



BIAQD Newsletter

For members of the Quinte Area Brain Injury Association

DECEMBER 2018 MERRY CHRISTMAS



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Ten Tips for Enjoying the Holidays

Follow these 10 tips to make the most of your holiday season.

Your feelings about the holidays are very personal. They can cause us to feel happy, sad or ambivalent. The holidays can also cause stress because of:

- Overscheduling, overindulging and overspending
- Too much time with family or not enough
- Multiple caregiving roles
- Personal or family illness
- Work demands
- Expectations of what you *should* do
- Seasonal affective disorder or depression



**No matter how you feel,
the following tips can help you enjoy the holidays as much as possible.**

1. **Reflect on what is important to you during the holidays.** This may change over time, but thinking about what you want for this holiday season will help you choose more intentionally about who you would like to spend time with and how you would like to spend the time. It's hard to have a meaningful holiday if you don't determine ahead of time what will give it meaning.
2. **Make a plan as early as possible about what you will do during the holidays.** Try to plan at least one activity that is important to you for each holiday that you celebrate. Feel free to initiate activities with family and friends. Consider volunteer activities. Making a plan well in advance can give you something to look forward to and help you feel a greater sense of control.
3. **Communicate clearly how others can assist or support you.** Accept offers to help shop, wrap or cook. Some people may not know how best to help, especially if your needs and desires have changed from last year. Most people are happy to help as long as they understand clearly what you want and they have enough time to provide the support.
4. **Realize the holiday season is a marathon, not a sprint.** In other words, pace yourself. While extra social gatherings can be exciting, you don't want to compromise your physical or mental health by doing too much. Acknowledge that you cannot do everything for everyone. Practice saying "no" without guilt. Allow yourself the opportunity to grieve the loss of giving up some activities.
5. **Maintain a healthy lifestyle.** Try your best to make good food choices and relax to restore energy. Your endurance will be better if you can stick to your daily routine as much as possible, including exercise.

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Ten Tips for Enjoying the Holidays ...continued

6. **Manage your spending.** It's easy to feel the pressure of consumerism during the holidays. Decrease the financial stress by making and sticking to a budget. Thoughtfulness need not come with a hefty price tag. Gift solutions include: reducing the number of gifts; initiating a gift exchange; giving to a favorite charity in family members' names; and providing gift certificates for babysitting, snow shoveling, a home-cooked meal, or time together. Gift cards can also be purchased for small amounts and the receiver will enjoy thinking of you as he or she enjoys a cup of coffee or music download "on you."
7. **Monitor alcohol and medications – individually and together.** It's easy to overindulge in alcohol during the holidays. Moderation is key so that your balance and emotional well-being are not negatively impacted. If you do not usually drink alcohol, consider beforehand how alcohol and your medications may interact, especially if you're taking a new medication or an increased dose. Maintain your daily medication schedule. Missed doses can cause you to feel less than your best or, worse, cause a medical issue that requires emergency care.
8. **Manage your expectations for family gatherings.** When multiple generations and multiple families celebrate together, it can be challenging to feel heard and understood. Be clear about what you need the most and flexible about the rest.
9. **Think ahead about stories or observations from the past as a family that you'd like to share.** You may know how a specific family tradition began or have a funny story to tell about the holidays when you were a child.
10. **Reflect on what went well this holiday season and improvements you would like to make for next year.**

Here are 7 tips for how to say "No" better:

1. **Be completely confident in the reasons behind your decisions** – if you are working from a conviction, your sincerity will do some of the talking for you. If you're not sure about what you're doing, others will sense that and be more likely to feel you're just trying to be difficult.
2. **Assess your motives and attitude** when approaching challenging conversations – keep in mind that your goal is to come away with a win-win scenario, not shove your convictions down the other party's throat or leave them with the impression that you think you're better than they are.
3. **Present your case in a positive light** – "*We are doing this in order to... [benefit]*" as opposed to "*We are tired of... [negative]*" or "*We just can't... [negative] anymore*".
4. **Come to the table with better solutions** – this will show that you do really care and want to maintain the relationship.
5. **Don't get caught up in an argument** – arguments need someone to "win", and neither of you really will.
6. **Consider easing into big changes over time** – this might mean bringing up what you're considering one year and finalizing it the next, or at least giving a good 6 months for the other party to get used to the idea. It might also allow the chance to brainstorm together for a better solution.
7. **Pray for wisdom** – Ephesians 6 tells us that our battle is not with flesh and blood. There's more going on behind the scenes than what you can see with your natural eyes, and all the human reasoning in the world will only take you so far.

