

# BIAQD Newsletter

For members of the Quinte Area Brain Injury Association

## JUNE 2016

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

## 8 Top Tips for Safe Summer Sports

Summer is a time to be outside and get active. But be safe! Avoid brain injury by following these important tips:

### 1. Wear a helmet

A helmet is the single most effective way to prevent head injury from a bicycle crash.<sup>1</sup> Make sure you always wear a properly fitted helmet. A proper fit means the helmet is not too wide or loose and doesn't tip backwards exposing the forehead.<sup>2</sup> Using an approved helmet for bicycling reduces the risk of brain injury by 63 to 88 percent for all ages.<sup>3</sup> Be sure your helmet — no matter what sport or activity the helmet is specifically designed for — is approved by a group that tests helmets for safety, such as the Consumer Product Safety Commission (CPSC) or Snell B-95 standards.

### 2. Use a life jacket

Wearing a life jacket can save your life by keeping your head above water if you become unconscious or incapacitated. Non-fatal drowning can cause brain damage resulting in long-term disabilities, including memory problems, learning disabilities, and permanent loss of basic functioning (e.g., permanent vegetative state). In 2008, 709 people died from boating incidents, and 9 out of 10 of those who drowned weren't wearing life jackets.<sup>4</sup> There are life jackets available for any type of water activity; you don't have to use the bulky, get something stylish!

### 3. Always buckle up

In 2006, seat belts saved an estimated 15,383 lives among passenger vehicle occupants over 4 years old. Motor vehicle crashes are the leading cause of death for young adults 16 to 20.<sup>5</sup> During a crash, a seatbelt helps keep a person more secure inside the vehicle than if not wearing a seatbelt. Being completely thrown out of a vehicle is almost always deadly.<sup>6</sup>

### 4. Watch children at all times in or near water

Each year, approximately 3,000 children under the age of 5 are treated in emergency rooms for submersion injuries.<sup>7</sup> Many of these kids are left with a permanent disability, including brain damage. Children like to explore and discover new things, so take the following steps to keep them safe:

- Use safety gates or define perimeters to keep children from wandering off and getting into serious trouble, especially around backyard swimming pools.<sup>8</sup> Pools should *always* have fences all the way around them.<sup>9</sup>
- Get training in basic water rescue skills, first aid, and CPR.
- Learn to swim and teach your children to swim.

### 5. Celebrate safely and if you drink, do it responsibly

- Every day, 36 people in the United States die, and approximately 700 more are injured in motor vehicle crashes that involve an alcohol-impaired driver.<sup>10</sup>
- Always designate a non-drinking driver before any celebration begins.

If no one in the group is sober, call a cab or phone another friend, but don't get behind the wheel of a car.

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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!**

**LEARNING  
AND  
ATTEMPTING**



## 8 Top Tips for Safe Summer Sports

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### 6. Check out your child's playground

Each year, emergency departments treat more than 200,000 children ages 14 and younger for playground-related injuries.<sup>12</sup>

- Ensure that playground equipment is age-appropriate and properly maintained. Look for adequate surfacing under equipment and loose or broken screws on the equipment itself.
- Actively supervise children on playgrounds.
- Keep toddlers under age 5 in a separate play area, fenced off from equipment designed for bigger kids.

### 7. Play safely

Approximately 2 out of 5 traumatic brain injuries in children are related to sports and recreational activities.<sup>13</sup>

- Choose the right equipment for the right sport. Make sure you and your child wear protective gear such as wrist guards, knee and elbow pads, and a helmet during roller sports.
- Update old gear to newer equipment; the newer equipment may incorporate new safety features or new materials to prevent injury.

### 8. Know the signs and symptoms of concussion

A concussion is a traumatic brain injury. A repeat injury can be deadly or can leave a lasting impairment. When in doubt, sit it out and seek medical attention from someone who understands traumatic brain injury.

So go outside, be active, have fun ... but be safe out there.

#### Signs of Concussion: Children

Children with a brain injury can have the same symptoms as adults, but it is often harder for them to let others know how they feel. Call your child's doctor if they have had a blow to the head and you notice any of these symptoms:

- Tiredness or listlessness;
- Irritability or crankiness (will not stop crying or cannot be consoled);
- Changes in eating (will not eat or nurse);
- Changes in sleep patterns;
- Changes in the way the child plays;
- Changes in performance at school;
- Lack of interest in favorite toys or activities;
- Loss of new skills, such as toilet training;
- Loss of balance or unsteady walking; or
- Vomiting.



## Corn and Summer Vegetable Sauté

### Ingredients

1 tablespoon canola oil  
1 garlic clove, minced  
1 cup sliced fresh okra (about 4 ounces)  
1 finely chopped seeded jalapeño pepper 1 cup chopped red bell pepper (about 1) optional  
1 cup fresh corn kernels (about 2 ears)  
1 (15-ounce) can black beans, rinsed and drained  
1/8 teaspoon salt 1/3 cup minced fresh cilantro  
1/8 teaspoon freshly ground black pepper



### Preparation

Heat oil in a large nonstick skillet over medium-high heat. Add onions and garlic; sauté 1 minute. Add okra; sauté 3 minutes. Reduce heat to medium. Add bell pepper and jalapeño; cook 5 minutes. Add corn; cook 5 minutes. Stir in beans; cook 2 minutes. Stir in cilantro; sprinkle with salt and black pepper.



