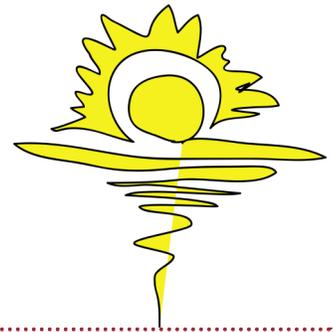


# BIAQD Newsletter



For members of the Quinte Area Brain Injury Association

**JUNE 2017**

HAVE YOU SEEN US ONLINE? <http://biaqd.ca>



**BRAIN INJURY**  
CANADA

**LÉSION CÉRÉBRALE**  
CANADA

## News from Harry Zarins, Executive Director of the Brain Injury Association of Canada

I just want to keep you in the loop on some important things out of Ottawa AND also provide you with information on Brain Injury Awareness Month and other developments. Please feel free to circulate this information within your communities.

### Statements in Provincial Legislative Houses and City Halls

Below you will find a Sample Standing Order Statement / Proclamation that you can use when speaking to provincial and / or civic leaders. Please feel free to tailor it to your area and location to have a local or provincial leader read in the appropriate government house, provincial or civic.

Mr. Speaker, Today June 1st and during the month of June throughout Canada, the Brain Injury Association of BELLEVILLE and the Brain Injury Association of Canada designates June as National Brain Injury Awareness Month to highlight awareness on the effects and causes of acquired brain injury across Canada.

As incredible as this may sound, brain injury in Canada is a silent epidemic. In Canada, brain injury is the number one killer and disabler of people under the age of 44. Statistics further indicate that incidences are two times greater within the male population.

Mr. SPEAKER, acquired brain injury is defined as a non-degenerative and non-congenital insult to the brain that may result in a diminished or altered state of consciousness, and result in impaired cognitive, physical, emotional and/or behavioural functioning.

The social, emotional and economic consequences of brain injury are in fact devastating not only to the survivors themselves, but to family members, caregivers, support workers and the community at large – everyone involved with working towards neuro-rehabilitation and recovery . And currently, there are no drugs or techniques that can cure a brain injury.

Automobile accidents, sports injuries, cycling accidents, falls, strokes, tumours, aneurysms, and other non-degenerative conditions are all leading causes of brain acquired Brain Injury in Canada.

I encourage all members of this House, become involved with grassroot brain injury associations and to listen to survivor stories and family members speak about the support and guidance they have received. Their true life stories will fascinate you. Their courage and determination is really quite remarkable.



## **Are you aware?**

BRAIN INJURY CAN HAPPEN TO ANYONE.

The statistics are staggering

- The annual incidence of TBI is greater than that of Multiple Sclerosis, Spinal Cord Injury, HIV/AIDS and Breast Cancer combined
- 50,000 Canadians suffer brain injuries each year; more than 11,000 Canadians die each year as a result of brain injury
- Traumatic brain injury is the leading cause of death and disability of Canadians under the age of 40.

## **Are you aware?**

The impact of brain injury can be devastating not only to the survivors themselves, but to family members, caregivers, friends and their community. It can affect every aspect of life, often resulting in loss of livelihood, isolation, physical, emotional and behavioral challenges.

## **Are you aware?**

- Most Canadians do not know how prevalent brain injury really is or how much it can change lives
- Awareness can change the world for brain injury survivors and break down the barriers
- You are instrumental in making sure CANADIANS ARE AWARE!

## **Ontario MPPs have passed new legislation named for an Ottawa-area high school rugby player who died in 2013 after suffering multiple concussions.**

“Rowan’s Law” will establish a committee to work on the 49 recommendations made after the coroner’s Inquest into 17-year-old Rowan Stringer’s death.

The recommendations include education for student athletes, parents and teachers, as well as guidelines to ensure a child is removed from play and properly treated if a concussion is suspected.

Rowan Stringer was 17 when she died after suffering multiple concussions from playing high school rugby.

Rowan’s father, Gordon Stringer, told CTV News Channel on Tuesday that the coroner’s inquest had determined his daughter’s death was preventable.

