

# BIAQD Newsletter

For members of the Quinte Area Brain Injury  
Association

May 2020



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## April and in review....

On March 16th, 2020 it was decided to cancel all programs and clients/people were not allowed to visit the office. This took effect Tuesday March 17th, 2020.

Jennifer is still taking calls and answering emails, so please stay connected!

I am truly missing going to group and seeing friends and doing activities... We hope to begin again soon.

### Please Note the following :

**Comedy Night** has been rescheduled date has yet to be determined.

**Colour Run** has been cancelled.

**Ralph Kitchen Ride** has been cancelled.

**Quinte West Road Toll** has been rescheduled, date has yet to be determined.

We wish everyone well....



# Facts You Didn't Know About the Month of May

1. May is generally thought to have been named after Maia, the Greek goddess of fertility.
2. The Roman poet Ovid had another idea: May, he said, was named for the maiores (the elders) and June for the iuniores (youth).
3. No month of the year either begins or ends on the same day as May.
4. According to old superstitions, you should not buy a broom, wash blankets or get married in May: "Marry in May and you'll rue the day".
5. No United States president has ever died in May. It is the only month with that distinction.
6. Nine UK prime ministers were born in May, which is more than any other month.
7. May 1 may be Labour Day but in 1966, the World Tramps Congress in Argentina decreed that May 2 shall be the International Day of Idleness.
8. In 2014 May was the 576th most popular name given to a girl baby in England and Wales.
9. It was less popular than Maya (45), Amaya (220), Lilly-May (318), Ellie-May (383), Lily-May (393) and Mae (494).
10. In the nursery rhyme "Here we go gathering nuts in May," the word "nuts" was probably a corruption of "knots" meaning bunches of flowers

The **flower** that represents May is the **Lily of the Valley**. It is beautiful with blossoms that resemble a bell. It has a **sweet fragrance**.

The birthstone for May is the precious **emerald**. The popular color is green, but that's not the only color of an emerald. **Green** is the primary color, but yellow and blue are also colors of some emeralds.

While there are several days to celebrate in May, there is only **one federal holiday**. That is **Memorial Day** that comes on the last Monday in the month every year. That's the day people remember those who died while serving their country in the **armed forces**.

**Mother's Day** is celebrated on the second Sunday in May every year.

It is on this day when **mothers**, expecting mothers, and mother figures are recognized. Those **women** are served breakfast in bed, taken out to dinner and given flowers and gifts.

To fans of the sci-fi series **Star Wars** 4 May is commonly known as Star Wars Day (May the 4th/May the force) and many use it as an excuse to re-watch the movies.

Famous people born in the month of May include Bob Dylan, Adele, John F Kennedy and Mr T.



# Mother's Day in Canada



Many Canadians celebrate Mother's Day by showing their appreciation for mothers or mother figures. The Mother's Day date in Canada is on the second Sunday of May each year.

Mother's Day is not a public holiday. It falls on Sunday, May 10, 2020 and most businesses follow regular Sunday opening hours in Canada.

Many people in Canada express their gratitude towards mothers and mother figures on Mother's Day. Mother figures may include step-mothers, mothers-in-law, guardians (eg. foster parents), and family friends. It is the time for people to thank mothers and mother figures who took the time care for them and help them through life's challenges. Father's Day is also celebrated in Canada on the third Sunday of June, when people thank fathers and father figures for the positive contributions they made.

Some people give cards, flowers, or chocolates, and/or make handmade items or special meals on Mother's Day. Others take their mothers or mother figures to the movies, a restaurant, café, or a day in a park. Some mothers and mother figures also receive special gifts such as jewelry, clothing, accessories, and gift vouchers for services or products.

Mother's Day is not a federal holiday but it is on a Sunday, when many organizations, schools, and government offices are closed. Public transit systems run to their normal Sunday schedules and restaurants may be busier than usual as some people take their mothers out for a treat.

Early celebrations of Mother's Day originated from Canada's neighboring country, [the United States](#). Carnations are a popular Mother's Day symbol in both Canada and the United States. Some people may choose to wear a carnation as a brooch on Mother's Day. However, other flowers are also given to mothers or mother figures to symbolize one's love and appreciation for them.

## Victoria Day in Canada

Victoria Day is a public holiday in 7 provinces and 3 territories, where it is a day off for the general population, and schools and most businesses are closed.

In some cities, fireworks displays or parades are held to mark Victoria Day. One of the most notable parades is held in the city of Victoria, British Columbia, which was named after Queen Victoria. Many people gather in parks to enjoy fireworks displays, which are particularly impressive in Hamilton and Toronto.

For many people, the long Victoria Day weekend marks the end of the winter and the unofficial start of the spring or summer season. After this weekend, gardeners can be reasonably sure that there will be no more frost until the autumn so they can sow or plant out delicate crops and plants. For the same reason, people with recreational homes in colder parts of the country often go to them to open them up for the summer. In addition, many amusement parks and outdoor attractions open for their summer season this weekend. Notably, stores on Prince Edward Island are permitted to open on Sunday only between Victoria Day and Christmas Day.

Victoria Day is marked as a public holiday at a national level. Many people have a day off work and schools are closed. However, it is not one of the general paid holidays listed in the Nova Scotia Labour Standards Code and it is not a designated retail closing day in Nova Scotia. An employer may agree to provide employees with Victoria Day as a paid holiday in Nova Scotia.

