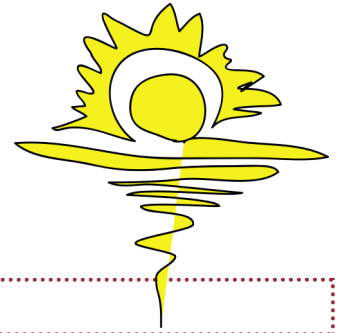


BIAQD Newsletter

For members of the Quinte Area Brain Injury Association

MAY 2018



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



Victoria Day in 2018



In 2018 the Victoria Day holiday is on Monday, May 21.

Victoria Day is a Canadian statutory holiday celebrated on the Monday preceding May 25 in every province and territory. It honours Queen Victoria's birthday.

In Quebec this holiday is called "National Patriotes Day" (Journée nationale des patriotes).

Victoria Day is also commonly referred to as the "May two-four weekend" or the "May long weekend" and it marks the unofficial start of the cottage season where cases of beer* are consumed by hard working Canadians. That's what we heard anyway. Or maybe it's called May two-four because May 24, 1819 is Queen Victoria's birthday :-)

FYI: Prince Edward (1767–1820) after whom PEI was named was Queen Victoria's father.

Victoria Day is a non-statutory "general" holiday in the maritime provinces of New Brunswick, Nova Scotia and PEI. In Quebec the National Patriots' Day is commemorated on this day.

For some, Victoria Day is a sign that summer is just around the corner. The holiday, which is only celebrated in Canada and Scotland, began as a celebration to honour Queen Victoria's birthday. The British queen was born on May 24, 1819. She is the longest reigning monarch (Queen) in England, remaining on her throne for 63 years, 216 days. On September 9th, 2015, Queen Elizabeth II took the title of longest reigning monarch in British history.

Victoria Day was declared a Canadian holiday by the government in 1845. At that time, it was celebrated with picnics, parades, sporting tournaments, fireworks, and cannon salutes. When Queen Victoria died in 1901, Canada's parliament officially named the holiday Victoria Day. And it was decided that the day would be celebrated on May 24th each year (or on May 25th if the 24th fell on a Sunday).

In 1952, the government made the decision to begin celebrating Victoria Day on a Monday. It would be observed on May 24th if that worked out, otherwise it would be held on the Monday immediately before it. Today, Victoria Day is a holiday throughout all of Canada. And, in Quebec, a holiday called *Journée nationale des patriotes* is celebrated on the same day.

As far as today's celebrations, Victoria Day is marked in most cities with parades, outdoor events and activities like camping and elaborate firework displays.

Black Bean Veggie Burger

Ingredients

1 (19 oz/540 mL) tin black beans, drained and rinsed

1 cup cooked quinoa (about 1/2 cup dried, boiled for 15 minutes)

1/2 cup dry breadcrumbs

1/2 medium onion, minced

1 clove garlic, minced

2 Tbsp soy sauce

1 Tbsp chili powder

buns, sliced tomato, avocado, cucumber and any other garnishes and condiments you wish



How to Make It

1. Roughly mash the black beans with a potato masher or using a fork (the mixture should be rough). Stir in the quinoa, breadcrumbs, onion, garlic, soy sauce and chili powder. Divide the mixture into four and shape each into a ball and then flatten into a patty. Chill until ready to grill.
2. Heat a grill on medium high and make sure the grill is well-cleaned and lightly oiled. Grill the burgers for 4 minutes on each side, rotating 90° after 2 minutes on each side. Serve the burgers with garnishes and condiments as desired.

What vegetables are in season in May?

- okra.
- zucchini.
- rhubarb.
- artichokes.
- asparagus.
- spring peas.
- broccoli.
- lettuce.

YUMMIMMM...

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!

Friends Just Having FUN



Even when we clean up and organize the rooms together, we can smile...



And no one was hurt



Household Chores Word Search Puzzle

Find the words about **household chores**, listed below, in the word search grid. Circle each letter one by one. Each letter of the household chores word search grid may be used in more than one word. **When the word search puzzle is complete, read the remaining letters left to right, top to bottom, to learn an interesting fact about chores.**

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

- CLEAN BATHROOM
- COOK
- DISHES
- DUST
- FILE
- GARBAGE
- GROCERIES
- IRON
- LAUNDRY
- MAKE BEDS
- MOPPING
- MOWING
- PAY BILLS
- RAKE
- RECYCLING
- SET TABLE
- SWEEP
- TIDY
- VACUUM
- WIPE COUNTER



market@biaqd.ca

A Word About Our MARKETPLACE

market@biaqd.ca

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

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!



