

BIAOV

# Newsletter

December 2023

Hélène Richardson acknowledged for 5+ years as Peer Support Coordinator with BIAOV-OBIA!

## What is the Peer Support Program?

- FREE Peer Support program offers understanding, emotional, social and informational support between people who share similar experiences after brain injury.
- Mentors and partners are matched based on similar experiences, needs and personal interests.
- The peer support generally takes place over the phone once a week.
- The program is coordinated through the local brain injury associations across Ontario, making it possible for people to be matched province-wide.
- The program is open to both survivors of brain injury and caregivers.



Our AMAZING Peer Support Coordinator Hélène!

Thank you Hélène for all that you do!

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

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

- Canada's 9-8-8: Suicide Crisis Helpline launched on November 30th. This new three-digit suicide prevention helpline will take calls and texts, 24/7 anywhere in Canada.
- Pinecrest-Community Employment Services offers a variety of services which include, pre-employment services, mentorship programs, support with resume building, interview preparation and job readiness. Check out our December calendar for upcoming workshops and events! Many different workshops and guest employers who join the Job Talk! session. Come in for our pre-employment services!
- Community Employment Resource Centre (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 November and register for them here.
- Family Services Ottawa offers free peer-support groups for parents & caregivers of gender diverse, transgender, and nonbinary children of all ages. Meet with other families as they navigate the gender journey while affirming the positive development of their children. Contact aroundtherainbow@familyservicesottawa.org.

## ***Happy Holidays!***

### ***Here's to December, a month of:***

- ***Celebrating how far we have come***
- ***Reflecting on all we have learned this year***
- ***Knowing we are not alone if we are grieving or hurting in this season***
- ***Remembering that even though there are 100 things to do, we are not wrong for needing time to rest and regroup.***
- ***Being grateful for things both great and small***
- ***Believing that some of the best gifts we can give are time, empathy and love.***

***-Morgan Harpernichols***



## Seasons Greetings

Hello Everyone,

At the risk of repeating myself, these values are still relevant;  
At the start of this month a lot of us will be apprehending the Holiday Season.

It can bring a lot of stress to some of us when people think of the gift sharing, parties, unexpected expenses, being alone, not being able to see Family and Friends for financial or health reason, not being well physically or emotionally and trying to please everyone...

It is a valid stress enhancer, but sometimes we bring it upon ourselves and make it more complicated then it should be.

We all have to remember to keep our stress level down to keep healthy, which is really the most important thing followed by enjoying all the beautiful things, scenery and the most important one is the Love we get and give to each other, not to forget our pet if fortunate enough to have one or two and sometimes more 🤗  
Let's take a breath of fresh air and remember what is most valuable starting with loving yourself first and the rest will come...

Wishing you all the best for the Holidays,  
Take great care.

If interested in information on the Peer Support Program, please don't hesitate to contact me,

Hélène Richardson  
Peer Support Coordinator- BIAOV  
pscbiaov@gmail.com or by leaving a voicemail at (613)-233-8303



## December 2023 Programming

### Journalling (December 6th)

Grab your favourite notebook, find a cozy spot and join us for a guided journalling meditation.

### Paint what you feel (December 13th)

Join us for a hands on virtual painting activity where we will explore emotions while working with watercolour paints. All participants attending a watercolour session for the first time will be provided with watercolour paints.

### Mindful Pastel Art (December 20th)

Join us to explore the power of mindfulness through creating art with oil pastels. All participants attending an oil pastel session for the first time will be provided with oil pastels.

Register [HERE](#)



THE ONTARIO

**caregiver**  
ORGANIZATION



ORGANISME DE SOUTIEN AUX

**aidants naturels**  
DE L'ONTARIO

The Ontario Caregiver Organization is pleased to announce the following upcoming Webinars!

How to Manage Nutrition and Stressors as a Caregiver - Thursday,  
December 7th 2023 12 p.m. to 1 p.m. ET

Also, you can now watch the recording of our [Caregiving During the Holidays: Expectation vs Reality, and Self-Care](#)

Register [HERE](#) and Visit the Website [HERE](#)



*Enhancing lives for more than 30 years...*

## Happy Holidays from the OBIA!

The OBIA Review magazine is offered electronically to all current members of OBIA and our online subscribers. Check out this month's issue for amazing personal statements and resources for many different topics!

