

JULY 2023

Thank you Fleming Fitness for hosting the 15th Annual Golf Tournament!



Thank you to the Fleming Fitness team for hosting another successful golf tournament at Loch March Golf & Country Club! The BIAOV was presented with a \$15,000 cheque on June 20th!

Thank you to the sponsors:
Ken Evraire McNally Gervan Lawyers, LLP
Tierney Stauffer, LLP Burn Tucker
Lachaine, Bergeron Clifford Injury
Lawyers, Fitness Depot, Modern OT,
Phyllis Bergmans SG Law, Marco Sauvé,
Integra and everyone involved!

WHAT'S IN THIS MONTH'S ISSUE?

- Resources
- Peer Support Corner
- Support Groups & Programs
- Brain Injury Awareness Walk
- July Cognitive Puzzle
- Sudoku
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- Contact

- The Council on Aging of Ottawa has shared its [Info-Flash newsletter](#).
- Community Legal Education Ontario (CLEO) has shared [new Guided Pathways to request a reconsideration or appeal CPP disability decisions](#).
- 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 information by clicking [here!](#)
- ABLE2 is inviting you to Reach Beyond: Impacting the Future, on Thursday, September 28 in the RBC Foundry Room at the Bayview Yards to toast and recognize the Ottawa Legal Community's contribution to justice for persons with disabilities. [Find the tickets here.](#)
- CERC is organising several workshops including an interactive resume clinic workshops, and a job search workshop. Find all the different workshops and training opportunities for the rest of June and register for them [here](#).
- Family Services Ottawa offers free mutual aid groups for parents and caregivers of gender diverse, transgender, and non-binary children of all ages. Contact aroundtherainbow@familyservicesottawa.org or call 613-725-3601 ext. 105 for more information.
- The Gatehouse is offering a free program : Mindfulness in the Garden in person for the summer months, to learn and practice gentle flowing movements, guided mindfulness practices led by Brad Hutchinson. All ages welcome. Registration is required. Max 50 spots. All Wednesdays on June 7, 14, 21, 28. All Wednesdays on July 5, 12, 19, 26 and the following Wednesdays August 2, 23, and 30. [Fill out this registration form](#) or call Gatehouse at 416-255-5900 and ask to speak to Stewart or email Stewart@thegatehouse.org.

**Yoga will be back in the Fall!
Stay tuned for the fall dates**



Brighter Days...

Hello Everyone,

Didn't go for a walk for quite a few days lately as the weather and air quality did not permit!

I was thinking how much we always want, things we want to do or desire things, and life doesn't always let us...

The things in life we want motivate us to get up and achieve what should be possible, except unprecedented things happen.

And yet we forget that what we want might be right in front of us with what we already have; simply being alive, our health, friends, family, pets, a smile from or to somebody we know or to a pure stranger, nature, birds, the sun, even sometimes some beautiful clouds, rainbows, a hug, a kiss and I could go on and on...

There is brighter days ahead, don't despair.

Let's try to see and seize all those precious moments, things around us and especially people around us who might make a difference in our lives, or us to theirs. And be thankful and never let go of Hope...

I wish for you to find light around you and if you are in need of someone helping you find it, the Peer Support Program might help you achieve that goal.

You can contact me regarding the Peer Support Program at:

Hélène Richardson

Peer Support Coordinator- BIAOV

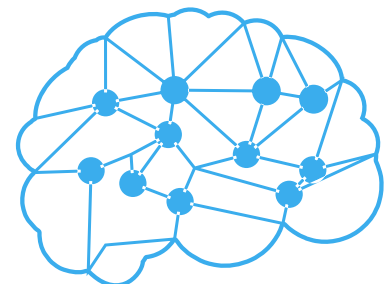
pscbiaov@gmail.com or by leaving a voicemail at (613)-233-8303



Spark is happy to announce a new ABI/TBI social support group program!

Spark Connections is an empowering and dynamic social support group program designed for young adults (18-30) living with Acquired Brain Injury (ABI), Traumatic Brain Injury (TBI), or other Neurological Conditions in the Ottawa area.

This program is tailored to enhance your physical, emotional, and social well-being by equipping you with the tools and resources necessary for long-term health and success! It is designed to help you foster new relationships and build a strong sense of community, as well as give you the opportunity to learn new skills to further enrich your life!



Learn more about this new program on their website which can be found [HERE!](#)



The Brain Injury Society of Toronto (BIST) invites anyone who identifies as having a brain injury - no matter where they live - to attend our FREE online programs! Support programs are also available for family members and friends of those living with brain injury.

Calendar and links to program/event registration can be found [HERE](#).

BIST is also offering a summer online yoga series! **Brainwaves Movement + Mindfulness** classes are inspired by various types of yoga, surfing, the movement of the ocean, mindfulness, and experience with the effects of brain injury on the mind and body.

You can register for the sessions [HERE](#).

Please note that all registrants MUST complete a waiver before joining the class, which can be found [HERE](#).

Please send completed waivers to: connections@bist.ca



July Cognitive Puzzle



Cognitive puzzles (#26)

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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).



July Sudoku Puzzle



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

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.



Summer Themed Word Search

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

Volleyball

Sunscreen

Sandals

Sand

Fireworks

Barbeque

Travel

Friends

Canada Day

Ice Cream

Party

Pool

July

Hot

Hat

Pineapple Dream Dessert

Ingredients

- 2 cups graham cracker crumbs
- 3 Tbsp granulated sugar
- ½ cup unsalted butter, melted
- 1 pinch salt
- ½ cup unsalted butter, softened
- 4 oz full-fat cream cheese, softened
- 2 cups powdered sugar
- 1 tsp vanilla extract
- 1 cup drained and crushed pineapple, divided
- 8 oz whipped topping
- Toasted coconut, to garnish (optional)



Instructions

1. Preheat the oven to 350 F. Line an 8 x 8-inch baking dish with parchment paper.
2. For the filling, in a small mixing bowl stir together the graham cracker crumbs, sugar, butter and salt until combined.
3. Transfer to prepared baking dish and press flat to form a firm crust. Bake for 10 minutes and let cool fully.
4. For the filling, in a large mixing bowl, beat together butter and cream cheese until combined.
5. Gradually add the powdered sugar followed by the vanilla. Beat until fluffy. Fold in 2 tablespoons of the pineapple.
6. Spread mixture in an even layer over the cooled.
7. In a separate large mixing bowl stir together the whipped topping and remaining pineapple.
8. Spread mixture in an even layer over the cream cheese filling. Top with toasted coconut (if using) and refrigerate until set, 6-8 hours.
9. Keep refrigerated until ready to serve. Slice and enjoy!

Reference and recipe [here](#)



July Calendar

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



Cognitive puzzles (#26) - Solutions



**BRAIN INJURY
ASSOCIATION**
of the Ottawa Valley

Puzzle Solutions

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



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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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