

Celebrating our Successes one step, one day at a time!



BRAIN MATTERS

brainmattersnewsletter@gmail.com

August/September 2023. Issue 8

Brain Injury Awareness Week
21 – 27 August 2023



SYNAPSE
AUSTRALIA'S BRAIN INJURY ORGANISATION



Rowan's Law



**HIT.
STOP.
SIT.**

**ROWAN'S
LAW**



Dylan's Bio

BIAN Members Birthdays

AGM Winners

The Brainy Traveller - Montreal
or Bust

Karri's Speakers Corner

Coming Soon at BIAN

- Golf Tournament

- August BIAN Annual Picnic
Community Fridge in St.

Catharines

Rowan's Law Day

Concussions

Green Thumbs

WANTED

Mix & Mingle 2023

Mental Wellness

Easy Foods to Make For the
Summer

Thoughtful QUOTES & MEMES

The Collector - Comic Books

Around the Province -

OBIA

Peterborough BIA - Energy
Conservation

Answers to May/June/July Issue

Answers to Games

Brad's Joke of the Month & New
Games

Evan's Enigmas

Activities at the Clubhouse

Letter from the Editor



As the Journey Continues

Bio written by himself... Dylan

It was 2012 and I had just finished work for the day. I was walking through the parking lot towards my car, when I was suddenly hit by an out-of-control motorcycle. I honestly can't recall the events leading up to this moment, nor do I remember the weeks that followed as I was in a comatose state. It's a strange feeling, finding out that the world continued to move around you while you are in this state and wake up to find that you had missed out on a chunk of time that you will never get back.



All because of a situation where I found myself being in the wrong place at the wrong time. However, I do know that I was extremely lucky to be able to wake up at all. According to the first responders, they assumed the worst. But without a doubt, it has been an ongoing journey ever since, as my mind and body were changed in an instant. This new life bestowed on me created new challenges that I had never faced before. At the same time, I found something new within myself. An urge to persevere in order to continue living life to the fullest.

After my accident, I was in a session with an OT when the question came up "what goals do you have for the future?" At the time of my accident, I was in an electrical engineering program in college. Although after my first year, I knew I was not interested in this program. I figured this was an opportunity to work towards something that I would enjoy doing. In my last semester of high school, I was required to take a random course to fill my timetable so I took a course called Kinesiology. Since I was already accepted to college at this time, it was not much more than a random credit that was required to graduate. But it was surely my favourite course in high school; so, after my OT asked me the question, I took this as an opportunity to change direction and pursue an education that I was really interested in.

This required me to back track and take science courses at an adult school program to get the prerequisite credits to apply to university. A year later, I had all my essential science credits to apply to university. I was thrilled when I was accepted to Brock University.

While at Brock, I really noticed my limitations caused by my brain injury. I started to realize that my memory wasn't as strong as it was before. My social skills had lessened, and my ability to consolidate and recall new information was very difficult (considering all the information that is thrown at you in this course as you advance through the years). It was a frustrating realization and it leaves you feeling helpless. However, I found that I was able to overcome these challenges by doing things differently. I changed the way I took notes. I changed the way I studied. I spent a lot of time using repetition (reading things over-and-over again) which really helped me to learn the material. Even though it was extremely time consuming. In the end, it was worth it. I realized I had a profound interest in the brain and brain injury. I had an epiphany, which was that getting involved in the brain injury community to help those living with a brain injury it what I was meant to do with my life.

During my last two years at Brock, I began volunteering at BIAN's Clubhouse. I took advantage of this opportunity to acquire experience, which I needed to pursue a career following school. This opportunity confirmed that I was doing what I was meant to do. I loved being a part of this program and getting to meet all its amazing members. Every person there is special, and I have learned so much from them about the effects of brain injury, as well as the strengths that all the members possess within themselves. I also learned a lot about myself by being there, too. I was in a situation where I had to further challenge myself by being more social, staying focused, and paying attention. This experience really prepared me for where I am today (so I thank you all at BIAN's Clubhouse!).

Men's Support Group A Smashing Hit



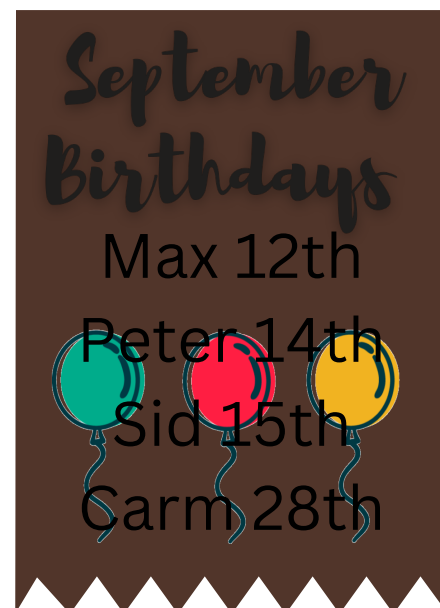
In Picture left to right
Austin, Kurtis, Ron, Mike, Wayne and Dylan (BIAN
Volunteer & Leader of Men's Group

It took a long time for me to complete university. To acquire my specific certifications. To get experience working with brain injury survivors and to prepare myself for the next phase of my life. Finally, after 11 long years after my accident, I was hired and began working as a rehabilitation counsellor at BICR one month ago. Now I can continue working with individuals living with a brain injury, and to help them learn to adapt and overcome their own challenges.

After all the time and hard work, you realize it was all worth it. To all the individuals living with a brain injury, just know that the journey is not over! Keep challenging yourself and find ways to overcome the difficulties you're facing. Although life may not be the same as it once was, there are endless possibilities to live a happy, fulfilling life with a brain injury. It just takes time and effort, but I promise in the end, it will be worth it if you keep at it!



Don't limit yourself, as the journey continues...



