

BIAQD Newsletter

For members of the Quinte Area Brain Injury
Association



January 2020

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NEW YEAR'S DAY THE HISTORY, TRADITIONS, AND CUSTOMS NEW YEARS DAY

New Year's Day is a national holiday celebrated on January 1st, the first day of the New Year, following both the Gregorian and the Julian calendar. This New Year's holiday is often marked by fireworks, parades, and reflection upon the last year while looking ahead to the future's possibilities. Many people celebrate New Year's in the company of loved ones, involving traditions meant to bring luck and success in the upcoming year. Many Cultures celebrate this happy day in their own unique way. Typically the customs and traditions of happy New Years Day involve celebrating with champagne and a variety of different foods. New Years marks a date of newly found happiness and a clean slate. For many celebrating New Years, it is their opportunity to learn from the prior year and make positive changes in their life.

New Year's is one of the oldest holidays still celebrated, but the exact date and nature of the festivities has changed over time. It originated thousands of years ago in ancient Babylon, celebrated as an eleven day festival on the first day of spring. During this time, many cultures used the sun and moon cycle to decide the "first" day of the year. It wasn't until Julius Caesar implemented the Julian calendar that January 1st became the common day for the celebration. The content of the festivities has varied as well. While early celebrations were more paganistic in nature, celebrating Earth's cycles, Christian tradition celebrates the Feast of the Circumcision of Christ on New Year's Day. Roman Catholics also often celebrate Solemnity of Mary, Mother of God, a feast honoring Mary. However, in the twentieth century, the holiday grew into its own celebration and mostly separated from the common association with religion. It has become a holiday associated with nationality, relationships, and introspection rather than a religious celebration, although many people do still follow older traditions.

2020 CALENDAR

- New Year's Day: Wednesday, January 1, 2020
- Good Friday: Friday, April 10, 2020
- Easter Monday: Monday, April 13, 2020
- Victoria Day/National Patriot's Day: Monday, May 18, 2020
- Quebec national Holiday: Wednesday, June 24, 2020 (Quebec only)
- Canada Day: Wednesday, July 1, 2020
- British Columbia Day: Monday, August 3, 2020 (BC only)
- Heritage Day - Alberta: Monday, August 3, 2020 (Alberta only)
- Labour Day: Monday, September 7, 2020
- Thanksgiving Day: Monday, October 12, 2020
- Remembrance Day: Wednesday, November 11, 2020
- Christmas: Friday, December 25, 2020
- Boxing Day: Saturday, December 26, 2020



How to Start the New Year Fresh

After you **celebrate New Years Eve**, it's time to get to work on those New Year's **resolutions**! If you are looking for a way to start the new year fresh, consider changing your look, tidying up your life, and setting goals and intentions. You can do things like get a haircut, donate unworn clothing, start a workout routine, or perform more random acts of kindness. Having a schedule is also important for you to help stay on task achieve more, have an organized day, and stay positive which can help you feel happy which then spreads to others so they feel that same happiness. Little changes can affect those around you positively, so choose wisely. Whatever approach you prefer, it's great to start the new year feeling refreshed and focused, so you are ready to take on the year ahead.

Polishing Your Look

Get a haircut to freshen up your face. Schedule an appointment with your stylist early into the new year. You can get a trim for a subtle upgrade or go for a bold new hairstyle for a totally different look. This way, you'll feel fresh for the year ahead.

- For instance, if you have long, straight hair, consider chopping it to shoulder-length and adding some layers.
- If you have a short hairstyle, consider cutting the sides even shorter for a subtle change. For example, if you have a pixie cut, you can take it even shorter.

Experiment with your look by trying something new appearance-wise. Doing something new with your appearance can help you feel confident as you enter the new year. You can do things like rock a bold lip color, get a new facial piercing, or upgrade your current glasses style. Find what works for your style and budget, and go for something new!^[1]

- You can also dye your hair a bright color, go on a shopping spree for new clothing, or invest in a new pair of shoes.

Start a fitness routine. Think about your current health and your overall fitness goals, and make a plan to improve your health based on where you are. For instance, you can start taking a 20-minute walk after work every day, or you can train to run a marathon in the fall. Start simply and gradually so you can stick with your goals.^[2]

- If you are new to exercise, you can find a gym in your area and start going 3 times a week. Walk on the treadmill for 20 minutes each time to get started.
- If you are a fitness enthusiast, make a goal to improve your BMI or get a six-pack by the end of the year, for instance.



