

BIAD News Central

July & August 2025 edition

Summer is in full swing, we hope you are enjoying the weather as much as we are. As with any heat, please remember to stay hydrated and in the shade as much as you can. Us here at the newsroom crew usually spend time inside trying to keep our creative juices flowing to keep each edition fresh, new and exciting.

We enjoy being creative, and seeing how each edition unfolds as we input new things into each edition. If you have anything to add, don't hesitate and to send us your ideas and what you would like to see as the editions unfold.

Upcoming Events
July 25 Carnival Day

BIAD Closures

July 1	Canada Day
August 4	Civic Holiday



Biad.ca

905-723-2723



Canadian Dental Care Plan Info

Are you Eligible?

The care plan is available to all Canadians who fit the following criteria:

1. You don't already have access to dental insurance
2. Your family income is under \$90,000 a year
3. You filed your 2024 tax return
4. You are a Canadian resident.

What is Covered?

- Preventive: Exams, cleanings, fluoride treatments, sealants.
- Restorative: Fillings, crowns (with preauthorization).
- Endodontic: Root canal treatments.
- Periodontal: Gum disease treatments.
- Prosthodontic: Dentures and repairs.
- Oral Surgery: Extractions and related procedures.
- Anesthesia: Sedation and pain control (some require preauthorization)

Application / Renewal

- You can apply through your My Service Canada Account, by phone or in-person at a Service Canada.
- Ensure you have the following info handy:
 - Social Insurance Number
 - Date of Birth
 - Full name and proof of address
 - Tax return info

More Info

For more info, visit your My Service Canada Account or contact a service Canada.

Upcoming Events:

BIAD PAINT NIGHT



THE BRAIN INJURY
ASSOCIATION OF
DURHAM REGION

Date

Wed July 9th

4:30pm - 7pm

Location

850 King Street

West, Unit 24

Oshawa, ON, L1J 2L5

REGISTER NOW



Upcoming Events:

THE BRAIN INJURY ASSOCIATION OF DURHAM REGION



SAVE THE DATE **CARNIVAL DAY**

FRIDAY
JULY 25

9:30AM - 3:00PM

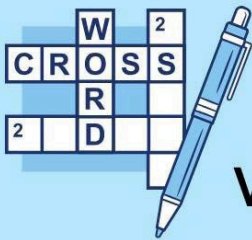


STAY TUNED FOR MORE DETAILS COMING SOON!

Upcoming Events:

STRONGER TOGETHER

A COMMUNITY FOR BRAIN INJURY



Hosted by BIAD, BIAPR & CHIRS

Thursday, July 31st

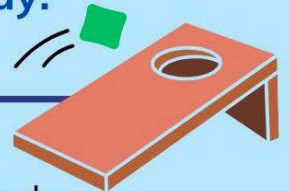
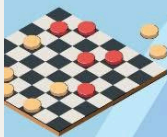
11:00 AM – 2:30 PM

Woodview Community Center

151 Cadillac Ave., Oshawa



**This collaborative event is a chance for
our communities to come together, meet
new people, and enjoy a fun-filled day.**



Agenda

11:00–12:00 Table Games, Crosswords & Mingle

12:00–1:00 Lunch

1:00–2:30 Games & Music

If you have dietary restrictions we recommend that you bring your own lunch



We can't wait to see you there!



Brain Injury Association
of Durham Region



B.I.A.P.R.
Brain Injury Association
Peterborough Region



CHIRS
Community Head Injury
Resource Services

Spring Walk

The days spring walk was a breath of fresh air- literally! Everyone had fun, and braved their allergies taking in the new blooms at the Oshawa Botanical Garden. It may have been cloudy, but the new colors sure brightened up everyone's day. Hope everyone else enjoys the nicer warmer weather and take the time to enjoy whatever the summer has to offer you!



Program Sneak Peak

Here's a peek at one of our past programs! The gardening group met once a week to learn about gardening!

