

BIAOV

Newsletter

November 2023



16th Annual Fall Fundraiser
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WHAT'S IN THIS MONTH'S ISSUE?

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- The Champlain Hospice Palliative Care Program will host a five-week free Practical Caregiver Training, in English on Thursdays, from October 19th to November 16th, and in French on Thursdays, from November 9th to December 7th.
- Homelessness Learning Hub has shared their free self-paced trainings, developed in consultation with frontline staff and researchers, to help tackle everyday challenges within the housing and homelessness sector, including training on Harm Reduction for the Homelessness Sector, Self-Care Essentials for Health and Well-Being, Homelessness among Women & Gender-Diverse People, Eviction Prevention and Program Evaluation for the Homelessness Sector.
- On every Monday, starting October 2nd, to December 11th, the Dementia Society of Ottawa and Renfrew County will host Music and Movement, to give participants an opportunity to learn, feel and express music through playful and dynamic movement activities.
- On November 28th, the Metis Nation of Ontario will host a free information session on Cervical Cancer and the screening process.
- Parkdale Night Market: Expanding the offerings of the market to new producers and growers with distinct products, the Night Market is an opportunity to interact with the community into the twilight hours. A place for new finds and fresh evening delights! More information: <https://ottawamarkets.ca/parkdale-market>
- Ottawa Canadian Film Festival: Recognizing, promoting and celebrating the art of cinema by showcasing Canadian films and filmmakers: <https://ocanfilmfest.ca/>

2023 Provincial ABI Conference: Harnessing the Power After Brain Injury



The Ontario Brain Injury Association (OBIA), in collaboration with participating community associations, will be hosting the next Provincial ABI Conference, **November 8-10, 2023**.

The conference includes two days of multi-disciplinary educational sessions as well as distinguished keynote speakers. We anticipate an audience including, but not limited to, ABI Rehabilitation Professionals, Psychologists, Legal Representatives, Social Workers, Nurses, Personal Support Workers, Advocates and Persons with Brain Injury, their Family Members and Caregivers.

The Call for Abstracts will be open from February 6 – April 30, 2023. Visit the conference website for details.

Always a Way

Hello Everyone,

I hope you are doing well despite the days getting shorter and colder, sitting in a cozy spot at your place could also be contemplated & appreciated...

Our journey can have hardship as often as it is touched by joy when you take the time to notice it.

When we encounter adversity, the stress we feel can erode our optimism, eventually convincing us that the issue we face cannot be overcome. In truth, there is no situation so dire, no challenge so great and no choice so bewildering that it cannot be overcome. We may believe that all avenues are closed to us, we are never without feasible action and solution.

Believe in your capabilities and dedicate yourself to the creation of some form of solution and you might be surprised to discover that paths that were once closed to you might open up. Try and remember that no matter what life places at your feet, there is absolutely no situation that cannot be resolved with time, love and friendship...

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



Each year on November 11, the Royal Canadian Legion hosts the National Remembrance Day Ceremony at the National War Memorial in Ottawa to commemorate the men and women who have served in Canada's military.

The ceremony starts at approximately 10:45 a.m. with the arrival of dignitaries such as the Prime Minister, the Governor General of Canada, and the Silver Cross Mother – a woman whose child has died while serving in the military. Additional programming includes the national anthem, two minutes of silence, a wreath-laying ceremony and a rousing fly-past (weather permitting).

At the end of the National Ceremony and throughout the day, people remove poppies from their coats and place them on the Tomb of the Unknown Soldier. The tomb is covered in red poppies by the end of the day.



SAD in November & December

SAD in November & December

It's that time of the year again, clocks go back, daylight time reduces, late Fall is upon us, winter around the corner. In Yoga it is known as the Season of Grief and for some it is downright SAD (Seasonal Affective Disorder). For better or for worse, winter is only eight weeks away. While winter is a lovely time full of holidays, gatherings, and cozy nights, the lack of sunlight and vitamin D is a significant culprit of SAD.

Yoga is a great way to combat SAD by tapping into the mind-body connection. It is an incredible tool to reset the nervous system and help release tension and stress by increasing your serotonin levels. Ancient Practice of Yoga, series soon to begin, why not try a gentle class? My hope is to bring Yoga to people who may be apprehensive to try yoga, concerned about injuries, health challenges, for communities often left underserved, for those with financial challenges. I invite you to share this invitation through social media, word of mouth, by spreading the word.

