

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



BRAIN MATTERS

November 2022 Vol.2



SECOND CHANCES

Hello, My name is Dean and I am a Brain Injury Survivor.

Multiple concussions during my 22 years of military service is how I became who I am today. A fluke line drive while pitching in a baseball game during work is what happened. It impacted the left side of my face crushing the bones into tiny pieces, which had to be reattached to restructure my face. Eight months later I was back on full duties, when I was struck by a tractor trailer driver who fell asleep at the wheel. He pushed us 300 metres down the highway and I struck my head again.



As a soldier, I have served in Bosnia and the Ukraine. We all understand we could be hurt or shot at overseas, but it is more difficult to understand injury when you are nowhere near the battlefield and you are at home. To this day, I was trained to accept situations and handle a solution or assist in finding one to the best of my abilities to complete the mission. Not once was there room to recognize the severity of a baseball to the head on duty as a game, career or life changer. Somewhere it seemed surreal, trivial and challenging everything about me physically, emotionally, mentally, socially, and even religiously as I thought I died that day. Everyday, I still carry on and struggle with my mission to find the best version of myself.

November's Birthdays

Kurtis 4th

Liesbeth 7th

Vanessa 22nd

Jack 30th

Congratulations

Congratulations to Karri. Her submission for naming our Survivor Newsletter was the winning name. A small gift is waiting for you at the clubhouse Karri!

REMEMBRANCE DAY
NOVEMBER 11

There can be no dedication to Canada's future without a knowledge of its past.

— JOHN DIEFENBAKER, 13TH PRIME MINISTER OF CANADA





After 2018 when I was discharged from the military, I had to reinvent myself. With the help of my loving wife, family, taking the appropriate medications and getting the proper treatments for my TBI, I was on my way to recovery



These brain injuries took my most powerful memories and even today I continue to strive to remember my wedding day and the birth of my two wonderful children. So in 2018, at the Invictus Games, I did complete another new important mission. I made a new memory and I remarried the love of my life, Gailynne in Australia with my children to share our joyous day. Starting and sharing new memories is a good way I keep moving forward.

In 2020-2021, I went to Brock University and pursued a Bachelor degree in Arts. It's a passion of mine. It's a way to express my feelings, thoughts and emotions as I travel through this journey of recovery. I have painted over 100 paintings and have displayed them for people to join my journey. One of my paintings hang in the office of Premier Doug Ford.

I have found my happy place. I have moved myself and my amazing family way up north to Kenora. We are all enjoying the lighter side of life; the fresh air, the beautiful scenery, the precious northern creatures both big and small and I have a new job. I am an apprentice for an electrician and I am loving it. Pieces of my life are falling into place and my recovery continues to flourish. Always remember to be positive, surround yourself with love ones who support you and never give up on yourself! Always be patient with yourself, the mind always finds a way a new path in some ways a new you or even a better you.

Written by Dean and Christine



Dates in
NOVEMBER

- 1st All Saints Day
- 2nd All Souls Day
- 11th Remembrance Day
- 13th World Kindness Day
- 17th World Peace Day
- 24th Martyrdom of Guru Bahadur
- Nov 27 - Dec 24 Advent

Daylight Saving Time Ends

6th November





Why We Observe Remembrance Day

Remembrance Day is a memorial day observed by Canadians and other members of the Commonwealth since the end of the First World War in order to remember all those who have fought and died in the line of duty to keep us free. Every year on November 11, Canadians pause in a moment of silence to honour and remember more than 2 million Canadians who have served, and continue to serve, Canada during times of war, conflict, and peace. If we do not remember, their sacrifice is meaningless.

A Brief History of Remembrance Day

Remembrance Day was first observed in 1919 throughout the British Commonwealth and was originally called Armistice Day to commemorate the armistice agreement that ended the First World War on Monday, November 11, 1918, at 11:00 am. Until 1930, Armistice Day was held on the Monday of the week in which November 11 fell. In 1931 a bill was introduced to observe Armistice Day only on November 11, and to change its name to Remembrance Day. The first Remembrance Day was observed on November 11, 1931.

