

BIAOV

# Newsletter

AUGUST 2023

## Happy August

### HELLO AUGUST

**A**uthenticity starts with  
**U**nderstanding your worth and  
**G**lowing in your way because a  
**U**nique, imperfect and different  
**S**elf is much better  
**T**han the perfect clone

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

- Resources
- Peer Support Corner
- Support Groups & Programs
- Virtual Painting Session
- Sudoku
- Word Search
- August Calendar
- Puzzle Solutions
- Contact

- Community Navigation of Eastern Ontario has just shared its [List of Out of the Heat/Cold locations \(Ottawa\) 2023](#) (updated June 14th 2023)
- The Council on Aging of Ottawa has shared its [Summer Info-Flash newsletter](#).
- The EBO Financial Education Centre has just shared its [July 2023 Bulletin](#).
- From September 12th-14th, [Minwaashin Lodge](#) will hold a [Women's Gathering September 2023](#). Open to all women 16+.
- The Centre for Research on Security Practices has shared a literature review on [Approaches to Social Inclusion, Community Resilience, and Homelessness in the Context of Emerging Asocial Societies](#).
- 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!](#)
- On September 28th, [ABLE2](#) will host [Reach Beyond: Impacting the Future](#) to toast and recognize the Ottawa Legal Community's contribution to justice for persons with disabilities. Recently, Reach Canada merged with ABLE2 to increase the impact for people with disabilities in our community.
- The Ontario Caregiver Organization has just shared its [Summer 2023 Partners in Care E-Bulletin](#).
- Support is a click away. For children, youth, adults and families in Ottawa and the surrounding area, [Counselling Connect](#) provides quick access to free Counselling, Support groups as well as counselling to specific communities (ex.: 2SLGBTQIA+; African, Caribbean and Black; Indigenous). Visit [counsellingconnect.org](#) or call 2-1-1 to book.
- The Compassionate Friends, Ottawa Chapter will host [monthly virtual support meetings](#) on the first Thursday of the month and [in-person support meetings](#) on the third Tuesday of the month.

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



# Knowing Your Limits

Hello Everyone,

I hope that you are all doing as well as can be.

With our unique aptitudes and qualities, our goal is to thrive. But, by trying to achieve everything in life, we might get exhausted or overwhelmed.

When we begin to understand our limits and how to reasonably manage our capacities, we can gradually learn to recognize that we have control over our well-being.

Determining where our limits lie can be difficult. It can result in discomfort, fatigue and stress - which can present as a real physical issue which is often discounted or not discussed.

One positive approach is to create a list of the tasks and situations that leave you feeling drained. This can give you insight into your own personal limits. You will know that you are operating within your limits when you have the necessary energy and drive to address your personal and professional commitments.

You may be surprised to discover that your limits change over time, hopefully for the better...

Focus your energy on what you can do, seek success within your limits, and actively shape your circumstances. You can avoid anguish by simply recognizing that certain aspects of life nourish you, while others drain you.

If you are willing to accept your limits as they reveal themselves, you can have an easier passage through life, and the means to flourish.

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

# Virtual Painting Session!

Join concussion survivor and artist Allison Moir-Smith of [@concussion\\_recovery\\_art](https://www.instagram.com/concussion_recovery_art) for a quiet, calm, creative hour of painting on Zoom. Learn some insider skills to create loose, modern paintings and feel relaxed and happy in creating 2 pieces of art. All are welcome!



## Supplies needed:

2 sheets of paper

Paints (ideally acrylics, but if you have kids watercolors that's good too)

Brush

Paper plate to squirt paint onto

Paper towel

\*Crayons, markers, or colored pencils are OK -- just be prepared that the process and effects will be different

The session will be held on Tuesday, September 26 at 11am  
Stay tuned for more information!



The Ontario Caregiver Organization is offering a variety of webinars (English only) in the upcoming months! Topics include: tips for caregivers, providing support to people having surgery, and understanding healthcare consent rules.

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



## Mindful Moments August 2023

Check out a variety of virtual mindfulness and movement programs for individuals impacted by traumatic brain injury and concussion. Programs are free to attend and all materials are provided.

August programs include:

Journaling Meditation  
Progressive Muscle Relaxation  
Mandala Art  
And More!

To learn more and/or to register click [HERE](#).

## Diamond Sponsored Scholarships for Survivors and Caregivers:

With thanks to the generosity of our Diamond Sponsor, Thomson Rogers, we are offering a limited number of special Diamond Scholarships of \$50 for Survivors and Caregivers to attend the conference (not including travel and accommodation costs) and is limited to ONE application per family. The scholarships are selected by lottery and will be drawn on September 15, 2023. You will be notified via email after that date if you were selected.



To learn more and/or to register [HERE](#).



A significant collaboration between Brain Injury Canada and the Canadian Traumatic Brain Injury Research Consortium (CTRC) has called for moderate to severe Traumatic Brain Injury (TBI) to be officially classified as a chronic condition in Canada.

This announcement marks a significant milestone in the recognition and proposed designation of moderate to severe TBI that impacts Canadians of all ages.

Data in a groundbreaking position paper released today highlighted the staggering, broad societal impacts of TBI.

You can access the position paper *Moderate to Severe Traumatic Brain Injury: A Lifelong Condition* [HERE](#).



## August Sudoku Puzzle



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

**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.



## August Themed Word Search



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

Wildflower

Watermelon

Campfire

Civic

Backpack

Relaxing

Peridot

Sunsets

Fishing

Cottage

Forest

Moving

August

Eight



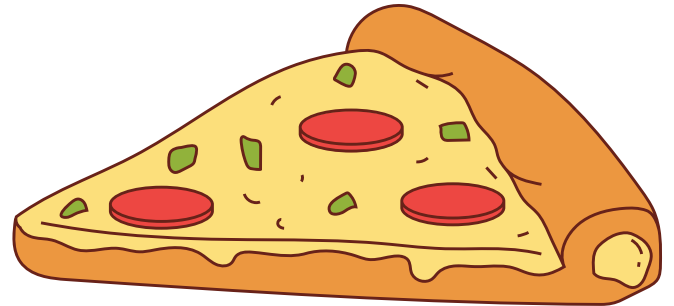


## Easy Homemade Pizza Dough

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### Ingredients

- 1 cup warm water (110 degrees F/45 degrees C)
- 1 (.25 ounce) package active dry yeast
- 1 teaspoon white sugar
- 2 ½ cups bread flour
- 2 tablespoons olive oil
- 1 teaspoon salt



### Instructions

1. Gather all ingredients. Preheat oven to 450 degrees F (230 degrees C), and lightly grease a pizza pan.
2. Place warm water in a bowl; add yeast and sugar. Mix and let stand until creamy, about 10 minutes.
3. Add flour, oil, and salt to the yeast mixture; beat until smooth. You can do this by hand or use a stand mixer fitted with a dough hook to make it easier.
4. Let rest for 5 minutes.
5. Turn dough out onto a lightly floured surface and pat or roll into a 12-inch circle.
6. Transfer to the prepared pizza pan.
7. Spread crust with sauce and toppings of your choice.
8. Bake in the preheated oven until golden brown, 15 to 20 minutes. Remove from the oven and let cool for 5 minutes before serving.

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

# August Calendar

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



# Puzzle Solutions

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

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

# 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

## Jenna Redman

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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