

BIAOV Newsletter

April 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
- Crossword
- Word Search
- April 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!

Knowing Your Limits

Hello Everyone,

I hope that you are all doing as well as can be.

With our unique aptitudes and qualities, our goal is to thrive. But, by trying to achieve everything in life, we might get exhausted or overwhelmed.

When we begin to understand our limits and how to reasonably manage our capacities, we can gradually learn to recognize that we have control over our well-being.

Determining where our limits lie can be difficult. It can result in discomfort, fatigue and stress - which can present as a real physical issue which is often discounted or not discussed.

One positive approach is to create a list of the tasks and situations that leave you feeling drained. This can give you insight into your own personal limits.

You will know that you are operating within your limits when you have the necessary energy and drive to address your personal and professional commitments.

You may be surprised to discover that your limits change over time, hopefully for the better...

Focus your energy on what you can do, seek success within your limits, and actively shape your circumstances. You can avoid anguish by simply recognizing that certain aspects of life nourish you, while others drain you.

If you are willing to accept your limits as they reveal themselves, you can have an easier passage through life, and the means to flourish.

Hélène Richardson

Peer Support Coordinator- BIAOV

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

Return To Work Program Information Session Free Webinar

Join us on April 19, 2024 to learn about returning to work after a concussion/brain injury and OBIA's new program. There are very few, if any, return to work programs in Ontario that are specifically designed for people living with a concussion/brain injury.

This program aims to support and help bridge the gap for employers and their employees.

In this information session, we will explore:

Research on returning to work after a concussion/brain injury

Assessing readiness to return to work

Preparing to return to work

Key components of a return to work plan

OBIA's Return to Work program

Webinar Details:

Date: April 19, 2024

Time: 1:00pm - 2:00pm EST

Location: Online via Zoom

Whether you are preparing to return to work in the near future, or have a long-term goal of returning to work, this information session will provide you with key insights about the process. It is geared towards individuals living with a concussion/brain injury, however, all are welcome to join!

Click the link [here](#) for more information and to register



BRAIN INJURY
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April Cognitive Puzzle