Updating Your Attitude

Practice gratitude every day to fill your life with kindness. Practicing gratitude can boost your mood overall and improve your outlook on life. Each day before you go to sleep, write down 3 things you are grateful for. In addition, express your gratitude for the people in your life by telling them you appreciate them.^[3]

- For example, you can write things like, “I am grateful for my cat,” or “I am grateful for the sunshine today.”

Include a positive affirmation in your daily routine. Positive affirmations refer to a simple, short sentence that you can use as a reminder throughout your day. Using positive affirmations can boost your self-esteem over time, which is helpful when starting off a new year. To work with positive affirmations, find a phrase that works for you, like “I am worthy,” or “I am capable of challenges.” Tell yourself this first thing in the morning and throughout your day as you start to doubt.^[4]

- Tailor your affirmation to your particular life and circumstance. For example, if you are working on being a more supportive friend, your affirmation can be “I am fun and loyal.”

Do random acts of kindness as often as possible. Random acts of kindness are small, deliberate actions performed to bring happiness to other people's day. Do these actions without expecting to get anything in return, but rather to brighten someone's day. This is a great way to start off the new year on a positive, compassionate note.^[5]

- You can do things like giving generous compliments, smiling at strangers, and volunteer for charities.
- Pick up trash on the side of the road, help an elderly citizen cross the road, or give food to the homeless.
- You can also pay for the next person's coffee or give your server a large tip.



Put a coin into an empty bottle and insert a cork into the neck. How can you remove the coin without removing the cork or breaking the bottle?

Tidying up Your Environment

Start your spring cleaning early to tidy up your space. Shortly into the new year, clean up your room, kitchen, bathroom, and/or basement. Tidy up any cluttered areas, throw away garbage, and put away items that are out of place. This way, you'll enter the new year feeling neat and organized.^[6]

- It is also helpful to clean out your car. Get rid of any trash, and sort through your center console and glove box, for instance.

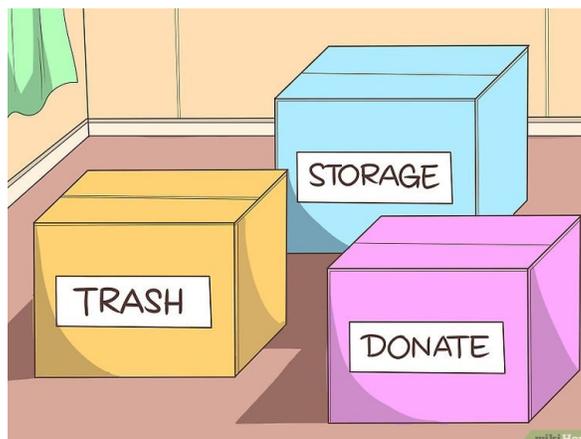
Sort through your clothes and get rid of those you don't wear often. The new year is a great time to take inventory of your wardrobe and get rid of items that no longer fit or suit your style. Take out the clothing in each of your drawers, and create 1 pile for clothing to keep and 1 pile for clothing to rehome. Then, fold your clothes neatly and return them to your dresser or closet. This helps you declutter your space and freshen up your style.^[7]

- After you create a "rehome" pile, consider giving your items to your friends or family members, or donating them to a thrift store or consignment shop.

Add a fresh coat of paint to your walls to freshen up your room. Consider repainting the walls of your home early into the year. Cover the floor and your furniture with a drop cloth, and use a paint roller to apply indoor house paint to your walls. You can pick a new color for a change of pace, for instance.

Purchase a few new decorations to revamp your space. Visit a local thrift or home supply store, and pick out a couple new items to redecorate with. For example, you can get 2-3 decorative throw pillows, a rug, a lamp, or a new bookshelf. Adding a few new items can make your home feel fresh and new.

- You can also get small items like paperweights, vases, and magnets.



Setting Goals and Intentions

Aim to try 1 new thing every month. In addition to your personal resolutions, it is helpful to strive to get out of your comfort zone at least 1 time each month. You can schedule 1 new thing each month, or you can pick a few things and choose when the time comes. Regardless, choose to do something you've never done before or learn about something brand-new to expand your horizons and grow as a person.^[8]

- Trying a new thing can be as simple as eating a cuisine you've never tried before.
- You can do active things like going kayaking, horseback riding, or skydiving.
- Other ideas include taking a language class, joining a yoga studio, or planning a camping trip.

