

BIAQD Newsletter

For members of the Quinte Area Brain Injury Association

JULY 2016

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

Pet therapy

Animal-assisted therapy (AAT) is a type of **therapy** that involves animals as a form of treatment. The goal of AAT is to improve a patient's social, emotional, or cognitive functioning.

What is Pet Therapy?

Pet therapy, sometime also referred to as animal-assisted therapy, helps improve patients mental, physical, social and emotional functioning with the aid of animals. Depending on the preference and volunteer availability, different animals can be used in therapy, including dogs, cats, guinea pigs, and rabbits.

PALS visits take place in a variety of settings, including, hospitals, nursing homes, long and short term care facilities, schools, libraries, young offender centres, homeless shelters, and mental health facilities.

What are the benefits of Pet Therapy?

There is a strong bond between animals and people. Animals are accepting, non-threatening and non-judgmental, making it easier for people to open up. Some of the benefits of animal-assisted therapy include:

- Reduced anxiety, grief and isolation
- Reduced blood pressure, depression, and risk of heart attack or stroke
- Improved willingness to be involved in a therapeutic program or group activity
- Increased trust, empathy and teamwork
- Greater self-control
- Enhanced problem-solving skills
- Reduced need for medication
- Improved social skills

Because many children, teens and adults enjoy working with animals, pet therapy can be particularly beneficial for individuals who are resistant to treatment or have difficulty accessing their emotions or expressing themselves in talk therapy. Animals have also been known to reach non-responsive individual when conventional therapy has been unsuccessful.

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!



Lunch making and enjoying....

Us at Aquatics



Walking group... stopping to meet lots of friends



Bike Safety



Continued on page 3

What conditions/disorders can respond to Pet Therapy?

People with a variety of conditions can benefit from animal-assisted therapy, including:

- Autism spectrum disorders
- Addiction and mental health
- Cancer
- Heart disease
- Dementia
- Developmental disorders
- Psychiatric disorders such as schizophrenia
- Emotional and behavioral disorders
- Chronic pain
- Depression
- Stroke and brain injuries

Who can benefit from animal-assisted therapy?

Animal-assisted therapy can significantly reduce pain, anxiety, depression and fatigue in people with a range of health problems:

- Children having dental procedures
- People receiving cancer treatment
- People in long-term care facilities
- People hospitalized with chronic heart failure
- Veterans with post-traumatic stress disorder

And it's not only the ill person who reaps the benefits. Family members and friends who sit in on animal visits say they feel better, too. Animals also can be taught to reinforce rehabilitative behaviors in patients, such as throwing a ball or walking.

Pet therapy is also being used in nonmedical settings, such as universities and community programs, to help people deal with anxiety and stress.



Next newsletter 'Therapy Horses'

Grilled Mediterranean Vegetable Sandwich

Ingredients

- 1/4 cup mayonnaise
- 2 garlic cloves, minced
- 1/2 teaspoon lemon juice
- 2 small zucchini, thinly sliced lengthwise
- 2 portabella mushrooms, sliced 1/4 in. thick
- 1 eggplant (14 oz.), sliced 1/4 in. thick
- 2 tablespoons olive oil
- 3/4 of a 1-lb. ciabatta loaf, split horizontally
- 2 ounces feta cheese, crumbled (1/2 cup)
- 2 medium tomatoes, sliced
- 2 cups baby arugula



Preparation

1. Heat a grill to high (450° to 550°). Meanwhile, mix mayonnaise, garlic, and lemon juice together; set aside.
2. Brush zucchini, mushrooms, and eggplant with oil and sprinkle with salt. Grill, turning once, until softened and grill marks appear, about 3 minutes.
3. Grill bread cut side down just until grill marks start to appear, 2 minutes.
4. Cut each loaf-half into 4 pieces. Spread bottoms with mayo and smear tops with cheese. Make sandwiches with vegetables, tomatoes, and arugula.



Reese's Peanut Butter Cup Cookies (2 Ingredients!)

- **1(18 -24 count) package miniature peanut butter cups, unwrapped**
- **1(18 ounce) package refrigerated peanut butter cookie dough or 1 (18 ounce) package refrigerated sugar cookie dough**



DIRECTIONS

1. Place unwrapped peanut butter cups in freezer before starting.
2. Preheat oven to 350 degrees.
3. Using miniature muffin tins, place a 1 inch ball of dough in each cup.
4. Bake for about 5 minutes LESS than package directions instruct (This usually turns out to be about 7-8 minutes).
5. Remove from oven and leave in pans.
6. Remove candy from freezer and carefully press one into each cookie.