Schedule: <https://sandyjonesyoga.com/class-schedule>



Prioritizing Wellness in the Workplace

Approximately 2.5 million caregivers are currently balancing work and caregiving in Ontario. One in three working caregivers report they are worried about losing their job and 51% wish for more support from their employer. Balancing both roles can be stressful, the OCO is here to help.

October is Healthy Workplace Month. This is a great opportunity to reflect on how you are feeling in your caregiving role and what supports are needed while balancing the demands in your life.

- Do you feel supported at work? Is there a supervisor you can talk to?
 - Are there any flexible options where you work?
 - Do you have an Employee Assistance Program available?
- Who can you lean on for some support at home or in your community?

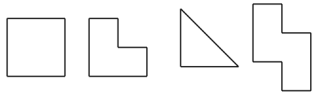
The OCO Work and Caregiving: A Balancing Act Toolkit is filled with strategies and tools to support you.

Download free here: <https://ontariocaregiver.ca/wp-content/uploads/2020/04/OCO-Work-and-Caregiving-Toolkit-FINAL-Interactive-3.pdf>

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November Cognitive Puzzle



Cognitive puzzles (#29)

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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).



November Sudoku Puzzle

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



Types of Dogs

N	R	S	C	F	F	I	T	S	A	M	O	T	H
H	N	I	O	C	B	U	L	L	D	O	G	T	E
S	R	N	L	H	R	W	E	E	L	G	A	E	B
N	E	A	L	I	P	E	B	G	D	T	I	D	I
U	L	I	I	H	E	A	I	O	O	L	R	R	O
H	I	T	E	U	D	C	E	R	X	P	I	E	M
C	E	A	U	A	P	N	O	O	R	E	D	H	E
O	W	M	D	H	S	I	U	R	E	E	R	P	T
D	T	L	A	U	E	O	N	H	G	D	T	E	C
I	T	A	B	A	T	N	I	S	S	I	A	H	R
L	O	D	B	S	T	C	A	H	C	H	E	S	U
M	R	P	O	I	E	C	T	G	L	H	C	G	L
D	H	O	S	R	R	R	E	E	N	N	E	A	D
P	B	X	U	S	T	H	O	U	N	D	L	R	D

- BULLDOG
- PINSCHER
- DALMATIAN
- MASTIFF
- BOXER
- SHEPHERD
- BEAGLE
- TERRIER
- SETTER
- CORGI
- ROTTWEILER
- CHIHUAHUA
- COLLIE
- HOUND
- DACHSHUND

Jessica's Pistachio Oat Squares

Ingredients

- 1 cup raw shelled pistachios
- 1 cup rolled oats*
- ½ teaspoon sea salt
- ¼ cup maple syrup, more for drizzling on top
- 2 tablespoons olive oil
- ⅓ cup unsweetened coconut flakes
- additional handful of chopped pistachios for the topping



Instructions

1. Preheat the oven to 350 degrees and line an 8-inch square pan with parchment paper. In a food processor with the S blade attached, process the pistachios, oats, and salt for about 30 seconds, until a meal starts to form. Drizzle in the maple syrup and olive oil while the motor is still running and the meal begins to come together into a crumbly, almost-wet dough.
2. Press the dough evenly into the pan and cover it with coconut flakes and remaining pistachios. Bake for 10 to 12 minutes until the coconut is nice and golden brown and the dough is cooked through. You want the squares to still be a little soft - don't overbake these.
3. Carefully lift the cooled dough out of the pan by holding two sides of the parchment paper. Cut it into squares. Drizzle a little maple syrup over the top for extra sweetness, if you like. Store the squares in a sealed container for up to a week.

Reference and recipe [here](#)



November Calendar

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

Concussion Support Resources

Wednesdays in November: WRAP Group for Adults with Persistent Concussion Symptoms Wellness Recovery Action Plan® or WRAP®, is a mental health support group which is a 'self-designed prevention and wellness process that anyone can use to get well, stay well and make their life the way they want it to be.'

You can find out more about WRAP groups, [HERE](#).

Our WRAP Group runs in 6 weekly sessions and is geared towards people who live with persistent concussion symptoms.

