

BIAQD Newsletter

For members of the Quinte Area Brain Injury Association

November 2019



HAVE YOU SEEN US ONLINE? www.biaqd.ca

We Had Spaghetti!



shutterstock - 163094159



Our Spaghetti Dinner Fundraiser turned out wonderful!



Thank You TO

Trenton High School Catering Class for the preparation of this wonderful meal
Jennifer and family, Margaret and Christine for all the before and after work you did!
All the wonderful people who came to support BIAQD and enjoy a wonderful dinner!

Uncorked 2019



Fundraiser Dinner / Holiday Party

Saturday December 7, 2019

Sans Souci

240 Front St.

Belleville, ON

Join the Brain Injury Association Quinte District for a fantastic Evening filled with great food, musical entertainment, live and silent auctions, dessert auction, and more. Early bird tickets are \$100.00 until September 30th, then the price increases to \$125.00. All proceeds go to Programming, and Supporting Individuals in our Community living with the effects of Acquired Brain Injury.

For more information contact the Brain Injury Association by calling 613-967-2756 or email info@biaqd.ca



gather together



**Wooden Sign Painting
Party**



November 28th at 6:00 PM

BIAQD Office

223 Pinnacle St Belleville

**Lots of designs to
choose from!**

\$55 per person



**Ask about our friends and
family discount**

613-967-2756



**Brain Injury
Association**
QUINTE DISTRICT

A Day of Learning



A HUGE **Thank You** to Jane and Doreen at Kraft Village for all their help and time making this sewing class a reality!
It took some good friends to make me believe I could do this....
Thank you ladies



REMEMBRANCE DAY

November 11, 2019 | Canada



Regional holiday for: Alberta, Colombie-Britannique, Manitoba, Nouveau-Brunswick, Territoires du Nord-Ouest, Nunavut, Ontario, Île-du-Prince-Édouard, Saskatchewan, Yukon

The national day to remember those who died in military service, and honour those who served in wartime, is observed across Canada each year on 11 November - the anniversary of the Armistice agreement, on 11 November 1918, that ended the First World War.

Before the Great War, Canadians honoured their overseas war dead on Paardeberg Day - 27 February - the annual anniversary of the Battle of Paardeberg in 1900, during the South African War, Canada's first foreign military victory.

From 1901 until the outbreak of the First World War in 1914, people gathered in public squares in cities and towns across the country, around newly built South African War memorials, to commemorate their soldiers' service in South Africa. Paardeberg Day, however, was less a sombre affair of remembrance, than a victory celebration and an affirmation of English Canada's loyal ties to the British Empire.

The horror and mass slaughter of the First World War - which took the lives of millions of people at sea and on battlefields across Europe, including 61,000 Canadians - changed Canadian perceptions of war. Although Canada fought on the winning side, celebration of victory was replaced by solemn commemoration, and a sense that the country owed a collective national debt to the ordinary soldiers, mostly young men, who had given their lives in battle.

This debt would be paid, in perpetuity by successive generations, by the simple act of remembering the soldiers' sacrifice.

On 6 November 1919, almost a year after the end of the First World War, King George V sent out an appeal to the British Empire, urging that the Armistice that ended the fighting be marked by the suspension of all activities, and the observance of two minutes of silence, at exactly 11 am on 11 November - the same time the Armistice had been signed.

Earlier that year, however, Canadian Member of Parliament Isaac Pedlow had introduced a motion in the House of Commons to institute an annual "Armistice Day" - to be held not on 11 November, but on the second Monday of November each year.

In May 1921, an Act of Canada's Parliament declared that an annual Armistice Day would be held on the Monday of the week in which November 11 fell. Oddly, the day was joined with the celebration of Thanksgiving Day, a day featuring sports, turkey dinners and light recreation. This anomaly, which confused the public and angered First World War veterans, came to an end on 18 March, 1931, when Member of Parliament A.W. Neil introduced a motion to have Armistice Day observed on November 11 and "on no other date."