BIAN AGM JUNE 2023

AWARD WINNERS- VOLUNTEER OF THE YEAR AWARD WINNERS

Christine Baillie & Alicia Kralt



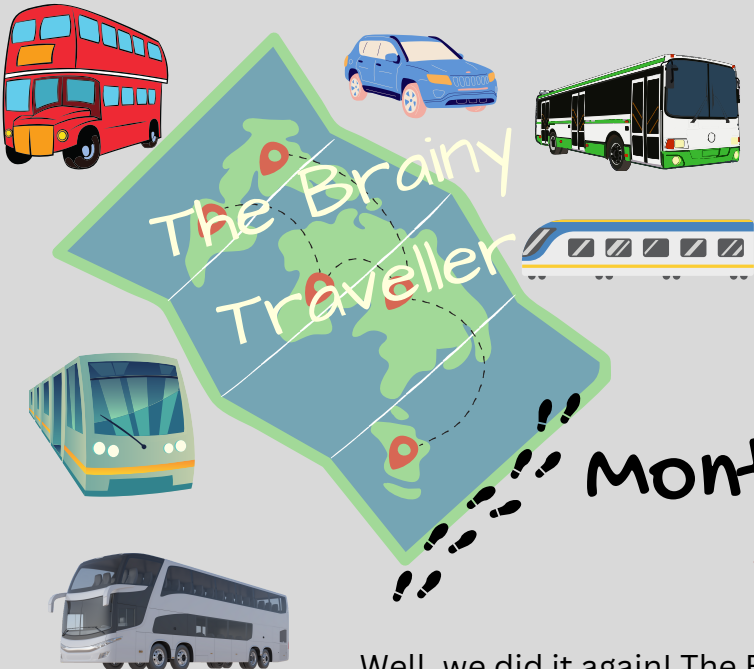
Alicia

LIFETIME ACHIEVEMENT AWARD WINNERS

Dr. Sherrie Bieman-Copland & Pat Dracup



Left to right:
Brad, Christine,
Dr. Sherrie, Ian



Montreal or Bust!

Written by Christine

Well, we did it again! The Brainy Traveller and her friends from BIAN - Brad, Brendon and Ron travelled to Montreal.

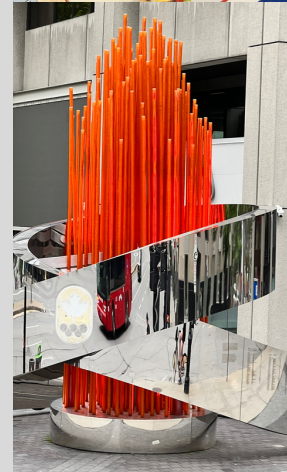
This trip was the brain child of Brandon. Every year in June, Montreal hosts the Canadian Grand Prix (Brandon's favourite). So as friends do, he asked Brad and myself to come along with Ron to the event. Due to the screeching of tires and loud crowds, we passed, but we did want to travel around Montreal since we have never been there before.

Organization of the trip started in January. From deals on transportation, hotels, and activities to do while in Montreal. The best part, Brendon has been there before, so we had our very own tour guide!

Our trip was amazing! Brendon and Ron went to the Grand Prix while Brad and I explored Montreal using the On and Off Bus. I think this trip made us closer as friends. We learned about our crazy habits! We learned about how to use our phones for direction! (Oops wrong bus!) And we learned that we can rely on each other's strengths.

A big shout out to mamma Pat. This is Brendon's mom. She is the hostess of the mostest! She hosted us not just once, but twice on our trip so that we could rest before and after. She is caring, loving and compassionate. We love visiting her!

As for our next adventure, who knows where it will be! But I can guarantee it will be filled with lots of fun while creating amazing memories.





Karri's Korner



Question of the Month



Temperature regulation problems (too hot or too cold) are common after a brain injury.

Do you have any tips to help with temperature regulation?

Lynn - always have water nearby to keep us hydrated and cool

Mary says make sure you always bring a sweater in case you catch a chill.

Kurtis uses magic bean bags when he feels over heated

Christine - Wear Layers. When you are hot take them off. But when you are cold you will have them to use

Caroline says she hydrates to prevent migraines. Sunglasses and a hat to also help with inner temp regulation.

COMING SOON

MCLEISH ORLANDO LLP
LAWYERS



Summer Picnic

THURSDAY, AUGUST 17, 2023
11:00 AM - 3:00 PM
Lakeside Park, Neil Park Pavillion

This event is free to BIAN members, their families, and community partners. Rain or shine, we look forward to seeing you there!

RSVP TO MEKA@BIANIAGARA.ORG
BY THURSDAY, AUGUST 10



VOLUNTEERS NEEDED

We are looking for people to commit to helping us in the community.



905 646-2426 info@bianiagara.org

CHARITY GOLF TOURNAMENT

IN SUPPORT OF THE BRAIN INJURY ASSOCIATION OF NIAGARA



PLAY TO ENSURE INDIVIDUALS LIVING WITH THE EFFECTS OF ACQUIRED BRAIN INJURY IN THE NIAGARA REGION HAVE THE COMMUNITY SUPPORT THEY NEED!

VISIT WWW.BIANIAGARA.ORG FOR DETAILS OR TO REGISTER.



MONDAY, AUGUST 21, 2023
LEGENDS ON THE NIAGARA

COMMUNITY FRIDGE in St Catharines

Written by Caroline

The community fridge is located on the same property as the LINCOLN SPCA at Fourth and Louth in the shape of a gazebo. First come first serve.

They provide a lot of fruits and vegetables, bread, roles, yogurt, eggs and even a few goodies from time to time.

In the spring they received new fridges making things all the more fresh. Well worth a trip. Originally community fridges started in Europe and eventually to North America, both Canada and the U.S.A. During these hard times it is a godsend since the food is all donated.

The Community Fridge, the first of its kind in Niagara and the only community fridge run by a humane society anywhere. Is located in the gazebo on the front lawn. Those in need are welcome to take what they need, and community members are asked to donate what they can. Their fridge, like others, is a place where anyone who needs food can come to Community Fridge and take what they need. A large, double glass doored fridge in a new room they built, out of a former cat gazebo. The insulated room is also equipped with 2 pantries to hold dry goods and some limited amounts of toiletries and hygiene products.

• COMMUNITY FRIDGE

A compassionate community is a stronger community. Through a newly forged partnership with Community Cares in St. Catharines and Thorold, Community Care will help supply the fridge with what is needed and where they have extra resources.

You can give the Community Fridge a call at 905 682 0767.



#RowansLawDay

In honour of Rowan Stringer



A concussion is a brain injury. It's important to know the symptoms.



Concussion resources:
www.obia.ca

Rowan's Law Day

The last Wednesday of each September has been designated as Rowan's Law Day to help raise awareness about concussion safety.

Please join us in remembering Rowan Stringer by promoting concussion safety through a tweet, Facebook or Instagram post.

