

BIAOV

Newsletter



SEPTEMBER 2023

Brain-Injury-Friendly Painting Class

Tuesday, September 26 at 11am on Zoom

Join concussion survivor and artist Allison Moir-Smith of @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

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.

SIGN UP BY EMAILING US AT CONTACT@BIAOV.ORG

WHAT'S IN THIS MONTH'S ISSUE?

- Resources
- Peer Support Corner
- Support Groups & Programs
- OBIA Review
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- Word Search
- September Calendar
- Puzzle Solutions
- Contact

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- On September 21st, the Ontario Caregiver Organization, in collaboration with the Advocacy Centre for the Elderly, will host a [webinar to learn more about legal topics important to caregivers including: Substitute Decision-Making for Property and Personal Care, Healthcare Consent and Advance Care Planning](#), as well as General information on Henson Trusts, and Wills.
- On September 14th, [Dying With Dignity Canada – Ottawa chapter](#) will host a [webinar on End-of-Life Choices/Medical Assistance in Dying.\(MAID\)](#). The presentation will cover a summary of choices for end of life; a brief overview of Palliative Care; the history and development of MAID legislation and what is missing in the current legislation; applying; eligibility criteria; and a personal MAID story.
- Join the Ontario Caregiver Organization for a webinar in partnership with Ontario Health to [discuss the Ontario Health Quality Standard for Surgical Site Infections](#); what is it, why it has been developed, and how to use the patient guide to know what to ask for in your care or your care recipient.
- The Canadian Red Cross is [distributing N95 masks](#) to individuals, organizations, and corporations located in communities where exposure to forest fire smoke has impacted air quality.
- Ottawa Job Fair happening September 19 at the Ottawa Convention Centre. Details [here](#).
- Capital Pop-Up Cinema - bringing families and friends together to experience classic movies under stars. This is a free event for all. Details [here](#).
- Heating up the Capital - Visit the third annual hot sauce expo where you can meet 35 Canadian hot sauce makers plus sample and buy their hot sauces. Details [here](#).
- Ottawa Flower Market - Enjoy the beauty and aroma of fresh, locally grown flowers at the Ottawa Flower Market. - Happening September 16. Details [here](#).

SAVE THE DATE

FALL FUNDRAISER

October 18, 2023

5:30-8:00 pm

Overflow Brewery

Tickets available for purchase [here](#)



Peer Support

Hello Everyone,

I hope you are doing well and enjoying the beautiful weather.

I would like to talk about the importance of support available to you by participating in the Peer Support Program offered to you by the Brain Injury Association of the Ottawa Valley under the umbrella of the Ontario Brain Injury and 16 other Association in the province sharing a common database in search of compatible pairing of Partners and Mentors.

The Mentors participants get a day Training and will be paired with Partners, they are all either brain injury Survivors, Caregivers, Partners or Family Members who will be matched according to the type of Injury, gender, age, hobbies and interests, etc.

If you are in need of support as a Partner or want to give your support to someone by becoming a Mentor, please do not hesitate to contact me.

Hélène Richardson

Peer Support Coordinator- BIAOV

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



The Ontario Caregiver Organization is pleased to announce that the SCALE program returns October 10th!

The SCALE Program (Supporting Caregiver Awareness, Learning and Empowerment) aims to empower caregivers with practical information and skills to focus on their own mental health and well-being needs by offering:

- Weekly psychoeducational webinars (LIVE or RECORDED) divided into two 4-week sessions.
- Strategies, tools, and resources to better cope with difficult caregiving emotions
- Free and confidential online group &/or individual counselling (OPTIONAL). Space is limited, registration is based on first come, first-served basis.

Register [HERE](#)



Enhancing lives for more than 30 years...

The September 2023 issue of the OBIA Review is available:
ONLINE

The OBIA Review magazine is offered electronically to all current members of OBIA and our online subscribers.

Please enjoy this issue of the magazine, and stay safe and healthy!

Read [HERE](#)

Toronto **abi** Network

ABI News



Our Back to School Conference, *Practical Strategies for Overcoming the Invisible Injury* takes place on Thursday, September 14 in Toronto and is co-hosted by the Network and Personal Injury Alliance (PIA Law) law firms McLeish Orlando, Oatley Vigmond and Thomson Rogers. It will be of special interest to health care professionals who treat, advise and advocate on behalf of the brain injury community and will also include Awards of Excellence in Brain Injury Rehabilitation presentations in collaboration with OBI.

Register for the event [HERE!](#)

Our website also includes a comprehensive list of links, resources and tools, including a list of [ABI Resources for Concussion in Toronto and the GTA](#). Our most-requested resource, this list is a great place to start if an individual is experiencing symptoms that are not improving.

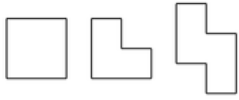
Check out our new [neuro-oncology referral form](#) for the ABI outpatient neuro-oncology rehab programs.

By now we hope you're aware of the Toronto [ABI Network's Personal Injury Lawyer Database](#), but did you know it includes nearly 100 lawyers from across Ontario?

Visit our [website](#) for more information today!



September Cognitive Puzzle



Cognitive puzzles (#27)

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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).



September Sudoku Puzzle



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

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.



September Word Search

September Themed Word Search

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

Labour Day

Harvest

Apples

Tennis

Classroom

Equinox

Leaves

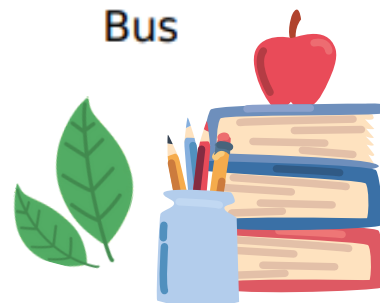
Breezy

Sapphire

Running

School

Bus



Easy Pumpkin Cream Trifle

Ingredients

- 1 (18.25 ounce) package spice cake mix
- 1 (3.4 ounce) package instant vanilla pudding
- 1 cup pumpkin puree
- ½ cup water
- ½ cup vegetable oil
- 3 eggs
- 2 teaspoons pumpkin pie spice
- 2 cups cold milk
- 2 (3.4 ounce) packages cheesecake flavor instant pudding and pie filling
- 2 cups whipped topping
- 1 cup chopped toasted pecans
- 1 cup English toffee bits



Instructions

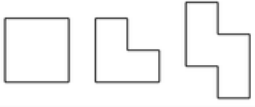
1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 baking dish.
2. Combine the cake mix, vanilla pudding mix, pumpkin, water, oil, eggs, and pie spice in a large mixing bowl; pour into the prepared dish.
3. Bake in the preheated oven for 45 to 50 minutes. Allow to cool to room temperature on a wire rack. Cut the cake into 1-inch cubes.
4. Whisk together the milk and cheesecake pudding mix. Allow to set, about 2 minutes. Fold the whipped topping into the pudding mixture.
5. Layer 1/3 of the cake cubes into the bottom of a large bowl; top with 1/3 of the cream mixture and sprinkle with 1/3 of the pecans and toffee bit. Repeat layering until all ingredients are used. Refrigerate 1 hour before serving.

Reference and recipe [here](#)



September Calendar

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



Cognitive puzzles (#27) - Solutions



**BRAIN INJURY
ASSOCIATION**
of the Ottawa Valley

Puzzle Solutions

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

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

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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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