

BIAOV

Newsletter

Jan/Feb 2024

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
- Bill C-277 Information
- February Cognitive Puzzle
- Sudoku
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- February Calendar
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- 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 New Year!

2024



Longer days...

Hello Everyone,

Another month has gone, and the days are getting longer which feels like we have more time in a day and hopefully making us feel more alive. This should remind us that we are really important and that we should take a special break in the day by finding few spare minutes to take the time to regenerate your energy by calmness, grounding yourself and appreciate the moment which in turn will give you the fuel to keep going and complete your day in a more positive fulfilling way...

For some other people, benefiting by pacing themselves when they get too overwhelmed by their day to day obligations. The time off from the routine, even just for few minutes, will help regrouping and sometime a nap will become necessary to be able to achieve what was planned for that day.

It is really important to 'TAKE THE TIME' and you will find it surprisingly helpful;

just try...

Wishing for you to find the time to smell the roses and feel the calmness of the moment!

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



January 2023 Programming
Some of our virtual programming is taking a break for January. See Calendar for details. Looking forward to February as we work at returning to some in person sessions.

Register [HERE](#)



Are you caring for a family member or friend in Ottawa or a surrounding region? Looking for strategies to manage stress and burnout?

Join the Ontario Caregiver Organization for a FREE information and networking session on Tuesday, March 5th, 2024, from 6-8 pm in Ottawa.

If you are trying to balance caregiving with work and/or other areas of your life and feeling stressed, you are not alone.

The Ontario Caregiver Organization is here to support you.

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

Exclusive Invitation to Survivors of Brain Injury, Family Members, and Caregivers!

Be a part of the “125 Days to Say Yes!” campaign. Here's what you do to participate:

1. Snap a Photo: Nothing fancy. We just need a close-up (head and shoulders).
2. Create a Video: Make a short video (1 minute maximum) and tell us:
 - My name is...
 - I live in....
 - My MP is
 - I am a (survivor or family member, or a caregiver) and I support a National Strategy on Brain Injury because...

You may also include something personal, such as how you or your loved one sustained a brain injury. For inspiration, watch Barb Butler's video [here](#).

***Important: Each person in your family can participate individually and send their own photo and video.**

3. Email nationalbraininjurystrategy@gmail.com. Submit your photo and video to the above email and in the body of the email, please include:

I (insert name) give my expressed permission for the CGB Centre for Traumatic Life Losses to use my photo and video in the 125 Days to Say Yes! campaign calling upon the federal government to establish a National Strategy on Brain Injury. I understand and approve of my photo and video to be used in a letter that will be emailed and sent via Canada Post to the federal Minister of Health, other Member of Parliaments and to be posted on social media channels.

(Your name and phone number).

If you have any questions please contact Janelle Breese Biagioni, CEO at nationalbraininjurystrategy@gmail.com

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



February Cognitive Puzzle



Cognitive puzzles (#32)

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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).



February Sudoku Puzzle



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

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.



February Word Search

February Themed Word Search



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

Friendship

Valentine

Chocolate

Love

Flowers

History

Melting

Pink

Candy

Cupid

Family

Roses

Groundhog

Doves



Heart Shaped Sugar Cookies

Ingredients

- $\frac{2}{3}$ cup butter, softened
- 1 cup granulated sugar, or more to taste
- 2 eggs, beaten
- 1 teaspoon baking soda
- 1 teaspoon vanilla extract
- 1 $\frac{1}{4}$ teaspoons cream of tartar
- $\frac{1}{4}$ cup milk
- 4 cups all-purpose flour
- 1 cup all-purpose flour
- 1 pinch salt (optional)



Instructions

1. Preheat oven to 400 degrees F (200 degrees C).
2. Beat butter and sugar with an electric mixer in a large bowl until fluffy. Add 1 egg, allowing it to blend into the butter mixture before adding the next with the vanilla extract.
3. Dissolve cream of tartar in milk; beat into the butter mixture. Add 4 cups flour and pinch of salt; beat until doughy.
4. Spread 1 cup flour onto a flat work surface. Roll the dough out on the prepared surface; cut out in desired shapes until all dough is used.
5. Bake on non-stick baking sheets in preheated oven until cookies are set in the middle, about 12 minutes.

Reference and recipe [here](#)



February Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 Step up Group with Wendy at 2pm-3pm (Virtual)	6	7	8	9 Inperson Step Up (contact scott@biaov. org for details) 12:30- 2:30	10
11	12 Step up Group with Wendy at 2pm-3pm (Virtual)	13	14	15	16 Inperson Step Up (contact scott@biaov. org for details) 12:30- 2:30	17
18	19 Concussion Support Group (Virtual) 1-2 pm Step up Group with Wendy at 2pm-3pm (Virtual)	20	21	22	23 Inperson Step Up (contact scott@biaov. org for details) 12:30- 2:30	24
25	26 Step up Group with Wendy at 2pm-3pm (Virtual)	27	28 Family Support Group 7 p.m.	29		



Cognitive puzzles (#32) - Solutions



**BRAIN INJURY
ASSOCIATION**
of the Ottawa Valley

Puzzle Solutions

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



Contact Us

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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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