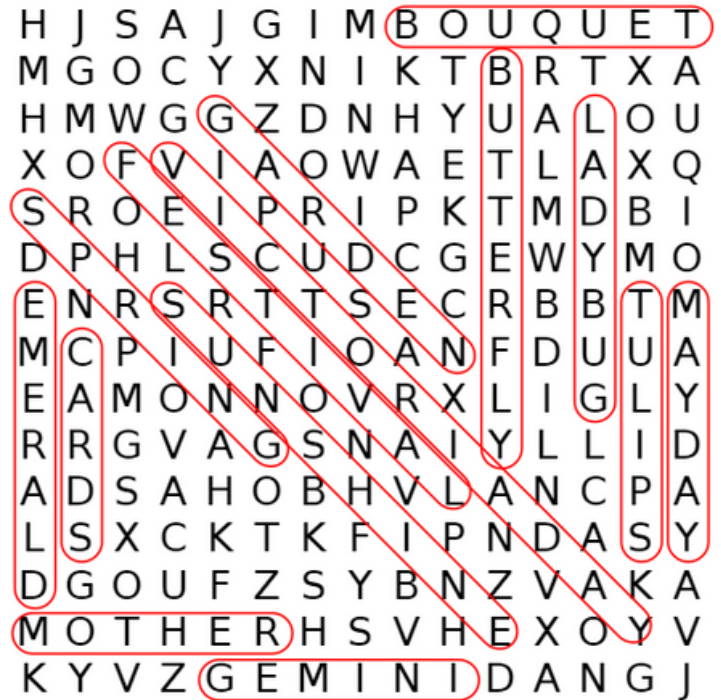
Cognitive puzzles (#24) - Solutions



**BRAIN INJURY
ASSOCIATION**
of the Ottawa Valley

Puzzle Solutions

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



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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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