“Hearing that is pretty hard as a parent, but it’s motivated us to move ahead with trying to make these 49 well thought-out recommendations come to fruition,” he said.

“We certainly would not want to have another child experience the tragic result that Rowan had.”

Stringer said concussions are a great concern for many parents, but everyone agrees that an active, healthy lifestyle is important for youth.

“We just have to make sure that they play smart and play safe,” he said.

The law passed with all-party support.

Read more online:

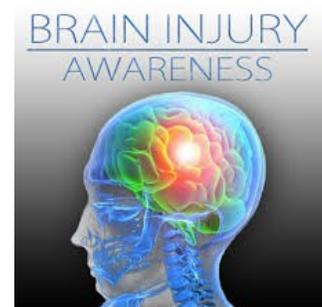
[Rowan's Law](#)

[Ontario creates concussion law in memory of 17-year-old rugby player](#)

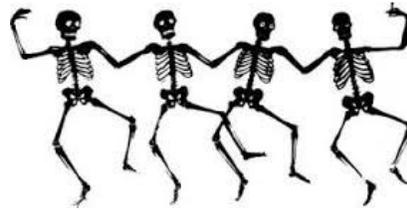
[Rowan's Law' passes in Ontario, aim is to prevent youth concussions](#)

[Rowan Stringer ignored concussion symptoms days before death](#)

[Ottawa teen died of 'second impact syndrome](#)



# Human Bones



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

TEMPORAL  
 COCCYX  
 TRAPEZIUM  
 STAPES  
 FEMUR  
 SCAPHOID  
 PATELLA  
 TIBIA  
 CLAVICLE  
 HUMERUS  
 HAMATE  
 TALUS  
 SCAPULA  
 FIBULA  
 MALLEUS  
 RADIUS  
 STERNUM  
 ULNA  
 MANDIBLE

Play this puzzle online at : <http://thewordsearch.com/puzzle/48/>

# 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!

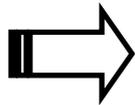
I cannot stress enough how important it is to so many of us to have a place to get together and not feel judged or looked down upon.

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

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

New and current activities..

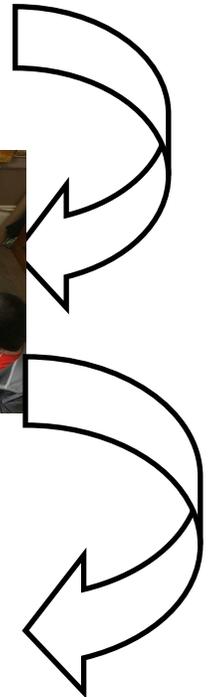
Maryellen started a project for us called  
"Unmasking Brain Injury"  
And  
We are off!!!



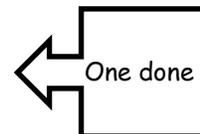
Our inspiration for the making masks project... oh, and she supplied many items to use



Also a big thank you to David for many supplies as well



A new item for the craft sale...  
**Tooth Fairy Pillows**



## Father's Day in Canada

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.

SOME  
Super Heroes  
Don't have  
CAPES...  
They are  
called  
DAD

### What Do People Do?

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.

### Public Life

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.

### Background

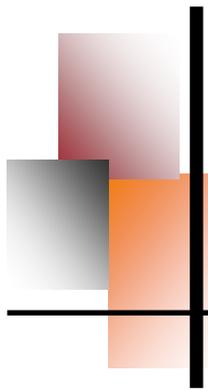
There are some suggestions that the idea of Father's Day may originate in pagan sun worship. Some branches of paganism see the Sun as the father of the universe. The [June solstice](#) occurs around the same time of year as Father's Day so some people saw a link between the two.

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.

### Symbols

Images of fathers or father figures, and the words "Happy Father's Day" are often seen on marketing material, such as posters, postcards, and advertisements, to promote Father's Day.





