

BIAD NEWS CENTRAL

September/October 2025

HOT TOPICS

BIAD Closures:

September 1 – Labour day

October 13 – Thanksgiving day

As the cooler weather approaches we welcome the changes of the season and colours as we welcome fall. We hope everyone enjoys the cooler weather and a break from the humidity. Take in the changing environment, and enjoy the many adventures this fall has to offer!




Upcoming events: From impact to Insight: A Brain injury case review



FROM IMPACT TO INSIGHT: A BRAIN INJURY CASE REVIEW

Learn from legal experts, healthcare professionals, and caregivers as we dive into personal injury law, accident benefits, long-term disability claims, and the real-life perspectives of a multidisciplinary care team.

 Wed Oct 22, 2025

 9:15 AM - 3:00 PM

JUBILEE PAVILION BANQUET
& CONFERENCE CENTRE

Register now at :
<http://biadoct22.eventbrite.ca>

LERNERS
LAWYERS



SPEAKER 1

Erika Tower

Personal Injury Lawsuit
Lerners Lawyers



SPEAKER 2

Steven Polak

Accident Benefit Claims
Lerners Lawyers



SPEAKER 3

Sandev Purewal

Long Term Disability
Claims - Lerners Lawyers



PANELIST

Jennifer Squibb

Social Worker
Toronto Rehab



PANELIST

Hoong Phang

Rehab Therapist
Propel Physio



PANELIST

Michelle O'Brien

Psychologist
Lakeridge Health



PANELIST

Heather Campbell

Campbell Occupational
Therapy



PANELIST

Linda Lowery

Caregiver
Heads Up! Durham

Upcoming Events: Community Connections



BRAIN INJURY ASSOCIATION
OF DURHAM REGION

COMMUNITY CONNECTIONS

SEPTEMBER 12TH 2025
DROP-IN 10AM - 12PM

Join us at the BIAD office for a special event featuring Community Providers! This event is open to service providers, families, and clients. This is a great opportunity to learn about the various services available in Durham Region.

850 KING STREET WEST, UNIT 24 OSHAWA ON

WWW.BIAD.CA
905-723-2732



Come and have fun!

COMMUNITY CONNECTIONS

SEPTEMBER 12TH 2025
DROP-IN 10AM - 12PM

Agencies joining us include:

Abilities Centre
Adult Protective Services
Back Door Mission
BIAD - Peer Support
Community Development Council Durham
Canadian Mental Health Association
Durham Association for Family Resources
and Support
Durham Rape Crisis Centre
John Howard Society
Luke's Place
March of Dimes
Ontario Health at Home
Pinewood
Ontario Disability Support Program
Service Canada
Unemployed Help Centre



850 KING STREET WEST, UNIT 24 OSHAWA ON

October 3rd upcoming items:



BIAD
BRIAN INJURY ASSOCIATION
OF DURHAM REGION

DRAMA GROUP

The BIAD Drama group is returning and will begin rehearsing a new play on Fridays from 10 a.m. to 12 p.m., starting October 3rd.

Register to join the fun!



Traveling WITH BRAIN INJURY

Panel Event

Living with a brain injury doesn't mean giving up adventures. Join us at this informative panel event to learn simple tips and smart strategies for safe, enjoyable travel.

Panelists:

Occupational Therapist: Heather Campbell

Insurance/Travel Specialist: Amy Mandel

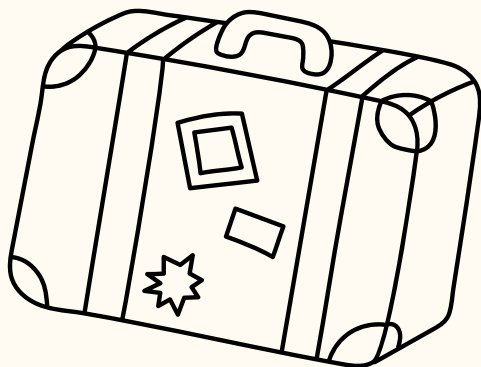
Lived Experience: Debra McDougall

Airline Rep: Dorota Bozek

October 3rd 2025
1pm - 3pm

Cummer Park Community
Centre, 6000 Leslie St,
North York, ON M2H 1J9

REGISTER THROUGH YOUR LOCAL
BRAIN INJURY ASSOCIATION TODAY!





Random Acts of Kindness day: What does it mean for us?

In a world that often feels fast-paced and disconnected, random acts of kindness serve as powerful reminders of our shared humanity. As a newsroom crew, we are always looking for positive things to do that would greatly benefit the community or ourselves.