They are also the ones who have created the beautiful floral arrangement right outside our office door!



Clients in the Community

Clients were busy bees creating new items to sell in a local craft fair, aside from the wind, it was a pretty good day



Dog Therapy: May 22, 2025

We welcomed
Sunshine Therapy
Dogs in the Day
Program!

We are so thankful
for the time they
volunteer to bring
smiles to our faces!



Pictured
here:
Mimi,
Gracie, and
Kato



Meet The Artist: June 16th

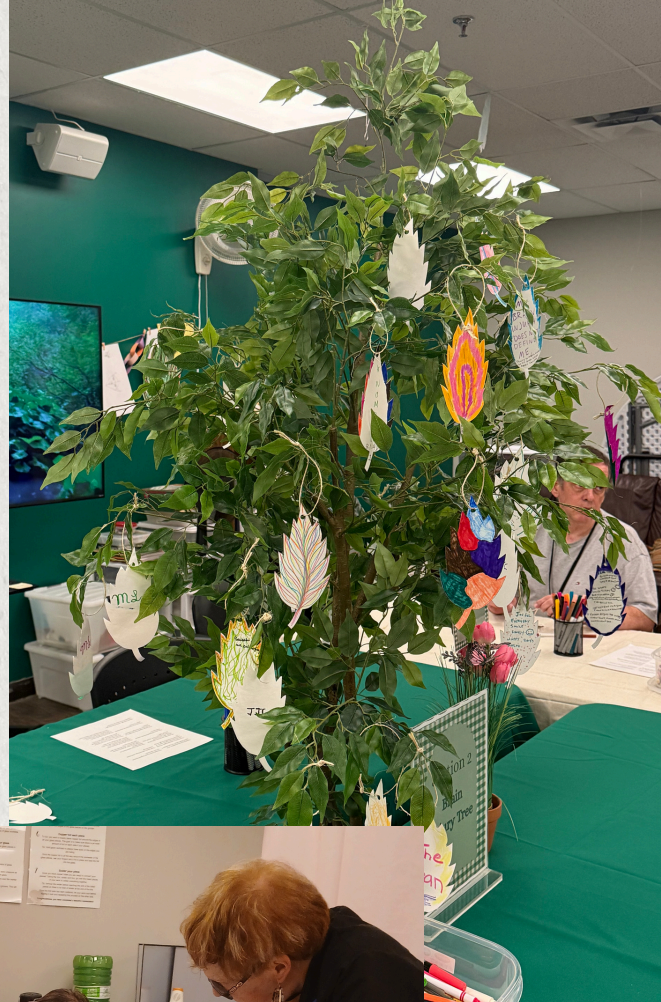
The artists were out in full force on June 16th at the Station Art Gallery in Whitby! Fun was had by all who were attended and the Unmasking Brain Injury Event!



Brain Injury Awareness & AGM



Thank you
to everyone
who
attended!



The Mystery Key

Submitted by Tammy V.

I was cleaning up the garden one day when I noticed a rod iron key covered in winding green ivy with small white flowers. I reached for the key that was nestled in a hole inside the fence.

As I reached for it, I was transformed into a beautiful fairy with silky wings, a silver diadem adorned with jewels on my head and matching bracelets that shone like diamonds. I felt where my ears were, and they had been transformed into elven-like ears. My hair was bright purple and cascaded down my back into ringlets. My dress was made of white silk gossamer that looked woven by glowworms

I looked around and I was in a forest woodland that had many tall trees that led me to an opening where a stream ran, golden fish danced, and waterfalls in rainbow colours were exquisite. I heard little giggles as I passed by a flower patch with Pansies that were pink, yellow, and purple with black markings mushrooms as far as the eye could see

As I followed the sound, I came across some flowers. In those flowers there were tiny fairies. I said hi. They replied with a giggle. I continued walking along the paths and saw deer and rabbits frolicking in the grass.