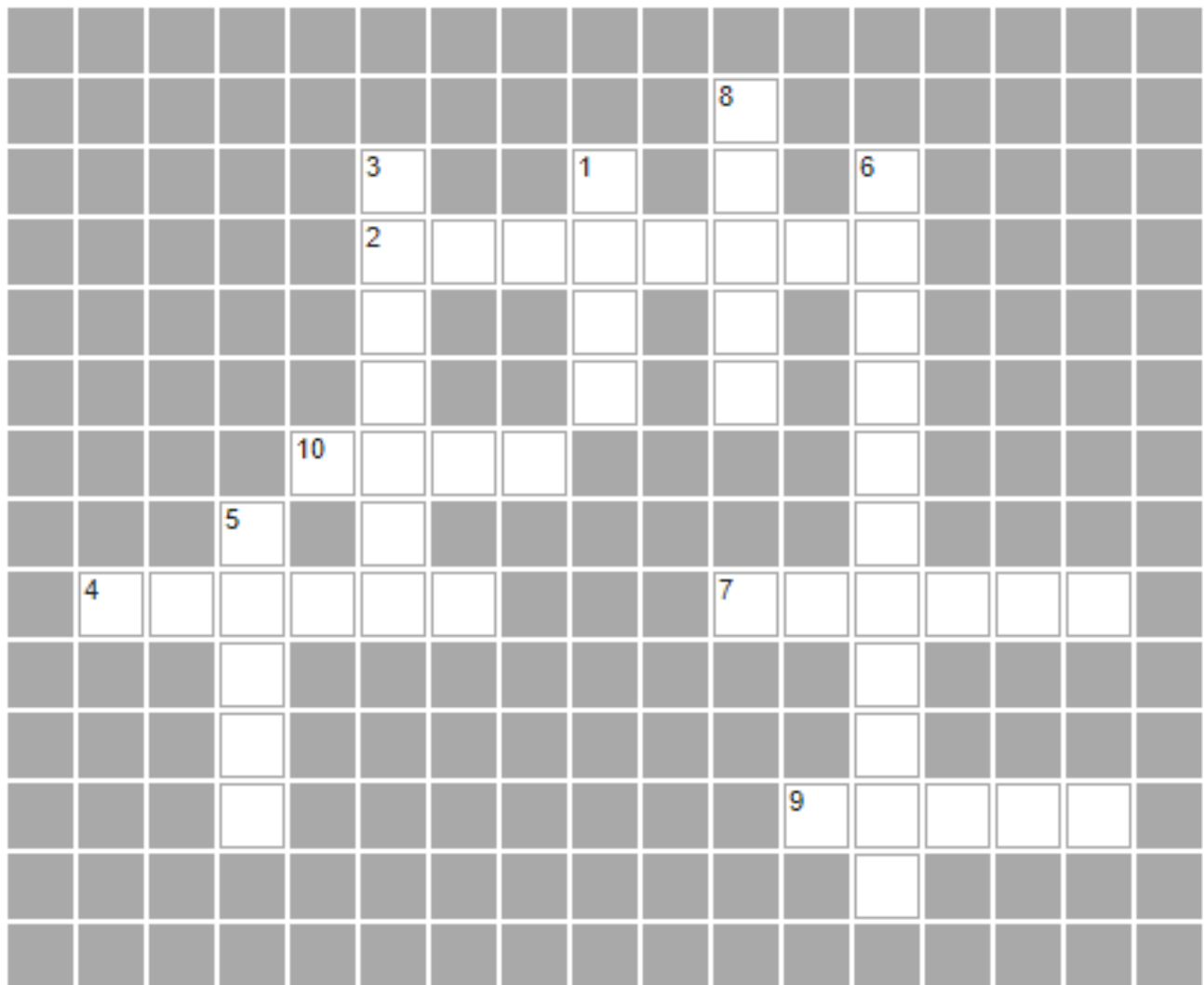


Cognitive puzzles (#34)

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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).

April Crossword Puzzle



Across

2. Carried to protect against the rain
4. Person engaged in agriculture
7. Baby chickens
9. To emerge from an egg
10. Has feathers and flies

Down

1. To get bigger over time
3. Opposite of inside
5. Cultivated plants that are harvested for food
6. Turns into a butterfly
8. Flower planted as a bulb

April Themed Word Search



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

Diamonds

Showers

Puddles

Rain

Flowers

Garden

Breeze

Paint

Fools

Cloudy

Shine

Eggs

Bunny

Daisy



Bright Spring Salad

Ingredients

- 1 bunch asparagus, tender parts, chopped into 1-inch pieces
- ½ cup frozen peas, thawed
- A few handfuls of salad greens
- 2 radishes, thinly sliced
- ½ cup crumbled feta cheese
- ½ avocado, pitted and diced
- ¼ cup chopped, toasted pistachios
- ½ cup roasted chickpeas
- Fresh herbs, for garnish (basil, mint and/or chives)
- Sea salt and freshly ground pepper

Dressing

- ¼ cup fresh basil or a mix of basil and mint
- 1 small garlic clove
- 1 tablespoon lemon juice, plus ½ teaspoon zest
- 1 tablespoon white wine vinegar
- 2 tablespoons extra-virgin olive oil, more as desired
- ¼ teaspoon sea salt



Instructions

1. Bring a large pot of salted water to a boil and set a bowl of ice water nearby. Blanch the asparagus for about 1 minute, until tender but still bright green. Transfer to the ice water for 1 minute, then drain. Allow the asparagus to dry and transfer it back to the bowl and add the peas.
2. Make the dressing: In a food processor, pulse together the herbs, garlic, lemon juice, zest, vinegar, olive oil, and salt.
3. Add half of the dressing to the bowl with the asparagus and toss to coat. Season to taste with salt and pepper.
4. Assemble the salad. Arrange the salad greens on a platter, then layer the asparagus/pea mixture, the radishes, feta, avocado, pistachios, chickpeas, and herbs. Drizzle with remaining dressing, season to taste with more salt and pepper, and serve.

Reference and recipe [here](#)

