

BIAOV

Newsletter



OCTOBER 2023

Brain-Injury-Friendly Painting Class: Rescheduled!

October 24 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?

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- Support Groups & Programs
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- On November 2nd, join the [Ontario Caregiver Organization](#) (OCO) for their [Virtual Open House](#) as they chat with caregivers who share their experiences with OCO programs and services.
- On October 7th, join Elder Abuse Prevention Ontario, The Canadian Coalition Against Ageism and the Canadian Network for the Prevention of Elder Abuse and Elder Abuse Prevention Ontario for a [webinar on Ageism Awareness Day: Rebelling Against Ageism](#) to mark [Ageism Awareness Day](#).
- The Indigenous Healthy Babies program will be hosting a [wellness circle for families to come together to play and learn](#) at the Parent Resource Centre every Thursday.
- 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.
- The Dementia Society of Ottawa and Renfrew County released their new calendars for all the upcoming events, education and activities this Fall. Find it [here!](#)
- 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.

SAVE THE DATE

FALL FUNDRAISER

October 18, 2023

5:30-8:00 pm

Overflow Brewery

Tickets available for purchase [here](#)

Presented by:



Goals

Hello Everyone,

I hope you are all doing well and able to take the time to go for a walk or a drive to appreciate the beautiful ever changing autumnal colours.

Today I would like to talk about goals which are very important to have, helping us moving forward and attain a certain self worth and satisfaction in life.

We all have personal powers/abilities and often forget we do. Remember the skills acquired throughout your life; gotten through personal experiences growing up and/or education and re-using them again and again will often make us realize we are stronger than we think. There is little we can't accomplish when we put our mind to it. Despite physical and emotional grief or pain experienced or live with, day to day, we have to search for that inner power that will push us and help us to keep going and live a better happy and fulfilling life.

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

Scale Program & Purple Thursday Needs Assessment



THE ONTARIO

caregiver
ORGANIZATION



ORGANISME DE SOUTIEN AUX

aidants naturels
DE L'ONTARIO

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](#)



The Purple Thursday Needs Assessment is a simple research project aimed at analyzing the current support systems available for individuals who have experienced intimate partner violence (IPV) and also have a history of brain injury (BI). This project is a collaborative effort between our organization and our valued BIA partners, and we believe it is vital to provide a thorough and comprehensive presentation. Presentation date will be held in November.

A full-day Symposium about brain injuries caused by Interpersonal Violence (IPV) will take place as scheduled live on Zoom or at TCU Place in Saskatoon on October 19, 2023.

Tickets and Information [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.

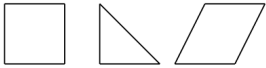
Check out our new [neuro-oncology referral form](#) for the ABI outpatient neuro-oncology rehab programs.

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!



October Cognitive Puzzle



Cognitive puzzles (#28)

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Print this page. For each frame, find the reference shapes displayed above the frames. To find shapes, link small markers ('dots') together with a pencil. Each marker 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. Markers are of varied shapes for increased difficulty.



October Sudoku Puzzle



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



October Word Search

October Themed Word Search



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



Thanksgiving

Halloween

Pumpkin

Trick

Costume

Orange

Autumn

Fog

Leaves

Spooky

Spice

Turkey

Treat

Apple



Healthy Pumpkin Soup

Ingredients

- 1 pumpkin (around 1.5kg), peeled and chopped, seeds reserved
- 50g jumbo oats
- 2 tsp coriander seeds
- 1½ tsp chilli flakes
- 1 tsp tamari
- 1 tsp maple syrup
- 2 tbsp olive oil
- 1 onion, chopped
- 2 celery sticks, chopped
- 2 carrots, chopped
- 3 garlic cloves, sliced
- 1 litre vegetable stock



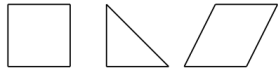
Instructions

1. Put the pumpkin seeds in a sieve and rinse to remove any pulp. Spread out on a plate and pat dry. Toast 50g of the seeds in a pan over a medium heat along with the oats and 1 tsp each of the coriander seeds and chilli flakes for a few minutes until fragrant. Stir in the tamari and maple syrup. Simmer for 30 seconds until reduced and sticky. Transfer to a plate.
2. Heat the oil in the pan over a medium heat and cook the onion, celery, carrots, garlic and pumpkin, along with the remaining spices and some seasoning for 10 mins. Pour in the stock. Bring to a simmer and cook with the lid on for 20-25 mins.
3. Blitz until smooth using a hand blender. Serve with the savoury granola sprinkled on top

Reference and recipe [here](#)

October Calendar

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



Cognitive puzzles (#28) - Solutions



Puzzle Solutions

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



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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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