Here are some of the things that we have done to help out those in the community or clients at BIAD:

- Giving a pair of socks to someone that desperately needed them and those socks reminded them of what their mother or grandmother used to make.
- Being the person to sit and listen. Sometimes all it takes is that ear to someone.
- Teaching someone something new, and allowing them to continuously asking questions.



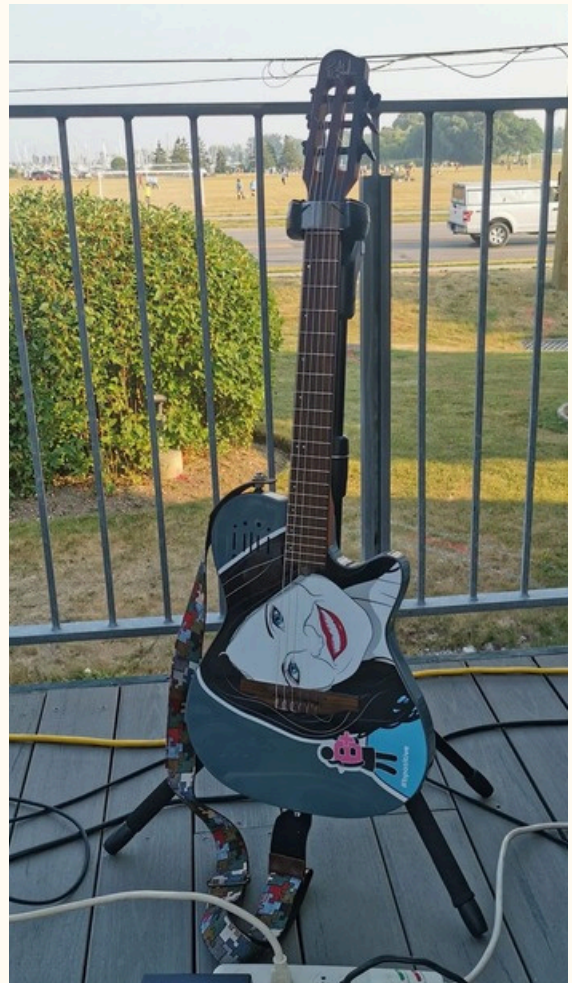
Past event – Paint night July 9th



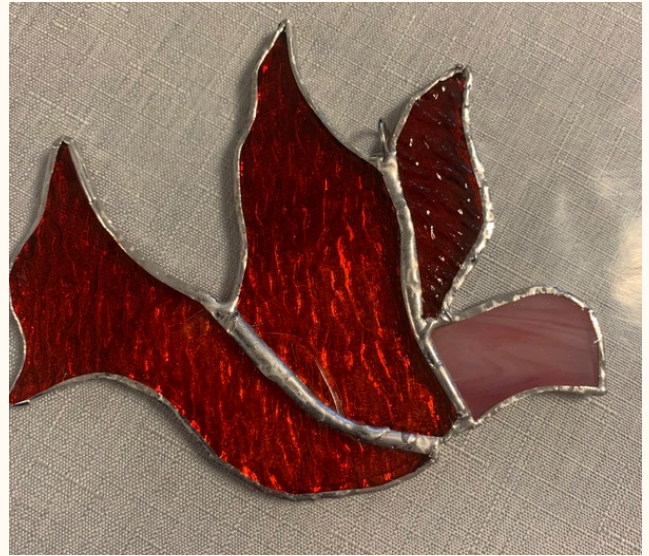
Clients in the Community: Rob Tardik Concert



Rob Tardik runs
our in-person
and online music
groups. Come on
in or join online!



Creative Corner



Food for the Soul- Mulled Apple Cider



Ingredients:

- 4 Whole cinnamon sticks
- 1/8 tsp Ground cloves
- 8 Whole allspice berries
- 1/2 cup Maple syrup
- 6 cups Apple Cider or Freshly squeezed apple juice
- Orange peel from 1 orange
- Lemon peel from 1 lemon
- Apple slices and orange twists, to serve

Directions:

1. In a medium saucepan, place the cinnamon sticks, ground cloves, allspice berries, orange peel, and lemon peel.
2. Pour in the maple syrup and apple cider, then bring to almost a boil. reduce the heat to low and simmer for 30 minutes.
3. Remove from heat and serve in mugs with apple slices and orange twists

