

BIAQD Newsletter

For members of the Quinte Area Brain Injury Association

DECEMBER 2016



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

Getting Through the **Holidays** after a Brain Injury

Getting through the holidays after/with a brain injury can be difficult at times. There are many different hurdles to jump over when it becomes the holidays, no matter what you believe. Since I am a lapsed Catholic that will be the angle I am writing this article with. Some problems that I will be touching on include: 1. Increased chaos 2. Noise 3. Drinking or not drinking alcohol 4. Faster pace 5. Shopping 6. Planning gifts 7. Limited budgets All these ideas I personally find helpful, and if you don't find it helpful I am sorry, but hopefully it points you in the right direction. The first problem on the list is one of the ones I'm still having trouble with. Dealing with increased chaos depends on the chaos that is happening. For loud music you can try two things: First, move to the other side of the room (that may help). Second, ask someone to turn the music down a little. Another cause of chaos is just too many people. My only suggestion is to go to one side of the room and you can ask the people to maybe speak a little louder. The second problem on the list is "noise." Well this is a common problem with brain injury. There are a couple of solutions that I use. The first one is ask people to turn down the music or television. Another thing that I find that helps is to take who ever I am talking to, to a little quieter area or just farther away from the noise. Or a last choice remedy is just to use some Tylenol. Some tips for not drinking is a different problem. The way I deal with it is to tell at least one person I'm with, that I'm not drinking or only drinking a little. Most of the time that alone helps me to not drink. Most places or people will have a non-alcoholic option to drink. Shopping, limiting budgets and planning for gifts are all solutions that can help out. For example, planning gifts and limiting your budget helps, along with making a list of what to buy for which person. This also helps out the budget by knowing approximately how much each item costs. You can also start to do the shopping early.

If you start making the list early, you can shop early and buy for 2 people a month. If you start in July and only buy for 2 people a month, by Christmas you may have 12 people's gifts. Also, if you do make a list, the actual shopping is much easier. This way you know what you are looking for and do not have to wander the store to think of something the person might like. If you do make a list you, make sure that you have more time to think about what the person will like or love. To avoid the crowds, my only advice is to get out early. Beat the crowds! Well, hopefully that will be helpful and make you or someone you know have an easier holiday. Have fun and Happy Holidays!

SURVIVAL TIPS FOR THE **HOLIDAYS**

The Christmas Season of 2016 is quickly approaching. I do not know anyone who does not find the holiday season at least somewhat stressful and at most mind numbing. Never the less, Christmas is a time of giving and we should all give ourselves as stress free holiday as possible. The cost of purchasing gifts for family and friends is absolutely outrageous. We try to set limits on spending and also on whom to purchase for but often times we end up over spending. There is nothing wrong with setting a monetary limit, and surely our family and friends will appreciate the thought and not the cost of the gift. There is nothing wrong with making purchases at the Dollar Store or inexpensive bulk or second hand stores or retail stores. I know when I used to buy gifts for my nieces and nephews, I could spend a large amount of money on a gift that in all likelihood would be broken in a short period of time. The child loved the gift but had so many other gifts that when the gift broke, I felt bad. The child usually didn't. Here is my advice, regarding the purchases for family. Ask for gift ideas early, before stores get really busy, and then set yourself a budget that you will not regret after the holidays. During the holiday season many of us travel to visit family and friends.

Continued page 2



SURVIVAL TIPS FOR THE HOLIDAYS

continued from pg 1

During the holiday season many of us travel to visit family and friends. This can be an overwhelming aspect of the season. I know personally how difficult this can be. I travel to Sudbury each Christmas to visit family. The trip home takes a full day. It is very tiring, almost exhausting. Then I have to consider the medications that I take each day. Travelling by bus is painful for me. It is difficult to sit all day and carry heavy luggage across the bus terminal without dropping anything that may be breakable. Here is my advice for people who travel. If you can, allow yourself one full day of rest and relaxation after your travel time. Remember this if you are not feeling well, both physically or mentally you cannot enjoy your holiday. The holiday season is a stressful time, but for people with brain injuries it can seem almost insurmountable. We deal with excitement, stress, alcohol, food and visiting, family and friends and we react totally differently than people who do not have a brain injury. When we become overwhelmed or stressed, our brains process these emotions differently. It is as if our brains have emotional incontinence. We find it extremely difficult to deal with even the simplest matters. Then there's alcohol thrown into the mix. We have no idea how mixing alcohol with medications will react in our systems. While I am home Christmas Day arrives. My Dad, who passed away many years ago, was born on Dec. 25. I always become sad because I miss him. Sometimes my family and friends cannot understand why I'm upset because my Dad and I didn't always see eye to eye. If you are alone during the holidays, try to keep yourself busy. Read a book, work on puzzles, watch happy, comedic television, but treat yourself with KINDNESS. Keep your mind occupied with positive thoughts. Also keep your body active. Do exercise, yoga, dance, go for a walk, but be HAPPY. Finally, I would like to say something. Take care of yourself first, and enjoy the CHRISTMAS SEASON. Spend HAPPY time with friends and family. Take time for rest and relaxation and your holiday season will not be so overwhelming.

