

BIAOV

Newsletter

JUNE 2023



June is Brain Injury Awareness Month

Brain injury has a life-changing effect on individuals and their loved ones. Brain injury can effect anyone at anytime. Approximately 165,000 serious brain injuries occur every year in Canada. That amounts to almost one person every three minutes. This month, join us and other brain injury associations across Ontario by helping spread awareness about the prevalence of brain injuries and the every day challenges faced by those living with the effects. Together we can help make a difference.

WHAT'S IN THIS MONTH'S ISSUE?

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

- Connecting Ottawa is offering an education session titled: Information Session: Referring clients to Legal Aid Ontario (LAO) and community legal clinics services on Tuesday, June 6, 2023 at 12:00 noon. Join the Representatives from all Community Legal Clinics and LAO by joining by Zoom (<https://us02web.zoom.us/j/81613020341?pwd=V2RFcGJrcGVsZE80SHArMFo2eWFpQT09> Meeting ID: 816 1302 0341 Passcode: 065009) to get an overview of the areas of law and services that they offer and how to refer clients to their clinic and services.
- The Gatehouse released their newsletter including a recap for their events including their 13th Annual Transforming Trauma into Triumph Conference and their upcoming workshops such as an HR workshop or a free online poetry workshop. Find more [here](#).
- Join ABLE2 and the Canadian Mental Health Association for a discussion on navigating compassion fatigue in daily practice as a legal professional. Thursday, June 6, 2023 – 5:30 to 7 pm on Zoom. There is no fee to register for this session, however kindly consider making a voluntary donation to ABLE2: Reach Legal Referral Program upon registration. 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: Recording

Did you miss the last yoga session? The recording is available [here](#).

We will begin seated upon a chair.
Please have a blanket, pillows, towel nearby as well.
This recording will be available until June 14, 2023.



Awareness

Hello Everyone,

The month of June being Brain Injury Awareness month, I wanted to touch on the word 'Awareness', not so much on the injury in itself but on yourself, the person with the injury.

Just remember that the injury in any shape or form does not define you. Make yourself aware that despite the challenges, you are your own special individual with a lot of potential and resilience.

You are the one who knows about the acquired brain injury. Don't be shy or hesitant to talk about your situation and challenges to others which in turn will educate them and make them aware of the often invisible injury and opening their eyes to situations/conversations and it will make them understand better how to navigate the reality of it. You matter and make a difference in this world in opening peoples hearts to the subject and yourself..

If we can be of any help, contact us, the Brain Injury Association and/or myself...

Hélène Richardson

Peer Support Coordinator- BIAOV

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



Did you know?



The leading causes of anoxic brain injury are oxygen deprivation at birth, stroke, strangulation, choking, drowning, drug overdose, allergic reactions, and sudden blows to the windpipe^[1]

#BIAM2023

[1] Spinal Cord.com, What Causes Anoxic Brain Injury?



Did you know?



Motor vehicle collisions and traffic-related incidents are the third leading cause of traumatic brain injuries. These injuries result in the largest percentage (32%) of TBI-related deaths.^[1]

#BIAM2023

[1] Brain Line, Leading Causes of Traumatic Brain Injury



Did you know?



Almost half of all brain injuries (47%) are caused by a fall or slip^[1]

#BIAM2023

[1] Brain Line, Leading Causes of Traumatic Brain Injury



Did you know?



Falls are the most frequent reason for TBI hospitalizations and emergency department visits among children under 5 years of age and adults over the age of 40^[1]

#BIAM2023

[1] Government of Canada, Injury in review, 2020 edition, Spotlight on traumatic brain injuries across the life course



Did you know?



Up to 80% of women affected by intimate partner violence (IPV) experience symptoms of traumatic brain injury.^[1]

#BIAM2023



Did you know?



Up to 75% of women do not seek medical care for a suspected brain injury due to IPV. Survivors often mistake brain injury symptoms for the emotional distress brought about by abuse itself.^[1]

#BIAM2023



June Cognitive Puzzle



Cognitive puzzles (#25)

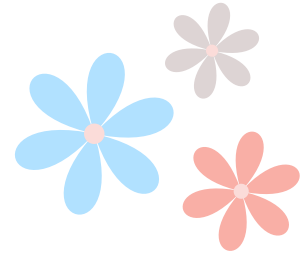
R	R	O
O	RO	RO

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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).



June Sudoku Puzzle



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

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.



June Themed Word Search

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

Graduation

Solstice

Vacation

Pearl

Lemonade

Fathers

Swimming

Heat

Wedding

Rainbow

Summer

Picnic

Beach

Brain



Easy Overnight Oats

Ingredients

- 1/2 cup rolled oats
- 1/2 cup milk of choice (oat, almond, regular)
- 1/4 cup non-fat Greek yogurt
- 1 tablespoon chia seeds
- 1 tablespoon sweetener (honey or maple syrup)
- 1/4 teaspoon vanilla extract

Topping options:

- Almonds
- Chocolate chips
- Nutella
- Banana
- Strawberries
- Cinnamon



Instructions

1. Place all ingredients into a large glass container and mix until combined.
2. Cover the glass container with a lid or plastic wrap. Place in the refrigerator for at least 2 hours or overnight. Toppings can be added the night before or immediately before serving.
3. Uncover and enjoy from the glass container the next day. Thin with a little more milk or water, if desired.

Reference and recipe [here](#)



June Calendar

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



Cognitive puzzles (#25) - Solutions



**BRAIN INJURY
ASSOCIATION**
of the Ottawa Valley

Puzzle Solutions

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

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

Contact Us

Faith Neale

Email: faith@biaov.org
613-233-8303

Hélène Richardson

Email: pscbiaov@gmail.com
613-233-8303

Jenna Redman

Email: 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

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