Make a bucket list of 20-50 things to try in the upcoming year. Shortly into the beginning of the year, sit down with a notebook and write out several things you want to do throughout the year. Choose simple, easy things such as "eat more vegetables" or specific, realistic goals like "Go back to college." Add as many items to your list as you feel compelled, and check them off as you complete them throughout the year. The list provides a visual reference, helpful when trying to set goals.^[9]

- You can use this list to help get ideas of new things to try each month.
- Ideas for your bucket list could include visiting New York City, picking your own pumpkin, adopting a dog, taking a cooking class, and traveling to the beach.

Update your resume so you're ready for new opportunities. Shortly into the new year, open up your resume, read it over, and look for ways to improve it. For instance, if you started a new job at the end of the year, add it under your "Employment" section. You can also update the dates to reflect the new year. This way, if you want to apply for a job, you are ready when the time comes.^[10]

- You can also update your contact information or address.

Strive to improve your sleep habits. When the new year rolls in, getting more meaningful and restful sleep is a great goal to add to your resolution list. You can aim to relax more before you go to sleep, such as taking a bath, drinking chamomile tea, and reading a book. You can also go to sleep and wake up around the same time each day to get into a natural rhythm. Improving your sleep will, in turn, help you feel focused and energized throughout the year.^[11]

- You can also use white noise or nature sounds to help you fall asleep.
- Consider taking a melatonin supplement if you have trouble sleeping. Melatonin is a hormone produced in your brain that helps regulate sleep cycles. By adding 1-3 mg a day, you may get more restful sleep over time.



market@biaqd.ca

A Word About Our MARKETPLACE

market@biaqd.ca

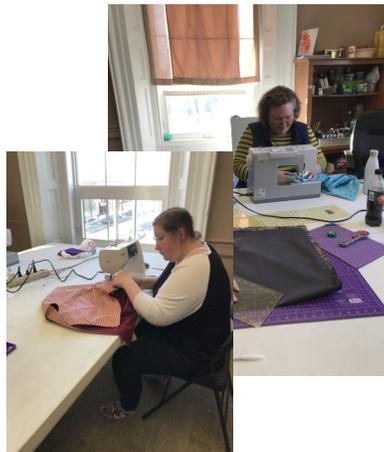
Our Marketplace page was created for us to inform the public of the amazing crafts our different groups are making.

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!



Our new member, Kayla, has taken to sewing with the group well. We appreciate all the help!

The bags turned out great

Come join us and try something new and fun!

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

Left-over roast turkey pie



- **SERVES 4**
- **1 Hour**
- **EASY**

INGREDIENTS

- **olive oil**
- **chestnut mushrooms** 250g, quartered
- **leeks** 2, trimmed and chopped
- **butter** 25g
- **plain flour** 2 tsp
- **strong chicken stock** 300ml
- **crème fraîche** 4 tbsp or sour cream
- **cooked chicken** 500g, cut into large chunks
- **flat-leaf parsley** chopped to make 1 tbsp
- **ready-rolled puff pastry** 320g sheet

How to Make It

Heat 1 tbsp of olive oil in a pan. Cook the mushrooms over a fairly high heat, stirring, until cooked and golden - this will really concentrate their flavour when they go into the pie later, so don't skimp this step.

Scoop the mushrooms out of the pan and add the leeks and butter. Cook gently for 10-15 minutes or until really soft, then sprinkle with the flour. Stir the leeks over the heat for 2 minutes then gradually stir in the chicken stock. Simmer for 3-4 minutes or until thickened.

Add the crème fraîche, or sour cream, mushrooms, chicken and parsley. Tip everything into a baking dish.

Heat the oven to 375. Cover the baking dish with the pastry, crimp the edges with a fork, then make a steam hole in the centre. Bake for 25-30 minutes or until puffed and golden.



Board Games Word Search Puzzle

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

APPLES TO APPLES

BACKGAMMON

BATTLESHIP

CANDY LAND

CHECKERS

CHESS

CLUE

CONNECT FOUR

GUESS WHO

LIFE

MAH JONGG

MANCALA

MONOPOLY

OTHELLO

PICTIONARY

RISK

SCRABBLE

SORRY

STRATEGO

TROUBLE



Turkey chilli bean stew

Ingredients

- olive oil
- onion 1 large, chopped
- garlic 2 cloves, crushed
- carrot 1, cut into small dice
- celery 1 stick, cut into small dice
- chipotle paste or hot or smoked paprika 2 tbsp or 2 tsp
- green pepper 1, cut into chunks
- chopped tomatoes 400g tin
- chicken stock 400ml
- black beans 400g tin, rinsed and drained
- cooked turkey or chicken 200g, torn into chunks
- coriander ½ small bunch, chopped
- crusty bread to serve



Make It

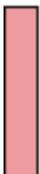
Heat 1 tbsp olive oil in a pan. Cook the onion, garlic, carrot and celery for 5 minutes until softened. Add the chipotle paste and green pepper, and cook for a minute. Stir in the tomatoes and stock and bring to a simmer. Add the beans and cook for 20 minutes until the sauce thickens. Stir in the turkey and simmer for 5 minutes. Sprinkle with coriander and serve in bowls with crusty bread.

