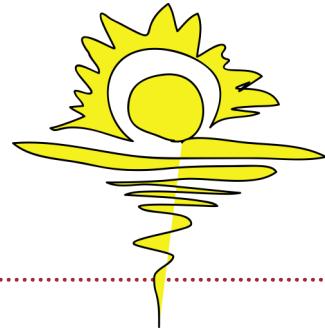


BIAQD Newsletter

For members of the Quinte Area Brain Injury Association



NOVEMBER 2018

HAVE YOU SEEN US ONLINE? www.biaqd.ca



Remembrance Day



Remembrance Day is a day for all Canadians to remember the men and women who served and sacrificed for our country. It is a day we encourage every individual, young and old, to pause, to give thanks and to remember.

Honour and Remember

The Remembrance Day Ceremony has played a major role in Remembrance since 1931. Every year, at the eleventh hour of the eleventh day of the eleventh month, we gather in memorial parks, community halls, workplaces, schools and homes to stand in honour of all who have fallen. Together, we observe a moment of silence to mark the sacrifice of the many who have fallen in the service of their country, and to acknowledge the courage of those who still serve.



SANTA is coming for a visit!

Prince Edward County's only nighttime Santa Claus parade! Friday, November 23, 2018 Main Street,
Bloomfield
6:30 p.m.

Trenton Santa Claus Parade

When: Sunday, November 25th, 2018 starting at 4:30 p.m.

Frankford Santa Claus Parade

When: Saturday, November 24th, 2018 at 2:00 p.m.

Picton Santa Claus Parade

When: November, 25th, 2018, starting at 1 p.m.

Napanee Parade of Lights takes place on Saturday, December 1, 2018. start at 5:30pm

Stirling Santa's Procession - 2pm Santa's reindeer will be outside the Albert Halls from 1.00pm.

Tweed... at the time of writing, there was no info on a parade



20th Annual Belleville Nighttime Santa Claus Parade

Date: Sunday November 18th, 2018

Start Time: 4:30pm

Route:

Leave the Fairgrounds property exiting onto Sidney Street, turning east along Bridge Street

Parade Route Map Available Soon



Chicken Enchilada-Stuffed Spaghetti Squash

This healthy 5-ingredient spaghetti squash recipe is a satisfying low-carb alternative to taco night. If you have leftover cooked chicken on hand, skip Step 2 and stir 2½ cups into the filling. Look for an enchilada sauce with less than 300 mg of sodium per serving, such as Hatch brand.

Ingredients

- 2 8-ounce boneless, skinless chicken breasts
- 1 2½- to 3-pound spaghetti squash, halved lengthwise and seeded
- 1¼ cups red enchilada sauce, divided
- 1 medium zucchini, diced
- 1 cup shredded pepper Jack cheese



DIRECTIONS

Position racks in upper and lower thirds of oven; preheat to 450degrees F.

Place chicken in a medium saucepan, add water to cover and bring to a boil. Cover, reduce heat to low and gently simmer until an instant-read thermometer inserted into the thickest part registers 165degrees F, 10 to 15 minutes.

Transfer the chicken to a clean cutting board and shred with 2 forks. Transfer to a large bowl.

Meanwhile, place squash cut-side down in a microwave-safe dish and add 2 tablespoons water. Microwave, uncovered, on High until the flesh is tender, about 10 minutes. (Alternatively, place squash halves cut-side down on a rimmed baking sheet. Bake in a 400°F oven until the squash is tender, 40 to 50 minutes.)

Use a fork to scrape the squash from the shells into the large bowl. Place the shells on a broiler-safe pan. Stir 1 cup enchilada sauce, zucchini, ½ teaspoon pepper and ¼ teaspoon salt into the squash and chicken. Divide the mixture between the shells; top with the remaining ¼ cup enchilada sauce and cheese.

Bake on the lower rack for 10 minutes. Move to the upper rack, turn the broiler to high and broil, watching carefully, until the cheese starts to brown, about 2 minutes. To serve, cut each shell in half.

- Active 35 m
- Ready In 50 m
- Serves 4



Has your last year brought you together with 'like' people/friends



Come join us!

Come join us!



BIAQD has become a great place for us to meet and chat, exercise, learn new crafts and get out in group activities!

I cannot stress enough how important it is to so many of us to have a place to get together and not feel judged or looked down upon.

Here are a few pictures of what we are doing...

