

March 2024

A message from the President...

With the clocks skipping forward this month, and spring just around the corner. It's a great time of year for spring cleaning, change and growth.

The BIAOV is a member run, member driven organization. So please reach out to scott@biaov.org if you have ideas or suggestions or want to get involved. We are a hybrid model now, but whether online or in person, members and volunteers are needed to build and grow. And with our AGM coming up next month, we also need some board members.



Throw back:
Troy's Run June 2012

WHAT'S IN THIS MONTH'S ISSUE?

- Resources
- Peer Support Corner
- Support Groups & Programs
- Sudoku
- Word Search
- March 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.

Spring forward..

- ...You are invited to join us for our Annual General Meeting

Date: Tuesday April 23, 2024

Time: 6:30-7:30 pm

An organization's Annual General Meeting is an important meeting. It is your chance to learn what were the priorities and challenges, review financial statements and to ask questions.

Anyone who is interested in the Brain Injury Association of the Ottawa Valley can attend the meeting. You don't have to be a volunteer, a member, or a family member of a member, everyone is welcome to attend. However, only those who registered, and paid, as members of the organization on or before the AGM are allowed to vote on motions at this meeting. [Dual Membership | Ontario Brain Injury Association \(obia.ca\)](#).

You must register in advance by emailing scott@biaov.org. We cannot admit you to the meeting unless you are registered to attend.

**How can you help all
year long...get
involved!**

Interested?

Hello Everyone,

Winter has been pretty mild and less stressful for hopefully most of us and the days are getting longer... I want to reiterate once more about the Peer Support Program and that there are people out there (a trained Mentor) in your situation who understand where you have been, could support you and would be assigned to you according to your type of injury, gender, hobbies and interests.

There is a process including a telephone interview and some paperwork related to both Partner (you) and Mentor alike when joining the Peer Support Program.

The Program is also in need of Mentors. If you think you would be able to support someone after overcoming some of the challenges related to an acquired brain injury throughout the years, please consider volunteering.

If you are needing support and/or wanting to support someone, don't hesitate to contact me.

In the meantime, you all take care.

Hélène Richardson

Peer Support Coordinator

Hélène Richardson

Peer Support Coordinator- BIAOV

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



**BRAIN INJURY
ASSOCIATION**
of the Ottawa Valley

Brain Strong Trivia Night For A Cause



**BrainSTRONG
Network**

TRIVIA NIGHT FOR A CAUSE

**GET A CHANCE TO WIN PRIZES WHILE HELPING TO BRING
AWARENESS OF ACQUIRED BRAIN INJURY (ABI)**

April 12, 2024 • 7:30 pm
Danby's Roadhouse
Tickets are \$20
go.brainstrong.ca/trivia

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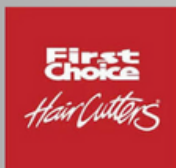
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SUBWAY

merry maids.
You enjoy. We enjoy cleaning.

Click the link [here!](http://go.brainstrong.ca/trivia)



March Cognitive Puzzle



Cognitive puzzles (#33)

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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).

March Sudoku Puzzle



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

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.



March Themed Word Search



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

Treasure

Shamrock

Rainbow

Irish

Spring

Clocks

Clover

Luck

Clouds

Green

Break

Gold

March

Party

Broccoli Cheddar Soup

Ingredients

- 4 cups Broccoli (cut into florets)
- 4 cloves Garlic (minced)
- 3 1/2 cups Chicken broth, reduced sodium (or vegetable broth, or bone broth)
- 1 cup Heavy cream
- 3 cups Cheddar cheese (pre-shredded)



Instructions

1. In a Dutch oven or large pot over medium heat, saute garlic for one minute, until fragrant. (You can add a little oil as needed.)
2. Add the chicken broth, heavy cream, and chopped broccoli. Increase heat to bring to a boil, then reduce heat and simmer for 10-20 minutes, until broccoli is tender.

OPTION 1 (ORIGINAL RECIPE):

1. Add the shredded cheddar cheese gradually, stirring constantly, and continue to stir until melted. (Add 1/2 cup (64 g), simmer and stir until it melts fully, then repeat 1/2 cup (64 g) at a time until all the cheese is used up.) Make sure to keep it at a very low simmer and avoid high heat, to prevent seizing. Remove from heat immediately once all the cheese melts.

OPTION 2 (RECOMMENDED):

1. Use a slotted spoon to remove about 1/3 of the broccoli pieces and set aside. (This step is optional, if you want some pieces in your soup at the end. If you want all of the soup pureed, you can leave them in.)
2. Use an immersion blender to puree the remaining broccoli.
3. Reduce heat to low. Add the shredded cheddar cheese 1/2 cup at a time, stirring constantly, and continue to stir until melted. Puree again to make it smooth.
4. Remove from heat. Add the reserved broccoli florets back to the soup.

Reference and recipe [here](#)

March Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Step up Group with Wendy at 2pm-3pm (Virtual)	5	6	7	8 Inperson Step Up (contact scott@biaov.org for details) 12:30-2:30	9
10	11 Step up Group with Wendy at 2pm-3pm (Virtual)	12	13	14	15 Inperson Step Up (contact scott@biaov.org for details) 12:30-2:30	16
17	18 Concussion Support Group (Virtual) 1-2 pm Step up Group with Wendy at 2pm-3pm (Virtual)	19	20	21	22 Inperson Step Up (contact scott@biaov.org for details) 12:30-2:30	23
24 31	25 Step up Group with Wendy at 2pm-3pm (Virtual)	26	27 Family Support Group 7 p.m.	28	29	30



Cognitive puzzles (#33) - Solutions



Puzzle Solutions

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

K Q H I B M S O Y N O N X E P
 G **PARTY** S Y H U Z Z Y R P
 P D T B P **BREAK** I B Z G Q
 A I F X S M Y L L Y R T **G** S X
G R L Q X P A Q A D I H O H C
 D R A I T G R N D J S S L A L
 R P E I U P O I O T H S D M O
 V J H E N W N G N Y N V T R U
 M K O F N B U W Y G D N R O D
 P Z R B H L O K X Y U Q E C S
 N **CLOCK** S W M O R C A K T
 U M X D S C X M H Z J R S T G
MARCH B **LUCK** L L U B C
 M A **CLOVER** J N S G R T R
 E I L D V C Q R Y M F Z E G J

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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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