Yessss, we are still doing our exercises!

Come join us and try new and fun ways to stretch and strengthen!



And yes, the balls used to win... we have them tamed now



Emotional Problems After Traumatic Brain Injury

Anxiety

Anxiety is a feeling of fear or nervousness that is out of proportion to the situation. People with brain injury may feel anxious without exactly knowing why. Or they may worry and become anxious about making too many mistakes, or “failing” at a task, or if they feel they are being criticized. Many situations can be harder to handle after brain injury and cause anxiety, such as being in crowds, being rushed, or adjusting to sudden changes in plan.

Some people may have sudden onset of anxiety that can be overwhelming (“panic attacks”). Anxiety may be related to a very stressful situation— sometimes the situation that caused the injury—that gets “replayed” in the person’s mind over and over and interferes with sleep (“post traumatic stress disorder”). Since each form of anxiety calls for a different treatment, anxiety should always be diagnosed by a mental health professional or physician.

What causes anxiety after TBI?

- Difficulty reasoning and concentrating can make it hard for the person with TBI to solve problems. This can make the person feel overwhelmed, especially if he or she is being asked to make decisions.
- Anxiety often happens when there are too many demands on the injured person, such as returning to employment too soon after injury. Time pressure can also heighten anxiety.
- Situations that require a lot of attention and information-processing can make people with TBI anxious. Examples of such situations might be crowded environments, heavy traffic or noisy children.

What can be done about anxiety?

- Try to reduce the environmental demands and unnecessary stresses that may be causing anxiety.
- Provide reassurance to help calm the person and allow them to reduce their feelings of anxiety when they occur.
- Add structured activities into the daily routine, such as exercising, volunteering, church activities or self-help groups.
- Anxiety can be helped by certain medications, by psychotherapy (counseling) from a mental health professional who is familiar with TBI, or a combination of medications and counseling.

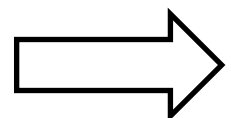
Depression

Feeling sad is a normal response to the losses and changes a person faces after TBI. Feelings of sadness, frustration and loss are common after brain injury. These feelings often appear during the later stages of recovery, after the individual has become more aware of the long-term situation. If these feelings become overwhelming or interfere with recovery, the person may be suffering from depression.

Symptoms of depression include feeling sad or worthless, changes in sleep or appetite, difficulty concentrating, withdrawing from others, loss of interest or pleasure in life, lethargy (feeling tired and sluggish), or thoughts of death or suicide.

Because signs of depression are also symptoms of a brain injury itself, having these symptoms doesn’t necessarily mean the injured person is depressed. The problems are more likely to mean depression if they show up a few months after the injury rather than soon after it.

Continued on next page ...



What causes depression?

- Depression can arise as the person struggles to adjust to temporary or lasting disability and loss or to changes in one's roles in the family and society caused by the brain injury.
- Depression may also occur if the injury has affected areas of the brain that control emotions. Both biochemical and physical changes in the brain can cause depression.

What can be done about depression?

- Anti-depressant medications, psychotherapy (counseling) from a mental health professional who is familiar with TBI, or a combination of the two, can help most people who have depression.
- Aerobic exercise and structured activities during each day can sometimes help reduce depression.
- Depression is not a sign of weakness, and it is not anyone's fault. Depression is an illness. A person cannot get over depression by simply wishing it away, using more willpower or "toughening up."
- It is best to get treatment early to prevent needless suffering. Don't wait.

Temper outbursts and irritability

Family members of individuals with TBI often describe the injured person as having a "short fuse," "flying off the handle" easily, being irritable or having a quick temper. Studies show that up to 71% of people with TBI are frequently irritable. The injured person may yell, use bad language, throw objects, slam fists into things, slam doors, or threaten or hurt family members or others.

What causes this problem?

Temper outbursts after TBI are likely caused by several factors, including:

- Injury to the parts of the brain that control emotional expression.
- Frustration and dissatisfaction with the changes in life brought on by the injury, such as loss of one's job and independence.
- Feeling isolated, depressed or misunderstood.
- Difficulty concentrating, remembering, expressing oneself or following conversations, all of which can lead to frustration.
- Tiring easily
- Pain

What can be done about temper problems?

