



Brain Injury Association of the Ottawa Valley

NEWSLETTER April 2021

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



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Easter is a time to come together and celebrate new beginnings.



I hope you have a wonderful Easter with your loved ones!

Now that the weather is nicer here are some fun ways to enjoy the weather...

- Go for a walk
- Feed the birds
- Go for a bike ride
- Have a campfire
- Plant a vegetable garden
- Photograph nature
- Go geocaching
- Plant flowers



IN THIS ISSUE

Page	
1	Hi from Hannah
2	Museum Links
3	Tania's Poem
4	Peer Support
5-6	Living With Concussion
7	Computer Tips
8	Dad Jokes
9-10	Recipe
11	Word Search
12	Sudoku
13	April Calendar
14	Solutions

STEP UP
Work Centre

Throughout All Generations

Amongst a generation people find,
Principles, interests and values that bind,
Skill and drive allow many to conceive,
Shared views and perspectives often believed.

Opinions vary as to what one must accept,
The same is true for what is chosen to reject,
Some individuals determine they must fight,
Towards a goal interpreted to be right.

The social records over history reveal,
Over varied ages, many ideals,
As diverse public opinions are vast,
Multiple shared interpretations last.

Tania M.





Miss art museums?

The Louvre just put its entire art collection online !!

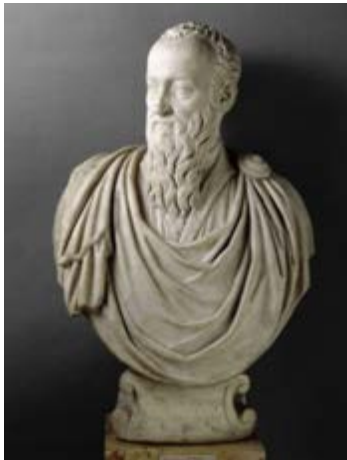
Story here on CNN website:

<https://www.cnn.com/style/article/louvre-art-collection-free-museum-trnd/index.html>

PRESS RELEASE

The Musée du Louvre launches online collection database and new website

<https://presse.louvre.fr/the-musee-du-louvre-launches-online-collection-database-and-new-website/>



See the Collections here online:

<https://collections.louvre.fr/en/plan>

- The map shows the layout of the building
- On the left you will find numbers - click to change the floor of the building

Or search collections: <https://collections.louvre.fr/en/>



ABOUT THE COLLECTIONS WEBSITE

<https://collections.louvre.fr/en/page/apropos>

"The database for the Louvre's collections consists of entries for more than **480,000 works of art that are part of the national collections** and registered in the inventories of the museum's eight curatorial departments (Near Eastern Antiquities; Egyptian Antiquities; Greek, Etruscan and Roman Antiquities; Islamic Art; Paintings; Medieval, Renaissance and Modern Sculpture; Prints and Drawings; Medieval, Renaissance and Modern Decorative Arts), those of the History of the Louvre department, or the inventories of the Musée National Eugène-Delacroix, administratively attached to the Louvre since 2004."



April 2021

Peer Support Corner

Introduction Hello Everyone,

I just want to re- introduce myself, as it has been a long time...

I am H       Richardson, the Peer Support Coordinator for the Brain Injury Association of the Ottawa Valley (BIAOV).

I like to say that life experience led me to do what I do. My brother developed a brain tumour at the age of 12. After surgery, and many years of hard mental and physical work, he went from being totally paralyzed on the left side to being able to drive, work full time, and be totally ambulant.

Every time I think of him, I smile at the truly life-changing experience knowing him was for me and my family. He was a remarkable human being. He taught me empathy, resilience and to never give up. Qualities that I now find in the ABI survivors I meet every day as a Peer Support Coordinator. You have my admiration...

I will explain more about the Peer Support Programme in the next newsletter. However, if you need information before then, please don't hesitate to reach me at pscbiaov@gmail.com or you can leave me a voice mail message at 233-8303 x201.

Take care and stay safe!

H       R.

Living With Concussion

Ottawa Public Library Resources: Part 1

The Ottawa Public Library (OPL) has a range of services and accessible collections that can be of help to those living with concussion/mTBI. Other OPL services will be explored in future newsletters.



