

BIAQD Newsletter

For members of the Quinte Area Brain Injury Association

AUGUST 2016

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

What is Equine Assisted Learning?

EAL is a holistic therapeutic approach where individuals partner with horses for the purpose of making positive changes in their lives. The professional facilitator guides and supports the individual through various activities with the horse. The “relationship” between human and horse is utilized in place of “talk therapy”, where you “talk” and a therapist “listens”.

Simply interacting with these beautiful, soulful creatures can be profound just on its own, but to make sure that your learning experiences stick with you we apply “hands on learning” and “learning by doing” with reflection from the horses. Experiential education secures impact and retention. It requires us to participate fully in the moment and to utilize our body, mind and spirit in unison.



Who is EAL for?

EAL can benefit people of all ages, young or old and requires no horse experience. Whether you are looking for “self discovery” or are struggling with depression, EAL can help and is beneficial in helping to resolve a wide range of problems, including:

- Behavioural problems
- Substance Abuse
- Anxiety
- Attention Deficit Disorder
- Addiction
- Relationship problems
- Autism
- Eating disorders
- Communication
- Bullying
- Abuse
- Social Disorders
- Self Esteem
- Depression
- Post Traumatic Stress Disorder (PTSD)



Has your last year brought you together with 'like' people/friends



Come join us!
Come join us!



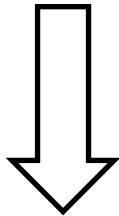
BIAQD has become a great place for us to meet and chat, exercise, learn new crafts and get out in group activities!

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.

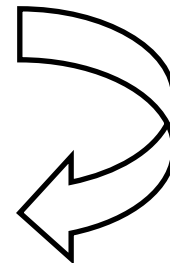
Here are a few pictures of what we are doing...

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

The bird houses have been painted.... And are now for sale!



Trenton Sidewalk Sale. Our table was manned by volunteers, and it was a very successful day!



How can EAL help?

Our tailored sessions/programs can help individuals and groups learn new and effective ways of changing behaviour patterns. As people are developing rapport and what works with the horse and what doesn't, they in turn reflect and learn about themselves. The horse mirrors back what the person is projecting and then provides non-judgemental feedback. The horse's reactions allow that person a chance to change their approach and modify their behaviour in order to receive the desirable behaviour from the horse. This provides the individual with a "bird's eye view" of who they really are, what is really going on and how they can change it. They give people an opportunity to reach deep inside to find their own answers and to find what truly has meaning for them, helping to develop the following life-long qualities:

- Communication
- Body Awareness
- Self Love/appreciation
- Personal Boundaries
- Assertiveness
- Creative Thinking
- Problem Solving
- Leadership
- Confidence/Self-Esteem
- Teamwork
- Positive Attitude
- Responsibility
- Relationship Building
- Patience
- Emotional agility/understanding the messages behind your emotions
- Becoming aware of Non-Verbal Communication/reading between the lines
- Feeling personal authenticity and what has meaning for you



If you want to look into this more extensively "Google" - horse therapy in Ontario Canada



The Horses

Horses are intuitive, sentient and empathetic due to their ability to pick up subtle shifts in moods. Their ability to sense a person's truth makes it impossible for people to hide their true feelings. Horses thereby require people to be honest and bring their best selves forward. They are silent observers with no expectations or hidden agendas. They are non-judgemental and do not regret the past nor fear the future; they are simply present and react accordingly.



- 6 cups Rice or Corn Chex (Gluten-free Rice Krispies would probably be good too)
- 1 cup light corn syrup
- 1 cup sugar
- 1 1/2 cups peanut butter
- 2 cups semi-sweet chocolate chips
- 2 cups butterscotch chips (sometimes these have hidden gluten in the form of barley, so check the label and leave them out if you can't find GF)
- 1/2 cup peanut butter
- 1 teaspoon vanilla

In a pan on the stove, combine the corn syrup and sugar. Stir over medium high heat until it comes to a boil. Immediately remove from heat and stir in 1 1/2 cups of peanut butter. Immediately pour this mixture over the cereal and fold in. Pour into the 9x13 pan.

In a microwaveable 4 cup measuring cup (or other microwave safe dish) combine the butterscotch chips, chocolate chips, 1/2 cup of peanut butter, and vanilla. Microwave for 30 seconds at a time, stirring very well after each interval, until it is completely melted and



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THANKS TO ALL....



Trenton Sidewalk Sale

July 14, 15 and 16th - A big thank you to Jennifer for organizing this, and the volunteers who manned the table and cooked, painted and donated their time ...