## Greek Yogurt with Warm Black and Blueberry Sauce

### Ingredients

2/3 cup frozen blueberries  
2/3 cup frozen blackberries  
1/2 cup water  
1/4 cup sugar  
2 tablespoons fresh lemon juice  
1 tablespoon butter  
2 cups plain 2% reduced-fat Greek yogurt



### Preparation

1. Combine first 5 ingredients in a small saucepan. Bring mixture to a boil. Reduce heat to medium-low; gently boil 10 minutes or until sauce thickens. Stir in butter.
2. Spoon 1/2 cup yogurt into each of 4 bowls; top each serving with about 1/4 cup sauce. Serve immediately.

**When making this Greek Yogurt with Warm Black and Blueberry Sauce in the summer, substitute fresh berries for frozen. This sauce also pairs well with biscuits or as a stand-in for syrup on pancakes.**



# THANKS TO ALL....

## Casino Night

Friday, May 13, 2016

A great success... fun had by all!



## Ralph Kitchen Memorial Ride

Sunday, May 15<sup>th</sup>, 2016

So glad to see so many participators!

Thanks to all that attended!



# Upcoming BIAQD Events

## Vigil

Wednesday June 1<sup>st</sup> - Core centre, 5 P.M.



## Quinte Mall Awareness Display

June 7 - 9



## Celebrating Success Reception

Thursday June 16<sup>th</sup> - Belleville Library, time to be announce

Start thinking "what should I enter this year that will show the artistic side of me?"

## Survivor Golf Tournament

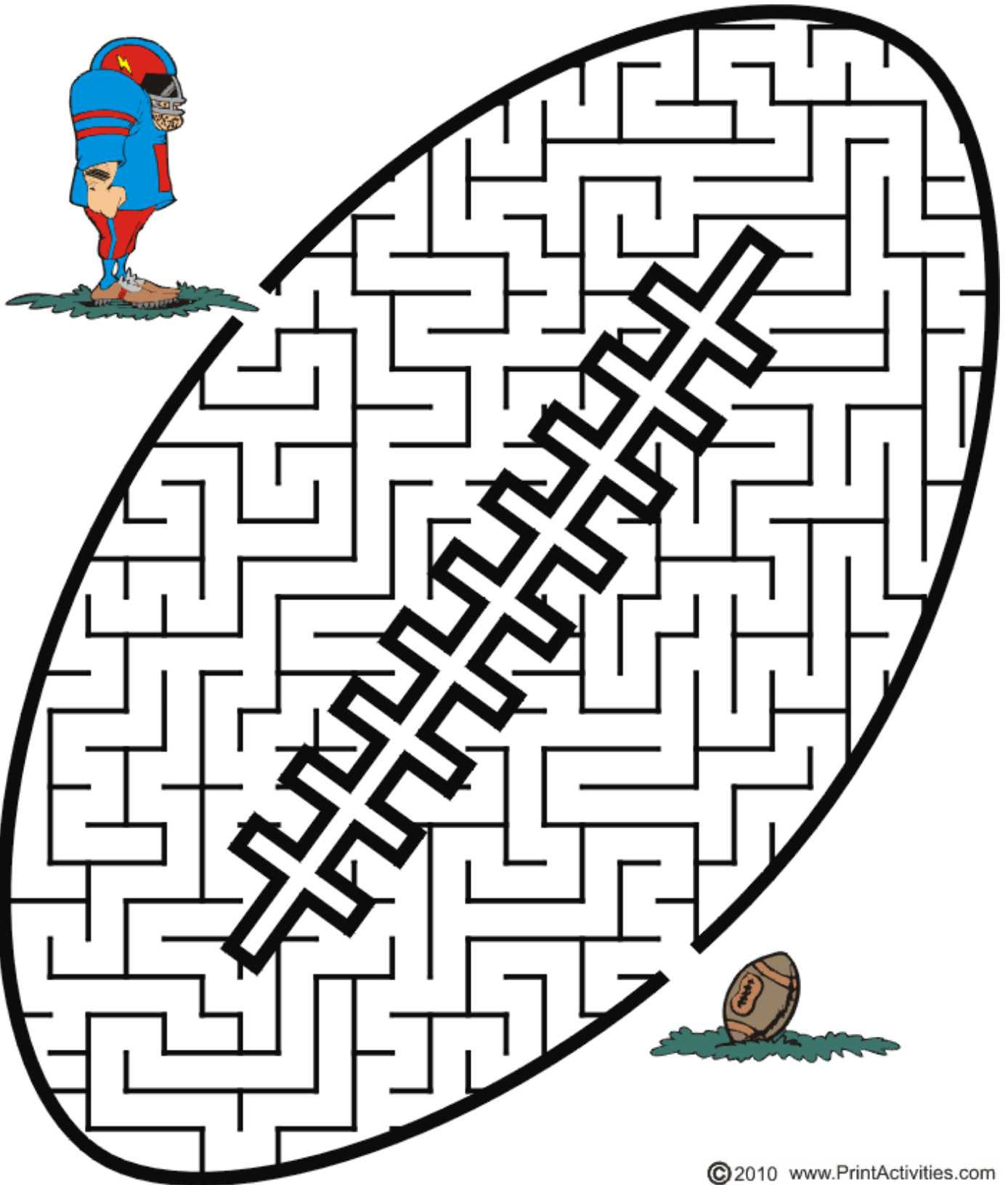
Thursday June 23<sup>rd</sup> at Bayview Golf Course @ 10:00 am. BBQ lunch to follow.  
RSVP at the office by June 10<sup>th</sup> 613-967-2756