How To Budget Holiday Gift Spending

Shopping for gifts doesn't have to lead to financial stress. Learn how to budget your holiday gift spending, and make this the year that you finally come in on (or under) budget. Here's How:

1. List whom you want to shop for. List everyone whom you plan to shop for (friends, relatives, teachers, pets, etc.).
2. Determine how much you can afford to spend. Review your finances to determine how much you can afford to spend on gifts. Set this figure as your overall holiday gift budget.
3. Divide your gift budget among the people on your gift list. Look over your gift list, and decide how much you would like to spend on each person. Then, total up the expected spending for all gifts, and make sure it does not exceed the gift budget that you established in step two. Rework your figures as necessary.
4. Brainstorm gift ideas. Go through your list again, and jot down gift ideas that fall within the budget range that you've set for each person.
5. Track your spending throughout the season. As you purchase gifts, note their cost in the "Actual Spending" column of the worksheet. Then, calculate how much over or under budget you are with each one.
6. Tweak your budget to cover any instances of over spending. Don't panic if you overspend on a gift; just scale back your spending on another gift to make up for it.

Tips:

One; Don't be afraid to make changes to your budget - a good budget is always evolving.

Two; Hang on to a copy of your gift budget after the holidays are over; it'll be helpful in planning next year's budget.

Three; Use the Holiday Spending Worksheet to establish an overall holiday budget.



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!

Snowman Applique Book - www.FreeApplique.com

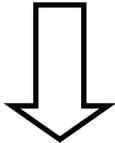
© snowman applique book



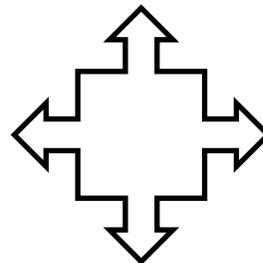
Follow a pattern you say... perhaps. Then cut it out!?!?



We are still trying new things...



Our next new adventure is Quilting a Christmas season wall hanging. Now you may think we had a handle on this from our other two quilting projects... **bahahaha**



December 2016



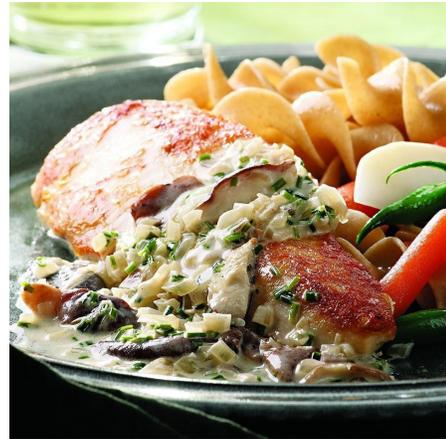
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
				1 Music 10 am	2 Pampered Chef Party Core Building 7 - 9pm	3	
4	5 Aqua Fit 10:30 Members Discussion Group 12:30	6 Walking 10 am	7 Potluck art 9:30 Fitness - 10:45 Art - 1:00 pm Rec Group 5:30 pm	8 Music 10 am	9	10	
11	12 Aqua Fit 10:30 Knitting - Noon	13 Walking 10 am	14 Potluck art 9:30 Fitness - 10:45 Art - 1:00 pm Rec Group 5:30 pm	15 Music 10 am	16 BIAQ Christmas Party 	17	
18	19 Aqua Fit 10:30 Knitting - Noon	20 Walking 10 am	21 Potluck art 9:30 Fitness - 10:45 Art - 1:00 pm Rec Group 5:30 pm	22 Music 10 am	23 	24 	
25 	26 	Office Closed for Holidays				30	31 

Chicken Breasts with Mushroom Cream Sauce

The secret to a good cream sauce is always the same: not too much cream or it can be overpowering, masking the more delicate flavors. Here it contains a bountiful amount of mushrooms and is served over chicken breasts.