Call the BIAQD office to discover what awaits there for you to enjoy!



Now... you
MUST CENTRE
Your clay....
Easy peasy, right?



**Friends
Just Having
FUN**



And as easy as that
you have made a
dish!
hahahaha

Old TV Shows

Find and circle all of the old TV shows that are hidden in the grid.
The remaining letters spell the name of an additional old TV show.



ALICE
 BEN CASEY
 BEVERLY HILLBILLIES
 CHIPS
 CANNON
 CAPTAIN KANGAROO
 DOBIE GILLIS
 DONNA REED
 DR. KILDARE
 EMERGENCY
 FLIPPER

FLYING NUN
 FUGITIVE
 GOMER PYLE
 GOOD TIMES
 GREEN ACRES
 GREEN HORNET
 HOWDY DOODY
 I SPY
 IRONSIDE
 JETSONS
 KOJAK

L.A. LAW
 LASSIE
 LOVE BOAT
 MAD ABOUT YOU
 MAUDE
 MEDICAL CENTER
 MIAMI VICE
 MOD SQUAD
 MOONLIGHTING
 MURPHY BROWN

ODD COUPLE
 PEYTON PLACE
 RAWHIDE
 RIFLEMAN
 RIN TIN TIN
 SOAP
 ST. ELSEWHERE
 TAXI
 THREE'S COMPANY
 WALTONS





10 Little Things To Do Before Guests Come Over

1. Place Extra Toilet Paper Where It Can Be Reached

Even if you have a small space, placing an extra roll on the counter, or on the floor next to the toilet is perfectly acceptable. No one wants to do the pants around the ankles dance around the bathroom to try to find it. (Too much information, nah, you totally know what we mean.)

2. Acquire Ice

If you have an ice machine available to you, this might entail dumping a bunch of extra ice into a separate container to allow it to make more. Or it could mean buying some ice, even if you need to use a cooler. A halfway-warm drink is never fun, especially in a hot room full of people.

3. Adjust The Temperature

If you're planning on packing the house full and you've had your oven on all day, then open a window or turn down the heat. No one wants to sit in their own stew or likewise freeze because it's too cold. Have blankets on hand if you're place is always chilly or make sure the bar is fully stocked.

4. Dig In Your Sofa

Unless you're one of those folks who cleans between their sofa cushions everyday (I'd tell you I am... but that would just be a lie), there's bound to be something in there. Who knows how it got there... *husband... kids... dog...* it doesn't matter, but you don't want your guests to find that pile of crumbs or stray fork that didn't make it back to the kitchen before you do.

5. De-Personalize Your Bathroom

It's easy to have a bathroom overflowing with blow dryers and makeup, personal hygiene products, and other items. Although friends won't fault you for having shampoo in your shower, if you only have one bathroom in your space, making it a little less personal (and cluttered) can be a good thing. Tuck away what you can, clean what sits out, and if your toothbrush looks like it's been used on a Saber tooth tiger... don't hesitate to buy a new one.

7. Rotate Your Laundry

For anyone that has in-home appliances, it's natural to keep laundry running while you're taking care of other things around the home. Once company arrives however, all recognition of this task goes out the window (for obvious reasons). Make sure your wash load is rotated through so it doesn't get musty, your dryer load has been put away and you're ready to take on table linens after your meal.

8. Assess Your Medicine Cabinet

This isn't to say that every party will give you a headache, but being prepared just in case without having to take a bus to the closest CVS or Walgreens is a good thing. It doesn't hurt to have a pack of Benadryl on hand just in case anyone has an allergy at the party ([to food](#) or in general).

9. Log Out Of Your Computer

Some of you might have your computer password-protected, but you don't want a friend picking up your iPad and posting to your Facebook wall for fun. It can get out of control fast, especially if there's alcohol involved.

10. Be Prepared For A Sleepover

Depending on how late your party goes, be prepared to have a friend crash on your sofa or in your guest room. Knowing that you have clean linens to throw over the cushions or that your extra pillow has a pillowcase is a serious plus.