Sunday Rib Roast

Ingredients

One 3-rib standing rib roast (7 to 8 pounds)
1 tablespoon kosher salt
1 1/2 teaspoons freshly ground black pepper
Mustard Horseradish Sauce, recipe follows

Mustard Horseradish Sauce:

1 1/2 cups good mayonnaise
3 tablespoons Dijon mustard
1 1/2 tablespoons whole-grain mustard
1 tablespoon prepared horseradish
1/3 cup sour cream
1/4 teaspoon kosher salt



DIRECTIONS

Two hours before roasting, remove the meat from the refrigerator and allow it to come to room temperature.

Preheat the oven to 500 degrees F (see Cook's Note).

Place the roast in a pan large enough to hold it comfortably, bone-side down, and spread the top thickly with the salt and pepper. Roast the meat for 45 minutes. Without removing the meat from the oven, reduce the oven temperature to 325 degrees F and roast for another 30 minutes. Finally, increase the temperature to 450 degrees F and roast for another 15 to 30 minutes, until the internal temperature of the meat is 125 degrees F. (Be sure the thermometer is exactly in the center of the roast.) The total cooking time will be between 1 1/2 and 1 3/4 hours. Meanwhile, make the sauce.

Remove the roast from the oven and transfer it to a cutting board. Cover it tightly with aluminum foil and allow the meat to rest for 20 minutes. Carve and serve with the sauce.

Mustard Horseradish Sauce:

Whisk together the mayonnaise, mustards, horseradish, sour cream, and salt in a small bowl.

Cook's Note

Be sure your oven is very clean before setting it at 500 degrees F.

The Best Christmas Recipes



See I hate the obituaries section after Christmas...

A Christmas Carol

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

ANGRY
APPRENTICE
AVARICE
BAH
BED
BELINDA
BELLE
BOB CRATCHIT
CAUSTIC
CHAINS
CHARLES DICKENS

CHRISTMAS PAST
CHRISTMAS PRESENT
CHRISTMAS YET TO
COME
CLERK
COUNTING HOUSE
CRUTCH
CURTAINS
DRESSING GOWN
EBENEZER SCROOGE
FOG
GREEDY

HUMBUG
JACOB MARLEY
KNOCKER
LONDON
MARLEY'S GHOST
MARTHA
MERRY CHRISTMAS
MRS CRATCHIT
MRS FEZZIWIG
NEPHEW

NIGHTCAP
OFFICE
OLD FEZZIWIG
PETER
REDEMPTION
SNOW
SPIRITS
TINY TIM
TURKEY
WINTER

How to Cope When You Are Alone on Christmas



In general, there are three ways to cope with being alone at Christmas. First, you can address your mental state and how it is contributing to your loneliness. Second, you can find things to do on Christmas so that you feel less alone. And third, you can plan ahead so that you are not alone this time next year.

You might be alone on Christmas for different reasons, such as the death of a loved one, living far from relatives, or because of social isolation. If you have [social anxiety disorder \(SAD\)](#) and don't have close relationships with family or friends, loneliness at Christmas could be particularly hard.

Addressing Your Mental State

Christmas is the perfect day to take the time to appreciate what you have in life, be it good health, a place to live, or food on the table. Having gratitude will also help you to move past anxiety, as you learn to live in the present moment and be mindful of your surroundings. One way to practice gratitude is to write down three things you are grateful for on this day.

What if you're plagued by negative thoughts? If you feel like you don't know how to cope with being alone, ask yourself "What would I do if I did know how to cope?" You have more power than you think over your [thoughts](#) and how they make you feel. You can choose to feel lonely because you are alone, or you can choose to feel grateful for the positive things in your life. That doesn't mean that you need to spend every Christmas alone; just that dwelling on the fact this Christmas isn't going to help matters. Reframing your negative thoughts is the basis of cognitive-behavioral therapy (CBT), an effective treatment for social anxiety disorder.

