

# BIAD NEWS CENTRAL

Official Newsletter of BIAD and its Community



## Welcome to the New BIAD Newsletter!

2023 will be the year of success, new challenges, and fun adventures. It is also the year the newsletter is back! Throughout the pages, you'll find riddles, fun facts, community events and important information regarding the programming and activities at BIAD. As always, should you have any questions or concerns about anything you see in the newsletter, please reach out to the office or your worker. We hope you enjoy this first edition!

## This issue:

BRAIN INJURY AWARENESS  
PAGE 02

OUR SERVICES  
PAGE 03

VIRTUAL PROGRAMMING  
PAGE 04

REGISTERED PROGRAMMING  
PAGES 05 & 06

KNOWLDEGE BOOSTERS, RIDDLES,  
JOKES  
PAGES 07

FOOD FOR THE SOUL  
PAGE 08

QUOTES, POEMS AND  
RIDDLE ANSWERS  
PAGE 09

CONTACT INFORMATION  
PAGE 10

# Brain Injury Awareness Month

**The month of June was brain injury awareness month, and it centered around bringing awareness to brain injury.**

INFORMATION GATHERED AND COMPILED BY STELLA SLOAN

There are two main kinds of brain injury:

Traumatic (TBI) and Non-Traumatic (nTBI) and both fall under the spectrum of Acquired Brain Injury (ABI).

Brain Injuries are caused either by an external force or as the result of a stroke or other illness.



**This year on June 7th, the CN tower in Toronto was green and blue in honor of brain injury awareness month.**

Some Self Care activities for Brain Injury:

- Gratitude Journaling
- Mindfulness meditation
- Learn new skills constantly
- Keep active
- Maintain healthy sleep patterns
- Ask for help or seek assistance (It can be hard)
- Have events to look forward to (Even if you put it in a calendar)
- Celebrate all successes
- Try to learn from your difficulties or hardships
- Make goals attainable (SMART Goals)
- Write a list of (People, places, things, activities) that bring you joy and engage with them as frequently as possible



# Our Services

---

**All of our services aim to assist those with a brain injury live a dignified life and are offered free of cost.**

---



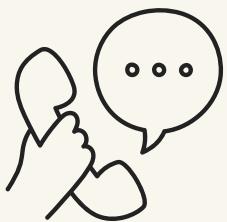
## **Adult Day Program**

We have a program for people with brain injuries that includes social activities, learning opportunities, and fun things to do. We offer both in-person and virtual options.



## **Community Support Program**

Our Community Support (CS) workers assist clients in addressing their own day-to-day needs in areas such as budgeting, household management, transportation, and organizing. We promote learning opportunities and strategies to manage daily activities, appointments and memory.



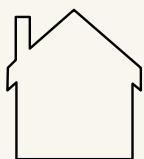
## **Peer Support Program**

The Peer Support program, in partnership with OBIA, connects brain injury survivors and caregivers for weekly phone calls based on shared experiences, needs, and interests. It's coordinated province-wide through local brain injury associations in Ontario.



## **Supported Independent Living Program**

We support people as they strive to address their own day-to-day needs and re-learn life skills to live independently.



## **Homelessness Prevention Program**

Staff facilitate clients and assist with getting and keeping safe, affordable housing based on their individual needs.

# VIRTUAL PROGRAMS



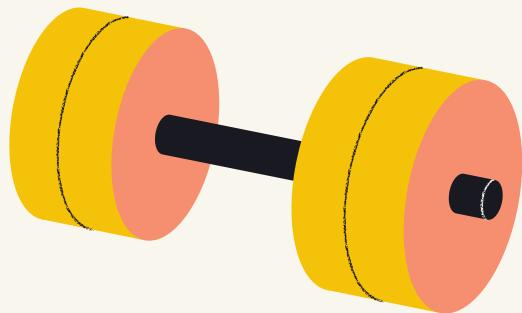
Programs in **RED** are hybrid programs which run both online and in-person at the BIAD office. To register, please visit our website, [biad.ca](http://biad.ca), or call our office at **905-723-2732**.

Monday	Tuesday	Wednesday	Thursday	Friday
Coffee & News 10am	Memory Group 10am	Open Chat 10am	Drawing Class 10am	<b>Exercise</b> <b>10am</b>
Brain Fitness 11am	<b>Exercise</b> <b>1pm</b>	Speech Group 11am	Creative Writing 11am	
Games & Social 2pm		Seated Yoga 3pm	Games & Social 2pm	

# **BIAD'S REGISTERED PROGRAMMING**

Our registered programming runs in our office and is led by our day program staff and participants. Please visit our website, [biad.ca](http://biad.ca), call our office, 905-723-2732, or speak with your worker to register! Space is limited.

