



Did you know that Fran thought Christine was a support worker the first time she met her!

Falling in Love at the Clubhouse

Where do we start... Boy meets girl, girl meets boy or is it "Once upon a time lived a handsome prince (aka Brad) who lived in Welland and a beautiful princess (aka Christine) who lived in a far away land called Niagara Falls HA HA! Our love story began back in April 2017, when we both attended Kerry's Run for the Hills Fundraiser for BIAN. It was my first time at the event and I was there with my #1 supporter and Uber driver, my dad Paul. He wasn't into the walking just supporting me, so I had to look around for other members of the clubhouse to walk with. There, by the indoor rink, I saw Brad and his mom Fran. I bravely walked up to both of them and kindly asked if I could walk with them, but sadly they were walking the 5 km walk and I could only do the 1 km Survivors Walk. Disappointedly, I thanked them and I kept on looking for others to walk with. Eventually found my friends Max and Andrea, but I couldn't get Brad out of my mind.



A week later back at the clubhouse, I began to ask Brad questions about himself and his past to get to know him better during lunch prep. I would purposely sit beside him during lunch and other activities to continue our conversations. I found his "dad like jokes" stimulating and very funny. His conversations were open hearted and caring and I really wanted to get to know him more. Through many of our conversations, I found out that he loved sports especially golf. So I asked him if he could give me a golf lesson or two. So in May 2017, we meet up at Whisky Run and had a golf game with together. WE were both very nervous. You would be too if your parents drop you off for a date when you are in your forties! Lol!!!! During the summer months, we courted each other by chatting on the phone and seeing each other at the clubhouse several times a week. As Brad's birthday drew closer, I decided to take the plunge and ask Brad out on an official date. So for his birthday we went to watch a movies at the Seaway Mall then dinner at M.T. Bellies. The movie was so long and boring (Blade Runner 2), but dinner definitely made up for it. We found out we both loved MT Bellies deep fried pickles.

February's Birthdays

Susan 3rd

Jane 4th

Margaret 15th

Ron 25th

Lorrie 27th



The date came to an end and we said our good nights. We had our first kiss.  Both of us were still a bit nervous, but nothing like our golf date. It was sweet and gentle just like Brad. My gentle giant! He also gave me this big huge hug to say goodbye and we parted ways. My parents picked me up and Brad walked home. On the drive home, I was so gitty like a "school girl"! I couldn't stop talking about Brad! We had so much fun together that we talked on the phone later on that same night and asked each other to go steady! Yeah, I finally found a boyfriend!!!!



You see, after my brain injury I really thought I would never meet anyone let alone fall in love with someone. My train of thought was, "How could someone fall in love with me, a person with a brain injury, a disability?" Well, I am here to tell you we are living proof that it can happen!



As time has passed and our relationship has blossomed. We moved in together at the end of December 2018. I sold my house to live with Brad full time. We learned very early on after I moved in that we have opposite personalities, but that has worked to our advantage.



Some of our opposite personalities include Brad's OCD when it comes to cleaning and I am messy. Brad is an introvert and I am an extrovert. He looks at the big picture and I look after the details. He is funny and I am practical. Don't get me wrong, we love doing things together like going to the clubhouse, playing sitting volleyball, art classes, family activities, travelling, going to the movies together and taking care of our dog Sophie. But, that is what makes us so unique!



Our future looks great. We have been together for over 5 amazing years and we look forward to seeing what happens next. Our future will consist of travelling together and with friends, playing sitting volleyball and golf as long as we can, creating art, going to clubhouse and spending as much time with our friends and family as we can. We are not a perfect couple. We do argue from time to time, but with our Brain Injuries we forget what we fought about 5 minutes later! 



