

BIAQD Newsletter

For members of the Quinte Area Brain Injury Association



NOVEMBER 2016

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

PETS AS THERAPY AFTER A BRAIN INJURY

Man's best friend, the dog, has been portrayed in our culture as a loyal companion



The inclusion of pets into hospital and rehabilitation environments has long been considered very therapeutic, and pets continue to be an important part of life long after rehabilitation has ended. This is true for people with a brain injury, and the wider community.

A pet can offer acceptance, love and motivation through the most difficult parts of rehabilitation and recovery after a brain injury. Pets are very good companions and help people feel less lonely. They also respond with feedback which can negate inappropriate behaviours, and interest in a pet may redirect egocentricity that may arise from frontal lobe injuries.

Apart from companionship, pets can be trained, much like the more familiar Seeing Eye dogs, to perform tasks and assist persons with disabilities in many different ways.

The responsibility for pet care can enhance cognitive functioning in ways that are more subtle and enjoyable than traditional therapies. Fun activities often stimulate individuals with low motivation in ways that are not often achieved by sitting in front of the TV set for hours on end.

Selecting a pet can be turned into a cognitive exercise of planning. The choice of a pet should be fun, not fraught with discord. It's important to consider all options e.g. a sophisticated set up of aquariums with pumps and filters may be too complex for some.

Pets must be cared for, otherwise they fail to thrive. The needs of the pet can be motivating for a person who may otherwise resist or refuse to actively engage with others. Naturally a responsible adult should intervene if the pet's health or well-being is adversely affected. When limitations arising from the Acquired Brain Injury are barriers to independently caring for a pet of choice, talk with the individual about strategies that will enable more independence and determine what duties will be managed by whom so responsibilities can be monitored.

Almost everyone loves animals. This often enhances social skills building for individuals when encountering others in the park, neighbourhoods and other places people congregate with pets. Have you ever been able to pass without noticing or striking up a conversation with someone sitting on a park bench with a colourful, exotic bird perched on his or her shoulder? Pets are great conversation pieces.

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Canadians recognize Remembrance Day, originally called Armistice Day, every 11 November at 11 a.m. It marks the end of hostilities during the First World War and an opportunity to recall all those who have served in the nation's defence.



Armistice Day

Armistice Day was inaugurated in 1919 throughout much of the British Empire, but on the second Monday in November. In 1921, the Canadian Parliament passed an Armistice Day bill to observe ceremonies on the first Monday in the week of 11 November, but this combined the event with the Thanksgiving Day holiday. For much of the 1920s, Canadians observed the date with little public demonstration. Veterans and their families gathered in churches and around local memorials, but observances involved few other Canadians.

In 1928, some prominent citizens, many of them veterans, pushed for greater recognition and to separate the remembrance of wartime sacrifice from the Thanksgiving holiday. In 1931, the federal government decreed that the newly named Remembrance Day would be observed on 11 November and moved Thanksgiving Day to a different date. Remembrance Day would emphasize the memory of fallen soldiers instead of the political and military events leading to victory in the First World War.

11 November

Remembrance Day rejuvenated interest in recalling the war and military sacrifice, attracting thousands to ceremonies in cities large and small across the country. It remained a day to honour the fallen, but traditional services also witnessed occasional calls to remember the horror of war and to embrace peace. Remembrance Day ceremonies were usually held at community cenotaphs and war memorials, or sometimes at schools or in other public places. Two minutes of silence, the playing of the *Last Post*, the recitation of *In Flanders Fields*, and the wearing of poppies quickly became associated with the ceremony.

Remembrance Day has since gone through periods of intense observation and periodic decline. The 50th anniversary of the end of the Second World War in 1995 marked a noticeable upsurge of public interest, which has not ebbed in recent years. It is now a national holiday for federal and many provincial government workers, and the largest ceremonies are attended in major cities by tens of thousands. The ceremony at the National War Memorial in Ottawa is nationally televised, while most media outlets – including newspapers, magazines, radio and television stations, and internet sources – run special features, interviews, or investigative reports on military history or remembrance-related themes.



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!

Our teacher ... looking over our shoulders ??? Ha ha ha



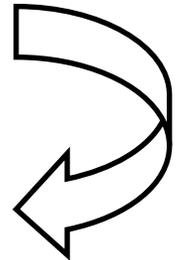
We are still trying new things...



Required patience

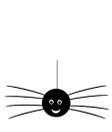


Following the template was just too funny!



Proud of our work !!





Wasn't it a PARTY!



The Brain Injury members held a party for their children and grandchildren...



Friday October 28

Prizes 11:00 - 2:30 Games

BIAQD Office

Treats

223 Pinnacle St

RSVP

Activities

613-967-2756

Spooky Lunch



BERRY ALMOND CRISP

This Berry Almond Crisp recipe is simple to make, it's naturally sweetened with fruit and honey, and topped with a (naturally gluten-free) delicious almond and oatmeal crisp.