**Pool games:** Takes place every Monday of every month. Runs from 2 - 4 PM.



**Exercise:** Low impact exercise for all abilities. Runs on Monday's from 2 - 3 PM and Friday's from 10 - 11 AM.

# **BIAD'S REGISTERED PROGRAMMING**

Our registered programming runs in our office and is led by our day program staff and participants. Please visit our website, [biad.ca](http://biad.ca), call our office, 905-723-2732, or speak with your worker to register! Space is limited.

**Art Class: Explore various art topics and learn how to produce different kinds of art. Runs every Thursday from 10 AM - 12 PM.**



**Newsroom: This group will meet every other week to put together the newsletter that will include participant successes and BIAD updates.**

VOL. 1 ISSUE 1 - JUNE / JULY 2023

## **BIAD NEWS CENTRAL**

Official Newsletter of BIAD and its Community

VOL. 1 ISSUE 1 - JUNE / JULY 2023

# **RIDDLES & JOKES**

1. What has holes but still holds water?
2. What Building has the most stories?

Yesterday I saw a guy spill all his scrabble letters on the road. I asked him “What’s the word on the street?”

Every night, I have hard time remembering something, but then it dawns on me.

## **KNOWLEDGE BOOSTERS**

- Apart from Vitamin C, Eggs contain every single vitamin
- Australia is the only continent without an active volcano
- Birds need gravity to swallow
- there are 3 things the human brain cannot help noticing: food, attractive people and danger
- Hummingbirds are the only birds who can fly backward
- Apples can wake you up more than coffee in the morning

**Riddle answers on last page**

# FOOD FOR THE SOUL

## FROZEN BLUEBERRY YOGURT BITES

- 1 pint container blueberries (about 125 blueberries)
- 1 cup vanilla, nonfat Greek yogurt
- 1 tablespoon stevia (or your favorite sugar substitute)

1. Line a baking sheet with parchment paper or a nonstick Silpat® mat, and set aside.
2. In a medium mixing bowl, stir together the yogurt and sweetener.
3. Working in 2 batches, gently fold in the blueberries to coat in the yogurt. Scoop them up with a fork and tap the excess yogurt off.
4. Place the blueberries on the baking sheet, being careful not to have them touch.
5. Freeze the baking sheet until the blueberries are completely frozen, about 1 hour.
6. Store leftovers in an airtight container in the freezer.

## SLOPPY JOE FRENCH BREAD

- 1 loaf of french bread
- 1/2 yellow onion (diced)
- 1 lb ground beef
- 1 (15 ounce) can sloppy joe sauce
- 3 cups shredded cheddar cheese

1. Preheat the oven to 350 degrees.
2. Cut the bread loaf in half (lengthwise) and place it on a lined baking sheet.
3. In a large saute pan, cook the diced onions with a little butter or oil until soft (about 3-4 minutes).
4. Add the ground beef and crumble until no longer pink.
5. Drain or use a paper towel to remove any excess grease, and then stir in the sloppy joe sauce.
6. Spread the mixture evenly over the bread halves, and then top with shredded cheese.
7. Bake for 10-15 minutes, or until the cheese is melted and edges of the bread are toasty.

"THE HEART WANTS WHAT  
THE HEART WANTS.  
(COOKIES. IT'S ALWAYS  
COOKIES.)"

# **INSPIRATIONAL QUOTES/POEMS**

**Dream Big and learn to fail**  
**-Norman Vaughn**

**Brain Injuries are like snowflakes and finger prints.  
No two are the same**

**It is small steps, not the giant leaps, that bring about  
the lasting change**  
**-HRM Queen Elizabeth II**

**Riddle Answers:**

1. A sponge
2. The Library

# **CONTACT INFO**

**Have a question, comment or  
concern regarding the newsletter?  
Please let us know!**



**Address: Unit 24, 850 King Street West,  
Oshawa Ontario, L1J2L5**

**Phone: 905-723-2732**

**Toll Free: 1-866-354-4464**

---

**To make a suggestion about the newsletter,  
please email Michaela at [mhoeft@biad.ca](mailto:mhoeft@biad.ca)**