Another MP, C.W. Dickie, moved to change the name from Armistice Day to Remembrance Day. This renaming placed the emphasis more upon the soldiers whose deaths were being remembered. Parliament adopted these resolutions as an amendment to the Armistice Day Act, and Canada held its first Remembrance Day by that name on 11 November, 1931. The Holidays Acts of 1970 and 1985 recognized it as a national holiday.

In France and Belgium, 11 November is still observed as Armistice Day, while in Britain Remembrance Sunday is the second Sunday in November. In the United States war veterans are honoured on Veterans Day on 11 November.

In Canada, Remembrance Day has proven to be a flexible and enduring term. It has grown to include the remembrance of war dead from the Second World War, the Korean War and the War in Afghanistan, as well as from peacekeeping missions and other international military engagements. In all, more than 1.6-million Canadians have served in Canada's Armed Forces and more than 118,000 have died in foreign conflicts.



The symbol of Remembrance Day is the red poppy, which grows on the First World War battlefields of Flanders in Belgium, and northern France. The poppy as a symbol of death and renewal predates the First World War. The seeds of the flower may remain dormant in the earth for years, but they will blossom in abundance when the soil is churned. As the artillery barrages began to convulse the earth in late 1914, the fields of Flanders and northern France saw scores of red poppies appear.



Belleville Nighttime Santa Claus Parade 2019

Sunday November 17th beginning at 4:30pm 70+ beautifully lighted floats, marching bands, seasonal surprises and of course Santa!

Trenton Santa Claus Parade

Sun., Nov. 24, 4:30 p.m. - 6:30 p.m.

The parade leaves Centennial Park at 4:30p.m. It then follows Campbell St., turns left on Dundas St. E. and goes over the Veteran Skyway Bridge. It goes through downtown Trenton along Dundas St. W., dispersing at Queen Street.

Picton Santa Claus Parade

Sun., Dec. 1, 2:00 p.m. - 4:00 p.m.

Join us for the Annual Picton Santa Claus Parade! See all your favourite floats! A fun family day!

Bloomfield's Original Night-Time Santa Claus Parade.

The village of Bloomfield sparkles like a magical fairyland for their annual night-time holiday parade with floats, bands and lots of glitz. Main Street closes at 6 p.m. and all the holiday lights in the village are turned on at once. The parade starts at 6:30 p.m. For a small town Wonderful Life feeling, come to Bloomfield for the parade.

Food vendors available on Main Street
Chili & hot chocolate at the Town Hall @ 4pm

Stirling Santa Claus parade

Friday, Dec. 1 at 6:30 p.m

Napanee Parade of Lights

Saturday, Dec. at 5:30 p.m.

Watch the decorative floats light up the street along Santa's route. Don't forget to bring your letters to Santa, non-perishable food items which will be collected along the parade route.

Deseronto Santa Claus parade

Saturday, Nov. 25 at 4:30 p.m.

Tree lighting ceremony and refreshments to follow in the Rathbun Park. Food bank donations will be accepted along the parade route.

Foxboro Santa Claus parade

Saturday, Nov. 25

starts at 12:30 p.m. at the Foxboro Public School, proceeds along Ashley Street to the Frankford Road, turning west and ending at Foxboro Foodland.



Be Prepared to Stay Safe and Healthy in Winter

Winter storms and cold temperatures can be dangerous. Stay safe and healthy by planning ahead. Prepare your home and cars. Prepare for power outages and outdoor activity. Check on older adults.

Although winter comes as no surprise, many of us are not ready for its arrival. If you are prepared for the hazards of winter, you will be more likely to stay safe and healthy when temperatures start to fall.

Many people prefer to remain indoors during winter, but staying inside is no guarantee of safety. Take these steps to keep your home safe and warm during the winter months.