# JUNE 2017

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Candle Light Vigil 5:00 PM	2	3
4 Trenton Bike Rodeo CANEX 11-2 pm	5 Aqua fit YMCA 10:30 am Peer Naviga- tion Group 1 - 2 pm	6 Walking Club 10:00 am <b>NEW YORK Goal</b>	7 Potluck Art 9:30 Fitness 10:45 am Art 1 pm Rec Program 5:30	8 Music 10 am Computers 12:30	9	10
11 25 year Celebration BBQ Stirling	12 Aqua fit YMCA 10:30 am Knitting Circle Noon	13 Walking Club 10:00 am	14 Potluck Art 9:30 Fitness 10:45 am Art 1 pm Rec Program 5:30	15 MUSIC 10 am Celebrating Success 6 - 7:30	16	17
18 Father's Day	19 Aqua fit YMCA 10:30 am Knitting Circle Noon	20 Walking Club 10:00 am	21 Potluck Art 9:30 Fitness 10:45 am Art 1 pm Rec Program 5:30	22 Golf Tournament 10 - 12	23	24
25	26 Aqua fit YMCA 10:30 am Knitting Circle Noon	27 Walking Club 10:00 am	28 Potluck Art 9:30 Fitness 10:45 am Art 1 pm Rec Program 5:30	29 Music 10 am Computers 12:30	30	

# THANKS TO ALL....

A huge thank you to everyone who helped with our Casino Night Event



## CELEBRATING 25 YEARS



Come join us for our 25th year Anniversary!

There will be a lunch provided and many games and entertainment.

The raffle ticket draw will be at 2 pm.

**When** - June 11, Sunday

**Where** - Stirling in Farmtown Park,  
437 West Front St.

**Time** - 11:30 - 2:00



## Upcoming BIAQD Events

Our Bike Rodeo will be in Picton to promote the use of helmets.

Date: June 17th

Time and place: Picton Community Centre 11—2 pm

Come and join in the fun.. Hot dogs and pop for sale as well.



**Poker Walk** - August 16, 2017

The Scorers of the best poker hand encourage no cheating...

Once again please bring your sponsor sheets with you that day to the walk.



### Fundraising Events:

**Our Yard Sale** - Please set aside some items that you do not need any more and donate them to us!

**Craft Sale** - we are having a craft sale in the fall and would like all your ideas as what to do to sell this year...

**Bake Sale** - Last year showed us that all our baking did very well at the craft sale, and if we want we could do this again ...

**Pampered Chef Party** - July 7th at the BIAQD Office @ 1 PM. Advanced orders for those that can't make it are welcome.

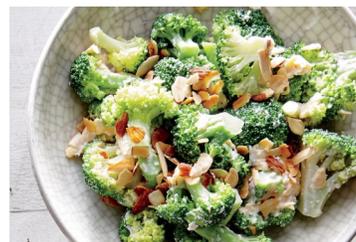


# Cheddar and Almond Broccoli Salad

Serves 4 (serving size: about 3/4 cup)

## Ingredients

- 1 (12-oz.) pkg. fresh steam-in-bag broccoli florets
- 3 tablespoons shredded sharp cheddar cheese
- 2 tablespoons canola mayonnaise
- 1 ounce 1/3-less-fat cream cheese, softened
- 2 tablespoons minced red onion
- 1 teaspoon grated peeled fresh ginger
- 1 teaspoon red wine vinegar
- 1/4 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1 garlic clove, grated
- 1 tablespoon sliced almonds, toasted



## How to Make It

Place broccoli package in microwave; microwave at HIGH 1 1/2 minutes.

Combine cheddar cheese, mayonnaise, and cream cheese in a large bowl. Add broccoli, onion, and next 5 ingredients (through garlic), stirring to combine. Sprinkle with almonds.

**We microwave the broccoli for about half the suggested time so it maintains its texture in the salad. This dish can be made a day ahead.**

# Mini Strawberry Shortcakes

## Ingredients

- 1 pint strawberries, sliced
- 1 tablespoon amaretto liqueur or 1/4 teaspoon almond extract
- 1/2 cup sugar, divided
- 1/2 cup heavy whipping cream
- 1 (8-ounce) container mascarpone cheese or cream cheese, softened
- 1 teaspoon vanilla extract
- 1 (3- or 3.4-ounce) package ladyfingers



## How to Make It

Combine strawberries, amaretto, and 1/4 cup sugar in a bowl. Let stand about 30 minutes, stirring occasionally.