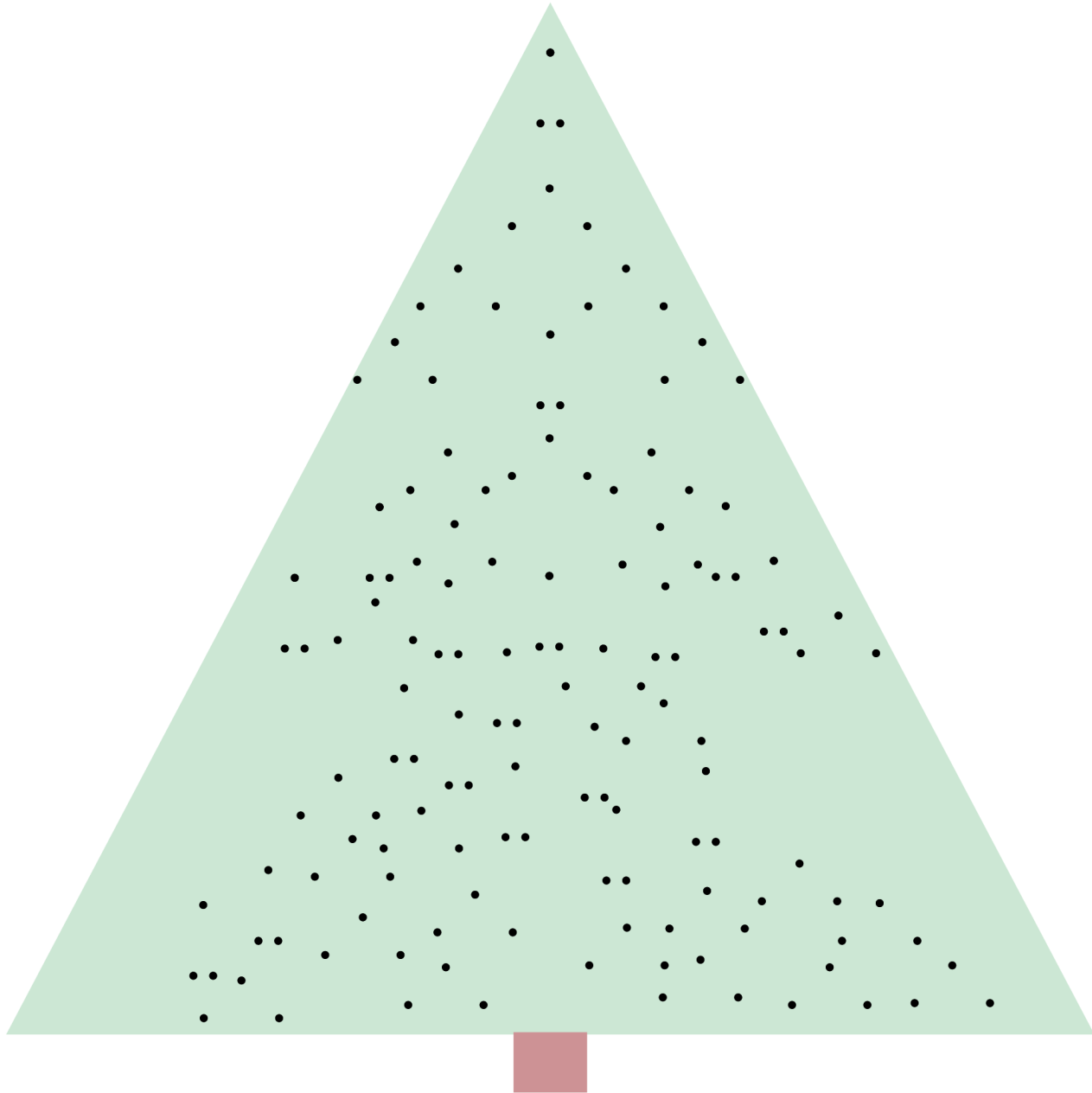
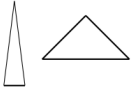
Read the December 2023 issue of the OBIA Review [HERE!](#)