***Our daily motto in life is Live everyday to your best,
Love everyone and Laugh very much!***



JANUARY 25TH, 2023

#BellLetsTalk

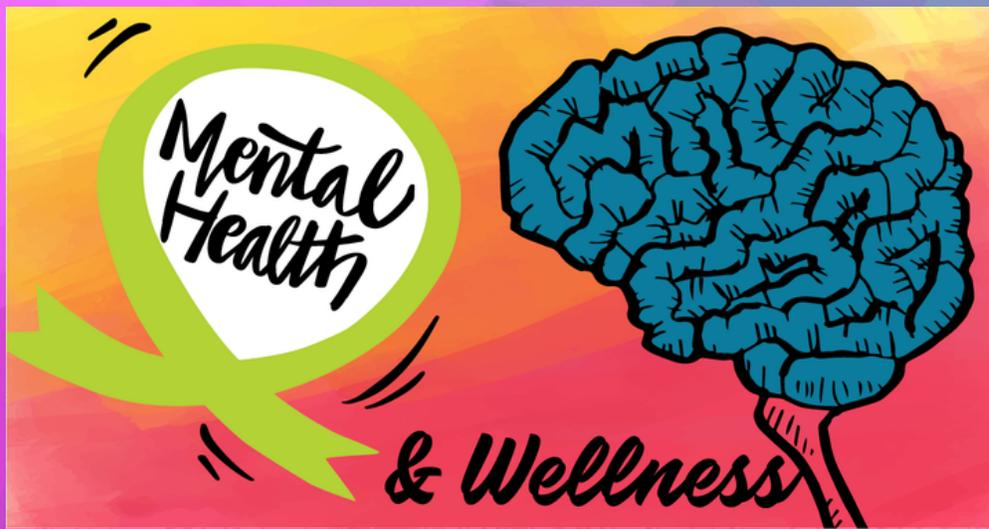


Going to a COUNSELOR or THERAPIST when you're feeling SAD or OVERWHELMED should be as normal as going to the DOCTOR when YOU have the FLU. Let's end the STIGMA about MENTAL HEALTH.

Mental Wellness

50 Ways to Take a Break

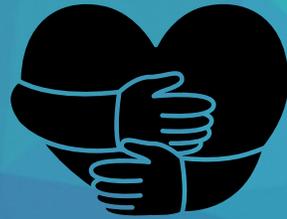
- Take a Bath
- Listen to Music
- Take a Nap
- Go to a body of water
- Watch the clouds
- Light a candle
- REST your legs up on a wall
- Let out a sigh
- Watch the stars
- Learn something NEW
- Read a Book
- Fly a Kite
- Write a Letter
- Listen to a guided relaxation
- Sit in NATURE
- Move twice as slowly
- Take Deep Belly Breaths
- MEDITATE
- Call a friend
- Meander around Town
- WRITE in a journal
- Notice your Body
- Buy some Flowers
- Find a relaxing scent
- WALK Outside
- Go for a run
- Take a bike ride
- Create your own coffee break
- View some ART
- Eat a meal in SILENCE
- Turn off all electronics
- Go to a park
- Pet a furry creature
- Examine an everyday object with Fresh Eyes
- Drive somewhere NEW
- Go to a Farmer's Market
- Forgive Someone
- read or watch something FUNNY
- COLOR with Crayons
- Make some MUSIC
- Climb a Tree
- Let go of something
- Engage in small acts of KINDNESS
- Do some gentle stretches
- Paint on a surface other than paper
- Write a quick poem
- Read poetry
- Put on some music and DANCE
- Give Thanks



BREAK
THE
Stigma

A card with a colorful, striped background and various icons like stars, ice cream, and candies. A large white speech bubble with a black outline contains the text:

Mental Wellness
Challenge #1
What's one thing you
can change in your
day to improve your
mental health?

At the bottom of the card, the text "BlessingManifesting" is written in a small font.

Stay
Positive!

A card with a colorful, striped background and musical notes. A white speech bubble with a black outline contains the text:

Mental Wellness
Challenge #2
Create an emergency
music playlist for
times when you need
love and comfort.

At the bottom of the card, the text "BlessingManifesting" is written in a small font.

Created by Christine

Karri's Korner



Question of the Month

1. What should we do when we're looking for love? What do you two lovebirds recommend?
2. What kinds of things do you do for each other to show your love?

Brad responds...

1. Don't be shy. Try talking to them to get to know what kind of things they are interested in.
2. Take them out for dinner and you take care of paying. Let them choose where to go. Let them choose a movie and go together and watch it.

Christine responds...

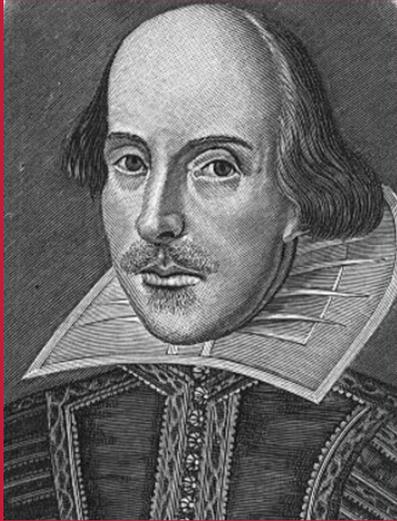
1. Look for someone who is honest, caring, trustworthy and someone who has the same interests as yourself.
2. Personally, I love to hold hands, snuggle, tell him I love him every chance I can or even steal a kiss!



The History of Valentine's Day



Written by Caroline



As the holiday spread, it evolved. William Shakespeare helped romanticize Valentine's Day in his work.