Show your support for #RowansLawDay by sharing your stories and learning the signs and symptoms of a concussion.



Rowan Stringer's story

Rowan's Law was named for Rowan Stringer, a high school rugby player from Ottawa, who died in the spring of 2013 from a condition known as second impact syndrome (swelling of the brain caused by a subsequent injury that occurred before a previous injury healed). Rowan is believed to have experienced three concussions over six days while playing rugby. She had a concussion but didn't know her brain needed time to heal. Neither did her parents, teachers or coaches.



Rowan's Law and Rowan's Law Day were established to honour her memory and bring awareness to concussions and concussion safety.

I am not my brain injury!

I am more than exhaustion.
I am more than headaches.
I am more than mood swings.
I am more than memory loss.
I am more than a disability.

I AM STRONG.

I AM ALIVE.

I AM A SURVIVOR! www.LifeWave.com/Patch365



Rowan's
Law
DAY

Wear Purple for
Concussion Awareness

ROWAN'S LAW DAY

CONCUSSION SAFETY

CONCUSSIONS ARE BRAIN INJURIES... AND THEY NEED TIME TO HEAL



Bumped your head or body playing sports, being active, or hanging around with friends? Don't hide it, **SPEAK UP** and get help. A bump to the head can injure the brain leading to a concussion – and brain injuries need adequate time to heal.

If you or a friend or a teammate sustains a bump or blow to the head or body, know the signs and symptoms of a concussion. Sometimes symptoms are obvious right away, but sometimes they can take hours or even days to appear.


Symptoms include:

- Headache/pressure in the head
- Nausea
- Feeling drowsy
- Dizziness
- Sensitivity to light
- Sensitivity to noise
- Difficulty thinking clearly or remembering
- Fatigue or low energy
- Blurred vision
- Feeling sad, irritable, nervous or emotional

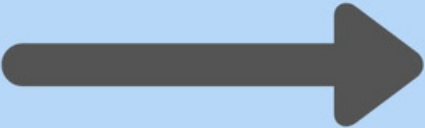

Have you had a concussion? Want to help others prevent them and encourage those affected to get help? Spread the word about #RowansLawDay and join the discussion about concussion. For more information checkout:

Rowan's Law Day Toolkit for Schools | teachingtools.ophea.net/RowansLawDayToolkit | [#RowansLawDay](https://twitter.com/RowansLawDay)

ROWAN'S LAW DAY

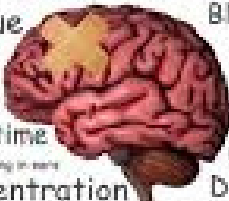


LEARN WHAT TO LOOK FOR WHEN SUSPECTING A CONCUSSION

Headache

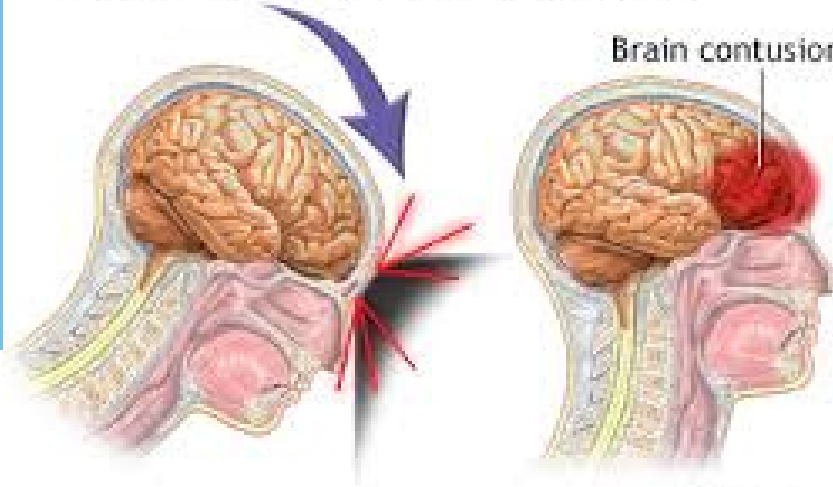
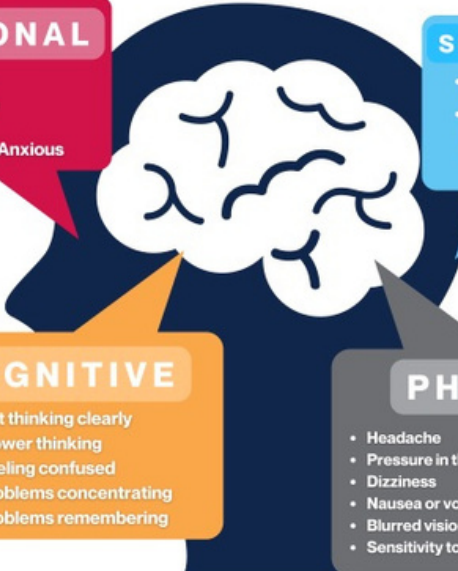
Seeing stars
Slurred speech
Anxiety
Fatigue
Vomiting
Mood changes
Sensitivity to light
Decreased reaction time
Knocked out
Lack of concentration
Sensitivity to noise
Inappropriate emotions



Confusion
Lack of orientation
Blurred vision
Difficulty sleeping
Nausea
Lack of energy
Loss of consciousness
Dizziness
Irritability
Reduced coordination
Getting your "bell rung"
Easily distracted

Concussion

results in a disturbance of brain function

EMOTIONAL

- Irritability
- Depression
- Sadness
- Nervous or Anxious

SLEEP-RELATED

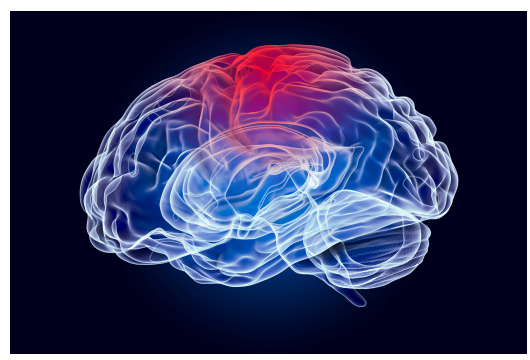
- Sleeping more than usual
- Having a hard time falling asleep

COGNITIVE

- Not thinking clearly
- Slower thinking
- Feeling confused
- Problems concentrating
- Problems remembering

PHYSICAL

- Headache
- Pressure in the head
- Dizziness
- Nausea or vomiting
- Blurred vision
- Sensitivity to light or sound
- Ringing in the ears
- Balance problems
- Tired or low energy
- Drowsiness
- "Don't feel right"



MINDS MATTER

THE TRUTH ON CONCUSSIONS

What are the Symptoms of a Concussion?