- Reducing stress and decreasing irritating situations can remove some of the triggers for temper outbursts and irritability.
- People with brain injury can learn some basic anger management skills such as self-calming strategies, relaxation and better communication methods. A psychologist or other mental health professional familiar with TBI can help.
- Certain medications can be prescribed to help control temper outbursts.

Family members can help by changing the way they react to the temper outbursts:

- Understand that being irritable and getting angry easily is due to the brain injury. Try not to take it personally.
- Do not try to argue with the injured person during an outburst. Instead, let him or her cool down for a few minutes first.
- Do not try to calm the person down by giving in to his or her demands.
- Set some rules for communication. Let the injured person know that it is not acceptable to yell at, threaten or hurt others. Refuse to talk to the injured person when he or she is yelling or throwing a temper tantrum.
- After the outburst is over, talk about what might have led to the outburst. Encourage the injured person to discuss the problem in a calm way. Suggest other outlets, such as leaving the room and taking a walk (after letting others know when he/she will return) when the person feels anger coming on.

Emotional Problems After Traumatic Brain Injury

Brain injury and emotions

A brain injury can change the way people feel or express emotions. An individual with TBI can have several types of emotional problems.

Difficulty controlling emotions or “mood swings”

Some people may experience emotions very quickly and intensely but with very little lasting effect. For example, they may get angry easily but get over it quickly. Or they may seem to be “on an emotional roller coaster” in which they are happy one moment, sad the next and then angry. This is called *emotional lability*.

What causes this problem?

- Mood swings and emotional lability are often caused by damage to the part of the brain that controls emotions and behavior.
- Often there is no specific event that triggers a sudden emotional response. This may be confusing for family members who may think they accidentally did something that upset the injured person.
- In some cases the brain injury can cause sudden episodes of crying or laughing. These emotional expressions or outbursts may not have any relationship to the way the person feels (in other words, they may cry without feeling sad or laugh without feeling happy). In some cases the emotional expression may not match the situation (such as laughing at a sad story). Usually the person cannot control these expressions of emotion.

Peer and other support

Remember, too, that not all help comes from professionals! You may benefit from:

- A brain injury support group — some are specialized for the person with TBI, others are for family members, and others are open to everyone affected by brain injury.
 - Peer mentoring, in which a person who has coped with brain injury for a long time gives support and suggestions to someone who is struggling with similar problems.
- Check with your local Brain Injury Association chapter to find out more about these resources.

Talk to a friend, family member, member of the clergy or someone else who is a good listener.

What can be done about it?

- Fortunately, this situation often improves in the first few months after injury, and people often return to a more normal emotional balance and expression.
 - If you are having problems controlling your emotions, it is important to talk to a physician or psychologist to find out the cause and get help with treatment.
 - Counseling for the family can be reassuring and allow them to cope better on a daily basis.
- Several medications may help improve or stabilize mood. You should consult a physician familiar with the emotional problems caused by brain injury.**

What family members and others can do:

- Remain calm if an emotional outburst occurs, and avoid reacting emotionally yourself.
- Take the person to a quiet area to help him or her calm down and regain control.
- Acknowledge feelings and give the person a chance to talk about feelings.
- Provide feedback gently and supportively after the person gains control.
- Gently redirect attention to a different topic or activity.

Questions to ask your physician or treatment provider to better understand your problem

If you or your family members are experiencing anxiety, feelings of sadness or depression, irritability or mood swings, consider asking your doctor:

- Would psychological counseling be helpful?
- Would an evaluation by a psychiatrist be helpful?
- Are there medications that can help?

Peer Navigation Meeting

Next Meeting May 7th, 2018



What Transpired at our April 9th Meeting....

This meeting was about the Instant Pot, types, how to use, tips and recipes. Our presenter and 'teacher' was Michele Vincent who was very knowledgeable and patient.

The group learned a lot and went away with so many inspirational ideas. It was very appreciated by all the tips shown by Michele on the items used inside the pot to make cooking easier. Better was she brought these items so you could see exactly what she trying to explain, and a hand out of all she talked about and some recipes!!!

Thank you again Michele



Fun

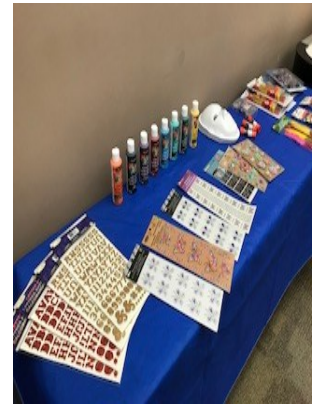


Knowledge



Thank You

Thank you for helping us continue to create and continue ways to support the healing of our members in the BIAQD area.