How People Observe Remembrance Day

Every November 11th, the official Canadian national ceremonies are held at the National War Memorial in Ottawa, ON according to a strict protocol with the Governor General presiding over the ceremony. Other services are held across Canada, which often include the playing of “The Last Post”, a reading of “In Flanders Fields” by John McCrae, and two minutes of silence at 11:00.

Symbols of Remembrance Day

The most well known symbol associated with Remembrance Day is the poppy due to the poem “In Flanders Fields” by Canadian physician Lieutenant-Colonel John McCrae. At first real poppies were worn, but now most people wear replica poppies, and their vibrant red colour became a symbol for the blood spilled in the wars. There are a variety of war memorials throughout Canada as well in order to remember those who fought and died. By remembering the service and sacrifice of Canadians who served, we recognize the freedom that they fought to preserve. We must remember.



Upcoming Fundraisers



As BIAN members, we have the opportunity to help fundraise for our beloved clubhouse. Starting in October, forms will be handed out to those who would like to participate in FundScrip.

FundScrip are gift cards that people pay for and BIAN would get a certain percentage back. There are hundreds of stores to choose from and for different amounts. All forms and money will have to be returned back to Meka at the Clubhouse by Mon November 28th 2022. You will receive the gift cards to deliver during the week of

December 12-17. If interested, email Christine at brainmattersnewsletter@gmail.com

Or MEKA

meka@bianiagara.org

Mental Wellness

What Are Their Top Mental Wellness Activities?

Males	Females
1. Exercise	1. Exercise
2. Meditation	2. Yoga
3. Play Games	3. Counseling / Therapy
4. Yoga	4. Meditation
5. Reading	5. Reading
Gen Z (13-17)	Millennials (18-34)
1. Counseling / Therapy	1. Exercise
2. Exercise	2. Yoga
3. Meditation	3. Counseling / Therapy
4. Journaling / Writing	4. Meditation
5. Yoga	5. Reading



Travelling as a person with a disability can be very difficult. Some of us require a support person to come along with us and this can get very expensive.

One way to help alleviate the cost is to apply to Easter Seals Canada. They offer a Disability Travel Card for people of all types of permanent disabilities who require the assistance of a support person when travelling with VIA Rail Canada, and Coach Canada. I have found that you can use it on any long distance bus company in Ontario except local buses. The Disability Travel Card is NOT valid with any airlines.

It is best to plan ahead when purchasing your ticket. Call the company before in advance to inform them that you have the Disability Travel Card. They will send you a ticket for the support person for a reduced fee or even free via email or mail. When arriving at the bus or train, you must always show your Disability Travel Card, proof of who you are like an Ontario Age of Majority Card or Drivers Licence (something with your phono on it, and your tickets.

For those who don't know what a support person role is; it is an adult who accompanies a person with a permanent disability to provide those services that are not provided by the participating transportation company employees, such as assisting the person with eating, administering medication, communication and use of the facilities. The age regulations for a support person is 18 years of age.

To apply for this card, print off their form on their website <https://easterseals.ca/wp-content/uploads/2021/07/Disability-Travel-Card-Application-Form-EN.pdf> A health care profession has a section of the form to be filled out. There is a list a professions on the form that can sign including a Physician, RN, Psychologist, Psychiatrist to Recreational Therapist. Upon submission of your completed application, it will take approximately 4 weeks to process your application and delivery of your Disability Travel Card.

Once you receive your Disability Travel Card, get travelling!



Written by Christine

Meet Meka

Written by Christine

This strong and caring individual is not only our courageous leader, she has a new job title/position at BIAN as our Program Manager. As Program Manager, she is responsible for the day to day operation of our organization including facilitating activities of the Clubhouse, advocacy, and the training and supervision of the program volunteers and placement coop students. She will be the one who completes the intake of new members and updates membership fees twice a year. She provides advocacy services and supports to all BIAN members specifically connecting the members to community services and supports (ie. housing, financial assistance specialized transit, food security, etc)

We are all excited to have Meka continue with BIAN in her new leadership role. Her talents do not go unnoticed by all BImembers. We look forward to all her new ideas coming to



fruition! New Men's Peer Support Group

Written by Meka

Men's Group gives members a chance to engage in peer support. Here, they can discuss personal successes and challenges in a non-judgemental, confidential space. Join to listen or offer guidance and give support to others.