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



# December Cognitive Puzzle

## Cognitive puzzles (#30) - Part 1



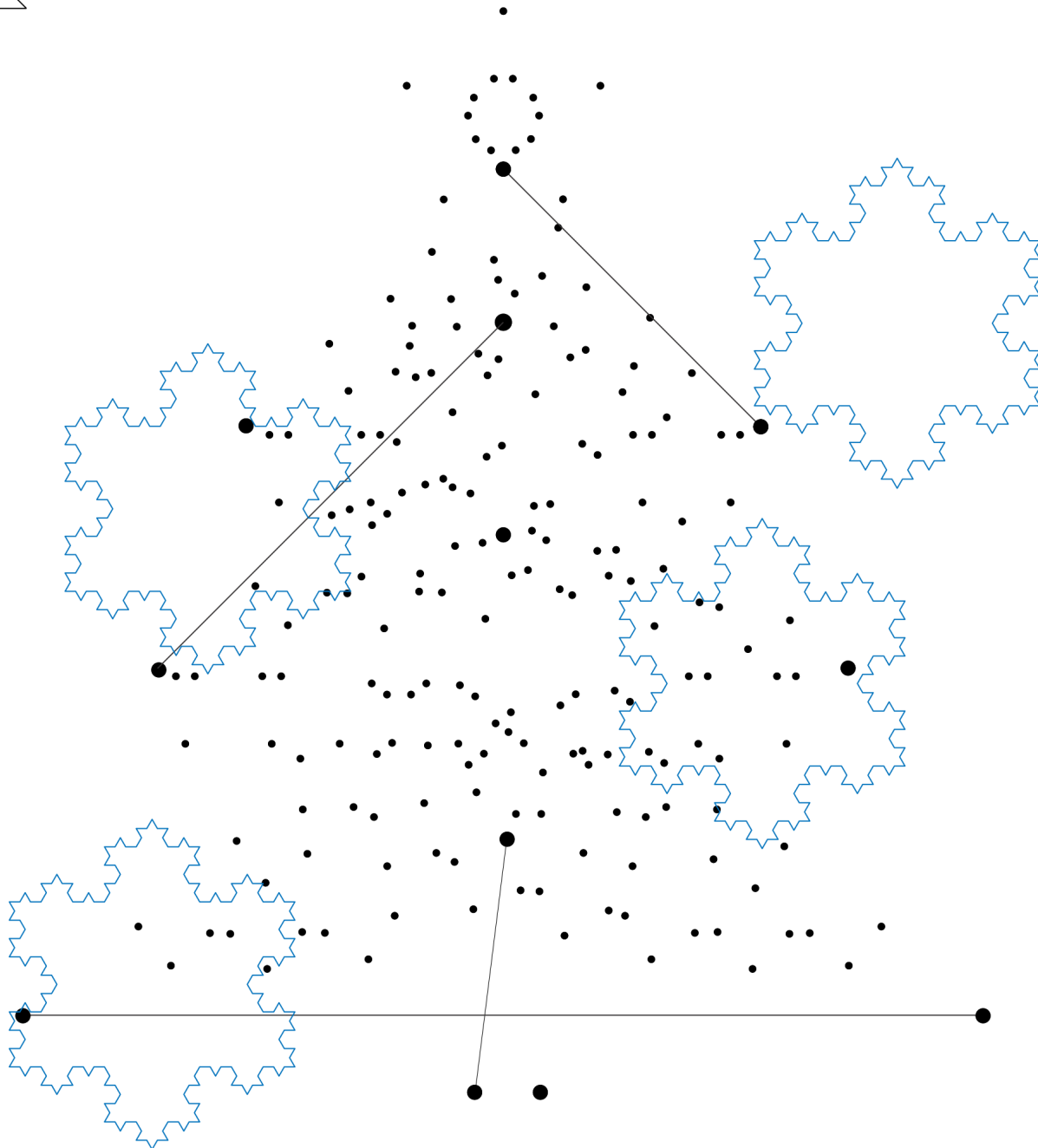
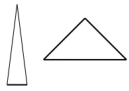
© Anne-Gaëlle Rolland-Lagan, 2023

Print this page. Find the reference shapes displayed in the top left corner of the page. To find shapes, link dots together with a pencil. Each dot should be used once. Shapes are not rotated and do not overlap.



# December Cognitive Puzzle

## Cognitive puzzles (#30) - Part 2



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Print this page. Find the reference shapes displayed in the top left corner of the page. To find shapes, link dots together with a pencil. Each dot should be used once. Shapes may overlap and be rotated. **Four shapes are also scaled larger than the reference.** Those shapes are not rotated and are marked with larger dots. One helper line is provided for each of the scaled shapes. Blue snowflakes are added as a visual distraction.