PHYSICAL

- ✓ Headache
- ✓ Nausea and vomiting
- ✓ Balance problems
- ✓ Slowed reaction time
- ✓ Dizziness
- ✓ Sensitivity to light
- ✓ Sensitivity to sound
- ✓ Fuzzy or blurry vision

SLEEP

- ✓ Sleeping more or less than usual
- ✓ Trouble falling asleep
- ✓ Feeling fatigued or drowsy



THINKING AND REMEMBERING

- ✓ Difficulty concentrating
- ✓ Difficulty remembering
- ✓ Confusion
- ✓ Feeling "mentally foggy"
- ✓ Feeling slowed down

MOOD DISRUPTION

- ✓ More emotional
- ✓ Irritable
- ✓ Sad
- ✓ Nervous
- ✓ Depressed





Brad



Christine

Green Thumbs



Caroline



ARTICLES

WANTED

The Brain Matters Newsletter is looking for articles from you, the reader.

Articles submitted should relate or help those who have a Brain Injury.

It can be something you accomplished, created, or even something funny.

Send your article or picture to Christine, the editor of the Brain Matters Newsletter at

brainmattersnewsletter@gmail.com

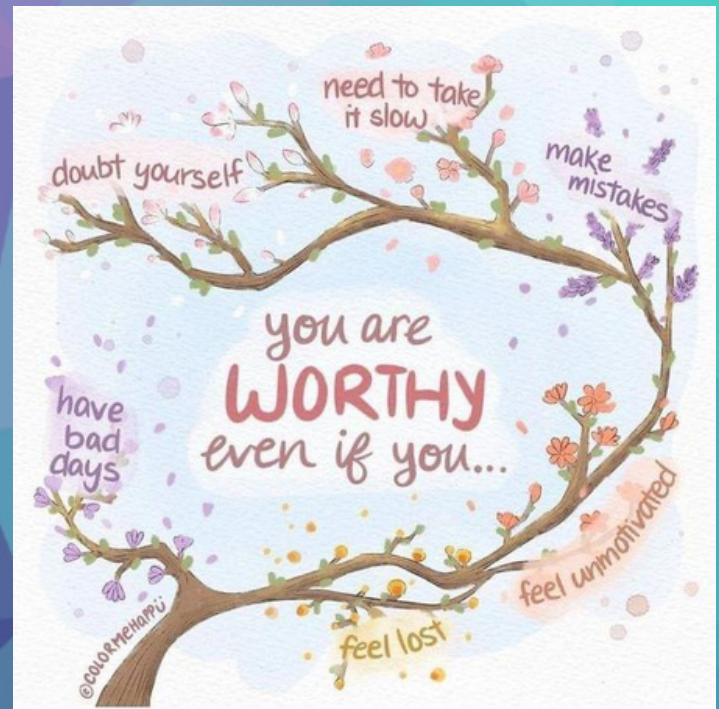


We look forward to hearing from you soon!



LET'S
CELEBRATE



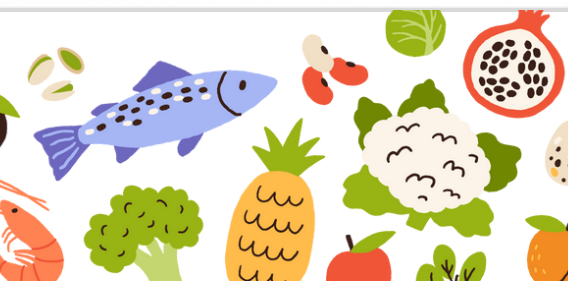


HOMEMADE ICE CREAM

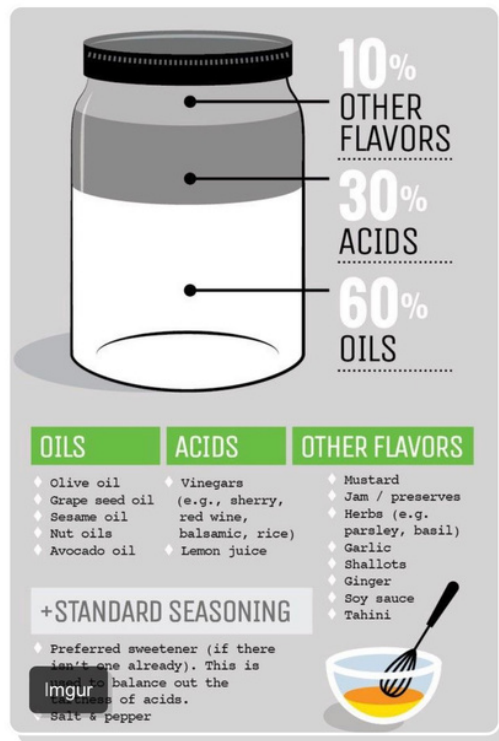


Imgur

SHAKE FOR 5 MINUTES, THEN FREEZE FOR 3 HOURS.



COOKING FORMULA FOR A SIMPLE VINAIGRETTE



Microwave Corn in the husk

1 ear = 2 min.
2 ears = 4 min.
3 ears = 5 min.
4 ears = 6 min.

