



# BIAQD Newsletter

For members of the Quinte Area Brain Injury Association

**June 2020**



HAVE YOU SEEN US ONLINE? [www.biaqd.ca](http://www.biaqd.ca)

## April and May in review...

**On March 16th, 2020 it was decided to cancel all programs and clients/people were not allowed to visit the office. This took effect Tuesday March 17th, 2020.**

**Jennifer is still taking calls and answering emails, so please stay connected!**

**I am truly missing going to group and seeing friends and doing activities... We hope to begin again soon.**

**Please Note the following :**

## **We have Moved!**

Jennifer has been working extremely hard and has us, and all our things, moved to our new place of business.

Our new address is: **250 Sidney St.  
Belleville, ON  
K8N 3Z3**

It is very accessible with lots of parking and our office is located on the main floor. It is a secure building so you need to phone the office upon arrival to be buzzed in. The entrance is located at the back of the building by the parking lot.

We can't wait for everyone to come and see the new place.

**We wish everyone well....**



# Things have changed for us.

Keep in mind that positive change can create stress just like not-so-positive change. Stress is just your body's way of reacting to change. It's okay to feel stressed even when something good has happened—in fact, it's normal.

For those who regularly attend our groups, note - we will have **heat** and **cooling** air!!!

## FACTS ABOUT JUNE



1. June is the month with the longest daylight hours of the year in the Northern Hemisphere.
2. June's birthstone is the pearl, the Moonstone and the Alexandrite.
3. The June birth flower is the Rose (Rosa) and the Honeysuckle (Lonicera).
4. In 2009 June was the 662 most popular name for girls in the USA.
5. Anglo-Saxons gave the June the name Sera monath (Dry month)
6. June is derived from either Juno goddess of marriage or from iuniores (young people)
7. In both common and leap years, no other month begins on the same day of the week as June.
8. June is international men's month.
9. June has the shortest daylight hours of the year in the Southern Hemisphere.

According to *Georgian Calendar*, June is the 6th month of the year. Before Julius Caesar's modifications happened in the initial Roman Calendar, this month used to be 4th month. June comes in the middle of the year and it's named after Jupiter's wife. It consists of 30 days in total.

The month of June happens to be the month of delicacies! All the days dedicated to few scrumptious delicacies fall in this month like National Candy Month, National Dairy Month, National Seafood Month and National Iced Tea Month. All those who are foodies and have a sweet tooth will surely find this fact very interesting.

5th June is the World Environment Day and 20th June is the World Father's Day. Both these days are quite famous and are celebrated worldwide with full zest and joy.

Gemini and Cancer are the astrological signs for June. Birthdays from June 1 through the 20 fall under the sign of Gemini while June 21 through the 30 birthdays fall under the sign of Cancer.

The June Bug, also known as June beetle, is the name for several large beetles seen during May and June.

**Famous people born in June** include Alan Turing, Alanis Morissette, Angelina Jolie, Anne Frank, Che Guevara, David Rockefeller, Fernando Pessoa, Jean-Paul Sartre, Johnny Depp, Judy Garland, Marilyn Monroe, Meryl Streep, Mike Tyson, Nicole Kidman, Orhan Pamuk, Rafael Nadal, Salman Rushdie, Tom Jones, Zinedine Zidane.

## Mindbender

There is a man who goes home one day, to see about answering his e-mail, when he sees Myrtle lying on the floor, dead. There is broken glass, and a large quantity of water on the floor.

What happened?



Many Canadians observe Father's Day on the third Sunday of June. It is a day for people to show their appreciation for fathers and father figures. Father figures may include stepfathers, fathers-in-law, guardians (eg. foster parents), and family friends.

Father's Day is not a public holiday. It falls on Sunday, June 21, 2020 and most businesses follow regular Sunday opening hours in Canada.