Here's the link to an overview on the OPL site:

<https://bibliooottawalibrary.ca/en/category/subjects/accessibility>

Accessibility Status and extended loan period

<https://bibliooottawalibrary.ca/en/accessibility-status>

You can apply to have your library card changed to Accessibility Status. This will allow you to get a longer borrowing period because of a disability, such as the effects of a concussion/mTBI.

1) How to get Accessibility Status:

To get Accessibility Status, you need to complete an "[Application for Accessibility Status](#)."



You can download it as a PDF file, or you can pick it up at any OPL library branch. After it has been filled out, you can return it to any OPL library branch. If you'd prefer to pick up and return the application at a Bookmobile stop, please contact Accessibility Services (see contact info below) to make sure that a printed copy is available at the Bookmobile you will visit.

The application has 2 parts to be filled in: one part for the applicant, and one part for a health care provider.

Both the applicant and the health care provider need to provide basic contact information, and a signature. By signing, they certify that the applicant needs an extended borrowing period due to a disability. No information about the nature of the disability is required.

Continued...

Examples of acceptable health care providers are: physicians, nurses, physiotherapists, chiropractors, naturopaths, and psychologists.

Note: You don't need to have the health care provider section filled in if you have one of the following:

- A CNIB card
- Proof that you receive Ontario Disability Support Program (ODSP) benefits
- A valid OC Transpo community bus pass (available to ODSP recipients)
- A valid Para Transpo card

2) About the extended loan period:

- It allows you to borrow items for a period of 6 weeks.
- Renewal limits are the same as for regular loan periods.
(renewal information: <https://bibliottawalibrary.ca/en/fees-and-fines>)
- Items must be picked up and returned to an OPL library branch or a Bookmobile stop (so not for users of the Homebound Services).

Note: The extended loan period is only for items in the regular collection.

It does not apply to items in the Express collection or digital media (online newspapers & magazines, streaming video & music, digital audiobooks, eBooks, etc.).

April 2021						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

If you have questions or need help, you can contact OPL's Accessibility Services at accessibility.office@BiblioOttawaLibrary.ca or call 613-580-2424 ext 28321.

Computer Tips for the Brain: "Bigger Text"

Ease of Access settings in Windows 10 is online:

<https://support.microsoft.com/en-us/windows/make-windows-easier-to-see-c97c2b0d-cadb-93f0-5fd1-59ccfe19345d>

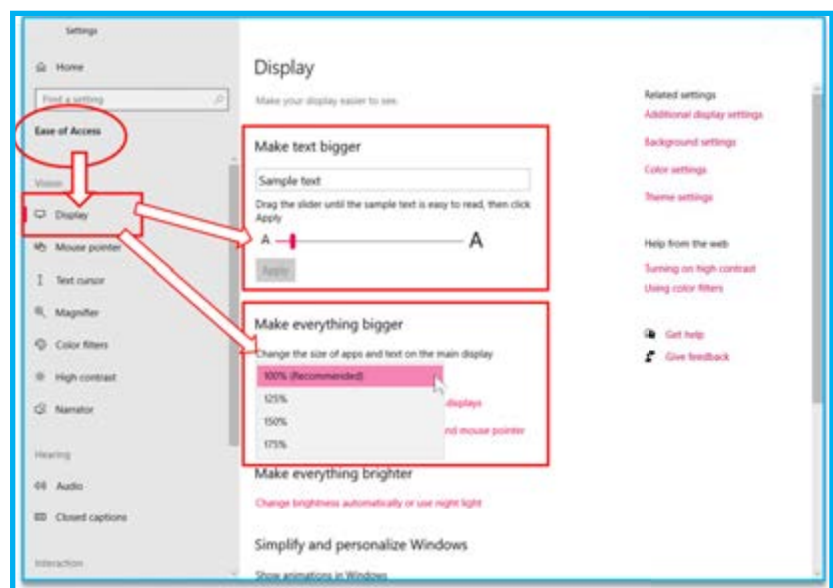
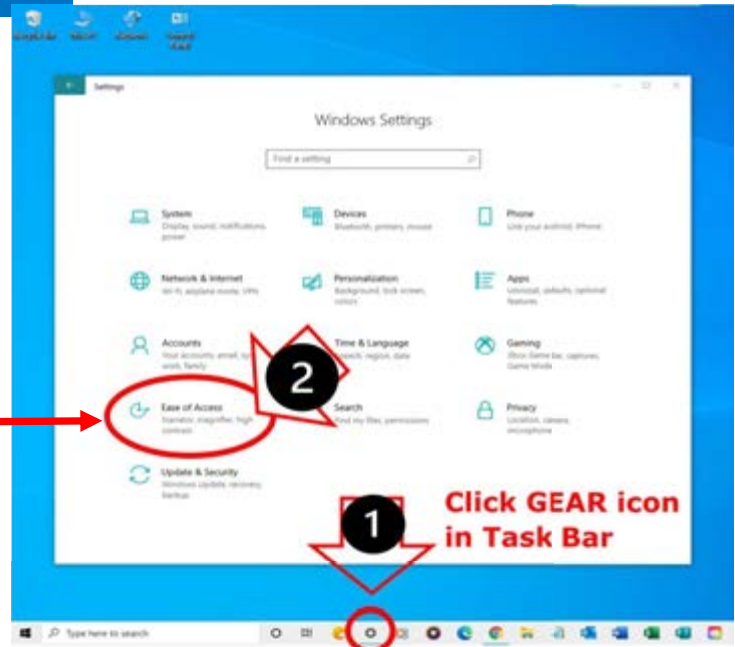
A concussion/mTBI can cause vision problems.