What were the above people doing?
They had all the items below to work with, hmmm

"There's a story behind every mask and behind every mask there's a person, a person that's been touched by brain injury."

On June 1, 2018, over 20 communities across Ontario will be unveiling the Unmasking Brain Injury (UBI) Project in celebration of Brain Injury Awareness Month.

Brain injuries are invisible disabilities. They are unseen, hidden and non-visible to most of the population. So are the cognitive, emotional and psychological impacts which can be life altering. The UBI Project aims to increase understanding of what it is like to live with a brain injury, using masks survivors create to represent their personal experiences.

The UBI Project is an international movement. Started and coordinated by Hinds' Feet Farm in Huntsville, North Carolina, USA, UBI was inspired by work being done with military veterans using masks. To date, more than 847 masks have been created in 3 countries.

A proud partnership of:



Cassidey Ouellette Memorial Colour Run

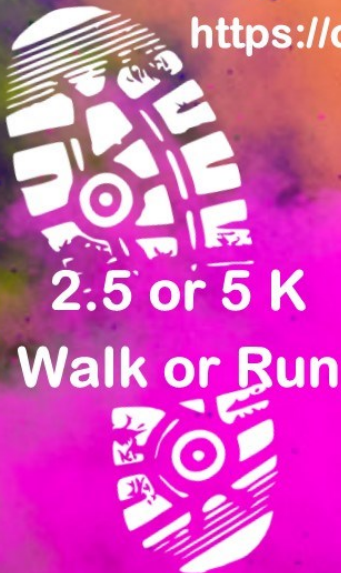
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SATURDAY JUNE 9, 2018

PROCTOR PARK, BRIGHTON

Registration 8:30 AM
.....

Registration Now Open

<https://colourrun7.wixsite.com/mysite>



2.5 or 5 K
Walk or Run

Adults \$50
Children 12 and
Under \$25



colourrun7@outlook.com



Cassidey Ouellette Memorial Colour Run

MARKET HIGH ADVERTISING LTD.



creative • print • signage



BRAIN INJURY ASSOCIATION

QUINTE DISTRICT

-Casino Royale-

Come Join us for a Night of Fun
and Excitement

If you are interested in sponsorship opportunities for BIAQD Casino Night please contact Jennifer at the BIAQD office, 613-967-2756 or info@biaqd.ca, or Margaret at Bonn Law, 613-771-0600 or Margarettourney@bonnlaw.ca



Friday May 11, 2018

The Belleville Club

7:00 – 11:00 PM

Tickets \$25.00

Poker

Black Jack

Crown & Anchor

And many more!

Buy Ins Available

Gourmet Hors D'oeuvres

Silent Auction

50/50

Exciting Casino Style

Entertainment

For more information,

info@biaqd.ca

BIAQD.ca

613-967-2756

4TH Annual RALPH KITCHEN MEMORIAL RIDE

Trade Fair - Show n Shine -

Product Demonstrations

Sunday May 27, 2018



2 hour ride in beautiful Centre Hastings area

Full day of activities

9 am registration & breakfast - 10 am ride start

9 am - 4 pm ongoing events at

Madoc Community Centre

15651 Hwy. 62 North of Madoc

All Bikes Welcome

One of Ralph's great passions was motorcycle building, riding and sharing his enthusiasm with others. Anywhere, anytime was riding time. Ralph Kitchen was regional director for Harley Owner's Group of Southern Ontario, a role he embraced wholeheartedly. On May 27 join us as we celebrate his legacy by riding some of his favourite roads in the Marmora/Havelock/Narwood areas. Check out the Facebook Page: Ralph Kitchen Memorial Ride for updates

All donations in Ralph's Memory will support

The Brain Injury Assoc. Quinte District

BIAQD 613-967 2756 or Marg 613-472-1353

info@biaqd.ca www.biaqd.ca

223 Pinnacle St., Core Centre, Belleville, Ont.

Canada, K8N 3A7



Celebrating Success 2018



A Display of Art Work by Brain Injury Survivors

John M. Parrott Art Gallery

May 31st - June 25th, 2018

Opening Reception on Thursday May 31st from 5:00 - 6:30 p.m.

Please Join us in Celebrating the Success of Our Local ABI Artists

Belleville Public Library
254 Pinnacle St. Belleville



Roll the ball through the maze to the playful dog.