Thank
You!!!

Upcoming BIAQD Events

BIAQD Yard Sale - August 4th 10am - 3pm

Stop by the Core Centre and have a look at what is in our yard sale. All proceeds will go to support BIAQD programs.

Poker Walk - August 17th, 5 pm

Please bring your sponsor sheets that day to the walk.
Come and join us in any case...

Random cards given out as you walk... Prizes given out to the lucky
Persons who have a good hand as
determined by a true poker player !



Do you trust these two????



Car Wash - August 19th, 10am - 4pm @ Belleville Metro Parking Lot

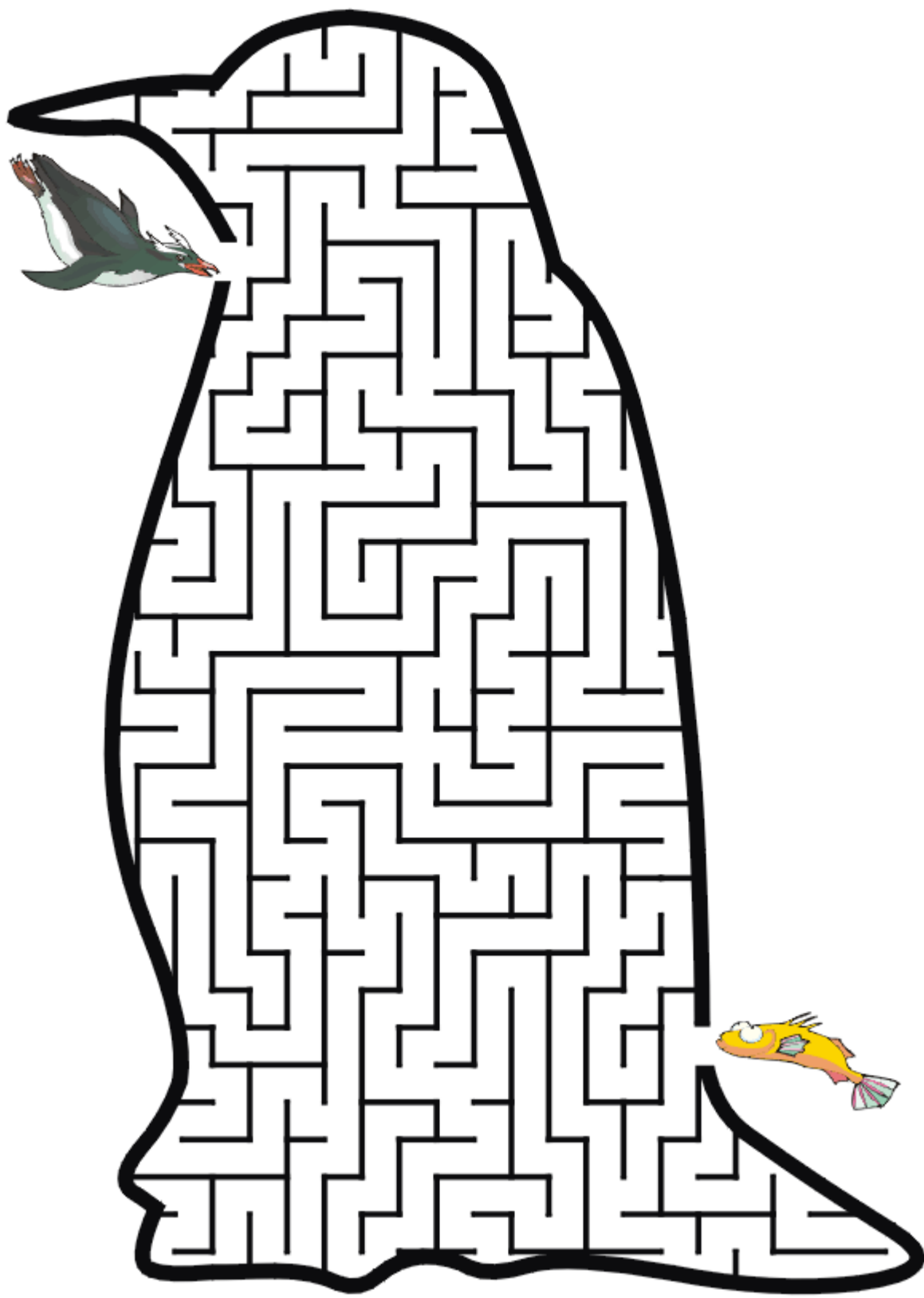
Bring your car and your appetite to the Belleville Metro. Get your car washed for \$10 and enjoy a hotdog lunch while you wait