THANKS TO ALL....

Vigil

Wednesday June 1st - thanks to all who attended



Quinte Mall Awareness Display

June 7 - 9

Well organized and helpful !

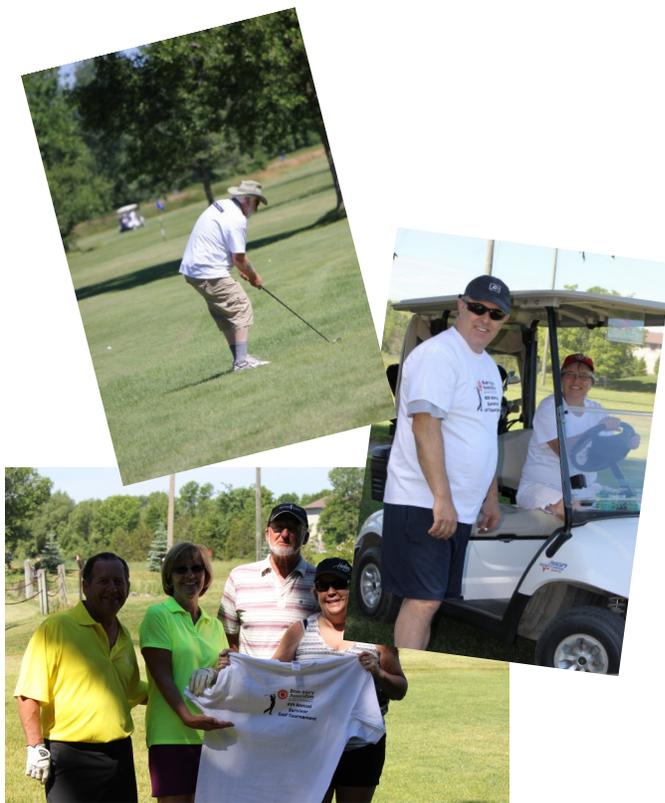
Celebrating Success Reception

Thursday June 16th - The Belleville Library once again were very good with assisting with the art displays. The art entered this year was amazing! It is so good that more and more people are using art as an outlet for a multitude of reasons. It was wonderful to hear one of our own do a lovely talk on her experience and what she feels has been given to her because of the Brain Injury.



Survivor Golf Tournament

Thursday June 23rd at Bayview Golf Course. This years event was very well attended and many new friendships were made. The golfers would like to thank the amazing volunteers for the well done event!



Some of the happy Golfers!