INGREDIENTS:

- 2 5-ounce boneless, skinless chicken breasts, trimmed and tenders removed (see Tip)
- 1/2 teaspoon freshly ground pepper
- 1/4 teaspoon salt
- 1 tablespoon canola oil
- 1 medium shallot, minced
- 1 cup thinly sliced shiitake mushroom caps
- 2 tablespoons dry vermouth, or dry white wine
- 1/4 cup reduced-sodium chicken broth
- 2 tablespoons heavy cream
- 2 tablespoons minced fresh chives, or scallion greens



DIRECTIONS:

1. Season chicken with pepper and salt on both sides.
 2. Heat oil in a medium skillet over medium heat. Add the chicken and cook, turning once or twice and adjusting the heat to prevent burning, until brown and an instant-read thermometer inserted into the thickest part registers 165 °F, 12 to 16 minutes. Transfer to a plate and tent with foil to keep warm.
 3. Add shallot to the pan and cook, stirring, until fragrant, about 30 seconds. Add mushrooms; cook, stirring occasionally, until tender, about 2 minutes. Pour in vermouth (or wine); simmer until almost evaporated, scraping up any browned bits, about 1 minute. Pour in broth and cook until reduced by half, 1 to 2 minutes. Stir in cream and chives (or scallions); return to a simmer. Return the chicken to the pan, turn to coat with sauce and cook until heated through, about 1 minute.
- **It's difficult to find an individual chicken breast small enough for one portion. Removing the thin strip of meat from the underside of a 5-ounce breast—the "tender"—removes about 1 ounce of meat and yields a perfect 4-ounce portion. Wrap and freeze the tenders and when you have gathered enough, use them in a stir-fry or for oven-baked chicken fingers.**



THANKS TO ALL....



A big **Thank You** to all who helped with the **Halloween party** we put together for our children/grandchildren.

It was a success and all the children were so good so no one disappeared...

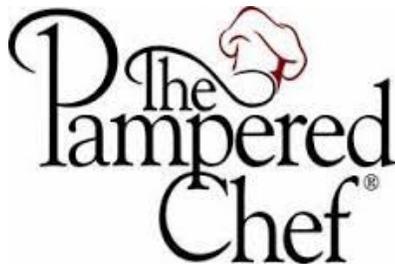
Next year we will make sure there is ketchup and mustard to accompany the lunch.... If you dare eat what is offered next year!



Uncorked - This event took a lot of work on the part of so many people. We went to many local stores seeing if they would be willing to donate an item to this fundraiser. Also several request were done by email which proved helpful to our event. Also, not to be forgotten are the people who created amazing items to be sold or auctioned off... including the woodworkers, painters and those who came up the ideas for things we could create!! Thank you to all who helped!



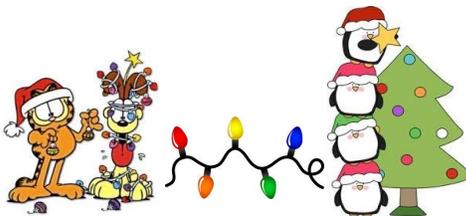
Upcoming BIAQD Events



Pampered Chef Party - December 2nd at the Core building 7pm to

(where our office is)

We have catalogues at the office if you would like to peruse them before hand.



Office Closure -
December ?? To January ??



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





Christmas



HOT

Find and circle all of the Christmas words that are hidden in the grid.
The remaining letters spell a secret message.

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



- | | | | |
|--------------|-----------|------------|----------------|
| ANGEL | FRUITCAKE | MANGER | SNOWFLAKES |
| BELLS | GABRIEL | MARY | SNOWMAN |
| BETHLEHEM | GIFTS | MISTLETOE | STABLE |
| CANDLES | GOLD | MYRRH | STAR |
| CANDY CANE | GREETING | ORNAMENTS | STOCKING |
| CAROLS | CARDS | POINSETTIA | THREE WISE MEN |
| DECORATIONS | HOLLY | SANTA | TOBOGGAN |
| EGGNOG | ICICLES | SHEPHERDS | TOYS |
| FAMILY | JESUS | SKATES | TREE |
| FRANKINCENSE | JOSEPH | SLEIGH | WREATH |
| FRIENDS | | | |



Help Santa find his Reindeer...