Craft Sale - Fall

Start thinking now what you can submit to sell that can help support our many group activities

August 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 CLOSED Civic Holiday	2 Walking Club 10 am Movie 12:30	3 Potluck 9:30 Fitness 10:45 Art 1:00 Rec Group 5:30	4 Yard Sale 10:00-3:00pm	5	6
7	8 Knitting 10:00 Aqua Fit 11:00	9 Walking Club 10 am	10 Potluck 9:30 Fitness 10:45 Art 9:00-2:00 Rec Group	11 Computers 12:30	12	13
14	15 Knitting 10:00 Aqua Fit 11:00	16 Walking Club 10 am	17 Potluck 9:30 Fitness 10:45 Art 1:00 Rec Group	18	19 Car Wash 10am—4pm METRO PARKING LOT	20
21	22 Knitting 10:00 Aqua Fit 11:00	23 Walking Club 10 am	24 Potluck 9:30 Fitness 10:45 Art 1:00 Rec Group	25 Computers 12:30 Lunch Noon	26	27
28	29 Knitting 10:00 Aqua Fit 11:00	30 Walking Club 10 am	31 Potluck 9:30 Fitness 10:45 Art 1:00 Rec Group			



What makes ME HAPPY

What makes me happy is art.

Working on my art makes me feel free. I think that a pictures says 1000 words.

Ben F.

How does Art Therapy Help?

Art therapy is an effective rehabilitative therapy method that uses imagery and colour to help many individuals to better express themselves through their artwork. Art therapists often assist in art therapy to help individuals of all ages to grow physically, cognitively and emotionally. Stress, emotion and mental health problems are extremely demanding and exhausting. Everyone experiences a certain level of stress in their life, some different than others. It is extremely important that coping methods are in place to help individuals adjust to sudden changes in their life, difficulties that they face and to ultimately help them to improve their quality of life. Art is not the only coping method out there, but in a safe, non-judgmental and free atmosphere, expressing yourself through art can really help you to grow as an individual. People are discovering that art is helping them to improve their coping skills, decrease their pain and anxiety and to really be able to express how they are feeling (especially if they are usually misunderstood). If you notice, every art piece will have a background story or a source of inspiration. Choosing what you paint and how you paint can provide you with a sense of choice and control in your life while focusing on the artwork can improve your attention span and provide you with an escape from the outside world. Art therapy allows you to relax, to be creative, to explore who you are and to find peace in your life through artistic expression.

<http://cirrie.buffalo.edu/encyclopedia/en/article/131/>



Ingredients

4 ounces white whole-wheat flour
(about 3/4 cup)

1/2 cup plain yellow cornmeal

1 cup light sour cream

2 teaspoons baking powder

2 large eggs

2 tablespoons olive oil, divided

1 1/4 cups fresh corn kernels (about 2

1/2 cup diced yellow squash

1/4 cup chopped green onions

1/4 cup chopped fresh basil

1 1/2 teaspoons white wine vinegar

1 medium tomato, chopped

Preparation

1. Weigh or lightly spoon flour into a dry measuring cup. Combine flour, cornmeal, baking powder, 1/2 teaspoon salt, and 1/4 teaspoon pepper in a large bowl.

2. Combine sour cream, eggs, and 1 tablespoon oil in a bowl, stirring until smooth. Add sour cream mixture, corn, and jalapeño to flour mixture; stir just until combined.

3. Heat a large nonstick griddle over medium-high heat.

4. Divide corn mixture into 8 equal portions (about 1/3 cup each); shape into patties. Add patties to griddle; cook 6 minutes on each side.

5. Combine squash, green onions, basil, vinegar, tomato, remaining 1 tablespoon oil, remaining 1/4 teaspoon salt, and remaining 1/4 teaspoon pepper in a bowl; toss. Place 2 corn cakes on each of 4 plates; top evenly with salsa.

OPTIONAL :

3/4 teaspoon kosher salt, divided

1/2 teaspoon freshly ground black pepper, divided

2 tablespoons minced jalapeño

Movie Review

Ghost Buster Review:

By: Ben F.

The new Ghost Buster Movie is a great addition to the series. This addition to the series was made with new characters, more advanced graphics, and a remastered theme song to reflect today's music. This movie was complete with new costumes and weapons.

From my perspective, I didn't see anything that was displeasing about the movie.

The plot of the movie was quite funny and it had a good build up to a problem and drop afterwards to an end with a solution. I would recommend this movie to anyone and everyone, but beware, there are quite a few jump scares in this movie!