Men's group is a space to socialize and feel better connected to the community and peers. This group will offer 'light-hearted' conversations about life, recreation, sports and entertainment, community events, etc.

The first group is scheduled for Wednesday November 9th from 1-2 pm at 300 Bunting Road Unit #4 St. Catharines, ON

After that the meetings will be held 2nd Wednesday of every month.

Written by Christine

On Thursday October 20th, 2022 clubhouse members wore purple to support the Purple Thursday Campaign.

This annual campaign is held every 3rd Thursday of October. It is created to help brain injury associations to bring awareness to the issue of Intimate Partner Violence and brain injury.

FACT: 1 in 3 women experience Intimate Partner Violence in Canada

FACT: 19% of women who report the violence are strangled

FACT: Intimate Partner Violence can happen to either women or men

FACT: 75% of the survivors of Intimate Partner Violence experience post brain injury as a result

FACT: 57% of women who report experience a form of head trauma from being shaken

STOP the VIOLENCE!



Back L to R - Brad, Christine, Caroline, Andrea
Bottom L to R - MEKA (Program Manager) and Sarah (Coop Student)

Picture taken by Evan and Joe

COMING SOON

Written
by MaryLou

Being involved with BIAN for the past 25 years, I have been lucky enough to get to know many of our board members and realize the wonderful passions, the care and the work they put into their volunteer positions, helping make BIAN (and Friends Helping Friends) such a wonderful organization. My goal is to interview a different member of the board and introduce each member and their job responsibilities, so that we may get to know them a little better.

The board consists of a President, Vice-President, Past President, Treasurer, Secretary and Members at Large. They all have been busy raising funds by creating and hosting events to bring the purpose of BIAN alive!

Announcing: OBIA's NEW Online Directory of Services



Looking for information on brain injury service providers near you? Look no further than OBIA's NEW Online Directory of Services

It has a comprehensive list of Treatment Providers, Health Care Professionals and Law Firm in the province of Ontario. Review or join the directory with your company's listing view: [www.obia.ca/directory-services/](https://obia.ca/directory-services/)

Kerry's Head for the Hills Fundraiser

Written by Christine

With the 28th Annual Kerry's Head For the Hills fundraiser now in the books, we can all warm up after a very cold and windy day. The temperature definitely played a factor on everyone no matter if you ran or walked the 10 km, 5 km or 1 km.

We all came to support BIAN and raise funds for the clubhouse. Each year, the St Catharines' Road Runner and Walkers club put on this amazing event in memory of a fellow member who sustained a brain injury while training and was hit by a car.

Each year, runners and walkers a like come together for one great cause. As Brain Injury Survivors, we take this opportunity to thank those who support us and we walk a 1 km Survivors Walk.

This year the Clubhouse Crew consisting of our caption Andrea, Christine, Brad and Karri won the award for raising the most funds as a team. And Brad won the individual award who raised the most funds.

Over the past 28 years, over \$270,000 have been raised for BIAN and this year the event raised approximately \$17,000! Well done everyone!

A big shout out and a thank you to the St Catharines' Road Runners and Walkers for hosting another great event!



List to Live By

Written by Andrea

List, Lists, I hate Lists,
You have to make a list,
I don't write lists of my apps,
I don't write lists of what I need
Otherwise you won't do it,

Yeah right,
You have to live by it,
You have lists of things that you need
Lists, lists,
OR NOT!!!

I hate lists,
But they make sense,
Hmm maybe if I tried them,
They might make a difference in my life,

Lists of things you have to do,
Lists of things you do every day,

I can cross off my lists,
I love lists!!!

I love lists,
No, I hate lists,

But they make sense,
I tried them, I Like them!!!
They are the Best!

I love lists, but they make no sense,
I tried them, but I don't like them,
They make no sense!