Dinner-Mom.com



DOG ICE CREAM

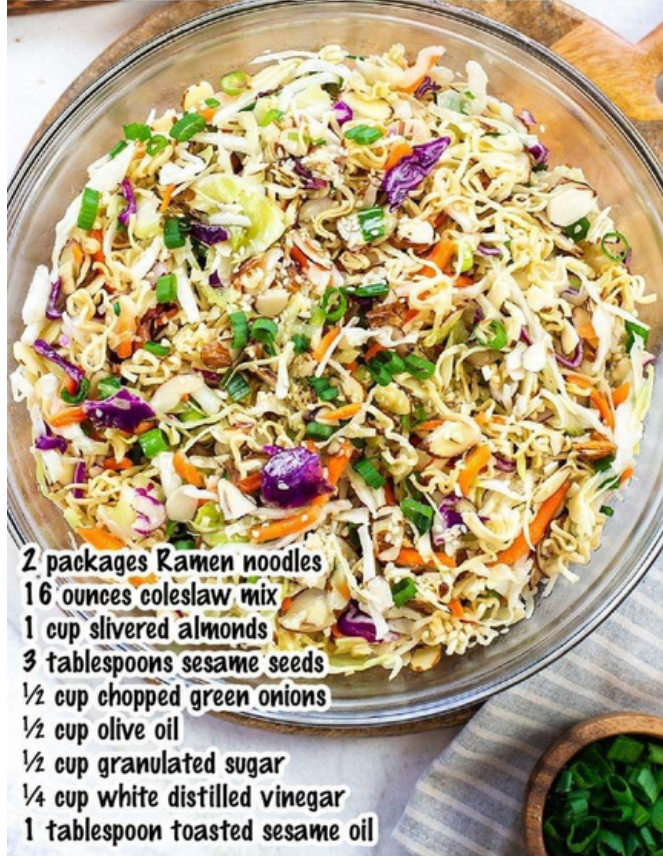
1 Ripe Banana
4 Tbsp Peanut Butter
12 oz Plain Yogurt

Directions:
Blend. Pour mixture into trays. Freeze. Dogs LOVE this!



Easy Foods to Make for the Summer

vintage RAMEN NOODLE SALAD



2 packages Ramen noodles
16 ounces coleslaw mix
1 cup slivered almonds
3 tablespoons sesame seeds
1/2 cup chopped green onions
1/2 cup olive oil
1/2 cup granulated sugar
1/4 cup white distilled vinegar
1 tablespoon toasted sesame oil

12 ounces uncooked macaroni
10 ounces light tuna
1/3 cup celery
1/2 cup red onion
1 cup frozen peas
3/4 cup mayonnaise
1/3 cup lemon juice
1 tsp salt
1/4 tsp ground black pepper



NOT EVERYONE
WILL UNDERSTAND
YOUR JOURNEY.
THAT'S OK. YOU'RE
HERE TO LIVE
YOUR LIFE, NOT
MAKE EVERYONE
UNDERSTAND.

POSITIVELIFETIPS.COM

SHOUTOUT TO EVERYONE
WHO GOT THROUGH THE
DAY WITHOUT TAKING A
NAP.

PULLED AN ALL-DAYER
TODAY. PRETTY TOUGH.

My life feels like a test
I didn't study for.

TRY SHINING THE LIGHT
OF REASON ON YOUR
FEELINGS AND SEE IF
THEY'RE HOLDING YOU BACK.

THOUGHTS ARE OFTEN
OVERRULED BY
FEELINGS... AND
COULD HINDER YOUR
PROGRESS AFTER A TBI!

DON'T UNDERESTIMATE THE
POWER OF POSITIVITY!



www.lap

THANKFULNESS can be felt for
the smallest of things, like...

Your eyes opening in the morning.

A friend calling or texting you.

Calling a friend, and they answer.

The birds singing outside.

Having a "good hair day".

Feeling loved...or showing love to others.

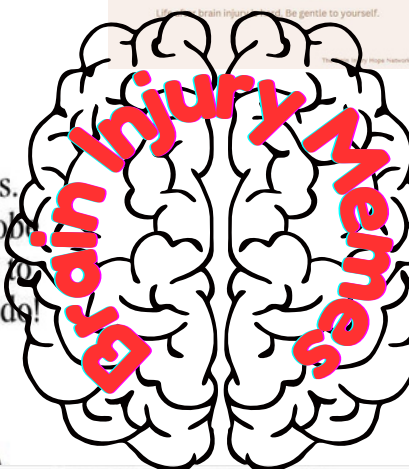
Knowing that many people around the globe

live with TBI like you...and they all strive to

make the most of each day...just like you do!

We Are All A
Little Fragile.

Be gentle to yourself.



"BUT YOU LOOK FINE"

HOW I LOOK

HOW I FEEL



When trauma has
shaped you, try not
to confuse who you
had to become with
who you can be.

Dr Thema Bryant Davis



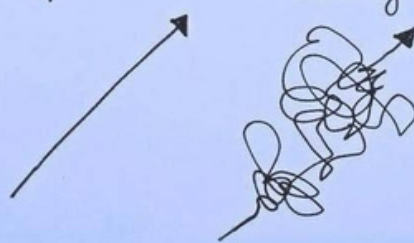
www.lapublishing.com

MENTAL
TOUGHNESS
IS WHEN
YOU CAN FIND
FUEL IN AN
EMPTY TANK

RECOVERY

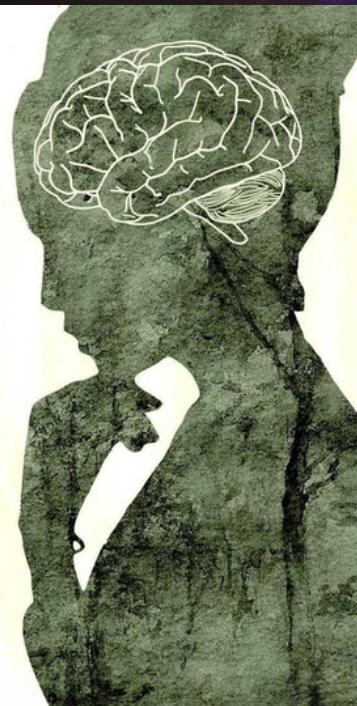
Expectations

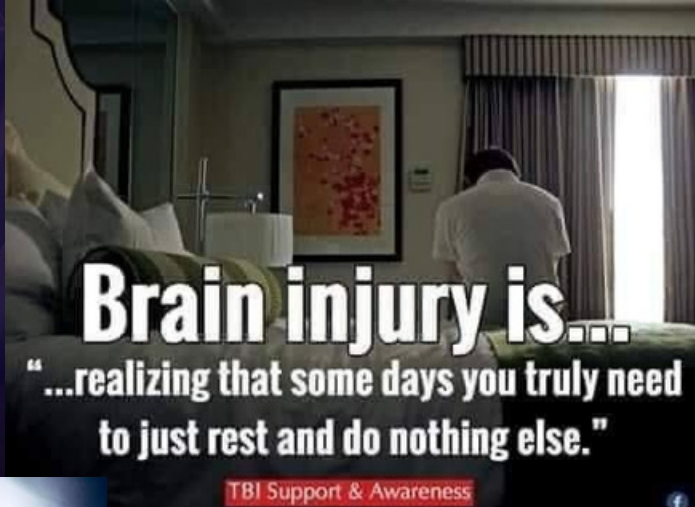
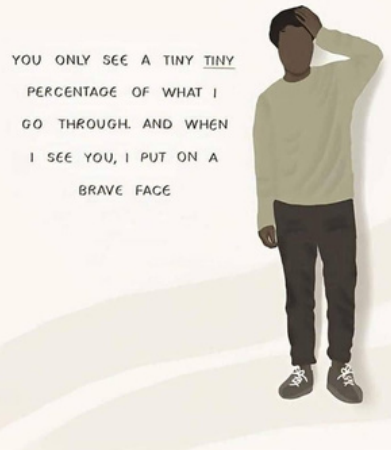
Reality



THE ART OF SURVIVAL
IS A FINE LINE BETWEEN
"YES I CAN" AND "NO I CAN'T".