Meanwhile, combine remaining 1/4 cup sugar and whipping cream in a large bowl. Beat with an electric mixer until soft peaks form. Fold in mascarpone cheese and vanilla.

Layer ladyfingers, mascarpone mixture, and strawberry mixture in 6 (9-ounce) bowls.

# Spicy Buttermilk Chicken and Vegetable Kebabs

Serves 4 (serving size: 1 chicken kebab and 2 vegetable kebabs)

## Ingredients

- 1/4 cup fat-free buttermilk
- 2 tablespoons light brown sugar
- 1 tablespoon grated peeled fresh ginger
- 1 tablespoon grated fresh garlic
- 1/4 teaspoon ground allspice
- 1/4 teaspoon ground red pepper
- 1/8 teaspoon paprika
- 1 1/2 pounds skinless, boneless chicken breasts, cut into 1-in. pieces
- 1 pt. multicolored cherry tomatoes
- 2 large orange bell peppers, cut into 1-in. pieces
- 1 red onion, cut into 1-in. pieces
- Cooking spray
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper



## How to Make It

Preheat grill to high.

Combine first 7 ingredients in a bowl. Thread chicken onto 4 (10-inch) skewers. Thread tomatoes, bell peppers, and onion alternately onto 8 (10-inch) skewers. Brush chicken and vegetable kebabs with half of buttermilk mixture.

Coat grill grates with cooking spray. Place kebabs on grill; grill 5 minutes. Turn and grill 5 minutes or until chicken is done, brushing chicken and vegetables with remaining buttermilk mixture. Remove kebabs from grill. Sprinkle with salt and black pepper.

**Making your own spice blend is worth it. For starters, salt is the main ingredient in jarred spice blends. Making your own lets you control the sodium and use fresh ingredients. You can make the kebabs and buttermilk mixture a day ahead and refrigerate until you're ready to cook. Try serving the kebabs with [Cheddar and Almond Broccoli Salad](#).**

## Banana Cream Pie Smoothie

2 servings (serving size: 1 cup)

Frozen bananas, graham cracker crumbs, and vanilla extract are a few of the ingredients that make this smoothie a rich dessert in a glass. Because it calls for low-fat yogurt and fat-free milk, one serving of this drink gives you about the same amount of calcium as a glass of milk.