LOCAL FOOD SECURITY

Community Care

12 North Street, St. Catharines

Phone: 905 685 1349

Hours Mon - Fri 10am - 12pm; 12:30pm - 3pm

Bring ID and ODSP Statement

Pre-Packaged bags of food and produce provided. You can now go into store and pick your own groceries which includes a variety of canned goods, vegetables, bread,

1 milk and 1 type of meat.

It's a great place for anyone who needs groceries.

By Caroline

Clubhouse favourite Recipe of the Month

Easy Lasagna Soup Recipe

★★★★★

This hearty lasagna soup recipe is loaded with Italian sausage, lasagna noodles, and a ridiculously good tomato broth. It's on the table in just 40 minutes. Add cheesy toppings to make this soup extra amazing!

Course Soup

Cuisine Italian American

Keyword easy lasagna soup, lasagna soup recipe, one pot lasagna soup

Prep Time 10 minutes

Cook Time 30 minutes

Total Time 40 minutes

Servings 6

Calories 496kcal

Author [Natasha Bull](#)

Ingredients

- 1 pound Italian sausage
- 1/2 medium onion chopped
- 4 cloves garlic minced
- 1 (28 fluid ounce) can crushed tomatoes
- 4 cups beef broth
- 1 cup water
- 1/4 teaspoon Italian seasoning
- 10 uncooked lasagna noodles broken into smaller pieces
- 1-2 tablespoons fresh basil torn/sliced thin
- Salt & pepper to taste
- Toppings: ricotta, grated parmesan cheese, shredded mozzarella use any/all/none to taste



Who? GameStop

Where? 2 store locations in St Catharines

A) Pen Centre
221 Glendale Avenue
phone 905 687 3694

B) 311 Geneva Street
phone 905 937 8325

DON'T miss it!

How? \$5 items plus taxes

When? Every Friday 10 am sharp.

What? Toys and merchandise

Arrive early to be first in line!
WRITTEN by BRENDON

HOT DEAL



Notes

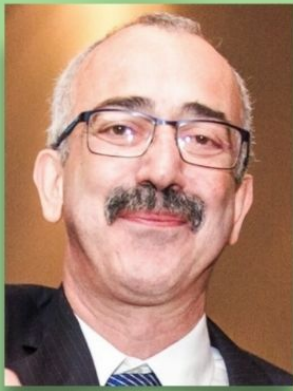
- Serves 6 if portions are reasonable (e.g. if served with garlic bread or a salad). If you're feeding very hungry people, it's more like 4 portions.
- I don't list quantities for the toppings because everyone's tastes vary. The toppings are optional but recommended.
- This soup soaks up the broth quite fast, so it's best eaten immediately. Add more beef broth to leftovers if needed.
- Nutritional information is provided as a courtesy only and should be construed as an estimate rather than a guarantee. Ingredients can vary and Salt & Lavender makes no guarantees to the accuracy of this information.

Nutrition

Calories: 496kcal | Carbohydrates: 47g | Protein: 21g | Fat: 25g | Saturated Fat: 9g | Cholesterol: 57mg | Sodium: 1328mg | Potassium: 791mg | Fiber: 4g | Sugar: 7g | Vitamin A: 302IU | Vitamin C: 15mg |

Instructions

1. Add the sausage meat to a large soup pot (take sausage meat out of casings if using whole sausages). Brown the sausage for 5 minutes, over medium-high heat, breaking it up with your spoon as you go along. If there's a lot of excess fat, drain it (I didn't).
2. Add the onion and garlic, and continue cooking for 4-5 minutes.
3. Stir in the crushed tomatoes, beef broth, water, Italian seasoning, and lasagna noodles. Increase the heat to high and bring the soup to a boil.
4. Reduce the heat so it's gently boiling, and let it simmer (covered, with the lid slightly ajar) for about 15 minutes or until the pasta is tender. I stir it a few times just to ensure the pasta isn't sticking to the bottom of the pot.
5. While the soup's cooking, prep your toppings.
6. Stir in the basil and season with salt & pepper as needed. Dish the soup up and top each bowl with a dollop of ricotta and a small handful of mozzarella and parmesan (go as easy or generous as you want).