Some blue morpho butterflies led me to a hillside where there were unicorns roaming free one stopped and bowed to me inviting me for a ride on this white Pearlie unicorn with a jeweled horn that were engraved with crystals , More fairy folk arrived and joined me telling me to come back anytime to visit just use your magical key.

And I did many times.

Creative Corner





Food for the Soul



S'mores Variation

Caramel Apple S'mores

- Cinnamon Graham Cracker
- Thinly sliced apples
- Caramilk or Ghirardelli Caramel Bar
- Marshmallow





Smash Burger Tacos

Ingredients

Sauce:

- 1/4 cup mayonnaise
- 2 Tbsp. ketchup
- 1 Tbsp. sweet pickle relish
- 1 Tbsp. yellow mustard
- 1 tsp. hot sauce

Taco filling:

- 1 lb. ground beef
- 6 (5") flour tortillas
- 2 tsp. store-bought burger seasoning
- Kosher salt
- 6 Tbsp. neutral oil, divided
- 6 slices American cheese, divided
- 18 thin bread-and-butter pickle slices
- 1 cup shredded iceberg lettuce
- 3 Tbsp. chopped yellow onion
- White sesame seeds, for serving (Optional)





Food for the Soul



Smash Burger Tacos

Directions



For the sauce:

- In a small bowl, mix mayonnaise, ketchup, relish, mustard, and hot sauce until combined.

Filling:

- Divide beef into 6 portions about 2 1/2 ounces each, or a medium sized ball. Top each tortilla with a portion of beef. Using a fork, flatten beef on top of tortilla into an even layer, leaving a 1/2" border around the edge of the tortilla. Sprinkle with 1/2 teaspoon burger seasoning; Season with a pinch of salt.
- In a large skillet over medium-high heat, heat 2 tablespoons oil and swirl pan to coat. Arrange 2 tacos beef side down and press into skillet to flatten with a sturdy spatula or burger press. Cook, undisturbed, until beef is browned and cooked through, about 2 to 3 minutes. Flip tacos, top each with a slice of cheese, and cook until cheese is slightly melted, about 1 minute more. Transfer to a baking sheet. Repeat with remaining 4 burger tacos.
- Top each taco with burger sauce, pickles, lettuce, onion, and sesame seeds. Enjoy!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<div>1</div> Creative Ice Cream Flavour Day Canada Day	<div>2</div> I Forgot Day	<div>3</div> Eat Beans Day	<div>4</div> National Country Music Day	<div>5</div> National Apple Turnover Day
<div>6</div> National Fried Chicken Day	<div>7</div> National Strawberry Sundae Day	<div>8</div> National Blueberry Day	<div>9</div> National Sugar Cookie Day	<div>10</div> Teddy Bear Picnic Day	<div>11</div> World Kebab Day	<div>12</div> Pecan Pie Day
<div>13</div> Oxymoron Day	<div>14</div> Macaroni and Cheese Day	<div>15</div> Tapioca Pudding Day	<div>16</div> World Snake Day	<div>17</div> Peach Ice Cream Day	<div>18</div> World Listening Day	<div>19</div> Stick out your tongue day
<div>20</div> Ice Cream Soda Day	<div>21</div> Be a Someone Day	<div>22</div> Rat catcher's day	<div>23</div> National Sprinkle Day	<div>24</div> National Drive Thru Day	<div>25</div> Threading the Needle Day	<div>26</div> National day of the Cowboy
<div>27</div> Take Your Pants for a walk Day	<div>28</div> National Waterpark Day	<div>29</div> Lasagna Day	<div>30</div> National Cheesecake Day	<div>31</div> National Avocado Day	<div>July 2025 Silly Holidays</div>	