April Calendar

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

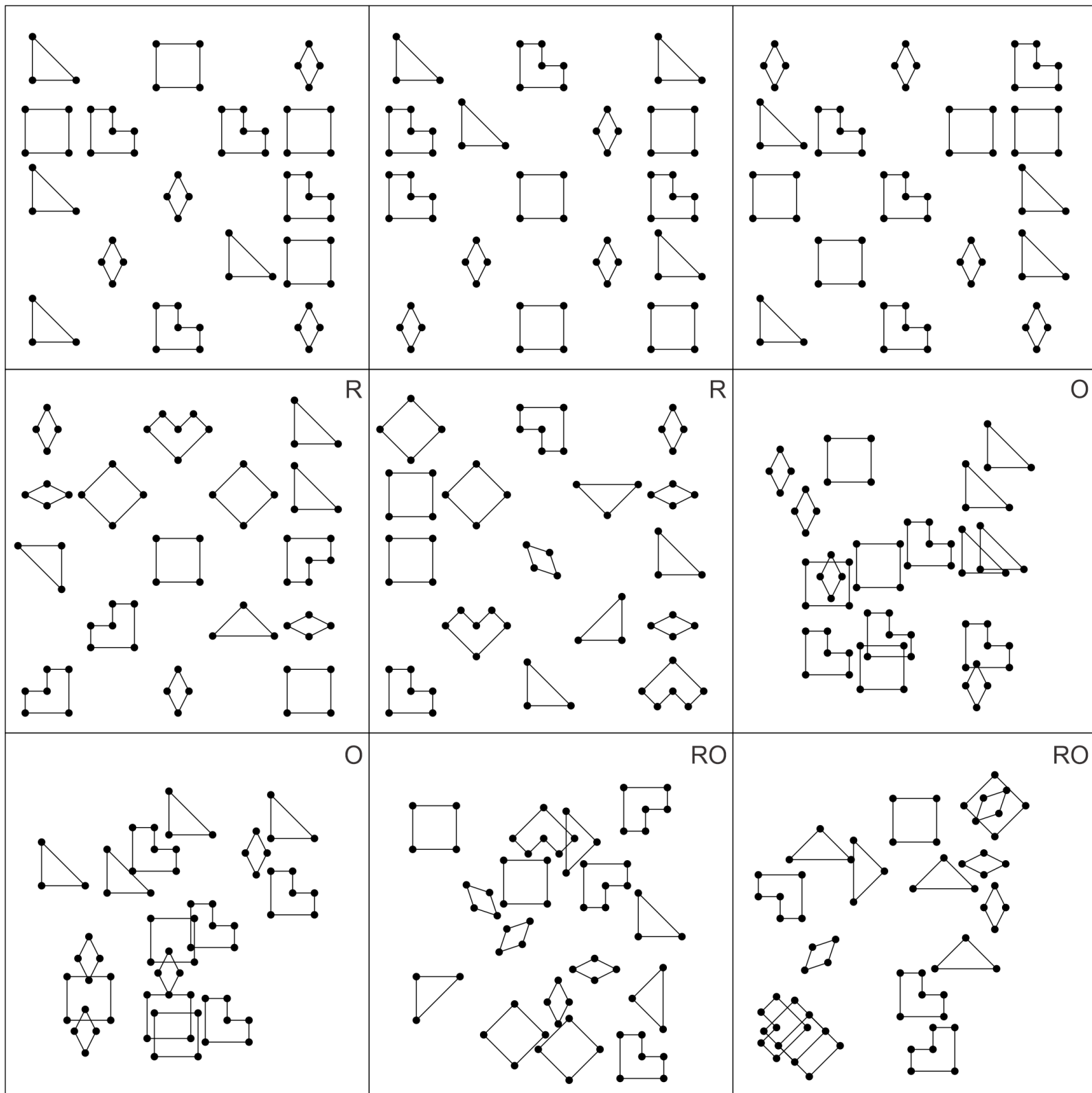


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Puzzle Solutions



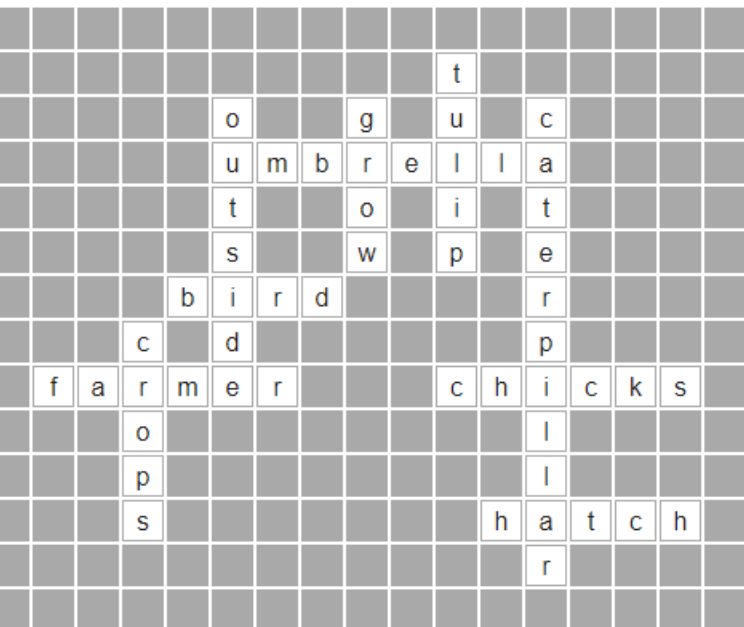
Cognitive puzzles (#34) - Solutions





**BRAIN INJURY
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Puzzle Solutions



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This Could Be You

Email: recreation@biaov.org

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

A Proud Affiliate of:



OBIA
ONTARIO BRAIN INJURY ASSOCIATION

education • awareness • support

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