Tatos

St. Catharines

April 22 1955

-

Sept 3 2022

Santa Claus Parades

across the

Niagara Region

Niagara Falls - Nov 12th @ 4pm
 Fort Erie - Nov 19th @ 5pm
 Thorold - Nov 26th @
 Welland - Nov 26th @4pm
 West Lincoln - Nov 26th @ 5pm
 Grimsby - Dec 3rd @ 5:15pm
 Port Colborne - Dec 3rd @ 6:30pm
 NOTL - Dec 10th @ 11am
 Pelham - Dec 10th @ 1pm
 St.Catharines is NOT having a Santa Claus Parade. Instead they are hosting an event called Let it Glow.

IN MEMORY

It is with heavy hearts that we announce the passing of Tatos on Saturday, September 3, 2022. Surrounded and survived by the love of his wife Narine, and daughter Tamara (Alex). Beloved Papa Tatos to his grandchildren, John and Narine. Cherished brother to Silva (Lupe), Maral and Megeurdich. He will be missed by his nieces and nephews Ani (Shawn), Sossi (Aaron), Raffi, Daron, Sevan, Manoug, and Austin. He will also be missed by his sister-in-law Gayane and his niece Narine, as well as all his friends and family in Armenia and around the world. He is predeceased and reunited with his mother and father, Archalous and Manouk.

Tatos was an avid member at the BIAN Oasis Clubhouse, the Armenian Community Centre, and St. Gregory Armenian Church. His big smile and humour will be forever missed and never forgotten. Cheers, until we meet again.



Question of the Month

?

What is something you use as a strategy to be successful in your everyday life?

Survivor's Answer:

Caroline: I see myself as a "techie" because I'm good with computers. I use my computer to go to websites and get information for myself. I also use Facebook to keep in touch with specific friends.

I also use mediation to help mental health.



GAMES, PUZZLES & JOKES

October's Answers



FALL

acorn ✓ colors ✓ leaves ✓ scarecrow ✓
 apples ✓ fall ✓ mushrooms ✓ spiders ✓
 autumn ✓ football ✓ orange ✓ squirrels ✓
 birds ✓ frost ✓ pumpkins ✓ trees ✓
 bonfire ✓ harvest ✓ raking ✓ vegetables ✓
 changing ✓ jacket ✓ red ✓ yellow ✓

1 Get it Get it Get it Get it	2 	3 Somewhere 	4 DOOR
5 <u>READ</u>	6 Blood Water	7 Beeeee	8 CANCELLED

Brain Teasers Answers

1. Forget It
2. Black Jack
3. Somewhere Over the Rainbow
4. Backdoor
5. Read Between the Lines
6. Blood is Thicker than Water
7. Beeline
8. Cancelled Cheque

SUDOKU ANSWER

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

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



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

Remembrance Day

HFTPREMEMBRANCE
MDEZPOBEECAEPQF
WFNTFDCZGETLNWS
UCNTNNRELDUVUCR
YQJDEFIELDRRENE
MHCLMCVUBUERAID
XSI PQEVAQMERTKN
USDUNVYQEMEFNNA
MQITZERMOTHVSSL
ZAHUGUBNEDNBOAF
XII EOEYVULAJRNJ
DCMNRSQBQNJMI OY
RUOBPOPPYDERGRC
I HHZRQNHUELTTAB
VPSUFTZREIDL OSM









BATTLE
CEREMONY
ELEVENTH
FIELD
FLANDERS
HONOUR
NOVEMBER

PEACE
POPPY
REMEMBER
REMEMBRANCE
SILENCE
SOLDIER
VETERAN

1 SAND	2 MAN BOARD	3 STAND I	4 READING
5 WEAR LONG	6 R ROAD A D	7 T OWN N	8 CYCLE CYCLE CYCLE
9 LE VEL	10 O M.D. Ph.D. B.S.	11 KNEE LIGHTS	12 II OOO OO
13 CHAIR	14 DICE DICE	15 TOUCH	16 GROUND FEET FEET FEET FEET FEET
17 MIND MATTER	18 HE'S/HIMSELF	19 ECNALG	20 DEATH/LIFE
21 GI CCC CC C	22 PROGRAM	23 C R E S O L U T I O N	24 J U S T I C E