# June 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Potluck art 9:30 Yoga 10:45 Art 1:00 pm Candlelight Vigil 5:00 pm	2 Music 10:00 am  Computers 12:30 pm	3	4
5	6 Knitting 10:00 am Aqua Fit 12:45 pm	7 Movie @ BIAQD 12:30  Walking Club 10:00 am	8 Potluck art 9:30 Yoga 10:45 Art 1:00 pm Rec Group 5:30	9	10	11 Bike Ride @ CFB Trenton 10:00 am
12	13 Knitting 10:00 am Aqua Fit 12:45 pm	14 Walking Club 10:00 am	15 Potluck art 9:30 Yoga 10:45 Art 1:00 pm Rec Group 5:30	16 Music 10:00 Computers 12:30 Celebrating Success 5-6:30 pm	17	18
19	20 Knitting 10:00 am Aqua Fit 12:45 pm	21 Walking Club 10:00 am	22 Potluck art 9:30 Yoga 10:45 Art 1:00 pm Rec Group 5:30	23 Music 10:00 am	24	25 Pathways Walk @ Zwicks  Air Show @ CFB Trenton
26	27 Knitting 10:00 am Aqua Fit 12:45 pm	28 Walking Club 10:00 am	29 Potluck art 9:30 Yoga 10:45 Art 1:00 pm Rec Group 5:30	30 Music 10:00 am Computers 12:30 pm LUNCH noon		

Help the football player through the football shaped maze to find his football



# Meet Someone New !

## Our New Summer Student

Hello all! I am very happy to be able to spend my summer months here at BIAQD! I have recently had the amazing opportunity to meet a few members here at the Brain Injury Association through our Celebrating Success lunch and weekly programs, but am hoping to see a lot more faces here at the office in the next few weeks. Looking forward to meeting all of you! To briefly introduce myself, my name is Natasha, but I often go by Tash. I am a student at the University of Guelph who will be going into my second year of working towards a Bachelor of Science degree. My current program of study is Human Kinetics. I really enjoy learning about diseases in the human body and how they are affecting people's lives on a regular basis. I am someone who is very drawn to listening to people's stories and hearing how they have worked so hard to overcome challenges that they have faced. I know many members here at BIAQD have been through a lot in their lives, having to make adjustments in their daily routines and overcoming different challenges every day. I applaud the strength and determination of our community's brain injury survivors as well as the optimism and positivity that they have to keep moving forwards. I am amazed with the stories that have been shared with me in my short time of being here and I am very much looking forward to what the next weeks will bring.

Sincerely,

Natasha



From the Editor....

I am so sorry the newsletter is late. Maggie Mae and I had a fall which resulted in a cast for 5/6 weeks. She is fine thank heavens...





# June is Brain Injury Awareness Month

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- Our **Vigil** is being held on Wednesday June 1st at 5:30 pm at the BIAQD office
- **Celebrating Success** is June 16th at the John M Parrott Art Gallery located in the Belleville Library from 5—6:30 pm.
- The **Survivors Golf Tournament** is being held on June 23rd from 10—Noon at the Bayview Golf Course
- Our **Brain Injury Awareness banner** will be hanging in downtown Trenton from June 6—20th

For More  
Information  
regarding any of  
these events  
please contact  
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2756

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E-mail:  
info@biaqd.ca

*Brain Injury  
Awareness*



*...because it matters!*

# What makes ME HAPPY

Hello,

I have always been "sports minded" so when I was told that I may never walk again, three years after my accident I started on my mission.

It has been 13 years since my accident, and I just recently completed a 5K "race" in Ottawa. Despite the extreme heat, I shaved almost 9 minutes off of my personal best from the previous years. Being physically active has truly helped me to regain a sense of self and I promote it's well-being effects to every survivor.

Giving back and turning my "lived experience" of Brain Injury has been a newly found passion as well.

Currently I am operating our associations Twitter account @BIAQD (I sometimes plug!). I find that the social media avenue is a fantastic forum to share tips, tricks, and regular BIAQD programs, and information regarding this invisible injury!

Who knows what my future brings, but I will enter the next phase of my life thankful to BIAQD, its programs, and fellow members whom I also see regularly.

Thanks

Leslie Lloyd