- **Winterize your home.**

- Install weather stripping, insulation, and storm windows.
- Insulate water lines that run along exterior walls.
- Clean out gutters and repair roof leaks.
-

- **Check your heating systems.**

- Have your heating system serviced professionally to make sure that it is clean, working properly, and ventilated to the outside.
- Inspect and clean fireplaces and chimneys.
- Install a smoke detector. Test batteries monthly and replace them twice a year.
- Have a safe alternate heating source and alternate fuels available.
 - Prevent carbon monoxide (CO) emergencies.
- Install a CO detector to alert you of the presence of the deadly, odorless, colorless gas. Check batteries when you change your clocks in the fall and spring.
- Learn symptoms of CO poisoning: headache, dizziness, weakness, upset stomach, vomiting, chest pain, and confusion.

Get your car ready for cold weather use before winter arrives.

- Service the radiator and maintain antifreeze level; check tire tread or, if necessary, replace tires with all-weather or snow tires.
- Keep gas tank full to avoid ice in the tank and fuel lines.
- Use a wintertime formula in your windshield washer.
 - **Prepare a winter emergency kit to keep in your car in case you become stranded. The kit should include:**
- cell phone, portable charger, and extra batteries;
- blankets;
- food and water;
- booster cables, flares, tire pump, and a bag of sand or cat litter (for traction);
- compass and maps;
- flashlight, battery-powered radio, and extra batteries;
- first-aid kit; and
- plastic bags (for sanitation).

Many people spend time outdoors in the winter working, traveling, or enjoying winter sports. Outdoor activities can expose you to several safety hazards, but you can take these steps to prepare for them:

- Wear appropriate outdoor clothing: wear a tightly woven, preferably wind-resistant coat or jacket; inner layers of light, warm clothing; mittens; hats; scarves; and waterproof boots.
- Sprinkle cat litter or sand on icy patches.
 - **Learn safety precautions to follow when outdoors.**
- Work slowly when doing outside chores.
- Take a buddy and an emergency kit when you are participating in outdoor recreation.
- Carry a cell phone.

Be prepared for weather-related emergencies, including power outages.

- Stock food that needs no cooking or refrigeration and water stored in clean containers.
- Ensure that your cell phone is fully charged.
- When planning travel, be aware of current and forecast weather conditions.
 - **Keep an up-to-date emergency kit, including:**
- Battery-operated devices, such as a flashlight, a National Oceanic and Atmospheric Administration (NOAA) Weather Radio, and lamps;
- extra batteries;
- first-aid kit and extra medicine;
- baby items; and
- cat litter or sand for icy walkways.
 - **Protect your family from carbon monoxide.**
- Keep grills, camp stoves, and generators out of the house, basement and garage.
- Locate generators at least 20 feet from the house.
- Leave your home immediately if the CO detector sounds, and call 911.

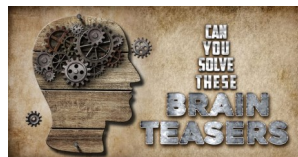


When planning travel, be aware of current and forecast weather conditions.

- Avoid traveling when the weather service has issued advisories.
- If you must travel, inform a friend or relative of your proposed route and expected time of arrival.
 - **Follow these safety rules if you become stranded in your car.**
- Make your car visible to rescuers. Tie a brightly colored cloth to the antenna, raise the hood of the car (if it is not snowing), and turn on the inside overhead lights (when your engine is running).
- Move anything you need from the trunk into the passenger area. Stay with your car unless safety is no more than 100 yards away.
- Keep your body warm. Wrap your entire body, including your head, in extra clothing, blankets, or newspapers. Huddle with other people if you can.
- Stay awake and stay moving. You will be less vulnerable to cold-related health problems. As you sit, keep moving your arms and legs to improve circulation and stay warmer.
- Run the motor (and heater) for about 10 minutes per hour, opening one window slightly to let in air. Make sure that snow is not blocking the exhaust pipe—this will reduce the risk of carbon monoxide poisoning.