The ancient Romans may be responsible for the name of our modern day of love. Emperor Claudius II executed two men – both named Valentine – on Feb. 14 of different years in the third century. Their martyrdom was honored by the Catholic Church with the celebration of St. Valentine's Day. It gained popularity throughout Britain and the rest of Europe.

Valentine's Day is a time to celebrate romance and love. But the origins of this festival of candy and cupids are actually dark, bloody and a bit muddled.

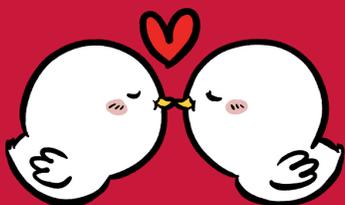
Though no one has pinpointed the exact origin of the holiday, one place to start is ancient Rome. The Romans' celebrations were violent.

A drawing depicts the death of St. Valentine through decapitation. The men sacrificed a goat and a dog, then whipped women with the hides of the animals they had just killed.



As the years went on, the holiday grew sweeter. Chaucer and Shakespeare romanticized it in their work, and it gained popularity throughout Britain and the rest of Europe. Handmade paper cards became the tokens du jour in the Middle Ages.

Eventually, the tradition made its way to the New World. The Industrial Revolution ushered in factory-made cards in the 19th century. And in 1913, Hallmark Cards of Kansas City, Mo., began mass-producing valentines. February has not been the same since.



Today, the holiday is big business. But that commercialization has spoiled the day for many. If people didn't want to buy Hallmark cards, they would not be bought, and Hallmark would go out of business. Many will break the bank buying jewelry and flowers for their beloved ones.

Low-income renters in Canada can now apply for one-time \$500 top-up to Canada Housing Benefit

Are you one of the many Canadian who are struggling with rising inflation and high cost of living making it even more challenging to find a safe and affordable place to call home?

Well, the Canadian Government of Canada has provided a short term solution for those who need it.

The benefit is called the Canadian Housing Benefit and its open to apply NOW. This benefit is a one time payment of \$500 to eligible low income renters experiencing housing affordability challenges.

This is what you need to qualify:

- have filed a 2021 tax return;
- be at least 15 years of age as of December 1, 2022;
- be a resident in Canada in 2022 for tax purposes;
- have an adjusted family net income of \$20,000 or less for individuals, or \$35,000 or less for families;
- have paid at least 30% of their 2021 adjusted family net income on rent for their principal residence in the 2022 calendar year; and
- be able to provide their 2022 address(es) and landlord's contact information.



Ways to apply:

1. Through your Canada Revenue Agency (CRA) My Account on line. www.Canada.ca

If applicants are registered for My Account you can access the application immediately.

It will take 5-10 business days to receive your funds.

2. If you need a CRA My Account, register for one, but you will have to wait for your security

code to come in the mail first then apply.

3. For those who are unable to apply on line can call the CRA's new dedicated phone line at

1-800-282-8079 to complete their application with an agent.

Eligible Canadians will need to retain receipts or documentation for six years to support their application in case the CRA contacts them to validate eligibility. Applicants that are found to be ineligible for the benefit during the verification processes will be required to repay the benefit they received.

The application window will be open for approximately 90 days (December 12, 2022, to March 15, 2023)

Written by Christine

Around the Province... BIA

The Brain Injury Association of Waterloo-Wellington (BIAWW) has invited other BIA to their information session on the Disability Tax Credit on Tuesday February 21 at 7 pm on ZOOM.

You must pre-registered asap for free at:

<http://CRAdisabilitytaxcreditpresentation.eventbrite.ca>

Come join me and learn how you can apply for this tax credit.



CRA Disability Tax Credit Presentation



Learn About the Disability Tax Credit!

The disability tax credit is a non-refundable tax credit that helps persons with disabilities or their supporting persons reduce the amount of income tax they may have to pay. An individual may claim the disability amount once they are eligible for the DTC.

February 21 from 7:00 pm to 8:30 pm

Canada



BRAIN INJURY ASSOCIATION
WATERLOO WELLINGTON

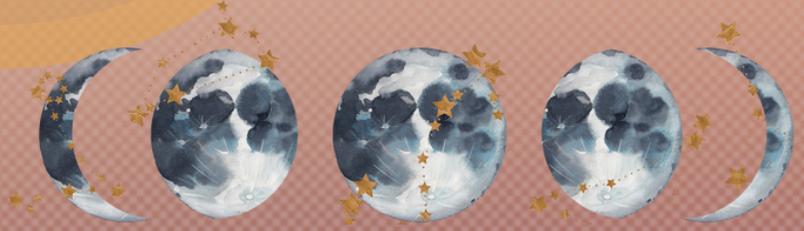
Budgeting Ideas and Solutions



TIP:

Written by Christine

Look for a bank or financial institution that does not charge a banking fee or has a lower banking fee every month. This could save you over \$120 per year if you are being charged \$10 a month fee. This goes for a credit card as well.