What to Do When You Are Alone on Christmas

One way to cope with being alone on Christmas is to actually go out and do something productive. Rather than spend the day at home, alone, find something that you can do that fits with your mindset and mental state for the day. If you feel full of energy, maybe you might go for a 5k run. If you feel social, you might attend a church service to be in the presence of others. Below are some other ideas of things to keep you from focusing on the fact you are alone.

Perhaps you are alone this year because you turned down invitations. Call those people back and say "yes." This is often a problem for those with social anxiety—you turn down invitations only to regret it and feel lonely afterward.

Volunteer

One way to gain a better appreciation for the good things in your life is to get involved in volunteering. Volunteering during the holidays is a way to connect with others, boost your self-esteem, and bring joy to people who are less fortunate. Consider offering to help serve dinner at a soup kitchen, bring gifts to a children's hospital, or

If you feel nervous about doing these social activities, all the better; it's a chance to test your boundaries and expand your social skills. In fact, research shows that practicing kindness may reduce your tendency to avoid social situations.

Host an Orphan Christmas

You are not the only one alone during the holidays. Plan an "Orphan Christmas" for those who have no one to spend the holiday with, or join a group of people in similar circumstances. If you feel anxious about reaching out—consider that other people who are alone on Christmas may feel isolated, lonely, and nervous to call on you too.

Work

If you enjoy your work, and you have the option to work on Christmas, spend the day being productive. This is a smart choice if your job involves interacting with coworkers or customers; being at work will help you to feel less lonely. If you don't have the option to work on Christmas, spend the day working around your home or on a project that you've put off for too long.

Host an Online Christmas

Do you have online friends? Do you have long-distance relatives? Host an online Christmas by setting up a Skype chatroom or Facebook group. People can drop in and out as they please, and you don't have to cook, clean, or even get off the sofa. An added bonus, you'll have a chance to practice your social skills as you welcome new people to the group and catch up with old friends.

Enjoy Solitude

If being alone on Christmas is unavoidable, plan a day for yourself. Buy something online to treat yourself, cook your favorite foods, and plan a movie marathon. Or, cut through the clichés and do something offbeat like learning a new language or starting work on the novel that's always been in your head. Christmas is a day to indulge in whatever makes you happy.

How to Plan Ahead for Next Christmas

Plan for a better future. If [social anxiety](#) has left you alone on Christmas, vow to [visit your doctor](#) in the new year and get a handle on your anxiety. If you've never been diagnosed, make a plan to share your concerns—you can even hand a typewritten letter to your doctor if that helps.

Social anxiety tends to be overlooked or mistaken for other problems, particularly because people with the disorder are not good at sharing how they feel. Use whatever means necessary to impress upon your doctor the severity

What If You Can't Cope?

If you are feeling really down about being alone on Christmas and can't pull yourself out of it, reach out for help. Call a friend, family member, or a [helpline](#). Regardless of whether you are physically separated from people on Christmas, you should never feel like you are lacking support. There are people who would love to hear from you and trained volunteers waiting to counsel you.

Yorkshire Pudding

Ingredients

3/4 cup all-purpose flour
1/2 teaspoon salt
3 eggs
3/4 cup milk
1/2 cup pan drippings from roast prime rib of beef

How to Make It

1. Preheat the oven to 450 degrees F.
2. Sift together the flour and salt in a bowl. In another bowl, beat together the eggs and milk until light and foamy. Stir in the dry ingredients just until incorporated. Pour the drippings into a 9-inch pie pan, cast iron skillet, or square baking dish. Put the pan in oven and get the drippings smoking hot. Carefully take the pan out of the oven and pour in the batter. Put the pan back in oven and cook until puffed and dry, 15 to 20 minutes.



Roasted Cauliflower Bites

Ingredients

- 1 head cauliflower
- 1 teaspoon mild chili powder
- 1/2 teaspoon salt *optional or to taste*
- 1/2 teaspoon ground cumin
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon garlic powder
- 1/4 teaspoon chipotle chile powder *optional*



You can turn these into Buffalo Bites by tossing them with your favorite hot sauce after they've baked for 15 minutes; then continue baking until done.

Instructions

Preheat oven to 400F. Line a baking sheet with parchment paper or silicone baking mat.