Above all, be ready to check on family and neighbors who are especially at risk from cold weather hazards: young children, older adults, and the chronically ill. If you have pets, bring them inside. If you cannot bring them inside, provide adequate, warm shelter and unfrozen water to drink.

No one can stop the onset of winter. However, if you follow these suggestions, you will be ready for it when it comes.



What do these words have in common: polish, job, herb?

Spanakopita Scrambled Egg Pitas

This meatless dinner comes together in only 15 minutes, thanks to the convenience of frozen chopped spinach and crumbled feta. We've added a flavorful burst of sun-dried tomato tapenade to spread over the whole-wheat pita before nestling the scrambled eggs inside. If you can't find it, basil pesto or sun-dried tomato pesto also work well.

Ingredients

[4 servings](#)

- 1 tablespoon extra-virgin olive oil
- 1 (10 ounce) block frozen chopped spinach, thawed, drained and squeezed dry
- Pinch salt
- 8 large eggs, beaten
- ¼ cup finely crumbled feta cheese
- Freshly ground pepper to taste
- 8 teaspoons sun-dried tomato tapenade or sun-dried tomato pesto
- 4 whole-wheat pitas (5-inch), cut in half, warmed if desired (see Tip)



DIRECTIONS

Prep 15 m
Ready In 15 m

1. Heat oil in a large non-stick skillet over medium heat. Add spinach and salt and cook until steaming hot, stirring occasionally. Add eggs and cook, stirring the eggs as they set, until they form soft curds and are just moist, 4 to 5 minutes. Add feta and pepper and cook until set.
2. Spread tapenade (or pesto) inside pita pockets, 2 teaspoons per pita. Divide the egg mixture among the pitas.

[Nut-Free](#)
[Bone Health](#)

[Healthy Pregnancy](#)

Serving size: 2 pita halves & 1 cup egg mixture

[Low Sodium](#)

Per serving: 303 calories;

[Healthy Aging](#)

[Vegetarian](#)

[Healthy Immunity](#)

HOMEMADE HOT CHOCOLATE



4½ cups almond milk or regular milk

½ cup [unsweetened cocoa powder](#)

¼-1/3 cup [pure maple syrup](#)

½ (about 1.5 oz) [dark chocolate bar](#) (70% cacao or more), melted

1 teaspoon pure vanilla extract or 3-4 drops essential oil (optional)

1. In a medium saucepan, heat milk over medium low heat until steam starts to rise from the surface. Add cocoa, sweetener, and melted chocolate and stir well.
2. Warm over medium low heat until all ingredients are combined and hot chocolate is to desired temp. Add vanilla or other flavoring and stir.
3. Serve warm and top with shredded dark chocolate or homemade maple whipped cream.

market@biaqd.ca

market@biaqd.ca

A Word About Our MARKETPLACE

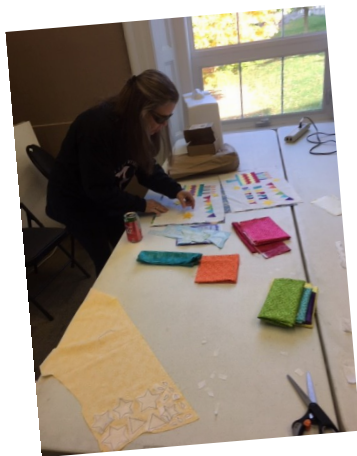
Our Marketplace page was created for us to inform the public of the amazing crafts our different groups are making.

In this way we are getting funding, from the sales to our wonderful supporters, that will keep our craft programs going.

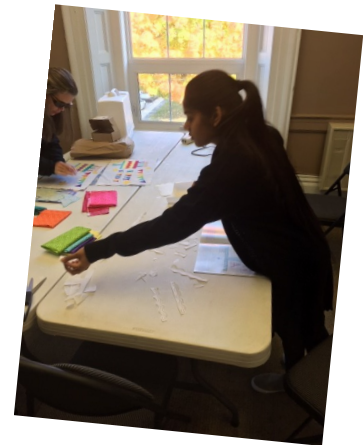
We do woodworking and painting/staining/decorating of same, sewing, knitting, painting, card making and much more as inspiration strikes. Here are a few things done recently...