Celestial Body

For those who love watching the beautiful stars at night, here is a schedule for the Full Moons, Lunar and Solar Eclipses for this year. Watching any celestial bodies in the sky away from the city in an open area is always a good way to relax and reconnect with yourself.

FULL MOONS, lunar & solar eclipses of 2023

- January 6 | Wolf Moon
- February 5 | Snow Moon
- March 7 | Worm Moon
- April 6 | Super Pink Moon
- April 20 | annular/total solar eclipse
- May 5 | Flower Moon and penumbral lunar eclipse
- June 3 | Super Strawberry Moon
- July 3 | Buck Moon
- August 1 | Sturgeon Moon
- August 30 | Blue Moon
- September 29 | Harvest Moon
- October 14 | annular solar eclipse
- October 28 | Hunter's Moon and partial lunar eclipse
- November 27 | Beaver Moon
- December 26 | Cold Moon



Written by Christine



Making your New Years Resolutions Stick

When making any goals in life you need to use the “SMART” trick! SMART is an acronym to help you remember the 5 questions to think about when making a decision on a goal or resolution and how to make it successful.

S	Specific Clearly State your Goal
M	Measurable Ensure you can Measure Success
A	Attainable Set Goals you know you can Achieve
R	Relevant Set Goals Relevant to your Career or Education
T	Time-Based Set a Deadline for Completion



**Written and
Created by
Christine**

S - Specific

Your goal should be clear and specific, otherwise you won't be able to focus your efforts or feel truly motivated to achieve it. When drafting your goal, try to answer the five "W" questions:

- What do I want to accomplish?
- Why is this goal important?
- Who is involved?
- Where is it located?
- Which resources or limits are involved?

M - Measurable

It's important to have measurable goals, so that you can track your progress and stay motivated. Assessing progress helps you to stay focused, meet your deadlines, and feel the excitement of getting closer to achieving your goal.

A measurable goal should address questions such as:

How much?

How many?

How will I know when it is accomplished?

A - Achievable

Your goal also needs to be realistic and attainable to be successful. In other words, it should stretch your abilities but still remain possible. When you set an achievable goal, you may be able to identify previously overlooked opportunities or resources that can bring you closer to it.

An achievable goal will usually answer questions such as:

- How can I accomplish this goal?
- How realistic is the goal, based on other constraints, such as financial factors?

R - Relevant

This step is about ensuring that your goal matters to you, and that it also aligns with other relevant goals. We all need support and assistance in achieving our goals, but it's important to retain control over them. So, make sure that your plans drive everyone forward, but that you're still responsible for achieving your own goal.

A relevant goal can answer "yes" to these questions:

- Does this seem worthwhile?
- Is this the right time?
- Does this match our other efforts/needs?
- Am I the right person to reach this goal?
- Is it applicable in the current socio-economic environment?

T - Time-bound

Every goal needs a target date, so that you have a deadline to focus on and something to work toward. This part of the SMART goal criteria helps to prevent everyday tasks from taking priority over your longer-term goals.

A time-bound goal will usually answer these questions:

- When?
- What can I do six months from now?
- What can I do six weeks from now?
- What can I do today?

Setting **S.M.A.R.T** Goals

@Stoopid.Fit

❌

"I'm Going To Start Eating Healthier!"

"I Want To Get Rid Of My Stomach!"

"I'm Going To Lose 40 Pounds This Month!"

"I Want To Get Stronger While Losing Weight!"

"I'm Going To Lose Weight This Year!"

🔍 Specific

Get More Detailed About The Goal You're Trying To Accomplish!

📏 Measurable

Can You Objectively Measure The Progress You're Making Toward Your Goal?

🎯 Attainable

Is Your Goal Realistic Both By The Laws Of Physics and What You're Able To Accomplish?

👍 Relevant

Is Your Specific Goal Relevant To The Bigger Picture Of What You're Trying To Accomplish?

📅 14 Time-Bound

Does Your Goal Have A Deadline?

✅

"I'm Going To Eat More Vegetables & Less Fast Food!"

"I Am Going To Lose 5 Inches Off My Waist!"

"I'm Going To Lose 40 Pounds In The Next Year!"

"I Want To Maintain Strength While Losing Weight!"

"I'm Going To Lose 20 Pounds By My Birthday!"