Cut the cauliflower into individual bite-sized florets. Try to keep them about the same size. Rinse them in a colander under running water. Shake off excess water but don't dry. Spread them out on the baking sheet.

Combine all seasonings in a small bowl. Sprinkle over the cauliflower, turning the florets so that all sides are seasoned. Bake in preheated oven for 15 minutes; turn florets and bake another 15 minutes or until they are beginning to brown in spots. Remove and serve warm with nacho cheese or other dipping sauce.

market@biaqd.ca

A Word About Our MARKETPLACE

market@biaqd.ca

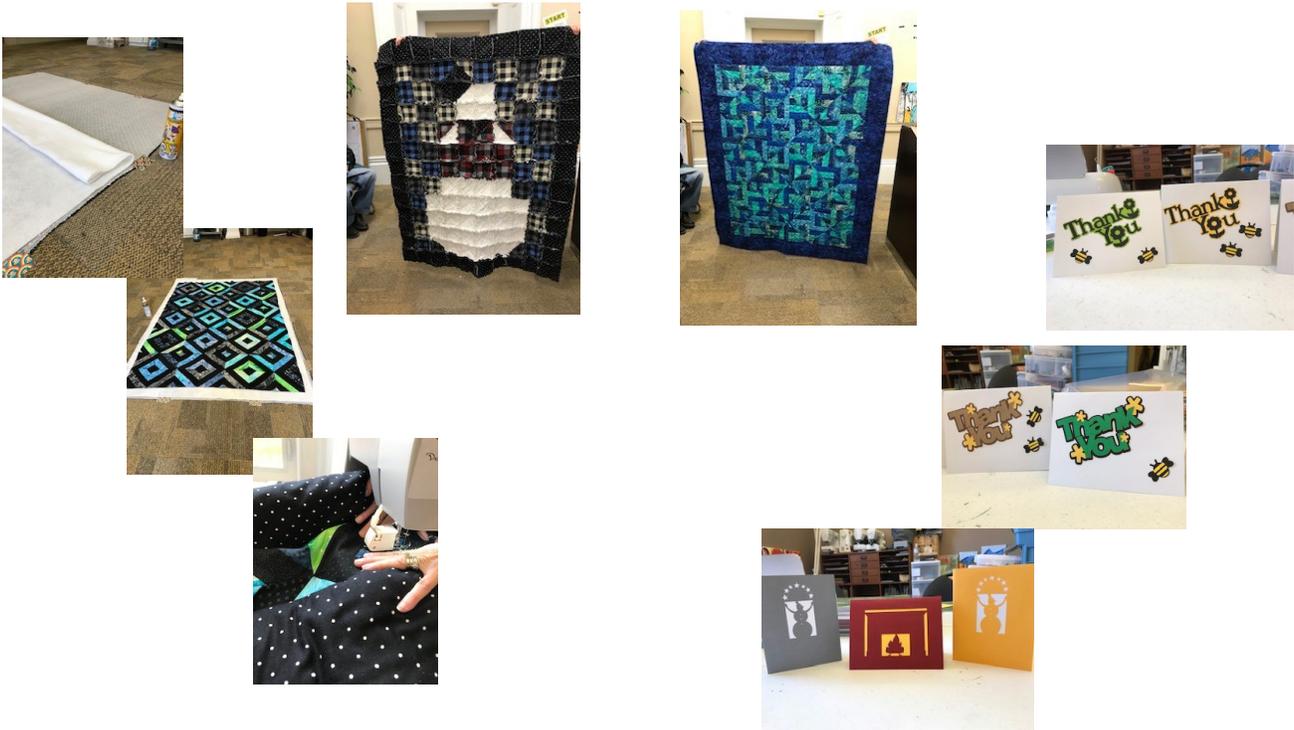
Our Marketplace page was created for us to inform the public of the amazing crafts our different groups are making.

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 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



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



SEVEN LETTER WORD

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FIVE LETTER WORD

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5 Ways To Get Ready For A New Year New You

Let's face it- so many people plan on working on new goals once January 1 comes around, and many of those goals revolve around losing weight and getting healthier. Everyone spends time figuring out a "diet plan" when they also need to learn about how to go about eating properly!