NOVEMBER 2022 | Oasis Clubhouse Activities Calendar

Hours of Operation: 10:00 – 2:00pm | Registered Members Only

Monday	Tuesday	Wednesday	Thursday
	<p>1</p> <p>10 Meet N Greet 11-12 Meal Preparation Group 12-1 French Toast 1-2 BINGO Club</p> 	<p>2</p> <p>10 Meet N Greet 11-12 Meal Preparation Group 12-1 Pierogis 1-2 Newsletter Meeting</p> 	<p>3</p> <p>10 Meet N Greet 11-12 Meal Preparation Group 12-1 Chicken Alfredo 1-2 Music Trivia</p> 
<p>7</p> <p>10-2 Social Drop-in</p> <p>Come enjoy the space, grab a coffee, check things off your to-do list, access advocacy services, and socialize with friends!</p> <p>(no lunch provided)</p>	<p>8</p> <p>10 Meet N Greet 11-12 Meal Preparation Group 12-1 Toasted BLT Sandwiches 1-2 Fall Baking Class</p> 	<p>9</p> <p>10 Meet N Greet 11-12 Meal Preparation Group 12-1 Chicken Pot Pie 1-2 NEW! Men's Peer Support Group</p>	<p>10</p> <p>10 Meet N Greet 11-12 Meal Preparation Group 12-1 Tacos 1-2 Remembrance Day Tribute</p> 
<p>14</p> <p>10-2 Social Drop-in</p> <p>Come enjoy the space, grab a coffee, check things off your to-do list, access advocacy services, and socialize with friends!</p> <p>(no lunch provided)</p>	<p>15</p> <p>10 Meet N Greet 11-12 Meal Preparation Group 12-1 Roasted Cauliflower Soup 1-2 BINGO Club</p> 	<p>16</p> <p>10 Meet N Greet 11-12 Meal Preparation Group 12-1 Hotdogs & Salad 1-2 TRAVEL TRIVIA</p> 	<p>17</p> <p>10 Meet N Greet 11-12 Meal Preparation Group 12-1 Eggs, Hashbrowns & Sausage 1-2 Fall Collage Art Group</p> 

<p>21</p> <p>10-2 Social Drop-in</p> <p>11-12 Newsletter Meeting</p>  <p>(no lunch provided)</p>	<p>22</p> <p>10 Meet N Greet 11-12 Meal Preparation Group 12-1 Chicken & Stuffing Casserole 1-2 Game of Things</p> 	<p>23</p> <p>10 Meet N Greet 11-12 Meal Preparation Group 12-1 Gourmet Grilled Cheese 1-2 Chair ZUMBA</p> 	<p>24</p> <p>Clubhouse Closed</p> 
<p>28</p> <p>10-2 Social Drop-in</p> <p>11-12:30 Women's Peer Support Group</p>  <p>(no lunch provided)</p>	<p>29</p> <p>10 Meet N Greet 11-12 Meal Preparation Group 12-1 Hamburgers & Salad 1-2 Music Trivia</p> 	<p>30</p> <p>10 Meet N Greet 11-12 Meal Preparation Group 12-1 Pancakes 1-2 Newsletter Meeting</p> 	

- Activities / Programs
- Monday Drop-in Social (no scheduled programming or lunch – independent recreational & social opportunity with access to advocacy services)
- NEW! Men's Peer Support Group (second Wednesday of every month)
- NEW! Women's Peer Support Group (last Monday of every month)

HALLOWEEN PARTY



Congratulations
Gord for winning
BEST COSTUME!!



Letter from the Editor

As your editor, I want to thank all our supporters, family and friends who have encouraged us each and every day to be better and to do better!

Our newsletter is a perfect example of our successes. We are thrilled to have a first edition under our belts and now a second. We can not thank you enough for your support and encouragement.



One day you will tell your story of how you've overcome what you're going through now, and it will become part of someone else's survival guide. ♡