Baked Macaroni and Cheese Cupcakes

- prep time 45 min
- total time 80 min
- serves 6 - 8

Ingredients

Vegetable cooking spray
2 cups dried bread crumbs
1 Tbsp olive oil, plus extra for drizzling
8 oz ground turkey or chicken, preferably dark meat
 $\frac{1}{2}$ tsp kosher salt, plus extra for seasoning
 $\frac{1}{4}$ tsp freshly ground black pepper, plus extra for seasoning
8 oz small pasta such as pennette, shells, or elbows
2 cups grated Parmesan
1 $\frac{1}{2}$ cups grated white Cheddar
1 cup cherry tomatoes, quartered
2 cups chopped broccoli, blanched (see Cook's Note)
1 lb(s) asparagus, cut into 3/4" pieces, blanched



You can do this!!!

How to Make It

1. Preheat the oven to 375°F. Spray 2 12-cup muffin or cupcake pans with vegetable cooking spray. Using 1 cup of breadcrumbs, coat the inside of each muffin cup with breadcrumbs, shaking off any excess.
2. In a medium skillet, heat 1 tablespoon of olive oil over medium-high heat. Add the ground turkey, or chicken, if using, 1/2 teaspoon salt, and 1/4 teaspoon pepper, Cook for 5 to 8 minutes, stirring frequently, until cooked through. Set aside and cover to keep warm.
3. Bring a large pot of salted water to a boil over high heat. Add the pasta and cook until tender but still firm to the bite, stirring occasionally, about 8 to 10 minutes. Drain and add to a large bowl. Stir in the cooked turkey and the cheeses. Season with salt and pepper, to taste. Spoon the prepared pasta mixture into the cupcake molds, filling evenly to about 2/3 full. Arrange a few pieces of tomato, broccoli and asparagus into each cup. Top with a thin layer of the remaining bread crumbs and drizzle with olive oil.
4. Bake until golden brown, about 15 to 20 minutes. Let cool for a few minutes and carefully unmold with a spoon onto a serving platter.

Cook's Note: To blanch vegetables, bring a large saucepan of salted water to a boil over high heat. Add the vegetables and cook for 1 to 2 minutes until very crisp. Using a small strainer, remove the vegetables and immediately plunge into a bowl of ice water. Drain and use.

A Word About Our MARKETPLACE

market@biaqd.ca

market@biaqd.ca

Our Marketplace page was created for us to inform the public of the amazing crafts our different groups are making.

In this way we are getting funding, from the sales to our wonderful supporters, that will keep our craft programs going.

We do woodworking and painting/staining/decorating of same, sewing, knitting, painting, card making and much more as inspiration strikes. Here are a few things done recently...

We also have sales and will do a 'giveaway' item from time to time.... Keep an eye on the web site for our next special!

If you have an event coming you can now order your cards and personalize them!

We are thinking Fall and Christmas...



Our UPDATED Web Page....

With many thanks to our summer student, Mallory, we now are enjoying a newly designed and up to date web site! She worked very hard on this getting much information from Jennifer. If there was content they wanted but did not have, Jennifer knew where and who to go to. There are still a couple of pages that need to be completed , but overall it is an amazing site!

Please take a look and enjoy!

BIAQD.ca

Colour Me



Oreo Christmas Tree



Ingredients

2 c. white chocolate chips
2 tbsp. coconut oil
6 drops green food coloring
15 oreos
Christmas nonpareils ... sprinkles
gold sanding sugar
1 thick pretzel rod
1/4 c. chocolate chips, melted
Mini M&Ms

How to Make It

In a small heatproof bowl, combine chocolate chips, coconut oil, and food coloring. Microwave in 30-second intervals, stirring occasionally, until chocolate is melted. Stir until smooth.

Line a small baking sheet with parchment paper. Dip each Oreo in green melted chocolate, using a spoon to fully coat, then place on baking sheet. Sprinkle immediately with nonpareils and sanding sugar.

Refrigerate until chocolate hardens, about 10 minutes.

Arrange Oreos in a large triangle, side by side, on a serving platter to form a tree. Break off a small piece of a pretzel rod (about 2") and dab a bit of melted chocolate on the broken side. Stick pretzel rod on the bottom middle Oreo to create trunk.

Transfer remaining melted chocolate to a small ziploc bag and snip the corner. Pipe chocolate to look like string for Christmas lights on the tree. Arrange mini M&M's on top of the melted chocolate to look like lights.

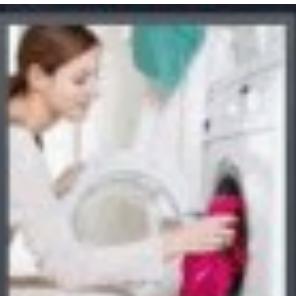
Let set 5 minutes before serving.