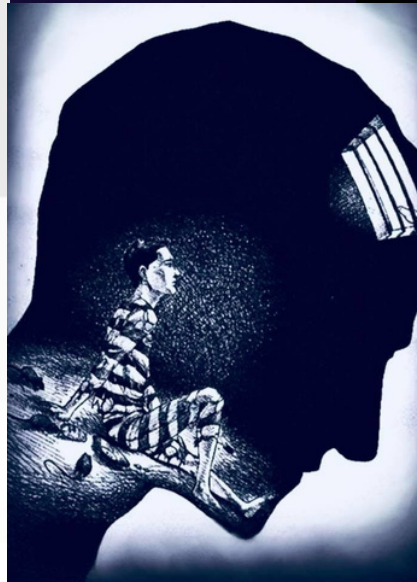
TRY TO LOOK AT LIFE
AFTER TBI AS A BLANK
CANVAS...AND CREATE TO
THE BEST OF YOUR ABILITY!





I do things a bit slower since my brain injury.

PLEASE DON'T TRY TO RUSH ME
IT'S NOT GOOD FOR ME



After Brain Injury ~J
One day you'll be able to get so much done & the next day you're not able to even get out of bed.



Be Kind To self, It Is What It Is.

Ain't No Wishing It Away.

Tomorrow's Another Day To Try.



Daily Life With A Brain Injury...

I just went out to check the mail for the third time today.

Trouble is.... I brought in the mail on my first trip!

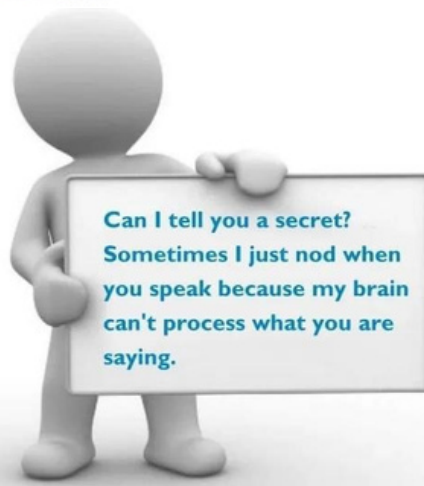


Either you laugh or you cry. Today I chose to laugh.



BRAIN INJURY

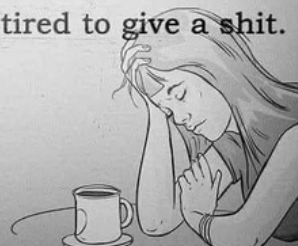
From the outside looking in, you can never understand it. From the inside looking out, you can never explain it!



Word of the day:

Exhaustipated

(adj.) Too tired to give a shit.





THE COLLECTOR



I love to collect things that I find of value and interest. I was bit by the collecting bug when I was literally “bit by a bug!” This started my collection for bugs. It then moved onto Thomas the train die cast toys, coins, hockey cards, Marvel figurines, movies and comic books.

There is a skill set that goes into being a good collector that is learned along the way. You must be patient searching for the things you love. They sometimes can take a long time to find. Organization is key and persistence for the search of a specific item can take years to achieve to complete a full collection.

For this newsletter, I would like to discuss my comic book collection.

My passion is collecting Marvel comic books. This started about 7 years ago when I was introduced to Marvel comics by a mutual Marvel lover.

Marvel comics are always coming out with new story lines in their series and I love following along. My favourite series is Wolverine.

To date, I have collected 459 comics. I reach out to local comic book stores and research on line to find which comics I would like.

One local comic book store is in my town of Fonthill. It's called the Comic Garage on Hwy 20. This is a store owned by comic connoisseurs Elliot Hay and partner Daniel Balderelli. These two gentlemen introduced me to a computer app called ClZ , this app catalogues my comic books by scanning the comics bar code. It shows me which comics are in my collection and which ones I still need for my series. Elliot and Daniel will help me order comics I need and I pick them up at their store. I also use an app called iCollect Comics by I would recommend ClZ Comic app.

There are events like Comic Con where they introduce new comics and there are old comics that you can purchase. Often times these events will give out free comics.

I have all 459 of my comics cataloged by alphabetical order and by genre. For all marvel lovers out there, comic book collecting is a rewarding experience to do.



DID YOU KNOW?

OBIA's Helpline offers confidential, emotional support for anyone who needs a caring, compassionate, and non-judgmental listening ear. If you are ever in need of support, advocacy, or just need someone to talk to, the Helpline is here for you.

1-800-263-5404



B.I.A.P.R.

Brain Injury Association
Peterborough Region

The B.I.A.P.R. host monthly zoom meetings with different topics to offer to their members and to members of other Brain Injury Associations. These past two months, the topics was how to deal with **Energy Concervation**

I have included the two handouts for your information, but if you would like to see the PowerPoint presentation just send me an email at brainmattersnewsletter@gmail.com and I can forward it to you!.

ABI FYI ENERGY CONSERVATION

WHAT IS ENERGY CONSERVATION?

- **Energy conservation** involves using strategies to ensure that you have **enough energy** to do what you want/need to do.
 - AKA **fatigue** management
- Important to recognize the difference between fatigue and feeling tired...
 - **Fatigue**: enhanced perception of effort and limited endurance in sustained physical and mental activities.
 - **Tired**: in need of rest.