Food for the Soul – Pumpkin Chili



- **Ingredients:**
- 1 Tbsp olive oil
- 1 lb ground spicy Italian sausage
- 1 onion
- 1 red bell pepper
- 3 garlic cloves
- 2 tsp ground cumin
- 1 1/2 Tbsp chili powder
- 1 tsp kosher salt plus more to taste
- 3/4 tsp ground black pepper
- 1/2 tsp ground cinnamon
- 2 (15 oz) cans fire-roasted tomatoes not drained
- 1 can kidney beans drained and rinsed
- 1 can black beans
- 1 (15 oz) can pumpkin puree
- 2 1/2 cups chicken broth

Food for the Soul – Pumpkin Chili



Directions:

1. In a Dutch oven, heat the oil over medium heat. Add the sausage and cook break into small pieces 8–10 minutes. And then drain excess fat.
2. Add the onion and bell pepper to the Dutch oven. Cook over medium heat, stirring until softened 10–12 minutes. Stir in the garlic, cumin, chili powder, salt, black pepper and cinnamon. Cook, stirring for 30 seconds
3. Stir in tomatoes, kidney beans, black beans and pumpkin puree, chicken broth. Bring to a boil over medium– high heat. Reduce to medium–low, cover and cook stirring occasionally until flavor melds. About 20 minutes.
4. Season with salt and pepper. Serve with pumpkin seeds, sour cream, cheese and avocado

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------------------------------|--|--------------------------------|---|-----------------------------------|------------------------------------|---------------------------------|
| | 1 Labour Day | 2 Bison Ten Yell Day | 3 Skyscraper Day | 4 Eat an Extra Dessert Day | 5 Be Late For Something Day | 6 Read A Book Day |
| 7 Salami Day | 8 Pardon Day | 9 Teddy Bear Day | 10 Swap Ideas Day | 11 Make Your Bed Day | 12 Chocolate Milkshake Day | 13 Roald Dahl Day |
| 14 Hug Your Hound Day | 15 Make A Hat Day | 16 Collect Rocks Day | 17 Inter-national County Music Day | 18 Rice Krispie Treat Day | 19 National Gymnastics Day | 20 National Clean-Up Day |
| 21 Miniature Golf Day | 22 Hobbit Day | 23 Checkers Day | 24 Punctuation Day Rowans Law Day | 25 Comic Book Day | 26 Love Note Day | 27 Astronomy Day |
| 28 Ask a Stupid Question Day | 29 National Day of Truth and Reconciliation | 30 Hot Mulled Cider Day | September 2025 Silly Holidays | | | |

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------------------------------------|---|--|--|--------------------------------------|----------------------------|----------------------------------|
| October 2025 Silly Holidays | | | 1 Inter- national Coffee Day | 2 Phileas Fogg Wager Day | 3 World Smile Day | 4 Taco Day |
| | | | | | | |
| 5 Chic Spy Day | 6 Mad Hatter Day | 7 Frappe Day | 8 Pierogi Day | 9 Curious Events Day | 10 Hand Bag Day | 11 It's My Party Day |
| 12 Old Farmers Day | 13 Inter- national Skeptics Day Thanksgiving | 14 Ada Lovelace Day | 15 I Love Lucy Day | 16 Dictionary Day | 17 | 18 Sweetest Day |
| 19 | 20 Inter- national Sloth Day | 21 Count Your Buttons Day | 22 Caps Lock Day | 23 Mole Day | 24 Bologna Day | 25 Sourest Day |
| 26 Howl at the Moon Day | 27 | 28 Inter- national Animation Day | 29 Internet Day | 30 Candy Corn Day | 31 Magic Day | |

Fun facts, jokes and Riddles

- The longest one syllable word in the English language is Screeched
 - October 1, 1935 actress and singer Dame Julie Andrews is born in Walton-on-Thames England
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Don't buy anything made with Velcro. Its a total rip off!

My three favorite things are eating my family and not using commas

1. What did the First plate say to the second plate?
2. What do you call a Moose with no name?

New and Old Vocabulary

Luminary – A celebrity or high-ranking official



Perspicacious (adj)– Having a ready insight into and understanding of things; mentally sharp, discerning, and perceptive.

Thazagophobia – (n) an intense and irrational fear of death or dying



Quotes and Riddle answers

Quotes:

Team work is the dream work!

-BIAD Participant

Cartwheels are great, until you cant get up!

-BIAD participant

THANK
you

Riddle Answers:

1. Dinner's on me
2. Anonymoose

Contact Us!

Get in touch!

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E: information@biad.ca



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