We also have sales and will do a 'giveaway' item from time to time.... Keep an eye on the web site for our next special!

If you have an event coming you can now order your cards and personalize them!



Working on new projects with the Loyalist student, Suman.



Come join us and try something new and fun!

Our UPDATED Web Page....

With many thanks to our summer student, Mallory, we now are enjoying a newly designed and up to date web site! She worked very hard on this getting much information from Jennifer. If there was content they wanted but did not have, Jennifer knew where and who to go to. There are still a couple of pages that need to be completed, but overall it is an amazing site!

Please take a look and enjoy!

BIAQD.ca

Caregiver Group

Through a grant provided by the Ministry of Health and Long-term Care, the OBIA team is excited to begin the implementation of our “Support, Hope & Resiliency: An Education and Training Program for Caregivers of Acquired Brain Injury Survivors” across the province of Ontario. This caregiver education program will be provided at more than 40 locations across the province and will be hosted by members of local brain injury associations and service providers.

When someone suffers a brain injury the whole family is affected. If you have a partner, spouse, child, relative or close friend with an Acquired Brain Injury (ABI) it is important to recognize that this situation can be highly stressful to you and it is important to seek support. This three hour workshop will allow you to engage in meaningful conversations with other caregivers of brain injury survivors as you explore the following topics:

1. Understand How ABI Has Changed My Loved One
2. Discover Ways to Manage the Emotional, Cognitive and Physical Changes of ABI
3. Understand How ABI Has Changed My Family and How to Manage These Changes
4. Understand How ABI Has Changed Me
5. Discover Ways to Support Myself through the Emotional, Social and Physical Challenges of Caregiving

With the implementation of “Support, Hope & Resiliency: An Education and Training Program for Caregivers of Acquired Brain Injury Survivors”, we look forward to knowing that Caregiver participants: will be better equipped to handle the complex and challenging reality of ABI, will be connected with their local Brain Injury Association and will experience fewer symptoms of Caregiver strain. In addition, with the result of increased quality of care received by ABI survivors, it is hoped that the desired outcome of a decrease (or delay) in admissions to hospital and long-term care homes, is achieved.



Hockey Cities Word Search Puzzle

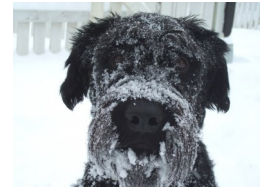
B A I H P L E D A L I H P U F
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C C I P H O E N I X T I E S W

ANAHEIM	FLORIDA	PHOENIX
ATLANTA	LOS ANGELES	PITTSBURG
BOSTON	MINNESOTA	SAN JOSE
CALGARY	MONTREAL	ST. LOUIS
CHICAGO	NEW JERSEY	TAMPA BAY
COLORADO	NEW YORK	TORONTO
COLUMBUS	OTTAWA	VANCOUVER
DETROIT	PHILADELPH-	WASHINGTON
EDMONTON		





Cold Weather Safety Tips



Exposure to winter's dry, cold air and chilly rain, sleet and snow can cause chapped paws and itchy, flaking skin, but these aren't the only discomforts pets can suffer. Winter walks can become downright dangerous if chemicals from ice-melting agents are licked off of bare paws. To help prevent cold weather dangers from affecting your pet's health, please heed the following advice from our experts:

- Repeatedly coming out of the cold into the dry heat of your home can cause itchy, flaking skin. **Keep your home humidified and towel dry your pet as soon as he comes inside**, paying special attention to his feet and in-between the toes. Remove any snow balls from between his foot pads.
- **Never shave your dog down to the skin in winter**, as a longer coat will provide more warmth. If your dog is long-haired, simply trim him to minimize the clinging ice balls, salt crystals and de-icing chemicals that can dry his skin, and don't neglect the hair between his toes. If your dog is short-haired, consider getting him a coat or sweater with a high collar or turtleneck with coverage from the base of the tail to the belly. For many dogs, this is regulation winter wear.
- Bring a towel on long walks to clean off stinging, irritated paws. After each walk, **wash and dry your pet's feet and stomach** to remove ice, salt and chemicals—and check for cracks in paw pads or redness between the toes.
- **Bathe your pets as little as possible during cold spells.** Washing too often can remove essential oils and increase the chance of developing dry, flaky skin. If your pooch must be bathed, ask your vet to recommend a moisturizing shampoo and/or rinse.
- Massaging **petroleum jelly** or other paw protectants into paw pads before going outside can help protect from salt and chemical agents. **Booties** provide even more coverage and can also prevent sand and salt from getting lodged between bare toes and causing irritation. Use pet-friendly ice melts whenever possible.
- Like coolant, antifreeze is a lethal poison for dogs and cats. Be sure to thoroughly clean up any spills from your vehicle, and consider using products that contain propylene glycol rather than ethylene glycol.
- Pets burn extra energy by trying to stay warm in wintertime. **Feeding your pet a little bit more during the cold weather months** can provide much-needed calories, and making sure she has plenty of water to drink will help keep her well-hydrated and her skin less dry.
- Make sure your companion animal has a warm place to sleep, off the floor and away from all drafts. A cozy dog or cat bed with a warm blanket or pillow is perfect.
- **Remember, if it's too cold for you, it's probably too cold for your pet, so keep your animals inside.** If left outdoors, pets can freeze, become disoriented, lost, stolen, injured or killed. In addition, don't leave pets alone in a car during cold weather, as cars can act as refrigerators that hold in the cold and cause animals to freeze to death.

Easy Pea & Spinach Carbonara

Fresh pasta cooks up faster than dried, making it a must-have for fast weeknight dinners like this luscious yet healthy meal. Eggs are the base of the creamy sauce. They don't get fully cooked, so use pasteurized-in-the-shell eggs if you prefer.

Ingredients

- 1½ tablespoons extra-virgin olive oil
- ½ cup panko breadcrumbs, preferably whole-wheat
- 1 small clove garlic, minced
- 8 tablespoons grated Parmesan cheese, divided
- 3 tablespoons finely chopped fresh parsley
- 3 large egg yolks
- 1 large egg
- ½ teaspoon ground pepper
- ¼ teaspoon salt
- 1 (9 ounce) package fresh tagliatelle or linguine
- 8 cups baby spinach
- 1 cup peas (fresh or frozen)



Prep 20 m
Ready In 20 m

Make It 4 servings

1. Put 10 cups of water in a large pot and bring to a boil over high heat.
2. Meanwhile, heat oil in a large skillet over medium-high heat. Add breadcrumbs and garlic; cook, stirring frequently, until toasted, about 2 minutes. Transfer to a small bowl and stir in 2 tablespoons Parmesan and parsley. Set aside.
3. Whisk the remaining 6 tablespoons Parmesan, egg yolks, egg, pepper and salt in a medium bowl.
4. Cook pasta in the boiling water, stirring occasionally, for 1 minute. Add spinach and peas and cook until the pasta is tender, about 1 minute more. Reserve ¼ cup of the cooking water. Drain and place in a large bowl.
5. Slowly whisk the reserved cooking water into the egg mixture. Gradually add the mixture to the pasta, tossing with tongs to combine. Serve topped with the reserved breadcrumb mixture.

[Nut-Free](#)

[Soy-Free](#)

[Bone Health](#)

[Diabetic Appropriate](#)

[Healthy Aging](#)

[Healthy Immunity](#)

[Heart Healthy](#)

[High Calcium](#)



Brain Teaser Answer.... All three words are pronounced differently when the first letter is capitalized.

Help the hockey player through the maze to the goalie.