## **BOGGLE GAME WITH SUMMER BONUS WORDS**

**J H B E**

**U O Y A**

**I L T C**

**D A Y H**

## **BOGGLE GAME WITH FATHER'S DAY BONUS WORDS**

**D A H Y**

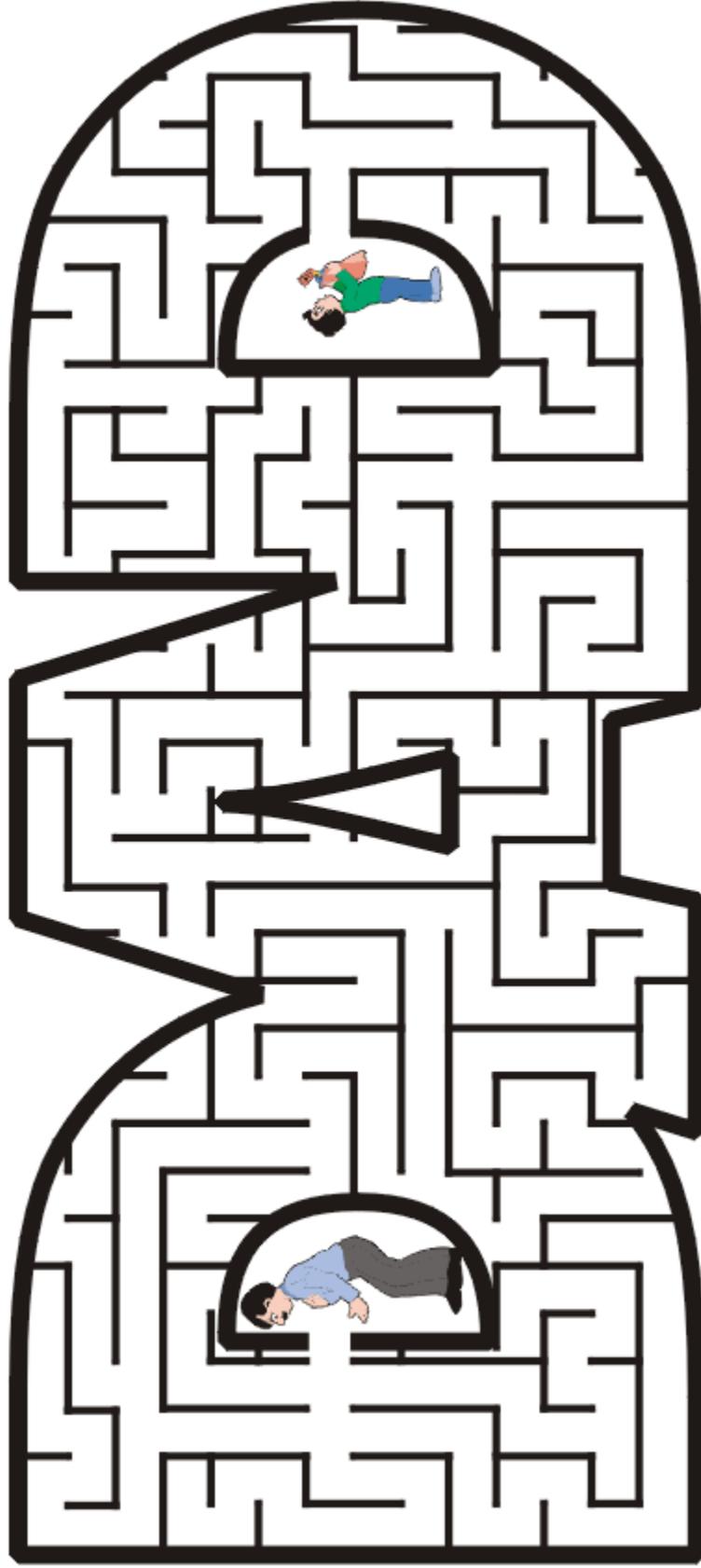
**D P P C**

**E O R A**

**M V L D**

Turn Page...

Help the father find his way through the DAD shaped maze to find his gift giving son.



# Movie Review



## SYNOPSIS

Oscar winners Morgan Freeman (“Million Dollar Baby”), Michael Caine (“The Cider House Rules,” “Hannah and Her Sisters”) and Alan Arkin (“Little Miss Sunshine”) team up as lifelong buddies Willie, Joe and Al, who decide to buck retirement and step off the straight-and-narrow for the first time in their lives when their pension fund becomes a corporate casualty, in director Zach Braff’s comedy “Going in Style.” Desperate to pay the bills and come through for their loved ones, the three risk it all by embarking on a daring bid to knock off the very bank that absconded with their money.

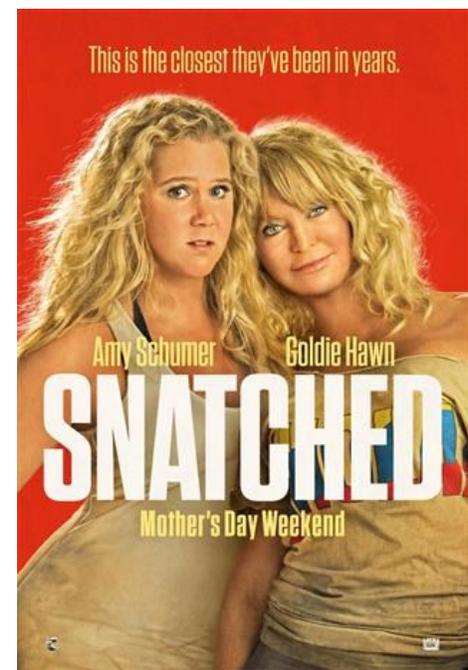
It is great to watch the older actors I grew up with! This was a very well put together movie. There are no slow parts and quite a twist at the end.... All I can say is enjoy ...