FATIGUE AND ABI

- Fatigue is very common after ABI and can be a very **disabling symptom**
 - Can lead to feelings of depression and isolation
 - Fatigue after ABI can feel like waking up with a $\frac{1}{2}$ **tank of gas** where you used to wake up with a full one.
- **Signs of fatigue...**
 - Yawning, headaches, irritability or emotional lability, lack of motivation, social withdrawal, difficulty with concentration or memory, etc.
- Contributing factors to fatigue...
 - **Busy** or **noisy** environments, pain, **lack of sleep**, medications, **mood issues** (i.e. anxiety, depression), **neurological fatigue**, physical activity
- Fatigue symptoms can get better! It will require time, patience, and a strategic approach to healing!



THE FOUR P's

- The **four P's of energy conservation**:
 1. Pacing
 2. Planning
 3. Prioritizing
 4. Proper Positioning
- **#1 Pacing**: involves spreading out your effort over more time.
 - Taking breaks (15 mins every hour)
 - Slowing down or decreasing intensity
 - Being efficient and staying on task
 - Alternating between easy and hard
- Common pacing pitfalls...
 1. **Avoiding activity altogether**: can lead to boredom, and depression, which can worsen fatigue
 2. **Battling through the fatigue**: over-exertion can lead to periods of excessive fatigue (boom-bust cycle)
- How to Pace...
 1. Choose an activity that you would like to do (i.e. walking)
 2. Measure the length of time that you are comfortably able to do it.
 3. Do this at least 3 times
 4. Take the average of these times and subtract a fifth.
 5. This is your **BASELINE**! Take a break after this much time.
- Common pacing challenges...
 - *"I got so involved I lost track of time"*
 - *"I don't know how long to break for or what to do"*
 - *"I make decisions based on how I'm feeling at the time"*

THE FOUR P's CONTINUED

- Pacing – Things to remember
 - Pacing is about judging when to stop an activity based on **TIME** and **NOT** on fatigue symptoms
 - The idea is to **take a break before you feel tired** – this will help you to recover faster
 - Use your baseline on good and bad days.
 - You may find it helpful to use a timer!



- Other Pacing Tips
 - Break the task down into pieces and complete them over the course of the day or week
 - Do the hardest tasks at your best time of day
 - Delegate where possible.
 - Give yourself credit for your accomplishments!
- **#2 Planning:** involves planning out your days and weeks strategically – when is the best day and time for each task.
 - Schedule in breaks
 - Take a day off between appointments or events
- Planning tips...
 - Use a weekly planner to help you visualize your schedule and makes changes to optimize energy
 - Have a “Plan B” ready in case you need to cancel

THE FOUR P's CONTINUED

- **#3 Prioritizing:** involves determining the priority sequences of tasks that you need to complete
 - Priorities depend on both the person and the day
 - Keep in mind what you need to do and what you want to do.
 - Don't forget the importance of leisure!
- **#4 Proper Positioning:** involves working smarter rather than working harder!
 - Using proper body mechanics can save energy
 - Ex. Moving frequently used items to a neutral height
 - Using aids and devices (i.e. shower chairs) can also help to conserve energy in everyday tasks

MORE ENERGY TIPS

- **Tips for increasing energy levels...**
 - Use pacing principles and the 4 P's
 - Work on your sleep hygiene
 - Manage/limit stress and depression
 - Medications
 - Exercise/active lifestyle
 - Healthy diet
 - Have fun
- **Journaling!**
 - Starting an energy journal can help increase insight into the problem and what to do about it
 - Try recording your activity for 2 weeks
 - Give yourself an energy rating out of 10 twice daily
 - Notice patterns, what makes a “good energy day?”

ANSWER TO



Word Plexer Puzzle

	abcdefghi jklmnop qrstvw xyz	VAD ERS
TIME a, b, d, e, f...	Cut CUT CUT CUT CUT CUT CUT CUT CUT CUT CUT	MbYehWiOnRdK
retreat	m ce m ce m ce	LEVEL

8	9	5	1	4	6	7	3	2
2	7	6	9	5	3	1	8	4
3	1	4	7	2	8	5	6	9
9	3	2	6	7	1	8	4	5
4	5	1	2	8	9	6	7	3
6	8	7	5	3	4	2	9	1
1	2	3	8	9	7	4	5	6
5	4	8	3	6	2	9	1	7
7	6	9	4	1	5	3	2	8

1. Payment Balloon
2. Missing You
3. Space Invaders
4. Long Time No See
5. 10 Carat / 10 cut
6. Behind in my work
7. Fall Retreat
8. 3 Blind Mice
9. Split Level

BRAD'S JOKE of the MONTH



HOW DO BRAINS
GREET EACH OTHER?
THEY SEND BRAIN WAVES.

HUMOR LIVING



	5	2			6			
1	6		9					4
	4	9	8		3	6	2	
4						8		
	8	3	2		1	5	9	
		1						2
	9	7	3		5	2	4	
2					9		5	6
			1			9	7	


Word Plexer Puzzle

1. 

2. 

3. 

4. 

5. 

6. 

7. 

8. 

9. 

WOULD YOU RATHER?

