



Brain Injury Association of the Ottawa Valley

NEWSLETTER January 2021

A place where adults with
brain injury can learn,
socialize, and have fun!



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HAPPY NEW YEAR

New year? Yes please. Here's to better times ahead for us all! Wishing you a happy, safe, and healthy 2021.

2020 may not have been the greatest year, however, things are looking up and we hope that 2021 will be an awesome year!

If you have any ideas, questions, comments, etc. for the new year, we would love to hear your input. Feel free to send an email to contact@biaov.org or hannah@biaov.org.

Happy New Year!



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STEP UP Work Centre

PUN TIME

- ◆ John Travolta tested negative for coronavirus last night. Turns out it was just Saturday night fever.
- ◆ The World Health Organization has announced that dogs cannot contract Covid-19. Dogs previously held in quarantine can now be released. To be clear, WHO let the dogs out.
- ◆ Intelligence is like underwear. It is important that you have it but not necessary that you show it off.
- ◆ Relationships are a lot like algebra. Have you ever looked at your X and wondered Y?
- ◆ A courtroom artist was arrested today for an unknown reason... details are sketchy.
- ◆ People are making end of the world jokes like there's no tomorrow.
- ◆ My doctor told me I needed to break a sweat once a day so I told him I'd start lying to my wife.
- ◆ Whatever you do, always give 100% unless you're donating blood.
- ◆ What do you call a sleepwalking nun? A roamin' Catholic!
- ◆ What did Snow White say when she came out of the photo booth? Someday my prints will come.
- ◆ A girl said she recognized me from her vegetarian club but I'd never met herbivore.
- ◆ Dad, are we pyromaniacs? Yes, we arson.
- ◆ I've always had an irrational fear of speed bumps but I'm slowly getting over it.
- ◆ What word becomes shorter when you add two letters to it? Short.
- ◆ I've finally told my suitcases there will be no holiday this year. Now I'm dealing with the emotional baggage.
- ◆ If you're not supposed to eat at night, why is there a light bulb in the refrigerator?
- ◆ Don't let your worries get the best of you; remember, Moses started out as a basket case.

First Substantial Snowfall

The first substantial snowfall of the season,
Offers to many activities pleasing,
In the vast day's vivid spread of white,
A unique intense sense of delight.

From the soft moist sparkling flakes that fall,
There is a glittering welcoming sprawl,
Often the chance to toboggan and ski,
A visually bright expanse to see.

Results from play after the snow fall,
Include full round snowmen or bright walls,
The glistening of the cool white day ,
Is, for several, a special way.

Tania M. (2020)



RECIPES

Not Your Mama's Latkes

Fun and delicious alternatives to the standard Hanukkah potato pancake recipe, along with recipes for exciting toppings

If you're tired of "regular" potato latkes by the second night of Hanukkah, here are some versions and accouterments to try. For most of these recipes, you can start with your own basic potato latke recipe, and substitute appropriately.

If you're not supposed to have so much oil (despite the miracle!), you can spray a cookie sheet with vegetable oil spray or Pam and put any of these in a hot (450 degree) oven for about 5-8 minutes on each side.

Sweet Potato Latkes

Preparation Time: 15 minutes

Frying Time: About 10 minutes per batch

- ◆ 2 lbs. sweet potatoes or yams
- ◆ 2 Tbs. matzoh meal or flour,
- ◆ 2 eggs,
- ◆ 1 tsp. baking powder,
- ◆ 1 - 2 tsp. cinnamon (to taste), 1/4 tsp. nutmeg, 1/4 tsp. cloves, peanut oil

Peel and grate sweet potatoes and remove any excess moisture (can put in dish towel or cheesecloth and squeeze out moisture). Beat eggs and add one at a time, mixing well. Add matzoh meal or flour and baking powder. Add spices and mix well. Heat oil until hot and put large spoonful for each pancake. Cook until brown and flip.

Makes about 18 - 20 pancakes.

Note: For fluffier pancakes, separate eggs. Add yolks where recipes indicate to "add eggs." Beat egg whites until stiff. Fold in egg whites after all other ingredients have been mixed in.