SMART Goal Setting Worksheet

Initial Goal		
S Specific	Your goal should be well defined, detailed and clear. Try to relate to the five "W" questions: 1. Who needs to be involved? 2. What do I need to do? 3. Where will I reach this goal? 4. When will I reach the goal by? 5. Why do I want to achieve this goal?	
M Measurable	Is your goal measurable? You should be able to tell when you reach your goal.	
A Achievable	Can you reach the goal taking into account your available time, skills, and financial status?	
R Realistic	Is your goal realistically achievable within the given time frame and with the available resources?	
T Timely	Set a start and finish date for your goal.	
SMART Goal	Revise your goal based on the answers to the questions above.	

Look what I Learnt on the Internet Today!



Find us on
Facebook

Written by Christine

During my journey through my recovery of my brain injury, I have found groups on line to help me communicate with other Brain Injury Survivors. The following groups are found on FaceBook.

- 8 Pink Concussions Canada- Canadian women's forum to discuss about concussions
- Canadian Post Concussion Syndrome Support Group
- Post Concussion Syndrome Support Group for All
- Concussion and Brain Injury Awareness (TBI) Functional Neurology

Remember, they have their own rules for each site. Use your manners, use the information, but know **not** all information is correct. Do your research! Having a group of strangers with similar issues to vent to sometime feels great and it gives me a sense of community without judgement.

Life Hacks

10 ways to use a Pool Noodle

1. Add the pool noodle at the end of the vacuum hose to extend the length to get those hard to get cob webs in the corner of the ceiling
2. Cut the pool noodle length wise and then in half. Use it as an ergonomic rest holder for your wrist when at the computer. It will help to elevate your wrist pain.
3. Slice the Pool noodle in small pieces and place at the bottom of the planter, then add soil on top. Add your plan and add water. This will help with overwatering and keeps moisture and prevents rot to your roots.
4. When carrying any type of glass bottle in your suitcase, use a pool noodle. Cut the noodle the length of the bottle. Then cut the noodle upwards in a spiral and wrap around the glass bottle
5. Use pieces of pool noodle to place on corners of furniture or furniture legs to prevent body parts hitting the furniture and causing pain!
6. Cut a pool noodle in half and place in the tall boots to help keep their form
7. Cut a pool noodle in half then cut down the length as well. Place noodle between the gap between your stove and counter.
8. Use chopped up pool noodles to fill outdoor pillows or bean bag chairs.
9. Use sliced pool noodle in a container then add fake flowers. It's cheaper than a floral foam.
10. Cut the pool noodle into a disc shape about 1-2 inches. Then slice cut a small slice in it to place the playing cards in it. Voila, you can hold your playing cards easier.!

Written by Christine

WHO ARE WE

Written by Caroline

GROW Community Food Literacy Centre is a registered charity in Niagara Falls, Ontario.

Our goals are to assist and empower those with barriers to accessing and benefiting from good healthy food.

We do this by offering a fresh produce market with pantry, community kitchen with opportunities to cook, and share good food while building community and breaking down social isolation.

GROW is a community-focused model aimed at addressing some of the long-term food challenges low-income residents and persons with disabilities face in our community.

GROW is strategically situated in the heart of Niagara Falls, operating in the former 4,000 sq. ft. Scouts Canada building. GROW is collaborating with a 34-acre farm in St. Davids, Niagara-on-the-Lake, to engage community members in actively growing and harvesting healthy and nutritious foods.

OUR MISSION

"Reduce hunger with dignity, build capacity and community, foster sustainability to support health, belonging and social justice in Niagara Falls"

Located at 4377 Fourth Avenue in Niagara Falls Contact them at 905-262-6812 or growcflc.com.

COGNITIVE STRATEGIES

Written by Christine
Handouts posted by BIAPR

Being part of the OAC, I have the opportunity to learn about other Brain Injury Associations and how they educate their members. The Brain Injury Association of Peterborough (BIAPR) dedicates one night a month on an ABI topic using a zoom platform for all to learn. This past month the topic they discussed was COGNITIVE STRATEGIES and how we can use these strategies on a daily basis. They gave us handouts and I wanted to pass them on to all of you.

First off, maybe some of you are wondering what does COGNITION mean? In simple terms, **it's that act of knowing and thinking**. Since several of our BIAN members have issues on this topic, including myself I wanted to include this helpful guide to all of you at BIAN and to anyone else who may be reading our monthly newsletters.

As we get older, our cognition decrease and it has nothing to do with our brain injury. These strategies will help both non brain injured and brain injured humans alike. So why not check out the information and try out one or two of the strategies given in the report. You never know, you might even outwit yourself!!!

ABI FYI COGNITIVE STRATEGIES

WHAT IS COGNITION?