1. **Drink plenty of water** If you stay hydrated you will be less likely to confuse thirst with hunger and reach for a snacks instead of a glass of water. It is important to be drinking anywhere from 2-3 liters off water a day! Just remember that eggnog does not count, you may feel that you are getting enough liquid but it is extremely important to be getting just water! So remember to throw in a glass of water between those holiday cocktails!
2. **Knowing when to eat and not to eat** Do you know when you're hungry? Many people don't, and it can take a long time- 6-8 hours for our body to tell us we need to eat! There are lots of times we THINK we are hungry, however- when we smell good smells, see something yummy, or even being asked if we want something to eat! Its hard to learn to recognize when you are truly hungry, but its important to know if it's real hunger or just a craving. Also, when you ARE ready to eat eat slowly and wait a bit before grabbing seconds. It can take your body up to 20 minutes to realize that we are full!
3. **Don't skip meals** Holiday DAYS seem to run together- and it's easy to skip a meal here and there (Especially after sleeping late after a late night!) The trick is NOT to skip meals then play catch up later with a huge meal- you need to eat small amounts all day. With the stress of the holidays and not getting enough calories, your body can enter starvation mode, holding on to what it does have (calories) for when it needs it! When you do eat, your body will hold onto as many calories as it can for when it needs it next. Plan for small meals- an apple and some peanut butter, some cheese and crackers, nuts and fruit, instead of a full sit down meal once a day!
- 4 **Use the right Supplements** Even when you try to eat right, you can miss some important nutrients! I love to have a smoothie in the morning with fruits, [Whey Advantage](#) protein powder, and almond milk. Since I have autoimmune disease (Diabetes and Lymes Disease) I also use a [Joint Supplement](#) for my tendons and ligaments. and I always use a complete multivitamin. Also be sure to research and use a trusted brand of supplements. They are not all created equal!
- 5 **Get enough sleep** The Holiday season takes a lot out of us, and we don't realize it! One of the first things to go is sleep, and yet, it's on of the most important. Once we get run down, it's hard to regroup and we the worse we fill, we can turn to sugar and carbs to keep us going. Fill up on the right things— including SLEEP!

Following these tips, a healthy meal plan (no fad diets!) and a sensible exercise plan is what you need to get started! Its nice to make goals and plans, but its also nice to love and take care of yourself while doing it! Don't forget to make other goals, like being a kinder person, and loving yourself TODAY for who you are. It's great to take time to make your body healthy, but it's just as important to keep your soul and mind happy, too!



Cinnamon Sweet Potato Dog Treats

- 1 tsp Ground Cinnamon
 - 1 tsp Virgin Coconut Oil
 - 1 medium Sweet Potato (baked)
- ½ cup Organic Coconut Flour + ¼ cup Coconut Flour (if needed)**



Directions:

1. Cook sweet potato however you desire.
2. Preheat oven to 350°F .
3. Mash sweet potato (we kept the skin on, but that's totally optional!) with coconut oil. Add cinnamon.
4. Gradually mash in coconut flour, starting with a half cup. Add in an extra quarter-cup if necessary.
5. The dough will resemble the consistency of Play-Doh. Roll it out between two pieces of parchment (or wax) paper, until it's ¼ inch in thickness.
6. Cut into shapes.
7. Bake for 30 minutes, turning midway through.
8. Let cool before offering to your pup to enjoy!

Not only are these gluten-free cookies full of nutrients that will keep your dog's skin healthy during winter,

Cheesy Homemade Cat Treat Ingredients

Makes approximately 50 - 55 treats (depending on how big you cut the pieces).

- ¾ cup shredded cheddar cheese
- ⅓ cup grated Parmesan cheese
- ¼ cup plain yogurt, vanilla yogurt, or sour cream *Note: We used vanilla yogurt.*
- ¾ cup flour *Note: We used white whole wheat*
- ¼ cup cornmeal

¼ cup water, more or less



Instructions

1. Preheat oven to 350 degrees Fahrenheit.
2. Combine the cheeses and the yogurt (or sour cream), then add the flour and cornmeal.
3. Add enough water to create a workable dough.
4. Form the dough into a ball, then roll out to a square or rectangle ¼ inch thick.
5. Cut into one inch sized pieces and place on a greased cookie sheet.
6. Bake approximately 25 minutes.