Gingered Sweet Potato Latkes

Preparation Time: 15 minutes Frying Time: About 10 minutes per batch

Use same recipe as above, except:

1. Eliminate spices except for 1/4 tsp. clove
2. Add 2-1/2 tsp. fresh ginger or 1 tsp. powdered ginger
3. Add 1 tsp. tamari or soy sauce
4. Add two finely diced scallions





FINALLY!

BLONDE MEN JOKES

A blonde man is in the bathroom and his wife shouts "Did you find the shampoo?"

He answers "Yes but I'm not sure what to do ...
...it's for dry hair and I just wet mine."

A blonde man spots a letter on his doormat. It says on the envelope "DO NOT BEND".

He spends the next 2 hours trying to figure out how to pick it up.

A blonde man shouts frantically into the phone "My wife is pregnant and her contractions are only 2 minutes apart!"

"Is this her first child?" asks the doctor.

"No!" he shouts, "this is her husband!"

Fish & Seafood Word Search

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

ALBACORE
 ANCHOVIES
 BASS
 CARP
 CLAM
 COD
 CRAB
 FLOUNDER

HALIBUT
 LOBSTER
 MACKEREL
 MARLIN
 OYSTER
 PERCH
 POLLOCK
 SALMON

SARDINES
 SCALLOP
 SHRIMP
 SNAPPER
 SOLE
 SQUID
 TROUT
 TUNA

Answers on last page

January Sudoku

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

EASY level - answers on last page

January 2021

SUN

MON

TUE

WED

THU

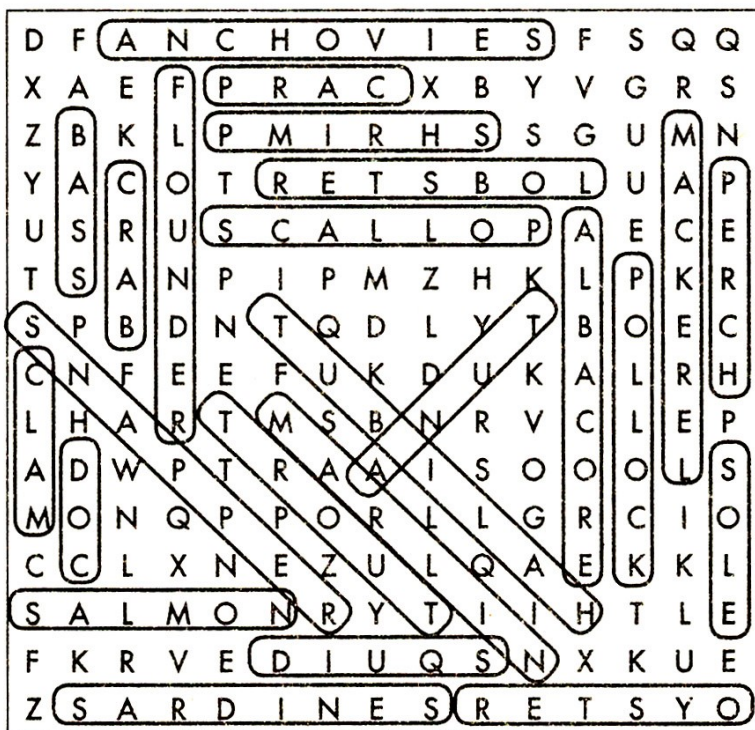
FRI

SAT

| | | | | | | |
|----------|----|----|----|-------------------------|---------------------------|----|
| | | | | | 1 <i>New Years Day</i> | 2 |
| 3 | 4 | 5 | 6 | 7 Virtually Step Up | 8 | 9 |
| 10 | 11 | 12 | 13 | 14 Virtually Step Up | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 Virtually Step Up | 22 | 23 |
| 24 31 | 25 | 26 | 27 | 28 Virtually Step Up | 29 | 30 |

Contact hannah@biaov.org
for weekly time for the ***Virtually Step Up*** Meeting !

FISH AND SEAFOOD



JANUARY SUDOKU

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

The Step Up Work Centre slogan is

"Member Run, Member Driven"

So we want to hear from the members!

Submissions can be sent to hannah@biaov.org for future issues.