Making the text a little larger can help ease some symptoms.

Text can be changed by going to:

Settings > Ease of Access > Display

- ♦ To access "**SETTINGS**" go to the **Task Bar** where the App icons are lined up.
- ♦ Move your mouse arrow to the "**Gear**" shaped icon (#1 in the top image). Click on it and a window will pop up like this one
- ♦ Move your mouse so that your arrow is pointing to the "**System**" area (#2 in the top image). Click on it and it will open the next window.
- ♦ In the new window, in the left column, click on "**Display**"
- ♦ You will see a **slider to increase text size** on your screen (100% to 225%). Click "**Apply**" when you're done.
- ♦ **OR** - you can use the **drop-down box** and choose to increase the size of **everything on your screen (including the text)**. You can increase to 125%, 150% or 175%.
- ♦ **Start with 125%** and try it! You can always change it back.





Dad Jokes

@Dadsaysjokes

A man walks into a bar.
Lucky bastard.

I hated my new haircut.
But then it grew on me.

What do you call a magician who
loses his magic?
Ian.

I hate spelling errors
You mix up two letters and your whole
one liner is urined.

Orion's Belt is a big waist of space.

A truck carrying toupees crashed on the
highway, scattering its cargo
Police are combing the area

My wife accused me of hating her
family
I told her, "your mother-in-law is way
better than mine!"

I went to a bookstore and saw a book
titled
"How to solve 50% of your problems".
I bought 2.

My wife asked me why the bottle of
wine we bought yesterday was half
empty.
I said because she is a pessimist.

RECIPE

IRISH STEW

From - <https://www.delish.com/cooking/recipe-ideas/a26258692/irish-stew-recipe/>

Irish stew is a lamb or mutton and root vegetable stew native to Ireland. As in all traditional folk dishes, the exact recipe is not consistent from time to time, or place to place. Basic ingredients include lamb, or mutton, as well as potatoes, onions, and parsley. It may sometimes also include carrots.



INGREDIENTS

3 tbsp. extra-virgin olive oil, divided
2 lb. beef chuck stew meat, cubed into 1" pieces
Kosher salt
Freshly ground black pepper
1 yellow onion, chopped
2 medium carrots, peeled and cut into rounds
2 stalks celery, chopped
3 cloves garlic, minced
3 medium russet potatoes, peeled and cut into large chunks
4 c. low-sodium beef broth
1 (16-oz.) bottle Guinness (optional)
2 tsp. fresh thyme
Freshly chopped parsley, for serving

DIRECTIONS

- In a large Dutch oven over medium heat, heat 2 tablespoons oil. Season beef with salt and pepper, then add to pot and cook on all sides until seared, 10 minutes, working in batches if necessary. Transfer beef to a plate.
- In same pot, add remaining tablespoon oil and cook onion, carrots, and celery until soft, 5 minutes. Season with salt and pepper. Add garlic and cook until fragrant, 1 minute.
- Add beef back to Dutch oven, then add potatoes, broth, beer, and thyme. Bring to a boil, then reduce heat to a simmer. Season with salt and pepper. Cover and let simmer until beef and potatoes are tender, 30 minutes.
- Garnish with parsley before serving.