PREP TIME: 5 MINS

COOK TIME: 40 MINS

TOTAL TIME: 45 MINS



INGREDIENTS:

ALMOND TOPPING INGREDIENTS:

- 1 cup old-fashioned oats (use gluten-free oats if making this recipe GF)
- 1/2 cup almond meal or all-purpose flour (or any favorite flour)
- 1/3 cup chopped Blue Diamond Oven Roasted Sea Salt Almonds
- 1/4 cup honey or maple syrup
- 3 tablespoons melted coconut oil
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon salt



BERRY ALMOND CRISP INGREDIENTS:

- 5-6 cups fresh berries (I used a combination of blackberries, blueberries, raspberries and chopped strawberries)
- 2 tablespoons cornstarch
- 1 tablespoon freshly-squeezed lemon juice
- *optional: 1/4 teaspoon almond extract*
- 1 batch almond topping (see below)

DIRECTIONS:

TO MAKE THE ALMOND TOPPING:

Stir all ingredients together until combined, mixing them together with your fingers if needed. Set aside.

TO MAKE THE BERRY ALMOND CRISP.

Preheat oven to 350 degrees F. Prepare the almond topping

Pour the berries into an 8 x 8-inch (or 9 x 9-inch) baking dish. Sprinkle evenly with cornstarch and lemon juice (and almond extract, if using), and toss until evenly combined. Sprinkle the oat crisp mixture evenly on top of the berries.

Bake for 35-40 minutes, or until the topping is crisp and golden and the fruit is bubbling. Serve immediately. Or let the crisp cool to room temperature, then cover and refrigerate for up to 3 days.

THANKS TO ALL....



A very big thank you to all of you who volunteer and help at events, set up and take the time to create for our fall/Christmas season!

It could not be accomplished without your dedication to see BIAQD succeed

CRAFT SALE...



An excellent first year craft sale!
Thanks to all that volunteered to



Halloween Party ... this party was brewing for a few weeks and we thank all the ghouls that created the party room



Upcoming BIAQD Events

UNCORKED 2016 FUNDRAISER DINNER



Fundraiser Dinner / Holiday Party

Join the Brain Injury Association Quinte District for a fantastic evening filled with great food, live entertainment, live and silent auctions, photo booth, and more. Tickets are \$75.00 each, and there is a discount for groups of 20 or more. For more information contact the office today!

Sponsored By



Friday November 25, 2016

RCAF Museum
Trenton

5:30 - Social Hour

6:30 - Dinner

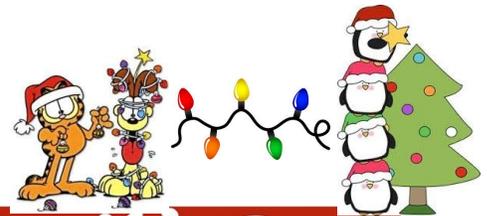
Live & Silent Auctions

Catered by:
Sans Souci

Live Music by:
The Decades



223 Pinnacle St.
Belleville, ON
K8N 3A7
613-967-2756
info@biaqd.ca



it's a HOLIDAY PARTY

BIAQD Family Holiday Party!
Friday December 16th, 2016
5:30 P.M.



Turkey Dinner with all the Trimmings

Entertainment & Crafts for Younger Guests

Meet a Special Visitor



To Attend
Please RSVP
by December
5th
613-967-2756



Mystery Christmas Carol #2



The words listed below are from a familiar Christmas Carol. What is it?
Find and circle all of the words hidden in the grid.
The remaining letters will spell the name of the Christmas Carol

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

ALL
AND
ASK
ASLEEP
AWAY
BABY
BED
BLESS
BRIGHT
BUT
CARE

CATTLE
CHILDREN
CLOSE
CRIB
CRYING
DEAR
DOWN
FOREVER
FROM
HAY
HEAD

HEAVEN
HIS
JESUS
LAID
LAY
LITTLE
LIVE
LOOK
LOOKED
LORD
LOVE

LOWING
MAKES
MANGER
MORNING
NEAR
NIGH
POOR
PRAY
SIDE
SKY
STARS

STAY
SWEET
TAKE
TENDER
THEE
THERE
THY
WAKES
WHERE
WITH



CREAMY TORTELLINI AND SAUSAGE SOUP

PREP TIME: 5 MINS

COOK TIME: 25 MINS

TOTAL TIME: 30



INGREDIENTS:

- 1.25 pounds ground Italian sausage
- 1 small white onion, peeled and diced
- 2 large carrots, peeled and diced
- 4 garlic cloves, minced
- 1/4 cup white-whole wheat flour (*or all-purpose flour*)
- 6 cups chicken stock
- 1 (10-ounce) package refrigerated cheese tortellini
- 5 ounces greens of your choice (I used a mixture of spinach, collards and baby kale)
- 2 cups milk (**see recommendations below*)

