

BIAOV

# Newsletter

May & June 2024

## Members of the BIAOV took part in Ottawa Race Weekend!

Francois ran the 5k with a guide runner Charlotte.

Murray walked the 10k with a guide.

Both had amazing times and totally loved all the screaming fans along the way!



Ottawa Race Weekend!

### WHAT'S IN THIS MONTH'S ISSUE?

- Resources
- Peer Support Corner
- Support Groups & Programs
- Crossword
- Word Search
- June 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](mailto:aroundtherainbow@familyservicesottawa.org).

***Bring on the  
warmth...***



**BRAIN INJURY  
ASSOCIATION**  
of the Ottawa Valley

## Coming Eventss

Vista Centre Brain Injury Services is proud to host the 13th Annual Brain Injury Awareness Day on June 12, 2024. This one-day event features expert speakers offering research and valuable insights to survivors, family members, service providers, and clinicians.

This year we are excited to announce Nathan Reich, a gold winning Canadian Paralympic athlete, as the Keynote Speaker. We will be offering the opportunity to participate in this exciting event in person or virtually. Opportunities are available to sponsor this event in person, virtually or both. Welcoming and bringing together brain injury survivors, family members, health care service providers and legal professionals to learn, to network and promote the quality of life of those affected by a brain injury.

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

**Looking for...  
Program Manager  
Recreational Director  
Volunteers**

[WWW.BIAOV.ORG](http://WWW.BIAOV.ORG)

# *Brain Injury Awareness Month*

Hello Everyone,

I hope you are all doing well and trying to enjoy the beautiful and fresh scenery around you.

The month of June being Brain Injury awareness month I wanted to express to the Brain Injury Survivors, my ultimate admiration.

Having been volunteering and working as the Peer Support Coordinator all together for over 20 years, I have seen extraordinary circumstances with people showing the ultimate courage in surviving. They have shown empathy, patience, courage, determination and in some cases a very strong will to live and survive. Some of them could not have made it without the support of their spouse, partner, caregiver, children, best friends, community and/or neighbours...

For all the people out there who know someone who has had a form of Brain Injury; concussion due to a fall, car accident, falling from a bike, fallen object, hit on the head, bacterial infection to the brain, brain tumour, stroke, to only name a few.

Only they know what they have had to go through and for most of the still struggling and for some a lifelong challenge.

Let's honour them, by respecting them with patience and recognition of their situations and a helping hand, when possible.

Let's all take the time to make the world a better place in being kind to each other...

Please take care!

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

# Watch Your Step



# OBIA

ONTARIO BRAIN INJURY ASSOCIATION  
education + awareness + support

**JUNE IS  
BRAIN INJURY AWARENESS MONTH**

**WATCH YOUR STEP:  
FALLS CAN HAPPEN ANYTIME,  
ANYWHERE TO ANYONE**

Together, we can make a difference. Let's make a meaningful impact in raising awareness and preventing brain injuries across Canada!

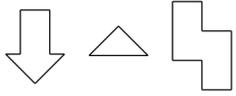
**Learn More**

[www.obia.ca/events/brain-injury-awareness-month/](http://www.obia.ca/events/brain-injury-awareness-month/)