- **Cognition** is the act of **knowing or thinking**. It involves the ability to choose, understand, remember and use information.
- **Cognition** includes...
 - Attention and concentration
 - Processing and understanding info
 - Memory
 - Communication
 - Planning, organizing, and assembling
 - Reasoning, problem solving, decision-making and judgment
 - Impulse control and patience

COGNITION AFTER ABI

- Many areas of **cognition** can be **affected** following ABI
 - Areas affected tend to depend on the type and location of injury
- Recognizing and dealing with **cognitive changes** can be **difficult**. It affects our **perception** of ourselves, our abilities, and our identity.
 - Can negatively impact self-esteem and confidence
 - All activity areas, roles, and abilities can be affected
 - Anxiety and depression are common
 - Emotions such as anger and frustration may occur
 - People can become more irritable



COGNITIVE STRATEGIES

- **Cognitive skills** are the basic **mental abilities** that we use to **think and learn**
 - Recalling information from memory
 - Analyzing sounds and images
 - Making associations or comparisons
 - Making inferences or interpretations
- **Cognitive rehabilitation** aims to improve **cognitive skills** through two approaches...
 - Remediation: focuses on **improving skills** that were lost or impaired
 - Compensation: **learning different ways** to achieve your goals
- **Compensation** means isolating where the problem arises during a task and finding a **“work around” or strategy**
 - Compensation strategies can be broken into **“internal”** and **“external”** strategies
- **External strategies** involve making small changes **outside yourself**...
 - Making paper or digital lists
 - Using alarms or timers
 - Using a pill organizer
 - Getting others to remind you
 - Organizing your environment to be less distracting, etc.
- **Internal strategies** or **“metacognition”** involve being aware of and understanding one’s own ability to understand, control, and manipulate cognitive processes. Examples include...
 - Repeating things, making associations, planning
 - Visualizing, grouping information

COMMON COGNITIVE STRATEGIES

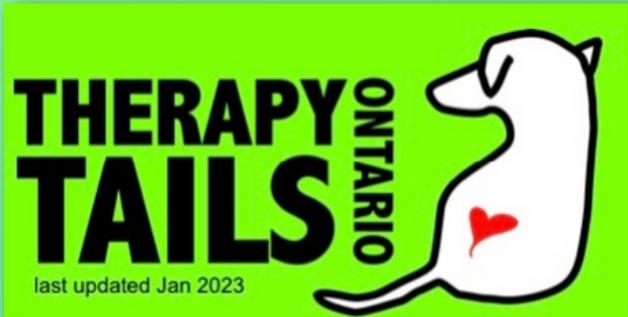
- **Memory – Internal Strategies**
 - Repetition
 - Dual Input (seeing and hearing, reading out loud)
 - Visualization (making a mental image)
 - Association
 - Chunking or grouping (cluster ideas into groups)
 - Summarizing (in your mind or on paper)
- **Memory – External Strategies**
 - Writing things down
 - To do lists, calendars
 - Keeping things in the same place
 - Have a structured routine of daily tasks and activities
 - Organize your environment
 - Work in quiet spaces at your best time of day
- **Memory and attention** go hand-in-hand. You **MUST** pay attention in order to properly encode memories.
- **Attention Strategies**
 - Self-monitoring: increase your insight and watch for when you lose focus; bring yourself back
 - Eliminate distractions (auditory and visual)
 - Work slowly to avoid errors
 - Avoid multi-tasking and work on one thing at a time
 - Work on the hardest tasks when at your best
 - Take regular breaks (losing focus can be a sign of fatigue)
 - Stick to your to-do list



MORE COGNITIVE STRATEGIES

- **Information Processing Strategies**
 - Place your full attention on what you are trying to understand
 - Decrease distractions
 - Allow more time to think about info
 - Re-read information as needed
 - Take notes and summarize info in your own words
 - Ask people to repeat themselves
 - Repeat information in your head
- **Communication Strategies**
 - Minimize distractions in the environment where possible
 - Plan conversation topics in advance
 - Create small, sub group conversations
 - Repeat questions back to listener
- **Decision Making Strategies**
 - Pros and Cons List – helps to visualize the best choice
 - Imagine counseling a friend through the decision – what would you tell them?
- **Strategies for Managing Impulsivity**
 - Increase awareness of making quick decisions
 - Use the **STOP, THINK** strategy – ask yourself what are my thoughts and feelings right now?
 - Consider consequences
 - Ask for more time to make a decision
- **Organizational Strategies**
 - Write things down
 - Make schedules and deadlines
 - Focus on one thing at a time
 - Make a plan first
 - Have a place for everything.