It is not listed in the Quebec government's list of statutory general holidays either, although National Patriots' Day is celebrated in the province. Nor is Victoria Day listed as a paid public holiday in New Brunswick, but it is listed as a prescribed day of rest. It is not listed as a paid public holiday in Newfoundland and Labrador. The Newfoundland and Labrador Lieutenant Governor-in-Council can however, proclaim an additional holiday. Moreover, different holidays can be set by collective agreements to substitute the public holidays designated under the province's law.

Post offices across Canada are closed, while stores may be closed in many Canadian provinces and territories. Public transport services may run on a normal or reduced timetable.

Queen Victoria was born on May 24, 1819. Following the death of 3 uncles and her father, she became Queen of the United Kingdom on June 20, 1837 and reigned until her death on January 22, 1901. During Victoria's life, the British Empire expanded considerably. However, her powers as Queen of the United Kingdom were reduced as the House of Commons became more important and powerful in British politics.

The monarch's birthday has been celebrated in Canada since before the beginning of Queen Victoria's reign. After her death, in 1901, May 25 became known as Empire Day. The sovereign's official birthday was still celebrated, often on the King's or Queen's actual birthday. In 1952, Empire Day was moved to the Monday before May 25 and since 1953, the official birthday of Queen Elizabeth II has been celebrated on this date in Canada. In 1958, Empire Day became known as Commonwealth Day, which was moved to the second Monday in March. The Monday before May 25 then became known as Victoria Day, which is a Canadian statutory holiday.



## Best and Easiest Chicken Nuggets

cooking spray

3 skinless, boneless chicken breasts, cut into large chunks

$\frac{1}{4}$  cup ranch dressing

$\frac{2}{3}$  cup panko bread crumbs

$\frac{2}{3}$  cup grated Parmesan cheese

1 teaspoon garlic powder

1 teaspoon dried parsley flakes



Preheat oven to 400 degrees F (200 degrees C). Cover a baking sheet with aluminum foil; place a wire cooling rack on top and spray with cooking spray

Put chicken into a gallon-size resealable plastic bag. Add ranch dressing; seal and shake bag to coat chicken evenly.

Mix panko, Parmesan cheese, garlic powder, and parsley together in a bowl; pour into bag with chicken. Seal and shake bag to coat thoroughly. Remove from bag; place on rack in a single layer.

Bake in the preheated oven until no longer pink in the center and the juices run clear, about 15 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C). Turn broiler on high; broil until crispy, about 1 minute.



# Fun Holiday – Clean Up Your Room Day

May 10 is Clean Your Room Day - an unofficial holiday that is bound to be any parent's or roommate's favorite holiday and perhaps every child's, teenager's and lazy person's nightmare.

Also sometimes called the National Clean Up Your Room Day, this holiday of unknown origins aims at keeping the dust bunnies where they belong - the trash. The holiday promotes clean rooms and homes and encourages people to collect their cleaning supplies, don their cleaning clothes and gloves, and spend the day spring cleaning.

Spring cleaning is a practice in many cultures where people clean their homes thoroughly once a year on the first warm day of spring. It is thought that this practice dates back to the days when people lit fires to keep warm during cold winter months. The first warm day of spring allowed people to open their windows and doors and to get rid of all the soot and ash that collected over the winter.

Even though Clean Your Room Day falls towards the end of the Spring season in the Northern Hemisphere, and Fall (Autumn) in the Southern Hemisphere, it is a good day as any to get cracking on the dusting, scrubbing, and organizing. And who knows, you may just find that thing you were looking for forever hiding in some dusty corner of your room.

## How to Celebrate?

- Clean up your room and resolve to keep it clean every day.
- Give away or throw any unwanted items or pieces of clothing that you no longer use.
- If you have children, teach them about the virtues of a clean room. Help them organize their toys and books and reward them for keeping their room clean.
- Get the family together and make cleaning a fun chore. Put on some fun music and dance while you clean. Give out rewards for milestones crossed - fastest time taken to clean, best organizer, and room with the least amount of dust.

## Did You Know...

...that many cultures have a day assigned to cleaning during a year? In [Iran](#), people clean their houses in preparation for the Persian New Year called [Norooz](#), while in [India](#) people clean up their homes before the festivals of lights, [Diwali](#).





## Mom's Jobs for her Family Word Search

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

BAKER	LAUNDRY
BANKER	MAID
BODYGUARD	NURSE
CHAUFFEUR	PARTY PLANNER
CHEF	PERSONAL SHOPPER
COACH	PLAYMATE
COOK	SEAMSTRESS
DAYCARE	SOCIAL WORKER
DECORATOR	TEACHER
GARDENER	TUTOR



Draw the path through the maze to mom, starting at 4 and counting by 4s up to 400.

240	236	232	228					32	36
244	248	252	224				24	28	40
280	276	256	220				20	16	44
284	272	260	216	204	200	4	8	12	48
288	268	264	212	208	196	64	60	56	52
292	296	300	312	316	192	68	72	84	88
344	340	304	308	320	188	184	76	80	92
348	336	332	328	324	176	180	104	100	96
352	356	392	396	400	172	168	108	112	116
364	360	388				164	160	124	120
368	380	384				152	156	128	132
372	376					148	144	140	136