DIRECTIONS:

1. Cook Italian sausage in a large stockpot over medium-high heat until browned, crumbling it as it cooks. Using a slotted spoon, transfer the cooked sausage to a separate plate and set aside.** Reserve two tablespoons of grease in the pan, discarding the rest. (*Or if there's not that much grease remaining, add olive oil to make up the difference.*)
2. Stir in onions and carrots, and sauté for 4-5 minutes or until the onions are soft and translucent, stirring occasionally. Add in the garlic and sauté for an additional 1-2 minutes, or until fragrant, stirring occasionally. Stir in the flour until it's evenly coating the veggies, and cook for an additional 1 minute, stirring occasionally.
3. Gradually add in the chicken stock, and stir to combine. Add the sausage to the soup. Continue cooking until the mixture reaches a simmer. Then reduce heat to medium-low and simmer for 5 minutes.
4. Stir in the tortellini, spinach, and milk, and continue simmering for 4-5 minutes, or until the tortellini is al dente.
5. Taste, and season with salt and pepper to taste. (*I added in about 1 teaspoon salt, 1/2 teaspoon black pepper.*)
6. Serve immediately. Or refrigerate in a sealed container for up to 3 days.***

**I used low-fat milk in this recipe, but you're welcome to sub in some half and half or heavy cream (for all, or part of the 2 cups of milk) if you'd like an even creamier soup. :)*

***If you'd like a less-greasy soup, you're also welcome to transfer the cooked sausage to a colander and briefly rinse the sausage with water to drain off any extra grease. Then, just use oil in place of the grease to cook the onions, etc.*

****If the soup soaks up most of the broth in the refrigerator, feel free to stir in a little extra chicken stock when you reheat it.*



Movie Review

The Girl On The Train



In the thriller, Rachel, who is devastated by her recent divorce, spends her daily commute fantasizing about the seemingly perfect couple who live in a house that her train passes every day, until one morning she sees something shocking happen there and becomes entangled in the mystery that unfolds.

I had read the book and was very eager to see this movie. It did not disappoint! It was just as I read. It is not scary although there is a touch of suspense and a lot of mystery.

My husband knew nothing of this story and found it a little confusing as they introduced the characters. It did jump around as each situation was introduced.

All in all, we both enjoyed this movie very much... even though I knew the ending

Cindy

FALL WORD SCRAMBLES

Unscramble the first four words in each set of scrambles. Then use the circled letters to unscramble the final word. Some of the words may unscramble into more than one word, but only one word is related to the puzzle.

1. ABOUT FALL

B C E O O R T

○	○	○	○	○	○
---	---	---	---	---	---

A M N T U U

○	○	○	○	○
---	---	---	---	---

A F G I L N L

○	○	○	○	○	○	○
---	---	---	---	---	---	---

A E E L S V

○	○	○	○	○
---	---	---	---	---

Answer:

○	○	○	○	○	○	○	○
---	---	---	---	---	---	---	---

2. ABOUT FALL

A E G N O R

○	○	○	○	○	○
---	---	---	---	---	---

E L O L W Y

○	○	○	○	○	○
---	---	---	---	---	---

C L R O O

○	○	○	○	○
---	---	---	---	---

A G I K N R

○	○	○	○	○	○
---	---	---	---	---	---

Answer:

○	○	○	○	○	○	○
---	---	---	---	---	---	---



PETS AS THERAPY AFTER A BRAIN INJURY



Continued from page 1

Individuals with severe brain injury and other impairing conditions often have little control over their lives. Owning a pet can provide an opportunity for controlling at least one facet of their lives - their pet! Pets always have time for sharing with their owners and their loyalty is indisputable.

Pet therapy is a well-established routine in many hospitals, nursing homes and rehabilitation centres. The presence of pets appears to be a benefit in all stages of recovery, rehabilitation and even end-stage illnesses.

The comforting and calming affect of stroking a furry animal often elicits more relaxing facial expressions and/or postures in persons even thought to be in minimally-responsive states. Nonverbal individuals generally respond with contented smiles when pets are introduced into their environment. Almost all individuals with disabilities can take some responsibility for the care of an animal, even if it's no more than a daily stroking or play session.

Dogs are frequently trained to assist individuals with brain injury, particularly those with mobility impairments. Custom-styled saddlebags can be placed on the dog and used for carrying personal items, wallet, daily journal and other items needed by those using wheelchairs and/or other assisting devices that increase mobility.

Henry David Thoreau writes, "It often happens that a man is more humanely related to a cat or dog than to any human being." Pets are indeed wonderful companions and can frequently impact positively even on those for whom other therapies, exercises and/or future promise for continuing recovery hold little interest.