## SYNOPSIS

After her boyfriend dumps her on the eve of their exotic vacation, impetuous dreamer Emily Middleton (Amy Schumer) persuades her ultra-cautious mother, Linda (Goldie Hawn) to travel with her to paradise. Polar opposites, Emily and Linda realize that working through their differences as mother and daughter - in unpredictable, hilarious fashion - is the only way to escape the wildly outrageous jungle adventure they have fallen into. Amy Schumer and Goldie Hawn star in the new comedy adventure SNATCHED, which also features Ike Barinholtz ('Neighbors'), Wanda Sykes ('Bad Moms') and Joan Cusack ('Working Girl').

We went to this show as we very much enjoy watching the two leading ladies in movies. The movie is a slow starter and dragged. There was comedy in places, but none of the 'old' Goldie Hawn came through. In short it was okay....





# Peer Navigation Meeting

Monday May 1, 2017



## Peer Navigation travels to the "Barn"!

It was pouring rain but the visit was a success.



The gangs all here...  
Front: Cindy, and Leslie  
Behind: Leian, Cory and Jennifer



Many thanks to our hosts Cory and Leian for allowing us this visit...

The Peer Navigation Group decided to be adventuresome and see why this horse barn...**Robin Hood Stables**... is all I talk about. As anyone who knows me knows, this is my sanctuary.

As it was a rainy day so we stuck to the barn and chicken house. The tour was given by the owners, Leian and Cory Hood while I finished doing Maggie Mae up for a rainy day.

The barn was clean and decorated with calming posters and sayings. Leslie was impressed as she wore big boots thinking "barn", saying this was not like any barn she had been in! Keeping in mind the focus of this barn and surroundings is healing and that comes across in all you see.

We are planning another trip on another day... hopefully when it is not raining !!!



This strange looking person, after cleaning her horse and being helped putting on the rain jacket, (thank you Leian) 

is wondering if her horse got enough treats....



Also the barn is now set up with music! Whatever you have on your device will play through this new speaker ... passing the chore time away

## Can You Help Us?

The Music Group is fundraising for a new portable piano. They are collecting empty bottles. If you or anyone you know has some empty bottles, please drop them off at the office or give us a call and we will come pick them up. There is also an online donation campaign through Canada Helps. All donations receive a charitable donation receipt for you to use on your taxes. Click the link below to donate, and tell all your friends and family as well.  
<https://www.canadahelps.org/en/pages/music-group-needs-a-new-piano/#.WOz3-D6Yp9k.facebook>



We are also in need of a sewing machine in working order...  
If anyone has one they do not need anymore please think of us.



# Thank You

Thank you for helping us continue and create ways to support the healing of our members in the BIAQD area.



# Community Resource Fair

## Picton

This Resource Fair was a chance for all the area's support groups to get to know what other resource groups have available . We were able to show what services are available from the Brain Injury group to perhaps enhance clients in other groups. A lot was learned about other supports for us as well.

One item we consider a great success is the ability to do a Bike Rodeo in Picton! When the public arrived we enjoyed that several people stopped at our tables to gain information...



We showed off Vickie Legate and what she does at our office . It is so apparent she is good at adjusting any moves for your particular needs.



### Editors Note:

It looks like a bust June! I hope you all come and enjoy all our events .

There will be no newsletter for July and August... it will return in September.

There were a few who stopped and helped sew quilt squares... the best was this big burly police man....



# 7th Annual BIAQD Golf Tournament



**Register by calling the BIAQD Office  
at 613-967-2756**

**Just a Reminder!  
You must let the office  
know by June 9th if you  
wish to attend. Anyone  
who is not signed up will  
not be guaranteed a spot!**

**Bayview Golf  
Course**

**June 22, 2017**

**10—12 PM**

If you are a survivor  
and want to have some  
fun, come join us at the  
6th annual Brain Injury  
Association Quinte  
District Golf  
Tournament on  
Thursday June 22nd at  
the Bayview Golf  
Course from  
10:00—12:00 PM

**BBQ to Follow**