Black Bean Quesadillas



Ingredients

- 1 15-ounce can black beans, rinsed
- 1/2 cup shredded Monterey Jack cheese, preferably pepper Jack
- 4 8-inch whole-wheat tortillas
- 2 teaspoons canola oil, divided
- 1 ripe avocado, diced

DIRECTIONS:

1. Combine beans, cheese and 1/4 cup salsa in a medium bowl. Place tortillas on a work surface. Spread 1/2 cup filling on half of each tortilla. Fold tortillas in half, pressing gently to flatten.
2. Heat 1 teaspoon oil in a large non-stick skillet over medium heat. Add 2 quesadillas and cook, turning once, until golden on both sides, 2 to 4 minutes total. Transfer to a cutting board and tent with foil to keep warm. Repeat with the remaining 1 teaspoon oil and quesadillas. Serve the quesadillas with avocado and the remaining salsa.



Microwave Oven Peanut Brittle

Ingredients

16 servings 165 cal

- 1 1/2 cups dry roasted peanuts
- 1 cup white sugar
- 1/2 cup light corn syrup
- 1 pinch salt (optional)
- 1 tablespoon butter
- 1 teaspoon vanilla extract
- 1 teaspoon baking soda



DIRECTIONS:

Yummy

1. Grease a baking sheet, and set aside. In a glass bowl, combine peanuts, sugar, corn syrup, and salt. Cook in microwave for 6 to 7 minutes on High (700 W); mixture should be bubbly and peanuts browned. Stir in butter and vanilla; cook 2 to 3 minutes longer.
2. Quickly stir in baking soda, just until mixture is foamy. Pour immediately onto greased baking sheet. Let cool 15 minutes, or until set. Break into pieces, and store in an airtight container.

Movie Review

INFERNO

The story follows Langdon after he wakes up in a hospital in Florence with no memory of the past few days and a mysterious cylinder in his jacket pocket. He and doctor Sienna Brooks find a version of Sandro Botticelli's Map of Hell in the container, and discover a deadly plot.

Although this movie has a definite biblical slant it is easy to pick up and enjoy. There are many twists and turns and you may think you know the answer but alas things change again. Inferno is a fast paced thrill ride.

Tom Hanks does another excellent job with Ron Howard directing.

Cindy



Grandma's Suet Pudding

Ingredients

- 1 cup milk
- 1 teaspoon lemon juice
- 1 cup chopped suet
- 1 cup molasses
- 1 teaspoon baking soda
- 2 cups all-purpose flour
- 1 cup raisins, you can add mixed peel
- 1 egg white, beaten
- 9 tablespoons confectioners' sugar
- vanilla extract to taste

My sister made the best Suet pudding ever! It was my favorite dessert. She made a rum sauce to go with it....This is not her recipe, but I hope you enjoy this old fashion delight ...

Directions

1. Sour the milk by adding the lemon juice. Or use Buttermilk.
2. In a large bowl combine suet, molasses, soured milk, baking soda, flour and raisins. Place batter in a pudding mold or large double boiler and steam, uncovered, for 2 hours.
3. To make the sauce combine, in a small saucepan, the egg white, confectioner's sugar and vanilla. Heat over medium until thickened. Serve over warm pudding.



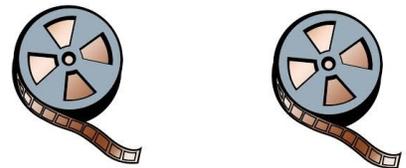
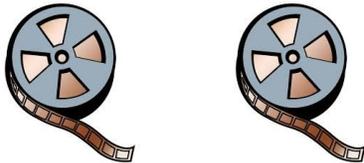
Movie Review

WWII American Army Medic Desmond T. Doss, who served during the Battle of Okinawa, refuses to kill people, and becomes the first man in American history to win the Medal of Honor without firing a shot.

We went into this movie unknowing what to expect. This movie was amazing as we follow the life of one person who held his beliefs through so many obstacles. It shows us that being different is not necessarily a liability.

And to hear and see the men who really accomplished such horrible existence in the war... this topped the show off perfectly!

Come and see what war was like before all the new technology surfaced.



Movie Review



It would probably be easy to look at a movie called "Arrival" that is about alien visitors and boasts a strong cast and think you're getting a certain kind of movie. But this isn't the sequel to "Independence Day" we wish we'd gotten this summer. This is a heady piece of art that asks bigger questions about life and doesn't particularly care

It begins with an introduction that leads you to believe you're moving in a certain direction, but as the layers peel back you realize it's something else entirely. It's unlike any other film I've seen in this genre, and that's a good thing. It's a film that asks some interesting questions about the nature of time and the disappointments we face in our lives, and it's something that sticks with you long after the screening ends. That's the mark of an exceptional piece of art, which this film is.

We really enjoyed this movie... we both came out thinking a different story was going on!!