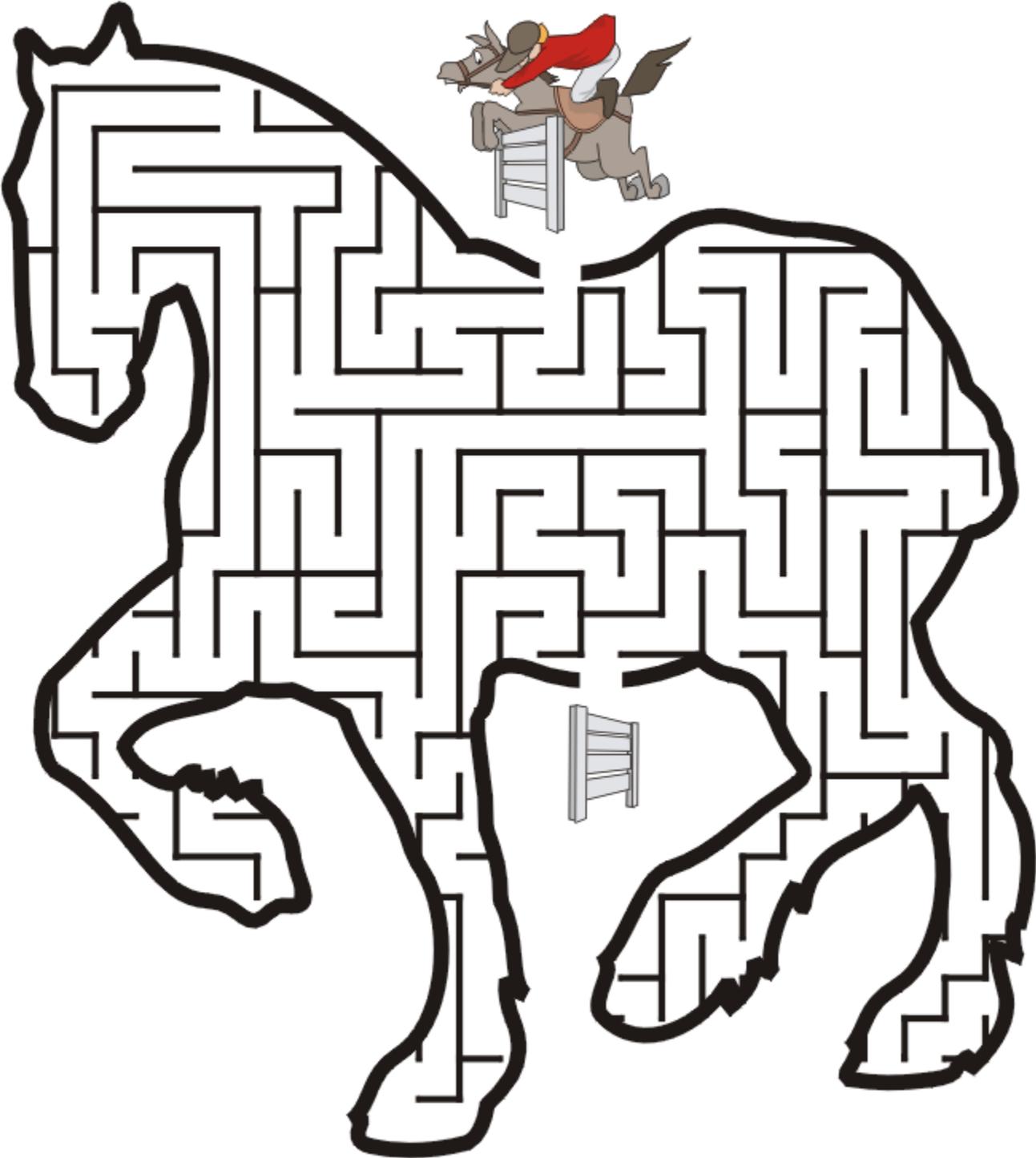
The amazing volunteers!
Thank you for the great day ...



July 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 CLOSED Happy Canada Day!	2
3	4 Knitting 10am Aqua Fit 11am	5 Walking 10am	6 Potluck 9:30 No Fitness Art 1 pm Rec 5:30	7 Music 10 am	8	9
10	11 Knitting 10am Aqua Fit 11am	12 Walking 10am	13 Potluck 9:30 Fitness 10:45 Art 1 pm Rec5:30	14 Music 10 am Computers 12:30	15	16
17	18 Knitting 10am Aqua Fit 11am	19 Walking 10am	20 Potluck 9:30 Fitness 10:45 Art 1 pm Rec5:30	21 Music 10 am	22	23
24	25 Knitting 10am Aqua Fit 11am	26 Walking 10am	27 Potluck 9:30 Fitness 10:45 Art 1 pm Rec5:30	28 Music 10 am Computers 12:30 LUNCH Program	29	30
31						

Help the jockey and horse find their way through the horse shaped maze to find the next fence to jump.



What makes ME HAPPY

I am the proud grandmother of three grandchildren! I have a 12 year old granddaughter Breeanna, whom I adore, a 9 year old grandson Justice, who is the apple of my eye and a 4 year old grandson Nathan who is my pride and joy. They keep me young and I spend as much time with them as I can.

I belong to a very alive church and greatly enjoy worship every Sunday and getting involved as much as I can.

I love to read, go out with friends and singing brings me great joy.

In the summer I enjoy spending days on the beach and walking bare foot through the sand. In the winter I enjoy walking as the snow is gently falling, especially at night. I love the whole Christmas season, sharing with friends and being with my grandchildren through all the chaos of Christmas day!

Another passion of mine is cooking and baking.... Especially for others. To plan a dinner party for ten has always been a source of joy.

At the end of each day I love to have a quiet conversation with a friend, watch a movie or spend some quiet time with God.
Shannon



Upcoming BIAQD Events

July 15, 16 and 17th in Trenton - Street vendor sale. We are entering things we have made. If you would like to join in call Jennifer at the office.

August 17th - Poker walk. Come enjoy stroll along the water. Bring your sponsor sheets and money on this day.

Craft Sale - Fall..... Call or email the office to share your craft ideas!

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 FRANKENSTEIN BONUS WORDS

M A D E R

P O T S D

A R N G I

B D Y R G

O C T O B