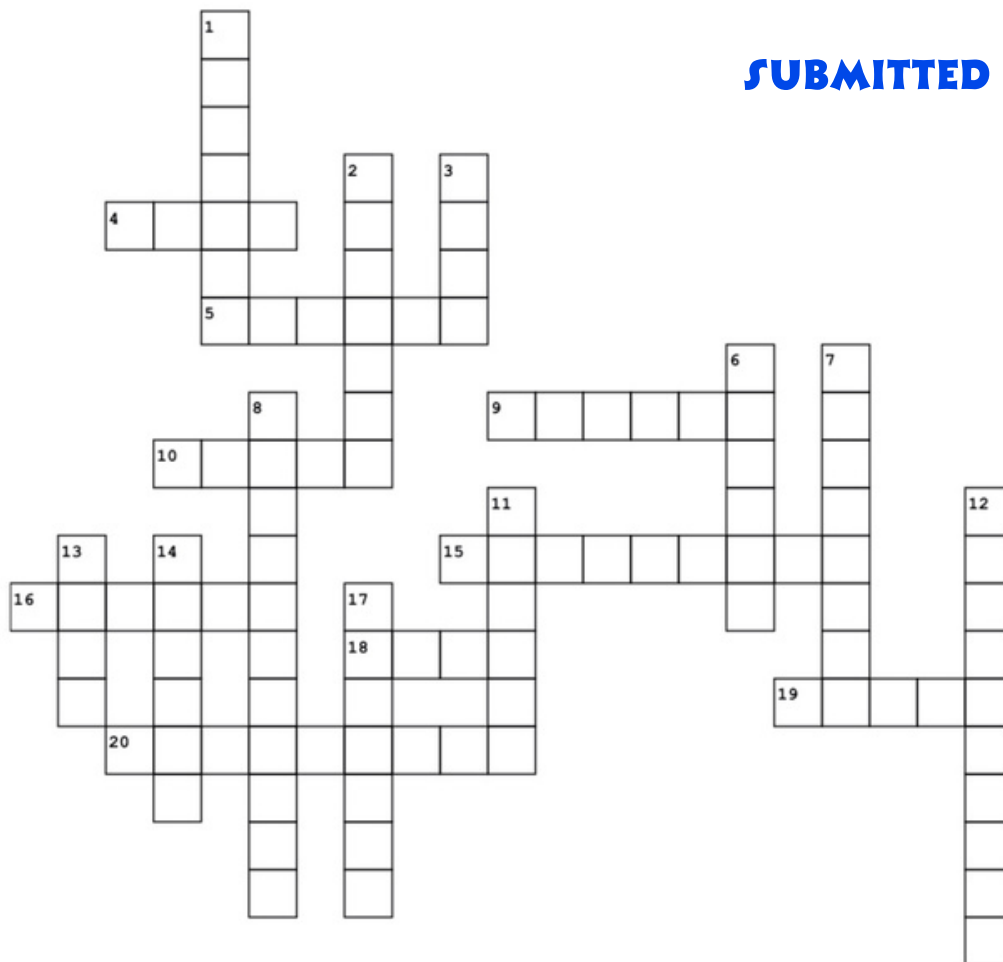
Pick your preference, defend your choice.

- ☐ Get up early OR Sleep in late ☐
- ☐ Watch a movie OR Read a book ☐
- ☐ Fame OR Fortune ☐
- ☐ Explore Space OR Explore the Ocean ☐
- ☐ Lose your sight OR Loose your memories ☐
- ☐ Jail for 5 years OR Coma for 10 years ☐
- ☐ Be 11 feet tall OR 9 inches tall ☐
- ☐ Solve World Hunger OR Solve Global Warming ☐
- ☐ Have a photographic memory OR An IQ of 200 ☐
- ☐ Run at 100mph OR Fly at 20mph ☐
- ☐ Detect every lie OR Get away with every lie ☐
- ☐ Be the funniest person OR Be the smartest person ☐
- ☐ See 10 minutes into the future OR 150 years into the future ☐
- ☐ Find true love today OR Win the lottery next year ☐
- ☐ Work under a hot sun OR Work in Extreme Cold ☐

EVAN'S ENIGMAS

Volbeat This

SUBMITTED BY EVAN



Across

4. "Let's make a _____!"
5. The food mover found in your mouth
9. As the old joke goes, it's the way you make a kleenex dance: you put a _____ in it
10. Headgear of royalty
15. Examples- Al Capone, Machine Gun Kelly, John Dillinger, etc.
16. A pizza place and a black tile with dots on it
18. A town in Michigan waiting to freeze over
19. The prince of darkness down below
20. A monstrous rollercoaster at Canada's wonderland

Down

1. Examples - Maid, Butler, etc
2. A classic word game where you call letters and fill in the blanks
3. A female name and also a beautiful valentine's flower
6. "Stairway to _____"
7. How you might feel if no one's around
8. Famous gambler, gunfighter and dentist and friend of Wyatt Earp from the O.K Corral
11. "Help! I've fallen, and I can't get up!"
12. "You sunk my _____!"

Answers Next Issue

13. Famous woman from "a club down in old soho where they drink champagne and it tastes just like cherry cola"
14. someone that does wrong and must atone for their actions
17. Something your little brother or sister might yell before taking a car ride

Brain Injury Association of Niagara Group Descriptions



info@bianiagara.org | (905) 646-2426

Friends Helping Friends

An inclusive support group for survivors. Meet with other people who are living with a brain injury to share your experiences

1st Monday of the Month (in-person)
1:00 - 3:00 p.m

3rd Monday of the Month (online)
1:00 - 2:00 p.m

Men's Peer Support

Meet other men living brain injury - socialize and connect

The Second Wednesday of Every Month (in-person)
1:00 - 2:00 p.m

BIAN Open House

Drop in as a caregiver, loved one, survivor, or professional to tour the space and get information!

The Second Monday of Every Month (in-person)
Drop In - 10:00 - 2:00 p.m

Women's Peer Support

Connect with other women living with brain injury - learn, share and problem solve

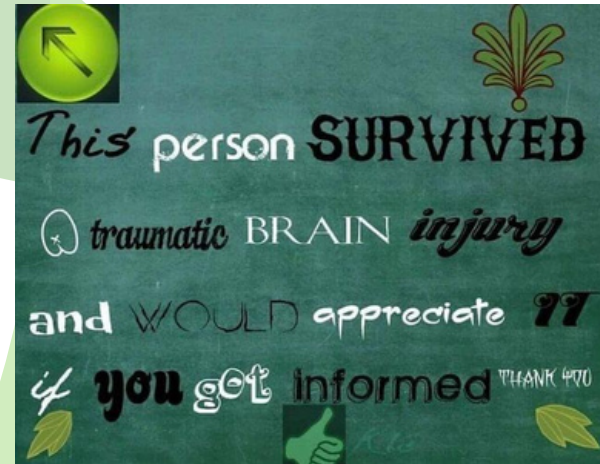
The Last Thursday of Every Month (in-person)
12:45 - 2:00 p.m

Clubhouse

Social, recreational, wellness + life skills for survivors to contribute and collaborate

Tuesday through Thursday (sign-up in advance)
1:00 - 2:00 p.m

Letter from the Editor



Well, it's finally complete. After several "glitches", we made the impossible happen. Thank you to all the survivors who submitted articles to this issue! Congratulations on a job well done!

Since our Clubhouse has been closed during the summer due to an on going disruption with our air conditioner unit, we asked for something to be done. We missed each other so much, we needed to come together!

On July 26th, Meka organized our first mall walk at the Pen Centre. Here is our first picture since June. It felt like seeing family that you haven't seen in a very long time. We had so much to catch up on.

Here's to cool malls to walk in and thinking out of the box! ❤️