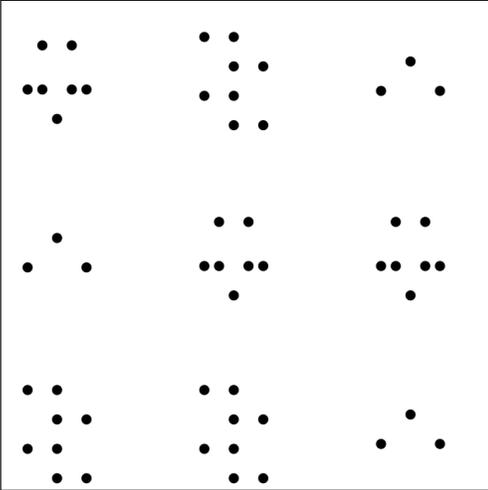
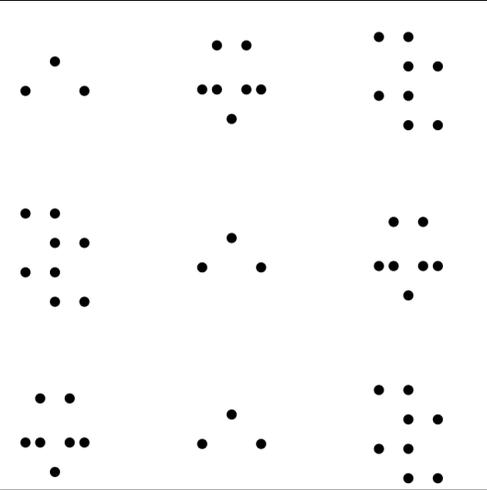
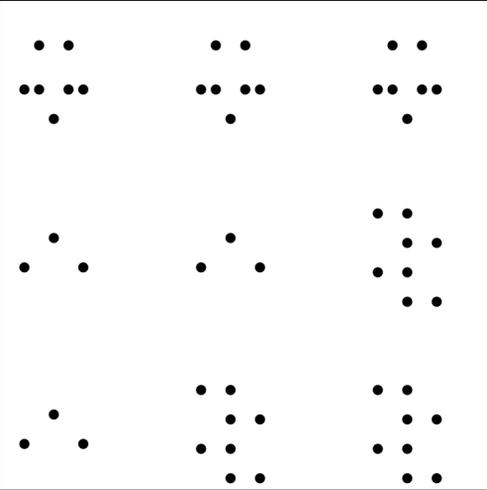
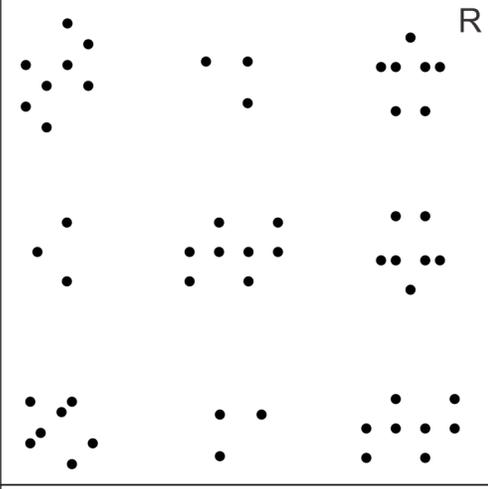
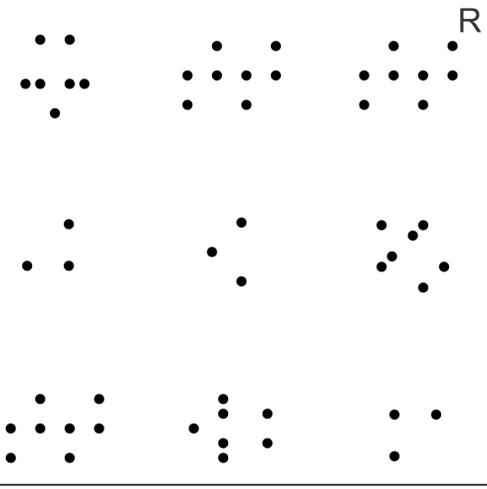
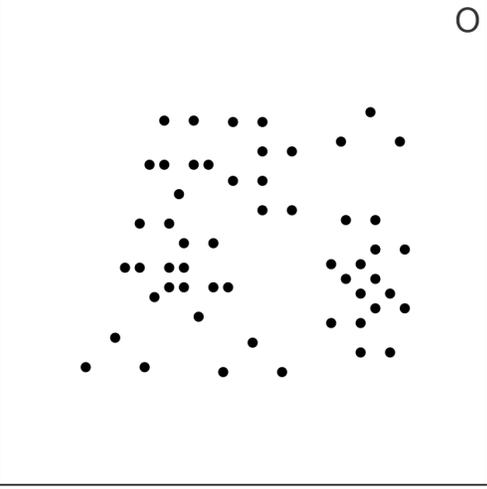
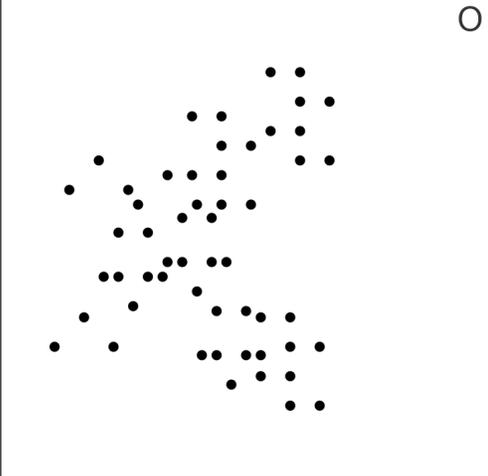
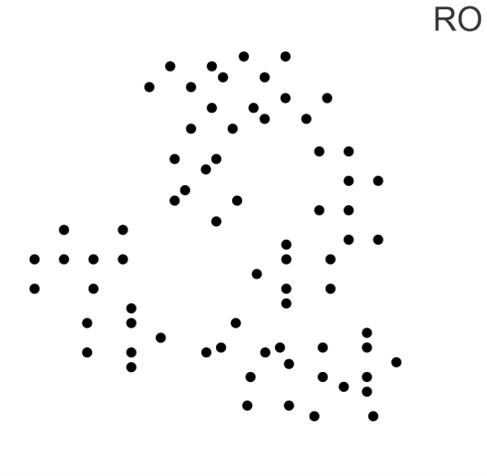
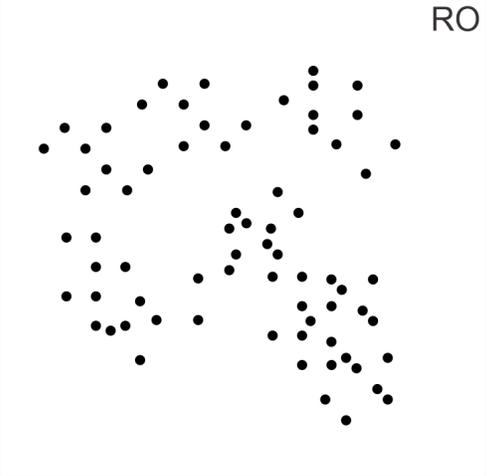
Click the link [here](#) for more information and to register