This is a good way of using up cooked meat over the holidays - chicken or ham would work nicely as well. The chipotle paste and smoked paprika gives this a lovely smoky, but not too hot, chilli flavour

- 30 Minutes
- SERVES 2
- EASY



Winter Color By Number Worksheet

 0=White	 1=Black	 2=Red	 3=Yellow	 4=Blue	 5=Pink
0 0 3 3	0 0 3 3	3 3 3 3	3 3 3 3	3 3 3 3	3 3 3 3
0 0 0 0	0 0 0 0	4 4 4 4	4 4 4 4	4 4 4 4	1 1 1 1
0 0 0 0	0 0 0 0	2 2 2 2	0 0 0 0	0 0 0 0	0 0 0 0
0 0 0 0	0 0 0 0	2 2 2 2	2 2 2 2	5 0 1 0	0 0 0 0
0 0 0 0	0 0 0 0	5 5 5 5	0 0 0 0	0 0 0 0	0 0 0 0
0 0 3 3	0 0 3 3	3 3 3 3	3 3 3 3	3 3 3 3	0 0 0 0
0 0 3 3	0 0 3 3	3 3 3 3	3 3 3 3	3 3 3 3	0 0 0 0
0 0 3 3	0 0 3 3	3 3 3 3	3 3 3 3	3 3 3 3	0 0 0 0
0 0 3 3	0 0 3 3	3 3 3 3	3 3 3 3	3 3 3 3	0 0 0 0

Does a new decade begin in 2020? Not everyone agrees

Jan. 1, 2020 is the beginning of [a new year](#) — but is it also the start of a new decade?

Well, that's up for debate.

While it may seem like a simple answer, disagreement over whether the new decade begins this week or a year later is flaring up on social media.

The answer isn't totally clear, and it's a debate that's popped up in the past between two sides — Team Zero and Team 1. Some people believe the decade begins at Year Zero, or 2020, others believe it should begin at Year 1, or 2021.

What Team One says

The National Research Council of Canada, which [oversees Canada's official time source](#) of atomic clocks, explains on its website that in the Gregorian calendar, there is technically no Year Zero.

That's why it argues that, for example, the third millennium and 21st century actually began on Jan. 1, 2001.

The U.S. Naval Observatory holds the same position. In 1999 — just before a new millennium was celebrated at midnight in 2000 — the organization [did a deep dive into the topic](#).

It found that years are counted beginning with AD 1. That means a century begins at Year 1 and goes to 100.

According to the American Astronomical Society's Rick Fienberg, there's no one definition of what constitutes the official beginning of a decade. But Fienberg did [tell NPR radio](#) that the answer seems clear.

"History is clear: because there was no Year Zero, the first decade of the common era (CE or AD) was years 1 to 10, the second decade was years 11 to 20, and the next decade will be years 2021 to 2030," he said.

"It's true that 'the 20s' — that is, the period 2020 to 2029 — is a decade, i.e., 10 years, but in terms of keeping track of decades from a calendrical (rather than cultural) perspective, the decades are counted as noted above."

What Team Zero says

However, all this didn't stop people around the globe from celebrating the year 2000 as a new millennium, century and decade.

That's because a decade technically just means any 10-year period.

The U.S. National Institute of Standards and Technology — which serves as the country's official source of time — weighed in on the matter, with scientist Andrew Novick breaking down why the Year Zero argument still carries some substance.

While Novick acknowledged the official calculations begin at Year 1, he noted that in practice, things are different.

“Culturally, people have referred to a decade as a period starting with a 0 and ending with a 9 (1970-1979),” [Novick wrote on Twitter](#). “Make sense? You wouldn’t say that someone born in 1970 was from the sixties, would you?”

From Cindy...

As 2020 begins I would like to thank everyone at the BIAQD program for the support they have given me in my endeavours with this newsletter.

As you know, I have been doing this for quite awhile. At this time I am asking if anyone out there would like to give this a try? It would be good for a change and new ideas, even if there is a volunteer for a month or so.

Please let Jennifer or I know

Thank you
Cindy