Pictures taken by Meka & Caroline

Deals of the Month

**HOT
DEAL** 

Society of Saint Vincent de Paul

67 Queenston Street
St. Catharines, Ontario
L2R 2Z1
905 682 4240

**DON'T
miss it!**

Hot store of deal of the month.

Pay no tax on items in the store.

 Call the store to find out about sales
going on.

Bring a donation bag.
They accept anything!

Items are very cheap.

You can find hidden treasures if you
take your time to look.

Hours of operation:

Mon to Fri:

10 am to 4 pm

Sat:

10 am to 2 pm

Written by Brendon

CLUBHOUSE DATES TO REMEMBER



Ground Hogs Day

Thurs Feb 2nd

  Valentine's Day

Family Day

Mon Feb 20th

Tues Feb 14th



Thurs Feb 16th -

Clubhouse Closed

Mon Feb 27th -

Office Closed



MILD CAN BE USED TO DESCRIBE
SALSA, BUT NOT A BRAIN INJURY

**NO BRAIN INJURY
IS MILD!**

WWW.BRAININJURYHOPE.COM



Can I Tell You
a Secret?

*Sometimes I just smile and nod when
you speak because my brain can't
process what you are saying.*

www.BrainInjuryHope.com

BRAD'S JOKE OF THE MONTH

GAMES, PUZZLES & JOKES

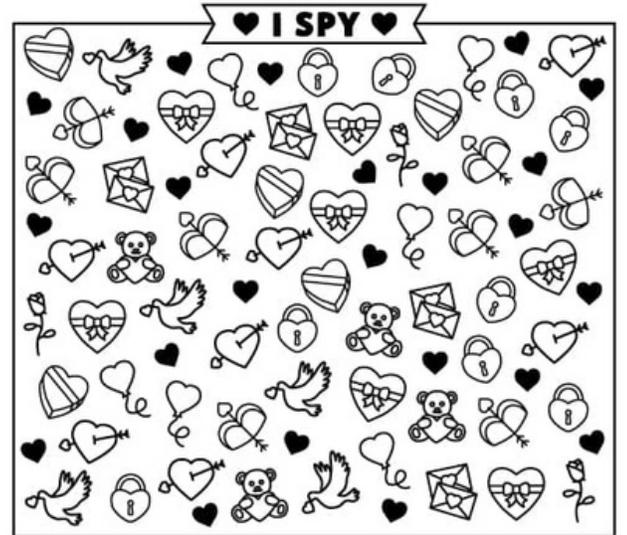
What flower gives the most kisses on Valentine's Day?

T U L I P S



VALENTINE'S DAY I SPY GAME

VALENTINE'S DAY



	_____		_____		_____
	_____		_____		_____
	_____		_____		_____

DOWNLOAD MORE FREE PRINTABLES AT WWW.PJSANDBOARD.COM

Valentine's Day WORD SCRAMBLE

1. EB NIME _____
2. DNIEFRYOB _____
3. QUETUBO _____
4. CETFFNOIA _____
5. ROEDA _____
6. TRECAEBLE _____
7. VEDBELO _____
8. RADC _____
9. ETALOCHOC _____
10. RUBCHE _____
11. PIDUC _____
12. RATECOED _____
13. TIONVODE _____
14. TEAHR _____
15. NFU _____
16. BSOONLAL _____
17. OTITFCNE _____
18. OODG MEIT _____
19. EJYON _____
20. PSLAEKR _____



VALENTINE'S DAY

WORD SEARCH

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

- | | | |
|--------------|------------|-----------|
| ADMIRER | BE MINE | BOUQUET |
| CANDY | CHOCOLATE | CUPID |
| FALL IN LOVE | FEBRUARY | FLOWERS |
| GIFT | HEART | HUG |
| I LOVE YOU | KISS | LOVE |
| PINK | RED | ROMANCE |
| ROSES | SWEETHEART | VALENTINE |



TRIVIA NIGHT



Valentine's Day Disney Love Songs

How many of these Disney love-related title tracks can you match up to the movie it is featured in?