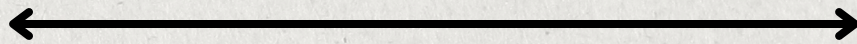
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
August 2025 Silly Holidays					1	2
					Raspberry Cream Pie Day	Campfire Day
3	4	5	6	7	8	9
Friendship Day	National Water balloon Day	Work Like a Dog Day	Wiggle Your toes Day	National Lighthouse Day	National Kool-Aid Day	Middle Child's Day
	Civic Holiday					
10	11	12	13	14	15	16
National S'mores Day	Summer Olympic Closing Ceremony	World Elephant Day	National Filet Mignon Day	National Creamsicle Day	Relaxation Day	Roller Coaster Day
17	18	19	20	21	22	23
Neighbour Night	Serendipity Day	National Potato Day	National Radio Day	Seniors Citizens Day	National Toothfairy Day	North American Grilled Veggies Day
24	25	26	27	28	29	30
National Waffle Day	National Bana Split Day	National Toilet paper Day	Just Because Day	Stuffed Green Bell Peppers Day	More Herbs less Salt Day	Toasted Marshmallow Day
31						
National Eat Outside Day						

Fun Facts, Jokes and Riddles

Maladaptive daydreaming is a condition where individuals engage in extensive, novel-like fantasies that can significantly disrupt their daily activities.

The "funny bone" sensation occurs when the ulnar nerve, which is particularly exposed and one of the least protected by surrounding bone and muscle at the elbow, is struck.

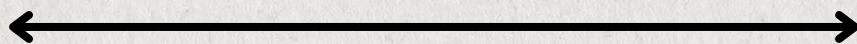
"Busy Life Syndrome" informally describes the modern issue of feeling overwhelmed, forgetful, and unfocused due to a fast-paced, information-loaded lifestyle.



A hacker just called and said "I have all your passwords" I got out a pen and paper and asked "thank goodness what are they?"

Some nouns really tick me off.
yes nouns....people, places and things

To start a zoo, you need at least 2 pandas, a grizzly and 1 polar. its the bear minimum



What are the strongest days?

How do you know if its raining cats and dogs?

New/Old Vocabulary

Megillah - a lengthy and tediously complicated situation or matter



Maligner - (v) to feign sickness in order to avoid work

Limerence- (n) the state of being infatuated or obsessed with another person



Quotes and Riddle Answers

Peer run groups are the best.....you learn from someone who is on the same playing field as you!

-BIAD participant

It is always good to face difficulties head on. Downside is I'm exhausted but its getting better!

-BIAD participant



Riddle Answers:

1. The rest are weekdays
2. You Step in a Poodle

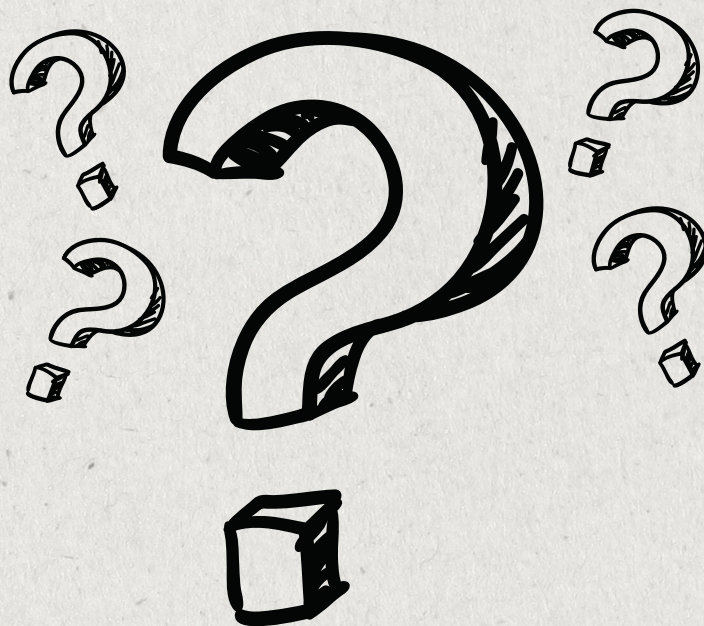
Any Questions or Concerns?

Get in touch!

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**To make suggestions or to contribute to
the newsletter contact Michaela at
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