## December Sudoku Puzzle



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

**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.





# December Word Search

## December Themed Word Search

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



Snowflake  
 Ornament  
 Sleigh  
 Cheer

Blizzard  
 Cookies  
 Presents  
 Cocoa

Holidays  
 Winter  
 Family  
 Snow

Fire  
 Jolly  
 Ice



## Healthy Pumpkin Soup

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### 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](#)**



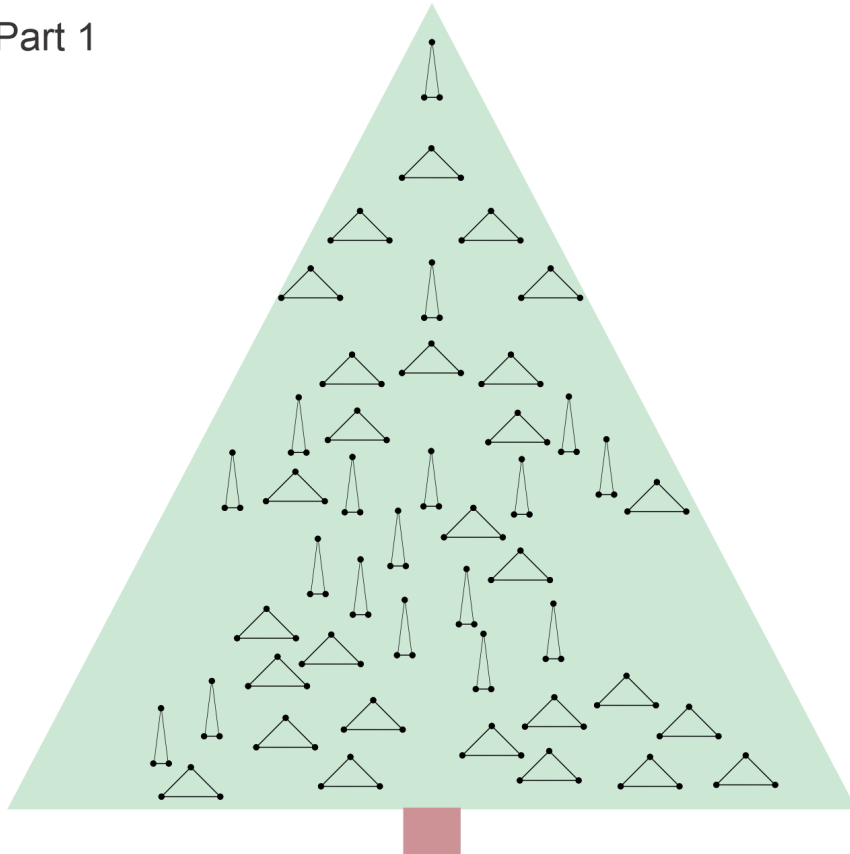
# December Calendar

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 (virtual)	6	7 Social Group 9:00 - 10:00 am (virtual)	8	9
10	11 Step up Group with Wendy at 2pm-3pm (Virtual)	12 Social Group 9:00 - 10:00 am	13 Fall Fundraiser	14 Social Group 9:00 - 10:00 am (virtual)	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 (virtual)	20 Family Support Group 7:00-8:30 pm (Virtual)	21 Social Group 9:00 - 10:00 am (virtual)	22	23
24	25 Step up Group with Wendy at 2pm-3pm (Virtual)	26 Social Group 9:00 - 10:00 am (virtual)	27	28	29	30
						31