RECIPE

Tania's Chocolate Cream Pie



INGREDIENTS

- 170g. milk chocolate*
- 20 marshmallows, cut in half (or 200 miniature)
- 55 ml milk
- 450 ml whipping cream
- 1 graham cracker crust

DIRECTIONS

- Melt chocolate and marshmallows into the milk in a pan together over a low heat, stirring constantly.
- Let cool completely. Whip cream until stiff. Reserve 1/3 to 1/2 c. whipped cream.
- Fold in chocolate mixture. Pour into crust and place small dollops of whipped cream on top. Chill until firm (2.5 to 3 hours or more).
- Serve when desired.
- ***NOTE:** some of the chocolate may be reserved and grated on top of pie after cream dollops are added

Famous Magazines - Word Search

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

ALLURE
 CHATELAINE
 COSMOPOLITAN
 ELIZA
 ELLE
 FASHION
 FLARE

FLAUNT
 GLAMOUR
 HARPERS
 INSTYLE
 LOOK
 LOULOU
 LUCKY
 MARIE CLAIRE

PAPER
 PURPLE
 REDBOOK
 SELF
 SEVENTEEN
 SHAPE
 VOGUE

Answers on last page

April Sudoku

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

EASY level - answers on last page

What do you say to warn your family you're about to test a new joke on them?

Try this on for sighs.

April 2021

SUN	MON	TUE	WED	THU	FRI	SAT
				1 Virtually Step Up	2 Good Friday	3
4 Easter Sunday	5 Easter Monday	6	7	8 Virtually Step Up	9	10
11	12	13	14	15 Virtually Step Up	16	17
18	19	20	21	22 Virtually Step Up	23	24
25	26 St. George's Day (Newfoundland and Labrador)	27	28	29 Virtually Step Up	30	

I went to a deli and said, I'd like to buy a bagel with cream cheese.

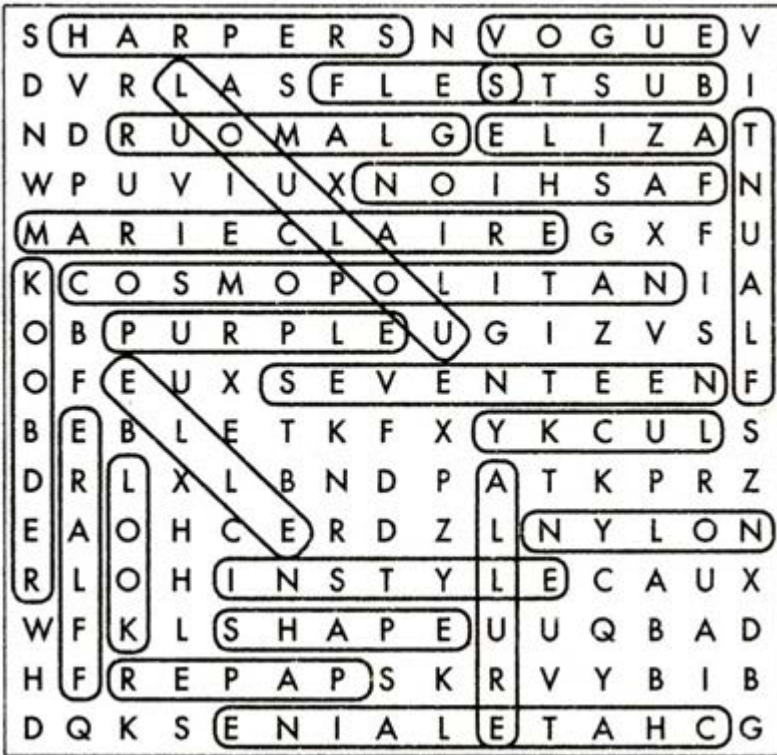
...

The kid behind the counter said, sorry we only take cash or credit cards.

Contact hannah@biaov.org

for weekly time for the ***Virtually Step Up*** Meeting !

FASHION MAGAZINES



APRIL SUDOKU

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

Slow Delivery

One day is all I lasted as a Mailman. Turned up on time in my shiny new uniform, was handed a letter and thought to myself..

..this isn't for me.

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.