- | | |
|--|-------------------------|
| 1. Can You Feel The Love Tonight _____ | A. Hercules |
| 2. True Love's Kiss _____ | B. Pocahontas |
| 3. So This Is Love _____ | C. Sleeping Beauty |
| 4. Love Is An Open Door _____ | D. The Little Mermaid |
| 5. When She Loved Me _____ | E. Frozen |
| 6. Kiss The Girl _____ | F. The Lion King |
| 7. If I Never Knew You _____ | G. Pinocchio |
| 8. Love Is A Song _____ | H. Aladdin |
| 9. I Won't Say (I'm In Love) _____ | I. Enchanted |
| 10. Once Upon A Dream _____ | J. Beauty and the Beast |
| 11. A Whole New World _____ | K. Cinderella |
| 12. Someday My Prince Will Come _____ | L. Snow White |
| 13. Married Life _____ | M. Toy Story 2 |
| 14. When You Wish Upon A Star _____ | N. Bambi |
| 15. You'll Be In My Heart _____ | O. Tarzan |
| 16. Tale As Old As Time _____ | P. Up |

Total Score: _____

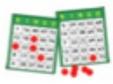


Mark
YOUR
Calendar



FEBRUARY 2023 | BIA Niagara Calendar of Events

Monday's: Support Groups & Community Open House | Clubhouse: Tuesday – Thursday | Registered Members Only

Monday	Tuesday 10:00 -2:00	Wednesday 10:00 – 2:00	Thursday 10:00 – 2:00
		1 10 Peer Social 11-12 Meal Preparation Group 12-1 Turkey Chili 1-2 Survivor Newsletter Meeting 	2 10 Peer Social 11-12 Meal Preparation Group 12-1 Mac Salad & Chicken Strips 1-2 Special Event: Interactive Music 
6 Friends Helping Friends (In-Person) Survivor Support Group 1:00 – 3:00 p.m.	7 10 Peer Social 11-12 Meal Preparation Group 12-1 Cabbage Roll Casserole 1-2 BINGO Club 	8 10 Peer Social 11-12 Meal Preparation Group 12-1 Hotdogs & Beans 1-2 NEW! Men's Peer Support Group 	9 10 Peer Social 11-12 Meal Preparation Group 12-1 Tortellini & Salad 1-2 Mindfulness JENGA 
13 BIAN Open House (Drop-In) 10:00 – 2:00 p.m. Survivors, Caregivers and Professionals welcome	14 10 Peer Social 11-12 Meal Preparation Group 12-1 Taco Tuesday 1-2 Movie Trivia 	15 10 Peer Social 11-12 Meal Preparation Group 12-1 Beef Stroganoff 1-2 Therapy Tails Visit 	16 Clubhouse Closed

20 Friends Helping Friends – (Virtual) Survivor Support Group 1:00 – 2:00 p.m.	21 10 Peer Social 11-12 Meal Preparation Group 12-1 Pierogis & Salad 1-2 Survivor Newsletter Meeting 	22 10 Peer Social 11-12 Meal Preparation Group 12-1 Sausage on Bun 1-2 Wood Burning Activity 	23 10 Peer Social 11-12 Meal Preparation Group 12-1 Greek Day 1-2 Cards 12:45-2 Women's Peer Support Group 
27 Office Closed	28 10 Peer Social 11-12 Meal Preparation Group 12-1 Chicken Pot Pie 1-2 BINGO Club 		

brainmattersnewsletter@gmail.com

- Monday's are reserved for the Community Open House and Brain Injury Peer Support Groups (Clubhouse Closed)
- **NEW! Men's Peer Support Group** (second Wednesday of every month)
- **Women's Peer Support Group** (last Thursday of every month)
- **Lunch Menu Items** (please prepare in advance if you have an allergy or dietary restrictions) – the cost for lunch is \$3.00
- Please email newsletter submissions to brainmattersnewsletter@gmail.com

Letter from the Editor

As editor of the newsletter, we need you! From those who are new to Brain Injury to those who have had their Brain Injury for years, we need all of you!

The Brain Matters Newsletter is in need of new active members to join our committee. We are also looking for people who just want to compose, create, comprise their own articles for the newsletter from time to time.



We want to hear from you the reader! It could be as simple as a taking a picture of yourself creating your new art piece. Something that you are passionate about since becoming a Brain Injury Survivor. It could be you trying a new sport! Or just friends hanging out together outside of clubhouse. We want to hear from you!

Remember, we learn from each other's experiences through this process called recovery.

I remember MaryLou sharing her stories with me early on in my recovery. Her stories inspired me to want to give back to BIAN and the clubhouse when I felt I was on a better path in my recovery. It has taken me several years to get here, but I am here now. I'm not only the editor and creator of this amazing newsletter, I am also a fiancée, peer mentor, leader, friend, teammate, baker and the list could go on. It's all because of someone like MaryLou who cared enough to share her stories of success with me and showed me there is a light at the end of the tunnel. This (Brain Injury) is NOT not a death sentence, but a new opportunity to try new things in life and to look at life in a new perspective.



So please, think about giving back to OUR community.

Share your amazing stories.

All submissions are sent to:

brainmattersnewsletter@gmail.com no later than the 15th of each month.



THANK YOU