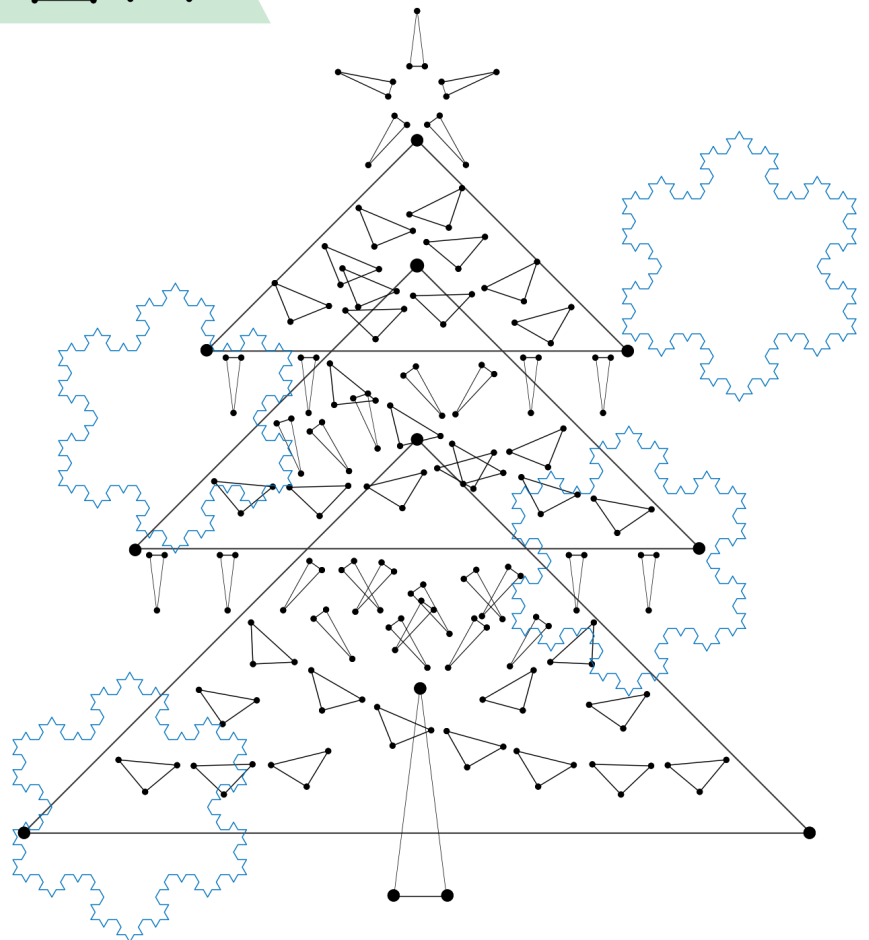


## Cognitive puzzles (#30) - Solutions

Part 1



Part 2

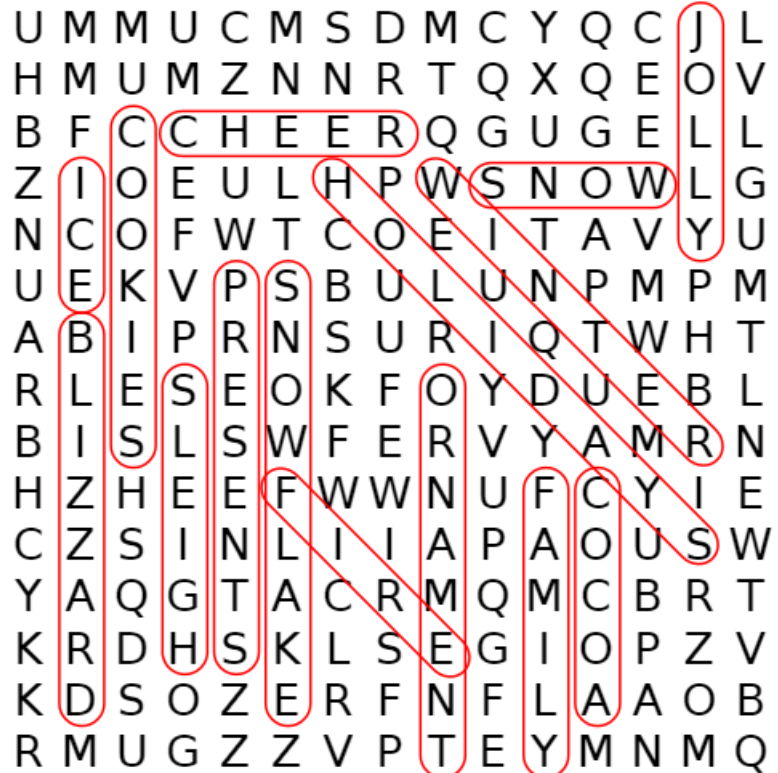




**BRAIN INJURY  
ASSOCIATION**  
of the Ottawa Valley

# Puzzle Solutions

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



# Contact Us

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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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## Get social with us