Wednesday, Nov 1st; 1:30 PM – 3:30 PM
Wednesday, Nov 8th, 1:30 PM – 3:30 PM
Wednesday, Nov 15th, 1:30 PM – 3:30 PM
Wednesday, Nov 21st, 1:30 PM – 3:30 PM
Wednesday, Nov 28th 1:30 PM – 3:30 PM
Wednesday, Dec 6th, 1:30 PM – 3:30 PM
Register, [HERE](#)

Participants only need to register once to attend each session.

Fridays in November: Concussion Box Storytelling Workshop (ONLINE)

Concussion Box is an organization dedicated to making the experience of having a concussion less isolating. With an online audio library of concussion stories, including content created by people with lived experience of concussion, medical professionals, and friends / family who have supported a loved one with a concussion, they provide a platform where people recovering from concussions and those supporting them can find a community.

Concussion Box is facilitating an ONLINE Series at BIST which is geared towards people with Persistent Concussion Symptoms – though everyone living with the effects of brain injury is welcome – about teaching participants about the power of storytelling as medicine and deepening connections within community.

At the end of the series, participants will have the opportunity to share and record their story. People with lived experience of concussion can choose to upload their story to the Concussion Box Online Community.

Session Dates & Topics

Storytelling as Medicine, Storytelling for Community

Friday, Nov 3rd, 1 – 2 PM

Sharing Stories and Listening Pt. 1

Friday, Nov 10th, 1 – 2 PM

Sharing Stories and Listening Pt. 2

Friday, Nov 17th, 1 – 2 PM

Together We Can Create a Growing Community of Hope

Friday, Nov 24th, 1 – 2 PM

Materials Required:

The second, third and fourth sessions will require participants to have a second device to record audio (such as a laptop and a phone.) If you do not have access to a second device, please contact BIST at info@bist.ca OR 416-830-1485 and we can see if we can help.

Register, [HERE](#).

Fridays in November: Brainwaves Movement and Yoga (ONLINE)

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. Each class starts with gentle movement and stretching, followed by mindfulness and is intended to appreciate everything our bodies and brains can do.

November 2023 Dates

Friday Nov 3rd, 6 – 6:45 PM

Friday, Nov 10th, – 6:45 PM

Friday, Nov 17th, 6 – 6:45 PM

Friday, Nov 25th, 6 – 6:45 PM

Participants only need to register ONCE to attend ALL SESSIONS.

Register, [HERE](#)

All Registrants MUST complete a waiver before joining the class.

Download the waiver, [HERE](#).

Please send completed waivers to: info@bist.ca



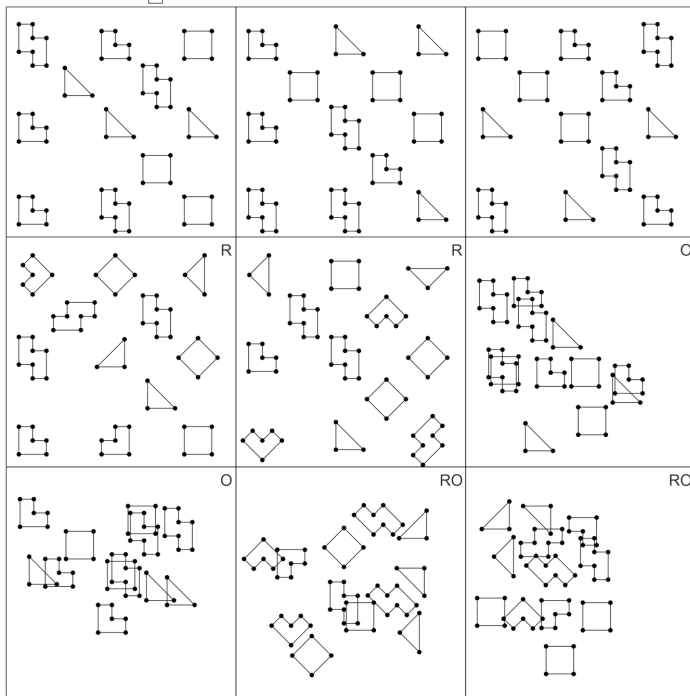


**BRAIN INJURY
ASSOCIATION**
of the Ottawa Valley

Puzzle Solutions



Cognitive puzzles (#29) - Solutions



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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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