# May Cognitive Puzzle



## Cognitive puzzles (#35)

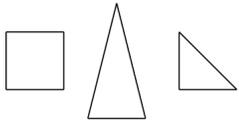
		
		
		

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Print this page. For each frame, find the reference shapes displayed above the frames. To find shapes, link dots together with a pencil. Each dot should be used once. In frames labeled with 'R', shapes may be rotated. In frames labeled with 'O', shapes 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).



# June Cognitive Puzzle



## Cognitive puzzles (#36)


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## Sudoku Puzzle



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

**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.



## May Themed Word Search



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

Victoria

Playoffs

Star Wars

Golf

Flowers

Emerald

Ribbons

Frisbee

Lilies

Tulips

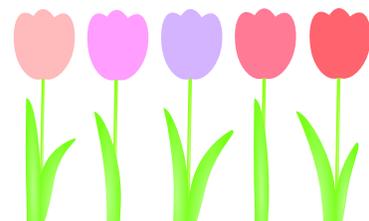
Auroras

Family

Mother

Green

Basket



## Easy Lemon Bars

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### Ingredients

- 3 cups all-purpose flour 360g, divided 2 1/2 cups for crust and 1/2 cup for filling
- 2/3 cups powdered sugar 66g, for the shortbread, plus more for dusting
- 1/2 tsp salt
- 12 tbsp unsalted butter melted, 170g
- 3 tbsp lemon zest zest of three lemons
- 3 cups sugar 600g
- 8 eggs large, room temperature
- 1 cup lemon juice fresh, 240mL



### Instructions

1. Heat oven to 350F and line a baking dish with parchment paper.
2. Whisk together 2 1/2 cups of flour (300g) with the powdered sugar and salt, then pour in the melted butter and mix until combined. You can also do this using a stand mixer with a paddle attachment. If you'd like a dash of vanilla can be added in with the butter at this step.
3. Sprinkle the dough into your lined pan and press down into a flat layer. Bake at 350F for about 20 minutes or until a light golden color.
4. While the crust is baking add the sugar to a food processor and add the zest of three lemons. Pulse until the zest is fully incorporated and sugar is a light yellow color. If you don't have a processor just mince the zest and mix with the sugar in a bag or bowl.
5. Add the sugar and remaining half cup of flour to a large bowl and mix well. You can sift together however and zesty sugar bits will need to get dumped out of the sifter as they might clog things up and not go through.
6. Pour in the lemon juice and add the eggs then mix very well until completely combined.
7. Pour the filling onto the warm crust then transfer to oven and bake for about 25 minutes, turning halfway through the bake. Remove from oven and allow to cool for an hour before chilling in the refrigerator for two hours.
8. Dust with powdered sugar and cut into bars using a clean, sharp, damp knife. Clean and re-wet the knife after each cut.

**Reference and recipe [here](#)**

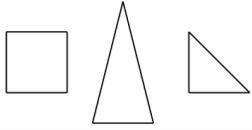


# June Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 <b>Step up Group with Wendy at 2pm-3pm (Virtual)</b>	4	5	6	7	8
9	10 <b>Step up Group with Wendy at 2pm-3pm (Virtual)</b>	11	12 <b>Brain Injury Awareness Day</b>	13	14	15
16	17 <b>Concussion Support Group (Virtual) 1-2 pm</b> <b>Step up Group with Wendy at 2pm-3pm (Virtual)</b>	18	19	20	21	22
23	24 <b>Step up Group with Wendy at 2pm-3pm (Virtual)</b>	25	26 <b>Family Support Group 7 p.m.</b>	27	28	29
30						



## Cognitive puzzles (#35) - Solutions

## Cognitive puzzles (#36) - Solutions




# Puzzle Solutions

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



# Contact Us

**Scott Vernon**

Email: [scott@biaov.org](mailto:scott@biaov.org)

**Hélène Richardson**

Email: [pscbiaov@gmail.com](mailto:pscbiaov@gmail.com)

**This Could Be You**

Email: [recreation@biaov.org](mailto: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](mailto:contact@biaov.org)

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