4 PICTURES THAT HAVE 1 WORD IN COMMON
WHAT IS IT?



THREE LETTER WORD

--	--	--



FIVE LETTER WORD

--	--	--	--	--



CARAMEL APPLE CREAM CHEESE SPREAD

YIELD: 12

PREP TIME: 10 MINUTES

This easy party spread is super satisfying and so easy to make and perfect for any fall entertaining.



Ingredients

8 ounces cream cheese

1/2 cup (or more) caramel sauce (homemade or store-bought)

1/2 cup (or more) toffee bits

sliced apples, pears, pretzels for serving (at least 4-5 apples)



How to Make It

1. Place cream cheese on a serving dish. If you'd like, shape into a round and indent in the center to hold more caramel. Pour as much caramel sauce as you want evenly over cream cheese. Sprinkle with a generous helping of toffee bits.
2. Serve with sliced apples, pears, or pretzels.

Eat Less, More Often

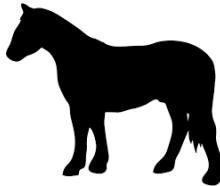
A recent study published in the *British Medical Journal* determined self-reported eating frequency; amount and types of nutrients eaten; and fat concentrations in the blood for nearly 15,000 people 45-75 years of age. Eating frequency per day was classified into five groups: one-to-two meals; three meals; four meals; five meals; or six-or-more meals.

Blood concentrations of "bad" and total cholesterol decreased steadily with an increasing number of meals eaten per day. Cholesterol levels were significantly lower in those eating six-or-more meals per day than in those eating only one or two meals. Despite lower cholesterol levels, eating more often was also linked to higher calorie, fat, carbohydrate, and protein consumption, however.

This study is one of many that show the benefits of eating numerous small meals per day, as opposed to only a few large ones. By consuming five or six daily meals, your body will also convert less off the food you eat into fat and maintain a constant blood-sugar level, making you less likely to experience periods of low energy. Be careful not to simply eat the same sized meals you eat now, but more often - or you might actually gain weight and raise your cholesterol.



Top 10 Winter Pet Safety Tips



- 1. Never leave your cat or dog alone in a cold car.** Cars hold in the cold, acting like refrigerators, which can cause your pet to freeze to death.
- 2. Keep your pets warm.** If it's too cold for you to stay outside, it's too cold for your pet. Although some breeds can withstand colder temperatures, it is important to supply adequate housing.
- 3. Keep animals away from winter puddles.** They may contain ethylene glycol found in antifreeze which can be fatal if ingested.
- 4. Keep your pets away from bodies of water.** With melting ice and rising water levels, lakes can be extremely dangerous for you and your pet.
- 5. Wipe your pet's paws and underside after being outside.** Salt and ice melt can irritate and burn, and also be fatal if ingested.
- 6. Be aware of cats seeking warmth under vehicle hoods.** Try knocking on the hood of your car to scare them away before starting the engine.
- 7. Don't let your dog off leash especially during a snowstorm.** They can easily lose their scent and get lost.
- 8. A warm place to sleep.** Ensure your pet has a thick cozy bed or blanket away from any drafts and off the cold floor.
- 9. Dress for the weather.** Use booties and winter sweaters to help keep your pets warm during outdoor excursions.
- 10. Prepare an emergency pet survival kit.** You never know when a storm might keep you from being able to leave the house for extended periods.



Preparing Your Horse for Cold Weather

- Just a joke....but I did read it...



it's a HOliDay PaRTY

BIAQD Family Holiday Party!
Friday December 14th, 2018
5:30 P.M.



Turkey Dinner with all the Trimmings

Entertainment & Crafts for Younger Guests

Meet a Special Visitor



To Attend
Please RSVP
by December
5th
613-967-2756



Uncorked 2018



Fundraiser Dinner / Holiday Party

Saturday December 1, 2018

Sans Souci
240 Front St.
Belleville, ON

Join the Brain Injury Association Quinte District for a fantastic Evening filled with great food, musical entertainment, live and silent auctions, dessert auction, and more. Tickets are \$100.00 each. All proceeds go to Programming, and Supporting Individuals in our Community living with the effects of Acquired Brain Injury.

For more information contact the Brain Injury Association by calling 613-967-2756 or email info@biaqd.ca

Sponsorship Packages Available