Many people in Canada celebrate Father's Day in a variety of ways to express their love and gratitude to fathers or father figures. Father's Day activities include (but are not limited to):

- Participating in Father's Day fun runs and other events in which the proceeds go towards charity or prostate cancer research.
- Buying presents such as neckties and other items of clothing, chocolates, books or equipment for various types of hobbies.
- Giving handmade or purchased cards.
- Breakfasts, brunches, lunches, or dinners either at home or in restaurants.
- Taking fathers or father figures out to the movies, the park, the zoo, or another place of interest.

Some people organize joint Father's Day parties and activities with close friends and family. Those who live away from their fathers or father figures may make long-distance phone calls, send an email or online card, or arrange for gifts to be delivered on Father's Day. Some museums and other venues open to the general public may host special Father's Day celebrations where fathers and father figures can enter free of charge.

Father's Day is not a federal public holiday in Canada. It falls on a Sunday, which is a day off for many workers so many offices and stores are closed. However, some shopping precincts and stores, as well as restaurants, cafes and entertainment venues, may be particularly busy on Father's Day.

There are some suggestions that the idea of Father's Day may originate in pagan sun worship. Some branches of paganism see the Sun as the father of the universe. The June solstice occurs around the same time of year as Father's Day so some people saw a link between the two.

The idea of a special day to honor fathers and celebrate fatherhood was introduced from the United States. A woman called Sonora Smart Dodd was inspired by the American Mother's Day celebrations and planned a day to honor fathers early in the 20th century. The first Father's Day was celebrated in Spokane, Washington on June 19, 1910. Father's Day has become increasingly popular throughout North America and other parts of the world over the years. Mother's Day is also celebrated in Canada on an annual basis.



# Father's Day Word Search

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

BREAKFAST

CARD

DAD

DADDY

DAUGHTERS

FATHER

GIFT

GOLF

GRANDFATHER

JUNE

LOVE

NECKTIES

NINETEEN TEN

PHONE

PRESENT

SONORA DODD

SONS

SPORTS EQUIPMENT

SUNDAY

THIRD



# Spinach, Shrimp and Ricotta Tacos

## Total Time

Prep/Total Time: 30 min.

6 servings

## Ingredients

- 1 carton (15 ounces) part-skim ricotta cheese
- 2 tablespoons minced fresh cilantro
- 4 garlic cloves, minced, divided
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1 tablespoon canola oil
- 1 medium onion, chopped
- 1 pound uncooked shrimp (31-40 per pound), peeled and deveined
- 2 cans (4 ounces each) chopped green chiles
- 1/4 teaspoon crushed red pepper flakes
- 10 ounces fresh baby spinach (about 12 cups)
- 12 corn tortillas (6 inches), warmed
- Salsa and lime wedges



## Directions

- In a large bowl, combine ricotta, cilantro, half the minced garlic, salt and pepper; set aside.
- In a large skillet, heat oil over medium-high heat. Add onion; cook and stir until softened, 4-5 minutes.
- Add shrimp, green chiles and pepper flakes; cook 1 minute longer.
- Add spinach and remaining garlic; cook and stir until shrimp turn pink and spinach is wilted, 4-5 minutes.
- Serve shrimp mixture in tortillas with ricotta mixture, salsa and lime wedges.

# Chocolate-Cherry Ice Cream Sandwiches

## INGREDIENTS

4 scoops ice cream

8 chocolate coated cookies

3 oz. bittersweet chocolate (finely chopped)



## DIRECTIONS

1. Sandwich 4 scoops of ice cream between 8 chocolate coated cookies and freeze on a parchment-lined baking sheet until firm.
2. Melt bittersweet chocolate. Dip half of each sandwich into the chocolate and freeze until set, about 5 minutes.

Just a note....

I have been doing this newsletter for years now and thought you like to know me a bit better. I have a horse named Maggie Mae. We have been together for 11 years now. She very much saved me after my accident and could be a therapy horse anywhere, but she is MY therapy horse.



The broken glass is the fish bowl and Myrtle is a fish